

# terrat

# Bridging the Indigenous and Modern

A newsletter published by Terrawatu

# Pole na kazi! (Swahili for "sorry for too much work!")

If you don't have time this busy season to read through the project updates below...simply get down to page 5 to find out what you can do to help promote peace in this world....

*terrat* is a publication of Terrawatu, a non-governmental organization based in Arusha, Tanzania, East Africa. *terrat* is an e-newsletter published quarterly on the solstice and equinox.

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# Project updates

# Conservation of Medicinal Plants and Indigenous Healing Knowledge



Orkolili Women's Network of Mkonoo Village planting seeds in their nursery to cultivate indigenous trees.

After closing out Phase II of Terrawatu's project "Conservation of Maasai Traditional Medicine and Indigenous Healing Knowledge", the program is carrying on successfully.

Phase II was supported financially by grants from the World Bank Grants Facility for Indigenous Peoples, the Tonlie Fund (USA), Gibb's Farm (Karatu, Tanzania) and individual donors.

The traditional health clinics at Mianzini and Ngaramtoni villages are seeing increasing numbers of clients and Terrawatu's Dr. Kivuyu has been selected as Chairman of Arusha Traditional Healers Association, Arumeru District.

The rains have finally come to the areas of northern Tanzania where Terrawatu's projects are based and all of the Green Belt Movement-style tree planting networks are busy collecting seeds and cultivating seedlings of indigenous species and fast-growing exotics that can be used for firewood.

Students from the School of International Training (SIT) in the United States and St. Constantine's International School in Arusha have been assisting Terrawatu in its efforts to sustainably develop the traditional health clinics and tree-planting networks.

External support for this project goes towards alleviating water problems in the villages, supplying health clinics with traditional and complimentary medicine and expanding distribution of Terrawatu's line of herbal tea blends.

# School Partnerships for ICT for Development

Terrawatu and its partner the Global Technology Academy (GTA) in Seattle, Washington are in the process of planning a project slotted for April 2007 to bring 400+ re-furbished computers and 25 American team members to the port of Dar es Salaam. Continuing with its "Linking Lands" program, this project will supply universities and secondary schools in mainland Tanzania and Zanzibar with much needed computer equipment and training. The focus is on improving education through the use of ICT with the project targeting current and future teachers.

Terrawatu's two telecenters in Arusha are happy to report that the electricity crisis there is slowly improving. The nationwide problem caused many days of inactivity. In the new school year beginning in January 2007, the school communities of Ilkiding'a Secondary School and Siwandeti Village will be supporting their telecenters through a new program of technology fees approved by the school boards. These fees will be used to pay Internet, electricity and general maintenance of the computer labs.

### Terrawatu's People-to-People Safaris

Next Open Tour: June 16 - 27, 2007

People-to-People Safaris (PPS) is now registered in Tanzania as a tour company focused on authentic eco-tourism.

Terrawatu's People-to-People Safaris explore villages off the beaten track. Visitors spend quality time with villagers and at projects sites interacting with locals with the assistance of cultural liaisons.

The itinerary includes visits to Tanzania's world famous national parks for wildlife viewing and culminates with a tour of the Swahili Coast to explore Islamic culture in Africa and experience the exotic spice island of Zanzibar.

Visitor expenditures on the tour benefit local communities and projects including those supported by Terrawatu.



Terrawatu's Co-Director Dr. Tanya Pergola walks with students and Global Exchange Reality Tour participant Mary Carr at the Kiemba samaki Secondary School in Zanzibar.

Photo by David Langford

Come see for yourself and have an experience of a lifetime. There are still a few spaces left for the Tanzanian Reality Tour organized by Terrawatu's partner Global Exchange set for June 16-27, 2007. To receive more information and/or reserve your place on the open tour contact Masumi Patzel by phone at +1.800.497.1994 ext. 225 or by email at <a href="masumi@globalexchange.org">masumi@globalexchange.org</a>

To find out more about People-to-People Safaris with Terrawatu and to book your own customized tour, visit www.terrawatu.org and click on Journeys.



### Organizational News



Preparing coffee beans from this year's harvest on the foothills of Mt. Meru, Arusha, Tanzania.

Co-Director Dr. Tanya Pergola is developing Terrawatu Estate Selections coffee with business partner Mark Hutchens and International Advisor Council members Dr. April Linton and Kathy Fowells. The first batch of beans from Tanzania are in the process of being roasted and sampled.

Kara Barker, a MA student at Arcadia University in Pennsylvania, USA assisted Terrawatu in its Arusha office from September - December. Kara also worked in Arusha at the East African Community (EAC) and in developing Arcadia's Center for Peace and Conflict Resolution.

#### What You Can Do

#### There are several ways to get involved in Terrawatu activities:

- ❖ Sponsor a Child's Education. Terrawatu's Child School Sponsorship program has been very successful. A sponsor's financial support helps a girl to successfully complete Primary School and proceed onto Secondary School (not common in Tanzania). More information can be found on our Website – www.terrawatu.org under Child School Sponsorship (CSS) program.
- \* Keep us in mind when you hear about grant opportunities and/or partnering possibilities with other foundations and organizations that work in similar projects as Terrawatu. Many of you have already provided Terrawatu with excellent contacts and recommendations that have helped us grow. Thank you!
- ❖ Tell your colleagues and friends about our work. Forward this newsletter and Web address - www.terrawatu.org - to those you think may be interested in hearing about Terrawatu.



## Recipe

#### The World Peace Cocktail

To encourage diplomatic relations, the *World Bar*, the closest watering-hole to the United Nations, has created a conversation starter: The World Peace Cocktail. The drink's light blue tint is meant to match the U.N.'s trademark color and the splash of elderflower syrup is derived from a plant known for peace.

Origami doves can be substituted for white chocolate cookie/biscuit.

Unlike world peace, *The World Peace Cocktail* is easy to make and makes a unique ingredient to a holiday party. Cheers!



Don Hogan Charles/The New York Times

#### What you need:

- 1½ oz. (45ml) Bombay Sapphire gin
- ½ oz. (15ml) fresh lemon juice
- splash of elderflower syrup/cordial (can skip this if too hard to track down)
- 2 drops blue Curação
- 2 drops almond syrup (or extract)
- white chocolate dove, for garnish (make your own with a dove-like cookie cutter or make origami paper doves)

#### What you do:

• Place all the liquid ingredients in a cocktail shaker filled with ice. Shake well, and strain into a chilled martini glass. Garnish with the dove (or bird of choice).



Terrawatu's Projects in Tanzania ARE being sustained and more and more villagers are being educated for the first time, being successfully treated of illnesses and re-creating a healthy natural environment around their homes.

Income is slowly but surely being generated at project sites and it will take one more year of close attention to ensure long-term sustainability.

Terrawatu has raised over US\$5,500 during this season of giving. \$12,000 more is needed to reach the organization's goal.

Please do consider making an end-of-the-year donation to Terrawatu.

Go to www.terrawatu.org and click on "Contribute" \*

\*Matched giving is available at many corporations. Your gift can double in size by participating in a matched giving program with your employer.

Terrawatu wishes to extend a big "THANK YOU" to all of its supporters.
HAPPY HOLIDAYS!



#### Staff and Board of Directors

Tanya Pergola – Co-Director Lekoko Ole Sululu - Co-Director Angel Marcel – Office Assistant/IT Manager Dr. Kivuyo – Traditional doctor Lazaro Mollel – Traditional doctor

Onesmo Ole Kishapuy – Board member Lodi Larashi – Board member Abraham Lengai – Board member Lilian Titos – Board member

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Terrawatu is registered as a charitable, non-governmental organization (NGO) with the Registrar of Societies in The United Republic of Tanzania (So. No. 11220).

**NOTE:** If you received this newsletter through a friend and want to be added to our circulation list, sign-up on our Website by clicking on "News".



"My greatest challenge has been to change the mindset of people. Mindsets play strange tricks on us.

We see things the way our minds have instructed our eyes to see."

- Mohammad Yunus, Founder of Grameen Bank, Awarded 2006 Nobel Peace Prize