

terrat

Bridging the Indigenous and Modern

A newsletter published by Terrawatu

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PROJECT UPDATES

Maasai Traditional Medicine Program Expands

The traditional health clinics established by Terrawatu are serving more and more patients in the Arusha area. With the increased availability and use of ARVs (antiretroviral drugs) for the treatment of HIV/AIDS, patients are seeking additional support for treating opportunistic infections not alleviated by ARVs. Allopathic remedies are too costly for most people and traditional medicine provides a less expensive and often more tolerable and familiar method of treatment.

Maasai traditional healers at Terrawatu's clinics are receiving more and more requests for treatment from people living in Tanzania's commercial capital, Dar es Salaam. Supplies of medicine and associated consultation and treatment plans are beginning to be exported from Arusha.

Water is needed to continue the cultivation of medicinal and nutritional plants in Terrawatu's tree planting villages. Terrawatu USA is currently raising funds to build a rain harvesting system in Mkonoo village. Co-Director Dr. Tanya Pergola is working with Rotary Clubs and university groups on this program. See feature article in this issue "It Takes a Village to Support a Village".



Catching rain into large cisterns is the most reliable way to ensure a supply of water in the semi-arid areas of Tanzania. Water is needed for household use and for plant cultivation.

Information Technology (IT) for Education Program Mushrooms

There are now eight (8) computer labs established by Terrawatu in rural schools in Arumeru and Manyara Districts of Tanzania. Three are connected to the Internet. In August, Terrawatu volunteers -- Christina Corodimas from the Clinton School of Public Service and Ziemowit Bednarek from the Haas School of Business at University of California at Berkeley -- helped launch the first "movie night" at Ngateu Secondary School Computer Center in Siwandeti Village. Proceeds from such events are used to maintain the center including paying electricity and Internet fees.

The son of Headteacher Makongoro of St. Thomas Primary School in Moshono, Tanzania is in Seattle, Washington for the American school year. Having been exposed to IT for education during the visit of the Global Technology Academy (GTA) visits to Tanzania during the past 2 years, the student now is in the United States to study and learn more how computer technology can be integrated into the lives of Tanzanian school children. This in-depth exchange often proves to be more effective than short-term workshops with experts from outside the culture. GTA's director in Seattle, Kjell Rye, reports that the young Makongoro is adjusting to life in America and is being accommodated in the homes of GTA families.

Terrawatu is now in consultation with representatives of development agencies and foundations that have noticed the need to integrate and manage the myriad of IT for education programs across the African continent.

Experience Tanzania with Terrawatu's People-to-People Safaris

People-to-People Safaris (PPS), sponsored by Terrawatu, is a for-profit company established in 2006 to create unique adventure travel experiences in East Africa based on the years of experience of Terrawatu project staff. Profits support Terrawatu's programs.



Exploring Tanzania with Terrawatu leads you into traditional African villages. Here, Dr. Jerry Greiner, President of Arcadia University in Pennsylvania discusses tree cultivation project with Maasai women in Mkonoo Village.

Customizing your own People-to-People Safari with Terrawatu gives you the chance to witness firsthand the wildlife, landscape and culture of the Tanzanian people. In addition to visiting famous wildlife parks, safari participants visit traditional health clinics, community schools and reforestation projects allowing you to see proactive solutions to the issues of poverty, unemployment and AIDS.

To find out more about People-to-People Safaris with Terrawatu, read testimonials, and view a slideshow visit www.peopletopeoplesafaris.com.

To begin the process of creating your own customized tour of Tanzania, contact us at info@terrawatu.org.

Organizational News



Co-Director Ole Sululu is honored and Terrawatu is blessed for bringing computer and information technology to community schools in Tanzania.

Co-Director Ole Sululu was an honored board member guest at the Standard Seven graduation ceremony at St. Thomas Primary School in Moshono, Tanzania on 15 September. At both the ceremony and on local radio station Safina, Terrawatu was recognized as a leader in providing computer and Internet technology for education in the region.

Meagan Carmody has begun volunteer work with Terrawatu. An American citizen and Tanzanian resident, Meagan has been in Tanzania since 2006 volunteering at a hospital, a local women's HIV support group and a conservation and eco-tourism company. Meagan is coordinating Terrawatu's work with Maasai women to create a small business to develop products in their cultural tradition for international markets.

Co-Director Dr. Tanya Pergola was an invited guest speaker for the opening day of Seattle Public Schools on 5 September. Pergola spoke on the topic of "Global Education" and how learning to communicate across cultures is a crucial avenue towards addressing global misunderstandings and conflicts.

Terrawatu is in the process of receiving 501(c)(3) status in the United States of America. Individuals and corporations interested in supporting Terrawatu's projects can now donate directly to Terrawatu Inc. and receive the associated tax deduction.

How You Can Help

There are several ways to contribute to Terrawatu's work:

* Make a donation directly to Terrawatu. The mission of Terrawatu is to empower communities to improve education and health, protect the environment, and promote cultures of peace. Wouldn't it be nice to have the personal satisfaction of knowing you have directly contributed to this effort? As compared to larger aid organizations that retain 75% or more of financial contributions for administrative costs, Terrawatu uses only 35% for administrative costs. All of the remaining goes directly for on-the-ground project implementation in Tanzania ensuring you get the "biggest bang for your buck".

Donations can be made ONLINE, by MAIL or through a CORPORATE MATCHING GIFT PROGRAM. You can direct your donation to a specific area or program or make a gift for general support. Go to www.terrawatu.org and click on "Contribute". Checks can be mailed to: Terrawatu Inc., 3225 Franklin Ave. Suite #407, Miami, Florida, 33133.

- Keep Terrawatu in mind when you hear about grant opportunities and/or partnering possibilities with foundations and organizations with a similar mission. Many of you have already provided Terrawatu with excellent connections that have helped us prosper. 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 learning about Terrawatu.



Recipe

Pumpkin Soup

What are called pumpkins in Tanzania don't look much like the type you would carve into a Halloween jack-o'-lantern. They are smaller and not very very orange. For this recipe, you can use a small pumpkin or butternut squash, called butternut pumpkin in many places. Serves 6.

What you need:

- 1 tbs. olive oil
- 2 medium onions, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ tsp. ground cinnamon
- 1kg (2.2lbs) peeled, deseeded, butternut pumpkin, cut into 2.5cm (1 inch) pieces
- 1liter (4 cups) vegetable stock
- 125mls (1/2 cup) thin cream (optional)
- Salt & ground black pepper, to taste

What you do:

- Heat the olive oil in a large wide-based saucepan over medium heat. Add onions and cook for 4 minutes or until softened.
- Increase heat to medium-high, add the cumin, coriander and cinnamon and cook for 1 minute or until giving off aroma. Be careful not to burn. Add the pumpkin pieces and stir to coat well in the spice mixture.
- Add the stock and bring to a boil. Reduce heat to medium-low and simmer, covered for 30 minutes or until the pumpkin is soft.
- Use a potato masher or hand blender to puree the pumpkin and stock until the soup is almost smooth. Stir the cream slowly through the soup (if using) and season with salt and pepper.



"It Takes a Village to Support a Village"

by Dr. Tanya Pergola, Co-Director, Terrawatu

The biggest "a-ha!" moment for me at the TEDGlobal conference in Arusha in June was the time I was hit over the head with the concept of linking villages in Africa with villages in America. Nobody specifically discussed this, although I hear now that Dr. Jeffery Sachs is advocating this village approach in his recommendations for achieving the UN's Millennium Development Goals. For me, it was more a crystallization of my thoughts on development, globalization and world peace over the past decade. The conversation that ensued in Arusha made me think, a lot, and I was struck with the idea of "it takes a village to support a village".

What do I mean by that? Well, for a long time people have criticized the lack of success of huge donor projects in developing countries that try to do too much too fast with too much money without truly getting to know the culture and problems of the places they are trying to assist. Those of us who have been "working in the trenches" for years know that it takes time and patience and lots of discussion of worldviews to get to a point where the sharing of resources turns into honest investment and SUSTAINABLE development and not just another handout used up until the next donor comes along. The understanding of what works comes at the village level: a community of people who share a common purpose in life who work together to achieve shared goal(s). My colleagues and I are often frustrated when we are told that seeking financial support for our projects is not possible because we work "too grassroots"...the impact from financial donation would not be large enough to make a big splash. Well, at least our efforts make a small ripple, one that continues for a very long time.

I now have been spending my weeks working on creating these village links. My first challenge was defining "what is a village in America?" I know what one is in Africa...I walk into one very often. There is a village leader and a physically defined community living in a geographic space. Villages in America? Well, I think about the myriad of communities we have that have a leader/visionary, a defined mission statement and a way to gather to share worldviews. These days, it seems this gathering often happens on-line instead of under an acacia tree but there is a similar charge towards solving human issues and problems. I have been speaking with Rotary Clubs, University alumni groups, and restaurant/meeting places where people gather to exchange ideas, anxieties and dreams. I have gotten great response. This makes me happy and hopeful. Yes, I also talk with larger organizations specifically charged with assisting in ending poverty in this world as they are a very supportive and generous community. I see connecting with all interested villages as an opportunity to facilitate the current rising awareness to give and to make a difference in this world.

Certainly it is hard to sit alone in front of your laptop and decide to make an on-line financial contribution to an organization you want to support. There are so many out there. How do you know which one to connect with? Well, probably it is the one important to the village you belong to. The network of people you are close with. Assisting the environment, climate change, women, children, wise and clever people who would not have a chance given their circumstances except for a hand up from you.

So here we are, Terrawatu. We have established a strong foundation of villages in Africa who now understand that we are not about charity, simple AID, nor handouts. We are about empowering local people to take control over their own lives and community situations and offering them the necessary resources to overcome their blockages. I am heartwarmed with the fact that I see villages in America coming together to support these villages in Africa. Together, we *can* make difference. Ashe!



Staff and Board of Directors

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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).

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"First, I worry about climate change. It's the only thing that I believe has the power to fundamentally end the march of civilization as we know it, and make a lot of the other efforts that we're making irrelevant and impossible."

- Bill Clinton