



learning the indigenous knowledge (IK) of their tribe that their generation has not had much exposure to. We are currently seeking investors who are interested in helping us develop this clinic and community resource center. Email us at [offerings@terrawatu.org](mailto:offerings@terrawatu.org) if you would like to contribute to this exciting project.

Unfortunately, the short rains do not seem to be happening this year in Arusha region. As a result, our medicinal plant cultivation activities are on hold, awaiting water. We have been told that members of the Maasai community in the region have begun a traditional prayer cycle to bring the rains. Let us all hope that this will succeed.



Terrawatu volunteer Jennifer Glick learning how to collect traditional medicine in a forested area near Tarangire National Park.

### cross-cultural exchanges

Time is running out to register for the next Global Exchange Reality Tour Tanzania, "Global Problems, Local Solutions" set for **February 8-21, 2004**. Contact Sarah Dotlich [sarah@globalexchange.org](mailto:sarah@globalexchange.org) at Global Exchange in San Francisco, California with any questions about this trip and to reserve your place in the tour, or call +1-800-497-1994 ext. 221. Detailed itinerary can be found on our website [www.terrawatu.org](http://www.terrawatu.org) and at Global Exchange [www.globalexchange.org](http://www.globalexchange.org)

If you, your family, and/or friends would like to book your own customized ecological-cultural safaris into the wildlife areas and day trips to indigenous communities in northern Tanzania, and/or to find out dates for a future *Oloipung'o Experience* with Terrawatu, send us an email at [info@terrawatu.org](mailto:info@terrawatu.org).



### Organizational News

Terrawatu's 2003 Annual Report is ready! To receive a printed copy, send your physical address to [info@terrawatu.org](mailto:info@terrawatu.org).

Jennifer Glick, Terrawatu's volunteer from Philadelphia, PA, completed her 3-month stay in Arusha and has returned to the United States. During her time in Tanzania, Jennifer helped us plan and develop our new traditional medicine clinic and worked with Terrawatu's project assistant, Zawadi David, to spearhead an initiative dealing with the female circumcision issue in the Maasai villages we work in.

Terrawatu staff members attended two workshops in Arusha during the past two months. The first, sponsored by Elimu On-Line – the Internet Service Provider (ISP) partner with Terrawatu for the Siwandeti Computer Lab - was entitled "Internet for Education". The programme and outputs can be found at <http://eol.habari.co.tz/news-3-34.htm>. In November, we were invited to attend the launch of the Eastern Africa Network on Medicinal Plants and Traditional Medicine at a workshop organized by the International Development Research Centre (IDRC), Canada. The workshop was held at the Impala Hotel in Arusha.

On the 20<sup>th</sup> of December, a Terrawatu event was held in Seattle entitled "Local Solutions to Global Problems – Linking Lands with Tanzania". Co-sponsored with the Tabor 100 group of Seattle, the afternoon gathering was held at the John Stanford Center, the headquarters of Seattle Public Schools. Co-Director Dr. Pergola made the first presentation on Terrawatu's projects, followed by Seattle school teacher Anne Fitzpatrick's slide presentation of the teacher exchange visits in Seattle and Tanzania. US\$500 was raised for Terrawatu's projects in Tanzania.

## What you can do from where you are

There are several ways to get involved in Terrawatu's activities:

- ❖ **Join us in Tanzania in February for the Global Exchange Reality Tour** scheduled for 8-21 February, 2004. Visit our Web site for details of the itinerary and/or contact Sarah Dotlich at Global Exchange to find out more about the trip. Sarah can be reached at 1.800.497.1994 or [sarah@globalexchange.org](mailto:sarah@globalexchange.org).
- ❖ **Sponsor a child at Natema Primary School.** Your financial support helps in educational support for an individual child during primary school, classroom construction, and a special chance for that child to attend secondary school. More information can be found on our website under Child School Sponsorship (CSS) program.
- ❖ **Continue your financial support or become a new supporter of Terrawatu.** Visit our Web site to find out exactly how your contribution will be used to support Terrawatu projects. Choose to help build a traditional medicine clinic, a rain harvesting system, or help sustain Siwandeti Computer Center.
- ❖ **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 us with excellent contacts and recommendations that have helped us grow and blossom. Thank you and keep up the good work!
- ❖ **Tell your colleagues and friends about our work.** Forward this newsletter and Web address ([www.terrawatu.org](http://www.terrawatu.org)) to those you think may be interested in hearing about Terrawatu.



## Recipe- East African specialties

### Samaki ya kupaka (Painted Fish)

An inspired chef from the coastal region of Kenya shares this recipe with us. He explains that all the ingredients for the sauce (except the coconut milk and tomato paste) should be pounded together in a large mortar and pestle so that you "feel like you are really cooking". The sauce can be painted on any type of white fish and even on chicken. Extra sauce can be frozen. Serve with cardamom rice and crispy cucumber, tomato, shredded cabbage salad. Recipe serves four people.

#### What you need:

- 4-5 tamarind pods, or 1 tablespoon tamarind pulp
- 1 teaspoon black peppercorns
- 4 garlic cloves, peeled
- green chili (serrano pepper)
- salt
- shallot
- 2 oz. tomato paste
- 1 can thick coconut milk
- olive oil
- 2 lbs. white fish (black cod, halibut, red snapper, sole, mahi mahi, etc.)
- lemon wedges, garnish

## What you do:

1. If using tamarind pods (photo at right), break off outer shell and discard. Soak insides in a bowl with  $\frac{1}{4}$  cup warm water for 15 minutes. Use your hands to release pulp from black seeds. Discard seeds and pour pulpy water through a strainer to collect the juice. Stir until you have almost nothing left in strainer.
2. Put garlic, black pepper, green chili (to taste), salt and shallot in a mortar and smash into a paste with the pestle. Add tamarind juice/pulp as needed to make paste. If you don't have a mortar and pestle, use a small food processor to make the spice paste.
3. Heat 2 tablespoons olive oil in saucepan and heat spice paste for a few minutes, until starts smelling yummy. Add tomato paste and coconut milk and simmer until thickens up a bit, 10-15 minutes. Remove from stove.
4. Prepare BBQ grill. Brush olive oil on grill and grill fish SKIN SIDE UP first until half-way cooked (you can see the first half turn opaque). Keep moving fish around so it doesn't stick. Flip fish SKIN SIDE DOWN and start painting sauce on with a brush. You may want to cover grill as the rest of the fish cooks. Paint 2-3 more times, every couple of minutes. Depending on the thickness of the fish, total cooking time can vary from 6-15 minutes or more.
5. If not already in 4 pieces, cut fish and serve on plate with basmati rice that has been cooked with cardamom pods. Add salad or lightly sautéed snow peas and garnish with lemon wedge.



## Looking Ahead: 2004 and beyond

### *From Terrawatu's 2003 Annual Report*

Our plan here at Terrawatu for this next year is to stay close with the communities in which we work to make sure our newly-rooted projects grow strong and begin to produce fruits.

### ***GOAL: Sustain and expand village-based computer centers.***

Specifically, with our global classroom initiatives, we know that Siwandeti Computer Center is a tool - a potentially very powerful input into the community. Yet a tool is only useful if there is a reason to use it. As ICT is new to Tanzania, there is little or no infrastructure to support it at the government level. As a civil society organization, Terrawatu is taking the lead in this region of the country to create an enabling environment for internet-capable computer labs at public primary and secondary schools. We are seeking partners interested in investing technological and financial resources to help sustain the Siwandeti Computer Center and two new centers that we are implementing in neighboring villages. The World IT Aid Group and DANIDA of Denmark have already sent us 70 more refurbished desktops for this project and our NGO partners in Arusha have offered us discounted labour and ISP costs for internet connectivity.

### ***GOAL: Complete classrooms at Natema Primary School. Expand teacher exchange and sponsorship of students.***

Our hope is to expand the teacher exchange program between Tanzania and the United States and Europe; to obtain funds to complete the classrooms at Natema Primary School; and to match-up the

promising students we have identified with generous individuals interested in child school sponsorship.

**GOAL: Complete renovations at traditional medicine clinic.**

Regarding our projects in health and environment, we expect to be able to complete the renovations at our traditional medicine clinic, and hone and enhance the products and services we are providing to the community. We are currently seeking additional partners to join us in this crucial project that simultaneously improves peoples' health while preserving and promoting indigenous healing knowledge and medicinal plant biodiversity.



Co-Director Pergola with Arumeru School District representative and three of the teachers that traveled to Seattle in March 2003.

**GOAL: Create new tree-planting network, harvest rainwater and cultivate traditional medicinal plants.**

Moving forward on reforestation of Maasailand, Terrawatu hopes to act on the application from a new village to create a tree-planting network, and to solve the water problems in other networks by constructing a rainwater harvesting system. Furthering the linkage between the tree-planting communities and the traditional medicine clinic, we will continue to cultivate the medicinal plants most needed by patients.

**GOAL: Launch revenue-generating projects.**

From an organizational development perspective, a major goal for 2004 is to create a strategic action plan for implementing an income-generating arm of Terrawatu. Maintaining the same values of the organization, this entity would generate revenue to sustain our operational services. Many nonprofits around the world have been embarking on this road, and we are looking forward to embracing the opportunities of social entrepreneurship.

If you would like to know more about how to participate in any of these efforts for powering social change, do not hesitate to contact us. Thank you very much and happy holidays.



**Board of Directors and Staff**

- Tanya Pergola – Founding Co-Director
- Lekoko Ole Sululu - Co-Director
- Kephas M. Ndiamasi – Community forester
- Osoruni – IT expert
- Dr. Kivuyo – Traditional healer
- 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).

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