

School Partnerships

Students Link Lands



Student volunteer, Elvie Miller, working with Olchoki and Natema students preparing ideas to communicate with Joni Pecor's Seattle classroom.

Utilization of Siwandeti Computer Center (SCC) got a big boost with the assistance of student volunteer, Elvie Miller. As part of her project activities during her time in Tanzania with the School for International Training (SIT), Elvie planned and taught computer skills and environmental education to twenty-four Standard 7 students from Olchoki and Natema Primary Schools with the help of the five computer teachers at SCC. The Tanzanian students worked daily in discussion groups and project activities that facilitated a stream of communication with American students in a fifth-grade class at Sacajawea Elementary School in Seattle, Washington. The students first exchanged letters and images through email, digital photos, and scanned drawings of aspects of their lives and environments that they wanted to share with each other.

The students exchanged knowledge and ideas about environmental issues that culminated with two days of tree planting at Olchoki and Natema Primary Schools coinciding with tree planting at Sacajawea Elementary School. The group of students at SCC who participated in this project are now regular users of the Center. Terrawatu is currently seeking volunteers interested in living and working in Tanzania for 1-3 months who would assist in continuing to develop this initiative in linking classrooms.

Cross-Cultural Journeys

"I just want to say a big hello and tell you how my time with you and Terrawatu networks WAS the highlight of my trip."

- Toni Bassett, participant in Terrawatu's eco-cultural safari May 2004

Experience the best of both worlds and combine a wildlife safari with the most unique people-to-people experience you can have in Northern Tanzania. Register for the next Global Exchange Reality Tour Tanzania, "Culture, Economy, and Sustainable Development" scheduled for **17-30 October, 2004**. Contact Sarah Dotlich sarah@globalexchange.org, or +1.800.497.1994 ext. 221, at Global Exchange in San Francisco, California with any questions about this trip and to reserve your place in the tour. A detailed itinerary can be found on our website www.terrawatu.org (click on "Journeys") and at Global Exchange 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 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.



Organizational News

On 15 May, Terrawatu Co-Director, Lekoko Ole Sululu, guided the staff of Siwandeti Computer Center on a day-trip in Lake Manyara National Park. The computer teachers and lab tech at the center requested that they have an opportunity to see the natural beauty of their own country; the amazing wildlife and ecosystems typically seen only by foreign tourists to Tanzania. The outing provided a nice opportunity to spend some time together relaxing outside of town.



From 28-30 May, Terrawatu participated in the Karibu Tanzania Travel and Trade Fair.

This event, located just outside of Arusha, is East Africa's biggest tourism event of the year. Terrawatu had a booth in one of the NGO tents where we displayed the activities of the organization, sampled our newly developing Maasai Herb Tea blend, and provided traditional medicine education and products to fair visitors.

Allan Alais Meing'arana Mollel, Project Assistant, is departing for Seattle, Washington on 21 June to participate in the 6-month 2004 EarthCorps International Program. During his time in Seattle, Allan will be staying with a host family and working in international teams to help restore waterways, trails, and upland forests. Upon return from the USA, Allan will become responsible for initiating new projects within our indigenous plant conservation program. If you would like to contact Allan and welcome him while he is in the States, he can be reached at allan@terrawatu.org.

On 30 June, friends of Terrawatu in Seattle will be meeting to discuss ways to support Terrawatu's projects in Tanzania. For details about meeting place and time, send an email to info@terrawatu.org.

What You Can Do

There are several ways to get involved in Terrawatu activities:

- ❖ **Sponsor a child's education.** Your financial support helps an individual child successfully complete primary school and have a special opportunity 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.** Choose to contribute to the development of a traditional medicine clinic, an indigenous tree nursery, curriculum development utilizing IT, or general support for keeping Terrawatu activities going. Click on "Contribute" on our Website (www.terrawatu.org) to make a secure on-line donation *or* send a check made out to "*Tides Foundation/Terrawatu Fund*" to Finance Department, Tides Foundation, P.O. Box 29903, San Francisco, CA, 94129, USA. All contributions are tax-deductible.
- ❖ **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 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) to those you think may be interested in hearing about Terrawatu.



Recipe- East African specialties

Mishakaki

Looking for something different to bring to a summer BBQ? Why not prepare some *Mishakaki* -- Swahili shish kebabs from coastal East Africa. These are especially good at sunset, overlooking an ocean, lake, or swimming pool!

What you need:

- one teaspoon fresh ginger root, peeled and finely grated
- one or two cloves garlic, minced
- one small ripe tomato, peeled and crushed
- one-half teaspoon tamarind paste, and/or a half-teaspoon of curry powder or similar spices
- two tablespoons olive oil
- two tablespoons water
- black pepper, to taste
- salt, to taste
- one to two pounds beef, chicken or fish cut into bite-sized cubes

What you do:

- 1) In a clean glass bowl, combine all marinade ingredients (everything except the meat or fish). Stir vigorously until everything is well mixed.
- 2) Add the meat to the marinade, gently stirring to make sure the meat is covered. Allow to marinate for at least an hour, or overnight in the refrigerator.
- 3) Place the marinated meat on skewers (if you like, chunks of onion or green pepper can be alternated with the meat).
- 4) Cook over an outdoor grill over hot coals or in the over broiler until meat is done. Serve with chapati (see *terrat X*) and/or rice, as an appetizer or main course.



Coming Back to the Natural

The work of a young Traditional Healer: Kimani Mollel

Tanzanian Maasai, Kimani Mollel, shares his views about the indigenous healing knowledge of his people and the growing interest in natural medicines by both local people in Arusha and the larger global community. Mr. Mollel founded and manages one of Terrawatu's traditional medicine clinics.

How did you get interested in traditional medicine?

I was working with Swiss Garde, selling food supplements and I tried to treat people through those food supplements. So, I was interested in treating people. My grandfather was doing that work, he was healing people. And myself, I decided to work and heal people.

So you were not interested before you worked with Swiss Garde?

I was interested, but you know starting to do that work needs money. You cannot just start and sell alongside the road because not many people will be interested if you sell alongside the road. So, I liked the idea of working to heal people with traditional medicine before, but because of money I didn't do it before. So, I worked for Swiss Garde because we were paid by commission and I got my money and opened my clinic.

How do you compare traditional medicine with allopathic medicine?

First, traditional medicine does not have side effects and it is very cheap. Every person can buy it. It only has side effects if you take too much or maybe you take together with Western medicine.

Have you every taken Western medicine?

Yes, but before I had my clinic. Now I don't go to Western hospital, I just take my medicine, my traditional medicine.

Why is traditional medicine cheaper?

Because you can get it very easily. You just go and pick the root, bark, or leaves in the bush, so they are not very expensive compared to going to hospital where you are charged a lot of money.

Have you found any decline in the availability of the traditional medicine you need for your clinic as more and more people become interested in using it here?

Well, it is becoming harder to find as more people are getting into the deal of selling traditional medicine to make money. Life has gotten worse here, in terms of poverty. Especially with so many more people moving into town and not having formal education, like the Maasai. So a person may decide to sell a cow and come to town and what he has in his mind is only something like trying to make money from selling traditional medicine. They go to the bush and cut down the plants. So there is some that is becoming scarce. The medicines may not be as available later.

Who are your patients?

Many people nowadays. Many people are deciding to come back to the natural. They come for treatment of malaria, typhoid, and many things that the Western hospital is not very good at treating nowadays. East African people, Kenyans, Ugandans, many of the UN people who work at the ICTR (International War Crime Tribunal for Rwandan Genocide) come to my clinic. Even white people come, from Europe...from Holland, South Africa, even from America. Many people are coming to traditional medicine.

Do you have a problem when it comes to treating older Maasai patients because you are of a younger age set than them? Do they respect you?

Some do and some don't. When an old Maasai man comes to me and sees that I am the one working at the clinic, they used to think only old men know how to do this work. They think I am just looking for money. They might come and ask me "what does this particular medicine do?" The

Maasai used to teach their children about traditional medicine, like me, I have been taught by my uncle. He taught me when I was very young. Some think maybe I have been taught, but others don't believe. Those are the obstacles.

You don't have papers to show you have been trained, so it is hard to prove easily?

For sure. There is no such thing here.

How do you get your medicine?

I used to collect them from Monduli District, in the bush. Sometimes myself I go to the bush because some medicines you have to grind immediately before they dry. So, if a person needs a certain medicine, I will go and get it while it is still fresh. Some I get from my assistant who goes to gather them in the bush and bring to me. Also, Maasais who do not have clinics go and collect and sell to me.

I noticed in your clinic that some medicines are as roots and barks and some are powders in jars. What is the difference?

Some people are interested in roots and others interested in powder form. I take some to the milling machine and grind them. There are some roots you cannot take while they are whole. You have to grind them to function. Others have to remain in root form because if you grind them, they become useless. Some people like the powder because you don't have to boil it, you simply add to warm water. The roots and barks you have to boil for a long time. In order to avoid the disturbance, some prefer powder if it works the same.

Tell me a little bit about the type of conversations you have with Westerners who come to your clinic.

We talk about how before there was Western medicine, people were using traditional medicine. And that it is very difficult to be harmed by traditional medicine, while if you use Western medicine for a long time, later you may get something in your body. And that everybody can take traditional medicine. Even someone who does not have money, I can help him. He may recover and then come back to you and then pay you. Compared to Western medicine where you cannot get anything without paying money first.

So sometimes you give medicine to people for free?

Yes, and then if they are healed, they will come back and thank me.

What is your relationship with the Western hospitals in town?

It is good. Myself I cannot treat someone who may, for example have very late stages of chronic malaria, and some types of cancer. Getting a traditional medicine that can treat cancer can take a very long time to heal the person. Hospital sometimes can help, although they are very expensive. Traditional medicine often does not have immediate reactions, they go slowly. If people are not patient, they may choose to go to hospital.

What are some of the challenges you face at your clinic?

At this time I have to travel a lot in order to get more patients who can pay me enough to help support my clinic. There is fluctuation in this work. There are some seasons when people come to clinic more. Therefore I go to other regions to work with patients.

But you said earlier that one of the good things about traditional medicine is that it is cheap. But if you can't maintain your own practice here, what can you do?

If I had a consultation room I could charge for more than simply the medicines, which many people can now get from those selling them very cheap on the street. I could charge people for the *service* of health care.

Any other challenges?

More people need to know about traditional medicine here. And that it is safe, it has been used for a very long time. Some think they cannot use traditional medicine because it has not been under scientific examination. So, having support to study the medicines can help a lot to allow the use to grow. People have to be educated. Or, re-educated in this case. You know the Africans here are always interested in seeing another type of person who is interested. Like last week at the trade show in Arusha, the Africans there saw white people interested in learning about and using our traditional medicine. We should think about putting a *mzungu* (white person) at the clinic to attract the locals. They trust white people in this case. They will get hopes that that medicine may help them.

Interview by Tanya Pergola.



Staff and Board of Directors

Tanya Pergola – Co-Director
Lekoko Ole Sululu - Co-Director
Kephas M. Ndiamasi – Community forester
Osoruni – IT expert
Dr. Kivuyo – Traditional healer
Kimani Mollel – Traditional healer
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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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"I believe that culture belongs to the whole world. To keep our Ainu culture isn't just for us
or the Japanese – it enriches the world."

- Shiro Kayano, Ainu tribe, The island of Hokkaido, Japan