

Conservation of Medicinal Plants and Indigenous Healing Knowledge

Maasai Herbal Tea Blend Comes to Market

The first lot of Terrawatu's Maasai Herbal Tea blend has flown off the shelves here in Arusha. The blend, created by a Maasai elder, is a mixture of several plants and is helpful in relieving congestion and harmonizing the body and mind. It has a very pleasant and unique taste and smell, reminiscent of mint and the forest.

The tea will be available in local shops and cafés in Arusha. Terrawatu is currently working to export the product to the United States and Europe. A portion of the profits from the tea sales support Terrawatu's indigenous medicinal tree planting efforts and traditional medicine clinics.



Proceeds from the sale of Terrawatu's Maasai Herbal Tea blend go towards supporting environment & health projects.

Cross-Cultural Journeys



Elephant strolling through Tarangire National Park.

There is still time to register for the next Global Exchange Reality Tour Tanzania, although you should do it quickly as you need to confirm your flights as soon as possible. The trip set for **20-30 October, 2004** will begin with a 5-day people-to-people safari where you meet Maasai people living traditional lifestyles, go on hikes through forests rich with indigenous medicinal plants, and have a chance to see Terrawatu's projects firsthand. You will then head off to the world famous National Parks in Tanzania – Ngorongoro Crater, Lake Manyara and Tarangire – for a stunning wildlife safari with our partners True Africa.

Contact Sarah Dotlich sarah@globalexchange.org or +1.800.497.1994 ext. 221, at Global Exchange in San Francisco, California to reserve your place in the tour.

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 send us an email at info@terrawatu.org



Organizational News

During May-June, Ryan Tinggal, a Masters Thesis student at Imperial College London, was assisted by Terrawatu in his research project examining local perceptions of wildlife-human conflict and whether sustainable trophy hunting can be a tool for resolving conflict. By helping Ryan develop culturally appropriate research methods and introducing him properly into the villages where he worked and lived, Ryan succeeded in collecting over 70 individual interviews with Maasai living in the Burko area of Northern Tanzania. The data Ryan collected will be used by the organization he volunteered with -- Cullman & Hurt Community Wildlife Project -- to help build long-term strategies to promote conservation and enhance livelihoods through sustainable utilization of wildlife. More information about the project can be found at www.cullmanandhurt.org

On 20 July, Terrawatu hosted a presentation by International Advisory Council member Dr. Jessica Erdtsieck at The Arusha Hotel. Entitled "What Potential does Traditional Medicine and Healing still have in Modern Tanzania", Dr. Erdtsieck, an anthropologist from The Netherlands, discussed the findings in her book "In the Spirit of Uganga: Inspired Healing and Healership in Tanzania". Jessica was back in Tanzania to explore possibilities of developing small-scale projects in collaboration with traditional healers and local NGOs.

From 4-6 August, Co-Director Lekoko Ole Sululu attended a National Stakeholder Workshop in Bagamoyo, Tanzania. This was a follow-up to last year's launch of the East African Network on Medicinal Plants and Traditional Medicine held in Arusha. Supported by the International Development Research Center (IDRC) in collaboration with the Institute of Traditional Medicine at Muhimbili University in Dar es Salaam, the workshop continued progress towards creating a sustainable and effective network in the region.



Friends of Terrawatu in Seattle have been meeting monthly to discuss goals and strategies for providing continued support to the organization. Through close communication with staff in Tanzania, the group is able to target fundraising and resource sharing efforts in a useful and meaningful way. To find out when the next meeting is being held email Joni Pecor at jlpecor@seattleschools.org

Allan Alais Meing'arana Mollel, Project Assistant, is halfway through his 6-month EarthCorps International environmental training program in Seattle. If you would like to contact Allan and hear more about his first experience of the United States and his planned project for Terrawatu when he returns to Tanzania, he can be reached at allan@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 – www.terrawatu.org - 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, classroom construction, 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

Banana Fritters

These easy to make delicious treats can be eaten for breakfast, brunch, or as dessert. Serve them warm with ice cream for something truly decadent. This recipe serves 6 people.

What you need:

- ½ cup flour
- 2 eggs, lightly beaten
- 2 tablespoons sugar
- Milk
- 4 very ripe bananas, peeled
- Pinch of salt
- Oil for deep frying
- Powdered sugar

What you do:

- 1) Cut bananas at an angle into 3-inch pieces.
- 2) In a large bowl, combine flour, eggs, sugar, salt and enough milk to make a semi-thick smooth batter.
- 3) Heat oil in deep pan until hot. Dip banana piece in batter and spoon into hot oil. Fry and turn until golden brown. Depending on size of pan, put between 4-6 pieces of banana in oil at a time. Drain on paper towels or in a colander and sprinkle with powdered sugar. Serve immediately.



Reflecting on Three Years of Doing Sustainable Development *A Conversation between Founding Co-Directors Dr. Tanya Pergola and Lekoko Ole Sululu*

Terrawatu received official registration as a Non-Governmental Organization (NGO) in the United Republic of Tanzania in October 2001. The world has changed a great deal since that time and so have strategies and support for international development work. Here, Terrawatu's Co-Directors talk about the trail the organization has pursued.

Pergola: What do you think about the work we have managed to do since Terrawatu started?

Sululu: Our goal was to have a linkage between the indigenous people and the modern world with the tools of technology and indigenous knowledge systems. What is interesting is that indigenous people have a strong memory for history, geography etc. without using any documents.

Pergola: So it makes it tricky to truly link the two worlds. One world – the modern one – is so dependent on documents and plans and strategies, while the other one is more organic, relying on memory and collective action.

Sululu: Many indigenous people have a type of confidence in their way of doing things that is so different in many ways from the way “new” societies do things.

Pergola: Yes, like in our tree planting networks, we can create the best laid plans in the office, according to books on environmental management, conversations with policy makers, etc. but when it comes down to the people working on the project itself, we so often end up eclipsed by the weather, rains (or lack of), funerals, circumcision ceremonies, and other day-to-day events that weave themselves into the progress of the project plan.

Pergola: Do you think the communities where we are working have become dependent on Terrawatu? Meaning, will our projects die when the villages are left on their own to move forward? Afterall, isn't that what sustainable development is supposed to be about?

Sululu: It is much easier to have a community feel like you are helping them and - like a mother and baby - become dependent on each other, than to release the community to move ahead on a project by themselves. Too many NGOs have made too promises to communities here in northern Tanzania and the villagers never feel like they get much of what they need. One thing Terrawatu really focuses on is to explain to the community that nothing is for free. A project is for them, and if they want it to continue, they have to eventually support it themselves.

Pergola: Do you think that the villagers are starting to understand that concept?

Sululu: Yes. Because the way we are teaching them is different than other people. We know how to approach people, showing them we are all equal. What is hard is that indigenous people seem to have confidence in their traditional ways but are not sure about the future of following the modern way.

Tanya: Indeed, we seem to be creating stories everyday to try to explain the evolution. What is tricky about the modern way is that so much seems to change so quickly, it is hard to keep up. While we keep working on the linkage, the bridge seems to get wider, like those mechanical sidewalks at airports - you walk your pace, but the floor beneath you moves faster.

Sululu: I feel good about the work we have done so far. If you compare with other NGOs, we have done so much, like having experience of 10 years. People ask me why I left the safari industry, I had all the money I needed and a comfortable life but when I die what will I die with? Now I can say I work to help my people, and that is important.

Tanya: And I have learned so much about the difference between theories of development and what it truly takes to change things on the ground. It is amazing work, really.

We Need Your Support! If you would like to support Terrawatu, contributions can be sent to:

Tides Foundation/Terrawatu Fund

Finance Department

Tides Foundation

P.O. Box 29903

San Francisco, CA, 94129, USA

Secure on-line donations can be made on our Website – www.terrawatu.org – click on “Contribute”.

All contributions are tax-deductible.

Thank You!



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
Onesmo Ole Kishapuy – Board member
Lodi Larashi – 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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“Truth-bearing, intuitive knowledge and wisdom is distinct from and beyond the knowledge gleaned from books, testimony, or inference.”

- from the Yoga Sutras of Patañjali