

Terrawatu staff is working hard to communicate with the villages that the computer centers are inputs into *their* community that will only succeed if foundations are put in place that build self-sustainability in the future. Currently, we are working with International volunteer organizations to find appropriate volunteers to help move the computer labs to their next level by partnering IT and Education professionals with local teachers and students.

Terrawatu's IT and Education Project is seen as an extremely important pioneering project in Tanzania and we have attracted a number of National and International organizations awaiting blueprints from Siwandeti and Ilkiding'a.



Renovating classroom at Ilkiding'a Secondary School to house 30+ desktop computers, printers, and scanners; bringing countless new resources to the village.

Conservation of Medicinal Plants and Indigenous Healing Knowledge

Green Belt-Style Project Proves Success

We here at Terrawatu all agree that the best news we have heard in ages is that Wangari Maathai of Kenya received the Nobel Peace Prize on 10 December. Wangari's philosophy and strategies for sustainable development as expressed through the Green Belt Movement she founded in 1977 inspired and guided Terrawatu in 2001 to implement a similar type of project in Northern Tanzania.

As a variation on a theme targeted at working with the culture of the Maasai people in Northern Tanzania, Terrawatu began establishing tree nurseries with a primary emphasis on cultivating traditional medicinal plants used for healing by the Maasai.

To date, over 25,000 plant seedlings have been cultivated; a rain harvesting system has been completed to support the tree nursery of Oreteti network in Nadosoito village; and over six thousand villagers have been sensitized and empowered to reconstruct their natural environment. Asante sana sana Wangari for your inspiration!

Terrawatu's complimentary project to establish Traditional Health Clinics that will eventually be supplied with medicinal plants from these tree-planting networks is making steady progress. Three clinics continue to operate in and around Arusha town. The organization is actively seeking support to fund the procurement of much-needed new supplies of medicines for the clinics and to make improvements to the facilities. Terrawatu's "Maasai Herbal Tea" blend – which is selling well in the Arusha area - has provided some revenue for the project.



Member of Oreteti Tree Planting network on a walking safari to check on transplanted tree seedlings in Nadosoito village, Tanzania.

Cross-Cultural Journeys



Participants in Terrawatu / Global Exchange's Reality Tour Tanzania enjoying a traditional Maasai goat roast.

Reality Tour Tanzania, hosted by Terrawatu and Global Exchange with partner True Africa took place from 20-30 October, 2004.

The tour began with a 5-day People-to-People Safari with Terrawatu's Co-Director's Dr. Tanya Pergola and Lekoko Ole Sululu leading the trip to Monduli to visit a Maasai village, embark on a medicinal plant walk, and visit Terrawatu's environment and education project sites. The group also went to the United African Alliance Community Center (UAACC) in Maji ya Chai and met with Co-Founders Pete and Charlotte O'Neal - former Black Panthers from the USA who have established an amazing community center in Tanzania benefiting both the local and international community.

The second part of the tour was made up of visits to Tanzania's famous wildlife parks. Discussions were held throughout the tour on topics such as: economics and politics of Tanzania; conflicts of development and natural resource conservation; traditional spirituality and imported religion; globalization and numerous other issues.

To experience this most unique Tanzanian tour, contact Malia Everette malia@globalexchange.org or +1.800.497.1994 at Global Exchange in San Francisco, California to find out more information about Reality Tours Tanzania in 2005.

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

In November, Terrawatu shifted its office in Arusha to a new location near the Clock Tower and adjacent to TANESCO. Entry into the compound is through the gate marked "Hima Tours". Karibu sana for a visit and a cup of herbal tea.

Terrawatu's research assistant, Zawadi David is back in the Terrawatu office on a part-time basis. She has just graduated at the top of her class at the Institute of Judicial Studies in Lushoto, Tanzania. Zawadi will continue to assist Terrawatu on some projects as she pursues her next endeavors in the field of law.

On 31 October, 2004, Terrawatu celebrated its 3rd year as an official NGO in Tanzania. Staff and members agreed that while the road has often been as bumpy as a Tanzanian highway, an amazing amount of progress has been made in capacity-building in local communities and associated global communication.

Friends of Terrawatu in Seattle continue to meet either in-person or on-line 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

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.



Classroom construction at Natema Primary School. Funds are needed to complete the upstairs classroom.

- ❖ **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

April's Red Lentil Soup

In many cultures, eating legumes such as black-eyed peas or lentils on New Year's Day is considered to bring good luck. This recipe - contributed by April Linton, a member of Terrawatu's International Advisory Council - uses many spices found on the Island of Zanzibar. All ingredients are readily available at most markets in the United States and Europe.

What you need:

- ¼ cup cooking oil
- 1 ½ teaspoon cumin seeds
- 1 ½ teaspoon coriander seeds, ground
- ½ teaspoon turmeric

- 2 medium yellow onions, peeled and cut into ¼ inch pieces
- 2 cloves of garlic, finely minced
- ¾ teaspoon red pepper flakes

- 8 cups water
- 2 cups red or orange lentils, washed
- 1 cup crushed tomatoes
- ¼ cup tomato paste
- 1 ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 7 or so sprigs of fresh coriander (cilantro), washed and tied together

- ¼ cup fresh lemon juice
- ¼ cup chopped fresh coriander (cilantro)

What you do:

- 1) In a large saucepan, combine oil, cumin, coriander and turmeric. Over low heat, cook until seeds darken. Remove from heat and add onions, garlic and red pepper flakes.
- 2) Sauté over medium heat until onions are translucent. Add water, lentils, tomatoes, tomato paste, salt, black pepper and cilantro sprigs.
- 3) Bring to a boil and simmer 20-30 minutes or more until lentils are very soft. Remove from heat, take out cilantro sprigs and stir in lemon juice and chopped cilantro. Taste for seasoning (may need more salt) and texture (may need a bit more water).



CONSIDER MAKING AN END-OF-THE-YEAR CONTRIBUTION TO TERRAWATU

Examples of how your financial support will be used include: US\$2,000 builds a rain catchment system in a tree-planting network; US\$1,000 builds one wall of a classroom; US\$500 sponsors a student's education for one year; US\$100 purchases planting materials for one tree-planting network. Any amount helps!

Contributions by check can be sent to:

Tides Foundation/Terrawatu Fund

Finance Department
Tides Foundation
P.O. Box 29903
San Francisco, CA, 94129, USA

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

More information available at www.terrawatu.org under “Contribute”.
Or email you questions to info@terrawatu.org.

All contributions are tax-deductible.

Happy Holidays.
Thank You to all supporters of Terrawatu in 2004!



Staff and Board of Directors

Tanya Pergola – Co-Director
Lekoko Ole Sululu - Co-Director
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Osoruni – IT expert
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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”.



“We must accept finite disappointment, but we must never lose infinite hope.”
- Martin Luther King, JR.