



terrat

Bridging the Indigenous and Modern

A newsletter published by Terrawatu

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Project updates

Conservation of Medicinal Plants and Indigenous Healing Knowledge



Traditional Maasai medicine –loodwa– used for cleansing the blood and kidneys and boosting immunities. Seen here being collected at a local market to supply new clinic.

Work has begun on a new traditional medicine clinic just outside Arusha town. The clinic is located in an area heavily populated with people who respect the traditional medicine of the Maasai and are highly likely to seek the consultation of traditional healers when faced with dis-ease.

The new facility is made possible by a grant from the World Bank’s Global Fund for Indigenous Peoples. Funds are also being used to acquire new medicines for Terrawatu’s Mt. Meru traditional medicine clinic and boost cultivation of indigenous plant species in Terrawatu’s Green Belt Movement-style village networks.

Generous co-funding from the Tonlie Fund, a family foundation, will be used to extend product development of the line of Terrawatu’s Maasai Herbal Tea; and initiation of a new plant nursery.

The entire project budget is estimated to be twice as much as currently exists in the account. Terrawatu continues to seek additional funds and/or in-kind donations to enable the project to: 1) carry-out exchange visits for community members to teach each other how to reforest their lands; 2) install a rain harvesting system to alleviate water problems; and 3) acquire a grinding machine to process plants into usable medicines.

If you would like to support this exciting project you can go to Terrawatu's Website – www.terrawatu.org – and click on "Contribute". Earmark donations for "Environmental Conservation".

For more information please do not hesitate to ask:

Email: tanya@terrawatu.org
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School Partnerships for ICT 4 Development

Siwandeti and Ilkiding'a Computer Centers are now faced with the task of finding ways to remain sustainable in the coming years. The grant to Terrawatu from USAID for this project closed-out at the beginning of August and the school communities are working on ways to earn money to pay computer center staff stipends and daily maintenance costs.

Terrawatu will remain in a consulting role this year, advising school board members and the IT Network of students and teachers.

Terrawatu has also forged a partnership with the Global Technology Academy (GTA) in Seattle, Washington, USA to obtain upgraded technology for the centers.



Siwandeti Computer Center during site visit by Elimu On-Line, philanthropic Internet Service Provider.

GTA began refurbishing computer processing units (CPUs) at the start of this USA school year. GTA has extensive experience in this activity and has worked in Ghana, Eritrea, Mozambique, Ethiopia, and the Gambia within Africa.

In April 2006, a team of 12-14 students and 2 adults from GTA will travel to Arusha with the newly refurbished CPUs in their check-in luggage. They will spend two weeks in the villages living and working with partner Tanzanian students and teachers selected by Terrawatu to upgrade and network the labs. They will teach new IT techniques with the aim of facilitating self-sustainability of the centers over the coming years.

In working together to set up these two labs with new equipment, the teachers and students from Tanzania and America will form a close bond between them that will help foster better understanding of the two cultures. This bond will help keep communications open between the teams over time and distance. This scenario is more likely to increase the chances of self-sustainability of the Tanzanian centers than simply purchasing new CPUs in Arusha town, which is more expensive and has no value-added component.

Cross-Cultural Journeys



Sunset on a Tanzanian safari. Terrawatu's tours combine authentic people-to-people experiences with relaxing moments in a bush rich with wildlife.

There is still space available for Terrawatu's next tour set for 22 October – 2 November 2005. The journey takes you deep into the heart of Maasailand to learn about the culture of these indigenous peoples and about development projects aimed at conserving tradition while improving livelihoods.

Participants then visit Terrawatu's tree-planting project in Mkonoo and IT projects in Siwandeti and Ilkiding'a villages. The tour also includes visits to other NGOs in Arusha region doing authentic and inspiring work. You are then immersed into the African bush, viewing unique wildlife and exploring their soul-nurturing environment.

If you are feeling spontaneous and would like to jet on over to Tanzania, contact Malia Everette malia@globalexchange.org or +1.800.497.1994 ext.233 at Global Exchange in San Francisco, California to find out more information and reserve your place in the tour.

Terrawatu is currently working on an "Islam in Africa" component of its tours in Tanzania. This will add a coastal Swahili experience to our itinerary with visits to Dar es Salaam and Zanzibar.

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 contact us by email at info@terrawatu.org



Organizational News

Terrawatu's Co-Directors Lekoko Ole Sululu and Dr. Tanya Pergola continue working with the Harmony Project in establishing an African Spa and community traditional medicine clinic at Gibbs Farm in Karatu, Tanzania. The scope of the activity addresses spa treatments, appropriate facility accessories, interiors/exterior venues, and medicinal plant materials.

International Advisory Council member April Linton is selling Fair Trade African products in the United States. Maasai shukas (blankets) and recycled tire shoes are for sale on eBay and directly from her. Contact: aprillinton@hotmail.com

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 how to get involved 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.** Our Child School Sponsorship program has been very successful. We now have six Tanzanian girls matched-up with sponsors from the United States with promises for more in the near future. A sponsor's financial support helps a girl to successfully complete Primary School and proceed onto Secondary School (not common in Tanzania). More information can be found on our Website – www.terrawatu.org - under Child School Sponsorship (CSS) program.
- ❖ **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!
- ❖ **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

Mombasa Pumpkin Dessert

A simple and yummy dessert just in time for Halloween. Best to use a dark orange skinned sugar pumpkin for this recipe instead of a large jack-o-lantern as it can be too stringy. This recipe serves four. It is adapted from allrecipes.com.

What you need:

- 1 medium sugar pumpkin, seeded and cubed
- 2 cups sugar
- 1 cup coconut milk
- 1 teaspoon ground cardamom

What you do:

- 1) Steam the pumpkin pieces for 5 to 10 minutes. Scoop flesh from the skins.
- 2) In a medium saucepan, combine the pumpkin flesh and sugar. Heat over medium-low temperature until sugar dissolves into the pumpkin. Add coconut and cardamom. Stir often. Cook until the mixture has thickened to thick pudding-like consistency. Serve room temperate or chilled.



Staff and Board of Directors

Tanya Pergola - Co-Director
Lekoko Ole Sululu – Co-Director
Catherine Joseph – Office Assistant
Zawadi David – Project Assistant
Allan Meing'arana – Project Assistant
Lazaro Mollel – 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).

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".



"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature."

- Anne Frank