



Terrawatu continues to seek additional funds and/or in-kind donations to enable the project to: 1) install a rain harvesting system to alleviate water problems in the medicinal tree-planting villages; 2) carry-out exchange visits for community members to teach each other how to reforest their lands; and 3) acquire a grinding machine to process plants into medicines.

**LOOKING FOR PLACE TO DONATE END-OF-THE-YEAR FUNDS?**

Support this exciting project for the conservation of traditional medicine by going to Terrawatu's Website – [www.terrawatu.org](http://www.terrawatu.org) – and clicking on "Contribute". Earmark donations for "Environmental Conservation".

**School Partnerships for ICT 4 Development**



Students from St. Constantine's International School volunteering at Siwandeti and Ilkiding'a Computer Centers training students on building Websites.

Plans for the technology upgrade at Terrawatu's computer centers are well underway with partners the Global Technology Academy (GTA) in Seattle, Washington, USA. Twenty-one team members from Garfield High School in Seattle are busy refurbishing newer CPUs and preparing for their two-week installation, networking and training visit to Arusha in early April 2006.

This computer upgrade and cultural exchange with GTA is a wonderful opportunity to boost this ICT 4 Development program and Terrawatu staff, the school communities of Ngateu, Natema, Olchoki, Ilkiding'a and St. Thomas are very excited to welcome the students and teachers into their communities.

On 4 November, a team of students from St. Constantine's International School (SCIS) in Arusha volunteered their time and expertise at Terrawatu's computer centers to teach Website construction to students and teachers at Siwandeti and Ilkiding'a Computer Centers. This initiative, conceived by Mr. James de Wit, Head of Secondary Studies at SCIS, is part of an extra-curricular award programme. Student teams participate in Community Service in less economically-advantaged villages just outside Arusha town. The SCIS team partnering with Terrawatu for this "in-country" cultural exchange project camped in the villages, cooked their own food, and worked closely with students and teachers to create Websites for the computer centers. Stay tuned for the links once construction is complete.

**LOOKING FOR PLACE TO DONATE END-OF-THE-YEAR FUNDS?**

Support this ICT 4 Development project by going to Terrawatu's Website – [www.terrawatu.org](http://www.terrawatu.org) – and clicking on "Contribute". Earmark donations for "Education".

## Cross-Cultural Journeys



Day-trip visitors to traditional medicine clinic. More and more wildlife safari clients are attaching tours to Terrawatu's project sites to their itineraries in Tanzania.

Tanzanian Reality Tour October 2005 "Culture, Economy and Sustainable Development" was a great success despite some concern over the outcome of the national elections in Tanzania that were scheduled for 30 October. Due to the death of a candidate, the elections on the mainland were postponed until 14 December. Although the elections on Zanzibar did take place, participants on the tour stayed abreast of events taking place on the island while scheduling their itineraries.

The feature article in this edition of *terrat* is written by one of the participants in the October tour and includes fabulous photos taken during the journey.

The next open date for the Tanzanian Reality Tour is set for 6-16 May 2006 and will be led by Terrawatu Co-Directors Tanya and Sululu.

Contact Malia Everette [malia@globalexchange.org](mailto: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 May tour.

If you, your family, and/or friends would like to book a customized ecological-cultural safari into the indigenous communities and wildlife parks in northern Tanzania contact us by email at [info@terrawatu.org](mailto: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. Mr. Lazaro, trained by Terrawatu, is now working at Gibbs as an herbalist and healer treating the staff at the lodge. Terrawatu is supplying the medicine for the Gibbs Farm clinic.

**A volunteer team from St. Constantine's International School (SCIS)** visited Terrawatu's Greenbelt Movement-style tree-planting network in the village of Mkonoo in November to survey the possibility of pumping water from the Themis River to irrigate plant seedlings. The students at SCIS are now undertaking fundraising activities to purchase a pumping machine.

**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](mailto: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](mailto: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. 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](http://www.terrawatu.org) - under Child School Sponsorship (CSS) program.
- ❖ **Resources for computer labs.** The Terrawatu computer centers are in need of educational DVDs, CDs and other materials for classroom use. Entertaining DVDs are needed to show movies to villagers in an effort to raise funds for sustaining the centers. If you have these materials and would like to make a donation please contact us at [info@terrawatu.org](mailto:info@terrawatu.org) and we can arrange for you to get them to someone we may know who is traveling to Tanzania in the next few months.
- ❖ **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](http://www.terrawatu.org) - to those you think may be interested in hearing about Terrawatu.

### LOOKING FOR PLACE TO DONATE END-OF-THE-YEAR FUNDS?

Make a donation to Terrawatu. Go to Terrawatu's Website – [www.terrawatu.org](http://www.terrawatu.org) – and click on "Contribute". Earmark donations for "General Support".



## Recipe- East African specialties

### Zanzibar-Spiced Coffee (Kahawa)

Finish a holiday meal with a cup, or start the day with one.

#### What you need:

- one quart cold water
- seeds from two cardamom pods
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- three tablespoons freshly ground coffee beans

## What you do:

- In a saucepan combine all ingredients. Bring to a boil. Reduce heat and maintain at a low boil for ten to fifteen minutes.
- Pour through a strainer into a coffeepot and serve hot. Double or triple recipe depending on number of cups you need.

## The Traveler Revealed

*The following article is written by Rachel C. Friedland. Friedland was a participant in the Terrawatu/Global Exchange Tanzanian Reality Tour in October of this year. She works as a marketing consultant with the US State Department in Washington DC.*

As a child, I read National Geographic faithfully; admired Joy Adamson's writing, strength and will to preserve African wildlife; wanted to join Jane Goodall in her efforts to protect the chimpanzees of Gombe; and yearned to learn more about African culture. However, as I matured, so did my understanding of life in America. From a socio-economic perspective, if one is born into a lower-middle class family, it's difficult to pursue a career that makes a difference in someone's life, since either it's expensive to pursue the formal education required (e.g. doctor); or salaries are not equitable to responsibilities. For example, teachers have arguably the most important job in the world; they are responsible for the education of children, children who are our future leaders. These key influencers belong to one of the lowest paid professions in the world.

I entered the business world; the world of advertising and marketing. For years I struggled with the internal conflict of who I am versus what I do for a living. Granted, these two facets of life can be separated, but so much of one's life, in America, is spent trying to maintain a comfortable lifestyle – making money. It seems there's not much time left for satisfying one's spiritual self, or in my case, contributing to our global society.

With a never-ending love of East Africa, from a philosophical, cultural and historical perspective, I found myself striving to fulfill a lifelong dream. This brings me to how I arrived in Arusha, Tanzania.

Several years ago, I learned of an organization called Global Exchange. I visited the site, [www.globalexchange.org](http://www.globalexchange.org), and registered for the email newsletter. As I believe fate would have it, the organization offered a Reality Tour to Tanzania. As one who loves to travel, I prefer to connect with people locally who can show me their country from a true perspective, including the good, the bad and the ugly. I tend to be an idealist at times, but I'm wise enough to know that realism is what it takes to understand one's culture and, hopefully, make a difference in people's lives.

### Arriving in Africa

When I exited the plane at Kilimanjaro Airport, a sense of wonderment and accomplishment swept over me. I finally made it to Africa – East Africa – Tanzania. I immediately felt the change in climate and breathed in an aroma I had only imagined -- the smell of fresh, damp Earth with a sweetness all its own – land that cultivated humanity as we know it. I felt as though I was home.

As I walked down the steps, I noticed an older woman struggling with her luggage. I offered to help her, she accepted, and I met her at the bottom with her bag. We walked to the baggage claim area together, where she introduced me to her husband. She's Tanzanian and a member of Parliament, and he's German. They've been married for years, live in Moshi and run The Saint Luke Foundation.

They invited me to their home and offered to show me around. Unfortunately, I knew I would not have time, but my first impression of Tanzanians was one of openness, honesty, sincerity and appreciation. This impression would last throughout my trip, and more than importantly, my lifetime.

The only thing I knew when I landed was that someone from Terrawatu was going to pick me up and take me to Arusha, but who I did not know. Then I saw him standing amidst the sea of Tanzanian faces – Lekoko Ole Sululu. With a larger than life smile and a personality to match, he greeted me and escorted me to his car.

## **The Journey Begins**

Tanzania is roughly 40% Christian, 40% Muslim and 20% Indigenous. As luck would have it, Ramadan was in full swing and, with two mosques right outside my hotel, I was able to experience morning prayers through the competing loudspeaker systems. At first, I felt as though this was an intrusion on my sleep, however, I quickly grew accustomed to the sounds of my new morning wakeup call. We packed up the Land Cruiser and started the trek to Monduli District. As we drove through town, I realized that my perception of life in Tanzania was somewhat distorted; I never could have believed that traffic jams here are similar to those in Washington, DC; the only difference being swarms of people are involved as well – and everyone is friendly, waves, and greets one another with “hello”, “jambo”, “mambo” or “habari.”

Terrawatu’s goal was to expose us to the indigenous culture in and around Arusha. The “roadless traveled” itinerary, created by Tanya and Sululu, was full; we visited a Maasai village to learn about indigenous culture and challenges facing the traditional communities; ventured to a local Maasai market to learn about cattle trade and negotiations; met with network members managing a re-forestation program; engaged in discussions with local teachers in the Siwandeti Computer Center; and witnessed history in the making at the International Criminal Tribunal for Rwandan Genocide, ([www.ictr.org](http://www.ictr.org)). It would take pages upon pages to thoroughly communicate the sights, sounds and smells, as well as physical and emotional feelings I experienced. Here, I illustrate the highlights and what I personally learned from each encounter.

## **Monduli District**

Sululu led us on a hike up the mountain, maneuvering us over rocky dirt paths and around local villagers, who descended down the paths carrying large loads of tree branches on top of their heads. With the rainy season just two weeks away, Sululu explained they were preparing their homes; reinforcing the thatched roofs to prevent leakage. As we continued our climb, Sululu periodically stopped to point out specific plants and tree barks and explain each ones medicinal purpose. We picked a bunch of leaves to make a medicinal tea and used a “thorn” from an Acacia as a toothpick. Maasai believe in Engai; she who governs the sun, the moon, and the stars; Mother Nature. They live off the land and seem to survive without Western comforts. It creates a more difficult lifestyle, but from what I experienced, also produces happy people who have a fabulous sense of humor and a great zest for life.

## **Life in the Villages of Enguiki, Nadosoito and Mkonoo**

Maasai live a pastoral life, developing communal-type bomas where wives share in raising children, tending goats and making meals, which typically consist of ugali and nyoma choma (barbecued meat). The men live to pro-create and herd the cattle.



## **Nadosoito and Mkonoo Re-Forestation Project**

With beaded collars and brightly colored kangas, the village women greeted us with song and dance; moving their shoulders up and down in rhythm with their singing and jumping. Wearing everything from rubber shoes made from tires to Ked-like sneakers, they kicked up the dust and dirt and spoke to us with their eyes and body language. Although we had someone to translate from Maa to Swahili to English, it was the non-verbal communication that struck me as being so strong.



After a long discussion with the women about females in a male-dominated society, and the traditions of female circumcision, childbirth and childrearing, and absence of romantic love, I realized that regardless of language, culture, or socio-economic background, women are strong and have the will and determination to survive and rise above even the most difficult situations.

It was an honor to be invited to a goat roast with our hosts. The women did not join us; the men prepared the feast and served it. They laid several tree branches at our feet on which they placed chunks of meat. These branches aid in killing bacteria that may still be found in the meat or on the knives used to slice it.

During the dry season, the earth is parched, cracked and brown; the warm breezes blow dust and dirt across the plains. The greatest challenge faced by those living in Maasailand is the lack of this most important natural resource, water.

Although a river is nearby, the means with which to pump water from the ravine to the village, several miles away across steep, rocky terrain, is lacking. The solution, a pump, is available; however, the funds with which to purchase it are not. The villagers want to generate income through automating maize grinding and selling the excess for profit. Having been born and raised in Lancaster, Pennsylvania, an agriculturally rich land where the Amish have settled, I recognized similarities between these two pastoral cultures. Is it possible to analyze how the Amish have bridged the gap between tradition and modernization and transition the lessons learned to the indigenous communities of Tanzania?

### **Technology Meets Tradition**

One of the most interesting realizations occurred when everyone I met wanted to give me their email address. Cybercafés dotted the main streets of Arusha, while locals, tourists and those working in the area congregated to check their email or log on to the Internet to catch the latest news. It amazed me how technology appeared to work better in the remotest areas of Tanzania than in my own backyard. While at home in Northern Virginia, there's so much interference that I can't receive a clear signal in my own house. However, I watched – and listened – in amazement

when Sululu made and received calls from the lowest depths of Ngorongoro Crater, through the lushest trees and thickest forests of Tarangire, and over the vast plains of Lake Manyara. Even with the heights of, and cloud cover over, Mt. Meru and Kilimanjaro, the wireless signal is able to transcend space and time and enable even the most traditional of Maasai to communicate with the world.

### **Creativity, Ingenuity and Technology**

While walking from our lodging to the village in Monduli, on our way to a traditional African dinner, consisting of ugali, sukumawiki and nyoma choma, we stopped to watch a group of children who were laughing, playing and engaged in what appeared to be a game of pool. On closer inspection, they were encircled around a miniature pool table that consisted of green felt, blue and green marbles, aluminum tubes made from soda cans, one white and one black marble, six pockets and a tray to collect the marbles. The children spoke very little English, but we were able to communicate nonetheless. Through translations, and good old-fashioned body language, I was invited to take a shot, which I did. I was told two of the boys were the masterminds who built this source of entertainment, not only for those who played, but for the onlookers as well. I admired these children for their creativity and ingenuity. I wanted to take those two boys out of the circumstances into which they were born and provide them with the opportunity to acquire education and knowledge and expand their world of imagination. A wave of emotion caught me by surprise; I felt a twinge of disdain for American society and the children we foster, most of whom are unable to function without a computer, video games, or television.

### **Siwandeti Computer Center**

Continuing down the educational path, the visit to the computer lab at Siwandeti was informative. However, the challenges of attracting and paying teachers, as well as providing affordable fees to students, are overwhelming. While opening up the world to students is necessary – and commendable - it seems as though teaching them a skill; teaching them how to make money using technology would assist in sustaining the computer lab while giving them real-world skills.

### **Women in Action**

One afternoon we drove to the edges of town, making our way to a local NGO that assists people living with HIV/Aids. I was impressed with the organization's infrastructure and the women running it. WIA has an open-door policy, and while we talked, several locals stopped by to ask for assistance. Along the lines of home health or hospice care, WIA provides physical and emotional support to those living with the virus, in addition to prevention programs to help educate both children and adults. Local volunteers from all age groups contribute to WIA's mission. To assist in fundraising efforts, the women make beaded jewelry and sell it to visitors. In this instance, I think WIA could benefit from marketing its jewelry to online businesses, such as Overstock.com or Novica.com, that embrace and encourage fair trade and support international aid and development organizations.

Through many discussions with those I met through Terrawatu, and on my own travels through town, I felt as though Americans have many misperceptions about the education of Africans regarding HIV/Aids. It appears as though the residents are aware of the virus and its impact on ones own mortality, as well as the mortality of the village and the country. However, the influence of Christianity, which was blatantly displayed with large, expensive, luxurious-looking churches sitting next to dilapidated, unsanitary, barely inhabitable shacks, appears to have had an impact – a negative one – on the practice of safe sex. Ministers, priests and missionaries preach against sins of the flesh, without embracing and communicating the effectiveness of condoms in battling the virus. An idealist would believe that people do not have sex outside of marriage, do not commit adultery, and homosexuality does not exist. In my opinion, we have to believe in the realities of human nature if we want to win the war against this disease, regardless of religious or personal beliefs.



## Ecosystems and Wildlife



View from a Maasai boma near Ngorongoro Conservation Area.

While it saddened me to realize the people portion of my Tanzanian safari had ended, I was filled with anxiety and excitement as we slowly ascended the switchbacks that would take us down into one of the most well-known ecocenters in Africa – Ngorongoro. As I learned, it takes time, patience and silence to affect a wildlife safari that's fascinating, inspiring, and breathtaking.

Born Free in living color. Pages could be spent describing the wildlife I witnessed. But I won't. What I did learn from spending time in Ngorongoro Crater, Olduvai Gorge, Lake Manyara and Tarangire National Park is that each one is uniquely different from the other.

Depending on location (lowlands, highlands, mountains) and time of year (dry or rainy season), nature has complete control. From dry, dusty, windy conditions to lush, green, colorful forests, the wildlife safari left an indelible mark in my heart and soul and a desire to contribute to every conservation effort dedicated to preserving this amazing African landscape.

## From Reality Back to Reality

Prior to my trip to Tanzania, I envisioned helping many people at one time. As a result of my experience, and my new-found knowledge, I realize that it's more realistic to make a difference in the world, one person at a time. I'm back to the realities of my own life, thinking about the rainy season that has enveloped the Tanzanian plains, wondering whether the newly-planted trees will take root; concerned about how the homeless street boys of Arusha will stay warm and safe; and thinking of ways I can contribute my business knowledge and skills to helping the citizens of Tanzania survive the harsh realities of everyday life.



As part of our globalized world; as a citizen of humanity, I believe it's our social responsibility to understand how the majority of the world lives and to find ways to rectify the extreme disparities that exist among socio-economic classes worldwide. I continue to question whether globalization and technological advancements should be considered as "making progress" or "being detrimental" to the natural resources – including people – inhabiting our Earth.

Nakupenda Tanzania (I love Tanzania)!



## Staff and Board of Directors

Tanya Pergola – Co-Director  
Lekoko Ole Sululu - Co-Director  
Catherine Joseph – Office Assistant  
Angel Marcel – IT Manager  
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

## Contact Information

### **Mailing address:**

Terrawatu  
P.O. Box 2652  
Arusha, Tanzania

In Tanzania: +255 748 312202 or 693826

In USA: +1 206 226 3882

Email: [info@terrawatu.org](mailto:info@terrawatu.org)

Website: [www.terrawatu.org](http://www.terrawatu.org)

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".



Beginning today I will cherish each moment of my life. I value the gift bestowed upon me  
in this world and I will unselfishly share this gift with others.

Beginning today I walk with renewed faith in human kindness. Regardless of what has gone before.  
I believe there is hope for a brighter and better future.

**Terrawatu wishes to extend a big "THANK YOU" to all of its supporters.  
HAPPY HOLIDAYS!**