



*terrat*

*Bridging the Indigenous and Modern*

A newsletter published by Terrawatu

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XXII. Equinox 2007 Southern Autumn Northern Spring  
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**terrat** is a publication of Terrawatu, a non-governmental organization based in Arusha, Tanzania, East Africa. *terrat* is an e-newsletter published quarterly on the solstice and equinox.



PROJECT UPDATES

**Traditional Health Clinics Successfully Treat Hundreds of Villagers**

Terrawatu's Traditional Health Clinics in Arusha are all reporting continuing success. More and more patients are visiting the clinics and being successfully treated for a range of illnesses. In the past six-month period, over one hundred patients have been treated at each of the three clinics. This is extremely positive news as it highlights the fact that development projects *do* work when local leaders are empowered to use their traditional skills and knowledge to take care of today's problems.

**Additional Indigenous Plant Project Considered**

Terrawatu has been approached by a woman's network in Longido village - near the Kenyan border - to provide tools for re-establishing a tree-planting network. Originally mobilized years ago by the United Nations Development Program (UNDP), this group's efforts have been halted due to poor project management and a water catchment system that no longer works. It is impossible to cultivate trees in this region during the long dry season and extensive deforestation is occurring faster than villagers can get new trees growing. Trees are the primary source of fuel for cooking. Terrawatu is considering supporting this effort that would expand its regional environmental conservation program. Each water catchment system and set of supplies for a tree nursery costs US\$3,500. Each investment at this level results in the cultivation of tens of thousands of indigenous and exotic species of plants in addition to supplying clean water to homesteads.



On left side is a view from Longido Village towards Kenya. This forest reserve provides critical habitat for a wildlife corridor in addition to a cool and hospitable climate for residents. A bit further down the road (right) is an area where trees have been cut by residents. Trees are a renewable resource and villagers simply need tools to cultivate them.

## Computer Labs in Village Schools Expand due to Partnership with US Schools

In March-April, a crew of students and teachers from the Global Technology Academy (GTA) in Seattle, Washington will be in Tanzania for an Information Technology (IT) for education project. The group will install 150 computers at several schools; the majority at a new computer center that will serve surrounding villages and special needs schools. The team will also provide training to Tanzanian students and teachers in computer maintenance and lab sustainability.

This is the second year that GTA has partnered with Terrawatu to provide much needed computer technology and educational assistance to schools in the Arusha area.

Director of GTA, Kjell Rye, has been working with students at Garfield High School in Seattle since September to refurbish computers, learn basic Swahili and facts about Tanzania and fundraise in the local community for support for airline tickets and in-country expenses.

During their 3-week stay in Tanzania, the team from GTA will be outfitting a large community technology center; visiting the school computer labs they worked with last year; and exploring world famous wildlife parks.

This visit is part of Terrawatu's continuing "Linking Lands" program. The focus is on improving education through the use of Information and Communications Technology (ICT) with the project targeting current and future teachers.

## Experience Life in Tanzania with Terrawatu's People-to-People Safaris

**Next Tour: June 16 - 27, 2007**

We invite you to join a small group of adventurers for a People-to-People Safari in Tanzania. Be among the few travelers who have the joy of meeting and conversing with Maasai villagers as they share their traditional way of life with you. Experience the unforgettable wonder of viewing African wildlife under a rising sun. When you join a People-to-People Safari, you benefit the local communities and you support the work of Terrawatu.

A safari begins in Arusha on June 16 and ends in Zanzibar on June 27, 2007. There are only a few spaces left. For more information about the tour and flights to Africa contact Masumi Patzel by phone at +1.800.497.1994 ext. 225 or by email at [masumi@globalexchange.org](mailto:masumi@globalexchange.org)



Co-Director Ole Sululu (left) speaks with members of a tribe of bushmen. These Tanzanians are relatives of the San Bushman of the Kalahari from which all the world's ethnic groups can ultimately trace genetic heritage.

In partnership with Global Exchange of San Francisco, Terrawatu has been leading educational tours of Tanzania for over five years. The tour, entitled "Looking Through the Eyes of a Changing World: Culture, Economy and Sustainable Development" takes participants to meet local citizens and leaders to hear the complex stories surrounding the HIV/AIDS pandemic, financial poverty and the effort to conserve indigenous beliefs and resources. Many participants discover tangible ways to make a lasting difference when they return to their home country. All participants have told us this experience is life changing.

The itinerary includes visits to Tanzania's world famous national parks for wildlife viewing and culminates with a tour of the Swahili Coast to explore Islamic culture in Africa and experience the exotic spice island of Zanzibar. To find out more about People-to-People Safaris with Terrawatu, read testimonials, and view a slideshow visit [www.terrawatu.org](http://www.terrawatu.org) and click on *Journeys*.



## Organizational News



Co-Director Dr. Tanya Pergola speaking at a fundraiser for the King of Rwanda & Prince of Ethiopia.

**Co-Director Dr. Tanya Pergola was the keynote speaker** at an "African Knights" Royal Gala fundraiser event in Coral Gables, Florida in March. In her address, she told stories of living and working in East Africa with both the stark realities of the continent's problems and the inspirational work underway that may "re-brand" Africa. Funds raised from the event went to support the foundations of King Kigeli V of Rwanda and Prince Ermias Selassie of Ethiopia who were both in attendance and with whom Pergola had met and discussed African development issues. Their foundations support education of the Rwandan and Ethiopian Diaspora and projects to rebuild Rwanda.

**Volunteers from several universities in America and Europe** will be working with Terrawatu during the coming school holiday season. While students often have some financial support from university fellowships, Co-Director Pergola works with them to write grants and seek additional external support for their work, travel and living expenses while in Tanzania.

**Co-Director Pergola will participate in the TED Global Conference** in early June. This invitation-only event entitled 'Africa: the next chapter' will take place in Arusha, Tanzania and bring together inventors, business-leaders, entrepreneurs, scientists, designers, artists, writers, activists, and visionaries from around the world. See feature section of this newsletter for more information.

## How You Can Help

### There are several ways to contribute to our work:

- ❖ **Make a donation directly to Terrawatu.** The mission of Terrawatu is to empower communities to improve education and health, protect the environment and promote cultures of peace. Wouldn't it be nice to have the personal satisfaction of knowing you have directly contributed to this effort? Donations can be made ONLINE, by MAIL or through a CORPORATE MATCHING GIFT PROGRAM. You can direct your donation to a specific area or program or make a gift for general support. Go to [www.terrawatu.org](http://www.terrawatu.org) and click on "Contribute".
- ❖ **Sponsor a Child's Education.** Terrawatu's 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). Sponsorship commitments are approximately US\$450 a year. The benefits to the future of the country are profound. More information can be found on our Website - [www.terrawatu.org](http://www.terrawatu.org) - under Child School Sponsorship (CSS) program.
- ❖ **Sponsor or contribute to Dr. Pergola's participation in TEDGlobal** in June 2007. Total cost is US\$5,000.

- ❖ **Keep Terrawatu in mind when you hear about grant opportunities and/or partnering** possibilities with foundations and organizations with a similar mission. Many of you have already provided Terrawatu with excellent connections that have helped us prosper. 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 learning about Terrawatu.



## Recipe

### Tropical Salad

Shrimp and fresh fruits with avocado dressing...this salad mingles the flavours of the tropics in an absolutely delicious way. All ingredients can be found on most tropical islands and in urban markets. Serves 6.

\* Adapted from *The Sugar Reef Caribbean Cookbook*.

#### What you need:

*For the dressing:*

- 2 ripe avocados, peeled, pitted and cubed
- Juice of 2 limes
- 2 tablespoons orange juice
- ¼ cup olive oil
- 2 green onions, chopped
- fresh coriander leaves (cilantro), to taste
- 1 teaspoon chopped chili pepper/*pili pili* (use one that suits your spice level, e.g. Scotch bonnet, habanero, jalapeno)
- 1 teaspoon salt
- 1 teaspoon white pepper



*Salad Ingredients:*

- 1 pound large shrimp, cooked and peeled
- 1 14-ounce can heart of palm, rinsed, drained, and sliced
- 2 oranges, peeled and quartered
- 1 grapefruit, peeled and quartered
- 1 red onion, thinly sliced
- 2 springs fresh coriander (cilantro) chopped
- 2 green onions, finely chopped
- Lettuce leaves (e.g. Romaine hearts)

#### What you do:

- In a blender or food processor, puree all the ingredients for the avocado dressing until smooth and creamy. Add more juice if too thick. Transfer to a bowl, cover, and refrigerate until chilled.
- In a large salad bowl, combine the shrimp, heart of palm, oranges, grapefruit, red onion, green onions, and lettuce leaves. Lightly toss. Serve on individual salad plates and top with the avocado dressing.



## **"Africa: the next chapter"**

*Terrawatu's Co-Director Dr. Tanya Pergola has been invited to participate in the influential TEDGlobal conference planned for June in Arusha, Tanzania. "TED" was born in California in 1984 out of the powerful convergence between Technology, Entertainment and Design (TED). The first TED included demos of the newly released Macintosh computer and Sony compact disc.*

*TEDGlobal will focus on the powerful changes taking place in Africa – many of which bridge the indigenous and the modern - changes that Terrawatu has contributed to over the past seven years. Dr. Pergola will have the opportunity to connect with powerful leaders in science, technology, health, and philanthropy. The description of the conference states that Africa appears to be "at a tipping point," and that across the continent, change is afoot. In particular, "across the continent, Africans are beginning to take matters into their own hands. Ingenious solutions are being applied to tackle some of the toughest health and infrastructure problems. Businesses are being launched that are capable of transforming the lives of millions. New communications technologies are allowing ideas and information to spread, enabling markets – and governments – to be more efficient."*

*The following is reprinted from [www.ted.com](http://www.ted.com)*

**Over the past few years a growing number of people in the TED community have become passionate about Africa, a continent that appears to be at an important tipping point. Its problems and challenges are well known. Less well known is that across the continent, change is afoot. Instead of relying only on development aid, Africans across the continent are beginning to take matters into their own hands. Ingenious solutions are being applied to tackle some of the toughest health and infrastructure problems. Businesses are being launched that are capable of transforming the lives of millions. New communication technologies are allowing ideas and information to spread, enabling markets – and governments – to be more efficient. And the numbers suggest that incomes are starting to nudge up in some countries and real growth is on the way. A new Africa beckons.**

**It couldn't be a more exciting time to be holding the first TED conference in Africa. We invite you to join us on a journey into the continent's future. The program line-up of 50 speakers – like all TEDs – includes inventors, business-leaders, entrepreneurs, scientists, designers, artists, writers, activists, musicians and mavericks. But they have this in common. They are all doing something valuable for Africa's future. Their voices will inspire. And their ideas will spread.**



### Staff and Board of Directors

Tanya Pergola – Co-Director  
Lekoko Ole Sululu - Co-Director  
Angel Marcel – Office Assistant/IT Manager  
Dr. Kivuyo – Traditional doctor  
Lazaro Mollel – Traditional doctor

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Terrawatu is registered as a charitable, non-governmental organization (NGO)  
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"Don't Make Me Come Down There!"  
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