



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



Ole Sululu, Dr. Lazaro and community members learning about environmental conservation.

Phase II of Terrawatu's "Conservation of Maasai Traditional Medicine and Indigenous Healing Knowledge" reached completion in August. This is an on-going program initially supported by the UNDP-GEF and individual donors. Phase II was supported financially by a grant from the World Bank Grants Facility for Indigenous Peoples, the Tonlie Fund (USA), Gibb's Farm (Karatu, Tanzania) and individual donors.

The following results were achieved during Phase II:

- ❖ Terrawatu has educated villagers about the importance of indigenous trees in maintaining rainfall and preventing soil erosion. The result has been an effective reversal of the deforestation that was previously taking place. A total of approximately

35,000 trees have been planted in the three villages and the felling of indigenous trees has been significantly reduced. The NGO now has considerable influence in the villages and works with local government officials to ensure that tree felling remains within sustainable levels. Tree seeds are distributed free of charge within the villages for the improvement of communal land and roadside verges.

- ❖ Three traditional medicine clinics are now in full operation and have been licensed by the Arumeru District Council. Many patients in the district now have the opportunity to consult with experienced traditional herbalists in a safe, hygienic environment and to benefit from their expertise in cases that have proved resistant to conventional medical treatment. Case records are kept in a systematic way and provide a source of information about treatment outcomes. We also have six apprentices who are learning directly from the herbalists in order to ensure that traditional health care knowledge and practices are actively maintained by the younger generation.
- ❖ We have developed two distinctive blends of Maasai herbal tea, both of which are sold at upscale local lodges as well as in the three clinics. The popularity of these products has raised awareness in the project villages that traditional herbal teas are cheaper and healthier options than conventional tea, thereby helping to preserve the tradition of using indigenous medicinal plants as part of the diet.

Less tangible benefits of the project relate to changes in attitude within the project villages. In particular, many participants have acquired a sense of ownership of the land and indigenous forest, hand in hand with an increased commitment to its preservation. This can be contrasted with the earlier belief that natural resources are inexhaustible and that the Maasai 'territory' is infinite.

Terrawatu wishes to thank its supporters for believing in this long-term project and providing funds for Phase II. The project has progressed well. We are most hopeful for long-term sustainability as the health clinics/herbal pharmacies are beginning to generate income that is a direct result of this investment in the project.

Visitors from overseas who visit project sites including tree-planting villages and health clinics contribute funds by purchasing Maasai beadwork from network members, herbal tea and in-kind donations of medical equipment. External support in the form of grants provides a psychological boost to both project participants and visitors.

Terrawatu continues to seek external support for project needs including assistance in alleviating water problems, supplying health clinics with traditional and complimentary medicine and expanding distribution of its herbal teas.

School Partnerships for ICT for Development



Tanzanian schoolteachers and students and counterparts from the United States receiving briefing on ICT for education project.

Terrawatu and its partner the Global Technology Academy (GTA) at Garfield High School in Seattle, Washington are moving ahead with a plan to bring more refurbished computers to Tanzania as part of the "Linking Lands" project.

This next shipment of computers and visits by American high school students to train their Tanzanian counterparts in ICT for education will work with Universities and Secondary Schools on the mainland and Unguja.

Terrawatu and GTA share the philosophy that while computers and the Internet are important technologies for development, they are a *tool* for communication and do not replace human connections.

Cross-Cultural Journeys - COME TO TANZANIA FOR A REALITY TOUR...
OCTOBER 21ST - 1ST NOVEMBER

There are still a few spaces left for the Tanzanian Reality Tour set for October 21st – November 1st 2006 led by Terrawatu Co-Directors Dr. Tanya Pergola and Ole Sululu. View a slideshow of this fun and fascinating tour exploring Tanzania's "Culture, Economy and Sustainable Development" under the *Journeys* menu on our Website – www.terrawatu.org

All of Terrawatu's People-to-People Safaris begin in Maasai villages far from the tourist track. We then visit world famous national parks to see amazing wildlife and learn about community and environmental conservation. The tour then proceeds to the Swahili Coast to explore Islamic culture in Africa and experience the exotic spice island of Zanzibar.



Terrawatu/Global Exchange Reality Tour explores Zanzibar via marine safari.

To receive more information and reserve your place on the tour contact Terrawatu's partner Global Exchange in San Francisco, California. Contact Masumi by phone at +1.800.497.1994 ext. 225 or by email at masumi@globalexchange.org



Organizational News

Terrawatu's Website has been significantly updated. Check out www.terrawatu.org

Two students from Stanford University in the United States assisted Terrawatu in several projects during June, July and August. Naima and Mary taught at Siwandeti computer center and volunteered at the traditional medicine clinics in Mianzini, Mt. Meru and Ngaramtoni.

Kara Barker, a MA student at Arcadia University in Pennsylvania, USA is beginning an internship with Terrawatu in September. Kara is in Tanzania as one of the first participants in Arcadia's development of a Center for Peace and Conflict Resolution in Arusha.

Terrawatu's Co-Director, Dr. Tanya Pergola is consulting with several universities and high schools in the United States in establishing programs on global service learning.

What You Can Do

There are several ways to get involved in Terrawatu activities:

- ❖ **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). More information can be found on our Website – www.terrawatu.org - under Child School Sponsorship (CSS) program.
- ❖ **Resources for computer labs.** Terrawatu's IT centers are in need of educational DVDs, CDs and other materials for classroom use. Entertaining DVDs are needed for village movie nights that 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 and we can arrange for you to get them to someone we know who is traveling to Tanzania in the very near future and can hand-carry them.
- ❖ **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

Spiced Oranges and Raisins

Throughout the month of Ramadan – beginning 24 September this year - Muslims abstain from both food and drink from sunrise to sunset. Once the sun sets and the fast ends, a series of lovely culinary traditions stretch through the night. Here is a recipe for a sweet snack to try at the time of day that fits your tradition. Serve with ice cream or cake.



What you need:

- ½ cup sugar
- ½ cup water
- 2/3 cup sultanas (golden raisins)
- 2 tablespoons lemon juice
- 2 cinnamon sticks
- ½ teaspoon allspice (or mix together ground cinnamon and cloves)
- 1 tablespoon minced crystallized ginger
- 3 large oranges

What you do:

- Combine the sugar and water in a small saucepan and bring to a boil.
- Add raisins, lemon juice, cinnamon sticks, allspice and ginger. Simmer over medium heat about 10 minutes until syrup is thickened.
- Transfer to a bowl and refrigerate 10 minutes.
- Remove peel and white pith from oranges. Slice oranges into ½ inch rounds. Then cut rounds into quarters and place in bowl. Pour cooked raisins and syrup over oranges and stir gently.
- Chill 2 hours or overnight. Serve over ice cream or cake.



Buffett's Contribution to Gate's Philanthropic War Chest

The following piece is written by Co-Director Dr. Tanya Pergola in response to the news of June 2006 regarding the newest infusion of cash into the Bill and Melinda Gates Foundation...

Several people in my network have said to me in the past few weeks that the news of Buffett's contribution to Gate's philanthropic war chest must make people like myself -- who are trying to save a small part of this world by running NGOs in developing countries -- salivate. My response has been well, I am happy for the locals, but I am not so sure how much good it will actually do...we will see.

Yes, money is ultimately what fuels the countless projects conceived by good-intentioned folks who are trying to make a difference in this world. Yet money is also what has mysteriously disappeared in many developing countries as if the fuel tanks of beautifully engineered vehicles were made with large holes in their bottoms. Some call it the black hole of international development aid. I have sat through many a debate in my expatriated country of Tanzania on whether foreign aid is a curse or a blessing. Some locals I know feel shame in watching the money pour in and wonder why they can't solve their own problems. Others have come to *expect* money from first world donor countries, especially from rich Americans. The dependency has become so psychologically entrenched that when funding for a specific project comes to end, 95% of the time the project dies, or goes dormant until the next new foreign donor shows up with more bags of money.

As the money seems to keep coming, it is rare for long term plans to be made. The phase-out segments of projects rarely are taken seriously and true sustainability receives little more than lip service. Have we created a monster so attached to its umbilical cord that we wouldn't dare cut it loose for fear it will run rampantly out of control?

Yes, it is much harder to make a business plan for solving complex societal problems than it is for products and services; and, even harder to measure success. How do we know if the money actually did some good? It takes a lot of patience and knowing where to look to see impact.

Sometimes it can all get too much. A few months back, a woman walked into our office in Arusha saying that her family has remained at six children after our organization taught them about preventing infant death from malaria. Now she came to ask us for school fees to pay for her kid's education. I hung my head in recognition of the interconnectedness of problems and the unintended consequences of success. Despite it all, I remain hopeful...if we pull all levers of solving health, economic, educational and environmental problems at the same time, perhaps development

will eventually happen and become sustainable. For example, simultaneously teaching about family planning and prevention of fatal diseases. Now it looks like some of the world's most powerful are committed to this. How wonderful.

It is a shining indication that the tide has been turning. Our globalized world is encouraging us to pay some attention to the world outside ourselves. Yet the infrastructure to support the bridging of global inequities has yet to catch up with the rising up of those wishing to make a difference.

There *are* some hopeful examples I can think of:

Applications to AmeriCorps, Peace Corps and other service organizations have risen dramatically in recent years. Eventually it would be nice to see support made more easily available to those choosing to share their hard-earned skills with those less fortunate and hungry to learn.

Purchases of fair trade, ethically-sourced products are rising. Eventually the commodity chains for these products will follow good business in general and quality will improve as producers gain the knowledge needed to compete in the global marketplace. Combining on-the-ground people-to-people interactions with micro-loan financing, the bridges can be built.

I don't have all the answers myself but I do have some insights into what seems to work better. Yes, the Gates Foundation has a huge challenge in front of them. Yet they and many other organizations dedicated to development do have on their side a wellspring of not just cold hard cash, but a growing army of highly skilled, good-hearted global citizens who truly want to do something in this world to give back. It is time now to mobilize the real peacemaking warriors out there. Since so many of us contributed to the Gates' stockpile by purchasing the world-changing technology they helped create, why not all participate in using the vast resources available today to help change the world?



Staff and Board of Directors

Tanya Pergola – Co-Director
Lekoko Ole Sululu - Co-Director
Mariam – Clinic Assistant
Angel Marcel – IT Manager
Lazaro Mollel – Traditional healer

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"Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival."

- Dalai Lama