



# KARIBU SANA



The Official Newsletter of Projects Abroad Tanzania

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Dear Readers,

Welcome to the April Issue of the Newsletter for Projects Abroad Tanzania.

There have been a couple of changes here at the office here in Arusha. Claire Howlett, who has been working here in Tanzania for the last 6 months, will be joining the team at our UK office. She will be greatly missed by the local staff, volunteers and project partners. Joining the team here in Tanzania is Jason Fong who has just come from Projects Abroad India. He is looking forward to working with the local team and getting to know all the volunteers.

Rain continues to pour over Tanzania as we are reaching the tail end of the wet season. This means mud, mud, and more mud. Be prepared to push cars out of ditches but rest assured, a stranded car will always attract some attention and help.

May is shaping up to be the busiest month here in Tanzania with 27 volunteers coming. It's a pretty diverse group from such a wide variety of backgrounds and professions.

I really hope you all enjoy reading this month's Newsletter. Thank you to all the volunteers who contributed. We are looking forward to another interesting month especially as we start to prepare for the busy months ahead of us.

If you have any comments or feedback I would really look forward to hearing from you

Projects Abroad Tanzania

### Dares Salaam Charity Goat Races

The Dar es Salaam Charity Goat Races main aim is to raise funds for charities in Tanzania and to bring the community together for a fun, family day out. At the same time the Goat races hope to create a wider awareness in the community that there are those less fortunate than themselves who need our support. The Goat Races were first introduced to Tanzania in 2001 and over the past 7 years have raised millions of shillings for various charities.

A few years ago in Uganda, some enterprising members of the business community were thinking of a unique way to raise money for charity. Based on the "Ascot with a Difference", the first of such races were born out of a similar tradition using Pigs in Zimbabwe. Pigs were not practical in East Africa, but goats were and so began the first of many Charity Goat Races. Inspired by the tradition in Uganda, Paul Joynson Hicks brought the quirky idea to Tanzania 10 years ago.

There are six goat races in total. At each race, ten goats will compete with jockeys (behind, in front, beside, under, but ideally not on their goats).

Betting is an integral part of racing - horses and goats alike. It's a way for you to spend a few shillings (minimum bet Tsh 1,000), with the potential of earning yourself more than a few in return. Don't fret if you lose, it all goes to a good cause.

Before each race, the goats will parade proudly around the ring, giving you the chance to seek visual signs of winning prowess.

The event will take place at THE GREEN (on Kenyatta Drive) Msasani - Peninsular on May 22, 2010. Gates open at 12 noon & close at 5:15pm. This will may be worth a stop before heading off to Zanzibar.

## Volunteer Moment

### Farewell Claire

After 6 months, over 100 volunteers, and a last minute bout of food poisoning, Claire Howlett has left Tanzania to join our team in the UK. Such a momentous tenure could not be ignored and our local goat wrangler/program developer/all around good guy, Herman Sanka insisted on a celebratory occasion at his house.

Volunteers gathered for what would be plates and plates of caveman sized-portions of meat but this was all a prelude to the main event. As most volunteers were loosening their belts to final notch, a full roasted goat is presented to the guest of honour. Adorned in carrot and cucumber, the goat was carefully carved. Claire then had the pleasure of feeding each of the guests' large mouthfuls of goat as a sign of appreciation and of hopeful return in the future to Tanzania. Other delicacies served included, leek soup, roasted bananas, pasta and eggs, and fried kuku (chicken).

Speeches were made, dances were danced, and tears were shed. It was a great send-off and all of the staff and volunteer wish Claire the best of luck in her future endeavours.



## Staff interview

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Jason Fong is our new Office Manager here at Projects Abroad Tanzania. Jason will be on hand to assist you throughout your project, from showing you around Arusha to taking you to your placements.

### **Why do you like working for Projects Abroad?**

Projects Abroad is a great way for people from all over the world to connect. I've been very lucky to meet so many interesting volunteers, project partners, and staff from all over the world from such diverse backgrounds. Working with Projects Abroad has allowed me to see a lot of fascinating countries and from such a different perspective. Rather than just visiting tourist attractions, I had the chance to live and experience life in such a different way.

### **What is your favourite food?**

I like almost all foods and eating is one of my favourite things to do when I travel to a different country. My rule is to try anything at least once. I have favourite foods for different occasions. The Canadian in me craves a large plate of heart stopping Poutine, French Fries with Gravy and Cheese. My time in Vietnam has me missing a bowl of Pho, beef noodle soup. And my recent time in India make me miss Paneer Butter Masala with hot crispy Parotta.

### **Have you ever been a volunteer yourself?**

My first time volunteering abroad was in Thailand after the Tsunami. I had an amazing time working with a project that was rebuilding houses and fishing boats in a tiny village on the Andaman Coast. I learned a great deal about working together with people from different cultures and backgrounds which has really shaped my interest in what I do now. Since then, I have done voluntary work in Nepal with Environmental education, tennis camps in Kenya, and some English teaching in Indonesia. All were such great experiences where I learned such a great deal more than I could possibly ever contribute.

### **What is your favorite holiday destination?**

It's hard to say where my favourite holiday destination is but if I had to choose, I would say Sri Lanka. Pristine beaches, ancient historical sights, delicious foods, and few tourists meant that I was able to see the country and experience the culture without having to dodge touts and tourist traps.

## Photographs

Some photographs taken by the volunteers this month.....



### Ugali

One of the staples of Tanzanian cuisine is Ugali. You will have it with most meals but is best served with barbequed goat or chicken. The deceptively easy dish requires few ingredients and strong arms.

Ingredients:

*4 to 6 servings*

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups



### Method

1. Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
2. Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
3. Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

### Notes

- Ugali is best served with nyama choma. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes.