

The Foundation recently sponsored the publication of a recipe book of local food and traditional cookery which was distributed to each esse eja family with the intent of improving the children's diet and varying and balancing their nutrition.

D.Peluso writes from Peru: Once the manuals were published we went straight to the communities to spend our last days there and to distribute the manuals. Everyone was extremely pleased and they especially appreciated that they are in the Ese Eja language and that their participation as authors and illustrators is acknowledged. Before we left for the communities we set up a date toward the end of April with the Ese Eja of Sonene, Infierno and Palma Real to make a public presentation of the book alongside the presentation of an Ese Eja version of a map of the Heath River and a film that records testimonials of life on the Heath as several Ese Eja families traveled to the headwaters. This event generated tremendous excitement and large delegations attended from each community and local authorities and NGO's that work with (or make decisions regarding) the Ese Eja were invited to attend. It was a wonderful evening.

The Ese'eja are the indigenous inhabitants of the Tambopata region in Peru, and the Madidi / Pando regions in Bolivia. Originally semi-nomadic, in Peru they now live in settled communities: Bahuaja (Infierno) on the Tambopata river, Palma Real on the Madre de Dios river, and Sonene on the Sonene (Heath) river. TReeS has worked since 1986 with the Ese'eja at Centro Cultural Ese'eja (Centro Nape). In terms of health care this has taken the form of promoting primary health care initiatives while retaining the best of traditional approaches along with appropriate aspects of western medicine. TReeS is pleased to announce that the latest initiative is a 60 page bilingual (Ese'eja / Spanish) health and medicinal plant manual which has been written and illustrated by Ese'eja collaborators.

The principal aims are to –

- promote the use of medicinal plants (in a suitable illustrated format) to treat common illness symptoms to improve the health of the Ese'jea. The Ese'jea have a wealth of knowledge relating to the use of medicinal plants which is not being fully passed down from Elders to younger community members.

- strengthen, encourage and value Ese'jea concepts of health and illness. Western approaches to health care often ignore underlying factors which may contribute to poor health, factors highlighted by the Ese'jea approach.

- strengthen Ese'jea capacitation through involvement in a project linking Ese'jea communities. The Ese'jea have limited opportunity to co-operate within Peru let alone on a cross border initiative.

- encourage and strengthen the Ese'jea language: this is one of the first publications in Ese'jea. The Ese'jea language is also under threat as the community Elders die without fully passing it on to younger generations. The publication will complement the Plant Manual produced for native communities across Madre de Dios some years ago. The intention is for FENAMAD (Federation of native communities of Madre de Dios) / TReeS to publish 500 copies, including one for every household in the three ese'jea communities within Peru – in almost all households at least one family member can read. An equivalent publication is being produced in Bolivia taking in to account linguistic variations within the Ese'jea language.

In conjunction with ANIA the Foundation has sponsored educational posters and materials which are illustrated on this site. Funds from the Foundation have sponsored the work of Marta, a nutrition guide poster and a health guide poster to be distributed to all the families. Water wells or piped pumped fresh water of controlled quality has been installed in two locations and there are plans for more. This has led to an expansion

of the children's fruit and nursery gardens, and with the advice of an agronomist to a widening of the plants that can be cultivated for food resulting in an improved diet.

The Matthiesen Foundation has provided three bicycles for the volunteers working on the three projects in Peru

Community News School Exchange Programme LTC School received letters and gifts from their friends in Thailand thanks to Claire (who has recently got engaged to Matty Raine who is planning a round the UK charity bike ride for PLT!! What a couple!). We are writing the reply letters and sending drawings of life in Peru.

Nutritional Diagnostic Nutritional expert Martha from Pro Naturaleza has come to LTC to give a diagnostic for the children. Preliminary results showed that most children have anaemia, all children have a calcium deficiency and one had gingivitis. Now the second stage of analysis takes place and Martha will return to suggest manners to overcome these problems, i.e. such as consuming fresh yucca leaves which are high in iron and calcium. Clean Water System The main reason for the above nutritional problems is likely to be due to water borne parasites which are endemic to the area. The children do have a very balanced diet, but parasites consume many vitamins and minerals. Therefore we decided it was time to hurry along the implementation of the clean water system.

Señor Wilbert Pezo Rolando, an expert working for the organization FONCODES is implementing the LTC well on the 10th October with the help of LTC members. The well has been donated through ANIA..many thanks! www.projectlаторre.org Check it out!!!! Now up and running. Many thanks to Dave Tulacz of monkeehouse <http://monkeehouse.com>

Conservation Area This weekend LTC are making trails in the Forest of the Children. This area will be used by the children to learn all about the forest with help from locals, guides and biologists. This will also be shown to tourists as an ethnobotanical aspect of their tour. Project House This will be used as a Project base, where coordinators will live. This house will also be used to house volunteers who come to teach English,

we are currently advertizing through South American Explorer's Club and other locations. The Directory There are so many resources available in this region for rural communities such as LTC. However, the communication between non-profit orgs/governmental bodies and such isolated communities is often non-existent. So we have decided to make a directory with contact names and exactly how and what they can offer. Each family will receive a copy of this directory and will be encouraged to use it to develop their individual and community ideas. The Future???? As time goes on, ER and NA are able to give more responsibility to the community, teacher, nurse, volunteers and guides at EI. This will result in PLT being community self sufficient utilizing the resources that are available for them. This gives ER and NA more time to develop further project ideas. These include; an international intercultural school exchange partnership programme, linking schools in Peru and the UK; a guide school within a local lodge for local students who will be practicanes and hopefully will be employed by the lodge when finished; Sexual Education and AIDS awareness among the youth of Puerto Maldonado. ER and NA are returning to their countries in early Jan 2003.

In June 2002 the Matthiesen Foundation purchased two Finnish manufactured hand pumps for the two new wells it was arranging to bore in La Torre and Sonene adjacent to the schools. In this way clean water will be at hand for teaching hygiene as well as for the children's vegetable garden without the need to carry it up from the river. The pumps are being shipped to Peru and are of a design incorporating stainless steel parts and a full well-depth piston which allows easy use by children and long service without maintenance problems. These pumps have been supplied by the Finnish manufacturer Vammalan Konepaja Inc of Vammala to NGOs in E.Africa, Ghana, Cameroons, Ivory Coast, China, Thailand, Mexico, Sri Lanka, Vanuatu and Vietnam over the last 20 years. In response to the recent alert [see Emergency Appeal] the Foundation has allocated \$500 immediately towards a publicity campaign intended to draw attention to the forest Indian's plight and risk of bloodshed in their struggle to prevent encroachment and the illegal logging of the

remaining mahogany trees in the designated protected areas of Amazon Forest.