



**SUMMER/FALL 2010
BOULDER, COLORADO**

AKHBOR: News of Boulder-Dushanbe Sister Cities

2010 NAVRUZ CELEBRATION

There was a wonderful turn-out for this year's Tajik New Year Celebration in March. The weather was very nice for the first day of spring and everyone enjoyed the festivities. Men, women and children came in traditional dress.



Beautiful little Tajik girls entertained the crowd with their dancing.

There was a lot of dancing and several BDSC Board Members including Lenny Martinelli joined in. The celebration continued with a feast of delicious Tajik foods and a big tug-of-war contest between some of the men. A great time was had by all.

A big thank you to everyone who helped with the event, the Denver area Tajiks and the Boulder-Dushanbe Teahouse staff.



Tug-of-War contest between some of the Tajik men.



Everyone enjoyed the dancing!



Tajik Feast

FASHION FRIENDSHIP TEA

On the afternoon of May 18th, the Boulder Dushanbe Teahouse was filled with people enjoying the BDSC Fashion Friendship Tea fund-raiser. The event was quite successful with 118 new members joining and a net profit of \$2800.51 going to the Boulder-Dushanbe Sister Cities Organization.

Many thanks to the Fashion Tea committee and volunteers, to the models for donating their time and being such good sports, and to Nancy Taylor Farel for all her work in recruiting the models and helping them to look just beautiful. Thanks also to Chico's of Boulder for donating the wonderful fashions, to all the dress prize donors, to Lenny Martinelli and the Teahouse

OPEN WORLD DELEGATION

Boulder-Dushanbe Sister Cities will be hosting an Open World delegation of Tajik secondary school administrators September 25 to October 2. Our five delegates and Tajik facilitator will stay with Boulder families and will visit many of Boulder's Junior and Senior High Schools. The Open World program will focus on the administration of secondary schools, with the goal of promoting progressive educational reform in Tajikistan. Open World is funded by the United States Congress. Thanks to the many people and groups helping with this visit.

CALENDAR

Monday, September 27, 7:00 p.m.

Welcome Dessert Reception

New Vista High School, 700 20th St., Boulder

We will welcome our Open World visitors and hear from them about their work in Tajikistan. All are welcome to attend this free reception sponsored by BDSC and local parent organizations including, the Parent Engagement Network. For more information contact Sophia Stoller, 720-771-3149

Thursday, September 30, 6:30 p.m.

Evening of American Entertainment

Naropa University's Nalanda Campus, 6287 Arapahoe Rd., Boulder

An evening (free event) honoring our Tajik visitors, sponsored by Early Childhood Education (ECE) Department of Naropa University and underwritten by The Community Foundation Serving Boulder County. All are welcome, for more information contact Sophia Stoller 720-771-3149

Tuesday, November 30, 2010 (place and time TBD)

BDSC Annual Meeting - Save the date

For more information, or if you are interested in learning about becoming a board member and the responsibilities associated with that role, contact Joe Stepanek, 303-544-0881

Teahouse Tours

BSDC continues to offer free, guided tours of the Teahouse on the first Saturday of each month. No reservations are necessary for the tours, which last an hour and start at 10 a.m. during the colder months (November – March) and at 9 a.m. during the warmer months (April – October).

CYBER-CAFÉ FRIENDSHIP CENTER

Kadrullo Nurulloev, operator of the Cyber-Café Friendship Center in Dushanbe, sent in this update.

"...here summer is very hot and we are in the month of Ramadan the sacred month for Muslims all over the world. We are going to get a license for our courses (I wish) at last. Then we are planning to open our language and computer courses this autumn.

RETURN TO DUSHANBE



Jode Brexa, a Boulder Valley School teacher and BDSC board member, will be returning to Tajikistan this fall. Jode visited Tajikistan on a State Department grant last spring where she worked with Tajik teachers on classroom best practices. She will be participating, this fall in another State Department sponsored teacher training program.

Green Tea: The Tajik-(and Chinese) Elixir of Life

By George Peknik

I first started drinking and enjoying tea after arriving in Iran for Peace Corps duty in 1969. Life-long coffee-drinkers, my wife Sabina and I soon saw that Iranians preferred tea, and we wanted to “go native,” so chai it was. Twenty-five years later, we were in Boulder and heard about the Teahouse, which was in storage at the time. We knew that Tajikistan was once part of the Persian Empire. When it finally was built in 1998, I soon started drinking green tea, not the black tea that we had drunk in Iran. I think, in a way, it was another effort to “go native,” as we were feeling the strong cultural pull from our Tajik friends and the Teahouse.

In my book, *The Meaning of the Boulder-Dushanbe Teahouse*, I knew that I needed to address green tea as a key component of Tajik culture. Green tea is the favorite drink of Tajiks. Dilorom Asimova, one of our Denver-area Tajik BDSC members, told me, “Drinking green tea, which Tajiks call ‘chai kabud’ (‘blue tea’), is always ceremonial. No reception, party, or meeting can happen without drinking a piala (cup) of hot green tea.”

“I personally drink green tea every day,” Dilorom said, “and I drink it in various combinations: with jasmine, as a bio stimulant tonic; with mint, for its calming effect; with peppermint, to enhance circulation; and with lemon, to lower my blood pressure. And green tea helps with digestion as well; in Tajikistan people drink it after eating rice pilaf in order to digest it properly.”

“In Tajikistan, drinking tea connects people,” she continued. “One person sits near a teapot and he or she fills pialas with green tea and passes them to other guests around the dastarkhan (table). This ceremony creates a warm and friendly environment and brings people closer, talking and smiling and enjoying drinking tea. By the way, in summer, people drink only green tea, and in winter, both green and black. Tajiks never put sugar in green tea, but sweets are often served with tea. Sometime people put sugar and lemon to increase quality of tea to decrease blood pressure.”

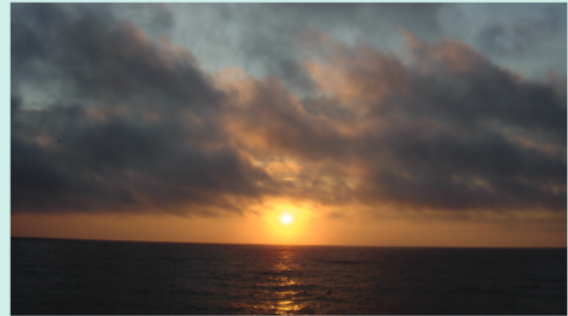
But what got me even more interested in drinking green tea, which I do nowadays much more than I even did before, had to do with the Traumatic Brain Injury (TBI) I sustained when a cottonwood tree fell on my head in my front yard of our north Boulder home in June, 2007. At the time, Dilorom and others told me about the benefits of drinking green tea for people with TBI as well as for older people to stave off Alzheimer’s disease and other loss of cognitive function. Neurologists report that “The Top 5 Brain Health Foods” are Wild Salmon, Cacao Beans, Marcha (stone-ground Gyokuru green tea powder), Acai berries,

PASSING OF FRIENDS

We are sad to announce the passing of two long time supporters and friends of Boulder- Dushanbe Sister Cities.

James Frank, former member of the Soviet Sister City Project Steering Committee and Boulder-Dushanbe Sister Cities board, passed away June 16, 2010. Jim was an original member of the steering committee who searched for and eventually established the sister city ties between Boulder and Dushanbe, Tajikistan. Jim worked tirelessly and with good humor along with other committee members to create Boulder-Dushanbe Sister Cities. We appreciate and honor all that he did to help create our sister city relationship. Our sympathies go out to his family.

William Pryde, former BDSC president Jancy Campbell’s husband, passed away unexpectedly on August 5, 2010. Bill was a great supporter of BDSC and traveled with Jancy and others to Dushanbe for the 2000 anniversary celebration of the Somonid Empire. Our kind thoughts go out to Jancy and family.



EMAIL ADDRESSES

Please send us your email address. It is a tremendous financial saving for BDSC to send the newsletter and notices to its community of friends by way of email. The quality is better with color rather than black and white printing on paper and it is faster. Please send your email address to: newsletter@boulder-dushanbe.org. We do not share our addresses with others. Our notices and newsletters are sent 3 to 5 times a year.

BDSC NEWSLETTER VOLUNTEER STAFF

Editor - Sophia Stoller

Editing & Proofreading - Jacqueline Frischknecht

Layout & Design - Julie Hale

Webmaster - Ron Broome

If you received email notice of our newsletter please feel free to pass the newsletter on to others who might be interested. If you are not a current member consider joining our organization.

To receive future newsletters, event notices, invitations, and to support our efforts, send a check for a \$30 basic membership to:

Boulder-Dushanbe Sister Cities - Membership
P.O. Box 4864

and blueberries

So I drink it or green tea extract every day of my life, and always will. We in Boulder can thank the Tajiks not only for our Teahouse, but for helping us to enjoy the benefits of green tea.

TREASURER'S REPORT

The finances of the Sister City organization are in good condition. There is a \$21,526.80 balance in our operating account as of Sept. 1, 2010, and projected expenses for the rest of the year of about \$5,400.

The Cyber Cafe was presented as a gift to the City of Dushanbe and has been operating since November, 2009. We have completed the gift project, though there are some components, such as art work, that we still plan to contribute to the building. There remains \$26,761.90 in the Cyber Café reserve fund.

Boulder, CO 80306

Please include name, address, phone and email address with all correspondence. Information is kept confidential by BDSC.

CONTACTING BOULDER-DUSHANBE SISTER CITIES

General information: info@boulder-dushanbe.org
Donations: treasurer@boulder-dushanbe.org
Membership: membership@boulder-dushanbe.org
Newsletter: newsletter@boulder-dushanbe.org
Volunteers: volunteers@boulder-dushanbe.org
Web site: webmaster@boulder-dushanbe.org

Phone: 303-440-6283

Web site: www.boulder-dushanbe.org