

AKHBOR: News of Boulder-Dushanbe Sister Cities

THE RETURN GIFT:

The Journey from Boulder Teahouse to Dushanbe Friendship Center & Cyber-Café

Saturday, March 7, 2009, Boulder Dushanbe Sister Cities sponsored a program about the exciting tourist trip to Dushanbe, Tajikistan. A major purpose of the trip was to dedicate the Friendship Center and Cyber-Café built in Dushanbe as a thank you for our lovely Teahouse. The presentation was held at the Boulder Main Library Auditorium. Mary Axe gave a presentation about the history and culture of Central Asia, architect David Barrett presented the concept and design of the Cyber-Café, Joe Stepanek presented the dedication ceremony, a report on the journey to Uzbekistan, Tajikistan, and the Silk Road. Thanks to Aldona Siczek for organizing the event and to all the presenters for an informative afternoon.

NAVRUZ - HAPPY NEW YEAR 2009

Boulderites, visitors and the Denver area Tajik community celebrated a lively Navruz, (Tajik New Year) at the Boulder-Dushanbe Teahouse March 21. Tajik community members set up tables, a sound system and displays.



Tajik Navruz feast next to the Teahouse

The men cooked pilov or osh in the traditional manor using a kazan heated over a small wood fire. Many people came dressed in beautiful traditional clothes. The music was turned up and everyone had a wonderful time dancing, followed by an outdoor feast of traditional Tajik food. The feast was a gift from the Tajik community to all attendees. The Teahouse graciously provided tea and hosted the event.

Later that evening the Teahouse offered a tasty six course Persian dinner and music by the Navruz Flowers. It was a great day enjoyed by all.



Traditional Tajik dancing in Boulder



Cooking pilov the Tajik way in Boulder



Gavhar Osimi & granddaughter



Tajik students who are studying in Denver

Idi Navruz!

Many thanks to: Gavhar Osimi, Tajik students, Denver area Tajiks and the Boulder-Dushanbe Teahouse staff.

MARK YOUR CALENDARS

Boulder-Dushanbe Friendship Fashion Tea

to benefit



Nancy Taylor Farel

Boulder's own Creative Style Consultant guides us through a flash of Chico's spring fashions providing insight for you.

Thursday, May 21, 2009

3:00 to 4:30 pm

Boulder Dushanbe Teahouse

1770 13th Street, Boulder

Door Prizes, Hors d'oeuvres, wine, tea

&

Fashion Show

by

Chico's of Boulder

Tickets \$45 (\$33 tax-deductible)

To Purchase: Please Contact

Chico's of Boulder 303-449-3381

The Boulder Dushanbe Teahouse 303-442-4993

Leslie Hindes 303-652-3329 lhindes@comcast.net

CYBER-CAFÉ FRIENDSHIP CENTER UPDATE

At this time we are waiting for the City of Dushanbe to finish with all their necessary department approvals and for the selection of an operator for the Cyber-Cafe Friendship Center. We understand almost all signatures have been acquired and that there are several candidates for operator. While we wait, the monitoring system provided by "Fat Spaniel" is sending up-dates via the Internet indicating that the solar systems are all running nicely!

BOULDER-DUSHANBE SISTER CITIES TO RECEIVE AWARD

for Cyber-Cafe solar energy features

Boulder-Dushanbe Sister Cities has been selected to receive the "Innovation: Sustainable Development-Energy Award" for populations of 100,000 to 150,000 in Sister Cites International 2009 Awards program." The award acknowledges the innovative use of solar energy in the Cyber-Cafe Friendship Center in Dushanbe. The Innovations Award... was sponsored by the US Department of Energy and will be accompanied by a \$1,000 cash award.

TREASURER'S CYBER-CAFÉ REPORT FOR APRIL

The Cyber-Cafe project received over 1,800 donations (including loans backed by the City of Boulder) totaling \$906,826, with another \$1,000 pledges. We have expended \$864,795, leaving \$43,031 on hand plus pledges. The building is finished, but we expect to spend another \$33,400 for work completed, equipment, furnishings and educational materials to be added. The estimated \$9,631 remaining will be used to cover unexpected expenses and to complete some of the items on our "wish list" such as art and Internet access. Support from the Boulder community, as well as neighbors and friends throughout the U.S., has been tremendous. The City of Dushanbe contributed \$78,000 (included above in donations) plus infrastructure expenses estimated to be worth \$128,000. So the total amount of the project will be an estimated \$1.036 million.

CULTURE

Film Review by George Peknik

Fararishtay Kifti Rost aka "*Angel on the Right*" (English title). This is a wonderful film about Tajik village culture. An unrepentant prodigal son straight out of a Russian jail returns to his hometown, Asht, to help his mother die with dignity. But his debts in his hometown are many and long overdue, the townspeople are tough as nails, and he soon gets more than he expected from the quiet village. In this dark 2002 comedy, his third feature, Tajik writer-director Jamshed Usmonov cast the population of Asht as themselves and his own mother and brother as the fractured yet formidable domestic couple. Asht is a village and a district in the northernmost tip of Tajikistan, bordering on Uzbekistan to the north, the east, and the south. The video is available at the Video Station in Boulder. See: <http://www.thevideostation.com/movie/searchresults.shtml?title=Angel+on+the+Right&genre=All&maxrecords=5000>

George Peknik is the author of the [The Meaning of the Boulder-Dushanbe Teahouse](#) and is a former BDSC Board member.

HAPPENINGS IN DUSHANBE

First Support Groups for Diabetics and those with Hypertension

News from Farida Asadova, MD

The rates of diabetes and hypertension are high in Tajikistan and risk factors for developing blindness, vascular complications and heart disease as a result are also high. Taking this into account the Tajik government developed and approved National Programs to fight Diabetes and Ischemic Heart Disease.

Under these Tajik National Programs the USAID funded (NGO) ZdravPlus project has opened, at City Health Center #1 in Dushanbe, support groups for patients with Diabetes (November 2008) and for patients with Arterial Hypertension (March 2009). These support groups are the first such self-help education programs in Tajikistan.



Health care professionals and leaders at introduction to support group programs

The groups help develop better doctor-patient dialogue and communication. Patients discover that when sharing experiences and learning from each other they feel better. They realize they are not alone with their problems and find they are

able to make better informed health decisions.

Initial feedback shows that patients really want to be informed by participating in such support groups. Patients with diabetes for more than 15 years reported that this is the first time they were truly informed about the details of their disease. Receiving advice on issues related to changing life styles (nutrition, physical activity, smoking, etc.) allowed them to think about how important their own input into managing diabetes is and thus helped them to improve the quality of their lives.

The Dushanbe City Health Administration, Republican Endocrinology Center, the Family Medicine Association, Association of Cardiologists and USAID's ZdravPlus project worked together to create these support groups. There is a plan to spread this experience to other ZdravPlus's pilot sites and in April to open the same type of support groups in Konibodom and Istavshan (Sugd oblast).

CULTURAL CENTER IN DUSHANBE

The Bactria Center in Dushanbe sponsors many cultural events, films, art, music, French and English classes, and crafts. Explore their English language website www.bactria.net and learn more about happenings in Dushanbe.

ANNOUNCEMENTS

Boulder-Dushanbe Sister Cities Selected

World Services of La Crosse has been notified by the Open World Leadership Center of 2009 Tajikistan Open World Hosting selections that Boulder – Dushanbe Sister Cities is selected to host the "Accountable Governance—Potable Water Management" delegation October 1 – 11. (CO Oct 3 - 11) BDSC looks forward to hosting this delegation. If you are interested in helping to host or have expertise regarding potable water, please contact us at: sophiastoller@yahoo.com

Graduation

BDSC would like to congratulate: Farrukh Nozimov, Murtazo Kholov, Bobokalon Sharipov, Payravi Fraydin, Bekhruz Kholov, Zabiullokhjoja Abdugafarov, and Abdurahim Qurbonov who graduated from the New American School in Denver, Colorado January 16, 2009. They are the first Tajik students to graduate from the New American School. Murtazo Kholov and Bobojon Sharipov will be continuing their education at the Community College of Denver. Farrukh Nozimov has applied to the University of Colorado at Colorado Springs and is expecting to start classes next semester. We wish them all success.



Tajik, New American School, graduates and friends in Denver

Fulbright

Kirill Belyaev, a former Tajik FLEX exchange student to Boulder's New Vista High School, has been awarded a Fulbright. He will be enrolling in a PHD computer science program at Purdue University. Congratulations!

BDSC Database Manager

Welcome to Chuck Mosser Boulder-Dushanbe Sister Cities' new database manager.

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
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: 303-544-0881

Web site: www.boulder-dushanbe.org