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CULTURE

Film Review by George Peknik

Fararishbty 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.

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

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, Zabiullokhja Abduagarov, and Abdurahim Qaribonov 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.

Graduation

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!

Fulbright

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