**SECOND MEDICAL TRIP TO PENIPE THIS 2012**

**ANOTHER SUCCESFULL MISSION TRIP TO PENIPE, 2011**

This year's 2011 medical trip was a success, as we gave healthcare for free to over 500 people!

Click here for newspaper article>

**Terra Nostra, joining forces with Health Plus and DOCARE,** traveled to Ecuador early this February 2010. Four doctors, one nurse and three volunteers arrived to the small town of Penipe in the heart of the Ecuadorian Andes, where 3.500 people live.

There, Father Jaime Alvares, a Catholic priest, who has been doing social work in Penipe for the last 35 years, warmly hosted the team. They were all surprised, to say the least, of how clean and professional the facilities were operated. A total of 375 patients were treated, most of them handicap children and the elderly. The majority of the population suffers from respiratory problems due to the constant eruptions of the volcano Tunguragua.

This year the team was sponsored with the tremendous aid from St. Peter's Episcopal of Chattanooga, Rev. Carter N. Paden III. If you would like to help this cause in future missions please contact Terra Nostra. Visit St. Peter's at: http://www.stpeters.org

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**City Scope Magazine Awards for Terra Nostra**
(December, 2005)
Voted best Wine List and Best Appetizers for 2005

**Wine on Frazier**
(December 18, 2005)
Come enjoy Wine on Frazier, sample many different wines brought by Riverside Wine as well as numerous appetizers made by Terra Nostra. From 5pm to 7pm Sunday December 18, 2005.

**Another adventure for the Terra Nostra Tapas Race Team**
(September 2004)
Once again this year, Chef Owner Efren Ormaza organized a whirlwind one-week combination racing and humanitarian trip to his home country of Ecuador. This time, along with the racing effort, our mission included generous donations of toys, clothes, school supplies and money to the SOS Aldea de Ninos Orphanage at Ibarra, coincidentally not far from the Yahuarcocha race track where we would race.

The orphanage visit was truly an emotional highlight of the trip. Meeting the orphanage staff and especially the children confirmed what a worthy effort we had made, one which we will certainly continue into the future. In typical Efren style, we were met with TV cameras to document our visit and gain valuable exposure for the orphanage. And when race day arrived, the stands were full of those same children because Efren had arranged for them to be able to attend and watch our efforts on the track.

And, speaking of “Efren style", our racing effort sure showed it – it must be similar to what happens in the kitchen at Terra Nostra Tapas. Chaos and quick decisions, combined with the right ingredients, make the perfect dish! So it was with our race car. Although Efren’s brother David had done huge amounts of work to convert the car from a stock Suzuki Swift to an all-out race car, when we arrived the car had never ‘set foot’ on a race track. Initially the car was handling like a demon, but after Efren and David directed major changes, the car transformed itself just in time for the race. Our effort was handicapped by Efren’s generous insistence on sharing the driving with Joe Elwell who was visiting from California, and we were beaten only by three cars that did not waste the time on the driver change. In our hearts, this was a win, and our confidence will be high when we are able to visit Ecuador again and compete in an upcoming 6 hour race in November, where driver changes are the norm.

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**News Archive:**

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TERRA NOSTRA FEATURED ON SOUTHERN LIVING MAGAZINE, May, 2004

PHOTOGRAPHS: BRY JO YOUNG

# International Influence

## Efren and Gema Ormaza bring Spanish-inspired tapas dining to Chattanooga.

Efren Ormaza carefully balances a perfect filet mignon medallion atop a small beehive of mashed potatoes, then crowns the elegant surf and turf stack with a trio of shrimp. The plate is whisked away as he arranges more tapas dishes such as crab spring roll, smoked Gouda cheese ravioli with ratatouille, and pheasant-hazelnut-cognac sausage with the skill of a short-order cook and the ease of a classically trained chef. A few steps away, his wife, Gema (HAY-ma), makes their customers feel at home at Terra Nostra, the restaurant the couple opened two years ago in Chattanooga's bustling north shore district.

Intense heat emanates from the grill, but the white-clad chef from Ecuador remains cool and composed as patrons at glass-and-steel tables receive small, beautifully presented portions of food. When a saucer of salad greens appears on the bar counter, he quickly adorns it with mountain trout and a seared fillet. "This," Efren says, beaming, "is my version of the chef salad."

Efren and Gema Ormaza introduced Chattanoogans to tapas when the couple opened Terra Nostra on the artsy north shore in 2002.

Chattanooga's first tapas eatery exhibits such pride throughout. (Tapas, which originated in Spain, are small portions of food, from traditional appetizers to sampler-size entrées.) Meticulous and driven by excellence, Efren insists that his workspace, which sits in full view behind the bar, remain spotless. And he personally inspects each dish. "You never know what you might be overlooking," he

**left:** A jungle of whimsical metal critters—flamingos, monkeys, lions, fish, and frogs—greets patrons along Frazier Avenue. **below:** The eatery's artwork, such as this dog chasing a cat up a tree at the patio entrance, draws in curious passersby.

says. "I think I got that from those very tough teachers that I had in France and in Ecuador when I was a student in culinary schools. They were very, very picky and, because I was trying to become a teacher, I had to go the same way."

### From South America to the American South

Efren and Gema grew up in Ecuador: he in urban Quito, the nation's capital, and she in the warmer countryside of Ibarra. Both come from large families, and both learned how to cook early. "At my house, somebody was always cooking," says Gema, one of seven brothers and sisters. "For a South American family, the most important thing is the meal."

The oldest of 37 cousins, young Efren enjoyed rifling around his grandmother's kitchen shelves and experimenting with ingredients. Most of the time his concoctions were edible—but sometimes they weren't. Once, at age 10, he dumped too many bay leaves into a tiny pot of tomato sauce, a "terrible, overwhelming" faux pas he often shares with his cooking students.

> "At my house, somebody was always cooking."
>
> *Gema Ormaza, co-owner/ pastry chef of Terra Nostra*

Terra Nostra offers a wide range of tapas from Spain, Italy, France, Asia, the Caribbean, and North and South America.

The Ormazas met at the culinary school at the Catholic University of Ecuador, where they later taught. (Efren received his initial training in Dijon, France.) In 1992, they came to Chattanooga to visit Efren's parents. "That was my first time in the States," Efren recalls. "It was a big shock culturally and economically. It was like the difference between day and night. We were so surprised at how big and clean the stores were." The U.S., he says, stood in stark contrast to his native land, where political instability spelled no future for budding entrepreneurs. The couple fell in love with Chattanooga and decided to stay.

### A Place of Their Own

For nearly a decade, the Ormazas worked in several of the city's upscale

Efren readies to race in Ecuador. He serves as part of a Tennessee-based team that raises money for a worldwide humanitarian organization, which assists people in remote areas.

> "We chose to do tapas because a lot of people in Chattanooga have been to Europe."
>
> *Gema Ormaza*

And he satisfies his need for speed.

About 20 years ago, Efren began racing stock cars professionally. In 2002, he joined Chili Pepper Racing, LLC, a fund-raising team founded by a regular Terra Nostra patron. Last fall, the team competed in Ibarra to help Remote Area Medical Volunteer Corps, a humanitarian group that provides free medical and veterinary services and technical and educational assistance to people in remote communities around the world.

On the track, as in the kitchen, Efren exudes confidence and class. "It's like cooking," he says. "I was born with it."

NANCY HENDERSON WURST

**A May race in YAHUARCOCHA, Ecuador**

(May 2004)

Sometimes you should follow your feelings...everything seemed difficult when we started trying to ship the race car. Four days before the race, the car was still not there. I departed on the morning of Wednesday May 19th; my flight had two connections: one in Cincinnati and the other in Miami. We got to Cincinnati on time, and that's where the trouble began. The flight to Miami was cancelled, which forced me to stay overnight and loose one precious day. When I arrived in Quito at midnight on Thursday, time seemed to go by even faster. I barely had time to unpack my bags, give away a few souvenirs to my family, and chat a bit. Before we knew it, it was Friday Morning. At 8am it was time to go to the custom's office with little hope and a desperate effort to clear the car. At 4pm, the office had closed and the race car was still caught in customs. On Sunday, 120 children were expecting me to be ready to compete at the big race. After a couple of hours on the phone, I finally got a rental racecar and a taxi cab to take me to Ibarra to get ready for the race. Before I knew it, it was Saturday Morning, qualifying day. Prior to receiving the car at the track, I had to stop and meet the children at " ALDEA DE NIÑOS S.O.S." and furnished them with clothing, toys, money and passes to the race as I promised. The Qualifying session lasted only 30 minutes and started at 11:00 am. After all the formalities, I got to the track at 10:30, but of course the car was not there. After a few minutes, I found the car but not the owner, so I decided to change clothes and jump in it anyway. The crew chief approached me and asked," What the hell you think you're doing??" After explaining to him what had happened, he realized who I was and I was ready to drive the car, yet the crew chief told me the car had no gas. The owner of the car later arrived and told me the car already had gas. The crew chief had lied to me. I was ready to go. Between this and that there were only five minutes left, which meant two laps, leaving me on an not very good 5th position on the starting grid and a big headache. Race day, Sunday 9:00 am, I was finally able to practice 10 minutes, great! But the car handled like s…! All I could do is play with the tire pressure a bit. The two-hour race started with Andy (the owner of the car) at the wheel and he easily pulled from 5th to 3rd by the end of the first hour. The car # 544 that had been in 2nd place broke, letting Andy finish in 2nd place. The 30 minutes recess went by in a heartbeat. The moment of the truth had come one more time. I started in 2nd place, things were fine until the first right hand turn (El Curvón ) where at least five cars passed me like I was standing still. Little by little, lap after lap I regained positions and got back to 2nd. After furious fights against the " Monomarca " team (VW Golf Challenge ), there were five laps to go, one of the VW (# 922) wrecked me off the track leaving the car almost un-drivable and in the last lap, the car died. After complaints, screams, and tears I found out that we finished in 2nd place anyway because of the percentage of the time completed. I got back home safe and sound where it took me two days to rest from my mini vacation full of adrenaline.

**Foreigner in a Foreign Land (Race Report)**

Racing is sometimes about helping others, rather than victory for yourself. The selfless person understands, and the helpers do so for a greater cause. Personal victory by itself is a hollow cause without those to share it with.

Flashback, Ecuador, 2003, a medical mission that was not to be and a race that was to be run. A Frankenstein of a car. A Geo Metro, known as a Chevy Sprint in Ecuador, transformed into a race car. One full liter of three cylinder power. Full, custom made header, motorcycle carburetors, and a four cylinder four valve head hacked down to three cylinders. The cam was broken apart and rewelded for the 120 degree firing order and sent to Columbia for X-Ray inspection. The car was so loud that ear plugs were not enough. The reverse gear was

somehow transformed into a forward gear giving it a six speed transmission. "Frankenstein" really comes short of describing this beast.

But victory was not to be. The car broke during qualifying, with pieces of the valve train lying in the top end, and a nasty score down one cylinder wall. Amazingly the Equadorian master mechanic had the engine pulled, overbored, all new pistons, new valve train and rebuilt head, and reinstalled in the car in under twelve hours.

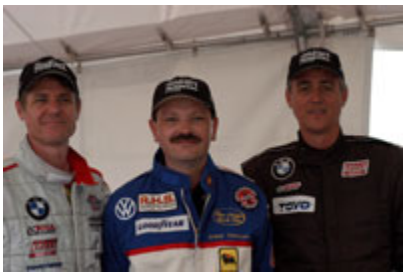
The car "Frankenstein" started the race and ran strong for one hour of the six hour race, pulling from 11th place qualifying to 5th place in that first hour with Efren Ormaza at the wheel. Then disaster struck, with dirty fuel causing an extended pit stop and a premature disqualification. After 45 minutes of arguing with officials, the car was "undisqualified", but making up time from a 45 minute pit stop is futile. The car did finish with Jim, "THE DOCTOR", Osborn at the wheel fighting a valiant struggle just to get the sputtering car to the finish line.

But good things did come of this trip. Contacts were made with local medical officials that vowed that future medical missions could be assisted by them, with help from government officials.

**Medical Mission to Ecuador**

Terra Nostra is joining forces with Remote Area Medical Volunteer Corps and Chili Pepper Racing to bring free health care, dental care, eye care, and veterinary services to isolated villages in Ecuador this September. Terra Nostra Chef/Owner Efren Ormaza is spearheading this effort to help the people of his native country and has enlisted the support of the government, the military, and businesses in the Ibarra region to ensure the success of the Remote Area Medical mission.

The expedition will likely include 15 to 20 health care professionals and will treat an estimated 4,000 patients from September 14th to 27th, 2003. Efren has enlisted the support of the International Race Track Yahuarcocha in Ibarra, and their Watt's 500km race will coincide with the Remote Area Medical mission. A Terra Nostra/Remote Area Medical car will compete in the race and will be driven by Efren and Dr. Jim Osborn and John Osborn of Chili Pepper Racing.



If you'd like to support Remote Area Medical by donating, volunteering, or contributing supplies, please drop by Terra Nostra for more information.

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**New Patio Heaters Installed**

We're happy to report that you can still enjoy beuatiful fall evenings on our patio in total comfort, thanks to our new outdoor heaters. These propane-burning "mushroom" heaters crank out clean, cozy, even heat, so we can keep our patio open on cool days and night. Please stop by and check them out..

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**Terra Nostra Team Finishes 3rd in Watt's 500**

Chef owner Efren Ormaza, an accomplished competitive driver, placed 3rd in the Watt's 500km at International Race Track Yahuarcocha in Ibarra Ecuador on September 14, 2002. Efren shared driving duties with the owner of the Suzuki Forza in the Aneta-sanctioned race. The car was sponsored by Suzuki and Terra Nostra. Efren, driving in his first serious race in 10 years, was in 2nd and gaining on the leader near the end of the race when the car overheated.