

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad Peru

April 2010

Issue No: 33



What's Inside...

Letter from the Editor	2	Feliz Cumpleaños	9
Peru: Inside Out	3	Cocina Peruana	9
Project Updates	4	Introducing....	10
Volunteer News & Events	5	Monthly Diary	11
Volunteer Stories	6	Announcements	11

Letter from the Editor

Hello readers!

Welcome to the April edition of Musuq Chaski which aims to keep you updated with what we've been up to here in the Sacred Valley over the past month.

April has been a busy month for volunteers with all placements in full swing after the holidays. Alongside their placements volunteers have also had a month of celebrations - full of birthdays, Socials and Semana Santa processions and parades and of course not forgetting the famous 12 course meal on Good Friday.



A BIG thank you to Robyn Laughlin for her generous donation of two computers and a printer for Señor de la Vara School in Calca where she worked as a volunteer. The children and staff are very grateful for your kind gift and we can be assured they will put the computers to good use!

Work has been getting underway in Calca's Agropecuario School after the floods, with clearing, rebuilding of the toilets and assembling of the prefabricated classrooms. After a particularly devastating rainy season the weather seems to be improving with long sunny days which signal the start of the dry season.



Thanks to all volunteers who left this month and also to the following people who contributed to this month's newsletter:

Tim DeWinter for his article 'Wari: Capital of an Ancient Empire'

Anna Bonino for her Inca Project volunteer story

Ashley Petry for her article 'Food Glorious Food'

Maiken Hutchings for her story about her time in Peru

If you would like to contribute your thoughts/stories/photos to next month's edition of Musuq Chaski, please feel free to email me on tessaokell@projects-abroad.org.

All the best,

Tess

Wari: Capital of an Ancient Empire

Tim DeWinter

In 1550, Spanish chronicler Pedro Cieza de León wrote of the discovery of a vast set of buildings, some 25 km from the city of Huamanga. The architectural style differed systematically from Inca constructions. It was Wari, capital of the first pan-Andean State, dating back well before the Incas, as the culture flourished in the area from 550-800 AD.

Wari is a classic example of pre-Hispanic urban planning and engineering techniques. The urban nucleus sprawls across some 400 ha and is thought to have housed 40,000 inhabitants at its peak. It is located in a strategic position due to its rapid access to the central coast and jungle, and the fact it lies halfway between the northern and southern highlands, where the Wari people built administrative centres and colonies.



A visit to Wari will take in the sector of Cheqowasi, a set of burial chambers that run down several levels. Possibly the graves of rulers and nobles, these chambers used rectangular, circular and quadrangular slabs of stone. Another sector, Moradochayoq, shows evidence of contact with the Tiawanaku, a culture that existed in the same era some 1,500 km away in the Lake Titicaca watershed. A third sector is that of Capillapata, which is made up of trapezoid-shaped and rectangular constructions up to 400 meters long and featuring stone ramparts that stand over 10 meters tall.

The Ushoaqoto sector, meanwhile, has unearthed carved human figures, pointing to the existence of workshops and deposits. Wari is an expression of a mysterious era which one can only imagine. The traces of their strategists, engineers, warriors, craftsmen and high priests are carved into the stones that bear their secrets. The Wari were a Middle Horizon civilization that flourished in the Andes in the south-central coastal area of modern-day Peru, from about A.D. 500 to 900. The capital city of the same name is located 25 km (16 mi) north-east of the modern city of Ayacucho, Peru. This city was the centre of a civilization that covered much of the highlands and coast of modern Peru. Early on, their territory expanded to include the ancient oracle centre of Pachacamac, though it seems to have remained largely autonomous. Later it expanded to include much of the territory of the earlier Moche and later Chimu cultures. The best-preserved remnants of the Huari Culture exist near the town of Quinua at the Wari Ruins, and at the recently discovered Northern Wari ruins near the city of Chiclayo. Also well-known are the Wari ruins of Pikillaqta ("Flea Town") a short distance south-east of Cuzco



The Wari are historically important for a number of reasons. They were contemporaries of the Tiwanaku polity to the south and shared certain stylistic traits. There is continued debate concerning the relationship between the two polities and it has been suggested that some of the iconographic similarities may be traced back to the earlier Pukara style (Isbell 1991).

The Wari state established architecturally distinctive administrative centres in many of its provinces—these centres are clearly different from the architecture of Tiwanaku, leading many scholars to stress the political independence of the two polities (Conklin 1991). While little is known about the details of the Wari administrative structure, as they did not leave behind any written records, the emphasis on homogeneous administrative architecture and evidence for significant social stratification suggests a complex socio-political hierarchy.

The Wari development of terraced field technology and investment in a major road network appear to have provided a significant legacy for the Incas when they began to expand several centuries later.

Project Updates



Our **Inca** volunteers have been working on ruins at Cochapata and Capillayok as well as clearing the Inca trail in Sicre. Volunteers also visited Inkatambo and Huamanmarka with Dan and Archaeologist Jhon. Community Work this month has included making Pentominoes and classroom materials to local schools, a dental health campaign and also help with repairing roads and footpaths in Sicre after recent flooding. There has been plenty to do around the house including harvesting, degrading and shucking corn, weeding the Sachainchi plants and avocado area in Establo and the important task of cleaning the house and water tank.

Volunteers helped on our reforestation project by preparing the cedar seeds for planting, clearing two reforestation beds and sifting compost for the Pink Cedar beds.

Between Director Tim and Archaeologist Jhon, volunteers were given lessons on 'The Shining Path', 'Choquequirao', 'Moche Culture', 'Machu Picchu' and 'Lucumayu Valley, Structures and Cultures'.



Care volunteers have been busy with their placements and have been attending weekly Care Workshops in the office. Volunteers get a chance to share their experiences, frustrations and successes within their placements. It's also a great opportunity to pick-up tips, advice, ideas and materials for activities from our Care Supervisor Yessika.



Teaching volunteers have impressed their partner teachers with their enthusiasm for improving the English level of children in our partner schools. Volunteers assist their partner teachers with pronunciation, leading games and activities and marking work. In some cases some volunteers are leading whole classes with the assistance of their partner teacher. Volunteers are supported and are invited to discuss their experiences with other volunteers and Teaching Supervisor Elizabeth at the weekly Teaching Workshop. The office is also host to a newly re-ordered database and other resources including worksheets, CDs of listening exercises and grammar and vocabulary books.

Volunteer News and Events

Social Activities

Semana Santa was celebrated in style throughout the valley and volunteers had a chance to see some spectacular parades and traditional flower 'carpets'. On Monday 29th March volunteers met in Cusco to see the parade of El Señor de los Temblores followed by a blessing to a jam-packed Plaza de Armas. Fortunately some smart volunteers thought ahead and booked a window table in a restaurant with a balcony overlooking the plaza to avoid the crowds!



On Friday 9th April staff and volunteers joined students at Tambohuacso School in Pisac for a 'Pollada' (chicken meal). After the meal 'Team Projects Abroad' took on staff from a nearby school in a volleyball match but despite best efforts were sadly beaten! Attendants at the meal were also treated to a violin piece by our Sports volunteer Yann Metzmacher and all who heard him were blown away by his talent. Money was raised to help with treatment for a partner teacher who is ill. We wish Cesar all the best with his treatment.



On Thursday 29th April volunteers from all programmes got together for the monthly Social in the office in Urubamba. Volunteers indulged in hamburgers, hot dogs and nibbles before burning it all off with a game of basketball. It was a nice afternoon even though the sun decided to stay well away and was a great opportunity for volunteers to meet new arrivals



Volunteer Stories

Inca Project

Anna Bonino, Italy



Aver scelto il Perù come paese per il vostro progetto di volontariato è già un'ottima partenza e ve ne accorgete dal primo giorno quando attraverserete la valle sacra e quella di Lucumayo per raggiungere El Stablo. Il paesaggio è semplicemente mozzafiato.

La vita ad El Stablo è un ottimo bilanciamento tra attività e tempo libero. Ci si sveglia al mattino presto e si fa colazione tutti insieme. Poi in base al programma di Dan, il nostro supervisore, si parte. L'attività principale è la ricerca delle numerose rovine che si trovano nella giungla sommerse dalla vegetazione ed insieme con John, il nostro archeologo, impariamo come ripulirle e a riconoscere le diverse strutture.

Altre volte invece rimaniamo a El Stablo e si collabora alla coltivazione delle diverse piantagioni che circondano la proprietà e che costituiscono una risorsa importante per tutti: si raccoglie il mais, si piantano alberi da frutta, si ripuliscono i campi dalle erbacce ecc.....

Un'altra parte importante del progetto è rappresentata dall'attenzione rivolta alle scuole elementari della zona. Questo mese con Dan, John e Amerigo abbiamo insegnato ai bambini l'importanza dell'igiene dentale. Dopo una breve lezione, abbiamo passato del fluoro sui loro denti (320+60 bambini!) e alla fine uno spazzolino in regalo per tutti! erano tutti felicissimi, una bellissima esperienza!

Altre volte ancora ci sediamo ad ascoltare le lezioni di Storia e di Archeologia tenute da John. Sempre molto interessanti.



Non sottovalutate la fatica! Ma a fine giornata sarete veramente contenti!

Buon lavoro e buon divertimento!

Food Glorious Food!

Ashley Petry, Teaching, USA



When I first met the other volunteers in the teacher training program, all we could talk about was food. Every morning we discussed what we'd been served for dinner the night before and which type of bread we'd eaten for breakfast. We marvelled at the gelatina ladies selling their jiggly red snacks on the bus. And, of course, we talked about the foods we missed from home.

Over the weeks, we got used to everyday Peruvian food, and we talked about it less often. Of course, we still discussed our culinary adventures with baked cuy, chicharron, gelatina, ceviche and other local specialties. Some of us got hooked on Inca Kola, and others developed a strange obsession with Sublime bars.

Even the most adventurous traveller, however, eventually needs a fix of the familiar. For those of us living in Pisac, it was just a few blocks away at *Ulrike's Café*, which became our home away from home. I can't even count how many chocolate-chip cookies, slices of carrot cake and bowls of guacamole we ordered.

For more variety at breakfast, we started a tradition: On Sunday mornings, we headed to the *Blue Llama* – also in the square in Pisac – for all-you-can-eat pancakes (only eight soles!). Somehow it became a contest to see who could eat the most pancakes: Sara set the record by downing twelve pancakes in two hours.



We also found familiar-food refuges in Cuzco. Our favourite, the *Real McCoy* near the Plaza de Armas, serves full English breakfasts, veggie burgers and even Marmite. Similarly, *Jack's*, in the San Blas neighbourhood, has yummy sandwiches, burritos and mint lemonade.

Now, after three months, most of us are preparing to go home, and once again we're talking about food – specifically, the foods we can't wait to eat when we get home. For me, it's dark, leafy green salad; cottage cheese; and most of all, blueberries. I may never eat a carbohydrate again.



When I get home, though, I'll have the same problem in reverse. Suddenly I'll be craving pure de papa, choclo con queso (pictured left), chicha morada, sopa de quinoa and of course *Ulrike's* chocolate-chip cookies. Most of all, I'll be missing my friends and my favourite places in Peru – and remembering what an incredible time (and what incredible meals) I had here.

Maiken Hutchings, Care, Denmark

Peru er helt fantastisk! Selvfølgelig kommer der ikke en beskrivelse af hvor forfærdelig Peru er i nyhedsbrevet, men jeg kender ingen, der ikke ville sige det samme.

Jeg kom her med utrolig mange forhåbninger omkring sproget (flydende spansk efter bare et par måneder, klart!), maden (ja, de spiser marsvin) og kulturen. Jeg har nu været her i næsten 3 måneder, og nej, jeg taler ikke flydende spansk, MEN jeg er blevet enormt dygtig, synes jeg selv. Min værtsfamilie (der kun taler spansk) giver mig 3 gange så meget mad, som jeg plejer at spise, og jeg elsker det. Og jeg elsker dem! Jeg kunne ikke have en mere åben, rar og sjov familie - jeg elsker dem som var de min egen og de gør mit ophold her så meget mere fantastisk.

Jeg er på Care programmet, så jeg har arbejdet med 3-6-årige i 5 uger, og nu arbejder jeg med 0-1-årige. Jeg kan slet ikke beskrive, hvor utroligt det er. Jeg glæder mig til at komme på arbejde hver dag, og jeg er så udmattet bagefter, men på den gode måde.

Selvfølgelig er jeg her for at arbejde og hjælpe til, men noget af det bedste, og det der optager rigtig meget af min tid, er de andre frivillige. Vi har det så sjovt sammen, vi har et rigtig godt sammenhold, hygger og rejser sammen, og det gør bare underværker at man har hinanden - specielt når man er rigtig træt af ting der ikke helt fungerer som derhjemme, træt af at snakke spansk hele tiden eller hvis man har lidt hjemve.



Peru er så anderledes fra Danmark; for det første så er de religiøse, altså sådan rigtigt, ikke Danmarks udgave, hvor man kun går i kirke til bryllupper, begravelser, konfirmationer og en enkelt jul her og der. Men selvom de er rigtig religiøse, så er det ikke noget, jeg mærker til som sådan. Jeg bliver ikke spurgt om min religion, hvilket kun er godt, da jeg er ateist, og jeg er ikke helt sikker på deres reaktion.

De har parader og tusinde festivaller. Februar bestod af at sprøjte vand og skum på hinanden (os hvide mennesker var specielt udsat, da det var noget af en gevinst at ramme os) og jeg tilbragte en stor del af februar værende våd. Jeg har været i Puno, en by 6 timers bustur herfra, hvor der var en kæmpemæssig festival, hvor alle dansede rundt i gaderne. Det var mægtigt!

Og når jeg nu skriver om karnevaler: lige i øjeblikket er Semana Santa (påske) i fuld gang med parader i gaderne hver dag og fællesskab med familien. Fredag i påskeugen sætter man sig til bords og spiser 12 retter! Spørg mig ikke hvordan.



Det er rigtig fedt at opleve påske i et land, hvor det faktisk stadig har sin originale mening og ikke kun går ud på at spise en masse påskeæg og dase den af derhjemme. Peru er så fuld af traditioner - de er katolske, men formår også at blande deres inka-traditioner og traditionelle overbevisninger ind i det - og det er rigtig fedt.

Kort sagt så nyder jeg livet her i Peru!

Jeg elsker, hvordan man får sin varme chokolade hældt i en plastikpose, hvis man spørger, om man kan få den "to go". Jeg elsker musikken (undtagen Whino, det hader jeg :)). Jeg elsker, hvordan vejret er så utilregneligt: det kan være strålende solskin og 30 grader kl. 12 og kl.12:10 er der regn, lyn og torden. Jeg elsker at vaske mit tøj i hånden, for jeg ved, hvor fantastisk det bliver, når jeg kommer hjem til en maskine.

Jeg elsker, at se "Diablo", en tv-serie, der slår Horton-sagaen i B-skuespillere og drama. Jeg elsker at undre mig over hver dag, hvordan noget kan være så smukt som Andes-bjergene (man bliver aldrig traet af udsigten her - i modsætning til Danmark..) og jeg elsker, hvordan jeg ved, at jeg kommer til at græde ligeså meget, som den sidste dag på efterskole, den dag jeg tager herfra.

Det kan vist ikke blive meget bedre!

Feliz Cumpleaños !!



Congratulations and many happy returns of the day to the following volunteers and staff members who celebrated their birthdays in March...

- ❖ **Sara Verardi** celebrated her birthday in Huyro with fellow Inca project volunteers and a rather tasty looking cake on 4th April.
- ❖ Happy Birthday to **Jaime Clarke** who was joined by volunteers in Cusco on 6th April to celebrate her birthday with bagels, cake and drinks in the Plaza de Armas.
- ❖ Many happy returns of the day to our Care Supervisor, **Yessika Espinoza**, who celebrated her birthday on Wednesday 14th April with ice-cream cake in the office.
- ❖ Felicidades to **Hannah Biggs** from Pisac who celebrated her birthday on 20th April. We wish you all the best for the coming year.
- ❖ Happy birthday **Remi Lacoste** who celebrated his birthday with other volunteers on Thursday 22nd April.



Cocina Peruana

How to make ... **Causa** – one of the easier dishes from our Cocina Peruana recipes to reproduce outside of Peru...

Ingredients:

1kg potatoes
200g tuna fish
2 avocados, the riper the better
4 tomatoes
Salt and black pepper
1 lemon
Olives and coriander to garnish



Preparation:

Boil the potatoes and mash to a firm, smooth consistency.
Flake the tuna fish and add a little lemon juice.
Mash the avocados to a pulp, add the rest of the lemon juice, salt and pepper.
Press one quarter of the tuna fish over a layer of mashed potato, then a quarter of the avocado mixture on top. Add a layer of sliced tomatoes and then another layer of potato.
Garnish, cut into rough slices and serve (ideally chilled) with salad or on its own as a starter.