

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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Señor de los Milagros – Lord of Miracles

Anna Munro

During October a very important Catholic festival is celebrated in the city of Lima and thousands of people proceed through the streets following the painting of Señor de los Milagros – a mural of Jesus Christ on the cross. The story behind this religious festival is very interesting.....



In the mid seventeenth century many African immigrants lived in Lima and one group of Angolans united together to form a brotherhood in the Pachacamilla district. One of these freed black slaves created an image of Jesus Christ on the Cross on the wall of one of the buildings where they would gather to pray. In 1655 a terrible earthquake destroyed almost all of the houses and churches in Lima and many were left dead or homeless. The building the Angolan brotherhood used as their religious base also collapsed; however the wall with the picture of Christ was left unharmed. Over several decades people started to worship the site as the image was related with miraculous incidents. Catholic authorities became worried about the gatherings and ordered the painting to be destroyed. However, there are many stories that each time someone tried to remove or erase the painting, miraculous events prevented them from doing so. Eventually they allowed the worshipping of the painting and built a special church

to house the image – the church of Nazarenas. Then in 1687 another earthquake hit Lima and destroyed the chapel that had been built in honour of the painting. Once again the wall with the mural and the picture of the Christ remained completely intact. The painting became known as Señor de los Milagros and each October thousands of devotees join the procession in the streets of Lima while the icon

is carried on the shoulders of groups of male `cargadores` or carriers. There are about 4,300 carriers and they each take part in the 24 hour procession. Each of the men must carry a weight of 50 kg on his shoulders as he walks for about 15 minutes. The procession is accompanied by dancing, singing and many people sell traditional food such as Turrón de Doña Pepa, a sweet pastry made of eggs, butter, flour, aniseed and fruit syrup. All of the faithful people that join the procession dress in purple robes to give thanks for the miracles that have occurred. Señor de los Milagros has become one of the biggest processions around the world.



Project Updates

Lately volunteers at the Inca Project have been finishing the weeding of the patio area around the community house and clearing and preparing land for vegetables and fruit. The passion fruit plants are producing a lot of fruit for everyone to eat. Drainage ditches that the volunteers have dug will also open up about another hectare of new land after the wet season in March. Our volunteers continue to clear the ruins in the Ccochapata and Choquello mountains and are exploring sectors of Lauramarca for new ruins.

In the community the volunteers have been working in PRONOEI schools getting involved in activities such as storytelling, painting, playing parachute games, jigsaws, ball games and problem solving activities. We have also been rotating books from our mobile library around schools in Huyro and Amaybamba with the 5th grade students. In addition our PRO volunteer, Claire Ward, has been hard at work to get the Heritage Education Project up and running this month.



As always the volunteers on the Inca Project have been having lots of fun getting involved in football competitions against teachers from the valley (this was as part of the anniversary celebrations for Amaybamba Primary.) Our volunteers also got involved in the celebrations by singing English songs for the students, parents and teachers.



We know that when we do a good job it is because we have great volunteers! Therefore we would like to thank all our **Care** volunteers who have worked with us in the past and who are presently here in Peru. All of our volunteers have been regularly attending our care workshops in the office every Tuesday afternoon. It is wonderful that they are all making great use of the materials in the office to prepare resources for the kindergartens, daycares and PRONOEIs. Our first official PRONOEI volunteer, Denise Arnoldi, has been working in 9 different PRONOEIs and introducing new activities to the children. She has been really enjoying this experience and we are happy to get off to a good start with the new programme!

September was a wonderful month for our **teaching** project because of the great cohesion volunteers have shown, our workshops are always excellent with lots of input from everyone involved in the project and our partner teachers have many good things to say about the quality of help we are giving them. On our last workshop we said good bye to Dylan and Carl with a nice chocolate cake, pop corn and cookies.

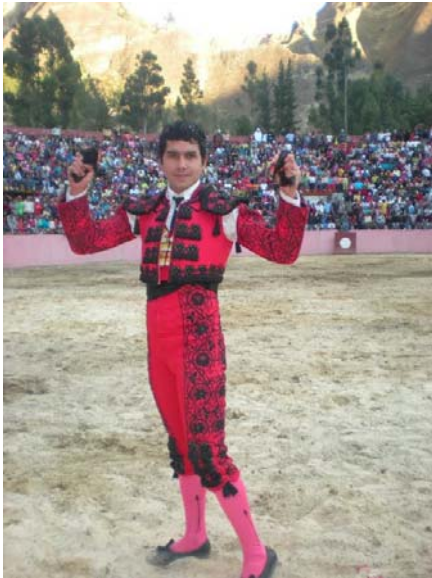
Christian Jansen has also completed his placement, thanks guys for the good effort. On Saturday 16th October we attended a bilingual teaching fair organized by PRONAFCAP (National Program for permanent teacher's training) where we will be putting on a show on the topic of "emotions", giving an idea of what we do and how we do it. This month we welcome Frank Anderson, Peter Rothwell, Brandin Bear and Johan Pfeifer to our great team of teaching volunteers.



Huari

Jorge Espinoza

Every year from the 1st – 15th October in Huari, a town located in the central part of Perú in the department of Ancash, they celebrate a festival in honour of the Virgin of the Rosary (Virgen del Rosario - "Mama Huarina").



During this time, the people from Huari spend 15 days honouring their patron saint, with various events such as: sacred serenades, all night dances, fireworks, theatrical performances, folk performances, sports competitions, cockfights and bullfights involving both international professional bullfighters and fans who risk their life to please their girlfriends and display their braveness.

Another tradition during the festival of Mama Huarina is the big feasts that Alfereces (people in charge of organizing the festivities) offer for free to their guests and visitors. During this time of year Huari welcomes numerous national and foreign tourists.

Besides visiting Huari to experience the festival of Mama Huarina, it is also a great place to discover more about a different part of the Peruvian culture and history. Huari is home to one of the most outstanding pre Inca cultures, the Chavín people. One of the main sites to visit is the Chavín de Huantár Archaeological Monument.

The Chavín Archaeological Monument was declared a UNESCO World Heritage Site in 1985. It flourished between 1,200 and 200BC and was discovered by Julio C. Tello in 1919. It was the main ceremonial centre of its time where thousands of people went on a pilgrimage from different regions around that Andean area, carrying many offerings for their gods. It consists of worship centres and truncated pyramids that were built with huge blocks of stone. There are four public galleries and a variety of constructions such as labyrinths, aqueducts and religious areas carefully carved with cats, birds and snakes. It is also possible to appreciate evidence of Cabezas Clavas - stone heads representing important governors and gods that are nailed to the walls. These are a unique element present in the Chavín culture and were seen to be protectors of important places.



Goodbye...

Goodbye to our Desk Officer..

Guillermina Sanchez



Ten months have passed since I started working in Projects Abroad. I lived really nice moments along with this "big family". I've met very good people, friendly families, responsible volunteers, teachers open to learn new things and great staff.

Unfortunately today I have to leave this stage and start a new challenge which scares me a little bit, but fills me with happiness and satisfaction.

I will miss this "big family" a lot, specially my colleagues who have received me with love, always prepared to help, always doing a great job, and always with enthusiasm.

Thank you for those moments. All the best for all of you.

Volunteer News and Events

Volunteer Social Events

Anna Munro

For our September monthly social almost all of the volunteers in Peru (36 in total) met in Calca at the countryside restaurant, Intipunku, for a match of Sapo and a meal. Sapo, meaning frog, is a typical Peruvian game in which you have to gain points for your team by aiming to throw coins into the mouth of a frog. After a couple of rounds of warming up, our teaching volunteer, Carl Kim Dao, was the only one to manage to gain the top score by aiming for the frog's mouth. After an afternoon in the sun in the beautiful surroundings we were all treated to a great meal by Maria Jesus and her team at Intipunku. The presentation of the meal was wonderful – a corn soup followed by chicken schnitzel, beetroot salad and lemon icecream. Everyone also got to try chicha morada, a typical Peruvian drink made from boiling purple corn in water with cinnamon, cloves and pineapple. Some people thought it was like a cold version of their Christmas mulled wine drink. At the end of the night we all put on our headlamps and torches to find our way back to the Calca bus terminal.

It was an interesting adventure out of the countryside to find our way back to civilisation.



Volunteer Stories

Gastronomía Peruana

Carlos, Teaching volunteer, France

J'ai eu l'agréable surprise, dès mon arrivée à Cusco, d'être accueilli par un savoureux plat de "Papas a la Huancaína" suivi de l'incontournable "Mate de Coca" aux milles vertus. Cela me remet de pied après un long voyage au confort contestable. Ayant vécu en France un bon nombre d'années, je défends sans médisance la gastronomie française méritant sa réputation à travers le monde. Si le vin, pain et fromage ne sont pas des meilleurs, bien d'autres saveurs typiquement péruviennes flattent le palais à en faire se pâmer certains. Il est intéressant de préciser que je suis



végétarien et je me réjouis de ne pas pouvoir vous faire part de mon ressenti sur le goût du Cuy (cochon d'Inde) ou de l'Alpaga que je ne saurais recommander. La diversité des fruits, légumes et soupes (Chirimoyas, pepinos, choclos, yuccas...) est telle que je découvre de nouvelles variétés quotidiennement. S'il est vrai que la tendance est à l'abus de glucides, en particulier le riz blanc, omniprésent dans n'importe quel plat (j'en ai eu une fois des pâtes accompagnées de riz et pommes de terre), il existe également de multiples autres variétés de céréales. Prenons le quinoa par exemple, cette savoureuse graine andine dont le nom quechua, "chisiya mama" signifie "mère de tous les grains", est des plus intéressants au point de vue nutritionnel et a malheureusement une réputation de nourriture paysanne bon marché qui amène la population à privilégier une fois de plus le riz blanc.



En accompagnement ou plat principal, vous trouverez très fréquemment des pommes de terre. En effet, il en existe plus de 1000 variétés au Pérou. (La patate douce ou "camote" ne faisant même pas partie de cette classification). Le tubercule se décline sous toutes les formes et suit parfois un long processus de préparation tel que le fait d'être "nettoyé" par le courant d'une rivière ou encore laissé à l'air libre durant une nuit de givre. Cela fait naître de nouvelles saveurs parfois des plus étranges et fascinantes.

Pour ceux préférant la cuisine plus internationale, spaghettis et pizzas sont toujours au menu. Les surprises s'enchaînent quant à ce dernier plat d'origine italienne qui connaît sa version sucrée au Pérou; une pizza ayant pour nom "tropical" composée de lait et de fruits du pays. N'ayant pas encore eu le plaisir d'y avoir goûté, il vous faudra vous faire votre propre idée de la chose et vous lancer, à votre tour, dans de grandes découvertes culinaires.

Vous reprendrez bien un peu de Chicha ?
¡Buen provecho!

Hace un año

Geraldine Herweijer, Care and Medicine Volunteer, Australia



I just received yet another wonderful 'Musaq Chaki' in my email inbox and I couldn't help but follow into my, now almost habitual, little monthly reminiscence of 'mi vida en Peru'. I am home now, my reality full of textbooks, libraries, lecture theatres and restaurants, coffee machines and those horrible kitchens. Sometimes just those few minutes far away makes my current world of studying and working almost bearable.

My mind wanders back to the memories of that thin mountain air, the shadows of the ever watching and protecting Andes standing close, the taste of that torta de chocolate at the yellow chair café in the Plaza de Armas in Calca, the morning wakeup call of the ten little roosters my family had conveniently placed outside my window... the neighbour's mournful tunes of 'Ava Maria' echoing from a little radio... the chaos and smell of colectivo trips and the pure joy of holding a

beautiful little baby, it's black brown eyes staring up at me trustingly, questioning me if it will all be ok. ...

It's been a year since I began my two volunteer placements with Projects Abroad in the Sacred Valley in Peru and I am still trying to comprehend just how much it meant to me and how much it has shaped my life since.

I began my adventures perhaps a little too naively, especially in terms of hardly being able to communicate, let alone teach, in a kindergarten or work in a health centre. No sleep for over 4 nights in a row, my heart pounding and my head spinning from simply standing up, sick in the stomach and unable to even tell anyone in my family properly about this. I remember questioning why on earth I ever came up with this idea of tearing and leaving apart almost everything I had at home, relationships, beginnings of a university degree, work, friends, family....

Very quickly however I regained strength, physically and mentally and suddenly the weeks were flying. Each day, each hour, I learnt something new, especially in terms of language. A whole new world was opening up, little phrase by little phrase. Ordering food, paying for the internet, bargaining, talking to the moto driver... and actually being able to explain where I wanted to go and where I wanted to get off. Baja... !Baja! por favor... all the way to being able to farewell both of my host families properly at the end of my time in Spanish... to having lengthy discussions with the taxi driver just why I should be paying un sol menos, or trying to discuss religion with our host father.

Every day I felt like I had conquered something, and even on the bad days, when children were running around everywhere or I had to tell a woman that her unborn child was not alive and we were going to have to remove it... I knew that I had still achieved something, even if it was just learning one single new word.

My time in Peru and the subsequent 4 months spent travelling- between the Caribbean islands off of Colombia to the glaciers in southern Patagonia- gave me a wealth of family, friends, adventures and experiences. Most importantly it gave me such a firm appreciation of the joy of life. So many have nothing, yet still they give everything. They laugh, sing and dance, 'siempre vamos a la fiesta' and give what is most important of all- trust and an open heart.

Peru inspired me to continue my studies in Medicine with a new purpose. I know I want to come back to Peru and be able to help that little baby live his life the way he deserves. I am now also studying Spanish so hopefully this time I can actually have a decent conversation with his mother instead of "No soy un medico. No puedo ayudar..." (No I am not a doctor. I cannot help). For now though, it's time to pull my mind back into my textbooks spread optimistically around me and the reality that I must accept to currently be mine.



Hasta pronto, Peru!

Feliz Cumpleaños !!

October was a month full of birthdays! Our best wishes go to.....

Allegra Blain (Inca Project volunteer) – 1st October
Marleen Nijmeijer (Teaching and care volunteer) – 6th October
Laura Fargues (Care volunteer) – 6th October
Nina-Mari Instebo (Spanish volunteer) – 7th October
John Goodman (Teaching volunteer) – 9th October
Jacquelyn Ellison (Inca Project volunteer) – 16th October
Ruth Negash (Care volunteer) – 17th October
Allison Lewin (Medicine volunteer) – 25th October
Dylan Barfield (Inca Project and teaching volunteer) – 30th October



Cocina Peruana

How to make ... **Turrón de Doña Pepa**

This is a typical sweet eaten during the festival of Señor de los Milagros

Ingredients :

Turrón:

5 cups all purpose flour
1 cup butter
3 egg yolks
5 tablespoons concentrated aniseed water
1 teaspoon salt

Syrup:

1 piece chancaca (1 lb - 550 g)
½ cup water
¼ orange rind (only orange part)
6 cloves



Preparation:

Turrón:

Sift dry ingredients and combine with butter with a pastry blender.

Add egg yolks and aniseed water. Knead dough until soft.

Take small portions of dough and roll, on a lightly floured surface, 0.5 x 9 inches (1 x 18 cm) into sticks.

Transfer sticks to a greased baking sheet, placing them 1 inch apart.

Bake in a preheated moderate oven 350° F (175° C) for 25 minutes or until lightly golden.

Cool.

Syrup:

Bring all ingredients to boil and simmer for 40 minutes until mixture forms a soft ball when dropped in cold water or reaches 238° F (113° C) on a candy thermometer. Cool.

Place sticks on a serving dish, one beside the other, in one layer. Pour cold syrup on top.

Place a second layer of sticks crosswise and pour syrup. Repeat a third layer and cover with the rest of syrup.

Optional: Decorate with miniature coloured candy.