

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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Peru goes to Beijing



This month sees the start of the 2008 Olympics in Beijing, which opened on the 8th August and will continue until the 24th. Peru is not well known as a successful sporting country, in fact the Peruvian Olympic Committee's President is reported to have said it would be "a miracle" that Peru gets a medal. Many other Peruvians no doubt feel the same, but the twelve man delegation which travelled to Beijing feel differently, and flag bearer Sixto Barrera has said that they are going with a winning attitude and want to come back with "a little medal." One of the smallest national teams to travel to China, Peru's twelve olympic hopes are taking part in a range of the sports competitions which will be taking place this year, including badminton, taekwondo, sailing, judo, wrestling, shooting, fencing and athletics.



One of Peru's most likely hopes for a medal is Peter Lopez, the first Peruvian to take part in the Olympic Games in the field of taekwondo. Lopez, of Peruvian origin, was born in the US, but when he was five, his family returned to live in Peru for a few years. It was in Peru that Peter started his first taekwondo class with his dad, who would later become his coach during the early years of his career as an athlete. Eventually the Lopez family returned to the States, where Peter began to compete very successfully. In 2004, the Peruvian Taekwondo Federation invited Peter to lead a training course. It was then that Lopez decided to represent Peru.



Badminton player Claudia Rivero, is Peru's top ranked player and this shall be her first olympics. Rivero, from Lima, has been living and training in Germany for the last two years on a Olympics Solidarity Scholarship trying to qualify for the games in Beijing.

Also competing for Peru this year are shooter Marco Matellini, woman weightlifter Cristina Cornejo, and swimmer Valeria Silva. Maria Portilla, Louis Tristan and Constantino León shall be competing in athletic events, while Emmanuel Crescimbeni also competes in swimming, Carlos Zegarra in judo, and Maria Luisa Doig in fencing.

Did you know that...

- Peru won the silver medal in women's volleyball in the 1988 Summer Olympic Games in South Korea. The silver medal for Peru was the second ever won by that country in Olympic competition.
- Edwin Vasquez Cam became the first Peruvian athlete to win an Olympic medal in shooting. He was Olympic champion in 1948.

What's New?

The **Teaching** programme was affected by mid year school holidays from the 28th July for Fiestas Patrias. So for three weeks all teaching, care and sports volunteers who did not have school shall be carrying out community work in Socma and other local areas. In the beginning of September teaching volunteers will once again be able to get involved with the Cusco Tourism police project in coordination with COPESCO.

In **Care** this month, volunteers were involved in the community work taking place from 30th July until 15th August as a result of school holidays. We saw the distribution of First Aid kits in the Maras area at the end of last month. Care volunteers will be able to help take part in workshops in coordination with UNICEF, for more information on this please speak to Care Supervisor Yessika. Finally, we would like to say a special thanks to volunteers Lauren Mann and Nick Lopez who have donated classroom materials to Lamay, Piste and Coya kindergartens.

The **Inca Project** has seen the painting of the outside of the Establo community house and surrounding buildings. Clearing of ruins in sector two of the Cochopata mountain and the Inca trail in Sicre. Volunteers visited Quillabamba for the town's anniversary and to participate in the festivities as well as taking part in festivities for the Virgen Carmen in Huyro. Planting has continued in Establo for the reforestation project. Renee Sully has added another mural to the wall in the community house. We have seen the planting of more fruit trees in Establo, while our new staff member Danilo is doing a great job on clearing the rear patio. The chicken and duck project is doing well with plenty of new hatchlings. Volunteers also had the opportunity to visit Inca Carsel and cleaned ruins there. Finally, sports continues with the local teachers and volunteers are enjoying going swimming during weekday afternoons.

Introducing...

...New Volunteers

In August we shall be welcoming nine new volunteers in the Sacred Valley, Cusco and Huyro...

Joining the Inca project are five new volunteers, including **Natalia Castaldo**, who will be joining us for a month from Italy. Coming from France for a month **Anne-Sophie Saettel** joined the project in the first few days of August. **Cristina Krauss** also arrived early in the month from Germany, while **Kate McConnell** from the US will be joining us before moving onto the Conservation Project in Puerto Maldonado. **Mitchell Gorecki** joined us as part of the two week Inca Special programme.

The teaching programme welcomed **Kristy Inman** who will be teaching in IEMX General Ollantay in Urubamba. While, **Kirsty Ryan** from the UK will be teaching in IEMx Eusebio Corazao in Lamay.

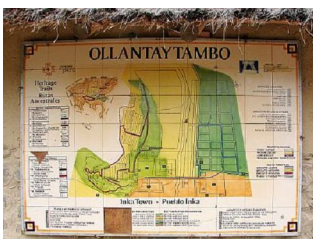
We have one new Spanish volunteers this month. **Tracy Taylor** from the UK who shall be taking classes with Peka School in Urubamba.

Finally we would like to wish a warm welcome to Jessye Crowe-Rothstein who joined us from the US office for a visit early this month.

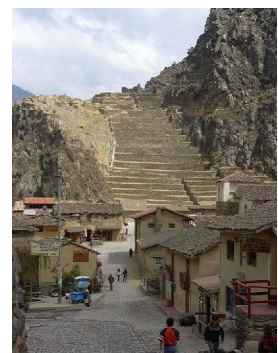
Hot Spots:

A volunteer's guide to what to do in your free time

Ollantaytambo



Ollantaytambo is the town in the Sacred Valley most preserved to how it was in Inca times. The town itself boasts cobbled streets and large old stone doorways, alongside modern restaurants and cafes. The town is overlooked by Ollantaytambo's Incan ruins, which take the form of a llama lying down with her baby. Ollantaytambo is situated approximately half an hour along the valley from Urubamba. From Cusco you take a taxi colectivo or from Urubamba a combi.



Volunteer News & Events:



¡Salsa Fun!

On July 25th Projects Abroad staff and volunteers met up in Pizza Wasi Restaurant in Urubamba for a Salsa lesson with salsa teacher Segundo and afterwards enjoyed a pizza snack. Volunteers from various projects joined us at the restaurant from 3.30pm to enjoy a one and a half hour lesson learning the basics of Salsa to practice at the weekend in Cusco.

While some volunteers preferred to sit back, relax and enjoy the music, others took to the dance floor and managed to learn some salsa basics which at the end of the afternoon showed that with the right partner anyone can manage to do some pretty impressive turns!



FESTIVALES DE LA VIRGEN DEL CARMEN, 15-18 JULY

Jessica Gagne, Care volunteer (Pisac)

Here in Pisac from the 15th to the 18th of July, locals and tourists alike celebrated the annual

Festivales de la Virgen del Carmen, the patron saint of Pisac and Paucartambo. Some of the most frequent sights and sounds in Pisac the week of the festival were those of marching bands (sometimes two songs at once competing with one another), locals in traditional costumes dancing through the streets, and the most food and drink I think I've ever seen in one place in my life. I live in a quiet town in Connecticut, in the United States, so I had never seen a festival anything like this before. One important new fact I learned is that festivals are *loud!* Each day, I could be expected to be awoken around 5AM (sometimes earlier) by the sounds of a marching band passing under my window, and when I climbed back into bed at 11PM, the shouts of joy and loud dancing music could still be heard full-force. I often wondered if anyone slept in Pisac that week besides me, because if they did, it was surely in shifts.

The school in which I volunteer was closed from the 15th for the rest of the week in order to allow the students and teachers to participate in the celebrations, and most children were absent in the beginning of the week as well due to



preparation for the festival. The *Festivales de la Mamacha Carmen* (as they are also known) are very important to the citizens of Pisac, as this time not only provides them with an opportunity to honour their patron saint, but also a chance to rest, be happy, and take a break from the tediums of everyday life and work. For the children, the weeks leading up to the celebrations were spent learning new songs and cultural dances to perform in front of the school on the 14th of July, the day before the festivities officially began. The morning of the 14th, the children (all looking adorable in historically cultural attire) attended and participated in a brief mass at the local church. Following mass, they danced, sang, and marched in a type of parade around the square, finally arriving back at the *jardín* to perform several traditional dances in front of parents, teachers, and myself (as well as a few tourists who asked permission to watch). These dances included numbers for girls only, boys only, and a couple of co-ed ones as well (which were probably the cutest).



My favourite dance, however, was performed by a class of four-year-old boys, who dressed up like “real men” in leather jackets and cowboy pants. At certain intervals in the dance, the boys would pretend to take a swig from a bottle of beer (empty, of course!), and then continue dancing. All of the children participated, and every single one did a phenomenal job. The whole week of

celebration in Pisac was an amazing experience, and a lot of fun; but the show that my kindergarteners put on was by far the greatest aspect of the festivals in the name of la Mamacha Carmen.

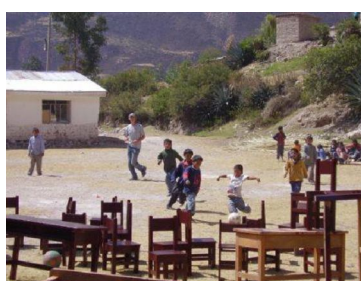


Cusco Tourism Police Update

The tourism police programme shall be starting up again in August. We shall be looking for volunteers who would like to participate in this extra-curricular project very soon. Two evenings a week volunteers will be travelling to Cusco to help out in the English lessons for Cusco's Tourism police in coordination with COPESCO. Volunteers interested in helping out should keep an eye out for more information in the office.

Community work in Socma

In coordination with the University of Alcalá de Henares in Madrid, Projects Abroad volunteers have been carrying out community work in the community of Socma, helping to get the local primary school repainted and looking spick and span for the start of school in the middle of August after the mid year holidays. Starting on Wednesday 30th July volunteers have been working in Socma until the 7th August, preparing classroom walls to plaster and paint, as well as sanding down the classroom furniture ready to paint both the classroom, outside of the school and the tables and chairs. On the 1st August they also took part in a dental health campaign in Socma. The following weeks work continued with getting the school ready to be a good learning environment for its pupils. Joining Projects Abroad volunteers and staff were two students from Alcalá, Laura and Elisa. Thank you to every one who has helped out on this worthwhile work over the past two weeks. The following week will see more community work for the volunteers who are affected by the holidays in the Calca area in mid August. We shall be creating educational materials and taking part in more dental health campaigns. Keep an eye out in the office for more news.



Volunteers painting and sanding both classroom furniture and walls; taking a break in the sun playing football with the local children; the surrounding countryside of Socma...

Cocina Peruana: Cooking with the staff

This month's choice is from Inca Supervisor, Daniel O'Shea...

Chicharron de Chancho

8 to 10 people



Ingredients:

- 2 kg of Pork
- Salt
- Water
- Potatoes
- Salsa Criolla

Ingredients for Salsa Criolla:

- 3 medium sized onions, peeled and sliced thinly
- 1 – 2 yellow chilli peppers, without seeds, sliced thinly
- ¼ cup of cilantro finely chopped
- Juice from 2 lemons & Salt


Preparation:

- Cut the pork into pieces and leave in salt.
- Place the meat in a saucepan and cover with water
- Boil covered on a low flame until the water evaporates. Uncover the saucepan and leave to cool in the fat until they brown and the meat is tender.
- Peel the potatoes and boil to serve with the meat.
- Serve with the potatoes salad and salsa criolla.

For Salsa Criolla:

- Season the onion with salt, rinse with lots of cold water.
- Place the onion in a bowl and season with salt, lemon juice, chili and parsley. Mix well. Leave for half an hour before serving with the chicharron.

What's happening in August?

Festival	Description	Place	Date
La Pachamama, Mother earth	An Andean ancestral ritual in which the earth plays an important role, offerings are presented and tribute is paid to "the mother earth". The ceremony commences on the eve of the 1 st of August, with the preparation and burning of offerings. The ritual carries the idea of reciprocation - while the people give thanks to the earth, the earth in turn provides the population with longevity and success.	Cusco city	1st August
Anniversary of Arequipa	Festivals and Parades occur celebrating the anniversary of Arequipa.	Arequipa	15 th August
Santa Rosa de Lima 	Santa Rosa de Lima is the name that has been appointed to a 17th century woman who was from Lima. A religious calling led Isabel Flores de Oliva to devote herself to meditation (a single woman devoted to no particular religious order) and developed a life dedicating her service to the sick. The fame of her resistance to sin, as well as her kindness, was known even throughout the saints life. Her worship has spread, not only in Peru, but in other parts of the continent, and also in the Philippines, where she is proclaimed the patron saint. Her sanctuary, which is situated in the centre of Lima, is the reason for the constant presence of religious followers who go in the hope of miracles, especially in relation to health. During the 30 th of August, it is customary to throw "best wishes" letters into the fountain where Santa Rosa let fall the key to her belt. Santa Rosa is also patron of the Peruvian national police force. Her festival, celebrated throughout the country, has a special Quechuan emphasis in the area of Santa Rosa de Quives, in the outskirts of the region of Lima.	Public holiday in all Peru	30 th August

Announcements

- Just another reminder to make sure that volunteers are aware that the police are making more identification checks here in Cusco. Please be aware that you need to **always** carry your passport or a legalised photocopy of your passport (which has been signed by a notary) with you, especially if you are traveling within Peru, whether that be to your placement, Cusco or a long weekend in Puno. You may be asked by a police officer for proof of identification and you should be able to present this to them. If you have any questions please do not hesitate to ask in the office.
- Thank you to everyone who has helped bring about this months issue of *Musuq Chaski*. If you would like to contribute your experiences, stories, photos or anything else to the next edition then please send them to: hannahpartis@projects-abroad.org