

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad Peru

August 2011

Issue No: 45



What's Inside...

| | | | |
|----------------------------------|---|------------------|----|
| Editor's letter | 2 | Feliz Cumpleanos | 10 |
| A Joyous Occasion | 2 | R.I.P | 10 |
| Peru Inside Out | 3 | Social Media | 11 |
| Peru Hot Spot | 5 | Cocina Peruana | 12 |
| Volunteers Events | 6 | Introducing... | 13 |
| Volunteers Stories | 7 | Monthly Diary | 15 |
| Fundraising: Eyes for Alfredo... | 9 | | |

Editor's Letter

Welcome to our August edition of Musaq Chasqi: our newsletter updating you on all our projects and recent events from Projects Abroad Peru.

As the children in Cusco are on school holidays our Care volunteers have been busy organising Summer School activities for the primary school kids.

This edition will highlight several important events such as "Las fiestas patrias" in which the new president of Peru Ollanta Humala will have to assume his duties (July 28th). Those two-day celebrations are really important for Peruvian people as they symbolize their freedom from the Spanish Empire 190 years ago.

Being one of the most important celebrations of the year in the Cusco region, the Virgin Carmen celebration in Paucartambo will be detailed for you. This huge street party displays, during three days, an unbelievable number of dances, handmade colorful masks and costumes.

Also, a happy event happened during this month, the birth of Irazema's daughter Ela-Valentina. The Teaching volunteer, Jonathon Lynn will share with us his time and experience.

Peru has one of the greatest culinary cultures in South America so it was then logical to me to set up a workshop of Peruvian cuisine. You will be revealed all the yummy secrets you need to know to prepare a successful Peruvian meal.

We hope all our current and past volunteers have a great month and we look forward to hearing more of your stories from Cusco, the Sacred Valley and Huyro!

A Joyous Occasion

All the team from Projects Abroad is pleased and happy to announce the birth of Ella Valentina.

Irazema – the Office Manager – gave birth to a lovely and healthy baby girl weighing 3.5 kg.

The birth happened naturally without any complications on Monday the 15th of August at the Seguro Social hospital in Cusco



Fiesta de la Virgen Carmen Paucartambo / Celebration of the Virgin Carmen. Mylène Lauberge



This celebration is the most important of the year for the little village of Paucartambo.

This 17th Century colonial architecture village is located about three hours driving from Cusco on the way to the Parque nacional del Manù. This is a very charming place with narrow streets of white houses, red roofs and blue doors.

Paucartambo is a Quechua name meaning flowered tavern. This event takes place every year from 15th - 17th July.

This feast is dedicated to paying tribute to The Virgen Carmen which is believed to carry out miracles of the most faithful ones. To see your wishes come true it is said that you have to pray to her at least three times a year.

It's said that this event is one of the biggest street party of Peru.

The first day is the introduction to the festivities, the second day is the most important with the procession of Virgen Carmen followed by numerous parades with fireworks, masked dancers going all over the place dragging along visitors from all ages until late at night....the third one is the farewell day with a mass in the morning, followed by parades and dances.

All the people also go to the cemetery to pay homage to their dead relatives and friends. In the meantime a stage is set up on the main place in order to welcome the final show.

The most interesting features of the celebration are the colourful outfits and masks handmade by local artisans. The masks express joy, sorrow with long noses, and funny expressions.

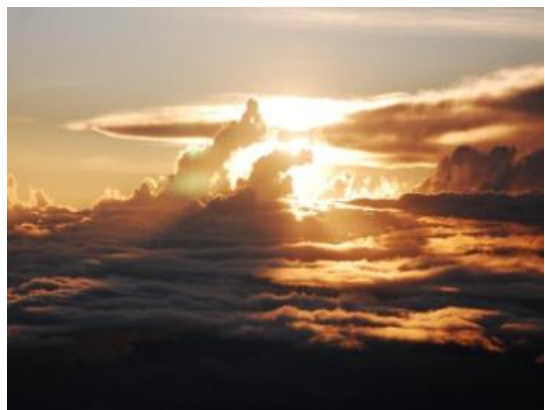
This small village, usually counting just a few thousand inhabitants during the year, welcomes tens of thousands of local and tourist people coming from all over the regions as well as the country during the three days.

As in most of the Peruvian celebrations, chicha: corn beer flows freely and traditional food will be sold all around the place.

It will not be a problem for you to find accommodation. You can put your tent either inside or outside of the village but you can also rent a room for a couple of nights. The departures of the buses for Paucartambo are in Cusco and costs about S/20. The return will cost you about S/40.

Another activity in parallel of the party is to watch the sunset at the spot of "Tres cruces".

Being at 3800 meters of altitude you will be above the clouds and if you are lucky enough to have a cloudless sky you will have the chance to enjoy a breath taking view over the sunrise with the jungle as a background. This effect does not happen all year long but it's the best time of the year to catch it. Even if the sky is a bit cloudy, the scenery that offers the sunrise is definitely impressive. If you want to do so, you will have to catch a cab at about 2.30am as it takes roughly 1h 30mins to get there. There are only a few spots like that in the world as it offers an impressive range of lights and colours. If you decide to go to "Tres cruces" don't forget to dress warmly since it can be pretty cold...but it is definitely worth it.



Fiestas Patrias 28, 29 de Julio / Patriotic celebrations 28th & 29th of July

Mylène Lauberge

Those two days, consist in celebrating Peru's independence from the Spanish empire. The president José de San Martín proclaimed the independence of the country on 28th July 1821

Every July 28th when the sun rises, twenty one cannons are shot while national flags are raised.

Everybody is involved as it has become obligatory for public and private institutions to display the national flag.

A ritual has been set up since the first celebration. It consists in a mass of *Te Deum* celebrated by the Archbishop of Lima.

Following that the President waits in his Government Palace until twenty eight representatives of the Congress of the Republic of Peru invite him to give the transitional Address to the Nation. Usually the president of Peru has to accomplish one his most important obligations toward the nation; give an account of the nation's progress up to this date. He starts his speech with his address to the nation for the national holidays. Then he evokes topics such as projects economic, social, and cultural achievements.

However, when a president is recently elected he assumes his duties on the 28th. This is the case this year for the new president Ollanta Humala.

On July 29 a lot of celebrations happen on the morning but the formal celebrations such as The Great Military Parade occur in the afternoon. This military parade attended by the Peruvian Armed Forces and National Police is the occasion to display the major part of Peru's weaponry but the military staff present at the parade is minimal.

Patriotic days are with Christmas holidays one of the most important celebrations in Peru and coincide with the two-weeks Peruvian national holidays.



Celebrate In Pisac Katie Gibson

Every once in a while one has the opportunity to see and experience something truly autochthonous, something that stands out in your memory whenever someone mentions the place. For me this is Pisac. Pisac is famous, sure, for its thriving market, one that takes over the central plaza especially on Sundays, but what about the residents? From my experience I can tell you they are inherently good as well as care-free. Don't get me wrong, they have plenty of work to do every day (something they do not shy away from) but they sure know how to have a good time. This weekend there was a celebration in honor of the Virgin Carmen. People flock from all over to Paucartambo and Pisac just for this fiesta. Upon setting foot in Pisac this particular Sunday you could immediately feel the energy. There were people eating, drinking, talking, dancing, and just generally enjoying themselves and their company, all dressed to the nines.



Much like in previous festivals I have seen since arriving, most residents are dressed in traditional garments that pertain to their particular dance, obviously not forgetting the various masks the dancers wear to reflect a particular personality. Just pick your favorite color and you'll be sure to see it.

What I find even better than the parades and dances in the street and plaza are the open-air bars. Here I am using the word "bar" pretty loosely. While walking through the town you will find a building that looks just like any other only emitting from this one is the sound of a band, complete with horns, playing joyfully while locals hit the dance floor. When you walk past the threshold you are not greeted by a waiter holding a menu under a nice wooden roof, but rather a large open space with a dirt floor, the sky for a roof, a few long wooden tables and benches underneath large canopies, and waiters rushing back and forth to bring their customers slightly warm beer and occasionally some food.

Here you must take a seat wherever you can find one. The ambiance was perfect. A band playing on the stage, some people dancing, some people watching lazily in the sun, others completely engrossed in their conversations. Whichever group you fell in to, you were sure to leave with a full belly and a desire to return as soon as you were able.

So if you have the chance to visit Pisac during a celebration, take it; it's something you will have trouble forgetting. But don't forget, the locals know the best spots, so get some advice if you can!

Viaje a Mollendo – Arequipa / Trip to Mollendo - Arequipa.

Mylène Lauberge



If you want to escape from the Sacred Valley and its mountains to get fresh and invigorating air from the ocean the quickest way would be to go to Peruvian west coast. A few months ago I had the chance to go to Mollendo which is a small town bordering the Pacific Ocean located in the Arequipa region. This village was considered as the main port in the Peruvian southern coast until Matarani was developed about 50 years ago. Nowadays the port of Mollendo only serves fishermen for the local economy as all the commercial shipping is done through Matarani 12 kilometers north. There are about 30,000 inhabitants during the low season and the double during the summer.

It will take you about an hour by plane and thirteen hours by bus to get there. It's a long route but still the fastest way to get to the ocean from Cusco. You will cross barren area where the only vegetation is composed by cactus and the colors of the ground vary from brown to orange. The last half hour of the journey will give you a stunning view over this ocean and its massive waves. Mollendo is a typical village where the Plaza de Armas is the main square and where the local market offers fresh fruit juice, cheap food and local dish.

You will not have any problem to find an accommodation whether you look for high standard or budget hotel.

If you are a morning person, don't be afraid to wake up early to enjoy the sunrise with the ocean as the background, you will not regret it.

Mollendo has a very rich fauna and flora. A stroll on the cliffs located on the east part of the village could lead you to observe all kind of animals (redneck birds- big red crabs). If you are lucky you will also have the opportunity to observe sea lions chilling out on a big rock at a few miles from the coast.....!!If you fancy seafood I recommend you to try typical fish-based dish such as Jaleo, Ceviche o Chupe de camarones.

On your way back you will pass by Arequipa. If you like big cities you will enjoy this one. It's the second biggest city of the country with more than 900 000 inhabitants. It's at an altitude of 2, 400 meters above sea level. The inactive volcano – El Misti – overlooks the city. If you are interested in architecture you will like its buildings featuring colonial-era Spanish buildings. Arequipa is also called La Ciudad Blanca “The White City” since most of its houses are built of sillar, a pearly white volcanic rock. Since 2000 the historic center of the city is part of UNESCO World Heritage.

Arequipa has played an important role in the history of Peru, proclaiming itself “Capital of the Republic”.

It has also welcomed a lot of outstanding intellectual and political figures, as well as religious icons.



As a Peruvian city, Arequipa has a very rich and varied gastronomy. Located nearby the ocean, it has become logical that the city is recognized for its seafood based dish, especially those composed with shrimp.

If you like spicy food you will be happy to try one of the numerous “picanterias” spread in the city. These typical restaurants serve generally four small different dishes accompanied with a glass of chicha “light white corn beer”. The rocoto relleno “stuffed pepper” being a classic dish, is always part of the meal.

After having accumulated fresh air and energy from the ocean and effervescence from Arequipa you are now ready to go back to the quiet and pleasant life of the Sacred Valley.

Volunteer Events

Salsa Class & Snack in Cusco Mylène Lauberge

The last monthly event took place in Cusco on the Friday 22nd of July. I met with Tatiana (Assistant Manager?) and the other volunteers at the Plaza de Armas at 4pm. Then, we headed to the Inca team club to have a one-hour Salsa class with Coco, a Salsa teacher living in Cusco. After the class we went to Panam café, a place located nearby. The volunteers had orange juice or tea and ham & cheese sandwiches or danish pastries. Twenty seven volunteers were present, coming from the Sacred Valley, Cusco but also from our Inca program in Huyro. They all enjoyed the salsa class and were really glad to be offered some food and beverages afterwards. After the snack, most of them went to the Plaza de Armas to enjoy the Festidansa, a traditional Peruvian dances festival.

As every week most of the volunteers stayed in Cusco to spend the rest of the weekend.



Jonathon Lynn Teaching volunteer Australia

My journey to Peru was an eventful one. I left Australia mere hours before all flights to New Zealand were cancelled due to an imposing cloud of volcanic ash. Three flights and a sleepless twenty-two hour coach journey later, I found myself collecting my luggage in Cusco; the ancient capital of the Inca empire.

Here I was met by the ever-friendly Tatiana, Assistant Manager of the Projects Abroad team in Peru. I was taken by taxi on a brief tour of the city and even in my bleary-eyed stupor was able to appreciate the majesty and mysticism of this ancient realm. Next we made the journey to Urubamba, a small town nestled in the Sacred Valley of the Incas, which is to be my home for the next three months. In Urubamba I met other members of the Projects Abroad staff, who were all happy to receive their new volunteer. I awaited the next introductions with tired trepidation, for they would be the most important of all: I was to meet my host family.

My nervousness was unfounded: the Abals stood smiling, arm in arm, pleased to meet their latest house guest. After making brief introductions in faltering Spanish, I gratefully accepted their invitation to catch up on some sleep. I slumbered blissfully for untold hours, waking only for school the next day.

I was taken by Mototaxi (a tri-wheeled motorcycle taxi akin to the tuk-tuks of Thailand) to my school, the local Agropecuario. The word "Agropecuario" loosely translates to "farmers' school": the children are largely of agrarian families without much money at all. In the Agropecuario's concrete courtyard I met my host teacher, Reynaldo. Reynaldo is a teacher of considerable experience, having taught at the Agropecuario for longer than I have been alive. Despite this, he maintains an enthusiastic approach to teaching English and has developed a series of classroom workbooks for the various grades which he teaches. It has been a truly eye-opening experience to assist Reynaldo in his work and to observe to progress that the children are making. Indeed, I have seen a noticeable



Fundraising:

Eyes for Alfredo Emma Hershey

Well, Alfredo's amazing journey will be coming to an end in a couple of days as he and Luzmila and Paco return to Peru on August 6th. It has been such a successful trip for them. Alfredo saw the ophthalmologist, Dr Michael Goldstein, for his final post-operative check up on Tuesday. Everything looked great: the graft is healing well, no signs of infection, no pain, and best of all, ongoing improvement in Alfredo's vision. As Dr. Goldstein explained, near vision improves first. For Alfredo, that has meant that he has been able to enjoy some of the photographs from his trip, something he couldn't have done a month ago. Over the next 3-6 months, he should continue to see improvement as the sutures on the cornea gradually dissolve and the eye heals. He will see his ophthalmologist in Cusco in a month for another follow-up check. Dr. Goldstein has written a letter to Alfredo's doctor describing the surgery, his recovery, and his future needs for eye care. Both Luzmila and Alfredo understand the regime of eye drops that have been prescribed and will be returning home with an ample supply. Alfredo's doctor will be able to help him get new glasses when it looks like the healing is complete.



It has been wonderful to watch Alfredo's confidence soar as he regains his ability to navigate independently. He no longer has to constantly hold on to Luzmila in order to walk anywhere in this unfamiliar territory. I went with Alfredo for both his pre-surgery visit with Dr Goldstein and his last post-operative visit. He was so close to being totally blind and it was amazing to think about how well he managed to function in Urubamba with so little vision. Now, he enjoys watching Peru play Columbia in soccer on the TV and I am no longer worried about him tripping over the dog. Quite a change!

I think we are all so lucky to have had the opportunity to be a part of this wonderful story. I know that Luzmila, Alfredo, and Paco have been touched by the kindness of so many, including those who have passed through their door in Urubamba, and others who have never even met them. Life is good.

Emma, Judy and Mark Hershey

Feliz Cumpleaños !!

We would like to send our best wishes to our staff and volunteers with birthdays in August....

Daniel O'Shea - Staff Inca Project - 1st August

Kristian Hansen - Inca volunteer - 6th August

Sylvie Cottet - Sport volunteer - 12th August

Louise Macaulay - Medicine volunteer – 4th August



Rest In Peace

We are sorry to announce that Rosa Villanueva passed away. We had 6 years working with her. She was a loving and supportive mother and wife and our volunteers had wonderful experiences with her.



Social Media

Join our Facebook group to keep up to date on the latest events, see our group photos and keep in touch with other volunteers!

Projects Abroad Peru – The Official Group

<http://www.facebook.com/groups/projectsabroad.peru>

Read our Projects Abroad Peru Blog that is updated weekly with new stories from here in the Sacred Valley, Cusco and Huyro

My Trip Blog

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=267

You can find all past issues of our Peru newsletter online

Musuq Chaski

<http://www.projects-abroad.co.uk/volunteer-destinations/peru/newsletters-from-peru/>

You can also find out more about our activities by visiting us on

Twitter

https://twitter.com/#!/proj_abroadperu

Cocina Peruana

How to make ... **CEVICHE**

Ingredients

- 2 pounds of tilapia fillets, diced (you can also use other white fish fillets)
- 1 ½ cup of fresh lemon juice
- 1 fresh yellow hot pepper, seeded and chopped (if you can't find it, use a habanero pepper)
- ½ cup of celery, chopped
- 2 garlic cloves, chopped

- 2 large red onions, cut into long thin strips julienne style
- 3 tablespoons of fresh cilantro, chopped
- 1 cup of lemon juice
- Boiled corn, cut in 2 inch pieces
- Boiled sweet potatoes, cut in slices
- Lettuce leaves

To prepare

Put the fish into a large bowl with the lemon juice (1 ½ cup), cover, and put in the fridge for at least 2 hours. Drain the lemon juice from the fish and add the hot pepper, celery, garlic, onions, cilantro, salt, pepper and the rest of the lemon juice (1 cup). Put in the fridge until ready to serve. Serve the ceviche on top of lettuce leaves. Add corn and sweet potatoes on the side. Enjoy.....:)

This is a traditional Peruvian style recipe. However, if you are not a raw fish person you can also cook the fish first. It will slightly change the dish but you will still have the taste of Peruvian ceviche.



What's happening in August?

| Festival | Description | Place | Date |
|--------------------------------|--|--|--------------------|
| Corpus of San cristobal | A religious festivity celebrated in the chapel of <i>San Cristobal</i> . They have dances accompanied by "caperos" (musicians) one day before and the same main day during the procession. The reason is the homage to the Saint Patron of the people that work in transportation. Diverse dishes are offered but the main dish is the " Chiriuchu " | Chapel of San Cristobal Cusco | 2nd August |
| Cross Chalpon | This devotion began in the seventeenth century when a wooden cross, erected by a hermit, worked the miracle of ridding the town of an impending flood. Since then, the miraculous place is center of pilgrimage for thousands of believers come to give thanks for favors granted. On this date is also held the horse show by the way, the competition for marching bands and the tasting of typical dishes | Motupe Lambayeque Norte,Oueste | 1st week of August |
| Santa Rosa de Lima | Santa Rosa de Lima is the name immortalized Isabel Flores de Oliva, a pious seventeenth century Lima great religious vocation and service to the sick. The Vatican declared Patroness of the Americas and the Philippines. Her shrine in the center of Lima is visited by the faithful who go in search of a miracle. | Metropolitan Lima | 30th August |

Reminders:

If you cannot attend work for whatever reason, please let your Supervisor or the office know as soon as possible with a phone call. If you have your partner teacher's number you can also let them know.

If you are unwell and would like to see a doctor, please call the office or the emergency number and a member of staff will accompany you to a nearby clinic. We will do our best to be with you as soon as we can but whilst you are waiting be sure to keep drinking plenty of fluids (water or tea).

If you have an emergency please [call](#).