

# MUSUQ CHASKI

"THE NEW MESSENGER"

ProjectsAbroad

The official Newsletter of Projects Abroad Peru

July 2013



*The Two week Program group in Machupicchu....can you see the Inca face looking at the sky???*

## Editorial

Now, armed with these innovative materials, plus recipes using chicken blood (in the fight against anaemia!) Pg. 2

## Volunteer stories

Olivia Cassidy, 18, Scotland, Inca Program Pg.3

Claire Conrad, 20, Luxemburg, Inca Program Pg.4 & 5

## Projects update

See what is going on at our projects in Peru. Pg. 6 & 7

## Peruvian Cuisine

... "Ch`iri Uchu" (Cold Dish – Cusquenian Traditional Meal) – Pg. 8

A very spectacular mixture of ingredients and flavors



## NUTRTION

### *One year after*

Around this time last year, a new programme was started in the Sacred Valley: the Nutrition Programme. Our Country Director, Tim DeWinter, with the help of Peter Ward – the Desk Officer at the time – attended numerous meetings at the town hall to work out the ins and outs of the new programme and what our volunteers could contribute to the current set up.

The Centro de Vigilancia in Ccotohuincho, on the outskirts of Urubamba, was set up by the town council to provide healthy breakfasts and lunches to mothers of children under the age of three and pregnant women. The idea of the centre was also to provide education on nutrition to these mothers as well as running an outreach programme involving home visits and workshops in other communities. The problem was that they needed more support and expertise, which is where Projects Abroad came in.

Many of the mothers who live in these rural communities have little idea of what constitutes a healthy diet or lifestyle and many have very low levels of literacy. So hours were put into creating new materials and designing interesting games that could help engage these women in nutrition education. These ranged from a set of “Top Trumps” cards with information about healthy and unhealthy foods, to posters designed to stimulate discussion about healthy living conditions, to a giant model bone which has a central role in a game about anaemia prevention.

Supervised by Peter, the first volunteer, Anna, made a brave start to the programme in October last year. Peter then worked hard to build a good foundation of materials and contacts before he left in March.



Now, armed with these innovative materials, plus recipes using chicken blood (in the fight against anaemia!) and a host of other ideas, volunteers – with the support of Tatiana, who has taken on the role of programme supervisor – make a great contribution to the council’s programme. They support the paid staff, not only in general nutrition education but also in activities relating to early years stimulation and other health matters such as dental hygiene. From humble beginnings of one or two volunteers at a time, we currently have seven volunteers on the programme. With such numbers we are now able to help with different aspects of the programme and attend to different communities.

Volunteers on the Nutrition Programme can really see the difference they are making and enjoy the wide range of activities involved: from workshops and games to cooking sessions; from fluoridation campaigns to house visits; or simply spending time with and getting to know the mothers and their children. Thanks to Peter, Tatiana, Tim and all the volunteers who have been involved, for all their hard work in making the Nutrition Programme truly worthwhile and interesting for volunteers, partner organizations and the mothers and children themselves.



### *Olivia Cassidy, 18, Scotland, Inca Program*

My name is Olivia Cassidy, 18, and I am from Scotland. As I am planning on studying anthropology at university I thought that going on a gap year experience that involved archaeology would be a great way to get more of a feel of the related subjects.

The Inca Project takes place in the cloud forest of the Lucumayo valley, Peru. The volunteers' time is split between helping at archaeological sites, either excavating or working with the archaeologists to map the site; working around the house that the volunteers and staff live in together; and helping in the community. Helping out in the community, while I was there, involved going to paint the kindergarten and, once a week, going to the library to play with the local children and teach them some basic English. Maintaining this connection with the community is one of the main reasons the project needs volunteers.

The project was excellent for me in that I got to learn about the Incas in a more hands-on way than most people do. Not only that but, because we were living in a small village and the locals were all very welcoming, I feel that we got to experience the culture, and were included in it, in a way that we would not have had we been in a larger town.



The whole trip for me was amazing but I would say that my most memorable experiences were going to see Huamanmarca raymi, a traditional dance competition between the children of all the villages in the valley. This was amazing because you really got a taste of the culture and also the close-knit nature of the individual villages. Another experience that I won't forget was helping to paint the kindergarten. Although we encountered problems along the way, seeing the end result and knowing that we had created something that was going to benefit the children of Huyro- the village- was hugely rewarding.

The experience of simply being in Peru was also amazing. I think that the most valuable thing I took from this trip was the confidence it gave me but also seeing the stunning geography, especially Machu Picchu, and meeting new people from all around the world, many of whom I became good friends with, made the two months I spent there hugely enjoyable and something I will remember for a long time.



*Claire Conrad, 20, Luxemburg, Inca Program*



My name is Claire Conrad, I'm a 20-year-old girl from Luxemburg and I lived during six months with the Inca Project in Huyro in the Andes of Peru. The Inca Project became my home during this stay and the people I met left a big impression on me.

Work in the Inca Project is really varied; you've got the archaeological stuff like excavation and analysing just as more physical work like mowing the fields with machetes. I actually did prefer the archaeological work since that's what I would like to do as a job later on, even if cleaning the ceramics we found on the different sites was getting a bit annoying after half an hour or so. But it is an important part of the work. Aside the work itself, the hiking we had to do to get to the different sites was amazing, even if sometimes a bit hard.

So for the whole working part, the Inca Project was definitely a lot of fun for me.





But of course not only the work is important. Living with the same people during a long period (ok, people did change a lot during the six months, but staff stayed the same and sometimes a month feels like a real long time), it is a must to get along. Since we volunteers were all living in one house, it was inevitable getting to know each other quite well, in the good and the bad sense. And after a while I realized I really liked sharing a house with so many different people. I got along with everybody and I grew very fond of them. And even if you want to get away for a bit it isn't hard since you can just look for a spot around the house.



I learned a lot during my stay in Establo and not only archaeology but also great people and a whole new culture with the weirdest customs. Luckily I got used to most of them after a while. But since there are still many mysteries to uncover in this beautiful country I decided to get back as soon as possible and get to know them little by little. And of course I really want to see how Establo, my home for some of the greatest months in my life, develops.

## *CARE*

*By supervisor*

At the beginning of May I went to pick up a new volunteer from a host family. As I was walking to the house I was wondering if she was going to enjoy her time in Peru as she was coming from Argentina where she had a wonderful time. Emilie came to the door and from there we went walking to the main plaza and then to the bus terminal in the middle of the conversation she talked about an injury in one of her legs that was still quite painful which meant that she could not walk long distances...what am I going to do, I thought, her placement was located at the top of a hill and required her to walk a good ten minutes. After telling her what the deal was, she answered with confidence and in a perfect Spanish "no hay problema" I think I started to like her right at that moment. When at the kindergarten, the children asked her questions about herself and her country to which she answered with a big smile on her lips; from that time on she was called Lily. She was more than a volunteer to the school, she was also a teacher, teaching basic things like the use of the magic words please and thank you but by far the most important one; how to say "te quiero" (I love you). The times she was left alone with her class, was amazing to watch those kids paying perfect attention...that is incredible I thought.



Lily participated in all of the extracurricular activities, parades, walks, cook outs, parties; "she is a French with a Peruvian heart" said the teacher who worked with her. Now that she is gone, the children keeps asking 'when will Lily be back?' soon, I tell them, soon...Keep your promise dear Lily, do the things you planned and come back to visit your kids who really love you.



### *INCA*

ARCHAEOLOGY: We have continued with our works up Q'ochapata Mountain. Volunteers have been maintaining some of the archaeological structures which involve clearing the sites of weeds and overgrowth and we have also continued with the mapping and excavation of structure Q-2A in sector III. So far we have only encountered potsherds and some carbon on the dig and some volunteers have had the chance to clean and register some of the ceramics. Unfortunately our explorations haven't been productive....so far.

Due to the rare bad weather we've been getting in June and July sometimes we haven't been able to excavate or map up Q'ochapata, but the volunteers did get the chance to visit the archaeological sites Inkatambo, Huamanmarka, Capillayok, Yanayaco and the Inca Trail in Sicre. All of these sites are based in the Lucumayu valley.

Jhon and Zenobio still carry on with informative and educational briefings and lessons.

MAINTENANCE: As always we try to stay on top of the maintenance around Establo and we've been quite busy getting the new rooms ready of our volunteers in July. We have also been working on clearing our latest banana grove and of course the ever popular drainage ditches.

COMMUNITY WORK: After the anniversary of Huyro things have went back to normal with regards to our weekly library activities. We are currently using the local radio station to remind the locals about these activities.

SOCIALS: Inca project volunteers took the opportunity to attend the Inti Raymi festival in Cusco. 'The festival of the sun' is held annually on the 24th of June.

### *TEACHING*

As part of the celebration of The "JUEGOS FLORALES," some of our volunteers participated cheering in support of the Agropecuario Calca School.

on Thursday 4<sup>th</sup> of July , our volunteer Freya McGahey, in Yanahuara learned about the culture in the Andes when students as a part of the celebrations for the Teacher's day prepared the traditional HUATIA where potatoes are cooked in an oven made out of chunks of soil. The potatoes literally bake in the ground! And it is served with a spicy sauce. Students offered this plate to their teachers as a way of saying thanks for their dedication. On this special day students all over prepare talent shows that include dance, singing, poem recitation and more.

## PERUVIAN CUISINE

### Chiri uchú

How to make... "Ch`iri Uchu" (Cold Dish – Cusquenian Traditional Meal) During the Corpus Christi, Cusquenians just serve the most traditional meal that they have. This meal is called Ch`iri Uchu which is a very spectacular mixture of ingredients and flavors It`s said that to get the real magic of the dish you have to put a little bit of each ingredient and to chew about 50 times to get the fantastic real taste of it.

#### Ingredients:

- \*Guinea pig
- \*Chicken
- \*Huacatay
- \*Celery
- \*Pepper
- \*Fish eggs
- \*Sea wheat
- \*Toasted corn
- \*Sausage or ham
- \*Cheese
- \*Sesina (dehydrated meat)
- \*Chilli Pepper

#### For the tortilla:

- \*Two eggs
- \*Corn flour
- \*Onion
- \*Salt and Pepper

#### Preparation

For the guinea pig, marinade the meat with huacatay, salt, garlic and lemon juice. Bake it for about 45 minutes. Boil the chicken with celery and add some pepper. Boil the fish eggs, the dehydrated potato and the sea wheat. Fry the sausage.

#### Tortilla:

Mix the ingredients, add some water, salt and pepper and fry the mix in small portions. To serve the Ch`iri Uchu put a piece of guinea pig, chicken, fish eggs, sausage, cheese, dehydrated meat, tortilla and chilli pepper in slices , put portions of toasted corn, sea wheat and

Serve everything cold.

