

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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Retablo Cusqueño

What's Inside...

Peru: Inside Out	2	Volunteer Stories	6
Project Updates	3	Voices from the Past	7
Introducing....	4	Cocina Peruana: Cooking with the staff...	9
Hot Spots	4	December Diary	10
Volunteer News & Events	5	Announcements	11

Panetón: A Peruvian Christmas Tradition



Panetón is a very important Christmas tradition here in Peru and volunteers spending Christmas here in the Sacred Valley and Huyro will undoubtedly get to sample this sweetened Christmas bread with a cup of hot chocolate on *noche buena* and the days leading up to it.

No one is certain of the true origin of the panetón, however, there are many differing legends which tell the story of its origin. Perhaps the first known legend reaches as far back as the Romans, who sweetened their bread with honey. The panetón, as it is known today, most likely originated from fifteenth century Italy, although there are many stories surrounding this too. The name is thought to have originated from "pane di Toni," though theories of who the mysterious inventor Toni really was varies from theories of a dishwasher in a bakery to an Italian nobleman.

The panetón arrived in Peru with Italian immigrants during the middle of the twentieth century. Initially it was imported from Italy, mainly from Genova, for Christmas celebrations, but as paneton become more known across Peru it began to be fabricated on Peruvian soil by companies such as Todinno, which was established in 1978.

Gradually panetón also became a tradition connected with Christmas here in Peru and today there are a number of companies which produce the paneton for this time of the year. Today it is possible to find variations to the original paneton, including those with chocolate, nuts and a variety of dried fruits.

Families in Cusco enjoy a meal of *caldo de gallina* followed by panetón and hot chocolate to welcome in the *noche buena* at midnight on December 24th.

Project Updates:

What's New?

In **Teaching** this month, after considering almost 800 entries, the "Minisaga writing competition" winners were announced. Yenifer Vasquez Huanaco from IEMx Valle Sagrado in Urubamba was the winner of the first prize. From IEMx General Ollanta, also in Urubamba, Mishury Tania Quispe Pena took second place. Sheyla Irene Castillo Huaman from IEMx Antonio Sinchirroca in Maras came in third place. The start of the Peruvian summer holidays will soon be upon us, and as there will be no classes during this time, teaching supervisor Percy is currently hard at work with preparations for the Teacher-Training programme that teaching volunteers will undertake starting in January.

The **Care & Community** programme's annual painting competition winners were announced this month and each kindergarten winner received a prize of toys and educational materials. Our Day Care placement in Yucay, Wawawasi, and Special Needs placement, Señor de la Vara, received prizes for the centers. Last month also saw another workshop in coordination with the Ministry of Education in Paucertambo, a continuation of last month's workshops in Urcos. Preparations for next year's summer school programme are underway and volunteers will be working in summer schools in Ollantaytambo, Calca and Saccllo. A big thank-you to volunteers Libby and Sarah Loveless, who recently donated a variety of materials and toys to their kindergarten children in Pisac.

On 25th November 2008 on the **Inca Project** a new ruin was found on Ccochapata mountain! Current volunteers Patrick Loffler and Kathleen Gatti are surely some of the luckiest volunteers we've had visit the mountain. Not only was a new ruin discovered on their first visit up Ccochapata but it was the first ruin they had seen up the mountain. The newly discovered ruin is a pretty large structure with two levels discovered in Sector 2 by Jhon. Obviously work started on this straight away. The rain has made it difficult to get up the mountain as often as we want to though, and many planned visits have had to be cancelled.

Community work has moved away from painting last month and has concentrated more on fluoridisation and reforestation. Volunteers applied flouride to approximately 130 primary school students teeth in Iyape and Amaybamba. A dentist from Huyro accompanied the volunteers, and she was a great help in explaining everything to the kids. Everyone got a toothbrush too! Volunteers have been working on the 'Carbon Capture' reforestation project in Huyro. They have been trimming roots on the saplings in the local nursery and have helped transport young trees for planting.

In recent weeks Inca volunteers went to visit Incatambo, Huamanmarka, Chilka-Chaka terraces, Amaybamba Ruins and Sicre Inca Trail and ruins. This was to help the new volunteers get an idea of the amount of archaeology in the valley.

In El Establo work continues on the construction of the new oven and more vegetable trials continue. To the delight of the volunteers, all the corn harvest has been degreined!

In December we shall be welcoming four new volunteers to the Cusco and Huyro projects...

There are two new volunteers joining the Inca project this month. **Alexis Nagy** from Australia will be staying on the project for three months from the middle of December. **Manuel Rehn** will also be joining us for three months from Germany.

Joining the Medicine programme is **Sebastian Koblar** also from Australia, who is working in Cusco in the Centro de Salud de Ttio and living with the Ramirez family. Sebastian will then be joining the Teacher Training programme in January. **Jesper Jansweijer** from the Netherlands will be working as part of the dentistry programme in the Centro de Salud de San Sebastian and will also be living with the Ramirez family.

Hots Spots

Pikillacta and Rumicolca



Pikillacta is a pre-Inca settlement which spreads over an area of at least fifty hectares, about 7 km to the south of the town of Oropesa. Pikillacta or "The Place of the Flea" was built by the Huari culture around 800 AD, before the rise of the Incas. Its terraces surround a group of bulky two storey constructions: apparently these were entered by ladders reaching up to doorways set off the ground in the first storey. Many of the walls are built of small cut stones joined with mud mortar. It seems that much of the site was taken up by barrack-like quarters. When the Incas arrived in the 15th century they modified the site to suit their own purposes,

possibly even building the aqueduct that once connected Pikillacta with the ruined gateway of Rumicolca, which straddles a narrow pass by the road, just fifteen minutes walk further south.

Rumicolca was also initially constructed by the Huari people and served as a southern entrance to and frontier of their empire. Later it became an Inca checkpoint, regulating the flow of people and goods into the Cusco Valley. No one was permitted to enter or leave the valley via Rumicolca between sunset and sunrise. The Incas improved on the stonework of the original Huari gateway with regular blocks of polished andesite. The gateway still stands proudly up to twelve metres above the ground and is one of the most impressive of all Inca constructions.



Volunteer News & Events:

Krufts comes to Urubamba...

...well almost. On Sunday 16th November, local organisation Agroterra organized their second annual dog show in the Plaza de Armas in Urubamba. Various dogs and their owners paraded in front of the judges in order to win a variety of prizes. The winner of the competition was a local pointer.

Happy Anniversary Urubamba!

On the 9th November Urubamba celebrated its 169th anniversary. Celebrations went on in the Plaza de Armas throughout the evening of the 8th. The following day school parades and bands filled the streets of Urubamba, which included some of Projects Abroad partner schools.

Christmas Cheer fills the Projects Abroad Office

This month's social took place on the 28th November in the office where volunteers gathered together in order to prepare for Christmas. Throughout the afternoon we made decorations which will be distributed out to our partner kindergartens throughout December. Volunteers made a wide range of decorations from Christmas trees and angels to paper chains and stained glass windows.



Future volunteer Heidi Luckhurst, who will be joining the Inca Project in April, also got into the Christmas spirit and had a Christmas themed fundraiser for her trip over here next year. Heidi and her family made products from scratch to sell, such as oven gloves, aprons, wheat bags, draft stops, stockings, egg cosies, table decorations... You name it they had it! They also held a raffle, selling over 600 tickets, with various prizes given out to the lucky winners.

Volunteer Stories

Anna Swanson - Teaching ***IEMx Tahuantinsuyo - Cuyo Chico***

I never had any intention of coming to South America- much less Peru. To me, Africa and Asia were always more appealing. So when I decided to come to Peru for 3 months as part of my gap year, I had no idea what to expect. I thought I would practice my Spanish and maybe even see some monkeys in the meantime. I didn't know it at the time, but it was one of the best decisions I have made. Turns out there's a lot more to Peru than just Machu Picchu.

I was shocked by the vibrant, hectic, proud culture. From the dress, to the languages, to the festivals, to the nature, Peru proved to be completely unique to anything I've experienced. As not only a tourist, but a volunteer in Pisac, I have gotten to know this culture pretty well. I have been introduced to the good and the bad side of Peruvian education. Sometimes completely frustrating, the educational system is far from perfect. Teachers occasionally don't show up to class, the English teacher does not actually speak English, and my schedule changes daily. However, the students and the teachers also have a really good bond and I have seen really good teaching while I've been here. In the end, it is all worth it when the students hug you goodbye and ask repeatedly when the next time you're coming back is.

By living with a host family I got to experience daily life in Peru. My first night in Pisac they made me the traditional Pisco Sour and showed me videos of my host brothers doing traditional dances in a festival. Since then I have been to the farm, learned Quechua from my host mother, and gone to a football game in Cusco. When things have been hard to adjust to, like the water shutting off or some food not sitting well in my stomach, they have been there to provide a solution- or at least a cup of coca tea!

By living in Pisac I have experienced a lot as well. I have gotten to know the town pretty well, from watching artisan volleyball matches, to hiking through the ruins at dawn, to watching hours of traditional dancing for the annual Pisac festival. I even recognize most of the stray dogs now! I have made friends and found all my favorite spots, it honestly feels like a second home now.

Throughout my three months here I have had some real adventures, made some real friends, and had the time of my life. I return home for Christmas in a few days and I cannot wait to tell my family about everything I've experienced. Once not even a contender on my list of places to go, Peru now holds a special place in my heart and I can't wait to come back!



Peter Browning - Care (June 2008)
IEE Señor de la Vara

My name is Peter Browning, I'm 20 years old, and I'm an addict.

I'm addicted to Peru. I've been clean for three months now – and it's going OK, but it is difficult – especially at the start.

I admit I have a problem, and that's meant to be the first step to getting better, right? I realised that I have what my friends describe as an 'unhealthy obsession' with Peru when seeing someone even remotely South American looking on a bus prompts me to ask the question 'disculpe, pero - ¿usted es peruano?' – thus provoking some odd reactions from people who, in retrospect, more likely come from the Welsh valleys than those of the Andes. I also now start every story with 'Well...when I was in Peru...', trying at every opportunity possible to evangelise about how great a country it is, though I find myself confronted with a progressively less receptive audience.

The growing ennui of my friends has led me to seek more specialised outlets for my Peru obsession. I've become a hermit who sits in front of his computer on the internet for hours on end looking up listings for Peruvian shops and organisations around France (where I am now living) – which, rather than giving me an opportunity to wile away the hours talking to like-minded Peru lovers, has in fact, been the cause of more distress. I found myself becoming genuinely angry upon discovering that the owner of 'Inti Productos', a Peruvian shop, not only had not a single Peruvian gene in her, but had never even stepped foot in the country – furious doesn't even begin to describe my rage, even thinking about it now sets my blood boiling! How dare she run a Peruvian shop (in which everything was ridiculously expensive – think Pisac market, but change soles to euros) when she's never been there?

That incident made me realise that I didn't just want to recapture bits of Peru – which Senora "No-soy-Peruana" was flogging to the rest of the world, but I wanted to recapture The Sacred Valley as a whole.

I won't lie - I do get almost daily cravings for *sublimes, lentejas* and "Muse" brownies, though I was able to mentally prepare myself for being parted from them before I left. It's the little things that catch you off guard – like when you buy something from a market stall and you have an impulse to barter, or when you walk past a group of school children and you still expect them to stare – but they don't, or not having hit your head on a door frame for more than a week, or being able to walk around barefooted without being told you're going to catch your death of cold, or



when your bus is on time – or when your bus actually has a time table for that matter... The list goes on and on, I could seriously fill a whole newsletter with things I miss about Peru, and a whole other one about the wonders of *Inka Kola* (a subject I've not breeched here because, in short, it's just too painful to talk about – suffice to say that the 6 bottles I smuggled home for presents never made it that far, and I'm currently on a train to Paris from the south of France in search of a Peruvian

restaurant I discovered on the internet that sells *Inka Kola*)

As I sit here in my alpaca legwarmers and look at my Andean bracelets, I realise that far from being 'clean' for three months, I've just been in denial. Whereas legwarmers and bracelets were once enough to satisfy my Peruvian cravings, they no longer do it for me. Not even my thousand plus photos can satisfy my cravings anymore – I need the real thing, I need three carbohydrates in one meal, I need Gloria milk, I need the mountains, I need the friendliness of the people, I need *combis* and *Grupo 5*, I need *torta* and *gelatina* – I need to go back.

Going Peru cold turkey is one of the hardest things you'll have to do. I'm most definitely not 'recovered', nor do I particularly want to be – though it's an addiction that is going to cost – not just because I spend money in every Peruvian shop I see, buying anything that resembles a *huayruro* seed, or take every book out of the library with Peru in the title and then forget to take them back, but because I will undoubtedly have to return to get a proper fix.

What I've been trying to say, albeit in a very roundabout way, is make the most of your time, and treasure the little things whilst you can, make a list of all the things you love about Peru, ignore the things you don't, keep a journal, smuggle home litres of *Inka Kola* and above all '*aprovechar*'. – if you thought the culture shock arriving was bad, wait until you come back home.

I must leave you now, for I'm going to a café in town that sells *mate* to get my mid week fix and work on my latest project, a book entitled; 'No somos libres, y no seamos jamas de la maravilla que es el Peru'

My name is Peter Browning, I'm 20 years old, and I'm an addict.

Cocina Peruana: Cooking with the staff

Typical for this month's celebrations is *Caldo de Gallina*...

Caldo de Gallina

Serves 4 people



A little bit of history...

A typical dish for Cusqueños on *nochebuena* is Caldo de gallina. This is a tradition which seems to be dying out but is still continued by some families in the region. There are a wide variety of ways to cook caldo de gallina. In Lima, for example, instead of rice, pasta is used and boiled eggs are served with the caldo.

Ingredients:

- 1 kg chicken pieces
- a cup of rice
- 4 potatoes
- 1 teaspoon of ginger
- a stick of celery
- 1 chicken stock cube
- 1 carrot
- 1 moraya
- 1 yuca
- parsley

Preparation:

- Place the chicken in a saucepan to boil in water. Leave it to cook for an hour.
- Add the celery stick and ginger for flavour. Add the stock cube and the vegetables and peeled potatoes.
- Leave to cook for half an hour and add the rice. Leave for a further fifteen minutes. Once cooked turn off the hob and add the chopped parsley.

December Diary

What happens in December?

Festival	Description	Place	Date
The Immaculate Conception	An important religious festival to the populations in the mountains of the department of Cusco. Celebrations include church masses, local dance presentations and, in some cases, bull fights.	Peru	December 8
Celebration of the Virgen María de la "O"	A celebration which takes place in Yucay, where a procession is held and ten different local dances are performed.	Yucay	December 18
Feria de Santurantikuy	<i>Santurantikuy</i> means "venta de santos" or the sale of saints. This is a market where you can buy nativity figures of all shapes, sizes and colours. Nativity scenes are then put up in homes across Cusco.	Plaza de Armas, Cusco	December 24
Christmas	Christmas is celebrated on the evening of the 24 th in Peru. Families gather together to eat panetón and hot chocolate and welcome in the <i>nochebuena</i> at midnight.	Peru	December 24
New Year's Eve	Peruvians along with others around the globe see in the new year. Particular to Peruvian tradition is the colour yellow, which represents luck. It is not uncommon for people to wear yellow underwear or clothing for the new year.	Peru	December 31

Announcements

- Please can all new arrivals be aware that you need to pick up your luggage in Lima when arriving from an international flight as it is not forwarded directly onto Cusco. Lima is the first point of entry into the country and you need to pass customs with your luggage.
- 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 is 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

