

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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Lake Titicaca & the Legend of Manco Capac & Mama Ocllo

More than 400 actors and traditional dancers took part in the dramatization of the appearance in Lake Titicaca of mythical couple Manco Cápac and Mama Ocllo who, according to local legends, were the founders of the Inca Empire.



The play was performed on November 3rd and 5th, celebrating the 341st anniversary of Puno. The Manco Cápac and Mama Ocllo characters made their ceremonial appearance at Iscata Isle at Acora at 6:00am and a ritual was offered to the Pachamama before starting their voyage through the lake, towards Chucuito. After the play, there was a dancing contest, and the winners will dance during the 2010's Virgen de la Candelaria festivities.

According to the legend which is performed in Puno, Lake Titicaca gave birth to the Inca civilization. Before the Incas, the lake and its islands were holy for the Aymará Indians, whose civilization was centered at the Tiahuanaco, now a complex of ruins on the Bolivian side of Titicaca, but once a revered temple site with notably advanced irrigation techniques.



Indian legend says the sun god, Inti, had his children, Manco Capac and his sister consort Mama Ocllo, spring from the waters of the lake to found Cuzco and the beginning of the Inca dynasty. Inti gave Manco Capac a gold bar and told him to found his Empire in the place where the bar sunk into the ground. After rising from Titicaca they walked north there they reached a resting post, today known as Pacárec Tampu. From there they continued until they reached the Valley of Cuzco, which then consisted of harsh mountain sides. They first stopped at the mountaintop known as Huanacauri; there supposedly Manco Capac sunk the earth with his gold bar.

From here the couple split, one north and one south, to call the people to come to the Valley. They spread their story of how they had been sent down by Inti from an easy life to live as men, and to be the masters and benefactors of the people of that land. The people adored and revered them as the children of the sun and obeyed them like kings.

Seeing the many people that they had gathered, Manco Capac and Mama Ocllo gave orders that some were to be in charge of providing food for all, while others were sent to create huts and houses. In this manner began the population of the imperial city, divided into two halves: Hanan Cusco (high part) and Hurin Cusco (lower part). Those brought by the king populated Hanan Cusco, and those called by the queen populated Hurin Cusco.

And what of Lake Titicaca? It continued to be linked to other Incan legends and history. Later, during the Spanish Conquest, the lake allegedly became a secret depository for the empire's gold. Among the items supposedly buried on the lake's bottom are Inca Huascar's gold chain which allegedly weighed 2,000 kilos and was stored in Qoricancha - the Temple of the Sun in Cusco - until loyal Indians threw it into the lake to prevent it from falling into Spanish hands.



Oceanographer Jacques Yves Cousteau spent eight weeks using mini submarines to explore the depths of the lake but found no gold (what he did discover, to the amazement of the scientific world, was a tri-coloured frog that apparently never surfaces!)

Project Updates

What's New?

This month has been really busy for our INCA volunteers who are continuing to clear ruins at Incatambo with the INC (the National Institute of Culture). Work is also ongoing at Capillayok but has been slowed down due to the INC having their holiday, but the progress is encouraging. Ruins have been found in Aputiña where mapping and exploring will take place with Jhon over the coming weeks. Three volunteers also had the unique opportunity to work at Choquequirao with Jhon and Copesco for just over a week.



El Establo continues expanding with a new trout tank in place and with a growing family of rabbits and guinea pigs, who are finally breeding successfully! All citrus and mango trees in Establo have been sprayed with the organic pesticide EM1 to ensure some good harvests over the next months.

Volunteers have enjoyed playing football and volleyball with local engineers and children from the community when they have the opportunity. Lessons with Tim have included Education in Peru and Corruption in Peru and volunteers have attended socials in Urubamba and in Pumamarca, Calca and Cusco.

Finally, Happy Birthday to Jhon who celebrated his 30th in Choquequirao on the 12th November.



In CARE this month we have had a workshop on Special Needs Education in Cusco, in coordination with the local regional authorities in Cusco, which was attended by our two Special Needs volunteers, Sara Costello and Geraldine Gielle. Also this month we have the Network meeting with our partner teachers on the 17th November in Yucay.

In TEACHING we had our last Network Meeting for this year on Thursday 19th November for all Teaching volunteers and partner organisation teachers. We reviewed the help of our volunteers during this year and Tim gave a talk about Projects Abroad as an organisation and our intentions for the next year.



Volunteer News & Events

October Social

Our October social took place on the 30th with a Halloween theme. Volunteers and staff dressed up and met for a traditional *Lechon* and *tamal* meal in local restaurant, Los Gerianios, before heading out onto the streets of Urubamba to spread our Halloween spirit. Volunteers handed out sweets to children before we headed to TAWA Lounge for some Halloween Games...



Celebrating the Living and Honouring the Dead

On the first two days of November, Peru, like many countries around the world, celebrated *el Día de Todos los Santos* and *el Día de los Difuntos*: celebrating all the saints and then, perhaps more well known, the dead.

All Saint's Day is perhaps more of a precursor to the following day however for Catholics it is also a day to remember, to be thankful to God, and also to venerate and pray to the saints for various things. On this day Peruvians prepare pan wawa - bread shaped like babies - which are then baptized and will be taken to the graveside the following day. The baptized baby has its parents, godparents and someone acting as the priest. They also prepare pan caballo - bread shaped like horses. Oven baked pork and tamales are prepared, alongside a number of other foods that the deceased family member would have enjoyed, including alcohol, fruits and sweets.



The Day of the Dead is a combination of the Catholic celebration of All Soul's Day, with influences from indígena culture and burial rituals. Families go to the cemeteries to visit deceased family members. Offerings of food, along with little bread renditions of people and animals, and flowers are laid on top of the graves of relatives. Some even celebrate with bands playing music to please their deceased.

In rural areas many believe that the spirits of the dead return in order to enjoy the objects which are prepared for them by their living family members. These objects are chosen to reflect the life of the deceased person. You might find that there are photos, candles, flowers, foods that they enjoyed when they were alive or something that was important to that person in their lifetime. The custom is to leave these objects the night before so that they have time to enjoy the offerings brought to them. The following morning they pray over the food and drink that was left, after which every one can enjoy the special lunch, as a fiesta atmosphere takes over the cemeteries. The most emotional moment is in the cemetery when the family and close friends of the dead visit their graves and leave flowers in their memory.



The Day of the Dead is also celebrated in the urban areas of Peru, though a little differently. Rather than placing their offerings on the graves of their relatives the previous night, people generally make their offerings on the 2nd of November. In the afternoon families go to the cemetery and leave flowers for their dead. Afterwards they return to the house with family and friends, drinking coffee and other items, whilst talking and remembering the deceased.

Día de Urubamba

9 de noviembre was the day of Urubamba and volunteers living here saw various celebrations throughout the weekend. Sunday saw many tents selling various typical foods, including *trucha*, *pollo*, *anticucho*, amongst other dishes as well as a procession in the plaza. In the evening local bands played in the plaza. Monday saw schools parading through the plaza and many local businesses were closed in honour of Urubamba's anniversary. In the evening there was a festival into the early hours of the morning, featuring a popular Peruvian group *Papilon*.

Volunteer Social Activities

Tessa Okell

This month's social was a traditional Day of the Dead meal of lechón and tamales at Los Geranios restaurant in Urubamba, followed by distribution of sweet packets to local children. A Halloween-themed quiz and games ended the night in style in Tawa lounge. Everybody made a great effort with fancy dress and prizes were awarded to the Inca Team for their inventive use of banana tree leaves, Marianne for her bewitching costume and Nicole for going all out in her Spiderman outfit and mask!

Thanks to Hannah and Yhovany for organising some fun games which included apple bobbing, balloon bursting and an interesting (and messy) game involving some hard boiled (or not so hard boiled) eggs!

The Pub Quiz carries on as normal until December when The Muse will close. But never fear, a new location will be decided on so these evenings of entertainment can continue!



Not to be outdone, the Inca volunteers had their quiz on Wednesday 4th November in Huyro with quizmaster Carl expertly organising rounds of pin the tail on the donkey, a singing round and a musical knowledge round, amongst others. The winning team M-E-L kindly shared their prize of Paneton cake with the other volunteers. On Thursday 5th November a bonfire was made by the boys and hot chocolate by the girls and Liz made her first Guy Fawkes to be burned on the bonfire. Some songs were sung and a very interesting ghost story was invented by all!

On Monday 16th Tea and Torta was enjoyed in Ulrike's café in Pisac by a handful of volunteers (those not stranded in Arequipa) with a screening of the film 'The Hangover'.

November's social on Friday 27th will involve a walk to a local site of interest (weather permitting) so be sure to wear comfortable shoes and bring rain and sun protection!

ENTERING THE MAGICAL WORLD OF READING

Hannah Partis

Volunteers from Projects Abroad Peru have the opportunity to help out with a new Library Project. Currently this project exists in six primary schools in the Sacred Valley where we are introducing the students to the magical world of reading.

So how does the project work? Volunteers go to the participating school and introduce a story to the children, leaving the exact content of the story up to their imaginations. By the time the book is in the hands of the student they are already devouring the first lines of the story.



A few weeks later, once the book has been read, the volunteer returns to the school. The students then evaluate the understanding of the book through various questions and activities designed by the visiting volunteer. The idea is not only that the children are encouraged to take up recreational reading, but also learn to analyse and evaluate the text which they have read. While the children already study texts as part of the curriculum, they have never been assigned an actual book; for almost all of the children this was the first time they "owned" a book.

Once the students have completed one book and its activities, another new book will be introduced to the students and the books rotate between the participating schools. So far the stories of Fantastic Mr Fox and George's Marvellous Medicine, and the Twits have been lent to our participating schools.

This is a great extra curricular activity which we would like to offer to all our volunteers on projects with us here in Peru. The project will be extending in the near future to other schools in and around Cusco, giving all our other volunteers - with good Spanish skills - the chance to participate in this worthwhile project. We would also like to introduce further children's books to the Library, so suggestions are welcome!



FINDING THE UNEXPECTED IN PERU

Tina Verda



Back in February 2006 I came to Peru with Projects Abroad to complete two volunteer programmes - Inca and Teaching, and all in all this trip turned out to be one of the best 3 months of my life.

During my stay in Peru I lived in Pisac with the Manutopa family who were literally like a second family to me. They looked after me during my stay and involved me with all the family celebrations, including Irene's Birthday.

My volunteer work commenced the day after I arrived and began with an excavation that lasted 5 days. This was followed by a variety of other work alongside the Peruvian INC such as wall-cleaning, and tree planting, all of which was overseen by our Peruvian supervisor Walter. I think it's fair to say everyone liked Walter; he was a lovely man and a good leader. It really was a great opportunity and a great experience to do my bit in Peru, which has to be one of the most stunning places in the world. After working on Inca Projects for 6 weeks I then switched to Teaching and had the pleasure of working in a great little community school called Cuyo Chico. Both students and teaching staff were fantastic and left a big impression on me.

Whilst all this was going on, I actually met my husband to be, Peter. Peter arrived the same day as me and was also living in Pisac with the lovely Duran family. Pete had signed up to do the same project as me so through that (and the fact that we only lived a street away) we became really good friends. Peter, like me, was also from the UK, but he was living in Bristol and I was living near Birmingham but within a couple of months of us returning to England Pete moved to Birmingham and the rest as they say is history 😊

So in February 2010, which will almost be 4 years to the day since we met in Peru, we will be getting married and to celebrate that day with us will be our Projects Abroad supervisor Walter with his wife Rachel as they're now living in the UK.

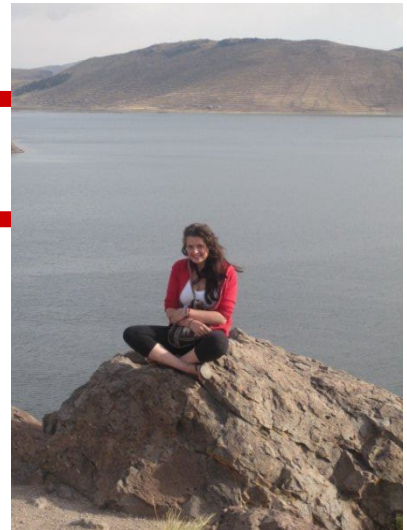
In short, neither of us came to Peru to find love but that's exactly what happened.



An action packed weekend in Puno

Geraldine Herweijer – Care & Medicine

Initially starting out as a group of 4, about 20 volunteers and ex-volunteers all ended up in Puno over the weekend. Puno is in southern Peru and is the main city at the shores of Lake Titikaka, which claims to be the highest navigable lake in the world, whatever importance that title may actually have.



Lake Titikaka is at an altitude of around 3800 or 4000 metres, so the air was crisp and fresh and the sun burnt with an intensity almost unknown even to us Australians in the group.

We visited nearby ruins of Silhuastani, ancient funeral towers perched high on windswept mountain plains, and we visited the pub Lonely Planet recognised as the best in southern Peru.... the next morning we visited the floating islands of Uros and on to Isla Amantani. We all stayed with host families in groups on this island over night, experienced the traditional dress and enjoyed a drink while watching the sunset. I woke up early to climb the main mountain of Amantani, and with no other takers, enjoyed a solitary walk up to a beautiful early morning view of water stretching out all the way across to Bolivia. We continued on our way to another island, Taquille. Another steep climb up rewarded us with beautiful views of the deepest blue water. We returned to Puno, all delightfully sunkissed (some more than others).

We arrived back home in Cusco at 4am Monday morning, ready to work at 8.30am.... It's amazing how much you can do and experience in a weekend!!!!



UN RECUERDO DE NUESTRAS VOLUNTARIAS QUERIDAS.

Sidney Casapino
Host Father, Urubamba



No imaginaba que compartir nuestro hogar, haya servido para encontrar mucho cariño y la alegría de conocer personas tan bellas. Su entusiasmo contagiante, su espíritu de aventura y su amor a nuestra familia ha convertido nuestras vivencias diarias en recuerdos inolvidables. Para Rodrigo y Maricielo mis queridos hijos y Elizabeth mi esposa además han sido una gran compañía.

Pensamos mucho en ellos, los recordamos a menudo, y nos llena de nostalgia que no podamos tenerlas más con nosotros, rogamos a Dios que sus vidas estén llenas de alegría y muchos éxitos. Nuestro hogar siempre estará muy feliz de recibirlos cuando puedan volver.

Recordamos con especial cariño a cada una de ellas por su alegría, sus ocurrencias, su compañía y su cariño a nuestra familia, muy especialmente a Jenny Craig, Carolina Nassif, Sophia Tannergard, Isla McMulloch, Stephany Verstrepen, Anne Sophie Cadre, Hannah McCreary, Jane Moncreiff y Edith Perrey-Kuhn.

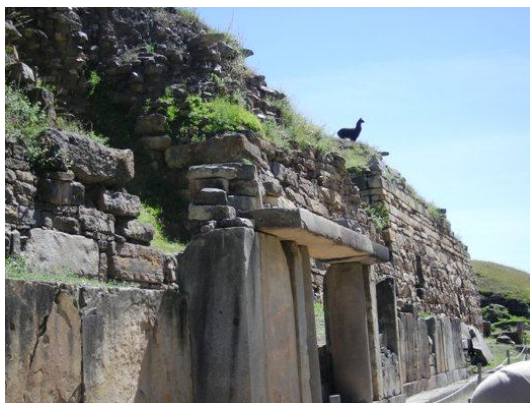


Chavín de Huántar is an archaeological site containing ruins and artifacts originally constructed by the Chavín, a pre-Inca culture, around 900 BC. The site is located 250 kilometers (160 mi) north of Lima, Peru, at an elevation of 3,150 meters (10,300 ft), east of the Cordillera Blanca at the start of the Conchucos Valley. Chavín de Huántar has been designated a UNESCO World Heritage Site.

Chavín de Huántar was initially built around 900 BC. While the fairly large population was based on an agricultural economy, the city's location at the headwaters of the Marañón River, between the coast and the jungle, made it an ideal location for the dissemination and collection of both ideas and material goods.

Findings at Chavín de Huántar indicate that social instability and upheaval began to occur between 500 and 300 BC, at the same time that the larger Chavín civilization began to decline. Large ceremonial sites were abandoned, some unfinished, and were replaced by villages and agricultural land. At Chavín de Huántar, no later than 500 BC, a small village replaced the Circular Plaza. The plaza was occupied by a succession of groups, and building stones and stone carvings were salvaged for use in house walls. Multiple occupation floors indicate the village was continuously occupied through the 1940s.

When you visit Chavín de Huántar you will find very interesting places that show how the culture developed in that area.



The Circular Plaza appears to have been a sacred and ritually important open-air space within a ceremonial center. Prior to 800–700 BC, this location had a number of functions, including serving as an atrium for entering Temple A through the temple's north staircase. The plaza in the classic period, after 700 BC, is bordered on three sides by major Temples A, B, and C. The plaza is perfectly circular and is very close to 20 meters (66 ft) in diameter, with a floor consisting of pillow-shaped paving

slabs of yellow diatomite. It appears that a center line of black limestone blocks runs on its architectural east-west axis. Walls of the plaza were constructed of cut stone, principally granite, laid in courses of varying width.



The Old Temple, constructed early in the site's history, was a structure composed primarily of passageways built around a circular courtyard. The structure contained obelisks and stone monuments with relief carvings depicting jaguars, caymans, and various other anthropomorphic forms. The Lanzón Gallery, located at the very center, contained a sculpture of the Lanzón, which is assumed to be a supreme deity of Chavín de Huántar. The figure is

anthropomorphic, with a feline head and human body. Mortars, pestles, conch-shell trumpets, and many other items have also been found. Many of these artifacts have an anthropomorphic design or decoration and are thought to be associated with Chavín rituals.

The New Temple, constructed between 500 and 200 BC, is also based on a gallery and plaza design and contained many relief sculptures. The Lanzón deity is also present, holding a strombus shell in the right hand while the left hand holds a Spondylus shell.

To visit this beautiful place you have to get to Huari province in Ancash province which is located 462 km to the north east of Lima, around 12 hours by bus.

Feliz Cumpleaños !!

Birthdays have filled the past month, so we would like to wish a HUGE Happy Birthday to the following staff and volunteers who celebrated their birthdays in Peru...



- We would like to wish a happy birthday to our cleaning lady Theresa who celebrated on the 15th October
- Happy birthday to Medicine volunteer Laura McCready who celebrated her 19th birthday on the 24th October!
- Inca Project Archaeologist, Jhon Valencia also celebrated his birthday on the 11th November with volunteers in Choquequirao.
- Finally Inca volunteer, Elizabeth Sims also celebrated her 19th birthday on 27th November.

This month's specialty is from our October Social...



LECHON AL HORNO / Roast Pork

Ingredients:

- Boneless leg of pork
 - Soya sauce
 - Beer
 - Grated onion
 - Crushed garlic
 - Mustard
- Cumin, salt & pepper to taste
 - Vinegar
- Ají panca, soaked and crushed

Preparation:

- Mix all the marinade ingredients in a bowl. Marinate the leg of pork in a fridge for 24 to 48 hours, turning the meat occasionally.
- Take out the pork and mix the Soya sauce and beer and rub into the meat. Cook in a preheated oven at 190°C (380°F) for 2 ½ hours or until the leg is well cooked and golden.
- Take out of the oven and leave for ten minutes before cutting into portions.
- Strain the marinade liquid and boil until you have a light sauce.
- Serve with Tamales and *Salsa Criolla*

And to compliment your roast pork we recommend that you make tamales. See next month's newsletter for the recipe!

What's happening in December?

Festival	Description	Place	Date
The Immaculate Conception	An important religious festival to the populations in the mountains of the area of Cusco. Celebrations include church masses, local dance presentations and, in some cases, bull fights.	Peru	December 8 th
Celebration of the Virgen María de la "O"	A celebration which takes place in the village of Yucay, where a procession is held and ten different local dances are performed.	Yucay	December 18 th
Feria de Santurantikuy	Santurantikuy 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 th
Christmas	Christmas is celebrated on the evening of the 24th in Peru. Families gather together to eat panetón and hot chocolate and welcome in the nochebuena at midnight.	Peru	December 24 th
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 st

Announcements

- There are new visa regulations that have been passed by the Peruvian government. If your tourist visa is to expire it is no longer possible to extend this in Cusco. You will need to make arrangements to travel to Bolivia or Chile, for example, and re-enter the country, where the immigration official will give you another stamp for further days.
- 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.
- 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 if you are traveling within Peru, whether 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 month's 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