

# MUSUQ CHASKI

"THE NEW MESSENGER"



*The Inca project volunteers & staff tried their best to help the locals, but the sheer scale of the destruction left us as dumbstruck as the locals.*

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## *Flash flood in Huyro*

*By Hiddo Bouvy*

After heavy rains in the Calquiña district of Huayopata on Tuesday 12th of February 2013, the small river 'Huyro' which runs through the town bearing the same name burst its banks bringing havoc to the local community.

Strangely, the rains in the town of Huyro weren't even that heavy on Tuesday night. But because of the geography of the region it's the rains at the higher altitudes that tend to be the real problem.



I could hear the Lucumayu River raging on Tuesday night and called the volunteers out of the house to listen to the sound of boulders thundering and bounding down the valley from the sheer force of the water. We had little idea of the damage that Mother Nature had caused in the small community where we live.

When we arrived at the old town (Huyro Antiguo) it was obvious from the first glimpse that there was something very, very wrong. The townsfolk were in shock. People just standing and staring at what remained, and what no longer remained of their small community. In rural towns like Huyro there is no fire brigade, army, emergency police force or civil service to get the disastrous situation in order and organize relief. Emergency relief.



The Inca project volunteers & staff tried their best to help the locals, but the sheer scale of the destruction left us as dumbstruck as the locals. As time went by, we



learnt of people missing, homes devastated, washed away and also of those who perished in the flash flood.

The water started to rise rapidly at around 7.30pm and by 8.30pm there were homes, vehicles, livestock and people washed away. It became obvious after only a short time of trying to help the locals, some who are good friends, that this event was having an effect on the project's staff and also on the volunteers.

The bridge we used to cross every single day, gone. The house on the corner, gone. The other house that was over there, gone. And another one, and another one, and another one. The children who we waved at everyday who lived right by the river, missing along with their mother. She was found on Thursday the 14th quite a few miles downstream, sadly dead. Two of her children are still missing. It's heartbreaking.



But it's amazing .The resilience of the human animal. Slowly but surely we were able to get somewhat organized. We helped locals salvage what they could from what remained of their homes. Using whatever vehicles were available, we helped move furniture, roofing, building materials and whatever else we could to the main town where family and friends accommodated those in need of somewhere...anywhere.

In 1970, Huyro was flooded in much the same way and the mayor at the time signed a new act to move the town to safer, higher ground. Some people just chose to stay in Huyro, the old town, which became known as Huyro Antiguo. I guess sometimes history has to be repeated for a lesson to be learnt.



The volunteers and staff were amazing though. A special mention should be made to Americo who provided transport and all his help, also to Jhon and Isa. But most of all to the volunteers Claire Conrad, Hiddo Bouvy, Jack Buckler, Rune Wriedt, Lucas Pelzer and Markus Holst. These guys just kept going, and going to help the local people. They probably never saw a disaster of that scale outside of newscasts and the internet. Fair play to them all as it was a physically and mentally draining time.

I hope that the local community will bounce back and overcome this tragic event. I have lived in Huyro for six years and I know that the people of this part of the world are very resilient.

We will continue to do all we can to help things get back to normal in Huyro and in a way that we consider responsible.

All of our thoughts and sympathies are with our friends, neighbours and workmates in the small town of Huyro and we will continue to extend the hand of friendship and help during this difficult time.



I truly feel for the people who have lost loved ones, homes, personal possessions and in some cases they have lost what they spent a lifetime creating.



*Livia Berg*

*20, United States, Nutrition program*

Maybe it's the Andes and the simplicity of life. Maybe it's the friendliness, patience, and graciousness of everyone I meet. Maybe it's the synergy among every aspect that has rebooted me into a new calm, self-aware state of mind. It only took me a week and a half to become aware of this changing outlook. In the United States we have our "our first world problems" of not being able to tweet or watch two of our favorite shows at the same time. Here, children at an age of merely four have teeth that appear completely rotted. Here, it's all too common for a whole family of five or more to live in one room house. Here, only 1 in 100 kids are sufficiently meeting standards for math and other subjects.



Mothers don't know a potato is a carbohydrate and not vegetable. In fact, very few even know what the word carbohidrato means. Sodas are given to two-year old children instead of milk, juice, or water and the topic of food and parasites is rarely discussed. These issues have really opened my eyes as a Nutrition volunteer for Projects Abroad. Through better nutrition education and showing mothers that someone cares, I hope the lives of their children will change for the better.



Each day is a new task. The heart of my project has been working in Qotowincho. Here, I help make breakfast, weigh, and serve breakfast. I teach mothers basic nutrition and try to emphasize why vegetables are so important to add to each meal. I help the mothers entertain their kids during lessons by doing early stimulation exercises with the babies. But, most importantly, I'm building a relationship with the mothers, to help her gain confidence and trust in others. To help her say "Yes, I am going to make a healthier, more balanced dinner today." It has been through working with these mothers that I've learned patience with others and with myself. To not get frustrated with language barriers and how to communicate. The mothers truly work with you, drawing pictures of what they're saying so I'll understand. We even joke about how Spanish is definitely not my first language. My biggest breakthrough was being able to communicate with a woman who only spoke Quechua and couldn't read or write. Not every day was spent necessarily in the center itself, but going on house visits. On these visits I got to witness the reality of these mothers' situations. It made reality the fact that change from these mothers was just not more knowledge, but other aid and confidence. In my short time staying in Urubamba, I hope that I do make an impact on these mothers lives by simply just helping them to start in the right direction for healthier kids and lives as much as they made an impact on how much I have grown to appreciate the simplest of things in my life.



## Zeynab Fidaly

17, France, Care Program

C'est depuis toujours que je rêvais d'aller au Pérou et c'est en février 2012 qu'avec mon amie Khelida, nous avons décidé de choisir le double projet Care et Conservation dans le cadre d'une mission humanitaire avec Projects Abroad. J'avais décidé que je ne m'informerai pas trop sur le pays pour pouvoir le découvrir une fois arrivée sur place. Ça a été un bon choix puisque mon mois a été riche en émotions, aventures et rencontres, le tout mêlé de la découverte d'un pays que je n'oublierai jamais : le Pérou.

Dès mon arrivée à Lima, j'avais déjà hâte d'être à Cuzco. La nuit fut courte et le lendemain nous étions dans le minuscule aéroport de Cuzco. Avec Khelida, nous étions agréablement surprises puisqu'aucun problème d'altitude ne se présentait. Tout de suite accueillies par un des employés de Projects Abroad, nous avons tout de suite dû pratiquer notre espagnol parce que personne ne parlait l'anglais ni le français. En voyant la ciudad de Cuzco, toute animée, on s'est regardées avec Khelida et on se demandait si on allait habiter là. Plus on sillonnait les routes entourées des montagnes à perte de vue, plus on se demandait où on allait. La ville lumineuse disparaissait pour laisser place à des villes de moins en moins habitées mais qui possédaient un paysage dont avec Khelida on est tout de suite tombées sous le charme. Les montagnes étaient majestueuses, et vers le bas, on voyait couler des rivières. Les gens étaient sur la route et j'ai pu voir les fameuses vieilles dames habillées traditionnellement de mes propres yeux. Après une heure de voiture, on est arrivées chez les Delgado. On a d'abord rencontré Yudy qui nous a chaleureusement sourit puis son mari Martin. Leur fille âgée de 12 ans s'appelait Jhetsamyra. Nos voisins, qui n'étaient autre



que des membres de notre famille, avaient deux enfants dont Fabian le petit diable à la tête d'ange et Brianna, une adorable petite fille de 3 ans. Dès l'après-midi, Martin nous a emmenés voir Calca vu d'en haut et ce jour-là, il y avait un arc-en-ciel. C'était magique !

Lorsque nous avons débuté notre semaine de travail, je ne savais pas à quoi m'attendre. On a été placées dans un wawawasi, c'est à dire un jardin d'enfants dans une ville encore plus isolée que celle où nous habitons : Lamay. Les enfants nous ont tout de suite paru adorables et avaient sans aucun doute besoin d'attention.

Un des rares soucis que j'ai pu remarquer était le fait que le centre possédait 3 assistantes par classe mais également une directrice générale. On n'avait donc pas nécessairement besoin de nous, même si les 2 semaines passées à Lamay ont été très enrichissantes. On a bel et bien vu la progression de l'humeur des enfants qui au bout d'une semaine, riaient en hurlant "Hola tia !" quand on arrivait. Le premier week-end, on a été voir le Machu Picchu. Avant notre voyage au Pérou, les personnes de mon entourage nous disaient que cette merveille du monde était réellement magique. Ça l'a été !

La troisième semaine, on a travaillé dans un pronoei où les enfants avaient entre 3 et 5 ans. Là ce fut vraiment formidable ! Le professeur était très gentil et ses élèves aussi adorables que nos premiers ! Avec eux, on a fait un défilé dans Urubamba où Khelida et moi étions habillées traditionnellement.

En somme, je dirais que notre expérience au Pérou fut inoubliable. Depuis les douches gelées alors qu'il faisait 4 degrés à l'extérieur en passant par les enfants, les rencontres et les paysages ahurissants jusqu'au moindre trajet en colectivo fut prenant dans tous les sens du terme.



**Care** \_Volunteers have worked in Summer School at two different placements in Yucay and Calca. The volunteers took on the role as teachers and had full control of classes with an average of 25 kids. They have been teaching handicrafts, games and sports, they have also done some community work giving kids fluoridations treatments. Summer School finishes in mid-February and we would like to thank all of our volunteers who have showed a lot of patience, care and determination in teaching. We hope that the kids and volunteers will always have good memories of this time!



**Teaching** \_ Teacher Training continued in Cusco until 13<sup>th</sup> February with volunteers teaching in the mornings and using the afternoons to plan lessons for the following day. On Thursday February 14<sup>th</sup> we had the closing ceremony of our course where each group presented songs and plays. A representative of the ministry of education and our director Tim de Winter thanked the volunteers and participating teachers. It was a joyful and emotional morning; teachers thanked the volunteers who were given gifts, kisses and hugs. On the 18<sup>th</sup> most of the volunteers who participated at the Teachers' training will travel to Huyro to do some community work and get a taste of our Inca project. We are looking forward to next year to continue with this great course that is really making a difference in the lives of many teachers as well as the children who benefit from the knowledge and experience acquired by them.





**Inca** \_ Volunteers completed the harvest and shucking of the corn and also cleared the corn field for replanting. This is to ensure there is a good supply of food for the chickens, ducks and geese. The guys have also been working on maintaining the drainage system around Establo grounds. Volunteers also helped staff make some new chicken coops. Inca volunteers went to Q' ochapata Mountain and worked on putting support to the walls of the structures Q-II & Q-III. These structures were excavated in 2012 and it's important to maintain these sites, especially during the wet season when they are more susceptible to collapse. The guys have also finished with classifying the ceramics excavated in 2012 and are moving on to the registration & codification of said artifacts. We had a lesson with John - our Archaeologist- to explain the Archaeology Project to the volunteers and what the project entails for the archaeologists, staff and the volunteers themselves.

Finally, thanks to a break in the weather (though only for a few hours) the volunteers and staff had the chance to play football again in Establo.

We continue with our community work where activities have continued every Thursday in the local library with reading, drawing & English and we've also continued with English lessons for the students in Huyro during the Summer school. The volunteers in Establo have also been working on educational materials to help young children in pre-school understand the concept of numbers one to 10.



**Sports** \_ During the vacation time for kids, our placements receive more and more children coming to be trained in football and volleyball. However, our partners are managing this multitude with the help of our volunteers who, with hard work and patience, are in charge of training kids on different aspects of the sports they practice in Calca and Písaq.



## *Puchero “Timpu”*

*By Chef Demo*

### Ingredients:

2 kg (4.4 lb) of beef (breast or hip)  
1/2 kg of (1 lb) of chickpeas – soaked since the night before  
4 medium carrots, peeled and cut in halves  
1 kg (2.2 lb) of broad beans  
2 leek sticks, cut along in halves  
4 celery sticks  
1 turnip, peeled and cut in 2 or 3 pieces  
8 medium white potatoes, peeled and cut in halves  
1 medium cabbage, cut in half  
1 kg (2.2 lb) of cassava  
(yellow, preferable) peeled and cut in medium pieces  
1 kg (2.2lb) of sweet potatoes, peeled and cut in halves  
4 corns in 2 or 3 pieces each one  
1 teaspoon of sugar  
Salt



### Preparation:

Pour a lot of water in a big pot and boil. When it's boiling, add the pieces of beef and let it boil again. If a bit of foam appears in the water you must remove it with a slotted spoon to eliminate the impurities from the stock. Boil covered for an hour on a medium flame. Season and add the carrots, broad beans, turnip, celery and leek. Boil for 5 minutes and add the cabbage, potatoes and cassava. When the vegetables are ready you can remove them and put them in another pot. When the beef is ready, remove it from the pot and put it with the vegetables. Strain the stock and season. Cook the corn in water and 1 teaspoon of sugar. When they're ready, put them with the rest of vegetables. Separately cook the chickpeas in water without salt and serve in a different dish. Serve the stock, hot as the first course. The vegetables and are served separately in another dish as the second course and can be seasoned with chili sauce.