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Cochabanner

A glimpse to the Andean world

The First Memorial
Painting Competition
Oswaldo Sánchez Terrazas

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The main objective of the Cochabanner is to promote different types of social work and happenings in Cochabamba or Bolivia in general, many of which the people of Cochabamba and visitors are unaware of. It is geared to help organizations, foundations and other groups spread the word of the work they do.

Cochabanner is distributed for free within the city and covers a variety of topics from news and current affairs to features and reviews.

The articles printed in the Cochabanner are written by individuals, some reflecting personal opinions. We remind our readers that these opinions do not necessarily reflect the opinion of our organization.



Photos: Courtesy of Villa Recreo



The Spirit of Osvaldo Sánchez Terrazas

LIVES ON IN FIRST MEMORIAL PAINTING COMPETITION

Jeffrey Coleman

Projects Abroad Volunteer

Family of the deceased painter establishes artistic competition to commemorate the life of Oswaldo Sánchez Terrazas (1924 – 2012)

While the life of painter, sculptor, and poet Osvaldo Sánchez Terrazas was marked by his personal commitment to artistic expression, an art competition at his estate in Tarata recently memorialized his artistic accomplishments by bringing together 50 artists from Bolivia, Peru, and Sweden. The contest was designed by his wife and children with the intent of promoting artistic expression and intercultural practices. "The purpose is to generate a space ... so that all painters of Bolivia can share their art, paint, and experiences," says Walter Sánchez, son of Osvaldo and one of the organizers of the contest. The competition consisted of two separate works by the participating artists. One work was an in-process painting created on the spot in the area of Villa Recreo and Tarata. The second was a work previously created and exhibited between the dates of February 3rd and 5th, 2017. "The work in Villa Recreo was a vital experience for the artists," says Walter.

Most participants in the contest were from Cochabamba, though other cities such as La Paz and Santa Cruz were well represented. Among the notable artists registered were Remy Daza Rojas, Sansuste Zapata, Rosmary Mamani Ventura, Ramiro Baptista Revilla, and Vidal Cusi. "The number of artists surpassed expectations," reflected Walter. "A maximum of 30 high-level artists from all over Bolivia were expected. However, there were 50 participants even from abroad. The masters, but also the new generations with new aesthetics and techniques." The jury was comprised of three well established artists: Juan Terrazas, Fernando Ugalde, and Renato Estrada and two family members (Enriqueta Canedo Vda., and Walter Sánchez Canedo).

"I was most impressed with the high quality of the painters and their professionalism," states Walter. "The contest involved two paintings. The objective of this modality was to



appreciate the sensitivity, the technique, the ability of the artists to capture the aesthetic of their surroundings, whether landscape, social, architectural, etc. In this sense, works of great quality were painted."

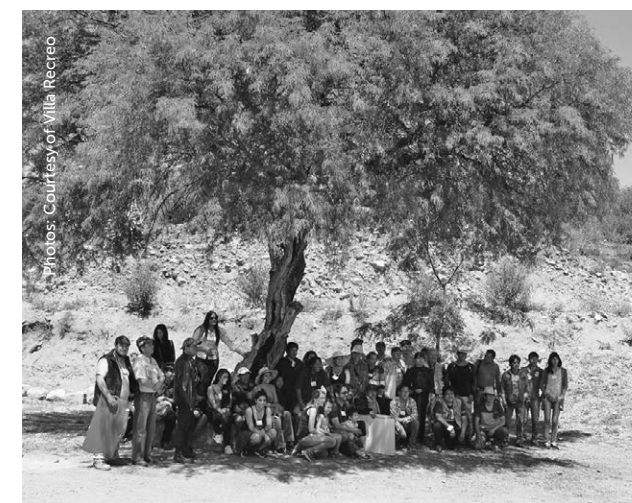
The winner of this year's contest was Rosemary Mamani of La Paz for a work titled "A corner of Don Osvaldo." The work is a mixed medium painting portraying a sink in an entrance in Villa Recreo and was created between February 3rd and 4th. "What struck me about the work is that there is no embellishment or ostentatious presentation. No metaphor. The forms of the objects are clear. It does not give rise to any confusion," explained Walter when asked about what differentiated the winning piece from the others. "It stands out for its minimal character, a language deployed from the 1960s and 1970s by American artists like Andy Warhol, Tom Wesselman and others - and now has its return."

With the success of this first competition, organizers are committed making it an annual event. "As the competition exceeded expectations, I am sure that next year there will be more participants," said Walter.

"Having a contest's location such as in a residence and in a space for sharing, I think that it is important that international artists be able to participate," said Walter regarding the importance of expanding the competition to include a broad mix of Bolivian and foreign artists. "It would be a great opportunity ... for our local painters to be nourished by new sensitivities, new pictorial languages, and so on. Art is essentially the possibility of not only expressing on canvas or on a medium, but also linking with the vitality of life. International artists will be welcome,"



"What struck me about the work is that there is no embellishment or ostentatious presentation. No metaphor. The forms of the objects are clear. It does not give rise to any confusion,"



- "The purpose is to generate a space ... so that all painters of Bolivia can share their art, paint, and experiences," says Walter Sánchez



Toro Toro

A TOWN FILLED WITH HISTORY, BEAUTIFUL LANDSCAPES AND LIFE EXPERIENCES

By: Rebecca Nielsen
Projects Abroad Volunteer



If you are the one who enjoys adventures, beautiful landscapes, and wild experiences, you will like Toro Toro. It is difficult to say what is the most incredible thing in the Toro Toro National Park. Maybe it is the way to be a tourist, which is an adventure tourist. Toro Toro is not a place with many facilities, and the activities are risky and require specialized skills and physical exertion. Nothing is built for tourists, even though it is a really touristic place. It is an active itinerary; you are really meeting nature because of the difficult walking and jumping from one stone to another. That is a big experience not only for geology and natural history lovers, but also for those who want to step off the well-trodden path to discover an extraordinary place totally off the beaten track in Bolivia. It is perfect for those looking to explore a more hidden part of Bolivia and visit one of the country's most scenic and exciting national parks before the crowds get there.

Incredible waterfalls, a large cave with stalactites and stalagmites, some of the best preserved dinosaur tracks in South America, and a "city of rocks" are among other attractions you can experience in the stunning Toro Toro National Park. At the waterfall site, it is possible to bathe just like a under natural shower. It is so beautiful to watch!

The cave called Humajalanta is an adventure; it is 4,600 meters long and 164 meters deep. It is filled with stalactites and stalagmites from the Cretaceous period and they are well preserved, but you should not fear the dark! When you turn off your flashlight it is totally dark inside and you can see

nothing. Also, you better not have claustrophobia; you have to crawl through small holes between stones. The cave also has waterfalls, which can be heard and seen with a powerful beam of light.

The dinosaur footprints can be found in several locations. There are more than 2,500 footprints from different kinds of dinosaurs (biped and quadruped dinosaurs, theropods and sauropods); the largest footprint is one meter across. It is amazing how clear you can still see it, even though it is 145 million years old.



- Incredible waterfalls, a large cave with stalactites and stalagmites, some of the best preserved dinosaur tracks in South America





Photo by: Rebecca Nielsen



Photo by: Rebecca Nielsen

- Next to the town is Toro Toro National Park, which was founded in 1989. The park covers an area of 164 square kilometers.

The “city” made of stone is indeed an incredible experience. You will hike for some hours and see stones looking like animals such as an elephant, a turtle, and a fish. Additionally, you will see wall paintings on the rocks, which are millions of years old. That was the way you communicated with each other in the time before there was an alphabet.


The paintings are drawn with animal blood and color from plants and it are just like a tattoo: they will never disappear. On a tour to Toro Toro, you will visit breathtaking views and explore fascinating, memorable, and unique natural attractions. It is very challenging for adventure lovers and is well worth a visit.

The park also offers scrubby woodland with wildlife flocks of parakeets. It has lush and tropical vegetation with many different sorts of plants and animals. For example, if you are lucky, you will see the only species of endangered red-fronted rainbow macaws found in South America. The park is an extraordinarily authentic paradise with deep canyons and valleys. Panoramic landscapes eroded by wind and waters make it even more extraordinary.

Small charming houses, buildings, hotels, museums, and narrow streets made of stones make up the small town. The town itself

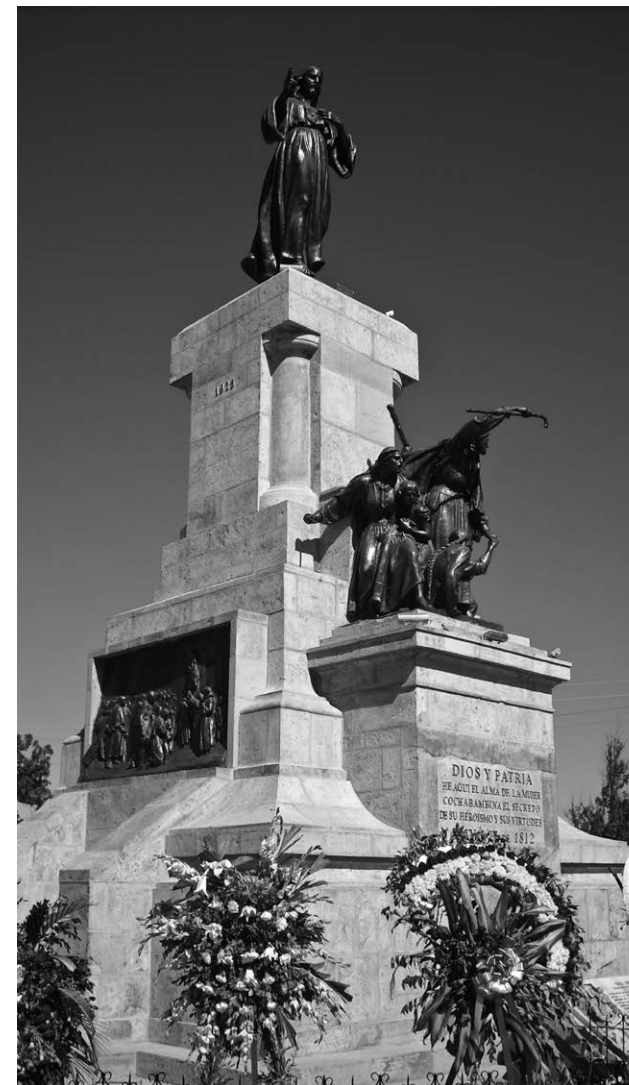
has a small area with shops and places to eat; however, there are no pharmacies and no internet cafés and that makes it somewhat primitive.

Toro Toro has a population of 10,700. Almost everybody knows each other and everybody is really kind and open minded, it makes for a good atmosphere. In Toro Toro the language is not only Spanish, but Quechua as well as the culture. The Quechua people are the indigenous peoples of South America who speak any of the Quechua languages. The women wear colorful traditional clothes and both men and women wear bowler style hats.

Toro Toro is an ancient town in Bolivia founded about 250 years ago. Next to the town is Toro Toro National Park, which was founded in 1989. The park covers an area of 164 square kilometers. It is situated in the northern Potosí department, 140 kilometers south of Cochabamba. You can only come to Toro Toro from Cochabamba. There are buses that travel from Cochabamba to Toro Toro and viceversa. The roads are mainly old cobblestone ones most of the way but well worth the travel. In travel books about Bolivia, you will find more information as how to get there and what to do and so on. Maybe the book will recommend an agency you can use to get transportation, lodging, and a guided tour. 

The story behind Mother's Day

THE HEROINES OF THE HILL FOUGHT FOR FREEDOM



By: Melanie Hazenberg
Projects Abroad Volunteer

Mother's Day can be one of the most beautiful days or a painful reminder of a missing piece of your life. This day is being celebrated by people all over the world, but in Bolivia it is more special than anywhere else. Not only because a woman is the most important person in a home, but also because of the history of the 27th of May, which has been one of the most important days in the Bolivia's history.

For some mothers, Mother's Day is the best day of their lives. For mothers in Europe with young children, Mother's Day is most of the time over after five minutes after they gave their presents. Then it is just like every day, Children's Day! On Mother's Day, we pay homage to the one who gave us life. The woman is the most important person in a home, especially in Bolivia. She is the one who is in charge of the household economy and the support of the entire household. The women from this unique day in May in Bolivia are “The Heroines of the Hill.” Allow me to explain this special story.



Women fighting for freedom

May 27th, 1812 was the first time women participated in battle. In 1812, Latin America was fighting for independence from Spain. The king of Spain sent general Goyeneche to the valleys of Cochabamba. While the men were dying in a bloody battle, the women decided to defend their community by themselves. Under the orders of Josefa Manuela Gandarillas (who was elderly and blind), an army was formed. The army consisted only of women, children, and elders. They were armed with small weapons such as saucepans and sticks. They climbed the Coronilla (San Sebastián Hill) with the belief “Our home is sacred,” carrying the image of the Virgin of Mercy. On May 27th, 1812, a day we will never forget, the inevitable happened. General Goyeneche and his army slaughtered hundreds of women. There was plenty of pain in the community, but through this pain grew new hope. The women who were killed, are now known as “Heroínas de la Coronilla” or “Heroines of the Hill.” Every year, millions of Bolivians celebrate Mother’s Day on this date, remembering these heroic women. Today, their lives and the battle they lost are remembered as one of the most special days of the year. There is always a big party during Mother’s Day.

Way of celebrating in Bolivia

Typically in Bolivia, children from elementary schools invite their mothers to their schools. At school, the children show their mothers what they have learned, such as some typical Bolivian dances or tender songs. The children have been practicing for a month to do this performance, so everything is done with pure happiness and delight. It is a very special day for the mothers and their children. Not only because they can show their mothers their beautiful dances, but also because of the special meaning of this day as I mentioned previously. Almost every mother celebrates Mother’s Day at the same way.

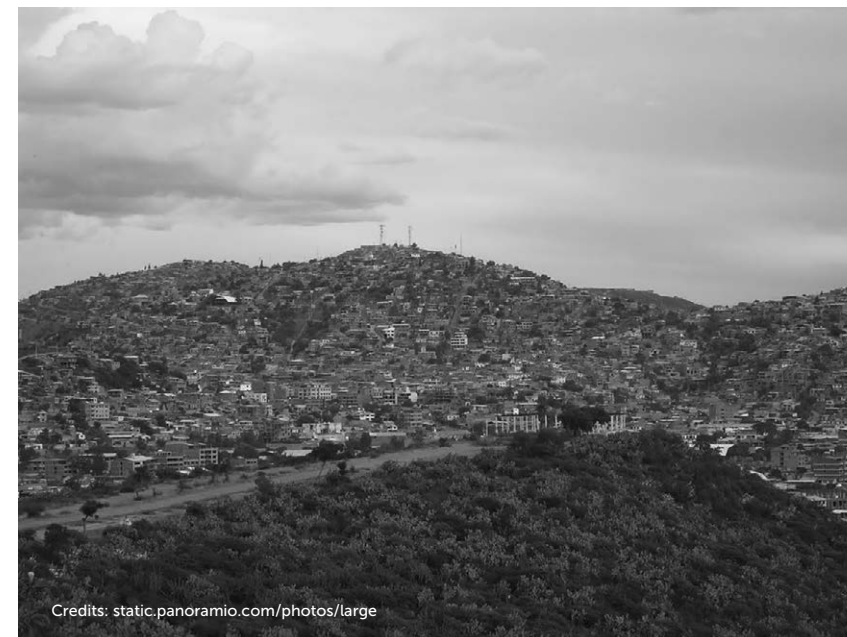
Special day for every mother in the world

For mothers all around the world this day is very special. Only Bolivia celebrates Mother’s Day on the 27th but it is a big party everywhere.

“I really like to be aware of the great relationship I have with my kids once a year. I am very grateful. The most beautiful presents for Mother’s Day were when my kids were little. They gave me self-made crafts. I still kept everything somewhere.” (The Netherlands) Another reaction is: “We always celebrate Mother’s Day with presents, breakfast in bed, and we are also going to the grandmothers, because they are mothers, too.” (The United States). “In Bolivia, they celebrate this day with a lot of joy in schools. Mother’s Day is a very happy day for me. I am always going to the school of the children, where they are showing me dances. My husband buys always some presents and he and my kids make breakfast for me. We are also always going to my mother to celebrate.”(Bolivia)

In the United States, Mother’s Day is a big event. Phone lines have heavy traffic during this day and there is a peak in restaurants. Traditions in the United States include breakfast in bed, giving flowers or other gifts. In France, people celebrate this day on the last Sunday of the month of May. The mother is mostly being honored with a cake that looks like a bouquet of flowers. In India, Mother’s Day

I think it is very special to honor our mothers on the day when hundreds of women died and gave their lives.



Credits: static.panoramio.com/photos/large

Almost every mother celebrates Mother’s Day in the same way.

is a big hype. It has been commercialized to a great extent. Big companies launch women oriented products. Also the media creates a big hype about this day with special television programs and features. Unlike other countries, Spain celebrates Mother’s Day in December. The Spaniards pay not only tribute to their own mothers, but also to Virgin Mary. So Mother’s Day is in general in Spain a religious celebration. In England, the people already celebrated Mother’s Day in the 17th century. This country was the first one to dedicate a day especially for mothers. In the United Kingdom, there is the tradition to make a rich almond cake for mothers called “Mothering Cake” or “Simnel Cake.”

I think that you now have a good understanding of how the Bolivian people celebrate Mother’s Day and why on May 27th. I think it is very special to honor our mothers on the day when hundreds of women died and gave their lives. Every country has a special reason to honor mothers on this beautiful day. ♦

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<http://www.boliviabella.com/mothers-day.html>



Photos by: Jeffrey Coleman

Bolivia Offers an Amazing Amazon Basin Experience at a Budget Price

By: Jeffrey Coleman
Projects Abroad Volunteer

If you played a word association game with the average person and said the word “Amazon Rainforest,” chances are you would hear the word “Brazil” long before hearing the word “Bolivia.” Bolivia, however, has its own little piece of Amazon basin beauty and it can be experienced for a much lower price than a rainforest tour in its Brazilian counterpart.

While Brazil generally gets the headlines, the Amazon Basin actually spans nine different South American countries. With a footprint this large, it is hardly a surprise that many lesser known countries also offer the Amazon

experience and, generally, for less money. Bolivia is particularly blessed in that its basin area has both traditional rainforest as well as wetland savannah which affords spectacular wildlife viewing during most times of the year.

The jumping off point for many tours of the Amazon is the small town of Rurrenabaque. Service to Rurrenabaque is provided by both Eco-Jet and Amazonas airlines for about 1,400 bolivianos, though TAM offers flights on Wednesdays



Photos by: Jeffrey Coleman

- Rurrenabaque it is generally only accessible by way of a connecting flight through La Paz.

and Fridays for about 900 bolivianos round-trip. Unfortunately for Cochabambinos, there is no direct service to Rurrenabaque and it is generally only accessible by way of a connecting flight through La Paz. Despite the inconvenience, the overall price is fairly reasonable and a room can generally be found in town for 35 - 70 bolivianos.

After doing a little research online for my tour of the Amazon, I chose to visit the “pampas” or wetland savannah area of the Amazon Basin. Most tour companies operating out of Rurrenabaque offer a three-day, two-two-night, all-inclusive package which offers accommodations in either a jungle or riverside lodge setting. These packages range from 1,200-2,000 bolivianos, which is usually indicative of the number of amenities and activities offered by the agency.

Upon my arrival at the Rurrenabaque airport, I was greeted by a taxi driver

who immediately asked if I was interested in a tour (many of the agencies work with the taxi drivers to insure a steady stream of clients). I informed him of what I was looking for and my general price range, and within 10 minutes I was brought to an agency, Mashaquipe Cultural Eco-tours, offering tours of both Las Pampas and the rainforest for 1,800 bolivianos. Be prepared to pay a national park entrance fee of 150 bolivianos, making the overall price tag 1,950 bolivianos.

My guide, David, helped me load my understuffed backpack into the trunk of his car. “You are the only visitor that we have today. There are not as many animals to see during this time of year because it is very wet,” he said. “You are lucky. You get a private tour.”

The lodge was a 2 ½ hour car ride over unimproved roadways which made the distance seem longer than it probably was. While cars are useful in this area of Bolivia, the narrow roads make

motorcycles the preferred means of transportation here. I mentioned to David that I could see living in Bolivia and mentioned the prospect of buying a car. “No, you want a motorcycle,” he responded. After arriving at our destination, it was a 10-minute motorized canoe ride to the camp.

The camp was a small complex of two-bed sleeping quarters, a bathroom area, a dining hall, and a kitchen area. The camp was very well maintained and the sleeping quarters featured a toilet, sink and shower and were very clean. As we had arrived late in the afternoon, “la cena” (dinner) was served upon my arrival and consisted of chicken, rice, fruits, and a salad. Meals were excellent and prompt in the morning at around 7:30, lunch soon after returning from morning activities, and dinner around 7 to 7:30PM.

One of my main rationales for choosing the Las Pampas tour over the Rainforest tour was the prospect of seeing




- The camp was very well maintained and the sleeping quarters featured a toilet, sink and shower and were very clean.

additional wildlife. After dark, David and I cruised the river in search of caimanes, a relative of the crocodile. “You can tell where they are by the yellow reflection off of their eyes,” he said. After about 30 minutes of flashlight scanning of the river in our canoe, we found our target – a black caiman. He was nestled under a patch of tree-cover extending over the river. To my astonishment, we were able to draw the canoe incredibly close, practically on top of the reptile without it moving. “He is resting right now,” David said.

Upon returning from our late night expedition, I settled in for bed. Sleeping quarters are provided with mosquito netting, though my room seemed relatively free of them despite the precaution. Though mosquitoes are prevalent during the wet season, Las Pampas is relatively free of mosquito-borne illnesses such as Malaria and Dengue. While not dangerous, the mosquitos are extremely annoying and a strong insect repellent is suggested to keep them at bay.

As with most quality tour companies, Mashaquipe offered plenty of activities during the three-day, two-night tour. During my stay, I was treated to river tours, a swim with fresh-water dolphins, piranha fishing, and horseback riding. I found the staff to be helpful and friendly, the accommodations to be clean and well-maintained, and the food to be excellent.

With my Amazonas flight leaving at 6:20PM, we departed for Rurrenabaque at 1:30PM after a final, big lunch where I met a pair of fellow travelers from England. They had just returned from the jungle tour and, though they said they had not seen much wildlife, they were expressly delighted with their experience. It was a three-hour trip back to town (stopping for refreshments along the way) with an agency-sponsored taxi giving a ride back to the airport.

All told, my experience in Las Pampas was an exceptional journey to see an area of the planet that everyone should see given the opportunity. As I discovered, Bolivia offers an excellent chance to see these natural wonders without going broke in the process and I would recommend the experience to anyone with the time and a few extra bolivianos in their wallet. 



Photos by: Jeffrey Coleman



Agenda Cultural

Instituto Cultural Boliviano Alemán – ICBA

> TANDEM – MESAS DE CONVERSACIÓN 2

9,16,23, 30 de Mayo

¿Quieres mejorar tu nivel de alemán, inglés y español? Ven a las mesas de conversación para encontrar nuevos amigos y practicar el idioma que quieras.

> CINE ALEMÁN EN EL ICBA (CADA SEGUNDO MIÉRCOLES DE MES)

Mayo. 10

MÄDCHEN IN UNIFORM (MUCHACHAS DE UNIFORME)

Presentación de la película con subtítulos en español.

Lugar: ICBA - Hrs: 19:00

Ingreso libre con aporte voluntario

> KINDERSAMSTAG IM ICBA - SÁBADO DE NIÑOS EN EL ICBA

Mayo 20

El Grupo Profesional de Narración Oral Escénica ATiTeCuento presenta el espectáculo:

UN MUNDO MÁGICO

Lugar: ICBA - Hrs: 10:00 a 12:00

Ingreso: Bs. 10 niños / Bs. 5 padres

> NOCHE DE VINO AL CUENTO

Mayo 26

ATiTeCuento presenta el espectáculo:

¡TE LO DIJE! Y OTRAS FRASES DE MAMÁ...

Lugar: ICBA - Hrs: 20:00 Ingreso general: 20 Bs. (15 Bs. con reserva previa)

Venta de entradas en la puerta del ICBA desde horas 19:15

Informes y reservas con Diego Montaña al whatsapp 70368315



Alianza Francesa

> MÚSICA

Viernes 19 de mayo - 19h - Alianza Francesa

“VIERNES MUSICALES” CON CAROLINA PARAVICINI

Auspicia : ENDE Transmisión

C. La Paz n°784 - Ingreso : 15 Bs

> CINE

Lunes 15 de mayo - 19h - Alianza Francesa

“LES LIGNES DE WELLINGTON”

C. La Paz n°784 - Ingreso libre

Lunes 22 de mayo - 19h - Alianza Francesa

“3 COEURS”

C. La Paz n°784 - Ingreso libre

Lunes 29 de mayo - 19h - Alianza Francesa

“LA RELIGIEUSE”

C. La Paz n°784 - Ingreso libre

> CONFERENCIA

Martes 16 de mayo - 19h - Alianza Francesa

ENCUENTRO CON LA UNIVERSIDAD CATÓLICA DEL OESTE (FRANCIA)

C. La Paz n°784 - Ingreso libre

> SEMANA DEL DESAROLLO SOSTENIBLE

Martes 30 de mayo - lunes 5 de junio - Alianza Francesa

VIII. SEMANA DEL DESAROLLO SOSTENIBLE

C. La Paz n°784 - Ingreso libre

> TARDE DE CUENTA CUENTOS

Miércoles 31 de mayo - 16h - Alianza Francesa

UN JARDÍN DE HISTORIAS

A cargo de Ana Balletta, para niñas de 3 a 6 años

A close-up photograph of a plant with large, dark green, glossy leaves. Several white flowers are in various stages of bloom. One flower in the center is fully open, showing yellow stamens. To its left, another flower is partially open. Above it, a third flower is mostly closed. A small, dark insect is visible on one of the leaves. The background is slightly blurred, showing more of the plant and some purple flowers in the distance.

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