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»» NEWSLETTER ««

# "WE ARE WHAT WE EAT"

## GREENHOUSE SANTO DOMINGO DE CANTUMARCA



March 2023



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# Executive Summary

## Why we are what we eat

The emotional comments of Guillermo, a participant in the PAV workshops, have led us to observe with more emphasis the occupational activities and diet of persons deprived of liberty (PPL) who are serving sentences, waiting to receive a sentence or be released. of the Cantumarca penitentiary.

We have seen that carbohydrate-based foods are often made that only fill the stomach but have very few nutritional qualities. In the occupational sphere, there are many people who come from rural areas and who have worked the land all their lives, which gives them experience but have few real possibilities to improve their conditions. Considering the contributions of Spedding (2010:165). "Before proposing changes to the diet, one should consider...the availability of ingredients." We gave ourselves the mission of making people aware of the need to improve their diet, find ways to reconnect them with the earth, establish a type of occupational therapy that allows them to face the problem, have healthy supplies or ingredients for a change in their diet and improve their living conditions inside the enclosure.

If all our diet comes from carbohydrates, our immune system is weakened and the body responds based on what it receives, but if we balance the diet with healthy foods, our bodies will also respond with healthy attitudes. The choice of the name of the project; We are what we eat, gave rise to small chat spaces that have allowed people to raise their level of awareness about the type of food they want, their quality of life even in confinement, also about the contribution that QBL and the PAV are making to the population of the enclosure with this project.

Spedding, Alison (2010). Crítica de la descolonización en la alimentación. Temas Sociales N° 30 Revista de la Carrera de Sociología de la UMSA. La Paz Bolivia

# About us

PAV/AVP Team BOLIVIA  
CANTUMARCA



**Magaly Quispe**

Country Representative  
AVP/PAV Bolivia



**Rene Ramos**

Cantumarca Facilitator



**Mayra Ari**

Project Coordinator

It is an enormous privilege to be able to be the link between people deprived of their liberty, their needs and the love of Quakers around the world, specifically in the UK. Having the opportunity to improve the levels of awareness about caring for the environment, caring for others and oneself through projects that have a direct and practical impact on the lives of the PPL, is a blessing that must be shared and celebrated. Thank you infinitely for believing in our work and for helping us make it possible. We are convinced that louder than words, actions speak.

All of us who are involved work in the solar tent. All express their knowledge according to their theoretical and practical experiences. This project helps the prison inmate a lot in the aspects of being active, being cooperative, being able to raise knowledge and learn other experiences. Clarify that both the authorities of the Regime, those responsible for the areas, the security authorities from the Captain and his police personnel, the delegates, welders, new inmates who contribute with all the support and work that is needed to execute the activities to develop in favor of the solar tent.

"We are what we eat" was born from the need to find specific alternatives for the rehabilitation of persons deprived of liberty. Guillermo inspired the writing of the project, but I can affirm that volunteer work, the joint mobilization of the institutional effort and the dedication of the PAV Bolivia team made it possible.



# Alternatives to Violence Program Bolivia

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## About us

### Fines

- a) Promote non-violent culture and a culture of peace.
- b) Promote non-violent lifestyles through affirmation, communication, respect for all, community building, cooperation, and trust. Founded and developed on real life experience, encouraging each person to discover their innate power to positively transform themselves and the world.
- c) Promote youth mobility, knowledge and interculturality, as well as the responsibility and active participation of young people in society

### Our Goal

Carry out actions that help us influence, contribute and strengthen the construction of inclusive, peaceful and tolerant communities.



### PAV/AVP Bolivia

The Alternatives to Violence Program has been working in Bolivia since 2016, promoted by a group of external and internal volunteers. We currently have a presence in all the prisons and prisons in the country, sharing with people deprived of liberty ways to deal with conflict situations avoiding violence. Last management we have certified at least 2094 participants who completed our experiential and correspondence workshops at the basic and advanced levels, in these data more than fifteen facilitator training workshops nationwide are absent, whom we recognize by facilitated workshop.

We are part of a network of volunteers that add up to more than thirty nationwide, always willing to contribute to the rehabilitation and reintegration of PPL.

# Project description

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We are what we eat: The experience in Santo Domingo de Cantumarca

## Cantumarca

The Santo Domingo de Cantumarca de Potosí prison, with around 700 people deprived of their liberty, suffers from eating problems and their emotional and mental health as a result of a precarious diet. Faced with this situation, the PAV has proposed investing efforts to improve these conditions through a tent that allows them to grow their food and diversify their diet, including highly nutritious vegetables and leaves. From this first experience, we rescued the processes that we share below:

Lobby	Acknowledgment of Beneficiaries	Men's greenhouse	First phase conclusion
<ul style="list-style-type: none"><li>• Meeting with the authorities of the national and departmental office of the Penitentiary Regime for the extension of the agreement</li><li>• Management of administrative processes for our recognition as an NGO.</li><li>• Reconnaissance of the land and quotation of materials.</li></ul>	<ul style="list-style-type: none"><li>• Open call for inmates with farming skills and high sentences.</li><li>• Group and personal interviews.</li><li>• Team meeting for the recognition of 16 beneficiaries of the total summoned.</li><li>• Announcement of the selection and construction of the training agenda.</li></ul>	<ul style="list-style-type: none"><li>• Resource mobilization.</li><li>• Recruitment of welding service for the metal structure.</li><li>• Call to the work delegate, to</li><li>• Start of installation activities.</li></ul>	<ul style="list-style-type: none"><li>• Purchase of seeds.</li><li>• Organization of PAV training days and workshops with the beneficiaries.</li><li>• Alliance with Fundación Alternatives for the transfer of knowledge in agriculture and permaculture.</li><li>• Seed germination in nurseries with the beneficiaries.</li><li>• Transfer of earth for the improvement of the soil in the tent.</li><li>• Transplant the germinated seedlings into fertilized soil.</li><li>• Treatment of drinking water available for irrigation.</li></ul>

# Guillermo Generous

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Getting to know the person behind the idea "We are what we eat"



## Life story

Guillermo Generoso is a PAVista since 2022, he learned about our work in workshops facilitated by Magaly Magnifica, René Responsable and Helmut Hermoso, at the Santo Domingo de Cantumarca Campus in the city of Potosí. He is originally from Caripuyo, a municipality in San Luis Potosí that subsists by growing potatoes and broad beans.

A farmer from an early age, Guillermo inspired the Carpas Solares project when he nostalgically remembered that his favorite color "green" was because it matched the color of the crops that fed him all his life and to which he longed to return, despite his sentence being to 30 years and he is over sixty.

Guillermo says that due to his advanced age, sometimes his memory fails him and he forgets some agricultural practices; However, when he starts working with the land, he devotes all his attention to that work intuitively and naturally, as if ten years of confinement were not enough to erase from his memories the agricultural work that he is so passionate about and the one that he is willing to continue. learning together with the 15 beneficiaries of the Project.

### More data

When Guillermo tells us about his memories of his youth, he recaps the importance of a healthy diet. He tells us, for example, that he raised pigs on his plot of land and that on commemorative dates at the end of the year, he ate the animal that he raised during the year, accompanying his cooking with mint, a noble and aromatic plant with high benefits for digestion.



## REPORT

# UNDERTAKING WITH AGRICULTURE

## SOME EXPERIENCES OF THE PROCESS

At the end of the first round of PAV workshops at the basic experiential level with the beneficiaries of the project, to whom we certify how it was committed; We announced with them the development of the following contents: applied accounting, entrepreneurship, agriculture and nutrition. With the first round of sessions facilitated by Prof. René Ramos Singuri, we share with the beneficiaries PAVistas principles that will collaborate with their personal and collective development for the administration of the solar tent. We plan to continue with the advanced level sessions during the second vegetable transplant, to reinforce practices and life skills that we share in the organization.

## »»» HOW TO START

Gabriela Grandiosa, PAV facilitator, shared knowledge of accounting with our facilitator René Responsable, who will replicate what was learned with the group of beneficiaries. On the agenda, it remains to review content on entrepreneurship, nutrition, family farming.

La solución al primer cálculo es la siguiente:

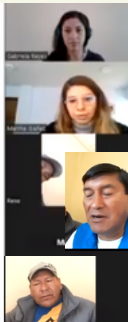
	Valor
Costo de materia prima directa	20,000
(+) Costos de mano de obra directa	18,000
(=) Costos directos de producción	38,000
(+) Costos indirectos de producción	17,000
(=) Costos de producción del periodo	55,000

Una vez que conoces este costo, es tiempo de calcular el costo de los productos terminados.

Descripción	Valor
Costo de producción del periodo	55,000
(+) Inventario inicial de productos en proceso	10,000
(-) Inventario final de productos en proceso	7,000
(=) Costo de producción terminada	58,000

Ahora, para calcular el costo de la producción vendida, requieres hacer estas operaciones:

Descripción	Valor
Costo de producción terminada	58,000
(+) Inventario inicial de productos terminados	5,000
(-) Inventario final de productos terminados	4,000
(=) Costo de producción vendida	59,000



## THE PENDING AGENDA

In the final stretch of this first phase, there are still activities to be carried out with the group of beneficiaries. First, conclude with the technical training sessions focused on entrepreneurial skills; second, field work and seed sowing; and third, the evaluation of the impact of the project on the nutrition and integral health of the inmate population in the Santo Domingo de Cantumarca Campus.



# Waiting the best

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Volunteer work, perseverance and interculturality

## Some experiences of the process

Tuesday April 11, with the pressure of time and schedule we got ready for work early in the day, summoning our collaborators and facilitator René Responsable. The tension invaded our hearts: three months of work would be put to the test with the official delivery of the tents to the national and departmental authorities and we had to conclude with the pending details.

A few days ago we had started planting, transplanting seedlings and germinating vegetable seeds, but the weather conditions and access to irrigation water were delaying their natural growth and this situation made our nerves stand on end: but giving up was not an option. alternative! Quickly and thanks to the intervention of our facilitator, we summoned the beneficiaries of the Project for an emergency meeting and to find a team solution. Through a brainstorm (typical of the Pavista methodology) we found excellent alternatives: we had to filter the available drinking water, improve the soil with animal manure and reinforce the agrofilm to prevent the escape of temperature. To carry out these tasks, we turned to volunteer interns who helped us with the transfer of fertilized soil, the improvement of the water tank for filtering and the screwing of the agrofilm material to the structure. Trusting in the POWER THAT TRANSFORMS, we were confident that everything would go well and we would have our first tent ready for delivery in the Men's section.



# UNEXPECTED SITUATIONS

Because there's something good in all of us, we're still at work

## WHY DID WE CHOOSE CANTUMARCA AS THE HEADQUARTERS OF OUR PROJECT?

The choice of land for the Project pilot had to meet certain characteristics: first, it must be from the altiplanic zone; second, availability of land for the construction of the tent and third, having the disposition and good office of the authority in charge and its staff. Santo Domingo de Cantumarca met all the requirements and with particular commitment to point three, with the explicit predisposition of the police and civilian personnel of the compound. With the leadership of the Departmental Director of Potosí, Dr. Daniel Taboada, Campus delegates, personnel from the Health, Education and Social Work areas were involved from the beginning, collaborating with the mobilization of personnel, recognition of the work of volunteer interns and exit permits for work managers.

However, unexpected situations arose along the way. First, the disposed land was not arable because of the mineral residue in the land; second, the wind and rain of the time interrupted the installation of the structure in the expected time; and third, we did not plan to build an irrigation system with filtered water. All of these events taught us valuable lessons in resilience and adaptation to adversity, as well as teamwork. For this reason, we particularly recognize the effort of the Head of the Education Area, Lic. Edson Ballesteros, for his permanent collaboration, mobilization, effort and work willing to achieve the success of this first phase of project implementation.



Inauguration of the Solar Tent, with the presence of the Minister of Government, Vice Minister of Citizen Security and General Director of the Penitentiary Regime

*"Proyecto Carpas Solares, may it be a good time for those deprived of their liberty. We are going to incorporate them into the mobile wallet (application for the purchase of work carried out in prisons). For everything they need, they have my support, I do support these types of initiatives."*

*Carlos E. Del Castillo  
Government Minister*

*"We also have the women's tent, which we are hoping to open soon"*

*Juan Carlos Limpas  
General Director of Penitentiary  
Regime*

# Challenges

Because there's something good in all of us, we're still at work

## And what's next?

We have to deliver the Solar Tent in the Women's section that is already under construction, adjusting the structure for the installation of the agrofilm, we hope to advance with this phase of the project in the following days, to celebrate another collective achievement. But we have also identified other pending tasks that we share below:

### Surplus production and storage

#### The future of tents

#### Plans:

- Agreement with the Departmental Directorate of Penitentiary Regime, for the sale of crops to the bailment (kitchen) of the enclosure.
- The beneficiaries have received complementary training in accounting and entrepreneurship, which will serve as tools for managing crops and their surpluses.
- Enter the Mobile Wallet, an official application that allows inmates of the country to market their work at adequate prices.
- Sale of seedlings and creation of a seed bank.

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### Women

Solar tent women section

#### Tasks:

- Identification of beneficiaries under the same criteria of the group in men.
- Construction of common objectives and definition of collective goals.
- Organization of PAV workshops focused on teamwork and cooperation.
- Training in agriculture, accounting, entrepreneurship and marketing.

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### Promotion of the initiative for former PPL

#### Plans:

- Expansion of the target public.
  - Tents with ex ppl population in rural communities of the department of La Paz.
  - Monetization and sustainability of the community project.
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**We want to  
continue  
working for  
the PPL:  
contribute  
with us!**

