



Global Volunteers gave our group of helpers a chance to experience Peru through the eyes of a child even though we were there for just a week.

By Sarah Johnson
 Special to the Pioneer Press

MUTUAL AID CULTURAL CONNECTIONS



A girls' room, top, and the exterior of Puericultorio Perez Aranibar, a children's home in Lima, Peru, and partner of Global Volunteers, a St. Paul-based nonprofit organization.

Well before labels like "voluntourism" and "volunteer vacations" started popping up, Bud Philbrook knew that serving those in need was his calling.

Philbrook is the CEO of Global Volunteers, a St. Paul-based nonprofit humanitarian organization celebrating its 30th anniversary. He grew up in an Irish Catholic family where he was taught the purpose of life was to help others. After doing volunteer work in Guatemala, he started the organization that has mobilized more than 30,000 volunteers in 27 different countries in the past three decades.

These trips have become a popular option in recent years. Travel Industry of America statistics show that 55 million people have volunteered during a trip, with many saying they want to be useful and to gain a new perspective on things.

As anyone who has been a teacher or remodeled a bathroom will attest, it is not a vacation. What one gets instead is the opportunity to experience a different culture in a way one wouldn't as a tourist.

"I had always wanted to serve in the Peace Corps but I didn't have two years to commit to it," says Sue Surma, a retired nurse who lives in Northeast Minneapolis and has been on 12 trips with Global Volunteers. "Global Volunteers gives you an opportunity to be of service to others without a political agenda in a shorter time

frame. It's just, 'How can I help?'"

This May, I joined a Global Volunteers team of seven others from around the United States on a one-week excursion to Puericultorio Perez Aranibar, or PPA, a children's home in Lima, Peru. After introductions and a brief orientation from our team leader, Edith Rodriguez (a Peruvian and former English teacher), our group, consisting of seven women and one man and ranging in age from college students to retired people, went over our options for the week.

Opportunities included helping babies in the nursery, assisting kindergarten teachers, preparing food in the kitchen, teaching English to teenagers, monitoring sick children in the campus "hospitalito" or working on remodeling projects throughout the sprawling, three block complex located on the ocean's edge.

'EMPUJAME!'

In Lima, I was greeted daily in the school courtyard by smiling 4-year-olds on swings shouting "Empujame!" (Spanish for "push me!")

PPA, opened in 1930 by Peruvian philanthropist Augusto Perez Aranibar as a "palace for children," is home to approximately 250 children cared for by a dedicated group of lay teachers, maintenance staff and Catholic nuns who welcome you with a friendly "buenos dias."

These trips are not inexpensive. Program fees run from \$1,000 to \$3,000 for one-, two- or three-week options. However, it covers all lodging, meals, transportation, project materials and emergency medical evacuation insurance. This was comforting to me as a Minnesotan considering they were doing earthquake drills the week I was in Peru.

CULTURAL CONNECTIONS, 6E >



Author Sarah Johnson of Minnesota traveled to Lima, Peru, with Global Volunteers of St. Paul in May.

PHOTOS COURTESY OF SARAH JOHNSON

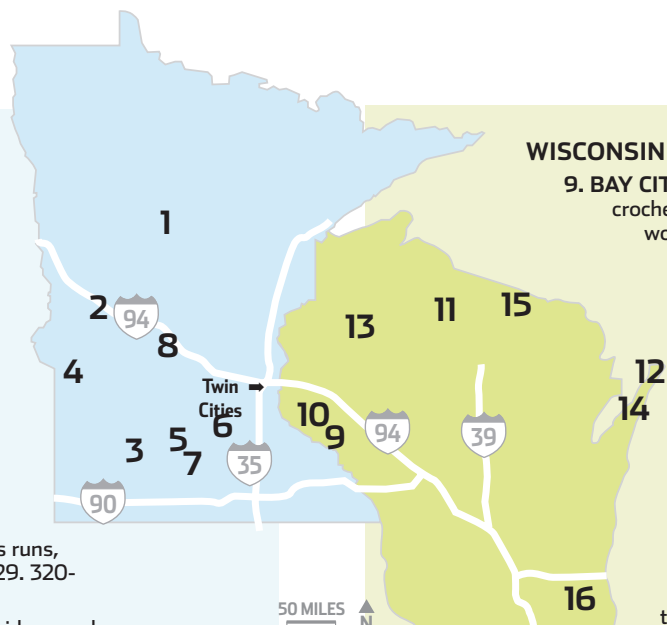
Quick Trips > Regional Events

MINNESOTA

- 1. AKELEY Paul Bunyan Days:** 66th annual event includes fish fry, kids' games, tractor pull, fishing contest, car show, dance, parade, ice cream social and more. June 27-29. 218-252-1541. akeleychamber.com.
- 2. ALEXANDRIA Vikingland Band Festival:** Minnesota's premiere high school marching band competition and parade featuring bands from throughout Minnesota and the upper Midwest. Special appearances from international or special musical groups. June 29. 320-491-9268. marching.com/events/vbf.
- 3. COMFREY Starry Night, Prairie Night:** Explore Jeffers Petroglyphs during guided tour. Then, star gaze and learn about constellations through stories from cultures around the globe with amateur astronomers. July 25-26. 507-628-5591
- 4. DAWSON Riverfest:** Softball tournament, golf tournament, fitness runs, parade, craft and flea market, unveiling of honorary gnome. June 26-29. 320-769-2981. facebook.com/DawsonRiverfest.
- 5. HENDERSON Sauerkraut Days:** Kraut Car Cruise, 5K run, tractor ride, parades, championship arm wrestling, and world-champion sauerkraut-eating contest. June 27-29. 507-248-3234. henderson-mn.com.
- 6. JORDAN Scott-Carver Threshers Harvest Festival:** 51st event features all tractors, gas and steam engines and machinery. Also craft vendors, parades, music, operating print shop, blacksmith, potato digging, operating lath and shingle mill. Vintage Baseball game with 1860 rules. Aug. 1-3. Call: 952-686-3191. scottcarverthreshers.org.
- 7. MANKATO Blues on Belgrade Festival:** Sixth annual event features Paul Cebar Tomorrow Sound and Sena Ehrhardt, as well as several other bands. July 26. 507-327-4464. bluesonbelgrade.com.
- 8. ST. CLOUD Tre Lag Stevne:** Gathering of descendants and friends of the Trondelag, Gudbrandsdal and northern Hedmark regions of Norway. Public welcome. Aug. 6-9. 952-288-5141, nhohlag.org, tronderlag.org, gudbrandlag.org.

WISCONSIN

- 9. BAY CITY Pioneer Day:** Annual celebration of pioneer life. Demos include crocheting, quilting, weaving, rosemaking, ice cream and butter making, wood hewing, storytelling, pioneer nursing. Also live music, crafts and games for children, artifacts and history of rivers in Pierce County. June 28. 715-792-5182. piercecountyhistorical.org/calendar.php.
- 10. ELLSWORTH Polka Fest:** 39th annual event includes 10 bands, two wood dance floors. Camping, food, refreshments available on the fest grounds. July 11-13. presenter.com/epolka/
- 11. FIFIELD Community Festival & Lawn Mower Races:** Arts and crafts, kids' games, dunk tank, lawn mower races, duck race, live music and more. July 5-6. 715-762-2559, 715-661-0335; www.tn.fiffield.wi.gov
- 12. SISTER BAY Door County Folk Festival:** 35th annual event in cludes dance and music workshops, parties and concerts, children's programs, fish boil dinner, music and dance in the park and more. July 9-13. 920-421-2986. dcff.net.
- 13. SHELL LAKE Fine Art Festival:** 12th annual juried art show and sale includes jewelry, pottery, wood, etchings, fiber, painting, metal, music and more. July 5. 715-635-6039. dnjhae@live.com.
- 14. STURGEON BAY Jazz on Jefferson Street Festival:** Annual street celebration with strolling entertainers, kids' activities, live music, food, beverages and special events. July 12. 920-743-6246. sturgeonbay.net.
- 15. THREE LAKES Northwoods Heritage Fest:** Celebration of German, Polish, Irish, Italian and Wisconsin heritages. Traditional food, beverages, history, exhibits, products, dress and more. July 11-12. threelakes.com/northwoods-heritage-fest.
- 16. WATERFORD Hot Air Balloon Festival:** Fourth annual family-friendly event includes balloon launching, kite flying, kids' activities, food, craft and vendor fair, bingo and more. July 18-20. http://waterford-wi.org/



CONTINUED FROM 5E

> Cultural connections

Because Global Volunteers has been working with PPA since 2004, the groundwork already had been laid, allowing volunteers to maximize their impact in a limited time.

Edith was not only our team leader, she also shared insights into Peruvian history and culture and assisted us with health and safety concerns regarding what to eat and where to go — particularly beneficial when you are in a third-world country and don't speak the language. We were directed not to drink from the tap, so bottled water was provided. All of the restaurants we dined at were individually selected. It must have worked. I ate as much as anyone all week and didn't have a problem.

SIGHTSEEING POSSIBLE

Trips range from promoting girls' education in south China to bringing essential services to a remote village in Tanzania. Depending on where you go, sightseeing options are possible. Our hotel in an upscale area called Miraflores was a block from the boardwalk-lined coast and a 12-block walk from Parque

Kennedy, the starting point for various tours, and the Inca Market, which is an outdoor shopping area selling Peruvian crafts and textiles. If you stay more than one week, as half of my group did, you have the weekend free for sightseeing.

A typical day began with breakfast at the hotel while a member of the group read from a journal chronicling their take on the previous day's activities. A private van then took us on the 10-minute trip to Magdalena del Mar, the Lima district where PPA is located.

The work day was broken into two segments: morning and afternoon projects. Lunch at D'Gallia, a culinary school conveniently located two blocks from PPA, provided team members an opportunity to discuss morning challenges and successes. ("Sientate" and "cuidado" were two of the first words I learned when assisting kindergarten teachers and monitoring the playground — they are Spanish for "sit down" and "be careful.")

Dinner often was a highlight. We once enjoyed a stroll down the boardwalk to Tanta, one of famed Peruvian chef Gaston Acurio's restaurants, and also visited Barranco, the bohemian area of Lima.

Lunch and dinner entrees ranged from pollo a la brasa (rotisserie chicken) and ceviche (raw fish marinated in



PHOTO COURTESY OF SARAH JOHNSON
The Plaza de Armas in Lima, the city's main square, designed by Francisco Pizarro after the foundation of the city in 1536.

lime juice and Peruvian spices) to hamburgers topped with a mango chutney. Standard sides were potatoes and rice. Traditional drinks included limonade (similar to lemonade), Inkakola (a bubble gum flavored soda) and chichi morada (a sweet purple corn juice spiced with cinnamon).

Although our stay in Lima was short and some might question the impact we made in a week, participants get a sense they are a vital link in a chain of volunteers. Indeed, Global Volunteers has

planned 14 trips this year to Peru and we were told that we were team No. 170 overall.

Group requirements of respectfulness, flexibility and compassion were discussed because, as our team leader pointed out, "Team 171 will be welcomed according to what you do."

Trips also provide opportunities for cultural understanding for those who can't make a large time commitment and lend themselves to memorable and humorous exchanges. On my last day in the kin-

dergarten, I brought a world map to show where I live in the United States. As the teacher attempted to explain snow to a room full of children living in a land that rarely dips below 55 degrees, one of the 4-year-olds turned to me incredulously and said, "Muy frio?" (Spanish for "cold?") "Si" I said, as her eyes got wider.

The communities served by Global Volunteers agree that the cultural understanding and friendships go both ways. "People here admire the vol-

"People here admire the volunteers' enthusiasm and hard work. They are not visitors, they are friends."

Marek Blaszczyk, director of Reymontowka Manor House in Siedlce, Poland, and local host representative for Global Volunteers

unteers' enthusiasm and hard work," says Marek Blaszczyk, director of Reymontowka Manor House in Siedlce, Poland, and local host representative for Global Volunteers. "They are not visitors, they are friends and the mutual exchange continues after the program when letters and emails are sent. We have volunteers who have returned to us 10 to 15 times."

For anyone considering such a trip, Surma advises to go with no expectations.

"You're not going to be the savior American who rescues their economy but you will really get to know people. It also will make you grateful for what we have in the United States — I remember on my first trip to Guatemala in 1989, we had to walk two blocks to a community well to get water. After that, it took me about two years to get over being able to turn on the faucet for water."

Relationships > Turning Point

Latina has crown on her head, dream in her heart

By Molly Guthrey
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Irene Viveros is living the American dream, with a tiara on top.

"I was born in Veracruz, Mexico," says Viveros, 27, of Burnsville. "It's on the east coast of central Mexico, on the Gulf of Mexico. Veracruz is a very tropical place. It rains a lot. We lived closer to the mountains. I remember my parents taking me to a spring to swim, it was quite beautiful. I love the food there; I miss the food. Everything is fresh: I remember a lady selling street treats — seasoned fruit, chopped, you would add lime and salt and cayenne pepper."

Later, in 1996, the landscape of Viveros' childhood changed dramatically.

"My parents moved here to Minnesota. I was about 9 years old," Viveros says. "We came to Northfield at first. I was the only Latina in my classroom — the Latino community has grown quite a bit since then."

School ended up being this new American's bridge.

"I was in a Spanish immersion program," she says.

When the family moved to the Twin Cities, Viveros found herself facing another adjustment.

"Here, the Hispanics kept to themselves, the Asians kept to themselves," Viveros says. "I wasn't used to that; it was isolating."

Viveros became the bridge.

"I learned to be in both worlds, knowing both cultures, being friends with both cultures," says Viveros.

Viveros graduated from high school in Shakopee in 2005; she went to Normandale Community College, where she earned an associate's degree in psychology in 2009.

"I was the first person in my family here in the States to graduate from college," Viveros says.

It almost didn't happen. "My parents, they both work in factories, in labor," Viveros says. "They've been very supportive; they wanted me to continue my education."

"But my teachers were the ones who pushed me. I had almost given up, I didn't think I'd be able to do it, because of the money. But a teacher nominated me for a Rotary scholarship, which got me started in college."

Viveros is now a homeowner and works as a receptionist at TRIA, an orthopedic treatment center. She's planning to return to college to earn a bachelor's degree in marketing.

"I would like to go into some sort of marketing and health care," Viveros says, "something that also lets me work with the Hispanic community, whether it's a hospital, a clinic or a public health program."

Viveros is exploring her heritage in other ways, too: On June 1, she was crowned the 2014 Miss Minnesota Latina.

Her journey to coronation began a few years ago.

"I met Carolina Reyes in 2010, when she was queen," Viveros says. "I was very impressed. When she sent the open-casting invite, I thought, 'It's now or never' — it was the last year I could compete, because the pageant is open to women 27 or younger, and I'm 27."

Reyes, now the pageant director, says pageants still serve a role.

"There are not too many programs out there — and certainly not for Latinas specifically — that help you develop the skills that mainstream education doesn't teach people," she says. "Interview skills, how to dress, posture, self-confidence, attitude, thinking about one's purpose in life, what we can do for our community. ... It can be a foundation, a stepping stone. It gets the contestants to start thinking about these things."

Viveros is now thinking about her next step as Miss Minnesota Latina, which is to train and prepare for the Miss U.S. Latina competition, which will be held in the Dominican Republic in August.

In a way, though, she's already won.

"My parents are my inspiration," Viveros says. "It's thanks to them that I get to live the American dream."

Share your own turning point with Molly Guthrey at mguthrey@pioneerpress.com or 651-228-5505.



COURTESY OF JOSE MARTINEZ
Irene Viveros, 27, of Burnsville, was crowned Miss Minnesota Latina 2014 on June 1 at Union Depot in St. Paul.

GETAWAYS

KEY

- Attraction (casino, fair, racetrack etc.)
- Beach
- Bicycle Trail
- Boat Ramp
- Cabin rental
- Campground
- Canoeing
- Fishing
- Golfing
- Hiking Trail
- Historic Site
- Leashed Pets
- Lodging
- Picnic Area
- Playground
- Swimming Pool
- Restaurant
- Wheelchair Accessible

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Style > Snippets

Hair salons, boutique, national retailers poised to add new locations

By Nancy Ngo
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More good hair days all around, thanks to upcoming expansions:

- Blast Blow Dry Bar is bringing its express-style services to the east metro with a Woodbury Lakes location in August. Look for standard shampoo, blow dry and style services starting at \$39.

- The Woodbury store will be the fourth Blast Blow Dry Bar location in the metro. The other spots are at the Mall of America, Aloft hotel in Minneapolis and The Shops at West End in St. Louis Park.

- HAUS Salon is looking to expand its color, cut, extension and style services to a second Minneapolis spot. In addition to its salon on Nicollet Avenue in South Minneapolis, HAUS will open in the North Loop (730 Washington Ave.) next to Borough restaurant this fall. The new salon also will feature massage, facials, waxing and nail services.

STORE OPENINGS

- Parc boutique in Minneapolis has been a destination for its trendy, one-of-a-kind clothing and jewelry at affordable prices. Now owner Thao Nguyen plans to open another location — at 50th and France in

Edina — this September. While Parc Edina will carry similar styles at the original store, Nguyen said the new spot also will feature different items tailored to shoppers in the area.

- Duluth Trading Co. continues its rapid expansion in Minnesota. After unveiling spots in Bloomington and Duluth since fall, the Wisconsin company popular for catalogs featuring outdoor and work wear just announced it will roll out the carpet in Fridley (252 57th St. N.E.) in October.

- Two national retailers are making their North Loop debuts side by side. Shinola and Filson both officially opened Thursday.

Each shop takes up a portion of the former Dunn Bros. space (228 N. Washington Ave.) after the coffee shop relocated to another Minneapolis spot along Washington Avenue.

At Filson, look for apparel and outerwear as well as craftsman luggage and totes from the Seattle outfitter.

Fans of Shinola will

be happy to hear the Detroit retailer will carry its popular watches, bicycles and artisanal leather goods. These are the first Filson and Shinola freestanding stores in Minnesota.

Nancy Ngo can be reached at 651-228-5172. Follow her at twitter.com/nancyngotc and pinterest.com/nancyngotc.



Shinola iPad Mini Envelope (\$145)