

This series looks at the work of EPES in Chile

No 5: NEWS ROUND UP

## LUTHERAN DELEGATIONS RENEW THE "SPIRIT THAT DANCES BETWEEN US"

In a visit that illustrates "the spirit that dances between us" (the sculpture created for EPES by the Trinity Lutheran Church in Owatonna, Minnesota), Rev. John and Janet Lestock, Melanie Nelson and Linnea Duffus spent ten days in Chile to renew their ties with EPES and its work. A highlight of their trip was a visit to Concepción, where they met families living in the emergency camps supported by EPES after the February 2010 earthquake. "I have heard about EPES for years but to see for myself the empowerment, pride and ownership of the women trained by EPES was very powerful and truly inspiring," said Rev. Lestock.



Members of Trinity Lutheran Church of Owatonna, MN and members of Christ the King Lutheran Church of Cary, NC visit emergency camps along the coast in southern Chile where EPES has worked since the February 2010 earthquake and tsunami.

Joining them was a delegation from Christ the King Lutheran Church (Cary, North Carolina), that included Bill Davis, Joe and Leigh Pittman, Renee Dowell, Kristen Richeson and Danielle Kosanovich. Earlier this year, members of Christ the King organized a benefit concert for EPES at their church with folk musician John McCutcheon, who is a long-term friend and supporter of EPES.



EPES founder Karen Anderson (far right) with the Chile Group of Christ the King Church in Cary, NC who organized a benefit concert in August with John McCutcheon (far left).



## THE WALK TO THE BEACH

Gracias to everyone who contributed to our Mother's Day campaign. Your donations helped supply women in coastal communities destroyed by the 2010 earthquake and tsunami with wheelbarrows and boots to help them return to work collecting, drying and selling seaweed. The women were delighted to have the tools they needed to get back to work!

## EPES SCALES UP ITS TOBACCO-FREE CHILE INITIATIVE

*The Chile Libre de Tabaco project is a first for EPES, and aims to tackle the country's most preventable cause of death – smoking.*

EPES new 18-month advocacy, education and mobilization plan to reduce Chile's smoking rates – the highest in the region – got off the ground in November following a visit from Campaign for Tobacco-Free Kids, the U.S.-based foundation that administers Bloomberg Initiative tobacco control grants.

CTFK international grant team members Dave Elseroad, Jake Palley and Bethany Bluett spent several days in meetings with leading national tobacco control activists, Health Ministry and Pan American Health Organization representatives and the EPES/Chile Libre de Tabaco staff.

The project's main objective is to build public support for a new Clean Indoor Air act that would eliminate smoking in bars, restaurants and workplaces. The EPES/Chile Libre de Tabaco team recently completed a survey of air quality in 30 venues to demonstrate the high levels of exposure to tobacco smoke and the risks this poses to the health of workers and the general public.

For more information, see the Red Chile Libre de Tabaco Facebook page or the project's website: [www.chilelibredetabaco.cl](http://www.chilelibredetabaco.cl) (both in Spanish).

Health promoters trained by EPES take to the streets to warn about the dangers of smoking.





## PILOT PROJECT TRAINS LOCAL NUTRITION PROMOTERS

*New EPES initiative will help communities combat obesity and popularity of junk foods.*

In response to rising obesity rates and associated health problems in Chile—especially among women in lower income

sectors—EPES has completed the first phase of a new project to evaluate the local policies, programs and practices that foster healthy eating and train community nutrition promoters.

Over the past six months, project leader Susana Jiles and a team of US and Chile student interns and volunteers carried out a survey of school lunch programs in the El Bosque district and interviewed parents and students about their eating habits. They also interviewed local nutritionists in public health clinics and directors of seven local public schools about obstacles to good nutrition and exercise.

The first product of this baseline survey is a new cookbook compiled by EPES featuring low-cost, nutritious meals. The team also carried out a pilot training program with 18 women from El Bosque who enjoyed both the theoretical and the practical aspects of the workshop. In the final session, they put into practice what they had learned by making a healthy lunch and several snacks. The training employed many of the wonderful educational materials donated to EPES by Learning ZoneXpress. Founder and CEO of Learning ZoneXpress, Melanie Nelson, is a long term supporter and friend of EPES and a member of the Action for Health in the Americas (AHA) board.

The long-term objective of the project is to design a module of popular education techniques—similar to those already pioneered by EPES—to form community nutrition promoters. The training course will be aimed at women in the low-income neighborhoods where EPES currently works and will focus primarily on meeting the nutrition needs of women, children and older adults.



*Nutrition workshop participants and EPES nutrition team paint educational mural.*



**EPES Nutrition Team led by Susan Jiles (left to right):** Amanda Lawrence (US intern, Master in Public Health), Valeria Cortéz (Chilean social work student), Susana Jiles (EPES nutrition project director), Pilar Zapata (Chilean social work student), Mérida Brimhall (nurse, US volunteer and participant in EPES International School 2011) and Rubi Mata (US intern, undergraduate in psychology). **Participating students not pictured in photo:** Kasie Walker (US intern, nutrition major), Brittany Judd (US intern, Latin American Studies and Master of Public Health student) and Jamaica Robinson (US intern, undergraduate in public health).



*Graduation class of first workshop of new nutrition project.*

*From US-based Learning ZoneXpress, project director Linnea Duffus (front left) and founder Melanie Nelson (front center) deliver donated educational materials to the EPES nutrition team.*



## MEMORIAL RAISES AWARENESS OF FEMICIDE



*From memorial to action: Health promoter Sonia Martínez educates the community to prevent gender violence.*

A portable memorial with the names of hundreds of Chilean women murdered by their male partners over the past 10 years has been exhibited in neighborhood street markets throughout the El Bosque district during the month of September as part of the “For me, For you, NO MORE Violence” campaign. Coordinated by EPES and the El Bosque Network Against Violence and HIV/AIDS, the campaign is preparing to mark November 25, the International Day for the Elimination of Violence against Women, with new self-help groups and a play.



*Maria Eugenia Calvin, EPES director of planning and organizer of the community-wide antiviolence campaign, reads the names and stories of the women who were killed by their partners.*



## NEVER FORGET: HUMAN RIGHTS DEFENDERS AND VICTIMS OF ABUSES HONORED BY EPES

*Ceremony and visits commemorate victims of the September 11, 1973 military coup.*

EPES was founded in the early 1980s, at a time of military rule when human rights abuse and fear touched our lives on a daily basis. EPES is committed to working to ensure that the disappearances, assassinations and torture never again occur in Chile. One way is to never forget, by honoring the victims of human rights violations and the people who work to bring them justice.

Each year, EPES and Community Health Groups Coordinating Team mark the date with a ceremony and a visit. This year, the delegation traveled to Isla de Maipo, in the farmlands outside of Santiago, to meet with the families of 15 workers “disappeared” in 1973 and whose bodies were discovered in 1978 in an abandoned kiln in nearby Lonquén. Emilio Astudillo (whose father and two brothers were killed) and Elena Muñoz de Maureira (whose husband and four sons were killed) described the long road they have traveled to establish truth and obtain justice.

The family members from Lonquén were subsequently guests of honor at a ceremony for community human rights defenders. Held in the EPES Santiago community hall with 80 people attending, EPES honored local health promoters Sonia Garcia, Sonia Martinez and Sara Donoso, Rosa Parisi (of the Sebastian Acevedo Movement against Torture) and Juan Galarce, a farm worker who suffered torture in multiple detentions.



*Emilio Astudillo, president of the Association of Relatives of the Victims of Lonquén, speaking to health promoters and EPES staff at the memorial of the “disappeared” workers.*



*Honored for their defense of human rights (left to right): Rosa Parisi, Sara Donoso, Sonia Garcia, Juan Galarce, Sonia Martínez, Karen Anderson, Rosario Castillo and Corina Maureira (with photos of her “disappeared” father and four brothers).*

## NEWS FROM THE EPES CENTER IN CONCEPCIÓN

*EPES works in Penco to improve living conditions for hundreds of families still living in emergency camps nearly two years after the earthquake destroyed their homes.*



*Health monitors learn techniques to help them relax and handle stress.*

Community health promoters belonging to the Zenobia Cerda Zapata Association, facilitated by EPES, gather in the EPES Concepción community center to learn **techniques to relieve stress** through massage, dance and mandala workshops led by local Reiki master Maria Victoria Marchant, choreographer Ingrid Alarcon and artist Ariel Huerta.

A children’s film festival, juggling and mural painting, a healthy cooking class and story telling delighted youngsters from Hualpén in a four-month program coordinated by the **Deya Health Group**, with support from EPES. Facing increasing drug trafficking in their neighborhoods, health teams work to provide positive role models and activities for young people.



*Women receive training in leadership and health.*

Some 20 members of the health and environment committees operating in the Penco camps under the guidance of EPES attended a series of **“Health, Gender and Leadership”** workshops on women’s rights, leadership, conflict resolution, community mobilization and health care.

*Health team Deya working with young people.*



## PROMINENT US POPULAR EDUCATION SPECIALIST TO TEACH IN EPES THIRD INTERNATIONAL SCHOOL IN JANUARY 2012

### *Sharing 30 Years of Work for Health and a Dignified Life: Course on Participatory and Community Strategies in Health*

With over 20 years of experience in applying and conducting research in popular education, Dr. Noelle Wiggins, founder and director of the Community Capacitation Center, of the Multnomah County, Oregon, Health Department, will be in Chile to participate as a teacher in EPES Third International School on Popular Education in Health 2012.

In the mid 1980s, Wiggins, who holds a Masters in Health and Social Behavior Sciences from Harvard University School of Public Health, employed popular education strategies to train rural health care workers in areas of strife such as El Salvador. In the 1990s, she directed a health advocacy program for immigrants and agricultural workers in Oregon.

Co-sponsored by the University of Chile School of Public Health, the International School of Popular Education in Health will be held in the cities of Santiago and Concepción January 3-14, 2012.

## SAVE THE DATE You are invited! EPES 30<sup>th</sup> Anniversary 1982-2012

*Please come help us celebrate EPES' 30 years working for health, justice and dignity! The support and accompaniment of so many friends of EPES has made this journey possible. Please join us next November 2012 to reflect on these 30 years and to celebrate.*

**Dates:** *Saturday November 17, 2012  
to Saturday November 24, 2012*

**Where:** *Santiago and Concepción, Chile*



*More information coming soon. See EPES website [www.epes.cl](http://www.epes.cl)*

*EPES was created in 1982 to promote health with dignity for the poor through empowerment, mobilization and collective action. It began as a program of the Evangelical Lutheran Church in Chile (IELCH) and maintains close ties nationally and internationally with the Lutheran church and is an ELCA Global Mission supported ministry. EPES became an independent, non-profit Chilean foundation in 2002.*

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Learn about other EPES activities: [www.epes.cl](http://www.epes.cl) or at Action for Health in the Americas (AHA): [www.actionforhealth.org](http://www.actionforhealth.org)



### THE EPES TEAM

#### Founder

**Karen Anderson**, Director of the EPES International Training Course, ELCA Global Mission in Chile

#### Board of Directors

**Ricardo Barra**, biochemist, Director of the Environmental Science Department, University of Concepción

**Jaime Bravo**, economist, GESTRA Consultores Ltda.

**Pamela Eguiguren**, midwife, faculty member, University of Chile, School of Public Health

**Hanni Grunpeter**, nurse, public health specialist, formerly with the Ministry of Health.

**Rev. Oscar Sanhueza**, Lutheran pastor Comunidad San Pedro, Coronel and Comunidad Vida Nueva, Chiguayante, Evangelical Lutheran Church in Chile Synod Council

**Jorge Olivares**, librarian. EPES staff representative.

#### Executive Committee

**Rosario Castillo**, NGO management, Bolivariana University; EPES Executive Director

**Dr. Lautaro López**, physician, University of Concepción; Director of EPES Concepción Center

**María Eugenia Calvin**, social worker, University of Chile; EPES Director of Planning

**Virginia Norambuena**, sociologist/historian, University of Concepción; health educator, EPES Concepción Center

**Sonia Covarrubias**, social worker, Catholic University; health educator, EPES Santiago

#### Administration/Education

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**María Teresa Fuentealba**, secretary  
**Jorge Olivares**, librarian  
**Héctor Reyes**, office manager

##### CONCEPCIÓN

**Sandra Castañeda**, health educator  
**Maritza Provoste**, administrative assistant

### SUPPORT EPES

To give to EPES, **donate online at [www.actionforhealth.org](http://www.actionforhealth.org)**, or send your tax-deductible contribution to:

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Clifton Park, NY 12065-2744 USA

*Make checks payable to "Action for Health in the Americas"*