

CASA GALLINA

CULTURA · COMUNIDAD · MEDIO AMBIENTE

NEWSLETTER JUNE - AUGUST 2020



Live broadcast of Nature Detectives: A Children's Summer Course on Biodiversity.

June, July and August of 2020 have presented a valuable challenge for Casa Gallina on how to evolve when faced with the impossibility of developing in-person activities. The quarter consisted of redesigning and implementing a program that offered, under confined conditions, ways to transcend the screen and contribute to human interaction even from a distance.

We sought to enable exchange that enriches the well-being of the community and encourages the sharing of knowledge. To achieve this, the program's activities mutated into hybrid formats that provide courses, workshops and conversations on digital platforms but are supported by the delivery of kits that contain the necessary materials.

This period has allowed us to nurture our alliances with peer organizations and actors from other territories through the distribution of digital and printed narratives generated by Casa Gallina. A [Facebook group](#) was created particularly for this purpose and it serves as a space for dialogue and the development of community alliances with related organizations.



Online workshop *Urban Agriculture in Confined Spaces* with Camilo Pérez.

Programs

Casa Gallina's quarterly program was structured around the following strategies:

Biocultural Diversity



Delivery of material kits for *Nature Detectives: A Children's Summer Course on Biodiversity*.

The 45 participants in **Nature Detectives: A Children's Summer Course on Biodiversity** received kits containing the materials that meant they could undertake the activities at home. The course promotes interaction with the immediate environment found within the home. Through video calls, audiovisual material and a workbook, each session promoted observation, research and creativity skills, as well as dialogue among peers. The course also included the [*Manual of How to Explore the World Without Leaving Home*](#), a publication previously developed by Casa Gallina.



Book: *Constellations: A Manual for Collective Mapping* in Spanish, Wixárika, Purépecha, Ombeayiüts and Tsotsil.

The distribution of the book ***Constellations: A Manual for Collective Mapping*** continued. This book, published by Casa Gallina in Spanish, Wixárika, Purépecha, Ombeayiüts and Tsotsil, has been delivered to 19 civil organizations in communities based in Oaxaca, Chiapas, Jalisco, Nayarit, Yucatán, Tlaxcala, the State of Mexico, Michoacán, Guerrero, Tabasco and Puebla.

Nutrition and Resilience: Responsible Consumption and Environmental Empathy



Live broadcast of *Casa Gallina Vegetable Garden with Dante Aguilar.*

Weekly Facebook Live broadcasts from the Casa Gallina vegetable garden present the horticulturist Dante Aguilar sharing his knowledge on the care of urban gardens.

The online workshop **Urban Agriculture in Confined Spaces** was held. Seventeen neighbors were guided by the horticulturist and architect Alonso Camilo Pérez in how to plant vegetables at home according to the principles of permaculture.



Tips for Healthy, Quick and Inexpensive Cooking with chef Lizbeth Maximino
boradcasted by Facebook Live.

Specialist Miguel Iwadare talked to a group of neighbors about the challenges of cooking inexpensive and nutritious food during quarantine at the **Smart Cooking Club**. According to the concerns expressed by the participants, the Facebook Live transmission **Tips for Healthy, Quick and Inexpensive Cooking** was organized, where the neighbor and cook Lizbeth Maximino shared her methods for making the conservation of delicate foods more efficient.

Community Resilience: Tools and Networks During Physical Distancing



Facebook Live transmission *How Do I Deal with the Emotions that Confinement Leaves Me Feeling?* with psychologist Sharon Kababie.

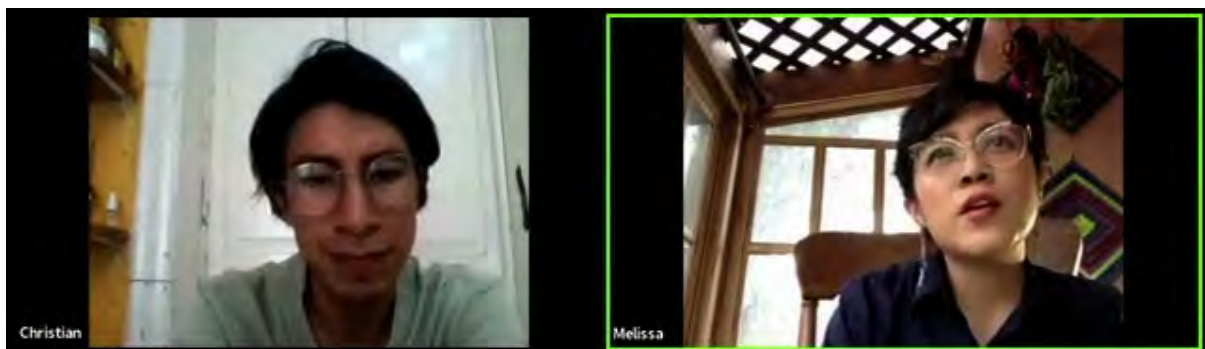
A [**Mini-guide on Self-care and Mental Health**](#) was created, which includes advice from expert psychologists, recommendations from international institutions, and practical exercises for mental health and self-care during confinement.

To better understand these issues, the Facebook Live transmission **How Do I Deal with the Emotions that Confinement Leaves Me Feeling?** was organized with the psychotherapist Sharon Kababie, who shared techniques for recognizing and expressing emotions, self-care and prevention, as well as the transition to the “new normal.”



Talk *Preventive Health in Our Daily Habits* with Piedad Ramírez.

Piedad Ramírez from the Tetlcalli Casa de Piedra Co-operative spoke about eating habits that help to maintain good health and prevent disease in the talk **Preventive Health in Our Daily Habits**.



Talk with documentary director Melissa Elizondo, director of *El Sembrador*.

As part of the activities to recover the neighborhood film club, two talks with documentary directors were organized. In the first, Melissa Elizondo, director of *El sembrador* (The Sower), spoke with neighbor Christian Rojas about educational methodologies in indigenous communities. In the second, Daniela Uribe, director of *Ermitaños* (Hermits), talked about the topics her documentary covers that can be seen as relevant to the residents of Santa María la Ribera: the precariousness of housing, confinement and the role of pets in the daily life of the neighborhood.

For more details about the program we invite you to visit the website www.casagallina.org.mx and become a friend at [Facebook Casa Gallina](https://www.facebook.com/CasaGallina).