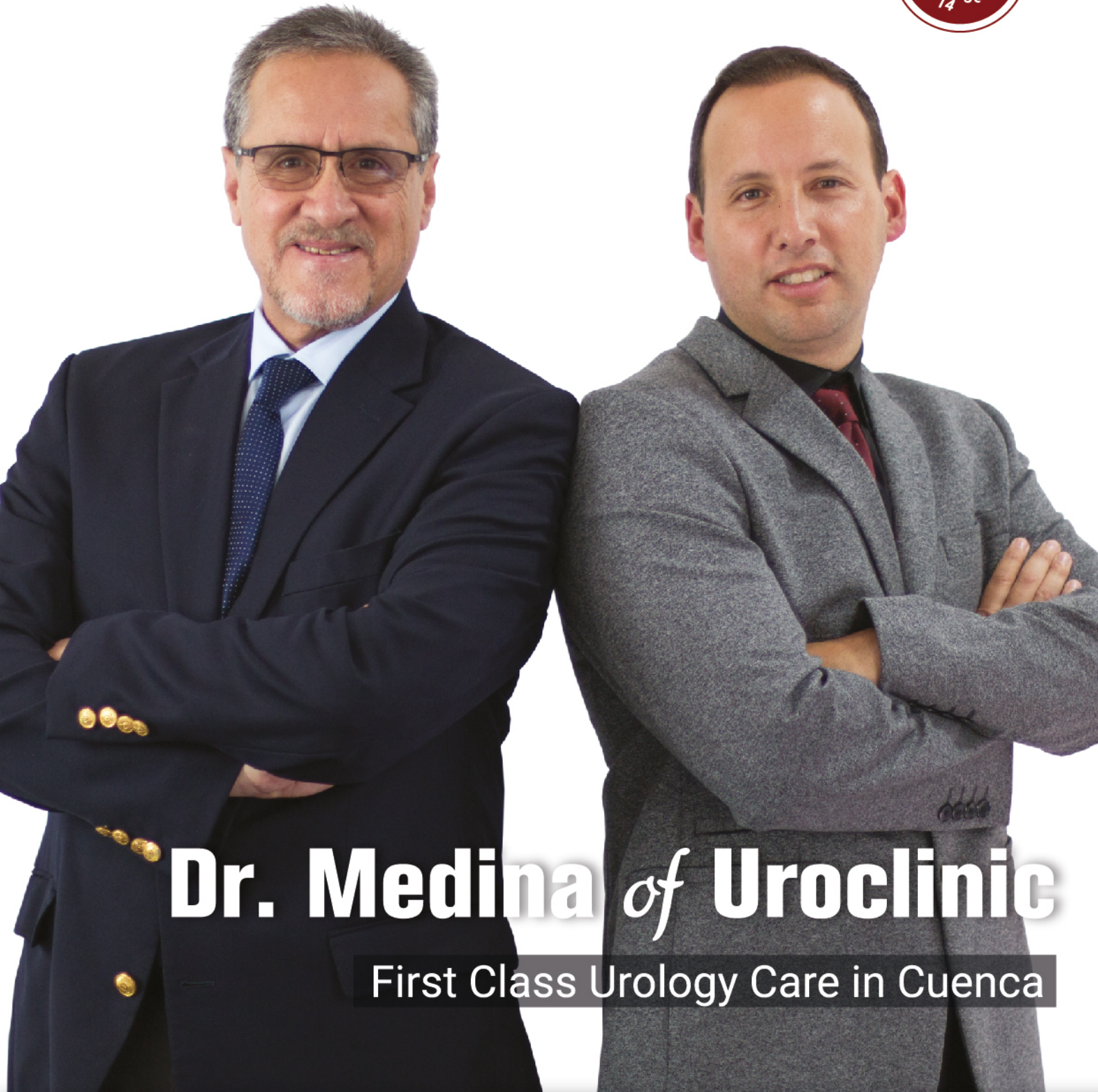


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Dr. Medina of Uroclinic

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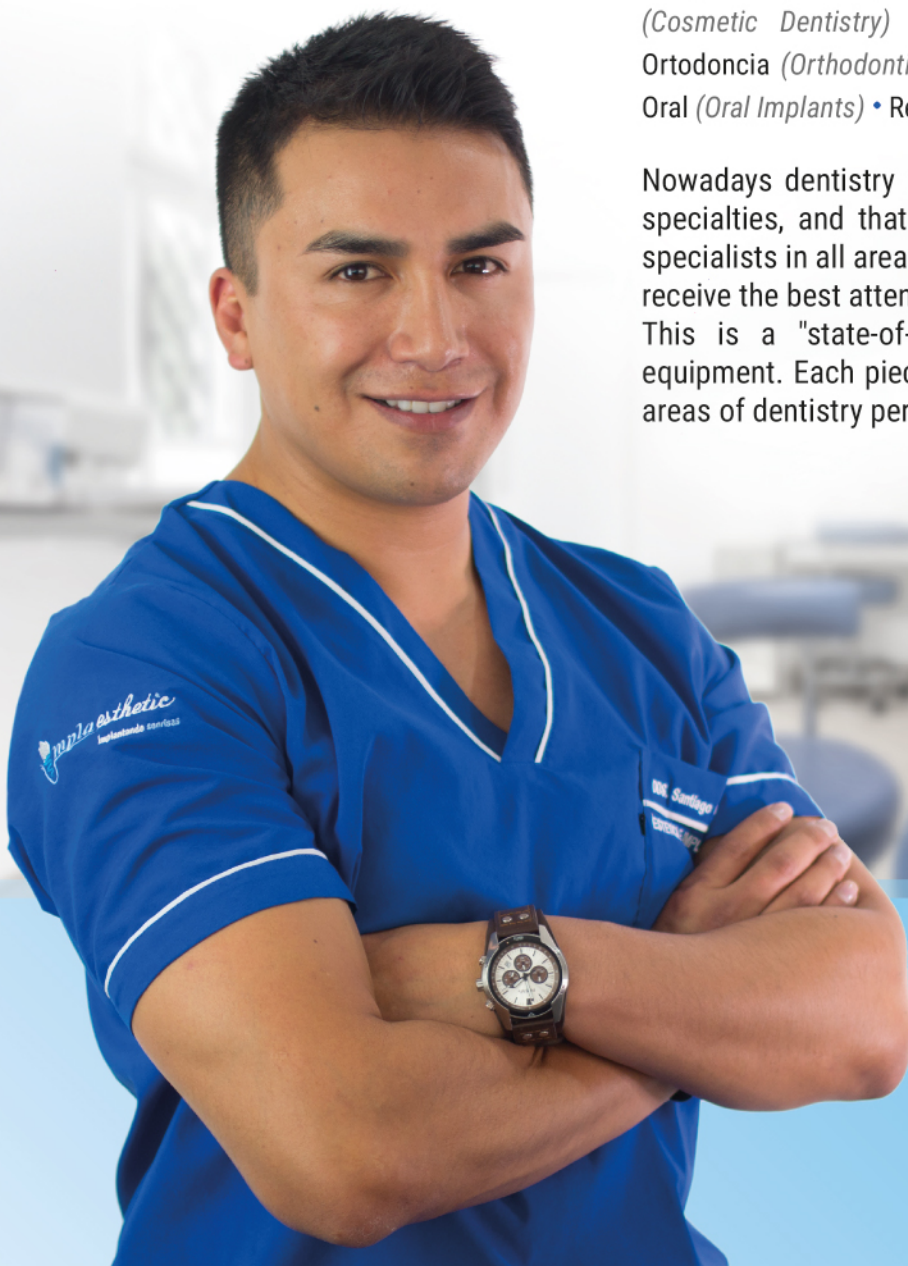
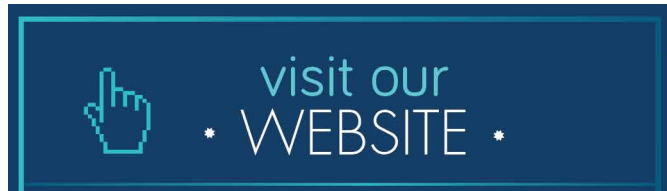


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PUBLISHER'S LETTER



Hello, Everyone!

We have made it into the fall here in the Southern Hemisphere. Yes, there has been some rain but also some gorgeous sunny days, and, when it does rain, the rainbows are spectacular! Thank you, all, so much. For what you ask? The response from all of you for nominations for the Governor's Expat Humanitarian Award has been fantastic! As a matter of fact, over 200 expats have been nominated. So many of you are giving back to the community—giving financially and of your time. It is estimated that over 8,000 Ecuadorians have been impacted by the charitable works and donations of Cuenca expats.

I've had a chance to read about some of the awesome things that have been done by those nominated. It warms my heart to know that so many understand living in Cuenca is a gift, and, as we've received such a great gift, there is an incredible opportunity to give back—to be a blessing! In the next issue of Cuenca Expat Magazine, we will put the list of all these wonderful nominees who will be invited by the governor to a private award event later in May. This award is for those living in Azuay, but that isn't the only place expats are being a blessing. All over Ecuador, expats are pitching in to make their adopted home a better place to live for those less fortunate and with a variety of needs.

I think you'll enjoy reading about an awesome couple who has made a huge impact on the coast in a small town just south of Montañita. Please see pages 20 to 23.

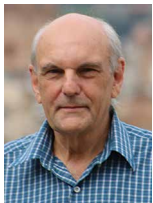
One last thing, we here at CEM are working with the US State Department to bring important news and information to all US Citizens. The Bulletin is located on page 24. You don't want to miss this.

Don't forget you can not only pick up CEM at all the normal locations, but it is now available at the Supermaxi El Vergel.

Blessings to all!

Brian Gary / musodude@gmail.com

CONTRIBUTORS



John Keeble has been writing for more than half a century. Today he uses his experience in writing, photography, and videography as a media volunteer helping NGOs and individuals to present their causes to the wider public. In 2016 he came to Ecuador for a year of writing and photography but soon became involved with an animal rescue team after the earthquake caused massive damage along the coast.

Contact: john.keeble2712@yahoo.co.uk
His latest novel, Beyond Extinction, is free at: <https://www.smashwords.com/books/view/778594> or for purchase on Amazon



Henry Noel is a retired aerospace engineer turned acupuncturist/spiritual healer and teacher. Having transitioned from outer-space to inner-space he maintains a transitional website, www.waken2017.com, dedicated to guiding those seeking a better understanding of themselves and the world we live in. With his wife Rita, traveling has become a hobby.



Theo Venter is one part agriculturalist, two parts rugby player, one part teacher and half part carpenter. Rumor is he once got lost in the Kalahari, shared a meal with the prince of Tonga, took a tumble down the Scottish highlands, farmed with rabbits on his balcony in China, but, more interestingly, he is married to the founder of #YEES, Sanja-Rika.

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Goat Parmesan Cheese

Its storage is a minimum of 12 months and a maximum of 36 months. In special cases, cheeses are stored up to 80 or 120 months. The goat parmesan cheese is an accompaniment not only for soups or pasta dishes, but it is also an excellent cheese for dessert—especially when it's young. In Italy, it is served diced up and accompanied with figs or pears, or it can be diced up into small pieces and eaten as an appetizer.

Bene Placito is an American-Jewish bakery and cake shop. It caters to mainly expats that reside in the city of Cuenca, Ecuador. Bene Placito provides a variety of mature and fresh cheeses imported from different parts of Europe. It also offers wines and, of course, the famous Dill Pickles (olives, eggplant, etc.). Bene Placito is also known for its famous bagels.

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  Photograph by Luis Nieto



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Association

Dr. José Medina Machuca - *Urologist* and his son
Dr. Xavier Medina Coello - *Psycho-oncology*

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Dr. Medina of Uroclinic

First Class Urology Care in Cuenca

By Henry Noel - Photographs by Nathalie Duffau, Luis Nieto

Urology is a specialty in western medicine focusing on the male and female urinary system and male reproductive system. The organs and tissues involved are kidneys, adrenal glands, ureters, urinary bladder, and urethra. And the male reproductive organs are testes, epididymis, vas deferens, seminal vesicles, prostate, and penis. When issues arise involving the urinary and reproductive systems, the importance in having a top-notch doctor to treat these issues is so very important.

Uroclinic (Clínica de Urología), owned and operated by Dr. José Alejandro Medina Machuca, is located at Inés Salcedo 1-103 y Agustín Cueva (on the corner across from the Clínica Santa Inés Emergency Room). Uroclinic is a “day clinic” as most surgeries are now laparoscopic with minimal recovery times. If over-night recovery is required, Uroclinic has beds in its facility (most for 24- to 48-hour stays). The clinic’s major benefit versus a hospital is urological expertise. Uroclinic specializes in urology, nothing else. The staff can diagnose and treat all urology conditions at the clinic. The services provided are ambulatory surgery, urological diagnostic studies, and urological disease treatments. Conditions treated include kidney/bladder/ureteral stones, kidney disease, prostate/kidney/bladder/urogenital cancer, erectile dysfunction, congenital abnormalities and reconstruction, and feminine incontinence.

Dr. Medina has been in practice since 1980, has performed over 10,000 surgeries, and has operated on over 100 expats. He is a member of the American Urological Association of the United States (AUA), member of International Society of Urology (SIU), and has been awarded many certificates for state-of-the-art diagnostic techniques and advancements in treatments and patient care. He has also held the position of president of the Ecuadorian Urological Association and is a member of various associations. He also represented Ecuador in the international arena for urology and has been internationally recognized for developing his own technique for treating a condition called “priapism.” Priapism is a very painful permanent erectile dysfunction without sexual excitement. The treatment involved the development of a tiny needle containing holes that transferred the blood from one penial chamber to another easily eliminating the condition. Dr. Medina served as chief of the urological department at the José Carrasco Arteaga Hospital (IESS hospital) where his team performed the first kidney transplant and 50 subsequent transplants.

Dr. Medina is proud of his staff and proud of the university and hospital training received abroad. Uroclinic’s staff is comprised of a total of 15 people including medical associates and nurses. Because the urology specialization training was studied abroad, Uroclinic boasts the most modern urological equipment and technology and highest qualified specialists. From the psychological welfare of his patients to the most delicate of surgeries, Dr. Medina



Uroclinic: Dr. Medina and assistant in surgery room

and his staff emphasize the importance of the doctor-patient relationship in providing successful treatments and attaining desired results.

Dr. Medina realized early on that being able to perform these delicate surgeries was only a small part of the overall care a patient required. The physical sensitivity of the area involved and the emotional distress associated with the conditions his patients suffer required a different approach. Dr. Medina realized the importance of a “total patient approach.” He recognized being an excellent surgeon wasn’t enough as there is a psychological element that played a very important role in his patients’ successful recovery. He realized that these patients’ conditions weren’t only physical. Emotional comfort played a major role in a patient’s recovery.

“Caring for the psychological state of our patients who are suffering from their disease is critical. For this, we maintain our psychology department, sub-specialized abroad, to provide support and pre- and post-operative counseling to our patients, as well as support to their relatives and loved ones when necessary.”

Dr. Medina has two sons who followed him into the medical profession. “In today’s world, medicine needs teamwork. That is why I work with another doctor. My son Dr. José Medina Coello is also a urologist with a specialization in urological cancer. My other son Dr. Esteban Xavier Medina Coello is a psychologist. He focuses on the emotional well-being and recovery of cancer patients and their relatives.

When asked of what accomplishments he is most proud, Dr. Medina replied, “Completing my cycle as a medical professional after having done so much and leaving my kids as the future generation to keep working on urology after me (legacy). The satisfaction of having saved many lives and helped many people. Receiving the recognition I have earned in my career since 1980–38 years now.” About Uroclinic Dr. Medina says, “We offer excellent service; we have a lot of experience; we are updated and have excellent equipment, and we can solve all types of urological problems. The treatment is modern and we use state-of-the-art equipment.”

In reply to the question “What other conditions do you treat?” Dr. Medina emphatically answered, “We treat malignant and benign urological diseases in men and women, congenital diseases, urinary problems, prostate problems, kidney problems, and kidney stones. We have every technology in

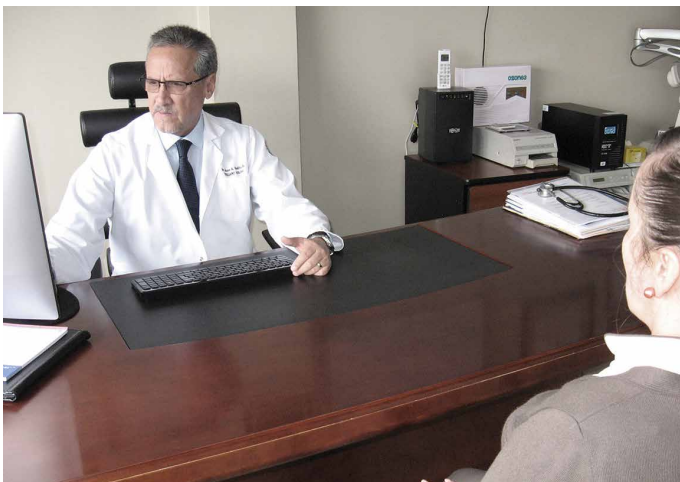
the world for the clearing bladder, kidney and ureteral stones. For clearing stones, we utilize extracorporeal piezoelectric lithotripsy (EPL), intracorporeal ureteroscopy lithotripsy, flexible ureteroscopy with Holmium laser endoscopic lithotripsy, and percutaneous lithotripsy.

We correct erectile dysfunction according to its etiology, hormone replacement, or use of intracavernous vasoactive substances, or surgical treatment with placement of inflatable or malleable prostheses according to each case. We also treat premature ejaculation and other male sexual disorders.

Uroclinic is a state-of-the-art urological clinic dedicated to the diagnosis and treatment of urological diseases and conditions. Its dedicated, internationally trained, and highly qualified staff interact with their patients on a holistic level—understanding the condition is only a part of the patient. How the patient relate to the condition is just as important as the treatment.



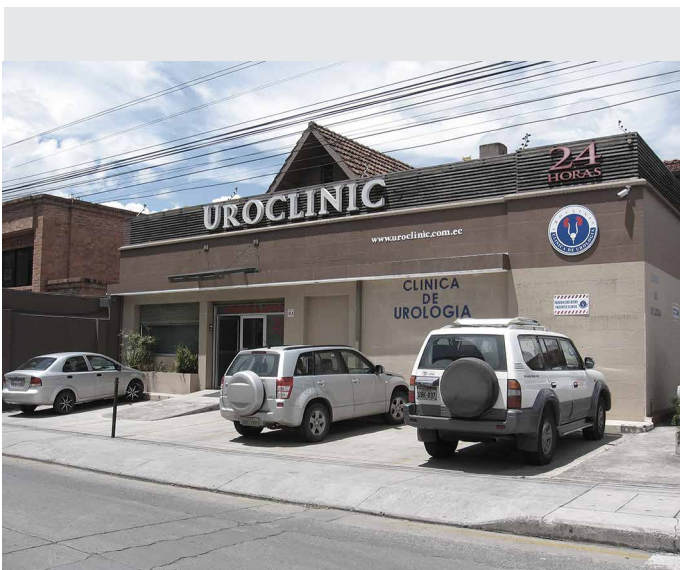
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Lynne & Ed Nadeau



Many expats may recognize Lynne as the smooth singer of Patsy Cline tunes in various hotels and restaurants in Cuenca. Others may remember her husband, Ed, who accompanies her to most performances, and who is one of her biggest fans. Together, the couple sings some high praises for Cuenca, their city, and home abroad.

Where did you live before moving to Cuenca?

L: Montreal, Quebec.

E: In Canada.

What did you do before moving to Cuenca?

L: I worked in the Travel Industry for 30 plus years.

E: I was the Owner of Marine Crew Management Company

What were your family and friends' reactions when you told them you were moving to Ecuador?

L: Go for it.

E: Where?

How long have you been here?

L: We are into our 4th year.

When and why did you start thinking about living overseas?

L: We started thinking about it in 2010....after a particularly harsh winter.

E: When I was sent on a trade mission to Panama by my Provincial Government in 2010.

Why Ecuador and specifically Cuenca?

L: Ed did the research and narrowed it down to three countries - Panama, Costa Rica and Ecuador. Ecuador won!

E: It was one of three countries researched. We chose Cuenca after exploratory trips in 2012 and 2013.

What do you like to do for fun?

L: I read, I cook, I sing (Musical Memories with Lyn).

E: Travelling various parts of the country, and dinner with friends.

What are your favorite things about Cuenca?

L: I am still amazed by the mountains every day. I love the fresh produce, the markets, the fact that I can sleep with my windows open 24/7, my good friends, the amazing art, the list goes on and on...

E: Parks, culture, the arts, etc.

What events or activities do you recommend for newcomers to meet new friends?

L: Well, try to take advantage of all the activities that Cuenca offers. Get to know the city. Going to Joe's Secret Garden is always a great way to meet new people. Try your hand at the various courses that are advertised, and there are many fun choices to try!

E: Try to find out where expats hang out. Also news blogs, various cultural groups, workshops, etc.

What's your favorite way to spend a day here?

L: It depends on the day.

E: Day trips to various towns and events.

What, if anything, do you miss most from "back home"?

L: Fall colours.

E: Fall season, and the turning of the leaves.

Are you completely retired? Do you work from here? If so, what type of work?

L: I sing here and there.

E: I'm mostly retired, however, I'm researching a possible business opportunity.

Do you have any advice for people planning to move here?

L: Yes, do your research. Come for a visit before making that huge decision.

E: Do your homework, and research, research!

Do you have anything to share with newcomers to Cuenca?

L: Try not to get too frustrated, pack a few warm sweaters and a set of flannel sheets.

E: Try to learn some Spanish before arriving. It will give you a certain amount of confidence to be able to deal with the culture & bureaucracy.





Always a fun time with live music at Common Grounds.
See Facebook for new hours.

Photographs Courtesy of Cuenca Expats Magazine

Expats in



Steve and Steve



Common Grounds staff and Paco Blues band



Roger and Cari



New owners Cristian and Orlando



Rock Stone band



Johnson

YEES (Young Expats and English Speakers) members enjoy a night of fun and beer tasting at the new Cuatro Rios Beer Garden

Photographs Courtesy of Cuenca Expats Magazine



the News



Cuatro Rios owners, Edy, Karina, and staff welcome you to come try their Artisan Beer



Liza is a "host sister" to Karin



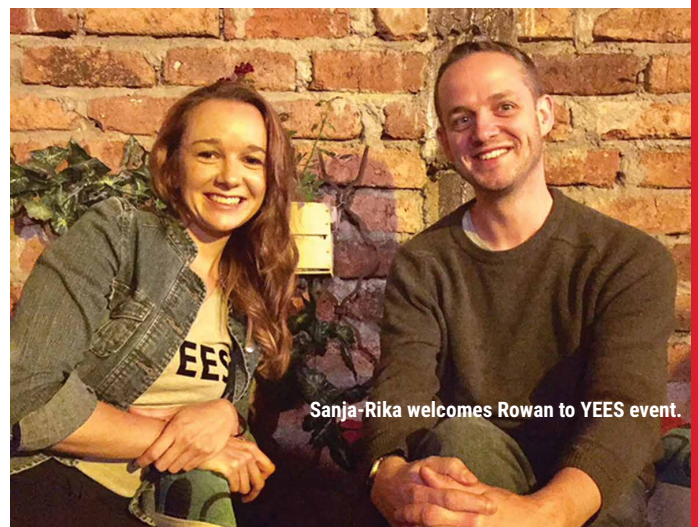
Jennifer and Vinicio enjoying a night out



Alina, Drew, and Sara share stories.



YEES guests meet each other.



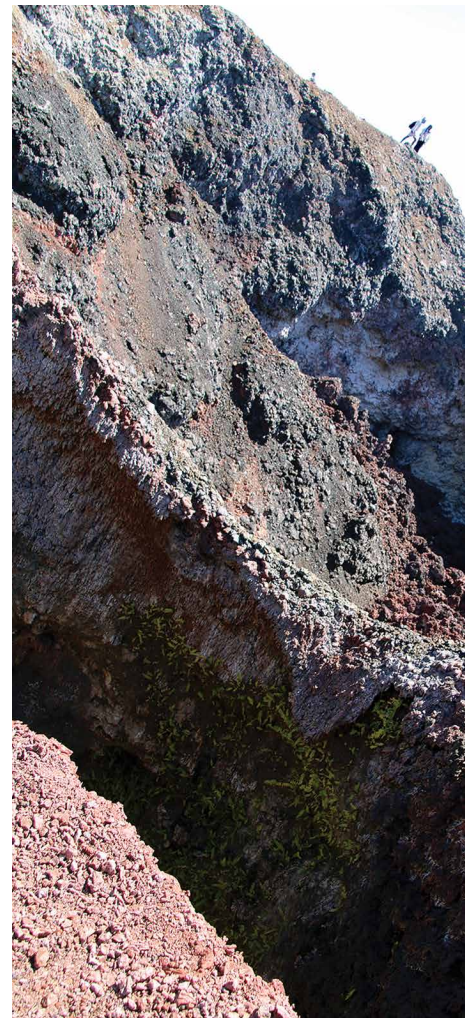
Sanja-Rika welcomes Rowan to YEES event.

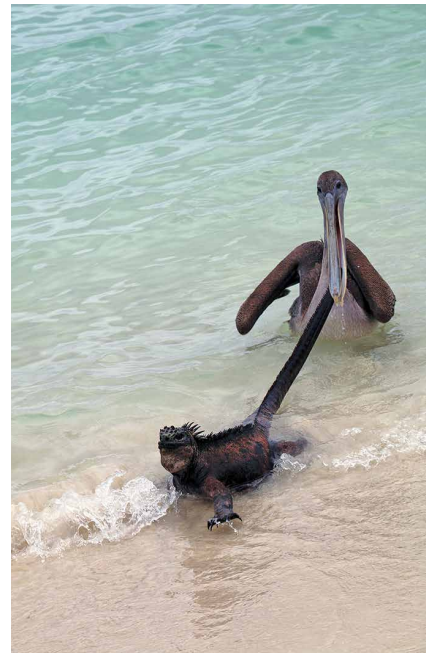


PHOTO ESSAY

Galápagos Islands

Photographs by
John Keeble







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presents



Pastry of the Month

Carrot Cake

Photograph by Luis Nieto

It's a sweet cake with crushed carrots mixed in the dough. The carrots are softened in the cooking process, and the cake usually has a dense and soft texture. The carrots make the taste, texture and appearance of the cake a lot better. In some cases, roasted nuts are added to the dough mixture.

Bene Placito is an American-Jewish bakery and cake shop. It is directed mainly expats that reside in the city of Cuenca, Ecuador.

Bene Placito provides a variety of mature and fresh cheeses imported from different parts of Europe. It also offers wines and of course the famous Dill Pickles (olives, eggplant, etc.). Bene Placito is also known for its' famous bagels.

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YEES: The New Kid on the Block

By Theo Venter - Photographs Courtesy of YEES

The vibe is magnetising in the small restaurant downtown, as around 25 people from all over the globe laugh and chat the night away in English, Spanish and even more languages from homelands that have been traded for the beauty and charm of Cuenca. This is just the second language exchange organized by a new kid on the block, YEES (Young Expats and English Speakers), a group aimed at bringing together locals and expats by overcoming the language barrier.

When Sanja-Rika Venter arrived in Cuenca, she fell in love with one of the best cities for remote workers, and like many other young expats that call Cuenca their home, she wanted to meet more people and, of course, learn the ins and outs from the locals. Therefore, she and Miryam-Alexandra Mihajlovic created the group on June 30, 2017, which has already grown to around 270 members. There is a great mix of expats and locals (see figure 1) in the group and although most expats are trying hard to learn the difference between embarazada and avergonzada the main mode of communication is still English. Although the group is called Young Expats

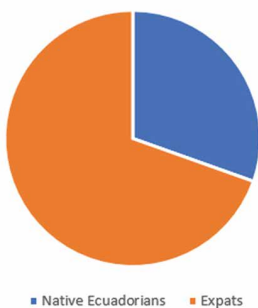
and English Speakers, it is an all-inclusive group. As there are already many groups in Cuenca specifically for retirees, most of the members in this group work locally or remotely, and activities are planned to accommodate their interests and schedules.

Miryam-Alexandra and Sanja-Rika plan and organize all the activities. The first meet-up was held just two weeks after the group was created and around 30 people celebrated and made new friends into early Sunday morning with a good beer in hand. The group tries to host at least one big weekend event per month as well as weekly activities, which currently are the language exchange at the locally owned El Salón and a pub quiz at Cactus bar. Also, only a few weeks ago, a trip to Yunguilla was organized for a YEES weekend away.

Anyone interested in joining the group, or those interested in hosting an event, should check out the Facebook page, #YEES (Young expats and English Speakers Cuenca) or contact Sanja-Rika at sanjarika.venter@outlook.com or Miryam-Alexandra Mihajlovic at miryamalexandram@gmail.com.



YEES member ratio





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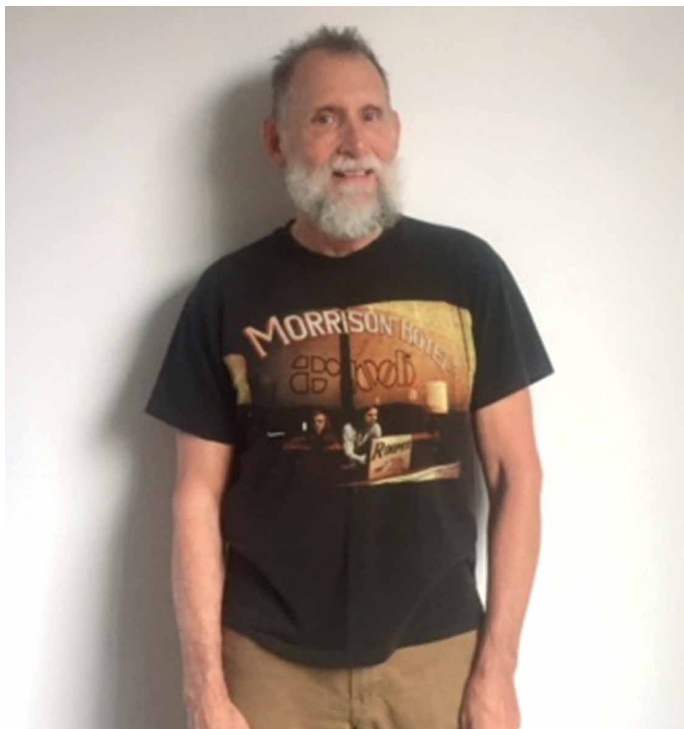
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- Michael M. Stultz -



Born and raised in Louisville, Kentucky, Baby Boomer Michael M. Stultz received his formative education in the Catholic school system. Four years spent at a private Quaker college in Ohio during the Viet Nam years pretty much "undid all of that damage." He and his life partner, Paul Marquis, who met in Detroit in 1978, were married January 6, 2015. "Obsessed" with music since his earliest recollection, he began his involvement in radio broadcasting in early retirement.

Where was the last place you lived before moving to Cuenca?
Sarasota, Florida.

Why Cuenca?

#1: Because it inspires and challenges me on myriad levels.
#2: Cost of Living.

If retired, what was your profession before you retired?

Salon owner for 20 years. Writer and book publisher for 10.

What's the magic formula for success?

Depending on how one defines success, I would say belief in self, determination, and perseverance.

Do you make friends easily?

Not really, but the friends I have made are the real McCoy.

If you could star in a re-make of a classic film, who would you want to play?

I'm no longer "ready for my close-up," Mr. DeMille!

How do you maintain a good mental attitude?

Staying ahead of curves, striking a balance between responsibility and pleasure, plus regular physical exercise.

What are you most passionate about?

Right now, my radio show at "Cuenca's oldest and most progressive radio venue," Antena Uno, 90.5 FM! "Digital Themes" airs every Sunday morning from 10:00 AM to Noon and is rebroadcast every Thursday from 8:00 PM - 10:00 PM.

What accomplishment in your life are you most proud of?

My 40-year marriage.

If you could be a superhero what would you want your super-powers to be?

To quote Tina Turner: "We Don't Need Another Hero."

If someone wrote a biography about you, what do you think the title should be?

"The Upside of Misanthropy."

How would you describe yourself in three words?

"Me, Myself, I" (or maybe) "Oh - My - God."

What do you do for exercise?

Ran for many years, but to preserve my knees, I switched to speed walking. Also weights at "Gorila Gym." (that's not a misspelling, btw.)

If you could go on a cross country trip with anyone (living or dead) who would it be and why?

Again, that would have to be my husband because he's the only one who really knows how to deal with my "stand-up tragedy routine" without resorting to uncomfortable, tongue-tied laughter.

What song best describes you?

The Doors' "People Are Strange".

What are you reading lately?

Recently stopped reading "Moby Dick" about half-way through, having given it the ol' college try. Just received James Joyce's "Ulysses" from a friend. It's staring at me from a shelf across the room.

Who is your favorite author and why?

Probably William Faulkner because the perverse world he creates so vividly makes my own existence seem like a sparkling musical comedy by comparison!

How would you describe yourself in three words?

Oh... My... God...



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Chief Fabiano thought of this pizza dish when he was visiting with Mexican chefs in California. The idea was to fuse tacos and pizza. It's a complete hit every time we've served it. Not on the regular menu yet, but available in April.

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Helping Hands Paint A Bright Future

Expats and Village Leaders Give Community New Hope
As A Wedding Destination

By John Keeble - Photographs by John Keeble



The color of dreams. La Entrada's new church and sea front



The color of dreams. La Entrada's new church and sea front

A quiet revolution led by determined young Ecuadorians and two American seniors is changing the face of the country's coastline.

It started in the tiny village of La Entrada, a few miles north of Montañita, with a warm leadership partnership between the 26-year-old village leader, his team, and expat bed & breakfast owners Shell and Marsha Spivey.

The Spiveys, the inspirational minds behind the project to turn the struggling village into a successful weddings and arts venue, conceived the idea of painting the whole village in bright colors and designing the new seafront church as a weddings destination.

"Just painting the houses has brought the community together and raised everyone's self-esteem," said community president Armando Asunción. *"Our goal is to have a village full of color, full of arts and full of tourists. It is definitely possible."*

A slow start to the repairing and painting project accelerated as local people saw the plan in action. Donations are providing the materials and the 850 inhabitants are doing the work on the village's 128 homes and businesses. A third of the structures are finished or nearing completion and others are following.

"I want a better life for the village," said Señor Asunción. *"There is not enough here for the people. They rely on fishing and agriculture – if the season is bad, they do not have enough."*

Outsiders have noticed the change in La Entrada too, and other villages along the coast are copying. *"We are proud to be the first,"* added Señor Asunción. *"In five years it will be all through the province."*

Other villages have not been able to follow La Entrada's success in repairing and painting every wall. And brides have



Marsha and Shell Spivey with their project 'plan' by the new church



Community leader Armando Asuncion inspecting his 'renewed' village

to look worldwide to find wedding chapels as beautiful as Iglesia de La Entrada church, which enchants with an ocean backdrop for the ceremony.

The community's first efforts to build a new church stopped abruptly when the earthquake of 2016 struck. **"It changed everything,"** said Shell. **"Tourism went to nothing, donations for the new church went away. It was very bleak."**

Village leaders called to ask for a donation from the Spiveys, who bought a beachside house in 2011 and rebuilt it as Villa de los Sueños, one of the best bed and breakfast places in Ecuador. They said they would help if the church could be an economic, as well as spiritual, benefit to the village.

Shell, a former US bank president, and Marsha, a retired accountant, brought their research and organisational minds into play and came up with a plan. The bright young community leaders saw the potential and the project began to grow.

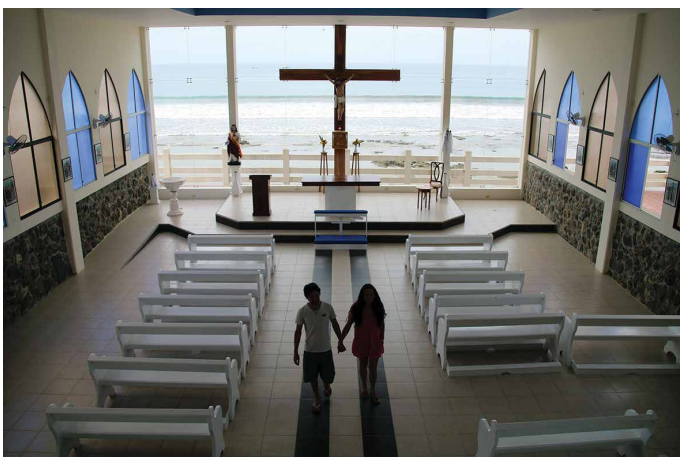


Repairs are part of the plan to colorize the village

The provincial government of Santa Elena agreed to finance the church but later said there was not enough money for glass on the ocean side. **"I told a meeting that God wanted a glass front,"** said Shell. **"The contractor said that God needed to come up with the money for it. We raised it with a crowd-funding appeal."**

The repairs and painting project followed, with donations and generous discounts from paint suppliers... then the village murals program, led by local artists Darwin Ruiz and Gabriela Viviana Peñafiel... then plans to increase small businesses to serve visitors... and then grassroots inspiration and training of villagers to earn income from arts, crafts and tourism. In addition, the village office is being extensively renovated, infrastructure and street lighting improved and new constructions undertaken.

"We have the potential to totally change our way of life but to stay within our roots," said Benito Pincay, community vice



The future of La Entrada rests on the new church becoming a wedding destination



Artists Darwin Ruiz and Gaby Viviana Peñafiel with one of their creations

president and, as a regionally regarded baker, La Entrada's most successful entrepreneur. ***"It is something for the whole village."***

Young people who now have to move away to find work will be able to stay in the community with tourist jobs available. ***"Not many La Entrada children complete their education, and work opportunities are limited to fishing and a few family-run shops,"*** said Marsha. ***"Parents want to build a better future for the next generation."***

Darwin, the artist, is painting murals and overseeing other artists invited to join the project. ***"It is a way to make the village colorful and keep alive the culture of the people,"*** he said.

The community's oldest resident, Bartola Granado, is a firm supporter of the project and a symbol of the village traditions. ***"It is good for the village,"*** she said at her newly-painted home near the



caption

church. On the main road, her picture glows down on passers-by as she holds out two oranges, the main crop of the area.

For Shell and Marsha, the project has become a highpoint of their retirement. ***"We feel we are doing something very significant,"*** said Shell. ***"The people here impressed us more than anything else. We decided we wanted to help the village in any way possible."***

Cuenca expat Tonia Gould has been visiting Villa de los Sueños and La Entrada over the past two years. She commented: ***"There has been a dramatic change in the village. The people have gained confidence and pride. That's what Shell and Marsha have done for them. It's incredible."***

Another visitor, Maureen Deibert, staying at Villa de los Sueños with her husband John, said: ***"It's uplifting to see what the people have done. The church is so beautiful. I can see why any bride would like to have her wedding in it."***



Community consultation with Marsha Spivey (right)



Bartolla as a symbol of the village and as herself

Shell said: *"All our visitors are impressed with what the community has achieved and many are moved to give donations to the project."*

"We are making sure of quality as well as appearance. Every side of every home is being plastered and sealed before it is painted. This plaster is made of cement and sand. It is a very time-consuming process but the result is that the paint will last much longer. Once completed, we will probably be the only community in Ecuador where every home is painted on all sides."

"We need your help with donations. We have to find approximately \$25,000 to complete what is a life-changing project for the people of La Entrada and for future generations."



caption

LINKS

Project crowdfunding:

<https://www.youcaring.com/coloresdeLaEntradaEcuador>

Villa de los Sueños: www.villadelossuenosecuador.com

Shell Spivey: spivey.shell@gmail.com



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U.S. Consulate General Guayaquil

American Citizen Services

Schedule Change for U.S. Passport Pick-Up and Appointment-Free Passport Renewals for Adults

To better serve U.S. citizens in the **Guayaquil Consular District**, the American Citizen Services Unit has instituted new hours for U.S. passport pick-up and appointment-free renewals (using form DS-82). The new service hours are as follows:

U.S. passport pick-up

Monday to Thursday, from 10:30 a.m. to 11:30 a.m.

Appointment-free U.S. passport renewal (form DS-82)

Tuesdays and Wednesdays, from 10:30 a.m. to 11:30 a.m.

U.S. citizen adults can make use of the appointment-free passport renewal process, via **form DS 82**, if your most-recent U.S. passport:

- is undamaged and can be submitted with your application;
- was issued when you were age 16 or older;
- was issued for 10 years' validity;
- was issued within the last 15 years; and
- was issued in your current name.

U.S. citizens can also pick up their new passports at the Consulate General without an appointment at the times indicated above. DHL delivery service is available at an additional charge.

In addition, U.S. Consulate General Guayaquil periodically conducts offsite passport services in Cuenca. To receive news about these offerings – as well as security updates – please consider enrolling in the **Smart Traveler Enrollment Program (STEP)** at <https://step.state.gov>.

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