

# CUENCA expats magazine

issue  
twenty five  
free - take one and enjoy!

FREE  
tin of  
chocolates  
at Amedeo  
See page 9



## Dr. Juan Esteban Arízaga

Of Arízaga's Hair Graft Institute

celebrating life together

**Are you an expatriate  
with questions on your  
US Investments?**

US Registered Investment  
Advisor specializing in  
investment management  
and retirement planning  
for Americans living abroad



International Asset Management  
[www.iamadvisors.com](http://www.iamadvisors.com)



**For a free consultation with  
a US expatriate financial  
advisor, email Peter Brahm  
at: [peterb@iamadvisors.com](mailto:peterb@iamadvisors.com)**

# TEJIDO OTAVALEÑO

HECHO A MANO



*Tejido Otavaleño Presents*

**Alpaca Apparel of the Month  
Beautiful Alpaca Poncho  
Ideal for Cuenca's Cool Nights**

**Otavalo Outlet.** You don't have to travel for a day to Otavalo to find authentic hand made clothing. We have shipped from the markets a wide variety of clothing to our store here in Cuenca. Now there is a convenient way to shop for these world-famous authentic clothing items. Please come by and see our beautiful apparel.

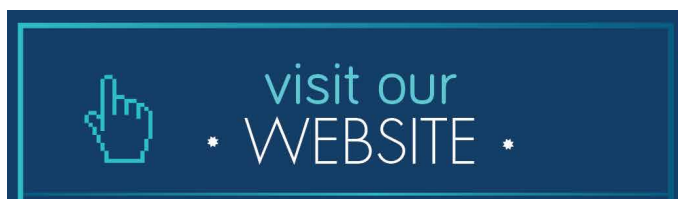
**ADDRESS:** Calle Larga y Hermano Miguel

**HOURS:** Mon-Sun: 9am-6pm

**PHONE:** 096 893 2276

# TABLE OF CONTENTS

- 02 **Publisher's Letter / Contributors**
- 03 **EDU** - Cheese of the Month
- 04 **Cover Story** - Instituto de Transplante de Cabello
- 08 **Citizen Journalism** - Visiting Quito Part 2
- 09 **EDU** - Cocktail of the Month
- 10 **Meet your Neighbors** - Chuck & Liz Shirk
- 12 **Governor's Expat Humanitarian Award Nominees**
- 15 **EDU** - Recipe of the Month
- 16 **Citizen Journalism** - Culture & Art
- 18 **Expats in the News**
- 20 **Expat Profile** - Renu
- 21 **EDU** - Baked Goods of the Month
- 22 **Photo Essay** - The Making of a Professional
- 24 **EDU** - Beer of the Month



**expatsmags.com**

Download Past Issues  
Watch videos  
Subscribe to our Events & VIP Club  
to receive the latest news

find us on  
**YouTube** **facebook**  
as Cuenca Expats Magazine

# CUENCA expats magazine

ISSUE  
**25**

Cuenca Expats Magazine  
Cuenca, Ecuador

[www.expatsmags.com](http://www.expatsmags.com)

cuencaexpatsmag  
 cuenca expats magazine

Cover Photo  
Luis Nieto

Printer  
Grafisum



**Staff:**

*Managing Partner:* Ed Lindquist  
ed@expatmarketinggroup.com - 095 981 9747

*Partner:* Maite Duran

*Administration:* Paola Hermoza - 098 656 8516

*Publisher:* Brian Gary

*Copy Editor/Proof Reader:* Dawn Wolfe

*Special Events Manager:* Melody Crabb

*Manager of Special Sales and Videographer:*

Nathalie Duffau - info@webtvmaster.com - 098 419 5156

*Sales*

Yvonne Albornoz - 0990214105

Juan Diego Durán - 098 661 3992

Lucía Espinoza - 098 381 1641

Andrea Vásquez - 099 511 1773

*Distribution*

Frank Pauta - 098 760 1771

Cuenca Expats Magazine is published by Expats Magazines Group. Any reproduction or duplication of any part thereof must be done with the written permission of the Publisher. All information included herein is correct to the best of our knowledge as of the publication date. Corrections should be forwarded to the Publisher at the address above.

Disclaimer: The paid advertisements contained within Cuenca Expats Magazine are not endorsed or recommended by the Publisher. Therefore, neither party may be held liable for the business practices of these companies.

© Expats Magazines Group, 2017



# PUBLISHER'S LETTER



**Brian Gary**

[musodude@gmail.com](mailto:musodude@gmail.com)

**Hello everyone and happy May to you!**

It seems like the year just got started, but now it feels like we're in a sprint for all the mid-year events and tourists galore coming soon to visit our fair city of Cuenca. We at CEM are thrilled to bring our big news that the Governor's Award was presented on Tuesday, May 15, at 6pm in the Old Cathedral. For those of you unfamiliar with the Old Cathedral, it is the beautiful white cathedral, with parts dating back to 1567, located across the Parque Calderon from the New Cathedral with the domes.

The gathering was an historical event, with a total of 229 expats from 13 different countries being nominated based on their charitable work for the people of the Azuay province. We estimate that between 8,000 and 10,000 people were touched by the efforts of those nominated. Quite amazing the impact made by these caring individuals. We are listing all the nominees on page 12 and 13 of this issue.

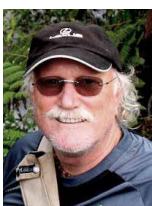
It has been an honor working with the governor's office putting this awards program together. The goal for this event is to bring public recognition to those who deserve it plus encourage others to give back to their wonderful adopted community.

I encourage you to continue supporting all these fine charities, lifting up our fellow expat Cuencanos.

Blessings all!

---

## CONTRIBUTORS



**Rick Hubbert**

In 2010, I took a month off from work to Explore Ecuador. With a backpack and an adventurous spirit, I flew from Seattle to Quito. Visiting Quito, the coast and finally Cuenca, I knew that I had discovered where my next adventure would begin. Cuenca magically called out to me. I developed a two year plan to retire early and move to South America. Twenty three months later, I boarded a flight and headed to Cuenca. As I have often said, "The secret to life is enjoying the passage of time". That is how I live each and every day.



**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](http://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.



**Eukaris Maurera**, was born in Venezuela, she is author of Articles in the Journal of Internal Medicine of the Society of Internal Medicine-Venezuela and co-author in other articles. Author of chapters in the book of Therapeutic Medicine. Currently in Chile.

# got visa?

I Got Mine from Gringo Visas

## Confused about the new Immigration Law?

Go to the Visa Experts. Call Gringo Visas today.



Maite Duran  
Founder

**GRINGO VISAS**

PERMANENT RESIDENT VISAS

EC 098 915 3622 | US 203 648 4511

info@gringovisas.com

Av. Ordóñez Lasso & Los Claveles, River Side Bldg.

[www.gringovisas.com](http://www.gringovisas.com)

educational feature



Great Cheese  
presents



## Mozzarella Cheese

Made with the milk of the Italian water buffalo is an important variety. Mozzarella of several kinds is also used for most types of pizza and several pasta dishes, or served with sliced tomatoes and basil in Caprese salad.

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.

🕒 Mon to Sat: 10am - 8pm / Sun: 10am - 6pm  
📍 Supermaxi Plaza de las Américas. Shop #15  
Av. De las Américas and Tejar Street 📞 407 4878  
📠 099 624 0840 ✉ pallojeniffer@me.com

  Photograph by Luis Nieto





Instituto de  
Trasplante de Cabello  
**Dr. Arízaga**

## State-of-the-Art Hair Restoration Surgery in Cuenca

By Henry Noel - Photographs by Luis Nieto and Hair Graft Institute

**R**eally? We're going to talk about balding?

In this day and age of "Bald is Beautiful" and shaving one's head in support of cancer victims or to hide the evidence of balding, showering and hygiene are rather quick and easy. So, what's the big deal about balding?

According to Dr. Juan Esteban Arízaga of Arízaga's Hair Graft Institute, for most of us "going bald and thinning hair is a very big deal." Regardless how we feel about it, "appearance means a lot to us and a healthy head of hair is a major part of our appearance." Hair frames the face, and the face is the feature considered most important in terms of first impressions. Following a person's smile, eyes, and skin, their hair is often the next feature people notice on first encounters. Dr. Arízaga states, "Our sense of attractiveness is strongly connected to confidence and positive self-esteem." Many men and women associate confidence with feeling in control, and as people get older, they inevitably feel loss in several ways: decrease in strength, flexibility, height, cognition, and acuity.

Hair loss is an important issue for many men and women. If it wasn't, why would we go to the extremes we do to hide the fact we are balding? Combs to hide the thinning areas, spray dyes for the scalp that match hair color to give the appearance of a fuller head of hair, wigs and toupees are still worn to cover the thinning or missing hair. Although hair loss, thinning, and graying are natural consequences for most aging people, many younger men suffer from balding and thinning hair.

With attractive hair being highly valued throughout history, this trend will continue to impact how we view ourselves today and into the future. Today, great emphasis is placed on physical appearance. We understand that looks matter, and our appearance impacts our personal, social and professional lives. We also know how we feel about ourselves influences how we look and vice versa.

Everyone loses hair all the time—maybe up to 100 strands a day. They fall out, then grow back in, and the cycle starts over again. But eventually, most men will start to notice that they're losing more than before, and it's not growing back. The most common cause? Male Pattern Baldness. Up to 95% of men with thinning hair can blame it on this condition. It's caused by genes you get from your parents.

There are a multitude of other reasons why people lose their hair and most of the time we don't spend a lot of time thinking about it. That is, unless you are the recipient of one of these reasons. Some of the obvious reasons people lose their hair are genetics, alopecia areata, head injuries, burns, and radiation or chemotherapy. However, diseases like anemia, thyroid problems, autoimmune disease, and scalp infections, medications such as blood thinners, and steroids, dietary problems



like low iron or excessive amounts of vitamin A, stress, and certain hair styles like tight ponytails, cornrows, or braids worn for many years, will also result in hair loss. Some of these conditions are temporary, and the hair will begin to grow back once the cause has been rectified. But for those conditions that result in permanent hair loss, there are solutions. Shaving one's head eliminates the worry for thinning hair, and as mentioned earlier, wigs, toupees and combers are also solutions to hide the fact one is balding.

A more permanent solution is having hair transplanted to fill in the thinning areas. Dr. Arizaga performs micro-graft hair transplant surgery and sees this surgery as an art, because the surgeon must design a capillary landscape that adapts naturally and aesthetically to the patient's features. This procedure is also aimed at increasing the density or amount of hair without the implant being recognized. Dr. Arizaga's artistry goes far beyond that. According to Dr. Arizaga, "The face and its contours are the first step in identifying the process for the hair transplant. The location of the first row of hair is the most critical determination, followed by the density, direction of the hair growth, and the depth at which the hair follicle is to be placed to take advantage of the nutrition source. Then, one by one, a single hair follicle is precisely placed at the proper depth and direction to allow the hair to grow naturally." Dr. Arizaga performs mega sessions of at least 4000 micro-implants, and

during the procedure, he will try to get the most number of grafts to obtain great results for his patients. The major benefit to having hair transplanted in this fashion is every incision is made a moment before the hair follicle is inserted. This results in a finished look that is totally natural because the incisions are made as the procedure is developing, not in advance.

Dr. Arizaga sees his clinic as a service not a business and provides his service equally for everyone. Ecuadorian or expat, the cost is equal for all. The cost of Dr. Arizaga's transplant is less than 10% of the cost for transplants in the United States, but it isn't just the price. The technique, the number of hair follicles (density), the angle each follicle is placed, the distance between hair follicles, and most importantly the initial line, all lead to a successful transplant. It should also be

emphasized that Dr. Arizaga is a member of the International Society of Hair Restoration Surgery and performs every one of the surgeries. The pride with which he approaches each patient is the ardent to his artistry.



For those who wish to hide the fact balding this is occurring, and combers, spray dyes and wigs are not your first choice, there is a much better way and a more permanent way to fill in those thinning areas. Dr.

Juan Esteban Arizaga takes hair transplanting to whole new levels. His technique is literally an art form.

Dr. Arizaga wants you to know that: he personally performs every surgery, he and his assistant have worked together for over 20 years, he developed the technique he uses, and he is the only one in the world who uses it. He specialized in micro-graft hair transplant surgery in the "Siegel's Hair Institute", the "Atlantic Dermatologic Group" and the "Hair Graft Institute", all belonging to his mentor Dr. George M. Siegel in Fort Lauderdale, Florida, for whom he has the utmost respect. He also wants you to know he has performed over 2,500 surgeries in his 24 years of service.





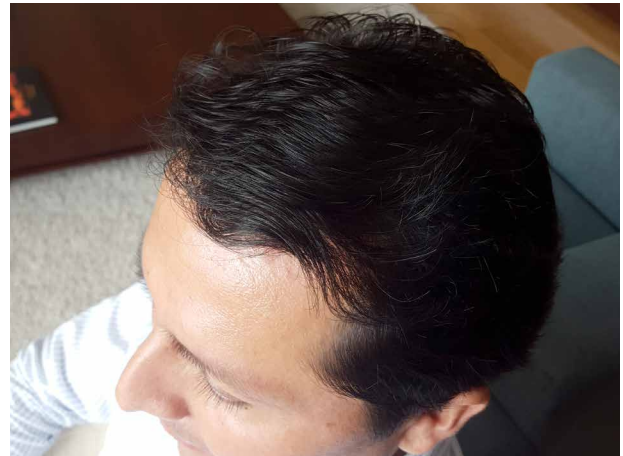
Patient Marco before



Patient Marco after



Patient Javier before



Patient Javier after



Patient Richard step 1



Patient Richard step 2 after the first surgery



Patient Richard step 3 after the second surgery



Instituto de  
Trasplante de Cabello  
**Dr. Arízaga**

### **Arízaga's Hair Graft Institute**

**ADDRESS:**

Avenida Ordoñez Lasso 2-62 y Los Álamos (Edificio  
Los Álamos)  
Cuenca, Ecuador

**PHONES:**

098 496 4029 - (07) 4102759

**FACEBOOK:** Instituto de Trasplante de Cabello

**YOUTUBE:** Dr. Juan Esteban Arízaga

**[www.doctorarizaga.com](http://www.doctorarizaga.com)**

# Visiting Quito - Part 2

From an idea, a reflection - from a reflection, the inspiration

By Eukaris Maurera - Photographs Courtesy of Municipalidad de Quito



Quito skyline

A bit of history...

Quito has the largest, least altered, and best preserved, historic center of America. It is located in the south center of the capital on an area of 320 hectares, and is considered one of the most important historical complexes in Latin America.

It has around 130 monumental buildings, where a great diversity of pictorial and sculptural art is based mainly of religious character inspired by a multifaceted range of schools and styles and having 5000 properties registered in the local inventory of patrimonial assets.

Curiosities...

The origin of its name that, according to the historian Anne Collin, comes from a mythological turtledove of an old aboriginal legend known in Quechua language as Quitus. The town would not change its name with the arrival of the Inca people and would later undergo a slight modification with the Spanish conquerors, of the letter "u" by replacing the "o."

Another of the possible origins of place names was suggested by the historian González Suárez who affirmed that the city took the name of its founder, Quitumbe.

The most accepted theory relates that its denomination comes from the tsa'fiki and cha'fiki languages, "Qui" (of quitsa-), which means half and "To" or "Tu," whose meaning is

earth. Thus the word Quito or Quito translates as: "Earth in the middle of the World", I would say that the name has indeed traveled the world, which is why today you may know the place where Latitude is 0'- 0'

The Panecillo

The Panecillo is a natural elevation of 3,000 meters above sea level (MASL). Due to its location, it has become the most prominent natural lookout in the city, from which one can appreciate the urban layout of the Ecuadorian capital from its historical center and extending towards the north and south ends of the city. Is crowned by a giant aluminum sculpture of the "Virgin of Quito", created by the Spanish Agustín de la Herran Matorras, and was based on the work of Bernardo de Legarda, one of the most prominent representatives of the Quito School. It is composed of 7,000 different pieces and is the largest representation of aluminum sculpture in the world.

The work, inaugurated on March 28, 1975, is a replica of a 30-centimeter-tall sculpture from the eighteenth-century Quito sculptor, Bernardo de Legarda, that rests above the main altar



Carolina Park

of the Church of San Francisco, and is considered the most notable sculptural work of the colonial Quito school.

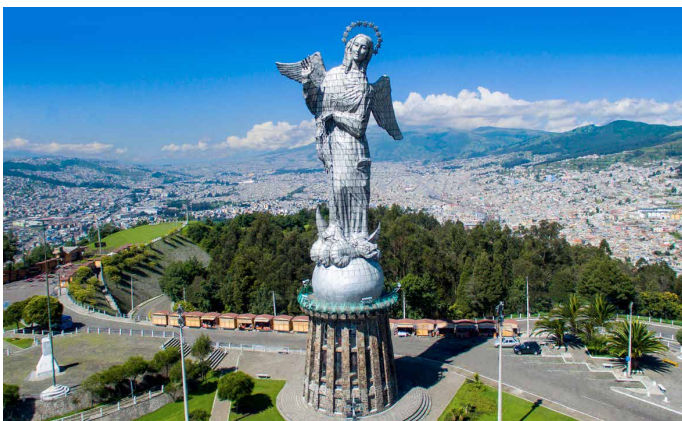
Among the many tourist attractions of the city, standing at a height of 3,016 MASL on the hill of El Panecillo, is the statue of the Virgin of Quito, dedicated on March 28, 1976, which has become one of the most visited vista points.

You cannot miss...

La Carolina Park, framed by the avenues Shyris, Eloy Alfaro, Amazonas and United Nations. It is one of many urban parks in the middle of the city, although it is also the largest of the Metropolitan District, the country of Ecuador, and South America with 67 hectares of land.

It has a variety of facilities including soccer fields, basketball, tennis, and volleyball courts, walking path, skating rink, perimeter of children's games, exercise areas, meeting points, and restaurants.

Knowing goes beyond the limit; knowing is learning to see beyond the simple, and so it is in this city!



Panecillo



### Bonobo Bob's Sangay Stinger

Honoring Ecuador's most active volcano erupting continuously since 1934.

Unstable as a jilted lover, Sangay is 17,400 ft. of absolute beast raining down fiery ejecta on all who take liberty caressing her treacherous flanks.

Only for the most adventurous Bonobos in the Tribu: Walter Mitty stay home.

- ½ oz. Bonobo Bob's Sangay Stinger mix (ahí rocoto, piña, basil, & lime)
- 1 ½ oz. fine tequila
- 1 ½ oz. agua con gas

Bonobo Bob's Tribu de Amor specializes in the ancient art of shrubs - sweet and sour infused vinegars - for crafting clear, bright and healthier fruit spritzers, artisan cocktail mixes, and marinades and vinaigrettes. Made in Cuenca, Ecuador. Cocktails: 250 ml (16 drinks) \$7.50. 1 Liter (64 drinks) \$24.00

For Delivery and Retail and Wholesale Price Lists  
Robert Kezer, PhD

☎ 099 447 0229 ✉ bonobobobshrub@gmail.com

[www.bonobobobs.com](http://www.bonobobobs.com)

sharonsalaskanstyleshrub



★THE★  
**TACO**  
— JOINT —




**Favorite  
Tex-Mex  
Food in  
San Sebastián  
Park**

Eat your favorite Mexican food while enjoying one of the most beautiful parks in Cuenca. Tacos, burritos, fajitas, quesadillas, plus everyday menu specials. All recipes are cooked with organic beef and chicken. Stay tuned for our new vegetarian options! Delivery service available.

**Hours: Sun-Wed: 9am - 10pm / Thu-Sat: 9am - 12am**  
**Coronel Talbot 8-66 (across from San Sebastian Park)**  
**tacojointcuenca@gmail.com / 096 916 6493**





# YAPA

Thanks for reading!  
Please check again next month!

**If you see RED Cuenca Expats Magazine sticker, you've won a FREE tin of chocolates.**



We appreciate the support of our loyal readers. If you have the winning sticker, e-mail us at [events@expatsmags.com](mailto:events@expatsmags.com). We will authenticate your Magazine and award your FREE tin of chocolates at Amedeo to use within the next 12 months.

**ADDRESS:** Benigno Malo 5-75 y Calle Larga  
**PHONE:** EC 096 984 2877 / US (916) 716 9294

[www.AmedeoChocolate.com](http://www.AmedeoChocolate.com)

Amedeo Chocolate

## Chuck & Liz Shirk



With her witty humor and outgoing personality, which lights up a room, Liz Shirk is often the center of attention. But when live or televised sports are involved, her husband Chuck is the man who is front and center.

### Where did you live before moving to Cuenca?

L: Pompano Beach, Florida

### What did you do before moving to Cuenca?

C: Retired.

L: Previously retail at Foot Locker, Inc.

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

L: Surprised, speechless. Then they had lots of questions. They asked how often we would be coming back to visit. They asked what made us decide to move to Ecuador. Some even asked "have you lost your mind?" It made us laugh.

C: I have to mention that since we moved, our family and some friends have visited us, and have said they love this country and everything it has to offer.

### How long have you been here?

L: Over 4 ½ years

### When and why did you start thinking about living overseas?

L: Chuck retired 3 years before me and without me knowing he started researching "the best places to retire." He came across

five countries. Then one day he told me, "I do not want you to work any longer. I found five countries for us to check out to find a new home - a new adventure in a new chapter of our lives." My first reaction was, "Are you on drugs?"

C: But after visiting Cuenca we knew this was the place to call our new home.

### Why Ecuador and specifically Cuenca?

L: Quality of life, climate, healthcare, cost of living, culture, its people and the food!

C: We found Cuenca offers the best of the two worlds: lots of history and western amenities.

### What do you like to do for fun?

C: Assisting coaching American football at the University of Cuenca, fishing at Cajas National Park and watching my favorite sports on TV.

L: Both of us enjoy visiting the various towns along the coast, especially Puerto Lopez and Los Frailes beach.

### What are your favorite things about Cuenca?

L: Climate, its people, relaxing in the numerous parks throughout the city, the mercados, city sponsored events such

as the symphony, and plays and concerts.

**C:** Christmas Paseo del Nino, Carnival, Fiestas parades and events throughout the entire city, and watching the entire city light up with fireworks on New Year's Eve.

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

**L:** Definitely La Yunta events, or volunteering at hospitals or organizations to learn about people and Ecuador's culture.

**C:** Joe's Secret Garden. Review local event schedules such as in Cuenca Expat Magazine and CuencaHighLife or check out groups on Facebook such as Ecuador Expats or Cuenca Expats.

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

**C:** Fishing in the Cajas, dining with friends, coaching American football at the University of Cuenca and viewing American sports on TV.

**L:** Both of us also like exploring different areas of Ecuador.

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

**C:** Our family, especially our grandchildren.

**L:** We Facetime or Skype every chance we have.

**Are you completely retired or do you work here?**

**L:** No work. We're retired completely.

**C:** Yes. We're enjoying our Ecuadorian lifestyle in retirement.

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

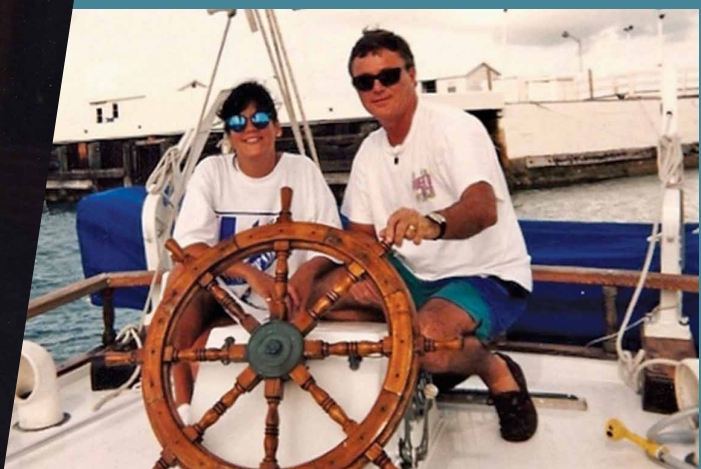
**L:** Visit first for several weeks to experience what your daily life would be like. Before your visit, do your research and compare Ecuador with several other retirement destinations as to climate, healthcare, cost of living, transportation, language, crime. And if relocating as a couple you should both be in complete agreement that moving here is the right decision for both of you.

**C:** I would also tell them not fear their decision as the plane that brought them here can always take them back.

**Do you have anything to share with newcomers to Cuenca?**

**L:** Newcomers must realize they are guests here. They must learn to adapt to the local customs and language, and to be friendly and courteous to everyone so they will be treated the same in return. If you fear learning Spanish, start by learning the basics. Ecuadorians appreciate when you attempt to speak their language and they go out of their way to help you in any way they can. Dispelled the myth that Ecuador is a third world country, as you will find most of the modern amenities that you are accustomed to.

**C:** We love this beautiful city of Cuenca and the country of Ecuador with all its charms; our life experience here has been nothing but positive and an adventure we continue to relish.





# GOVERNOR'S EXPAT HUMANITARIAN AWARD



*Cuenca Expats Magazine is privileged to announce the 2018 Governor's Expat Humanitarian Award Nominees. These individuals were nominated by fellow expats for their outstanding contributions to the community. All nominees were honored by the Governor of Azuay at an Awards Event on May 15, 2018, at the Old Cathedral in Cuenca. Congratulations to all!*

Anonymous  
Anonymous  
Anonymous  
Anonymous  
Alcorn Keyes, Dean  
Appel, Marilyn Kay  
Astudillo, Mauricio  
Bass, Rodney  
Bateman, Bill  
Bayard, Claude  
Bayard, Jill  
Bekes, Erzsebet  
Benson, Cindy  
Berry, David  
Blain, Kevin  
Blankenship, Judy  
Bodine Inks, Laura  
Bogues, Jim  
Bottle, Steve  
Bourassa, Al  
Bowers, Laurie  
Braden, Scarlett  
Bravo-Abad, Marcela  
Brinton, Jane  
Buckner, Brian  
Buckner, Edie  
Budny, Debra  
Burke March, Susan  
Burton, Adam  
Burton, Lindsey  
Bushnell, Bill  
Bushnell, Leita  
Bustos, Guido  
Camp, Martha  
Campbell, Mark  
Carroll-Matthis, Patricia

Chase, Linda  
Chiang, Jeanne  
Churchman, Laurie  
Churchman, Mike  
Coker, Tom  
Cole, Hunter  
Cole, Lilia  
Cooley-Sangine, Anne  
Coppler, Sara  
Crabb, Jeff  
Criollo, Nancy  
Cruz, David  
Culp, Deana  
D'Abreo, Valerie  
Davis, Kay  
Dobbs, Preston  
Dobbs, Nancy  
Doherty, Martin  
Dubs, Lee  
Dubs, Carol  
Dudan, Peter  
Dullin, Marc  
Egge, Trisha  
Fagerlie, David  
Feltman, Pam  
Feuebacher, Steve  
Fiscus, Debra  
Fleury, Marc  
Forgues, George  
Frateman, Eric  
Freeman, Mary  
Freeman, Tod  
Fry, Bob  
Gale, Bard  
Gale, Brenda  
Galloway, Andre

Galloway, Nancy  
Gano, Glenn  
Gano, Mara  
Gary, Brian  
Gary, Dean  
Giovanni, Lorenzo  
Gordon, Bob  
Gordon, Melinda  
Gregory, Nancy  
Grove, Janda  
Hamilton, Carolyn  
Hardy, Jack  
Harris, Carol  
Helfrich, Mary  
Hertenberg, Rob  
Higgins, Robert  
Hirschbichler, Elisabeth  
Hogg-Lochow, Frances  
Honnenbueg, Sarah  
Hughes, Dallas  
Hunt, Jane  
Hurst, Guy  
Jackson, Phil  
Johnson, Diane  
Johnson, Katy  
Kayce, Cameron  
Keenan Dolan, Margery  
Kelley, Susan  
Kennemer, Phil  
Kettering, Charlie  
Khaleque, Sima  
King, Jennifer  
King, Roscoe  
Kluyskens, Greg  
Koreen, Sylvia  
Krammer, Nikki

# ITARIAN AWARD NOMINEES



Kuney, Jo Ellen  
LaCoste, Bella  
Lafreutz, Irmgard  
Lamb, Herb  
Larsen, Debby  
Larsen, Tom  
Laughlin, Nancy  
LeBlanc Nadeau, Lynne  
Letawsky, Ernie  
Lipson, Pola  
Lortie, Richard  
Lovett, Dodie  
Lovett, Rick  
Luse, Miriam  
Magee, Christine  
Marcom, Robert  
Marcom, Ruth  
Marquis, Paul  
Marr, Sally  
Materi, Sandra  
Maxwell, Susan  
Mays, Martha  
Mazzera, Suz-e  
McBride, Susan  
McCord, Jean  
McCredie, Lucia  
McCullough, Kathryn  
McLeland, Kim  
McLeland, Le-Nhung  
Meija, Cesar  
Metcalf, Tom  
Middleton, Karen  
Mills, Kent  
Miner, Jane  
Miner, Steve  
Monchik, Sudsy  
Moore, Susan  
Moran, Peter  
Morgan, Eileen  
Mulholland LeBlanc, Janet

Mullowney, Mary  
Mulry, Patty  
Newcomer, Jen  
Noel, Henry  
Norwood, Jaci  
O'Donald, Rita  
O'Neill, Kathleen  
Odess, Bob  
One, Juanita Ruth  
Osman, Abby  
Owen, Stefani  
Palacios, Sofia  
Palmer, Inge  
Palmer, Neil  
Panko, Karen  
Paulovic, Ada  
Pennock, Jack  
Pennock, Michelle  
Pfeifer, Cliff  
Pirkl, Linda  
Police, Gary  
Powell, Anna  
Price, Leanna  
Proctor, Cork  
Quinn, Jon  
Quinn, Julia  
Ratanasopa, Yaovapa  
Reardon, Jeremiah  
Reininger, Nicole  
Riquetti de Gould, Sole  
Roberts, Adam  
Roberts, Ilene  
Rodeheaver, Deborah  
Rogers, Ashley  
Rosario, Anna  
Rougly-Drew, Deana  
Rovetto, Katy  
Sawyer, Kristen Anne  
Schmeisling, Richard  
Sellig, Donna

Shellhammer, Ric  
Slizza, Jon  
Smith, John  
Smith, Jean  
Smith, Rick  
Soures, Michael  
Stiteler, Donna  
Stiteler, Rowland  
Tally, Karin  
Taylor, William  
Thompson, Holly  
Thompson, John  
Thurmond, Judy  
Thurston, Suzanne  
Turpin, Nancy  
Van Abel, Barbara  
Van Pelt, Jeff  
Vatcher, Garry  
Vault, Frank  
Venter, Sanja-Rika  
Vicuna de Alvarez, Jessica  
Villegas, Fanny  
Wagner, Doris  
Weaver, Ken  
Weaver, Lisa  
Weber, Mike  
Westcott, Rich  
Westhorp, Micki  
Williams, Elinor  
Wilson-Glah, Jolene  
Wolfe, Dawn  
Wood, Kimberly  
Woods, Allen  
Woods, Nancy  
Wooten-Green, Linda  
Worthington, Pati  
Wright, Judy  
Wu, Susan  
Zoernig, David  
Zumba, Christian

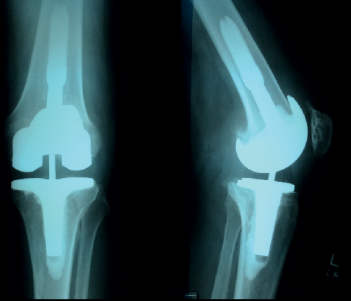


**CLÍNICA DE FRACTURAS**  
CENTRO DE TRAUMA Y ORTOPEDIA

## KNEE PROBLEMS?

**24 HOUR  
EMERGENCY  
SERVICE**

**286 0555  
098 856 8785**



We are Cuenca's leading medical facility for knee problems. For your convenience, we do x-rays on site. Call today for an appointment.

**ADDRESS:** Av. Huayna Capac 9-36 & Bolívar

**HOURS:** 11am to 1pm / 4pm to 7pm.

Saturdays by appointment only. 24/7 Emergencies

**PHONE:** 286 0555 Clínica de Fracturas Cuenca

[www.clinicadefracturascuenca.com](http://www.clinicadefracturascuenca.com)

**10% off On First Check Up**



**AUDIO CENTRO**

## Over 55?

You Need a Hearing Check Once a Year

AMA recommends everyone over 55 years old have a hearing test once a year. And Audio Centro is Cuenca's recognized leader in diagnosis and treatment of auditory disorders.

Audio Centro also is the exclusive distributor in Ecuador for some of the top auditory technology companies in the world. Better Hearing for All.

**Schedule an appointment today!**

**Address:** Cuenca- Av. Manuel J. Calle y Paucarbamba, Edificio ALUR, across the street from Clinica Santa Ana.

**Phone:** 407 9420 **Cellphone:** 098 652 3462

**E-mail:** [info@audio-centro.com](mailto:info@audio-centro.com).

[www.audio-centro.com](http://www.audio-centro.com)

**CZECH WEEK**

**JUNE 3rd-10th**

*Golden*  
**PRAGUE**  
Premium Czech Lager

**CZECH CUISINE**

SPECIAL GUEST

**Chef Vladimír Šalanský**



**Pub:** Alfonso Cordero 2-41 and Manuel J. Calle  
(across the street from Supermaxi El Vergel)

**RESERVATIONS:** (07)4103148/098 458 6070 | [www.goldenprague.pub](http://www.goldenprague.pub)



Cooperativa de Ahorro y Crédito



Siempre Confiables

MORE THAN 30 THOUSAND SERVICES

IN THE PALM OF YOUR HAND

TRY OUR APP CREAMOVIL ON YOUR SMARTPHONE !

Electronic Wallet



Pbx: (07) 288 1707



crea.fin.ec

CUENCA

HEADQUARTERS:

Av. Francisco Moscoso 2-56 and Luis Moreno Mora

MONAY'S AGENCY:

Av. Max Uhle and Gonzales Suarez

EL BATAN'S AGENCY:

Av. Mexico 5-77 in between Honduras and Colombia

HUAYNA CAPAC'S AGENCY - ENGLISH SPOKEN

Jaime Roldos 4-86 and Av. Huayna Capac

ARENAL'S AGENCY:

Roberto Crespo and Eduardo Arias

TOTORACOCHA'S AGENCY:

Hurtado de Mendoza 10-96 and Paseo de los Cañaris

educational feature



Recipe of the Month

Winning Combination  
Luvimar Shrimp and Sabatino's Recipe

## Shrimp Fettuccine Alfredo

Everything tastes better using Luvimar high quality, affordable seafood.

**This month's recipe:**

- Melt butter and sauté onions and garlic
- Luvimar Shrimp (size 36-40 which stands for 36 to 40 shrimp per pound)
- Add cream
- Salt and Pepper to taste
- Add parmesan cheese and continue stirring until desired consistency

**We Accept US Credit Cards - Delivery Available**

🕒 Mon - Fri: 9am - 1pm, 2pm - 7pm

Sat: 9am - 3pm / Sun: 9am - 1pm

📍 Luis Moreno Mora 5-85 y Roberto Crespo Toral

☎ 099 439 6619 📞 07 281 4249

✉ luvimar.ec@gmail.com

luvimar.ec

# The Amazonian Jungle Comes to Life in Cuenca

By Rick Hubbert - Photographs by Rick Hubbert



I was standing at the bottom of the staircase of my new Cuenca condo, staring at the three brilliant white walls that extend some 25 feet to the skylight above. Three years ago, I placed a deposit on a project that existed only on paper. Knowing how majestic this new home would be, with two terraces perched above the Tomebamba River on the edge of Cuenca's historic district, I was thrilled to move in just before Christmas 2017. Yet those three white walls were calling out to me for color, expression, art. But I digress.

On a Sunday evening in early March, as was my custom, I attended a gathering of friends at Fishbon Del Sur. They were introducing those of us gathered together to a traveling duo of artists. Renacho Melgar and his wife Gaby had been on the road for almost four years. Renacho had some of his artwork on display, and I was struck by one painting in particular. A cat-like creature whose eyes seemed to be in a state of transformation, moving from a docile cat to that of a wild beast. After purchasing this painting, I had the pleasure of getting to know Renacho and Gaby more intimately.

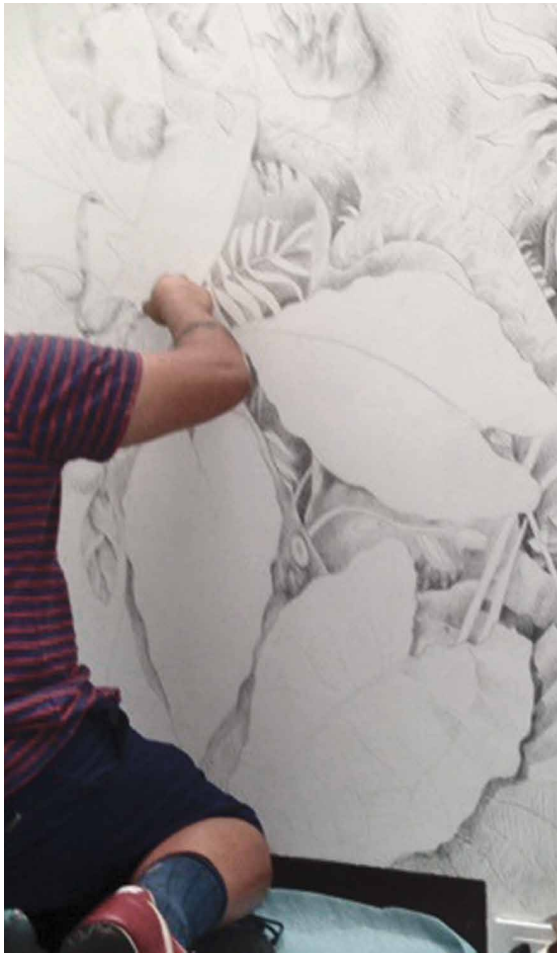
I discovered that Renacho and Gaby were from El Salvador. Thus far, they had painted fantastic murals in Nicaragua, Guatemala, and Panamá. These murals were often community projects, sometimes working with students and even two opposing gang members, with the goal of

bridging cultural and economic gaps that often cause division. I asked the pair to join me at my new home as I wanted to discuss this wild, crazy idea that was spinning around in my head. As the three of us stared at the three blank walls, Renacho and I shared the same vision. Here before us is a wonderful canvas, waiting for art to come alive. I asked, "Are you interested in painting a mural of the Amazonian jungle? Complete with realist creatures, vivid colors; a whimsical fantasy that would come to life?"

During the first four days, Renacho sketched with pencil

the details of our collective vision. The following six days I watched as the black and white drawings came to life in brilliant color. Here is this artist, confessing that he is afraid of heights, standing on a 25-foot-tall ladder held in position by his wife, taking time to lovingly create each detail.

The result is a masterpiece of color and design, and I get to experience it each and every day. Five plus years living as an expat in Cuenca, and I couldn't be happier. My heartfelt thanks to Renacho and Gaby for helping me realize my dream. You are in my heart and soul each and every day.





Expats Enjoying Latin Night at Tutto Matto  
Photographs Courtesy of Cuenca Expats Magazine

# Expats in



Nancy and Dan/Olmes



Dawn, Deb and Gary



Elaine, John, Nancy, Kate and Arthur



Vicki, Gary, Nancy, Janet, Stephen



Maria, Nancy, Janine and Kristen



Jean, Ligia, Kristen and Nancy



Paty, Marc, Kelly and Geovanny

Expats Celebrate Santorino's 5th Anniversary with Great Food and Paco Blues Music

Photographs Courtesy of Cuenca Expats Magazine



# the News



Edgar and Veronica-Owners



Celebrating the 5th Anniversary of Santorino



Ligia, Spencer, Donnie, Karin



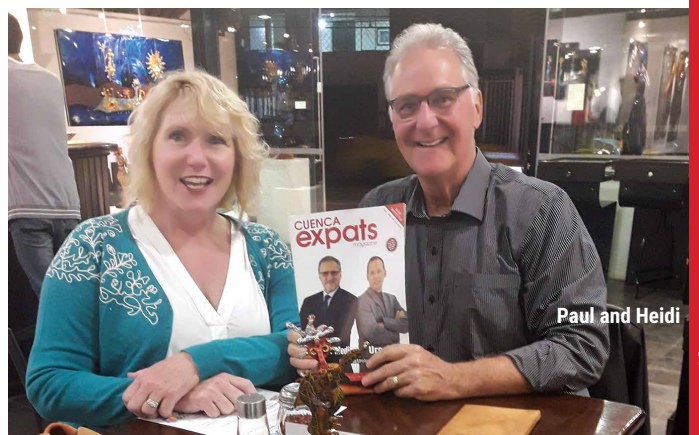
Paco's Blues band



Randy and Laura



John, Donna, Connie, Sandy, Don, Cindy, Sandy



Paul and Heidi

## - RENU CHAUDHARY -



Renu Chaudhary was born in New Delhi, India and moved to Canada when she was 18. She authored the book *Ayurveda to the Rescue: An Ancient Remedy for Modern Ailments* which was published in 2014. She teaches and practices Ayurveda with a specialty in Ayurveda nutrition. The PachaKuna Mercadillo hosts 'Tea with Renu' an informal question-answer session twice a month. Everyone is welcomed to attend.

### Where was the last place you lived before moving to Cuenca?

Toronto, Canada from 1979 to 2014. I raised my family there.

### Why Cuenca?

An initial trip to explore Cuenca in 2011 at a friend's request left us in awe of the natural beauty of Cuenca.

### What do you like most about living in Cuenca?

The simplicity of the people in a rich ancient culture, amazing fruit and vegetable markets and the arts.

### If retired, what was your profession before you retired?

I came here as a retired but what destiny had in store was unknown at the time. I am an alternative medicine practitioner. Now, I am sharing the ancient healing wisdom of Ayurveda.

### What's the magic formula for success?

One may succeed on the outside, but if you neglect your innermost passions, you can never be completely successful. So always pay attention to your deeper inclinations foremost to succeed in each aspect of life. If you know yourself in your own vices and virtues and can stand in them comfortably equally, then there is nothing that can stand in the way of your success in anything you take on in life.

### How do you maintain a good mental attitude?

Maintaining a good mental attitude constitutes acceptance of whatever may come and be open to it.

### What are you most passionate about?

I am most fascinated by the nature's miracle of this physical body, the wonder of mind, and the embodied spirit therein. To me it is the greatest treasure and to maintain its purity at physical, mental, and spiritual dimension by taking care of it is my greatest vocation as well as a passion.

### What accomplishment in your life are you most proud of?

By discovering my creative potential with support of those close to me, I was able to follow through with opportunities that came to me.

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

"Good things often come in small packages". Or "Now or Never".

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

It would be my best friend as he lets me get away with anything. That is how I keep learning new things as learning never stops for me.

### How would you describe yourself in three words?

Helpful, honest, and faithful.

### Who is your favorite author and why?

Thich Nhat Hanh, a Vietnamese monk. His writings have encouraged me to seek deeper truths within me in simple ways and cultivate a compassionate heart. He has taught me to see that only a kind compassionate heart can heal one's self and that is the 'Hope to heal the Whole Planet!'

IN ECUADOR, MORE THAN 490.000 CHILDREN LIVE WITHOUT THEIR FAMILIES, DUE TO VIOLENCE AND NEGLIGENCE.

YOU CAN CHANGE THIS!

JOIN US FOR  
**BINGO**

TO HELP CHILDREN HAVING FAMILIES FREE OF VIOLENCE

**SAVE THIS DATE!**

WEDNESDAY, MAY 30, 2018  
6:00 PM  
GRAN SALÓN, HOTEL ORO VERDE  
CUENCA  
(AV. ORDOÑEZ LASSO)

RECEIVE TWO BINGO CARDS AND LIGHT REFRESHMENTS FOR ONLY \$20!  
GET MORE CARDS PER \$5 EACH ONE.

CHANCE TO GET OVER  
**\$800 IN PRIZES**

CONTACT US AND GET YOUR TICKET:  
PAOLA HERMOZA  
0986568516



ALDEAS  
INFANTILES SOS  
ECUADOR

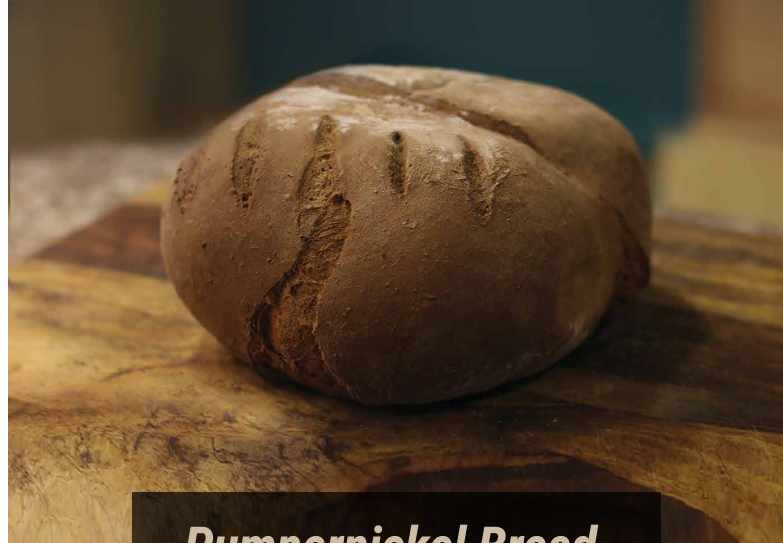
@ALDEASOSECUADOR



educational feature



More than Great Cheese  
*presents*



***Pumpernickel Bread***

Use traditional recipes and bake times. Some mass produced pumpernickel in North America may incorporate natural colorants such as molasses, coffee, and cocoa powder among others to imitate the various shades of brown of traditional German pumpernickel. As is common modern commercial baking practice, commercial bakeries the world over often add wheat flour to provide gluten structure and increase rising and commercial yeast to quicken the rise compared to a traditional sourdough.

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.

🕒 Mon to Sat: 10am - 8pm / Sun: 10am - 6pm  
📍 Supermaxi Plaza de las Américas. Shop #15  
Av. De las Américas and Tejar Street ☎ 407 4878  
📞 099 624 0840 ✉ pallojeniffer@me.com

  Photograph by Luis Nieto



## The Making Of A Professional

By Philip Ruffolo

After two weeks of hard work and hands on training, our young intern Trinity Cheng, was ready to tackle her toughest assignment yet. As a sort of final test we gave her the challenging task of creating, on her own, a mini portfolio for our good friend and experienced professional entertainer and model, Esli (of Esli and Gitana fame; look for them on YouTube.)

She arrived bright and early, ready for her very first professional studio photography assignment. After checking her set-up and equipment, she jumped right in with confidence and professional follow-through. Giving direction to the model, she created a publicity shot, followed up with a fashion shot, and finished with a strong character shot.

A stellar performance by a very competent young woman!









**Dr. Pablo Peña - Tapia**  
Neurosurgeon

## Trained in Germany

Peripheral Nerve, Spine and Brain Diseases



- Outpatient Carpal Tunnel Syndrome Surgery
- Minimally Invasive Spine Surgery
  - Disc hernias
  - Spinal Canal Stenosis
  - Spinal Instability
- Minimally Invasive Brain Surgery
  - Brain Tumors and Aneurysms
  - Intracranial Bleeding (subdural/epidural hematoma)
- Neuroendoscopy

Hospital Universitario del Río  
4th Floor, Office 414  
Appointments  
2459553 ext 2400



[www.drpablopena.com](http://www.drpablopena.com)

# Help Wanted

Writers and Sales People Needed

Cuenca Expats Magazine's growth, plus REDBOOK's online version and app versions has created new opportunities.

**We are looking for:**

**Writers**—we offer writers an opportunity to be published. Assignments include interviewing business and doing special interest stories. Sorry no short stories or poetry. Bi-lingual helpful, but not necessary.

**Sales Team Members**—full or part time. Cuenca Expats Magazine and REDBOOK ad sales. Must be bilingual. Attractive compensation package.

If interested email CV to  
[ed@expatmarketinggroup.com](mailto:ed@expatmarketinggroup.com)



**CUENCA**  
**expats**  
magazine

**THE**  
**RED**  
**BOOK**



presents  
Beer of the Month

## — Belgian Pale Ale —

Our Belgian style ale is very pale with good levels of wheat and oat used in the mash. Beyond the light, fluffy body it offers enough layered aroma and flavor to rival hearty winter beers that captivate for its drinkable tart, lemony finish with medium body.

Stats: 30IBU, 5 SRM, 6.5% ABV

📍 Calle Las Herrerías 1-144 y de las Acacias  
(Next to the police station El Vergel)

🕒 Wed & Thu 3pm – 11pm

Fri & Sat 3pm – late midnight

☎ 0990594453 📍 Cerveza Cuatro Rios

✉ [cervezacuatorrios@gmail.com](mailto:cervezacuatorrios@gmail.com)



[www.cervezacuatorrios.com](http://www.cervezacuatorrios.com)



## PHILADELPHIA ROLL

It is a traditional Uramaki-style roll, with the seaweed inside (Nori) and traditional Japanese rice vinegary on the outside (Shari). It is stuffed with salmon imported from Chile, avocado pieces, and an exquisite cream cheese low in salt. The roll is also made with smoked sesame. And, accompanied by our traditional soy sauce.

Ebi Sushi Bar has a variety of sauces created in its own kitchen, which is one of the secrets of its success. The dishes are varied and in the izakaya style, which means that they are designed to be eaten individually or shared. Our chefs are innovative and creative in creating a fusion of Ecuadorian and Japanese recipes all made with authentic ingredients.

**HOURS:** Mon-Sat: 12pm - 11pm Sun: 12pm - 4pm

**ADDRESS:** Calle Large 5-71 (Between Hermano Miguel and Mariano Cueva)

**PHONE:** 2825847/0983308341

**EMAIL:** [ebisushicuenca@hotmail.com](mailto:ebisushicuenca@hotmail.com)

ebi sushi bar

**EL PEDREGAL AZTECA**  
\* RESTAURANTE MEXICANO \*  
• DESDE 1989 •



**2X1** THE BEST  
**MARGARITA**  
IN CUENCA

••• TUESDAY TO FRIDAY - 12:30 A 15:00 - 19:00 A 21:00 - •••

DIR: ESTEVEZ DE TORAL 8-60 Y BOLIVAR [ELPEDREGAL1989](https://www.instagram.com/ELPEDREGAL1989)  
(ONE BLOCK FROM SAN SEBASTIAN CHURCH) DOWNTOWN . CUENCA . ECUADOR



RELOCATION SERVICES OF  
**ECUADOR**

**PERSONAL EFFECTS AND  
HOUSEHOLD GOODS EXPERTS**

FROM ANY COUNTRY IN ORIGIN  
TO ANY PART IN ECUADOR



Paúl Wilches

Nathaly Consuegra

**SECURITY** ✓  
**EXPERIENCE** ✓  
**GUARANTEE** ✓

< **IMPORT & EXPORT** >

RELOCATION SERVICES OF  
**ECUADOR**

☎ 305-647-3237

☎ 305-831-1060

| USA

☎ 07-4103991

☎ 0987-236479

| ECU

Cuenca: José Peralta y 12 de Abril, Edif. Acrópolis, Office 201

[info@relocationservicesofecuador.net](mailto:info@relocationservicesofecuador.net)

[www.relocationservicesofecuador.net](http://www.relocationservicesofecuador.net)

# Rosenthal

CONDO APARTMENTS FOR SALE

**7 TOWERS. FINISHED PROJECT**  
**ONLY A FEW UNITS LEFT FOR SALE**

GREEN AREAS



MOVIE THEATRE  
FOR 30 PEOPLE



SPA, JACUZZI, SAUNA,  
TURKISH BATH



FULLY-EQUIPPED  
GYM



HIGH QUALITY  
FINISHINGS



PARKING



**CENTRALLY LOCALLY**  
**SAFE AND SECURE**



**FINANCING**  
**AVAILABLE**

**Call for Appointment Today**

inf: 288 2140/099 450 9855/099 441 6482/099 970 9008

Customs offices: Av. Fray Vicente Solano 11-67  
(next to the metal museum) Virgen de Bronce area  
email: heimbachguerrero@hotmail.com

