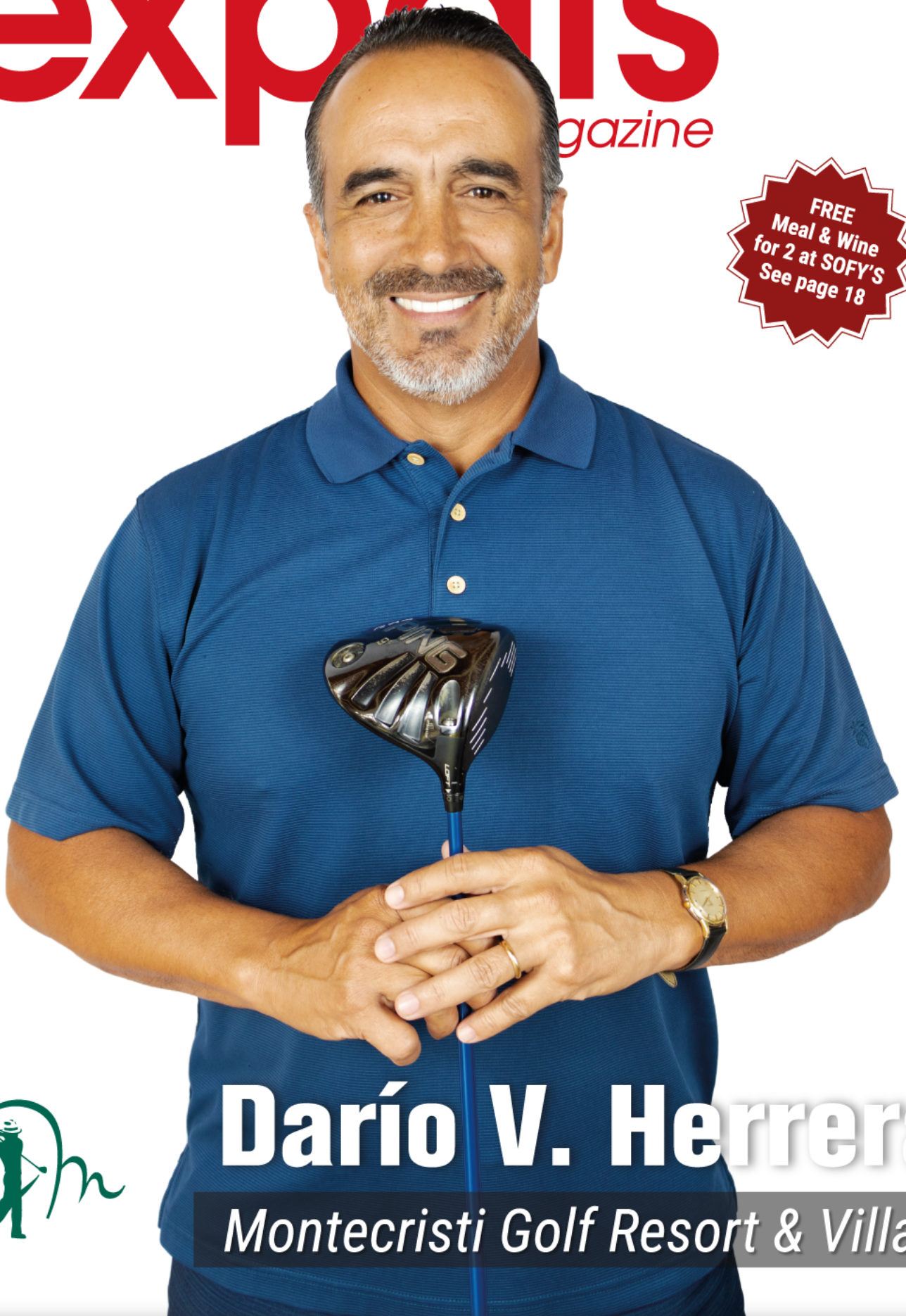


CUENCA expats magazine

issue
THIRTY EIGHT
free - take one and enjoy!

FREE
Meal & Wine
for 2 at SOFY'S
See page 18



Darío V. Herrera

Montecristi Golf Resort & Villas

celebrating life together

YOU DESERVE IT

RELAX, ENJOY & FORGET TIME

Daily shuttle service from Cuenca old town
Book directly through our webpage,
prices and personal attention guaranteed


Vilcabamba - Loja - Ecuador

www.izhcayluma.com



TABLE OF CONTENTS

- 04 **Publisher's Letter / Contributors**
- 05 **Educational Feature** - Sourdough Carrot Bread
- 06 **Cover Story** - Montecristi Golf Resort & Villas
- 12 **Special Report** - Meet Your New Prefecto
- 15 **Citizen Journalism** - Ecuador Stock Exchange
- 16 **Travel & Adventure** - Canelazo Stories
- 19 **Business Spotlight** - Recovery
- 20 **Citizen Journalism** - Dr. Scott Brown
- 21 **Citizen Journalism** - Marc Dullin
- 22 **Citizen Journalism** - Seven Useful Tips



WHY OPT FOR BIOLOGICAL AND NATURAL MEDICINE?

Because Nuve Carpio Naturopata

It offers you a combination of different techniques and therapies that have only one goal, that is to make the body develop the ability to HEAL ITSELF, To achieve total wellness. What we call HEALTH.

- Migraines • Facial paralysis • Muscle or joint pain
- Organism intoxication • Stress • Depression
- Emotional problems

Give it a try. To make it easy, Nuve speaks English and your first visit is free. Call today for an appointment.

Address: Av. Ordóñez Lasso y Guayacanes
Astudillo Building, Room 11.
Phone: 099 825 5241 / E-mail: nuvecarpio3@hotmail.com

nuvecarpio



ISSUE
38

Cuenca Expats Magazine
Cuenca, Ecuador

www.expatsmags.com



Cuenca Expats Magazine

Printer



Cover Photo



Staff

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

Partner: Maite Duran

General Manager: Yenis Bejas - 096 279 4098

Publisher: Melody J. Crabb

Cover Story Editor: Henry Noel

Travel and Adventure Editor: Jeff Salz

Copy Editor/Proof Reader: Regina Weitzel

Layout: Sofía Bustamante - 098 200 3096

Sales

Yngrid Alejandra Concepción - 095 894 9682

Tyrone Grigor - 098 402 6399

Verónica Malo - 099 880 9484

Joel Sánchez - 096 995 2628

Andrea Vásquez - 099 511 1773

Intern

Marian Ríos

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, 2020



PUBLISHER'S LETTER



Happy New Year Cuenca!

2020 is going to be one heck of a year. Did you know that the year 2020 is unique in many ways? It is the beginning of a new decade, as well as being a Leap Year. This is also the 20th year of the third millennium, the 20th year of the 21st century, and the first year of the 2020s decade. Plus, this year, the first two digits match the second two digits, which only happens once in a century. Therefore, being alive in this distinctive year makes us all special! One item I would like to draw your attention to is an inclusive interview conducted by Ed Lindquist of the new Prefecto of Azuay, the Honorable Yaku Pérez. (Page 12). During the interview, the prefecto shares a little about his earlier life, political aspirations, and top priorities, as well as a special message to the expat community. Prefecto Pérez is a true Renaissance man. So what's all the buzz about Manta? Well, we sent a team to the mid-Ecuadorian coast to talk to expats to find out. While there, we discovered the Montecristi Golf Resort & Villas—an impressive \$80 million resort development. So if you want to visit or relocate to a lower altitude, “eternal spring” area, you need to check out the cover story on Montecristi starting on page 6.

For the Travel and Adventure feature this month, Jeff Salz takes us on a different type of experience. You don't want to miss this extraordinary story on page 16.

Visited Vilcabamba? Whether for the first time or returning, you'll want to stay at Hostería Izhcayluma. Owners (and brothers) Peter and Dieter invite you to enjoy a “perfect escape.” More on page 2.

Best regards to all,

Melody J. Crabb

Ps Cuenca Expats Magazine is celebrating its 4th anniversary of publishing. For an interesting interview with Managing Partner Ed Lindquist on the Magazine's history, you'll find the video on Cuenca Expats Magazine Facebook, or go to Youtube and type in Cuenca Expats Magazine.

CONTRIBUTORS



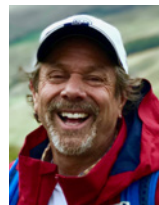
Marcos Chiluisa is a licensed attorney with over 15 years of experience in real estate and immigration. International speaker on Investments and migration conferences. Founder of EcuAssist, a company dedicated to providing assistance services to expats in Ecuador since 2011 with offices in Bahía de Carquez, Cuenca, Manta, Quito and Salinas. Email: marcos.chiluisa@ecuassist.com



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.



Sarah Gunter Cañez spent over 25 years in Employee Benefits Insurance in Texas, working in management & sales with large carriers culminating in the last 12 years owning her own benefits agency. Sarah met her husband, Daniel, in Ecuador in 1976 when both were Peace Corps volunteers, serving in Manabí.



Jeff Salz. Google ‘anthropologist/adventurer’ and at the top of all listings is one guy—Jeff Salz. Celebrated as “America's Leading Anthropologist and Adventurer” by both the Discovery Channel and History Channel, Jeff is a member of the prestigious Speaker Hall of Fame and author of *The Way of Adventure: Transforming Your Life and Work with Spirit and Vision* (published by John Wiley and Sons). www.wayofadventure.com



Edward Lindquist. Successful California-born businessman, Ed is Managing Partner of Expats Magazines Group, parent company of Cuenca Expats Magazine, Coastal Expats Magazine, Quito Expats Magazine, REDBOOK, the Directory of English-Speaking Businesses and Services, and YAPA On-Line. Ed has called beautiful Cuenca his home for the last 5 years.



Years ago, **Katuska Viteri** saw the need of people for getting advice for making their money grow. Talking advantage of the experience that she already had on the financial field since 1990, she established PLUS VALORES, CASA DE VALORES on 2010, and she run the business since then.



Sourdough Carrot Bread

with Ginger

Photograph by Luis Nieto

New Taste Treat

I am sure you will love this bread; the flavor is so good! You can taste all the great mix of ingredients and spices that our delicious Carrot Cake has, and it now can be part of your breakfast as the best toast you can imagine.

Besides, there are many great benefits ginger can give to your health. Ginger is a natural anti-inflammatory, prevents colon cancer, reduces cholesterol, prevents flu, and relieves gastrointestinal irritation.

Hope you try it soon at Matthew Bagel Store

Matthew Bagel Store is an American-Jewish bakery and cake shop. It caters mainly to expats who reside in Cuenca, Ecuador. Matthew Bagel Store 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.).

Plaza las Américas, local #15 (Av. de las Américas y Calle del Tejar)

🕒 Mon to Sat: 10am - 8pm / Sun: 10am - 7pm

📞 099 860 4290 (Whatsapp Only)

✉️ matthewbagelstore@gmail.com

📱 matthewbagelstore

ONE MORE
REASON
TO CELEBRATE

NOE
sushi bar

NIGIRI SUSHI

QUITO - GUAYAQUIL - CUENCA
WWW.NOESUSHIBAR.COM

1800 - NOE NOE
663 663

AMATEA

Drink Tea

**Natural Health Benefits
Practiced for Millennia**

Our teas come from various corners of the world such as China, India, Sri Lanka, Taiwan, Japan, South Africa, and Ecuador. We meet high quality standards with the best harvests of teas in the world. Come by for a taste test today!

Address: Milenium Plaza, 2 floor. Av Cornelio Merchán y Av. José Peralta - **Phone:** 074103238

📱 AmateaEc - Cuenca · Quito · Ecuador



Montecristi
GOLF RESORT & VILLAS
Experience!



Largest resort development in Ecuador

Montecristi Golf Resort & Villas

Costal Living at its Finest

By Henry G. Noel

Photographs Courtesy of Montecristi Golf Resort & Villas and Yenis Bejas

Expats looking for a new beach getaway destination, or for those wanting to relocate to a lower altitude with a warmer climate have discovered the mid-coast of Ecuador with the city of Manta as its heart.

Manta is the fifth largest city in Ecuador, the second largest port city, and home to the largest cruise ship port in Ecuador. It offers affordable coastal living, the appeal of beautiful beaches, big city amenities like a new hospital and health clinic, a new airport international terminal (coming this summer), a new bus terminal, a new shopping mall, and a new cruise ship terminal. No other coastal city offers these benefits. The areas *mico-climate* produces 300 days of sunshine and “eternal spring” (mid-70’s) weather.

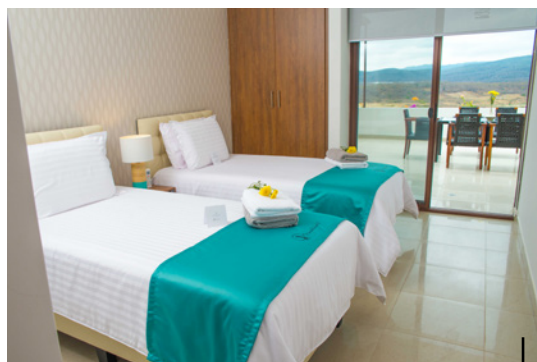
Only seven miles from Manta and nestled in the rolling hills east of the city and north of the Canton of Montecristi sits the Montecristi Golf Resort & Villas. The \$80 million, 2,400 acre Montecristi Golf Resort & Villas is the largest luxury resort in Ecuador. Montecristi offers its visitors, guests, and residents a healthy, active, safe and tranquil environment in which to live their life; and it’s in easy reach of all of the conveniences a mid-size city can offer.

Imagine visiting or living in a community focused on health and sports activities, with fine and casual dining, all within walking distance. A tranquil community completely secure and safe, where you can enjoy all the amenities with total peace of mind.

If you are a golfer, tennis player, swimmer, or perhaps your sport of choice is that of a foodie, then you need to come visit Montecristi Golf Resort & Villas.

Montecristi’s center piece is its USGA-rated golf course, Ecuador’s only officially approved golf course for PGA events open to the public.

To design and build this course, Montecristi utilized the talents and vision of world renown designers Kris Savignac and World Hall-of-Famer Jerry Pierman, as well as shaper Jerry Darrough, who converted 140 acres into a challenging 18-hole, par 72 course. The 15-acre clubhouse complex includes a driving range, three restaurants (offering fine and casual dining), swimming pool, golf school, pro shop, soccer field, two tennis courts, and the only fleet of GPS-guided smart golf carts in Ecuador. The golf course and clubhouse are open to the



Golf course condos for overnight, and short and long term rentals



Only public golf course in Ecuador eligible for PGA events



Choice of 3 refreshing pools

public to promote sports in the region. The golf resort has hosted several national and international tournaments: the Ecuadorian Open, Ecuador's National Tournament, and the USA vs. Canada Tournament held over the Fourth of July weekend, as well as a monthly ranking tournament for players in the region.

The Montecristi Golf Resort & Villas is the first phase of a multifaceted and very industrious land development enterprise with the intended result of creating an all new city named Ciudad Toquilla. All this began as the brainchild of Mr. Carlos González-Artigas Díaz, owner of LA FABRIL, the 19th largest company in Ecuador. His vision, to create a community focused on health, sports, and security, and with \$80 million already invested, his dream is well on its way to fruition. In addition to the USGA golf resort, Ciudad Toquilla will extend 2,400 acres and include several residential communities, hotels, business center, a top rated university and hospital, a retirement community, and a wellness center.

On the drawing board is the "Puerto Conchita" Beach Club & Marina. This will be developed on the 10 acres at the Jaramijó Bay, minutes away from Manta's international airport. All the residents of Montecristi Golf Resort & Villas will have access to this waterfront resort.



Montecristi and Manta



Manta. Best beach living on the coast

Ciudad Toquilla, named for the Montecristi Superfino Toquilla straw hat of Ecuador—famously called the Panama hat—is a futuristic vision blending nature and luxury and bringing tranquility from the mountains to the sea.

Enjoying the splendor this golf resort offers, along with the many amenities associated with it, I can't help but repeat the words of Darío V. Herrera, Vice President of Business Development and Real Estate: "With the first phase of the project completed, it is now time to turn Ciudad Toquilla into the top-rated destination for residents and international visitors coming to Ecuador. The goal is to create an entire satellite city whose lifestyle focuses on health, sports, and relaxation, regardless of whether you are just visiting or choosing to live here. We strive for you to have the best memorable experiences every day."

Whether visiting for the weekend or wanting to relocate to an affordable country club life style, Montecristi Golf Resort & Villas is the place to find coastal living at its finest.

There is a wide selection of housing offerings to meet every expat's needs:

- One and two-bedroom condos are available for overnight stays, or extended rentals.

For those wishing to purchase (all with golf course views):

- Buildable lots begin at \$57,000
- Condos begin at \$84,000
- Three-bedroom villas start at \$187,000

Montecristi will also organize day trips to the most popular surrounding destinations.

***Note:**

Montecristi is perfect for expats with investment visas wanting a better return than CD's, or those North Americans looking for safe overseas real estate investment with capital or even self-directed IRA growth opportunities. We recommend you get professional advice on all investments.

Come and experience Montecristi Golf Resort & Villas. See the next page for a special promotion.



Great food and service at 2 casual restaurants |



Fine dining at Montecristi |

Visit and Save

Free pickup from GYE



Montecristi wants to make it easy for Cuenca's expats to come and visit.

As a special incentive to the readers of Cuenca Expats Magazine, Montecristi is offering a special discounted rate for staying at the resort. All readers will receive an exclusive \$99 a night room rate for the one-bedroom condo (which sleeps up to 4). That's a savings of over 30%. Included free are breakfast in the main restaurant and car service to and from Guayaquil. Call for reservations today.

This promotion is not available during holidays or special events and expires 31 Dec 2020

**Contact Montecristi Golf Resort & Villas today.
You'll be thrilled you did!**



Address:

Km 1.5 via Montecristi
Manta, Montecristi, Ecuador

Phone:

+593 5-259-0020

  @montecristigolf

English speaking contacts:

Hotel Reservations:

Front desk, cell & WhatsApp: +593 99 179 7006

E-mail: frontdesk@montecristigolfclub.com

Real Estate Sales & Investment Tours:

Diana Sedgwick, Sales Advisor

Phone: +593 98 863 2485

E-mail: dsedgwick@montecristigolfclub.com

Rafaela Barba, Sales Advisor

Phone: +593 93 973 2161

E-mail: rbarba@montecristigolfclub.com

Golf, Tee Times, Golf Classes, (everything about golf):

Mr. Juan Antonio Serrano, Golf Course Manager

Phone: +593 99 479 4593

E-mail: jserrano@montecristigolfclub.com

General Information:

Daño V. Herrera, Vice President Business Development

Phone: +593 98 011 6806

E-mail: dherrera@montecristigolfclub.com

www.montecristigolf.com

You Can't Beat a Healthy Heart Time for a Check-Up?

Meet Dra Karol Andrea Guzmán Guillen



Heart disease is the leading cause of death for North Americans and a major cause of disability. Therefore, it only makes sense for all expats to have regular cardiac check-ups. Dr. Guzmán is the only doctor in Cuenca who has registered titles with the Secretaría de Educación Superior, Ciencia, Tecnología e Innovación (Senescyt) in Internal Medicine, Cardiology

and Echocardiography. Call for an appointment today for cardiac consultation, transesophageal echocardiogram (TEE), and stress tests including stress echocardiography.

HOSPITAL DEL RIO, Office 305, 072459553. Ext 2302
Av. 24 de Mayo y Av. De las Américas
Mon-Friday: 9:30am to 12:30pm / 6:30pm to 8pm
Call for an appointment: 098 297 6667

Karol Guzmán

karolguzmanguillen@gmail.com

www.hospitaldelrio.com.ec/directoriomedico

Suffering from Allergies?



Doctor Juan Carlos
Fernández de Córdova
Can Help

Many Cuenca expats are bothered by allergies. Suffer no longer. Make an appointment today. Dr. Juan Carlos Fernández specializes in allergies, asthma, rhinitis, skin allergies, food and medicine allergies. His office treats low defenses, and auto-immunity issues as well as offering cutaneous (skin rash) allergy tests, immunotherapy allergy shots, spirometry, patch tests, and allergy challenge testing.

HOSPITAL DEL RIO, Office 305
Av. 24 de Mayo y Av. las Américas. 2459553. Ext 2302
Mon-Fri: 4pm - 6pm / Sat: 9am - 12pm

CLINICA ESPAÑA

Av. Gil Ramírez D. 1-33 y Sebastián de Benalcázar
Mon-Fri: 6:30pm - 8:30pm / 280 9288

Juan Fernández de Córdova

drjuanfdcordova@gmail.com

www.hospitaldelrio.com.ec/directoriomedico



got visa?

We Got Ours From Gringo Visas



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

Meet Your New Prefecto

Interview of the Honorable Yaku Perez by Ed Lindquist, Managing Partner, Cuenca Expats Magazine

By Ed Lindquist



The Governor with Cuenca Expats Magazine's Maite Duran and Ed Lindquist

Ed. Note: The term prefecto is not familiar to many expats. A prefecto is the elected head of a prefecture or province. Azuay (where Cuenca is located) is one of 24 provinces in Ecuador.

We were able to catch up with the very busy new Prefecto after his lecture at the University of Cuenca. Prefecto Perez is a true Renaissance man—lawyer, scholar (four postgraduate degrees), professor, athlete, ecological activist, world traveler and lecturer, writer (8 books), and he even plays the saxophone. We were very excited to hear his views on a wide range of subjects. Prefecto Perez is the first indigenous to be elected Prefecto of Azuay. Here's a summary of our conversation with the Prefecto.

Can you tell us a little about yourself?

My name is Yaku Pérez. I was born in an indigenous community called Cachipucara, in the Parish of Tarqui. My mother was a woman who had only three years of school. My father had none. We lived on a farm where we used to work.

I studied music; in fact, I play the Saxophone. At the University of Cuenca, I received four postgraduate degrees. Also, before becoming a politician, I was an athlete and a

sports leader, which is where I took to the idea of politics. This is not my first attempt, however. I have run before the Assembly and the Headquarters. I was Councilor of Cuenca and National Leader of the Indigenous Movement for two periods. And I am still General Coordinator of Indigenous Organizations from Ecuador, Peru, Bolivia and Colombia. I have been a professor at the University of Azuay and the Salesian Polytechnic University. Also, I had the opportunity to give lectures in New York; in Rio de Janeiro; in the ULA of Mexico and in Colombia. I have given papers in several European countries such as Rome, Paris, and Siena, as well as in America and Africa. You could say, I am a bit of everything: lawyer, writer (I have written 8 books), musician, defender, professor.

Why did you run for the office of Prefecto?

Well, as a Water Defender, my teammates and I have been persecuted for years. I have been jailed. In fact, I was jailed five times. I was also mistreated to the point of being unconscious, which has led me to be hospitalized twice. So, I realized that we had to have more power to defend ourselves, and we had to look for alternatives to mining. Those alternatives are done with more irrigation, more services, and with more agroecology against mining. Well,



that was what motivated me: to have an instrument to support the Water Defenders and the poorest of Azuay.

Why do you think you were elected?

I think I was elected because the people of Azuay had never chosen an indigenous. However, I have heard it said that it is because I am “a prepared indigenous,” thanks to career and studies. In addition, they saw that I am a Water Defender and they fully support that cause. I think that’s why I was elected.

What are your top priorities?

The priorities of our administration at this time are related to ecology. We want to make our Province of El Azuay an agro-ecological province. And for this we are defending the water, and we are already in the first ordinance to eliminate the consumption of single-use plastics. We are betting heavily on agro-ecological organic food production. By December we will already have the first thousand baskets of organic products to market all through the Prefecture—zero chemicals, bought from farmers and without intermediaries. This is so that Cuenca buys healthy and organic products. We are also on the issue of making sure we have good roads because if we don’t have a good road system, we can’t bring the products to market. Also, we have irrigation in mind, considering the way to modernize and optimize in the best possible way.

What is the difference between the old administration and yours?

It cannot be ignored that the previous administration made public works and that is fine. But in 2018, they spent five million dollars on international travel, advertising, and bureaucracy. We are saving that money. In my case, I lowered my salary to half, as did my fellow directors. We do not use consultants, and I try not to use the car, but instead I ride a bicycle. Taking these and other savings

measures, we calculated that we are saving around eight million dollars. With that money, we can make public works in the communities.

We are also betting on minga, which is basically a community act where hundreds of people join and lend support, either with labor, machinery, or money. With this, we will also save money.

What are the biggest challenges for your new administration?

Without doubt, the lack of financial resources. However, with austerity, we are sure we can keep our promises and commitments. Another challenge is to make the province agro-ecological. The greatest threat is metal mining, which we fight against. Mining is the biggest pollutant of water and flora; it endangers our biodiversity.

What do you want to say to the English-speaking expat community in Azuay?

Well, I hope they see Azuayos as beautiful, kind, supportive people. And, if they have the means, financially or with their talents, to please join with us in investing in community development projects of agroecology, and of tourism. We have many beautiful places in Azuay, such as Paredones, and Lagunas del Cajas. And we always have a wide variety of gastronomy. We have so much to offer. Also, it’s nice to know that there are 10,000 English-speaking expats here in Azuay. They are ambassadors for the United States and other countries, and in turn from here to there. We hope expats will encourage those in their home countries to visit and learn more about Ecuador.

We live where the equinoctial line passes, it is what makes us unique, and it is what makes us have so much variety in food, such as fruits and vegetables. We don’t have winter, so our weather is favorable, as if we were always in spring. Although sometimes it may seem we have all four seasons in a single day.



Blue Box
Insurance Broker



**Call Us for All
Your Insurance
Needs**

Car, Health
and Travel
Insurance

Call us today for an appointment

ADRESS: Av. Ordóñez Lazo y los Cedros
Edificio Montecarlo Oficina 001
EMAIL: cramirez@blueboxinsurance.com
PHONE: 0982465168
f BlueBoxAsesores @ bluebox_ec
www.blueboxinsurance.com



**PERSONAL EFFECTS AND
HOUSEHOLD GOODS EXPERTS**

*From Any Country In Origin
To Any Part In Ecuador*



Paul Wilches - Nathaly Consuegra

» *IMPORT AND EXPORT* »

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

USA 305 647 3237
305 831 1060

EC 098 721 3242
098 723 6479



RELOCATION SERVICES OF
ECUADOR

📍 José Peralta y 12 de Abril
Acrópolis BLDG. Office 201

info@relocationservicesofecuador.net
www.relocationservicesofecuador.net



Explore Ecuador

with **Cuenca Car Share**

Cuenca Car Share

Your Key to the Open Road

Another Satisfied Customer

“Emilio was very flexible, accommodating, and easy to work with. He dropped off the car in Quito allowing us to tour the country from north to south and leave the car with him here in Cuenca. At the last minute we wanted to extend our rental for one day and he made that happen (by switching to a different car). We really enjoyed our trip from Quito to Baños to Canton Colta to Cuenca.”

Cheryl Pomeroy



Phone: 098 699 5694 - 095 870 8396
Address: Calle Cantón Saraguro y Manuel Arturo Cisneros
E-mail: cuenccarshare@gmail.com

www.cuenccarshare.com



Cuenca Car Share



BVQ
BOLSA DE VALORES DE QUITO



BVG

Quito Stock Exchange and Guayaquil Stock Exchange

Ecuador Stock Exchange

A Financial Option for Expats

By Katuska Viteri

Looking for a higher return on your investment visa funds? What about a safe, up-side option for your other investments? Maybe it's time you considered the Ecuadorian Stock Market.

The stock market, as exciting as it seems, in Ecuador hasn't reached yet all its development and growth. Nevertheless, as of December 2019, it represents 9% of the Ecuadorian GDP. Despite this figure, Ecuador has as bigger growing opportunities as other Latin American countries such as Chile, Colombia or Peru, where the market operations represent 300% of GDP.

To invest in the Ecuador Stock Market seems very secure, company failures are almost non-existent and a dollarized economy and low wage levels allow you not to worry about currency conversion.

Nowadays, more than 300 national companies are listed on the Stock Market, whether at the bases of operation in Quito, the capital of the country, or in Guayaquil, the principal seaport of the country. These companies trusted in this mechanism in order to raise money or to get financing for their new long term projects. Once these companies obtain what they need, they grow and continue generating more sources of employment.

To close this virtuous circle, the participation of investors is needed. Investors can be either persons or companies, looking to have the highest potential returns, diversify their portfolio, or to have better rates than other institutions, such banks, can offer.

Who makes up the stock market?

First of all, we have regulations through the Superintendence of Companies, Stock Exchange of Quito, and Stock Exchange of Guayaquil.

The Superintendence of Companies is the institution that regulates the markets participants, and it is the institution that has to register all the values that are negotiated at the Stock Market.

The Quito and Guayaquil Stock Exchanges are responsible for facilitating the structure to make transactions possible, and they also have to register the authorized companies in order to be part of the market.

Then we have the brokerage houses—around 35—at the national level, that are the authorized institutions to trade values in the Stock Exchanges. They also advise new companies to be part of the market portfolios, or to see other investment choices.

Another important piece of this market is the Risk Rating companies. These institutions are in charge of analyzing the companies that are interested in access to the market and define how risky it could be to invest in a company.

The Ecuadorian Stock Market, even though with little awareness among the expat market, is a small, secure and organized option of investment.

Investors just have to venture into it and give it the chance to surprise them, so to continue to support companies that are searching for new financing mechanisms.



Canelazo Stories

Tales of True Adventure

By Jeff Salz

After months of preparation, it's our premier night of Canelazo Stories. On a stool upon a small stage in the center of a crowded room and illuminated by a single spotlight, sits a man. No pin is dropped for fear it would disturb the silence.

in a matter of moments. So transcendent is Ali's tale. So complete is the power of a story.

So, when folks ask me, "What is Canelazo Stories all about?"

What can I possibly say?

It's definitely about how, even today, a well-told story has the power to teach, inspire and touch us like no other medium. It's about rediscovering how stories can draw us together as a community—sharing our common joys and sorrows, nightmares and dreams. It's about seemingly disparate groups coming together beneath the unifying umbrella of a common humanity that supersedes all supposed barriers of language, culture and society.

Canelazo Stories events are about bridging cultures. Evenings alternate between those held in English and those held in Spanish. All are videotaped, subtitled and available online. Ultimately, events will include a third kind of evening when selected subtitled videos will be presented allowing attendees of different languages and backgrounds to share a common experience.



Ali Alkhoja speaks of tenderness in a time of war |

Ali Alkhoja tells the story of the war in Iraq from a different perspective: He is a soldier on the Iraqi side. Along with thousands of other battle-worn soldiers on foot for days, he is weighed down with heavy weapons, filthy and starving. He and a friend—who walks now on bleeding feet—knock on the door of a humble mud dwelling in search of shelter and food. Soon they are knee-to-knee with the family on the dirt floor, desperately shoving into their mouths whatever scraps their hosts could provide. Beside him is a tattered ragdoll of a three-year-old girl. She places a small hand on his leg and he feels, just for a moment, the strange sensation of tenderness. To this day, when his mind drifts back toward the chaos, destruction, and suffering that engulfed him, it is the feel of that tiny hand upon his leg—that unexpected moment of tenderness—that remains etched indelibly into his soul.

The audience sits in silent communion. Tears well in our eyes. We have journeyed around the world and back



Canelazo to go--toasting the good life on Cotopoxi |

But a Canelazo Stories event is also about sharing actual canelazo. Consisting of spices like cinnamon, cloves, naranjilla and panela in a base of aguardiente, canelazo is the high-octane refreshment ubiquitous in the Ecuadoran countryside. Chagras in goatskin chaps share shots from a thermos to stave off the cold whilst chasing their herds in the snowy highlands. Hacienda owners and humble farmers alike offer steaming cups to wayward strangers as a welcome. Sharing stories by a fire, warm drink cradled in our hands, reminds us how adventures are made even sweeter in the telling of a tale to another.



Warm canelazo by the fireplace--a highland hacienda tradition |

Jaffe closes the evening with a story about her relentless desire for "magic." Her search takes her on a whirlwind of pilgrimages around the world, first as seeker and later as teacher. One day she finds herself in Peguche Ecuador leading a handful of students from an American private school through the closing ceremony of a program on shamanism.

dissipates, students return from their altered states. In turn, each finds the words to share how their lives feel marvelously, unexpectedly, almost miraculously ... transformed.

"And then I got it," says Jaffe. "Nature had created the soundtrack. There was no need for the music ... there was nothing to contrive. In fact, there was no longer any place to go. I had arrived. Ecuador has all the magic I'll ever need. All I have to do is show up and open my heart ... and the magic takes care of itself."

She pauses: "Just like we have all done tonight ... right here, right now."

So maybe that's the answer. What is Canelazo Stories? I think I know.

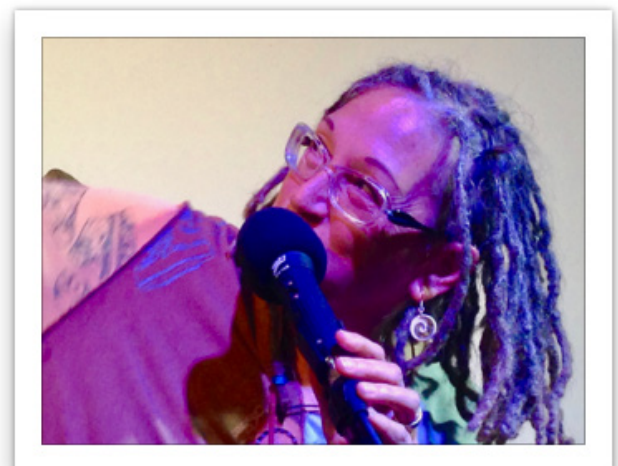
It's magic. Pure magic.

Have a story to tell? Or just want to share a good time in excellent company with a great drink in hand? To learn more about upcoming Canelazo Stories contact Andres Zambrano at La Guarida on Facebook or call +593 99 806 8071.



Jaffe casts a spell to end a magical evening |

Candles flicker, ethereal music fills the room from giant speakers. As the students lay upon the floor breathing, she guides them toward higher consciousness. Suddenly, the music is drowned out by the violent crashing of hail upon the roof. She cannot hear her own voice over the turmoil. Thunder shakes the building; lightning lifts the hair on her neck and arms. Water is pouring through the ceiling and under the walls. The situation spirals out of control. Finally, as the storm



Sue Terry hits a high note--no saxophone required |

YAPPA

If you see RED Cuenca Expats Magazine sticker, you've won FREE meal and wine for two at SOFY Glocal Cuisine.

Thanks for reading!
Please check again next month!



We appreciate the support of our loyal readers. If you have the winning sticker, e-mail us at events@expatsmags.com. We will authenticate your Magazine and award your FREE meal and wine for two from SOFY'S Glocal Cuisine to be redeemed by December 31, 2020.

Hours: Wednesday to Sunday: 11am to 3pm and 5pm to 9pm

Address: Benigno Malo 5-112 y Juan Jaramillo

Phone: 096 955 4901 **E-mail:** sofycuisine@hotmail.com

Sofy Glocal Cuisine

CosasPrep



Cosas Para Emergencias

Now Prepared to Provide:

- Alarms
- Surveillance Cameras
- Video Doorbells
- Fire Suppression Devices
- Security Items
- Language Translators
- Specialty Lights & Flashlights
- Water Purification Devices
- And Many Other Wondrous Things



Visit CosasPrep

Calle Larga 9-40 y Benigno Malo
(inside the Sunrise Café)

www.cosasprep.com ~ info@cosasprep.com

>>>>>>>>>> Introducing

NI·TÚ·NI·YO

The Newest Addition to San Sebastián Neighborhood's Growing Culinary Center



Ni Tú Ni Yo. "Neither me nor you" means "All" in Spanish. We named our restaurant so everyone would feel welcome. Just like visiting our home. We invite everyone to come and taste our family's traditional Peruvian-Italian cooking. English-speaking staff. See you soon.

Baltazara de Calderón 3-76 & Gran Colombia
Hours: Tuesday to Saturday from 11 am to 9 pm
 099 985 3891 - Ni Tu Ni Yo Bisttro
www.nituniyobistro.com



Affordable Dentistry

Free Consultation and Diagnostics



Personalized attention:
We are professionals trained in dentistry at the highest level. Being at the forefront has been part of our success. We have the latest technology in materials and equipment to provide our patients with the best comfort and service.

We offer the following services:

- Dental cleaning: prophylaxis - Deep cleaning
- Aesthetics: restorations; smile design; dental whitening
- Oral Rehabilitation: fixed and removable prosthesis; porcelain crowns
- Endodontics: duct treatment; abscess drainage
- Oral Surgery: third molars, cysts - Orthodontics: braces - X-rays

Address: Av. Solano 11-85 and 27 de Febrero (Between Museo de los Metales and Colegio Bilingüe)
Office hours: M-F: 10:30am - 1pm and 3pm - 8pm
Phone: 2816047 098 724 0616
Email: cristobalrouillon@hotmail.com



How to Maintain an Active Lifestyle

Practical Advice for Every Expat

By Cuenca Expats Magazine Staff Writer
Photographs Courtesy of Recovery



Recovery Staff |

If you're like most expats, you are more active now that you've relocated to Cuenca. No more sitting at your desk, or driving everywhere. Cuenca offers near perfect outdoor opportunities. Walking the streets of El Centro, enjoying the trails along the rivers, hiking in nearby Cajas. It's no wonder many expats feel in better physical shape in their adopted city than in their home country.

To keep enjoying this new active lifestyle, physical therapist Cristina (Chris) Chuquimarca, founder of Recovery Center, has some practical advice for expats. To eliminate soreness and injury, she suggests a special preventive program—a routine of stretching, muscle building and a monthly visit to a physical therapist. Cristina isn't suggesting you become a gym rat, or train like a pro athlete. Instead, she wants to insure you enjoy these retirement years by protecting yourself physically. And since no one is built the same way, Recovery Center offers a personalized program made just for you: no cookie-cutter; no one size fits all.

Cristina was born in Cuenca, went to university here, and then undertook advanced studies internationally in sports and orthopedic physical therapy. During her tenure at a teaching hospital, she treated both rich and poor patients. What impacted her the most was helping relieve the pain and suffering of people who normally could not afford those treatments with her hands and exercise.

Cristina started her practice here four years ago and it has grown into two locations in the west of Cuenca. She and her team offer orthopedic manual therapy for joint problems, movement control programs, stretching programs, and pain management. And best of all is that the attention is fully personalized.

Actually, Recovery has the best technology in physiotherapy:

- TECAR Therapy WINBACK®.
- Muscle ultrasound.
- Pressotherapy RAPID REBOOT®.
- Percutaneous therapeutic electrolysis EPTE®
- Electrostimulation therapeutic COMPEX®
- Percussion therapy THERAGUN®



Winback Tecar machine |

Winback Tecar therapy is a physiological bio-accelerator that multiplies the action of the physiotherapist who combines their manual techniques with Winback energy. You will see immediate results from the first rehabilitation session (gain in amplitude, pain relief, and revascularization). Also, Recovery Center is the only physical therapy center in Cuenca with the necessary medical equipment. The treatments significantly reduce recovery and rehabilitation time by stimulating all the body's natural repair processes.

Make an appointment with Cristina and Recovery Center today. Feel the change!



Operating hours: Mon - Fri: 8am - noon, and 3pm - 8pm / Phone: 0987084401 - 098 542 0560
Address: 1: Av. Ordoñez Lasso y Claveles Riverside Building, Office #4 (next to Gringo Visas).
Address 2: Av. Ordoñez Lasso y Guayacán. Next to Astudillo Building. Inside the new Fox Gym.
Facebook: @RecoveryCenter593 Instagram: @RECOVERYCENTER_EC

Dr. Scott Brown

Anesthesiologist, Medical Missionary, Musician, and Cuenca Expat

By Sarah Canez

Photographs Courtesy of Dr. Brown



Dr. Brown with Dr. Odhran Shelley, president of ReSurge Africa, Dr. R. Scott Brown, president of Surge+Restore, and operating room staff at Holy Spirit Hospital

Doctor Scott Brown first became involved with medical missions in Ecuador in 1999 when he came to Riobamba as a volunteer anesthesiologist with World Medical Missions. Later, in 2006 he was asked by Interplast, a California medical foundation, to represent them in Ecuador. Interplast coordinated with Dr. Jorge Palacios, the founder of Rostros Felices, a reconstructive/plastic surgery foundation based in Guayaquil. Dr. Brown worked as an anesthesiologist with these organizations six times: twice in Ecuador (Portoviejo & Quito) and also in Bangladesh, Bolivia, Vietnam, and Nepal. He also worked in Cuenca with Women 4 World Health, for whom he served as their Anesthesia Consultant for two years.

Born in Montana, Dr. Brown worked as an anesthesiologist in Portland Oregon for 30 years. He loves music and mountain climbing, and while working in Ecuador as a medical missionary, a highlight was to climb Cotopaxi. Although he had seen many cities in Ecuador, friends encouraged him to visit Cuenca in 2010. He fell in love with the city, bought a house from a fellow Cuenca doctor, and is now a frequent part-time resident.

While Dr. Brown was working on a medical mission to Bolivia in 2007, he was invited to volunteer in Ghana and Sierra Leone with ReSurge Africa, a Scottish based charity founded in the 1990's. He now sits on the board of ReSurge Africa, which funded and trained Ghana's first four reconstructive/plastic surgeons and continues to fund training for physical therapists and advanced nurses in Ghana and Sierra Leone. In addition, he has shared his skills and experience in Central America, Eastern Europe and in Asia--too many specific places to mention in this short article.

Since he retired from clinical practice a few years ago, Dr. Brown decided to play music full time, donating the proceeds to his foundations, and continue volunteering and working in medical missions and training worldwide. He founded Surg+Restore in 2013 (www.surgandrestore.com/support-us), a USA based 501c3 charity, in order to work with ReSurge Africa to fund anesthesia training for Sierra Leone physicians and to help in purchasing anesthesia equipment. Dr. Brown talked of his first trips to Sierra Leone where he discovered that there were no trained anesthesiologists anywhere in the country at that time, so he vowed to help.

As a musician, he founded a musical group called "Ojos Feos," incorporating the many traditional rhythms and sounds he enjoyed in Africa and Latin America in the 20+ years of traveling and volunteering in these parts of the world (www.ojosfeos.com). His stage name is Robbie Cree, which honors the Native American tribe, the Cree, near his hometown in North Central Montana. Ojos Feos' music and lyrics reflect human rights: political and social justice themes that resonate in all the countries where he continues to help better the health and lives of their citizens.

Dr. Brown's next trip in 2019 will be with teams from Surg+Restore and ReSurge Africa, operating and developing Sierra Leone's first burn unit. They will be working hand in hand with both Sierra Leone's Ministry of Health and the Connaught Teaching Hospital in Freetown. He hopes that in the future, he will be able to include Ecuadorian doctors in his team to Sierra Leone.

He plans to be back in Cuenca in early 2020.



Performing a spinal anesthetic in Sierra Leone

Marc Dullin, Cuenca's French Teaching Chef

By Sarah Canez

Photographs Courtesy of Alliance Francaise



Teaching time management and organization |

Cuenca residents and visitors who have had the pleasure of attending one of Chef Marc's monthly cooking classes at the Alliance Francaise will agree wholeheartedly with Gringo Post's award as "Best Cooking Class" in Cuenca. Chef Marc is passionate about food, and he thoroughly enjoys imparting that knowledge to his students. And the meal that the students get to eat after class is, well, magnifique. Cuenca is lucky to have such an experienced, talented chef to teach us the tricks of the trade.

Marc Dullin was born in Aime, France to a family of chefs. His father and his grandfather both were chefs, and he knew he wanted to be a chef at an early age. In his teens he went to Paris to train in Jean Ferandi's cooking school, and then spent a number of years in Paris learning the trade.

He came to the USA at age 28, hired by Sofitel to open the first French hotel in the US in Minneapolis. Later, he was recruited by Club Corp of America to work with their hotel in Houston, Texas. He then worked in hotels and restaurants in Anchorage, Denver, and Cancun. For 12 years, he was a Professor of Culinary Arts at Ohio State University. He owned two restaurants in the Napa Valley, California area: La Belle Helene in St. Helena for five and a half years and Maison Rouge in Yountville for six years.

Chef Marc came to Cuenca three and a half years ago. As a retiree, he did not want to return to France, nor did he want to retire in the USA. After much research, he chose Cuenca for the climate and standard of living, and is still in love with everything here, particularly the abundance of vegetables and fruits. He is an avid yogi, practicing daily at Samsora Yoga. And he loves riding his electric bicycle all over Cuenca.

The monthly cooking classes have been so popular that Chef Marc and Antoine Lissorgues, the director of Cuenca's Alliance Francaise, are planning to expand the classes to twice a month. With sponsors such as La Italiana and Coleman Company, they are able to keep the class price at \$15 (\$10 for Alliance Francaise members) while providing a generous lunch with wine. No one goes home hungry.

Much is "cooking" between Marc and Antoine. They are planning a French booth at the FASEC foundation's (a children's cancer organization) annual Fiesta de Gastronomía, traditionally held at the Mall del Río—this year on February 9, 2020. Chef Marc will be cooking something French and tasty. He and Antoine are also in contract negotiations with the San Isidro Cooking School of Cuenca to teach their students a class of French language and cuisine.

Chef Marc holds cooking classes a few times a year at the Villa de los Suenos in La Entrada on the Ruta del Spondylus on the Ecuador coast, where guests can come to the beach for a nice long weekend to enjoy both warm weather and great French cuisine.

Chef Marc is known for his skills in catering for large crowds. He cooked for a large fundraiser for the Mujeres del Exito, a Cuenca women's shelter, and he catered a Christmas party for employees and board members of the Alliance Francaise.

Chef Marc is a proud globetrotter who loves to travel and taste the foods of the world. When asked what his favorite food is to cook, all he will say is "I cook with the seasons, and the seasons in Cuenca are simply fabulous for a chef!"

Seven Useful Tips

Information All Expats Can Use

By Marcos Chilusia
Photograph Courtesy of EcuAassist



EcuAassist Team

My job is to help expats. And since the Ecuadorian legal system is much different from that of an expat's home country, I get asked about certain issues all the time. Let me share some useful information with you.

1 Document Apostille and Legalizations

All documents that come from another country must already be Apostilled or legalized depending on if it was issued in a country that belongs to the Hague Convention or not, and its validity is 180 days before arriving to Ecuador. If the owner of the documents has not left the country, it is possible to use it even if it is already expired. An Apostille is a must, and there is no exception to this requirement for without it foreign documents have no legal value.

2 Driver's License

Being a resident and having a cédula is necessary to obtain an Ecuadorian driver's license. It is important to mention that the cédula must state a level of education equal to or higher than a high school degree. Also necessary are an Apostilled driving record, a blood type card, and the taking of some exams. But if a tourist just arrived to Ecuador and forgot to bring the necessary documents, no need to worry! According to Art. 137 of the Land Transport, Transit, and Road Safety Law, a person can drive legally in Ecuador for a maximum of 6 months.

3 First Entry to Ecuador

Entering for the first time to Ecuador (after February 06, 2017) is going to be considered the "first entrance" and this same date each and every subsequent year is going to reset the tourist days which are 90 in total and are consumed every time a foreigner enters the country. The usage of these days stops when the person leaves the country.

4 Power of Attorney for Medical Emergencies

For anyone living in Ecuador, especially those living alone, it is recommended to have a Power of Attorney oriented to Medical Emergencies in the event that you might not be fully conscious of the situation. Making decisions as fast as possible is the difference between the best and the worst case scenario. Having someone you can trust as agent for this type of medical situation is especially important for seniors living abroad.

5 SENESCYT Professional Diploma Registration

This is ideal for those planning to work in Ecuador and a must-have in obtaining a Professional Visa. The process is very simple and does not require translations of the documents if they come in English. The documents needed for non-medical careers are as follows: Diploma, Transcripts, and a letter stating that the way in which the career was studied was not off campus, online or similar, but fully present in the classrooms. All of these documents must come legalized or Apostilled depending on the case.

6 Medical Specialists

For those of you planning to work using your profession, you will need extra documents on top of those aforementioned, and in such a case it is recommended to research for official information since each case is special.

7 Marriage Registration

It is recommended that you bring your marriage certificates beforehand and register them in the Civil Register as soon as possible. It will save you problems down the line.



FOREVER LIVING
THE ALOE VERA COMPANY

Life after Menopause

HOW TO CONTINUE ENJOYING GOOD HEALTH AND WELL-BEING


Post menopause is a normal stage for women. Unfortunately, cultural biases may contribute to the idea that diminished health is an unavoidable condition of post menopause. No woman should let this stage keep them from enjoying well-being and good health. All of us want the ability to take part in physical activity, maintain mental health, be creative and productive, and enjoy our sexuality.

What's the answer?

At Forever Living, an international company serving women over 60, we offer affordable nutritional supplements of the highest quality. And, we have especially formulated these three products for post-menopausal women:



Jan, Cuenca expat

-  **Pomesteen Power:** Super antioxidant (Rich in xanthones, powerful antioxidant)
-  **Royal Jelly:** Contains Vitamin A, C, D, E, and B vitamins, all essential and secondary amino acids. Proteins and Minerals (pantothenic acid, essential for the synthesis and metabolism of fatty proteins, carbohydrates and various hormones)
-  **Calcium:** Calcium Citrate, Vitamin D, and Magnesium (strengthening muscles and bones and hormone release)
-  **Ging Chia:** Among many benefits, it stimulates the immune system, increases the energy level, inhibits stress, improves blood circulation, concentration and memory

Contact us today for more information on the benefits of these products. Ask about special discounts on these and other fine Forever Living products. With these special post-menopausal products, you can help make these the best years of your life!

Email: bienestarysaludentusmanos@gmail.com.

Phone: 095 898 4212.



visit our
WEBSITE

expatsmags.com

Download Past Issues
Watch videos

Subscribe to our Events & VIP Club
to receive the latest news

find us on



as Cuenca Expats Magazine



G&G
Asesores en Tributación y Contabilidad

Hire Household Help? I can help you do it legally

Hi, CPA. Jacqui Guerrero Mgs. here. Did you know, Ecuadorian labor law is especially protective of those who do manual labor such as house cleaning, yard work, personal driving, etc.? Did you also know you are open to major fines and penalties from the Department of Labor and IESS if you don't follow strict procedures? Why risk it? I can help you stay legal. Our office is conveniently located and easy to find, right across from SRI. Come in for a FREE consultation today, before it's too late.

Address: Remigio Crespo 5-05 y Miguel Díaz
(Diagonal al SRI) / Phone: 4044478

Whatsapp: 098 426 1679

gerencia@gygasesoretributarios.com

www.gygasesoretributarios.com



GRAND OPENING

GUEY TORTILLAS MEXICANAS

YOUR TEX-MEX HEADQUARTERS

Hector Muñoz is back! Your favorite Tex-Mex headquarters is back after a two-year hiatus. Hector has imported the world's best tortillas machinery from Mexico. Hector has also adjusted his grandmother's recipes for the higher altitude of Cuenca. The result: the best chips and tortillas around.

Hector has also expanded his product offerings: Tortillas, Taco shells, Tostadas, Bowl Crunch, Green Salsa, Salsa Ranchera, and Cheese Salsa. And, for the first time, Blue Corn Tortillas. He also offers traditional Mexican drinks such as Mexican Horchata, Tamarindo and Jamaica. Coming soon, Hector will be importing dry chiles like guajillo, pasilla, de arbol, ancho and chipotle. So, you now have those special ingredients to prepare your favorite Tex-Mex dishes at home.

In the meantime, take advantage of the Grand Opening Special, and visit us at our new location near Miraflores Park (see map).

Oh, by the way, "guey" (pronounced "way") is Mexican slang for bull, in case you were wondering about our name.



Hector with eco-friendly electric delivery van



Grand Opening Specials

Free Bluetooth Earphones or Headsets!



All you have to do is spend \$5 or \$25 and take a photo of you at our place, and then post and share on Guey Tortillas Mexicanas Facebook.

ADDRESS

Av. Miraflores y
Segundo Luis Moreno
(next to Anubis Gym)

PHONE 098 922 1712

OPERATING HOURS

Monday-Saturday: 9am - 8pm

 Guey Tortillas Mexicanas