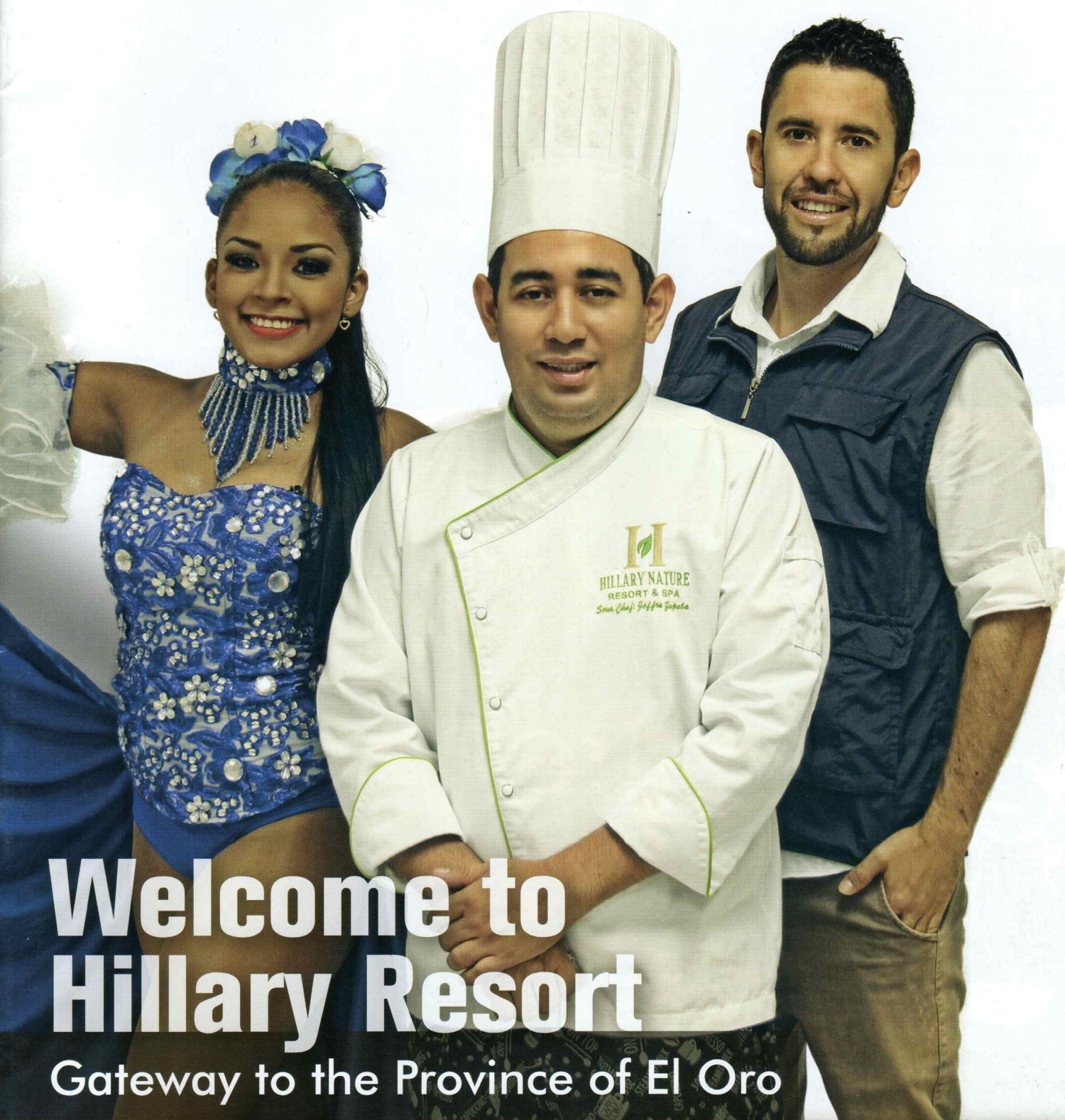


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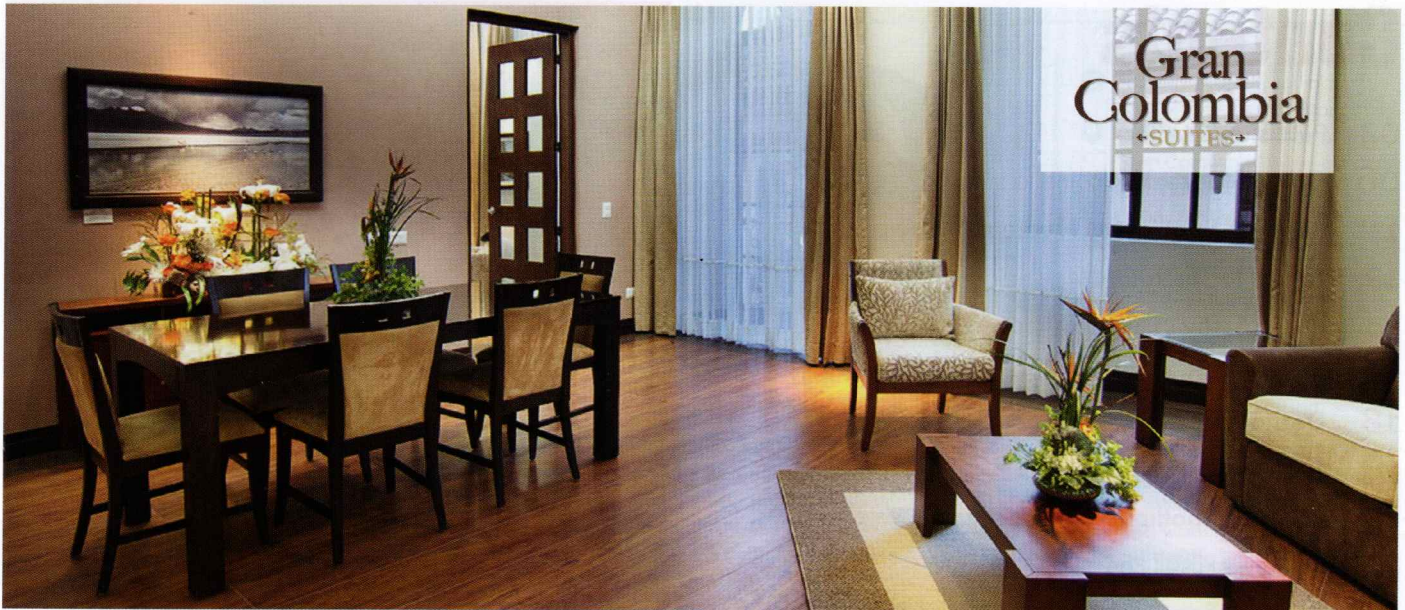
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CUENCA expats magazine

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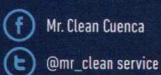
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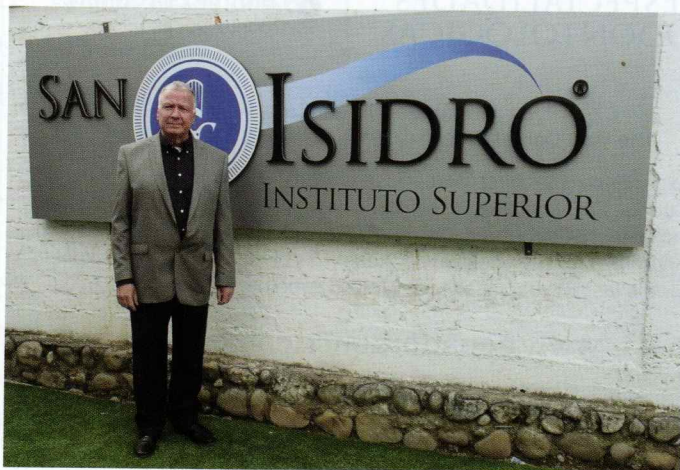


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Publisher's letter



YOU ASKED FOR IT. YOU GOT IT!

As readers of Cuenca Expats Magazine, you have asked for more articles on things to do in Cuenca and day and weekend trip suggestions. Well, we heard you.

First, on page 12 is the first of a monthly series on "Things to See and Do in Cuenca." We challenged the team of Keith and Tina Paul, writers of the popular blog "Retire Early and Travel," to find interesting, affordable places most expats don't know about or haven't yet visited. You'll enjoy their first discovery, the crypts under the New Cathedral.

Have you always wanted to cook like a chef? Would you like to know how to incorporate all the new fruits, vegetables,

grains and spices found in Ecuador into your diet and cooking? Do you wonder what changes you need to make in your cooking and baking because of the high altitude of Cuenca?

Here something else you may want to do. Starting Thursday July 28, I will host the first of monthly cooking classes. It's a joint effort between San Isidro Instituto Superior and Cuenca Expats Magazine. Only 20 reservations will be taken. Go to page 17 for information on reserving your spot.

Well, if that isn't enough to do, we have more. El Oro is the province next to us and is full of exciting things to do. Did you know, one of the largest and most luxurious resorts in all of South America is less than 4 hours away? It's Hillary Nature Resort and Spa. It's the gateway to adventure land in El Oro and you can read all about it in our cover story starting on page 6.

We are so impressed with Hillary Resort, we want to give Cuenca Expats Magazine's readers an easy, affordable way to experience this magnificent place. So go to page 10 and read how you may qualify for a reduced price for a 1 night stay at the Resort.

Cuenca Expats Magazine wants to be your "go to" source for affordable, fun things to see and do. So please enjoy!

George

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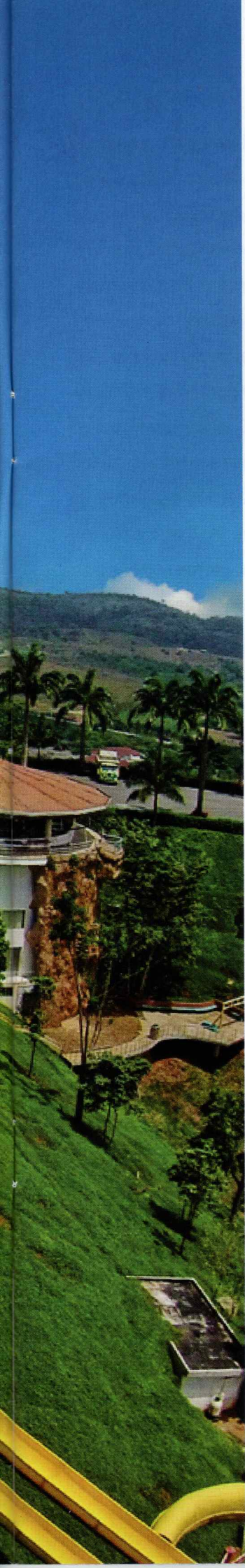
Gateway to the Province of El Oro

By Linda Santini - Photographs courtesy of Hillary Resort

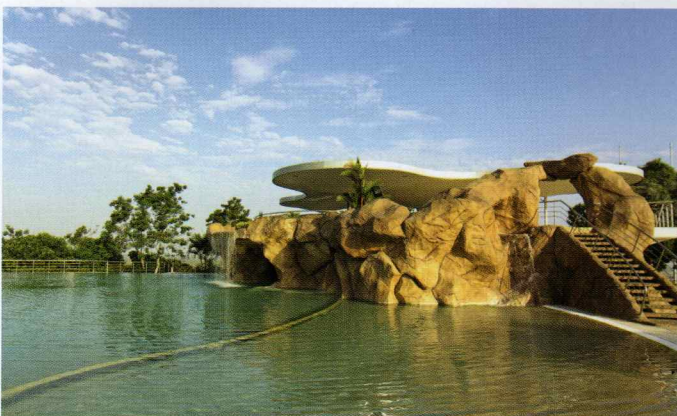
By now, we all know that Ecuador is beautiful, natural, biodiverse and full of adventure and our Google searches tell us so. Then there are the hidden gems that pepper this small country that make it magical. From the beaches of the coast to the mystic Amazon, to the paradise of the Galapagos, to our own enchanting Sierra, this little bit of South America has it all. I am awestruck by the majesty of the Andes that dominates our mountain city of Cuenca, the ever-present and always-changing dynamic that we share with these peaks covered by fog and clouds during the early hours, clearing to the naked eye when skies permit. The rivers that flow through our city cutting through rocks and land connect us to the abundance of our home. At times, Cuenca is cold and rainy, and while I love the changing weather, at times we need something different, something warm and luxurious.

To be honest, I am not the most well-informed traveler. There is so much to know about Ecuador that the reviews and first-hand accounts of life-long adventurers often becomes information saturation. When I encounter something unique or challenging to the imagination, I have to investigate further and find out all about it. This is what happened to me when I came across this one-of-a-kind resort.

Located in the province of El Oro, bordering Azuay, is the spectacular Hillary Nature Resort & Spa, sprung from the imagination of developers and brought to life by hard-working staff members it boasts of pools, restaurants, services, nature walks, extreme sports, and even a zoo! This place embodies the diversity of Ecuador, but I'm getting ahead of myself. Allow me to take you on a tour, to explore and appreciate what we have here at Hillary Nature Resort & Spa.



The Province of El Oro, literally the golden province, is famed for its history of gold mining. More recently, however, its chief export is another golden delicacy, the banana and El Oro is Ecuador's major exporter of this delicious commodity. The province capital is Machala, renowned for its beauty, architecture, tropical climate and lovely people. It is a small city that lends itself to the creative, with lush lands awaiting discovery, its cuisine amongst the best in Ecuador and its people among the friendliest. El Oro is home to Jambelí Island and Ecuador's southernmost beach that remains untouched and almost unknown to the beach-going crowds. Here fishermen still practice ancient skills while the Petrified Forest of the Puyango River stands still in time. The area is home to 130 different bird species and multitudes of butterflies. The island of Santa Clara, about an hour's boat-ride away, hosts species native to the Galapagos, like blue-footed boobies, sea lions, and dolphins and in



July and August gives one of the best views of humpback whales migrating to warmer waters. If all of this sounds amazing, it is. You can pan for gold, see relics of history, you can soak in the sun and enjoy the freshest fish cooked to perfection, or just wander through the lush greenery photographing birds and butterflies as they float effortlessly from flower to tree and into the immense blue sky.

Hillary Nature Resort & Spa (in the canton of Arenillas) is a convenient 3.5 hour drive from Cuenca. It embodies both the province of El Oro and of Ecuador with its stellar service and a chance to behold nature while wandering tended hiking trails, ziplining through the forest, or sitting by magnificent pools. There is even an enormous convention center for those who prefer mixing business with pleasure.

Fauna, native to the area is protected and well-cared for in a zoo sanctioned by the government. The oso de anteojos (spectacled bear) a native of the Andean region, waits for us with the shape of his glasses etched into his fur. In turn, his friend, the ocelot, a big tropical cat from the Amazon region, gracefully stalks from one end to the other. Crocodiles, birds, snakes, toucans, and huge tortoises all find sanctuary here, impeccably tended to and kept in comfort as a testament to the wild biodiversity of this country.

If you are the sportive-type, there is much to do. From practicing your tennis or golf swings, kicking a ball around on the soccer fields, playing volleyball with friends to mountain biking, climbing the big wall or ziplining through the canopy of trees, the limit of how you spend your day here exists only in your imagination. Hike trails meant to inspire and indulge, swim in pools to practice your breaststroke as the kids play in a fantastic aquatic park and squeal with delight enjoying their bit of paradise. A dragon-shaped train takes children through the grounds, enchanting them with the anticipation of what's to come. Unlimited snacks and drinks (soda, juice, and water for the kids and more potent concoctions for

adults) are included, so you can while away the time in comfort letting the staff care for your every need.

Once the fatigue of so much activity has captivated your muscles, there is an entire spa to whisk you away to relaxation. Smells of jasmine, eucalyptus, orange blossoms, and ginger greet and detox you as water jets massage the tension of exertion out of your body. Steam rooms, jacuzzis, and cold showers prepare you to surrender to the skillful hands of a masseuse who detects and soothes the knots in shoulders and back muscles.

However, the body can only go so far without proper nourishment, and that is precisely what the restaurants and bars of Hillary Nature Resort & Spa cater to. An international buffet provides a variety of delights while a grill marks the perfect temperature for your steak. If you're feeling particularly Asian, a sushi bar serves rolls and sashimi using the freshest fish available. There is even a spa restaurant that provides the healthiest, freshest food to complement their services. Bars serve unlimited drinks and snacks poolside and there is even a fast-food option for those who prefer hamburgers, hot dogs, and finger foods. With so many options, your tummy will be as well tended to as your body and mind.

Dancing, singing, talking with friends and making new ones is what makes nighttime fun and spontaneous. Nightly live shows featuring world-class entertainers tempt us away from retreating into the solace our rooms. The music and spirit echo through the halls and endow everything and everyone with the spark of life. No problem, we can all sleep late tomorrow; after all, this is a vacation!

Once you are ready to give in to the sweet temptation of sleep, it is all there waiting for you. With 147 rooms, each one beautifully furnished, and a presidential suite with a private pool, Hillary Nature Resort & Spa accommodates the most discriminating of tastes. If you are like me, dozing off in the comfort of fresh sheets and blankets surrounded by luxury after a hard day of activity



and indulging one's senses is necessary and the rooms at this resort are perfectly appointed and large, with WiFi, a big screen TV and cable, and a gym to counter one's more epicurean tendencies. Everything is tastefully decorated and luxurious, simply beautiful and mine, for a night or two.

The smiling faces that greet me and the caring hands that offer me a drink and tasty snack are genuine and fill me with the warmth of knowing that they just want me to enjoy what is here. The sprawling complex, with transportation provided, gives my imagination no rest, and with so much to do and see and be a part of, two days are not enough. This experience in Ecuador, surprises me - just one more of the hidden gems abounding in this country. However, life is what it is, and my responsibilities lie northward beneath the majesty of the Andes. Perhaps the best way to sum up this experience is in the words of President Correa upon his visit to Hillary Nature Resort & Spa. He expressed his heartfelt appreciation

for this unique place by thanking the "visionary businessmen" who believed so much in their canton, their province, and their country, to develop this paradise and fill it with luxuries we think only exist in the world's finest cities. Arenillas can now count itself amongst these. An excellent accomplishment, indeed!



HILLARY NATURE RESORT & SPA



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Fun Trip to Hillary Resort July 19-20 2016

If you enjoyed our first Travel Club trip to Devil's Nose and Ingapirca, you're going to love this.

Cuenca Expat Magazine in connection with Hillary Resort are offering Magazine readers a special opportunity to experience first-hand one of the largest and most luxurious resort destinations in all of South American. You have just read about this resort in our cover story, here's an opportunity to visit!

This Travel Club trip will include safe and comfortable bus transportation (it's about 3 1/2 hours from Cuenca), a one night stay at this 5 Star resort, full use of all the facilities, all meals (breakfast lunch and dinner), a special introduction to the other attractions of El Oro, even a Las Vegas after dinner show. All for one low price of \$149. This price is available only to Travel Club members.

Limited space. Many of you wanted to go on the last trip, but seats filled quickly. So don't miss out. Reserve your spot today. Here's how:

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2 Include your name, and phone number. We will send you a pay Pal invoice. If you prefer not to use Pay Pal, we can arrange a convenient time and place in Cuenca for you to pay by cash. Because Travel Club space is limited, sorry we cannot offer cancellation refunds.

3 REMEMBER: space is limited to 40 attendees. Reservations on a first come, first served basis. All attendees must pay travel Club fee in full by July 15, or their reservation will be cancelled and given to someone else on the waiting list.

Our first Travel Club adventure was enjoyable for all. This trip to Hillary Resort, with an introduction to the El Oro Province next to us, promises to be even more exciting. It's Tuesday and Wednesday July 19-20. Going to be lots of fun. Reserve your spot today.

EL PEDREGAL AZTECA

MEXICAN CUISINE
• SINCE 1989 •



El Pedregal Azteca

Preserving Traditional Mexican Cuisine

by Carol A. Boe



Enter El Pedregal Azteca restaurant and begin a journey through the food culture of owner Juan Manuel Ramos's native Mexico. The Ramos family serves fresh homemade traditional Mexican food. Everything is made from scratch including handmade tortillas. There are no chemicals or trans-fats in any dish, and they use organic vegetables. For Mr. Ramos food is the heart of any culture. As their guest, he wants you to experience the authentic smells and flavors of Mexican Gastronomy.

His passion for the restaurant business started in the 1960s. He studied at Mexico's first school of tourism. After that, he went backpacking through North Africa and Europe. Standing in front of the Trevi Fountain in Rome, Italy, he viewed with fascination the many lively restaurants and trattorias there. Seeing the families looking so happy eating there, he decided that someday he would have a restaurant, too.

El Pedregal Azteca is a place where customers feel like family enjoying healthy traditional Mexican food.

To help you feel at home, they use real woven cloth napkins, and the menus are bilingual. The walls are covered with old

photographs and posters of Mexico. Soft lighting gives the place a cozy feel. Family members work to ensure that you're enjoying your dining experience.

Juan Manuel and his Cuencano wife Maria love creating new dishes cooked in old-style ways with healthy ingredients. Their innovations include gourmet or minimalist plated presentations of traditional foods like Chicken Mole (Mole con Pollo), one of their much-requested specialties.

Mole is a sweet and spicy chocolate sauce with cinnamon, sesame seeds, pork grease, and four kinds of hot peppers. This sauce is poured over the chicken. I can tell you that it's amazingly delicious. No other Mexican restaurant in Cuenca serves fresh Mole like this. It's considered to be the best of high Mexican cuisine because these 24 ingredients represent Mexico's Spanish and indigenous Aztec cultures.

Chile Relleno or Stuffed Pepper is another mouth-watering specialty. A large green pepper is filled with fresh aged cheese or ground meat and covered with an egg-wash. It's then roasted and served with tomato sauce poured over it. El Pedregal Azteca also serves the best margaritas in Cuenca made with Jose Cuervo Tequila.

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EL Pedregal Azteca



Cathedral Tour

By Keith and Tina Paul

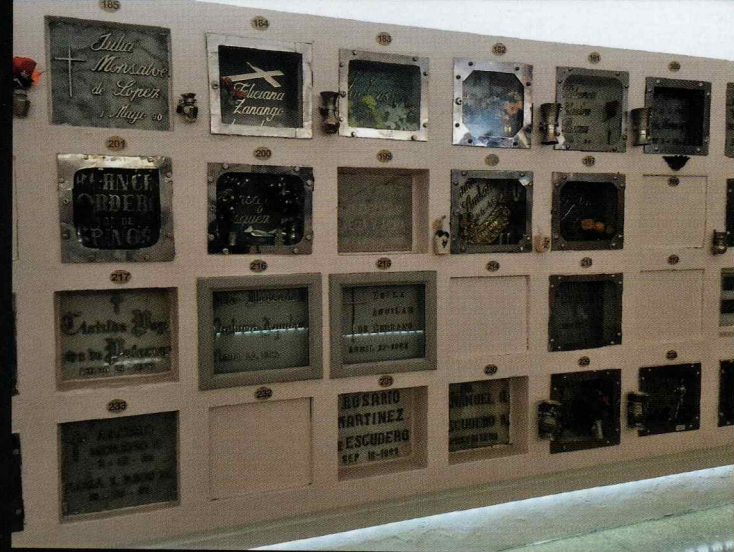
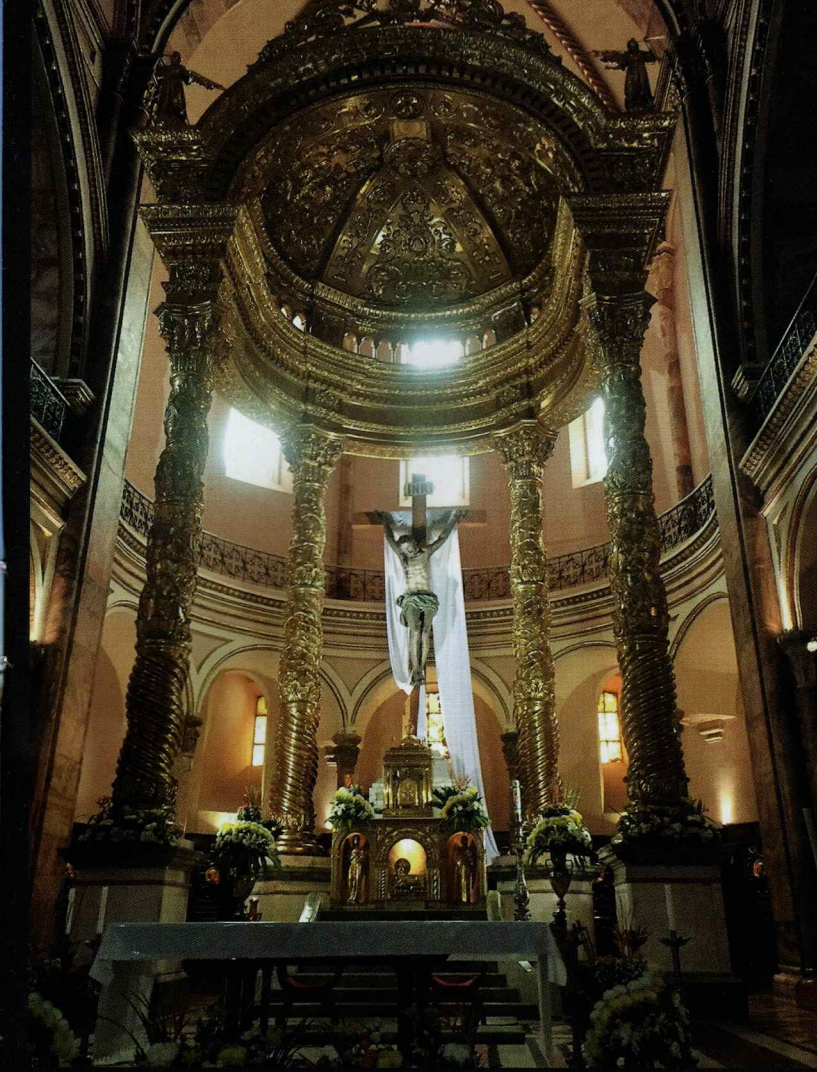
Photographs by Keith Paul

Everyone would agree the most iconic pictures of Cuenca are those of the blue domes of the Cathedral of the Immaculate Conception, affectionately referred to as the New Cathedral. Located in the heart of the historic center, known for its colonial architecture, the New Cathedral with its bright blue domes blends the new with the old. Cuenca is a UNESCO World Heritage site, and the New Cathedral is part of this site, but it is not that old. Construction of the New Cathedral began in the 1880s and took over 80 years to complete. Consecration of the Cathedral took place in 1967.

No matter how long you have lived in Cuenca, there are always interesting things to discover. We have visited the New Cathedral many times but recently decided to take the guided tour when some friends were visiting us from the States. If you are like us, you may not have even known that these tours are available. In the back of the church is a small office that will coordinate a guided tour for you. The tour costs \$3 and includes the interior of the church, the crypt and access to the patio between the towers. Our guide was very knowledgeable and passionate about educating our party of four on

the history and the materials used in building the cathedral, all in English. We walked the entire area of the main floor of the church before being taken to the choir balcony where we began our over 150 step climb of the circular staircase in one of the towers to reach the outdoor plaza located between the towers. The views of the city with its red tiled roof tops and other magnificent churches is breathtaking. From the patio, you can get a view of all of Parque Calderon and the beautiful colonial buildings that surround it. The original plans called for the two towers to be larger. Truncation of the towers was necessary because the foundation of the church was not strong enough to support the projected weight of the bells and the towers. The New Cathedral does not have bells. Covering those iconic blue and white domes are blue and white tiles from Czechoslovakia.

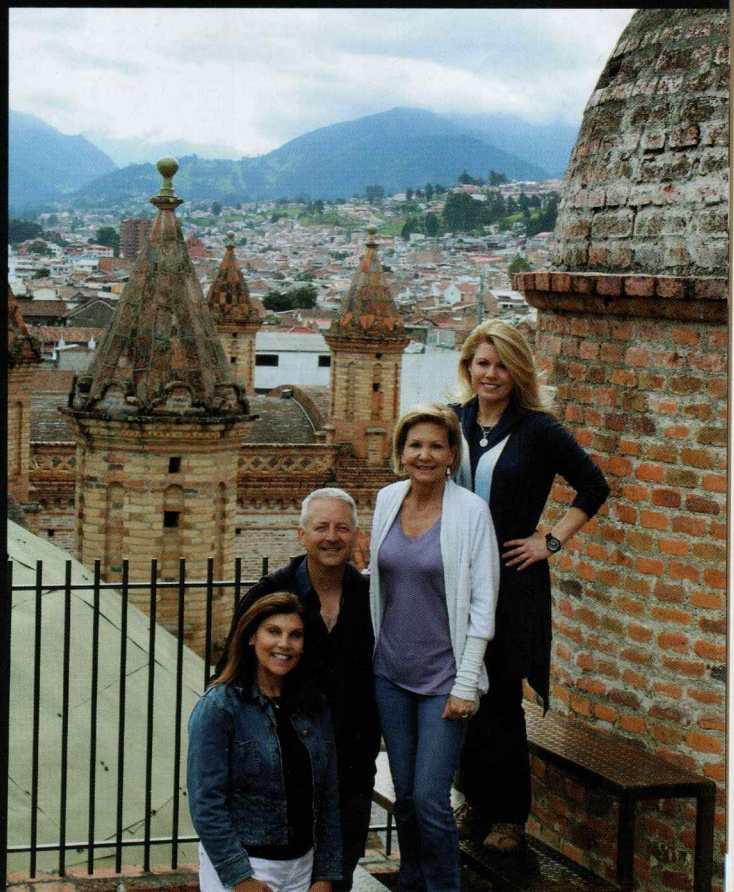
The cathedral is a combination of many architectural styles, but Romanesque Revival is predominant. The interior of the cathedral is opulently decorated with gold leaf though out. Stained glass windows made in Germany, Belgium, and Cuenca grace this magnificent place. Much of the interior of

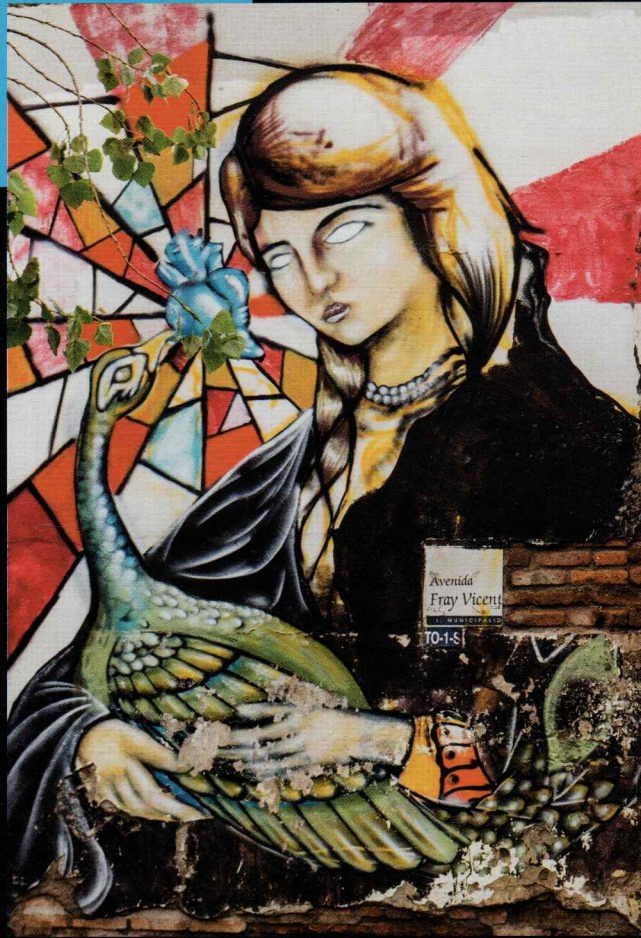


the church is faced with local marble, with pink marble from Italy covering the floors. Twisted columns of wood similar to St. Peter's Basilica make up the main altar, but here the wood along with the rest of the altar is covered in gold leaf.

When you think of a crypt, you might think dark, damp and dingy. The crypt of the New Cathedral is anything but that; it is spectacular. We descended 30 some marble steps into the basement of the cathedral. The crypt is 96 meters in length. As you first enter the crypt lights come on to illuminate the beginning of the crypt as you move further down the long wide hall more lights come on in sections. Some very famous Cuenca residents are at rest in the crypt, among them; Fray Vicente Solano and Remigio Crespo Toral. The crypt was intended to be the burial place for important Cuencanos, religious figures, and military men. Today there is only room left for religious figures. At the end of the 96 meters lies a simple yet elegant altar. As you reach the altar, the entire crypt is illuminated. The crypt is truly a treasure unto itself.

You are missing out on a world treasure if you do not take the guided tour of the New Cathedral!

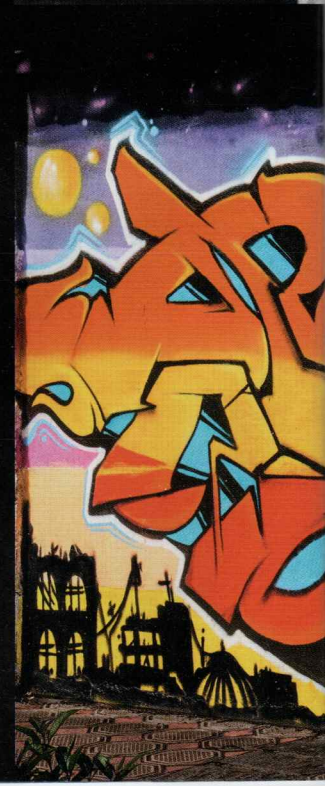
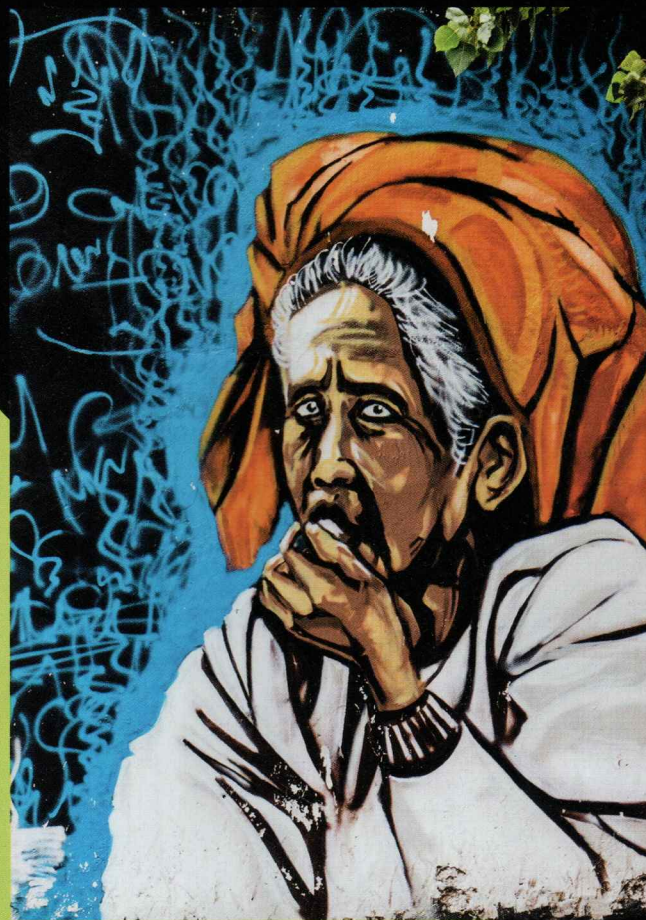


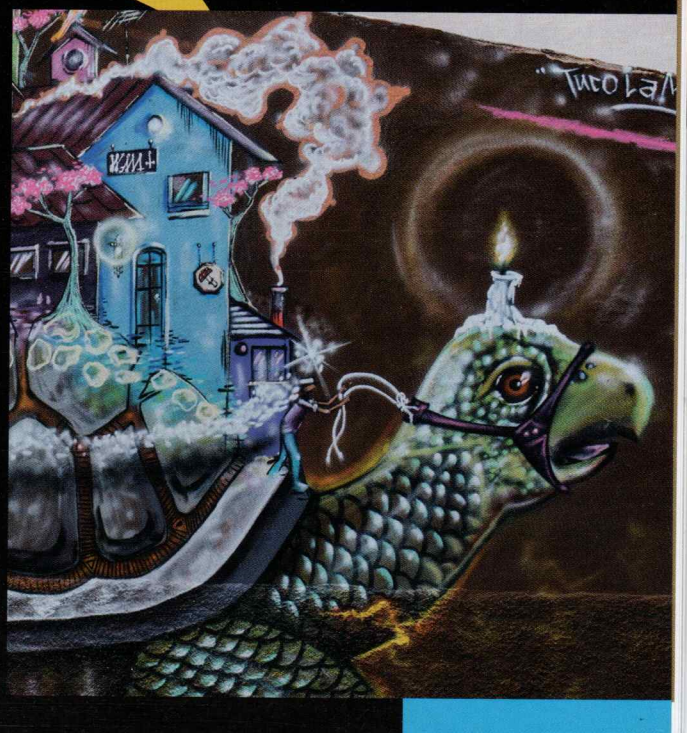
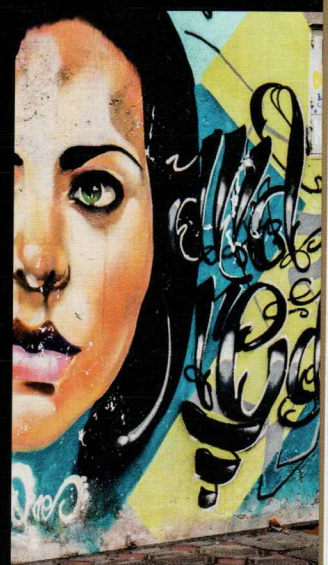
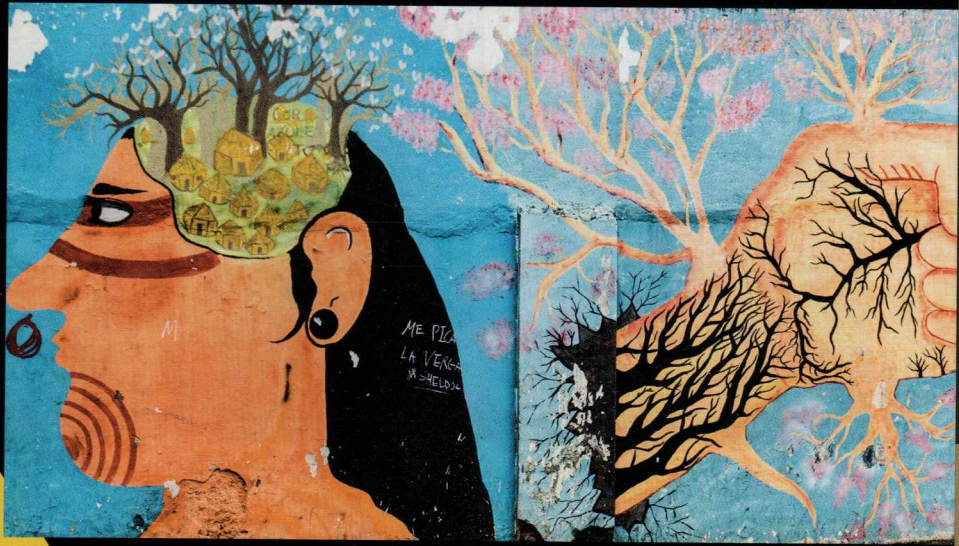


Cuenca Street Art

An Outdoor Gallery

by Ruffolo Design Photography







Helping Cuenca Prosper with High-Quality Commercial Photography

By Carol A. Boe

Philip Ruffolo is an internationally known commercial photographer from Chicago, Illinois. He retired to Cuenca five years ago with his wife Janice and their creative vision. He believes that Cuenca's many young entrepreneurs are the future of this economy. Philip wants to use his decades of high-level photographic experience to give these new businesses a strong professional image to provide the marketing advantage needed to grow. Ruffolo Design Photography also works with expat business owners.

Philip and Janice Ruffolo love helping small start-up companies market and promote their products or services. They create image magic from their studio in San Miguel de Putushi where they are fully equipped and have three photo bays, or they can shoot on-location.

Growing up in Chicago, Philip was surrounded by the commercial art business. He went to art school in the 1960s to study graphic design; however, he soon realized that his more technically oriented mind could master photography easier than a brush and pencil. He then switched his major to photography. Philip was a natural at taking pictures, and a major studio hired him to work for the summer after his first year at school. He helped them photograph catalogs for Chicago companies like Sears, and numerous others.

Returning to school in the fall, he realized that his knowledge had advanced beyond what the school could provide. Philip quit school and went back to work for commercial studios where he could earn while he learned.

By the early 1970s, Philip opened his own studio in Chicago and began specializing in commercial photography. His first customers included any magazine that had Chicago in its name. Subsequently, his photos appeared in a range of publications from Encyclopedia Britannica to Playboy Magazine. Working freelance for Playboy, he developed an understanding of what the magazine needed and just started shooting. They bought several of his pictures, which were re-published several times paying additional royalties for the young photographer.

Philip has worked closely with fashion and interior designers as well as high-level advertising and public relations firms. He has photographed for many industrial and food oriented clients, but much prefers working with people. "I love having them on the set and in the studio when we are shooting." He adds, "That's when the magic happens!"

Today, Ruffolo Design Photography works exclusively in commercial and editorial photography. The couple works as a team with Janice assisting her husband as studio manager, stylist, second camera operator, and is Philip's second pair of eyes when creating a photograph. They collaborate with local clients putting together the best image to represent the company's product or service.

The couple met at the last employee Christmas party held at Hugh Hefner's Mansion in Chicago in 1966 when they both worked for Playboy Magazine. Janice had studied and worked in graphic design and advertising and was working in the photo department at the time.

HOURS: Call or email to arrange a consultation.
Location: San Miguel de Putushi

Phone number: 096 977 9839
photo@nowif.net

COOKING SCHOOL

Time to Sign up for Cuenca Expats Magazine's Cooking School

Thursday, July 28th

Have you always wanted to cook like a chef?

Would you like to know how to incorporate all the new fruits, vegetables, grains and spices found in Ecuador into your diet and cooking?

Do you wonder what changes you need to make in your cooking and baking because of the high altitude of Cuenca?

Here's your chance. Come for a full day of cooking school. The first class starts Thursday, July 28th. It is a joint effort between San Isidro Instituto Superior and Cuenca Expats Magazine. Just like the full-time students who study at the Institute, you will have the opportunity to learn in English from some of the best chefs and cooking instructors around.

Sign up today! Because space with the Institute limited, we cannot offer refunds for cancellations. Limited attendance ensures each student will receive personal attention all day during the cooking class. No matter if a newbie, or someone who knows their way around a kitchen, this class is for everyone. Moreover, the Cooking School is conveniently located for easy access by walking, bus, or taxi (on Solano south of Banco Pichincha).

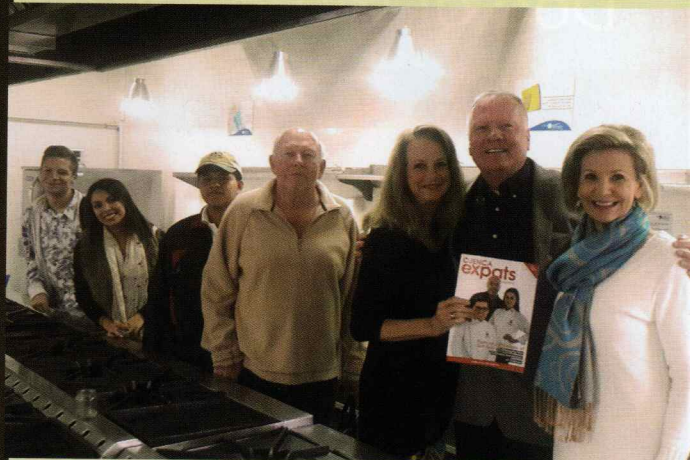
A full day of cooking class plus the gift bag is valued at well over \$100. However, your total cost is only \$49 as a reader of Cuenca Expats Magazine. Here's how to reserve your spot for the July 28th Cooking School:

1. Send an email to:

events@expatsmags.com.

2. Include your name, and phone number. We will send you a Pay Pal invoice. If you prefer not to use Pay Pal, we can arrange and appointment so you can pay by cash. Because of limited space with the Institute, we cannot offer refunds on cancellations.

3. REMEMBER: Space is limited to 20 attendees. Reservations are on a first come first served basis. All attendees must pay Cooking School fee in full by July 15, or their reservation will be canceled and given to someone else on the waiting list.



Your day at the Cooking School looks like this:

10am

Welcome and tour of the Institute

11am

Classroom lecture, plus a Q&A on cooking at high altitude and much more

Noon

Lunch prepared and served by students. Participation in a real life critique of various dishes

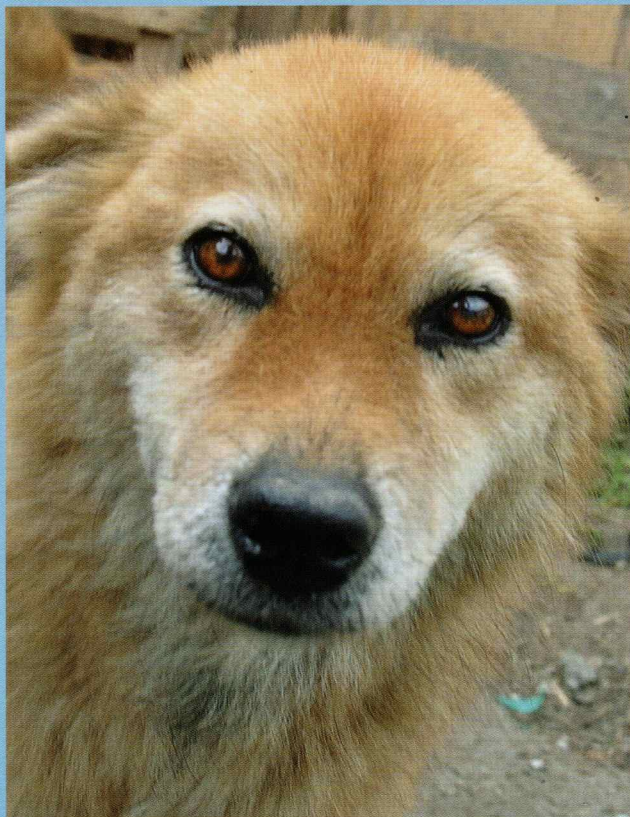
1:30pm

Hands-on training with two instructors in an actual kitchen lab. Each attendee will work at his/her own individual station with stove and oven.

4pm

Wrap-up, final Q&A, evaluation of class, choose the topic for the next class and sign-up for priority reservation in the August class. Plus receive a gift bag worth over \$60 as a special "thank you" from the Institute and Cuenca Expats Magazine for attending the first Cooking School class.

Dog of the Month




Wendy is looking for her forever home, and she is dead serious about being a good companion for that "just right" person. She was found in the garbage when she was about six months old. She was sick with mange, parasites, and digestive ailments; she had been left to die. FAAN has rehabilitated her and filled her life with security, food and love. She has a very calm manner, loves to be close to you, and doesn't bark unless there is a good reason. She is in good health, has been spayed, has all of her shots up to date. She does well with other dogs. She is an adult now, so past the puppy stage and ready to be a serious forever "Best Friend"! Please call our FAAN pet connection at 098-310-8989 to arrange your meeting with a very special dog.

The Dog of the Month is Sponsored By:



- Socialization (Start from 3 months)
- Basic Training
- Advanced and attack
- Rehabilitation (Behavior Problems)
- Hotel Canine and Accesories
- Dog Walking
- Grooming / Peluqueria

Alex Flores P.
GUIA INSTRUCTOR

E-mail: adiestramiento1997@hotmail.es
 Club Canino Cuenca Cel.: 099 0694342

Everyday Spanish

Sponsored by
Yanapuma Foundation and Spanish School

Most expats struggle to learn Spanish, while most also agree that learning Spanish is advantageous in relocating and getting settled into Cuenca life. To aid in this transition, Cuenca Expats Magazine will have in each upcoming Issue a practical Spanish lesson for everyday living. Each lesson will have a situation expats face daily and some Spanish words and phrases to help successfully navigate that task.

The first lesson is:

TAXI LINGO

English

1. I need a taxi please
2. Please stop at the corner
3. Please turn left at the corner
4. Please turn right here
5. Please go forward
6. Please make a U-turn
7. Please stop here
8. How much do I owe you?
9. Please use the taxi meter
10. Thank you
11. Goodbye

Spanish

1. Por favor necesito un taxi
2. Por favor pare en la esquina
3. Por favor gire a la izquierda en la esquina
4. Por favor gire a la derecha aquí
5. Siga adelante, por favor
6. Por favor cambie de dirección
7. Pare aquí, por favor
8. Cuanto le debo?
9. Por favor ponga el taxímetro
10. Gracias
11. Hasta luego

Phonetic

1. Por fa 'bor nese 'sito un 'taksi
2. Por fa 'bor 'pare en la es 'kina
3. Por fa 'bor 'xire a la is 'kjerða en la es 'kina
4. Por fa 'bor 'xire a la ðe 'retja a 'ki
5. 'siya ,aðe 'lante, por fa 'bor
6. Por fa 'bor 'kambje ðe ðirek 'sjon
7. 'pare ,a 'ki, por fa 'bor
8. 'kwanto le 'ðeβo?
9. Por fa 'bor 'ponga el tak 'simetro
10. g 'rasjas
11. 'asta 'lweyo

Many Spanish words sound much like their English counterparts but can have drastically different meanings in use! One of these is "introducir" which in Spanish follows the English meaning of to put something inside something else, and NOT to introduce one person to another. "Quiero introducirte a mi amigo" will raise eyebrows as you can imagine! The correct term is "presentar" - to present. We trust you find this Everyday Spanish magazine feature helpful the next time you need a taxi. ¡Hasta Luego!



Comfort Foods from Around the World

by Carol A. Boe - Photographs by Carol A. Boe

Cross Roads restaurant has created a unique and comfortable eating experience in Cuenca. Cuencano brother and sister, Pablo and Gabriela Astudillo Jarrin, blend flavors—and recipes—from around the world into familiar North American comfort foods. Choose from six different burgers, four different hot dogs, barbecue, meatball sandwiches, and all the extras. There's also homemade German bratwurst and sauerkraut plus real fish and chips. Their organic meats have no fillers and bratwurst casings are natural.

If you prefer Korean Kimchi, Pablo Astudillo Jarrin will make it for you. If the demand for Kimchi or any other dish continues, he and Gabriela will add that to their bi-lingual menus.

All of this at very affordable prices and there's always ice-cold beer. There are only five tables so come early.

Pablo Astudillo Jarrin spent 21 years in New York City developing his skills for cooking many different types of foods. For the first ten years, he worked with noted New York chef and French Culinary Institute graduate Luke Finn. Finn taught Pablo to cook Thai, German, Italian, and barbecued foods. Pablo then moved to other New York restaurants to learn about other kinds of food. He moved back to Cuenca in early 2015. Gabriela Astudillo Jarrin studied Tourism Engineering at the University of Cuenca. She helps her brother cook, but mostly handles the administrative side of the business. Cross Roads restaurant is their shared dream of bringing dishes from all over the planet to one spot—and you can taste it in every bite.

The lamb burger is made with organic lamb, fennel seed, Greek Tzatziki, or yogurt, sauce, and pickled eggplant. Garlic and cumin give this mouth-watering burger a traditional Mediterranean flavor.

The Pulled Pork Sandwich is made with the moist leg and butt of the pig and slow-cooked until tender. Cuban and Puerto Rican Pernil spices give this southern U.S. classic a unique Caribbean flavor. The German Burger is made with pickles, a blue cheese sauce, caramelized onions, arugula in a lemon vinaigrette, and bacon. Cross Roads service commitment includes making new dishes that customers say they would like next time. Home delivery is available for your convenience.



**HOURS: Monday: 4pm - 10pm
Tuesday - Saturday: 12pm - 10pm**

**Luis Moreno Mora 31-04 & Cornelio Merchán
(593) 07 403 0627 / (593) 098 335 0244**

Russill Paul

Healing Hearts, Changing Lives

By Christine Poulin

“« It is our mission, as humans specifically, to know love, to grow in love, to understand love, to become love »”



On July 8th, be part of a profound and unforgettable experience called «La Magia del Mantra », where high vibrational music will allow you to connect with the very sacred aspect of who you are.

Thanks to Shakti Ma, the spiritual leader of Escuela Valores Divinos, for inviting Russill Paul, artist, author, yogi, one of the most recognized Mantra Yoga Teachers of the world, to Ecuador.

On July 8th, alongside with a dholak (devotional Indian drum) player who hails from Pennsylvania and The Shakti Bhaktas, a devotional band based in Ecuador, Russill Paul will transport you to a space where both healing and connectedness will transpire through the universal language of music.

Mantras which come from the ancient Vedic tradition (6000 years ago), are sacred sonic formulae experienced by yogic seers in the depth of their meditations. These sounds, therefore,

come from a space of deep consciousness and vision and offer us a direct path to attaining a spiritual state of consciousness.

Through this sophisticated language of the soul, that is music, become fully present, be part of the experience of being alive, of being a human being and part of the transformational experience of reconnecting with the Essential. As Russill states, « It is our mission, as humans specifically, to know love, to grow in love, to understand love, to become love».

Be part of an healing and awakening experience by attending the concert, on July 8th, at Teatro Sucre, at 7:30 pm and the “Peaceful Mind, Radiant Heart” workshop guided by Russill Paul, on July 9th and 10th at Caminantes del Amanecer Ashram which is 40 minutes away from Cuenca.

“These events will be full of joy and peace and I would love to share this with you all.” – Russill Paul

Russill Paul in Ecuador: eventos@evdsky.com
www.russillpaulecuador.com

Online courses, books, etc.
www.russillpaul.com

Rione

hotel
boutique



Rione Hotel

by Keith and Tina Paul - Photographs courtesy of Rione Hotel

Looking for a place to stay in Cuenca, look no further than the boutique Rione Hotel and restaurant. At the Rione, they want every guest to feel like family. Putting their heart and soul into every encounter with their guests, they go out of their way to meet each guest's needs. This family owned and operated hotel was a dream 20 years in the making. During your stay, you will most likely meet one or more of the owners Clara, Ivan, and Tatiana, who make sure your needs are being met. This boutique hotel compares to those found in major cities around the world. Their style is sleek with bold splashes of color. Its intimate size, 30 rooms, produces a cozy yet stylish ambiance with an independent spirit to match its guest's individual needs. The Rione offers 24-hour receptionist, laundry and room service, and can cater to special dietary restrictions.

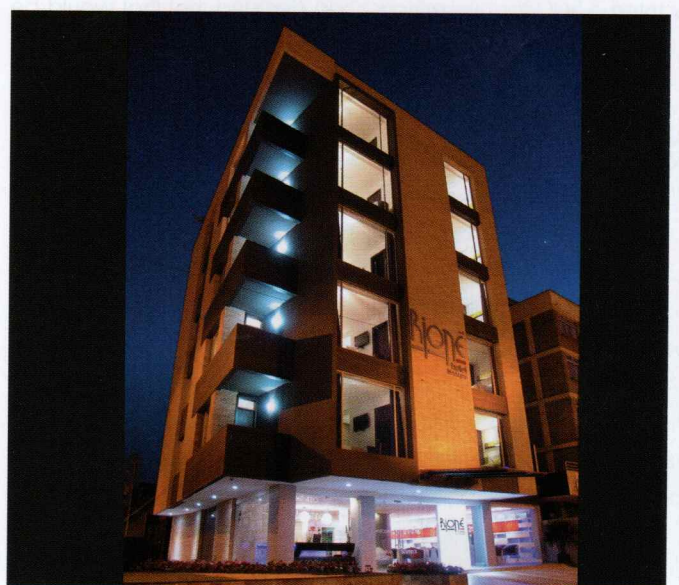
What makes this hotel stand out from the rest is that it is relatively new. A little over two years old, the rooms of this hotel are exceptionally clean, contemporary, comfortable and beautifully decorated with upgrades like flat screen TV's, mini-refrigerators and artwork from a well-known local artist.

Your stay includes a complimentary hot breakfast buffet beginning at 7 am for early risers. They offer special rates for an extended stay, speak English, and are small pet-friendly. Located in an up and coming restaurant area, the Rione Hotel is safe, quiet, and within walking distance of El Centro while being just far enough away to be free from the construction congestion and noise in downtown. A spacious king bed suite with balcony provides a comfortable, temporary housing for transitioning expats or out of town guests.

The Rione also has a bright, modern restaurant open from 7 am until 9:30 pm serving breakfast, lunch, and dinner. They provide fine dining experience at a very reasonable cost

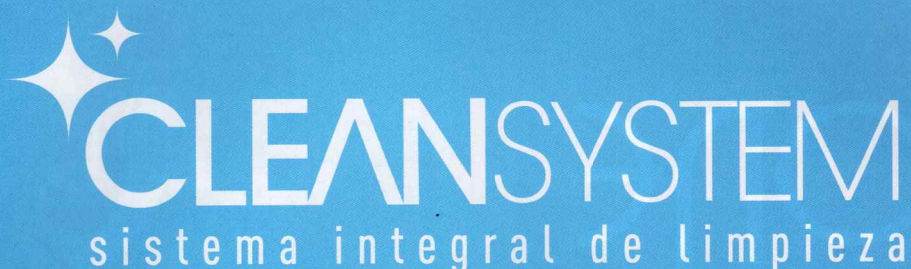
including beer, wine, and cocktails. Be sure to ask what the chef's specials are. We had the Chicken Parmigianino and the Four Cheese Fettuccini that were both fabulous.

The Rione Hotel is a hidden gem. People often ask us for recommendations of places to stay when they are considering relocating to Cuenca. After discovering Rione, we have our recommendation.



Hotel Restaurant Hours: Monday: 4pm - 10pm
Tuesday - Saturday: 12pm - 10pm
Ave. Luis Moreno Mora & Eduardo Malo

07 409 2085 / 07 288 3879 / (593) 099 276 2294
reservas@rionehotel.com
www.rionehotel.com



CleanSystem

A Legal, Safe, Affordable, Professional Cleaning Service that Speaks English

By Carol A. Boe - Photograph By Jorge Andrés Romero

Editor's Note: All expats want to be legal when hiring Ecuadorians to clean their houses. However, it is challenging and often confusing to know what the laws are and to know whom you can trust to have access to your home. As a public service, Cuenca Expats Magazine introduces you to Cleansystem, an Ecuadorian company that is not only legal and affordable, but all of their cleaning staff are bonded and fully vetted to ensure that they have no criminal records. Business managers, telephone operators, and supervisors also speak English.

As some expats have learned, the Ecuadorian government has been cracking down on people who hire housekeepers illegally, meaning, they are not paying taxes and medical insurance for these beneficial workers. If you ever get caught, the penalty can be more than \$100,000.

I know of one expat who went to an Ecuadorian attorney to be sure she was legally hiring her housekeeper. The attorney wanted \$500 for his services. She decided that that would be too expensive and continued paying her housekeeper illegally.

Xavier Martinez, Operations Manager for Cleansystem, gives customers peace of mind knowing that all housework is being done legally, safely, and professionally. Their prices are affordable and competitive with other private housekeepers.

Safety is vital when giving strangers access to your home. Cleansystem guarantees that all of their housekeepers are bonded and vetted for security. Their parent company has been in business for over 15 years.

Cleansystem is the only company in Cuenca that trains all of their workers on the sophisticated 6 Sigma System. Cleaners use only environmentally-friendly products and safe cleaning tools. They also recycle waste materials properly.

There's a designated phone number for making appointments in English. The same bilingual employee you talked to

on the phone will accompany the cleaners on their first visit to ensure that your cleaning needs are clearly communicated.

After the first visit, you'll receive a follow-up call. If you are not 100% satisfied with the cleaning, a bilingual supervisor will inspect the work and rectify the situation. Ninety-seven percent of Cleansystem's customers are fully satisfied after the first housecleaning.

The company offers additional cleaning services for upholstery, rugs, draperies, skylights, and even exterior windows in highrise buildings.



HOURS For English Speakers: Monday - Friday : 8am - 6pm Saturday: 8am - Noon	10 de Agosto 2-36 (Entrance at Paucarbamba and Francisco Estrella) English Tele: 099 991 6331 / 409 6548 ext. 103
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Bernice Lopez

Photograph by Juan Picón

I was born in the Dominican Republic and spent my childhood there. I am blessed with four wonderful children and two energetic grandchildren. As a young woman, I became very interested in becoming a hairdresser and have dedicated the past 25 years in perfecting my skills, not only in hair styling and coloring but also as a cosmetologist. This includes all aspects of cosmetology which I had a great time both learning and working on my craft in New York City. I'm am grateful to have been voted the "Best Hair Salon" in Cuenca by Expats who live here.

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

I used to live in New York City. I spent several years there and worked as a hair stylist.

Why did you decide to move to Cuenca, Ecuador?

I married an Ecuadorian, and we moved our family to his home in Cuenca.

What do you like most about living in Cuenca?

For one, I like the pace of life so much better than in New York City. If anyone has ever visited that great city, they know how busy and hectic it can be there. I have now lived in Cuenca for 20 years, and I must say, the lifestyle here is more to my liking.

If you could go back in time, would you do something different and if so, what?

I don't think I would change anything. When I look back at my life instead of wanting to change things, I look at both good times and bad as a learning experience. So I don't think I would change one thing.

Who is your hero and why?

That is a very easy question. It is my Mom. She was both my Mother and Father. She was a great provider and very hard worker. I learned a lot from her. I only hope my children can say that I have been a good example to them.

What's the magic formula for success?

Well in my mind there are several kinds of success. With both my children, grandchildren, I would say it is important never to give up.

What was the most important day(s) of your life?

The birth of my four children. What a journey it has been with all of them.

How do you maintain a good mental attitude?

The best way I think most of us can have a good mental attitude is just to stay positive. As a business owner, mother and friend, I believe it is so important to stay positive most of the time.

What are you most passionate about?

Without a doubt, it is my work. The industry of cosmetology is always changing, so it is interesting to take new classes, read new articles about what is happening. I want to be the best in the city of Cuenca servicing the expat community.

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

My super power would be a mind reading.

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

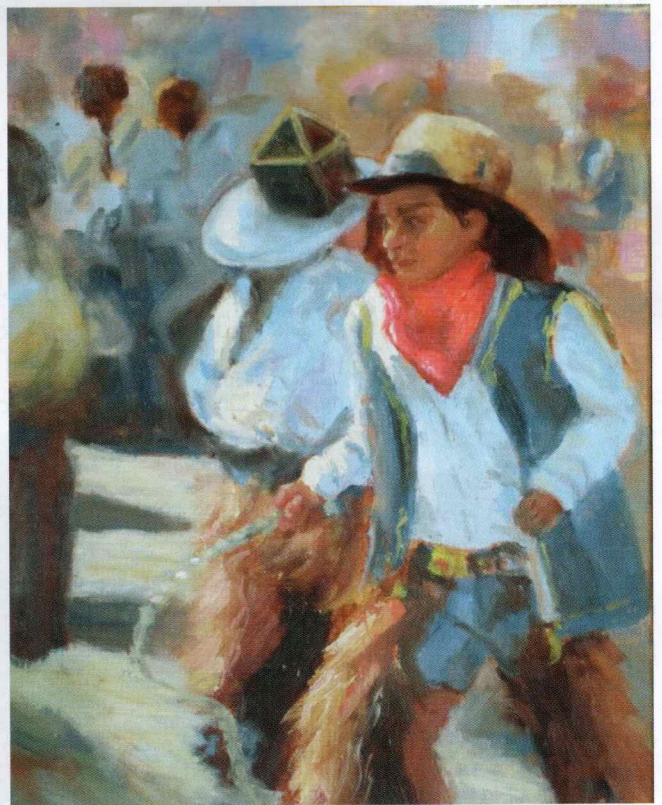
I would like to believe that it would be Warrior. That is how I feel about myself.





JANDA GROVE

Janda Grove is an American artist living in Ecuador since 2012. She is currently dividing her time between Cuenca and Cotacachi. In Cuenca, you may see her work at her studio near San Sebas (Presidente Cordova 14-35) by appointment. 096 867 9260. She will be showing work at the new Casa Azul Galleria Cafe in the fall, as well as participating once again in the Cuenca Art Walk in October. See more of Janda's work on her website: jandagrove.com





Dr. Fausto Astudillo Dávalos at the **Clinica Latino**

Providing World-Class OB/GYN Care in Cuenca

By Carol A. Boe

Dr. Fausto Astudillo-Dávalos grew up in Cuenca in a family of doctors including his father and grandfather, who both practiced obstetrics and gynecology. He had considered other specialties in the medical field but then realized that OB/GYN was his true passion.

Dr. Astudillo- Dávalos is proud of his specialty because patients come to him not only for their obstetric or gynecological problems, but also for other health concerns such as incontinence, managing post-menopausal issues, and infertility. Throughout his 15 years of practicing, Dr. Astudillo-Dávalos has become his patients' primary care physician, as well. He has trained in general gynecology like Pap smears, annual well-woman examinations, early detection of female cancers, as well as a wide range of minimally invasive surgeries.

Graduating at the top of his class from the University of Cuenca's Medical School, Dr. Astudillo-Dávalos then completed a four-year OB/GYN hospital residency in Barcelona, Spain where he learned European practices and techniques. He then went to the United States for a second hospital residency at the world-famous University Of Miami and Jackson Memorial Hospital as well as Cleveland Clinic in Florida. He speaks excellent English and French.

Now, back home in Cuenca, Dr. Astudillo- Dávalos has two goals for his practice. First, he wants to use everything he learned in Europe and the U.S. with state of the art equipment

to give his patients the best OB/GYN care possible. Second, he wants to build an OB/GYN department at the Clinica Latino with a team of doctors, believing that a collaborative staff can help change the traditional mindset that doctors in Cuenca practice alone.

When Dr. Astudillo- Dávalos was in Europe and the U.S., he saw how valuable medical teamwork is to patient care. He adds, "When you work in an OB/GYN department, you can discuss your cases with colleagues. This way we will give the best healthcare for our patients 24/7."

Dr. Astudillo- Dávalos also has concerns that many babies in Cuenca are delivered on an operating room table and not in a labor room, which can be both uncomfortable and dangerous for mother and baby. So, Clinica Latino now offers the first labor room in Cuenca that meets global standards.

Clinica Latino patients have access to radiologists, cardiologists, and internists if needed. Dr. Astudillo- Dávalos performs the surgeries, however, when a condition requires more extensive surgery he will lead with a multidisciplinary team of physicians. His team includes residents who work with patients in other hospitals.

Dr. Astudillo- Dávalos can give expats the same level of care and treatment that they would receive in the United States drawing on his vast knowledge and experience with both European and American schools of practice.

HOURS: Mon to Fri: 9am - 1pm / 3pm - 7pm
Appointment Online: dr-fausto-astudillo-davalos.reservio.com / Weekend Emergency Care available.

Clínica Latino - Consultorio/Suite 501
Av. 3 de Noviembre 3-50 & Unidad Nacional
07 282 0004 / 099 014 0620

Tina & Keith Paul

by Susan Herron



I understand you will be celebrating your 31st anniversary shortly, how did you meet?

We actually made our first Communion side by side at the age of eight, but we didn't know each other back then. We knew each other in middle school but really met in high school where we worked at a pizza and ice cream shop. We started dating at 18 and one time we were looking through my parent's photo album when Tina asked why they had a picture of her. I said it was a picture of me at my 1st Communion, but she said, "that's me" and pointed to a girl right next to me. We later looked at a similar picture in Tina's parent's photo album. It looked like a mini wedding with all of us in white dresses and black suits.

Where did you live before moving to Cuenca?

We moved from California.

How long have you been here?

We arrived January 22, 2016.

What did you do before retiring?

Keith was a chief technology officer for the University of Southern California, which was a very stressful job. I had a Naturopathic practice that I loved.

When and why did you start thinking about living overseas?

We always wanted to live in a different country and culture once we retired. As our kids were growing up, we had a globe and each year we would spin it and pick a spot. We then did research to learn all about that location as though they were going there. I think that instilled living life abroad for our children and for us. Our two kids both live and work overseas; our son in China and our daughter South Korea but she soon will be moving to Paris. So, living overseas seemed natural to us.

I learned about the IRS 72T rule where you can retire in the year you turn 55 and can access your 401k fund's penalty free. So, in June 2015 I gave notice as I was turning 55 the following January. Then we started looking for someone to purchase Tina's practice. Things just fell into place as the practitioner Tina had taken in eventually bought her practice.

Why Ecuador and specifically Cuenca?

We took a trip to Guatemala to use one of our RCI weeks that was expiring. We read in International Living that Guatemala was #10 so started looking at what countries were 1-9, and Ecuador came up #1. We thought of Panama and Guatemala but after our two exploratory trips to Ecuador and all our

internet researching, we knew Ecuador was the place for us. We wanted somewhere without heat and humidity. It needed to be large enough to offer cultural events and lots of interesting restaurants. We wanted to have somewhat of an expat community. It needed to be easily accessible to Florida as Keith's mother still lives there. Plus, we have dogs, and it had to be somewhere that wouldn't quarantine them.

Was the transition easy?

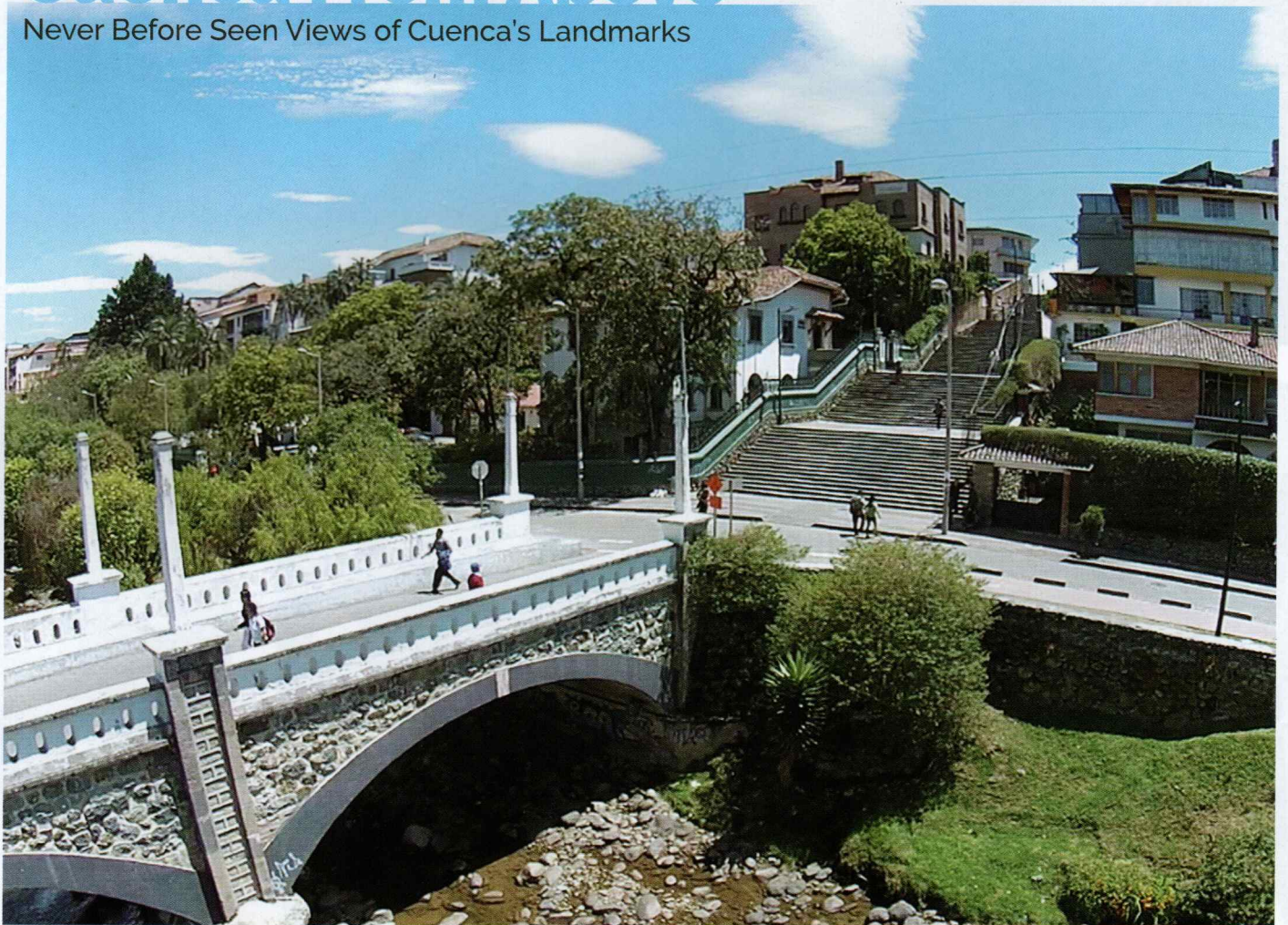
Yes, as easy as it can be moving to a new country and culture. We came down in June 2015 to see if Cuenca was where we wanted to live. It was, so in November we came back and found a place to live. We returned to California to pack and coordinate our container to arrive when we did. We also got our visas while in the US so we had them "in hand" when we arrived in Ecuador, something we would highly recommend doing.

What do you like to do for fun?

We love socializing by having friends over. We love writing, and Keith is taking art lessons. We are both taking Spanish. We would love to do more travel, exploring Ecuador as well as all over South America, but at the moment, finding someone to dog sit is an obstacle. I started two websites, a far cry from my pre-retirement work. One is <http://www.cuencaeats.com/> and talks all about the restaurants where we like to eat. Plus, I was just asked to take over the website for the Cuenca Writers Conference, <http://cuencawritersconference.com/>, which will be lots of fun. That seems to keep us quite busy and very content with our new home.

Cuenca From Above

Never Before Seen Views of Cuenca's Landmarks



www.expatsmags.com

Go to the online version of our magazine and click on the image to see the complete video.

Sponsored by: PEDRO ZABALA - 099 279 7997



> Friendly Faces

Photographs by Jorge Andrés Romero

Drinking fresh and eating healthy at The Vegetable Bar



Refreshing juices



Drink presentation



Sam and Marty



Codie



Andrea and Janet



Fresh fruits



Martin, Tricia, Bob, Diane, and Ali



YANAPUMA

Spanish School

- ▶ Professional Spanish tuition at all levels and for all ages.
- ▶ Small group and individual classes, and classes for couples/friends.
- ▶ Regular calendar of Social activities and weekend excursions.
- ▶ Flexible scheduling options.
- ▶ Volunteer while you learn Spanish.

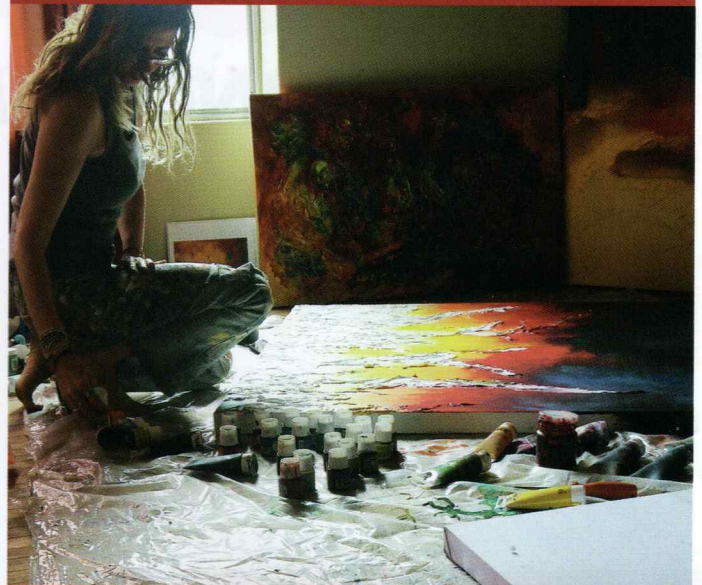


Yanapuma is one of Ecuador's most professional Spanish schools. We are committed to offering the very best Spanish tuition along with excellent service. Come by the school to find how we can help you master the Spanish language!

Winner of
"Best Spanish School in Cuenca"
award by GringoPost.com!

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www.yanapumaspanish.org



Christine Poulin
International Artist
www.christine-poulin.weebly.com

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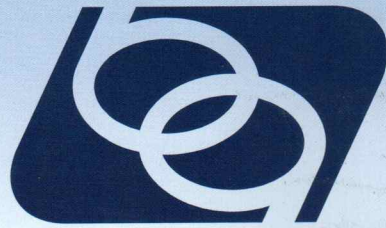


CLEAN CLOTHES

Dry cleaning - Ironing
Laundry service: wash
quilts, sheets, curtains,
carpets, shoes, delicate
and regular clothes.

Ready the same day!

📍 Guayas 4-46 y Remigio Crespo | ☎ 288 3828
📍 Jose Astudillo y Eduardo Crespo Malo | ☎ 283 6425
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📱 La quimica



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