

CUENCA expats

magazine

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THE 2015
REDBOOK



Maite Duran
Expert for Expats

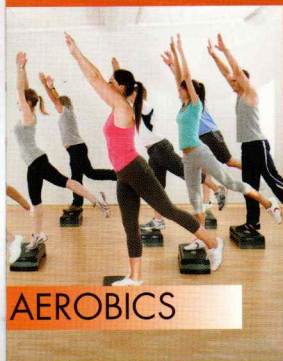
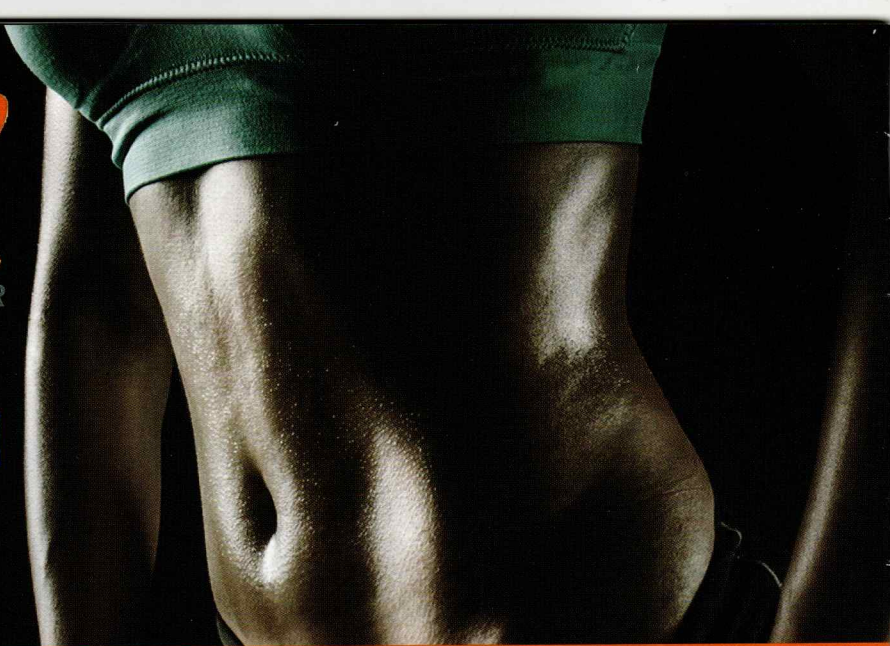
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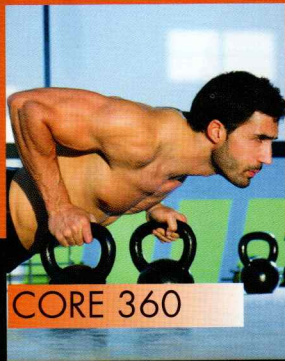
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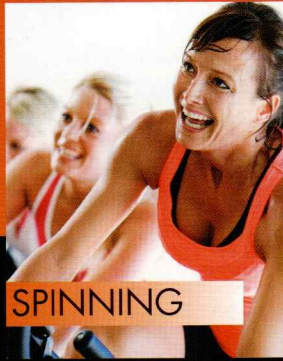
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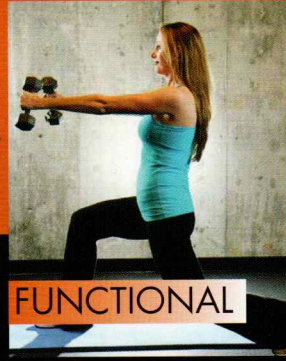
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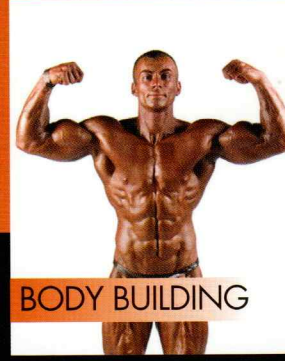
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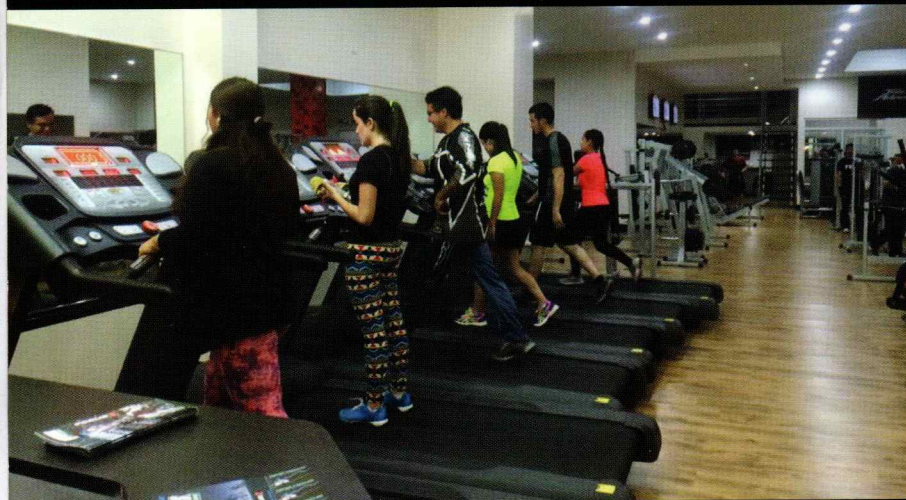
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Cuenca Real Estate



Although Kathy González Corral's mother's family has been a mainstay in Cuenca for 300 years, she grew up in the United States where her Spanish-born father was a classics professor at the University of Idaho. Kathy has been an English professor in universities and high schools in Cuenca, a jewelry exporter and a retail shop owner. Her work in the real estate field began in 2002 with a concentration on serving North American and European buyers. Because she has lived in the U.S., she is conscious of the expectations and concerns of foreign real estate buyers. She is fluent in English.

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"I highly recommend Kathy Gonzalez to put you where you want to be!" - Ben Taylor

"Kathy made the complexity of buying real estate in a new cultural environment a relatively stress free experience." - Marie Peterson

"Kathy has many strengths that impressed us. She has been in the real estate business for many years and that is her focus. She is very well connected in the community, she is efficient, and she speaks excellent English" - Deborah and Randy DuBoff

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 (593) (7) 2455-800 / 404-94-65
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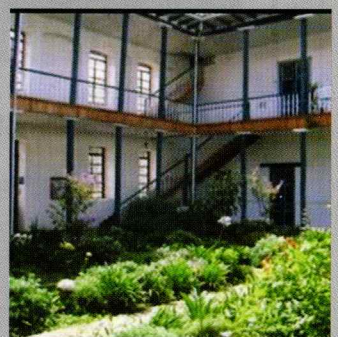
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5 PUBLISHER'S LETTER

6 LETTER FROM CUENCA'S MAYOR

7 LETTER FROM AZUAY PREFECTORA

8 COVER STORY - Maite Duran
Expert for Expats

12 ASK THE EXPERTS

14 BUSINESS SPOTLIGHT - NOE Sushi
Bar

18 BUSINESS SPOTLIGHT - Local
Knowledge Expediciones Apullacta

20 COMMUNITY SERVICE - Helping our
Four-Legged Friends

21 CITIZEN JOURNALISM - The Writing's
On The Wall

22 EXPAT PROFILE - George M. Forgues

24 FRIENDLY FACES

26 DATE NIGHT - Mike & Susan Herron

28 LIFE IN PICTURES - People at Work

30 COMMUNITY - AgroAzuay: Healthy
products, low cost and support to
farmers



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I'm on an airplane right now, on the way to Peru. I am thinking about Miguel.

I can't get him out of my head.

This is a passionate man, a man who is not afraid of hard work and long hours. A family man with college aged kids that he is responsible for. An unselfish man who loves his community.

His dream is to build a bridge between the small farming communities just outside of Cuenca and the expat community.

Miguel was our private tour guide a few days ago. He took us to the top of the Cajas, the mountain range that sits just west of Cuenca. I liked him the moment I met him. Very soft spoken, reserved, one of those personalities that has a calming, relaxing affect on everyone around him.

But that all changed when we were sharing our loves and passions during our hour long lunch.

Miguel told us about his dream of creating a coop organization that would produce and deliver wonderful organic foods to a farmers market. Weekly transportation would be available to take anyone interested out to the market. You could meet the farmer and his family. You could see the crops. You could even help the farmers... Maybe you might buy the seeds for the vegetables you would like to have the farmer grow. Help as much or as little as you like.

Working the soil can be very therapeutic. So can helping others.

Cuenca Fresh is what he called it.

I told him I wrote a fairly popular blog and that I would love to feature his story. My friends then reminded me that I am also the publisher of a magazine, a very community minded magazine.

His eyes lit up when he heard this. He looked to the ceiling and then raised his hand up and said, "oh my God, I can't help but think someone has sent you to me to help make this happen".

Was I sent to him? Can I help him make this happen?

Can we help him make this happen?

This is what Cuenca Expats Magazine is all about.

We want to help make dreamer's dreams come true. We tell the story, we share the passion, and then as a community we do our best to support these local heroes.

Hope all of you love this first issue of Cuenca Expats Magazine. I am so grateful to be a part of it.

More to come about Miguel and Cuenca Fresh, and please share with me via email or when you see me in Cuenca, other local heroes, both Cuencanos and Expats.

Let's work together and make dreams come true.

George



Dear Citizens and Visitors

From City Hall, we extend our best wishes for success to the new Cuenca Expat Magazine. We believe it will be useful to all English readers residing and visiting Cuenca, a Unesco World Heritage Site.

In our fine city, we have a wide range of artistic, cultural, and educational events for all to participate and enjoy. And within a short distance from the city, we have many wonders to visit from the beautiful el Cajas National Park to the thermal baths of Banos.

Our office works with many public utilities such as ETAPA and others to insure the excellent services one comes to expect from a city with a growing national and international reputation.

We know the difficulties arising from learning a new language, so we offer the Spanish language services of the Municipal Foundation's "Tourism for Cuenca." We hope you'll take advantage of this service and visit the website www.cuenca.gob.ec for details.

Cuencanos love to celebrate, so please remember to join in the fun during our many festivals (such as Corpus Christi which I hope you were here to enjoy). And as you walk around El Centro, we hope you'll take in the historic architecture, all the cultural activities and the eating delights of our many food establishments.

The people of Cuenca are known for their kindness and friendliness and welcome you and hope you feel at home whether visiting or making Cuenca your new residency.

Marcelo Cabrera Palacios
Mayor of Cuenca

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WELCOME TO AZUAY, LAND OF CHARMS

In my capacity as Prefect of Azuay, it is my pleasure to welcome you to Cuenca city, and to the province of Azuay through this first issue of Cuenca Expats Magazine.

Our province has opened its doors to a large number of foreign visitors who have not only come to know its charms but have decided to stay and live with us, which undoubtedly congratulates us and at the same time compromises us to find the best coexistence options. This is why I remind you the benefits and attractions that are offered in Cuenca and Azuay, land of charms and traditions, of friendly and vibrant people, of natural and magical environments with a cultural, architectonic, patrimonial and gastronomic diversity, that has made it worthy of being called the best place to live in the world.

In Azuay you can enjoy nature, history, culture, traditions, crafts, food, civic and religious holidays, adventure sports; visit our 15 cantons and 61 rural parishes and you will live a unique and pleasurable experience.

Finally, I extend the invitation to visit us and to participate in cultural and tourism promotion activities that are developed from the Provincial Government of Azuay, such as the carnivals in Santa Barbara River Basin and the most important film event in the country, the "Orquídea Cuenca" Film Festival.

Visit us!

Azuay is Life, Joy and Rhythm.

Paúl Carrasco Carpio
PREFECT OF AZUAY



Maite Duran: Expert for Expats

By Lynne Klippel



Maite has over 23,000 You Tube views of her video

“What I found appealing in the life abroad was the inevitable sense of helplessness it would inspire.”

- David Sedaris

Most expats dislike feeling helpless. Back home, we knew the score, how to navigate daily life, and how to get things done. When we moved to Ecuador, everything changed. We suddenly feel as helpless as the new kid in town on the first day of seventh grade. Our new world seems exciting and interesting, but we have no idea how to fit in and do what's required. Maite Duran understands.

Although Maite's helped more expats make a successful transition to Ecuador than anyone else, she's more than just a savvy business woman. Maite has a heart for helping expats because she experienced that same level of confusion, overwhelm, and helplessness when entering a new country, not only once, but twice.

In the last five years, Maite's company, Gringo Visas, has become one of the most respected facilitation services for expats across Ecuador. From humble beginnings working alone in Cuenca, Maite now leads a team of eight staff with offices across Ecuador and in the United States. They focus on one thing: doing everything possible to help expats stop feeling helpless and start enjoy their lives in Ecuador. Part encouraging friend, part respected expert; Maite Duran has quickly made a name for herself as a trustworthy guide for expats in Ecuador. Her backstory provides the secrets to her success and why she works so hard to help newcomers.

When Maite was seventeen years old, she left her hometown of Santa Isabel, Ecuador, with a big dream. She was going to go the United States to get a good education, then find work so that she could build a better life for her family back in

Ecuador. She spoke no English and had few resources except for her determination. With hard work, Maite was able to support herself and graduate from high school with honors, just three years after arriving in the United States. That work ethic, coupled with her warm personality, led to a successful career in the mortgage industry and as the host of a local television show for new immigrants.

As the years passed, Maite's dream became a reality. She'd earned enough money to help her siblings attend college and graduate school. She'd also secured a stable future for her mother and herself. As a bonus, she also found love in the United States. Maite met and married a man from Cuenca. When her son David was born, Maite and her husband returned to Cuenca after almost twelve years of living in the United States.

Her re-entry experience was shockingly difficult. Maite recalls, "It was really hard. I had to do everything on my own and could not easily find the information I needed. I'm from Ecuador, and it still cost me a lot of time and money to start my new life here. I didn't expect that it would be so difficult."

Even as a resident of the country with fluent Spanish, her transition was costly, confusing, and stressful. Maite struggled. "My husband purchased a house in Cuenca when we moved here. I had no legal right to that house until our US marriage was registered in Ecuador. If something had happened to him, I would not have been able to sell the house or make any decisions about the property." She had a car but could not drive it until she secured an Ecuadorian driver's license. With



Maite getting ready for an important interview



Maite at her new River View office



Maite with longtime friend and stylist Ignacio Valdivieso

no friends in Cuenca to help, Maite experienced a series of problems she did not anticipate.

Today, Maite and her team excel in solving problems for new arrivals in Ecuador. The biggest problems revolve around the visa and cedula process. Because the rules change frequently, and many gringos have unusual circumstances, every day brings a new challenge for Maite and her team. Whether it's finding a solution for an expat who can't be fingerprinted, changed a name or has minor children with a different last name, there is never a dull moment at Gringo Visas.

Two types of clients come to Gringo Visas for help. The first group begins their visa process with Maite's team before they arrive in Ecuador. Maite and her team in the United States can help them secure their residency visas before moving to Ecuador and receive their cedula just two weeks after arrival. Most expats say that the process of getting their residency visas and cedula is the most expensive, time consuming and stressful part of coming to Ecuador. Maite highly recommends taking care of this before arriving. "When you are preparing to leave the United States, there are many things to do such as sell your home and belongings, say goodbye to friends and family members, and make arrangements for your finances. If we can facilitate the visa process, that is one less thing new expats need to worry about," counsels Maite.

The second type of client who comes to Gringo Visas is someone already in Ecuador who is stuck. They may have tried to do their visa work on their own and become frustrated. Others hired someone who could not or would not complete the job. "Unfortunately, there are some people in Ecuador who try to take advantage of newcomers," Maite confides. She tells the chilling story of a couple who hired a person to fly the United States to get apostilled paperwork and return it to Ecuador. The couple paid thousands of dollars for hotel and food expenses as well as the cost of two plane tickets before realizing they were dealing with an unethical person and being ripped off. "Be sure to check out anyone you are considering for help with your visa process," says Maite. "Ask for references and talk to former clients to make sure you are dealing with an honest and ethical person who has a track record of success."

Maite's clients tell glowing stories of her professionalism and her kindness. One of her clients, who asked to remain anonymous, had a stroke last year and was in the emergency room of a Cuenca hospital. When his condition stabilized, the hospital was ready to admit him to a patient room for rehabilitation. However, there was a big problem; the hospital would not accept his American credit card or even a cash payment for his care. Alone and unsure of what to do, he called Maite. She arrived at the hospital and solved the problem. He said, "I have no idea what would have happened to me if not for Maite's help. I never expected my visa facilitator to help me with a medical emergency. Maite is much more than a facilitator to me. She's my lifeline in a new country."

It is not surprising that once the visa process is complete, many expats still have challenges. There is much to learn about living in Ecuador and Maite is doing her part to help. She's added additional services to Gringo Visas in response to the most pressing needs of expats:



Gringo Visas' Cuenca staff

- help with registering and receiving IVA tax refunds
- setting up IESS or private health insurance, car insurance, and homeowner's insurance and
- end of life planning and wills.

Maite has also hired additional staff, including a full-time attorney, to ensure that every expat in need has access to knowledgeable, friendly people who can help. Her company continues to grow, along with the expat community.

When asked for her best tips on making a smooth transition to life in Ecuador, Maite shares these suggestions:

1. Understand that when you move to a new country, there is much to learn. This knowledge gap can cause stress and anxiety. Reach out to trustworthy people for help. Have some fun at the same time. The more quickly you can find things to enjoy in your new setting, the easier your transition to your new home.
2. Do as much paperwork as you can before you leave the United States or Canada. If possible, complete your visa process to save the expense and hassles of getting extensions.
3. If you plan to bring a container to Ecuador, and do not already have a permanent residency visa, be aware that you will pay a 4-5 thousand dollar tax security deposit. The deposit will be refunded if you secure your residency visa in six months. If there are delays in the visa process, you will forfeit all that money.
4. It is very important to register your marriage in Ecuador so that you can make decisions about your spouse's health care and end of life. If your marriage is not registered in Ecuador, your spouse's nearest blood relative will have all decision-making power, not you.
5. If you have registered your marriage in Ecuador and then divorce in the United States, that divorce must be registered

in Ecuador. If not, your previous spouse will be considered your next of kin and may be listed as your dependent for visa purposes. Divorce and remarriage can complicate visa issues. Be sure to get trustworthy and expert advice before altering your marital status.

6. Adopt 'tranquillo' or tranquility as your new mantra. A warm smile and patient attitude will help open doors in government offices, banks, and utility offices.
7. Beware of out-of-date information online. Many expats read information on blogs and forums and do not realize the information is no longer accurate.

So what's next for Maite Duran?

She is working on a book for people considering a move to Ecuador, blogging, and using social media to keep abreast of new challenges for expats. She recently moved into a larger office in the beautiful new River Side building located on the same block as Hotel Oro Verde where she can host training programs and seminars. "As long as there are expats to help, I will continue to find ways to serve them. So many people helped me when I was an immigrant in the United States and couldn't speak the language. I owe them a debt of gratitude. That inspires me to do all I can to help others."

Ecuador continues to be one of the top rated destinations for new expats with a steady stream of new gringos feeling helpless and alone in their new homes...at least until they meet Maite Duran!

Lynne Klippel is a best-selling author and publisher who specializes in non-fiction books and information products. She's lived in rural Paute since 2012. For more information on her work visit www.SageMountainBooks.com

Q: My teeth seem very sensitive. What causes that condition?

DENTAL

Answer:

Each tooth is made up of dentin. This soft layer makes up the inner part and the roots of the tooth. This has thousands of tiny tubes that lead to the tooth's nerve center (the pulp). These channels allow the trigger for example, hot, cold or sweet food to reach the nerve in your tooth, which results in the pain you feel.

Gum recession caused by brushing too hard or with an incorrect technique that can lead to dentin exposure, as can having cracked or chipped teeth or grinding and clenching the teeth. A medical condition like bulimia or acid reflux can also be a cause. Acidic foods like tomatoes, pickles and lemons and beverages like sport and energy drinks can dissolve the enamel plaque buildup. The presence of the plaque on the root surface can cause sensitivity

Long term mouth wash use may cause teeth sensitivity, these products contain acids that can make sensitivity worse if your dentin is already exposed. Dental work, teeth cleaning, root

planning, crown replacement and tooth restoration can make teeth sensitive. This should go away in about 4-6 weeks.

To eliminate problems of tooth sensitivity, the first step is to see a dentist who can develop an appropriate treatment plan depending on your situation. Options Include.

- Certain kinds of toothpaste can help block the sensation of sensitivity from the nerve. Avoid tartar control tooth paste.
- Applying dentin sealers which can block the micro canal exposed on the dentin surface.
- Looking into serious dental treatments

When sensitivity is the result of decay or another tooth problem a crown may be the best option- If gum tissue receding from the tooth's root is the cause, a surgical gum graft may correct the problem. In severe causes a root canal may be the solution to help treat teeth sensitivity. When sensitive teeth are a problem and lifestyle aren't enough to ease the "ouch", working closely with your dentist will lead you to the best solution.

For More Information Contact:

Dr. Grace Ordoñez | Work Center, Paucarbamba y Miguel Cordero (Corner), Cuenca
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Q: Is it better to rent or buy a house in Cuenca?**REAL ESTATE****Answer:**

One of the biggest decisions people are faced with when moving to Cuenca is whether they should rent or own their home. While there are pros and cons for both, it is our opinion that owning is the better of the two options. If you've been here any time at all, you realize that rentals are not as inexpensive as they once were, nor are the choices as abundant. If you follow the trends of the past five years or so, rental prices have been on a steady increase. The same is true for most real estate here in Cuenca which brings us to the biggest advantage of owning versus renting: a 10-15% return on your investment each year which is what quality real estate in Cuenca has been averaging for the past couple of

years. Certainly you are not going to get that kind return from traditional investment opportunities. Of course there are all the other advantages like having a place to call your own, not having to deal with a "nightmare" landlord, noisy neighbors or having to move because your rent was raised to the point where it is unaffordable (happens quite a bit here in Cuenca). On top of that if, for some reason, you decide you are not happy with the location of the house you have bought, you can create an income for yourself by renting it while you take advantage of the growth of the real estate market. All in all, if you have the money to invest, buying a home makes far more sense than renting.

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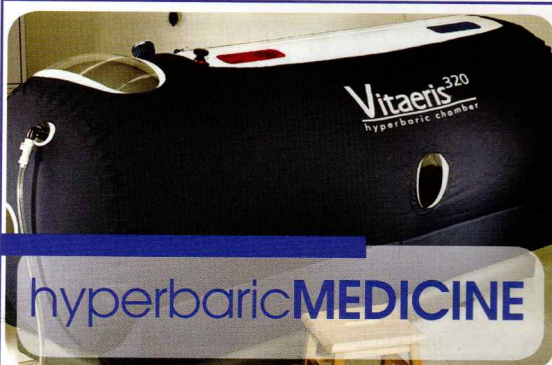
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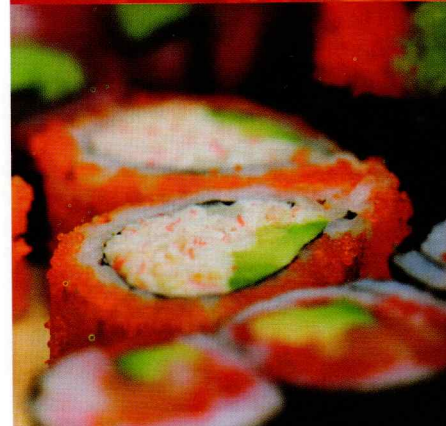
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NOÉ SUSHI BAR

A dream, a challenge and a huge responsibility: Noé Sushi Bar was born exactly 10 years ago in Cumbayá, Quito, with an innovative vision for Japanese cuisine in this country.

The three founding partners, Noé Carmona, José Miguel Fiorentino and María del Carmen Borja, have unquestionably been at the heart of the success which Noé Sushi Bar has enjoyed over the past decade.

Outstanding customer service and delicious gourmet meals have been a winning combination. Noé Sushi Bar has an extraordinary way of blending traditional Japanese cuisine with the Ecuadorian palate, complemented by truly creative and visually artistic food presentation. Everyone who arrives at Noé Sushi Bar is caught up in an ambiance of sophisticated art and pleasure. In a welcoming environment with service which is customized and attentive to every detail, Noé Sushi Bar's allure begins with the menu – the colors, combinations and names of the dishes captivate the eyes and the taste buds. Noé Carmona, founding partner, artist and head chef, gives free rein to his knowledge and creativity, designing 70% of the dishes offered by the restaurant.

Considered to be the best Japanese-Ecuadorian restaurant chain, Noé Sushi Bar offers a wonderful diversity of food; the menu is continually being changed.

Its dishes are unique – they practically have their own personalities. Each plate of sushi is more magnificent than the last, awakening curiosity and the urge to try something new.

Excellence is the norm at Noé, which is the secret of its prestige. Throughout the process of delivery, storage, production, packaging and preparation of all of its products, the highest standards of quality are adhered to.

Its international and domestic suppliers are qualified and certified. The company has a high-tech processing plant enabling it to guarantee proper temperature control at all times; products therefore maintain their freshness, texture and taste.

Noé periodically publishes a Menu Magazine showcasing the chef's recommendations and a selection of salads, soups, hot and cold appetizers, traditional and special sushi rolls, sushi cones, sashimi, combination specials, teppanyaki and teriyaki sushi, seafood, meats, desserts, drinks etc.

Thanks to the ongoing process of human resources training, personalized service and customer care, according to Noé Carmona, Noé customers are "our friends who are satisfied with the quality of our products and the excellent service. They are our marketing and advertising consultants who have suggested opening branches in new locations and have therefore also enabled the growth of the business."



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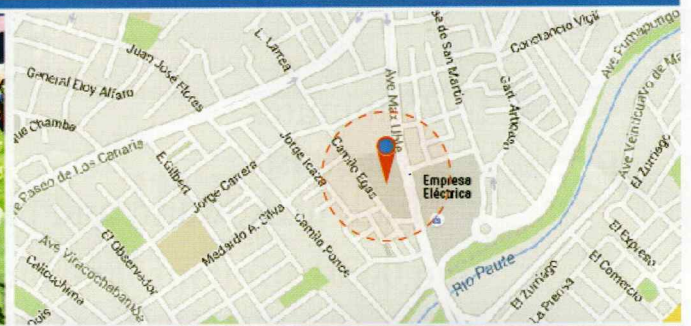


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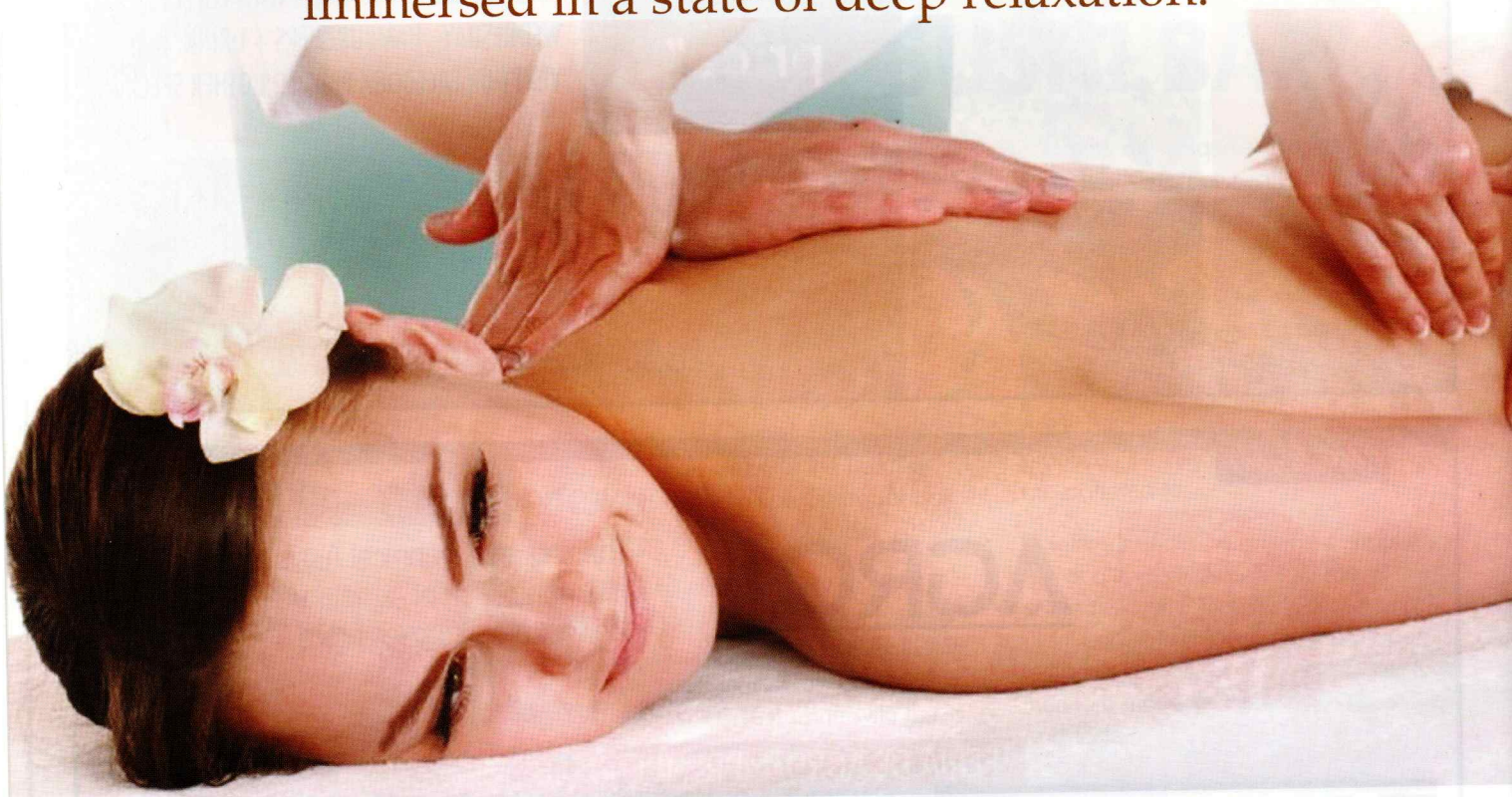
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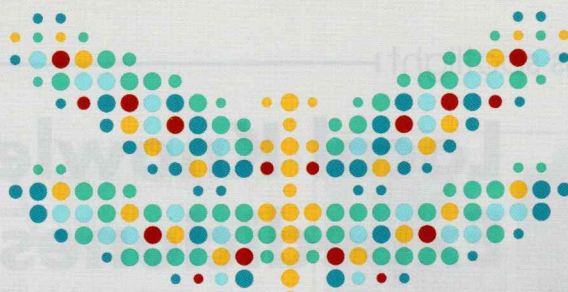
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- Underground box steam baths
- Japanese pool
- Resting terraces
- 25 minutes relaxation massage
- Glass of wine
- Piedritas (assorted fruit platter)

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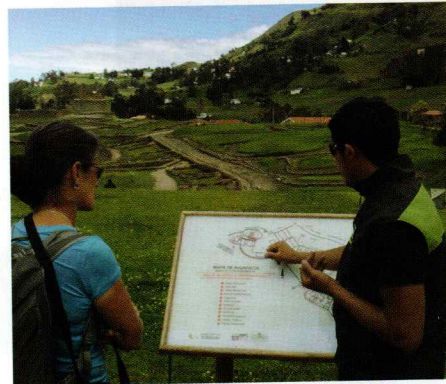
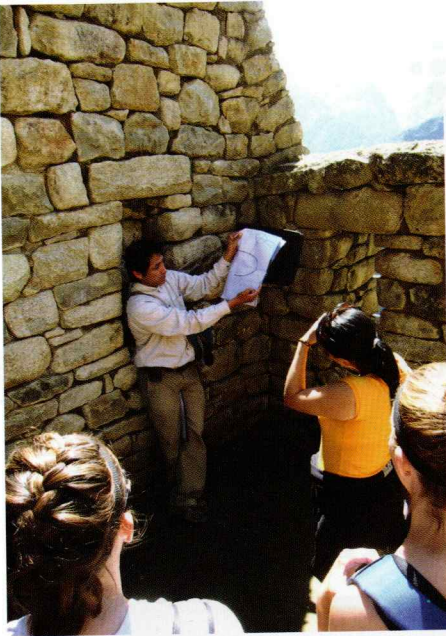
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Paseo de Guadalupana

BAÑOS - CUENCA - ECUADOR

Local Knowledge Expediciones Apullacta

By Steven Wille



Cuenca was a very different city in the early 90s when I moved here. I depended on locals to know what churches to visit, what routes to hike through the Cajas, what to see in the jungle around Macas, and the best season to visit Salinas.

I was so impressed with all there was to see that some local friends and I formed an adventure travel company, calling it Expediciones Apullacta, after the spirit of the mountains. We drove our ancient Land Rover on back roads to Vilcabamba, where we drank the water and hoped to live to a hundred. We bathed in sacred waterfalls of the Shuar in the southern jungle, slipped and slid in the bat guano in the caves of Logroño. We explored the coast from the dry forest South to the palm-treed North. We traveled by train, canoe, dump truck, rickety bus, and terrifying small planes. In Macas, we hired a pilot, Capitan Estrella, to fly us to the lowland jungle. "Captain Star" wore a camouflage jump suit and Ray Bans. I asked him if he was a good pilot and he answered "more or less" as he pulled back the stick and took us into the solid clouds over the Cutucú jungle range.

With our new company, we hiked the Inca roads, searched in the North and in the South for the legendary treasure of Atahualpa, camped shivering along the edge of the Quilatoa volcano, and

spotted caimans (cousins of the alligator), piranhas and pink river dolphins in the waters of the Northern jungle.

We traveled for days in a canoe with my daughters, heading to Ecuador's southern border, which it shares with Peru, in search of a remote indigenous group. The village leader appeared on the riverbank, distinguished from his group by his bright Coca Cola hat. My daughters, expecting to see Tarzan, were stunned. Though he had no Coca Cola to offer, his hospitality was amazing. And despite the cap, Ecuador is indeed a land of many wonders.

We hope you'll trust in us, Expediciones Apullacta, to show you and your visitors some of the magic that is hidden beyond the highways.

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Steven Wille is an educator who has lived in the Andes for more than 30 years. He is a founder of the Centro de Estudios Interamericanos (CEDEI) and Expediciones Apullacta. He lives in Cuenca and continues to explore the world. He can be reached at info@apullacta.com



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THE RED BOOK

2015
Directory of English-Speaking
Businesses and Services™

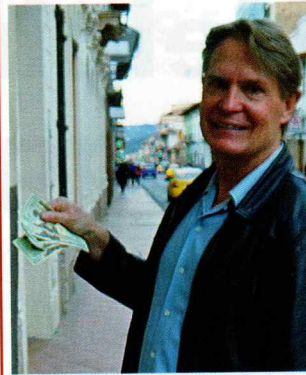
Cuenca

As you read through the first edition of Cuenca Expats Magazine, as a Free gift to our readers, you'll notice we inserted the 2015 edition of the REDBOOK, Cuenca's Telephone Directory of English-Speaking Business and Services.

The REDBOOK is compiled and published by expats for expats. If you are a visitor, newcomer to Cuenca or have lived here for years, we have all experienced situations where there is no substitute for asking questions or getting answers in English. So we want to make it simple for you to find that bi-lingual business or service when you need it.

The REDBOOK is laid out in a straightforward way by general categories (using international symbols for ease of navigation). Once you find the appropriate category, just scan down until you find the business or service you are looking for. The listing are in alphabetical order.

We hope you'll find the REDBOOK a valued resource.



This is Johnny.
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- Contests with cash prizes
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- FREE Stuff
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Fun Fact:

Ecuador has more species of plants per area unit than any other country in South America. Eighteen percent of the total discovered birds in world, 1,655 birds, are found in Ecuador. The 382 mammal species that exist in this country, comprise 7% of the 5,490 species registered in the world.

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CUENCA - ECUADOR

Avenida Tres de Noviembre
y El Puente Centenario,
Cuenca, Ecuador

Helping our Four-Legged Friends

By Dave Johnson

After spending a few weeks in Cuenca, I fell in love with the city. It is as close to perfect as I could ask for. Like any place, though, there are one or two things that I find less than desirable: one of these things is number of stray dogs that wander the streets. As a dog lover, I immediately wanted to adopt every stray dog that I saw. Knowing this wasn't possible, I did some research to see if there were any people that were as concerned about the stray dogs as I was, and especially, any organizations that were actually doing something to help with the problem. I discovered Rescate Animal Cuenca, an organization founded two and a half years ago by Carmita Avila Paredes, Nubia Hurtado, Maritza Burbano and Jessica Vicuña.



Jessica had also been dismayed by the number of stray dogs she encountered around the city. One dog in particular, Jack, was the catalyst to her involvement with Rescate Animal Cuenca. Jack, a German Shepherd mix, became a regular visitor to Jessica's home so she would feed him and he would keep coming back, rain or shine. After a couple of days of not seeing him, Jessica became concerned. He showed up a few days later, badly hurt, with an infected ear and an injured leg. Jessica got him medical attention, fostered him, and eventually found a perfect home for him. This first rescue gave her the impetus to continue the work.

Along with finding homes for stray dogs, Rescate Animal Cuenca intercedes, when they can, when dogs are being abused. Sometimes they are able to remove the dogs from an abusive home, but although there are some laws on the books regarding harming animals, there is very little enforcement. When removal is impossible or impractical, they do their best to educate the owners about proper animal care. Rescate Animal Cuenca is working hard to protect animals by sponsoring a law that would impose stiffer penalties for people who neglect or abuse their animals.

With 13-15 volunteers, Rescate Animal Cuenca helps about 40 dogs per month with 25 of those being taken care of in foster homes. They have a lot of support from the community, but like most grass-roots non-profit organizations they can always use more. While they are getting more organized as they grow, they have no regular funding mechanism. They have a small pool of veterinarians who help out with fees, but nothing is free and they seem to always carry a balance from month to month which makes some doctors apprehensive to help.

Every other Sunday, (on Avenida de Paraiso next to Hospital Regional and the main parking lot for the park) in Parque Paraiso, Rescate Animal Cuenca hosts an adoption event. They bring the dogs who have not yet found permanent homes, in hopes that the perfect owner/animal connection can be made. The nominal adoption fee of \$15-25 helps cover the vaccination and deworming of each of the available dogs. Rescate Animal Cuenca is looking for families that would like to adopt adult dogs, because most people want puppies which makes finding homes for the older dogs more challenging. They are also looking for support in the form of foster homes, food, and cash donations. It costs between \$40-45 to vaccinate, deworm, and spay or neuter a healthy dog. Unfortunately, most of the dogs Rescate Animal Cuenca receives are not healthy and the cost is much greater.

If you are interested in supporting the efforts of Rescate Animal Cuenca, please contact Jessica at jessicafvo@hotmail.com / 0984582372 / They can also find us on Facebook as Rescate Animal Cuenca.

Dog of the Month



JORDIE

2 Years old female, medium size, spayed, shots up to date. Jordie was dumped in the street heavily pregnant. She was rescued a few days before her 9 puppies were born, all of them found homes.

She had to undergo chemotherapy for a tumor... She recovered perfectly, new tests showed she is free of it, totally healthy... She is now at a foster home waiting to find her family, she is such a sweet loving dog and deserves a great forever home as she has been through so much during her short life.

EXPAT INVOLVEMENT



Nicole Reininger, originally from Pennsylvania, came to Cuenca by way of Austin, Texas after a friend told her about an article he read on Cuenca Ecuador. She was looking for a lifestyle change. She wanted less stress, time to do things she loves and enjoy life. Cuenca offered the her ability to this.

Nicole is an animal lover and was concerned with the welfare of dogs in Cuenca. When Nicole needed help with an emaciated mother dog and her puppies she called Jessica Vacuna. This was the beginning of Nicole's volunteer work with Rescate Animal Cuenca. Nicole loves helping by fostering puppies and going out on rescue calls. Nicole is thankful for the friendship and never ending patience with her broken Spanish offered to her by all of the Rescate members. They have enabled her to do the work she has always desired, be a part of the Cuencano community and most importantly be a part of the Rescate Animal Cuenca family.

The Writing's On The Wall

Story and photos by Sandra Schott

Mark Twain said, "Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts." Much like Mark Twain; I have been a life-long traveler, a pursuer of new lands, people, cultures, and insights. Thinking myself experienced and quite open-minded, I have found myself checked-marked for correction – an occurrence I don't mind at all, in fact appreciate, as my years stretch and my understandings of this world expand.

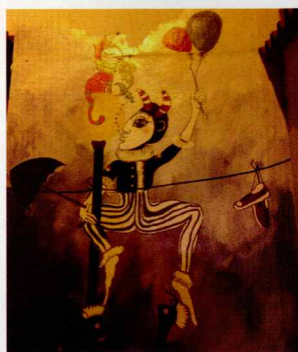
When first arriving in Cuenca, I was taken aback by the amount of graffiti, sloppily scribed on the ground floor of every building and wall. It gave me an uneasy feeling. Coming from the US, I was enculturated with ideas of what graffiti means in US society: gang-tagging, anger, frustration, pain, disrespect, destruction, violence, and a very loud depiction and reminder of a marginalized, mostly ignored, penalized, disgruntled population within our youth. Obviously, my initial perspective, of this sad abomination inflicted upon the GORGEOUS architecture of this city, was a negative one.

However, upon continued familiarity and understanding of the language and

culture, and as I have observed and cultivated relationships with the beautiful people of Cuenca, I have, since that initial opinion, experienced a perceptual renaissance. Though still technically graffiti, my mind and my heart now see it differently. I see a city full of messages of creativity, progressive thinking, political fairness, humanitarian activism, and love. What once felt like a threat, now warms my heart and brings a smile to my face.

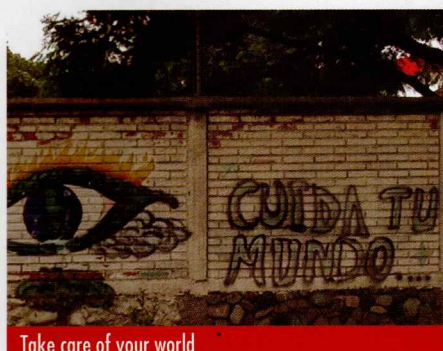
I travel to learn and grow. I travel to expand my heart, my understanding of what the world is. I am a collector of beauty, new and exciting flavors, people, and now, graffiti. I have once again, gratefully, learned the invaluable lesson of remaining open-minded and being slow – very, very slow- to form an opinion against that which I have yet to understand. For, if we sit for one moment, without a formed opinion and judgment, without our own views and biases of what we think things are or what we think the world is, we leave room for the possibility of amazing transformation. It is an absolute remarkable thing to see, when allowed, what replaces our prejudices, fears, and discriminations.

Let us go forth and make Mark Twain proud. Happy trails to my fellow travelers. May your awakenings be many.

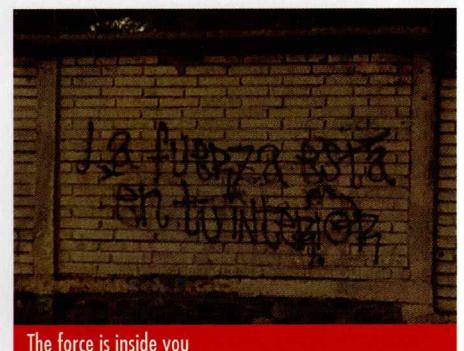


Thinking is free

I miss you Maritza



Take care of your world



The force is inside you

George Forgues is the publisher of Cuenca Expats Magazine and the author of one of the most read expat blogs, Ecuador George.

Q. WHERE WAS THE LAST PLACE YOU LIVED BEFORE MOVING TO CUENCA?

A. FOREST FALLS. (A SMALL MOUNTAIN COMMUNITY IN SOUTHERN CALIFORNIA)

Q. WHY CUENCA?

A. BEAUTIFUL CITY, FRIENDLY PEOPLE, GREAT WEATHER, AND AN AFFORDABLE ECONOMY THAT ALLOWED EARLY RETIREMENT.

Q. WHAT DO YOU LIKE MOST ABOUT LIVING IN CUENCA?

A. THE PEOPLE, BOTH LOCALS AND EXPATS

Q. WHAT WAS YOUR PROFESSION BEFORE YOU RETIRED?

A. CUSTOM HOME BUILDING CONTRACTOR.

Q. IF YOU COULD GO BACK IN TIME, WOULD YOU DO SOMETHING DIFFERENT AND IF SO, WHAT?

A. MY DAD DIED WHEN I WAS 13. I WOULD HAVE LIKED TO KNOW HIM BETTER.

Q. WHO IS YOUR HEROE(S) AND WHY?

A. ALBERT EINSTEIN. HE WAS SMART, FUNNY, AND A GENTLE MAN

Q. WHAT'S THE MAGIC FORMULA FOR SUCCESS?

A. LOVE WHAT YOU DO. LOVE WHO YOU ARE.

Q. WHAT WAS THE MOST IMPORTANT DAY OF YOUR LIFE?

A. THE DAY I REALIZED I WASNT GOING TO LIVE FOREVER.

Q. DO YOU MAKE FRIENDS EASILY?

A. YES, EVERYDAY.

Q. DO YOU THINK TELEVISION IS RESPONSIBLE FOR ILLITERACY?

A. NO. I THINK LOWERING BENCHMARKS FOR LITERACY IS.

Q. HOW DO YOU OVERCOME WRITER'S BLOCK?

A. I THINK ABOUT THE HAPPIEST AND THE SADDEST TIMES OF MY LIFE. GIVES ME PERSPECTIVE.

Q. IF YOU COULD STAR IN A RE-MAKE OF A CLASSIC FILM, WHO WOULD YOU WANT TO PLAY?

A. KEVIN COSTNER IN FIELD OF DREAMS

Q. WHEN WAS THE LAST TIME YOU TOLD A LIE AND WHAT ARE THE DETAILS BEHIND IT?

A. I LIE ALL THE TIME. I MAKE UP STORIES, I PRETEND A LOT, NOTHING TO SERIOUS, MOSTLY TO SEE HOW FAR I CAN GO.

Q. DO YOU BELIEVE THERE IS INTELLIGENT LIFE ON OTHER PLANETS?

A. STILL LOOKING FOR IT HERE ON THIS PLANET.

Q. HOW DO YOU MAINTAIN A GOOD MENTAL ATTITUDE?

A. PERSPECTIVE IS IMPORTANT. KEEP MY EGO IN CHECK. BE GRATEFUL.

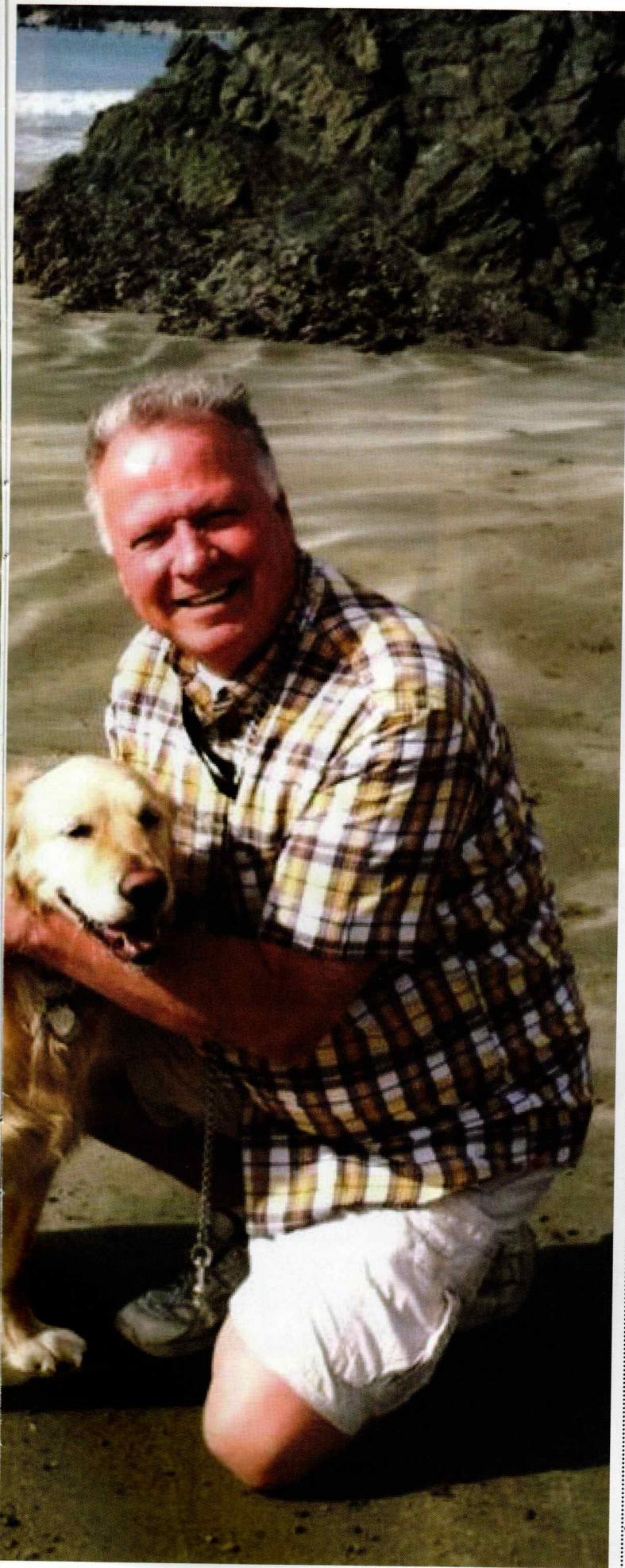
Q. WHAT ARE YOU MOST PASSIONATE ABOUT?

A. DOING THE RIGHT THING

Q. WHAT WOULD I FIND IN YOUR REFRIGERATOR RIGHT NOW?

A. HALF AND HALF AND SOME GOOD CHEESE





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by joyas fantasivel



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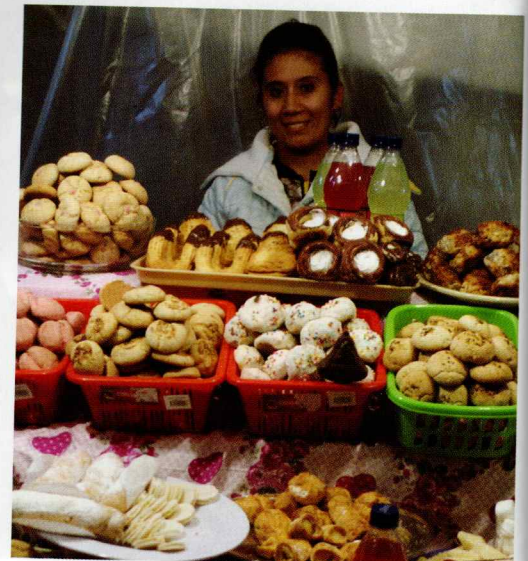
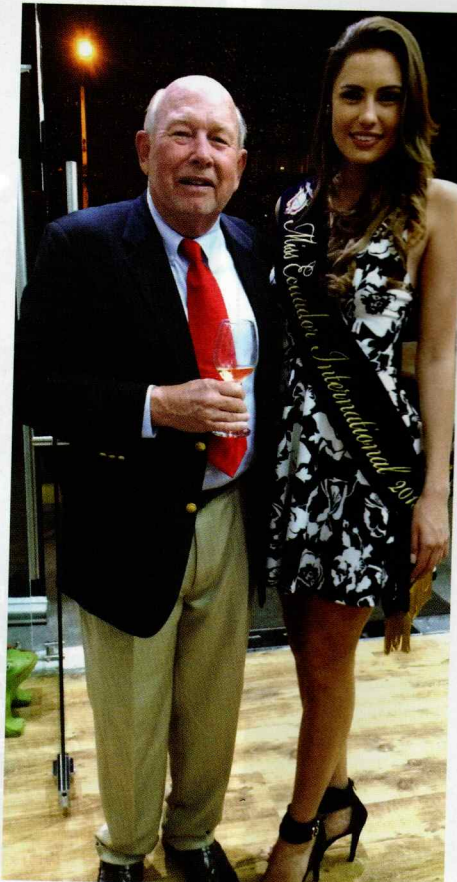
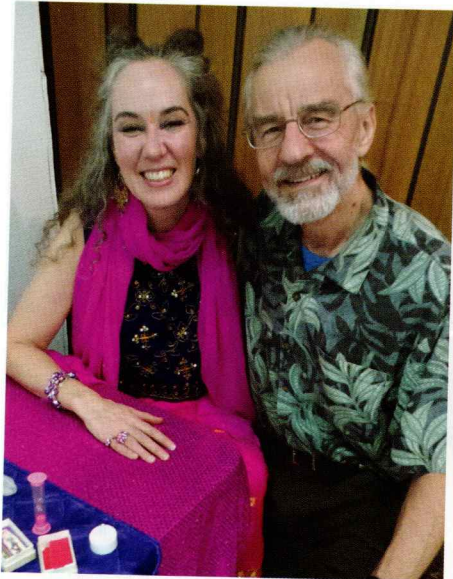
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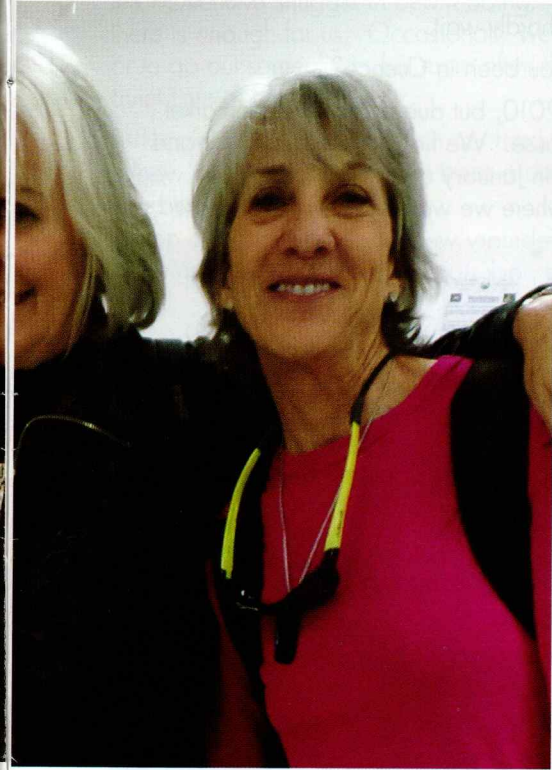
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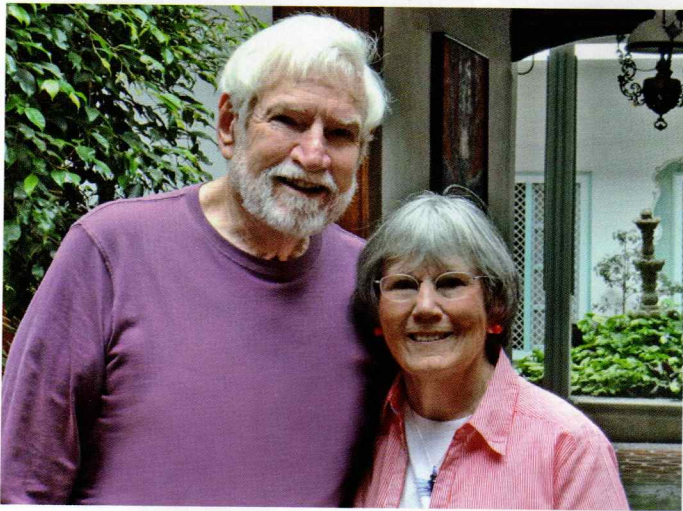
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Mike & Susan Herron



Q: You two have been married for 30 years now, how did you meet?

Susan: Mike was working for Devereux Schools and had a group of boys on a camping trip. He had forgotten medication for one of the boys. Rather than packing everyone up to go get it he asked my girlfriend, who also worked at the school, to bring it to him. It was a Friday night and my girlfriend and I were going out for the evening, so I was along with her.

Mike: This was in Santa Barbara in 1966. I took one look at Susan and asked her girlfriend to watch the boys while Susan and I took a walk on the beach in the moonlight. It was love at first sight.

Q: 1966? That must have been a very long courtship.

Mike: I was recently divorced with three children and both Susan and I were young. We dated for two years but at 27 and 22 we both needed to do some growing up, so we went our separate ways.

Q: How did you get back together?

Susan: We had each married. My husband was much older than I, and when he died in 1984 I decided to try and find Mike.

Mike: Susan left a note on my front door in Santa Barbara with her parent's contact information. My roommate and I never used the front door, so it was a couple of weeks before I found the note. I immediately called her parents and found out she was living in Reno and would be back the following week.

Q: What was it like when you first saw each other again after such a long time?

Susan: OMG, when I saw him, all I could think was this is my SOULMATE, the man of my dreams. It was like none of those years in between existed and I was 22 again and he had simply come to pick me up for a date.

Mike: It was amazing to me how comfortable and easy it was to slip back into a relationship with Susan. All of the wonderful feelings were still there but without any of the baggage from when I was younger.

Q: Wow, so after you started dating, when did you know you were going to marry?

Mike: We started seeing each other in September 1984 and I asked Susan to marry me in January 1985. It may seem like a very short time, but remember, we had that connection from an earlier time.

Susan: If I had had my way we would have eloped that night, but we married in April 1985. I was marrying my very best friend and could hardly wait.

Q: How long have you been in Cuenca?

Mike: We visited in 2010, but due to the housing market we couldn't sell our house. We finally sold it last year and came for another visit in January of this year. After one week we knew Cuenca is where we wanted to live. We rented an apartment and in February went back to Georgia to get all our paperwork and pack up our belongings. We arrived permanently March 21st.

Susan: We won the International Living "Test Drive Retirement Overseas" contest last year. They sent us to Coronado Beach, Panama for a month. While there we took another 6 weeks to explore the rest of Panama. Although we liked Panama, we wanted to check out Ecuador again before deciding where to move. Like Mike said, after a week, we knew Cuenca was where we wanted to live.

Q: What makes Ecuador and especially Cuenca so special?

Mike: Originally we were looking for a place where we could live comfortably on our fixed income, somewhere that had a good climate and good healthcare. We found everything on our wish list in Ecuador, but what we found even more appealing were the people. The Ecuadorian people made all the difference.



Susan: Cuenca offers all the amenities of a large city; health care, shopping, airport, etc, but still has a small town feel to it. The pace of life is much slower here. I can actually take a deep breath and enjoy each and every day. I don't feel all the negativity I was bombarded with back in the US.

Q: You have been here a relatively short time, is there anything you miss about the US?

Mike: I miss some of the people, but I can still stay in touch using technology. However, we are making many new friends, both Ecuadorians and expats.

Susan: Oh, yes, I miss some things, but in the scheme of it all they are relatively unimportant. Moving down here I knew it wasn't going to be like the "old country." Besides, if that is what I wanted, I should have stayed there.

Q: What would a "Date Night" be for you?

Susan: Mike and I love being together, we don't have to do anything. We don't have a TV so we don't watch TV or movies. Often we snuggle in bed reading, just know the other is there is enough for us. Occasionally we join friends for dinner or to go out someplace, but more often than not it is just a quiet time at home.

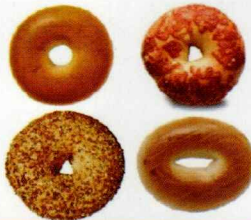
Mike: Susan forgot to mention our hard fought games of Cribbage. We often play several times a day. I would like to say I win more than Susan but...



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- Chicken Parmigiana
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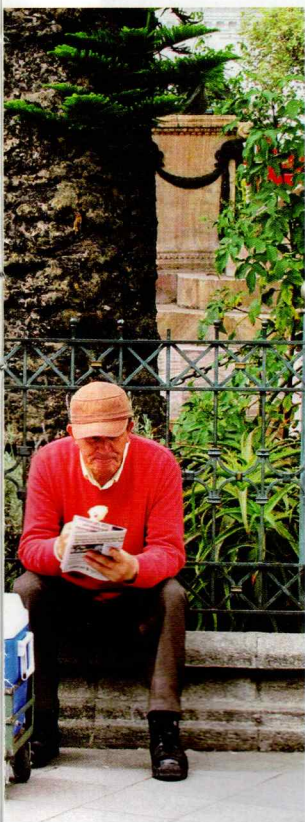
Luis Tenesaca, Owner Manager

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PHOTOS BY
SUSAN HERRON

AGROAZUAY: HEALTHY PRODUCTS, LOW COST AND SUPPORT TO FARMERS

Azuay is a province whose geographical location allows the year-round cultivation of a large variety of fruits and vegetables. The colors, textures and flavors make these products a rich treasure to those who live in our territory.

Convinced of agriculture's potential and the benefits of a diet based on healthy products, Paúl Carrasco Carpio, the prefect of Azuay, created the **Feria de Agroemprendedores**. The goal is to provide customers with healthy products sold in a fair-trade economic model.

Under the administration of the company AGROAZUAY, of the prefecture of Azuay, the **Feria de Agroemprendedores** has given 220 small producers the chance to directly trade the product of their daily labor. Because of this successful model, 4,225 farmers and 1,050 families have realized substantial economic benefits.

The market is held every Saturday and Sunday between 6:30 a.m. and 12:00 p.m. in the workshops of the Prefecture of Azuay, located in the Max Uhle Avenue, in front of the Empresa Eléctrica Regional Centrosur.

In order to get exquisite foods like the ones sold at the **Feria de Agroemprendedores**, Agroazuay starts its work with the production process, that is, the Azuay fields. The company takes into consideration the importance of training those who



AGRO
AZUAY

have dedicated themselves to this trade, because without the necessary technical knowledge, they couldn't grow quality foods.

To promote agricultural industrialization in the province's 62 communities, the Prefecture of Azuay will give tractors to be used in preparing the soil, thus reducing farmer's production costs, and giving them resources to improve their quality of life and continue their work in the renowned Azuay.

Through the **Feria de Agroemprendedores**, the agricultural industrialization, training, and support to farmers, the Prefecture of Azuay and its company AGROAZUAY create development and employment to the province.





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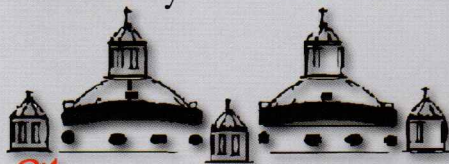
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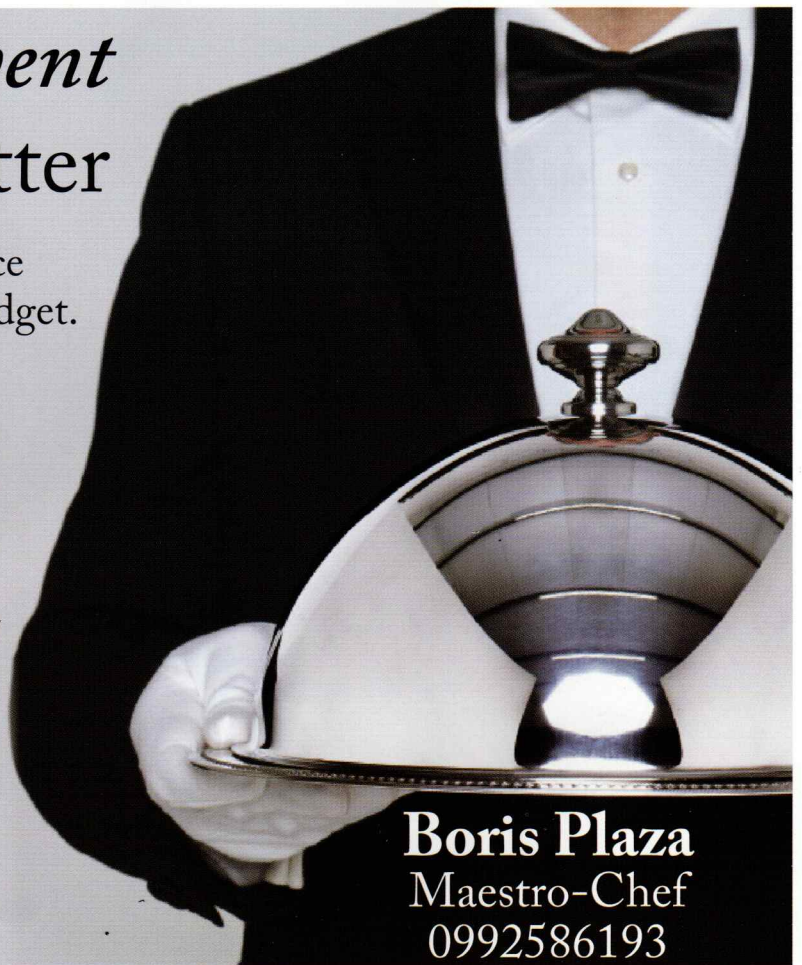


El Tomebamba

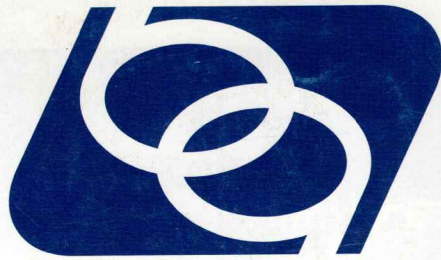
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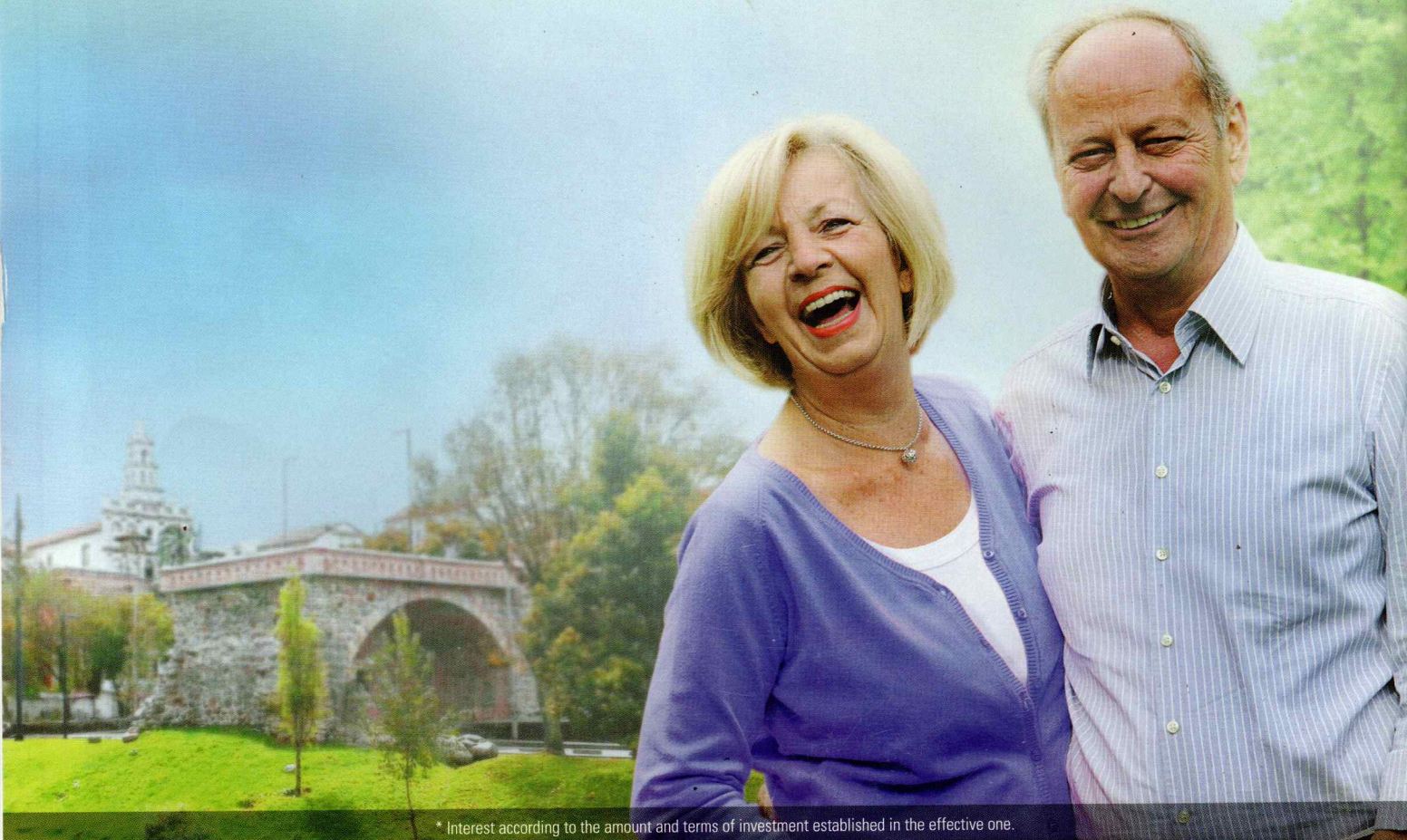
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