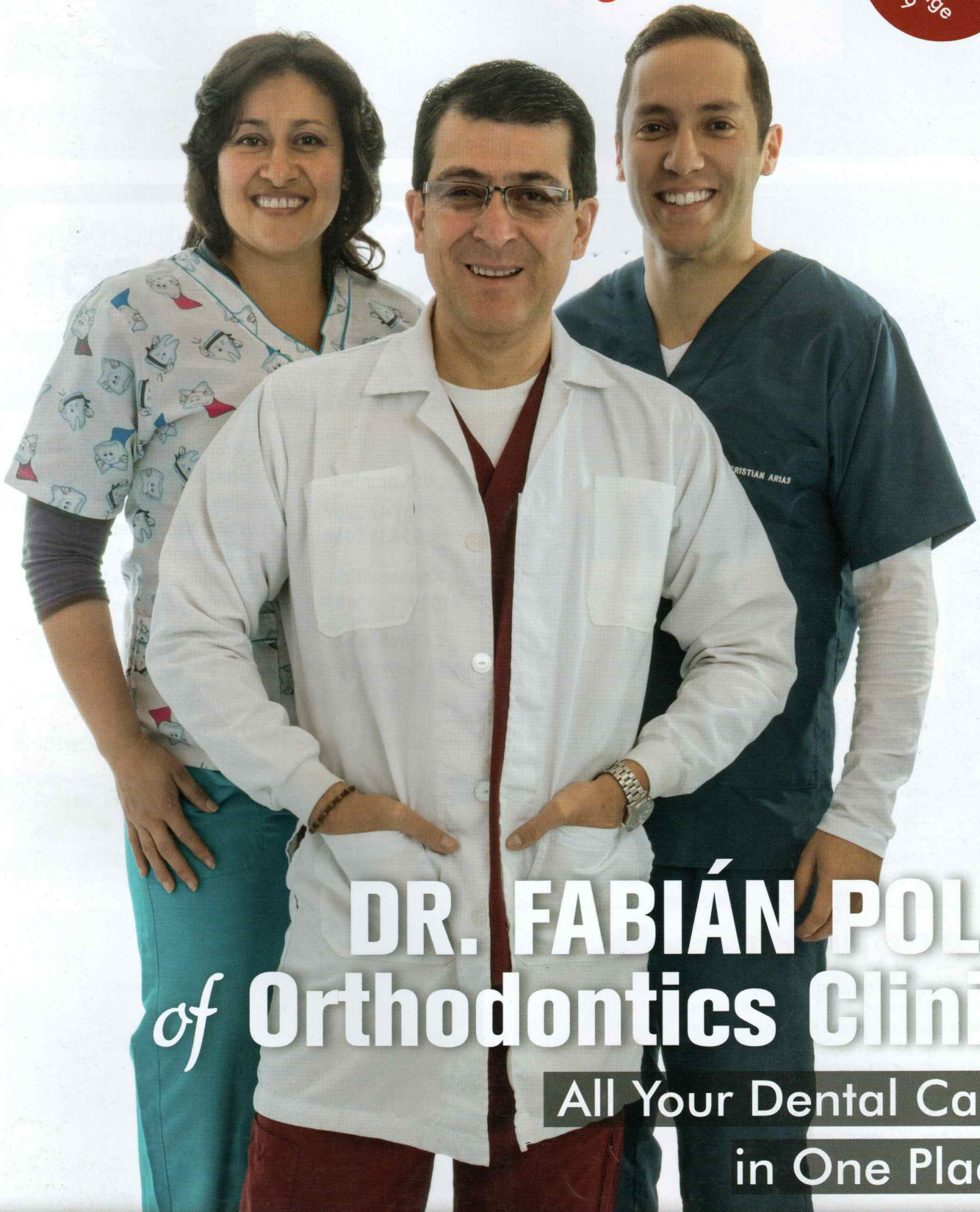


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Contents

- 02 Publisher's Letter
- 04 Cover Story - Dr. Fabian Polo Barzallo
- 08 Earthquake update
- 10 Meet the Neighbors - Edd and Cynthia Staton
- 12 Photo Essay - Wood Sculptures
- 14 Culture - Cuenca, celebrating diversity
- 15 Friendly Faces - Santorino
- 16 Recipe of the month
- 17 Culture - American Football
- 18 Culture - Juan the Magician
- 19 Dog of the Month
- 20 Business Spotlight - La Parola
- 21 Things to see and do - Cuenca Zoo
- 22 Expat Profile - Linda Chase
- 23 Everyday Spanish
- 24 Cuenca from above
- 25 Friendly Faces - Khatu Organic



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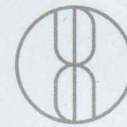
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> Publisher's letter



I was reminded yesterday that this is our 12th issue of Cuenca Expats Magazine. Time passes so quickly when you are doing something you love to do. This is such an incredible accomplishment for everyone involved. I love this little publication and it seems to keep getting better with every new issue.

Now, we are becoming even more involved in local businesses, giving everyone the opportunity to attend venues like San Isidro, our very own Culinary University. Each month 20 very lucky expats will be able to attend a full day at the cooking school. Then there are those wonderful day trips and overnight adventures to multiple locations in and around Cuenca. A few months ago it was the Devil's Nose Train, This month it is the Hillary Resort, and now we are looking into a possible trip to the Amazon.

It has been my pleasure to be a member of the Cuenca Expat Magazine Team. Please stay tuned for an even more incredible second year of publication. We are planning many great play dates that you will not want to miss!

George

FYI A Message from the Owners and Staff of Cuenca Expats Magazine

We are pleased to present Issue 12 of Cuenca Expats Magazine for your reading enjoyment. Thanks to you, our loyal readers, the businesses who advertise with us, and the many contributors who submitted articles and photographs, we have been able to provide Cuenca Expats Magazine free for a year now. As we begin our second year publishing this Magazine, we are committed to making each Issue even more useful to those who live and visit our fine city.

Just a few reminders. Please go to page 19 and see if you have won a YAPA- free dinner for two at the beautiful Rione Hotel. And, if you are looking for something to do, read about visiting the zoo, or even watching an afternoon of American football right here in Cuenca. Love to cook? We have a new monthly recipe feature starting this month. There is even a Cooking School for you to attend (send an email to events@expatsmags.com. for additional information on attending). All and all, lots of fun things to see and do.

Looking forward to a new year of publishing Cuenca Expats Magazine and celebrating life together!

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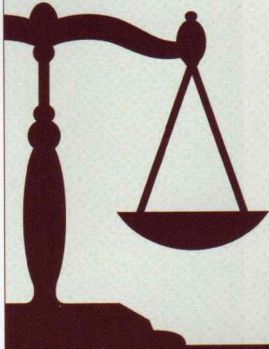
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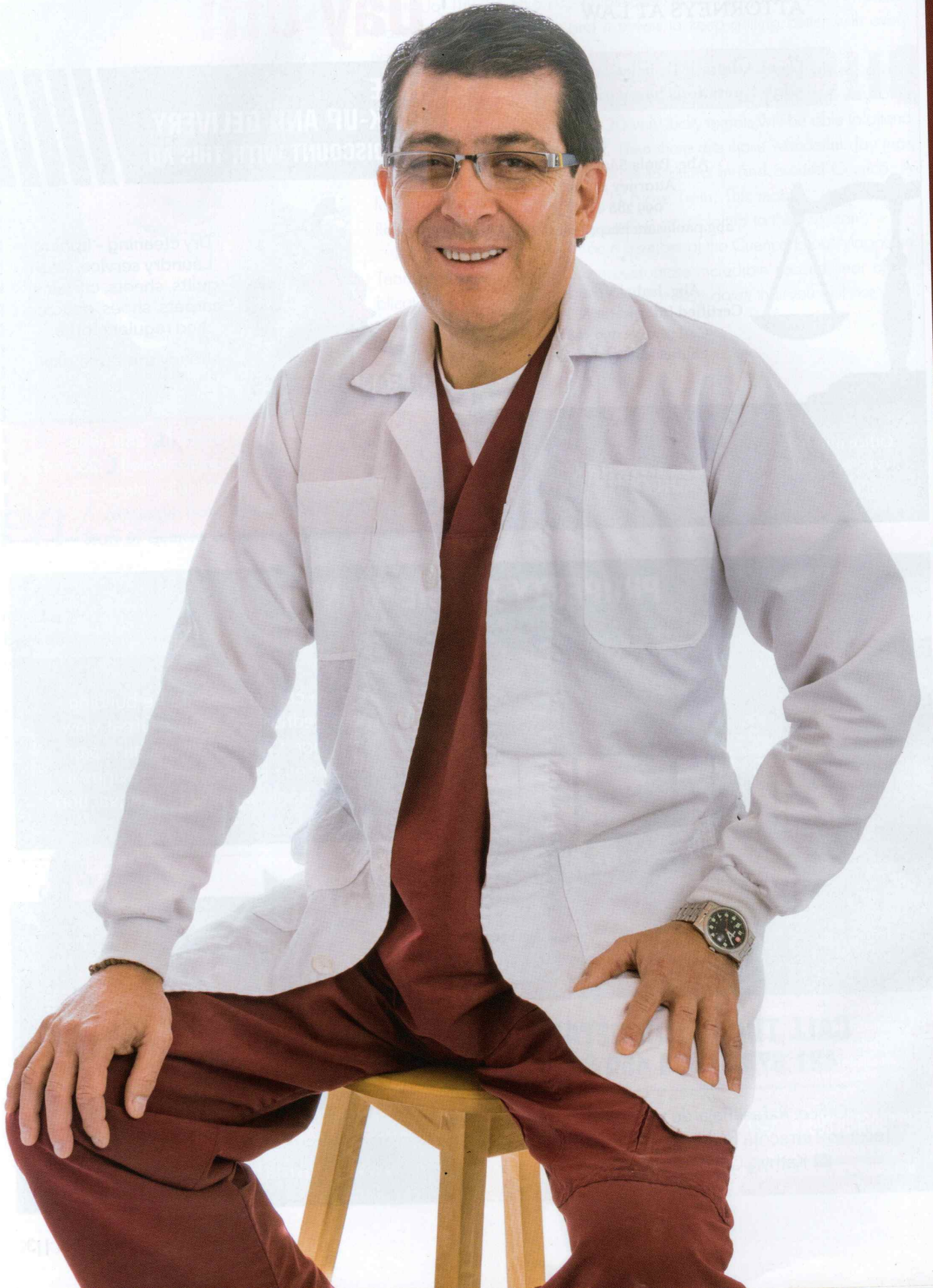
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Dr. Fabián Polo Barzallo at the **Orthodontics Clinic**

Total State-of-the-Art Dental Care
Under One Roof

By Carol A. Boe - Photography by Ruffolo Design Photography

For years, people from developing countries in South America and elsewhere have traveled to the United States to get state-of-the-art dental care. However, good dental care in the U.S. has become so expensive that even people with insurance cannot afford it. Among them are older Americans who for years had wanted to get their teeth straightened or repair other problems affecting the jawbones or muscles but never had the money for it. So now, many Americans are going abroad for cosmetic dentistry or for Maxillofacial Orthopedics to correct chewing or breathing problems. This trend of traveling overseas for elective dentistry at drastically reduced costs is called Dental Tourism.

Ecuador has become a popular destination for expats and tourists to come to for affordable, quality dental care. They are not just coming to the major cities of Quito, Guayaquil, and Cuenca. Even smaller towns like Cotopaxi are seeing a larger number of foreign dental patients.

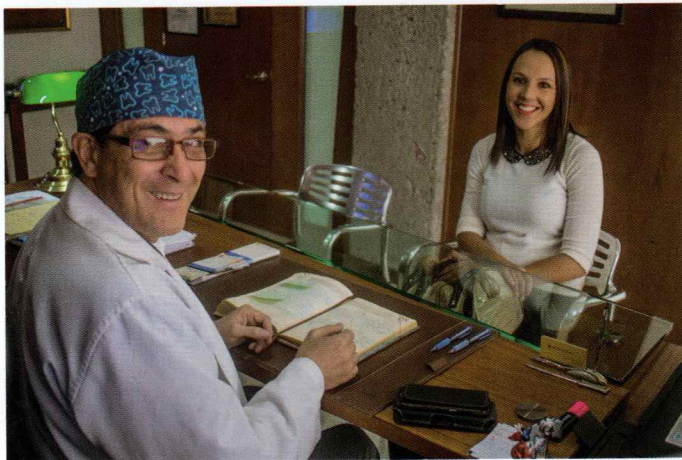
Cuenca-born orthodontist, Dr. Fabian Polo Barzallo of the Orthodontics Clinic, has treated about 100 satisfied expats and tourists over the past two years. Some of these patients returned to their home countries when treatment was completed. Many of his expat patients who live in Cuenca continue to come to his clinic for their routine dental care. This often includes having their teeth regularly whitened because they can afford it now. Dr. Polo has so much repeat and new business that he has expanded his clinic to better service patients.

*"All of my patients are
happy when they leave,"*

Dr. Polo says very proudly.

This is important because when you go to another country for dental or medical care, you do not want to be treated differently or charged more money for care just because you are an expat.





Many expats come to Dr. Polo for one of two things. First is for cosmetic dentistry. While the patients tell him they just want to look better, he is more concerned with improving the function of their teeth as well.

Unfortunately, expats also come to him to fix costly problems created by other local dentists. In those cases, the expats had been told that they needed particular work done on their teeth or mouth. After paying other dentists a lot of money for that work, many expats went home and had more problems just trying to chew their food.

Dr. Polo admits that these experiences are common among expats in Cuenca. He promises that he will never do that to any patient. The fact that many expat and Ecuadorian patients continue coming to his clinic after their initial work is completed is a testament to his professional integrity. Virtually all of Dr. Polo's new patients are referrals.

He wants his clinic to be a place where expats can feel confident that they will not be exploited or charged "Gringo

prices." If Dr. Polo cannot do a procedure or treatment that you need, he will send you to another specialist that he knows will treat you fairly.

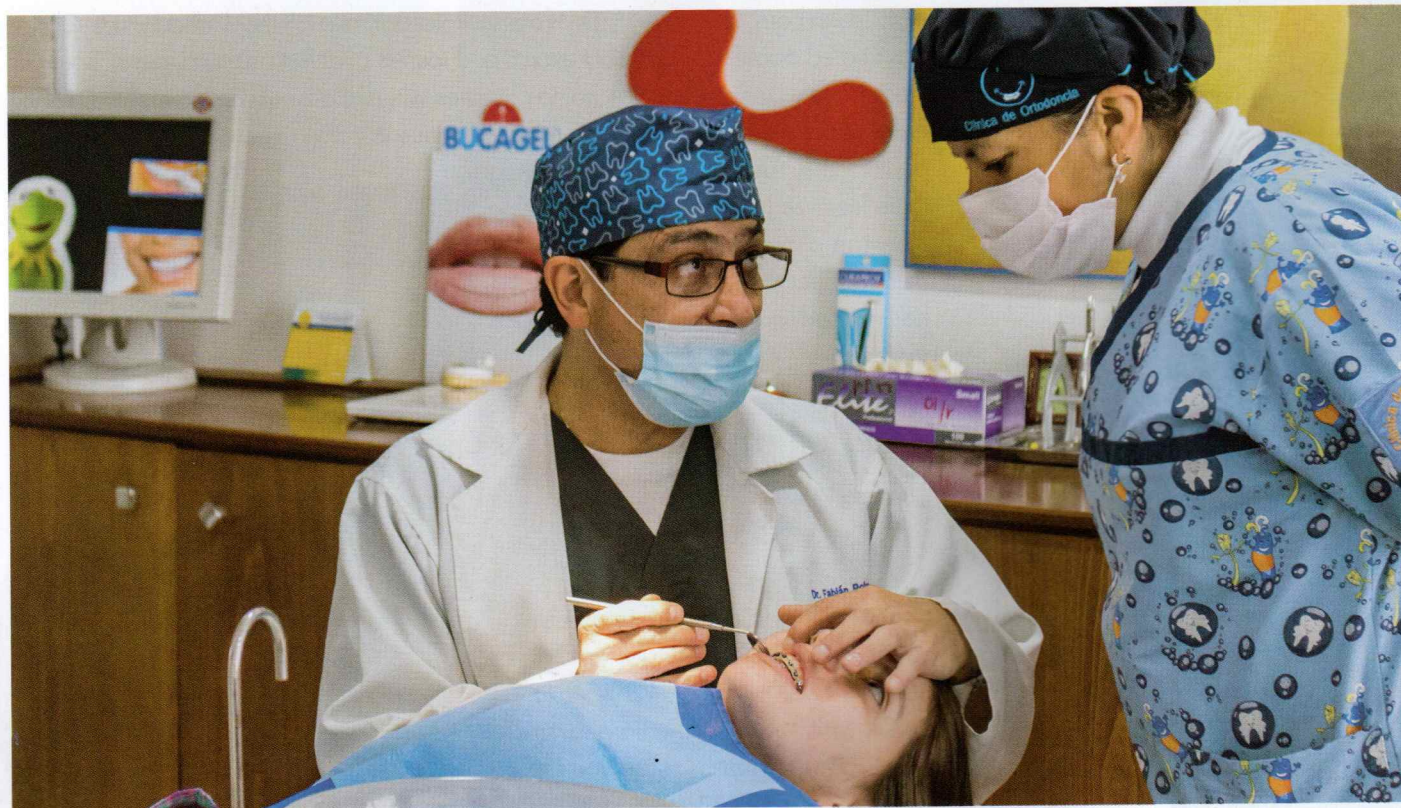
Dr. Polo is a certified specialist in both Orthodontics and Maxillofacial Orthopedics. He studied in Mexico City and later trained with practitioners from the U.S. to complete the Master's Series in American Orthodontics. That qualifies him to make clear braces that are far less noticeable than the more common metal ones.

Braces are no longer considered to be just for children and teenagers. Today, more adults are coming to Dr. Polo for braces because they also want their teeth to be perfect. This is true for both the expats and Ecuadorians. He now treats patients of all ages, and about 30% of all his patients are adults including expats.

Dr. Polo sees orthodontics as architecture for teeth. He loves the details of making people's teeth perfect.

"My happiest days are when patients take their braces off and see their perfect teeth," says Dr. Polo.

The two-story Orthodontics Clinic uses all modern equipment with state-of-the-art technology. This enables Dr. Polo and his associates to provide expats with the same level of treatment that they would get in the United States, but at one-third of the cost. For example, in the U.S. it can cost up to \$7,000 for braces and other progressive treatments. Here, the total cost is about \$3,000. Dr. Polo charges the same prices and gives the same discounts to expats as to Ecuadorians.



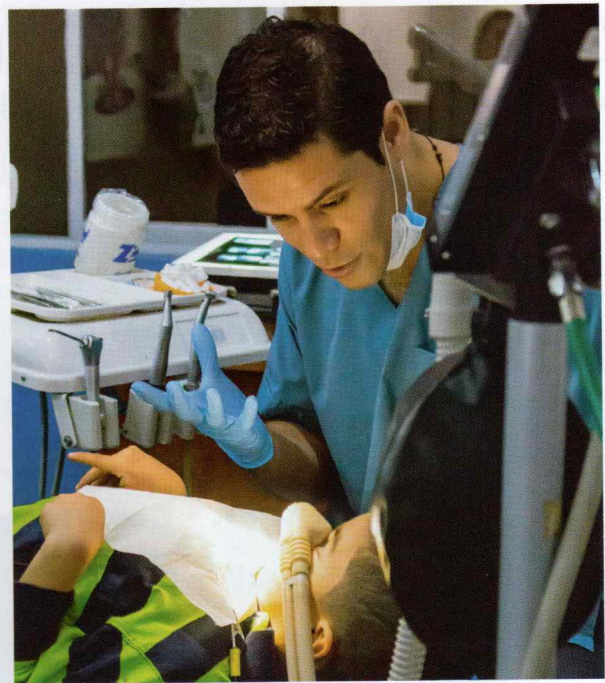
In the U.S., the clear or less visible braces cost about \$1,600. Dr. Polo charges only \$400 for them.

The clinic accepts incremental monthly payments for services from all patients. Payments can be made in cash, or with U.S. credit and debit cards.

Dr. Polo has been practicing general dentistry for 26 years. He has specialized in orthodontics for 18 years. His Orthodontics Clinic has been at its current location on Av. Paucarbamba and Tomillos since 2002.

There are four dentists at the clinic including three general dentists. Dr. Fabian Polo is the only orthodontist, and he performs the Maxillofacial Orthopedic procedures. With four doctors in the house, the Orthodontics Clinic provides all dental services under one roof except x-rays. Your doctor will give you a prescription or referral to have x-rays taken elsewhere.

If going to the dentist has always been a painful experience for you, the Orthodontics Clinic is one of only a few dental practices in Cuenca that use Nitrous Oxide (Laughing Gas). The University of Minnesota has certified this practice in the use of Nitrous Oxide. The machine that the clinic uses for the



English-speaking dentist usually treats the expat patients. If you need to see Dr. Polo, then the English-speaking doctor works with him to interpret for you.

Finally, Dr. Fabian Polo promises personalized service at the clinic. He wants all expats to feel like his friends so they will always leave feeling satisfied with the care they have received.



Laughing Gas was brought back from the United States.

At the Orthodontics Clinic, all general dentistry for adults and children, plus Pediatric Maxillofacial Orthopedic procedures are done on the first floor. All orthodontics, adult Maxillofacial Orthopedics, and other dental surgeries are performed on the second floor that was added two years ago.

This full-service clinic also has an on-site laboratory for making many of the products necessary for personalized patient care. One exception is the metal braces because they are uniform and are imported from the U.S., Mexico, and Germany. The clinic's lab does make retainers for the braces as well as cosmetic tooth veneers. They also produce all products that Dr. Polo uses in Maxillofacial Orthopedic procedures.

Dr. Polo himself speaks only some English. However, don't worry because another dentist speaks English very well. The



Orthodontics Clinic Specialties

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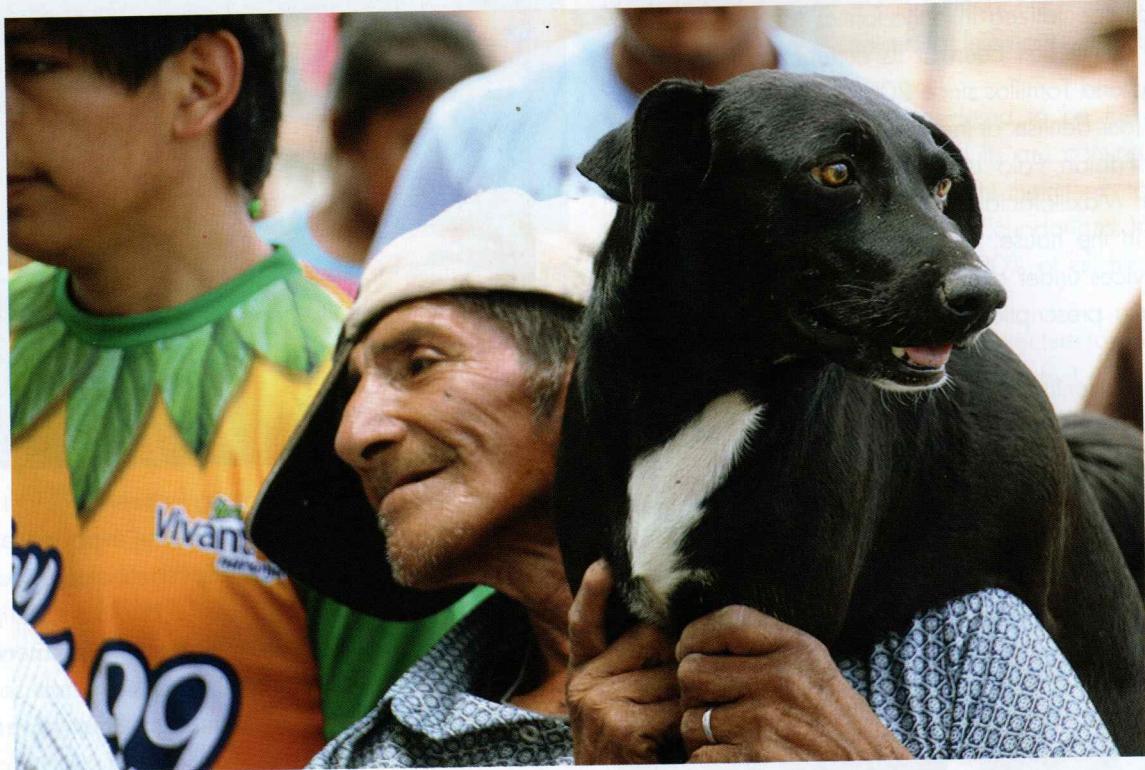
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Animal Rescue on the Coast

Expats Join In to Help

by John Keeble - photographs by John Keeble



A Cuenca animal rescue team steps through the earthquake devastation in Manabi province, carefully checking the area for the silent suffering left behind when the human victims were taken to safety or laid to rest.

The team, part of an Ecuadorian and expat effort, are looking for dogs, cats or any of the thousands of animals in need of veterinary attention, food or shelter.

"In any disaster, people always come first and the animals can be forgotten."

says Cristina Bernardi, the lead veterinarian, who holds dual Italian and Ecuadorean citizenship and switches easily between Spanish and English. "Animals suffer, like people, and we need to help them."

This rescue mission is the second for the volunteer team, organised by the ARCA Foundation for Animal Protection. The first, two days after the April 16 earthquake, included emergency animal operations on the spot as human survivors were still being evacuated. On this trip, there are still injuries to treat, but most of the work is helping with diseases, parasites, and malnutrition.

"We still need to search for animals living in ruins or on the streets,"

adds Cristina, a small animals surgery professor at the University of Cuenca and a long-time volunteer for ARCA.

The ARCA team, using medicines and food donated in Cuenca by Ecuadorians and expats, are again based in Manta, one of the worst-hit areas, for this second rescue mission. A local vet is working with them and has given them the use of his house and surgery facilities as their base.

DAY 1 sees the team working in poor earthquake-damaged villages around Manta. The people have been told that there will be free clinics – and queues form as the team sets up worktables and unloads the bags of animal food. In the background, as the team works, men are repairing damaged homes.

DAY 2 is a stark contrast: The team goes into the sealed off Ground Zero at Tarqui, once a vibrant center of life in Manta, now a place of death and destruction. The team searches for animals and rescues them before they face new dangers from demolition. Nearby,

people and animals are still living, and the team goes from animal to animal to give vaccinations, worming, medical treatment and food. Seven dogs are found to be gravely ill with distemper. There is nothing to be done except end their suffering.

DAY 3 means setting up a clinic in a park in the severely damaged town of Calceta. Animal patients arrive on foot and or riding with owners on bicycles and motorcycles. Part of the team, led by ARCA president Valentina León, goes to a UNHCR camp for displaced people. They find that only one dog has been allowed in, and they negotiate with the camp to allow families to go back for their pets and move them into the camp under the supervision of a local vet.

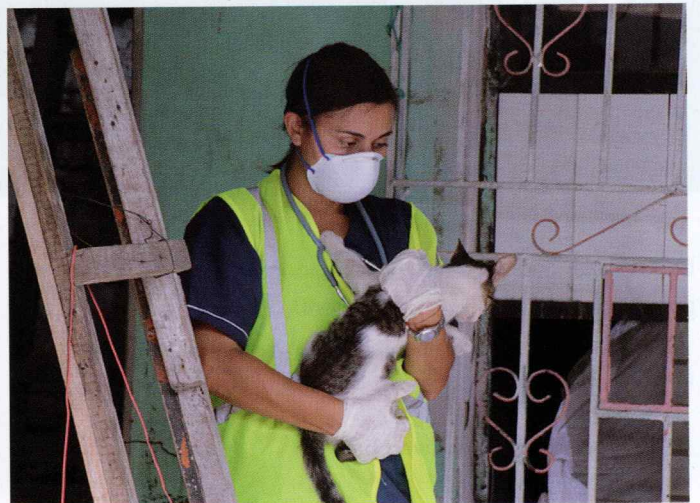
In the afternoon, the team drives to an army base at Chone

collects three soldiers for protection and then goes to a district where they set up a roadside clinic. The demand is enormous. People and their animals stream in, all suffering from poverty made worse by the earthquake. The soldiers push them into lines for assessment, treatment, and food. There is so much work that the clinic lasts into the evening and light has to be provided by mobile phone torches. The soldiers look increasingly tense because this is an area known to be lethally dangerous after dark, but no one will leave until the last animal is treated. Then the soldiers bundle the volunteers into their car and pickup and head back to the army base.

DAY 4 splits the team, some searching for abandoned animals, some going to the UNHCR camp, some going back to Ground Zero. Then everyone heads back to Cuenca, arriving just before midnight.

HOW YOU CAN HELP

You can be part of ARCA's next rescue mission by donating money, food and other items. Use the website at <http://fundacionarca.com/>



Edd & Cynthia Staton

by Susan Herron



Meet Edd and Cynthia Staton, long-term Cuenca residents who don't sit around in retirement. Since moving here, they have become writers and speakers for International Living and travel ambassadors for Terra Diversa.

How long have you lived here?

C: We moved to Cuenca in May 2010.

E: We came here in 2009 on a ten-day investigative trip looking for red flags. We didn't find any; Cuenca was better than we hoped. We went back home, took about a year to dismantle life in the States, and here we are.

Where did you live before moving to cuenca?

E: We lived most of our life and raised our family in Atlanta, Georgia. After the kids were grown, we moved to Charleston, SC for six years. Then an opportunity came up to move to Las Vegas with my company.

C: We had lived in the Southeast our entire lives, and we decided to expand our horizons and move to Las Vegas for four years.

When and why did you start thinking about living overseas?

E: We were hit hard by the "Economic Tsunami of 2008." We were both downsized from high paying jobs and then

discovered that the employment market had suddenly dried up.

C: Retirement abroad had been a distant dream, and this just hurried things up! Taking our remaining assets, we retired early.

Why ecuador and specifically cuenca?

E: Cuenca found us, we didn't find Cuenca. We knew very little about Ecuador and nothing of Cuenca when it popped up while searching the Internet.

C: We began exploring moving abroad and developed a checklist of desirable features: A lower cost of living, a temperate climate, excellent medical care, a location from which it was easy to visit family, and a pedestrian lifestyle.

E: Like Goldilocks, we didn't want a city that was too hot or cold or too big or too small.

C: Cuenca was love at first sight, and we never looked anywhere else.

How did your family and friends react when you told them you were moving?

C: The reaction probably wasn't too different from what other people hear... "WHAT?" and "WHY are you doing it?"

E: If we'd stayed in Las Vegas and found jobs, we would have been in a three-week-a-year vacation mode struggling to see

family whenever we could. Now we go to the States multiple times a year for weeks at a time. In reality, we see our family and grandkids more because we moved to Ecuador.

C: Today's technology also makes staying in touch easier! We talk to our grandchildren almost every day on Skype. It doesn't feel like we have moved to the other side of the world.

What do you do for fun?

E: We travel as much as we can. Moving here and lowering our expenses has allowed us to do things that would not have been possible otherwise.

C: We enjoy eating out and socializing with friends, but also enjoy being at home watching movies or reading.

What do you like most about living here?

C: Something I noticed on our last trip to the U.S. was the sky. I looked up and said, "Look Edd, the sky is so far away!" In Cuenca, the sky seems closer, and we actually do live in the clouds. High-altitude living also agrees with me.

E: I would have to say freedom. First, financial freedom: Seven years ago, we were in dire financial straits, and now our money worries have faded considerably. We're not wealthy, but we've positioned ourselves to have a blessed lifestyle on a moderate budget. The second is freedom of time. Cuenca is manageable; everything we need is within a fifteen-minute walk. We continue simplifying our lives and spending more time doing things we enjoy most.

What, if anything, do you miss?

C: This may sound silly, but I miss English. I love to read and being immersed in a second language has been a challenge.

It has probably been good for my brain, but no matter how fluent I become in Spanish I miss hearing and reading my native language. That would be the same no matter what country I lived in with a different language.

E: I don't miss anything. Our life has evolved to embrace the best of both worlds. We live in this beautiful city but can be with family frequently and bring back new clothes, toiletries, and food goodies.

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

E: Spend less time researching locations and more on self-evaluation.

C: Ask yourselves two questions: 1) Am I flexible enough to embrace a new culture? Also, 2) Is this really the place I want to live 24/7/365?

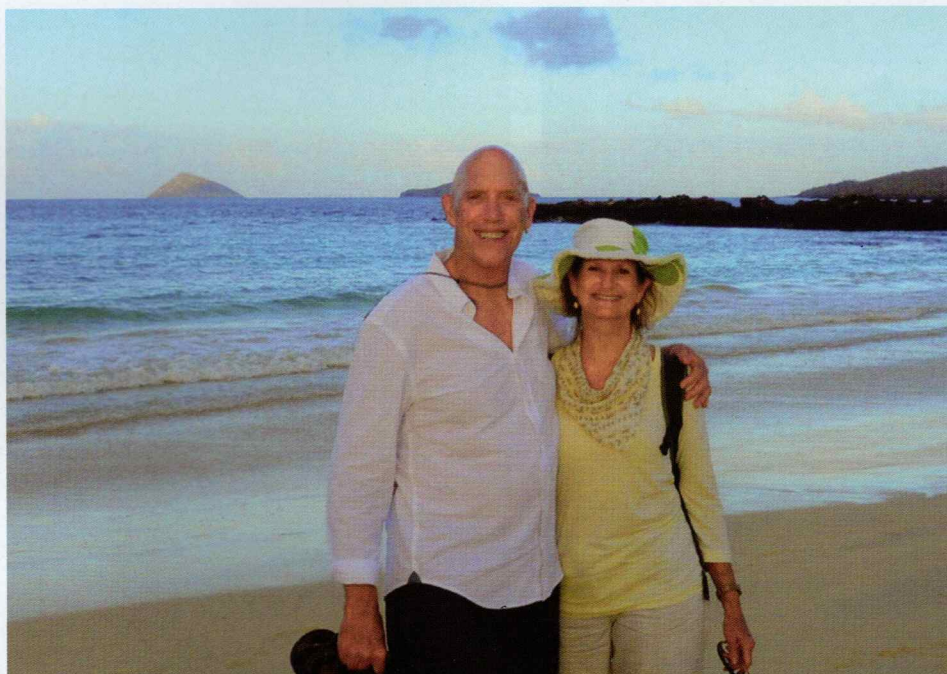
E: Too often people relocate abroad based on where they like to vacation. For years we dreamed of retiring at the beach and in Charleston we could go to the ocean whenever we liked but discovered we didn't want to live in that environment full time at all.

C: If you aren't good with change and are stuck in your ways, you may not be a good candidate for expat life. We've found that flexibility and patience are standard attributes for success.

Parting thoughts?

E: I would encourage new residents to get out, wander around and get lost, and actually talk to people. Don't sit in front of a computer trying to learn about Cuenca.

C: Yes, don't hesitate to introduce yourselves and share your lives - you may just meet your new best friend.



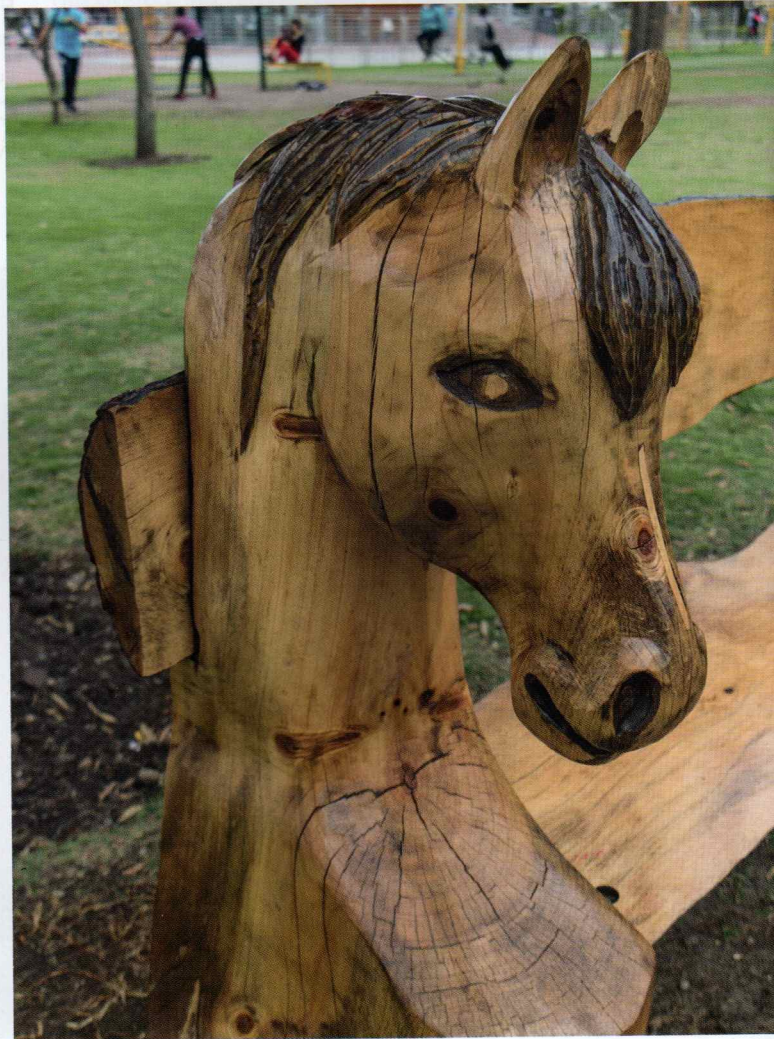
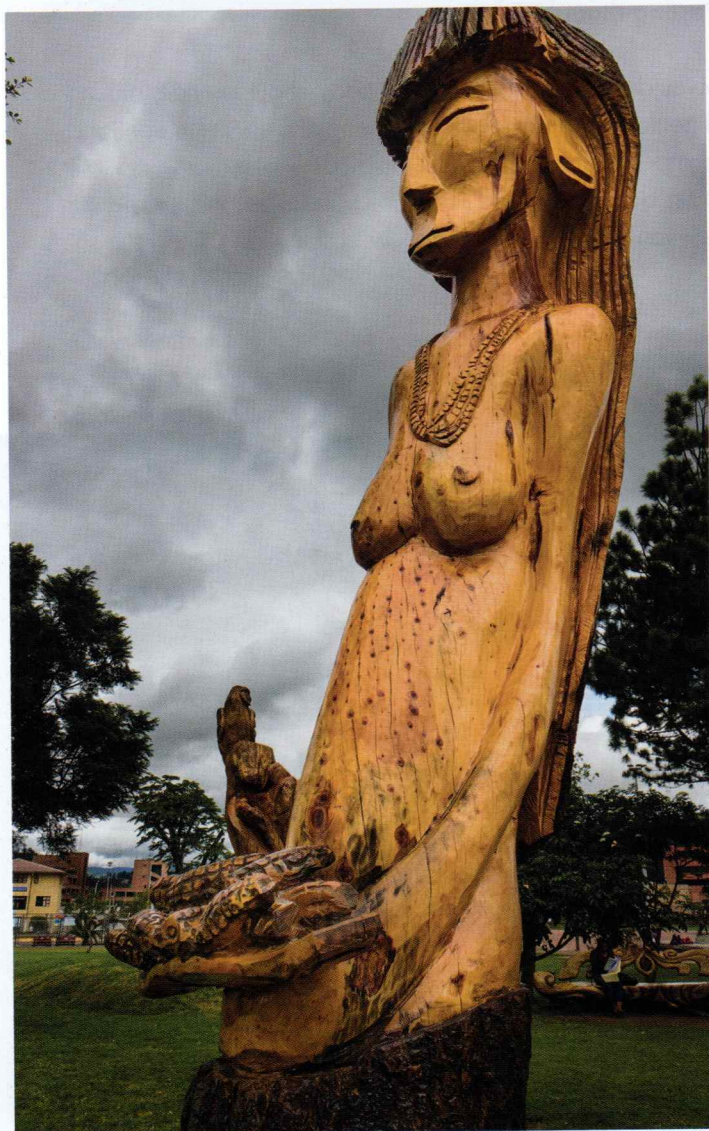


Wood **Sculptures** in Parque de la Madre

by Ruffolo Design Photography

During the renovation of Parque de la Madre, several old trees needed to be cut down. Sad, but true! Fortunately, for visitors to the new park and some very talented Cuencano sculptors several tree trunks were left intact to be transformed into beautiful works of art. Mostly residing in the Southwestern area of the park, some sculptures remain rooted in the ground and others turned into very creative benches and seats.

For those not familiar with the park, it is located on 12 de Abril between Federico Malo, and Florencia Austudillo.





CUENCA

Celebrating diversity and community

by Christine Poulin

Both Jonathan Koupermann, director of the Pumapungo Museum and Eduardo Moscoso, from the Prohibido Cultural Centre are celebrating the cultural diversity that we certainly can witness in Cuenca. They invite people from all over the world to unite, to share, to be part of the Ecuadorian culture, to deeply experience the cultural aspects of Cuenca and of Ecuador, to mingle, to celebrate with them, and to open up to the multifaceted cultural diversity and community that we can find here.

Eduardo Moscoso, director of the Prohibido Cultural Centre, says that it is an honor to see that so many expats are choosing to live in Cuenca and even open cultural spaces, like Fishbone del Sur. He says that this simply adds to the beauty of the city, to the cultural wealth of Cuenca. His cultural centre, which is an alternative one, is part of a network that has been created in order to offer a sense of community, to share inspiration, ideas, dreams, creativity and cultural values. "As we unite, we still can keep our individuality. As we express ourselves through art's many forms, we become even more conscious and more human." shares Eduardo, with passion and authenticity.

Jonathan Koupermann, from the Pumapungo Museum, says that it is one of the policies of the Ministry of Culture and Heritage to promote the creation of networks and he is proud to say that a strong network has been created here,

in Cuenca, in order to organize activities and events of all kinds. "Through that network, we are sharing our strengths, our passion, our commitment. Collaboration and communication are key. By working together, our network can help create a wonderful cultural experience in this beautiful city of ours", shares Jonathan, with enthusiasm.

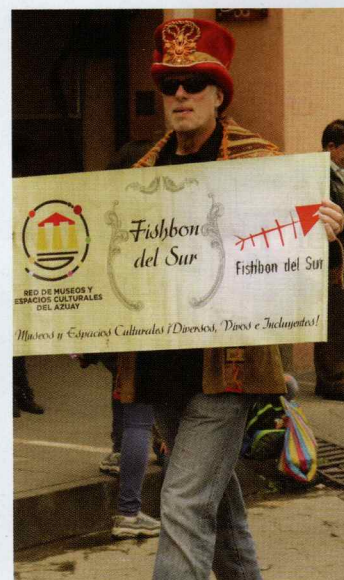
Both Eduardo Moscoso and Jonathan Koupermann are part of that network of museums and cultural spaces and through that very network, they want to offer you a rich, authentic, profound cultural experience... Lets celebrate diversity, together.



Pumapungo Museum



Prohibido Cultural Center.



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f Prohibido Centro Cultural

Museo y Parque Ancestral Pumapungo
Ministerio de Cultura y Patrimonio del Ecuador
f Dirección Cultural Cuenca - Museo Pumapungo – McyP
www.museos.gob.ec

> Friendly Faces

Photographs by Carol A. Boe

Delicious home-cooked Italian food and fun at Santorino's Restaurant & Pizza in El Centro. Calle Larga and Mariano Cueva, corner.



Filet Mignon meal and cocktails



Santorino's sign



Fun afternoon



Conya



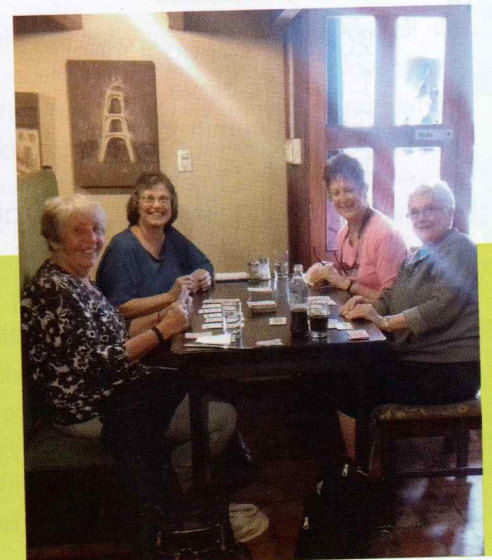
Real oven-baked pizza



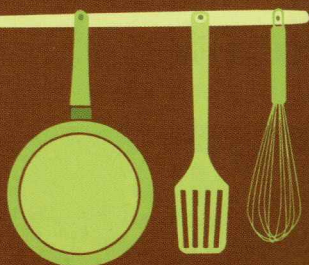
Carol



Maxine



Fun time playing cards



main course_

- Seco de Chivo -

Appetizer _Green Plantain Empanadas



Appetizer

Green Plantain Empanadas

- 1 unit green plantain,
- 90 ml (1/3 cup) of achiote oil
- 50 g (1/4 cup) farmer's cheese, grated
- Salt, Oregano, cumin, pepper as needed

Main Course

Seco De Chivo

- 200g (7 oz) goat meat
- 1 u garlic clove
- Ground cumin to taste
- 50 ml (1/4 cup) Chicha de Jora (liquid spice found at local markets or beer)
- 20 ml (4 tsp) of Achiote Oil (red oil found at local markets)
- 1 u red onion
- Salt, pepper as needed
- 50 g (1/4 cup) tomato
- 10 g (2 tsp) cumin

If you would like to learn how to make this and other delicious dishes, San Isidro and Cuenca Expats Magazine have a monthly Cooking School. To get more information on how you can register and learn to cook like a chef, send an email with your name, email and phone number to events@expatsmags.com. If you would like to try this month's dish, please visit LA CALETA. The chef/owner is a honor graduate of the San Isidro Institute. Don't forget the Institute's students prepare delicious pastries and hot coffee for sale at the San Isidro Bakery & Coffee outlets in Mall de Rio and Milenium Plaza.



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American Football Kicks Off

in Cuenca, Ecuador

by Brad Scott



The first American Football League in Ecuador kicked off Saturday, April 9 in Cuenca. The Quito Lobos, the Santo Domingo Coloradores, and the Quito Berserkers traveled to Cuenca to play for a two-game match hosted by the Cuenca Córdors.

The Lobos beat the Coloradores by a score of 26 - 6 in the first match as an estimated 100 spectators watched. Jonathan Torres threw three touchdown passes and scored a touchdown on a 40-yard quarterback keeper. The Lobos defense held tough, recovering three fumbles and intercepting the Colorados twice. In the second game, the Quito Berserkers won 32 - 6 against the newly formed Cuenca Córdors.

American football is a game of strategy where teams look for weaknesses in their opponents and attempt to exploit those weaknesses to their own advantage. Advantages lead to yards and points gained when they are on offense, and yards and points prevented when they are on defense. As a result, a well-coached team often has the upper hand over a more athletic team without coaching.

American football is for everyone. Agile, fast running players can play as a receiver or in the backfield, what are referred to as "skilled positions." Players who can think quick and can throw the football accurately are valuable as quarterbacks. Larger individuals, who are not afraid to go up against others their own size, are valuable on the offensive and defensive lines. This sport is about speed, timing, intelligence, throwing, kicking, strength, and size; but not every player must possess all of these talents.

American football is in its infancy in Ecuador and encounters many obstacles to its success. Since American football teams have been in existence for only two years in Ecuador, financial support for the sport has been slow to develop, making the acquisition of proper equipment one of the biggest obstacles. Teams must transfer the financial burden of equipment cost

to the players, leaving some very talented but underfinanced players on the sideline during practices. The lack of equipment can also make games longer to allow offensive players to exchange equipment with defensive players after changes of ball possession.

Lack of funding and popularity caused significant modifications in the Saturday games. Where there usually are 11 players on each side, the field size and lack of equipment could only support nine players. Moreover, no kicks were featured in the games, essentially taking the "foot" out of football. Changes of possession on fourth down usually feature a punt in American Football; however, teams could elect to hand the ball over to the opposing team. The resulting change of possession would give the ball to the opponents at their 15-yard line. Brad Scott, a Lobo coach, said, "We hope to have 11 players on each side of the ball later this year, but until then, we're thrilled just to be able to play this sport in Ecuador."

League and team officials are also strategizing off the field. One of the recent tactics has been for players with equipment to rent their equipment when they are not using it to players who need it. Equipment is rented for practice at \$3 per day while game-day equipment is rented to players for \$10, allowing equipment owners to recover some their own equipment costs over time. More ways to generate revenue are currently under discussion such as concessions at games and future commercial sponsorships of teams

The matches set the wheels of the sport in motion in Ecuador. The four founding teams plan to meet in other venues over the next several months, including games in Quito and a championship game. While the sport still needs to gain popularity, league officials and spectators of Saturday's game view the Cuenca games to have been a great launch for the future of the sport in Ecuador.

JUAN THE MAGICIAN

Now you see it, now you don't

by John Keeble - Photographs by John Keeble



One of Cuenca's most popular magicians, Juan Estrella, has turned his El Centro restaurant into a 'pocket theater' for weekly magic shows after being forced to close by falling dining business.

He is among about 200 El Centro businesses that have hit hard times with the twin blows of the Ecuadorian economy dipping and the localized disruption of the Tranvia construction.

"People ask me if I can make the construction work disappear," he said, surveying the work outside his theater in Calle Gran Colombia. "I tell them that I do magic – not miracles."

Juan began his magic career ten years ago when he was 14. A friend showed him a card trick but did not show him how it was done. "I worked it out, and that gave me the interest in magic," he said. That inspired him to study magic as a hobby – and that grew into a way of life.

Since then he has given magic shows all over Ecuador, and his foreign gigs have included two tours in the USA and one in London, where he was invited to join the prestigious Magic Circle of British and international magicians. Only two South American magicians, including Juan, have been invited to join the circle.

"Magic has been a journey for me, from being self-taught ten years ago, to helping others become magicians now," he said. "Some magicians feel the secrets should never be revealed, but I ask them how we can encourage new magicians if we do not reveal our secrets."

Juan and two friends founded the Cuenca Magic Association, and it has grown to today's membership of 23. Most of the members are between 18 and 23 years old. The eldest Ecuadorian is 28, but one expat member, Richard Westcott, is 75.

The association runs its own magic school. The youngest students are four to seven years old – they learn tricks at weekend workshops. The classes for older children and adults are much more serious: 16 two-hour classes, one class a week, to learn the theory of magic, the history, and the presentation.

The association's success has created its own problems. There are now more magicians in Cuenca than the market can bear and this means earning a living with magic is often impossible. The association takes in inquiries from all over Ecuador and from other countries and passes the work to magicians capable of doing it. "Now we must look for more work in other countries," said Juan.

Juan comes from a restaurant family. His father owns Raymipampa restaurant next to the new cathedral, and Juan opened his own restaurant Cuchara Magica on Gran Colombia before work began on the Tranvia. When losses forced him to close it, he turned it into what he calls a pocket theater – 40 seats tiered immediately in front of him for when he and his Cuenca Magic Association friends perform. Its new name is Cuchara Magica Theater.

"I have appeared in front of 1,200 people, but I prefer my small theater," he said. "I really feel I am working with the audience. Often someone from the audience will be helping me, and I get him to do the trick.

"Many people try to see how the tricks are done, but I never show them. Magic is like a butterfly, as a friend once said. If you tear it up, it is dead."

July's Thursday shows are in Spanish, but some August shows will be in English. Juan's longer-term plans (when the Tranvia is completed) include having combined magic shows and dinner.

DOG of the month



Simur is our dog of the Month from FAAN rescue organization. Simur was found near the University of Cuenca malnourished, with a broken leg. After surgery to set his leg and several months of healthy food and care, Simur is healed, well-nourished and longing for a forever home. He has a friendly disposition, is energetic and loves attention. He gets along well with other dogs and walks on a leash. He is of medium size, neutered, about 4 yrs old with all medications up to date. Please consider calling our FAAN pet connection at 098-310-8989 to arrange for your meeting with Simur or one of his friends.

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La Parola – Café Bar Restaurant

Best Live Music, Food, and Fun in Cuenca

by Carol A. Boe - Photos Courtesy of La Parola

Cuenca native and bass guitar player, Andres Ugalde, bought La Parola because he wanted a place to play his own music. He decided instead to turn the locale into a classic rock music entertainment bar with an extensive food and drinks menu. La Parola means "The Word" in Italian.

Andres opened his revised Café Bar and Restaurant in November 2011. Located in an 1870 house in El Centro, La Parola is for people aged 35 and older.

La Parola offers live music every Tuesday through Saturday nights. Entertainment ranges from classic rock and roll from the 60s, 70s, 80s, and 90s, to acoustic music, open mic nights, karaoke, and monthly tribute bands singing in English and Spanish.



Past Live Tributes

The Beatles, Pink Floyd, ACDC, Queen, Santana, Bon Jovi, U2, and Guns & Roses.

All Thursday, Friday, and Saturday night shows are followed by a Video Jockey party where you can dance until 3:00 a.m.

The extensive bi-lingual menu includes a broad range of food and cocktails. There are many chicken, beef, and seafood dishes and vegetarian plates as well. One meat-lovers' specialty is the Parola Steak with 400 grams of grilled tender beef that comes to you sizzling on a hot stone.



Cocktails include two house recipes. The Mojito Disac, made with white rum, passion fruit and blackberry juices. The Satanas (or Satan) cocktail made with gin, tequila, vodka, Triple Sec, and Sambuca is served flaming.

Happy Hours at La Parola are more like Happy Nights. Tuesday nights, all cocktails are priced two-for-one from 6:00 p.m. to Midnight. Wednesdays to Saturdays, cocktails are half-price from 6:00 p.m. to 10:00 p.m. Happy hour prices do not include beer.

Andres describes La Parola's atmosphere as eclectic. The walls are covered with music posters, pop art, and masks from Africa, the Amazon, Ecuador, and Central America. There is even a flying pink pig! Step out and into La Parola to enjoy a night out with great music.

Nightly Entertainment Schedule

Tuesdays: Open Mic at 9:30 pm.

Wednesdays: Karaoke night at 9:00 pm.

Thursdays: Acoustic music from the U.S., Cuba, Colombia, and Europe at 9:30 pm.

Fridays: Classic rock and roll from the 1960s, 70s, 80s, and 90s in English and Spanish at 11:00 pm

Saturdays: Various genres of music at 11:00 pm. with a once a month Music Tribute at 11:00 pm.

HOURS: Tuesday to Wednesday: 6:00pm - Midnight
Thursday to Saturday: 6:00pm - 3:00 am

Calle Larga 5-89 and Hermano Miguel, Cuenca - Ecuador
Telefax: 072 823 084 / 099 576 5037
andres.ugalde@laparola.com

The Cuenca Zoo

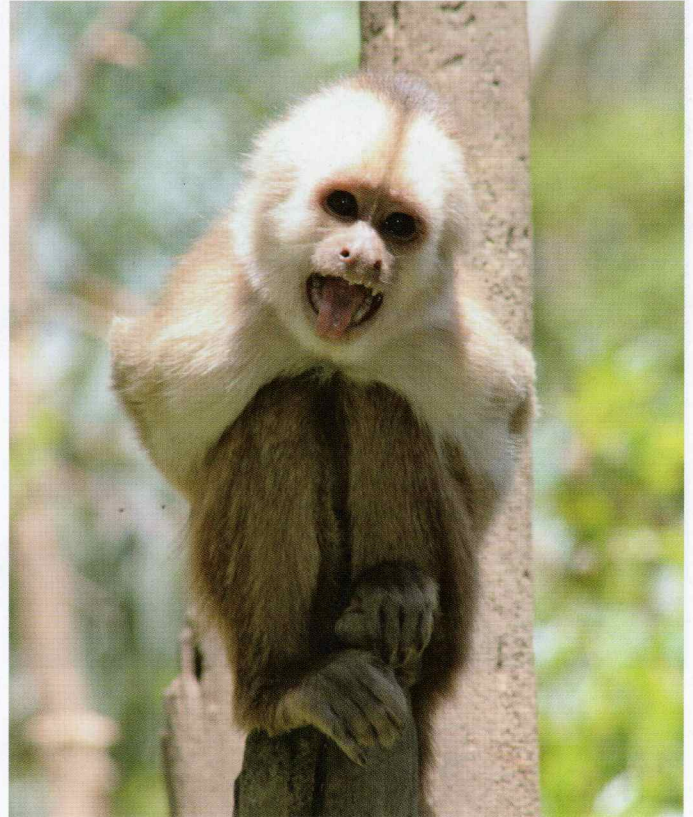
by Keith and Tina Paul - Photographs by Keith Paul

The Cuenca Zoo or more precisely, The Amaru Zoologico Bioparque is a unique zoo that is physically challenging but a most enjoyable experience.

I've been to many zoos all over the US including the San Diego and Cincinnati but never to one that is set up like the one in Cuenca. This is not your typical zoo because the cages are not so evident and the exhibits reside on a mountain side. Furthermore, the majority of the animals in the zoo were rescued and can't be returned to the wild. The bear, puma, and ocelot were either chained to a pole or locked up in a small room before being found. Located on a mountainside, means a lot of uphill walking. But if you just take your time, this is very doable for most. You don't need to be a world-class athlete, but if you're using a walker, cane or have bad knees, you might not get very far. Not only are the paths uphill, but you sometimes need to walk on boards to stay out of the mud and water. You can see my trail picture to judge for yourself. The zoo is pretty much all uphill and then when complete, a long walk back down. Unfortunately for us, we had a driver who was coming back in 2 hours to pick us up so that made the ending a little more rushed than we would have liked. I would allow 2 1/2 hours to do it all. That's taking pictures, reading the signs, etc. If you want to walk it slower and take rest breaks, give it 3 hours.

What's most interesting in this zoo is that many of the animals don't seem to be caged. The use of different kinds of fence and wire make them look a little less confined. Most if not all of the animals are indigenous to Ecuador, and many of the educational signs are in English. Towards the end, you'll find monkeys that are not caged (or rather they find you.) There are no signs, but they come out of the trees to meet you, most likely to see if you have food. In fact, one of them climbed on my wife's arm. Something I wished we did was take a picture of the park map at the entrance so that we could have some idea of where we were. They don't have any map pamphlets you can take with so we didn't know if we were half way done or close to the end. The trails are well marked on where to go except on the way down. Since the up and down trails overlap, the arrows can be a little confusing. Just keep on the downward path and you'll be okay.

The cost is only \$6 for adults and well worth it. Our two out of town guests enjoyed it tremendously. The Cuenca Zoo is one attraction that I can see us going back to with other guests in the future. The zoo is located on Carr 35, Cuenca, Ecuador, Phone: 7-421-3982 and is open every day except Monday from 9 to 5. Make sure your taxi driver will take you all the way to the top. I've heard some say they didn't want to drive up the long driveway.





Linda Chase

by Keith Paul

Linda Chase has been living out of the US for eleven years and in Cuenca for five. Many of you probably know Linda or have run into her at some event. You'll find her hosting many expat functions, and you're sure to remember her humor, wit, and a Texan accent.

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

Before moving to Cuenca, I lived in Ajijic, Jalisco, Mexico, a small expat destination on Lago de Chapala, about 45 minutes from Guadalajara.

2. Why Cuenca?

While living in Mexico, I became friends with another expat, Regina Potenza, who had lived in Ajijic for many years. In 2010 she moved to Cuenca. About a year later I came to visit her and fell in love with the city. I moved here about three months later, in June 2011.

3. What do you like most about living in Cuenca?

Primarily the climate. I love that many days it seems we have all four seasons in one day. Most attractive to me is the fact that there are very few insects like mosquitos!

4. If retired, what was your profession before you retired?

I practiced law in Texas for more than 30 years. I was a real estate attorney. More specifically a title insurance expert which afforded me the opportunity to travel quite extensively and do a great deal of public speaking on title insurance claims prevention.

5. Who is your hero(s) and why?

Without a doubt, Ellen DeGeneres. She, despite all odds, has been a success at being herself in front of the world, sometimes at a great cost. I think she has set a great example for young women and has helped them feel okay about who they are. She is extremely funny, but never at anyone else's expense.

6. Do you make friends easily?

Fortunately, I make friends quite easily. I think that is the natural result of the previous answer of "laugh, have fun, and be true to yourself." Most people appreciate that because they too enjoy laughing and having fun!

7. What are you most passionate about?

Entertaining, being entertained, and laughing! I am the Trivia Master (a funny term in that many times I cannot even pronounce the words to the questions) on Wednesday evenings at the Vegetable Bar. I love doing this because of all of the great, fun people who attend!

8. What is your favorite "pig-out" food?

Mexican (or Tex-Mex) Food, Chips and salsa, Mexican Food, Guacamole, Mexican food, tacos, Mexican food, enchiladas, Mexican food, etc.

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

I would love to go on a trip today, as an adult, with my parents. They, of course, were a product of their time living in Texas with the usual bigotry of that day, but supported me and were very proud of my successes. I always had 100% support from them. They are both deceased, and I truly miss them. I would love to have the opportunity to spend time with them and know them now as an older adult.

HELLO

EVERYDAY SPANISH

HOLA

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 second lesson is:



DINING LINGO

ENGLISH	SPANISH	PHONETIC
1. Table	1. Mesa	1. <i>messa</i>
2. Open	2. Abierto	2. <i>abyerto</i>
3. Closed	3. Cerrado	3. <i>serado</i>
4. Breakfast	4. Desayuno	4. <i>desa-yoonow</i>
5. Lunch	5. Almuerzo	5. <i>al-muer-sow</i>
6. Dinner (evening meal)	6. Cena / merienda	6. <i>sená / mer-yenda</i>
7. Juice	7. Jugo	7. <i>hoojo</i>
8. Coffee	8. Café	8. <i>cafeý</i>
9. Soft drinks	9. Gaseosas	9. <i>gase-osass</i>
10. Regular water	10. Agua	10. <i>awa</i>
11. Sparking water	11. Agua con gas	11. <i>awa con gas</i>
12. Cocktail	12. Coctel	12. <i>koctell</i>
13. White wine	13. Vino blanco	13. <i>veeno blanco</i>
14. Red wine	14. Vino tinto	14. <i>veeno teento</i>
15. Meat	15. Carne	15. <i>carney</i>
16. Meat prime cut	16. Carne de primer corte	16. <i>carney de preemer cortey</i>
17. Chicken	17. Pollo	17. <i>polyo</i>
18. Chicken breast	18. Pechuga	18. <i>pechooga</i>
19. Pork	19. Cerdo	19. <i>serdo</i>
20. Fish	20. Pescado	20. <i>pes-cado</i>
21. Salad	21. Ensalada	21. <i>ensalada</i>
22. Appetizer	22. Entrada	22. <i>entrada</i>
23. Specials	23. Menú especial	23. <i>menoo espesyal?</i>
24. Deserts	24. Postre	24. <i>postrey</i>
25. Fork	25. Tenedor	25. <i>tenedor</i>
26. Spoon	26. Cuchara	26. <i>coochara</i>
27. Knife	27. Cuchillo	27. <i>coocheelyo</i>
28. Napkin	28. Servilleta	28. <i>serveeyeta</i>
29. Is there a special menu?	29. ¿Hay menú especial?	29. <i>ayy menoo espesyal?</i>
30. How much does it cost?	30. ¿Cuánto cuesta?	30. <i>kwanto kwesta?</i>
31. May I have the check please?	31. La cuenta por favor	31. <i>la kwenta poor favor</i>
32. Bon appetit	32. Buen provecho	32. <i>bwen provecho</i>
33. Cheers	33. Salud	33. <i>salood</i>
34. Are you open?	34. ¿Está abierto?	34. <i>esta abyertow?</i>

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.



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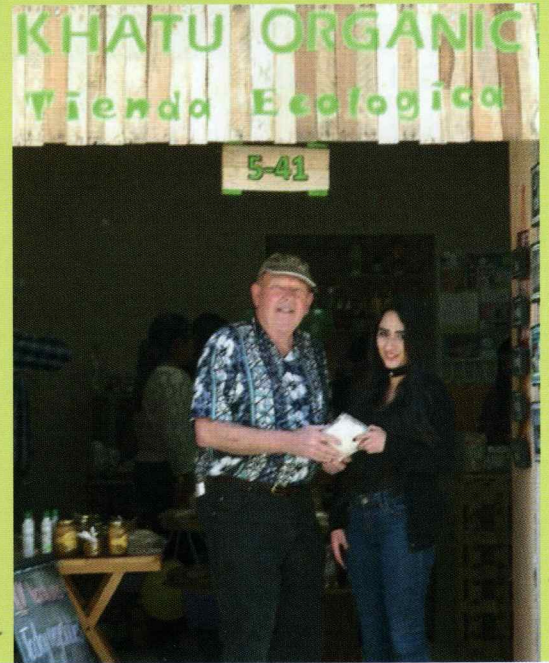
> Friendly Faces

Photographs by Carol A. Boe

Saturday shopping for natural products at the grand opening of Khatu Ecomarket in El Centro.



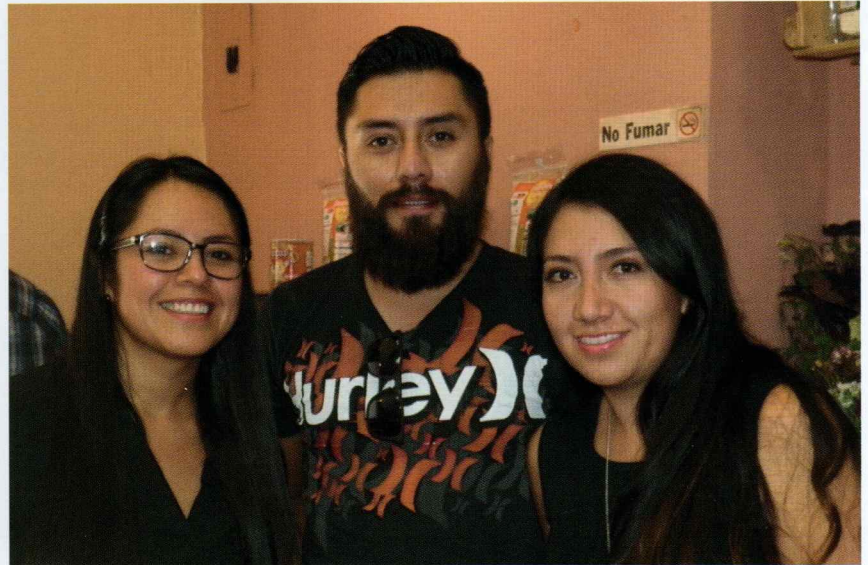
Organic products



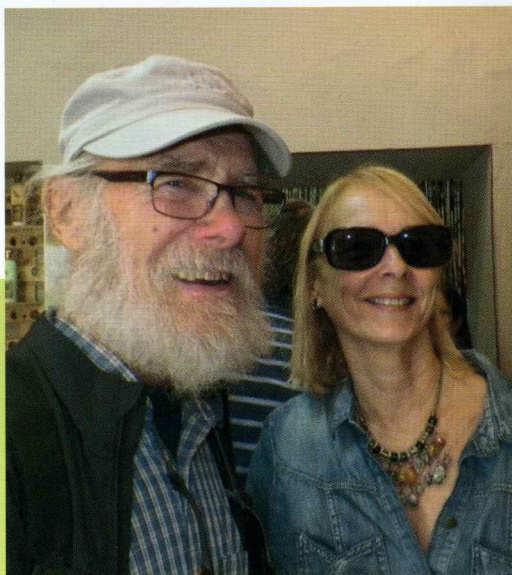
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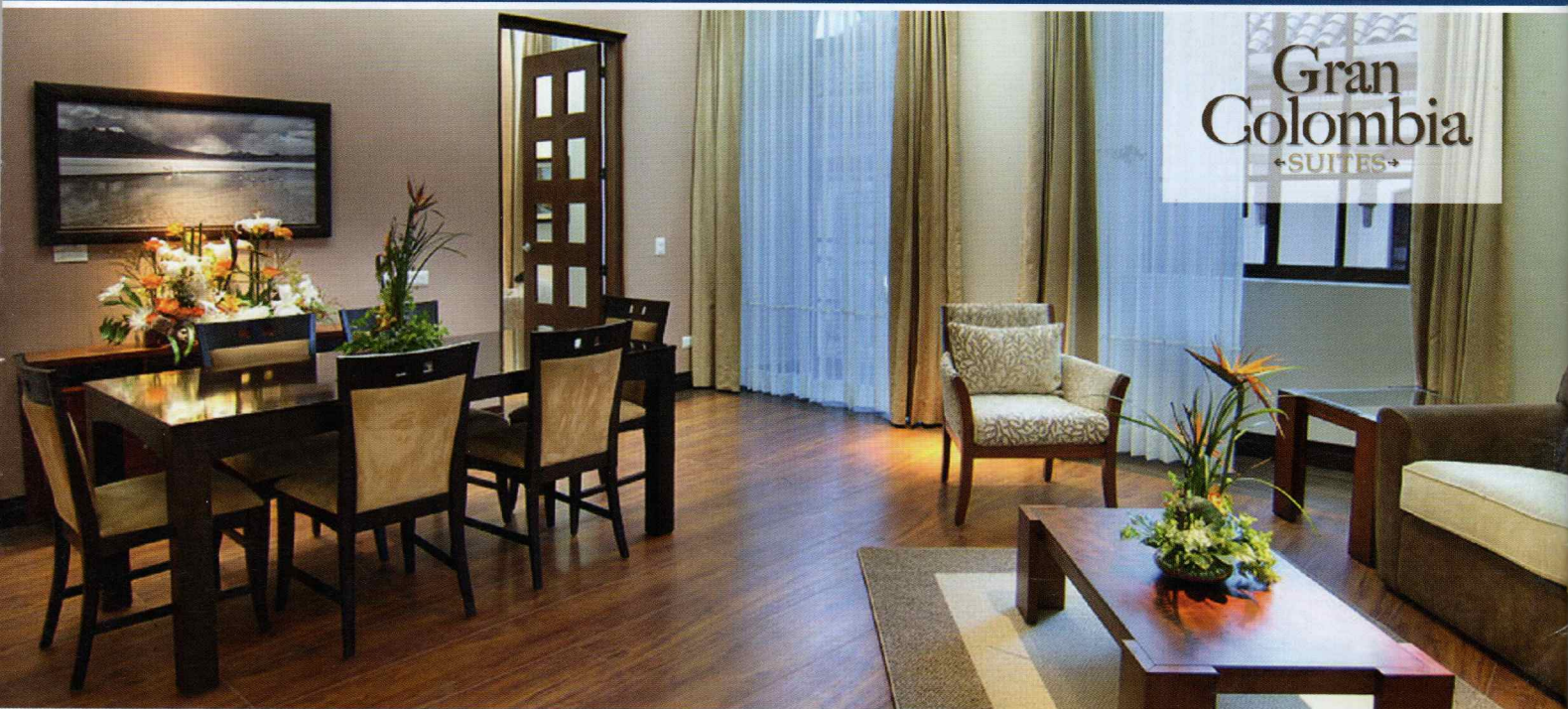
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
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