THE CUENCA FOUNDATION

SEPTEMBER 2025

In This Issue

- P Squared Pan: Bread for Feeding Others
- I Want to Be a Doctor: The Girl Who Inspired EmpowerEd
- Responding to Regional Instability with Action

P Squared Pan

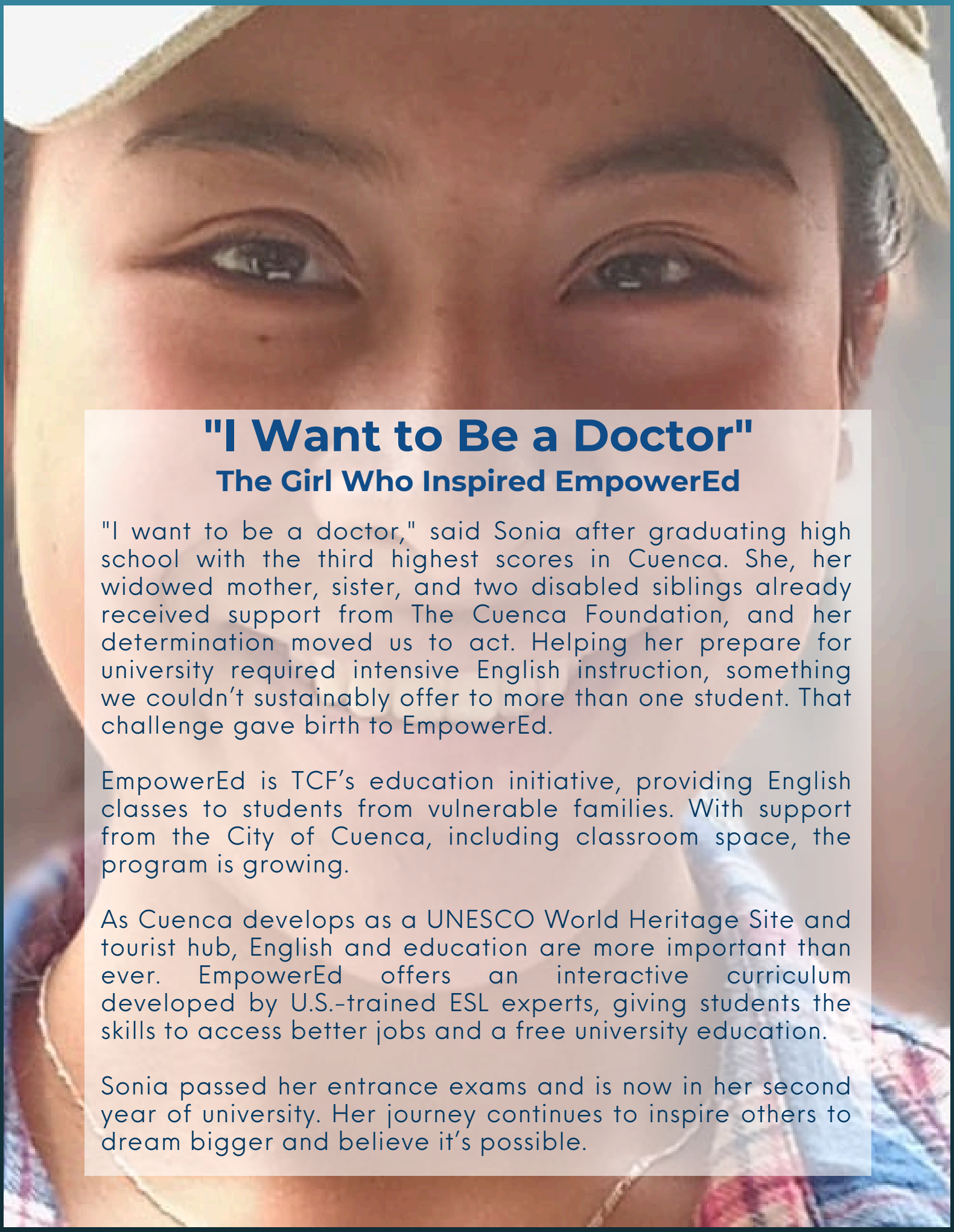
Bread for Feeding Others

P Squared Pan is the brainchild of Paul and Pam Kaperick, longtime volunteers and supporters of The Cuenca Foundation. Their mission was simple but powerful: to help fund TCF's food program, which provides supplemental food kits to approximately 1,000 people. And they have more than succeeded.

Paul and Pam bake fresh sourdough products from scratch, and offer free delivery. This grassroots venture has fully funded the 15,000 pounds of fresh vegetables TCF has distributed so far this year. Even better, it has generated additional funds to support unexpected needs and other community projects.

Paul and Pam have cultivated a long-term relationship with Diana, our trusted produce vendor. She represents a local women's co-op, and by sourcing from her, P Squared Pan supports small businesses and hardworking women. In addtion to top-quality produce, Diana always includes a little yapa, or extra, for "her people."

Hundreds of loaves prepped, baked, packed, and delivered. Thousands of pounds of vegetables grown, harvested, and distributed. Paul, Pam, and Diana make this work possible. They are hands on and hearts in.



"I Want to Be a Doctor"

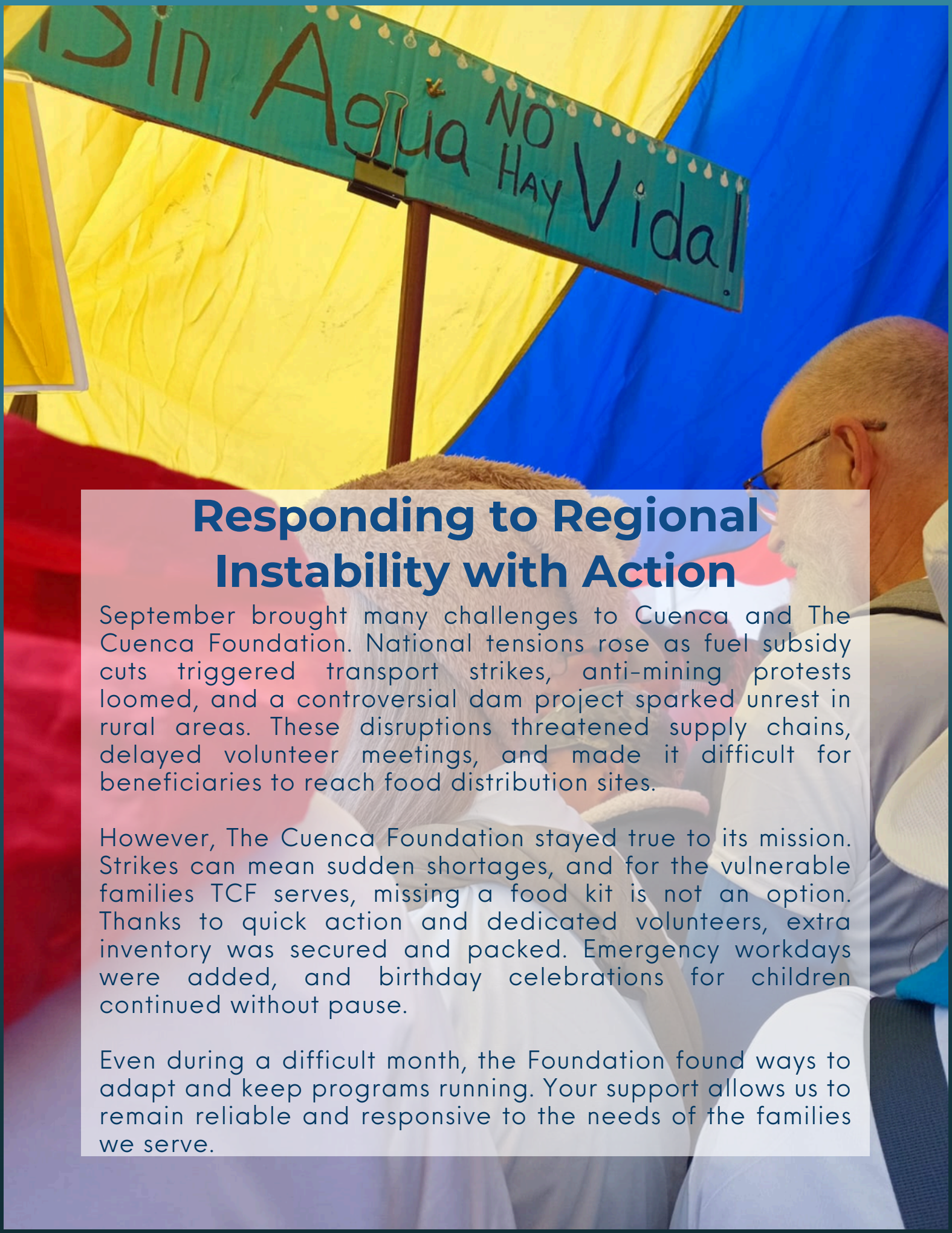
The Girl Who Inspired EmpowerEd

"I want to be a doctor," said Sonia after graduating high school with the third highest scores in Cuenca. She, her widowed mother, sister, and two disabled siblings already received support from The Cuenca Foundation, and her determination moved us to act. Helping her prepare for university required intensive English instruction, something we couldn't sustainably offer to more than one student. That challenge gave birth to EmpowerEd.

EmpowerEd is TCF's education initiative, providing English classes to students from vulnerable families. With support from the City of Cuenca, including classroom space, the program is growing.

As Cuenca develops as a UNESCO World Heritage Site and tourist hub, English and education are more important than ever. EmpowerEd offers an interactive curriculum developed by U.S.-trained ESL experts, giving students the skills to access better jobs and a free university education.

Sonia passed her entrance exams and is now in her second year of university. Her journey continues to inspire others to dream bigger and believe it's possible.



Responding to Regional Instability with Action

September brought many challenges to Cuenca and The Cuenca Foundation. National tensions rose as fuel subsidy cuts triggered transport strikes, anti-mining protests loomed, and a controversial dam project sparked unrest in rural areas. These disruptions threatened supply chains, delayed volunteer meetings, and made it difficult for beneficiaries to reach food distribution sites.

However, The Cuenca Foundation stayed true to its mission. Strikes can mean sudden shortages, and for the vulnerable families TCF serves, missing a food kit is not an option. Thanks to quick action and dedicated volunteers, extra inventory was secured and packed. Emergency workdays were added, and birthday celebrations for children continued without pause.

Even during a difficult month, the Foundation found ways to adapt and keep programs running. Your support allows us to remain reliable and responsive to the needs of the families we serve.

EVENTS & OPPORTUNITIES

PISCO MASTER CLASS

October 16, 4:00 - 6:00 PM

Ika Pisco Fusion
Roberto Crespo Toral 3-17
$30 per person
Reserve via PayPal: info@cuencafoundation.org
Note: "Pisco"

HEARTSTRINGS

Knitting group creating
warmth for those in need:

babies ○ new mothers ○ children ○ the elderly ○ the ill
Join us: Mondays, noon, La Yunta

CELEBRATION!

Providing cakes and gifts for children on
their special day

Join the party at info@cuencafoundation.org

we rise by lifting others
Robert Ingersoll

info@cuencafoundation.org