

# LASTING IMPRESSIONS

A QUARTERLY NEWSLETTER FROM FUNDACIÓN ÑEQUE Y MAS ÑEQUE  
QUITO, ECUADOR

There's always a first!

## AND THIS IS IT!!!

We're excited to present Fundación Ñeque y mas Ñeque's first quarterly newsletter! We will be bringing you news about who we are, the work we do, the children we serve, and the wonderful volunteers from around the world who share their enthusiasm and expertise with us.

Fundación Ñeque y mas Ñeque works with at risk children and adolescents who live in the El Comité del Pueblo neighborhood of Northern Quito. The word ñeque comes from the Quichua word ñiquiy or muscle. A person with ñeque is one who is courageous, one who perseveres through difficult times. At Fundación Ñeque y mas Ñeque we help to strengthen the resolve and resilience of children who participate in the program so that they may overcome -- or manage more effectively -- the difficult situations they face every day. We are thankful to all of the volunteers who have helped us throughout the years to deliver messages of love & hope to the children



## Saying goodbye with love ...

On February 25, 2011, students in the morning program at Proyecto Ñeque y mas Ñeque said goodbye to three volunteers, Mareike Volk from Germany, and Pernille Kruger and Camilla Dolriis from Denmark. Mareike, Pernille and Camilla joined us for three weeks after taking Spanish classes at La

Academia de Latinoamericana de Español. Over the course of their three weeks, they helped the children with their homework, played with them, taught English, and cooked crepes that they served with fruit and chocolate sauce. Delicious!



CHILDREN IN THE AFTERNOON PROGRAM -- with teachers Carmen and Narcisca Cardenas and volunteer Nora Gosch -- invite you to visit Fundación Ñeque y mas Ñeque!



JORRIT GOVAERT of Belgium has been an invaluable asset to Ñeque y mas Ñeque. His enthusiasm, hugs, smiles, and willingness to help in every aspect of the program have endeared him to everyone.



NORA GOSCH from Germany says she did hours and hours of research to find a program like Ñeque. Her experience and interest in the theatre and the arts, and she is working with the children to create a play for everyone to enjoy!





# 10 ways to spend your time at Ñeque:



## Meet the Staff!

### GALO CEVALLOS, DIRECTOR

Galo Cevallos, the founder, legal representative, and director of Fundación Ñeque y más Ñeque, abandoned his profession and his economic status as an electrical technician to dedicate his life to helping the most vulnerable residents of El Comité del Pueblo. Since 1990, he has devoted his life to working as a volunteer in community improvement projects, providing leadership whenever possible. He is the driving force of Ñeque y más Ñeque and has maintained and nurtured it since its inception on September 13, 2000. Galo states that he has worked to develop his Christian values throughout his life and believes that teaching these values to the children is an important component of the program.

Galo lives in El Comité del Pueblo with his wife and two daughters. He is an accomplished guitar player and performer and is passionate about football which he plays whenever he can.

### NARCISA CARDENAS, MAESTRA

Narcisa Cardenas has been with Ñeque y mas Ñeque for 10 years and

has been like a mother to many of the children who have participated in the program. She worries every day about the challenges the children face including poor health, physical, sexual and emotional abuse, drug and alcohol use and abuse, pregnancy, and school failure.

Narcisa has lived in El Comité del Pueblo for 30 years, has two children in their 20's, and a 3-year-old granddaughter. Her husband is a driver for a plastic company and in his spare time drives a taxi. Her favorite past-times are music, dance, and creating beautiful arts and crafts.

### CARMEN CARDENAS, MAESTRA

Carmen Cardenas, Narcisa's younger sister, has worked at el proyecto for 6 years, 5 of them part-time. When she is not at work, she attends the Universidad Central del Ecuador where she is seeking a 4-year degree in nursery school education. She enjoys working with children of all ages, from babies to adolescents. Her hobbies include basketball and listening to music. A resident of El Comité del Pueblo, she lives with her brother, her maternal grandfather (who was partially paralyzed by a stroke 2 years ago), and her puppy.

Carmen is an important member of the staff and has an innate ability to organize. She is responsible for maintaining the inventory of school supplies, arts and crafts supplies, and donated equipment.

1. Start a project
2. Share your expertise
3. Teach English
4. Help with homework
5. Play music; dance
6. Learn the culture
7. Problem solve
8. Practice your Spanish
9. Expand your horizons
10. Have fun!

There are many ways you can contribute to the lives of the children at Fundación Ñeque y mas Ñeque. Challenge yourself to create something meaningful. Don't be afraid of failure. **Show the children that you have ñeque, too!** Think about what you'd like to do, tell us ahead of time, and take a risk. It may not be easy, but you'll learn something about the children and about yourself. Good luck!

## OUR SUPPORTERS:

Fundación Ñeque y mas Ñeque is able to continue its important work thanks to the generous, unwavering support of the following: **Verein Ñeque Schweiz**, Switzerland, 60% financing of the annual budget; **Ñeque Danmark (Camilla Kronborg)**, 25% financing of the annual budget; **Andrea Lindgren, Suecia**, scholarships for students; **Il Noce, Italia**, scholarships for students; **La Academia Latinoamericana de Español, Quito**, volunteers from around the world and more.

## STAFF:

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Narcisa del Pilar Cardenas, Maestra  
María del Carmen Cardenas, Maestra

## LOCATION:

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Have questions or suggestions on how to improve this newsletter? Please contact Linda Dougall, Volunteer Coordinator, at [ldougall16@aol.com](mailto:ldougall16@aol.com).

Visit our webpage at [www.nequeyneque.org](http://www.nequeyneque.org).