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Lanzarote
October 2016

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Forbidden Pleasures

I've swum into the wreck of the Telamón – the ship that ran aground near Costa Teguiise 35 years ago - quite a few times, and its an incredible experience, with sunlight pouring through the ruined deck above and immense beams and chunks of machinery submerged below. It's also a little frightening – the sheer immensity of the wreck is daunting and you know

that the whole thing will collapse one day. It's also worrying to see kids clambering up the rusting hulk and hurling themselves into the sea from several metres.

So I fully understand the reasons why diving and swimming around the wreck have been suddenly banned by the Port Authority. However, there are several perfectly responsible diving groups that use the wreck who will now face fines if they continue to do so. Surely they could be granted special licences to continue?

This is just one of a series of recent prohibitions on the island. Barbecues have been banned at Playa Bastián, one of the few resort beaches where they were permitted, and a sign has gone up at Punta Mujeres banning balls from the Punta del Burro. Then, of course, there's the controversial decision of Teguiise Ayuntamiento to issue fines for "public nudity."

Lanzarote's still an island with a lot of freedom. The local authorities tend not to publicise certain risky caves and volcanoes rather than fencing them off, and so far there have been no moves to fine bathers in red flag zones, as happens elsewhere in Spain.

Bans are usually introduced for perfectly good safety or environmental reasons. But it seems high-handed and authoritarian to issue them without consulting the public and interested parties first. I'm sure this is not the sort of relationship that most island councils want to have with their citizens.

October is one of Lanzarote's most wonderful months, when we squeeze out the last dregs of the summer before the clocks go back. Let's all enjoy it in our own way, and hope that we don't suddenly come across a big ugly sign telling us we can't do it anymore.

Enjoy the mag. The Editor

Editor's Letter

October Highlights



Don't forget to turn your clocks back!
Sunday 30th October



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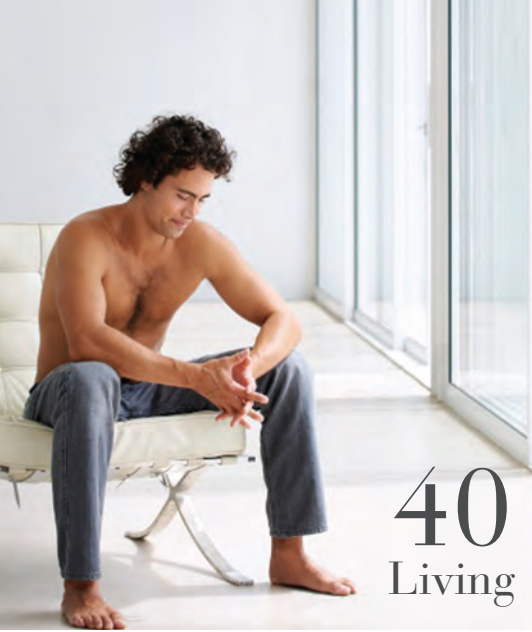


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G Brief

life

Spain looks increasingly likely to go back to the polls for a third time in its attempts to form a viable government – and the election could ruin a peaceful Christmas.

Back to the Ballot Box!

On September 2nd, Spanish MPs once again rejected acting Prime Minister Mariano Rajoy's attempts to form a minority coalition government, meaning that a third election is increasingly likely for late December.

Rajoy's PP managed to win the support of the newly formed Ciudadanos party and a single representative from the Coalición Canaria, but this still left him with just 170 votes – six short of the magic number necessary to form a government.

The only way that Rajoy could have taken office would have been if the Socialist party had abstained. However, this would have led to accusations that Socialist leader Pedro Sánchez was acting as Rajoy's "accomplice". Although there was some support for abstention at higher levels of the party, Sánchez is acutely aware that permitting four more years of PP rule would be regarded as a betrayal by rank and file Socialist voters.

Meanwhile, the possibilities of a left-wing alliance between the Socialists, Podemos and a host of smaller parties are also distant, as the Socialists will not countenance the possibility of an independence referendum in Catalonia.

The new elections, if called, could take place on



The five party leaders face off again

Christmas Day. Elections always take place on a Sunday in Spain, and Christmas falls on that day this year. However, a motion has already been placed before parliament begging for the campaign period to be shortened to allow the election to take place on 18th December, so as "not to spoil Christmas."

The results of a third election are debatable. Most think Rajoy's PP would increase their vote yet again, as voters tire of the political impasse. Early polls suggest that the PP will still win most votes, but the Socialists may also increase their share at the expense of Podemos.

However, this time Brexit is unlikely to be a factor – the instability following the UK's referendum on EU membership was widely thought to have boosted the PP in the last election on June 25th. Theresa May has pledged not to invoke Article 50 until 2017.

If this occurs it will mean a return to the two-party system that has dominated Spain since the 1980s and which led to the rise of the "new politics" represented by Podemos and Ciudadanos.

However, if a week is a long time in politics, three months is a lifetime...



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Life News



María Dolores Corujo

ruling parties in the government, the Coalicion Canaria and the Socialists.

María Dolores Corujo, the spokesperson for the Socialist group, described the cuts as “disproportional and unfair” and the Socialist health councillor, Jesús Morera, refused to apply the cuts. The Socialists have urged President Clavijo to demand more funds from central government.

■ Autumn heat

After one of the hottest and driest summers for 50 years, the Canaries is set for more of the same in autumn, according to the the State Meteorology Agency in the Canaries.

Jesús Agüera, of the agency, said autumn would be “warmer than usual, with a lack of rain.” He pointed out that in the last ten years, the Canaries had experienced hotter seasons than before, and said that these temperature changes were one of the main symptoms of climate change.

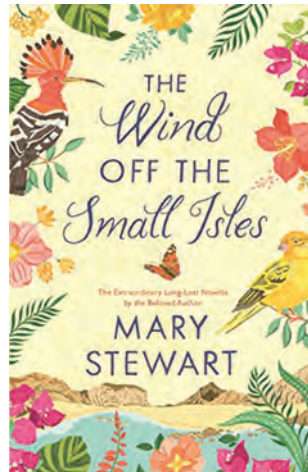
Agüera said that the main problems might be a lack of water owing to the fact that rainfall is 75 per cent of its normal level throughout the island, and that the eastern islands such as Lanzarote are the most affected. However, the most worrying aspect is calimas. The dust storms have increased recently and more are forecast.

■ Health Cut Row

The Canarian Government has demanded that the health services on the islands cut their budgets by 11 million euros.

The cuts will be carried out by reducing the bonuses paid to professionals, not replacing staff who leave and cutting down on substitute workers. Canarian President Fernando Clavijo has been strongly criticised for demanding such wide-ranging measures, and the announcement has led to serious friction between the two main

■ Re-released Romance



Fans of Lanzarote and romance won't want to miss the release of Mary Stewart's “lost” novella, *The Wind From the Small Isles*.

Mary Stewart remains one of Britain's favourite authors, with a global fan base devoted to her “mystery romance” novels, frequently set in exotic places. In 1968 she published a short novel about Lanzarote after visiting the island

with her geologist husband; however the long out-of-print book has since become a sought-after collector's item.

Now Hodder have released the book in hardback and as an eBook, with a paperback due for next year.

As well as adventure and romance, the book also offers a fascinating glimpse of Lanzarote on the cusp of its tourism boom.

■ Pedestrian Seafront

Arrecife Ayuntamiento has confirmed that the capital's newly-renovated seafront will not be open to general traffic.

Despite calls from the island's chamber of Commerce and the PP to open up the seafront to traffic, Arrecife has decided that it will only be accessible to emergency and delivery vehicles, residents and public transport.

Part of the reason for the decision is thought to be the fact that the EU grants used to finance the project depend on the creation of a pedestrianised zone.

The works on the seafront have now finished, although the area bears little resemblance to the tree-lined zone shown on the original plans. In fact, there have been complaints after more palm trees were chopped down without any attempt to transplant them to other areas.

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■ Whales Spotted



The sighting of a pod of rare Pygmy Killer Whales off Lanzarote has been described as "incredible, if true" by the American marine protection association Oceans of Freedom.

The whales were spotted and photographed in mid- September south of Playa Blanca, and the sighting confirmed by ICAENi, a marine biology institute operating out of Corralejo in Fuerteventura.

Pygmy Killer Whales are one of the rarest and least-known oceanic whales, and their sighting near Lanzarote confirms the importance of the Canaries as a location for marine mammals.

■ Lanzarote in Flames

Various fires broke out on Lanzarote in September, causing concerns about safety, although nobody was injured.

A number of homes and businesses were seriously damaged after a violent blaze broke out in the Pit Stop restaurant on C/César Manrique on Wednesday 14th September. The fire, which is believed to have stemmed from the kitchen area and been accelerated by waste fat, was finally extinguished when fire services arrived over half an hour later.

On the same night, palm trees and dry branches caught fire in the Playa Bastian area of Costa Tegui. No serious damage was done, but

residents in the vicinity feared for the safety of their properties while the flames raged.

The Mayor of Tegui claimed that "all indications were that the fire had been started deliberately," and said that traces of a barbecue had been found in the area. Tegui recently banned all barbecues on the beachfront area of Playa Bastián and removed the stone firepits that had been used by residents.

■ Record Figures

Lanzarote's record tourist summer has been confirmed with the announcement that 642,000 passengers arrived at the island's airport this August.

This is the highest amount of tourists that have ever been registered in a month at Lanzarote Airport, and took place despite a strike by Swissair baggage handlers. Nevertheless, the news was not entirely surprising, as the previous record has already been set by July 2016.

The figures mean that 4.4 million people have arrived at the airport in the first eight months of 2016, putting Lanzarote well on course for a record year.

■ Palm Weevil Eradicated



The Canarian Government has announced that the picudo rojo (red palm weevil) has been eradicated from the islands.

Ten years ago, the islands introduced strict controls following outbreaks of the insect, which attacks palm trees. Affected trees were destroyed, imports of trees from abroad and between islands were banned, and pruning of palm trees was penalised by law.

Now, thousands of inspections have failed to spot any new cases of the weevil in a period of three years – a result which qualifies as eradication of the species under European guidelines.

■ All Change at Fariones



The Fariones zone of Puerto del Carmen is due for a facelift after Tias Ayuntamiento approved plans to update the Fariones Hotel to a five star destination. This will make the hotel that kicked off the resort's tourist boom in 1967 the first five star hotel in the town, although it will soon be joined by another luxury hotel under construction in Matagorda.

Across the road from the Fariones Hotel, the La Perla buildings now face demolition after a court ordered the eviction of the New World Chinese restaurant. A new shopping centre with parking places is planned for the location.

Tias Ayuntamiento has also given the green light for a feasibility study to situate a 200 space car park in the C/Roque del Este near Fariones.

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G Island life



Todd and Donna

■ Todd and Donna Tie the Knot

Congratulations to Donna Weafer and Todd Canham, who celebrated their wedding on the 27th September.

Todd Canham and Donna, who is well known among the expat community as one of the Weafer family who run The Crafty Cow in Montaña Tropical, have had an unforgettable summer. It started with the birth of little Arlo in June – a brother for Freya – and their wedding last month brings the happy, young family into a new stage of life.

At Gazette Life we wish them all the very best for the future.

■ 9Lives



9Lives Lanzarote are holding a small fundraiser at the Cavern in Costa Teguse on the 6th October from 2.30pm onwards. There'll be homemade cakes including scones, as well as the famous Scotch eggs. There will be live entertainment from Scotty and Rikki and more, as well as a raffle, stand up bingo and the numbers board with the chance of winning cash prizes.

The next bargain sales for this year are on the 29th October and the 26th November at Sociedad in Güime. The 9Lives December sale will be held at Brendon's Pool Bar with mince pies and mulled wine on sale. Raffle tickets for the Christmas draw will also be available.

9Lives have neutered and spayed over 50 cats last month as well as saving some from terrible conditions including a mum and five new-born kittens who are presently in foster care. Seven cats have also been rehomed, including two that will be on their way to the UK soon.



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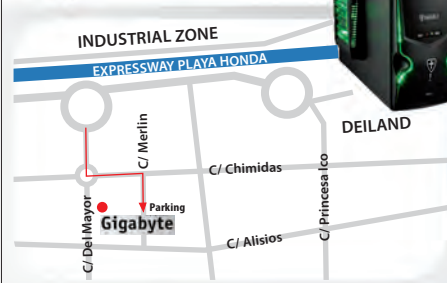
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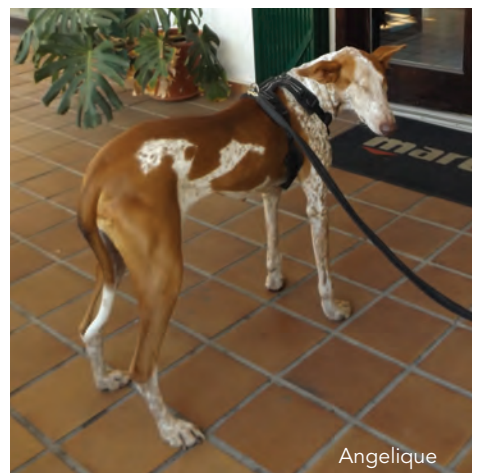
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■ Angelique's Book Launch



Angelique

Angelique, the podenco who lost her eyes after appalling abuse, was the guest of honour at the launch of the book dedicated to her story at the Highlander Too bar in Puerto del Carmen on 16th September.

€520 was raised by the Kennel Klub at the event, and Angelique's beauty, gentle nature and dignity impressed everyone present.

■ Sing Carols with "Christmas Voices"

Christmas is coming and "Christmas Voices", the island based choir that gives charity performances of Christmas carols, is hoping to attract new voices to the group. Previous experience of singing in a choir is not necessary and you can be assured of a warm welcome. The group is about a dozen strong and has both male and female singers.

If you will be on the island this winter and can attend three rehearsals from mid-November and three performances in the week beginning 19 December the group would love to hear from you. Anybody who is interested in joining the group is invited to attend an informal meeting of the group at 3pm on 14 November at the Concord Bar in Playa Honda or, for more information, to contact Deirdre Macfarlane-Archer by email (drearymac@gmail.com).

■ Pop into the Shed

The Lanzarote Shed meets every Wednesday at 10am at the Sports centre, C/ Los Roferos 1, Puerto del Carmen.

Shed groups were originally set up in the UK to encourage older men to meet up and take part in various activities, and have now spread throughout the world. But you don't have to be male to take part, and you don't have to be over a particular age either. The Shed is open to everybody, so why not pop in and find out more.

■ Clocks go back

Don't forget to put your clocks back an hour on Sunday 30th October. Just like in the UK, this is the official date for a return to GMT from BST. The good news is you'll get an extra hour in bed; the bad news is that it'll get dark a lot earlier.

■ Futsal PDC

Marc Walton, head coach at La Tiñosa Futsal club in Puerto Del Carmen is calling for any children who are interested in taking part in this exciting, fast-moving sport to contact him.

The club was originally formed over 30 years ago and is part of the local community. It has over 100 players from 5 years of age to adults.

Marc is also appealing for sponsors to get behind this hugely popular local sport. For more info call him on 646 656 692 or email: latinosapdc@gmail.com

■ A Day to Remember



Saturday the 17th September certainly turned out to be a party to remember at Lanzarote A Caballo. There was live music, cakes galore, a tombola, and a grand raffle culminating in a star-studded auction headed up by Gary Hollywood (alias Dino Doyle of Mrs. Brown's Boys). A grand total of €3,220.80 was raised in total. The money will be split between the following cancer charities: Macmillan Cancer Support; Marie Curie and the AFOL Cancer Association based in Arrecife.

None of this would have been possible without all the wonderful people who turned out to support the event, so a big "thank you" goes out to everybody. Thanks also to all the helpers and all the people who donated to the raffle and auction, including Geraldine who donated a one-night stay at the Aqua Suites; Tila for 2 nights in Lanzarote Retreats; all the fantastic cake makers whose cakes were just yummy; the live musicians who entertained everyone, the Brownies and the Guides who helped, and lastly to Vivienne and Judith who worked so hard to make it all happen, as they do for so many worthwhile causes.

Craft Fayre

And don't forget the Craft Fayre on Sunday December 11th, 9-2pm indoors at Lanzarote A Caballo. It's €10 a stall and all crafters are welcome.

Find out more from Judith on 928 830 298.

▲ Lots of fun for a good cause at Lanzarote A Caballo

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G Europe

life



■ Nice work if you can get it

Spain's government withdrew the nomination of ex-Industry Minister José Manuel Soria for a position at the World Bank after heavy criticism.

The post would have entitled Soria, who served as the President of the PP in the Canaries for several years, to a tax-free salary of €226,000 p.a.

Soria was forced to resign from the government last year after making untruthful statements about his offshore dealings following the release of the Panama papers. His nomination for the World Bank job was hotly criticised by opposition parties as well as senior members of the PP who believed it only served to increase accusations of corruption against the party.



■ Drone list

Aviation associations have called for all small drones in Europe to be registered.

Near-misses involving drones and aircraft are on the rise - 10 UK cases were reported to the Civil Aviation Authority (CAA) this year, and many more incidents have been reported throughout Europe. At Bilbao Airport recently a light aircraft was forced to avoid three drones operating in the area.

A total of 10 associations within the EU have made the call, following US legislation that requires the registration of any drone weighing over 250 grammes.

"The recreational use of drones is rapidly increasing, and the related risk of incidents and accidents with manned aviation must be mitigated," the bodies said.

■ Wherever you roam

The EU has back-pedalled on the abolition of roaming surcharges for mobile phone users, instead introducing limits on tariffs and a limited period of free roaming.

The new regulations will only permit free roaming for three months, and users will be limited to a 30 day period within that

time frame. While this will solve the problem for the majority of holidaymakers, those who are travelling for longer periods are likely to be affected.

The surcharge that telecom providers will apply after the limit was capped at 4 cents per minute for calls, 1 cent per SMS and 0.85 cents per MB.



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On the Move



Inodelvia Torres

Move

Arrecife has changed hugely in recent years, and the capital is adapting to new realities, such as the pedestrianisation of the seafront and the increasing amounts of cruise tourists. Gazette Life spoke to Arrecife Ayuntamiento's Mobility Councillor Inodelvia Torres about the challenges that the capital's public transport systems face.



Will bus fares change?

No. The standard fare will remain at €1.20, and we've already updated buses so that smartcards can be used for those with season tickets and cards entitling them to reduced fares.

Many visitors to Arrecife are a little wary of using the green municipal buses, mainly because they don't know how the system works. Are there any plans to improve this?

Yes, we want to improve signs and information at the main interchange areas. We'll also be launching a mobile phone app that will give live information on all buses. This will be done after we've revised the routes.

Is there agreement and co-operation between the buses and the taxi sector?

Yes. But we have to ensure that the taxi service is equally available for

“We all need to change our attitude to public transport.”

What does your job involve, Sra Torres?

In my department we're responsible for mobility, which includes the municipal bus service in the capital as well as regulation of the taxi sector. Separately, I'm also in charge of traffic, parking and accessibility.

What plans exist to improve the bus system in Arrecife?

The Cabildo has agreed to provide us with two more buses and a minibus to deal with increased demand in the city. They will complement the nine operative buses and the five reserve vehicles that are already on the streets.

We're currently studying the routes already provided with the aim of reinforcing the busiest ones. There are certain routes, for example serving the commercial zone where IKEA is located, that need a better service, and other routes that are barely used at all. Our aim is that a bus will be available every 15 minutes on the busiest routes.

The roadworks in Arrecife have transformed traffic flow on the seafront for over a year now. What is the future of this area likely to be?

The project was always intended to create a semi-pedestrianised zone, with access limited to public transport, delivery vehicles, emergency services and residents. That is the model we still support, despite demands to open the area up to all vehicles again. We've studied other cities, such as Pontevedra in northern Spain and Corralejo in Fuerteventura, where similar zones have been created and the results have been encouraging.

Our aim for Arrecife is that most visitors will be able to use a park and ride-style system, with parking spaces available at each end of the seafront and a regular shuttle bus taking passengers into the city. We're also looking at including the new Marina Lanzarote in our service, although that currently adds a lot of time to existing services.

everyone in the city. For example, we've introduced regulations that stop all the taxis rushing to pick up cruise passengers when the big cruisers arrive, which has left the rest of the city without cover. We're working with the taxi associations to update the shift system, guarantee minimum services and also update the fleet with larger vehicles and disabled access.

What is the future of public transport in a city like Arrecife?

I think it's clear that we're all going to have to change our attitudes in the future. This island is based on sustainable tourism and public transport plays an important part in that. It's important that mobility is maintained without damaging the environment.

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New Law

Passed

The Canarian Government has approved a controversial law that could usher in substantial tourist development on the islands of La Palma, La Gomera and El Hierro.

The three “green islands” are so-called because they have never seen the massive tourist development that has marked Tenerife, Gran Canaria, Lanzarote and Fuerteventura. However, that could change after the Canarian Government voted for a law that could permit the construction of 33 hotels and five golf courses on the islands.

The law grants planning powers to the island’s Cabildos, who will be able to reclassify protected “rustic” land as long as it is done in the “interests of the island.” The proposed hotels and golf courses are projects that were originally presented in 2007.

The vote was passed by all parties except Nueva Canarias and Podemos, whose spokesmen commented “Welcome to the Wild West, ladies and gentlemen!” However, prominent Socialists including Lanzarote’s María Dolores Corujo chose to abstain from the vote rather than oppose it.

A Gomeran senator who supported the law claimed it would “put an end to emigration from our islands,” and “create jobs and wealth on our



islands”, while Miguel Jorge of the PP said “the law will end the sadness and disenchantment that exists in these societies.”

Tourism already exists on the green islands, but on a relatively small scale. There are a total of 6,400 official tourist “beds” on the islands (Lanzarote, in contrast, has more than 24,000) and visitors generally take part in trekking, walking and diving activities.

German chancellor Angela Merkel is a fan of La Gomera, and holidayed there earlier this year.

However, the arrival of dozens of hotels is certain to change the green islands. Should they expand their tourist capacity, there will surely be increased calls for airport improvements permitting direct flights to arrive from major European countries.

Unsustainable sustainability?

The Canarian Government’s decision to allow development on the smaller islands marks a change from the commitment to “sustainable tourism” that has governed tourist policy since the crisis in 2008.

With another record year for Canarian tourism, authorities will be feeling increasing pressure to capitalise on this demand. Until now, the focus has been on renewing existing tourist facilities or upgrading existing hotels, but it is now clear that the Canaries will be an in-demand destination for the foreseeable future.

The all-powerful hotel and construction lobbies will welcome the new law, but many on the islands will be wary of another boom.



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The reality is that they offer much more than that, let us explain.

Having spent all of his working career in the financial services industry, Ian has a wealth of experience and before making his permanent home in Spain in 2007, he worked as an Area Sales Director for MetLife Europe. His family-run company, based in Javea, mainland Spain, prides itself on the professional and personal service they offer and this is reflected in their strong client relationships which have developed over the last 9 years. They work extremely hard to build solid long lasting relationships with clients ensuring they fully understand an individual's goals and aspirations.

In addition Logic pride themselves on their ability to be able to explain things in plain English, making sure all concerned know exactly what is being recommended. Ian holds the Diploma in Financial Planning, a qualification awarded by the Chartered Insurance Institute (CII) and he is also a member of the Personal Finance Society ((PFS). These qualifications meet all the requirements of a UK based Financial Adviser. Ian's eldest son George works full-time in the business and is currently studying with the CII, for his Diploma in

Regulated Financial Planning. He is also a member of the PFS, and has just 2 more exams which he is hoping to pass around April 2017.

Joe, Ian's youngest son has just started his final year at a Spanish College where he has been studying Finance, Management and Administration. Joe expects to join the business in 2017, at which point he will continue his education by starting his qualifications with the CII, and learn about the business from within.

The motto of the company is "Clear, independent financial advice", and just a few minutes with Ian will assure you that that is exactly what they offer. His experience in training financial advisers in his previous roles, means he is better placed than most to

understand exactly how to lay out simply and concisely what a client wants and needs to know.

The world is forever changing, just this year we have seen some momentous changes already:-

- Brexit Vote
- Panama Papers, exposing individuals who think there financial affairs can be kept invisible
- More agreements between most governments now to share information on an individual's assets

There could be one final event this year that could impact on world affairs and that is the Presidential Election in November.

Due to a lot of these changes individuals really ought not to be 'burying their heads in the sand'

Ian and Logic Financial Consultants can help make sure that as these changes occur your finances are in the most tax efficient jurisdiction possible, allowing you to sleep easy at night.



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AROUND THE WORLD

Lanzarote's seventh Ocean Lava race will take place on 16th October on and around Playa Reducto in Arrecife. It's a chance to enjoy the excitement and thrills of one of the fastest growing sporting events on the island, and one that is quickly spreading around the world. And you can take part as an individual athlete or a team of 3 people.

The first Ocean Lava race took place in 2010, but Kenneth Gasque is not a man who does things by halves, and now, just six years later, the name of Ocean Lava can be seen on races in 10 countries, from Wales and Holland to Montenegro and Ukraine.

Ocean Lava is more than an event, it is the "triathletes triathlon" developed by triathletes for triathletes. The Arrecife Lanzarote event will start with a swimming stage off Playa Reducto, a cycling stage which will take in the southern part of the island and the wine country, and a run along the newly renovated Arrecife seafront.

There's an Olympic distance event, a half-distance event and a Kids' race, as well as plenty of associated events, parties and excitement on the day.

Unlike some of the more competitive events on Lanzarote, anyone can do the Ocean Lava. Mums, dads, kids, CEOs, teachers, surfers, swimmers, cyclists, runners - just about anyone with a passion for an active life style and the endurance events is catered for. And if you're a swimmer who can't cycle or a runner who can't swim, remember that you can also do the Ocean Lava as a three-person team, with each member handling one of the disciplines.

This year's Ocean Lava will feature a number of special contestants. Chief among them is Ironman Hawaii 2013 World Champion Frederik van Lierde from Belgium, who arrives as the ambassador for the Adecco team of over 80 athletes from all over the world. The Adecco team will tackle the Olympic distance and the group are mainly newcomers to the sport.

A royal touch will also be provided by Princess Alexia Of Greece and Denmark, who will be taking part in the triathlon. The princess is a familiar face at presentations such as the Ironman race, but now she'll hit the road as a competitor in the Ocean Lava Arrecife.

In addition, athletes from more than 37 countries will also take part in this year's Ocean Lava, making it surely the most cosmopolitan and international events on the island.

Organiser and founder Kenneth Gasque told Gazette Life "I'm interested in bringing the best types of events to Lanzarote, the high-end stuff with the kind of spirit that makes the athlete feel like a rock star - and the rock star feel like an athlete! We want to do the right thing for all athletes, no matter what their level is, for the love of the sport."



But there's no doubt that the Ocean Lava is expanding – next year Kenneth plans to extend the event to 20 overseas locations, taking the name of Lanzarote around the world.

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Mario runs around 90 kilometres each week in the La Geria region: “That means I was accustomed to the heat in the daytime, which caused many other runners to give up. But the nights were the worst – on Lanzarote you don’t experience cold like that, with snow on the ground, and a heavy rainstorm didn’t make things easier. “ Fortunately, Mario and the rest of the runners climbed so high they finally found themselves looking down on the clouds that had previously soaked them.

“I was nearly dead at the end.”

Glaciers, snow-topped peaks, woodlands, rainstorms, sunlit meadows – the Ultra Trail de Mont Blanc (UTMB) is very different from the sort of distance events you find on Lanzarote, but it's every bit as rewarding- as island-based competitor Mario Izquierdo discovered.

“When I arrived at the finishing line it was total exhaustion,” says Mario, “ My feet were swollen, my hip was in extreme pain and an eye infection meant I was half-blind. “Towards the end I'd considered giving up, but Whatsapp messages from friends and family urged me on, even after a doctor had advised me to retire.”

Mario started trail running at the age of 40 “It was one of those mid-life things,” he smiles, but it took him six years to train and complete the qualifying races required to enter the UMBT. One of the toughest distance events in Europe, this Alpine ultra-marathon takes competitors around a gruelling 171 kilometres (105 mile) circular course that skirts France's highest mountain.

The race started at 6pm on Friday, August 26th in the Alpine town of Chamonix, where 2,500 runners gathered nervously for the start. Each runner carried a pack containing an insulating blanket for the cold, a head lamp, water and food and also their passport – the race crosses three borders, entering Italy and Switzerland before returning to France. Most runners also use trekking poles to help with the punishing ascents.

The first thing I felt when I crossed the line was joy, the urge to celebrate with family and other competitors. Then I had a small glass of beer, the adrenalin wore off and I collapsed – my wife had to fetch the car to drive me the short distance to the hotel, where I immediately slept for four hours.”

That sort of distance takes time to cover, especially when you consider that the route contains climbs totalling over nine kilometres, as well as equally troublesome descents over rough terrain. Elite professional athletes manage it in around 22 hours, but for Mario and hundreds of others it was a full weekend of intense physical action.

Like the other runners, Mario ran through the first night, the whole of the following day and night and finally arrived back at Chamonix 47 hours later, coming 788th out of the 1,500 runners who finished the course. Along the way there were three rest stops, allowing athletes to rest, eat

Mario still limps a month after the race as his body recovers from its gruelling test, but it hasn't dimmed his desire to repeat the experience. “I want to do it again when I'm 50 years old, “ he says. “That would be a landmark.”

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Hubara Bustard
Photo: John Fox

Watch the Birdies



Lanzarote's sandy Jable region is home to some of the island's most iconic bird species. Shaun Addison recently took his binoculars out to find out more about this uniquely, yet threatened, habitat.

The Landrover stops and we face a seemingly barren desert landscape, an expanse of scrub, rocks and the pale sands that form the Jable region of Lanzarote. In the distance the cliffs of Famara loom over a beach that's already busy with surfers and sunbathers, but here in Lanzarote's semi-desert region, there is silence and stillness.

Then Matthew Scarborough says "There they are!" and we train our binoculars on an area 30 metres to

the left of the vehicle. And indeed, there they are – two delicate, light fawn birds with a distinctive black eyestripe, each with a fuzzy chick in tow. The birds scurry rapidly to and fro, pausing occasionally to wait for their offspring, dig in the ground and even offer their chicks a morsel.

They are Cream Coloured Coursers, one of the species that birdwatchers who visit Lanzarote are keenest to tick off their list. I've known about them for years, but have never actually seen one until today, and if it wasn't for Matthew's sharp eyes that would probably still be the case.

Matthew is a final year student of Animal Behaviour at the University of Chester and is writing his dissertation on the coursers. Later, when the birds have moved on, he'll return to the sighting zone and take samples to try and find out which zones these elusive and threatened creatures favour. Matthew's only been on the island for a couple of weeks, but he already knows many of the coursers' favoured areas, the various groups they form and their lifestyle.

Matthew Scarborough
and Michele Boschi



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Birders in the desert



Photo: Sergi Linares

Earlier on our trek we've also spotted another of Lanzarote's iconic bird species - a handsome Hubara bustard, perfectly camouflaged as it stalked through the sandy terrain. This is the largest breeding bird on Lanzarote and later, as we leave the desert region, we're treated to the rare sight of one of these magnificent creatures taking flight, flashing its black and white display plumage

as it flaps across our path. Michele Boschi, the guide who's brought us to the Jable region, tells us that we've seen more birds in half an hour than many see in a whole day. He points out that the birds are less frightened of a Landrover than they are of a human figure "It's like a mobile hide, allowing us to get much closer to the birds," he says.

Guarding the Desert

Michele works with the Desert Watch project that was set up by Carmen Portella. The aim of the project is to increase awareness of this vulnerable area of Lanzarote, carry out a census of the different species that live there and continue to monitor them.

The Jable is one of the most ancient zones of Lanzarote, the start of the sand corridor along which sands from Famara are slowly carried down to the beaches of Playa Honda and Puerto del Carmen by the wind. But the birds there face several threats; from the goats that graze there, trampling eggs and removing protection; from hunters; from increasing amounts of tourists who take quad bikes or go camping in the zone, from abandoned dogs and from farming activities.

Desert Watch is also planning to monitor the plants in the Jable region, which include fascinating species such as the Desert Lily and the Desert Orchid. Some of these plants are rare while others, such as the aulaga, are

found everywhere. But all of them are equally important to this delicate ecosystem.

Without monitoring the wildlife in the area, it is not possible to seek further protection for its wildlife, and Desert Watch is working with various universities, as well as the Cabildo, the Ayuntamiento of Tegüise and Lanzarote Biosphere Reserve to fully assess the value of this rich natural habitat.

Desert Watch has also set up a social centre in Soo - the largest village in the Jable region. There, you can see displays related to the wildlife of the area, and talks and workshops are held regularly.

To find out more about the Desert Watch, visit the Desert Watch Lanzarote Facebook page.

5 UNMISSABLE LANZAROTE BIRDS



Cream Coloured Courser
Photo: Steve Ball

● Cream Coloured Courser

A land-based wader, this elegant little bird is one of the most elusive on the island.

● Hubara Bustard

This majestic bird is Lanzarote's largest, and its flamboyant courtship display in springtime, when male birds fluff up their black and white ruffs to impress potential mates, is one of the island's most fascinating natural sights.

● Stone Curlew

Another desert-breeding species, the Stone Curlew's wailing cry can often be heard at night-time. The birds breed closer to villages than other species, and their sharp beaks make them a tough opponent for any cat.

● Osprey

With breeding pairs located on the islands north of Lanzarote, the osprey can occasionally be spotted hunting on the northern coast of the mainland.

● Egyptian Vulture

Slowly returning to the island thanks to newly introduced feeding programmes, this majestic bird of prey is a separate sub-species to other vultures found on the African mainland.

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Santiago
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Passing it on

Now's the time to benefit from Canarian inheritance tax laws - before Brexit changes everything. All-Law's Santiago Lleó explains why this is the time to make your move.

A big problem for many British and other foreign property owners in Spain is inheritance tax. In Britain, everyone in the 2016-17 tax year has a tax-free inheritance tax allowance of £325,000. In Spain this is not the case and the resulting tax bill can come as a complete shock to a distressed wife, husband or child.

In Spain, as a rough guide, the ISD (Impuesto sobre Sucesiones y Donaciones) on an inheritance could amount, in some cases, to up to 34% of the inheritance, and the tax-free inheritance allowance is only €15,956 for spouses, children and parents.

In Spain, the rate is banded, and for many people would be around 10-15%. For an inheritance of €120,000, the payable inheritance tax will be about € 16,000, on top of which the heirs would have to pay Notary fees, Land Registry fees, solicitor fees and plusvalúe tax (local tax on the transfer).

Each Spanish region (called autonomous communities) can establish tax reductions for different family members or in specific circumstances. In 2008, the autonomous government brought the Canaries into line with other parts of Spain and granted tax residents a 99.9% reduction in the tax rate for inheritance between close relatives (parents,

children, spouses and family partners). This scheme was abolished in April 2012, leaving beneficiaries without any such discount.

From January 2016, the 99.9% reduction has been reintroduced on bequests and gifts located in the Canaries for closest relatives - that is; for spouses, children and parents. The reduction is available for tax residents and non-residents, provided that the non-residents reside in another EU or EEA country (owing to EU non-discrimination regulations).

At the moment, this 99.9% reduction exists only on the Autonomous Regions of Madrid and the Canary Islands. But this could change at any time in the future, just as it changed in the Canaries in 2008, 2012 and again in January 2016.

On the other hand, considering that Britain will leave the EU in the near future, it is likely that the reduction will not be applicable to British citizens whenever the exit of Britain from the EU is legally completed, as the reduction is only applicable to EU and EEA citizens.

With this in mind, cautious British citizens have decided to pass their properties in the Canaries as a gift to their children, benefiting from the 99.9% reduction now while it is applicable. This gift to the children can be done maintaining right of use and rental of the property for the parents during their lifetimes. This is a good way of assuring that high inheritance taxes will be avoided for our beloved spouse and/or children in the future.

We very much advise all property owners, and specifically British owners, to seek legal advice with their local solicitor, in order to benefit the utmost from

the existing tax reductions. At All-Law we will be pleased to provide legal advice to all property owners in this matter and in any other legal issues. We have more than 25 years of experience assisting foreign property owners in Lanzarote.

Legal Updates

Court taxes abolished

In a recent judgement the Spanish Constitutional Court has ruled that taxes charged to file lawsuits or appeals to Court are unconstitutional. Only some minor taxes, that affect companies and legal entities, remain legal.

High Court hearing for rental challenge

The High Court of Justice of the Canary Islands has admitted a lawsuit lodged by the Spanish Competition and Markets Authority (CNMC), against the Decree on vacation rentals in the Canary Islands.

The 2015 Decree passed by the Canary Islands Government bans the establishment of vacation rentals on lands declared as touristic by zoning regulations, thus excluding vacation rentals from areas where hotels and apartments are located.

The CNMC argues that this Decree limits competition and favours incumbent operators.

Hopefully, the High Court of Justice will soon issue a judgement declaring illegal all articles of the Decree which restrict the establishment of vacation rentals in all properties on the Canary Islands.

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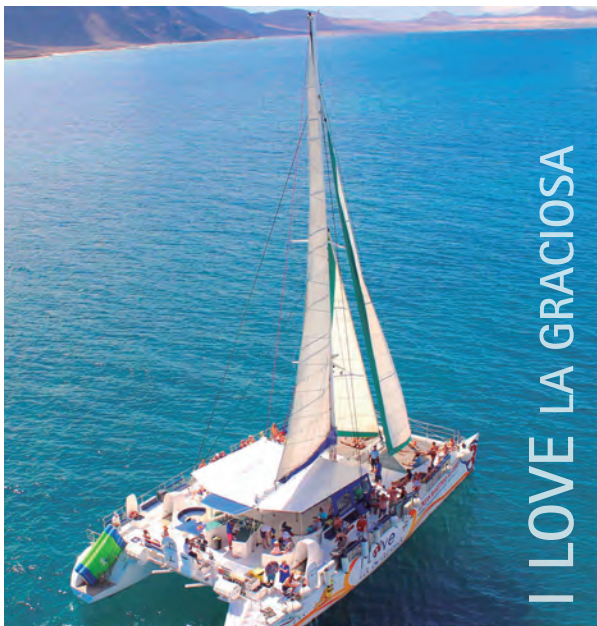
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THE Rising Tide

The “Four horsemen of the apocalypse” can be seen at Arrecife this month as the Castillo de San José hosts Jason de Caires Taylor’s artwork The Rising Tide.

The artwork consists of four life-sized Shire horses, constructed out of the pH neutral concrete that Taylor has also used for his incredible Atlantic Museum Project, which opened earlier this year at Playa Las Coloradas in Playa Blanca.

Each horse bears a single rider, and each of the animal’s heads has been replaced

by a model of the curved metal boxes that are found in oil pumping units. In the oil trade, these are known as “horses heads” or “nodding donkeys”.

The work is a comment on climate change, with the horses representing the older sources of power which have been replaced by fossil fuels. Two of the “riders” wear suits and seem to be ignoring their immediate situation, while two others are teenagers, representing the future.



The horsemen in London

The artwork was originally commissioned for the Totally Thames festival in London last year, and was situated less than a mile from the Houses of Parliament. Just like in London, the horses have been placed in an area at the foot of the Castillo de San José where they will be covered by the rising tide twice a day, only being revealed as the water recedes.

Taylor’s Atlantic Museum Project produced international attention for Lanzarote, and the Cabildo’s decision to host this artwork is aimed at broadening the artist’s reputation even further and strengthening his links with Lanzarote.

The sculpture’s message is also welcome on an island which saw massive protests against proposed oil prospectations a couple of years ago. Although no viable oil supplies were found, the subject of global warming remains of huge importance on an island surrounded by water. A recent IUCN report claimed that rising ocean temperatures were “the greatest single challenge of our generation,” and predicted that sea temperatures could rise by up to four degrees by the end of the century.

If you’d like to see the sculptures, they are located in the sea at the foot of the Castillo de San José, overlooking Arrecife’s Puerto Naos fishing port. However, check the Gazette’s tide tables at the back of the magazine before you go – the sculptures will be best seen at low tide!

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- Dalai Lama -



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HOOK ON TO THE LAVA EXPERIENCE



A passion for sailing and pure experience in breathtaking natural surroundings are the core business of Lava Charter, the German charter base established in April 2015 in the Marina Arrecife.

Since then, eight brand new Bavaria Sailing Yachts provide you with the ideal means of travelling around the islands of the Canary Archipelago - Engine off, experience on... Situated between the small island nature reserves of La Graciosa to the north and Los Lobos to the south near Fuerteventura, Lanzarote offers you plenty of perfect locations for spectacular getaways, and with a second base opening in April 2017 on Tenerife, Lava Charter is setting up the ideal jump-off point for exploring the westerly Canaries of La Gomera, La Palma and El Hierro with six brand-new Dufour Yachts.

Much of the Canarian archipelago lies within biosphere reserves - microcosms of the entire planetary biosphere which also offer the unique qualities of a temperate climate, year-round sunshine and constant winds: in other words; ideal sailing conditions. As a result, Lanzarote has quickly gained a reputation as an international sports destination for Olympic competitors, World Championship contenders and top-level racing teams.

After a symbolic start in London in late July 2016, participants in the Barbados 50, a special

transatlantic rally held to commemorate 50 years since the independence of Barbados, arrived at the Marina Arrecife on Lanzarote in early September, before making their way throughout the Canaries, and on to Cape Verde. During the month of October, this fleet of more than 30 yachts and their captains, sailors and free-minds will be at Cape Verde, crossing the Atlantic in early November - Destination: Barbados.

This adventurous event is organized by Jimmy Cornell, a world-renowned yachtsman, best-selling author of cruising books and pioneer of cruising rally concepts who has sailed over 200,000 miles in all oceans and completed three circumnavigations of the globe. The key element of events like this on the cruising and sailing scene is the human factor, much more important than competition.

The memory of a Marina packed with life, laughter and peer-to-peer learning is among the unforgettable experiences that will accompany the boats on their journey to the Caribbean and wherever the wind takes them. Last-minute repairs, spare parts and security equipment for the

Barbados 50 fleet were catered for at Lava Charter's own Tienda Nautica (Chandlers Shop) which is a service point for sailors and cruisers.

TOWARDS NEW HORIZONS

Constant improvement, co-operation and conceptual innovation is the backbone of each successful business, and so Lava Charter is continuously focusing on new horizons.

There is growing evidence showing the importance and effectiveness of sailing and experience-based learning as a tool for personal development, delivering social confidence and teamwork skills across national and cultural boundaries. Through Lava Experience, the young charter company wants to create a sense of community and to foster values which are indispensable for sailors, promoting the ocean as an environment for experienced-based learning.

With the mission to promote the Canary Islands as a magnificent sailing destination and to defend and protect this destination, Lava Charter wants to attract a wider audience through seminars, events, workshops etc. In this respect, building local relationships and networks; passing on knowledge; exploring; learning and building lasting relationships are the key ingredients of using sailing as a tool for contextual, practical learning. Among

“The Canaries are an optimum destination for sailing.”

other networks, Lava Charter joined the Spanish Cruising Association ANAVRE some months ago to broaden its reach, to exchange knowledge and to co-operate in the interests of all sailors enjoying the Canarian Archipelago.

As an innovation on its' own account, Lava Charter will be starting this winter with a growing network of local skippers who will greatly enhance your sailing experience here around the islands. Further education programs such as boat maintenance, weather seminars, advanced and celestial navigation, location evaluation, route planning, Lava flotillas and much more, are in the making. Cooperation with previously-mentioned cruising networks, both national and international, and the local knowledge of the islanders will greatly enhance your experience on the gorgeous island of Lanzarote.

To find out more about chartering, buying or equipping a yacht with Lava Charter, visit the website

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IN BLEVINS FRANKS



Paul and Alison
outside their office

SPOTLIGHT ON PAUL MONTAGUE

The Blevins Franks Group is the leading international tax and wealth management advisory service for British nationals living in Europe and company partner, Paul Montague, is now in his fourteenth year managing their office here in the Canary Islands.

Originally from Darwen in Lancashire, Paul's mission statement is clear: "Be flawless in client care", and it's for this reason that 78 per cent of all new business clients come from referrals by existing clients – something he's immensely proud of, having built a professional team and client base with the support of long-serving Business Coordinator, Alison Skirrow, and a team of Private Client Managers. "All our Partners and PCMs are regulated by the UK Financial Conduct Authority and qualified to at

least Diploma standard," says Paul, "And Alison is incredibly committed and excels in her many roles – together we've created a really warm and welcoming workplace. It's such a pleasant atmosphere that clients are always remarking about it to us on visiting, and that recognition is important for forging relationships."

Outside of his career, Paul likes the outdoors life. He's a keen cyclist and runs 5 kilometres several times a week: "When you feel fitter, it helps your sharpness levels and provides an overall happiness". As a youngster in the UK

he regularly played football and badminton, and, as he has always been a people person, he enjoyed a wide circle of friends and an active social life.

He began his working life as an apprentice for a transmission company but by the time he'd served his time he wanted a career change and applied for a job as an agent with an assurance company in 1987, "I've always preferred working with people, and I enjoyed mathematics so the financial world interested me". He later went on to work with the Royal Bank of Scotland and Frizzell Financial before "hounding" Blevins Franks for over 10 months for an opportunity to join their ranks: "To me, they were – and still are – the European leaders for financial management, really head and shoulders above what anyone else has been doing, and I set my heart on working for them and no other company," says Paul. "In the end Bill Blevins called me personally and said 'We're fed up with you bothering us - come in to our London office and we'll chat!' I got the opportunity because the representative for the Canary Islands was retiring. Luckily I impressed them over several meetings and came over in 2003 with my wife Liz, who's the founder of the charity organisation Helping Hands"

Paul and Liz met in Lancashire in June 1994, and two years later they bought their first home. They were married in 2002 and one evening when watching *A Place in the Sun* they both realised that they had a desire to experience living abroad; "We wanted more than home-town life at that time. We were comfortable financially but we have never been material people and when the job offer came through



Paul and Liz
have been
together since 1994

from Blevins Franks the destination was decided for us!" Within a few months they were set up. Their two sons, Leon and Luca, were born here and the Montague family, through their tireless work with the Helping Hands charity and Blevins Franks Financial Management, have become influential members of the Canary Islands international community.

Paul currently provides investment advice relating to over €100 million of client's money in the Canary Islands, with Blevins Franks responsible for €2.3 billion overall. "However, you don't have to be a millionaire to benefit from our services", he is quick to point out. "We deal with resident and non - resident clients' capital from £50,000, in various currencies, and many people can take advantage of our tried and tested and legitimate tax saving structures. We also work with many prestigious investment companies such as Prudential to help tailor the best plan for you. Many UK advisers fail to properly understand the Spanish tax structures and because of our unparalleled pedigree we can offer specialised advice to optimise and protect your wealth, for you and your inheritors".

Blevins Franks has been operating for over 40 years and in the Canary Islands for 23 years: "It's principally a UK-based business

with a hard-earned pedigree and established customer trust. There are 23 partners across more than 20 offices in Spain, France, Portugal, Cyprus, Malta and the UK, and 16 Private Client Managers, all UK-qualified and regulated. We believe in controlled expansion and growing gracefully, choosing the most qualified and experienced individuals working in the sector. Here in the Canaries, Alison and I work hard providing the best possible customer care for our clients, and we hold their hand through every step – from the initial visit to the accountant to keeping them updated throughout with regular contact and courtesy visits."

If he has one criticism of himself it's that "I'm a "bit of a control freak!" which Alison is more than happy to concur with. "I like to know everything that is going on and what everyone is doing. This is a relatively small number of islands after all, and one mistake here can really cost".

If you're a British expatriate living in Spain or planning to move here, you'll do no better than seeking the advice of Blevins Franks for a highly personalised wealth management service to ensure your assets are invested correctly or structured as tax efficiently as possible.



The Montague family

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Lilly von Treuenfels won the German national surfing championship.

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The Hispano Británico has the only 8 lane, 400 metre athletics track in Lanzarote. We have had nationally ranked tennis players and outstanding yachtsmen.

Our students have been national champion gymnasts, or kick boxers and we have youngsters who could reach Olympic level in their respective sports.

Recently, Lilly von Treuenfels has just won the German national surfing championship before travelling to the Azores to compete in the World Championship.

The Hispano Británico often has students with the best academic results in the world, but they are usually scientists who speak four languages and have a healthy interest in sport.

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This low resolution, yet magnificent photo, was taken by Luis Fernández to post on Facebook

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40 years on

Forty years ago, on the 8th September 1976, the Colegio Hispano Británico school first opened its doors.

The Hispano Británico system of education, invented and pioneered by the Lanzarote school, expanded the British National Curriculum to include elements of the Spanish language as well as the geography and history of Spain. Later, in 1978 this system was adopted as the basis for the Spanish law that still regulates all British schools in Spain today.

Since then, however, the school has broadened the curriculum even further, extending the hours of tuition after 12 years of age to allow a minimum of 15 subjects to be taught and eventually examined.

History of Success

The Hispano Británico has been placing students in Oxford or Cambridge since 1988. Both the youngest Doctor of Medicine and the youngest Doctor of Veterinary Medicine ever produced by British universities were students at the school. In 2004, the Cambridge Exam Board gave an award for the highest overall "A" Level result in Spain, which was won by our Rohit Aswani.

The top five students in the world in 2015 were from the Hispano Británico.



Above: The school in 1976. Below: The school today.

The students and staff were congratulated by The Queen for consistently outstanding results and the school was mentioned in The Guardian on results day.

Students from all over the world come to join the Sixth Form. Last month, our ex-student, Lisa Tilokani starts a Doctorate at Caius College, Cambridge, in their mitochondrial research group: Five more current students are contemplating applications to Cambridge at the moment.

And the school doesn't only produce academic excellence. Recently, Lilly von Truenfels won the German national surfing championship before travelling to the Azores to compete in the World Championships.

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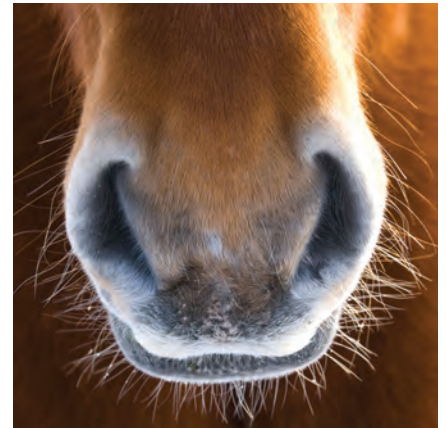
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Horse

SENSE

Lanzarote vet Jane Burke attacks the cruelty and neglect that lies behind so many “horse lovers”.



As a little girl I always dreamed of having my own horse. I adored the taste of their soft warm breath, the musky smell of their soft coat, the squeak of wet leather and the inexplicably mesmerizing peace in the depths of their eyes.

In second year of veterinary school a fellow student gave me her Welsh cob. He was a real character, and utterly beautiful. For a decade after I qualified, I worked with horses as well as

small animals, and spent a brief and exciting month working with a specialist equine veterinary surgeon. He only treated horses of the rich and famous - animals worth more money than I could imagine.

He taught me that horse owners are, as often as not, unreasonably difficult people regardless of their bank balance. He taught me that horses are still medically just horses, regardless of their financial value. Whilst this

might sound obvious, the truth is that treating a creature worth millions can be confusing.

Being bullied by owners who own oil companies, run the country and pick you up in a private plane can be unnerving. He taught me to ignore all idiotic feeding regimes and magic potions unless I was certain they were harmful. He made me insist that horsey clients define any words they used that I did not recognize or understand (it turns out mostly they don't understand them either!)



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Misguided Love

My ten years in urban practice taught me that many people keep horses they can't afford to feed, let alone provide with proper medical care; many waste money on unnecessary gadgets and food additives whilst unable to afford decent hay or pasture to graze.

This "love" for horses is entirely selfish. Knowing that they are herd animals and that isolation is appalling for them, they are kept locked away in isolation. Knowing they need exercise, and that 90% of horse behavioural problems

result from a lack of it, they are expected to be healthy and normal with a 20-minute walk.

Horses are such sensitive and willing creatures. They were a deep pleasure to love, own and, to an extent to work with. But I was constantly troubled at how many were either neglected or tortured and bullied because they could not understand the inconsistent or unreasonable demands being made upon them. Crueller bits, bigger whips, spurs and endless weapons of torture are readily afforded - veterinary bills and their basic needs not so much.

A Difference of One

I took a serious tongue lashing off one of my kids recently -pointing out that my sarcastic, aggressive attitude to people who put their pleasures above any and all considerations of cruelty to animals has alienated more than it has ever converted. Over the years it has driven friends as well as foes away, without in any way reducing their physical or fiscal contributions to animal cruelty.

I know he is right. I know, in the end, I can only make a difference of one, but a little bit of me still can't resist trying! So here I go again. Clean your pets' bowls, and your horses' trough and drink a toast with them and myself to us stopping ourselves and one more person, if only for a day, from paying for any creature to be kept in appalling circumstances slaughtered, incarcerated, or abused in any way for pleasure and profit.



What a joy it was to see the horse dressage Olympic Gold Medal won by a lady who has become the very best in the world with love and skill and an open condemnation of the horrendously cruel training aids commonly employed. It was also heart warming to hear one of the successful 'old horse jumping' brigade, (John Whittaker) admit to the awful cruelty he had inflicted over the years' and how he would spend what was left of his time trying to make amends by educating young riders on real horsemanship.

Sadly whenever animals become involved in 'sport' or any pastime that involves a lot of money, kindness gets lost in the pursuit. But I see signs of change in the world - I see more and more young people protesting against bullfighting, fox hunting, imprisoned animals, whales and dolphins; I see them turning their backs on barbaric cultural cruelty and speaking up against the inhumanity of humans.



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G Business

■ V is the place
 La Tienda V (The V shop) is so-called because it's your number one stop on the island for Vinyl and Vaping.

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And while you're there, you can load up on the best selection of British vapes and E-liquids on the island. Located where Geppetto's used to be in Tías, La Tienda V also cuts keys and repairs shoes, bags, belts and watches.

Whatever your requirements, La Tienda V always aims to satisfy. For more information call Ken on 645 233 294 or Stephen on 626 488 827. Don't forget to visit our website www.latiendavlanzarote.com and Facebook page.



Luis Villalba

■ Come into The Garden

Luis Villalba's The Garden is one of the most interesting projects on Lanzarote, so it's with huge pleasure that we report its first anniversary.

Situated in the rural area of Tegoyo, the Garden is an exciting experiment in art and gardening that is fully worthy of Lanzarote. Described as "a hymn to Lanzarote's nature", Luis has created magnificent green spaces using influences from Germany, Portugal, Spain, Britain and Italy, but always with the island's unique character uppermost in mind.

The Garden also offers a selection of collectible plants and gardening products for sale and will undertake gardening projects from biotopes to landscaping. If you want to transform your outdoor space, simply get in touch and Luis and his team will take charge of everything, bringing their own creativity and experience to bear while always bearing the customers' requirements in mind.

English and German is spoken as well as Spanish, so why not pop in? The Garden is open from 10am – 6pm on thursdays, Fridays and Saturdays. Call 928 833 337 or 629 466 581 to find out more, or visit www.the-garden.es



■ EuroSpar Altavista - biggest and best on the island

Lanzarote shoppers will be able to enjoy the fully renovated EuroSpar at Altavista, which offers new facilities adapted to the times we live in and the changing demands of its customers.

The fruit and vegetable section will offer all the usual fresh products, with an added selection of packaged and ready-prepared products. There will also be an improved range of organic produce.

The bakery will also be totally updated, offering

customers a much greater range of over 100 types of freshly-baked products.

New lighting and refrigeration will conform to Lanzarote's sustainable energy policies, and guarantee absolute freshness.

The Eurospar in Altavista is the largest of its kind on Lanzarote, and with its new products and developments, it will remain at the forefront of grocery shopping on Lanzarote.



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■ Hurry up and Brexit

Dear Gazette Life,

If I take the decision to divorce my wife (don't worry, Jayne), it is surely my responsibility to make the first move and consider how we'll split our belongings, access to children etc in the future. My wife's lawyers would then respond.

Equally, the UK's Brexit vote means that it is up to the UK to make the first moves in regards to the rights of EU citizens in the UK and British expats living abroad. Yet I keep reading that it's the big bad EU that is making unreasonable demands, even though no talks have begun.

It's quite simple. Right now nothing has changed.

We still enjoy freedom of movement and all EU citizens will continue to do so for the foreseeable future. If the UK decides to change that, then each EU member state will have to come to its own agreement with Britain, and the principle of reciprocity will doubtless apply – in other words, you do it to us, we'll do it to you.

The ball is in Britain's court, and all of Europe is waiting to see how they'll play it. I didn't vote to leave, but now that we have, I wish they'd get on with it for the sake of my family's peace of mind.

Tom Roe, Bristol

■ The Naked Truth

Dear Editor,

Regarding your article last month about Tegui's plans to prohibit nudity; I'm a resident in Charco de Palo and 90% of the residents here belong to Haria municipality with only 18 inhabitants living in Tegui, meaning that the rules do not apply.

We have had an official permit to have the status of a naturist village from Haria Ayuntamiento for many years and Haria will also put a big sign at the

Readers are reminded that views and comment expressed within the g-mail pages are those of the contributors and may not necessarily reflect the opinions or standpoint of our staff. It should also be noted that we are an independent publication free from political persuasion or governmental censorship.

entrance to Charco Del Palo indicating that this is a nudist village and people should respect this.

Marco Moeschlin

■ A Time and a Place

Dear Editor,

While I agree that Tegui's decision to ban nudity is a bit heavy-handed, I should also say that a little more respect for local traditions would be welcome from tourists.

I'm not talking about bare-chested men in the resorts. Nobody really enjoys seeing beer bellies and tattoos at close range while they're queuing the supermarket, but most of us are used to this by now.

But recently I was in Maguez and saw a young woman wearing nothing but a skimpy bikini, and I've heard reports of girls shopping topless in Playa Blanca. I'm not a prude, but there is a time and a place, and I can understand the reservations of locals who might object.

Yours Karen, Costa Tegui



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■ Fire Worries

Dear Gazette Life,

The recent fire in Puerto del Carmen was a reminder of how vulnerable the resorts could be in the case of a serious incident. I was told by friends that the fire engines took more than half an hour to get to the scene, by which time most of the damage had been done.

It was lucky that no one was trapped in the buildings because if they had been I doubt there would have been much that could have been done for them. I'm worried that it's simply a matter of time before the authorities learn the hard way.

Yours Susan Coe

■ Whale Worries

Dear Editor,

My friend was at Playa las Coloradas when the people rescued the dolphins in August, and he said that one of the things that may have alarmed them may have been the boats in the area, some of which were trying to get closer to the whales for a better look.

There's currently a lot of marine traffic in areas such as Playa Blanca and around Playa Chica in Puerto del Carmen, and I can't imagine that the wildlife in the area feels happy with jetskis and noisy motorboats. It could also be a genuine danger for animals such as turtles which often bask on the surface.

On a slightly different matter I'd like to say that I've stopped going to Papagayo since it became so popular with leisure boats. This is a beach where I like to relax and look at the horizon, the sea and the views, not boats full of tourists looking back at me.

Name and address supplied

■ Pokemon Crazy



Dear Editor,

I've recently started a new hobby – hunting Pokemon hunters. I don't have the app on my phone, but I can't help noticing the youngsters (and not so youngsters) wandering around the resorts with their eyes glued to their phones. So far I've spotted plenty of common local Spanish ones, but also quite a few tourists, including a gang of lads in football shirts who were apparently rushing to locate a rare Pokemon.

I'd just like to say that while they are concentrating on their phones there's a whole real world happening around them, and remind them that speeding cars don't always show up on the Pokemon screen.

Yours Gerry Marks

Ed. You don't need a smartphone to hunt Pokemon, Gerry. Recently, a Pikachu was clearly visible perched on César Manrique's scrap metal sculpture in Arrecife.

■ Raising a Ruckus

Dear Editor,

The Worthys international cabaret act (Pete and Jan Worthy) have been banned from appearing in Playa Blanca's Marina Rubicón by marina authorities and forced to cancel their regular Friday and Monday shows in the Berrugo Tapas Bar/Restaurant. Marina authorities told the owner of the restaurant that his licence would be in jeopardy if he continued to employ this popular cabaret singing duo.

The duo were told that their show on 12th September 2016, was "the straw that broke the camel's back". The reception that they received from their audience on Monday in a packed restaurant was "too loud" for the Marina. They performed non-stop music from 8:30 pm until 5 minutes to midnight after four encore calls. Apparently, one of the "problems" was a queue of holiday makers who were waiting for tables, who joined in the singing and were dancing in the square leading from the car park into the Marina.

As a result The Worthys are looking for a suitable venue in Playa Blanca (not in the Marina) which is looking for two great nights of family entertainment each week. Call 605 132 177 if you think you can handle The Worthys.

Pete and Jan Worthy

Ed: We don't generally publish adverts like this, Pete and Jan, but your letter made us smile. Good luck and keep driving them wild!




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Crossword

This month our crossword celebrates Hallowe'en with a horror film theme. Just complete the crossword, in blood if you like, and send, email or deliver it to us at the address on page 3.

Last month's winner was Anita Good, well done Anita!

ACROSS

1. 2013 horror film starring Brad Pitt and based on best-selling novel by Max Brooks (5,3,1)
6. Hormone Replacement Therapy (1,1,1)
8. State-approved gambling game (7)
9. N.E American state, home and frequent setting of horror writer Steven King (5)
- 10 & 7 down: A bad date to meet a bloke called Jason who's wearing a hockey mask (6,3,10)
12. Nationality of a banshee or leprechaun (5)
14. A surfing fall, a song by the Surfaris or a pioneering 1995 Playstation racing game (7)
16. 8, 2011 horror film directed by J.J. Abrams (5)
18. Keep them switched on on Oct 31st! (6)
20. An action performed by a swimmer, a batsman or a cat owner (6)
22. Chloe Moretz, actress who starred in remakes of horror classics Carrie and The Amityville Horror (5)
23. Plastic, tree or brain (7)
24. & 17 down: Influential 1999 found-footage horror film, made for just \$60,000 (3,5,5,7)

DOWN

1. 1994 horror film starring Jack Nicholson and Michelle Pfeiffer (4)
2. The Boomtown Rats sung about this rodent control method in 1978 (3,4)
3. The sort of terror a Rastafarian might feel? (5)
4. ... Adams, actress nominated for an Oscar in American Hustle (3)
5. The walking dead (7)
6. Caribbean country where 5. down originate from (5)
7. See 10 across
11. An abominable snowman (4)
13. 2008 film about twinkly vampires and hunky werewolves (8)
15. What Americans call porridge (7)
17. see 24 across
19. Resting place where 5 down refuse to stay (5)
21. Chuck, toss, hurl (5)
23. Slide down a snowy hill (3)

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Last months answers: Across: 1.Windsurfing 8.Tension 9.Panda 10.Realm 11.Ironman 12.Bacon 14.Gleeson 15.Inch 16.Dogleg 21.Triathlon 22.Two 23.Regatta 24.Staff Down: 1.Water 2.Ninja 3.Swimming 4.Running 5.Improve 6.Genomes 7.Training 12.Blister 13.Cycling 16.Delta 17.Gangs 18.Extra 19.Stat 20.Golf



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Seasons Change

On Lanzarote it's warm and sunny all year round, but October is a time when the change of the seasons is most noticeable. It's a little cooler, a little fresher and much kinder than the scorching days of summer.

There'll be wind and maybe rains to come in the next few months, and you may even have to fetch out a cardigan or jacket, but there'll always be sunny mornings and glorious days on offer.

It's a time to get busy, to enjoy every day and to live Lanzarote to the full.

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Breast Health

The TriRosas triathlon on 12th November in Costa Teguisse is a women's and children's event which aims to raise money and awareness of issues affecting women on the island. Chief among those issues is breast cancer.

Breast cancer is the most common form of cancer in women living in the Western world. Around 25,000 women are diagnosed with breast cancer every year in Spain (in the UK the figure is double), and experts estimate that one in eight women will confront the condition during their lifetimes.

The good news is that treatment of breast cancer is improving, and if it's caught early there's a very good chance of recovery.

On an island like Lanzarote, cancer sufferers can often feel isolated, especially if they are part of an ex-pat community. And although the local hospital and health centres receive consistently excellent reports, the structure of the health services in the Canaries mean that sufferers here may not receive as many facilities and services as they do on the larger islands.

Private clinics can be extremely useful, providing regular examinations, screening and other services. They also offer a more agreeable experience for many expats, with less waiting in corridors and the guarantee of medical staff who speak English and perhaps other languages.

The voluntary sector is also increasingly important on Lanzarote. AFOL, the Lanzarote Association for Cancer Sufferers and their families, has done some excellent work in addressing the psychological and social problems caused by all kinds of cancers, while the PerpetuArte charity has also raised valuable funds, held workshops and created a valuable network of contacts.

If you're a woman on Lanzarote, annual health checks are highly advised, and if you're in the 50-70 age group, regular screenings are also a must. But breast care begins at home, with 40 per cent of all cases detected by self-examination.



FUTURE HOPE

Breast cancer has been shown to be strongly hereditary, with the BRCA gene identified as a key factor in sufferers.

However, recent events in Spain show that the future for children of cancer sufferers may be brighter. A woman from Vigo recently gave birth to BRCA-free girl twins who were chosen after a series of embryos were screened for the gene, and unaffected embryos were then implanted.

The woman in question had lost three generations of female relatives to breast cancer and was herself admitted for a preventative mastectomy shortly after the birth.

The procedure does not mean that the twins will never contract breast cancer, but it does mean that they will avoid an almost certain encounter with the disease in the future.

The TriRosas triathlon will be donating all funds raised to the AECC (Spanish Association Against Cancer) and Mararia, the Lanzarote association that helps victims of domestic abuse. To find out more contact www.trirosas.com

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BEAUTY BITES



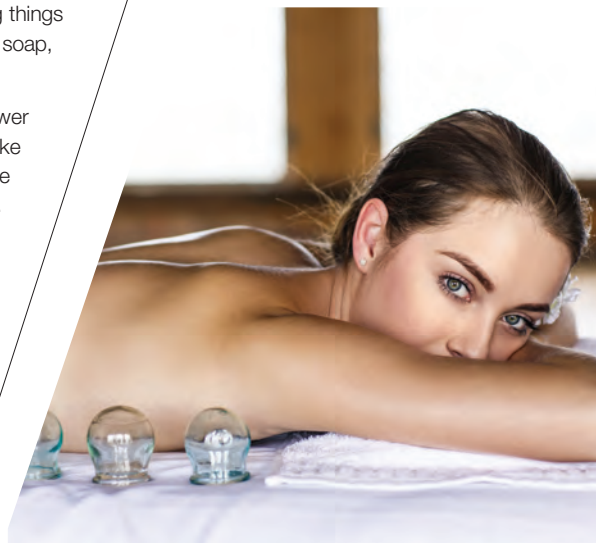
The latest beauty trends and news in Lanzarote and around the world.

■ CUP IT UP

Cupping hit the headlines recently when Olympic champion swimmer Michael Phelps appeared at Rio with large circular bruises on his shoulders. But the technique is far from new - it's been practiced in Chinese, Islamic and Scandinavian medicine for centuries.

The idea of cupping is to stimulate blood flow to certain areas with suction - usually caused by heating up a sterile glass cup with a flame. Acupuncture is closely involved in the process.

It's benefits are debatable - adherents swear by it, and it certainly didn't hold Phelps back, but if you're thinking of trying it be sure to find a reputable practitioner, and perhaps a few high-necked blouses.



■ PRODUCT FREE

"No make-up" selfies have been a thing for quite a while, now, boosted by the sight of a barely recognisable Adele addressing fans on video. But some are taking things much, much further, avoiding soap, shampoo and all artificial products.

The web is full of anti-shower adherents, all of whom make remarkable claims for the way the body's natural bacteria adjusts. In reality, it seems that hair does not return to a naturally vital state and BO is a continuing problem, but almost everyone who goes shower free reports positive results with conditions such as acne and psoriasis. If you suffer from skin complaints it may be worth ditching the soap for a while.



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■ GOLDEN SMILES

It was Rafa Nadal who first popularised biting his trophies, but now everyone's at it and British athletes in Rio were snapped nibbling on a huge assortment of gold, silver and bronze medallions.

But it was their medal-munching antics in London 2012 that persuaded golden cycling couple Jason Kenny and Laura Trott to get their irregular teeth fixed.

Both of the medal-winners underwent Invisalign treatment, which uses transparent orthodontic materials to correct teeth, allowing them to gnaw their trophies in full confidence.



■ STUBBLE – NO TROUBLE

Mens battle against baldness has entered a new era with scalp micropigmentation. In the distant past a wig or an elaborate combover was the way men chose to hide their thinning locks, but the 90s saw the rise of the shaved head - a measure enthusiastically adopted by balding blokes everywhere.

However, as taking a Bic to your bonce every day is impractical, stubble became the new hair, especially on darker haired men, where a couple of days growth can highlight the gleaming bald areas.

Now scalp micropigmentation offers permanent stubble that is virtually indistinguishable from the real thing. It commits men to a hairstyle for life, of course, but it's not as if the combover is likely to return.

■ BEAT THE SWELL

If you thought massage was all about pummelling, kneading and deep muscular relief, then you only know a part of it. Lymphatic drainage massage helps to redistribute and stimulate the lymphatic system, which causes swelling and skin problems.

A lymphatic drainage massage uses light, brisk, rhythmic strokes to kickstart your lymphatic system, and can be augmented with gentle showers and other light skin massage. It's perfect for damaged tissues following pregnancy or surgery, as well as generally puffy skin – lymph massages are especially effective in the facial region.



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No Limits

“I'm going to teach yoga until I can't breathe anymore.”

Tao Porchon

Fitness can be practiced at any age, as the 98-year old yoga instructor Tao Porchon Lynch shows. And there are some simple everyday tests that everyone should be able to perform.

At 98 years old Tao Porchon Lynch is still practicing and teaching yoga to dedicated followers. Born in India, she marched with Gandhi and fought in the French Resistance before moving to America, where she became friends with screen idols such as Marilyn Monroe and Fred Astaire. A wine-lover and tango dancer, she also shows that fitness can be combined with the good things in life.

Perhaps we can't all be like Tao, but

there are some absolutely basic tests that anyone can do which give us a good idea of our level of fitness. If you fail them, you'll know it's time to do something, and once you manage to regain these abilities you'll have a permanent benchmark for the future.

The following tests are aimed at older people or those who are extremely out of shape, and are meant to highlight situations when the time has come to address fitness. Real fitness freaks will have their own, more advanced tests.

□ Sit Down, Stand Up

This basic test has been shown to predict longevity in the over-40 age group with surprising accuracy. It's simple - you just sit down on the floor, then stand up again, but you're supposed to do it without using your hands or knees to support yourself.

The test involves core and limb strength, flexibility, balance and co-ordination. Scientists found that older people who needed to use both hands and knees to complete it were six times more likely to die in the next six years than those who could do the test - regardless of age.

Try it now. If you can't do it, it's worth considering some simple exercises - squats, crunches, press-ups - and perhaps some balancing practice, until

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your bouncing up and down again. A great way to improve balance and core strength is to simply try and remove your shoes, socks and lower clothes without sitting down every night as you undress for bed.

□ Touch your Toes

It's surprising how quickly many of us seem to lose this absolutely basic measure of flexibility. Simply put, if you can't touch your toes, it's time to have a think about the shape you're in. The test itself is the best way to practice - bend down, hanging loosely from the waist and push down until you feel the strain. Over a period of weeks you should soon regain the ability.

□ The Plank

This is simple. Simply get down on the floor as if you were about to do a press-up, support your weight on your toes and your forearms and hold the position, keeping your body straight. If you're a man you should be able to do this for a minute; women should be able to keep it up for 40 seconds.

If you can't do it, you may need to think about losing weight and exercising to increase core strength.

□ Jam Jar Test

Hillary Clinton recently opened a jar of pickles live on TV in order to crush rumours about her poor health, and the jar grip test has been shown to predict mortality rates in older people.

Simply put, if you're having increasing troubles opening jars, then it's time to work on your grip strength. The test itself isn't foolproof - some jars are easier to open than others* - but you'll recognise when you're having problems.

*If you're really having trouble opening a jar, prise the lid open a little with a spoon, letting a little air in to break the vacuum - Voila!


□ Look Behind You

Pin a message on the wall, stand a metre away, facing away from the wall and turn your head to read the message. If you can't, you need to work on core flexibility. This test is a great predictor for back problems.

□ Take the Stairs


Simply grab a basket of dry clothes and carry it up two flights of stairs. If you can do this easily, you're probably in OK shape. If you feel any discomfort or breathlessness, it's probably time to consider some stamina training - essential for a healthy heart and lungs.

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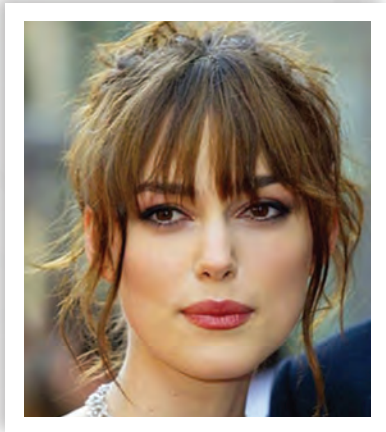
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The SHAPE of Things



DIAMOND

A diamond face is similar to a heart-shaped face, with a narrower forehead and fully defined cheekbones – if you have killer cheekbones, then your face almost certainly has aspects of a diamond shape.

Keira Knightley, Madonna and Claudia Schiffer are famous diamonds.

This facial shape allows you to show off those cheekbones with sideswept bangs or by tucking your hair behind your ears – a fully scraped back do can be incredibly dramatic. A chin-length bob can also add width to your jaw line.

A diamond face is angular, so avoid angles in eyewear – go for rounded shapes and soft curves that are no wider than your cheekbones.



OBLONG

An oblong face could be a longer oval, heart or diamond. Length is the key, and a defined jaw will also add to the effect.

Famous oblong faces include Jessica Alba, Iman and Liv Tyler.

If you're an oblong, avoid tall updos and long tresses. You're best off with shorter, blunter styles, especially those that add some volume widthways.

Smaller sunglasses that do not extend beyond the width of your face are best. You can wear any shape you like, but deep frames such as aviators work really well.



HEART

A heart-shaped face has a broad forehead and smooth, undefined jawline leading down to a pointed chin.

Famous heart shapes include Taylor Swift, Reese Witherspoon and Kim Kardashian.

Hairstyle-wise, top layers should be long and this facial shape works really well with horizontal, swept to one side styles. Plenty of volume at jaw level is also a great look. Avoid clingy, close-hugging styles.

Your face shape is perfect for big sunglasses, especially angular, square shapes that cling closely to the contours of your face. You'd even look good in welders goggles! Cat eye glasses can also work with heart-shaped face.

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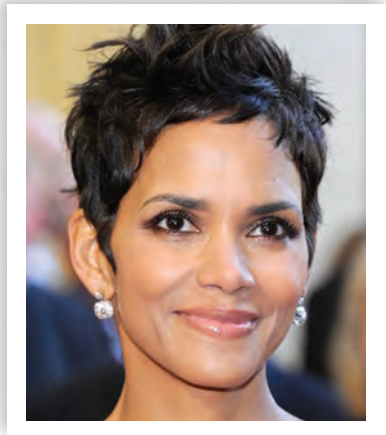


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Facial shapes are one of the basic keys to beauty, so its still surprising how many people haven't yet worked out what shape their face is. Here on Lanzarote, it's a important as it is anywhere else, dictating not only the hairstyles that suit you best, but also your choice of sunglasses and make-up.

There are six basic face shapes, and they are defined by simple elements that we could describe as "chin pointiness", "defined jawbones", "cheek prominence" and general angularity.



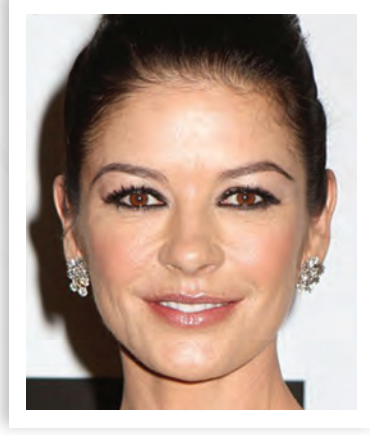
OVAL

The "classic" face shape is softly rounded without strong angles, and the width is two thirds that of the length.

Famous oval faces include Halle Berry, Megan Fox and Charlize Theron.

Oval faces are the most versatile, and can work with pretty much any hairstyle. However, if you have this facial shape, why not take advantage of styles that show off your face to best advantage. Pixie cuts, bangs, and short bobs all enhance your harmonious features.

All sunglasses work on an oval face, but square frames with rounded corners really set your features off.



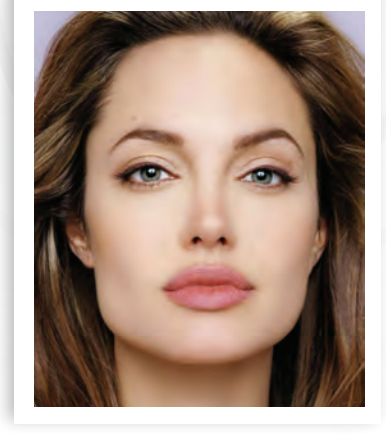
ROUND

Full cheeks and a general rounded aspect are the key elements of this face shape, which is almost as wide as it is long.

Famous round faces include Catherine Zeta Jones and Cameron Diaz.

Round faces make you look younger, but it's worth considering hairstyles that help add length to your face. Updos work, as do close-laying styles that slim the cheeks. Round faces can also wear long, below the chin, hair easily.

With sunglasses, go for straight lines that reflect the scale of your features, and make sure they're wider than your face to help slim it down.



SQUARE

This firmly defined shape projects strength and sexuality, and is defined by a strong jawline that is as wide as the forehead.

Famous square faces include Angelina Jolie, Gwyneth Paltrow and Demi Moore.

Longer hairstyles work best with square faces, detracting attention from the strong jawline. Soft curls also do the same thing. Angular, geometric hairstyles are best avoided.

Rounded sunglasses and aviator frames are ideal for a square face. Also look for details on the top of the frame – cat eye frames are perfect.



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In the Mood



Lanzarote's year-round sunshine has brightened up the life of millions of visitors, but island life also brings its own mood changes.

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Seasonal Affective Disorder is now recognised as a genuine mood disorder – a type of depression brought on by seasonal changes as winter arrives. It has been described as far back as the 6th century in Scandinavia, and northern European countries are estimated to have rates of up to 10% (a 2007 survey found 20% in Ireland).

The key to SAD is light – shorter days and cloudier weather in northern climes mean that exposure to daylight is extremely limited. Treatment with light boxes has been found to have a positive effect on SAD sufferers, but for many thousands of sufferers the ideal solution is to get way from the cold and dark north and head south.

This explains the phenomenon of the “swallows”, who will be arriving on Lanzarote at around this time of year. These are generally retired people who choose to spend their winters in the Canaries and fly back north for the summer. The increase in flexible work arrangements means that working swallows are also on the increase.

Lanzarote's subtropical location means that there are never less than 10 hours of daylight on the

island, and most of it is uninterrupted sunshine. While people in the UK are struggling to school and work in semi-darkness, scraping ice off their windscreens and wrapping up in scarves and heavy overcoats, islanders on Lanzarote are waking up to sunshine streaming through their windows and can wander around the house in their nightclothes without having to worry about the heating bills.

It's an incredibly tempting lifestyle, and one that few of us would swap back, but life on Lanzarote can also affect your psychological mood- Here's what to prepare for:

Sub-tropical Flatness

While the seasonal changes in northern Europe can be depressing, there's also no doubt that they are highly eventful. Carpets of fallen leaves, the crisp crunch of frosty grass, the miraculous appearance of spring buds and blossoms and long, late summer evenings all mark the annual procession of the seasons.

“Sunshine and light makes the mood right.”



Here it's very different. You won't get that unmistakable first whiff of spring that can raise your spirits, nor that bittersweet yet beautiful autumn feeling, and the cosy home atmosphere that comes from getting close to a coal fire while its dark and cold outside is also hard to replicate.

However, the longer you remain here you'll realise that there are plenty of changes that can be perceived and enjoyed - from the intense heat of high summer to brisk winter days, the mellow warmth of autumn and spring's brief carpets of wildflowers.

Island Crazy

Lanzarote is a gorgeous island with a laid-back lifestyle that millions of people flock to each year. But it's also small - just 30 miles long with the population of Gloucester. As a result, after a few weeks or months you might start feeling a little "island crazy", especially if you've fallen into a daily routine.

Often, the best cure is to just head out and discover some part of the island that you've never seen before, but locals as well as expats also make the most of residents' discounts to take a city break to Las Palmas, Tenerife or even Madrid or Barcelona. Once you get back, you'll enjoy your island home afresh.

Mood Tips

If the earlier nights that fall thanks to the clocks going forward on October 31st depress you, try the following:

Get up early

Lanzarote is at its most unspoiled and beautiful first thing in the morning. Make the most of every minute of daylight.

Get out and about

Don't mooch about the house. You're not in the cold north anymore - get out and discover the island!

Join a Gym

There may be less time for an evening run or swim, but you don't need daylight to work out indoors.

Take a Trip

Zip off for a weekend on a boat or a plane. You'll have fun and you'll barely notice the timeshift when you come back.

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A perfect cup of coffee on a warm terrace; something sweet to fill a gap; maybe a snack to keep you going till lunchtime; watching the people go by; listening to the breeze flutter the awnings; feeling the sunshine on your skin...

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exactly when you want them; a sea breeze, a perfect view; beads of condensation on a chilled glass of local wine; a clean, fresh napkin, well-weighted cutlery in your hand; good company; the laughter of children; sunshine; summer...

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A WORLD OF CHOICE



Why do we choose the dishes that we do? Fashion, lifestyle and childhood habits can contribute, but being on a glorious sunny island can also tempt us into exciting adventures.

All of us remember a time when we had little choice in the food we ate - it's called childhood, when you got what you were given. Some of us staged our own little rebellions when presented with green vegetables or a piece of fish, but very few of us got to choose an alternative.

Children tend to split into two types in order to deal with this lack of choice. Some stick to tried and tested favourites and kick up a fuss when changes are made. Others are more adventurous. They'll try new things that arrive on the table and often find new favourites as they do so. In Spain, the second type prevails - that's why you rarely find Kids Menus (almost always the same dishes served up to pacify fussy children) in Spanish restaurants.

FASHIONABLE FOODS

Restaurant owners can be fashion victims, just like the rest of us - but in their case it's often a smart business decision. In fact, when a new ingredient or dish catches on, they'd be foolish not to offer it.

That's why pulled pork, which was unheard of

just a few years ago, suddenly swept the UK and ended up in motorway service stations. However, the problem with fashionable foods is that they can rapidly go out of fashion again - look at the fate of 70s classics such as black forest gateau and the prawn cocktails. The avocados that are so fashionable right now could be as trendy as an avocado bathroom in a few years time.

Smart restaurant owners don't blindly follow fashion - instead they'll look at more durable underlying trends (pulled pork is part of the "slow cooking" movement) and offer their own variations on the dishes of the day, while maintaining their own identity. It's all about creating classics.

ATMOSPHERE

Another important factor in our food choices is the environment we eat in. At home we tend to stick to things we eat regularly, but when we're dining out we realise that there's no point ordering what you could eat at home and tend to be more adventurous.

This is especially true when we're on holiday. Think

of memorable meals in your life and chances are at least one of them will have taken place while you were on holiday. Lanzarote typifies this perfectly, with holidaymakers looking for that memorable meal every night in the resorts.

This is an island where you can find a world of choice, whether you're an adventurous eater or not.

LIFESTYLE CHANGES

Vegetarians and vegans are no longer cranks. These are perfectly justifiable lifestyle choices for a wide range of ethical and health reasons, and that's why they're on the increase. As a result, restaurant owners simply can't afford not to cater for them.

Modern life has also increased food intolerances and allergies. In the old days, it was assumed that everyone would eat more or less the same as everybody else. For better or worse, that's no longer true, and these lifestyle factors simply have to be addressed.



GIZZIE

Erskine

Chocolate Orange Cake

Chocolate orange cake is irresistible – think of a Terry's Chocolate Orange but in sponge format! Or a big jaffa cake-cake. This is one to prepare for yourself as a special treat or is just as easily made with the kids on the weekend – although you probably won't get to scrape the bowl. Simple, quick and delicious, this is a recipe you'll come back to again and again.

Serves: 8 **Prep time:** 15 mins plus cooling **Cooking time:** 20-25 mins

Skill level: Easy peasy **Costs:** Mid-price

Ingredients

FOR THE CAKE

- 4 large eggs ● 150g caster sugar ● 190g plain flour ● 50g cocoa powder
- 1 rounded tsp baking powder ● 100ml mild, light olive oil ● Grated zest of
- 2 oranges ● Juice of 1 orange

FOR THE ICING

- 75g softened butter ● 175g icing sugar, sifted ● 100g plain chocolate, melted ● 25g plain chocolate, chopped ● Orange zest to decorate (if desired)

Method

1. Preheat the oven to 180°C/Fan 160°F/350°F/gas mark 4. Line a 20cm (8-inch) round cake tin with lightly oiled baking parchment paper.
2. Place the eggs and sugar in a large bowl, over a pan of simmering water. Use an electric whisk to whisk the eggs until creamy and thick, enough to leave a trail when the whisk heads are lifted from the mixture.
3. Sift over the flour, cocoa and baking powder and gently fold in. When the flour is almost mixed in, add the olive oil, orange zest and juice and gently fold in.

4. Pour into the prepared tin and bake for 20-25 mins or until the cake is risen and spongy - the sponge should bounce back when lightly touched in the centre. Cool in the tin for 10 mins before transferring to a wire rack to cool.

5. For the icing, cream the butter and icing sugar together with an electric whisk until fluffy. Add the chocolate and whisk again until smooth.

6. Spread the icing over the top of the cold cake, then decorate with the chopped chocolate. Serve in wedges decorated with orange zest if desired.

Gizzi Erskine is used to working with cold steel. That's the name of the body-piercing parlour in Camden that she worked in from the age of 16. But at the age of 23 she decided to swap her needles for a set of knives and enrolled in Leith's School of Food and Wine, graduating top of her year.

After working on the BBC Good Food magazine and cheffing her way around London, she landed her first TV show, C4's *Cook Yourself Thin*, which won a second series. She's now a familiar face on British cookery programmes and her successful 2013 book *Skinny Weeks and Weekend Feasts* has been followed up by *Gizzi's Healthy Appetite*.

With her 50's inspired look, reminiscent of Amy Winehouse, Gizzi offers a younger outlook on cooking, with a strong emphasis on practicality and weightwatching. However, her real strength lies in her faith in classic cooking techniques – despite her reputation as “the punk chef” she's much more of a Delia than a Nigella, offering sound advice, no-nonsense techniques and a bit of glitter.

And it's that firm, rather posh attitude that is her strongest point. Behind the tats, the model looks and the beehive hairstyle, there's a genuine cook with the experience, scars and success to show for it.

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Meaty Treats

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Argentina- CHULETÓN

The T-bone steak is a simple dish known all around the world, but it is surely Argentina that has raised it to an art form. Argentinians eat more beef than any other nation - probably because they produce some of the best in the world - and their barbecues and grills are legendary.

The favoured condiment is *chimichurri* - a deliciously tangy mixture of herbs, spices oil, garlic and vinegar.

Britain- ROAST BEEF

British roast beef is world famous - the French even call the Brits *rosbifs* in homage to their national dish.

The roast is still a basic element of a Sunday dinner, accompanied by roast potatoes, Yorkshire pudding, gravy, stuffing and seasonal vegetables.

The favoured condiment for beef is horseradish sauce or fiery English mustard.

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Germany

THÜRINGER BRATWURST

Germany is famous for its sausages, but amongst those sausages the Bratwurst is probably king. In German towns you'll find stalls which grill these large, meaty sausages to perfection before serving them up with a dollop of sauerkraut and some tasty potato salad. And, of course, German beer is the perfect accompaniment.

The Thüringer version is a little spicier than other varieties, and is usually served with mustard.



Greece

SOUVLAKI

Greece's favourite meaty street snack has been around for almost 4,000 years and was a favourite of Aristotle, Aristophanes and other ancient writers. The idea is simple – bite-size chunks of pork or lamb are threaded onto a wooden skewer and roasted over a charcoal grill – but the result is immediately tempting.

The meat chunks may be marinated in oil, wine, herbs, onions, or yoghurt, and the result may be served on its own as a main course or in a warmed slice of pitta bread with salad and various sauces.

Italy

OSSOBUCO

This Milanese speciality has become a favourite all around the world and is one of those dishes that you'll find alongside the pizzas and pastas in most Italian restaurants.

The meat is simply a cut of beef shin, with the bone and its marrow included. This is sealed then cooked slowly in a rich sauce. The result is an intensely savoury dish where the meat falls gently off the bone. Often served alongside risotto, which soaks up the rich broth, this is an underrated Italian classic.

Spain

JAMÓN IBÉRICO

This delicious cured ham is one of Spain's most revered products, and for good reason. Made from a special breed of pig that provides lean savoury meat marbled with creamy fat, there are several varieties, with the most

famous coming from animals fed on acorns (bellotas).

While it's cheaper relative jamón serrano is often found in sandwiches or used in cooking, ibérico demands to be eaten on its own. It must be thinly-sliced, and gourmets demand that this be done by a skilled professional, rather than a machine.



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A Bit on the Side

Spicy foods are increasing in popularity all the time, but everyone who's ever tried a fiery curry or some spicy ribs will know that relieving the burn is just as much a part of the experience as eating the food in the first place, and every bit as enjoyable.

as well as yoghurt drinks such as lassi.

The cooling properties of yoghurt are legendary - the explosion of frozen yoghurt stalls in tourist areas is testament to that - and the sour, creamy flavour is also the ideal contrast to rich, oily curry sauces.

And they're healthy too. There's no truth in the myth that spicy food causes ulcers, but yoghurt can help replace some of the natural bacteria in our digestive system, as well as make life a little easier the morning after.

The other key to coolness is green, fresh herbs, which don't really help to neutralise chilli oils, but which do provide different and contrasting taste sensations that distract from the burn. Mint is one of the favourite herbs - associated with fresh coolness for centuries - but you'll also find that coriander can offer a

fascinatingly cool taste sensation.

However, if you don't like coriander, don't worry too much. You may just be one of the one in seven people who have a gene that makes it taste like soap.

“Fresh, cool side dishes are the perfect finishing touch for a spicy meal.”

Cucumbers are, of course, famous for being cool. Here on Lanzarote you'll find two kinds - the watery variety familiar everywhere and a slightly drier Spanish variety that is smaller with knobby dark green skin. These local cucumbers are absolutely packed with flavour, and both varieties are a perfect addition to any salads, or you can peel and grate the vegetable, add a little soy sauce and some sesame seeds for a perfectly refreshing side dish.

The science of cooling down is fairly simple. A glass of cold water might cool your mouth down temporarily, but the oils in chillies are not soluble, so the burn will return. Alcohol does help dissolve these oils, but isn't really effective when diluted in beer or wine.

Chewing a bit of bread can help to dislodge the oils, but the most effective cooling agents (unless you fancy a mouthful of Fairy Liquid) are dairy products. These contains fats which fuse with the chilli oils, taking them away from your mouth.

And it's this that explains why Indian restaurants offer raitas - simple side dishes of yoghurt mixed with cucumber or mint -

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FOOD BITES



The latest food and drink news from Lanzarote and Beyond.



FROSÉ TIME

Currently sweeping the US and late-summer Britain, the Frosé is a summer special that's perfectly suited for Lanzarote's warm climate and wine culture.

It's basically a rosé wine slush puppy, perhaps with a dash of added sugar and lemon juice, and it takes the idea of the chilled rosé just that little bit further. To make it, all you need to do is freeze rosé wine in a bowl and give it a whizz with a blender. And the best thing is that this just forms the base for all sorts of exciting combinations – experiment with adding mint or strawberries or give it a slug of something stronger for a real cocktail.



BLACK GOLD

Black garlic is now available in supermarkets and grocery stores around the island, but what exactly is it?

Black garlic (*ajo negro*, in Spanish) originally comes from Korea and is made by taking a head of normal garlic and caramelising it very slowly over a period of weeks – this is traditionally done by leaving it in earthenware pots in the sun.

The result is as different in flavour to normal garlic as it is in colour – it's sweet, almost syrupy, but still packs a massive wallop of umami savoury flavour. It also leaves your breath smelling much fresher while still containing the health benefits of fresh garlic – in fact, some experts claim it's even better for you (although they're usually selling the stuff).

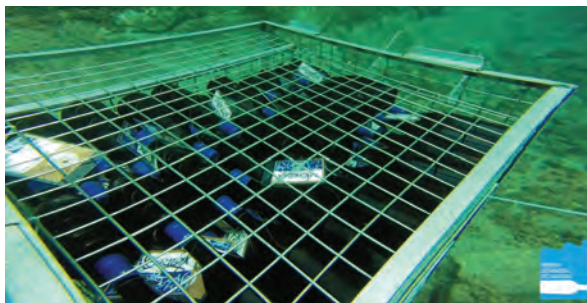
The price means this is never going to be a daily staple, but if you want to cause a splash at a dinner party or even a barbecue, why not try it out?



KING KALE

Kale may be the one of the most fashionable superfoods in the UK at the moment, but it's really not that new. In Spain it's well known as *repollo* or *berza*, and the German community hold winter *grünkohl* feasts to celebrate this most healthy of greens.

Kale can now be found in Lanzarote health food shops as well, allowing you to discover its intensely satisfying flavour. If you never ate up your greens as a kid, you might prefer to whizz it in a smoothie with other ingredients, but if you like green leaves, try stir frying it with a little garlic and chopped *jamón serrano*.



UNDERWATER VINTAGE

Bodegas La Grieta have deposited 500 bottles of their red wine in the Submarine Bodega in Tenerife.

The wine will remain underwater for some months, at a depth of 18 metres and a pressure of 2.8 bars, in conditions that will, the Bodega claims, be perfect for maturing the wine.

The wines are from La Grieta's nocturnal range, for which the grapes are picked at night time. It is the first time that a Lanzarote wine has been stored in the Underwater Bodega, although La Grieta have been maturing wines underwater near their base in Punta Mujeres for three years.



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Party Time!

call ahead and book a table. Nowadays, with smartphone technology, we can do this anytime, anywhere, anytime - and in many cases we can also get a good idea of what's on the menu as well as find out about promotions, special events and other news offered by restaurant's Facebook pages or websites.

Add favourite establishments to

This, of course, will become even more important in a couple of months, as the Christmas season approaches and everyone starts looking for that perfect festive meal - but it also applies wherever and whenever you plan on eating out with good friends.

Booking ahead also offers other advantages - you'll be able to make special plans for vegetarians,

A phone call, an email, a text or a Whatsapp message - any of these can make sure that your evening out on Lanzarote goes ahead exactly as you wanted it to.

Dining out on Lanzarote is often a relaxed, last-minute affair, a case of strolling around until you find a place and a menu that appeals, or just turning up at a favourite establishment and taking a seat. But if you want to ensure a genuinely memorable evening, it pays to plan ahead a little.

Depending on the season, or even the time of day, restaurants are often crowded. Try getting a table at any of the restaurants lining Arrecife's Charco on a Friday night, for example, or indeed any of the central zones in the three resorts where there's a buzz going on.

There's nothing more disappointing than having your plans changed through lack of foresight, so it makes perfect sense to just

“Call in advance to eat, drink and dance.”

your Whatsapp or Twitter contact list, and there's no excuse for ever waiting for a table again.

Your amount of planning should reflect the type of evening you want - if it's a party with plenty of guests, then booking ahead is essential, and the bigger the party, the further ahead you'll need to plan.

vegans or those suffering from food intolerances; you may be able to choose the table you want, and you'll ensure better service by making the restaurant aware of your arrival.

So before you even think about picking up your knife and fork, pick up your phone and get in touch.

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The Witching Hour

Halloween on Lanzarote is becoming more of a tradition every year, and there'll be plenty of opportunities for spooky celebrations on October 31st.

and films - has meant that Halloween is celebrated more and more on the island, with trick or treaters heading out and plenty of celebrations.

Islanders, of course, love any chance they can get to dress up in costume and have a party, so Halloween has found an increasingly big following here. Halloween also falls just after the clocks go back on 30th October, meaning that night will fall earlier and you'll get another hour in bed to charge your batteries for the Monday evenings Halloween celebrations.

And as the 1st November is a national holiday in Spain, you'll get the chance for another lie in on the day after!

Witchcraft on Lanzarote

There is no evidence that black magic was ever practiced on Lanzarote. However, white magic was fairly frequent - usually by women who made herbal remedies as well as love charms or spells to avert the "evil eye".

When famine struck or crops failed, witchcraft was often blamed.

In 1581 the Spanish Inquisition opened an investigation "Against Witchcraft on Lanzarote." Lucia de Cabrera, a Lanzarote woman, is recorded to have confessed to "worshipping Satan, who appeared in the form of a camel, and flying through the air scattering chaff on the fields." She died in a hospital in Las Palmas from the injuries she sustained during interrogation.

On Lanzarote, it is All Souls Day on November 1st that is the long-standing tradition. This is a day when families remember their dead, laying flowers in cemeteries and telling children all about their memories of the departed. In Lanzarote and other

Canary Islands, this day was named "los Finados" and was often celebrated with performances by folk groups.

However, the arrival of residents from northern Europe - but more importantly, the influence of American culture on TV

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Under the Stars

While the rest of Europe prepares to wrap up warm, Lanzarote still offers the perfect climate for nightlife well in to October, so get out there and dance under the stars!



Way up north, the leaves are falling off the trees, the clouds are grey and the central heating's on. But here on Lanzarote the weather remains balmy, blissful and baking hot during the daytime, while the evenings are still warm enough to enjoy to the full.

With clear skies and no high-rises, the night on Lanzarote is something that can be enjoyed in itself - the natural monthly rhythms of the moon are visible almost all the time, and have always played a big part in the island's cultural life.

This October begins with a new moon, and the sky will be at its darkest on the 1st - not so good for watching moonlight over the

ocean, but perfect for getting out to rural areas and enjoying an incredible canopy of starlight above. The moon will then wax again, reaching fullness on Sunday, October 16th - and anyone who knows Lanzarote knows how much locals like to celebrate the full moon, especially when it falls on a weekend.

It'll be the perfect excuse for walking along a promenade, dropping into your favourite bars or restaurants and simply enjoying the open air and warm weather. And even though many of the tourists will have long gone home, there's plenty of visitors who know that October is one of the best times to enjoy the island.

Music in the Air

As usual, Lanzarote will be full of music. Teguise will continue its programme of Canarian music concerts at the Timple Museum and there'll be unmissable performances by Liliana Akopova and Matthias Well at the Camel House, Macher and Bodegas El Grifo on the 15th and 16th of the month.

In the capital the award-winning Arrecife En Vivo festival will conclude with two nights on which you can trail along the moonlit seafront following the sounds of some of the best local and international bands. French group Rinôçérôse are one of the highlights of this years programme, but they're just the tip of a musical iceberg that ranges from electronic music to rock.

So while the rest of Europe snuggles up warm, get out there and remember that the night time is the right time.

Classical Concerts

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€25

Saturday, 15th October 2016, 19:30 h,
Camel House, Macher • Piano

Sunday, 16th October 2016, 19:30 h,
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Works by Beethoven, Brahms, Mendelssohn, Tchaikowsky,
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Lilian Akopova, Piano



Matthias Well, Violin

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What's On

MUSIC

LOS SALVAPANTALLAS

2nd October @ 2pm

Puerto del Carmen, Plaza El Varadero

ARRECIFE EN VIVO

7th October @ 6pm

4 bands on 4 different stages in the capital, with Los Embajadores, Los Tiki Phantoms, Cumbia Ebria and The Excitements. Arrecife Free entry

14th October @ 6pm

With Material de Contrabando, Guineo Colectivo, Mambo Jambo and Rinocerose (France). Arrecife. Free entry

III. ALTAJA FOLKLORE FESTIVAL

8h October @ 9pm

Canarian folk music with the Maxorata Folklore Association (Fuerteventura) and the Parranda de Teseguete. Teguiise, La Plaza de Teseguete

RED STONE FACE



15th October

Fusion, Rock, Blues, Funk and Jazz.

Tías, Teatro. Entry: 8 €

Classical Music Weekend

October 15th & 16th @ 7.30pm

Saturday 15th: Lilian Akopova (piano). Camel House, Macher.

Sunday 16th: Lilian Akapova (piano) & Matthias Well (violin). Wine Museum, Bodegas El Grifo

Two concerts featuring works by Beethoven,

Brahms, Mendelssohn, Tchaikowsky, Rachmaninov, Sarasate and other composers. Tickets €25 each concert. For bookings and more info go to www.musicaclasicalanzarote.com/konzerte-2016.



CLASSICAL CONCERT FOR SARA

29th October 8.30pm

With Iya Zhmaeva (violin), Sheyla Rizo (soprano), Javier Díaz (piano), Andrew Ballantyne (harp) and Neil Carter (flute)
Teguiise, Convento Santo Domingo. Entry: 10€

PEDRO GUERRA: ARDE Y VUELA (BURN AND FLY)

21st October @ 9pm

The internationally known Canarian singer/songwriter visits Lanzarote. Arrecife, Teatro El Salinero.

Entry: 15€

LANZAROTE EXTREME FEST

22nd October

Heavy metal and grindcore, with Colombian "brutal death metal" band Internal Suffering and other bands. Arrecife, Recinto Ferial

SPORT

8TH TRAVESÍA A NADO "EL RÍO"

8th October

Lanzarote to La Graciosa. La Graciosa

THEATRE

ALBERTO SAN JUAN:
Autorretrato de un joven capitalista español/Self portrait of a young Spanish capitalist



8th October @ 9pm

Comedy monologue in Spanish.

Arrecife, Teatro El Salinero. Entry: 15€

SWIM COMPETITION LA BOCAINA

15th October

Swimming competition from Lanzarote to Fuerteventura. Playa Blanca

OCEAN LAVA TRIATHLON

16th October

Arrecife

LOS MALDITOS:

Unahoramenos Producciones

13th October @ 9pm

An ambitious Spanish language theatrical work starts its Canarian tour. Arrecife, Teatro El Salinero. Entry: 10€

CHIRIGOTA DEL SELU

23rd October @ 9pm

Carnival Group from Cádiz. Arrecife, Cine Atlántida Sala Teatro. Entry: 15€

MASDANZA

28th October @ 9pm

Arrecife's annual celebration of modern dance is always an unmissable occasion. Arrecife, Teatro El Salinero. Entry: 10€

EL MAGO POP



30th October @ 8.30pm

Antonio Díaz is El Mago Pop, Spain's foremost illusionist. Arrecife, Cine Teatro Atlantida. Entry: 25€



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EXHIBITIONS

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 Arrecife, Castillo de San José (MIAC)

CUÉNTAME UN CUENTO/ TELL ME A STORY

8th October @ 9pm
 With Ernesto Rodríguez Abad Teguiuse, Museo del Timple

TEGUIUSE EROTICA

14th - 15th October
 A celebration of all things erotic. Teguiuse, Marquee in square.

PALABRAS AL VUELO

27th to 30th October
 IV Festival del Cuento Contado. Storytelling festival in the streets of the capital. Arrecife

GREAT KENNEL KLUB SALE

1st October
 This month and the FIRST Saturday every month. 10am - 2pm at the Terraza Concord, C/Mastil 71, Playa Honda.

CAR BOOT SALE IN AID OF SARA ANIMAL CENTRE

8th October
 9.30am - 12.30pm, Tahiche Garden Centre. Call 646838749 for info or to volunteer.

ORIGINAL PALS CAR BOOT SALE

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REGULAR EVENTS

EVERY ...MONDAY...

11am: Beginners Line Dancing, Sun Park Living, Playa Blanca
12pm: Water Gym, Sun Park Living, Playa Blanca

EVERY ...TUESDAY...

9am - 2pm: Farmers Market, Pueblo Marinero, Costa Teguiuse
8am - 3pm: Market, Puerto Calero
7pm: Jameos Nights, Dinner and live music, Jameos del Agua

EVERY ...WEDNESDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón
10am: The Lanzarote Shed, Sports Centre, C/Los Roferos 1 Puerto del Carmen
6pm - 10pm: Handicraft Market, Pueblo Marinero, Costa Teguiuse
7pm: Jameos Nights, Dinner and live music, Jameos del Agua
8.30pm: Canarian Folk Music, La Ola Restaurant, Puerto del Carmen

EVERY ...FRIDAY...

8am - 3pm: Market, Puerto Calero
10am - 2pm: Market, Old Town, Puerto del Carmen
5 - 10pm: Market, Pueblo Marinero, Costa Teguiuse

8.30pm: Latin Show, Café La Ola, Puerto del Carmen
10am - 1pm: Social Friday, Sun Park Living, Playa Blanca

EVERY ...SATURDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón
9am - 2pm: Market, Arrecife, Plaza Iglesia de San Ginés
10am - 2pm: Market & Handicraft Market, Haría, Plaza
10am - 2pm: Market, Uga
8pm: Jameos Nights, Dinner and live music, Jameos del Agua
8.30pm: Flamenco Show, Café La Ola, Puerto del Carmen
Last Saturday every month:
10pm: Lanzarote Big Band at Arrecife Gran Hotel

EVERY ...SUNDAY...

9am - 2pm: Market, Teguiuse
9am - 2pm: Farmers & Handicraft Market, Mancha Blanca, Plaza de los Dolores
10am - 2pm: Market & Handicraft Market, Uga
1 - 5pm: Cuban music, El Patio Creperie, Teguiuse
4 - 6pm: Jazz session at the Crafty Cow, Puerto del Carmen
8am - 2pm: Lanzarote A Caballo Car Boot Sale

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Find out the complete programme at www.sanbartolome.es



Dance Showcase

28th October @ 9pm

Masdanza, the annual Canarian modern dance festival, returns to bring another unmissable spectacle to Arrecife's Teatro El Salinero on the 28th.

As usual, the event will showcase four performances from some of the world's most acclaimed young choreographers and performers. This year will see the shows *Ani-Ma* from Israel's Roni Chadash; *Phase* from Frances Simon Feltz and Daniela Zaghini; *Hello?* from South Korea's Lim Set Byeol and Yang Ji Yeon, and *It's Between Us*, a British production by the impressive Joseph Toonga and Dickson Mbi.

Masdanza tends to concentrate on minimal stage sets and dramatic lighting, allowing these incredibly talented performers to shine. Thrilling, inventive, moving and beautiful, Masdanza is always eagerly awaited by Lanzarote's culture vultures.

Tempo Returns

15th & 30th October @ 8pm

Tempo has been one of the most ambitious cultural projects on Lanzarote in recent years, and its return after the summer break offers another opportunity to be blown away by music, location and dance.

The first important thing about Tempo is its location - Los Jameos del Agua is an ancient volcanic tunnel that has harboured islanders fleeing from pirates and was later converted into what Rita Hayworth called "the eighth wonder of the world" by César Manrique. It is, quite simply, a stunning venue.

Tempo uses this setting to the best advantage, presenting a three-part history of the island which ranges from the earliest times of pirate invasions, to the difficult years of famine and drought - then, finally, the rise of Lanzarote as a modern tourist destination.

9 musicians from the Lanzarote Classical Orchestra and 17 performers help bring this tableau to life. Tempo is an unforgettable evening in one of Lanzarote's most perfectly realised places.



Arrecife Live!

Various Dates

The final two evenings of the acclaimed Arrecife En Vivo festival promise to be every bit as exciting as their predecessors.

On the 7th you can see soul sensations The Excitements, Lanzarote's brilliant Cumbia Ebria, Catalan surf rockers Los Tiki Phantoms and electro-rock from Los Embajadores.

A week later on the 15th it's the turn of Tenerife rappers Material de Contrabanda, Fuerteventura's Guineo Colectivo, Barcelona's latin-surf specialists Mambo Jambo and, last but not least, Rinôçérôse from France, two psychologists whose electronic dance/rock music has been hugely popular throughout Europe for nearly 20 years.

As usual each evening will see four bands performing in four venues in the capital. Go to www.arrecifeenvivo.com



The Excitements

Big swims

Various Dates

The summer's competitive swimming season comes to an end with the two longest swims of the year.

First, on 8th October, is the Travesía a Nado "El Río", perhaps the most popular swimming event on the island, which sees hundreds swim the

two kilometres from the Playa del Risco at the foot of Famara cliffs to La Graciosa. Depending on wind and currents, this can be a really tough challenge, and everyone who completes it is proud of the achievement.

Finally, on the 15th, around 100 swimmers will tackle the big one – the 15 kilometre crossing of the Bocaina Strait from Playa Flamingo in Playa Blanca to Corralejo in Fuerteventura. Only the tough survive this intense challenge.



Teguiuse Erótica

14th October @ 7pm

The Teguiuse Erótica Cultural Salon returns for its second year, once again aiming to break down taboos about sex and sexuality, encourage openness and showcase activities and products related to the most intimate aspects of our life.

Open to adults only, it takes place in the Carpa Municipal at Teguiuse (the large marquee in the square), as well as stalls offering tattoo and body art, lingerie, sex toys, and everything related to the erotic.

There'll also be events throughout the day, with pole dancing, belly dancing, live music, fashion shows and various workshops on offer.

Last year's event was a big success, with more than 2,000 people attending. So don't miss it this time round!

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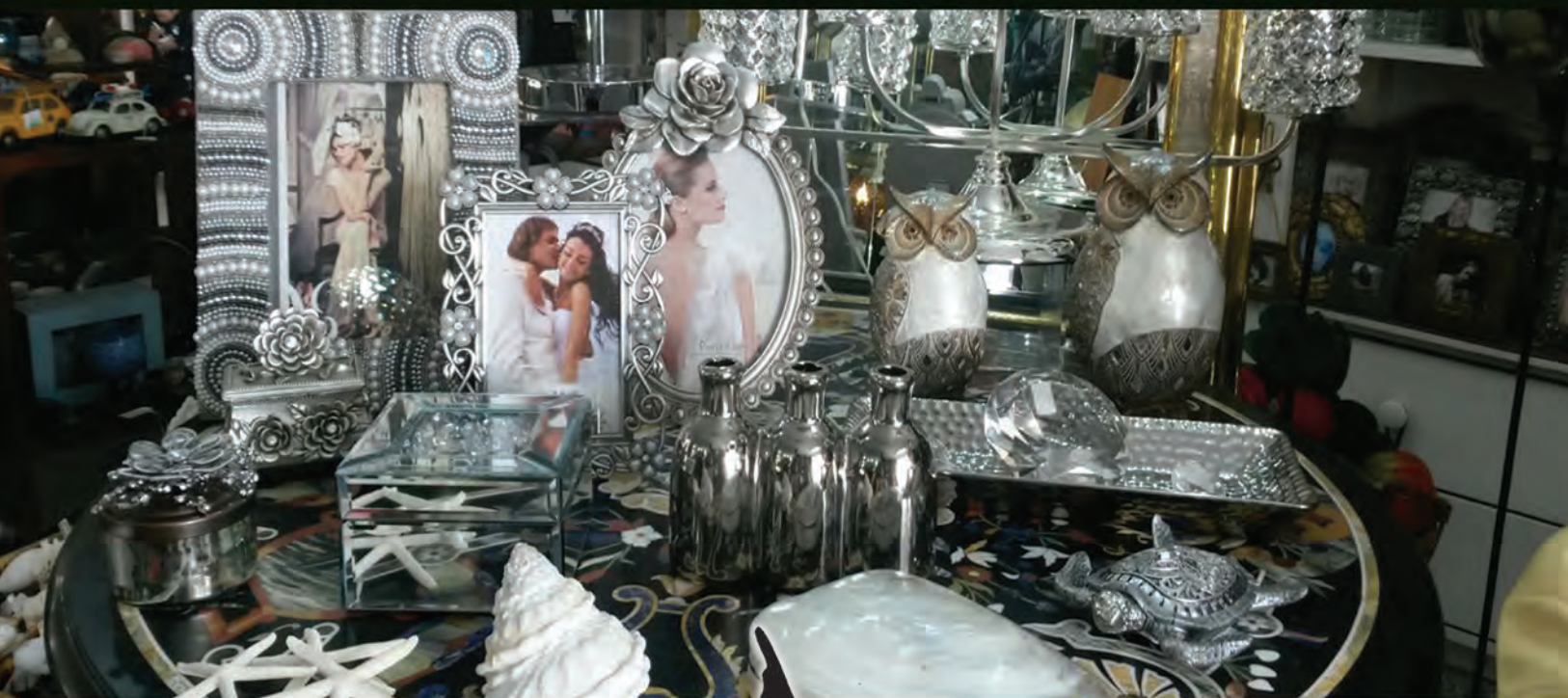
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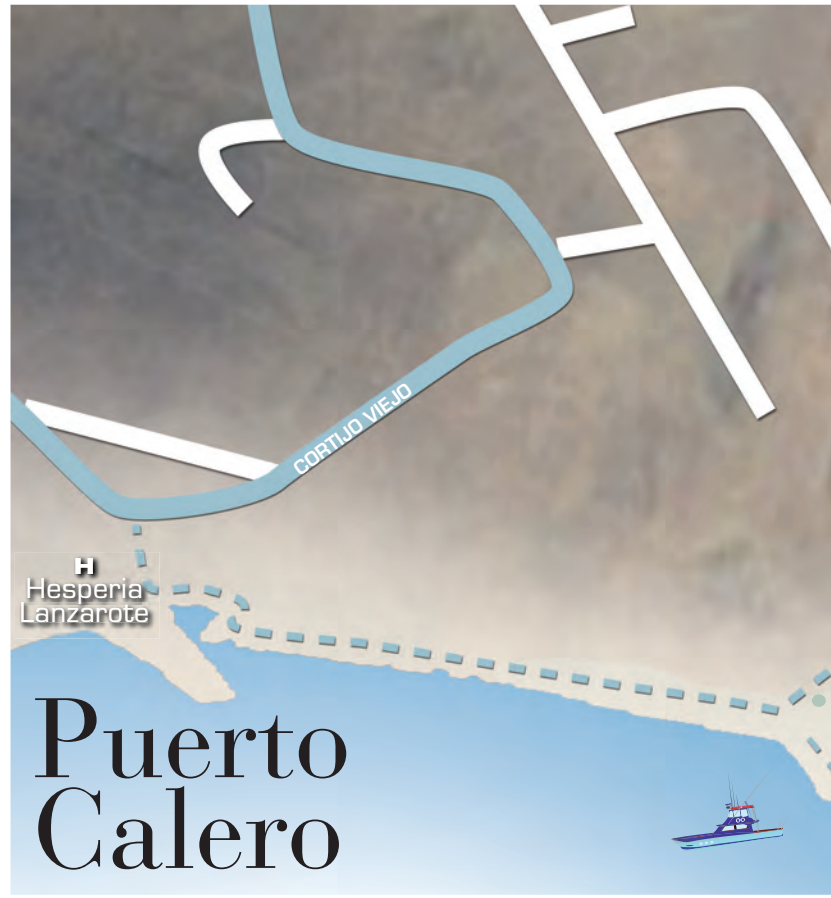
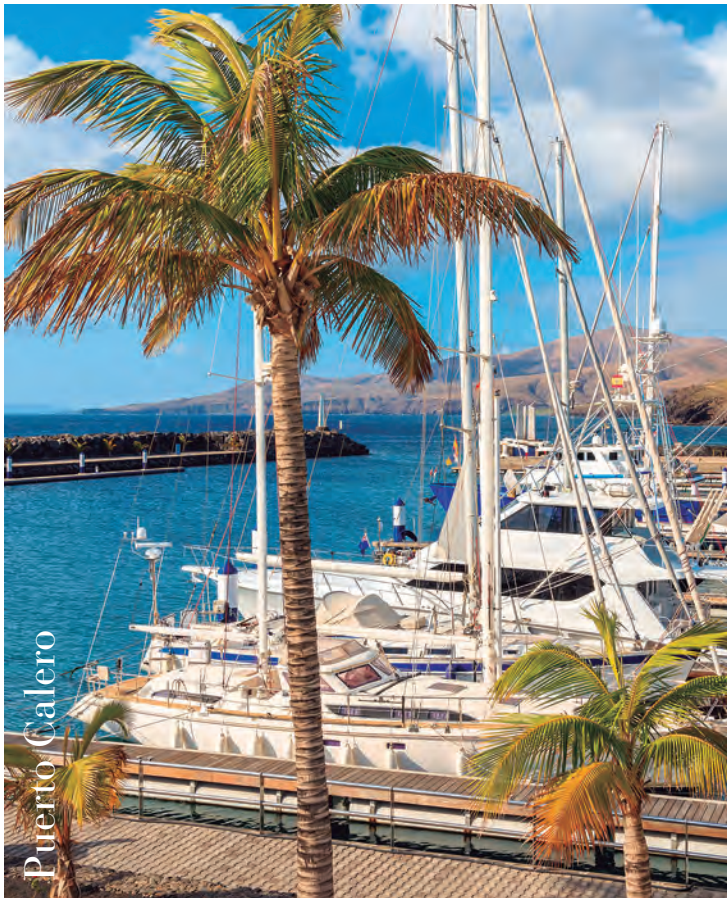
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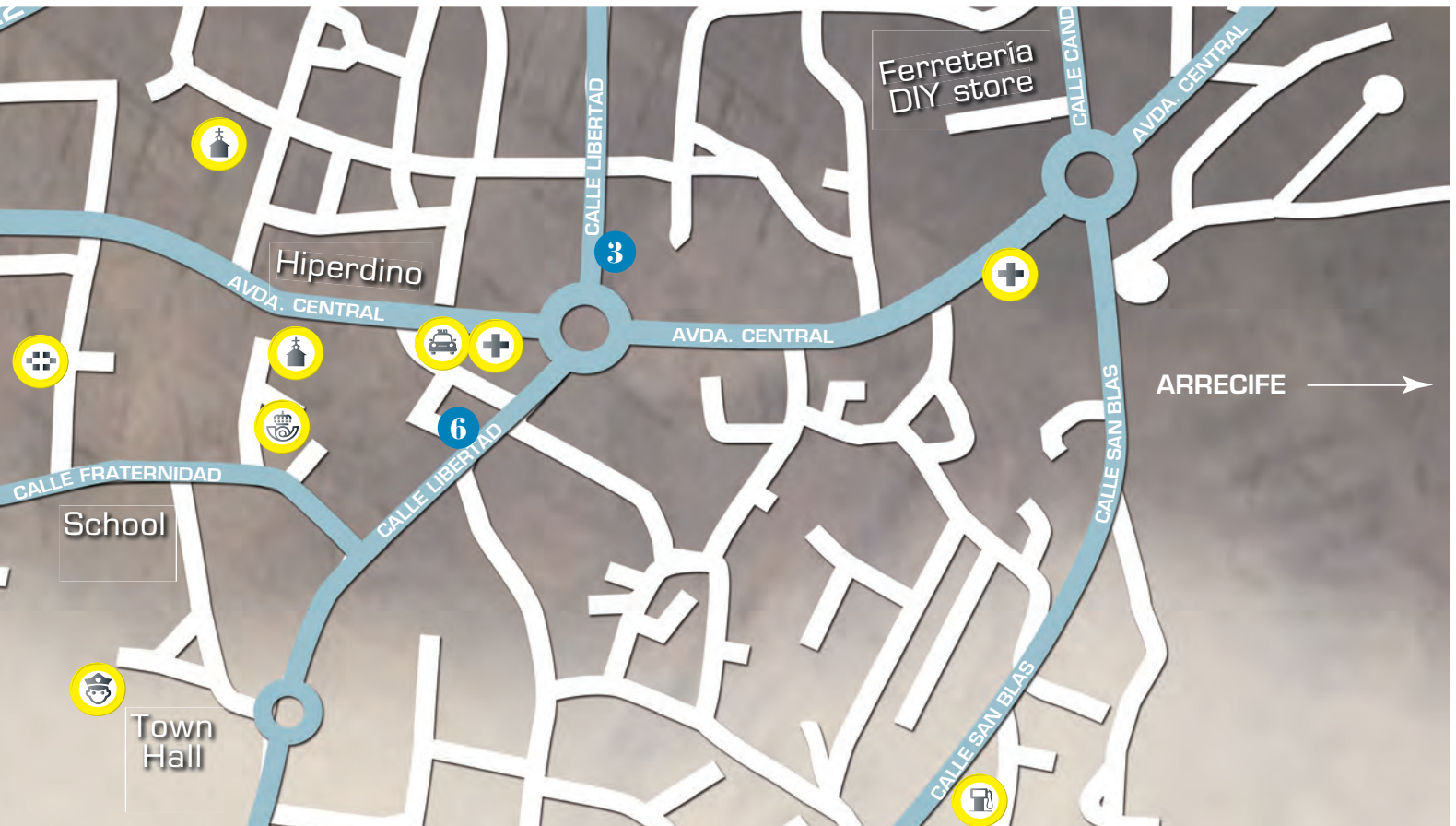
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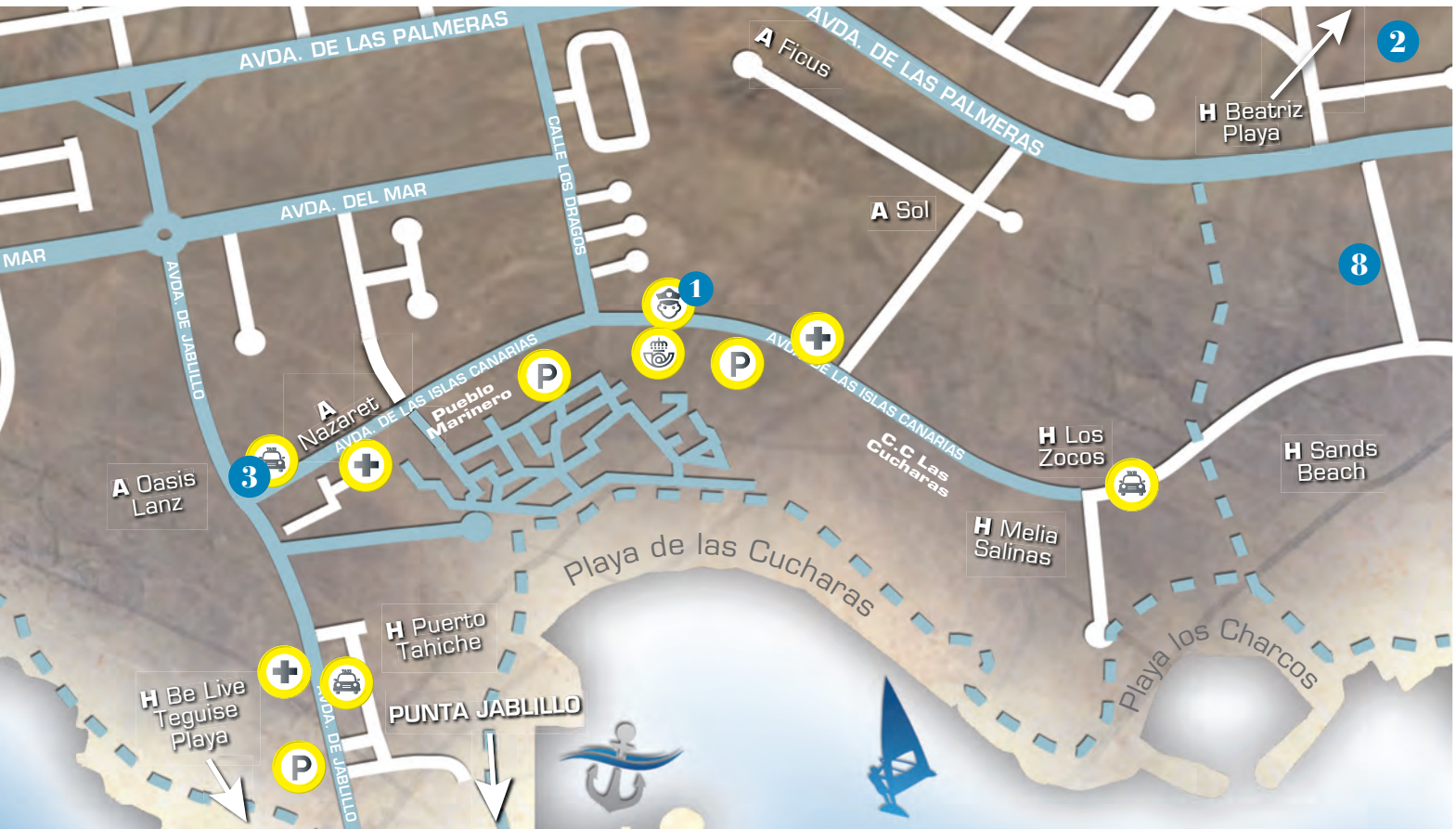


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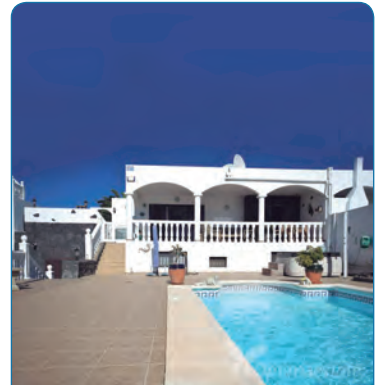
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MY HOME

A photograph of a middle-aged man with grey hair and a light beard, wearing a tan button-down shirt, smiling as he clinks his wine glass with a woman's. The woman has blonde hair and is wearing a blue patterned top. They are in a kitchen setting with a white countertop and a black range hood in the background.

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All time high

Purchases of Spanish property by foreigners are reaching an all-time high, and the British still lead the field despite Brexit and a weak pound.

The Spanish property registry logged almost 108,000 sales in the second quarter of 2016, of which over 13 per cent were foreign buyers – a near-record figure. Of those foreign buyers, the British were by far the most important market

with 20 per cent of sales.

As the Brexit vote didn't take place until the end of Q2, it is not likely to have affected the figures, but the British sales are still surprising considering the weakness of Sterling during the period in question. British demand has, in fact, been steadily high since summer last year.

Analysts will now await the Q3 figures, which will cover the post-Brexit period and a further fall in the pound.

The Wrong Price

Over 50 per cent of Spanish properties are overpriced, claimed Jesús Duque of Spanish estate agent Alfa Inmobiliaria in a recent article in El Mundo newspaper.

Duque warned that overpricing your property could be counter-productive, making more reasonably priced properties in the same area more attractive and discouraging viewings. Duque said that the price needs to be right "from the start, as most interested buyers appear in the first 30 days."

To price correctly, Duque advised studying the market; comparing prices of similar housing; assessing the true condition of the property, and

taking into account the impression the home, area and location portrays in terms of available services and amenities such as schools, shops, transport etc.

He reminded sellers that buyers are not interested in how much was originally paid for the property, how much has been spent on it or its sentimental value.



Jesús Duque

Shorts

Quake ready

The tragic earthquake in central Italy has raised questions of how prepared Spanish houses and buildings are for a major earthquake – and the answers aren't encouraging.

In Spain, 40 per cent of homes were built over 40 years ago, when no anti-seismic building regulations existed. Those regulations only became standard in the late 90s, and recent reports suggest that they are not always adhered to.

In 2011 an earthquake in the Spanish town of Lorca in Murcia killed nine and caused 80 per cent of all housing to be demolished.

Murcia, Alicante and other zones on Spain's west coast are considered to be the most earthquake-prone in the country.

The good news for Lanzarote is that the Canaries are classed as an extremely low-risk area for earthquakes. There is continual low-level seismic activity on Lanzarote owing to the "hot spot" that created Timanfaya, but it is not of the kind that causes major earth tremors. Lanzarote, with its relatively new housing stock and strict regulations concerning high-rise buildings, is also likely to be far safer than larger towns and cities.



We want it all

A recent survey by Anida estate agents shows the preferences of British property buyers who are thinking of buying in Spain- and they're not the most realistic.

According to the Facebook survey, two thirds of buyers were looking for a flat or an apartment, with a third hunting for detached properties. However, those after a villa may be disappointed considering that the majority of respondents had a budget under €100,000, while only 1% had a budget of €200,000 or more.

48% wanted a home with 2 bedrooms, and 33% are crossing their fingers for a 3 bedroom property under 6 figures. Coastal properties were preferred with 76% preferring a property near the beach, while 15% prefer a quiet location away from the beach.

As for use; 56% are seeking a second home for short breaks and holidays, 35% are looking to relocate permanently, and 10% are investors looking for holiday rentals.



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Community Spirit

If you own or purchase property on a complex in Lanzarote, you'll soon find out what a Community of Owners is. This Spanish idea can be confusing to newcomers, so it pays to have the advice and assistance of an expert. Which is where Comunigest come in.



Jason Pérez

“It’s all about trust,” says Jason Pérez, whose Comunigest Consulting group manage 60 complexes, mostly in Puerto del Carmen, offering years of hands-on experience with the administration of communities. It’s a family business, firmly rooted in the local community.

A Community of Owners is a Spanish legal requirement in any situation where facilities such as gardens, pools, lifts, walkways, etc are shared. Owners meet annually to discuss and vote on improvements, maintenance, contracts and, above all, the fee that each owners will be liable to pay for these services.

Communities can choose to handle their own affairs, but in the majority of cases an external manager is appointed to deal with all the affairs arising from the Community’s decisions. This is especially the case when complexes contain several foreign owners who know little about how Communities function.

Jason Pérez says “My job is to make sure that everyone in a community is aware of their rights and their duties. This island owes its success to people who have invested in it, and I think we have the obligation to give them as much information as possible.”

That’s why Comunigest has offices in Puerto del Carmen where any owner can walk in with a question and be attended to immediately, in their own language. “This is all we do,” says Jason, “Other management consultants have plenty of other strings to their bow, which can cause conflicts of interest. We manage communities and nothing else, we’re not selling properties, we’re not owners - we’re independent.”

“I meet clients all the time – in the street, in cafés and bars,” says Jason. “If I was charging one complex more than another, people would soon find out. It’s got to be fair, open and above ground.”

One of Comunigest’s strong points is setting up new communities or taking over in places where the previous management has been deficient. “I can promise that we’ll soon raise standards, which results in your investment becoming more valuable,” he says. “It’s not just getting roofs painted and the pool resurfaced, although we can handle all that. It’s more about building a trustworthy relationship where everybody knows exactly where they stand. We’ve turned around dozens of communities, turning them into places where every owner has the same access to information.”

“Come and see me,” is Jason’s final invitation. “Whatever you want to know, whatever your problems, whatever

“Whatever your problems, just drop in and have a word.”

your uncertainties, just drop in and have a word. we’ll put you in the picture without technical talk. We’re a bridge between Spanish law and foreign owners, and one you can place your trust in.”

Comunigest 

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Sterling unaffected by “Brexit Boom”

The pound has fallen by over 10 per cent against the Euro since the Brexit vote on June 23rd. But what are the chances of it rallying in the near future?

George Osborne’s pre-referendum warnings of an immediate recession following a Brexit vote have failed to materialise. In the UK, employment is up, the FTSE is up, inflation is low and there have been promising figures for high streets sales and consumer confidence. Some have even referred to the phenomenon as a “Brexit boom.”

However, in all the excitement it seems to have been forgotten that there has been no Brexit. In fact, nothing has changed apart from the vote, the British Cabinet and the affirmations of Theresa May that “Brexit means Brexit.”

The real test for the UK’s economy will follow the invocation of Article 50 of the Vienna Convention, which will trigger a two-year process for withdrawal from the European Union. The strength of the Pound has already been affected by any suggestions that a date for Article 50 has been settled on and financial experts agree that

Sterling will take a big hit when this date is finally announced.

When it will be announced is still up in the air. Theresa May recently indicated that a date before April 2017 would avoid clouding the upcoming French and German General Elections in uncertainty, but the Sunday Times also reported that the government may wait until the end of next year.

However, May and her team are also aware that the longer the delay, the more the question “When?” will become “If?”. There is growing pressure to force a parliamentary vote on the invocation of Article 50, which would subject the decision to the approval of MPs who are, in the majority, against withdrawal. Meanwhile, the EU is adamant that the UK should make it’s mind up sooner rather than later.

Rumours that the Bank of England may cut interest



rates in November will also see Sterling take a knock. HSBC analysts forecast that this could even return the Pound to parity with the Euro - something that hasn’t been seen since 2009.

The lesson for anyone investing in Spain is that, while now is not as good as it was three months ago, there may be even worse to come. Smart investors will be watching rates closely and, as fluctuation seems likely in the short term, choosing to make a move when rates are more favourable.

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Now's the time for change



Another record year for tourism in Spain and the Canaries suggests that someone's doing something right. But is this really the case, and how will authorities plan for the future?

In July this year 9.6 million visitors came to Spain – a rise of almost 10 per cent on last year. The figures for the Canary Islands are equally promising, with hotels posting high occupation figures and the airports busier than ever.

Spain offers the largest and most well-established tourist economy in Europe, but the recent figures are undoubtedly due to good fortune as well as marketing. And by "good luck" we mean terrible luck for destinations

such as Egypt, Turkey and Tunisia, all of which have seen their tourist economies devastated by terrorist acts, political instability and the refugee crisis.

The competition shows little signs of recovering in the near future, so Spain can probably count on continued high figures – but beneath the surface questions are being asked about its capabilities to deal with a world in which tourism is changing rapidly.

Although hotel occupation has hit record heights, holiday rentals have also increased 8 per cent over the last year, showing clearly that this is a model preferred by increasing amounts of travellers. Nevertheless, Spain's hotel lobby has been instrumental in ensuring that large amounts of property owners are either unable to rent their properties, or are forced to do so illegally.

With increasing amounts of tourists arriving, surely it makes sense to allow existing properties to take up some of the demand by permitting them to operate legally and safely.

The alternative is simply to build more hotels – something that will please the construction sector, but a touchy issue in an age when environmental issues are increasingly important. The Canaries, for example, have pursued a policy of "sustainable" tourism in recent years, focussing on improving existing facilities rather than new development. But this decision was strongly influenced by the 2008 crisis, and with recovery looking stronger all the time, the temptation to start issuing new building licences will be strong.

Any business expert will tell you that it is competition which leads to innovation, new ideas and bold initiatives, so Spain's dominance of European tourism comes with the risk of complacency. Now is the time to face up to new challenges and realities, not further down the road when the competition is back on its feet.

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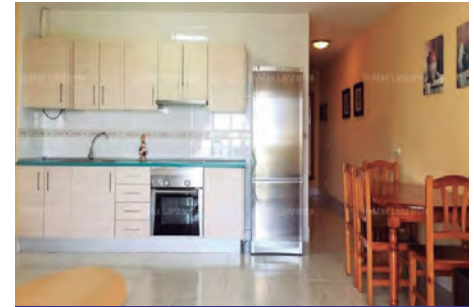
Costa Teguisse €249.950

This property consists of 3 different areas: a rest area with 3 large bedrooms; a living area with an independent kitchen and living/dining room on 2 levels; and a third area that is an amazing terrace totally sheltered from the wind. 2 baths, a basement with a large store room, hall and garage.



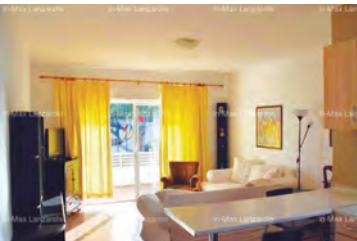
Charco del Palo €316.000

House and separate apartment in a touristic area. House consists of lounge, kitchen-pantry, living room, 2 beds, 2 baths and washing room. The apartment consists of kitchen/living room, 1 bed, 1 bath, roof terrace prepared to be used as a solarium, and a terrace to enjoy amazing sea views from.



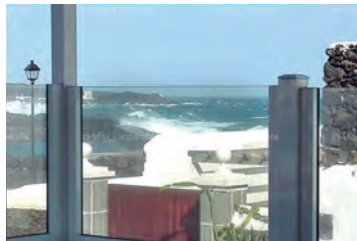
Puerto del Carmen €165.000

Lovely 85m2 apartment, 2 beds, 1 bath, a well-daylit kitchen/living room with a large terrace overlooking the garden, Communal parking place included.



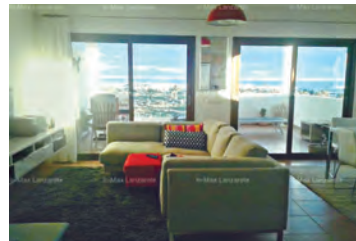
Puerto del Carmen €178.000

Stunning apartment, very near to the Avenida de Las Playas. 2 beds, ranch-style kitchen, living/dining-room with balcony.



Los Cocoteros - Guatiza €126.000

1 ensuite bed apartment with sea views, large living room/kitchen with sea views, too. Large terrace with steps to reach the solarium on the roof terrace of about 70m2.



Costa Teguisse €285.000

Luxury house with unbeatable sea views from its terrace, totally sheltered from the wind. 3 beds, 3 baths and a large living room with open kitchen. Top quality materials.



La Concha €209.000

Amazing, fully-furnished bungalow in a quiet complex, well located and near to all main facilities. 2 beds, 2 baths, living/dining room, kitchen, large terrace, barbecue area, communal swimming pool and direct access to the beach.



Teguisse 280.000€

Amazing house with 3 beds, 3 baths (2 of them ensuite), fabulous lounge, dining room and separate kitchen. Private pool, outdoor dining room with barbecue area, garden areas, utility room and another small kitchen.



Tegoyo €149.000

3,994 m2 property with a 180 m2 dining and recreation building in Tegoyo. The building is divided in 2 lounges and has a kitchen, bathroom, Karaoke System, TV, table football, ping-pong table, pool table, basketball baskets, goalposts and Canarian bowls area. Ideal for celebration with the family and friends or to rent out for private parties.



Costa Teguisse €225.000

Duplex in El Palmeral complex, 4 beds, 2 baths, independent kitchen, solana, games room, large living/dining-room, terrace, balcony and private parking place.



Órzola €201.000

Exclusive building consisting of two fully furnished apartments. Ground floor apartment consists of 2 beds, living room, independent kitchen, terrace, 1 bath. First floor apartment consists of 3 beds, one of them with a bath ensuite, terrace, 2 baths, living room and independent kitchen.



Arrecife Charco San Ginés €110.000

Luminous, modern and well located apartment with 2 large bedrooms with built-in wardrobes. New bath. Modern and functional kitchen. Solana. Open space, loft style living room. Access and permission to use the roof terrace with amazing sea views.



La Vegueta €260,000

3 beds house, heating and air conditioning, 2 baths, dining room, independent kitchen, solana, garage, large living room and 1,300 m2 plot. Very quiet area with beautiful views.



Playa Blanca €110,000

Large apartment, very well located near the waterpark, 2 beds, 1 bath, lounge/kitchen and large terrace.



Playa Blanca €345,000

Luxury apartment with 2 beds, 1 bath, lounge/kitchen, garage for 2 cars and large terrace. Less than 1 minute from the beach.

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Property Buyers guide

This article is a general guide to buying real estate in The Canary Islands. It has been compiled from the knowledge and experience of a number of professionals involved in the selling, buying and conveyancing of property in Spain, but it should not be taken as a substitute for proper legal advice.

LOCATION

Is your property intended for holiday use, longer term visits, or do you intend to live here year round? Your choice of location should take your needs into account, such as schools, medical services and recreational outlets.

RESEARCH

You need to know a great deal more about your property than you would if you were just spending a couple of weeks there. If there is a community association, ask your neighbours if it is well run. Ask about the community fees - don't forget that if you are in a Community you are legally obliged to pay these.

BUYING THE PROPERTY

First, make sure that the person selling you the property is entitled to do so. Your agent will be able to supply you with a list of suitable lawyers to act on your behalf, or the British Consulate in Las Palmas can provide a suitable list on request. Your lawyer needs to check out your intended property thoroughly.

A check of legal title will be made through a search in the local Land Registry Office, which will also indicate if there are any mortgages or charges against the property. If you are buying a plot of land, the lawyer will also check if you can obtain permission to build on the land, and what size and type of property you can build. Once you have been assured by your lawyer that all is in order, you will need to sign a Contract

of Purchase raised by a lawyer, and pay a deposit which is usually 10% of the intended purchase price; this deposit is normally held by the lawyer who has been appointed to arrange the signing of the Title Deed.

The contract will state the terms and conditions of the sale and will state a specific time for completion of the. If you decide, up to this completion time, that you cannot proceed with the purchase, you will forfeit the deposit paid, but if the seller changes his mind, he must return the deposit to you in full, plus a compensation payment for damages.

The next step is to complete the transaction by making the outstanding balance of payment and signing the title deed, which is known in Spain as the Escritura. This must be done in the Notary's Office. The Notary's task is to ensure that all of the legal documentation is correct. He





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THE COMMUNITY OF OWNERS

The Community of Owners is a Spanish institution affecting any property owners who enjoy shared facilities and services, such as lifts, swimming pools, gardens and communal garages.

Information about your Association must be freely available to you, as do the accounts

which have to be published to the members every year. You should check before you buy that your Community Association is functioning well, how much the monthly payment is, and whether the payments for your intended property are up to date.

will also carry out a search in the Land Registry Office on the day of signing to check the current status of the property or land (and will require the last annual rates receipt from the council in which the property is situated), that this is up to date as well. It is essential to ensure that your lawyer has current receipts for all other payments such as water, electric and community charges, as debts such as these in Spain are levied against the property and not the owner. Notaries now also demand an Energy Performance Certificate. When in the Notary's Office, you will be asked to produce your passport as evidence of identification. You will also be advised to obtain a NIF number, which your lawyer can arrange for you.

MONEY MATTERS

If you are not resident in Spain and are buying property or land it is advisable to bring money from abroad to complete the purchase. It is simple to open a non-resident account in a local bank, and your estate agent will normally help you with this. You can then transfer your funds from your own bank in the UK to this new account. On the signing of the new Title Deed your cheques for payment will be shown to the Notary and included as part of the documentation of the deed.

They must be inscribed with details of the property of land to be purchased, or have an investment certificate from the issuing bank attached. The Notary will also require you to sign a Spanish ministry form, declaring that the investment has been made. It is also possible when purchasing from a non-Spanish resident to pay the completion funds abroad in any currency. In this case, the deed will state an equivalent amount in Euros, as this gives the value in

which the transmission tax (stamp duty) is calculated. You will have to produce more than one cheque as you must also pay a capital gains tax retention. In this situation, a sum of 3% calculated against the value declared in the title deed is retained and paid to the Spanish Tax Authorities to cover the seller's liability.

Estate Agent's fees are normally paid by the vendor and the details of the specific percentage to be paid will normally be noted in the Purchase Contract.

Some unscrupulous illegal agents have been known to charge the purchaser as well as the vendor for their fees, so ensure this is not the case. You may well also find that the price of your title deed is not exactly the same as the cost of the purchase, as some sellers prefer to treat the furnishings and fittings, if they are included, as a separate item.

REGISTERING THE PURCHASE

To complete the transaction you must register the deeds at the Registro de la Propiedad (Property Registry). When the deeds are taken to the Registro, the purchase tax of 6.5% of the value of the property must be paid.

Later the Registro will request a second payment to cover their charges. In addition, a tax to the Local Authority, based on the increase of values of land in their area since the property last changed hands (known as 'Plus Valia') is payable.

This is often negotiated between the vendor and

purchaser. Your Lawyer can get an estimate in advance of the purchase, so that you have the funds ready. At the same time, a form should be entered to the local authority, advising them of the change of ownership. You should remind whoever is doing your paperwork about this, as it is often forgotten.

Residents must also be tax registered in order to sell property and avoid retentions, even if they pay no tax.

OTHER COSTS

Other costs include the Transmission Tax, the Notary's bill, the fees from the Registro and your lawyer's fee. These and previously mentioned costs should total about 10% of the purchase price.

Your Lawyer will ask for these funds to be placed with him before the work is done as clients have often disappeared leaving these bills unpaid.

Non-residents will be liable for property tax, while residents will pay the IBI assessed by the local council.

OUTSTANDING BILLS

When you buy a property you become liable for any outstanding bills for water, electricity, local rates and community fees. Both the Electricity Board (UNELCO) and the Water Company (CANAL GESTION) have forms which you and the seller must sign, to transfer the bills into your name. When you go to do this check that all payments are up to date.

Local rates are payable at the Town Hall. You or your representative will need to visit the 'Oficina de Recaudacion' at the Town Hall to complete the form changing the rates into your name, and again, checking that all payments are up to date. As bills are not sent out for the rates, property owners often forget to pay them, and they can soon mount up.



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 <p>TWO BED DETACHED BUNGALOW IN MATAGORDA 225m2 plot build size is 75m2. Spacious living area, with dining, kitchen and lounge areas. Patio doors lead to the side terrace space. Also workshop/shed and storage areas. €225,000 • Ref: GJ1059</p>	 <p>ONE BED APARTMENT IN PUERTO DEL CARMEN First floor with a beautiful terrace overlooking the swimming pool and with seaviews. Lounge and dining area and kitchen to the rear. Quiet and very private. €99,000 • Ref: GJ1015</p>	 <p>THREE BEDROOM HOUSE IN TIAS Build area 160M2. The house is built over three floors and is in excellent condition throughout. Two bathrooms, kitchen, lounge, utility room and conservatory. Parking for 2 cars. €272,000 • Ref: GJ1058</p>	 <p>TWO BEDROOM HOUSE IN PUERTO DEL CARMEN Two bedroom house, currently arranged as a three bedroom, two bathrooms, spacious living area, fully fitted kitchen, front and rear garden. Parking for at least 3 cars. €205,000 • Ref: GJ1054</p>
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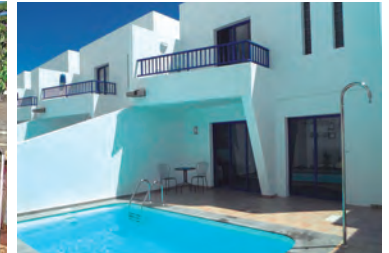
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Room to Live

Of all the rooms in our home, the living room is perhaps the one that has changed the most in recent years. Is yours still fit for purpose?

For better or for worse, the role of the living room has changed immensely in the 21st century. A place where families gather in front of the TV is increasingly irrelevant in a world where we're all glued to our own personal screens. Socialising is also increasingly moving out of the living room - to the kitchen or even online, and this is especially true on Lanzarote where outdoor spaces are often preferred for social events.

Even living room staples such as bookshelves and hi-fis are disappearing, tying in with an increasingly modern vision where your books are kept on your Kindle and your music takes the form of digital waves stored on computers and phones rather than CDs or vinyl.

Nevertheless, many of still feel the need for this central space that offers peace, quiet, rest and togetherness when needed. It's just that you may want to use the valuable space in your living room for other purposes.

The change in use of the living room has caused some friction, as children drift away from shared nights in front of a favourite film to their own rooms, but with a little imagination you can convert your living room to a place where everyone wants to be.

The key is zoning. Modern living rooms are seldom used



for one purpose, and there should ideally be space for a number of separate activities - reading quietly, working at a desk or table, playing videogames or taking a nap and, yes, watching TV.

The more room you have, the more opportunity you'll have to carefully zone your living space so that everyone can enjoy their own activities, without being closed out of the general open feel of the room.

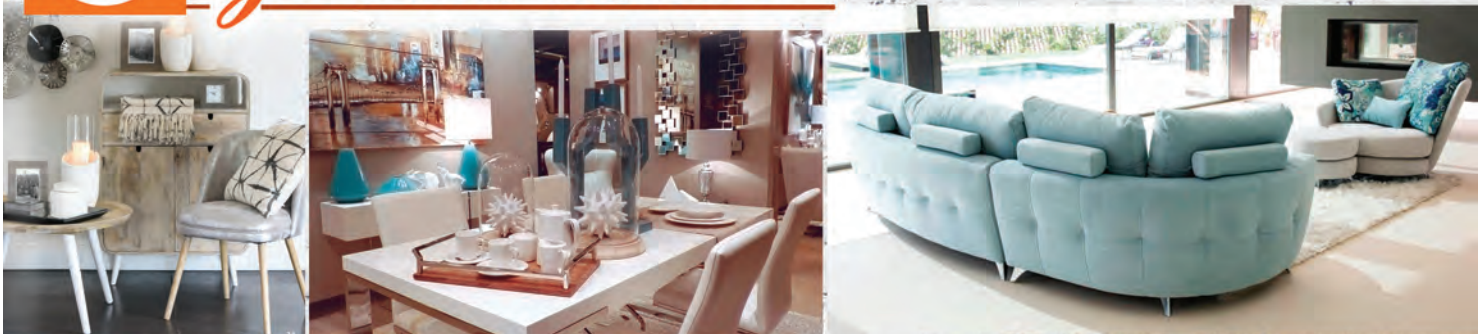
Zoning can be achieved by raised floors, lighting, subtle changes in décor, and unobtrusive boundaries achieved by shelves and furniture. Use art and ornaments to help tie the final effect together, and ensure that everyone has the room they need.

When you find yourselves all cuddled up on the sofa watching a favourite old film, you'll know you've got it right!



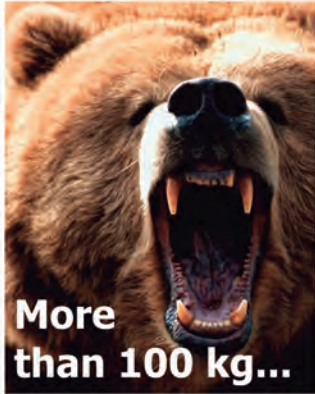
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Bed Bliss

You spend a third of your life there, but many of us are happy to spend far more time on a sofa or armchair than we are on our own bed. Big mistake.

The right bed can transform your life, while the wrong one can make it a daily misery. Both mattresses and soft furnishings deserve time taken over their selection as they add to the comfort and romance of life.

If you're allergic, make sure to look for hypo-allergenic mattresses, or invest in a mattress cover.

Don't forget to test a new mattress well. Most people spend far more time test-driving a new car than trying out a mattress. You should be prepared to lie down and really get comfy, to reflect your body's natural movement at night. 20 minutes should do it – remember that's the blink of an eye compared to the use you're going to get from it. Couples should remember that test driving a mattress doesn't include all the things you might want to get up to on it, though!



When dressing a bed you really are spoilt for choice. You can play with stronger colours and textures to rather dramatic effect if you have a lot of space, or you can keep it clean with all white bedding, curtains and cushions. Take into account the size of your room and how much daylight it benefits from and choose the thickness of your soft furnishings accordingly. Thin cotton muslin curtains in a small bedroom will enhance the feeling of light and space. It's the same with large patterns, whilst small ones have the effect of making the space that they cover smaller.



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Filling

the BOX



On Lanzarote, the basic item you'll be working with in a new home is a white box - four walls and a ceiling, usually painted in default white, and a tiled floor. It's a place you can transform into whatever style you wish.

Of course, no room is a white cube - if it was you wouldn't be able to get into it. Every room will have doors, windows and other design features that must be taken into account before you start planning. Doors are important because they will allow you to plan traffic lines - the routes that all users of the room will use. Windows, meanwhile, bring light, which can transform any room and make it change throughout the day as the sun rises and falls.

Interior decorators offer some surprising advice for those who are embarking on decorating an empty room. While you might think that organising

furniture, painting and deciding an overall style before you start are the most important things, they often suggest exactly the opposite: choose a piece of art, a rug or another focal piece for the room, and work from there.

This method is useful because it gives you a starting point. An empty room can be difficult to envisage when it's fully finished, but if you've got an idea to start off with you'll find that the other ideas start to flow.

The other important point is to ensure that starting point is something you love and feel comfortable with. There's no point in being on trend if your



heart's not in it, and heart is what decorating your home is all about.

So if you have a favourite batik fabric throw, a colourful and eye-catching painting, a rug

that lights your soul up or any other item that you know you'll never tire of living with, start from there and move outwards.

The colour scheme will flow from these

“Choose a keynote detail and work from there.”

key choices, so ensure that it, too, is one you can live with and remember that here on Lanzarote, you're permitted to be a bit more adventurous and vivid in your colour choices. However, if cool neutrals, breezy nautical shades, or even the minimal white space that typified Lanzarote's exteriors are your choice, then go for it. If you're choosing a sofa or an armchair, go for one in a colour that you'll love, not one that fits some aspirational idea that may never come together.

To repeat, choose a focal point and let your colour choices flow from it, rather than choosing a colour scheme and trying to find matching furnishings afterwards – a much more challenging affair.

The rest is up to you. You can go modern, with cool, fashionable greys or the dusty pinks that are the colour of the season, or you can look for something a little less trendy but longer lasting. Think about accents – copper, gold and brass are on trend right now, but wood never goes

entirely out of fashion, and the practical advantages of plastics, aluminium and other materials are clearly evident on Lanzarote.

Remember that many of those decor magazines are based in colder countries. You won't be worrying too much about fireplaces, and fashions such as tartan or thick knitted items are much more appropriate in cooler climes. The Danish concept of *hygge* is very popular right now, but it's aimed at achieving cosiness in cold winters - not something you need to bother about on Lanzarote.

And always remember that the local touch ties your home in with the culture you live in. Artesan baskets, embroidered wall hangings and potted palms are perfect for Lanzarote, while the furniture shops and the artists workshops in towns such as Tegui are full of unique and attractive items. The more you get out and about, the more you look around, the more ideas you'll have and the better you'll be able to apply them.

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Step on it!



Rugs and area carpets are exactly what you need to make your Lanzarote home welcoming, beautiful and atmospheric.

On Lanzarote, fitted carpets are about as common as trains and snowmen. They're simply too impractical and unnecessary to be of any use whatsoever. But it's also rare to find homes here without something on the floor –

for decorative purposes, for warmth underfoot and to protect wooden floors. The answer, of course, is rugs and smaller carpets.

The advantages of smaller, easily removed carpets are obvious. They can be moved, changed, cleaned and taken outdoors for a good beating – which will be necessary on an island where airborne dust is frequent.

Individual rugs can also form the keynote to a room without completely overpowering it in the way a fitted carpet tends to do. They are an absolute godsend to the creative decorator, offering myriad possibilities to make your home just that little bit special.

The first thing to do is choose your rug or area carpet.

The first thing to bear in mind is texture – you'll be surprised by how much wear rugs in certain areas can undergo, so you'll need to choose tougher materials such as hessian or coconut matting for zones that see a lot of use, while lesser-used areas can afford more delicate, finer rugs.

Think where your feet are going to be before planning your room. Rugs are usually placed under dining tables, in front of sofas and armchairs and in other places where you may be barefoot for long periods of time (a kitchen rug can be real lifesaver on Lanzarote).

Then choose your style. In this case you have, literally, a world of choice. Kilims - woven rugs from Asia - have been popular for decades now, and are perfect for Lanzarote homes, offering bold colour combinations and attractive patterns that can really

“A keynote rug can be the perfect starting point for your room.”

set a room off. Whether you're going for an ornate north African look or something a little more hippy-style, they're just the job.

Bold, bright patterns can also form the starting point for a spectacular room, and you'll find plenty of more modern rugs and carpets on offer throughout the island, especially those that represent the hugely popular Scandinavian style. For areas where it's likely you'll want to chop and change a lot, go for cheaper cotton or rag rugs.

Make sure rugs are held down and don't slip underfoot - especially important on Lanzarote where tiled floors can often be slippery, and ensure that all rugs and carpets are beaten and cleaned regularly.



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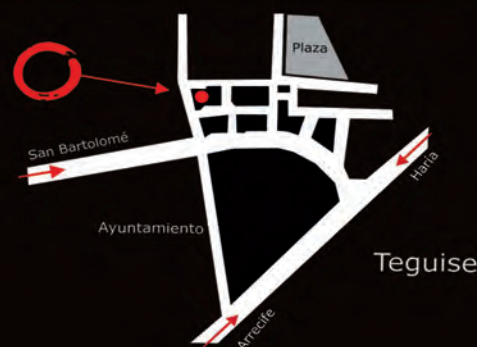
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Peace of Mind

It's absolutely crucial that you enjoy your pool in the utmost safety. Have fun and stay safe!

Every year Spain sees an average of around 80 deaths in swimming pools. While drownings in the sea are usually adult males, pool incidents are almost always children. And the pools in question are usually privately-owned.

The statistics reflect the fact that pool safety should be taken seriously by anybody with a private pool, especially if it will be used by children. Public pools are subject to strict safety rules and inspections, but there are so many private pools



in Spain that enforcing these regulations is far more difficult.

Here are the main things you need to do to ensure your pool is as safe as possible.

Be Water Conscious

Learning to swim is a skill that can be learnt easily at any age, and on Lanzarote it's an absolutely vital part of any child's upbringing.

However, it's not just children who need to know how to swim. Many adults who claim they

Remember that guests may not know the Spanish emergency number (911) and post it prominently near the pool. Keep a fully stocked First Aid kit on hand at all times.

Pool Prep

Pools need to be fenced off if children are around, and all pools should have easy access and exit points in the form of a ladder.

Pool covers don't just keep your pool

“A swimming pool is a blessing, but it is one that should never be taken for granted.”

can swim actually have very limited abilities. It's never too late to improve your swimming skills. Ensure there are strict rules for children who may be near the pool, and if they are likely to be unaccompanied at any times, invest in life jackets which must be worn in the vicinity of the pool. Much better is to have an eye on them at all times when they are using the pool.

clean and conserve heat – they're also vital for making the pool safer at times when its not being used. Make sure yours is a good, tough one that provides full coverage. Then use it.

DONT keep floats in the pool just in case someone falls in – they're far more likely to attract kids in the first place, and usually don't provide much assistance in emergencies.

First Aid

If you have a pool, it's totally irresponsible not to know the basics of First Aid. From the basic drill for CPR, to knowing what to do in the case of cuts and bruises or even concussions, there should always be someone on hand who knows what to do in an emergency.

Adult Sense

Adults also need to be aware of some basic safety rules. Alcohol and swimming pools are, basically a no-



no, and those who are in poor shape or prone to heart problems should be warned to take caution in unheated pools.

Lay down the law

Those posters at the municipal pools telling people not to run, dive in shallow water, etc were there for a good reason. They save lives. Make sure similar rules are laid down in relation to your pool.



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Sun Savers



the ideal choice for an area of the house that doesn't get as much sunlight – in a zone away from the south-facing areas, for example – and they can also be an attractive choice in higher parts of the island where it is always cooler and often cloudier.

A conservatory or a sunroom can soon become your favourite place during Lanzarote's cooler winter months, allowing you to make the most of every little drop of sunlight.

However, Lanzarote's year-round sunshine mean that any enclosed area with plenty of glass will need to be easily opened up to the outside, allowing fresh air to flow in and stop the interior becoming stifflingly hot.

This is where newer materials on the market, such as UPVC and aluminium, come into their own, allowing to to open up or close off your indoor area at will, keeping it windtight when its closed and also watertight on the few occasions when it rains.

If you can't stretch to an entire conservatory or a sunroom, you may still be able to partially close off a balcony or a patio area, which will allow a smaller, but every bit as tempting haven of warmth and quiet.

As well as ventilation and windproofing, safety and security will also be a consideration when you're using a lot of glass. That's why it makes sense to choose the toughest and most reputable products on the market.

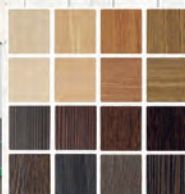
Outdoor life on terraces, patios, balconies and gardens is glorious during Lanzarote's scorching summers and mellow autumn, but the cooler months of winter and spring may see you wanting a little more warmth and shelter. This is when a conservatory or a sunroom can come into its own.

In northern Europe, conservatories are used to make the most of meagre amounts of sunlight, and were

originally built to allow more exotic types of plants to flourish in a cool climate. Back then, they were limited to old country houses – Colonel Mustard and Miss Scarlett were often found doing evil deeds in the conservatory with the lead piping or the dagger – but more recently, new materials have meant they are more accesible to everybody.

On Lanzarote, a conservatory or sunroom can be

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Outside Right



If you're thinking of giving your exterior an overhaul, there are few better months than October in which to do it.

October on Lanzarote is one of the calmest, mellowest months of the year. The fine days and general absence of calima dust storms from the African continent mean that it's one of the best times of year to give the exterior of your home a makeover – and on Lanzarote that will generally mean starting with a whitewash.

Look closer at the white houses on Lanzarote and you'll see many of them aren't quite as immaculate as they look at first glance. Wind-borne red dust can form a light patina, usually washed away by rains, that is a fact of life here, but those rains can also cause unsightly run-off stains beneath windows and eaves and worst of all, they can cause older paints to flake and peel off.

A Blank Slate

Whitewashing your home is a big job, and unless you've got a week free, one that is probably left to professionals. But once you've finished you'll be left with that familiar Lanzarote sight – blinding, snow-white walls and geometric shapes.

On the outer facade of your property, this is fine - it roots your property firmly in Lanzarote tradition. Islanders have been whitening their homes here for centuries with the lime that was one of the island's historically important products, and the result is an island where sugar cube homes contrast beautifully with blue skies and dark volcanic basalt and picón.



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But almost every Lanzarote property also has areas where you'll want to relax - the theatre for the style of open-air living that has also existed for centuries and is represented by courtyards and patios. And in this place, glaring, blinding white can be too much of a muchness.

In the Shade

Shade, of course, is the most important element of this indoor/outdoor area - it needs to be consistent and it needs to be reliable. It can be provided by architectural features such as a pergola, or more flexible alternatives such as shade sails and awnings.

If you're lucky enough to have fully grown trees such as jacarandas or mimosas, then you'll value the shade they bring, too, but if you haven't it's never too late to start training one up. More immediately, think about climbing plants in your outdoor space, which add a natural look that is the very essence of relaxed living. Container plants can immediately transform an outdoor area, and if you choose herbs, citrus trees and other fragrant plants, can also add an extra sensory element.

Sense Appeal

Colour can be provided by flowers, by tiles, by carefully selected ornaments and even by artificial grass, which is well worth thinking about if you have kids around. Shop around for attractive containers and outdoor ornaments such as artisanal baskets or weathered pieces of driftwood.

Don't forget water. A water feature will instantly add a cool, sensual dimension to your outdoor space, and will also come into its own when you consider lighting the area at night. Not everyone likes noises in their outside area, but if you do, then water features and wind chimes can also multiply the sensual appeal.

Lighting is the final element to take into account. If you get it right. You'll be tempted to use your outdoor area much more than you will if you get it wrong, so take plenty of time to experiment and don't be afraid to get the advice of a professional. This is something that it pays to get absolutely right.

Fully Furnished

Furniture-wise, you'll also be looking for designs that offset the white. Wood and wicker offer gorgeous natural shades and textures, but modern aluminium and plastics can offer a more modern look with the added advantage of durability and low-maintenance.

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Time for Action

October is a time when you can really enjoy the best of your garden.



Top Tip: October on Lanzarote is the equivalent of early spring in the UK as far as gardening is concerned - a time to plant, tidy and make your garden grow.



have survived. The summer heat has turned into something much kinder, and the generally calm and warm conditions mean it's the right time for planting, potting and generally giving everything a good trim. It's also a time when your garden can burst into colourful bloom.

In the island's vineyards, farmers will be clipping back the vines and allowing them to simply rest for a few months before next year's growing season. Some of these plants are over 200 years old, so it's not as if they're not used to it.

Elsewhere, growers will be taking advantage of the mild season to sow and plant green vegetables, onions and other perennial island crops, so that they'll be strong enough to deal with anything that winter throws at them. In gardens, plants will be moved to larger containers that allow them to really spread themselves and flourish.


In many gardens the summer will have taken its toll, with dry, yellow leaves on many larger trees and shrubs. A good pruning is in order here, allowing new growth to establish itself (if you have palm trees, don't forget you need permission

The weather is warm, calm and mild, and it's a time when you'll want to be surrounded by beauty, colour and greenery. But get cracking, because there's some work - or some shopping - to do if

you really want to make the most of it. Finally, Lanzarote's plant life can take a bit of a breather. Months of scorching heat, hot winds and, this year, a couple of calimas, have taken their toll and only the strong and the well-tended

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from your Ayuntamiento before pruning). If you have pampas grass, you can even burn it down! It'll soon grow back just as strong and twice as fresh-looking.

Pruning also offers you the chance to shape. If you have shrubs such as bay trees and olives in containers, or even larger trees such as orange and lemon, then this is the time to train them exactly the way you want, clipping back stray branches and encouraging stronger growth in flowering areas.

Flowering Free

High summer is too much for many flowers, and you should have moved your most vulnerable blooms to a protected place during the worst of the heat. But now's the time you can put them back on display, shifting those containers back to centre stage and letting wall-mounted containers make an attractive statement. They'll still need regular watering, of course – October doesn't bring much rain – but you can lay off the intensive irrigation programme of summer.

Deadheading is important if you haven't done it already, and this is also a great time to plan larger projects that will provide shelter for your flowers. Greener hardy plants give shade and shelter to delicate flowers, and add an attractive green backdrop that breathes coolness and life.

Your cacti may also begin to flower at this time of month - so ensure they're on display when they do. They'll also need



plenty of tender, loving care at this time of year.

Finally, this is also a time when you can jump into the car and go shopping. Touring the island's garden centres will give you plenty of new ideas, and your sure to come home with new projects, new ornaments and – of course- some gorgeous new flowers and plants for your green space.



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43 AND Out,

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IT TO WIN IT



U.D. Lanzarote have had a mixed start to the season. The Rojillos (Reds) have played five: won two, drawn two and lost one, leaving them in seventh position in the Tercera División (fourth tier) - just three points from top spot, writes Ian Lane.

On the 18th September Lanzarote went into their home match against newly-promoted Tenerife side CD Buzanada looking for their 44th consecutive home game without a defeat. This really looked a home banker, but how football can shock never ceases to amaze.

The Rojillos were not at their best but the visitors were just on fire, with striker Gerardo scoring four of his team's five goals, and they destroyed Lanzarote's record with this 1-5 win.

Rojillos manager Adolfo Pérez must be praised as his side had gone two whole seasons without tasting defeat on home turf. The last loss (1-2) at home was versus Gran Canarian side UD Vecindario on the 12th April 2014 and I am sure Adolfo will go down in the local history books for some time yet.

His side began the season with two disappointing draws followed by two wins, then crashed to earth with this humiliating defeat. There is no doubt Lanzarote will bounce back as they have an

abundance of talent, so a little humbleness should do no harm.

October will be a real test as the three home games will begin against league leaders CD Marino; then it's last season's champions Santa Brígida, currently in fourth, and San Fernando, who are in sixth spot.

The locals I talk to are so thankful for the support the club receives from foreign residents and tourists. It is so easy to get to a game as the stadium is just 100 yards from Arrecife central bus station and buses run regularly from Costa Teguiise and Puerto del Carmen, going back and forth every 30 minutes.

The club has also introduced for the first time ever an annual magazine which is available from me at Friday PDC market and Teguiise Sunday markets, as well as from the ticket office and the bar on match days. The cost is just five Euros and the interviews are written in both English and Spanish. It also includes an article and photos of Lanzarote's legendary Copa Del Rey exploits versus Real Madrid, Atlético Madrid and Athletic Bilbao, amongst other Primera Liga sides.

For more info contact Ian Lane on 928 843332 or 649 963 943, info@mercancianlazarote.com or on www.lanzarotefootball.com as well as Facebook: Lanzarote football club. Official Club shirts and merchandise are on sale with Ian at the Club's stall every Sunday at the Teguiise market (near the public toilets) and now also at Puerto del Carmen old town market on Fridays.

Lanzarote manager Adolfo Pérez with the clubs first ever annual magazine.

Available from markets and on matchday for just 5 Euros.



FORTHCOMING HOME GAMES

Gate entrance is €8 Euros adults (€6 residents) and €6 pensioners (€4 residents). As always children 15 years and under are admitted free of charge.

2nd Oct

Lanzarote v CD Marino

16th Oct

Lanzarote v
UD Santa Brígida

30th Oct

Lanzarote v
UD San Fernando

RUGBY

**BACK ON
TRACK**

Rugby's back in business after the summer break, and Lanzarote Rugby Club have big plans for the season ahead.

The club will be visiting local schools to try and sign up youngsters for the youth sides – a similar initiative at Playa Honda brought some truly excellent local kids into the game – and there'll be regular training sessions for the 11-15 year olds, coached by Nigel Levett, while ex-international Ian Irving will take charge of the promising 16-19 year old squad. The club are also hoping to get a girl's team up and running again.

Ian Kerr and Julio will be organising the senior squad's sessions, and it looks like the Canarian League will be back up and running once again. Pre-season games are already pencilled in against Fuerteventura.

Senior team training sessions will take place as usual at 8 pm on Tuesdays and Thursdays at the sports ground at Playa Blanca's secondary school, and it seems highly likely that the youth sessions will be going ahead as usual on the same days at 7pm.

If you want to get involved, or would like your kids to try rugby, call Ian Kerr on 630817234 or email him on yans55lz15@gmail.com



Marieke Vervoort

**ISLAND
STARS**

Well done to Lionel Morales, the Paralympic triathlete who achieved a creditable 7th place in his event at the Paralympics in Rio de Janeiro last month.

Lionel received an Olympic diploma for his performance – an incredible feat for someone who only took up competitive sport three years ago – and he thoroughly enjoyed the amazing experience of a triathlon on the world famous Copacabana beach.

Although Lionel was the only Lanzarote-based athlete in the Paralympics, there were plenty of congratulations from the island for Belgian athlete Marieke Vervoort, who won Silver in the T52 400 metres.



Rio silver medal winner Marieke Vervoort, who suffers from a progressive degenerative condition, is a regular visitor to Lanzarote, and the Gazette interviewed her earlier this year when she brought her trusty hound Zenn to visit Sara Animal shelter.

Marieke caused headlines after calling a press conference in Rio following reports that she was going to commit suicide after the Games. She confirmed that she had signed euthanasia papers in Belgium in 2008, but that she had no intention of saying goodbye just yet. Instead, she hopes to inform people about euthanasia and enjoy every moment of life left to her. Marieke also said she'd love to stay on Lanzarote during her remaining time.

Marieke told the press "I signed my euthanasia papers in 2008. Look now – it's 2016 and I won the Silver medal."

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The driverless future



One of the results of this is freedom – already the Spanish Tráfico department has suggested simplified driving tests for those who'll be driving self-parking vehicles, and the arrival of driverless cars will open the road to anybody, regardless of

whether they can drive or not.

Some believe this will lead to an even greater reliance on the car, with millions of people who can not drive now enjoying immediate access to cars. Others suggest that car-sharing may become a new norm, and the implications for public transport are also fascinating – when every car is effectively, a train or a bus, why own a car in the first place?

One of the main problems of the transition will be the situation that arises when our roads are equally shared by driverless and normal cars. Experts believe that, in this situation, most problems will be a result of human operation, and the drive to go fully driverless will increase.

However, the vision of a fully driverless future is still too strange for many of us to contemplate. Roads would change, with little need for the signage and markings that clutter our highways right now. Congestion would be a thing of the past. Taxi drivers, haulage drivers, “white van man” and other professional drivers would vanish, and our daily drive to work would be devoted to leisure activities.

But this future is on the way. And when you consider that 100 years ago Lanzarote relied entirely on horse, donkey and camel transport, with just a few rough roads traversing the island, it may be a lot less strange than the future we already live in.



Driverless cars are already a reality, and most experts believe they'll be standard within a couple of decades. But what would a driverless future look like?

Anton Van Zanten's name may not be known to many, but he has saved an estimated 8,500 lives in Europe. That's because Van Zanten developed the ESC (electronic stability control) anti-skid system that is now standard in all new cars, and which has been hailed as the

most important lifesaving device since the seatbelt. The ESC system has also led Van Zanten to be hailed as the “grandfather of the driverless car.” Since he developed ESC we have seen new technology such as anti-lane drift, automatic braking, cruise control and self-parking – all of which reduce the role of the driver.



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PORSCHE

718 Cayman



The new Porsche Cayman is faster, cheaper to run, and even better to drive than its predecessor. If you want to own a Porsche, there's no better time to join the black horse club.

Downsizing is all the rage at the moment. In an effort to boost performance but reduce pollutants, manufacturers are employing smaller, turbo-charged engines to meet ever-stringent global emissions legislation.

Nowhere is this more

obvious than with the Porsche 718 Cayman. Out goes the six-cylinder engine, and in comes a turbocharged 296bhp 2.0-litre four-cylinder engine. Despite the reduced capacity, there's 25bhp more than before, with torque also boosted from 290Nm to 380Nm – making a big difference in punch.

Provided you maintain revs above 2,500rpm, the downsized engine feels just as strong as its predecessor. Keep the turbo



The Porsche 718 Cayman is now the entry-level Porsche, taking over from the Boxster. And it doesn't disappoint...

spooled and it'll pull strongly all the way to the red line, making it an alarmingly effective overtaking tool – and easily as competent as the old six-cylinder in a straight line.

In fact, the 0-62mph sprint is now taken care of in 5.1 seconds – six tenths faster



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Specs

Engine: 2.0-litre 4cyl turbo
Power/torque: 296bhp/330Nm
Transmission: Six-speed manual, rear-wheel drive
0-62mph: 5.1 seconds
Top speed: 171mph
Economy/CO2: 38.2mpg/168g/m

than before. Select the fantastic PDK dual-clutch auto and this falls to 4.9 seconds. That's not only faster than the outgoing car, but quicker than an old Cayman GTS.

Fuel economy improves, too, with the new entry-level Cayman capable of 38.2mpg – almost 5mpg better than in the pre-turbo era. Emissions take a welcome drop from 195g/km to 168g/km, making the new 718 a more attractive proposition for private buyers and company car drivers alike.

But let's face it – nobody buys a Porsche for economy. Prospective owners are likely to place driving performance above fuel saving tech. And they won't be disappointed.

The steering is pin-sharp with plenty of feel. The mid-engine chassis is taut, while the rear-wheel drive layout slingshots you out of tighter bends while providing unflappable grip through the wide-section back tyres. Body roll is nearly non-existent.

But incredibly, the 718 Cayman also throws an exceptional ride into the mix. Comfortable, it also handles potholes and broken surfaces in its stride without a wobble.

■ Car sales boom

Car sales have continued to rise in Spain despite the expiry of the government's PIVE plan in July.

Sales for August were up 14 per cent on the same month last year, with 67,000 cars being sold. So far this year., sales are up more than 11 per cent on 2015.

Top of the pops in August was the Seat León, which took over from the Citroën C4 – more good news for the Spanish car manufacturing sector.



■ World's drunkest driver

A dubious world record was set when a Basque driver was arrested with over ten times the legal limit of alcohol in his bloodstream.

The 58-year old man was stopped in southern France, after travelling more than 150 kilometres. Too drunk to be breathalysed, he was taken to the nearest hospital which registered a blood alcohol level almost ten times higher than the limit.

This level would mean the driver had consumed the equivalent of ten pints of beer or two litres of wine. He was provisionally banned for six months and will face court later.



■ Accidents increase

It's not just Lanzarote that is seeing more road accidents recently. Road deaths in Spain as a whole increased by 12% in the summer of 2016 compared with the same three months in 2015.

But Spain is not alone. The UK, Denmark and Sweden have all registered worrying increases in road deaths of more than 10 per cent in the year so far. Germany, on the other hand, has seen a fall of 9 per cent.

The figures in Spain have been attributed to increased traffic caused by the tourist boom, as well as the continued presence of older vehicles on the roads.





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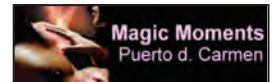
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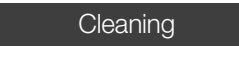
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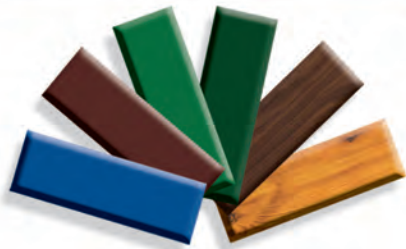
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Day	Hour	Metres	Day	Hour	Metres
First Quarter 1 Moon	H: 02:02 AM L: 08:08 AM H: 02:15 PM L: 08:27 PM	2.8 0.5 2.9 0.4	17	H: 02:23 AM L: 08:34 AM H: 02:43 PM L: 08:56 PM	3.2 0.1 3.2 0.1
2	H: 02:32 AM L: 08:39 AM H: 02:45 PM L: 08:56 PM	2.8 0.5 2.8 0.5	18	H: 03:05 AM L: 09:18 AM H: 03:27 PM L: 09:40 PM	3.1 0.1 3.1 0.2
3	H: 03:01 AM L: 09:10 AM H: 03:16 PM L: 09:26 PM	2.8 0.5 2.7 0.5	19	H: 03:49 AM L: 10:05 AM H: 04:14 PM L: 10:25 PM	3.0 0.3 2.9 0.4
4	H: 03:31 AM L: 09:41 AM H: 03:47 PM L: 09:56 PM	2.7 0.6 2.6 0.7	20	H: 04:36 AM L: 10:55 AM H: 05:06 PM L: 11:15 PM	2.9 0.5 2.6 0.7
5	H: 04:02 AM L: 10:14 AM H: 04:20 PM L: 10:29 PM	2.6 0.7 2.5 0.8	21	H: 05:29 AM L: 11:53 AM H: 06:06 PM	2.6 0.7 2.4
6	H: 04:36 AM L: 10:51 AM H: 04:57 PM L: 11:06 PM	2.5 0.9 2.3 1.0	Last Quarter 22 Moon	L: 12:15 AM H: 06:33 AM L: 01:05 PM H: 07:22 PM	1.0 2.4 0.9 2.2
7	H: 05:16 AM L: 11:34 AM H: 05:43 PM L: 11:52 PM	2.3 1.0 2.1 1.1	23	L: 01:32 AM H: 07:52 AM L: 02:31 PM H: 08:52 PM	1.1 2.3 1.0 2.1
8	H: 06:06 AM L: 12:32 PM H: 06:45 PM	2.2 1.2 2.0	24	L: 03:01 AM H: 09:19 AM L: 03:54 PM H: 10:12 PM	1.2 2.3 1.0 2.2
First Quarter 9 Moon	L: 12:56 AM H: 07:17 AM L: 01:52 PM H: 08:11 PM	1.3 2.1 1.2 1.9	25	L: 04:19 AM H: 10:31 AM L: 04:58 PM H: 11:11 PM	1.1 2.3 0.9 2.3
10	L: 02:24 AM H: 08:46 AM L: 03:20 PM H: 09:38 PM	1.3 2.1 1.2 2.0	26	L: 05:17 AM H: 11:25 AM L: 05:46 PM H: 11:56 PM	1.0 2.5 0.7 2.4
11	L: 03:48 AM H: 10:03 AM L: 04:30 PM H: 10:43 PM	1.2 2.2 1.0 2.2	27	L: 06:02 AM H: 12:08 PM L: 06:25 PM	0.8 2.6 0.6
12	L: 04:52 AM H: 11:02 AM L: 05:24 PM H: 11:34 PM	1.0 2.5 0.7 2.5	28	H: 12:33 AM L: 06:39 AM H: 12:45 PM L: 06:59 PM	2.6 0.7 2.7 0.6
13	L: 05:42 AM H: 11:51 AM L: 06:10 PM	0.7 2.7 0.5	29	H: 01:05 AM L: 07:13 AM H: 01:18 PM L: 07:30 PM	2.7 0.6 2.7 0.5
14	H: 12:19 AM L: 06:27 AM H: 12:36 PM L: 06:52 PM	2.7 0.5 2.9 0.3	30	H: 01:36 AM L: 06:45 AM H: 12:49 PM L: 06:59 PM	2.7 0.5 2.8 0.5
15	H: 01:01 AM L: 07:10 AM H: 01:18 PM L: 07:33 PM	2.9 0.3 3.1 0.1	31	H: 01:05 AM L: 07:16 AM H: 01:20 PM L: 07:29 PM	2.8 0.5 2.7 0.5
Full Moon 16	H: 01:42 AM L: 07:52 AM H: 02:00 PM L: 08:14 PM	3.1 0.1 3.2 0.1			

H=High
L=Low

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By Clairvoyant
Shona Langholm

H Horoscopes

♏ Scorpio

23 Oct to 21 Nov

You're more important to a friend than you think, Scorpio, and some kind words and support will make a genuine difference. Be compassionate, but don't be scared to be firm. Elsewhere, work is buzzing and the money is starting to come in. Make sure you treat yourself- you've earned it.

♈ Aries

21 March to 19 April

Fools rush in, Aries, so hold fire on a big decision until you get the information you need to make an informed choice. A friend may need a small loan, but your generosity will be amply repaid. Keep a positive outlook in romance – things may not actually be bubbling at the moment, but be assured they're coming to the boil.

♉ Taurus

20 April to 20 May

Taking a moment to think about security will avoid problems. Change passwords, check your locks, keep valuables close by – you know the score. At work let your creative juices flow – your input will be welcomed. In romance be sure to show your appreciation - whether it's a long time lover or a brand new flame, a smile will set the sparks alight.

♊ Gemini

21 May to 20 June

A dilemma you've wondered about for some time will now become crystal clear. You've lived, learned and can now act. Forthcoming travel plans will need your attention, especially as you could really use a short break. Try not to leave everything until the last minute – your social life will be hectic right up to the last minute.

♋ Cancer

21 June to 22 July

Why not try being a tourist for a while, Cancer? Explore your neighbourhood with new eyes and you'll extend your social horizons, too. If you're looking for a new job, this could be a lucky time. Travel plans also look promising and unexpected cash comes your way. It's going to be a month packed with fun and fortune.

October 2016

♌ Leo

23 July to 22 Aug

Love doesn't always come like Cupid's arrow or a bolt from the blue, Leo. Sometimes it's in the last place you'd expect to find it, and all you have to do is open your eyes a little wider. Spontaneous decisions are the key to enjoying life right now – if you look before you leap you might miss the ride altogether.

♍ Virgo

23 Aug to 22 Sept

Something that has been preying on your mind needs to be addressed right now, Virgo. It's time to seize the nettle and maybe you'll realise that the sting you were so afraid of isn't so bad. Talk to your friends and keep them close by - this is a time when teamwork can enhance your romantic life and your social life. An unusual, but welcome, surprise awaits later in the month.

♎ Libra

23 Sept to 22 Oct

OK, Libra. Now's the time to get stuck in to a project you've been thinking about for a while. It'll be hard work, but the rewards will be worthwhile and you'll find you enjoy the intensity. Health and fitness should be top of your to-do list this month, as you'll need all the energy you can get. You may be surprised by the romantic attention this new no-nonsense phase will inspire.

♏ Sagittarius

22 Nov to 21 Dec

You'll be out and about this month, and it'll pay to try and remember some of those new faces and names

you'll meet. An old flame may get in touch with a proposition that you're not entirely sure about. Enjoy the attention but don't do anything rash. If you get angered by gossip, just turn your back and walk away.

♐ Capricorn

22 Dec to 19 Jan

You need to learn to walk before you can run, Capricorn, so take a new project at a steady pace. You'll find improvement comes naturally. There'll be a lot of laughter this month, but remember not to hurt people with your cutting wit. There's a general sparkle about your romantic life that could also disguise more serious undercurrents – stay aware.

♑ Aquarius

20 Jan to 18 Feb

Get some rest and leisure early in the month - you'll need your batteries fully charged for later on. At work, stay positive and don't give in to the defeatist attitudes around you. News of a big change will come later in the month – make sure you're ready to deal with it emotionally, and above all, don't give in to fear or timidity.

♒ Pisces

19 Feb to 20 Mar

Your work life could become entangled with your private life, bringing plenty of frustration and even unhappiness - unless you follow strict rules about workplace relationships. Keep your head down in family arguments and avoid direct confrontations. Earn an undying friendship by generously forgiving a minor offence.



BRIGITTE RIESCO



Brigitte Riesco came to Lanzarote from Switzerland, and now lives in Guime, where she is pursuing her lifetime passion for art.

■ When did you come here, Brigitte?

My first visit was 36 years ago! I've holidayed here ever since then and finally bought a property in Güime at the turn of the century. I was a "swallow", spending summer in Zurich and winter here for many years, but I finally made my base here three years ago.

■ Was it love at first sight?

Completely yes. I remember sitting on a wall, looking at the stones and thinking "I'd like to be a stone here in this landscape." To be one with the island is what gives me peace and tranquility.

■ What did you do in Zurich?

I ran a restaurant there for many years on Lake Zurich. My daughter and grandchildren who I love dearly live over there so I go back to visit at least twice a year.

■ Do you find it easy to adjust between Switzerland and Lanzarote?

Yes. When I'm here I sometimes miss the mountains and when I'm there I miss the beaches here, so I'm always somewhere in between the two places. Also, Lanzarote's laid-back easy lifestyle is a big relief after the business and stress of Zurich.

■ Has art always been a part of your life?

Yes, I've painted ever since I was a child and it's always been central in my life. Now I have more time to do what I love.

■ What do you paint?

All sorts of things, from landscapes to portraits. I love painting people, whether its celebrities like Marlene Dietrich or just friends.

■ Would you paint anyone?

There are some people you can paint, and others where it's not so easy. It's all to do with personality more than anything else.

■ Have you exhibited on the island yet?

Not yet, but I plan to do a show next year. I do have a showroom at Christian Honerkamp's atelier in Tinguatón, though, and anyone can see my work there.

■ Do you have a favourite spot on Lanzarote?

I love Famara - the energy there is incredible, the beach, the sea, the view - everything. It's also a place that reminds me what the island was like 30 years ago. In fact, most of the north of the island - Haría, Punta Mujeres - is more like that.

Thanks, Brigitte.



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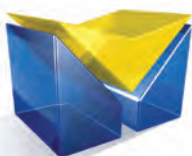


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