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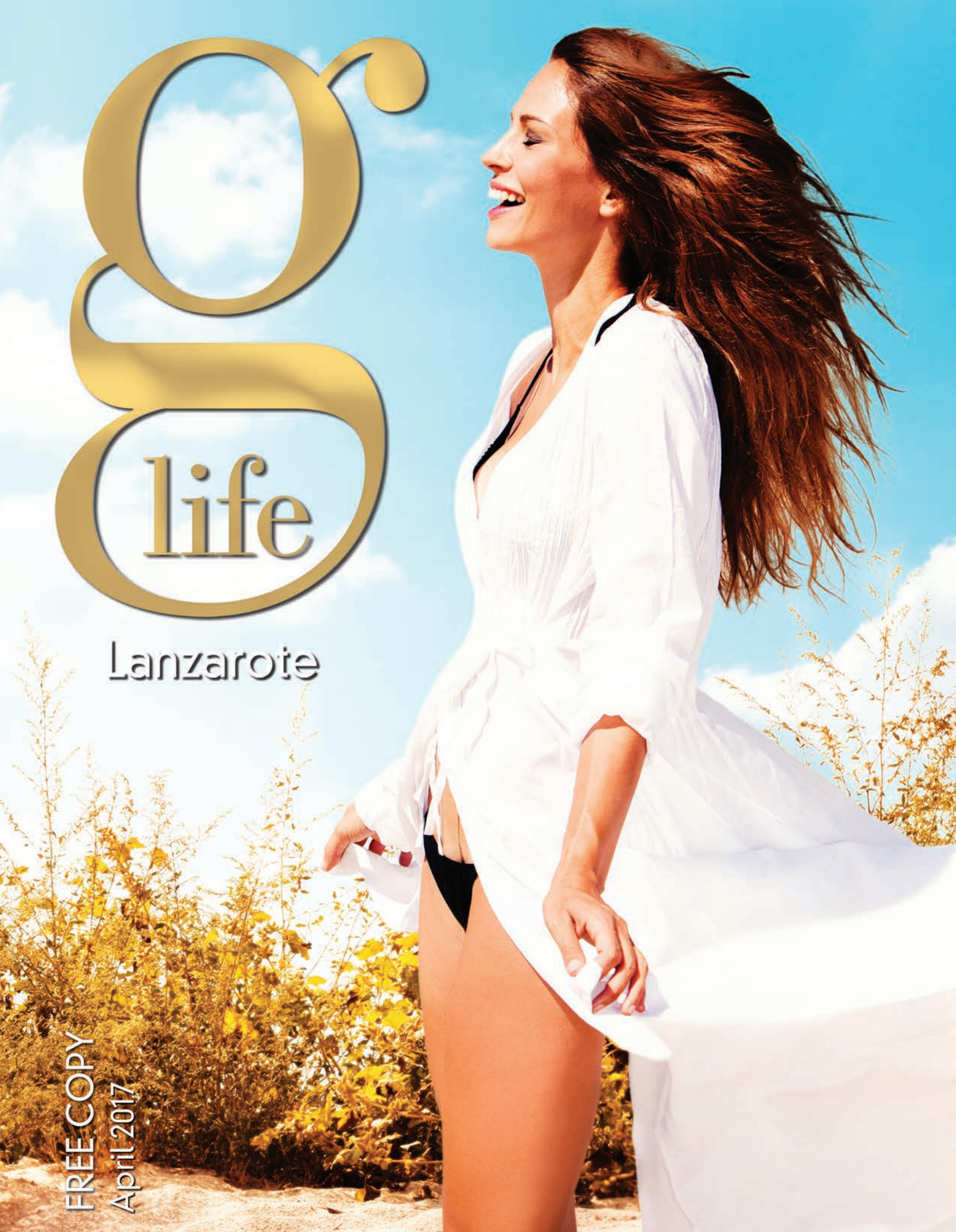

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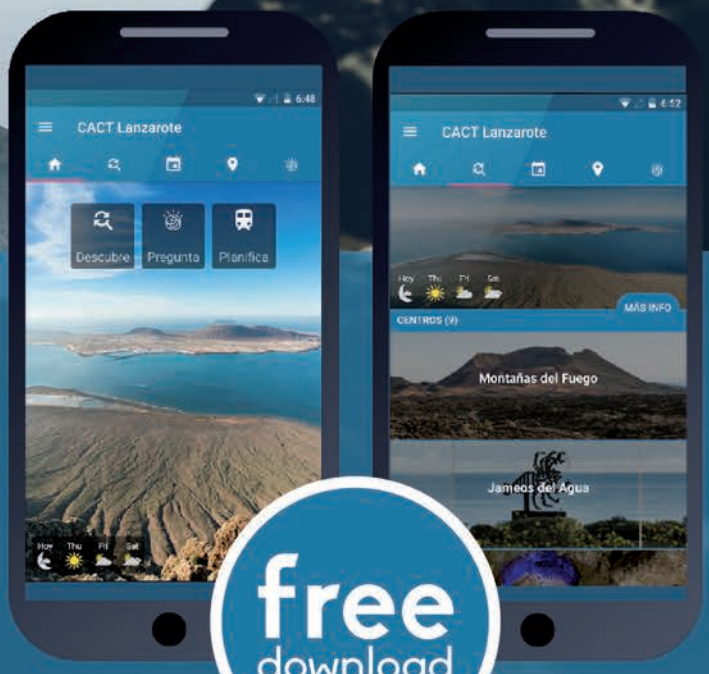

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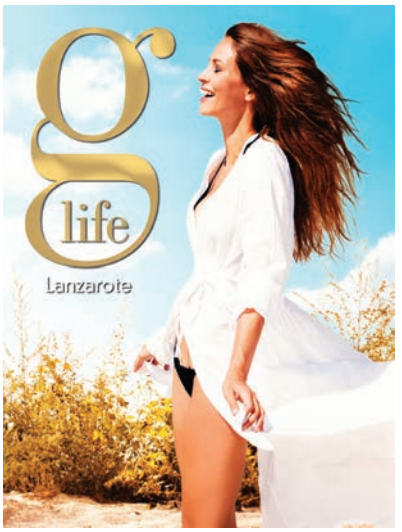

Falling in love again

Editor's Letter

When my brother moved to the Lake District years ago he couldn't wait to get up a few mountains or discover some beauty spots, and was fairly surprised to learn that his new workmates rarely did any such thing. Now, he hasn´t climbed a pike or hiked round a mere for ages.

When you live somewhere there's always the risk that you'll start taking it for granted. Last month I walked a couple of kilometres north from El Golfo to the wild and beautiful Playa del Paso and was reminded how long it had been since I'd seen the sight of waves exploding spectacularly against black volcanic shorelines.

My experience of the waves wasn't just visual. A few seconds after I admired a massive roller thundering in from the highest cliff top, it sent up a spume of seawater that drenched me from head to foot. After wringing a few pints of water out of my sweatshirt, I made my bedraggled way back to the car, passing several well-kitted out walkers with their trekking poles who never seem to end up in situations like this.

Still, it was a lot more fun than assembling IKEA furniture, which is what I seem to spend a lot of weekends doing, and I've promised myself to get out and about even more often – especially at this time of year, when Lanzarote is at its greenest, freshest and most appealing.

One of the things I like about this island is that it doesn´t make things too easy. The clifftop walk I took was rough, rugged and basic, but the advantage of this is that you feel like you've earned the view of the beach and the seafood lunch at the end of it.

There are millions of tourists who have never discovered some of the most beautiful parts of this island, but the reason they are the most beautiful parts of the island is precisely because millions of tourists haven´t discovered them.

So if you're a visitor, be assured that on Lanzarote it always pays to explore and look a little further afield; and if you live here, remember that it's never too late to rediscover the island you fell in love with all that time ago. Enjoy the mag

The Editor

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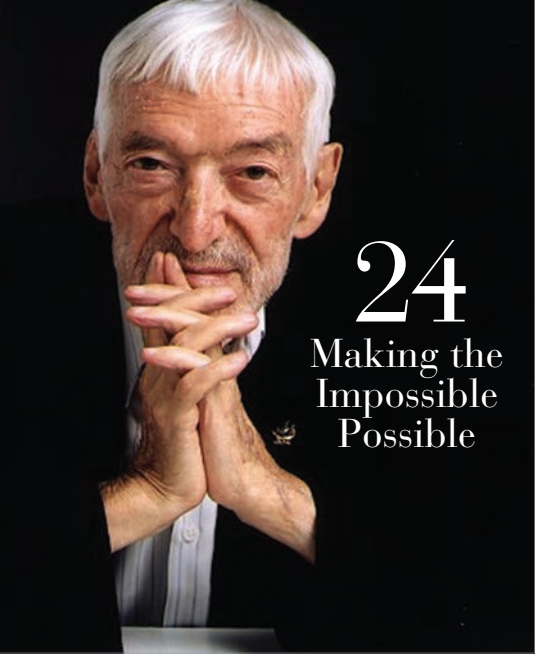

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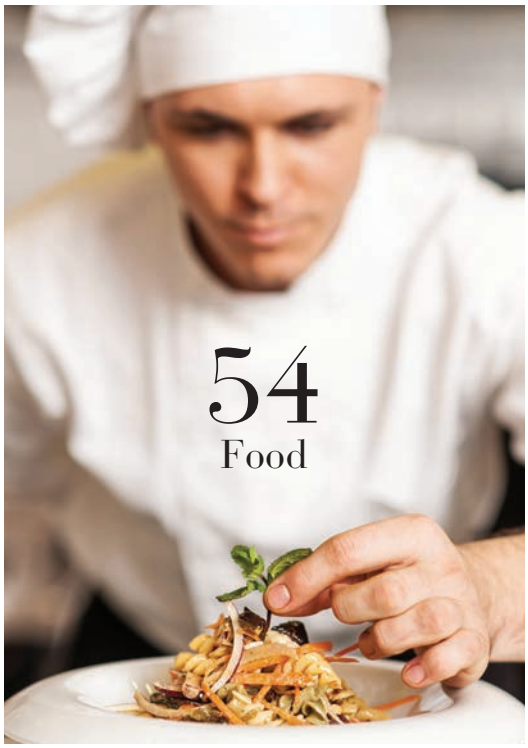

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gBrief

Carnival Controversy

While last month's carnivals on Lanzarote took place without too much fuss, the same was not the case on the neighbouring island of Gran Canaria, where this year's carnival was marked by furious controversy and a tragic murder.

In Gran Canaria, the winning gala performance in the drag queen competition caused an outcry and was blasted as "blasphemy" by a local Bishop.

The performance featured a drag artist known artistically as Sethlas coming on stage dressed elaborately as the Virgin Mary. Surrounded by dancers dressed in the pointed hoods of traditional Spanish Easter penitents, he mimed to Madonna's Like A Prayer and Lady Gaga's Judas. However, it was the second part of the performance that really caused jaws to drop, as Sethlas was hoisted aloft on a crucifix before high-kicking his way to the floor and being whipped by his dancers.

The response of the Bishop of the Canaries was every bit as controversial. In a press release, Francisco Casas said that "until today" his saddest day in the Canaries had been the day of air crash in Madrid in 2008, in which 154 Gran Canaria-bound passengers lost their lives. Casas continued: "Frivolous blasphemy has triumphed in the Drag Gala of Las Palmas. It has triumphed in the voting and it has triumphed in the applause of the inflamed mob."

The Bishop was immediately criticised by relatives of victims of the air disaster, and even the Archbishop of Madrid tweeted "I say to Bishop Francisco of the Canaries: there are limits."

Drag Sethlas was denounced by the Association of Christian Lawyers, an ultra-conservative far-right organisation, but prosecutors ruled there was no case to answer.

Murder at the Carnival

The Drag Queen controversy overshadowed a more tragic event at the Las Palmas, when a 22-year old died after being beaten up following the carnival procession in Gran Cnaria's capital.

Jonathan Orozco, who had moved to Gran Canaria from Colombia with his family at the age of 5, was attacked and severely beaten in the Parque de Santa Catalina after the parade. After being treated in hospital, he was discharged, but died the following night.

Two men were arrested in relation to the events, and have been released provisionally with charges pending.

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gLife News

Rosana

Rosana returns

Lanzarote's biggest music star, Rosana, returned to her native island to film the video for her latest single *En La Memoria De la Piel.*

Rosana, who shot to international fame in the mid-90s with hits like *A Fuego Lento* and *Sin Miedo*, is seen singing in stunning landscapes at El Golfo and the Volcán del Cuervo.

En La Memoría de La Piel is the second single from the album of the same name, which has been nominated by Billboard magazine as one of the top ten Latin records of 2016.

Carnival injury

An ambulance driver was injured after the carnival procession in Arrecife when one of the carnival floats brought down a utility pole, which landed on her and another woman.

The float, which had "left the signalled route" for leaving Arrecife, drove into power cables, bringing down the pole that supported them. Two women were hurt by the pole, including an ambulance driver who was attending the carnival in a professional capacity.

Arrecife is investigating the incident, but claims that all drivers of floats were tested for alcohol before and after the parade.

"Sick joke"

Lanzarote hotel federation Asolan has been criticised after promoting courses aimed at improving the "professional wellbeing" of hotel chambermaids.

The courses include physical training sessions aimed at "converting the movements used at work into healthy and positive exercises" and are described as "an entertainment that reduces muscular injuries."

Myriam Barros, of the chambermaids campaign group Las Kellys, said "What we need is less physical work, rather than entertainment."

Carlos Meca, of Podemos, said the proposal was "a sick joke". "What the chambermaids need is not to be exploited by their employers," he said "There is no point teaching them postures and movements that they already know, and at the same time demanding that they clean an excessive amount of rooms."

Anchors away!

A man is being investigated by the Guardia Civil after putting two ancient anchors up for sale on the internet.

The offer was spotted by a worker at the Cabildo's Heritage Department who informed the Guardia Civil. Two rusty anchors, dating from the 17th and 18th centuries, were later removed from premises where they had been kept.

The seller could prove no title of ownership to the anchors, and could face a fine of thousands of pounds for breaking the Canarian Law of Historical Heritage.

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Canarian post-Brexit plan

Pedro Ortega

The Canarian Government is actively seeking alternative tourist markets to Britain, and two commissions have already been held to prepare for the post- Brexit situation.

The UK is currently the most important foreign market for the Canaries, providing almost a third of all visitors to the islands. However, Canarian Minister for the Economy Pedro Ortega recently announced "Right now we have no idea what the UK is going to do. In June, Europe will decide its position and we're preparing information so that the Canaries will be defended against any adverse situation, as well as being able to take advantage of new opportunities."

Ortega also said that the Canarian Government "is already promoting the financial benefits of the islands to British businesses so that they may choose to move here."

It is not just tourism that may be affected by Brexit. 50% of Canarian fruit and vegetables are exported to the UK, and other markets may prove more profitable after Brexit.

Fatal crash

Lanzarote's second fatal road casualty of the year took place on 12th March following a full-frontal collision between two cars near Orzola.

The accident occurred at 8pm, and a 54-year old man from Tinajo was declared dead at the scene by emergency services. The occupants of the other car, a young couple in their 20s, were taken to the General Hospital, where the male driver was declared to have "serious" wounds.

Fireworks in the Cabildo

Lanzarote's Cabildo has voted for stronger regulation of fireworks, aimed at protecting the elderly, the sick, small children and pets.

The proposal will involve an education campaign aimed at informing people about the disturbance that fireworks can cause. The Cabildo will also study whether "quiet" fireworks can be used in future displays.

The motion was passed only after four members of the Coalición Canaria broke ranks to support the proposal. The rest of their colleagues, as well as members of the Socialist and PP parties, abstained.

Reyes comes clean

José Francisco Reyes

The ex-Mayor of Yaiza, José Francisco Reyes, has admitted to court that he received over €300,000 from various businessmen and promotors in return for granting licences for hotels and apartment complexes in Playa Blanca, in the full knowledge that they were illegal.

Reyes, who governed in Yaiza from 1998 to 2007, admitted that he had received "gifts" in return for illegal activities from companies that included Construcciones Isla de Lobos, Gestión y Desarrollo Janubio and the Puerto Deportivo Rubicón society. With the money he received he purchased five cars, a yacht, spa equipment and a downpayment on an apartment in Tenerife for his daughters.

Reyes faces a possible 30 years in prison, as well as millions in fines, as one of the main accused in the "Yacht" case which is currently being heard. As a result of his admissions, the Nueva Canarias party has called for the Cabildo to disassociate itself from Marina Rubicón.

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Island life

Good work, Sister

Sor Ana, the nun who set up the Calor y Café charity for Arrecife's homeless, has been awarded the title "Conejera (Lanzarote Woman) of the Year" by Lanzarote's Rotary Club.

Sor Ana was working as a nurse at the Hospital Insular in Arrecife when she set up the charity in 1995, providing food, shower facilities and a social meeting place for Arrecife's homeless. In the years since then, Calor y Café has helped to deal with the effects of the financial crisis.

She received the award, a sculpture by Paco Curbelo, on March 18th at the charity's centre in Arrecife.

Photo: islasincorrupcion

Vertical parking

Lanzarote has seen a spate of cars flipping over in recently, but last month a driver in Puerto del Carmen managed to outdo all the vehicular acrobatics so far. Fortunately, the driver was unhurt after the incident. Finding a parking space can be difficult in the resort, but surely there's no need to go to these lengths.

Sunday Worship reaches 10th anniversary

On the 2nd April 2017 "Sunday Worship" - Lanzarote celebrated its tenth anniversary.

The church, which is registered as an interdenominational church, is overseen by Joe Vasquez the Superintendent Pastor. Joe now lives in Fuerteventura and travels on the first Sunday of each month to lead the service and celebrate Holy Communion.

The church meets in Salon Ajei at the Beatrix Hotel, Costa Teguise every Sunday morning at 11.00hrs.

Pastor Joe is ably helped by the Deacons, Deaconesses and core members who are dedicated to making known God's love to all who attend and the wider community.

The church is truly interdenominational, open to anyone, resident or holiday maker, who wishes to worship God or is searching for that peace of mind that only the Lord Jesus Christ can bring.

After every service members enjoy fellowship over a cup of tea or coffee and meet mid-week to study God's word or simply socialise together.

9Lives update

Rambo

Last month 9Lives Lanzarote secured a home for Rambo, who was abandoned at a feeding station and, as a domestic cat unused to competing with the feral population, did not fare well. Rambo cried like a baby for days and his weight and health soon deteriorated. 9Lives set up a fund for him and raised the flight money to get him to a good home with a UK volunteer we know and trust.

Don't miss the next bargain sale at Güime Sociedad on the 8th April, starting at 11am and finishing at 1.30pm. Thre raffle draw for aEaster Hamper and other prizes will be at around 1pm. Tickets are on sale now at only €1 each.

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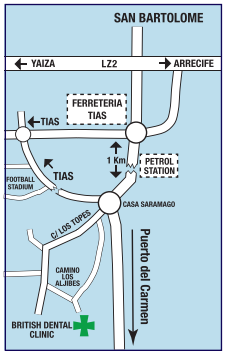

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Walking football challenge

Gary Hagger from Fuerteventura has contacted Gazette Life to announce that he and a group of friends have set up a walking football league on the island. Now they're looking for some inter-island competition, with interest already coming from Tenerife.

If you're interested in getting a walking football team together and defending Lanzarote's sporting honour here and across the water (as well as forging some inter-island social links) you can contact Gary on grhagger@gmail.com

Good Samaritan

Iris Wharton has written to us to express her thanks to a "beautiful young lady" who helped her at Playa Blanca police station after her handbag was stolen from her mobility scooter in February.

"She stayed with me for two and a half hours and interpreted for me to the police," writes Iris, "Such kindness needs to be recognised by her friends and employers. Unfortunately I couldn't remember her name but I believe she works in Mollies bar. I would have liked to go and see her after the event but unfortunately I am disabled and unable to get there."

Patricia Cherrie Carter
(1929 -2017)

Denis Carter has submitted the following tribute to his wife, Patricia, who sadly passed away in February.

After a short illness my wonderful wife Patricia passed away on the 14th of February in Arrecife hospital. The following day would have been our 49th wedding anniversary.

We first met in 1967. When I arrived home to my digs one night I asked my landlady, "Who owns the white Triumph Herald across the road?", as its lights had been left on. "Oh, that will be Patricia, Patricia Miller" she said.

I popped across to let her know and met the love of my life. Patricia was giving piano lessons to the children in my digs and I enquired about lessons for myself. It was agreed my first lesson would be on Thursday at 7pm. and when she arrived she sat at the piano and played a series of scales. When she said "Let's start" I enquired as to where I would sit. "Squeeze up next to me" she said. It was impossible to concentrate with my leg pressed against a warm elegant thigh. I still cannot play the piano.

Patricia was born in Bristol, close to the Downs and the Clifton suspension bridge. She was educated at Saint Anne's school for girls in Bournemouth and later studied at the Royal Academy of Music in London, qualifying as a Piano Teacher.

She joined P&O shipping at Basingstoke as a designer in the soft furnishing department. Suddenly, the competition from airliners became overwhelming and Patricia was tasked with the job of finding shore-side work for the soft furnishing workshops within the docks.

We married in 1968 and took a very nice first floor flat in Southampton on the grounds that I would not consider borrowing money to pay for a mortgage. I was adamant. A year later we bought our first house. Thus started a lifetime of being adamant and losing.

I was adamant that Patricia must not start a soft furnishing business in case we got into debt and lost the house. After twenty years we were employing twenty people including

curtain makers, curtain fitters and outworkers and were now the owners of one factory, one house in Newport and three properties in Lanzarote.

We never had children but always had cats and the best thing that completed our happy home was that Patricia's mother Ivy came to live with us in 1977 and was an absolute joy until she sadly passed away in 1994.

Patricia was tall, slim and elegant. My nickname for her was Fatso.

Goodbye Fatso: I'm missing you dreadfully.

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Europe

"Make hooliganism a sport"

Russian politician Igor Lebedev has proposed that football hooliganism be legalised and turned into a sport.

The Russian opposition politician, who is also a board member of the Russian football union, proposed the sport of "draka" (Russian for fight), saying" Fans arrive, for example, and start picking fights. And they get the answer - challenge accepted. A meeting in a stadium at a set time."

Lebedev hailed the violence at last year's Euro Championship in France by saying "Well done lads, keep it up!" His comments will increase concern about the safety and security of visiting fans during next year's World Cup tournament in Russia.

Igor Lebedev

Iratxe García Pérez's face says it all.

Old man causes controversy

A Polish MEP faces disciplinary action after claiming that women "must earn less than men because they are weaker, smaller and less intelligent".

Janusz Korwin-Mikke made the comments last month in the European Parliament during a debate about the wage gap between men and women. He was immediately attacked by the Spanish Socialist MEP Iratxe García Pérez, who blasted the elderly Polish nationalist and said "I think I need to defend European women against men like you."

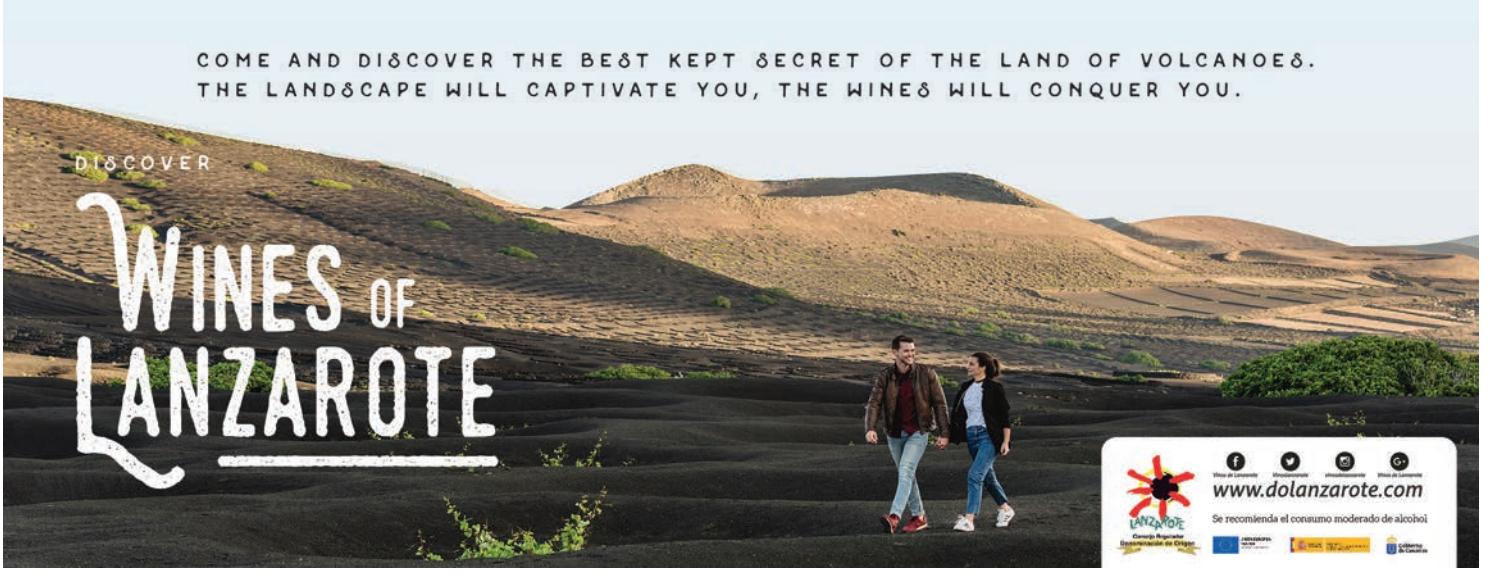
Korwin-Mikke, 74, has previously been punished for giving a Nazi salute in the Parliament.

Opel sale

French car company PSA, owner of the Peugeot and Citroen brands, has struck a €2.2 billion deal to buy General Motors' European unit, including Vauxhall-Opel.

The deal would make PSA Europe's second largest car-maker, overtaking Renault-Nissan, but remaining behind Volkswagen.

The news of the buyout has however raised fears of job losses at Vauxhall's UK factories, which employ 4,500 workers, the BBC has reported. Carlos Tavares, the CEO of PSA, has claimed that there will be no factory closures or job losses, saying that the company could benefit from either a hard or soft Brexit scenario.



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Theresa May and ministers Liam Fox and David Davis will take charge of Brexit. However Nicola Sturgeon may want to leave another union altogether.

BREXIT is Go!

By the time you read this, Theresa May will almost certainly have invoked Article 50 of the Treaty on European Union, meaning that the United Kingdom has formally announced its intention to leave the EU. This will affect expats, but there's no need to listen to the scaremongers talking about hundreds of thousands of people being sent back "home".

"Expats' rights will be a priority issue in the Brexit negotiations"

On March 15th, the House of Commons voted to pass the Brexit bill, overriding the amendments proposed by the House of Lords. This clears the way for Theresa May to invoke Article 50 by the end of March, as promised.

After that, negotiations will begin on how the UK will extract itself from the EU and one of the most burning issues will be whether the rights of EU nationals living in the UK – and those of British expats in the EU – will be preserved. This issue is a matter for all 27 member states of the EU to agree with the UK, but EU directives mean it is likely that these states will adopt similar policies.

One of the Lords' rejected amendments was for the UK to unilaterally guarantee the rights of EU citizens living and working in the UK before negotiations began. Such a guarantee would have put the minds of millions of Europeans living in the UK at rest, and would also have calmed British expats abroad who would have expected reciprocal agreements from the EU member states they live in.

The fact that no such guarantee was given indicates that the British government may wish to use the rights of EU nationals in the UK as a potential "bargaining chip" in the exit process. Last October, Trade Minister Liam Fox stated that the issue of EU citizens rights was one of the UK's "main cards" in future negotiations.

However, there will be strong opposition in the UK to bargaining with people's futures – not least within the British government itself. Theresa May has pledged that agreeing these rights will be a priority following the declaration of Article 50, so hopefully we won't have to wait too long to know what's in store. Nevertheless, we can make an educated guess as to what those rights may look like.

Future Rights

The two key factors that are likely to most affect the rights issue are reciprocity and length of residence.

Reciprocity simply means that whatever actions the UK decides to undertake in relation to EU citizens in the UK are also likely to be applied to British expats. So if the UK decides to exclude Spanish immigrants with no qualifications, Spain could do the same to British immigrants.

As it is in the interests of all member states not to see the mass deportations that some scaremongers have been mentioning, length of stay is likely to become a factor in deciding the rights issue. Most experts believe that it is highly unlikely that any foreign resident who has been in either the UK or Spain for any length of time, and who has complied with the laws up until now, will be adversely affected. However, entry requirements may well be tightened for future arrivals.

Ian Whitby from Logic Consultant says "In my opinion, for any expats who are fully ensconced into the Spanish system, i.e making annual tax returns, there will not be any significant changes. On the contrary, expats living here who believe they are 'under the radar' may find life changes. But nobody can say for certain, in the meantime it's important that individuals get their affairs in order, to minimise any financial implications."

It is estimated by British Embassy and Consular sources that at least 50 per cent of British citizens living in Spain are not officially registered with their local council. Until now, the Spanish authorities have taken a fairly relaxed attitude to this, but Brexit could easily change that, making it more difficult for undocumented arrivals to Spain to live and work here. That is, after all, exactly what the majority of referendum voters want for the UK.

What won´t happen is mass deportations. No British or European politician has even considered such a measure, even in the case of the hardest of Brexits.

The conclusion is simple, and it is and has always been good, solid advice – if you're serious about staying on Lanzarote, it's time to get your papers in order.

A Conejero in Scotland

During Brexit negotiations, the rights of British expats on Lanzarote and in the rest of the European Union will be inextricably linked to those of EU nationals currently living in the United Kingdom. So we decided to hear the views of Ricardo Mera, a *conejero* (Lanzarote islander) who left Arrecife to build his life in the United Kingdom.

"What worries me most about Brexit is the status I would have considering that I live in Scotland with a Scottish wife and a two-month old baby that is half *conejero* and half Scot. I came here for love, escaping from the crisis in Spain and starting from zero in country with better wages and more job stability.

We live in St. Andrews, the world capital of golf, and I work in the Links Clubhouse alongside professional players, tourists and the many celebrities who come year after year to enjoy this historic place, especially the Old Course – the oldest golf course in the world. I feel privileged to be part of this and I've also found job stability that I never had on Lanzarote, where every contract renewal is a miracle.

I was very upset by the result of the referendum, which I believe no one could have foreseen. It seemed obvious to me that Britain wasn't going to leave, especially after listening to the Scottish people around me, all of whom were in favour of remaining in Europe, but who have since learned that Scotland is not the United Kingdom. For this reason, I see a second Scottish independence referendum as highly likely, and I think that this time it will go the other way, given that the NO vote won by a small margin last time. But this remains to be seen.

I also believe the Leave campaign spread false information and exploited the lowest of human feelings – xenophobia. The Remain campaign could also have done a much better job of explaining what Europe means to the UK, using real facts.

Because of the insecurity that the referendum result has caused me, I decided to contact a local politician, who sent me a friendly letter in which he assured me that I shouldn't worry, and that Scotland and the Scottish people want me to remain here with the same rights as I had when I first arrived, years before the referendum.

Right now, I'm thinking about acquiring British nationality, which I qualify for. However, this would be a last resort.

Our baby is too young to speak now, but one day I will have to explain to him that the UK was once part of Europe, and also, perhaps, that Scotland was once a part of the UK."

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The Paper Chase

Things have changed slightly with regard to the paperwork involved in moving to Lanzarote. Here's a rough, general update of the procedures.

With Brexit still at least two years away, it's likely that nothing drastic will change with regards to matters of residency in the near future. For new arrivals, the paper chase will remain much the same as it always was, but Lanzarote is fond of rejigging the process every now and then, and the most recent change dictates that Residency must now be applied for at another building.

> "Unless you have good Spanish, it is a very good idea to contract the services of a local Gestor."

There are four basic documents that foreign residents in Spain will require. They are:

Certificado de Empadronamiento:

This certificate is issued by your local Town Hall (Ayuntamiento) and certifies that you are resident in the municipality. Without it you will not be officially classed as resident in the area and will be ineligible to use Town Hall services. This document also gives you the right to vote in council and European elections, and is necessary in order to apply for a Residence Certificate.

Certificado de Residencia

The Residence Certificate is a green, credit card sized certificate, and it can be applied for at the Delegación del Gobierno building on Arrecife's seafront. To do so you will be required to produce various documents and copies, including a completed EX-18 form, passport, proof that you have more than €4,000 in a bank account and details of private medical cover (or an S1 Form for retirees).

NIE

The Número de Identidad de Extranjero (Foreigner's ID Number) is an ID number that is required for all sorts of activities in Spain, such as opening a bank account or buying property. On Lanzarote you apply for this number at the National Police Station in Arrecife. For the NIF (financial ID number) you need to attend the Hacienda in Arrecife.

You will have to fill out an EX-15 form and provide various other documents, pay a small administrative fee and will be asked to return to pick up your number at a future date.

Social Security Number

If you are working on Lanzarote, this is the first document you should apply for, allowing you to be incorporated into the Spanish social security system. This document is applied for at the Social Security offices located at the foot of C/Pérez Galdós in Arrecife.

The information above is intended as a rough guide – we have not, for example, listed the precise documents you'll be asked for at the various offices, or the websites where application forms can be downloaded.

Unless you have good Spanish, or a helpful and patient Spanish-speaking friend, it is a very good idea to contract the services of a local Gestor in order to guide you through this confusing process. You will almost certainly find the fee good value in terms of saving time, hassle and confusion.

Thanks to Guy Buske of A-Z for his assistance.

Clear Independent Financial Advice

BREXIT

What will happen to my UK Pension arrangements, if the UK does proceed with the plan to leave the EU?

What will be my tax position on investments, pensions and Inheritance tax, post the EU?

Will I still have access to the Spanish health system after the UK leaves the EU?

Case study

The following case study outlines a common situation faced by many UK citizens retiring to Spain. Not everybody has sold a business, but most individuals will have accumulated some wealth outside of their house and pension, that they need to provide an income in the future, or immediately.

Mr Johnson is aged 65, is a British National and has lived all his life in the UK running a successful haulage business. Following the sale of his UK business he has recently moved to Spain to enjoy a well-earned retirement. He has already purchased a property and is considering how best to arrange his assets to ensure that he takes advantage of his new status as an expatriate.

Mr Johnson and his wife have accumulated assets of around GBP 150K and their priority, like many expatriates, is to use the accumulated capital to supplement the private and state pensions that they have accumulated over their careers, whilst retaining access to the capital and ultimately preserving the real value of the accumulated capital to provide an inheritance for their two children, who are both settled in the UK.

They are both aware of the uncertainty that 'Brexit', may bring and want to ensure they have flexibility in the future when the UK leaves the EU. They have asked that their financial plan takes account of any potential issues.

Based on their full circumstances an offshore pension plan, domiciled in Guernsey, is recommended to achieve their objectives. Guernsey is not in the EU but complies with all the requirements to ensure that their pension plan would be considered appropriate in Spain and ensures compliance with Spanish tax obligations, whilst having the flexibility to cater easily with any changes in circumstances, such as changes of residency, and ensures that the plan itself is located in the tax neutral location of Guernsey, rather than in the EU.

The primary purpose of the offshore pension plan is to provide an annuity income which, provided the plan is structured correctly, can provide preferential tax treatment in Spain as only a small proportion of each payment is taxable, and can result in an overall tax liability of less than 3%.

On death, the remaining assets within the pension plan can be passed to the children without any need to obtain probate and will only be taxable in Spain if the children are themselves resident in Spain at the time.

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Street Spanish

Learning Spanish isn´t just a matter of attending classes and studying. Here on Lanzarote you'll hear the language spoken all the time. So it's worth knowing about a few of the common words and phrases you'll hear regularly that might not turn up in your text book.

Adiós

Most people think that this is the the Spanish word for *"goodbye"*, but most people say *"hasta luego"* (see you soon) or even the Italian *"ciao"* when parting, and "adiós" is rarely used. If a friend does call *"adiós"* to you in the street, they're not saying goodbye either, just wishing you well.

Baño

Bathroom. Or more usefully, toilet. You can also use *"servicios"* if you're caught short.

Buenos

Shortened version of *"buenos días"*. In the afternoon you need to remember to change it to *"buenas"*, because *"tardes"* is feminine. Also, remember that, unlike in English, *"buenas noches"* ("good night") can be used as a greeting after dark.

Chacho / Chacha

A shortened version of *muchacho / muchacha,* meaning "lad/lass". This is a well-known Canarian phrase that is not only used to refer to people (of all ages), but also to express surprise or shock. An even shorter version - *"cho!"* is often used to express surprise as well.

Mi niño / Mi niña

"My boy/My girl" - again, this is used for people of all ages, and is a Canarian term of endearment. Think of common British terms like "luv" or "me duck" and you'll get the idea.

Tío / Tía

Literally meaning "uncle" or "aunt", this term is actually used when talking informally about any bloke or woman.

Venga!

Technically, this is the subjunctive form of the verb *"venir"*, meaning "come". But forget that, because this is a phrase you'll hear all the time. It can mean "Come on", it can mean "OK", it can mean "yeah" - but once you know it you'll hear it everywhere.

Vale

Pronounced val-eh (or often *bal-eh*), this is simply a way of saying "OK" or "understood". Again, you'll hear it all the time, and soon find yourself using it, too.

Fantastic Canarian words

Some words used in the Canaries have their own special charm, and are worth learning just for the pleasure they bring. They include the word *"chinijo",* meaning "child" or "little one" (the string of small islands to the north of Lanzarote are called the Chinijo Archipelago for this reason), and *calufa* – the expressive term for a heatwave.

Then there is *perinquén* – the local name for the cute little geckos that live under stones; and *sarantontón* - the splendid name for a ladybird.

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The UK has four of the ten best universities in the world.
British universities are some of the best value for money in the world.

These universities have confirmed that present subsidies for EU students will be guaranteed throughout all the years of a present degree.
It is certainly not in Britain's interest to break those ties with Spain and both countries will only commit to positive changes.

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In 2014 the school was authorized by the British Government as a Centre for the instruction of teachers in their postgraduate year.
It is quality assured by Ofsted (British DfE number: 141421)

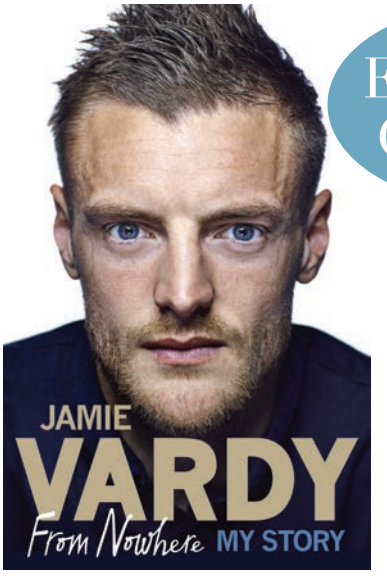
Information: 928 17 30 66 – info@colegiohispanobritanico.com

By the Book

The 23rd of April is World Book Day (apart from in the UK, where it was moved to avoid clashing with St Georges Day), and remembers the date on which both Shakespeare and Cervantes died in 1616.

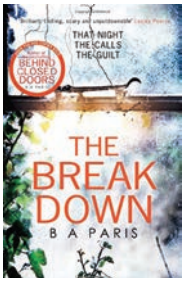
In Spain, the tradition is to buy your loved one a book and a flower on this day, so why not join in with some of these suggestions from the current best seller lists?

EDITORS CHOICE



From Nowhere
Jamie Vardy

From non-league football wearing an electronic tag to England striker and the Premiership trophy, with plenty of vodka and Skittles along the way, Jamie Vardy is the best known rags to riches story in English football.

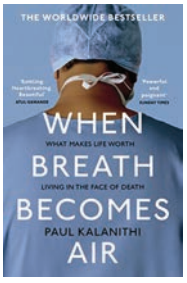


The Breakdown
B.A. Paris

B.A. Paris's *Behind Closed Doors* was a huge bestseller, a tense psychological thriller that more than matched genre landmarks such as *Gone Girl* or *The Girl On The Train*. Now she's back with another masterpiece of suspense and misdirection that'll keep you riveted.

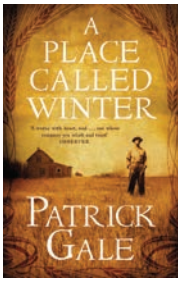
The Power
Naomi Alderman

Imagine a world where women are stronger than men and no man dares lay a finger on them. Alderman's exciting gender reversal novel, set 5,000 years in the future, explores power, responsibility and violence, and will make you think as much as it will keep you turning the pages.



When Breath Becomes Air
Paul Kalanathi

Paul Kalanathi died of lung cancer at the age of 37 after spending years as a top neurosurgeon. His memoir, which spans his rise to the top of one of the most-respected professions and his slow decline and death, has been acclaimed as "an unforgettably powerful and heart-breaking book about how to live."



A Place Called Winter
Patrick Gale

Patrick Gale is one of Britain's hidden treasures – a sensitive, always absorbing novelist whose works often contain macabre, startling elements. His latest novel tells the tale of Harry Cane, who moves from Britain to Canada to try and come to terms with his homosexuality at a time when there was no word for "gay".

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ADVERTORIAL

6 Things You Should Know About Pensions Today

By Paul Montague, Partner, Blevins Franks

1. UK pension providers are vulnerable

Employers providing final salary ('defined benefit') pensions guarantee a fixed salary throughout retirement. While income depends on salary and length of service, it is usually generous.

Today's low interest rates have made the cost of funding these benefits more expensive – and harder for many companies to afford. Like BHS, companies with significant shortfalls may fail, alongside their pension schemes.

2. Transfer values have never been higher

To offload liabilities, many companies are offering members large sums ('transfer values') to leave. Some pay-outs have doubled over the last two years, sometimes by hundreds of thousands of pounds. Properly managed, such pay-outs can potentially outweigh the benefits of drawing a guaranteed pension for life.

3. Expats can access tax-efficient alternatives

Expatriates may benefit from reinvesting UK pension funds into more tax-efficient arrangements for Spain or transferring to a Qualifying Recognised Overseas Pension Scheme (QROPS). This can also offer estate planning advantages. While many UK pensions are payable to your spouse on death, other structures offer flexibility to include other heirs.

4. A lower pension allowance could catch you out

UK pension savings (excluding the State Pension) totalling over £1 million breach the lifetime pension allowance, triggering 55% UK taxation when taken as cash or 25% as income, regardless of residency. Those affected should consider transferring or HMRC 'protection' options.

5. Advice is essential

Transferring is not suitable for everyone and can be a target for pension scams. It is essential to employ due diligence and use a regulated provider.

You should at least confirm your current transfer value and check if your scheme is at risk. The government's Pension Protection Fund only compensates up to £33,678 a year at 65, so if your pension offers more, consider transferring.

6. The window of opportunity may close

If you decide to transfer, now may be the time to act. Such high transfer values may be short-lived, and some speculate that the UK government may make withdrawals harder or start taxing pension transfers for non-residents post-Brexit.

Amidst so much uncertainty, there has never been a better time to review your pension arrangements. Take personalised, professional advice to ensure you are best placed to enjoy your retirement in Spain.

This article is general in nature and should not be construed as providing any personalised taxation and/or investment advice. Individuals should seek personalised advice; all advice received from Blevins Franks is personalised and provided in writing.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com

"I have a final salary pension. Should I take advantage of the current transfer values and cash it in?"

Talk to the people who know.

Many companies are currently offering larger than usual transfer values on defined benefit pension schemes. Properly managed, pay-outs could provide a retirement income that well exceeds the original scheme annual payment.

You should however take regulated advice to see if this would be the right move for you. At Blevins Franks we get to know your unique situation before reviewing how every pension option would work for you, from a tax and financial security point of view.

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School's Out

The forthcoming Easter holidays will see British tourists flock to Lanzarote for a week or two of welcome sunshine. However, if you see families with children enjoying the island before or after that period, don´t be too surprised.

Justine Greening

In mid-February we checked out the prices for a week's holiday for a family of four in two 7-day periods. The first period. 13th – 20th April, falls in the Easter holidays, while the second - 28th April to 5th May - is two weeks later, when most children are all safely back in school.

The results were no surprise. Monarch's flights from London Gatwick were £1,050 for the Easter period, almost double the cost for the same flights two weeks later – £534.

And it's not just the British market that operates a hefty mark-up during school holidays, either. An Irish family flying from Cork to Lanzarote in the Easter holidays will pay €1,115, while the same flights two weeks later costs €687.92.

There is nothing surprising about this – flights are priced according to demand, and demand is obviously higher during holiday times. But the prices show why many parents choose to take their holidays during term time, saving huge amounts of money.

> "Fines are increasingly unpopular and maybe discontinued."

Jon Platt

In England, local authorities still have the right to fine parents £60 for each day that they take their child off school for unauthorised holidays. However, such fines were rarely levied, and Jon Platt's victory in the High Court last year seems to indicate that fines may only be issued if the child's attendance record is "unsatisfactory".

Platt's victory is subject to government appeal in the Supreme Court, but it is reported that Education Minister Justine Greening is committed to removing the term-time holiday ban regardless of the outcome.

In Ireland, Northern Ireland and Scotland, there are no fines, although local authorities will look into cases of truancy. Again, it seems that parents will escape sanction unless they are taking their children out of school frequently.

To ask or not to ask?

Officially, it is recommended that parents request leave for their children to take time off school for a holiday. However, in practice, head teachers vary in their responses to such requests. Some are lenient, while others adhere strictly to guidelines that state that children may only be granted absence in the case of bereavement or serious illness of family members.

And with attendance records being one of the criteria on which schools are graded, it is unsurprising that they may not be co-operative.

However, it is still a far more risky business to simply take a child out of school and explain later, as unauthorised absences are a matter for the local authority rather than the head teacher.

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Trump seen here relaxing at a Russian resort, which he didn't visit

Trump Visit!

A leaked email from the White House has revealed that Donald Trump will be spending a short holiday on Lanzarote, as he tries to find suitable materials to build his wall.

Trump will arrive on April 1st and spend a week on the island, carefully disguised as a British tourist in order not to draw attention to himself. His personal assistants have been instructed to spray him with a redder shade of fake tan than usual so that he does not stand out among British tourists. His personal security staff are also under strict instructions to protect him from locals who may speak the main Mexican language, otherwise known as Spanish.

While on the island he is expected to play some golf, watch TV, play some more golf and take a trip to the Timanfaya National park to check out the quality of the volcanic rocks and their suitability for building a wall between the United States and Mexico. After that he will play a bit more golf.

Local entrepreneur Primero de Abril, who often turns up in the news at this time of the year, claims to have been appointed as the local liaison official who will manage Trump's visit to Lanzarote. He told us "Most walls on Lanzarote are made of volcanic rock and so far there are hardly any Mexicans on the island. The facts speak for themselves."

Jorge Hidalgo, a 40-year-old Mexican from Guadalajara, told Gazette Life "I thought about coming to Lanzarote a few years ago, but after seeing the stone walls on the island's official tourist website I changed my mind. There's no way I'm climbing over one of those. I might skin my knee or something."

> "It could make Lanzarote great again."

Primero de Abril forecasts that extracting enough rock to build a 1,951 mile wall could cause some problems with the island's environmental campaigners. "They are always finding something to moan about," he said "But Lanzarote has 110 volcanoes. We won´t miss three or four."

"The contract will create lots of jobs on Lanzarote," he continued. "In fact, it could make Lanzarote great again."

However, Donald Trump himself has denied that he will be visiting the Canaries. The new President recently tweeted "Lanzarotty visit is terrible FAKE NEWS by the lying media. SAD!"

Primero de Abril responded, "Well he would say that, wouldn't he? Otherwise there'll be loads of moaning women at the airport protesting about him. I look forward to welcoming President Trump, and my wife will also be there wearing traditional Canarian dress. Not only does this reflect our culture, but with any luck the apron will also discourage the President from groping her."

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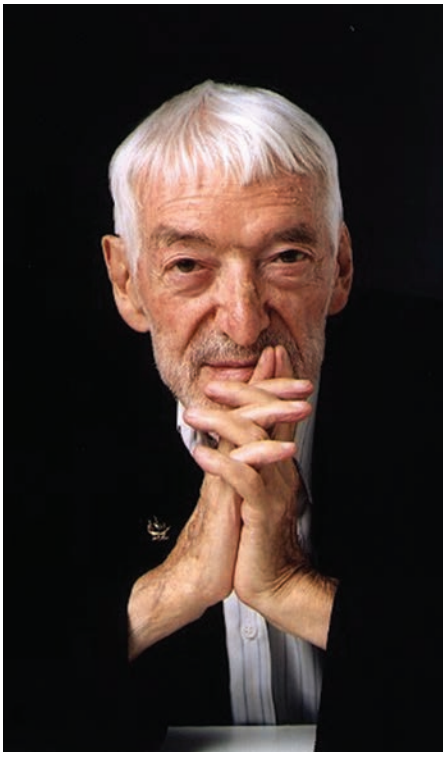
Making the Impossible Possible

Photos: Mario Izquierdo



A Life of Action

Vicente Ferrer was born in Barcelona in 1920. Called up to fight for the Republican forces in the Spanish Civil War at the age of 16, he was later held in a concentration camp before being released and joining the Jesuits.

In 1952 he travelled to India, setting up a well-digging programme that was called "The Silent Revolution." The Indian authorities expelled him in 1968 for threatening their interests, but Indira Gandhi invited him back the following year.

Ferrer left the Jesuits in 1970 and arrived at the poverty-stricken city of Anantapur in south-east India with his wife, an English journalist called Anne Perry.

45 years later, 3 million trees grow in a former desert region populated by the "untouchables" of the Indian caste system. The region has three hospitals, 1,700 schools, 30,000 houses, AIDS and birth control clinics and has improved the lives of 2.5 million people.

Vicente Ferrer died in 2009 at the age of 89. His wife continues to run the foundation.

The Vicente Ferrer Foundation is hugely famous in Spain, but less well-known in the rest of the world. Which is is a shame, as it is difficult to think of an organisation that has changed so many lives for the better.

Lanzarote-based lawyer Mario Izquierdo recently flew to Andhra Pradesh, the heartland of Vicente Ferrer's project. To take part in a charity run that raised enough money to sponsor 400 children.

"This is one of the poorest parts of India", says Mario. "The people are mostly of the Dalit (untouchable) caste, and it was a desert area that the British colonial administration wasn't interested in.

"Now there are trees everywhere, it's easy to find delicious bananas, oranges, coconuts and mangos, and there are schools, hospitals and clean, modern houses with indoor toilets. All this happened because Vicente Ferrer came here in search of water in 1970."

"Ferrer always said he didn't want to beg for charity. Instead he started showing the locals how to dig wells and irrigate their land. The result is a region that supports three million people, employs hundreds of thousands and, most important of all, has a future," says Mario.

Vicente Ferrer believed that the only way to understand people was to live with them, and as a result he would visit and settle in local villages for months, carefully observing. One of the things he noticed was that, while life was hard for everyone, the disabled and women suffered far more.

As a result, his Foundation takes special care of these sectors of society, with homes and schools for orphans, the deaf, the blind, the mentally handicapped, children with AIDS who receive retroviral treatment and even albinos, who are often discriminated against in India.

Women are given control by placing homes in their

> “To eradicate poverty we need many hands - I have only two” **Vicente Ferrer**

names, rather than their husband’s, giving them legal rights in the case of marital breakdown. Women are also the main beneficiaries of a microloans system that allows families to gain financial independence.

Cooperatives are common in the villages, and many have their own, healthy bank accounts. One of the traditions is the annual breaking of a piggy bank on Vicente Ferrer’s birthday. The saved cash is used to fund projects in the village, but also to help other communities as part of the “Indian Helps India” scheme which assists outlying, more remote villages.

The charity run in Andhra Pradesh started when a runner called Juan from Las Palmas undertook a challenge which involved running a kilometre for every pledge to sponsor a child he received. “150 people signed up,“ laughs Mario, “And in the Indian heat, it nearly killed him!”

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Mario Izquierdo receives the warmest of welcomes

Last year, 38 athletes joined Juan in a similar challenge, running from village to village, where they were greeted with wild enthusiasm by the locals. At the end of the race, 400 children had been successfully sponsored, and €30,000 raised for local hospitals.

Mario Izquierdo was so inspired by the experience that he, and many of the running mates he went with, plan to repeat the experience next January. "Everything I have done I owe to the support of my family, and especially my wife Alba", he says.

A Family Affair

In the mid-1960s a young student named Anne Perry visited India with her brother and her family, and was so enchanted by the country that she decided to remain in Mumbai to finish her studies. Working as a journalist for the Current magazine, she interviewed Vicente Ferrer, who was just about to be expelled from the country.

Anne became one of Ferrer's most active supporters, organising a campaign to readmit Ferrer. As a result, Indira Gandhi invited Ferrer to return to India in 1970. Perry joined him in Andhra Pradesh and, shortly after Ferrer left the Jesuits, the couple were married.

Anna Ferrer is now the President of the Vicente Ferrer Foundation - a tireless and committed activist who has championed the rights of women and children for decades.

The couple had three children, all of whom grew up in the community of Anantapur. Their second son, Moncho, is currently the Director of Programmes for the Foundation. As a child, Moncho was playing with Indian friends in the street when they decided to ask for water at a nearby house. The householders gave Moncho a glass, but the other children had to drink from their cupped hands – as untouchables they were not permitted to share glasses with other castes.

Moncho later married a local woman called Vishalakshi, also an untouchable, renouncing the traditional dowry. Moncho Ferrer is committed to breaking down the boundaries of the caste system and has successfully promoted sport as a way to do this.

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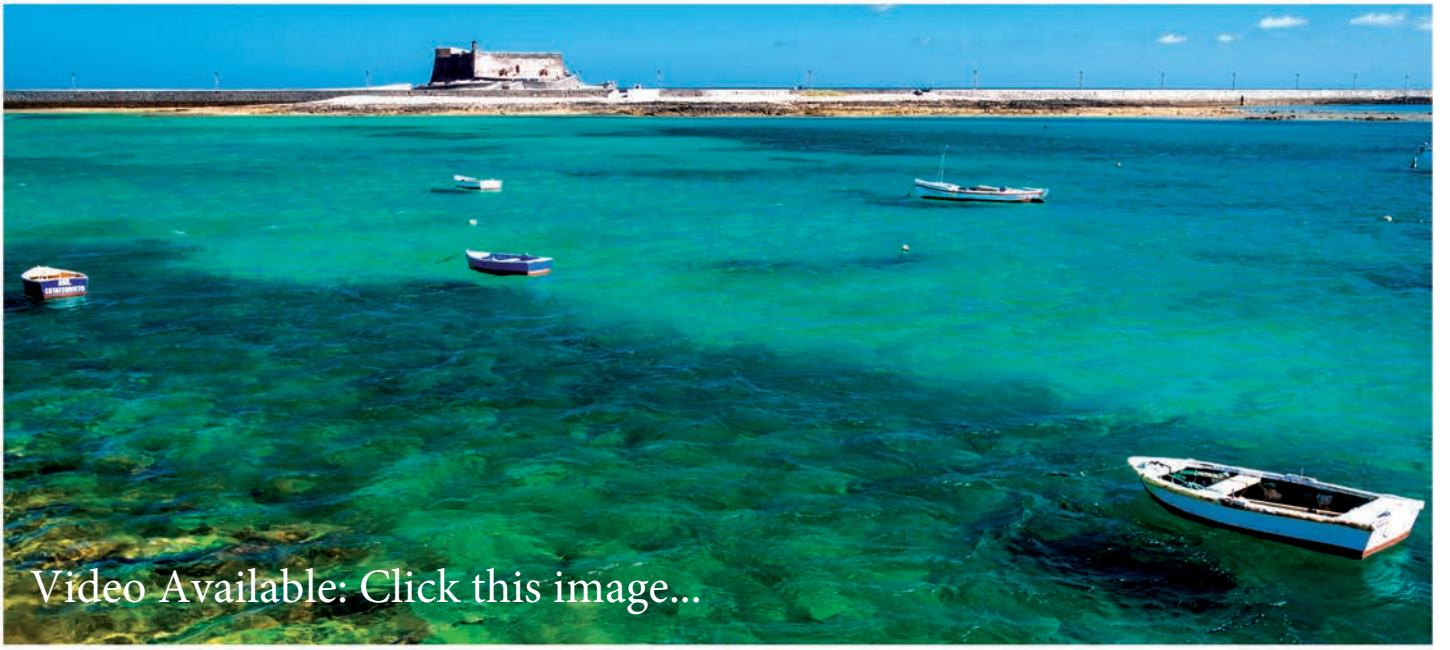

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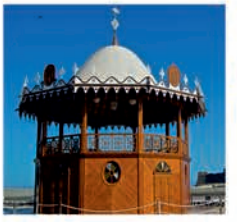
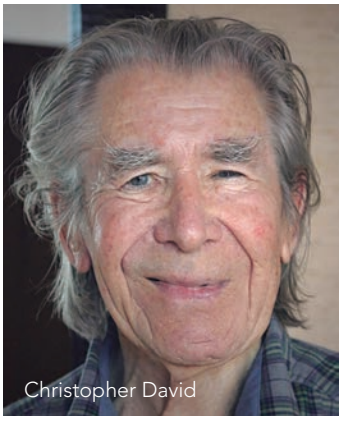


Niños del Tercer Mundo

Making the World a Better Place


Christopher David

In 1996 Christopher David and his wife Gill met Desmond Goode and worked with him to start an educational centre for the poorly-educated children living in the mountains of Chambo in Ecuador. This project was completed in 1999, and Niños del Tercer Mundo (NTM) was born!

Over the last 20 years NTM has successfully supported, with your generosity, many projects in South America and Africa. The aim has always been to improve the health and education of young people, especially children.

These vital, life-changing projects have included;

- Two primary school classrooms in Huanca Pallaguchi in Ecuador.
- A clean water supply to Carabayllo, a shanty town on the outskirts of Lima in Peru.
- The first ever secondary school to be built in the mountains above Alaussi in Ecuador. The school is flourishing and the first students are now going to university.
- A toilet and shower block for Tomani School in Kenya, allowing 152 children and their teachers access to clean sanitation and washing facilities.
- Desks for the Unity, Rubira and Kamuyu Primary Schools.
- The building and furnishing of seven secondary school classrooms in Nyamathi, Kenya.
- Two large dormitories for Pangani Special School in Kenya.

Now, after presiding over the achievements of NTM for over 20 years, Christopher has decided to reduce his workload within the charity. New Trustees were elected at the March AGM: They are: President, Simon Gilbert; Vice President, Rosalind Norden and Secretary, Trudy Gilbert. Christopher and Jill Benjamin will continue as Trustees and, along with the other current trustees, will be closely involved with NTM. Many thanks go to all our past and present trustees for all their work and the valuable support they have given NTM over the years - long may this continue.

NTM volunteers Eusabia and Johanna at the new project Haruma Orphanage, Kiserian in Tanzania

The NTM Team

Without all the generous support we have received over the past years none of this would have been possible. Our current exciting new project is in Tanzania where we plan to help an orphanage in Kiserian out of its darkness. They have no water and no electricity. NTM will provide the funds to sink a 40 metre bore hole for water and provide solar panels for electricity to pump it. The resulting clean water and power will change the lives of the children living in this orphanage. NTM look forward to your continued generous support to make this happen.

Why not join us on Saturday 29th April for a delicious Curry at Costa Sal, followed by a Charity Auction. Tickets are 20€ and limited in number, so purchase them early from Bookswop PdC and Coronas Newsagents Costa Teguise, or text or Whatsapp Julie Haigh on 680 845 682

Become an Associate Member for only 30€ per year! You will receive regular newsletters, updates of fundraising events and more importantly you'll be making a difference to the lives of children. **Membership Secretary;** janemitchell42@hotmail.com. Donations can also be made via our website ntmlanzarote.org. ***100% of funds raised go directly to our projects. Nothing is spent on administration.***

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APRIL

Saturday 1st April, 6 pm **BODYJUMP MASTERCLASS:** Get in shape for Easter. Class presented by FUERTEGYM. Sign up in advance at info@deilandplaza.com

Sunday 16th APRIL, 11:30 am **CHILDRENS ACTIVITIES: "MAKING AND DECORATING EASTER EGGS".** Call 629 818 455 to reserve places.

Friday, 21st APRIL **INFORMATION STALL BY "AGÜITA CON EL PLÁSTICO"** (campaigning against plastic waste) from 5 pm to 8 pm

Saturday, 22nd APRIL From 10 am to 1 pm

Sunday, 23rd APRIL, **NATIONAL BOOK DAY** 11:30 am. **PLAY AREA and BOOKMARK WORKSHOP.** 5:30 pm. **CHILDREN'S STORYTELLING.** From 5 pm to 8.30 pm. **BOOK SIGNING by ISMAEL LOZANO and MIGUEL AGUERRALDE**

Friday, 28th APRIL, 5:30 pm **PRESENTATION OF ALL CATEGORIES OF SAN BARTOLOMÉ CLUB DE FÚTBOL SPONSORED** by Centro Comercial Deiland

Saturday, 29th APRIL, 6.30 pm **INTERNATIONAL DANCE DAY: EXHIBITION OF CLASSICAL SPANISH DANCE**: Claqué, Jota Aragonesa and Flamenco.

The organisation reserves the right to modify or suspend events if deemed necessary by circumstances.

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THE IRON AGE

On the 20th May, Lanzarote will hold its breath as the biggest sporting event on the island takes place. Starting at daybreak on the sands of Puerto del Carmen and finishing at midnight, the Ironman Lanzarote is a lung-bursting, heart-breaking, leg-pumping, mind-blowing epic of endurance and spectacle.

The Lanzarote Ironman is the first and oldest Ironman race in Spain, celebrating its 26th year in 2017. It's also one of the toughest, often taking place in sweltering heat or strong winds, and involving total climbs of 2,500 metres during the cycling stage, all of which tests 2,000 competitors who have prepared for months to the absolute maximum.

Lanzarote's Ironman race also has special links to the the birthplace of the Ironman, Hawaii. Both are stark, beautiful islands located near the Tropic of Cancer in the middle of vast oceans, and their Ironman races take place in similar conditions, amidst crystalline seas and black lava fields. Lanzarote's race also offers a passport to Hawaii for the first 40 athletes, who win a chance to compete in the big event at Kona.

The word "mystical" often arises when the Lanzarote Ironman is discussed, and it's understandable. The race begins on an often-misty beach at the crack of dawn, with thousands of nervous athletes looking like aliens in their swimming helmets and googles, and enjoying the last moments of rest they'll get for several hours.

When the horn sounds, it's into the sea, and a thrashing, churning swimming stage that can leave contestants scratched, bruised and battered. Once out of the water, it's onto the bike for an island-encompassing cycle stage that takes the race to the wildest, most beautiful parts of Lanzarote.

Then, finally, it's back to Puerto del Carmen for the final, gruelling stage – a full marathon run along the concrete of the Avenida de las Playas.

This is where the elite winning athletes will cross the finishing line in the early afternoon, but that finishing line will be a place of high drama, joy and celebration for hours, as those who have not fallen along the wayside arrive home and earn the right to call themselves Ironmen and Ironwomen.

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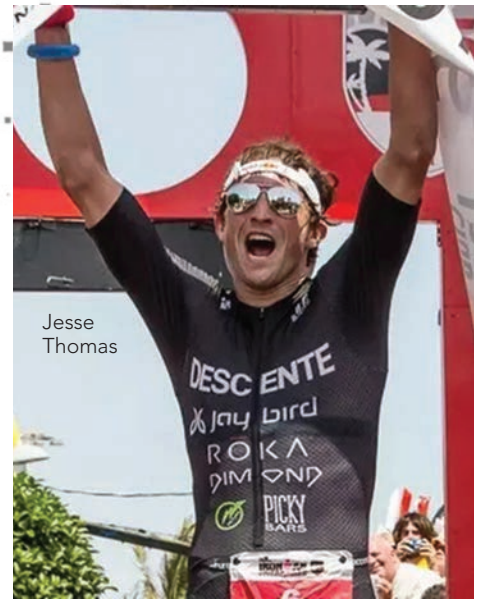
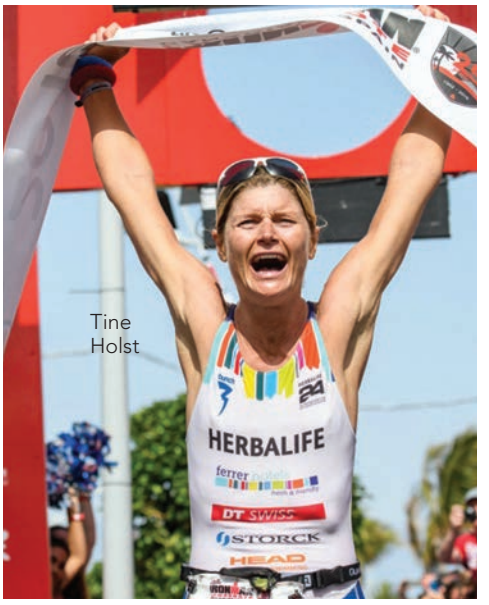
CANARIAS SPAIN

BACK ON TRACK



Jesse Thomas



Tine Holst

Last year's Lanzarote Ironman winners, Jesse Thomas and Tine Holst, will both be back this year to defend their titles. But, as always, they'll face a tough challenge as other pro triathletes battle for the top spot on the podium.

Jesse Thomas, the American athlete who won a tough race last year, announced "Super stoked to announce I'm headed back to Club La Santa Ironman Lanzarote in May! Last year was one of the best and definitely most memorable races of my life, and I'm honored to return as the defending champ for this historic event. This course and island are extreme both in difficulty and beauty - and in my book it's a perfect place to challenge yourself in an Ironman."

However, Jesse will face tough competition from two other previous winners. Alessandro Degasperi, who won in 2015, and Romain Guillaume, the victor in 2014, will also both be competing and hoping to win back their titles.

Last year's female winner, the Belgian Tine Holst will also return: "I'm excited to return as the defending champion to the most epic, honest & challenging IRONMAN. " she posted. Tine will be joined by both runners up in last year's race – fellow Belgian Alexandra Tondeur and Brit Lucy Charles. Other women confirmed for May include local heroine Saleta Castro, the British athlete Lucy Gossage and American Darbi Roberts.

While the professional athletes' competition will be as tight and challenging as ever, every fan of the race knows that it's only part of the story, and several hundred amateur athletes will also be taking part in a race to be able to call themselves IRONMAN.

CHALKED OFF

One of the "traditions" of the annual Ironman race is set to disappear after the organisers of the race have begged the supporters of participants to stop writing messages of encouragement on the roads.

The messages usually appear just before the race, and consist of the athlete's name, with perhaps the odd "Go!" or "Venga!" added. However, many of the messages are written in spray paint, meaning they are indelible once the race is over.

The practice was born during cycle races such as the Tour de France, where chalk messages are scrawled on the road at stages throughout of the route. In recent years "chalkbots" have even been used to automatically create messages. However, painted messages are strictly banned.

Chalk is fine in France, where rain is frequent, but Club la Santa have pointed out that even chalk messages can remain on the road for a long time on Lanzarote, and request that supporters leave no marks on the roads.

LINEAS ROMERO

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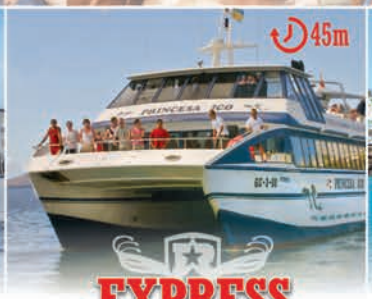
08:30	16:00	08:00	15:00
10:00	17:00	08:40	16:00
11:00	18:00	10:00	17:00
12:00	*19:00	11:00	*18:00
13:30	*20:00	12:30	*19:00

*1 May -31 Oct *1 Jul - 31 Oct



EXPRESS FERRY
LANZAROTE FUERTEVENTURA

27€ 15€ RETURN IDA Y VUELTA

PLAYA BLANCA → CORRALEJO	CORRALEJO → PLAYA BLANCA
*09:30	*10:30
10:30	11:30
12:00	13:00
16:15	17:15

*Except Sunday / excepto domingos

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PUERTO DEL CARMEN PUERTO CALERO

6€ 4€ ONE WAY IDA

PTO CALERO → PTO CARMEN		PTO CARMEN → PTO CALERO	
10:00	14:15	10:30	15:00
11:15	15:45	12:00	16:30
12:45	17:15	13:30	17:45

EXPRESS WATERBUS
PLAYA BLANCA PORT MARINA RUBICÓN PLAYA PAPAGAYO

15€ 8€ RETURN IDA Y VUELTA

Pto. PLAYA BLANCA MARINA RUBICÓN	MARINA RUBICÓN PLAYAS PAPAGAYO	PLAYAS PAPAGAYO MARINA RUBICÓN	MARINA RUBICÓN Pto. PLAYA BLANCA
10:00h	10:15h	10:45h	11:15h
11:30h	11:45h	12:30h	12:45h
13:30h	13:40h	14:15h	14:45h
15:30h	15:40h	16:15h	16:30h
16:45h*	16:55h*	17:20h*	17:40h*

*01/06 - 15/10

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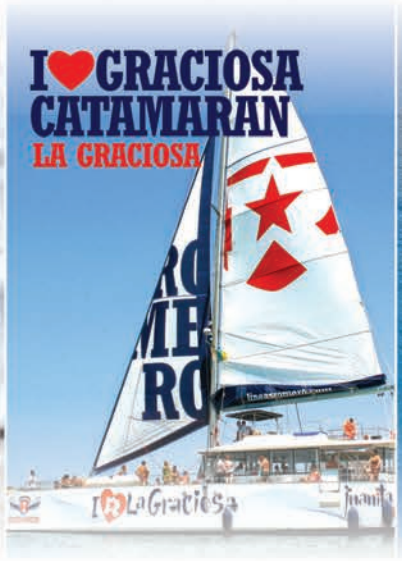

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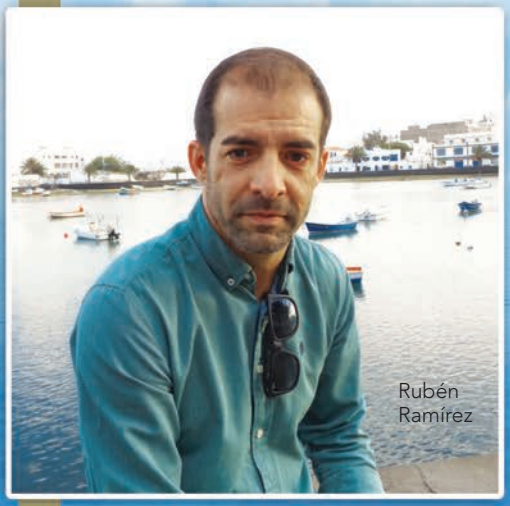

LIFE'S A BEACH

Lanzarote's beaches are the secret to its eternal popularity as a tourist destination, but there's much more to them than suncream and beach towels.

Marine biologist Rubén Ramírez has devoted his career to studying the huge variety of creatures that dwell between the high and low tidemarks, and shortly plans to issue a book on the subject.

What made you interested in marine biology, Rubén?

It's a vocation for me. I grew up here on Lanzarote and we often used to holiday in Punta Mujeres. As a child I loved to discover rock pools and see the living things that they contained. Later I studied Biology at the university of Tenerife and did my PhD thesis on Gran Canaria. I also spent time with the Marine Biological Association in Plymouth as part of my doctoral studies.

What is your speciality in the field?

A lot of marine biologists love to dive with sharks and rays. I enjoy that too, but I'm more interested in the intertidal zones – the area of the beach between the high and low tide lines. It's an incredibly fertile and interesting area for sealife. In Britain I would find maybe 50 species on an average shore – here it's more like 100.

What are your favourite species?

I'm particularly interested in nudibranches, which are often called sea slugs. They're a type of mollusc that has no shell, but their colours can be incredibly beautiful.

Is the Canaries a unique place for sea life?

It's interesting because here, we are in the middle of everything. A lot of the marine life is similar to the Mediterranean area, but there are also species from the west coast of Africa, as well as further south.

Are there any discoveries you're particularly proud of on Lanzarote?

A few years ago I discovered a variety of seaweed that is found in the bay of Arrecife. This sea plant is found elsewhere, but only on Lanzarote does it form itself into large balls. I think it's a fairly unique adaptation, and it's also interesting because it serves the purpose of cleaning the water in a zone that can be contaminated.

Is pollution the most serious threat for sea life on Lanzarote?

Yes, but the real threat is not so much contamination. It comes from waste water that is processed by sewage plants before being returned to the sea. If it's not cleaned thoroughly it can lead to an increase in nutrients which causes blooms of algae and seaweed. This reduces oxygen content in the water and affects larger species such as fish.

The other main threat is the destruction of marine habitats. For example, the building of the Marina Rubicón in Playa Blanca led to the destruction of a large and important underwater meadow of sea grass.

There are other threats, too. Overfishing may be the cause of the explosion of diadem sea urchins we've experienced recently, as well as recent plagues of jellyfish. However, global warming may also be a factor.

What uses can humans make of the life on seashores?

Well locals have eaten lapas (limpets) for years, and you often see fishermen searching under rocks for a crab called *carnada de vieja,* which literally means

"parrotfish bait". There are other edible species here, such as sea urchins and snakelock anenomes, but no one here eats them. Recently, Chinese residents can be seen collecting sea cucumbers, which are a far Eastern delicacy. These animals have also been studied by NASA because of the unique glue-like substance they produce.

Have you discovered any new species on Lanzarote?

No, but I've confirmed the presence of a number of Canarian species on this island. There are only a few species that are unique to Lanzarote, but many Canarian species.

What projects are you currently involved in, Rubén?

I've set up the Azul Marino website, which is devoted to educating people about the sea life on the island. I work with local institutions, and often take school groups out to the beaches for field trips, or for snorkelling expeditions. The kids love it. Put a child on a beach and they're not only happy, they're curious and interested.

I'm also working on a book about shore life that I hope to have finished later in the year.

> "Put a child on the beach and they are happy and curious."

Where and when do you do your research?

It depends. If I'm studying rock pools I'll go up to La Santa or similar zones, but for sandy beaches I can go to Arrecife, Playa Honda – all sorts of places. I go at low tide always, especially when there's a full or new moon, because the tide is higher and lower at those times.

What sort of discoveries have attracted your interest recently?

I found some jellyfish recently in the north of the island, which like the Portuguese man of war, float on the surface of the sea and have a "sail" that help them move around. I was also excited to discover that angel sharks also occupy intertidal areas recently – I'd never come across that before.

Find out more at
www.azulmarinolanzarote.com

Business

Arena returns

Recently re-opened, the Arena Restaurant is the brainchild of Luis León – one of the best-known and most respected chefs on Lanzarote. It's a restaurant with a difference, located in a stunning house in the Los Mojones area of Puerto del Carmen (C/Janubio 9), with pool, attractive gardens and some of the finest cuisine on Lanzarote.

Arena is definitely a hidden treasure, but one that you won´t regret discovering. Call 928 515 782 to book or find out more.

Property Solutions on the move

Due to expansion of their business, Property Solutions in Playa Blanca are moving to new and bigger premises at Commercial Centre La Mulata, close to the Natura Palace Hotel. It's the same attentive staff, the same professional services and the same reliable property management solutions – but there's more room!

Quality First

Veta Muebles opened in Yaiza in the year 2000. 16 years later, and after having moved to larger premises near the Arrecife hospital, Montse and Norberto continue to provide customers with the warm welcome and the care for quality products that has seen them survive a financial crisis and remain one of the most trusted names on the island.

Vetas Muebles specialise in teak furniture, sourced from sustainable forests, and can provide made-to-measure items and fittings for any occasion. However, there's much much more to discover at Veta Muebles, from sofas and kitchens top décor and lighting.

Why not visit Veta Muebles, at Cta Arrecife/San Bartolomé 30 and find out for yourself. Call 928 823508 for more info.

Leave it to SEVE

If your car's due for its ITV check-up (MOT equivalent), you can easily save yourself the time and hassle of going down to the ITV centre and waiting to be ordered about by the mechanics. Just go to Seve Motor in Tias, opposite the Ally Shop on C/Matorral, and they'll not only give your car the necessary check-up, they'll also take care of the entire ITV process for you. All you have to do is pick your car up, with its spanking new ITV sticker. Call 659 885 451 to find out more.

Lolita is back

The Lolita bakeries are well known on Lanzarote – the perfect places to take a coffee and tasty cake or pastry, or buy freshly baked products from rolls to birthday cakes.

The Lolita bakery in San Bartolomé has been closed for a while recently while the business carried out renovations to the premises, but is now open again and welcomes all its regular clients, as well as new visitors, to pop in and have a coffee.

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Hard Going

Dear Editor

Could I through your publication please ask that consideration be given to improving the safety of the coastal footpaths, in particular those from Costa Teguise up to Los Cocoteros and Guatiza village.

My wife and I were looking forward to a bracing walk and wore suitable footwear, but many of the sections were so poorly maintained each step was treacherous with a real possibility of twisting an ankle or sliding down steep loose gravel slopes on our bottoms.

I appreciate that these are "rugged" natural areas but to encourage tourists and visitors to use them regularly an element of safety must be ensured.

We did complete the walk out and back but were relieved to get home without injury.

Would you be kind enough to publish this and perhaps encourage the local authority to investigate and act when time allows.

Best regards John Harper,
Apartments Nazaret

Ed: Teguise Ayuntamiento has recently had problems with the company it hired to maintain public spaces and footpaths, Mr Harper, but hopefully these will be addressed soon. It should be pointed out, however, that many paths on the island cover rough terrain, and it is recommended that those who use them wear decent walking boots, carry a mobile phone and, preferably, tackle the route with a partner.

Petrol Thieves

Dear Ed,

I have been staying in Costa Teguise for 6 weeks during January and February for the past 12 years and absolutely love it. Unfortunately this year, during our first three weeks, our hire car has had its petrol cap damaged and all the petrol syphoned out on two occasions. The car hire company have been very understanding and changed the car for us. We are aware this has happened to other people. We have taken care to park the car under street lighting and not leave anything in sight in the car.

I know that not much can be done about this matter, but I would be grateful if you published this letter to ask the offenders to please leave us enough petrol to get us to a petrol station next time, please.

Phyllis Duckworth

P.S: It will not stop me coming back next year.

What an annoying incident, Phyllis. As you say, there's not too much that can be done about it, but it might be worth asking the hire company to provide a petrol container to keep a couple of litres in in case of emergencies.

Thanks to The British Surgery

Dear Editor

I'm just writing to say a big thank you to British Surgery in Puerto del Carmen for their calmness and professionalism when treating me for an injury I sustained while hang gliding recently.

My arm was badly hurt and I had lost all sense of feeling. It was an extremely worrying situation, but Jesús and his colleagues soon put my mind at rest and treated me with sympathy and skill.

Again, many thanks.

Yours Jill Stephenson

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Immobile Mobiles

Dear Editor

Last year you kindly published my letter referring to the sadly "immobile" state of at least three of the Manrique Wind Toy structures around Costa Teguise. Two of these are along the Ruta del Norte and another is located where Avenida de las Palmeras meets C/Los Dragos. On my return this year I am sad to note that nothing has changed.

Although the structures remain attractive, I feel sure that Manrique's design concept was to focus attention on "the beauty of movement". The artist must also have assumed that the Ayuntamiento would have been prepared to carry out the necessary maintenance work.

Sadly, although the white bases seem to repainted regularly, the structures themselves are badly rusted.

It seems to me that these structures are not only examples of Manrique's genuius, but also permanent monuments to his memory and should be carefully preserved accordingly.

Sincerely yours, John Kerry

Crash query

Dear Editor

Earlier today, this morning, my wife and I visited Famara and my attention was drawn to a bright reflection about halfway up the cliffs. I couldn't make it out with my small binoculars, so I took a photograph. I've now transferred the digital image to my iPad and when its enlarged I can make out a vehicle, possibly a long wheel based Landrover. It's in the gully in the centre of the photo, about a quarter of the way down from the upper edge.

Is this an old accident and are the authorities aware of it?

Best regards,
James A Cowan MBE

Ed: I can´t speak for this vehicle, Mr Cowan, but over the last decades there have been a handful of suicides involving people driving their vehicles over the Famara cliffs. The last of these incidents took place in 2013. I suppose the rough, inaccessible terrain makes removal of the vehicles difficult.

Not-so Private Dancer

Dear Ed,

Some of your readers may recall my dalliance with a certain entertainer (When Tina Turner Leapt On Me) which I shared in your pages. Alas, it was doomed to fail and I stand here today a sadder, and probably no wiser man.

I wrote the following as a sort of therapy. However, I ought to point out, just in case the real Tina reads The Gazette, my 'Tina' was performing a tribute act in venues around Puerto Del Carmen.

Life can be hard at times.

Yours ruefully,
John Leppard Las Villas, P D C

Lost Love

I've gone off Tina Turner,
(Though I still admire her hips),
'Cos she built me up, then cast me down,
Like an empty bag of chips.

It seemed like something special,
When she flashed her gaze at me,
And I could tell she was excited
By the way that she sat on my knee.

While she'd pretend with other men,
Like kissing their bald pates,
Deep-down I knew, that just we two
Were born to be soul-mates.

Then she started being 'too busy',
Her phone was always off the hook,
And she never answered my e mails,
Or even signed my autograph book.

So unannounced I gate-crashed,
One of her latest shows,
And before my eyes, to her surprise,
She was caught in an unfaithful pose.

'Tina!' I snapped, 'Its the last straw,
You've spurned me enough, its finis'
But she laughed in my face and returned to her place,
Perched on some other guy's knee.

That's why I hanker no more for star lovers,
For I was let down and hurt to the core,
It may seem like fun, a day in the sun,
But it leaves your ego exceedingly sore.

Don't be Cruel

Lanzarote vet Jane Burke appeals for everyone to make an effort to lead a kinder, cruelty-free life.

When I started university less than 6 per cent of veterinary students were female and less than half of these would ever qualify. My veterinary college had an openly racist and misogynistic selection procedure and they were equally open about rejecting any applicant that they considered to be sympathetic to or, God forbid, sentimental about animals.

The interviews I was invited to at university were the only occasions in my life that I have lied with all my heart. I could hardly disguise being female (strike one), I confessed to being a 'townie', (strike two), and my northern accent was undoubtedly strike three, as veterinary committees were composed without exception of public schoolboys- the hunting, shooting Hooray Henries I did and still do despise.

So I answered their questions with obsequious grovelling and just a hint of cruel money-grubbing ambition. I laughed along with their cruel derisive jokes about animal welfare and fluttered my eyes with feigned embarrassment when they joked about the crude realities of veterinary work. It says much for my determination or their absolute incompetence that I managed to get a place in vet school.

About eight years later I started my practice in the Fylde Coast. I was the only female vet in the district and the only female veterinary clinic in the North West. My competition were all single male vet practices. The youngest were much older than I and had all qualified in the days when small animal studies were very limited indeed. They had no diagnostic equipment, no acceptable hospitalisation facilities, no anaesthetic equipment and zero enthusiasm for pet animals.

Whilst the public was often surprised, (and, not uncommonly, unimpressed), to discover the young female that greeted them was in fact the vet in charge, my practice thrived and exceeded all possible expectations of success. With hindsight, I think there were several reasons for this at that time.

Firstly, and certainly the most important, was my receptionist. A mature, intelligent, exceedingly kind woman who loved and cared about all animals, She remembered pets and owners names, their children's school, their holiday destinations. She engaged everyone in conversation, simultaneously lessening their stress and winning their hearts with her honest interest and concern. My mother was the best receptionist in the world.

Secondly, I believe my tender affection for all creatures - although it had appalled and infuriated my peers at university - appealed to fellow pet owners who could more easily relate to gentle genuine concern than they could to macho autocratic professionalism.

And thirdly, my enthusiastic pursuit of the rapidly escalating potential for diagnosis and treatment of our small animals gave me a dramatic advantage over the surrounding competition, as they remained closeted with their limited education and evident disinterest in pets.

> "We can all make an effort to cut down on cruelty."

To adopt, sponsor, donate prizes or to help in any other way contact the charity of your choice
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How very fortunate I was to have been able to set up a practice in those early exciting days of veterinary development in the small animal field and to have been able to continue to do the best job in the world for a living.

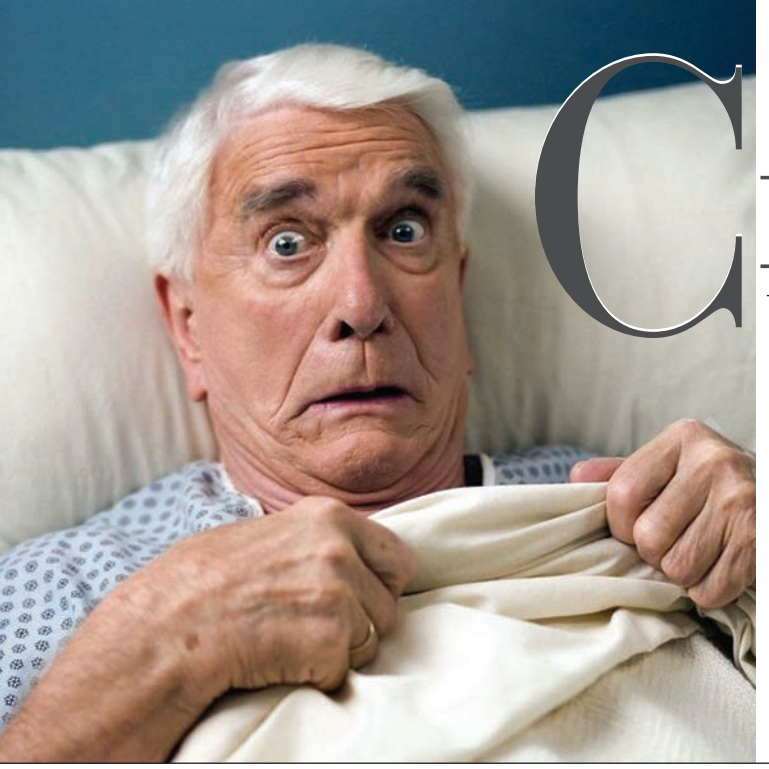
Times have changed. Women now outnumber men in vet schools now, and most are deeply committed to animal welfare (which was not and is not a compatible condition when involved in farm work. Welfare has no significance in big business and a large-animal veterinary surgeon's concern is the financial viability and profit margins of his employers).

Sadly, not everything has changed for the better. The fact remains that among all competitive or financially rewarded animal activities, from bull fighting, dog fighting, hunting, meat, eggs, dairy, dog racing, horse racing, pet breeding etc, I have yet to encounter any that do not involve horrendous cruelty. And as the size of these industries has dramatically expanded, the iniquity and cruelty involved has also increased.

All this misery is only stoppable by you! By each one of you. By every individual who cares. Just stop paying for their pain. It is not rocket science. It is not difficult. Simply do not buy puppies from puppy farms (i.e. through the internet, from pet shops or indeed from anywhere or anybody unless you can see them with their mummy and they are clearly fully socialized with people.) Don't support betting that, in turn, supports the racing industries and all the misery and slaughter they entail. Do not pay to go and see incarcerated dolphins or whales, circus animals, elephant rides, big cats you can handle etc. Stop pretending to yourself that fur farms and the leather industry are not appalling and unnecessary. Stop funding them. Socially ostracise those who breed dogs and cats into a world where they are not wanted (especially on an island already sinking with unwanted cats and dogs.) If you won't become vegan, try at least a day without anything dying for your pleasure. It is an addictive high to know you paid not a cent of your hard earned cash towards their suffering.

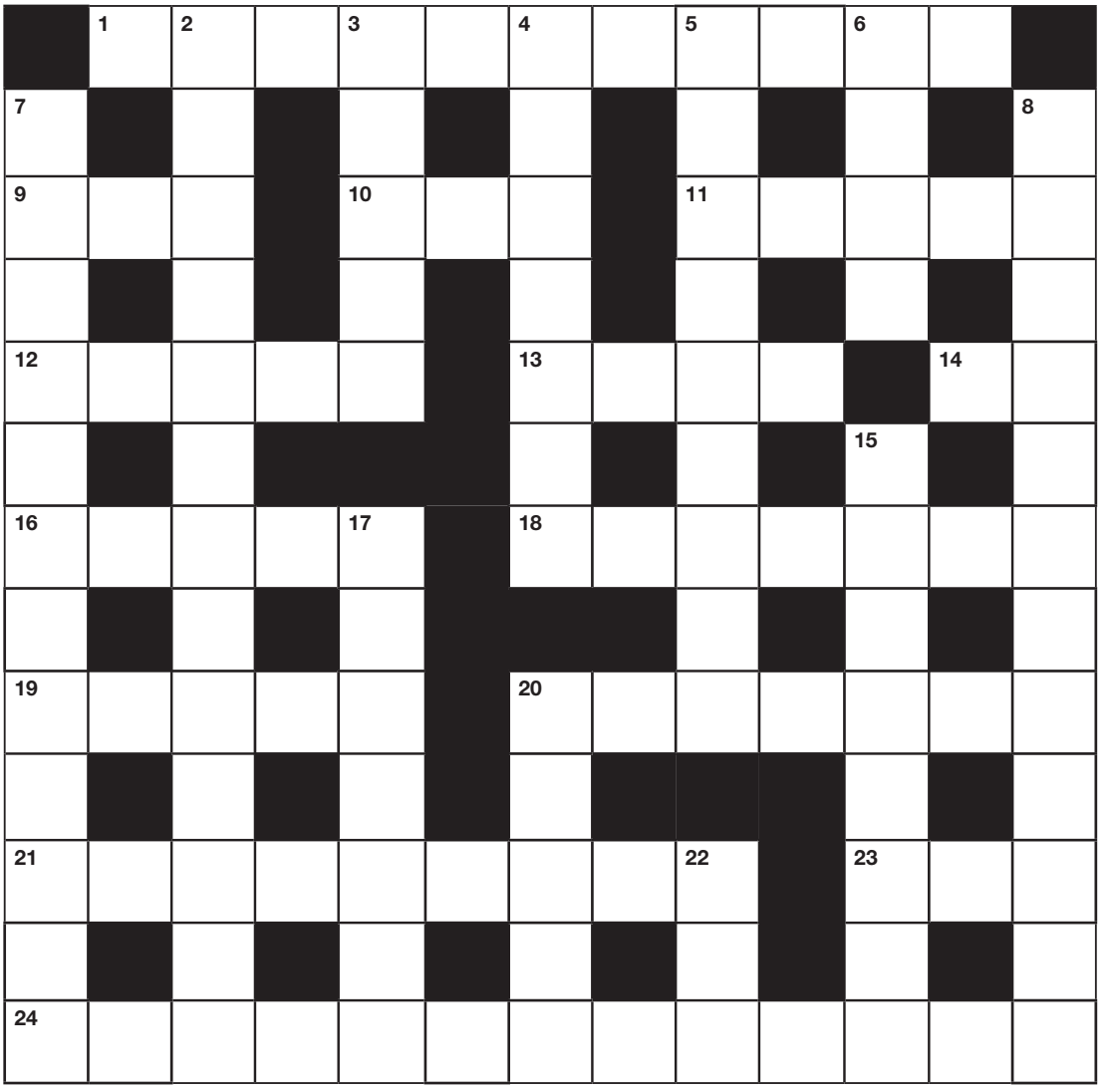
I see endless adverts to donate just two or three pounds a month to animal welfare. Why not just stop spending this every week paying for cruelty to be committed for your pleasure. Please?

I know so many of you are genuine animal lovers. I am asking you to look past your habits and cultural blindness and help to make this world a better place for my family and yours. Check your pet's water bowls are clean and full and raise a glass with me to a kinder world.



Crossword

This month's crossword is full of foolishness, so fill it in and send it to us before April 15th for the chance to enjoy a free bottle of Lanzarote wine. Last month's winner was Clodagh Kenny-Lyford. Well done Clodagh!



ACROSS

1. 2016 Pixar film about a short- memoried regal blue tang played by Ellen de Generes (7,4)

9. Ms Winehouse (3)

10. A fool or a headlouse (3)

11. Mexican maize chip (5)

12. Harry Potter's was Gryffindor (5)

13. See 2 down

14. A name I call myself (2)

16. 9 across's first big hit (5)

18. Sinbad, Popeye and Ellen McArthur, for example (7)

19. Proprietor (5)

20. Validate, verify (7)

21. Jimi Hendrix or Paco de Lucia, for example (9)

23. Fool or donkey (3)

24. Actor who played Lt. Frank Drebin in the Naked Gun films (6,7)

DOWN

2 and 13 across. "Fool (……) - Chris Rea's first American hit single (2,3,5,3,4)

3. Foolish student who sits in the corner with a conical hat (5)

4. The United ……, organisation founded in 1945 (7)

5. British wildflower which forms "clocks" in late summer (9)

6. Astley, Moranis, Stein or Parfitt? (4)

7. Foolish priest played by Ardal O' Hanlon (6,6)

8. Springfield's famous dad (5,7)

15. Christmas, Easter and Bank, for example (8)

17. Mixed rice and meat dish from India (7)

20. A pile of rocks marking a mountain peak (5)

22. In sport, a draw or a cup match (3)

Last months answers: **Across:** 1.127 Hours 5.1979 9.147 10.Endeavour 11.Ape 12.Noon 13.Enid 15.My Bum 17.Alabama 19.Trawl 20.Oak 21.Nil 22.Ace 23.Igloo 24.Two 25.Se7en 26.365 Days **Down:** 1.101 Dalmatians 2.747 3.One In a Million 4.Radio 6.9 Down 7.99 Red Balloons 8.Bat 14.Jackson 5 16.Blakes 7 17.Apollo 3 18.Agnetha.

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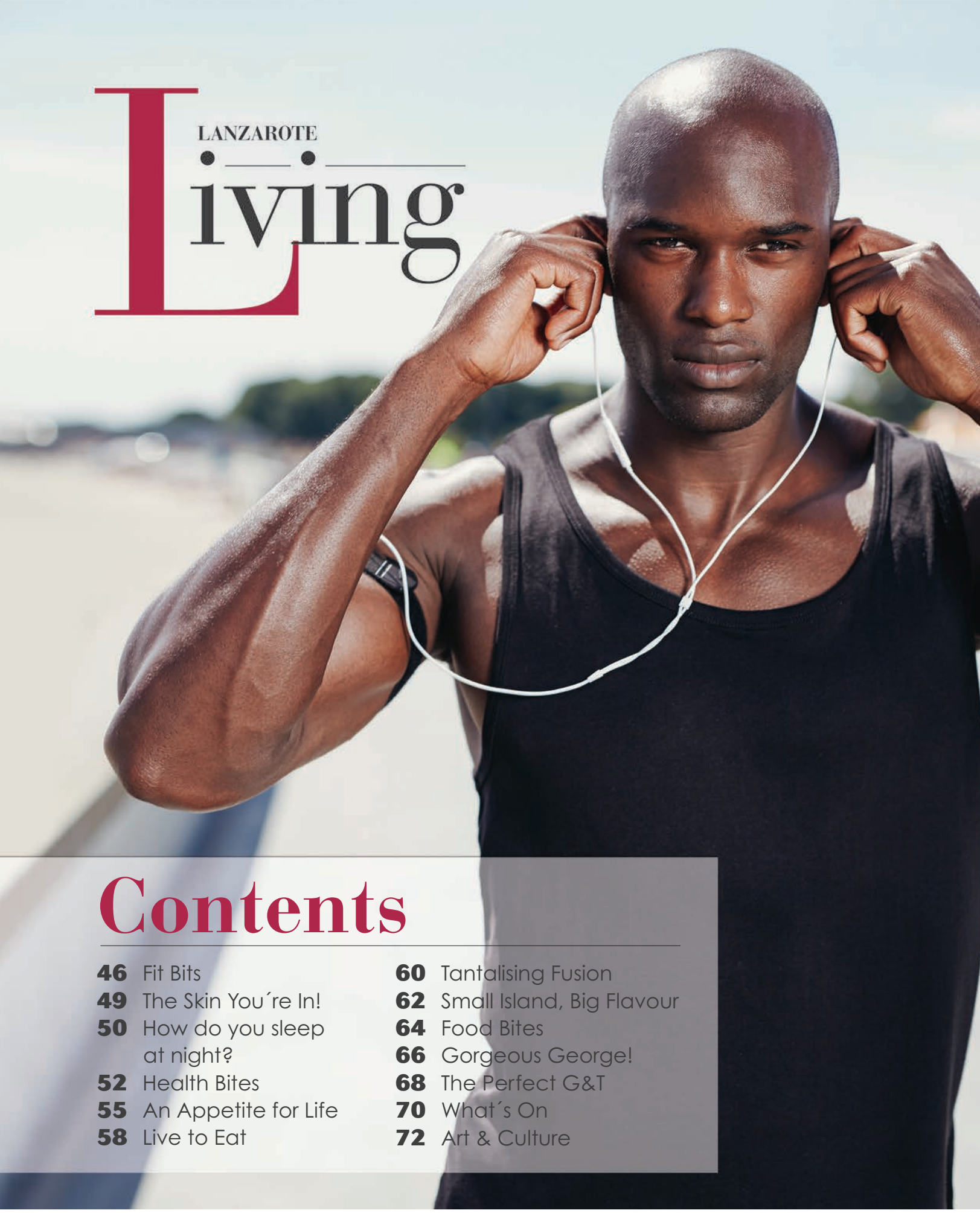

LANZAROTE

Living

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FIT BITS

On a health crazy island like Lanzarote things are changing all the time. We keep you up to date with the latest news and trends in the world of health and fitness.

10 A DAY?

Recent health advice has doubled the recommended portions of fruit and veg we should eat daily from five to ten portions. But is this even possible?

The recommendations claim that cancer and heart disease can be reduced by eating 10 80 gram portions of fruit and veg each day, with greens, apples, broccoli, peppers and other products being the most important.

However, many have already found the previous five-a-day recommendations difficult to maintain – doubling it may seem an impossible task.

For many, smoothies seem to be the answer, with many health freaks necking at least half of their daily intake in the form of green gloop from a nutribullet. But here on Lanzarote, it's also worth checking out what tapas are on offer in local bars.

EYES ON THE ROAD

On Lanzarote, whether you're completing an Ironman race or just jogging around the block, you'll need eye protection. The permanent sunshine on this island can cause lasting damage to your vision, including the early onset of cataracts.

Experts recommend that glasses for runners and other athletes are light, durable and offer full UV protection – the ones you can buy for under a tenner in the supermarkets and Chinese shops won´t do the job.

Polarised glasses are also a very good idea on Lanzarote, where glare is a fact of life. When buying running glasses, its also worth thinking about style. Wrap-around styles will help protect your eyes from dry winds, while arms should be flexible and tough.

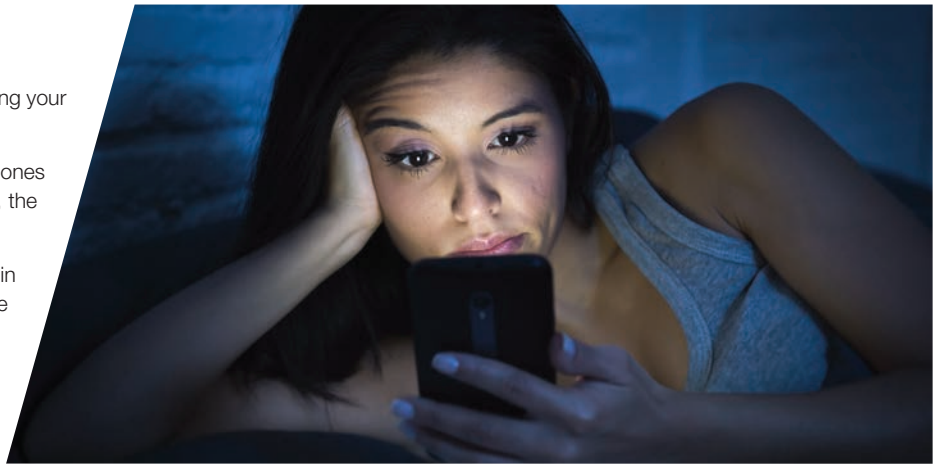
If you're pounding the road and haven´t sorted your eyewear out yet, now's the time to make a real difference.

LATE NIGHT BLUES

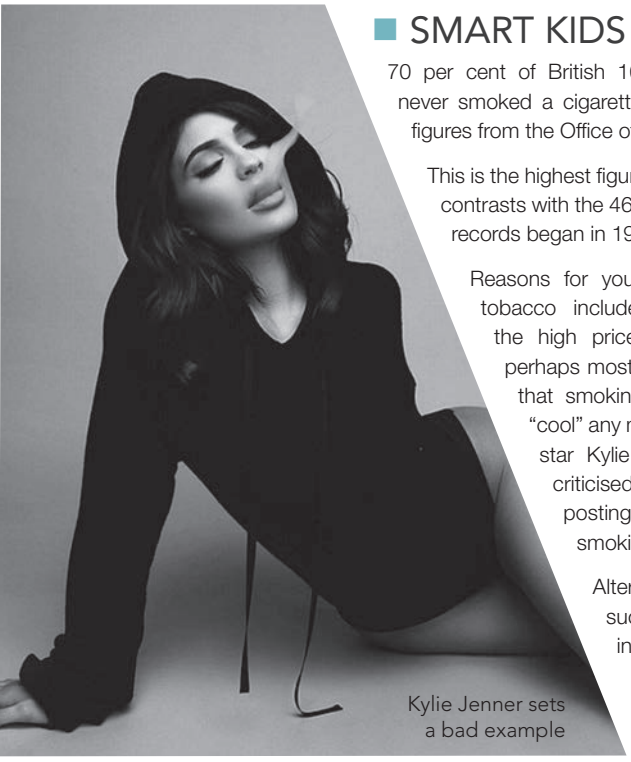
Late night sessions on your mobile or tablet could be affecting your ability to get a good nights sleep, according to experts.

Studies have shown that the blue light emitted by smartphones and tablets can reduce the natural production of melatonin, the hormone that makes us feel sleepy.

Blue light is used so that the screen is easily visible, even in bright sunlight. However, after dark, the blue light mimics the brightness of the sun, fooling the body into producing less melatonin. The results could be insomnia and disrupted sleep patterns, which are, in turn, being increasingly linked to serious health problems such as obesity and heart disease.



SMART KIDS



Kylie Jenner sets a bad example

70 per cent of British 16-24 year-olds have never smoked a cigarette, according to new figures from the Office of National Statistics.

This is the highest figure ever recorded, and contrasts with the 46 per cent figure when records began in 1974.

Reasons for young people rejecting tobacco include health education, the high price of cigarettes, but perhaps most importantly, the fact that smoking just isn´t seen as "cool" any more. Recently, reality star Kylie Jenner was widely criticised and mocked after posting a photo of herself smoking on Instagram.

Alternatives to smoking, such as vaping, are increasing in popularity, but only 3 per cent of 16-24 year olds have tried it.

GET THE BUZZ!

EMS stands for electronic muscle stimulation, and is a technique originally used in rehabilitation which involves stimulation of the whole muscular system, including deep tissue muscles. It's suitable for healthy people of all age groups and fitness levels and involves personalised training allowing you to reach your individual goals in just one or two weekly 20-minute sessions.

EMS can provide visible and quick success after just four sessions, reducing fat content and cellulite, tightening and firming problem zones, improving muscle formation and definition as well as general mobility, and speeding up the metabolism.

It's a great technique for post-surgery patients, as its easy on the joints, and also comes highly recommended for post-pregnancy toning.

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ADVERTORIAL

Your Health & Beauty in Good Hands

Naida and some of the team at Maive

Maive Centro Médico Estético is a beauty clinic located in Arrecife, which offers some of the most exciting, up-to-date treatments on the island, carried out by highly-trained and experienced professionals.

Maive offers a wide range of medical facial treatments including Botulinum toxin, platelet-rich plasma, hialuronic acid anti-wrinkle treatment, microneedling, peels and lifts; as well as body treatments such as mesotherapy, alydia, genital aesthetics and treatment of stretch marks and unsightly veins.

Then there is a dazzling range of beauty treatments, from massages to microblading, eyebrow tints to wraps. In addition, Naida Rodríguez, the director of the clinic, has developed her own line of cosmetics, using mother cells from apples and other carefully selected products to create handmade creams that offer a miraculous effect on wrinkles and make the skin glow with health.

Maive offers specialist post-childbirth treatments, ensuring your body is as firm and fit as it was before pregnancy, and also specialises in gynaesthetic processes, rejuvenating and firming the genital area and combatting incontinence and dryness.

The clinic boasts an impressive array of up-to-the-minute technology, including a CO2 Edge laser, a Lavatron diathermy device, ultrasonic peeling, Velashape II cellulite machine, pressotherapy equipment and much more. Many of these treatments are available nowhere else on Lanzarote.

At Maive, Naida Rodríguez heads a highly-skilled team of professionals. Naida herself is a specialist in medical beauty treatments and new technologies, and she is joined by her husband Dr. Manuel Fuciños, medical director of Maive, a gynaecologist and gynaesthetician, and registered member of SEGECI. In addition, the clinic's five-person team includes specialists in dermotherapy, nutrition, pharmacology, facial treatments and physiotherapy. This allows Maive Clinic to offer all-round programmes and treatments that cover every aspect of health and beauty.

You can find out more about Maive's huge range of treatments at www.maive.es, or on Facebook, Maive offers free consultations, giving you the expert advice you need to achieve exactly what you want.

The Skin You're In!

On Lanzarote, looking after your skin is vitally important. The sunlight, breeze and outdoor lifestyle can really take its toll on your skin, leaving you looking leathery and wrinkled.

Elastosis is the medical name for the natural loss of skin elasticity, and it is, of course, a natural part of the ageing process. However, it can be decelerated by cutting out harmful activities that contribute to the condition.

Start by giving up smoking. This is one of the major causes of poor skin condition and, of course, carries many more serious risks as well.

Next, and most importantly on Lanzarote, get into the habit of wearing sunblock and protecting yourself from strong, prolonged sunlight. On this island, the sunlight you're exposed to by just going about your day-to-day business is more than enough. If you're going to be out in the sun for a long time, you need to take precautions.

Supplements often claim to maintain skin elasticity, however bear in mind that there are no real scientific proofs for this. Vitamin C helps form collagen and Vitamin E contains anti-oxidants, which are both factors in skin's elasticity, so they may be worth a try – but don´t overdo Vitamin E. Lutein is another supplement that some claim is effective, and may be worth a trial.

> "Skin care is an absolute priority on Lanzarote

Direct application of creams does help, and we all know the advantages of moisturising. Vitamin A creams, also known as Retinol, have been shown to help in some studies; while Vitamin C is also available in cream form. Nevertheless, most doctors claim that eating fruit and veg is still the most effective way of taking Vitamin C.

Finally, exercise has also been shown to improve the condition of skin, with people who take regular exercise having almost twice as high levels of myokine – a substance that prompts changes in skin cells – than those who take little exercise. Of course, on Lanzarote, you'll have to balance your exercise with sun exposure, and don´t overdo it – research also shows that intensive, hard exercise such as distance running can have a poor effect on skin condition.

How do you Sleep at Night?

Almost everyone suffers from sleep problems at some time in their lives, and for at least a third of the population, insomnia is a genuine problem.

Insomnia is defined as not being able to sleep properly for three or more nights a week, for a period of over a month, and for millions of adults it is a problem that seriously affects quality of life, work performance and mental well-being – insomnia is a major cause of depression.

But it´s also important to know whether you are actually insomniac or not. Many people who report sleep problems are actually getting enough sleep – it´s just that they don´t, indeed they can´t, remember

> “Sleep is fragile. You’ve got to look after it.

it. Instead, they focus on the time it takes to nod off or stretches of wakefulness during the night that often seem far longer than they actually are.

Believing that you have sleeping problems is actually one of the main causes of sleeping problems, and doctors have found that, time and time again, prescribing placebos to patients and telling them they are sleeping pills has done the trick.

Genuine sleeping pills are, of course, another solution. However, it is important to remember that a Temazepam or a Zolpidem before bedtime is simply combating the effects of sleeplessness and not tackling the problem itself. In the same way as many people find it easier to nod off with a glass or two of wine inside them, sleeping pills are a chemical

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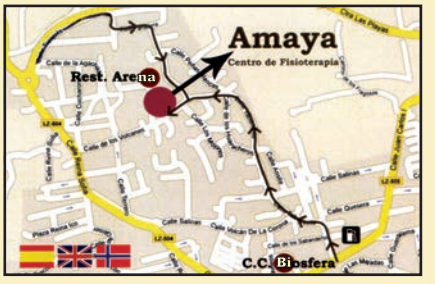

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amayafisioterapia@hotmail.com

solution and one that can quickly lead to reliance. Nowadays, the correct treatment of sleeping problems sees sleeping pills as a last resort, and instead non-drug treatments are increasingly being used. While they don´t provide the immediate relief of drugs, sleep experts believe they offer the best long-term solutions to chronic insomnia.

The first step is keeping a sleep diary, in which bedtimes, waking times, hours slept and the quality of sleep are all noted down. Even though the results will be approximate (obviously there'll be no entries saying "Hooray – finally dropped off at last!"") they will provide a reliable guide to the seriousness of the condition.

If a diagnosis of insomnia is made, treatments include:

Sleep Hygiene

The first consideration is to ensure that your lifestyle is not affecting your sleeping patterns – and changing your behavior to a more sleep-friendly pattern is known as sleep hygiene.

Sleep hygiene will take into account intake of caffeine, alcohol and other drugs; the proximity of mealtimes to bedtime; exercise routines, the regularity of bedtimes, daytime napping habits

According to one sleep-hygiene expert; "Sleep is fragile. You've got to look after it." and making sure you´re in the best possible place for a good night´s sleep is part of that.

Sleep hygiene also takes into account physical aspects such as whether your bedroom is properly sound and light-proofed, whether you´re using the right mattress and pillows, and whether you´re wearing the right clothes in bed.

Worrying is one of the main reasons for sleeplessness, so it´s also important to do as much as you can to solve problems before you retire. Take a walk and turn the problem over in your mind, then write a list of what you intend to do the next day. Do what you can while awake, then go to bed knowing you´ve done your best.

If you continue to worry, get up and have a milky drink or watch a little TV – but break away from the cycle in which worries magnify in the dark.

Other Therapies

If sleep hygiene has been addressed, and there's no improvement in your sleep, a package of treatments known as Cognitive Behavioural Therapy may be prescribed, either individually or in combination..

This may involve treatments such as sleep restriction, stimulus control, cognitive therapy and relaxation techniques.

Sleep restriction allows only a few hours of sleep during the night, at first. Gradually, the time is increased until the patient achieves a more regular night's sleep. It doesn´t work for everybody, but can be highly effective in certain cases.

Stimulus control aims to rebuild the association between the bedroom and sleep by limiting the amount of time you spend awake in bed. It is important to link the environment to sleep, rather than lying awake, and this therapy aims to make your bed a pleasure once more…

Cognitive therapy aims to address the problem more indirectly, by teaching you a different way of worrying. It encourages insomniacs to do their worrying at a different time, write down their fears and discipline themselves not to worry about things around bedtime. There is also a strong aspect of "Give me the wisdom to accept the things I cannot change, the capacity to prepare for those I can and the wisdom to know the difference."

Relaxation therapy uses specific effective techniques which can reduce or eliminate anxiety and body tension. As a result, the person's mind stops racing, the muscles relax and fulfilling, restful sleep is more likely to follow.

HEALTH BITES

The latest health news from Lanzarote and Beyond.

SLEEP WELL, STAY SLIM

Getting seven to nine hours of sleep a night is a significant factor in avoiding obesity, a study by Glasgow University has revealed.

The study discovered that those who overslept the recommended hours were likely to be 4 kilogrammers heavier than normal sleepers, while those who slept less than seven hours were 2 kilograms overweight.

The results only affected those with a genetic risk of obesity but among those who display such a risk, the findings were significant. Daytime napping and shift work (which leads to irregular sleep patterns) also contributed to the risk of obesity.

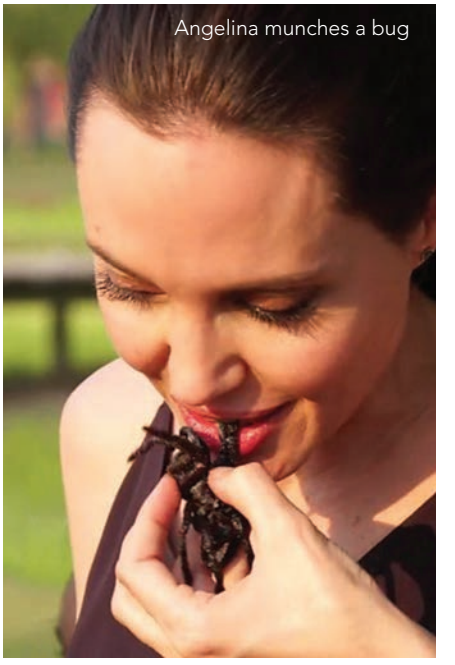
GOOD GRUB

Angelina Jolie says they have "really good flavour" and scientists claim they are the original superfood "high in protein, minerals and amino acids." But it seems that we in the Western world are still a long way from accepting insects as a part of our daily diets.

Jolie was filmed eating a spider and a scorpion while promoting her new film in Cambodia, and seemingly enjoyed the experience. Meanwhile, insects are a regular part of the diet of more than 2 billion people in the world.

Scientists believe that insect protein sources will make sense in a world with increasingly overstretched resources, but also admit that it will take some time for people to get used to the idea.

Nick Cooper of Crunchy Critters says "It won't be an overnight change and will probably be led in the future by youngsters." but there is no real reason why people who happily eat prawns should not munch on a grasshopper or a beetle.



Angelina munches a bug

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YOGHURT NOT CHEESE

High cheese consumption could lead to an increased risk of breast cancer, but yoghurt can reduce the risks, according to a recent American report.

Researchers in New York studied the effects of dairy products on the incidence of breast cancer, and discovered that a high intake of yoghurt led to a 39 per cent decrease in breast cancer. However, those who ate high amounts of cheese suffered a 53 per cent increased risk.

The tests were carried out on 3,000 women over a ten-year period, and while the findings will require further research, scientists believe they could indicate a possible link between food and cancer. Christine Ambrosone PhD said "we hope that further research will help us to more fully understand which food products are most valuable in terms of reducing risk for this disease."

EYE CONDITIONS TOP TRANSFER LIST

Eye problems and cardiac ilnesses are the complaints that cause the most inter-island referrals on the Canaries, the Canarian Health Service has revealed.

The health services on the Canaries approved 2,573 movements from January to October last year, which covered a total of 1,288 patients. Most movements involve inter-island transfers, mainly from smaller islands whose main hospitals do not have the range of specialist services offered by the main hospitals on Tenerife and Gran Canaria. However, some patients are also flown to mainland Spain.

Opthalmological problems accounted for the highest amount of transfers, closely followed by cardiac conditions.

"NO ONE IMMUNE" FROM SKIN CANCER

Skin cancer is not just a problem confined to pale-skinned people, the American Osteopathic Association has warned.

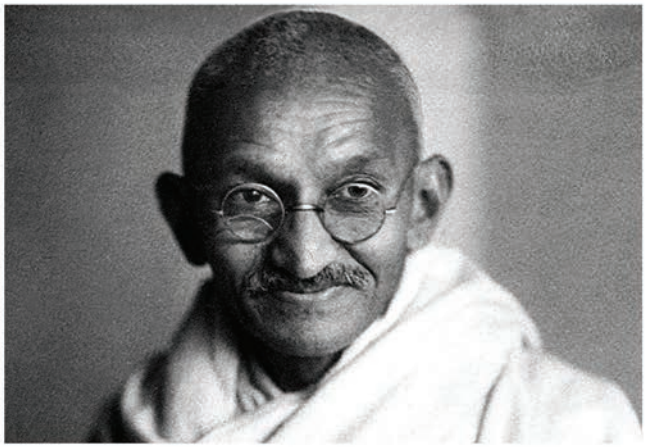
A study by the Association showed an alarming rise in young people reporting severe sunburn to their doctor - and a high proportion of the victims were non-white. Scientists believe that the combination of youth and dark skin leads to a sense of "invincibility" when it comes to sun damage.

Melanoma is the most common cancer among people in their 20s, and the most dangerous of the three types of skin cancer. Researchers advise that everyone, no matter how pale or dark their skin, take measures to protect themselves from the sun and report any suspicious blemishes on their skin to their doctor as soon as possible.

g life

"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi



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An Appetite for Life

On a cool, cloudy day on Lanzarote, you might hear people saying "It's freezing!" It's not, of course – the temperature here hardly ever falls below 15 degrees – but exaggeration is something we all do.

It's the same with food – you may say you're starving, but what you really mean is you're feeling peckish and looking forward to your next meal. Yet the old saying that "hunger is the best sauce" is as true as ever, even if very few of us have ever experienced real hunger.

What we're really talking about is appetite, that life-affirming urge to eat and drink that makes sitting down to a meal the special experience it should be.

On Lanzarote, appetite arises in a thousand ways – the fresh sea air and active lifestyle sharpen your senses, the sunshine puts you in the mood to enjoy life and, of course, there is food everywhere, with tempting aromas and fresh ingredients promising the delights to come.

Here on Lanzarote, they don´t wish you bon appetit – they say buen aprovecho - a phrase which roughly means "make the most of it". And there's no better place to do just that.

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Cool for Cats

Dominique Christ

Famara is perhaps the most beautiful, mystical places on Lanzarote – easily the most popular choice when we ask people their favourite locations on the island. So the arrival of the perfect place to relax, enjoy a drink and a meal or even throw your own very special party can only be good news.

Dominique Christ arrived on Lanzarote from Paris, after running a famous cocktail bar in the French capital. There, she used her skills as one of Paris's most exciting young interior designers to create Café Bonnie, named after one of her beloved cats, and her new project in Famara maintains the feline connection, with its stylish logo of a surfing pussycat.

Situated in the Famara Bungalows complex, El Gato Marino has been totally refurbished and decorated in a funky, attractive style perfectly suited to the laid-back atmosphere of Famara. With two outdoor terraces there's plenty of opportunity to simply enjoy the location while enjoying one of the restaurant's trademark cocktails.

El Gato Marino knows all about preparing the perfect cocktail and, as well as perfectly assembled classics such as Blue Lagoons, Daiquiri or Caipirinha, you can also try one of their own creations. The Alien, for example, is a delicious blend of mango white rum, mint, lemon and a secret ingredient (the non-alcoholic version is called E.T.). Or you can try a Bonnie and Clyde, a Jackito, or a Miao Miao.

Food-wise, El Gato Marino offers good, tasty food at a decent price. Pizzas cooked in a wood-oven are a favourite , but there are also fresh fish and meats, salads, vegetarian and vegan dishes and pasta available. With a talented Catalan chef in charge of the kitchen, El Gato Marino will satisfy much more than your eyeballs.

El Gato Marino also plans to hold musical events and will be barbecuing or cooking paella twice a week. And the restaurant's unique combination of style and stunning location means that it is the perfect place to hold a party, a celebration or any private event that you want to make special.

"We knew from the start this was a special place" says Dominique "The sunsets, the terraces, the views – it's really beautiful, and we want everyone to share it with us."

> "We knew from the start this was a special place. The sunsets, the terraces, the views – it's really beautiful, and we want everyone to share it with us."

El Gato Marino is open every day except Monday from 12pm until 11pm.

El Gato Marino is located at C/Chirimoya, 13 at the Bungalows Playa Famara complex. Call 928 345 595 for more information.

El Gato Marino Restaurante

Live to Eat

Easter marks the end of the fast of Lent, but here on Lanzarote it will be marked by thousands of holidaymakers looking for the perfect way to celebrate a well-earned spring break. And there's never any need to go hungry on an island like this, where people live to eat rather than eat to live.

> "Dining on Lanzarote is a delight for all five senses.

Fresh to your table

Lanzarote may look arid from your aeroplane, but there are green spots all over the island producing the freshest vegetables and fruit; fishermen bring their catches into port every day and the goats that roam free in the hilly areas of the island provide some of the best cheeses in the world. And then there is the wine – cultivated in a landscape with no parallel anywhere in the world. This is an island with a long tradition of flavour.

Health conscious

Light, healthy food makes perfect sense on an island with such a sunny outdoor lifestyle, and many of the locals take healthy food very seriously indeed. There are island collectives that are busy pioneering organic farming techniques, and incomers from have also brought their own contributions.

Fascination with food

Dining on Lanzarote is often a social event, with entire families gathering at weekends to enjoy good food and good company. In every restaurant you'll hear lively chatter and discussion, and the subject is often what's on the plate. Look around and see people sharing morsels, kids learning to enjoy new flavours and a lifestyle that revolves around the god things in life.

The Experience

Dining out on Lanzarote is a feast for all five senses. The sight of blue skies, white clouds and dark distant volcanoes, the feel of a sunlight cool breeze on your skin, the sound of clinking glasses,conversation and the distant pounding of the surf, fragrant aromas issuing from the kitchen and finally, the pleasure of tasting and savouring your meal.

Professional Style

This island has been feeding holidaymakers for decades, and the huge amount of repeat visitors indicates that they must be doing something right. Service and quality is what keeps the winners on top in a tough and competitive restaurant trade, and that's truer than ever in an age where the internet and social media can make or break an establishment. Wherever you decide to take a table, chances are you're in good hands.

Whatever you want

On Lanzarote pretty much anything goes. You can find somethwere to eat at any time of day amnd most of the night as well, and whatever you fancy, you're syre to find some establishment that is willing to cater to you. Breakfast at 4 pm? Two starters instead of a main course? Pasta with curry? Kids menus? All this and much, much more is out there waiting.

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Tantalising Fusion

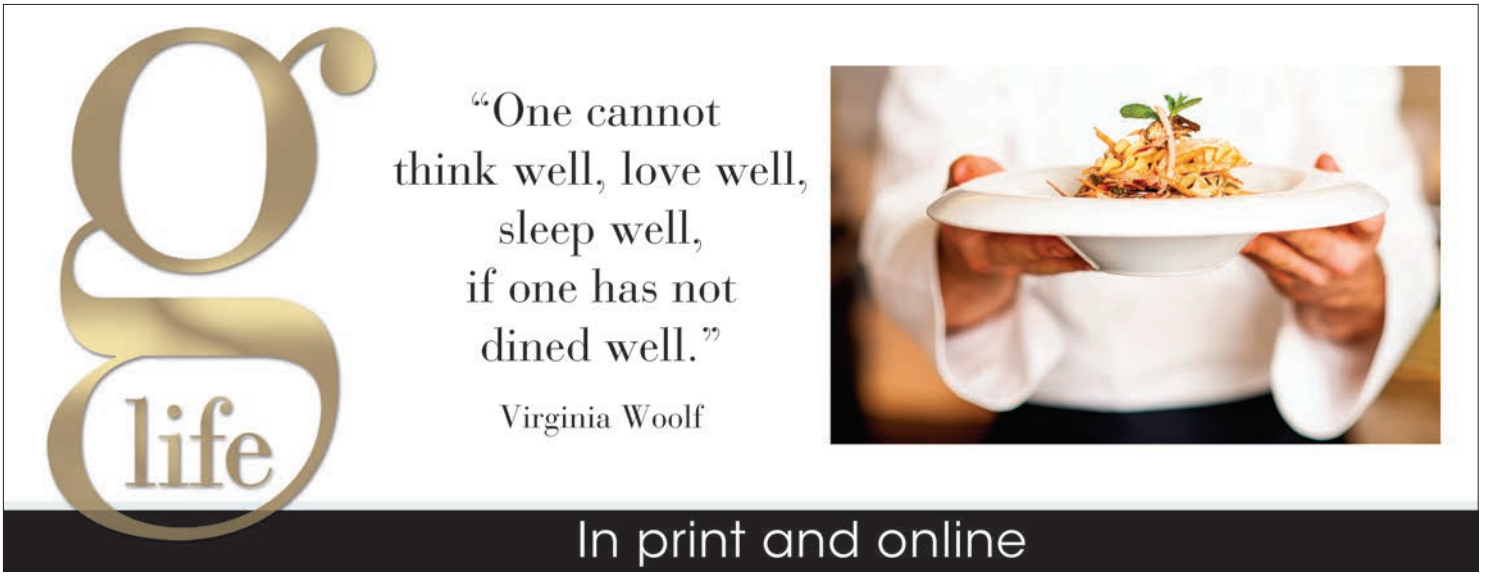
It is hardly surprising that so many unique and delicious cuisines have grown up around the Mediterranean Sea – it is, after all, the home of the Phoenicians, the ancient Greeks, the Romans and many other civilizations where cooking was raised to an art. But nowadays, Mediterranean cuisine is blending with ideas and ingredients from far, far away.

The Mediterranean basin is home to some of the most famous cuisines in the world. From the magnificent riches of Lebanese cooking to the Tortillas of Mexico; from the multifaceted aspects of Italian food to the luxurious royal cookery of India, and from the warm, peasant foods of the south of France to the ancient recipes of Egypt, this is a part of the world that, in terms of food and cookery, is a world in itself.

There is a tendency nowadays to think that Mediterranean food is somehow typically native to the countries that produce it, but nothing could be further from the truth. For centuries, ingredients and ideas have arrived in the Mediterranean from the Far East and the unexplored west, leaving an indelible mark on the cookery of these countries. Mediterranean food has always adapted, always opened up to new ideas and continues to do so.

> "A blend that has been centuries in the making.

In fact the only thing limiting total fusion seems to be the attitudes of those who still stick by classic interpretations of all regional cuisnes. For example, the traditional Japanese and Spanish values of unadorned natural flavours may produce delicious meals, but they are no barrier to anyone who wants to experiment with more exotic and varied spice mixtures such as those that dominate Indian or Middle Eastern cuisine.



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The Costa Teguise restaurant situated at Las Cucharas Beach Promenade is one of the most charming parts of Lanzarote, and the perfect place for a delicious meal in a tranquil setting And if Indian food is what you´re looking for, Fazz´s Indian Restaurant brings you the luxury and sensuality of Bengali cuisine in an attractive restaurant where you´ll be treated like royalty.

All your favourite curries are available, as well as some new delicacies which will almost certainly become new favourites and all dishes are prepared in house by expert chefs.

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Small Island Big Flavour

Lanzarote is much more than a sun, sand and sea destination. Millions of tourists have also discovered that it's good enough to eat!

Fresh, crispy lettuces, delicious salad greens, fragrant herbs, perfect potatoes, fresh onions of all shapes and sizes, tangy oranges, buttery papayas, juicy mangoes, lusciously ripe tomatoes, cool sweet melons, delectable goat´s milk, mouth-watering grapes, savoury meats and ocean-fresh fish. These are just a few of the huge amount of ingredients that are produced on Lanzarote.

Many of them need nothing more than an appetite to enjoy, but once the island´s chefs get their hands on them, blending them with imports from the other Canary Islands or further afield, and using generations of skill to create time-tested classic dishes or exciting innovative new combinations, you know you´re in for a treat.

Looking from the window of their plane as it arrives to Lanzarote visitors will see little of Lanzarote´s agricultural heritage – the island looks like a dusty desert dotted with black volcanoes and white houses. But once you land and look a little closer

> "Whatever your taste, there is something to suit you on Lanzarote."

you'll see how the humans who live here have adapted every usable acre to grow food.

In La Geria the unique zocos of the wine region show how sweetness has been coaxed forth out of ashes, in the sandy central corridor of the island still produce some of the finest melons and potatoes in the world and the cactus fields of the north show the influence of older traditions.

But once you arrive at the resorts you'll find out exactly how this fresh produce can be transformed into high quality dishes – and the best thing is there are virtually no rules at all.

Anything goes

On Lanzarote you can eat what you want, when you want. If you want a formal meal, you'll find elegant restaurants suitable for the most important occasion; but if you simply want a snack, a nibble of tapas or a sprawling, laid-back Sunday lunch that last for hours and echoes to the laughter and chatter of happy, contented diners, you'll find it here.

Everyone is welcome on Lanzarote. The island has enough experience in tourism to cater to most dietary requriements or fussy eaters, and unlike other countries, children are included equally in the experience. Everywhere you'll see youngsters sitting at tables with tier parents, eagerly discovering new tastes, new flavours, growing up into food-loving adults with a knife and fork clutched in their hands.

And at this time of year the island is at its best. For tourists for whom dining outdoors is a rare treat it's a real eye-opener to find a place where it's the norm, with fresh air as important to any meal as salt or pepper.

So take your seat, peruse the menu at your own time, asking the waiter for expert advice, choose well and enjoy.

FOOD BITES

The latest food and drink news from Lanzarote and Beyond.

BIG CHEESES

Eight Lanzarote dairies were awarded with prizes at the recent World Cheese Awards in Donostia, Northern Spain.

Among the winning cheeses were sheeps and goats milk cheeses from the Queserías Finca de Uga, El Faro, Tinache, Montaña Blanca, Granja San Roque, Flor de Teguise, Flor de Luz and Montaña de Haría.

Lanzarote performed particularly well in the cured cheeses section.

RAISING THE BAR

Cadbury's Dairy Milk won a Daily Telegraph poll to find the most popular chocolate bar in Britain. The classic, but slightly boring, bar was the top of the chocs in a poll whose final top 5 included Kit Kat, Twix, Toblerone and Twirl.

At the bottom of the poll was the unassuming Chomp bar, which finished slightly lower than the staple diet of grannies, Fry's Turkish Delight.

To our shock and surprise at Gazette Life, the delicious Toffee Crisp only came in at number 18, just two places above the revolting Mint Aero, a chocolate bar that manages the amazing feat of looking even nastier than it tastes.

SWEETIE PIE

The sweet potato has recently been hailed as a “superfood”, with several health benefits that regular spuds don´t offer. Backed with Vitamin A and C, as well as vital minerals and beta-carotene, these adaptable tubers also count as one of your five (or ten) a day.

And there is no better place in the world to enjoy them than Lanzarote. The batata is one of the staple crops of the island, grown in the sandy Jable corridor running down the centre of the island from Famara to Playa Honda. Lanzarote even holds the world sweet potato record, for a 37 kilo monster grown by Manuel Pérez in Güime in 2004.

WINE WINNERS

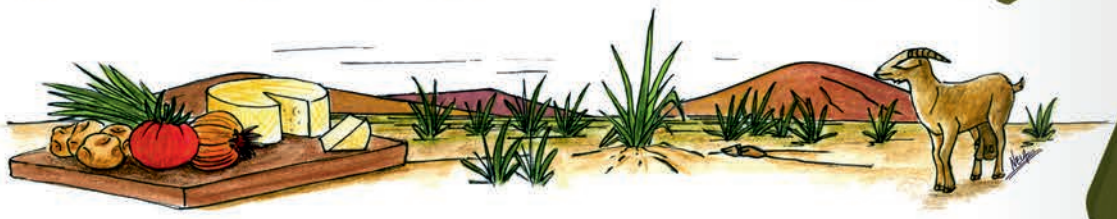
Bodegas Rubicón recently triumphed at the 2017 Berlin Wine Awards, winning prestigious awards for two of its vintages. The prize-winning wines were Rubicón Moscatel 2016, which was awarded a Gold Medal, and Rubicón Malvasía Seca 2016, which took a Silver Medal.

Last year's harvest was one of the lowest in history, although the scant amount of grapes have been used to make some excellent wines. However, this winter's rains are already promising a better harvest for this summer.

Our FLAVOURS

Calendar 2017

For good health enjoy and eat local, quality produce.



We want to share our local produce via Enogastronomy, bringing the flavours connected to the area and lands. This programme, organized by Teguise Ayuntamiento will offer the opportunity to share experiences, flavours and knowledge with professionals and restaurateurs from the municipality. The objective is to introduce our culture, landscape and the benefits of our local fresh and quality produce to an increasing audience interested in the gastronomic world and in a healthy diet.

January * 29	Month of THE GOAT.
February * 19	Month of our VEGETABLES and HERBS.
March * 19	Month of THE CHEESE.
April * 23	Month of THE ONION.
May * 21	Month of THE POTATO.
June * 18	Month of THE GRAIN.

www.teguise.es

All activities will be carried out from 10:00 a.m. to 1:00 p.m. in the Market of the Villa of Teguise "Agricultural Zone" (next to the playground)

Gorgeous George!

English food was once a joke among gourmets, but things have changed and now there are so many ways to celebrate St George's Day that you're spoilt for choice.

Adventure

England, and the rest of Britain, has always had a healthily adventurous attitude to eating. That's partly thanks to the British Empire, which brought the taste of coffee, tea, potatoes, sugar and, later, Indian, Hong Kong Chinese, Jamaican and other flavours to a small, cold island.

The fact that the English have always looked overseas for new flavours, rather than concentrating on their own local cuisine, means that English market stalls and food shops often have a wider and more varied selection than their European counterparts.

Best Breakfast

"To eat well in England you should eat breakfast three times a day" wrote W. Somerset Maugham, and you only have to look at Lanzarote's resorts to see that the full English is still a hugely popular national tradition. There are still fierce arguments about whether baked beans or hash browns belong on an English breakfast plate, with traditionalists insisting that mushrooms and fried tomato are preferable, but everyone agrees that perfectly cooked back bacon, eggs, sausages and toast are essential. Yet, this is only one of the great English breakfasts. Toast and marmalade, kippers, even devilled kidneys – they all have their supporters.

> "English food is undergoing a renaissance after years of being mocked."

Changing habits

50 years ago, vegetarians were still seen as cranks. Today, the UK has one of the highest amounts of vegetarians in Western Europe, and increasing amounts of establishments to cater to them. There's also a strong trend to cut down on processed ingredients and look for increasingly fresh produce, with farmers markets and organic suppliers thriving in a country that is rediscovering its love of food.

Pub Grub

Outside of home, the cornerstone of English food is not the restaurant, but the pub – a warm, welcoming and convivial place which has preserved the best traditions of English food for decades. This tradition dates right back to the times when inns welcomed weary travellers, but stopped in the 19th century when pubs became drinking establishments only. Fortunately, recent decades have seen a resurgence in the pub dining tradition, and examples can be found all over the world.

Washing it down

England is famed for ale – and even though foreigners still describe it as "warm beer", it's still a magnificent tradition that has been revitalised by microbrewing. But then there is cider, as well as the classic gin and tonic, both of which have spread around the world.

Then, of course, there is the cuppa – something that nobody outside the British Isles ever seems to get quite right – but a daily beverage that hits the spot like nothing else.

Eating out

The war years meant that decent cooking was hard to find outside of hotels in England, but starting in the 1960s, restaurants started to come back and now London is an internationally recognised centre for foodies, while other restaurants in England rank among the best in the world. The trend has moved away from French Cordon Bleu style cooking to more traditional styles, but every large city in England will baost a selection of restaurants that will put most European cities to shame.

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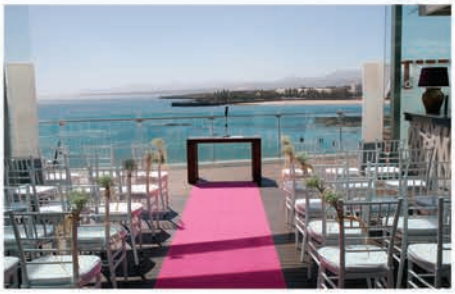

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LANZAROTE

the Perfect G&T

If you're heading for a night out on Lanzarote, then don't miss the opportunity to be a part of Spain's spectacular reinvention of that old British classic, the Gin and Tonic.

The Gin and Tonic was invented by British colonists in India in the 19th century, after it was discovered that quinine was an effective prevention against malaria. Quinine, however, is extremely bitter, and sugar and soda water was added, creating tonic water. This was then drunk with the gin ration issued to soldiers and the classic British sundowner was invented.

Recently, however, the cocktail has caught on in Spain, where it is simply called Gin-Tonic, and the Spanish have turned the drink into something spectacular – far removed from what your Auntie Mary likes to sip.

In Spain a balloon glass is favoured, to concentrate the aromas of the drink while you sip it, and there are almost 300 gins to choose from – many of which have been made artesanally. Many bars offer a wide range of gins, as well as various tonics and a choice of garnishes, which can include cinnamon sticks, vanilla pods, and various other fragrant botanicals.

Getting it right

There is, of course, no such thing as the perfect Gin and Tonic. Some swear by Bombay Sapphire, others prefer Gordons or Tanqueray; gin experts will sing the praises of Dutch genefers or English Plymouth gin, and the flood of new gins has created many new favourites such as Hendricks.

Tonic is also a matter of taste, with expensive varieties such as Fever Tree doing well on the market, while Schweppes and Canada Dry remain favourites.

Gin and Tonic was not originally served with ice, although both the gin and tonic were chilled before serving. Ice, of course, dilutes the drink as it melts and is shunned by some serious G&T drinkers. Others, however, love a clinking glass of rocks.

The garnish is perhaps the biggest point of argument. In India it was always a slice of lime, and that remains the favoured garnish of Bombay Sapphire, Tanqueray and Gordons. Fever Tree recommends lemon, while Beefeater is often accompanied with orange to reflect its high use of bitter Seville citrus fruits. Hendricks recommends a slice of cucumber.

A slice of citrus is often replaced with a generous sliver of peel, which releases the essential citrus oils far more effectively than a slice. In Spain, however, anything goes, and you may find all sorts of things, including strawberries, mint leaves, liquorice roots and apple slices in your G&T.

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Food has always been a passionate subject for us.

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but most of all we love you, our dear guests. So enjoy, and if there is anything we can do to make your experience more pleasurable, do not hesitate to ask.

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What's On

MUSIC

PETIT CONCERTS
String Orchestra
6th April & @ 7pm
Clarinet Quintet
19th April & @ 7pm
Trumpet Quartet
27th April @ 6pm
Arrecife, Biblioteca Insular – Salon de Actos

PITINGO
7th April @ 9pm
Arrecife, Cine-Teatro Atlántida
Entry: 18 €

NOTHING PLACES

12th April @ 7pm
Arrecife, CIC El Almacén
Entry 10 €

THEATRE

SAN BARTOLOMÉ THEATRE WEEK
CARBONO 14
1st April @ 9pm
With the local theatre goup Somos
San Bartolomé, Teatro Municipal. Free entry

CONCIERTOS CLÁSICOS ARRECIFE 2017 UNIVERSITY CHOIR OF LA LAGUNA
8th April @ 8.30pm
Arrecife, Sala José Saramago
Entry 15 €

SAN BARTOLOMÉ THEATRE WEEK
Esos locos fantasmas / These Crazy Ghosts
2nd April @ 9pm
With the local theatre goup Somos
San Bartolomé, Teatro Municipal
Entry 10 €

DAVID GUAPO
9th April @ 8pm
Spanish comedian "Que no nos frunjan la fiesta"
Arrecife, Sala Teatro Cine Atlantida. Entry: 18 €

VENTANAS
22nd April @ 9pm
San Bartolomé, Teatro Municipal. Entry 10 €

CHEFS
27th April @ 9pm
Comedy with the theatre company Yllana
Arrecife, Teatro El Salinero. Entry: 16 €

SPORT

NUTRICROSS-TRIATHLON
9th April
750 m swim, 20 km MTB, 5 km run
Puerto del Carmen, Plaza de las Naciones.

ULTRABIKE SANTA ROSA
9th April-1st May
Mountain bike event
Lanzarote + La Graciosa

EXHIBITIONS

ADOLFO ARIEZAGA
Until 7th April
Exhibition by the Basque artist.
Escuela de Arte Pancho Lasso, Arrecife

MERCURIO
Until 29th April
Works by Rufina Santana
Arrecife, El Almacén

AROZARENA
Until 29th April
Five artists show works inspired by Rafael Arozarena, the writer of the great Lanzarote novel Mararía.
Arrecife, El Almacén

LANZAROTE AND THE POSTCARD
Until July
Arrecife, Casa Amarilla

MOVIES

INTERNATIONAL FILM FESTIVAL
20th-28th April
85 short films from all over the world – watch out for detailed programme closer to the date
Arrecife, El Almacen

OTHERS

ORIGINAL PALS CAR BOOT SALE
Every Sunday 9am
Lanzarote A Caballo. Sellers arrive 8-8.30am.
No booking required. Price €10.

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4th March @ 10am - 2pm
This month and the first Saturday every month
Terraza Concord,C/Mástil 71, Playa Honda

CAR BOOT SALE IN AID OF SARA ANIMAL CENTRE
11th March @ 9.30am-12.30pm
Tahiche Garden Centre.
Call 646 838 749 for info or to volunteer.

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 Teguise

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 Teguise

7pm: Jameos Nights, Dinner and live music, Jameos del Agua

EVERY ...FRIDAY...
8am - 3pm: Market, Puerto Calero

10am - 2pm: Market, Old Town, Puerto del Carmen

5 - 10pm: Market, Pueblo Marinero, Costa Teguise

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

Last Saturday every month:
10pm: Lanzarote Big Band at Arrecife Gran Hotel

EVERY ...SUNDAY...
9am - 2pm: Market, Teguise

9am - 2pm: Farmers & Handicraft Market, Mancha Blanca, Plaza de los Dolores

10am - 2pm: Market & Handicraft Market, Uga

1 - 5pm: Cuban music, El Patio Creperie, Teguise

3 - 5pm: Jazz session at the Crafty Cow, Puerto del Carmen

8am - 2pm: Lanzarote A Caballo Car Boot Sale

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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TROLLS INFERNO	2 GREASE THE ACCOUNTANT	3 MIKE AND DAVE NEED WEDDING DATES SULLY	4 DEEPWATER HORIZON DOCTOR STRANGE	5 MANCHESTER BY THE SEA CAPTAIN FANTASTIC	6 MAMMA MIA HELL OR HIGH WATER	7 DOCTOR STRANGE THE ACCOUNTANT
8 MOANA ARRIVAL	9 TROLLS MASTERMINDS	10 INSIDE OUT INFERNO	11 ZOOTOPIA MANCHESTER BY THE SEA	12 GREASE DOCTOR STRANGE	13 JURASSIC WORLD THE ACCOUNTANT	14 MOANA SULLY
15 TROLLS A HARD DAY'S NIGHT	16 HOWL'S MOVING CASTLE MIKE AND DAVE NEED WEDDING DATES	17 JURASSIC WORLD THE ACCOUNTANT	18 DOCTOR STRANGE A HARD DAY'S NIGHT	19 HOWL'S MOVING CASTLE MIKE AND DAVE NEED WEDDING DATES	20 TROLLS CAPTAIN FANTASTIC	21 ZOOTOPIA MANCHESTER BY THE SEA
22 MOANA DOCTOR STRANGE	23 INSIDE OUT DEEPWATER HORIZON	24 MASTERMINDS INFERNO	25 MAMMA MIA SULLY	26 DIRTY DANCING THE ACCOUNTANT	27 MIKE AND DAVE NEED WEDDING DATES ARRIVAL	28 DOCTOR STRANGE GREASE
29 DEEPWATER HORIZON CAPTAIN FANTASTIC	30 TROLLS MANCHESTER BY THE SEA					

First movie starts at sunset and the second movie begins approximately 2 hours later.

Art & Culture

Gypsy soul! 17th April

Pitingo is one of Spain's most singular performers, the creator of a musical style that blends soul with flamenco, and a singer who always guarantees drama and intensity.

Born to a fisherman father and a gitana (gypsy) mother in the Andalusian coastal town of Ayamonte, he later moved to Madrid where he worked as a baggage handler at the Barajas Airport, singing the traditional bulerias and fandangos of the great singer Manolo Caracol. One day his aunt Salomé took him to a bar where his talent quickly got him noticed. His stylish and angular good looks (Pitingo means "vain" in the calo language of the gitanos) have also made him a regular fixture on TV and in the gossip magazines.

Pitingo arrives at Arrecife on 7th April to perform songs from his 6th album, Soul, Bulería y Más, in which he adds a flamenco touch to soul classics such as My Girl, Stand By Me and Sittin' on the Dock of the Bay, as well as versions of Nights in White Satin and the Beach Boys' God Only Knows.

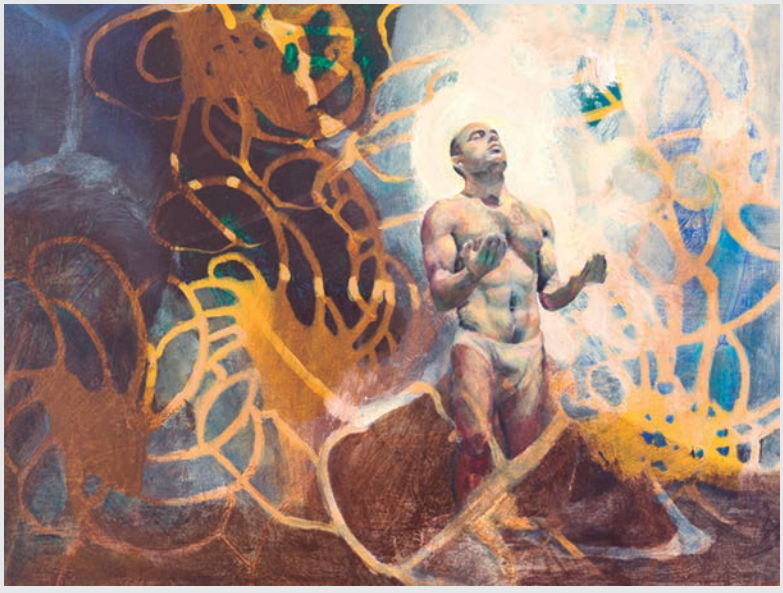
Mercury Until 29th April

Rufina Santana is one of the best known artists on Lanzarote, a Canarian painter whose life and work is inextricably linked with the island she has made her home.

Rufina grew up on Gran Canaria before studying Fine Arts at Barcelona. In the late 70s she came to Lanzarote where she has made her life in San Bartolomé with her husband , the sculptor Paco Curbelo.

Like so many other artists who live on Lanzarote, Rufina Santana's art is deeply inspired by the natural beauty of the island, something that was clearly evident in her recent collection , which was based on the ocean and featured dramatic, blue seascapes that blended abstraction with a homage to the great Canarian artist Nestor.

This month, Rufina Santana presents her latest exhibition, Mercury, at El Almacén in Arrecife. Mercury was the Roman God of poetry and communication, and Santana invokes his presence with series of male nudes placed in dramatic, abstract surroundings.



Shorts on show

20th - 28th April

Almost every great film maker starts by making short films, brief works that showcase the inventiveness and skill of the director, and

Once, short films were a regular part of the cinema-going experience, often shown before the main feature. Nowadays, however, shorts are more often seen at local film festivals.

This month sees over 80 short films come to the Lanzarote Film Festival 2017, which has recently been appointed as a pre-selection centre for the Goya awards – Spain's equivalent of the Oscars.

There'll be a wide selection of animated and non-animated shorts, as well as brief documentaries, and the works will hail from all over the world.

Among the British film-makers represented will be animated works from Sharon Liu and Shaun Clark, and a film by Meg Campbell.

Art in Teguise

The old town of Teguise is full of art and artists, with every street seeming to lead to a studio or gallery. One of those galleries has presented the beautiful watercolours, ceramic works and hand-painted silks of Ángel Cabrera for the last five years.

Ángel Cabrera learned to paint at the side of the Gran Canarian artist Guacimara Melián in the year 2000. Since then he has presented several exhibitions both on that island and on Lanzarote, and later moved to Lanzarote permanently, setting up his won studio and gallery in Teguise.

Ángel Cabrera only paints in watercolour, creating delightful and evocative works that capture Lanzarote to perfection. He also creates beautifully thrown and glazed pots and ceramics, and his vivid hand painted silks are a highlight of the gallery.

Ángel Cabrera's Galeria de Arte is open each morning at C/ Reyes Católicos 2, Teguise. Call 653 955 032 for an appointment out of hours.

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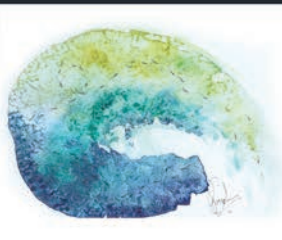

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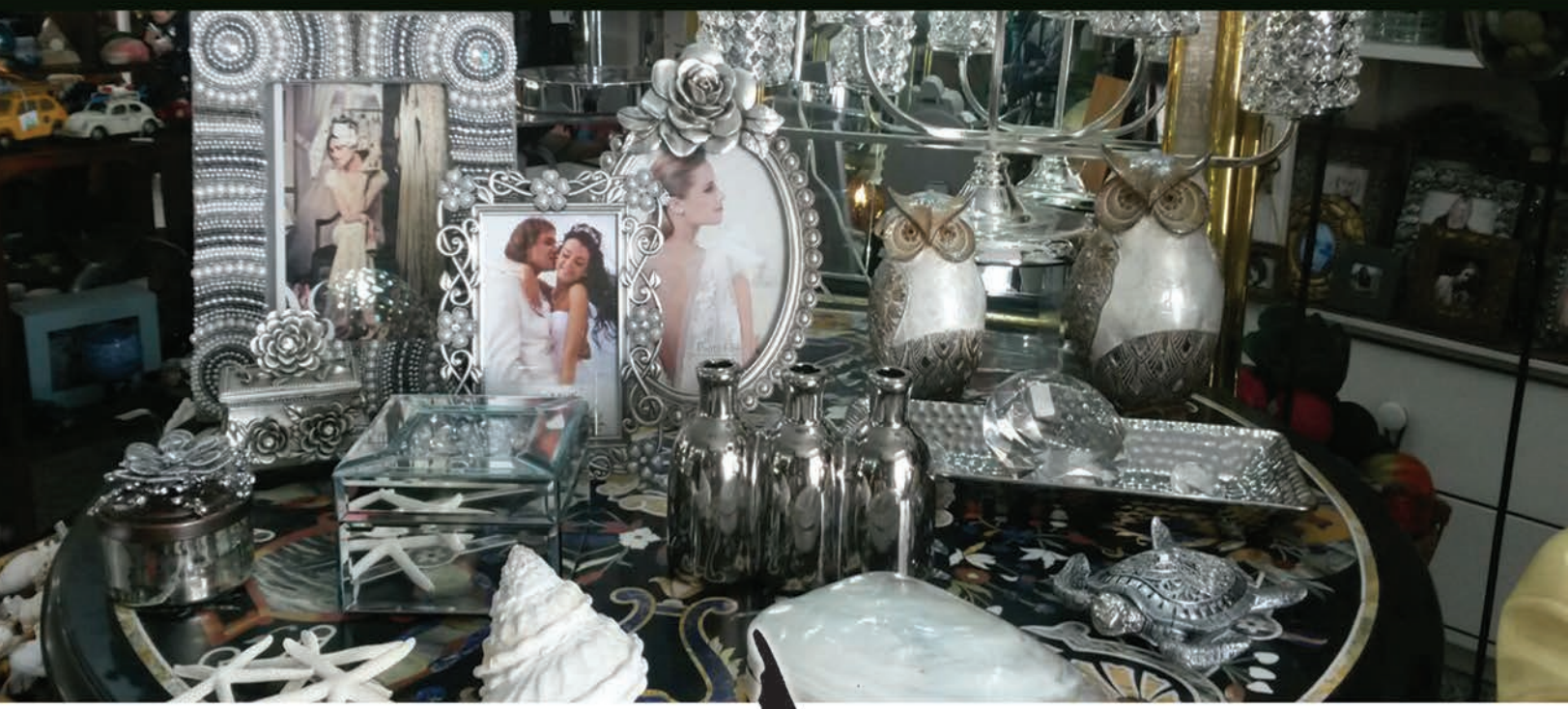

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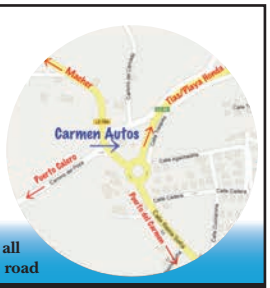

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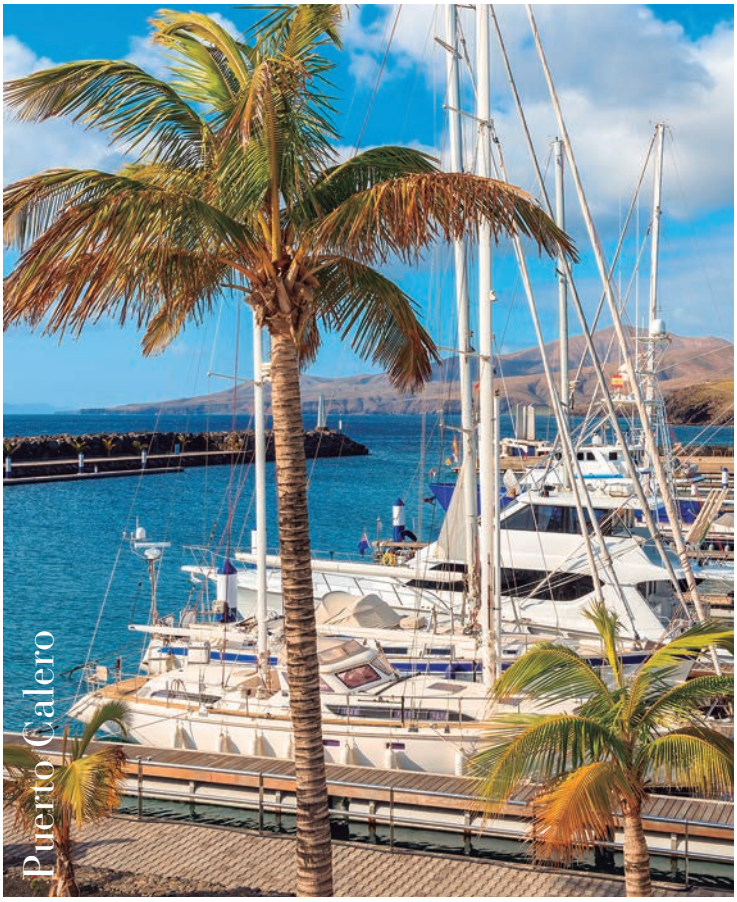

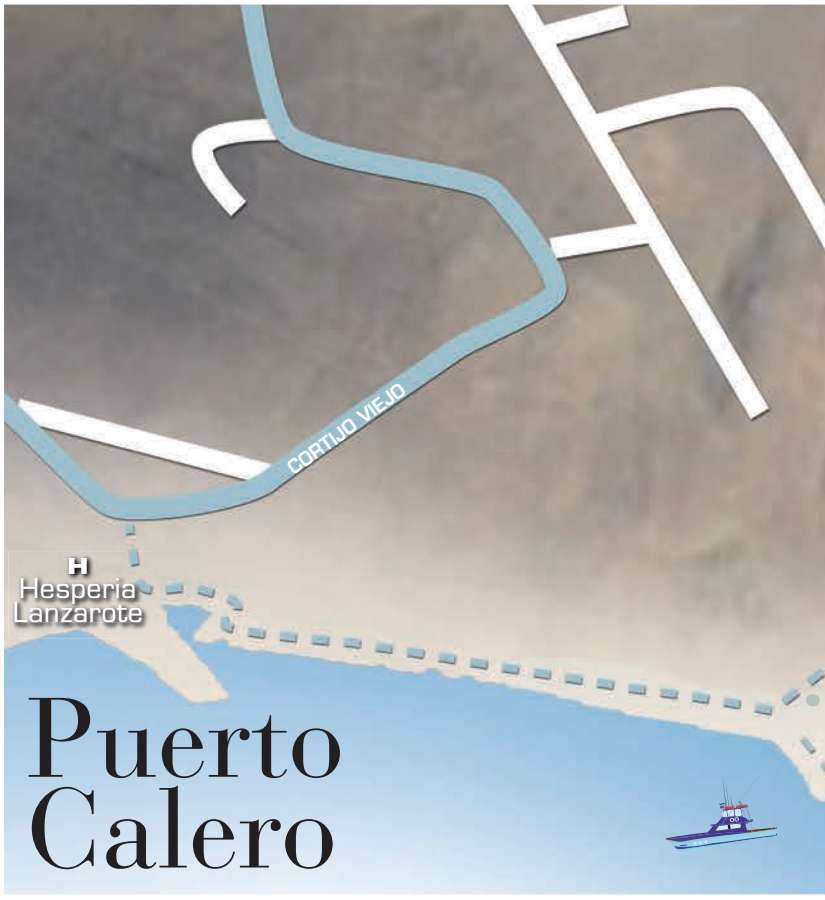

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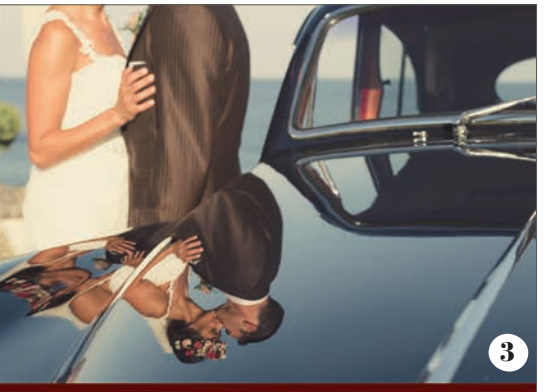

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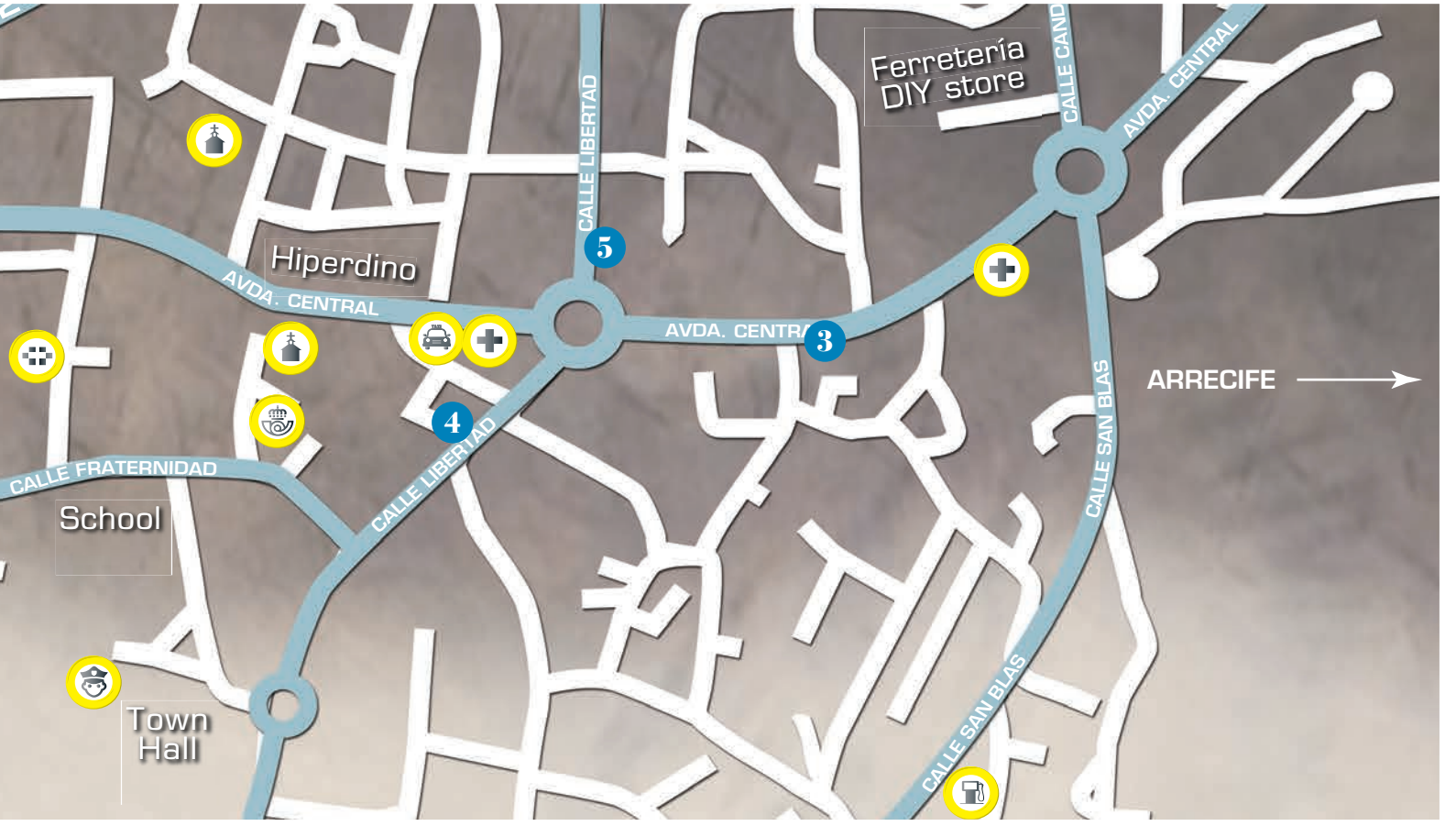

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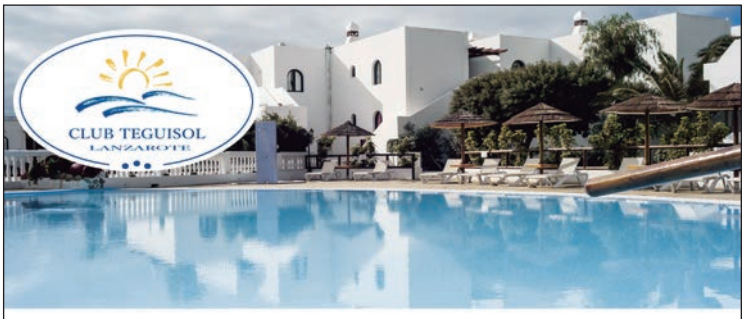

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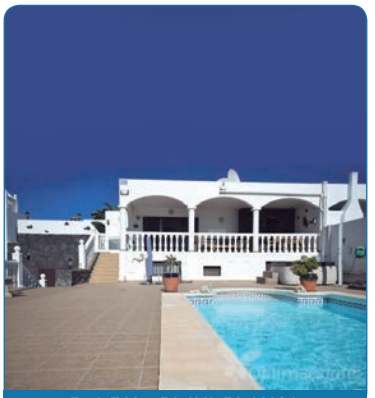

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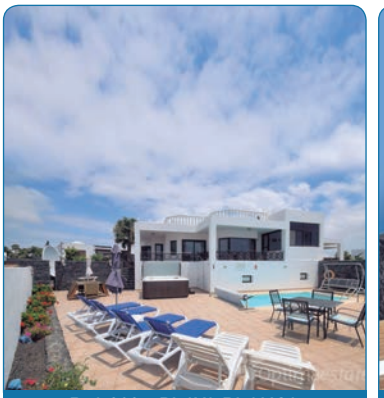

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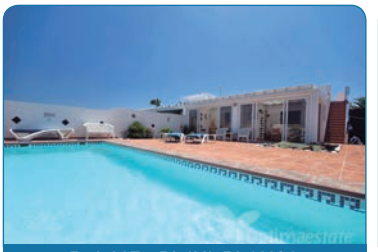

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My HOME

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Property

Banks told to pay up in full

Spain's banks have received a blow in their attempts to reduce liability for illegally sold floor clauses.

In an attempt to try and limit its exposure to claims from its mortgage clients, the BBVA bank tried to convince the Spanish Supreme court that not all its clients with illegal floor clauses were entitled a full refund, but were instead eligible for a partial refund. The court has rejected that argument.

This means that BBVA, and all other lenders, will now have to refund all the money overcharged to clients with illegal floor clauses, with no time limit going back. The Supreme Court will not accept any arguments that reduce the impact of the ECJ ruling that claims could be retroactive with no time limit.

Fall of Rato

Rodrigo Rato, the architect of Spain's property bubble which burst spectacularly ten years ago, has been jailed for four years in Madrid.

Rato was Finance Minister under José María Aznar from 1996 to 2004, and his policies were largely responsible for a frenzied period of construction, mortgage issues and property price rises. Rato was later appointed head of the IMF for a brief period, before returning to Spain and heading the Bankia merger. It was here that he met his downfall, using shady credit cards to finance a luxurious lifestyle while running a bank that required a €22 billion public bail out.

Rato was just one of 65 Bankia executives who were convicted of similar frauds.

Rato (left) receives his sentence

Shorts

Claim it back

TV property star Amanda Lamb says over 130,000 British people are owed substantial Spanish bank payouts following a landmark ruling by the country's Supreme Court.

Approximately half a million Brits have bought properties in Spain in recent decades and British buyers in 2015 made up 12.7% of all properties sold in Spain.

The A Place in the Sun presenter says those who believe they lost money following the financial crash of 2008, when many people who paid in advance for new-build properties lost their deposits when developments went bust, should seek legal advice. Monies owed range from £10,000 to over £500,000 per claim, it says.

Developers were meant to safeguard buyers' deposits and stage payments for properties in separate escrow accounts but many didn't, and now the Spanish Supreme Court has ruled that those affected have the right to reclaim.

Taylor Wimpey for sale

The British estate agent Taylor Wimpey has announced that its Spanish operation is up for sale.

"The situation in Spain has improved, although it's still not seeing significant amounts of new capital. Our company is doing well, but our long term strategy does not include Spain," said Pete Redfern of Taylor Wimpey.

The company specialises in properties on the Mediterranean coast and sold 305 properties at an average price of €358,000 last year, making a profit of around €24 million.

Taylor Wimpey recently said that sales to British buyers had suffered a slow-down following the Brexit vote, although this was made up for by German buyers.

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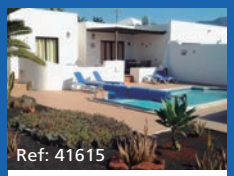

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PROPERTY BUYERS guide

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 is 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 transaction. 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 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

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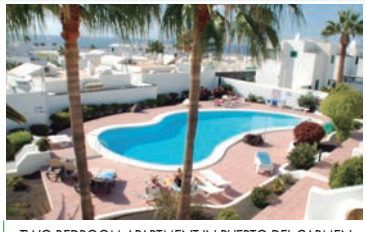
THREE BEDROOM VILLA IN MATAGORDA - PDC
The property consists of three good size bedrooms, the master bedroom has ensuite, family bathroom, large kitchen, spacious lounge / dining area, utility room. The property has huge potential and will not be available for long. €319,000 • Ref: GJ1090

ONE BEDROOM APARTMENT PUERTO DEL CARMEN
Recently renovated. It has a large bedroom with wardrobes and bathroom en suite, spacious dining room with views of the pool. Very good size kitchen with all appliances and a terrace of 25m2 with space for another bedroom. €140,000 • Ref: GJ1046

THREE BEDROOM HOUSE IN PUERTO DEL CARMEN
Ist floor there are two bedrooms of very good size with a bathroom and a terrace of good size.
On the ground floor we have a living room, kitchen, a bedroom and a bathroom.
Outside is the swimming pool and barbecue area.
€380,000 • Ref: GJ1045



TWO BEDROOM APARTMENT IN PUERTO DEL CARMEN
A lovely first floor two bedroom apartment on a lovely small gated complex in a popular location.
With well maintained communal gardens and swimming pool with a surrounding terrace.
€175,000 • Ref: GJ1080

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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 inscripted 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 Valía') 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.

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.

Euribor - Be Prepared

The negative Euribor has been a Godsend for borrowers, but experts are already warning that cheap money won't last for ever.

María Jesús Fernández

The Euribor, the prime index of mortgage loans in Spain, recently completed a year in negative territory, bringing joy to mortgage holders with variable rate contracts. However, although the negative trend is set to continue in the short term, and may even fall below the current record rate of -0.106%, things will start to change within a year.

"Over the coming months we will continue to see further declines because we are not expecting rapid changes in the monetary policy of the European Central Bank (ECB), which will keep the price of money at 0.0%, as well as purchases of public and private debt, which from April will be reduced from 80,000 to 60,000 million euros per month. These are two determining factors that will continue to support the current trend", says María Jesús Fernández, researcher at the the FUNCAS Savings Banks Foundation..

The financial sector presumes that the Euribor will remain negative until at least the end of the year. This is the view held by banks such as Sabadell or Caixabank. Juan Villen, of Ideaslista, says "the inflation forecast for the end of the year will be lower than the current one. On the other hand, even if the ECB reduces its monetary injections, it will not close the tap at once. The combination of both makes us foresee that the Euríbor will remain negative probably until the end of the year".

Other banks, such as Bankinter, forecast that we could see the index rise above 0% towards the end of 2017. For the fourth Quarter, Interbank estimates the rate could be around 0.05%, although if inflation rises more than expected it could even reach 0.1%.

Despite these disagreements, everything seems to indicate that a change of course will occur between October 2017 and March 2018. Financial experts agree that the uptrend of the mortgage market index will be very gradual. In the worst possible scenario for the mortgaged, Bankinter estimates that it could be around 0.2% by the end of 2018.

What this means is that mortgage holders need to be aware that mortgages may soon start to become more expensive and that they could do so in less than a year. Therefore, it is highly advisable to prepare for this, either by saving to meet the increase in mortgage payments or by contracting fixed-rate mortgages.

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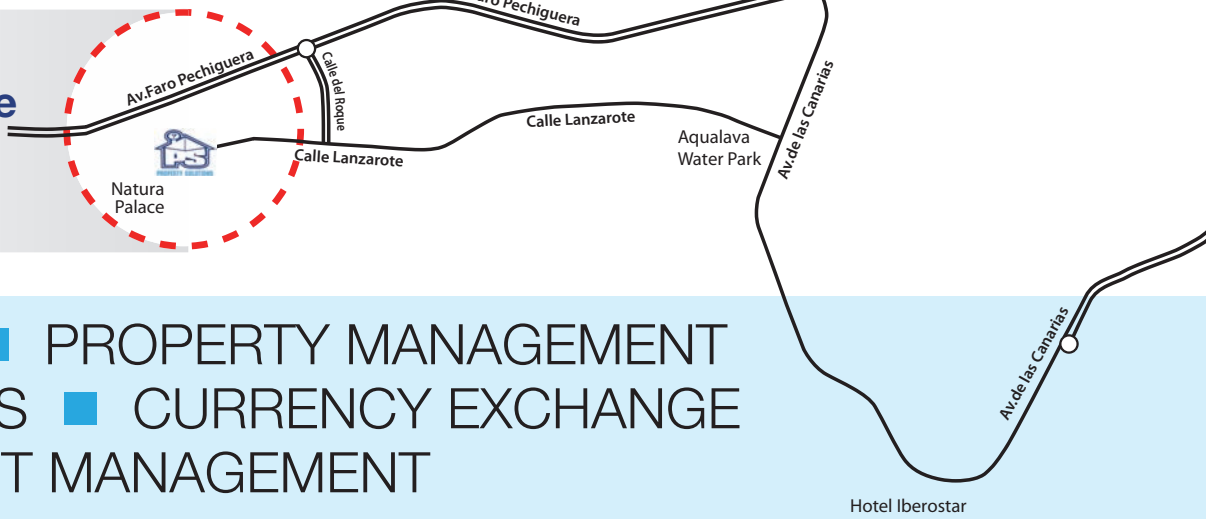

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Printed House

A Russian company is offering home buyers the opportunity to 3D print their own house for just €10,000.

Apis Cor, a Russian-based company which also operates from San Francisco, recently built the world's first ·D printed home in the Russian town of Stupino. The small home measures just 40 square metres, but Apis Cor claim it could be a useful design for zones that have been hit by natural disasters.

Construction of the house is carried out on site by a large 3D printer that looks more like a crane, and the material used is a durable concrete mix. Although other homes have been built from 3D printed components, this is the first building to be printed at the lcoation. Once the apparatus is installed the main structure of the house is finished in less than 24 hours. Apis Cor claim that the door and window fittings are actually more expensive than the walls and ceiling.

Only two operatives are required to attend the printer and a subcontracted team later tackle the fittings, insulation and painting of the building. According to the company, the house will last for more than 175 years.

The house at Stupona is small, but contains a hallway, a bathroom, a living room, and a compact yet functional kitchen. Apis Cor claim they will soon be able to print three storey constructions on site, although this will take a longer period of three weeks or more.

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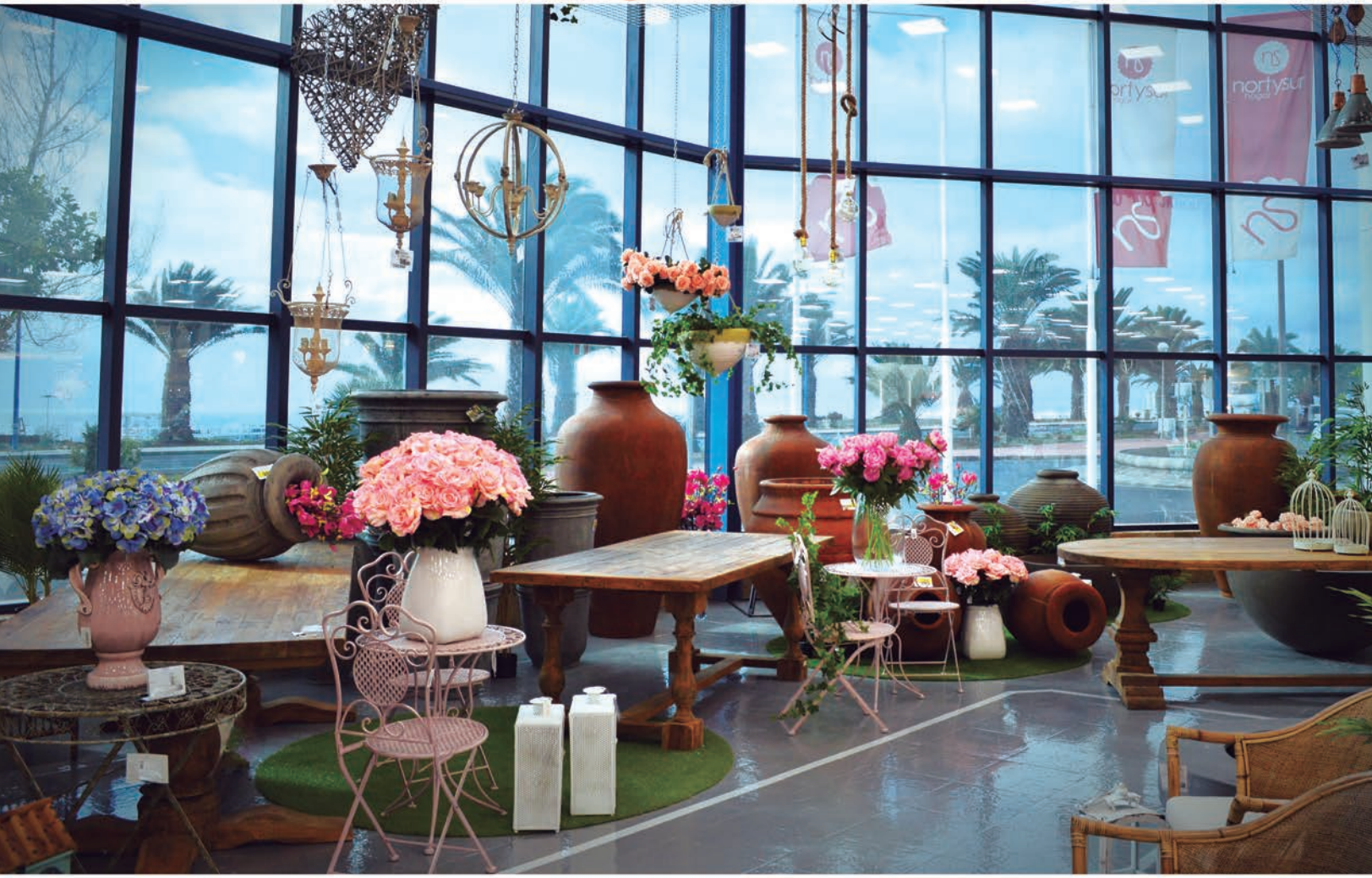

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Photo : Yazmina Márquez

Paper Work

A feature wall is the perfect way to use wallpaper without going overboard on costs. You'll need to choose the wall carefully, and remember that you don´t even have to paper it from top to bottom – a carefully planned strip of patterned paper can have a stunning effect.

You should remember that a feature wall is a statement – a focal point for the interior that you're planning. Pale, neutral colours or soft patterns tend to look weak and out of place if they're not used throughout the room, whereas with a bold pattern, standing out is the whole point. And this is even more true on Lanzarote – an island of vivid colours and contrasts where you can afford to be far more adventurous.

Wallpaper is back on trend in a big way, but there's no need to cocoon yourself in the stuff on Lanzarote. Choose bold, bright patterns that you love and use them for impact.

On Lanzarote, wallpaper is much rarer than it is in northern Europe. The reasons for this are various – as well as the fact that many homes are rented, there is also a local aesthetic that tends to favour the minimal simplicity of white or plain interior walls. Lanzarote life does not lend itself to the overpowering, almost stifling feeling that a fully papered room can give, and the fact that quality paper ids far more expensive than a pot of paint is also a factor.

But there is no reason why homeowners on Lanzarote can´t embrace wallpaper and use it to set their interior alight. The key is to use it wisely, getting maximum impact out of the resources available.

Go for quality paper in a pattern that makes your heart sing, and focus on matt or silk finishes – gloss looks cheap. A great tip is to get hold of the biggest sample of paper that you can and live with it for a week or so – by which point you'll know whether you've fallen in love with it or not. This is also important as the light changes in our home all the time, and you'll need to see how thew paper works in all situations.

And remember that a feature wall is all about contrast, so what's around it is is every bit as important as the paper itself. If that means a new paint job or furnishings, so be it.

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Step In!

Spring is a time of change and renewal, and this year that's certainley the case with interiors, as a new, classy, luxurious yet accessible mood is sweeping homes throughout Europe.

The vibe is one of indulgence and quality, with rich colours prevailing, and sensuous tactile textures stepping forward to delight the senses, velvet being the favourite. We're talking about a huge array of colours and styles, from rich purples, luscious blues and rich gold metallics to soft blush pinks and caramels, helping to create an environment where you feel fulfilled and satisfied.

On Lanzarote, the plush boudoir look is a little more difficult to carry off, so tone it down a little with contrasting neutrals allowing centrepiece items to stand out and well-chosen impact ornaments to shine. The result is smart but informal, tasteful yet welcoming.

And never forget that this is a living space, and the most important ingredient is the one that they never put in the photos – you. It´s all those personal touches that bring it all together, makeing it uniquely yours.

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Sensual Style

The elements of the new trends in interior style are deeply sensual, with colours that firmly state their presence without shouting, opulent touches and an emphasis on informal, welcoming style. It's homemaking for grown-ups, with their own taste and personality.

"Make a subtle but classy statement."

Metallics

The glint and glimmer of copper, brass or silver adds an undeniable feeling of opulence to any interior, and is one of those touches that adds a sense of luxury to any interior. Don't overdo it though – a metallic ornament, lamp or container should really stand alone, or be tastefully echoed in other fittings.

Serious colours

We've seen vivid pops and splashes of intense, saturated colour for years, but the current nowadays is moving towards shades that don't throw themselves at you. That doesn't mean they need to be subdued – we're looking at deep, vibrant hues that fill us with contentment.

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Leafy style

Indoor plants have always added a touch of life and luxury to interiors, and the key here is to give them room to make an impression. A large rubber plant, banana plant or fig tree will show that your home is one that is full of life and care, and the naturally informal beauty of large plants adds a random and deeply pleasing asymmetry to rooms that may otherwise seem a little too neat and pernickety.

Unashamed comfort

Forget those austere looking designer chairs – invest in something you really want to relax on, and add cushions and throws to create inviting contrasts and interest and echo colours and textures elsewhere in the room. Remember that you're not creating a couch potato's lair and keep it classy, but make sure it's a place any guest would feel more than welcome in.

Warm underfoot

Rugs and carpets are often overlooked on Lanzarote, where tiled floors are the standard. But a decent, hard-wearing and attractive rug or loose carpet will increase comfort and give depth and foundation to your interior. You can play around with textures here, but keep the colours fairly neutral for an attractive, natural feel.

Off centre

The new style is not just sensual, it's also a little quirky, allowing you to express your own personality. So avoid overly symmetrical arrangements and focus on working outwards from cosy corners, creating an attractive off-set look that is dynamic and welcoming.

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Despite the cross-sections of mattresses you see on the promo literature, choosing the right place to sleep is not rocket science. You'll need two basic things – a base and a mattress. The first should simply offer support, and can be combined with storage facilities or even a spare mattress for guests. But it's the mattress you'll need to get right.

Start with the mattress you've got. What do you like about it, and what don't you like so much? Bear that in mind when choosing a new one.

Look for a mattress that fits your body. Chiropractors advocate finding a mattress that's designed to conform to the spine's natural curve and distribute pressure evenly across the body. This can be tricky, because the surface curve on the mattress doesn't necessarily represent the way your spine will curve while sleeping on it.

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

> "The right bed can transform your life.

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 your 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!

Ask the shop assistant about the possibility of returns if the mattress really doesn't fulfil your expectations, but also be sure to test the mattress for at least a couple of night before taking it back. Everyone feels odd on a new mattress at first.

Bold & simple

When decorating your outdoor space, keep it simple but don´t underestimate the impact that bold choices can have.

In most Lanzarote properties the outward facade of your property will be dictated by the island´s "all white" policy, but in sheltered courtyards and other areas that aren´t immediately visible from outdoors, the choice is yours. And a splash of paint or some new furniture can really make the difference.

Lanzarote´s white exteriors are perfectly practical, but in a sheltered area you may want something that is a little easier on the eye - reflections from white walls can cause visual discomfort and an overpowering sense of glare.

If that´s the case, look into something a little more relaxing – warm ochres, terracotta reds or serene pale blues and greens. And remember that, outdoors, all those sharp edges and blocks of colours can be easily broken up by the addition of plants and appropriate furniture.

Above all, don´t overdo outdoor colours. A splash of lemon yellow or strawberry red may work indoors, but it much harder to take when it is a permanent fixture of your outdoor area. Bold patterns are another matter entirely - stripes, curves and geometric figures can really add interest and stimulation to your outdoors.

Once you´ve got the colours right, it´s time to consider accesorising. Look for furniture that not only matches your décor, but which also tempts you and makes you want to use it to the maximum. Practicality is supreme here, and you should test all items well before buying.

Garden furniture can be sharp-edged and geometric, but the current tendency is for curved, space-age or natural shapes. A trip to César Manrique´s house in Tahiche is a good way to get some ideas as to how these looks can be used.

Finally, think about ornaments and decorations. Pots are fine, and are a central element of many gardens, but don´t forget that your outdoor space consists of three dimensions, and containers can be suspended from walls or even overhanging pergolas. The correct use of space will result in a genuinely attractive 3D environment where you can relax and be who you want to be.

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On the Terrace

A terrace, balcony or patio offers the best of Lanzarote living, allowing you to enjoy all the comforts of your home in the open air. Whatever your space or your budget, you can create you own outdoor living area that can meet all your needs.

Natural Terraces

The recent trend for emotional décor and ecological living means that many want a more natural feel to their terraces, a homely, welcoming ambience that hints at happy childhoods and future good memories.

Wicker, wood and warm, attractive fabrics are the secret here. Don't worry about material fading and looking a little worn – this only adds to the charm. Regular cleaning will, of course, be necessary, and some items will have to be put away in bad weather, but a shady terrace dappled in pure sunlight reflecting from warm, inviting natural surfaces is a place that many will envy you for. There is no better place to curl up with a good book or a special person and let time disappear.

Careful thought should go into planting on a

> "Don't worry about material fading and looking a little worn - this only adds to the charm."

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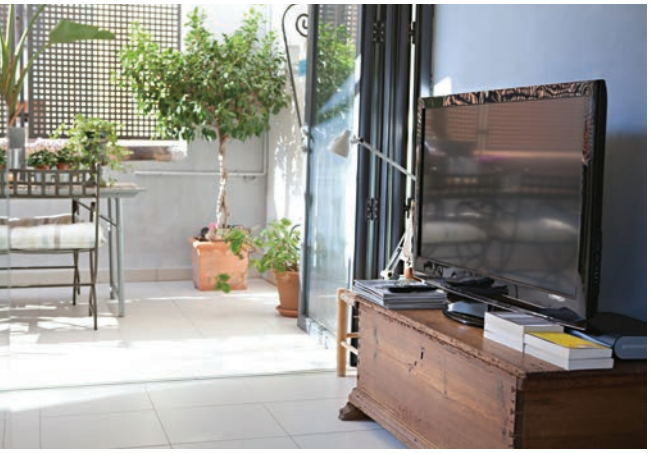

natural terrace, with shade, fragrance and texture being equally as important as colour.

Hot Tub Terrace

For many, a Jacuzzi is the ultimate in terrace living A place where you can relax in warm, bubbling water with a glass of wine and simply let the water soothe all your troubles away. On a terrace such as this, the tub itself will, of course, be the focal point, but plenty of thought should also go into providing areas for fresh towels and furnishings for relaxing outside of the pool, preferably in an absolutely draught-free zone.

Pool Terraces

Many homes with pools will take advantage of the fact to have a relaxing terrace overlooking the luxurious turquoise water of the pool. If your pool is lit up at night time, this can be a spectacular feature, but the presence of water gives your terrace area a cool, holiday feeling at any time of day.

Your poolside terrace should have an overall air of serene relaxation, and the angles and contrasting bright colours of the pool itself mean that a clean, minimal style is often preferred in the vicinity.

The other advantage of keeping things tidy and simple is safety. Pools should always be treated with respect, and energetic running and horseplay should be discouraged. Maintaining a tranquil, orderly pool area goes a long way to making sure that the pool itself is respected.

Poolside furniture comes in all sorts of varieties, but should be hard-wearing, easily cleanable and water resistant. Plastics are perhaps the most popular materials, but wooden sun loungers can also provide attractive Scandinavian-style décor, although more maintenance will be required.

And don't forget that your pool itself can also be renovated with some of the wonderful new materials, from mosaic tiles to attractive coloured waterproof linings.

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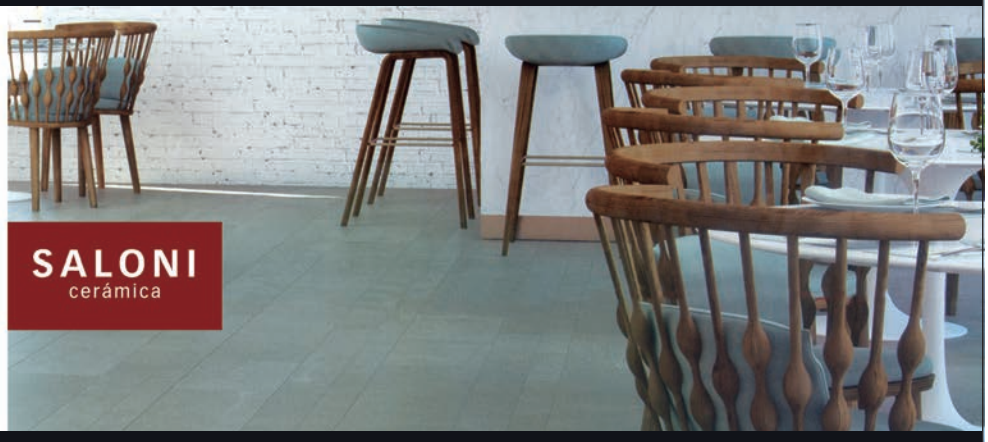

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On Trend in your Garden

Some of the latest trends in gardening are perfect for Lanzarote living. Here's what's hot in your back yard right now…

Container Vegetables

We usually keep flowers or green leafy plants indoors, but the tend for self sufficiency and organic food means that an increasing amount of people are tending to edible plants in their homes, on their windowsills or on their balconies.

Of course, you´ll have to plan the space available carefully, planning the crops you want to grow according to space available – you won´t fit many watermelons in a pot and tomatoes can quickly take over an entire balcony.

If space is limited, best to stick to smaller stuff such as chillies, spring onions, spinach or even carrots, whose frondy leaves are a delight.

Herbs are also welcome and bring a touch of fragrance to the evening air, as well. Every cook's home should have a flourishing pot of thyme, basil, parsley and oregano.

Succulents

The weird and wonderful world of succulents is drawing more and more followers throughout the world. Why? Because they're endlessly fascinating, relatively low-maintenance, ecologically friendly in terms of water use and perfect for the new tendencies towards micro-gardens.

On Lanzarote, you can see one of world's most fascinating collections of succulents at Manrique's Cactus Garden in Guatiza, which should give you some ideas of where to start. But you'll also see succulents everywhere else on the island – agave and aloe plants are the most common examples.

Although they don´t do much in terms of flowering or growing, succulents are easy to care for, tough and surprisingly loveable. Once you've started to grow them, you may not know when to stop!

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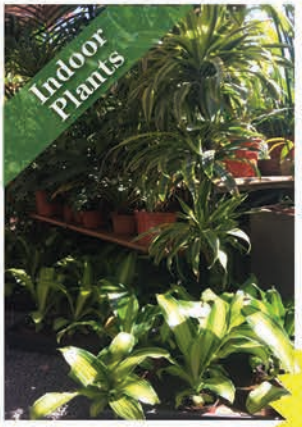

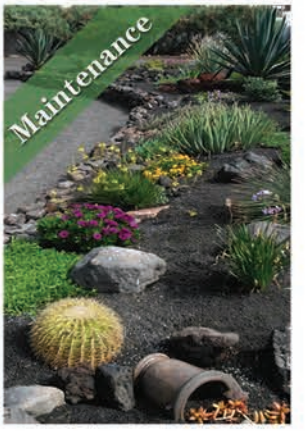

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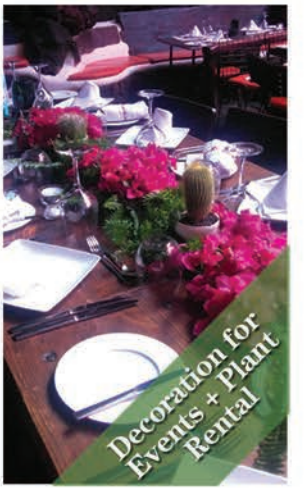

Here comes the Summer!

Expat gardeners from northern Europe face very different conditions on Lanzarote. Where they come from, summer is a temperate season when gardens bloom. On the Canaries, however, summer is a long, brutal ordeal for many houseplants, and as such its well worth preparing for it.

Plants require a lot of care in Lanzarote's summer, but the parching heat means you might not always be willing to do it, so get the hard work out of the way while it's still relatively cool and breezy.

First, ensure you have a watering system in place. You may think you'll be happy to potter around the garden with a hosepipe or watering can once summer comes, but reality has a way of foiling the best laid plans. So investing in an irrigation system is a real time saver, as well as a measure that can ensure the health of your plants.

Make sure your plants are adequately sheltered from the wind. When combined with high temperatures, strong breezes can rapidly strip moisture from all but the hardiest of plants.

Get planting. Focus on summer favourites such as pumpkins, courgettes, melons, aubergines, tomatoes, cucumber and other vegetables that thrive in heat. Think about summer bedding plants, such as petunias, lisianthus (Eustoma grandiflorum), wax begonias, and impatiens, and get sowing nasturtiums, marigolds, portulaca, amaranthus, salvias, sunflowers, and zinnias.

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> "There's no point having a beautiful garden if you don't have your own special corner"

Also consider perennials like ornamental alliums, Campanulas, daisies, yarrow and perennial geraniums. Give them enough time to settle in before the summer heat arrives, and give them plenty of water.

If you're feeling adventurous, try some tropical edibles. Ginger, turmeric, and galangal are all grown from rhizomes – which are the roots that we buy to eat. They thrive in heat, but will need careful watering, and you may want to start these attractive plants off in a pot before transplanting outside. Chillies are also worth a try – beautiful and lush, as well as fascinating.

Herbs, of course, are a vital part of any summer garden, and here on Lanzarote you can successfully grow pretty much all of them. Focus on heat-loving aromatics such as thyme, mint and basil, or go for lavender if you just want some intense, heady aromas in your garden.

Don´t forget to plan your own activity in the garden, too. There's no point having a beautiful garden if you don´t have your own special corner in which to enjoy it. Now's the time to buy garden furniture and do all that heavy lifting and shifting that comes with getting your exterior space exactly right.

It's also worth having some emergency measures in place in case there's a real heatwave – something which happens every few years on the island. In this case you'll need to cover vulnerable plants from the heat by covering them with old sheets, or just get them indoors.

FIGHT FOR FOURTH SPOT

The Rojillos (The Reds) have clawed back vital points recently and are within just three points of fourth spot - which is the final playoff position with nine games remaining.

Future Las Palmas star Benito, who netted two against Lanzarote.

Gran Canarian side UD San Fernando are sitting in third place and are ten points clear so realistically there is just fourth position to aim for. A total of six teams are battling for this remaining playoff place and there are just three points separating them from Lanzarote, in ninth.

Four home wins on the bounce have seen the Conejeros (locals) close the gap and give their fans a glimmer of hope that next season they could compete in Segunda B (third tier).

On Sunday 5th March Lanzarote entertained runaway league leaders Las Palmas B. The Gran Canarian side already have players that have debuted in La Liga this season and, only a few days prior to this match, left back Yeremi travelled with the first team squad who valiantly drew 3-3 with the great Real Madrid.

The Rojillos knew they were up against class and had to be at their very best to take anything from the game. It proved to be a cracking match, the league leaders went into the break 0-1 up despite Lanzarote´s protests for a clear penalty which was not given by the Ref - also from Las Palmas.

Ten minutes into the second half and the Rojillos were level but were then reduced to ten men with midfielder Raúl receiving his marching orders. Lanzarote then went in front with Javi Betancort blasting into the top corner from 15 yards.

Lanzarote defended with all their might but two late goals, with the winner in the 93rd minute from Primera Liga player Benito, saw Lanzarote lose 2-3.

The following week a goal from British boy Louis Kennedy earned his side a point against second placed side Santa Brígida with a second half volley.

Lanzarote are still in there with a shout, the management and players are so grateful for the terrific support from all the foreign fans and with this help a return to Spain's Bronze league is still within their grasp. Always check kick off dates and times (details below)

For more info contact Ian Lane on 928 843332 or 649963943, info@mercancialanzarote.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 Teguise market (near the public toilets) and now also at Puerto del Carmen old town market on Fridays.

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 April
Lanzarote v Unión Viera

13th April
Lanzarote v CD Santa Úrsula (Thursday check)

30th April
Lanzarote v Tenerife B

CRICKET

SAINT'S DAY

Jets and Saints

Macca Hynes reports on the recent LPL Tournament.

The first game between the GJ Jets and the Snug Bar Saints was held on the 5th February. The Saints, having won the toss, put the Jets in to bat on a ropey-looking wicket. With a wicket falling to the first ball of the day, it set the scene for a low-scoring game, which turned out to be the outcome. A few small cameos and a knock of 29* from D.Leibrandt gave the Saints a total of 138 to chase. M.Evans finished with figures of 2-12 from his allotted 4 overs.

In reply, the Saints had a wobbly start, and were reduced to 20-3 from the first 4 overs. Then a partnership of 45 from P.Hirst (36) and G.Cooper (28) pushed the Snug Bar Saints on to 65 before G.Cooper was clean bowled. Some small contributions and a good knock of 30* from G.Singh saw the Saints home with 6 wickets down. R.Singh achieved figures of 2-8 from his 4 overs.

The second game between the GJ Jets and the Teguise Cosmos was played on the 19th February. The Cosmos won the toss, elected to field and GJ started scoring reasonably conservatively. S.Elsdon (5) was bowled by R.Singh, bringing A.French (83) to the crease. The partnership with M.McDermott (21) was pushing along nicely until R.Singh caught McDermott on the boundary having covered a lot of ground with the score at 49-2. A.French proceeded to score fluidly with some input from the lower order creating a total of 170 to chase.

In response, the Cosmos started very slowly at 29-3 from the first five, leaving a run rate required of 9.5 to win. S.Singh (16) was the next man to fall leaving the score at 56-4 with R.Singh and G.Singh at the crease. Some fine hitting ensued, with R.Singh (53) being caught in the deep at 126-5 with 5 overs to play. The Cosmos needed a further 45 from 5 overs. Not to be unnerved, G.Singh (49*) decided that 5 overs was too long and carved the required runs by the end of the 18th over, setting up a final the Teguise Cosmos and the Snug Bar Saints.

The LPL final was played on the 26th February. Saints won the toss and forced the Cosmos in to bat. They started well with S.Chhina (28) and D.Hawkins (24) rallying the total to 72 before S.Chhina was cleaned up by G.Cooper. Regular wickets fell throughout the remainder of the innings bringing up a total of 147 for the Saints to chase with a notable spell from N.French of 4-18 from his 4 overs.

The Snug Bar Saints' innings had a shaky start with S.Elsdon (1) bowled by G.Singh early doors, bringing the in-form A.French to the crease. Some brutal hitting occurring and the chase come to an abrupt end in the 16th over with D.Smith (84*) and A.French (47) having done the damage.

Huge congratulations to the Snug Bar Saints on their maiden LPL victory!

Photo: Brian Martin Rasmussen

Club La Santa

Athletic Passion

Three elite athletes treated 100 of Club La Santa's guests to an honest look into their views on sports and life in general at a Q&A event in March.

A packed room of more than 100 Club La Santa guests showed up to the 90 minute Q&A session with double Wimbledon Champion Petra Kvitová, multiple IRONMAN winner Andy Raelert, and Olympic Javelin Champion Thomas Röhler.

All three have attended training camps at Club La Santa, and during the talk they pointed towards the same formula for any success: Passion.

Andy Raelert focused on how important the mindset is in achieving your goals: "The most important thing is what drives you. If you have the passion and will, anything is possible; and if you work hard, your time will come."

Petra Kvitová added: "Passion overrules talent. You have to work very hard and stay focused."

During the session the audience hung on to every word spoken by the athletes, who were in a laid-back mood, paying very close attention to what each other was saying.

The word "passion" kept arising, and the athlete's views were neatly summarised by 25-year-old Thomas Röhler: "In a class full of students many will have a certain talent. That doesn't mean they will become the best in whatever that might be, if they don't have the passion for it. Somebody with less talent but more passion will succeed, because he or she works hard for it," he explained, and the audience smiled and nodded in acknowledgement.

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Don't Flip!

In recent months, cars seem to overturn almost every day on the island, with local news showing a seemingly unending gallery of photos of cars that have flipped over.

Fortunately, most of the incidents cause only minor injuries, although the first fatal road casualty of the year occurred when a man overturned his car in Arrecife in January. Most of the incidents are caused by cars leaving the main road – on Lanzarote, where hard shoulders are often narrow or non-existent, this can lead to vehicles overturning. Other incidents have involved cars clipping lampposts or trees, and then taking a tumble due to the resulting loss of balance.

Enrique Espinosa, Director of the island's consortium of Emergency Services, said "So far this year we have seen 15 cars overturned on the island. The principal reasons are drivers not following road safety rules and, above all, the use of mobile phones and worn-out tyres."

Espinosa also mentioned "social networks" as a factor in the accidents, almost certainly referring to drivers' use of sites such as Whatsapp while on the road. The consortium is planning to launch a campaign warning drivers about these dangers in the near future.

Other reasons for the spate of flipped cars are excess speed, drivers taking their eye off the road to admire the landscape and absence of kerbs on many rural roads. Almost all the flipping incidents have taken place at weekends and many involve hire cars.

Stay off the phone

Using a mobile phone while driving is strictly forbidden in Spain, while texting is obviously even more dangerous and equally illegal. Only a true hands-free device is permitted.

Drivers are forbidden from speaking on mobiles at the roadside, and must leave the public highway completely before making a call. Any other device using an earpiece, such as headphones, is also illegal.

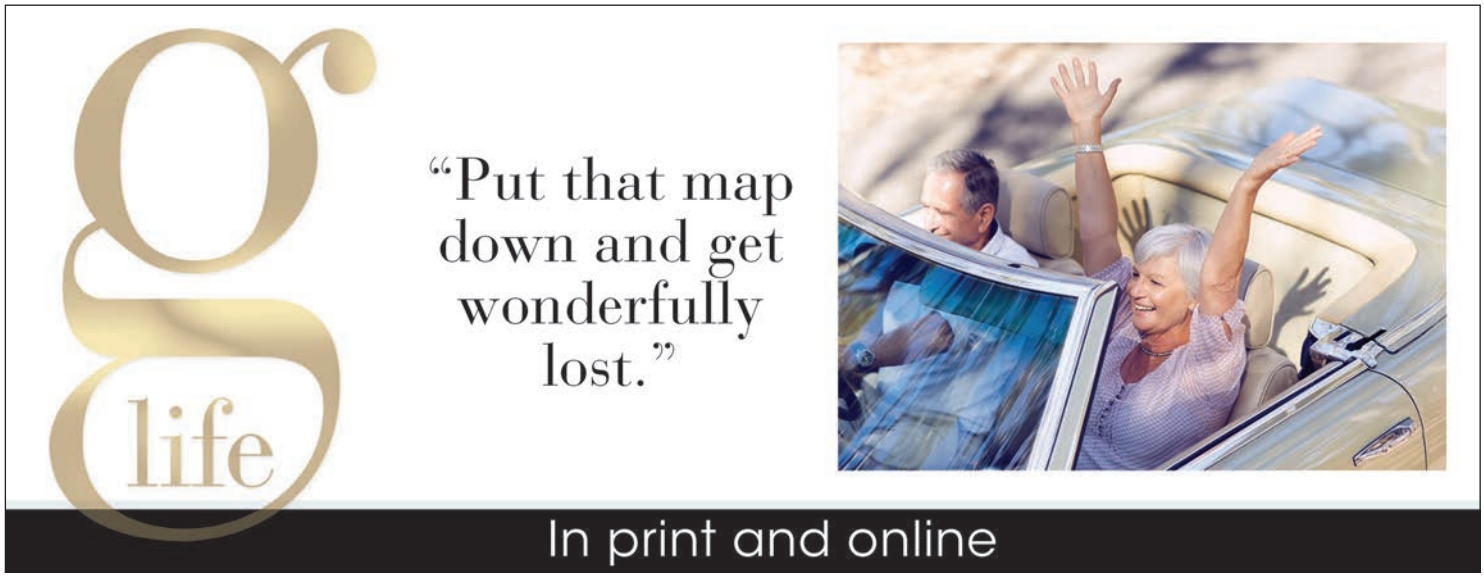
The best advice is: don't do it.

Tyred out

Driving with worn or non-matching tyres can attract on the spot fines of €150 euros, and the vehicle can even be taken from the driver immediately and impounded in cases where three or more of the tyres are found to be unsafe.

Tread depth on a tyre should be no less than 1.6mm (although many motoring organisations recommend that a tread depth of 3.00mm should be observed to ensure safe and optimum driving conditions are met).

The heat and dryness on Lanzarote takes it's toll on tyres, and they should be checked for pressure regularly.



On the ROAD

Micra takes the prize

The Nissan Micra was awarded the "Best Car in the Canaries " award in February at a ceremony in Tenerife.

Pedro Ortega, of the Tenerife Cabildo, said the Micra "meets all the ideal requirements for Canarian motorists." The Micra was given the award ahead of other popular cars on the islands such as the Seat Ateca, the Volkswagen Tiguan and the Kia Sportage.

Safety last

A 46-year old school bus driver in Carmona, Spain, has been hailed as a hero after managing to park his vehicle safely while suffering from a fatal heart attack.

Eight children and an adult were on the bus when the driver fell ill. However, despite his discomfort he managed to steer his vehicle safely off the A-road, before losing consciousness and, later, dying.

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T-charge

Drivers in London will be charged a £10 "toxicity charge" to enter the city centre from October if they are at the wheel of older diesel-powered vehicles.

The "T-charge" will apply mainly to pre-2006 diesel cars that do not meet EU emissions standards, and is the latest move by London Mayor Sadiq Khan to tackle the increasingly urgent issue of air pollution in the capital.

Air pollution is linked to over 9,000 early deaths a year in London. The city surpassed it's annual maximum emissions limit after just 6 days of this year.

Pothole problems

The Local Government association in the UK has warned that €£14 billion may be required to bring the UK's roads up to scratch in the near future.

The association claims that heavy goods lorries are placing too much weight on many roads, causing roads to crumble and cracks and potholes to appear.

The issue may also be relevant on Lanzarote, where goods lorries are rare, but heavy tourist coaches are a frequent site in all the resort areas of the island.

Park life

Lanzarote's Chamber of Commerce has organised a petition to convert a parking space in central Arrecife into a public park.

The stretch of waste ground near the El Almacén arts centre has been used as a parking space for up to 15 cars for years, but the recent re-opening of El Almacén has given rise to demands to renovate an area that is run-down and unattractive.

The Chamber propose the planting of trees and shrubs, so that the area can become a "green space" where open air markets and other cultural activities can take place.

Nevertheless, the proposal will further reduce the already scarce parking facilities in central Arrecife.

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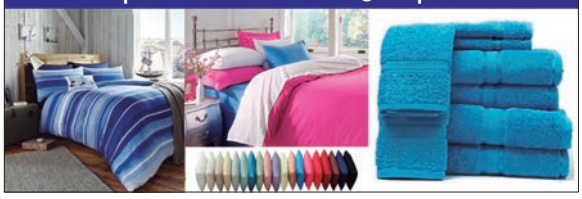

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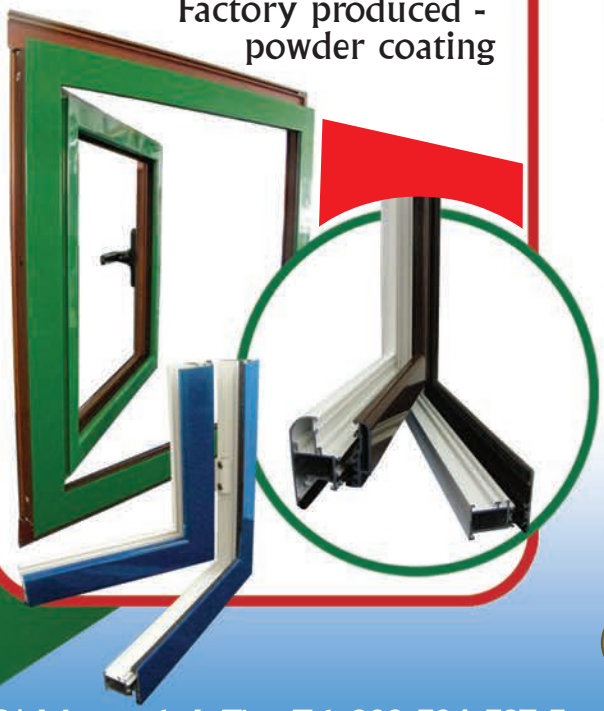

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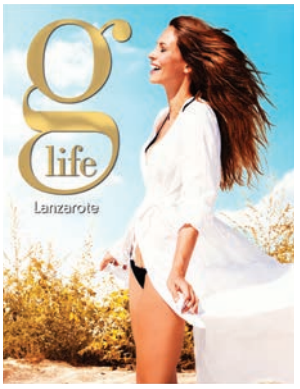

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- El Paso
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- Lolita
- Erik.it
- Terraza Concorde
- Aquadreams

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- Liquid
- Worten
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- Lilium • Arrecife Gran Hotel

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- Tertulia

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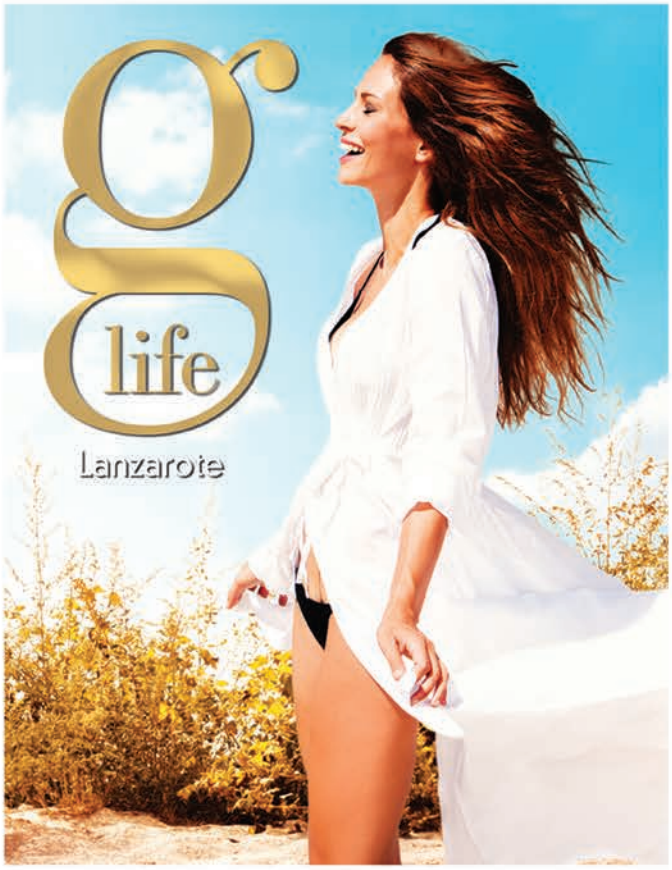

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Tide Tables for Arrecife, Lanzarote. Units are in metres. (Times may vary by a few minutes around the island)

Day	Hour	Metres	Day	Hour	Metres
1	H: 04:54 L: 11:07 H: 17:18 L: 23:35	2.6 0.4 2.5 0.4	17	H: 05:30 L: 11:36 H: 17:49	2.0 0.9 2.1
2	H: 05:47 L: 12:00 H: 18:14	2.4 0.6 2.3	18	L: 00:12 H: 06:22 L: 12:30 H: 18:47	0.9 1.9 1.1 1.9
First Quarter 3 Moon	L: 00:38 H: 06:53 L: 13:07 H: 19:26	0.7 2.1 0.9 2.1	Last Quarter 19 Moon	L: 01:19 H: 07:35 L: 13:45 H: 20:07	1.0 1.8 1.1 1.9
4	L: 01:58 H: 08:19 L: 14:32 H: 20:54	0.8 2.0 1.0 2.1	20	L: 02:44 H: 09:03 L: 15:13 H: 21:31	1.0 1.8 1.1 2.0
5	L: 03:31 H: 09:52 L: 16:02 H: 22:19	0.8 2.0 1.0 2.2	21	L: 04:02 H: 10:18 L: 16:26 H: 22:38	0.9 1.9 1.0 2.1
6	L: 04:50 H: 11:06 L: 17:13 H: 23:25	0.7 2.1 0.8 2.3	22	L: 05:02 H: 11:14 L: 17:21 H: 23:31	0.7 2.1 0.7 2.4
7	L: 05:49 H: 12:00 L: 18:06	0.6 2.3 0.6	23	L: 05:50 H: 12:01 L: 18:08	0.5 2.4 0.5
8	H: 00:15 L: 06:35 H: 12:43 L: 18:49	2.5 0.4 2.4 0.5	24	H: 00:17 L: 06:34 H: 12:43 L: 18:51	2.6 0.3 2.6 0.3
9	H: 00:56 L: 07:13 H: 13:20 L: 19:26	2.6 0.3 2.5 0.4	25	H: 01:00 L: 07:15 H: 13:24 L: 19:34	2.8 0.1 2.8 0.1
10	H: 01:33 L: 07:47 H: 13:53 L: 20:00	2.7 0.2 2.6 0.3	New 26 Moon	H: 01:42 L: 07:56 H: 14:05 L: 20:16	2.9 0.0 2.9 0.0
Full 11 Moon	H: 02:06 L: 08:19 H: 14:24 L: 20:32	2.7 0.2 2.6 0.3	27	H: 02:24 L: 08:37 H: 14:46 L: 20:59	3.0 0.0 3.0 0.0
12	H: 02:38 L: 08:49 H: 14:54 L: 21:03	2.7 0.3 2.6 0.3	28	H: 03:08 L: 09:20 H: 15:29 L: 21:44	2.9 0.0 2.9 0.0
13	H: 03:09 L: 09:19 H: 15:25 L: 21:35	2.6 0.3 2.6 0.4	29	H: 03:53 L: 10:04 H: 16:15 L: 22:32	2.8 0.2 2.8 0.2
14	H: 03:40 L: 09:49 H: 15:56 L: 22:08	2.5 0.4 2.5 0.5	30	H: 04:42 L: 10:52 H: 17:04 L: 23:26	2.6 0.4 2.6 0.4
15	H: 04:13 L: 10:21 H: 16:28 L: 22:43	2.4 0.6 2.4 0.6			
16	H: 04:49 L: 10:55 H: 17:05 L: 23:22	2.2 0.7 2.2 0.8			

H=High
L=Low

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HOROSCOPES

April 2017

By Clairvoyant Shona Langholm

Taurus 20 Apr to 20 May

Your hard-headed self will be bring advantages in work this month. You will get very personal with a close friend. A romance will blossom. Try and remain calm when it comes to your work and family.

Aries 21 March to 19 Apr

Your ability to work hard will work in your favour this month. When it comes to romance you will be in control and things will start to move in the right direction.Get a medical check up to ensure peace of mind and nip problems in the bud.

Gemini 21 May to 20 Jun

Co-workers will be looking to you for leadership skills – respect and people skills are the key. Share your excitement with friends and loved ones. Get out and explore nature and what the natural world has to offer.

Cancer 21 Jun to 22 Jul

Plenty of things will get on your nerves this month, especially in work. Don't look for reasons to get angry with co-workers. Love will play a very big role this month and bring a calmer, more peaceful end to the month.

Leo 23 Jul to 22 Aug

Someone important you haven't seen in a long time will show up in your life. You will be happier overall. Start exercising and you will feel much better, both physically and mentally. Seek out charming company – you need a laugh and some delight.

Virgo 23 Aug to 22 Sept

A close friend will look to you for guidance. Try and boost their self confidence and calm them down. Be wary of co-workers. Are they fully trustworthy? You will have a great time with loved ones this month - enjoy every minute!

Libra 23 Sept to 22 Oct

There will be a lot of obstacles this month, but you can deal with them. You will face personal challenges with loved ones. A job or role change is likely and will have a positive impact on your physical and mental health. Spend some money on yourself.

Scorpio 23 Oct to 21 Nov

Newsflash! People talk about you behind your back! They always have and they always will, so don´t get annoyed when you find out you're the subject of discussion. In fact, you should be pleased that your friends and loved ones care about you so much. Better still, give them something really juicy to talk about instead...

Sagittarius 22 Nov to 21 Dec

You' feel fitter and healthier than ever, so make the most of it. You will be very social this month with group outings. Money will come easier to you due to hard work paying off. Music plays an important part in your life this month, so get into the rhythm of life and dance as if no one is watching!

Capricorn 22 Dec to 19 Jan

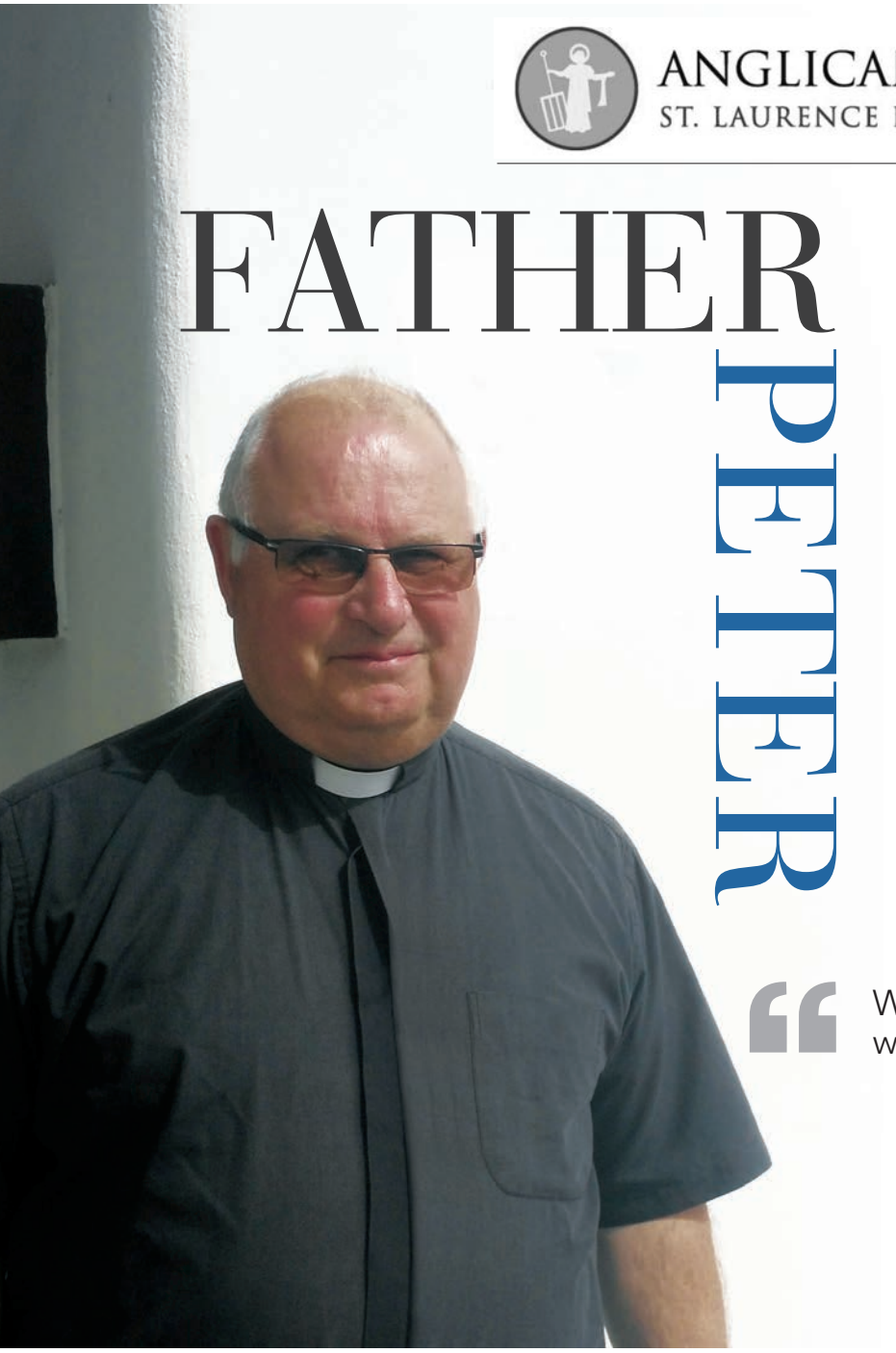
A wise choice will save you a lot of money, and this will be welcome in the near future. You will find romance blossoming with someone who is very close to you. Work will be fast and exciting this month, but do take some time out to recharge your batteries.

Aquarius 20 Jan to 18 Feb

You will meet someone new in your life and they will stay in your mind. You will find yourself doing things outside your normal routine. It's time to take a long hard look at your overall health and make some changes – you won´t regret it.

Pisces 19 Feb to 20 Mar

There will soon be a big change in your life, and you need to get your head round it before moving on. Count on the assistance of family and friends. Your social life and your health will be excellent, and you're ready for anything life throws at you.



ANGLICAN PARISH
ST. LAURENCE IN LANZAROTE

FATHER PETER

In January this year, Father Peter arrived from Gibraltar to be appointed as Chaplain for the Anglican Parish of St. Laurence on Lanzarote. Shaun Addison met him recently at the Chaplaincy House in Puerto del Carmen.

Where are you from, Father Peter?

I'm from God's Own Country, -Yorkshire.

Is this your first time on Lanzarote?

No. I visited before in the 1990s, as my father was the Chaplain on Gran Canaria at the time and came to the island to conduct services. I remember going scuba diving off Puerto del Carmen, where I discovered that Lanzarote has its own Cathedral – that's the name given to a spectacular cavern off Playa Chica. I also ended up swimming among angels – angel sharks.

You've worked in Spain for a while, though.

Yes. I was the Chaplain at Las Palmas for four years. That was when the Icelandic volcanic ash cloud happened and caused chaos, stranding people on the islands. It was a distressing time, with tour companies shunting stranded tourists to cheaper hotels in outlying areas, and afterwards I realised I was suffering from "island fever" and took a break. Then I was appointed as the Sub Dean and Port Chaplain in Gibraltar, working from the cathedral there, which was another interesting time.

What are your first impressions of Lanzarote?

It's fascinating. There's lots of space, it's clean, and everything is in good order. I'm one of those priests who likes to communicate with people and get out and about, so I'm still finding my way around, but I've already found some lovely bars and restaurants.

What does your job involve?

Well, there are the Sunday services every week at 12.30 in Puerto del Carmen and 5 pm in Playa Blanca, as well as two services a month at 10 am in Nazaret. I've presided at three funerals so far, and there are plenty of wedding blessings lined up. And, of course, there's the general pastoral care that's part of any priest's job.

> "We would like to work more closly with the Spanish Church

What are relations like with the local Roman Catholic church?

Very good, and the recent meeting between Justin Welby and the Pope promises even better communication, with bishops being paired. The Spanish church is very good at getting out there and doing charity work, and we want to share in that work.

What do you do in you spare time?

I'm a bit old for scuba diving now, so my main pastime is reading. I like to keep abreast of current affairs and be well-versed in issues that I can then bring up in my sermons. And I love a John Grisham thriller, too! I've got all his books.

Do you have an Easter message for our readers?

I'd just say that Easter is about hope, and I think that's something we could all use a little of nowadays.

Thanks, Father Peter.

For more information about the Anglican Church on Lanzarote, visit www.lanzarotechurch.com

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