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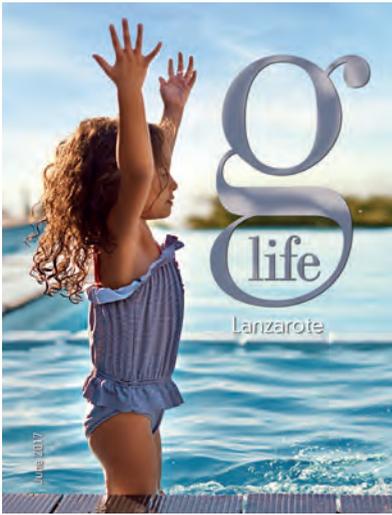


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Sun worshippers

In a few weeks, Lanzarote will be packed with families enjoying their summer holidays. There'll be kids paddling, making sandcastles and exploring rock pools; and teenagers swimming, chucking frisbees and checking the local talent out. And while all this fun is going on, what will most of the adults be doing? Sunbathing.

Why do people bother with sunbathing? First you have to spend ten minutes greasing

yourself up like a Christmas turkey, then you just lie there, doing nothing, like a sausage on a grill. You can't read a book because you'll end up with a book-shaped white patch on your face or chest. You can't do anything apart from turn yourself over once one side's cooked and then put more grease on.

Each to their own, I suppose, but if you do get tired of looking at the back of your own eyelids on a sun lounger, you can be sure that there are plenty of other things to do on Lanzarote this summer. June is the month when fiesta season starts, and for months there'll be parades, concerts, parties and special events in the towns and villages all over the island.

Tourist season will soon reach its peak and there'll be genuinely exciting buzz in the resorts as thousands of holiday makers make the most of their time here. There are theme parks to visit, waterparks where you can get wet and wild, volcanoes to visit...

Lanzarote also offers incredible sporting opportunities. You can learn to surf, take a fishing trip, play a round of golf, get out on a tennis court, cycle wherever you like, explore the sea over and under the waves, and much, much more.

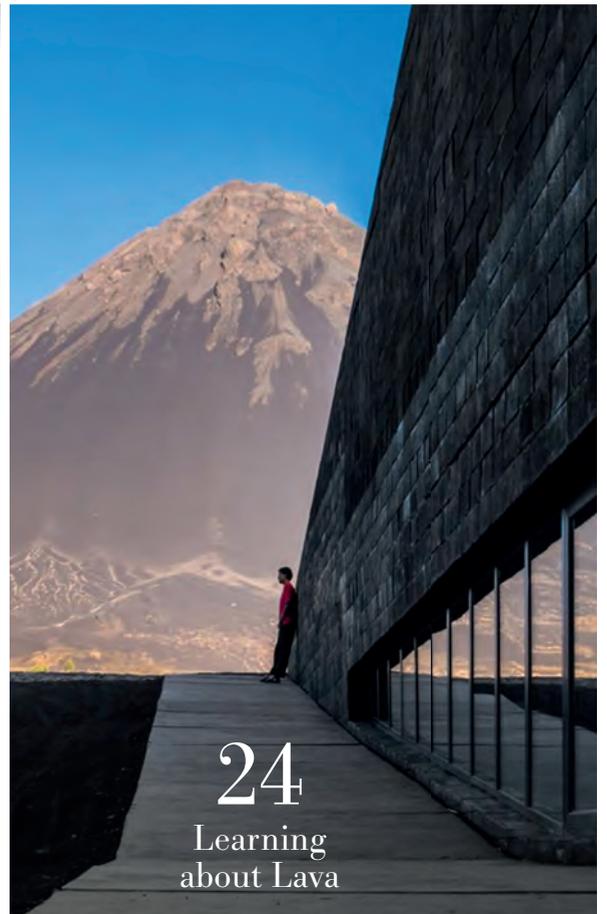
Events like this month's Wine Run or the Sonidos Liquidos festival show Lanzarote offers much more than sand and sea, offering a chance to enjoy the unique beauty of the island's wine-growing region, as well as great music, fantastic food and, most of all, the welcoming atmosphere that the island has become famous for.

And even at the height of high season it's possible to find solitude, peace and beauty – a deserted beach at dawn, a spectacular sunset view, a walk through lava fields or a visit to charming rural villages.

It's your holiday, and while you're here it's your island. Be sure to make the most of it.

The Editor

June Highlights



July Advertising Deadline: 15th June 2017 - Contact us on 928 515 860



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Home

Belgian Bart Aernouts conquered Lanzarote on May 20th, winning the Lanzarote IRONMAN 2017 with a time just four minutes short of the all-time record. In the women's race, an all-British podium was topped by Lucy Charles after a mighty performance.

Strong winds in the days leading up to the 26th IRONMAN Lanzarote contest led to fears of a gruelling race, but on the day the weather decided to behave itself, resulting in a terrific event, with some exceptionally fast times being posted, including a new women's cycle stage record for Lucy Charles.

The men's race saw the last three years' champions Jesse Thomas (2016), Romain Guillaume (2015) and Alessandro Degasperri (2014) battling it out with Bart Aernouts. However, Aernouts took command of the race just over half way into the cycling stage and never relinquished his lead, finishing with an incredible time of 8:34:13, just four minutes short of Timo Bracht's 2011 record. Degasperri came second with 8:43:23 and Jesse Thomas, who said the race had made him "visit some dark places I'd never been before," finished third with a time of 8:49:02.

In the women's race, Lucy Charles swam like a fish and was the sixth competitor of either sex out of the water. 24-year old Lucy bossed the race from then on, opening up an unbeatable gap and setting a new record on the cycle stage before starting the marathon with a 25-minute lead which proved too much for her British compatriots Corinne Abraham and the 2014 winner Lucy Gossage to make up.



Lucy Charles is ecstatic with her win.



Bart Aernouts, IRONMAN 2017 men's champion.

Photos: Diego Santamaría

“ A beautiful Lanzarote day – an amazing race.”

Lucy Charles admitted afterwards that her cycling performance had surprised her, but also confirmed that it had been her plan: "I knew I wouldn't like the run anyway so gave it a go on the bike course."

The new changes to the course, which visited Arrecife and the Charco de San Ginés for the first time, proved challenging for many athletes as water was hard to come by, but the race also brought the island's capital alive.

Diego Polino Cabañas, the Mexican retro-runner we

interviewed last month, attracted the usual attention in the running stage, but Diego defied all his critics to become the first ever athlete to complete an Ironman marathon running backwards.

Well done to him, to all the elite athletes who provided such a brilliant spectacle and, of course, to all the other runners, both professional and amateur, who conquered their own pain, their own resistance, and showed the world they were made of Iron.

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life News



Órzola

■ Pontoon Project

The Canarian Government and the Ayuntamiento of Haría have agreed on a project to install four pontoons at Órzola. The pontoons will provide space for 70 more moorings, as well as permitting larger craft to dock at the harbour. The Canarian Government has agreed to fund €350,000 towards the project.

Among the ideas proposed was a project to turn the space between the two bridges leading to the Castillo de San Gabriel into a public swimming pool. Arrecife is also keen to renovate the Islote del Amor, (the small island in front of the Gran Hotel) which has been in disuse for many years.

■ Arrecife look to the future

The Canarian Tourism Minister, Mariate Lorenzo, recently came to Arrecife, where the Mayor of the city, Eva de Anta and Cabildo President Pedro San Ginés made various proposals to improve the capital's appeal to tourists.

Plans are also afoot to allow greater access to César Manrique's iconic murals, which are currently in a study room in the UNED building on the seafront. This may become part of a "César Manrique Route".

■ Two drownings

A 41 year-old Irish woman drowned off Playa Grande beach, Puerto del Carmen, in mid-May.

The woman, from Waterford, entered the water in the early hours of Sunday 20th May, and her lifeless body was later taken from the water by onlookers.

Two weeks earlier, a man of Chinese nationality disappeared when fishing near Playa Blanca. Despite extensive searches, no trace of the 50-year-old has been discovered.

■ The Cavalry are coming!



The Milan XVI Cavalry Group

The virtually disused military barracks in Arrecife will be renovated at a cost of 5 million Euros in preparation for the arrival of the 250-strong Milan XVI Cavalry Group of the Spanish army, which is currently based in Valencia.

The Marqués de Herrera barracks, on the same road as the General Hospital, is currently occupied by around 50 servicemen, but the Ministry of Defence's decision to move the Cavalry group to the island will boost that to 300. Sources also claim that this will make the barracks the fifth most important business on the island.

The arrival of the Cavalry Group is planned for 2019-20. Arrecife was chosen because it was more economically viable, and is relatively close to army manoeuvres zones on neighbouring Fuerteventura.

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Pot proposal

María del Río



The Canarian Parliament has approved a motion that may lead to the legislation of cannabis for medicinal use on the islands.

All parties in the Parliament approved the motion, with the exception of the PP, who abstained. Supporters of the motion pointed to cases of cancer patients who find relief from cannabis, but have difficulties getting hold of it due to public health laws.

Podemos Deputy María del Río also proposed that laws be relaxed to permit the growing of cannabis plants at home and leisure use of the drug. "There are four million people in Spain who use cannabis," she said, "Of which only 50,000 use it for medicinal purposes. This leaves 3,950,000 people outside the law."

Shooting the messenger

There was huge controversy in late April after Dr Dulce María Reyes, the head of the Digestive Department at Arrecife's Hospital José Molina Orosa, was disciplined after an interview with her appeared in the Diario de Lanzarote newspaper. In the interview, Dr Reyes said "In Lanzarote the detection of colonic cancer is

not happening because the hospital lacks the necessary resources."

A disciplinary procedure was instigated following the report, leading to several Lanzarote political parties and associations criticizing the health service for "cowardice". Consumer association Aculanza said that the health services were guilty of "shooting the messenger" of bad news.

Could do better

Lanzarote could do more for gay tourism, according to Lánzate, the island's LGBT association, which has criticised Lanzarote for not doing enough to take advantage of the gay tourism market, and said that the island is still not "gay friendly."

Lánzate said that public or private

organizations on Lanzarote have done "absolutely nothing" to promote quality LGBT tourism on the island, and made a comparison to Gran Canaria, which now leads Europe as an off-season gay holiday destination.

Lánzate also claimed that some Lanzarote establishments had ejected same-sex couples.



Viva Venezuela!

Hundreds of adults and children gathered in the Plaza Simón Bolívar in Arrecife on Saturday 13th May to protest against the political crisis in Venezuela.

Bearing Venezuelan flags and singing Venezuelan songs such as *Alma Llanera*, the protesters gathered signatures for a petition demanding humanitarian aid for victims of the crisis in Venezuela, as well as calling for an end to government oppression. The petition is to be presented to the Cabildo.

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G Island

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Teguisse Grandparents prepare to do battle

■ Bowling army

Bola Canaria (Canarian Bowls) is hugely popular on Lanzarote, especially among the elderly. If you doubted it, just take a look at the 200 entrants for this year's Abuelos Conejeros (Lanzarote Grandparents) bowls tournament lining up in Teguisse recently. The participants have been provided with a snazzy green and white strip for the competition, in which they will do battle with hundreds more seniors from the island's other municipalities.

The Peña de Mozaga team, winners of last year's competition, were among the 33 Teguisse teams lining up alongside Mayor Osvaldo Betancort.

■ 9 Lives Update

During the past month, 9Lives Lanzarote helped the much-loved Fluffy to be united in Ireland with the family of her late owner, who very sadly passed away here in Lanzarote.

We have also homed several kittens and continued neutering in many areas, with help from volunteers and cat friends. Thank you all for your efforts.

Please join us on Facebook for information and updates, we appreciate your continued support to keep 9 Lives strong and effective for our Lanzarote cats.

Next Bargain Sale in Güime Saturday June 24th.

Contacts in Playa Blanca 0034 635 961 255, P.D.C. 0034 600 354 571, C/Teguisse 0034 618 987 754.

■ Have you seen Teddy?



Linda McAlevey has contacted us with an appeal to anyone who may have found a small teddy bear in Costa Teguisse. Linda thinks the teddy may have fallen from her son's pram on the evening of the 9th of May while they were returning from the Pueblo Marinero to the Hotel Beatriz. The teddy is of huge sentimental importance to Linda and family, so if you've seen it, or have any idea where it might have been handed in, please get in touch with us and we'll contact her.

■ Pay online

Residents in Teguisse, Arrecife, Tinajo and Haría are now able to pay local taxes (property tax, vehicle tax,



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plusvalia etc) online at the Virtual Office available on the website of their Ayuntamiento. Payments can also be made at certain banks or via bank transfers. The measure is part of the new Island Tax Network, which will phase out cash payments shortly.

Check in at your hotel



Jet2holidays has expanded its exclusive resort check-in service to Lanzarote, allowing holiday makers to make the most of their final day on the island without having to worry about their luggage.

Holiday makers can simply approach the Jet2holidays rep at their hotel on the final day of their holiday, and check their baggage in on the spot. The next time they'll have to worry about those heavy cases is when they reach the carousel at their home airport.

The service allows holiday makers freedom on their last day, and also permits them to check straight into security at the airport without having to join long check-in queues.

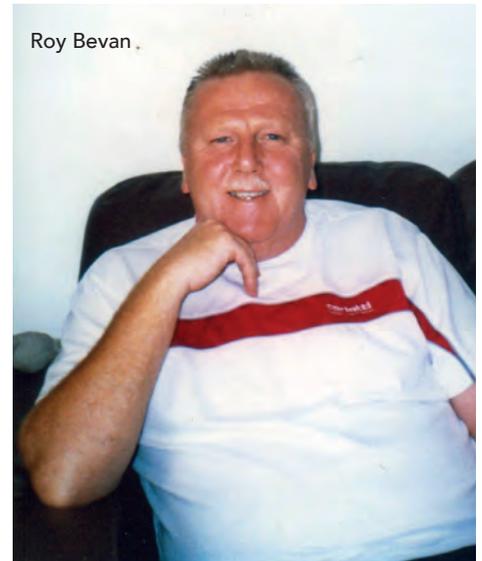
Fancy a Cactusburger?

Visitors to the Jardín de Cactus in Guatiza will not only be able to admire the cacti in the grounds –

In Memoriam: Roy Graham Bevan

It is with great sadness that we report the death of Roy Bevan. A great lover of Lanzarote, Roy first came to the island in 1989, returning many times with wife Debbie and children Zoe and Rhys. He lived here from 2004 to 2008, and was a regular face at Bligh's Bar, the Tres Conchas in Tías and Fred's Bar in the Old Town of Puerto del Carmen. Roy was often known as "Curry Roy", as he was famed for his wonderful curries. Roy returned to the island more recently, but fell ill before Christmas and passed away on the 17th April.

A cremation service was held on 24th April. Roy will be hugely missed by Debbie, Zoe, Rhys, his brother Ken and the rest of his family, as well as the many friends he made.



they'll be able to eat them, too.

A group of food producers from San Bartolomé have developed a "cactusburger", made from prickly pears grown in Tegüise, and the dish will be on offer at the Jardín de Cactus this summer.

The burger is made of cactus, onion, maize and potato, served in a bun of tomato bread and dressed with goats' milk yoghurt sauce, smoked cheese and rocket leaves.

Cactus has been hailed as one of the new "superfoods", and is claimed to lower cholesterol, detoxify the digestive system and provide high quantities of the vital amino acid taurine.

SARA Market changes

Sheila, one of the tireless SARA volunteers, writes to say "Things will look a little different at this

month's market, in aid of the SARA Animal Shelter, on Saturday June 10th! The tables will be inside the area where plants are sold. A firm concrete floor, less wind and dust, and nearer the beautiful flowering plants, wonderful!

Entrance to the market remains the same, public from 9.30am and stall holders from 7.30am, at the main gate. If you would like to book a table please call Terry on 646 838 749.

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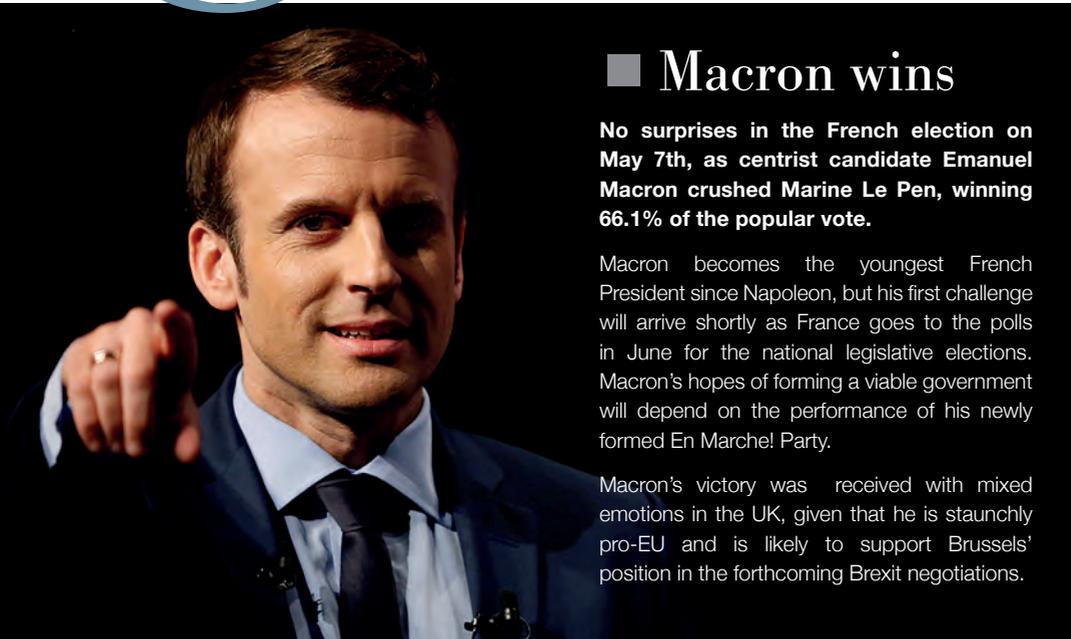
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G Europe

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■ Macron wins

No surprises in the French election on May 7th, as centrist candidate Emanuel Macron crushed Marine Le Pen, winning 66.1% of the popular vote.

Macron becomes the youngest French President since Napoleon, but his first challenge will arrive shortly as France goes to the polls in June for the national legislative elections. Macron's hopes of forming a viable government will depend on the performance of his newly formed En Marche! Party.

Macron's victory was received with mixed emotions in the UK, given that he is staunchly pro-EU and is likely to support Brussels' position in the forthcoming Brexit negotiations.



■ Fry up in court?

Stephen Fry is under police investigation in Ireland after being reported for breaking blasphemy laws.

In 2015, Fry told TV presenter Gay Byrne that he could not respect a "capricious, mean-minded, stupid God." A viewer reported the comments to the police at the time, alleging that they were in contravention of Ireland's 2009 Defamation Act. The complainant has reported that he recently received a phone call from the Gardai confirming the investigation.

However, it is thought that the complaint is likely to be an attempt to highlight the unworkability of the blasphemy law. It remains highly unlikely that Fry will actually be tried for the alleged offence.

■ English remains strong

EC President Jean-Claude Juncker's comment that "English is losing importance" in Europe outraged many, but is it true?

Juncker made the joke in Italy last month, before switching to French in his speech. The UK's exit from the EU will leave only two English-speaking countries in the European Union: Ireland and Malta.

However, English is likely to remain one of the EU's working languages, as it is currently remains the

international language of business, widely used by non-British speakers as a third language to communicate.

Brexit may reduce the UK's participation in EU-funded language projects, and other languages may gain some influence, but it looks as if English will remain an asset in Europe and beyond for many decades.

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Emmanuel Macron

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The World

Lanzarote is a remote island far from the rest of the world, but it's also a part of Spain, fully integrated within Europe, it lies between three continents and is home to scores of nationalities. What happens in the world affects us, and this is what's coming up.

Europe

The victory of Emmanuel Macron in the French elections has eased worries about the imminent collapse of the European Union. However, that was never really on the cards, anyway. Macron will face his first major challenge this month when he will have the task of building a viable government after the French parliamentary elections. Nevertheless, his victory is

likely to strengthen the EU's resolve when dealing with the UK in the imminent Brexit negotiations.

And in less than four months Germany will also go to the polls to elect new members of its Bundestag. Angela Merkel's CDU are currently the favourites, although Martin Schulz's SPD have seen dramatic recent gains. Nevertheless, the likelihood that Germany will continue to be ruled by a grand coalition of the CDU and SPD remains almost certain.



Angela Merkel

The UK

Theresa May is predicted to win the UK General Election on June 8th handsomely, probably with the "strong, stable" mandate she says she requires to lead the UK out of Europe.

However, shortly after the election, the posturing on both sides will have to stop and both sides will have to sit down and thrash out a Brexit agreement that will meet the approval of not only the British public, but the other 26 EU members states as well.

For expats on Lanzarote, an early agreement on their continued rights in Spain will be hugely important. The worst possible scenario will be a "hard Brexit", with no deal at all.

Currently, some believe that Mrs May favours this option, while others believe she may use her newly-gained power to push through a much softer Brexit than the extreme wing of her party would prefer. Time will tell...



Theresa May

Spain

This month, the Spanish Socialist party will elect its new leader following last month's primary elections, and the result is likely to define not just the direction of Spain's main opposition party, but also the survival of its minority government.

The two main candidates are Pedro Sánchez, who was forced out of the leadership of the party last year when he refused to stand aside and allow the Popular Party to form a minority government, and Susana Díaz, who is widely regarded as the "establishment" candidate.

Both candidates are running neck-and-neck in the polls, and Spain is likely to see its largest left-wing party undergo a similar experience to the British Labour party, with the party establishment and grass-roots members battling for power.



Pedro Sánchez

Susana Díaz

On our Doorstep



Trump



Kim

Global

In Washington, Donald Trump recently returned from his first official trip to Europe, where he attended a NATO summit in Brussels, a summit in Sicily and a trip to the Vatican.

Trump's recent nuke-brandishing bout with Kim Jong Un of North Korea, his main competitor for "most ridiculous hairstyle on a world leader"

honours, seems to have cooled off a little, and the election of a more moderate President in South Korea could calm things even further.

Trump has admitted that he thought his first 100 days in office "would be easier", although they were surely made more bearable by 19 trips to the golf course.

Venezuela

Since the end of March, Venezuela has been in a state of constant unrest. Crashing oil prices and the highest inflation rate in the world have led to food shortages, malnutrition, higher infant mortality rates, malaria outbreaks and shortages of essential medicines. Meanwhile President Maduro's increasingly dictatorial attempts to crush protest and dissent have led to an marked increase in violence and deaths.

There are around 500 Venezuelans on Lanzarote, and many more residents from neighbouring Colombia, showing that developments in the country are likely to have far wider consequences on a global scale.



Protests in Venezuela

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Astrid Pérez

RENTAL REVERSAL

In a ruling that will have wide-ranging effects on holiday rental owners on Lanzarote and the Canaries, the High Court of the Canaries has annulled various articles of the law regulating holiday rentals on the islands; among them the ban on rentals in tourist zones.



The Court found in favour of the Spanish Federation of Tourist Rental Associations, which had appealed against the law passed by the Canarian Government at the end of its last term.

The Court stated that “the rules clearly infringe the freedom to do business and the the freedom of offer services, limiting what’s on offer to tourists without sufficient justification.”

“It makes no sense to exclude the offer of tourist rental accommodation from the places where it is should occur,” the statement continued, adding that “the only explanation for the law is that it is an attempt to protect traditional tourist accommodation,” - a clear reference to the efforts by the hoteliers’ lobby to limit competition in their sector.

The Court also ruled that the law prohibiting the provision of bed and breakfast facilities was unjustified, and constituted a hindrance on free competition.”

The ruling is, however, subject to appeal, and it has been confirmed that the Canarian Government will take this route. In the meantime, associations such as ASCAV (the Canarian Association for Holiday Rentals) has celebrated the winning of “a battle, but not the war.”

The PP deputy Astrid Pérez has demanded that the



Canarian Government get on with the “immediate modification” of the 2015 law governing holiday rentals, while Lanzarote’s Cabildo Councillor for the Ciudadanos party, Benjamín Perdomo, has proposed that the Cabildo “works with diligence and speed to process all the requests for legalisation of tourist lets in the tourist areas of Puerto del Carmen, Costa Teguse and Yaiza.”

The Canarian President, Fernando Clavijo, commented to journalists that “we need to find a meeting point on the issue of holiday rentals” after the judgement, admitting that it had “broken the back” of the 2015 law.

“Holiday rentals are a global reality that we cannot ignore,” he said, but added that any legislation must not permit “unfair competition” that would “damage the tourism industry.”

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“ Holiday rentals are a global reality that we cannot ignore.



Fernando Clavijo

back pocket, and unlicensed rentals never had to comply with the strict safety and quality regulations that licensed premises are governed by.

Around 2010, the Canarian Government began cracking down on unlicensed holiday rentals. This policy was supported by the powerful

rentals in Barcelona and Mallorca.

The freeing-up of holiday rentals could also be bad news for locals who are seeking long-term rental accommodation. Many property owners focus on the lucrative, short-term holiday rental market, leading to fewer, more expensive long-term

THE PROS AND THE CONS



The High Court judgement once again places the vexed issue of holiday rentals in the spotlight.

Since the start of the century, apartment owners on Lanzarote and other Canary Islands have been renting their properties to tourists. For many years, this was promoted by the booming real estate sector as an investment opportunity, and a blind eye was turned by the authorities.

The practice reflected modern trends in tourism, as an increasing amount of tourists



abandoned packages and instead used budget flights and online rental sites to organise their holiday.

This model of tourism also brought undeniable benefits to the wider tourism sector on the islands. Independent travellers tend to eat out in local restaurants, use local shops and put much more money into the local economy than a hotel sector in which the all-inclusive model was becoming dominant.

However, these rentals were never legal. The income from the rentals often went straight into the owner's

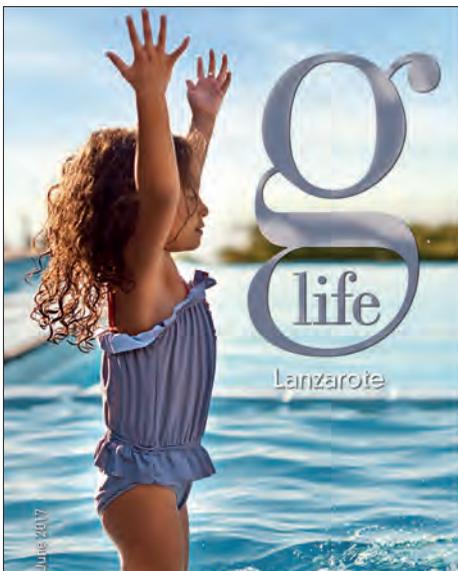
hotel lobby, who have always opposed holiday rentals as unfair competition. A number of fines were levied, but more recently courts have increasingly found in favour of the holiday rental owners, owing to EU rules on free trade.

The High Court's recent judgement has been welcomed by holiday rental owners, but it will also be greeted with concern by those who live on residential complexes in tourist zones, who have frequently complained about noisy holiday-makers. This issue has led to a ban on holiday



rental homes.

It is now clearer than ever that the Canarian Government needs to draw up legislation that seeks to address all these issues, fairly and efficiently. The last law they passed was sneaked through two days before the Canarian elections, and has proved unworkable. Now it is time they consulted with all concerned parties and arrived at a solution that will respect owners' rights to make money from their property while guaranteeing a legal framework that will encourage legality, safety, and quality.



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Do you need to review your Financial Planning?

By Paul Montague, Partner, Blevins Franks



ADVERTORIAL

To protect your financial security through retirement, and achieve your wishes for your family and heirs, you need a strategic wealth management plan covering your savings and investments, tax planning, pension funds and estate planning.

It is important to review your financial planning from time to time, to make sure it is up to date with local and global developments, and to take account of any changes to your personal circumstances.

■ Savings and investments

These are uncertain times, with Brexit, the UK elections and Donald Trump making his mark as US President. Diversification is more important than ever, and you need a long-term strategic asset allocation plan specifically designed around your circumstances, needs and risk profile.

Diversification gives your portfolio the chance to produce positive returns over time without being vulnerable to any single area under-performing. There are various levels you should have in your

portfolio: different asset classes; geographical areas, sectors, company size etc.

■ Tax planning

Your investments and assets should be held in the most suitable arrangement to limit your tax liabilities. Take advice from someone who is well-versed in the nuances of Spanish taxation. It is important that your tax planning is up-to-date and designed to take advantage of tax planning opportunities in Spain.

Another incentive to review your tax affairs is the global automatic exchange of information regime under the Common Reporting Standard is now in force. The Spanish tax authority will receive information on every resident of Spain. Cross-border tax planning is complex, so ensure you are paying tax in the right country.

■ Estate planning

The first step is to establish your goals. Who

would you like to benefit from your estate? Are you happy for them to have control over the money? When should they receive the fund? How much tax will they have to pay on their inheritance? Then obtain specialist advice to ensure that your estate plan is specifically set up to achieve your wishes for your heirs. Remember you need to pay attention to succession laws as well as inheritance taxes.

Whether it is investments, tax or pension planning, seek advice to ensure you do what works best for your personal situation. Blevins Franks can guide you on all these aspects and provide holistic solutions so you can have peace of mind that your financial affairs are in order.

Summarised tax information is based upon our understanding of current laws and practices which may change. Individuals should seek personalised advice.

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Spending Power



Tourists are spending more money on Lanzarote holidays, but the amount that goes into the local economy has not changed in seven years. Recent statistics show that the future success of the island's economy could rely on independent travellers, while all-inclusive hotels bring the least income to the island.

average of €135.29 a day for their Lanzarote holiday, of which €36.20 is actually spent on

the least on holidays overall, but spend over €40 a day on the island - the highest figure outside of Arrecife.

The highest spending nationality are Spaniards, while German tourists spend the least on the island – a result which reflects the popularity of all-inclusive holidays with this market. Women spend more than men, and younger people between 25-44 years of age are the highest spending age group, while pensioners spend the least.

The figures also show the importance of independent travelling to the island's economy. Those who spend the most on the island are those who fly with budget airlines, tourists who book all-inclusive package holidays spend by far the least of all tourists on Lanzarote – a total of €19.61 per day.

The results show that Lanzarote's tourist authorities still have to find an effective way to convert record tourist figures into something that will benefit the local economy of the islands, and that the newer trend of tourism, in which travellers book low-cost flights online and arrange their own accommodation out, is far more beneficial to the local economy than the all-inclusive model.

The Canarian Institute of Statistics has published its report on tourist spending for the first four months of 2017, and the results show that a total of 734 million Euros was spent in that period. This shows a rise of over 9% on the same period last year and continues an upward trend that has been seen since 2010, and which showed an even greater increase since mid-2015.

However, only 26.5% of that amount is spent on Lanzarote. The majority of the money is spent in the tourist's country of origin and goes to airlines, package tour operators and hotels. 42% of the total is spent in the UK, reflecting that country's status as the most important market for Lanzarote tourism.

The average tourist on Lanzarote spends an

the island. The figure for money spent locally has barely changed in the last seven years, and the increase in tourist spending seems to be entirely related to flight and accommodation costs.

Of the three main tourist municipalities on Lanzarote, tourists to Yaiza spend the most on holidays but the least at their destination. Tourists to Puerto del Carmen spend

“ The average tourist spends €36.20 a day on Lanzarote. ”



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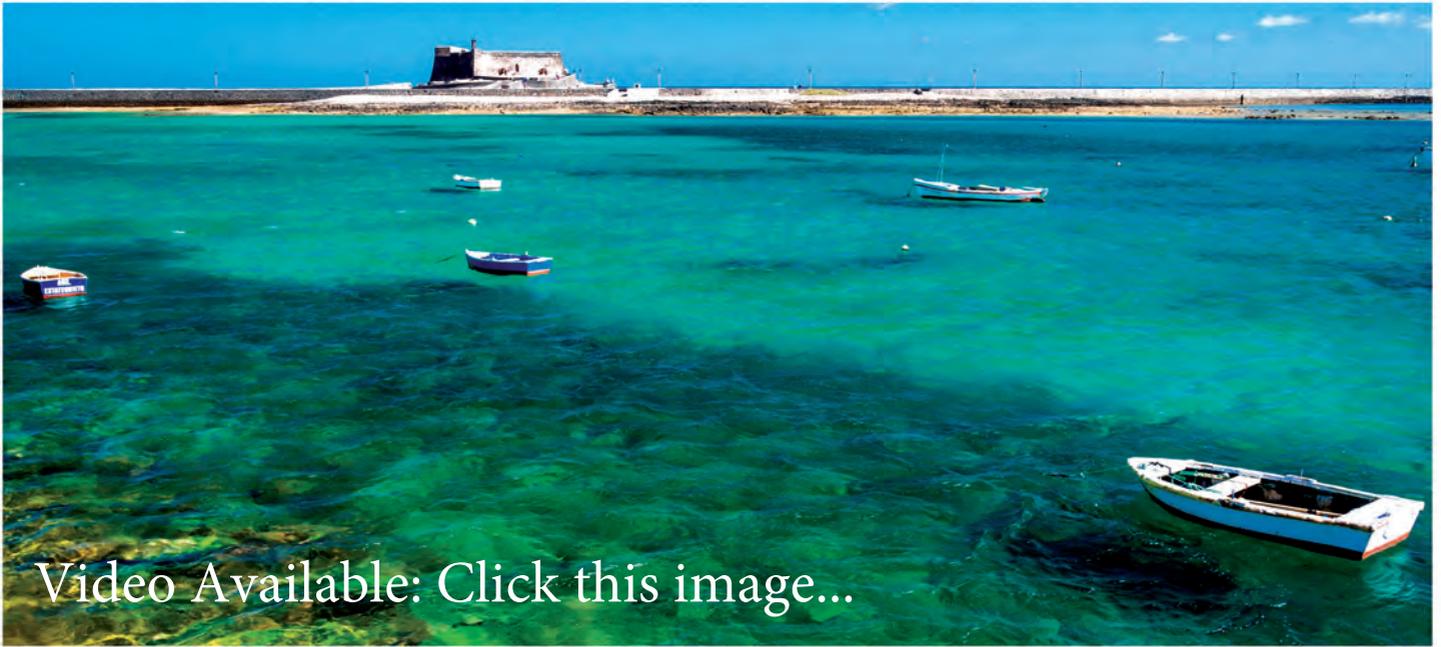
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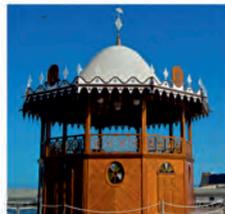
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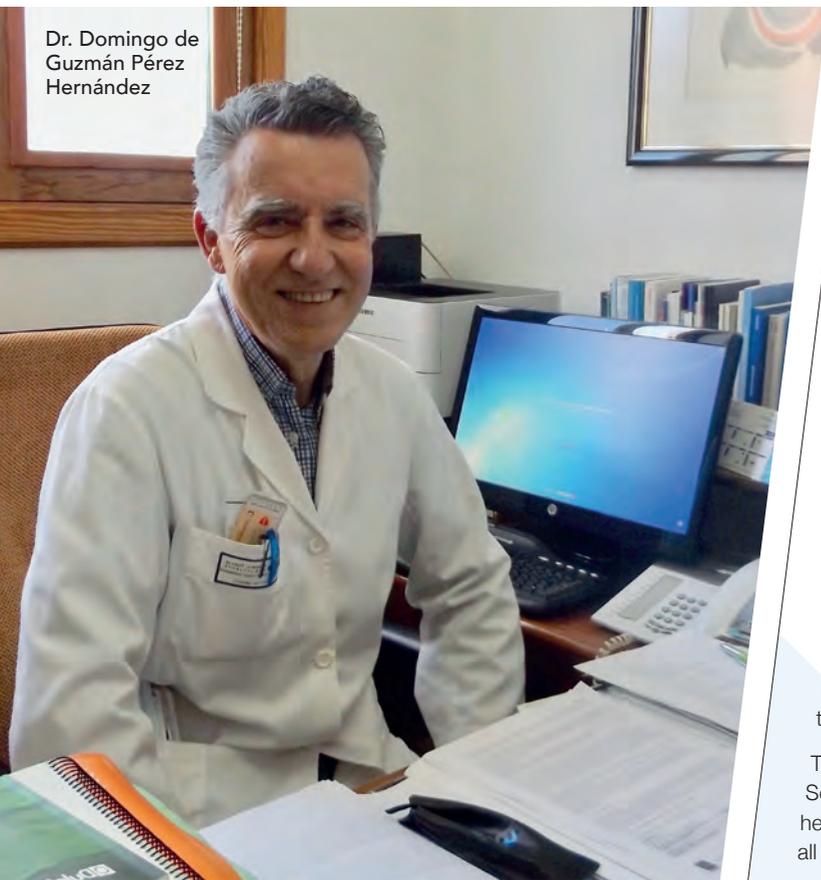


65 YEARS OF CARE



General Franco opens the Hospital in 1950 Photo: memoriadigital

Dr. Domingo de Guzmán Pérez Hernández



When people talk about Lanzarote's hospital, they're usually talking about the Doctor José Molina Orosa General Hospital. Many aren't even aware that the island has another hospital, which was the first on the island.

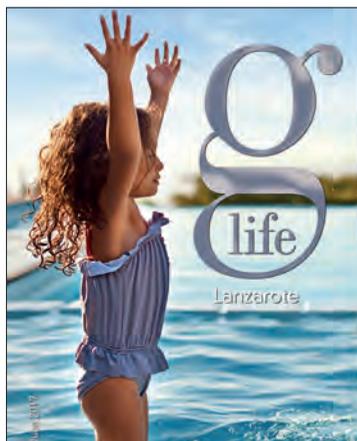
The Hospital Insular de Lanzarote lies in a tranquil, tree-lined zone just a few hundred yards away from the Charco de San Ginés. Once the island's main hospital, it now acts as a support to the General Hospital, and specialises in geriatric care.

Dr. Domingo de Guzmán Pérez Hernández is the Director of the Hospital, as well as a working consultant. Shaun Addison met him recently.

► How old is the hospital, Dr de Guzmán Pérez?

It's 67 years old. It was built in 1950 and opened by General Franco in that year. Before that there was a small clinic in the Plaza de San Ginés and a maternity ward in the town as well, but the Hospital Insular was the island's first real hospital. After 1985, the Hospital specialised in geriatrics following the opening of the General Hospital.

The hospital was mainly staffed by nuns throughout most of the 20th century. Sor Ana, who founded the homeless charity Calor y Café, worked as a nurse here for many years. But the convent is smaller now, and our staff are from all backgrounds.



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Dr. Domingo



▶ **Which services does the hospital provide?**

We're a geriatric hospital, offering care and rehabilitation services to the elderly. It's a similar model to that which exists in the UK, and we pay a lot of attention to developments in Britain.

We receive two types of patients, on the whole. First there are those who have suffered a sudden, catastrophic condition, such as a fracture or a stroke. In this case we attempt to rehabilitate them as soon as possible. The other type of patient are those suffering from chronic conditions such as diabetes or respiratory illnesses. Again, our aim is to help them recuperate and achieve a level of independence. We also carry out a certain amount of palliative care for terminal patients.

Ideally we aim to get patients back into their own homes, if at all possible. We also refer patients who don't benefit from rehabilitation to residences on the island.

70% of patients are referred to us by the General Hospital's Emergency Department. The rest arrive from health centres, other departments of the hospital or the social services.

▶ **What types of units does the hospital have?**

We have a rehabilitation department, offering physiotherapy; there are medium-stay and long-stay units, a day hospital for patients who can return home in the afternoons, and we also offer pediatric and ear, nose and throat consultancies.

▶ **Which other bodies do you work with?**

Principally the General Hospital, but we also have links with charity associations. We work closely with AFA, the Association of Families affected by Alzheimers, and the cancer charities AFOL and Perpetuarte.

▶ **How many people work at the hospital?**

We have seven geriatrics consultants, a paediatric consultant, an ENT specialist, 4 resident paediatricists, 25 nurses and 70 auxiliary nurses. Then there is an occupational therapist, a psychologist. Two physiotherapists, a pharmacist, a speech therapist and an animator, whose job is to provide entertainment and leisure for the patients.

▶ **Has the hospital been affected by recent cuts in the health services?**

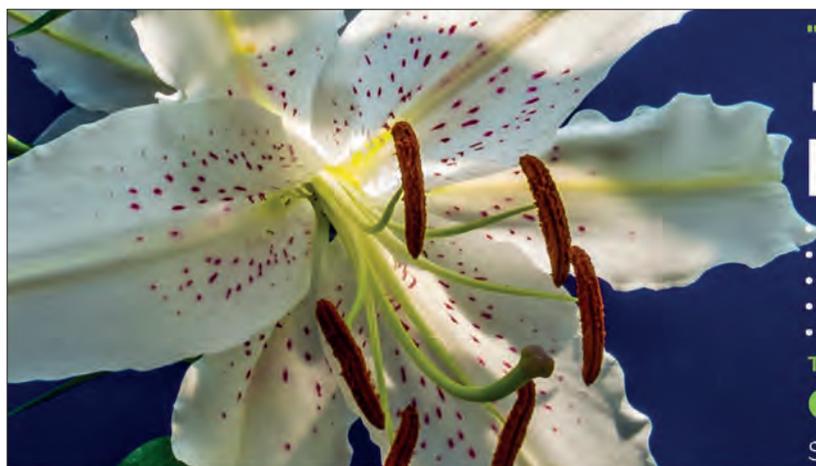
Fortunately we've seen no loss of staff so far, but there have been investment opportunities we haven't been able to take advantage of because of lack of funds.

▶ **Do you receive many British or Irish patients?**

We receive patients from all the communities on Lanzarote. We do our best to respect their customs and most of our doctors have some knowledge of English, as well as many of the nurses. There are also some British patients who speak Spanish - but that's not so common.

▶ **We've heard good reports about the food here. Is that something you're proud of?**

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Bogus Claims



Time could be running out for British food-poisoning fibbers and the cowboy law firms who are encouraging them to make bogus claims.

Compensation claims for food poisoning in Spanish hotels have risen by 700% in just one year, and have cost them an estimated €42 million in the last 18 months.

However, the vast majority of claims are believed to be bogus, given that claims by holidaymakers of other nationalities have not increased. A loophole in the current law means that all you need to make a valid claim is a receipt for stomach upset medicine and to say you tried to inform hotel staff of the incident.

Ban on Brits

Cowboy claims firms are accused of taking advantage of the loophole, approaching tourists both in resorts and back in the UK, and encouraging them to make false claims, promising that they will be able to recoup the cost of their holidays with the compensation.

The popular tourist areas of Costa Blanca, Costa del Sol, Benidorm and Costa Dorada have reported the highest number of claims, while the hotel association in Mallorca has called

for a ban on British tourists to all-inclusive hotels until the problem is resolved. Last September, the Daily Mail reported on a van that was touring Tenerife resorts looking for potential compensation cases, and a Mail reporter was encouraged to lie about a claim by a British-based claims firm.

The Tenerife hotel association Ashotel has called for the police and Guardia Civil to crack down on British claims firms, which it claims are "harrasing" tourists. It believes the firms are operated by ex-employees of tour operators, who became aware of the ease of making unsupported claims while working in the industry.

Fine Warning

ABTA, the Association of British Travel Agents, said "ABTA members are reporting gastric illness claims where claimants have not reported illness in resort, or sought medical treatment locally (beyond possibly visiting a pharmacy), or visited their GP on return to the UK." The first notification a tour operator may receive of a claim is when

they receive a letter from a firm of solicitors in the UK, sometimes a couple of years after the holiday took place.

“ Cowboy claim firms are conning hotels all over Spain.

Hoteliers are proposing regulations that would ensure that holidaymakers who suffer from stomach upsets must attend a local doctor, and that local chemists should not sell them medicines without a prescription.

Other hotels, including some in the Canaries, are considering requesting that clients sign a form stating that they did not suffer from any illnesses during their stay.

The British Foreign Office has warned all British tourists that false claims could lead to legal action in the UK or in Spain. However, it is reported that the UK government is shortly planning to crack down harder on false claims.

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Learning about Lava

A volcanic island in the Cape Verde islands is looking to Lanzarote in order to develop itself as a tourist destination and Biosphere Reserve.



Isla do Fogo

Volcanic Inspiration



The National Park Headquarters

The stunning National Park Headquarters on Fogo, designed by ONO architects, was built in early 2014, and later won Archdaily's 2015 Building of the Year. However, by the time it received the award, the sleek, dark building had been destroyed by the eruption.

Now, Polish architect Adrian Kasperski has produced plans to replace the centre, as well as to build a village and a hotel on the slopes of Pico do Fogo. Whether these works will go ahead is unsure, but it seems like Fogo's stark, volcanic landscape is inspiring some of the world's best architects.

“On the 1st September 1730, between nine and ten o'clock in the morning, the earth suddenly opened near Timanfaya, two leagues from Yaiza. On the first night a huge mountain rose from the ground and flames from its summit burned for nineteen days.” Every visitor to the Fire Mountains of Timanfaya will have heard these words, written by Father Andrés Lorenzo Curbelo, the priest of Yaiza.

1,900 kilometres to the south of Lanzarote, the island of Fogo, in Cape Verde, suffered a similar experience just two years ago, when a lava flow from its volcano, Pico do Fogo, wiped out two of

the island's villages completely. Although this was one of the major volcanic eruptions of the 21st century, it received limited attention in the press.

Now, Lanzarote is offering its experience and assistance to the small island, which hopes to make volcano tourism part of its appeal, as well as revitalise its wine-making and coffee-growing industry.

Juan Cárdenes, the General Consul of Cape Verde in the Canaries, recently explained that wine and coffee had been the main products of Fogo, but “the lava covered the vineyards, the houses, the church and wiped out a bodega. The people who lived in the

area now want to return and start from zero.”

The first steps will be to signpost the volcanic area and promote the island as a destination for those interested in volcanoes. There are also plans to restore some of old colonial buildings affected by the lava, and Fogo eventually, wishes to apply for Biosphere Reserve status.

The Canarian Government has offered to support the island in its efforts, and has pointed to the example of Lanzarote, whose Timanfaya national park is the island's most popular tourist attraction, and which has revitalised its wine-growing industry in recent years.

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Street Spanish



In April, The Sun entered into the Gibraltar debate in its own diplomatic style, with a front page featuring the headline “Up Yours Senors.”

If any Spanish politicians were reading, however, they probably missed the insult, as the word “senors” doesn’t exist in Spanish. The correct word is “Señores”, (translating “up yours” is a little more difficult and would end up as something like “¡Que te den!”)

If you want to get attention in any country, it pays to learn the accepted forms of address, and Spain is no exception. And how you address someone depends very much on the formality of the situation and who you’re dealing with.

The most normal forms of formal address are “Señor” and “Señora”, followed by the surname. In writing they can be shortened to Sr. And Sra. Married women are always “Señoras”, unmarried are “Señoritas” although this is rarely used nowadays and Señora would be the polite term to use if in doubt.

If you’re addressing someone with maximum respect, you may use the words “Don” or Doña”, a title which like ‘Sir’, is followed by the person’s first name rather than their surname.

If you’re talking to someone you know, you’ll obviously use their name, or one of the many informal words such as “hombre”, “mujer”, “tío” “tía” or the Canarian “chacho/chacha”.

You, you and you

The other, more difficult, part of addressing people formally involves the fact that there are two ways of saying “you” in Spanish - “tú” and “usted”. The first is informal, and requires different verb endings and pronouns to “usted”, which is the formal way of addressing someone you don’t know.

If you know some French or German, you’ll have come across these formal versions of ‘you’ before, and if you’re from Yorkshire you’ll also be aware of the old English informal “thou” (“you” was originally a formal address).

When you’re addressing more than one person directly as “you” in Spanish, you may come across the informal address “vosotros” in Spanish, which requires learning a whole new set of verb endings. Luckily, however, you’ve chosen to come to the Canaries where this form is hardly ever used. Here, the plural “ustedes” is used all the time, and takes the same verb endings as the third person “they”.

Finally, here on Lanzarote you may also come across the Argentinian dialect word “vos”, which is used both informally and formally.

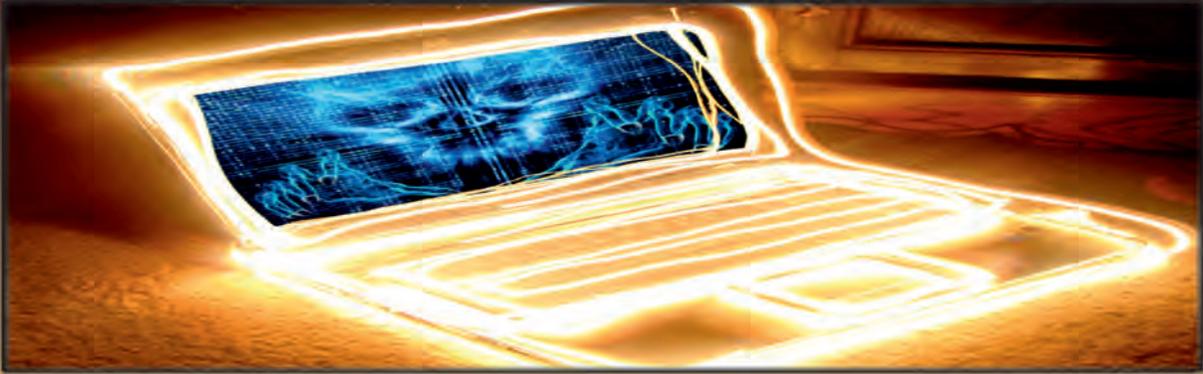
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In 2014 the school was authorized by the British Government as a Centre for the instruction of teachers in their postgraduate year.

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SCHOOLS OUT!

Later this month, the summer holidays start. Ten weeks of joy for kids, but a possible headache for busy parents who want the best for their children.

If you grew up in the UK and thought the annual six-week summer break seemed endless, imagine how Spanish kids feel with over ten weeks of freedom ahead of them. The kids deserve it, though – they've been studying pretty much non-stop since Easter.

“ THE LONG HOT SUMMER HAS ONLY JUST BEGUN.

On the other hand, if you're a parent you'll be faced with much more time in which you'll need to keep the children occupied, and there's every chance that you'll have to balance

childcare with a full working week for much of summer.

In Spain, this long summer break is often a time to travel, to visit relatives in other parts of the country and return to old family haunts. Many expats will also be packing their kids off for a break with grandparents, uncles, aunts or even just close friends, making the most of what northern Europe has to offer during its brief but beautiful summer.

Nevertheless, many mums and dads will still find their kids at home on Lanzarote for long periods over the summer months, and worry about how to occupy them. Others worry about them falling behind academically, as the long summer break can cause kids to fall out of good school habits.

Luckily, you're on an island that is more than well-prepared for the summer. Lanzarote has literally made its living by providing family-friendly activities to millions of tourists, and there are scores of different fun activities available for kids of all ages on the island.

From summer camps to summer schools, the local authorities also offer support for parents and kids during

the holidays, and there are endless workshops, activity groups and sporting events taking place.

Over the next few pages we offer you suggestions as to how to make your summer unforgettable, and offer you the chance to win a fantastic summer prize!



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30m



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IDA Y VUELTA

ORZOLA LA GRACIOSA
LA GRACIOSA ORZOLA

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

45m



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

25m



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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

15m



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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ATLANTIC ADVENTURE LANZAROTE



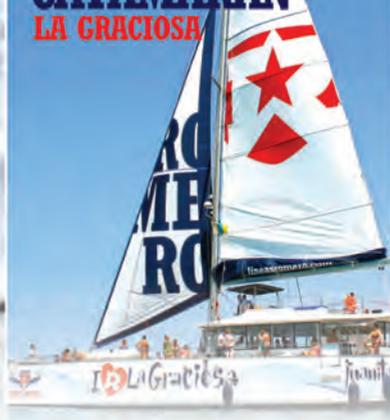
Adventure sailing aboard a glass bottom boat. Ride a banana boat, snorkel, kayak and relax on the remote Papagayo beaches.

DUNES DISCOVERY FUERTEVENTURA



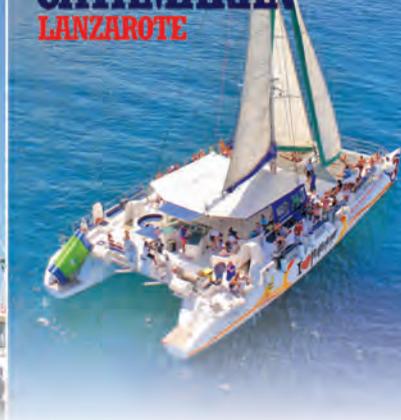
Discover the amazing pristine dunes of Fuerteventura, chill out in crystal waters and shop in Corralejo town.

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TRAVEL WITH THE BEST
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Summer is a time for travelling, but one of the best decisions you make could be to limit your plans to Lanzarote and it's nearest neighbours. There's a world to discover right on your doorstep.

Lanzarote may be relatively small island, but you can live here for years and still not discover all of what it has to offer.

Of course, there are plenty of places which are specifically designed to offer a great day out, from the islands' water parks, the Rancho Texas theme park, and visitors centres such as Timanfaya, the Cactus Garden and Cuevas de los Verdes.

At this time of year there'll already be a number of summer camps available for youngsters, which offer a week or more in a supervised environment. Activities range from surfing to learning English (or Spanish) and it's well worth getting in touch with your local Ayuntamiento to find out what's on offer.

If you want an unforgettable short break, why not take a ferry to one of the amazing neighbouring islands? Fuerteventura is an island in itself, with attractions ranging from the beautiful beaches of El Cotillo in the

SO MUCH TO SEE

north and Jandia in the south, the dunes of Corralejo and the charming rural heartland of Betancuria.

The Isla de Lobos is a day trip everyone should experience – offering a fascinating walk to a romantic lighthouse and one of the most welcoming beaches in the Canaries. To the north of Lanzarote, of course, is La Graciosa, another wild and unspoilt island with its own atmosphere.

Back on the mainland there are brilliant days out to be had at Famara and Papagayo, volcanic craters to explore (don't forget to pop into the often-overlooked Visitors Centre just outside Mancha Blanca) and wild coastlines to explore where you'll often find perfect little beaches you never knew existed.

If you just take the time to plan and explore the island a little deeper, you can fill your summer with memorable trips and experiences.

Not all classrooms have four walls



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Álvaro Vich

Lanzarote in the summer is more than just beaches and tourists.

All over the island, local Ayuntamientos will be organising summer events for children on the island. Álvaro Vich, of the Distrito Joven association in Teguiise will be at the forefront of kids activities this summer.

Distrito Joven is also keen to help older youngsters with training opportunities, and runs sessions that help young people seek work off the island. They can swap information, share experiences and offer tips and helpful advice.

Álvaro is keen to get kids of all nationalities involved in the activities "You don't have to be a local, and you don't even have to be a resident. We'd love kids who've come over for holidays to get involved too. We'd love English-speaking kids to get involved, as we can then add language learning opportunities to what we offer."

In fact, if you know a bunch of kids who want to do something – anything – but don't have the support to do so, Álvaro says "Just get in touch. Bring us your ideas and we'll see what we can do."

You can contact Distrito Joven on informate@distritojoventeguiise.es or visit their office at C/Fragata 14, Costa Teguiise, on Fridays from 5.30pm to 10pm.

If you want to find out more about summer children's activities in your municipality, contact your local Ayuntamiento's Youth (Juventud) Department.

Teguiise is the first council on the island to fund a specialist youth office for kids activities, and Distrito Joven has hit the ground running. Founder member Álvaro Vich explains: "We organise all sorts of activities, all year round, but summer is a special time."

"This summer we'll be organising all sorts of events: sporting events, writing workshops, DJ workshops, graphic design, skateboarding and surfing, board games, film showings, drumming classes, astronomy days, excursions and much much more."

Almost all of the activities offered by Distrito Joven are free, and Álvaro wishes to keep it that way. Álvaro is also aware if the fact that the seemingly endless Spanish summer

break can see kids getting out of the habit of studying. "We've got a strong commitment to education, but we like to teach kids things that they can't learn at school"

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San Antonio Hotel end
C.C. Costa Luz, Puerto del Carmen
Mon - Fri 9.30 - 4.00 Sat 09.30 - 1.30
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Bookswop III
C/ La Corvina
Rd. opposite the church, Playa Blanca
Please check the opening hours with Jan on Tel: 928 349 420

Come Visit Us

Lanzarote is all about water. On an island that is caressed on all sides by the wide Atlantic Ocean, it's no surprise that there are hundreds of water-based activities for kids to enjoy during the summer months.

WATER WATER EVERYWHERE

On top of the waves, kids can join one of the several surf schools that operate on Famara beach, learning to ride the waves like an expert, or more experienced ones can try kite surfing. Windsurfing is also available, with the main centre of activity located on Cucharas Beach in Costa Teguisse.

Elsewhere kids can learn to sail, navigating small dinghies, or get into a kayak and explore the island's coastline. Fishing trips head out from harbours

throughout the season, and there's plenty more watery action ranging from paddleboarding to boogie boarding.

Then there are several diving schools that can teach your kids the basics of scuba diving – a skill that can also be a professional asset later in life. Swimming, of course, goes on everywhere throughout summer, but it's worth investigating local swim clubs, who often organise swimming events and *travesias* (mass swims)

throughout the summer.

You can find out about vital water-based activities such as lifesaving, or environmental activities involving beachcombing and nature expeditions at low tides.

Many of the summer camps that take place on the island over the summer also include water-based activities – you can even spend a camp at the Aquapark in Costa Teguisse!

In short, a summer on Lanzarote offer all you need to ensure your kids are safe and confident around the sea, as well allowing them to enjoy all that it has to offer for the rest of their lives.



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ALL ENTRANTS WIN FREE ENTRY TO AQUALAVA WATER PARK!

KIDS! MAKE A SELFIE SPLASH

Enter our fantastic SELFIE SPLASH competition and win a free ticket to the Aqualava waterpark in Playa Blanca. The best selfie will win a FULL SEASON TICKET to Aqualava for themselves and the adult of their choice!

Have you snapped yourself wrestling with an octopus, riding a dolphin or discovering sunken treasure? If so, we've got great news. To celebrate their fifth anniversary as one of Lanzarote's favourite tourist attractions, the Aqualava water park in Playa Blanca is offering a FREE TICKET to every child 11 or under who enters our SELFIE SPLASH competition.

The rules are simple. If you're under the age of 11, just

send us a selfie of yourself and some water. You can be by a swimming pool, on a beach or surfing a massive tidal wave, but there's got to be some of the wet stuff involved. Fill in the form below and send your entry to us by mail, email or WhatsApp before 20th JUNE. We'll publish some of the best

selfies next month, and our design team will select the best of the bunch as a winner.

Every entrant will win a free ticket to Aqualava and the overall winner will receive a full season ticket for themselves and the adult of their choice, so they can enjoy Aqualava all summer long.

Send your selfies to editorial@gazettelife.com or WhatsApp them to 642 485 645 BEFORE THE 20th JUNE.

Fill in the form below or just include this information with your entry. We will need to contact the parents of entrants whose images we intend to publish for their permission to do so.

WIN AN AQUALAVA SEASON TICKET

Name: _____

Date Of Birth: _____

Description of selfie: _____

Tel. No/ email: _____

Name and number of parent/guardian: _____

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RELAXIA
THE PLEASANT RESORTS

What a LOVELY Lampshade!

Lanzarote vet Jane Burke writes about the effects of the “lampshade” collars that recuperating pets are often forced to wear.



I have never liked Elizabethan collars, those bucket-like restraints fastened around pets' necks to prevent them from licking or chewing at themselves or their bandages.

In my other (pre-Lanzarote) life I ran a behavioural clinic for many years and we kept records showing that many neurotic and psychotic problems developed after their usage. It isn't that surprising, as they cause not only physical stress but, as our furry family depend largely on peripheral vision, the sudden cloudy distortion to their visual range has got to be psychologically disturbing as well.

I particularly disapprove of protracted use in itchy problems as I think being unable to scratch an itch must be really unpleasant, and makes it impossible to judge the success or otherwise of actual treatment.

As an alternative I have occasionally fashioned temporary neck braces. These are so much better in most cases, they don't produce a hot, damp climate around the face and ears, (which can cause or exacerbate ear problems and heat distress); they don't interfere with eating and drinking and, most importantly, they don't strip paint off furniture and skin off shins!

So, one way or another I have resisted using the lamp shades whenever possible, although there are some cases where they are mandatory. In the last few years, for example, I have operated or treated stray animals that have been discharged back to unsupervised kenneling rather than their own homes. And just recently I have surgically refashioned the eyelids of one of my own dogs. She was born with micro-ophthalmic (eyeballs too small for the eye sockets), and this, combined with a Basset's droopy eyelids and the sagging of age had almost restricted her vision to nearly none. It isn't difficult surgery but involves inevitable irritation of the stitched eyelids on recovery.

So it is imperative to prevent her being able to scrub at them with her big Basset feet or bash them on other surfaces.



To read the last 20 pet editorials from Jane Burke log onto www.gazettelife.com

To adopt, sponsor, donate prizes or to help in any other way contact the charity of your choice

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Well what a dreadful day that was! An irritated accusing Basset following me about and walloping me with this ridiculous structure she wanted removed. She cleared all surfaces of any object she could get at, cushions of furniture, flesh off exposed skin and terrorized the other dogs.

She upturned water bowls and dug up picón from the yard, carrying it back inside her hood to spread it on the furniture. Fortunately, Bassets are very food orientated, so it took less than a day for her to grasp that I would replace the hood the moment she rubbed at her face and reward her intermittently with tiny crumbs of food if she didn't!

Still I kept bandages over her dewclaws for several days to prevent a sneaky swipe disrupting my handiwork. As the swelling subsided she was clearly gobsmacked at her restored vision and so busy going round looking at things she hadn't seen

“ Although ‘lampshades’ aren’t advisable sometimes they are unavoidable.”



clearly for ages that she left her wounds alone.

In middle age she had become increasingly stand-offish with other animals and humans and has become so much more outgoing and playful that I feel guilty I didn't commit to surgery a long time ago!

I also have a new level of respect and concern for those I expect to deal with their own pets post-operatively. I'm thinking I should stock human sedatives and shin pads at least, to hand out alongside the dreaded Elizabethan collars!

Whilst you make sure your pets' water bowls are clean and full, please take a minute to consider if your pet is microchipped and correctly registered. If you brought them to Lanzarote from anywhere you will need to get their chip registered in Zoocan, the Canarian data bank. If you have changed address or phone number you need to get the registration updated, and when your pet dies it is as well to get their chip deregistered. I propose a toast to keeping every one of our furry family as safe as we can, from disease and disaster and from those who poke fun at them when they have to wear the dreaded lampshade.



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G Business life



Manu Liria

■ Amura: innovation and experience

Puerto Calero restaurant Amura launches a new, sustainable gastronomy.

Amura, the prestigious Puerto Calero restaurant, presents its new chef Manu Liria, and his new menu, which launches a new, sustainable vision of gastronomy on Lanzarote.

Amura continues to display its commitment to exclusivity, service and quality, with new creations and gastronomic trends reflected in an innovative menu that reflects the values of the renowned Chef Manu Liria.

Manu Liria has spent 20 years learning and refining his skills, working in London at the Michelin-starred restaurant Gaudi and at Hofmann, one of Barcelona's finest catering colleges, among other famed international centres of cuisine.

His cookery is a creative fusion of Canarian cuisine blending styles from various cultures such as Japan, Morocco and India. At Amura, the new menu presents sustainable gastronomy married with multicultural cooking trends.

■ Asadero de Mácher

Asadero means "grill" in Spanish, and it's a word that encapsulates the essence of a Spanish summer.

The Asadero de Mácher, perched on the hilltop of Mácher, is the perfect example of this great

tradition, serving the absolute best cuts of beef, pork and lamb grilled to perfection. To accompany this tempting feast of flavour, you can choose from an excellent wine list.

Take your time and enjoy the best of Canarian food and drink with stunning views of the sea and the island at the Asadero de Mácher.

■ EMS at Exhale

The Exhale Clinic Sports Studio in Arrecife is the perfect place on the island to discover professional EMS sessions, conducted by trainers who speak English and German as well as Spanish.

EMS stands for electronic muscle stimulation, and is a technique originally used in rehabilitation and physiotherapy which involves stimulation of the whole muscular system, including deep tissue muscles. It's also the perfect solution for healthy people of all age groups and fitness levels, allowing you to reach your personal goals

in just one or two weekly 20-minute sessions.

EMS offers visible results after just four sessions reducing fat and cellulite and tightening and firming problem zones; improving muscles formation and general mobility, and speeding up the metabolism.

It's also ideal for those recovering from surgery, as well as post-pregnancy, offering all over results and toning efficiently and enjoyably.

Find out more at the Exhale Clinic Sports Studio, C/Teruel 27, Arrecife. Call 661 052 092 for more information.



■ Bookswops

The three Bookswops are an institution among tourists and residents in Puerto del Carmen and Playa Blanca, the best places to stock up on reading matter, buy cards and party items and, of course, pick up the latest Gazette Life magazine.

With new stock arriving in the middle of this month, you'll definitely want to have a browse, but don't forget to take note of the summer opening

times, which will apply for June, July, August. Bookswop I, at Fariones, will open Mon-Fri from 9.30 am to 3 pm, and Sat 9.30 am to 1.30 pm.

Bookswop II (CC Costa Luz, opposite Hotel San Antonio) will be open Mon- Fri 9.30 am – 4 pm; Sat 9.30 am – 1pm. The opening hours at Bookswop III (C/La Corvina, Playa Blanca) are unchanged: Mon- Thur 9.30 am to 5.30 pm, Fri, 9.30 am to 3.30 pm, Sat 9.30 am to 2.30pm.

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life

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■ Angels

Eddie (right) with brother-in-law Mark



Dear Gazette Life

I have lived on Lanzarote for 10 years now and in that time I have had to use the health system constantly.

I have just returned from Tenerife after undergoing a successful kidney transplant at the HUC hospital.

I can't find the words to explain the way I have been treated, starting from my weekly visits here in Arrecife General Hospital with the amazing kidney

team arranging everything and keeping me going right up until my kidneys were finally failing; up to the way I was treated in Tenerife ranging from the initial visits with the nephrologist and urologist, through the operation and then the aftercare.

I have been incredibly blessed that not only did I have a willing donor in my brother-in-law, Mark, but also that he was a perfect match. His act of amazing, unbelievable kindness and selflessness is also something that I will never find the words to truly explain.

Again the health system here covered the costs of all tests, transport between the islands, the operation and then the amazing aftercare for my brother-in-law too.

The care and devotion of the professionals involved in the hospitals and health centres on these islands is nothing short of miraculous.

I just want people to know that if ever they have a serious illness and are registered here in Spain and pay their taxes and social security then they have absolutely nothing to fear. Believe me, if you want the best service possible regarding health issues I strongly recommend you sign up and start paying asap. You will not regret it.

A massive thank you once again to Mark and everybody associated with the health service here on the Canary Islands.

You really all are living angels.

**Regards, Edward (Eddie) Marsh
Playa Blanca**

■ Mute scam

Dear Editor

Playa Blanca is all too frequently plagued by, mainly young, adults acting as if deaf and dumb and halting walkers on the promenade. They are fraudulent, purporting to be collecting charitable contributions for deaf, dumb and disabled support. They each carry a clip-board with a freshly printed 'form' for signatures and donated amounts.

They are most definitely not collecting for any charitable purpose. They're con men and women who have been seen arriving in substantial car loads before dispersing. Several have sworn in Romanian on being challenged.

They've also come knocking on doors in several residential complexes. One friend was threatened with what looked like a knife, my wife was spat at, I was threatened with a punch - until he realised he would be battered back.

My wife asked the local Police if they can stop these crooks, but the Police say they can only take action if they catch these fraudsters in action, very difficult to do. We've seen various policing efforts are made to catch them - but they have lookouts and hide.

Would it be sensible to have public notices at the Airport, in Hotels, rental homes, bars etc warning visitors, and of course in the Gazette?

Kind regards, John Andrews

Ed: A couple of these scammers were arrested in Haría recently, John, but there's still plenty around. You're right, it's probably best that visitors are given notice of their activities.



This is your Space

Do you want to give thanks, praise or just have a grumble...

Send your letter to us at editorial@gazettelife.com or whatsapp us on: +34 642 485 645



■ Butt out

Dear Editor

It's a wonderful thing to be able to spend long periods of time on this beautiful island. It's picture perfect "but for the Butts".

One of the most enjoyable things was to sit in the "Zocos" and admire sunrises and sunsets. Now, however it's like sitting in a giant ashtray. Smokers have taken to cramming cigarette ends into the crevices of the walls.

Bus stops are completely littered with them despite the receptacles which have been provided. If a young person left a store and unwrapped an ice cream or lollipop and dropped the wrapping on the ground people would react, but an adult drops their "butts" just about anywhere and it appears to be acceptable to do so. Come on "dirty smokers" clean up your act and stop littering. Would love to be able to get this message across.

Regards, Una O'Brien

■ Lanzarote air con

Dear Editor,

I read with interest the article referring to the number of flip overs of cars on the island.

Whilst it is laudable that some effort is being put into place to investigate possible causes and to

have a drivers education campaign regarding mobile devices, I would suggest that the cause and solution is very simple.

The cause is the Lanzarote Car Air Conditioning System, (LCACS). We have all seen it, both front windows fully down and the drivers arm out of his/her window. There are four positions on this system:

- 1 "Holding the car roof down in case it blows off" position.
- 2 " Holding the car roof up in case it falls on the drivers head" position.
- 3 "Getting a full tan on the drivers forearm" position.
- 4 " Hand ready to catch the LH front wheel in case it falls off" position.

Couple these positions of the LCACS with the driver holding a cigarette and/or a mobile device, as well as the need to change gear in a manual gear box car and you can very easily visualise that there will be numerous times when there will be no hands on the wheel.

Stir in a couple of driving hazards such as a bend in the road or the need to carry out a collision avoidance manoeuvre, both at excessive speeds, and you have an over compensating, panicky turning of the wheel with one hand - voila, FLIP OVER!

I believe the holding of the left hand out of the

window of a car should be a traffic offence, in the same category as wearing flip-flops and the use of mobile devices. None allow full control of the car.

Saludos, D J Fraser, Macher

■ What a load of rubbish!

Dear Editor,

My family and I have been visiting Lanzarote for many years now and have seen many improvements over time, until the last few times we have visited.

There has always been a set of bins in Calle Ancla (set back from the road) which was always kept nice and tidy/clean, For some unknown reason there is now a second set within 50 yards (situated in a bus stop for the San Antonio apartments). They are disgusting and everybody has to walk past them to get to the main Avenida, the rubbish is actually on the pavement and some of it seems to be foodstuffs. Surely this is not acceptable - its a health and safety issue, as the flies (and you don't usually see many) are everywhere around these bins and the smell is awful. We hold our breath walking past. We do hope this can be sorted as it very off-putting. We are not the only ones to say this - it was the main talking point in the bar last week.

Kind regards, Lanzalovers

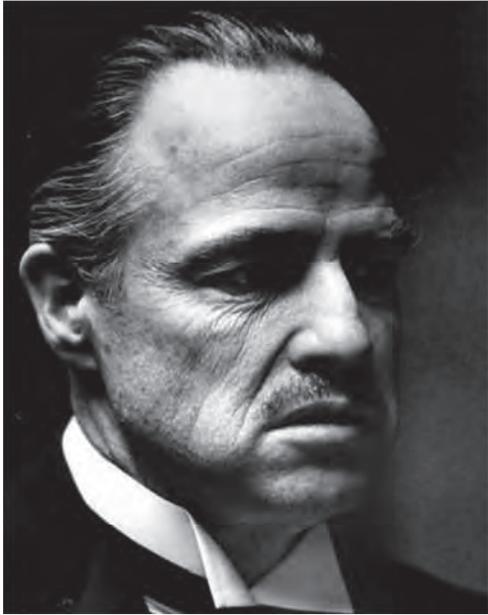


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Crossword

It's Father's Day on 18th June, so there's a paternal air about this month's crossword. Send your completed answers by mail, email or WhatsApp (details on page 4) before June 16th for the chance to win a bottle of Lanzarote wine. And don't tell your mother...

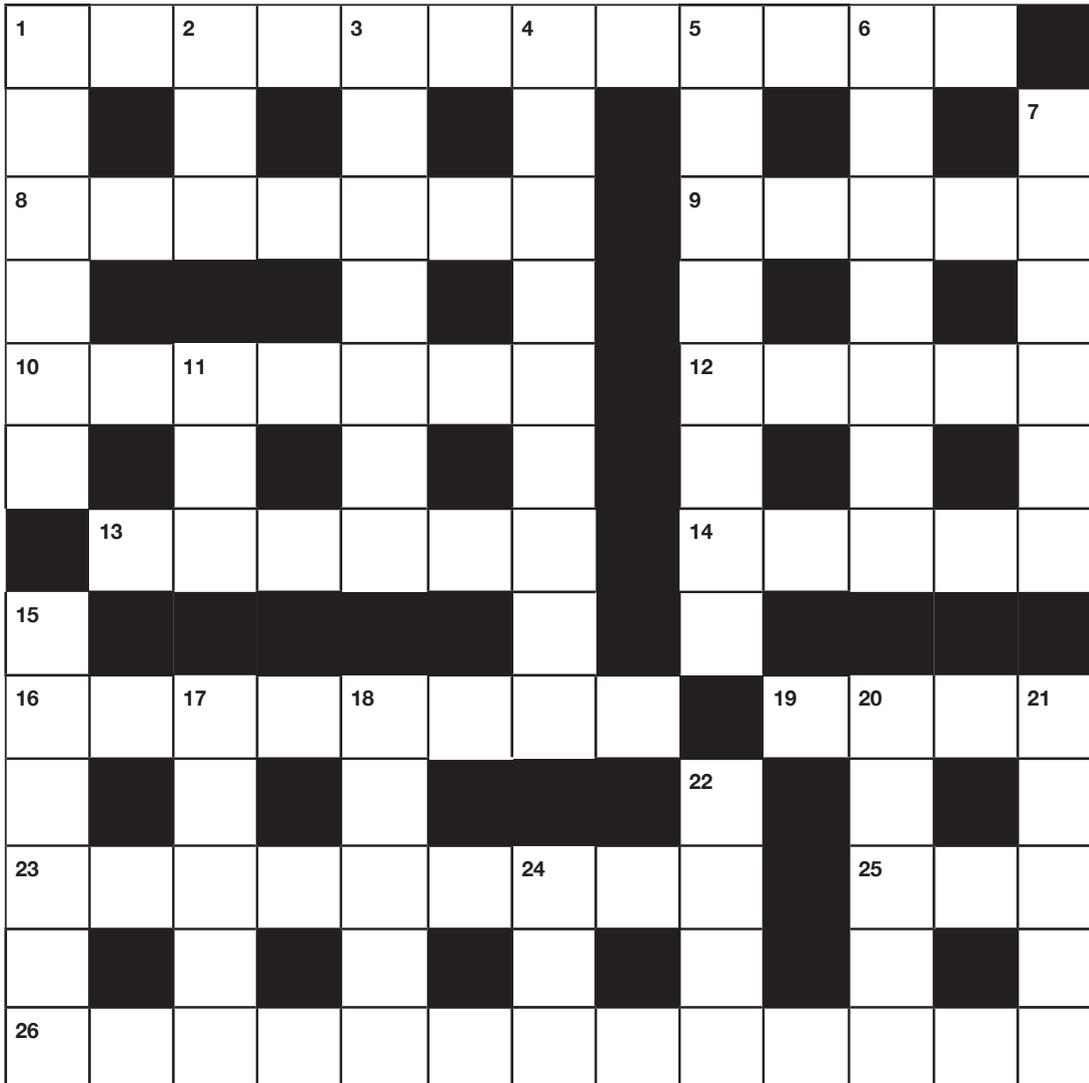
Last month's winner was Peter Norden. Well done, Peter!

ACROSS

1. The Godfather (4,8)
8. Sean Connery played Henry Jones, father of this adventurer (7)
9. Amount of deadly sins or wonders of the world (5)
10. Limped, or deliberately made lame (7)
12. Land of my Fathers is the national anthem (5)
13. Feeling of sickness (6)
14. International golf or tennis competitions (5)
16. It surrounds the kernel, in summary (8)
19. American term for "dad" (4)
23. "Science is the father of?" - Hippocrates (9)
- 25 and 24 down: Type of exploding bullet.
26. Father of Makaziwe, Zindzi, Zenani, Makgatho and Thembekile (6,7)

DOWN

1. Jon ..., Oscar-winning father of a double-Oscar winning daughter (6)
2. Father who lives on Craggy Island (3)
3. Princely father of William and Henry (7)
4. Grandfather of model Sophie, author of Danny, Champion of the World (5,4)
5. Father of seven, including jazz musician Kyle and fellow actors Scott and Allison (8)
6. Repetitively-named father of Man Utd footballers Gary and Chris (7)
7. Units of imperial measurement (6)
11. Snake, or feathery neckwear (3)
15. Luke's father, before he became a Sith Lord (6)
17. Internet nuisance who lives under a bridge? (5)
18. UK version of Spain's Hola! Magazine (5)
20. A classic song, often described as golden (5)
21. Leonine father of Kiara, Kion and Kopa (5)



Last months answers: Across: 1.John Travolta 7.Tango 8.Stamped 10.Eastern 12.Music 14.Bacon 16.Nureyev

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CORRALEJO - FUERTEVENTURA

A full-page photograph of a woman with long blonde hair, wearing a white, strapless, floor-length dress with a halter-style neckline. She is standing on a sandy beach, looking slightly to the right with a soft smile. The background shows the ocean and a clear blue sky with light clouds.

L

LANZAROTE

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HEALTH BITES



The latest health news from Lanzarote and Beyond.

VIAGRA MAKES IT LONGER

The first study of the effects of Viagra on patients who have suffered a heart attack indicate that the impotence drug may also help prolong life.

Every Swedish man under 80 who had suffered a heart attack was included in a study at Solna, and researchers discovered that the 7% of these patients who had been prescribed Viagra or similar impotence drugs had a 33% lower risk of death.



TEA TIME

It's definitely time for a cuppa, according to a recent Chinese study of 1,000 adults which claims that regular consumption of tea can cut the rate of dementia and Alzheimers by up to 50%.

In individuals who had a gene that predisposes them to dementia, the reduction was 86%. Feng Lei, one of the scientists who undertook the study, said "Tea is one of the most widely consumed beverages in the world. The data from our study suggests that a simple and inexpensive lifestyle measure such as daily tea drinking can reduce a person's risk of developing neurocognitive disorders in late life."

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"My way of dealing with it was sticking my head in the sand, refusing to ever think about my mum, because why would that help?"

He added he had been "very close to a complete breakdown on numerous occasions."

Prince Harry 2017

In print and online



MEASLES OUTBREAK

Europe is witnessing a measles outbreak, and countries where immunisation is low are at highest risk, according to the World Health Organisation.

Romania has recorded more than 3,500 cases of measles and 17 related deaths since January last year, and over 200 cases have also been recorded in Italy.

The WHO recommends that 95% of a population

is vaccinated against measles in order to eliminate the risk of outbreaks, a figure that Spain slightly exceeds. However, there are regional differences, and an outbreak of measles took place in rural Catalonia in 2006.

Although the anti-vaccine movement, which mistakenly relates the MMR jab to autism, has failed to find widespread support in Spain, vaccinations may still be missed, and many are calling for them to be compulsory for children.

STATINS "NOCEBO" EFFECT

Reports on the side-effects of statins may be causing more problems than the statins themselves, a major British study has shown.

Researchers discovered a marked "nocebo" effect resulting from false reports of side-effects caused by the cholesterol-lowering drugs, which are taken by millions of older British people.

The study showed that symptoms such as muscle pain and tiredness were psychosomatic, and not caused by the drug itself, but rather the psychological fear of the side-effects.

HEADER RISK

If you're getting your son to practice headers in the hope that he'll be the next Cristiano Ronaldo it's time to stop, if new research from Wales is correct.

Swansea University examined the brains of ex-football players and discovered that all of them showed signs of chronic traumatic encephalopathy (CTE) which is strongly related to dementia and Alzheimers.

Although the study was small – with only 14 ex-players involved, the study is the first time that a clear link has been shown between heading footballs and brain damage in later life. Similar studies have established that head blows received in boxing and American football also increase risk of CTE, but the less forceful effects of heading a football have, until now, not been measured.



DOES BOTOX BEAT DEPRESSION?

Good news for beauty-conscious ravers, as a California study indicates that botox and ketamine may help to combat depression.

The study showed a relationship between lower rates of depression in patients who had received botox injections, as well as others who were taking ketamine for pain relief.

Ketamine was developed as a horse tranquiliser, but has more recently been used for pain relief in humans. It is also a notorious "party drug".

The relationship between botox, ketamine and depression is not yet clear, but researchers believe the study deserves further investigation.

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LEBITS



The latest fitness trends and news from Lanzarote and Beyond.

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.



■ STAY FIT, STAY SHARP

The British Medical Journal has published a comprehensive study that shows that aerobic exercise and resistance activities such as weightlifting are definitely linked to improvement in brain power for the over-50s.

Aerobic exercise significantly enhanced cognitive abilities while resistance training had a pronounced effect on executive function, memory, and working memory.

The researchers claim that the findings are so strong that doctors should start to prescribe exercise regimes for over-50s who may be showing signs of mental deterioration.

They said "The findings suggest that an exercise programme with components of both aerobic and resistance type training, of at least moderate intensity and at least 45 minutes per session, on as many days of the week as possible, is beneficial to cognitive function in adults aged over 50."

■ GOOD VIBRATIONS

Australian researchers claim that vibrating fitness machines can restore muscle and bone mass more effectively than power walking.

20 minutes on a vibrating machine was discovered to provide similar benefits to 45 minutes on a treadmill, in a series of experiments.

The researchers claimed that the vibrations may be even more effective when combined with stretching or other light exercise routines. "It's great for toning up and getting back into fitness," said fitness instructor Jeff Zheng.

Vibration and electrostimulation therapies are particularly recommended for older people, or those who have limited time.

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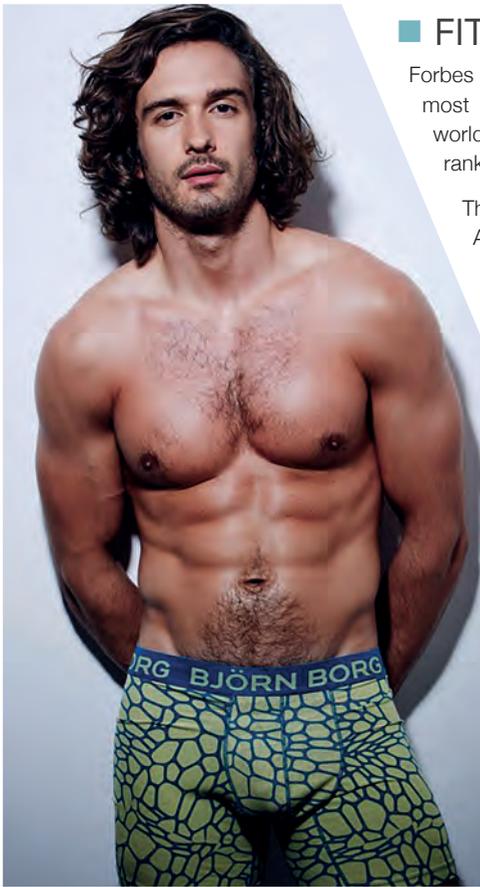
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Joe Wicks

■ FITNESS GURUS

Forbes has published its list of the top ten most influential fitness influencers in the world, and UK star Joe Wicks is the highest ranking male.

The list was topped by 25 year-old Australian Kayla Itsines, followed by American Jennifer Selta and Aussie Emily Skye.

Joe Wicks, the London-based star known as “The Body Coach” came 5th, and was just one of two men in the top 10. The other guy was Simeon Panda, the outrageously-ripped bodybuilder from London.

The full list is 1: Kayla Itsines 2. Jennifer Selta 3. Emily Skye 4. Michelle Lewin 5. Joe Wicks 6. Cassey Ho 7. Simeon Panda 8. Lyzabeth Lopez 9. Natalie Jill 10. “Yoga Girl” Rachel Brathan.

■ EXERCISE IS CATCHING

Exercise is “socially contagious”, according to a recent study in Nature Communications magazine.

The study discovered that social media had a measurable effect on motivating people to take up exercise themselves. Among the findings was the discovery that men are influenced by both their male and female friends, while women only seem to be motivated by other women.

Overall, men are motivated more by social pressures than women, who exercise due to personal goals and plans.

The study also found that less active runners are more influential than active ones, and that there is a strong competitive element in social attitudes to exercise, with many friends wishing to outdo each other.



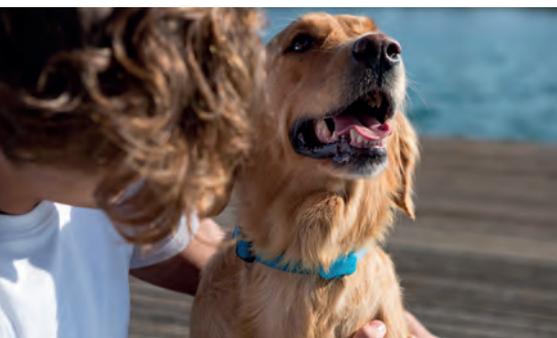
■ PET TECH

Fitness trackers for pets are the latest craze for pet-owners, a €2.36 billion industry that is growing all the time.

While a dog can be useful if you want to fool your partner that you’ve completed your daily amount of steps, pet owners are increasingly buying specialist pet fit trackers to “monitor their pet’s exercise needs.”

If you thought your pet’s exercise needs were a couple of brisk walks a day, then think again. These trackers measure heart rate, distance covered and also allow to track your pet via GPS if it goes astray.

Other gadgets include the Easy Play toy, a ball that not only allows you to watch and talk to your cat as it swats it round the carpet, but also dispenses food treats.



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GET READY!

Summer on Lanzarote is glorious, but scorching heat, salty or chlorinated water and dry breezes can take their toll on your skin and hair. Be prepared with these essential summer tips.

◆ Cover up

You simply can't spend all your time in the sun, so to protect yourself make sure you have something to cover up with. Don't be afraid to layer – the average t-shirt has an SPF factor of just 8, and take time to select a shady, elegant sun hat. Remember that you need

to give all your body protection – that's why sarongs or *pareos* are perfect for improvised sun cover.

Once you get into shady ways you can have some really stylish fun, choosing elegant parasols or flowing beach robes to really give a strong impression.

◆ Oil Essence

Just over a hundred miles away from Lanzarote, the oil of the argan tree has been used to moisturize and nourish hair and skin by generations of Moroccan women. Now, however, argan oil has gone global, and is one of the most exciting new beauty products on the market.

Rich with vitamin A and vitamin E, argan oil is also packed with anti-oxidants, Omega-6 fatty acids, and linoleic acid. Research shows that when applied to skin, it eases inflammation while moisturizing the skin.

If you're facing a long hot summer on Lanzarote, why not use the secrets of those who share this climate, and make argan oil part of your hair and skincare routine?



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◆ Beach Hair

Sea salt can actually make your hair look great, providing texture and a natural beach babe look, but you shouldn't leave it in too long. Always rinse with fresh water and use kind, calming coconut oils or deep conditioners regularly. Get in the habit of tying hair back- even at night time - which prevents hot-weather frizz, and don't forget to wet your hair before hitting any swimming pool. Fresh water will help stop pool chemicals damaging your hair.

◆ Wear Sunscreen

An SPF number tells you how long you can stay in the sun without getting burned. An SPF of 15 means that you can be in the sun for fifteen times longer without burning than you'd be able to without sunscreen. Remember that sunscreens wear off surprisingly fast, especially if you come in contact with water. Reapply often and take breaks from direct sunlight. Also, make sure that your sunscreen of choice offers broad spectrum protection, protecting you from both UVB rays (which cause burning) and the deeper-penetrating UVA rays (which cause premature aging, fine lines, and can cause skin cancer).

◆ Shady Lady

Sunglasses are simply a must on Lanzarote, offering untouchable style while also protecting the health of your eyes. If you're a sporty active type, go for polarised lenses, which will banish glare, and be sure to do a little research into the right frames for your facial shape.

Best of all, Lanzarote has some absolutely knockout shades on offer, so shopping will be as much fun as hitting the beach.

◆ Shave Time

Hair removal is going to be on the menu in summer, when you want to get as much smooth, sleek skin on show as possible, so plan it correctly.

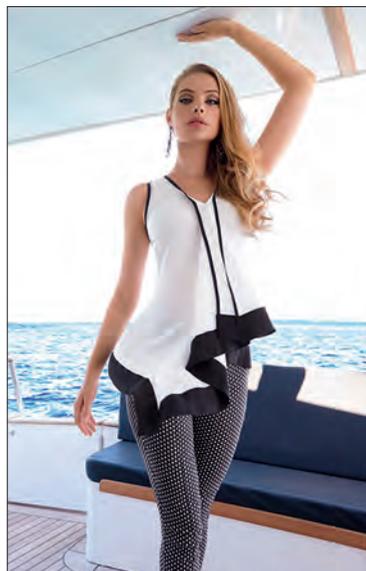
If you're waxing or shaving before hitting the beach, plan to do so on the day before, or at least give yourself a few hours before getting outdoors. If you don't, you'll be putting raw, vulnerable skin at even more risk of irritation. Use soothing oils and take your time.

◆ Colour Control

Remember that as the sun slowly tans your skin, you'll have to upgrade your foundation a few shades. The pale and interesting look won't last long

on Lanzarote. If you want to keep make-up low maintenance, go for one of this season's bright lipstick shades, such as tangerine. The impact this will cause will allow you to tone things down elsewhere.

Summer
is coming,
meet it head on.



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Dad's the Word!



It's Father's Day on June 18th, so while we raise a glass to dads, let's reflect on how their importance remains, while their roles are changing.

If you're a dad, there's a good chance that you'll receive a handmade card telling you you're the "Best Dad in The World" on June 18th. However, before you celebrate,

remember that your child's frame of reference is fairly limited, and that millions of other dads will also be celebrating their world champion status at the same time.

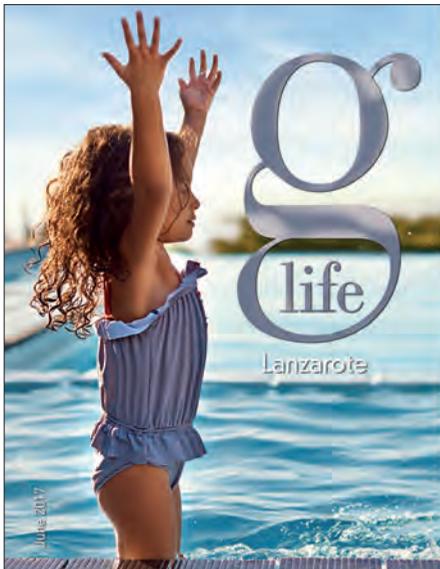
A lot of people think that Father's Day is an afterthought – a celebration invented by card manufacturers. This may be true in the UK, where it has only been celebrated for a few decades on the third Sunday in June, but in Catholic countries such as Spain it has been celebrated on March 19th, the feast day of Saint Joseph, for centuries.

“ A father plays many roles, but the most important thing he'll bring to all of them is love.”

And why shouldn't fathers be celebrated? Even though the role of fatherhood has changed immensely over recent years, few deny that a stable father figure is still an advantage to any growing child.

And yet there are countless situations where children are brought up successfully in a fatherless, or motherless environment.

Traditionally, a mother's role has been to protect and nurture children. She's the one a child runs to when they fall and hurt themselves; the safe, soft refuge from a world that can be cruel and painful. Meanwhile, the father has usually been the one who encourages the child to get out and overcome those problems, to face the world and discover the joys, opportunities and, yes, the risks, it has to offer.



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“ I didn’t know any techniques to speak to the children. I didn’t know what buttons to push.”

Rio Ferdinand

A father will fulfil several unofficial roles, from story teller to sports coach; taxi driver to money lender; comedian to careers adviser; but several psychologists now believe that the most important role of all of those is, simply, to provide love and support.

Research has shown that a father’s love may even be more important in stopping kids going astray than that of a mother. A mother’s love is almost taken for granted as part of an intensely emotional and private relationship, while a father’s helps the child relate successfully to the outside world. “Knowing that kids feel loved by their father is a better predictor of young adults’ sense of well-being, of happiness, of life satisfaction than knowing about the extent to which they feel loved by their mothers,” says psychologist Ronald Rohner.

Families have changed immensely over the last few decades. Single-parent families are commonplace, many children’s father figures are not their biological fathers and there is an increasing amount of single-sex couples who are also parents. However, the social meltdown that was predicted by traditionalists has, so far, failed to appear.

Does this mean that fathers are less important? According to most psychologists, the answer is no.

The most important factor in any family is love and support, but an active, engaged father is still regarded as an absolute positive.

And fathers are actually designed to be active and engaged. It has been shown that new fathers experience higher levels of oxytocin during the first weeks of a baby’s birth. This chemical is known as the “love hormone” and increases bonding among groups. It has also been proven that the testosterone level of fathers reduces as their children grow older – again encouraging nurturing and support behaviour rather than competitive, risk-taking activities.

Most importantly, according to some psychologists, is that fathers realise that they matter. Once they do, they are more likely to devote quality time to their children. It doesn’t have to be an amazing, exciting day out – any father knows that it is the quiet, peaceful moments that are just as important.

But this Father’s Day, remember that every family is a world in itself, and being the best dad in that world is still a huge achievement. So open that hand-scrawled card with pride and enjoy the limelight.

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Savour Summer



Summertime whets our appetite and makes dining a genuine pleasure. It's a time when eating, drinking, laughing, socialising and just making the most of life comes into its own.

Why does food taste better in the open air? Is it the sunshine, the scenery or the fresh air itself? Or is it perhaps the memories of picnics, barbecues and holiday meals that we've enjoyed in the past? Whatever the reason, there's something undeniably exciting about eating in the open, and on Lanzarote in the summer, eating in the open is a way of life.

The locals know this better than anyone, of course, and during the summer months you'll see plenty

enjoying sun-kissed social lunches or open air grills. But the tourist industry also knows the appeal of outdoor dining, which is why almost every restaurant or bar offers space outside for you to enjoy your meal al fresco.

Whether your meal takes place on a terrace dappled with sun and shade at the height of the day, or in open air as the sun gently sinks in the west, there's every opportunity to enjoy great food the way humans first enjoyed it – together, in the open air.



“One cannot think well, love well, sleep well, if one has not dined well.”

Virginia Woolf



In print and online

FOOD BITES



The latest food and drink news from Lanzarote and Beyond.



CHORIZO CHAT

British TV viewers were once again pitched into confusion regarding Spanish sausages last month when chef Shaun Rankin pronounced “chorizo” in a novel new manner.

Rankin referred to the sausage as “sho-ree-zoh”, causing confusion among viewers who insist the ingredient is pronounced “cho-ree-tho”. Jamie Oliver has previously been attacked for using the Italian style pronunciation “cho-ree-tso”.

Regardless of how it's pronounced, chorizo is now more popular than ever in Britain, showing that things have come a long way since George Orwell described it as “that bright red sausage which tastes of soap and gives you diarrhoea.”

On Lanzarote, the correct pronunciation is “cho-ree-so”, as islanders do not pronounce ‘c’s and ‘z’s with the ‘th’ sound of mainland Spain, and the english ‘z’ sound does not exist in Spanish.

AVOCADO ADVICE

The recent avocado craze has led to a rise in a condition known as “avocado hand”.

We've come a long way since the 80s, when avocados were sold as “pears” and most people only bought them to check their bathrooms were the right colour. Now, they're one of the most fashionable breakfasts in the world, served mashed on toast or beard.

However, hospitals have reported increased cases of severe cuts to the hand caused by hasty avocado

openers. The problem comes after the fruit has been halved, and you have to take the stone out of one side. Many people hold the avocado in one hand, and stab the slippery stone with a knife, leading to predictable injuries.

In case you're wondering, if the avocado's ripe enough you can probably ease the stone out with a spoon or table knife. If not, make sure your hand is nowhere near it when you stab.

And if you're making guacamole, keep the stone. It will stop the mashed flesh going brown.

TUNA TIME

The arrival of summer also marks the arrival of migrating shoals of tuna, one of Lanzarote's freshest and healthiest ingredients.

Careful management of fishing stocks and fishing quotas have resulted in increased catches of yellowfin and skipjack tuna in recent years, and these smaller tuna species are the ones you are most likely to find on local fish counters. Bluefin tuna is still subject to strict quotas, and the immense specimens fished in the past are no longer found.

Tuna is one of the healthiest of fishes, packed with Omega 3 fatty acids, vitamin B3 and protein. There is also evidence to suggest that freshly caught local tuna is lower in mercury than tinned tuna.



COSTA INVENTS THE CORTADO

When UK coffee chain Costa launched three versions of the Spanish classic café cortado, Spaniards were quick to poke fun.

Costa's Cortado is described as “a small but mighty coffee”, and comes in standard, caramel and mocha versions. However, Spanish social media users were quick to point out that Costa's Cortado contained far too much milk, when a real cortado should only have a dash of the white stuff. It also costs around two pounds a cup, more than twice the price you'll pay at most bars on Lanzarote.

We're looking forward to see what happens when Costa discover the *carajillo* (coffee with a slug of brandy) or the *leche leche* (a Canarian favourite made with hot milk and sweetened, condensed milk).

Star City

COFFEE & GASTRO BAR



If you have not been to see the views from our Star City Coffee & Gastro Bar you cannot say that you have visited the island of Lanzarote.

Enjoy our daily menu to share for only 15€ per person.



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A Sensual

Feast



Lanzarote's stunning landscapes are an essential part of its tourist appeal – it takes more than a few beaches to attract millions of people. So it's no surprise that restaurants, cafes and bars all over the island make the most of what nature has got to offer.

When you're dining out on Lanzarote, you want to make the experience as memorable as possible, and location, location, location is just as important to that as it is to property buying. While we may not consciously know it, dining is an experience that ideally involves all five of our senses, with the sights that we see, the textures and sensations we feel and the sounds that we hear having just as much importance as the

tastes and fragrances on our plates.

And there are several different ways to enjoy the views on Lanzarote. Each of the resorts will offer plenty of restaurants with sea views – these may simply be a calming expanse of glittering ocean leading away to a perfect horizon, or you may find distant islands and misty volcanoes providing an evocative vista. There's also likely to be a stretch of

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sandy beach in sight, and there are always plenty of opportunities for people watching.

On the northern coast of the island, things are slightly different. Here, the sea is rougher, and the views are dominated by black volcanic rock, white surf and the deep, pure blues of sea and sky. It's an inherently invigorating sight that whets the appetite and provides a thrumming background noise of constantly pounding waves and the odd seabirds cry.

This is the appeal of places like El Golfo or Famara beach,

Inland Attractions

But Lanzarote is much more than its coastline. While the resorts and the capital lie on the coast, many of the most important towns on the island can be found inland, nestled in the rural heartlands of the island. There's Yaiza, at the foot of an ancient volcano; Uga at the edge of volcano country; San Bartolomé

eat fine food while soaking up some of the most attractive views that exist, views where the island's volcanic origins and agricultural heritage are often reflected. These places are the perfect choice for those who value pure peace, tranquility and beauty, and the sense that you are at one with nature.

It's difficult to stress how much more enjoyment you can get out of this island if you only take the



which also offers dramatic views of cliffs and the distant isles of the Chinijo Archipelago. There's a laid-back, informal and funky feel to dining here, which provides for a hugely satisfying and chilled-out experience.

Other establishments offer views of pretty fishing villages, where you can watch fish being brought to shore while you dine; or you could explore the unique Charco de San Ginés in Arrecife, which has become something of a dining hotspot in the last few years.

high in the centre of the island; the hilltop villages of Tias and Mácher, where fine food can be found easily; the arty centre of Tegüise, and the beautiful village of Haría, which sometimes seems to exist in a world apart from the rest of the island.

Throughout the interior you'll also find restaurants which offer the chance to

time and effort to explore it a little further. Every year, thousands of tourists leave Lanzarote without ever having explored further than their own hotel complex or resort. Perhaps they've enjoyed themselves immensely, but if you really want to combine surprise and discovery with the perfect holiday, then get out and about it.

You will not regret it.



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Fresh to your Plate

“ It’s all there on your doorstep.”



From your aeroplane, Lanzarote looks parched and arid – a landscape that seems to offer little in the way of fresh produce. But once you get off the airport tarmac you’ll discover an island that seems to coax goodness out of every corner.

One of the reasons for Lanzarote’s agricultural revival is the same as for its tourist boom – water. Previously a scarce and unreliable commodity, the desalination plant on the island provides water for agricultural use as well as fresh drinking water. This has made crops more reliable and contributed to the rejuvenation of Lanzarote wine industry, as well as its fresh produce.

Tomatoes, onions and potatoes have always been grown here, and all are uniquely delicious, but nowadays innovative farmers have expanded their range to include everything from papayas and mangoes to more traditional watermelons and sweet potatoes. Even ten years ago it was

impossible to find certain fruits and vegetables on the island that are now commonplace at the Sunday markets and food shops.

The fishing industry survives – battered by economic and environmental issues, but still strong enough to provide fresh fish to an island which has always lived from the sea. In rural areas it’s still common to see large herds of goats roaming free, and they also provide sweet, fresh milk for the island’s prize-winning cheeses, as well as meat for local restaurants.

And then there are the innovators- smart entrepreneurs who have brought new ideas and new products to the island. Lanzarote honey, for example, or gourmet sea salts; microbrewed beers

or local olive oils.

Restaurants on the island know a good thing when they see it, and many of them rush to supply their kitchens with the very freshest and tastiest of these products. Anyone who has lived on the island for some time will know exactly how much the food on this island has improved in recent years, with the co-operation of producers, cooks, restaurant owners and local authorities.

And it’s only getting better – it seems each month there are exciting new developments in Lanzarote’s food. And you can discover them easily, at the island’s markets, at the frequent tapas fairs that are held all over the island, and most of all in the island’s vast array of dining establishments.

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Simply the Best



Next month, on the 13th, 14th and 15th of July, Chef Rubén Cabrera Hernández will host three days at the Restaurant Isla de Lobos at Princesa Yaiza Suite Hotel Resort in Playa Blanca. We spoke to the cook who was recently honoured with the title “Best Chef in the Canary Islands” at the recent ¡Que Bueno! awards.

Which Canarian products are your favourites?

The *camarón soldado* (Soldier prawn) and the black Canarian pig, as well as the “egg-yolk” sweet potato are the products I most look forward to working with, and eating!

What does it mean to be voted Best Chef on the Archipelago?

It's a huge honour. I never thought I'd receive this type of award, although you dream about it every day. It also gave me motivation to carry on trying to achieve my ultimate goals. My family were hugely proud, too, and had a day out that they'll remember for ever.

Next month you'll be holding cooking events at the Isla de Lobos restaurant in Playa Blanca. Do you know the restaurant?

Yes, I do. It's a great restaurant where they use their natural resources very well, and the sustainability of what they do is impressive. For me it's a huge honour to be able to work at the Isla de Lobos alongside their team for some days that are going to be fantastic. The menu will be part of my own cuisine, interpreting my vision of Canarian cuisine with some really wonderful products.

Where were you born and how did you start cooking, Rubén?

I'm from Santa Cruz de Tenerife. I learnt to cook little by little, before taking a professional training course in cookery in Adeje. Then I began working at the Hotel Jardines de Nivaria and in 2004 I ended up as chef de partie in the restaurant La Cúpula. Since then I've been a chef working in famous Michelin-starred restaurants such as Mugaritz, Arzak, L'imperatiff and Marcus.

Which is the best restaurant you've worked in?

Without doubt, Mugaritz. The level of professionalism in that restaurant approaches perfection, both in terms of technical aspects as well as innovative products.

But, like many other chefs of my generation, Ferran Adrià's El Bulli marks a turning point in the world of cookery. For me, as well as for many others, Adria taught us how to use new textures that are now an essential part of our national cuisine.



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Some just ask us to drop it off and leave, but we watch them through the windows and see them hungrily devour our creations.

We have even married a few of our customers off; weddings from 50 to 60 guests. We love to see everybody here, because this is our social life. We never leave our restaurant night or day, we cut and chop and boil and bake, stir and shake just for you, our dear guests, because we want you back with your friends even dragging them in by force if you have to - we will be gentle with them. If you throw a party, call us. We'll cater it and it will be the talk of the town for quite a while.

Food has always been a passionate subject for us.

We love it here -

Lanzarote is really our home away from home - 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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Chef Luis León

A lifetime of kitchen experience

The first dish Luis León prepared professionally was a simple Spanish tortilla omelette, but even this dish “has its secrets if you’re going to do it well,” says the veteran chef who has transformed cuisine on Lanzarote.

He prepared that tortilla at a Barcelona hotel, where he started work as a kitchen assistant at an early age - “There were no cooking schools back then,” he says. Instead, he learnt at the side of a French cook who taught him the secrets of French and Catalan cuisine. Luis went on to work in restaurants and hotel kitchens in many other cities and countries before arriving on Lanzarote in 1987.

Settling on the island, he soon earned a post as an executive chef with 160 staff under him, before deciding to set up on his own so that he could teach his children to cook and leave them with a business they could run themselves.

The result was Toro, his restaurant on the roundabout that connects Puerto del Carmen and Puerto Calero, renowned for creative and innovative dishes based on a solid base of cooking know-how and skill acquired over decades. “I love imaginative cooking,” says Luis León, “finding out how to get new results with

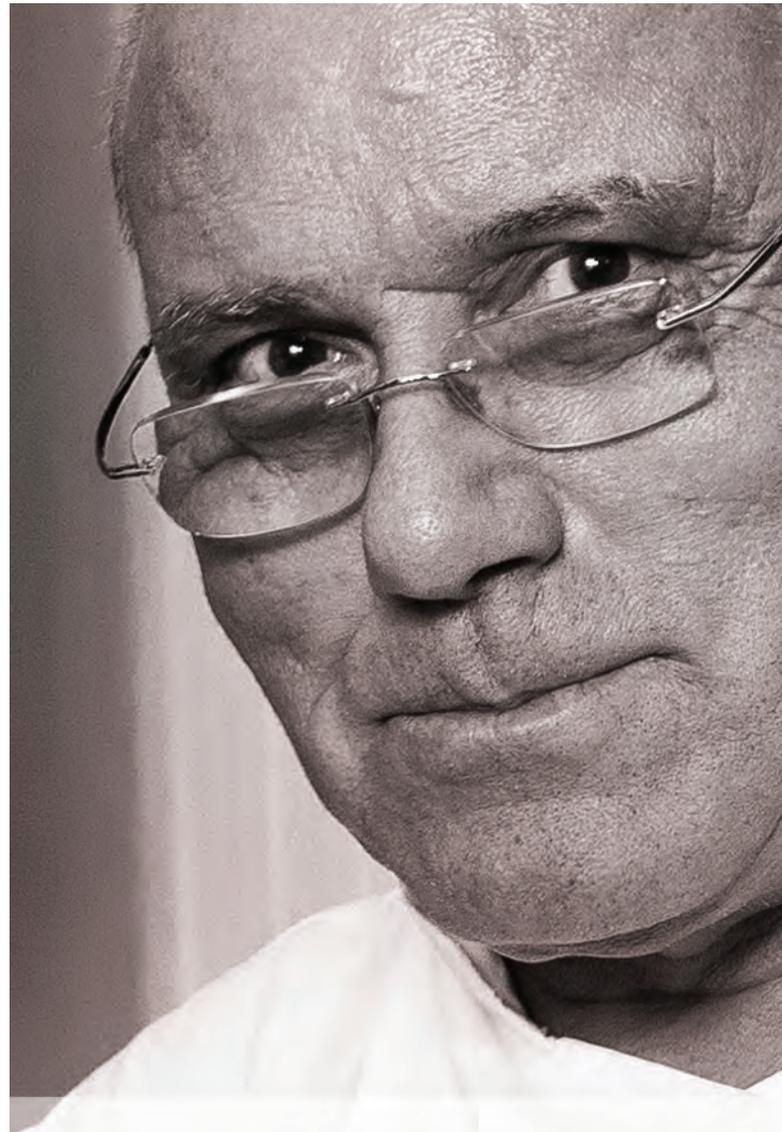
classic ingredients and fresh produce from Lanzarote.”

At Toro you can find the very best meats from Spain and further afield, often hung for up to 70 days so that they’re perfectly prepared for a firewood or charcoal grill. A strong supporter of local products, he uses pork from the Canarian black pig as well as local lamb in season and organic rabbit meat.

Luis León is the president of Lanzarote Cocina, an association that has raised the profile of local cuisine enormously in recent years, and has also presented a cookery programme on local TV since 1989. “I showcase meals that are perfect for housewives,” he says, “It’s one of the most difficult tasks, as they need to come up with ideas for two or three meals a day. I give them ideas, share recipes and tips and the odd secret.”

Looking back on five years at Toro, Luis León says “It’s been fantastic for us.” and that continues now that Luis’s son Roberto León has taken the role of executive chef and is adding “the most imaginative touches” to the menu. It looks as if Toro will remain a beacon of good dining on Lanzarote for many years to come.

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-LUIS LEÓN-

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Set for *Summer*



This is the the time of year when it all seems ahead of you, with a whole summer to enjoy the best of living, and a paradise island to do it on.

Summer is a season that lasts three months, and here on Lanzarote that's exactly how it seems – a time of pleasure and relaxation that never seems to end.

Last year's wine is now all bottled and on sale, and waiting for the time of year when it comes into its

own. It's the perfect fuel for the huge amount of fiestas that will take place over the summer, kicking off on the 23rd, the longest day of the year, when Spaniards light bonfires in honour of St John and party the night away.

From then on you'll come across the fragrance of

barbecues, the sound of open air dances and the clink of glasses almost every weekend, as local towns and villages celebrate their patron saints.

Meanwhile, in the resorts it'll be buzzing with families, couples and friends strolling, pausing for a drink or a bite to eat or looking for some entertainment. This is when Lanzarote's tourist lifestyle comes into its own, and there's always a friendly, laid-back yet celebratory atmosphere. If you're hitting the town, make the effort to dress up for the occasion – you won't regret it.

“ Twelve weeks of glorious days and sultry nights.

Then, of course, there are the wild, unspoiled areas of Lanzarote that are also worth discovering after nightfall. Long beaches lit up by a glistening pathway to a full moon and pretty villages nestling in the hills.

During the day time there's so much to do that you may be worn out by the end of the day, but summer is a time when you need to learn to pace yourself a little. Take siesta and charge your batteries for the evening – on Lanzarote in the summer it pays to save the best for last.

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What's on

MUSIC

LA NOCHE DE ICO (ICO'S NIGHT)

3rd June @ 10pm

Concert in homage to folk musician Ico Arrocha
Puerto del Carmen, Plaza del Varadero. Free entry.

SONIDOS LIQUIDOS FESTIVAL



10th June

With Love of Lesbian, León Benavente, Kitty, Daisy & Lewis, Banadú and Cumbia Ebria. La Geria, Bodega La Geria. Entry: 25 / 30€

LANZAROTE CLASSICAL ORCHESTRA

10th June @ 8:30pm

Arrecife, Sala José Saramago, La Plazuela. Entry: 15€

LA SEMILLA

16th June @ 9pm

Folk music with Duende Josele and guests.
Teguise, Casa-Museo del Timple. Entry: 10€



TABURIENTE - 40 YEARS AND MORE

17th June @ 9pm

The iconic Canarian progressive rock group.
Arrecife, Parque Islas Canarias. Free entry



VANESA MARTÍN - MUNAY

21st June @ 9pm

One of Spain's most popular singer/
songwriters performs her new album.
Jameos del Agua. Entry: 40€

LOS SALVAPANTALLAS

24th June @ 10pm

Arrecife, Charco de San Ginés

GRAN CANARIA BIG BAND - UN PASEO POR LA HABANA (A Stroll through Havana)

30th June @ 9pm

Arrecife, Sala Teatro Cine Atlantida. Entry: 15€

TOÑIN CORUJO & LANZAROTE BIG BAND

30th June and last Friday of each month.

Arrecife Gran Hotel & Spa

SILVIA PÉREZ CRUZ - VESTIDA DE NIT (Dressed in the Night)

1st July @ 9pm

The Spanish singer and songwriter presents a show accompanied by a string quartet.
Arrecife, Teatro El Salinero. Entry: 20€

THEATRE

EL BUEN SAMARITANO

(The Good Samaritan)



1st June @ 9pm

With the company Morfema teatro
Arrecife, Teatro El Salinero. Entry: 10€

CARBONO 14

16th June @ 9pm

Tias, Teatro Municipal. Entry 5€

POCOYO'S BIRTHDAY

25th June @ 6pm

Entertainment for children. Arrecife Sala Teatro-Cine Atlántida. Entry: 12€

SPORT

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3rd June

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1st-3rd June

Arrecife, El Almacén

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ORIGINAL PALS CAR BOOT SALE

Every Sunday @ 9am

Lanzarote A Caballo. Sellers arrive 8-8.30am.
No booking required. Price per stall €10

GREAT KENNEL KLUB SALE

3rd June @ 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

10th June @ 9.30am - 12.30pm

Tahiche Garden Centre.
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9LIVES BARGAIN SALE

24th June @ 11.30am - 1pm

Güime, Sociedad

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 Teguiise

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 Teguiise

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 Teguiise
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, Teguiise

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

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

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

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

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

First Sunday every month:
9am - 2pm:
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1 MOANA 9.00PM	2 PRIVATE PARTY 9.00PM	3 MONSTER TRUCKS 9.00PM	4 ALLIED 9.00PM	5 PASSENGER 9.05PM	6 WHY HIM? 9.05PM	7 LALALAND 9.05PM
8 JACKIE 9.05PM	9 FANTASTIC BEASTS AND WHERE TO FIND THEM 9.05PM	10 JACK REACHER 2 9.05PM	11 MOANA 9.05PM	12 FENCES 9.10PM	13 RAIDERS OF THE LOST ARK 9.10PM	14 ALLIED 9.10PM
15 WHY HIM? 9.10PM	16 GREASE 9.10PM	17 MUSIC NIGHT 9.00PM	18 PASSENGER 9.10PM	19 FANTASTIC BEASTS AND WHERE TO FIND THEM 9.15PM	20 JACKIE 9.15PM	21 LALALAND 9.15PM
22 FENCES 9.15PM	23 ALLIED 9.15PM	24 JACK REACHER 2 9.15PM	25 SING 9.15PM	26 PASSENGER 9.15PM WHY HIM? 11.40PM	27 GREASE 9.15PM ALLIED 11.40PM	28 RAIDERS OF THE LOST ARK 9.15PM FENCES 11.40PM
29 LALALAND 9.15PM JACK REACHER 2 11.40PM	30 MONSTER TRUCKS 9.15PM JACKIE 11.40PM					

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Vanesa Martín



Silvia Pérez Cruz

Talented Women Various Dates

Spain came last in this year's Eurovision song contest, but if you think that reflects the quality of Spanish singers and songwriters, perhaps this month will make you think again.

Vanesa Martín, who comes to the Jameos del Agua on the 21st, is one of those talented performers that only appear a few times in a generation. Combining an incredible voice with her won songs, Vanesa has already hit No.1 In the nation's

album charts with *Munay*, which she will showcase on Lanzarote.

Ten days later, Arrecife's main concert hall, the Teatro El Salinero, will host a concert by Silvia Pérez Cruz, a younger, more jazz-oriented singer and composer. Silvia will be performing a concert based around the song *Vestida de Nit (Dressed in the Night)*, written by her parents 40 years ago. For the concert she will be accompanied by a string quintet.

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Art & Culture

Taburiente in 1974



Taburiente 19th June

Taburiente are, without doubt, the most popular and influential Canarian progressive rock band, a group which has been exploring the many facets of Canarian music and its folk roots for over 40 years.

Named after the spectacular pine-tree filled volcanic crater on their native island of La Palma, Taburiente were formed by Luis Morera, Miguel Pérez and Manuel Pérez in 1974, inspired by the “new Cuban song” tradition and the wave of progressive rock that was sweeping the world.

Their first album was highly influenced by local folk traditions, but it was their second album, *Ash-Guañac*, with a more rock flavour, that sealed their reputation. The title track has become an alternative Canarian national anthem.

8 albums and almost 40 years later, Morera and Miguel Pérez continue to perform and record. Their appearance this month on the 19th June in a free concert on Arrecife’s seafront will be an unmissable event.

Festival time Various dates

There are fiestas all year round on Lanzarote, but in the summer the island really starts to celebrate in earnest, with several towns and villages on the island celebrating the feast day of their patron saint or Virgin.

The summer season really kicks off with Corpus Christi, a religious event that is marked in Arrecife, Tias and other towns by the laying of salt carpets. These elaborate designs are created in dyed salt by local associations and exist for just a few hours, before a religious procession tramples them into nothing, symbolising the brevity and fragility of beauty and life.

The carpets will be laid on the evening and night of Saturday 17th June, and will be on display on the morning of Sunday 18th.

Later in the month, the island will celebrate the Día de San Juan, lighting bonfires, roasting corncobs, fresh fish and sausages and singing and dancing in celebration of midsummer. Celebrations are especially marked in Haría, whose patron saint is San Juan. The party begins on the night of Friday 23rd June and carries on well into the following morning.



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Sonidos Líquidos

10th June

The Sonidos Líquidos Festival is now one of Lanzarote's most important music events, a series of concerts that blend the best in contemporary music with Lanzarote's bodegas, fine wine and great food.

The Malvasía Volcanica Weekend, which marks the final concert in the festival, takes place on the 10th June from 4.30 pm at the Bodega La Gería. Tickets are still available at 25€ (30€ on the door) for an eight-hour extravaganza featuring Spanish band León Benavente, local party-starters Cumbia Ebria, cool soulsters Banadú, the young British rockabilly trio Kitty, Daisy and Lewis, and headliners Love of Lesbian, the Catalan indie group who are making their first appearance on Lanzarote.

And, of course, there'll be plenty of wine, great food and the incredible atmosphere that Sonidos Líquidos always manages to achieve.

Wine Run 17th - 18th June

The annual Lanzarote Wine Run is now an institution. As you might expect from a sporting event that was created to help promote Lanzarote's wine industry, the emphasis is not so much on competition, but on sociability, sharing and, of course, good living.

Competitors can choose to run the stunning route through the heart of La Gería, Lanzarote unique and enchanting wine country, but if you want to take it a little more easily it's possible to trek the

distance, too.

The winner receives their body weight in Lanzarote wine, which would probably interfere with their training regime for a while. However, this event is all about sharing and enjoying the best of what the island has to offer, and the Fine Food Festival that accompanies the event is well worth a visit even if you're not remotely interested in running. The Wine Run takes place on the 17th and 18th of June at Uga.



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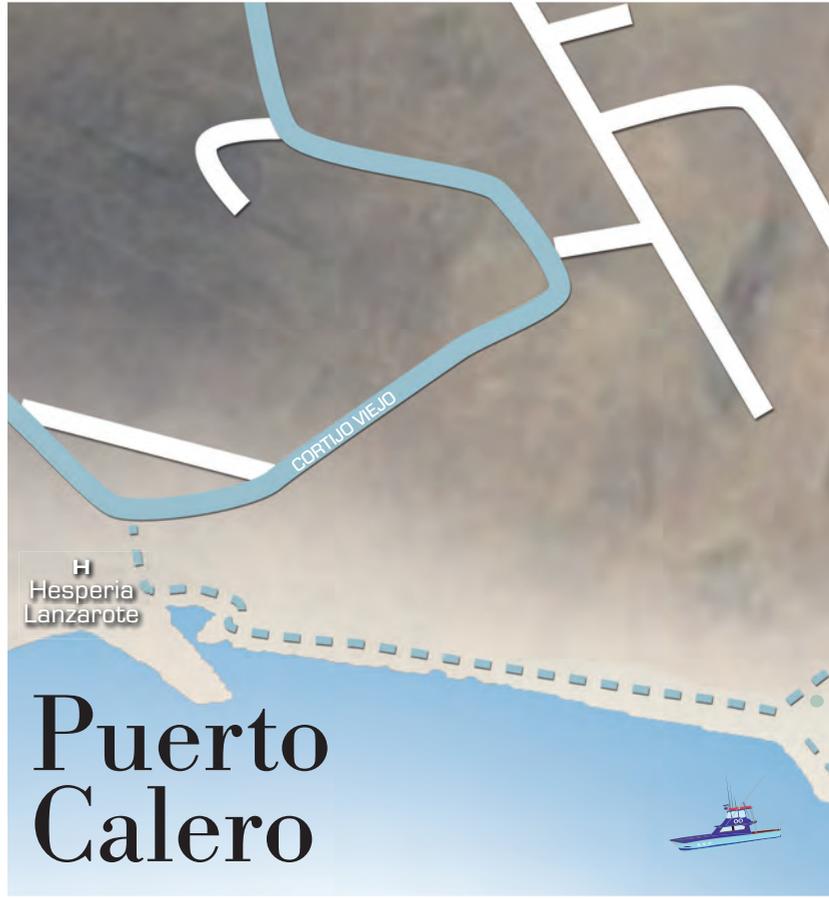
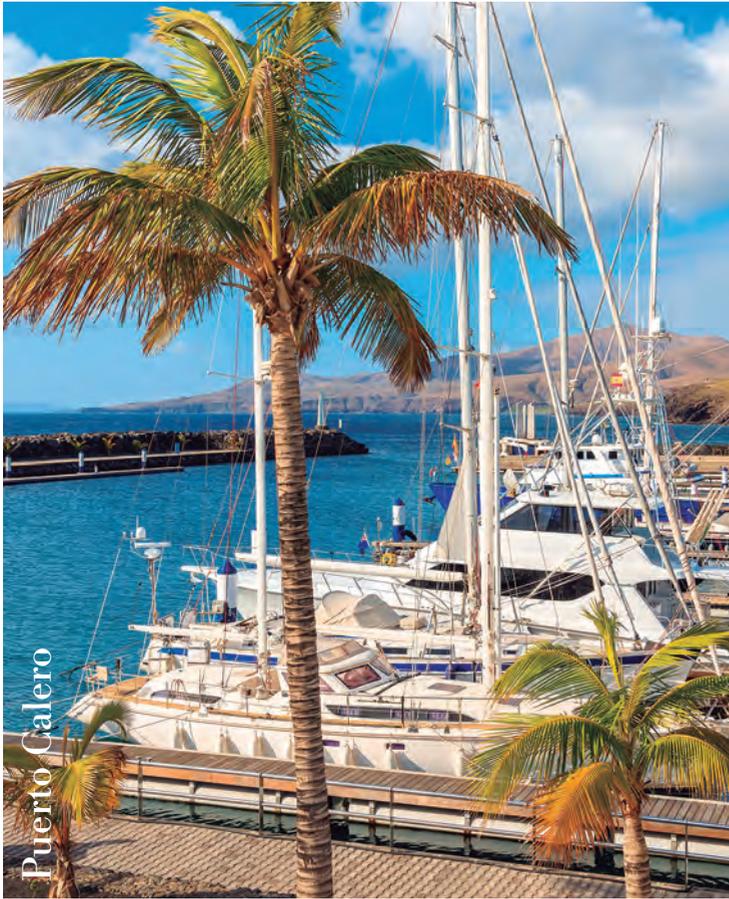
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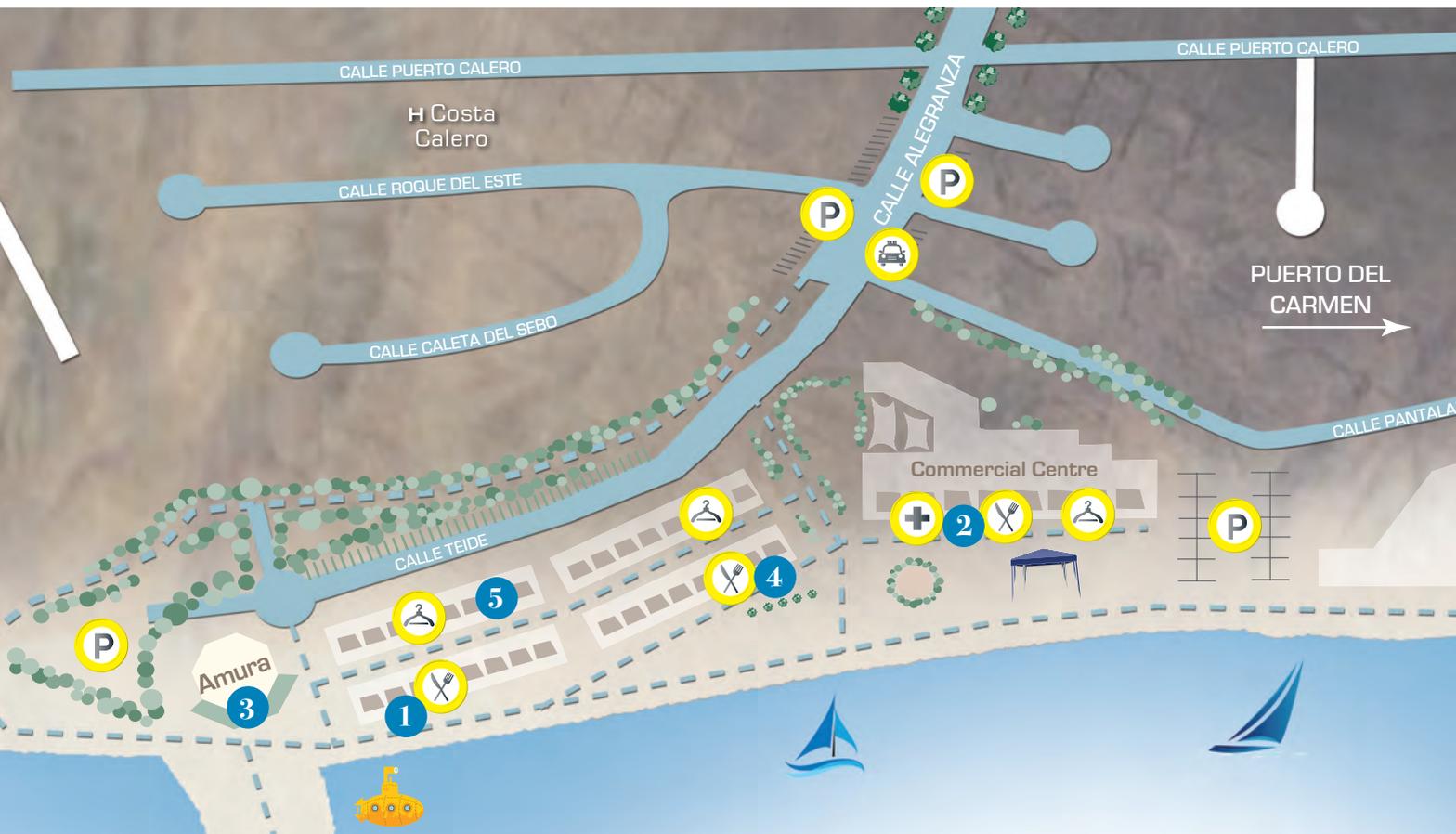
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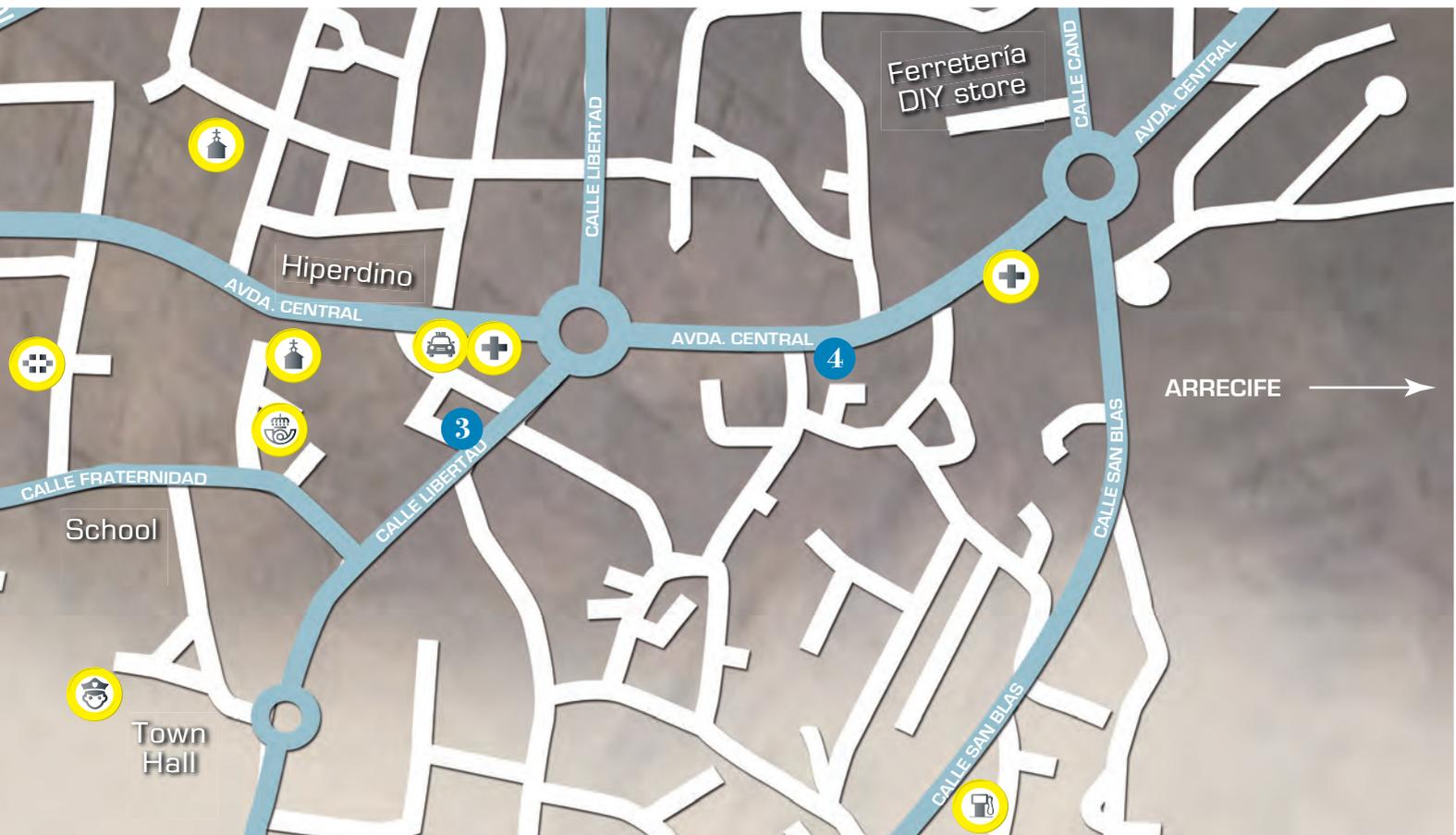
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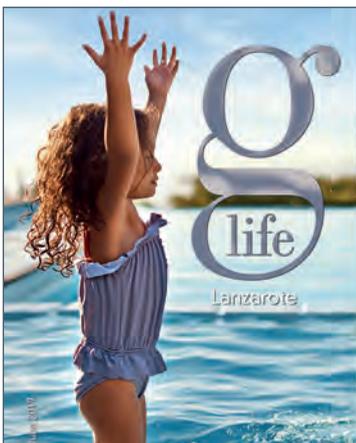


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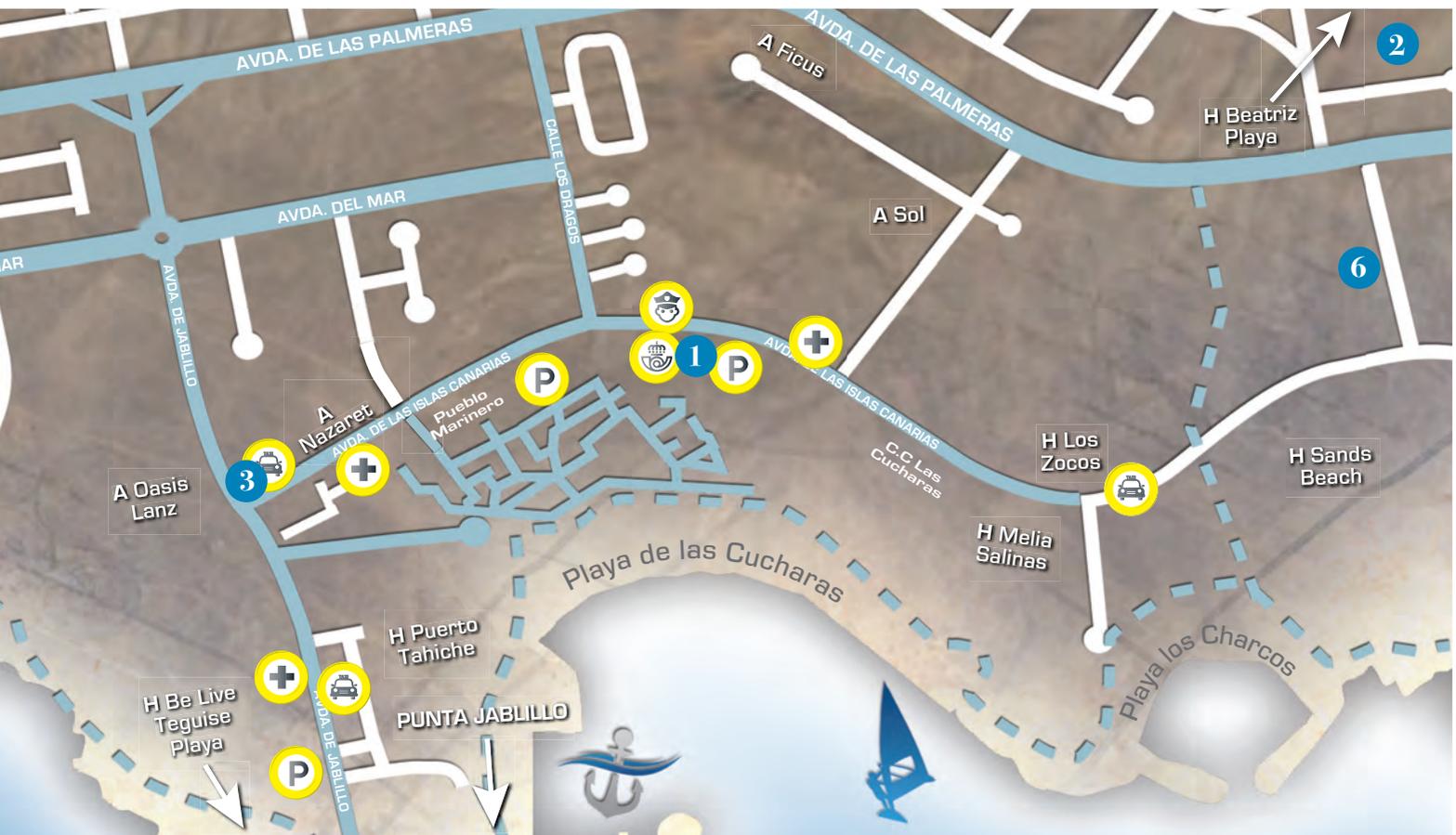


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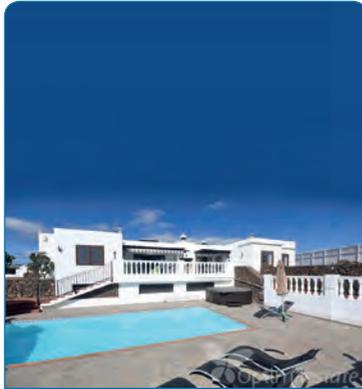


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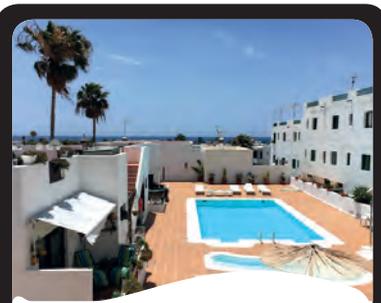
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Property

Advertising Break



The César Manrique Foundation (FCM) has issued a furious complaint against the proliferation of advertising signs and hoardings on the island, and has called upon the Cabildo to regulate the situation immediately.

"We are seeing an alarming increase in the degradation of our public spaces," announced the FCM, highlighting that the worst cases were taking place in industrial and commercial zones on the island.

"There are more and more shopfronts and walls in urban zones with posters, signs, murals and other advertising," said the Foundation, which also blasted the increase of publicity on the buses that can be seen on the island.

The Foundation claimed that Lanzarote is "getting further and further away from the vision and the guidelines that César Manrique envisaged for Lanzarote."



Rage room

Russian company Debosh has come up with a novel way of combatting stress. It has set up "rage rooms" where angry customers can take out their frustration on the contents.

For just €20 angry clients will be provided with a sledgehammer which they can take out their rage on a computer or a television. For more money they can smash every bit of furniture in the room to splinters.

The deluxe experience, however, costs €400 a head and allows a group of five to completely destroy a car.

Shorts

Celebrity Atlas

Idealista.com has produced a world atlas of celebrity homes, many of which are on sale. The list includes the luxury villa on Lanzarote that used to be the home of acclaimed opera singer Alfredo Kraus.

The villa, located on the cliffs between Puerto del Carmen and Puerto Calero, boasts a gym, a swimming pool and no less than nine walk-in wardrobes. It is being offered for 2.9 million Euros.

Elsewhere, Prince's peach-coloured mansion in Marbella is also on sale for 5.25 million Euros. The singer purchased the luxury home in 1996 after performing

Alfredo Kraus



in Spain, but the house was put on the market after the death of the son Prince had with Mayte García.

Spain's tax season finishes on June 30th, giving you just another month to make your declaration.

Go European

The effect of Brexit on the Spanish property market means that the smartest operators in the real estate business are rapidly going more European than ever.

Sales of Spanish properties to British buyers fell by a third in the last quarter of 2016, a result of the fall in sterling and continued uncertainty regarding Brexit. Nevertheless, the overall market remains healthy, and rose by 1.2% in February, indicating that demand is being taken up by other nationalities.

While Britain remains Spain's most important market, increasing interest is being shown by other European nationalities. As a result, estate agents are likely to be looking for a broader range of language skills as well as a greater understanding of the way other nations buy property.



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Housing Boost

Spain's government has announced a plan to get younger people onto the property ladder, with grants of up to €10,800 available for buyers under 35 from next year.

The grants will be available to any Spanish resident under the age of 35 who is earning less than €22,365 a year and may not exceed 20% of the selling price of the property.

The grants are part of the new State Housing Plan, which is expected to be approved at the start of June, and are clearly aimed at dynamising the market for younger domestic buyers in Spain. The soaring rates of unemployment among young Spaniards, combined with high house prices, have meant that hundreds of thousands of younger Spaniards have been unable to buy their own homes.

The State Plan, which was recently presented by Development Minister Íñigo de la Serna, will also offer rental subsidies of up to 50% to the under-35s and over-65s in apartments where the rent is under €900 a month. Other arrangements may be made for more expensive urban zones.

The subsidies will only be granted to young people



Íñigo de la Serna



earning less than €22,365 a year and over-65s with savings of less than €100,000. Over-65s will also be able to claim up to €200 a month for utility bills.

The other main plank of the State Plan is renovation of housing stock, with the aim of improving energy efficiency and renewing urban zones that have fallen into disrepair.

De la Serna announced that the plan would have a "clear social focus", and was aimed at the young, the old and families that have been evicted from their homes. Grants will also be available for promoters of public and private

projects which will offer social housing.

Unsold properties currently belonging to Sarab, the "bad bank" set up by the government, will be made available to families who have suffered from eviction, and these may have their entire rent subsidised for the first two years.

The Plan will have to undergo various legal revisions before becoming law, and unclear elements need to be clarified. The property website Idealista has criticised the plan for promoting the idea that "everyone must be a homeowner" and fears it will lock many young people into debt. The insurance company Alquiler Seguro has also criticised the plan, saying "we are making exactly the same mistakes that led us into the last housing crisis."

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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



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water, electric and community charges, as debts such as these in Spain are levied against the property and not the owner. Notaries now also demand an Energy Performance Certificate. When in the Notary's Office, you will be asked to produce your passport as evidence of identification. You will also be advised to obtain a NIF number, which your lawyer can arrange for you.

MONEY MATTERS

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

They must be inscribed with details of the property of land to be purchased, or have an investment certificate from the issuing bank attached. The Notary will also require you to sign a Spanish ministry form, declaring that the investment has been made. It is also possible when purchasing from a non-Spanish resident to pay the completion funds abroad in any currency. In this case, the deed will state an equivalent amount in Euros, as this gives the value in which the transmission tax (stamp duty) is calculated. You will have to produce more than one cheque as you must also pay a capital gains tax retention. In this situation, a sum of 3% calculated against the value declared in the title deed is retained and paid to the Spanish Tax Authorities to cover the seller's liability.

Estate Agent's fees are normally paid by the vendor and the details of the specific percentage to be paid will

normally be noted in the Purchase Contract.

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

REGISTERING THE PURCHASE

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

the property must be paid.

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

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Fair's Fair



Natasha Layland & Sylvia Stazzonelli of EBF Consulting at A Place In The Sun

buyers in Spain, but the interest shown at events such as this shows that thousands of Brits are unwilling to give up on their dream of overseas property just yet.

The annual A Place in the Sun property fair took place last month at Olympia, London, and organisers were pleased to discover that Brexit and a falling pound didn't seem to put off thousands of potential overseas property buyers.

7,500 property buyers attended the event, the biggest overseas property fair in Europe, and 150 exhibitors from all over Europe were on hand to deal with their enquiries. Among them were Lanzarote- and Canarian-based companies such as EBF Consulting, keen to promote the unique appeal of this enchanting part of the world.

Amanda Lamb, Jasmine Harman, Jonnie Irwin and Laura Hamilton, the presenters of the C4 TV programme which led to the establishment of the fair, all made guest appearances and visitors could take a screen test to be on the TV show. The positive sentiment showed the resilience and motivation behind British buyers.

Andy Bridge, Managing Director at A Place in the Sun comments: 'Given what's going on in the wider world it was reassuring to see a packed exhibition hall – international estate agents with properties to promote and British buyers with the motivation and means to buy'

Figures for the last three quarters have shown an undeniable decrease in sales of properties to British

“ British buyers remain faithful to the Spanish property market. ”

Playa Blanca Congress

Lanzarote also welcomed international property experts on the same weekend for the 3rd annual ACEGI Congress. ACEGI is the Association of Canarian Estate Agents, and attendants were able to hear speeches from a dozen experts in the Spanish and international real estate sector.

Among the speakers was Luis Iglesias, who alerted the congress to the exciting new possibilities of the Millennial generation. Millennials are the younger buyers born between the years 1980 and 1995, who are now reaching the prime age for making their first steps onto the property ladder. Iglesias estimates that 70% of this generation will be buying property after 2018, and the generation's demand for smaller apartments and natural response to new technologies means that the real estate sector will need to be agile and innovative.

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Real life ▶▶▶ Style



Interior decor is a matter of inspiration and imagination, but that creativity has to be based on firm, real-life principles.

An interior decorator, primarily, works with space, light and texture, and if you've arrived on Lanzarote from anywhere else, you'll discover that all three of these elements have slightly different meanings here.

Space is defined by open, generally uncluttered rooms, many deriving from a Spanish tradition that values simplicity and clean lines. On Lanzarote, many homes are focused around a central meeting space, and the warm climate means that indoors and outdoors are not such rigid concepts.

Light here is brilliant, reflected by white surfaces and the sea and coming down vertically for much of the day. On Lanzarote, there's not nearly so much emphasis on making the most of available light as there is in northern climes. Here it's everywhere, and your main challenge will be softening or diffusing it and making it work to the best advantage.

Textures are also important. Carpets are a rarity on Lanzarote, and surfaces tend to be smooth, hard and reflective. Local materials such as wood and volcanic rock can break this

up, but one of your main challenges will be to introduce softer textures into your home.

Also bear in mind that contrast is essential to the island's style. In both nature and man-made environments, Lanzarote is marked by vivid, exciting contrasts. This is something you can be bold enough to make work in your favour.

Perhaps the best way to get inspiration for your Lanzarote home is to visit some other local interiors. The Palacio Spínola in Tegüise will give you ideas about traditional colonial style, while the El Patio Museum will show the ingenuity and style of the island's agricultural workers.

Then, of course, there are the two homes of César Manrique – the Taro in Tahiche, which shows how nature and man can work in stunning harmony, and the more homely Casa Museo in Haría, which shows how the man actually lived and worked. Both will fill your imagination with ideas.

“ Find inspiration all around you. ”

Drink inspiration in from all sources, then start shopping around. Take your time to visit some of the innovative decor studios and shops on the island, make your decisions and off you go!



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Kitchen for

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The kitchen is the living, beating heart of every home. Take your time and make it's the perfect centre of your living space.

For many of us the kitchen is the hub of the home – a place where family gather to eat, chat, do homework and make plans. It's a room where memories are made, where life is lived to the fullest, so it's worth making it a memorable place.

Of course, there are as many kitchens as there are families. In smaller apartments the kitchen is likely to be an

almost entirely functional space, and on Lanzarote the open-plan style kitchen leading to another area is also popular. But whatever kitchen space you've got, it's worth looking at current trends to ensure that its as impressive as it is practical.

The default colour for kitchens is white – simply because it's a colour that maximises cleanliness.

But nowadays plenty of kitchens are moving away from the “white is right” ethos and adding other colour schemes. Generally we're talking about one other colour, combined with white, and in Europe at the moment the on-trend colour is grey – serious, no-nonsense and neutral.

On Lanzarote you can afford to be a little more adventurous and

consider pastel shades or even brighter orange or pink shades or deeper blues and purples. The important thing is to have a smart “livery” effect that gives your kitchen a uniform, smart identity.

Metals are also hugely popular in kitchens, but you need to make them hang together. Pale zincs and aluminiums will clash with coppery

“ The kitchen is the heart of the home.

or bronze colours, and chrome can easily overpower a kitchen. The current fashion is for dark metals, black fittings and burnished steel, which add an undeniably smart element to white kitchens.

Wood will never go out of style, either, and on Lanzarote it's always been one of the first choices for kitchen storage. Try looking for asymmetrical cabinets to give your kitchen more dynamism, and remember that wood is texture in its purest form.

Lighting is also crucial in kitchens – you'll need well-illuminated spots and overheads to brighten up prepping areas, as well as softer, more welcoming lights if you use your kitchen for social purposes.

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Beach



HOUSE STYLE

On Lanzarote, the beach house is the dream that can come true, a place where light, space and colour combine to reflect nature, evoke memories and provide a place where you can truly say you've arrived where you were travelling to.

Each house style is strangely universal, with similar elements dominating everywhere from the millionaires' playground of The Hamptons to cosy British seaside villages, from Andalusian resorts to Australian surfspots. But now matter how upmarket the property, the appeal of the beach house is always down-to-earth and simple. This is a place where outdoor living is the norm, a safe, comfy haven at the end of an active day.

The elements are simple:

MARITIME COLOURS

Beach houses are never heavy or oppressive. We're looking at a colour scheme that reflects the beach itself, with sea-blues and surf-whites usually dominant. Blues are pure or tend towards the green rather than the red end of the spectrum.

But this is only the start. Just a stroll along any Lanzarote beach will open your eyes to other colours, from the deep blacks of volcanic basalt to pale, washed-out sand colours, and the bright candy stripes of beach towels or deckchairs.



SPACE TO BREATHE

A beach house is a place that sees plenty of traffic, with guests, family members and friends tramping in and out. Consequently, space is immensely important, and clutter needs to be carefully controlled. You'll need



to take storage into account, and leave as large a space as possible for simply relaxing and enjoying life. Don't forget that informal meals are an essential part of beach life, and be sure to provide places for folks to eat, drink and be merry.

FADED BEAUTY

A spanking new beach house won't remain that way for long – when we think of the perfect beachfront home, we almost always associate it with slightly faded curtains and upholstery, and perhaps some weathered fittings. This charming, lived-in atmosphere chimes well with the shabby chic look that is still popular, and brings its own laid-back beach vibe. Look for fabrics that seem slightly distressed, wooden fittings and sun-bleached knick knacks.



NATURAL CURVES

Sharp corners and rigid geometry don't work in the average beach house. We're looking at something much more natural, comforting and kind here. So forget those blocky sofas and look for something a little more rounded and welcoming instead. Use the naturally curved contours of boats to provide inspiration for indoor items, and go overboard on throws and drapes.

MUSIC & MOVEMENT

A beach house is a dynamic environment that appeals to all the senses. Even if you can't hear the distant thunder of the surf from yours, you can use windchimes or indoor water features

to provide an attractive ambience. Movement is also important – this is not a static environment, and light curtains that shift in the breeze, mobiles and houseplants can provide a pleasing sense of movement.

LOCAL INSPIRATION

One look at the beaches of Lanzarote shows that this island can also offer unique visual clues that you can use to turn your beach house into something unique and delightfully local. Lanzarote beaches range from the blinding white sands of Caletón Blanco to the black beach at Janubio, so why not take a stroll along one of Lanzarote's beautiful beaches and let your imagination seize on the inspiration on offer.

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Bedroom Scenes

Lanzarote's warm summer nights and bright sunny days mean that your bedroom needs to be versatile, attractive and intimate.

Lanzarote nights are one of the great pleasures of being on this island. At the height of Lanzarote's summer, many of us will need little more than a cotton sheet to cover us at night. Anything else will lead to sweaty, uncomfortable nights. However, at cooler times of year, you'll need a warm duvet and perhaps more blankets to stay toasty.

Ventilation in your bedroom is hugely important. This is the room where you spend more time than any other, and it needs to be freshened constantly. The simplest way to do this is simply to open the window, but if you're in an area that can get noisy at night, or a place where mosquitoes are a problem, this might not be such a practicable idea. Air-con, therefore, is worth considering, allowing

“ Make those summer nights perfect

The solution is to invest in plenty of good quality bedlinen, and change it regularly. You'll need to plan enough storage space to stow at least two duvets away, and don't forget to stick to a colour theme that works – here on Lanzarote, the vivid lifestyle encourages you to be inventive and adventurous.

you to control temperature and air-flow in your bedroom all night long.

The essential bedroom furnishings are minimal – all you really need is a bed and a bedside table to rest a book or a glass of water on. But there are thousands of variations on this theme. Current trends



are moving away from minimal futon-style beds to more traditional raised beds, and the bedhead is coming back in a big way.

Always give yourself a little more room on your night table than you think you might need – it's amazing how much stuff can be indispensable for a good night's sleep. It's also worth planning

your cables and power points well, as many of us will be charging devices at our bedsides overnight.

Lighting is one of the most important elements in a bedroom – you'll need sources that can provide strong, overall light, localised spots for reading, and perhaps some accent lamps as well.

life

“A well spent day brings happy sleep”

Leonardo Da Vinci



Room to Live



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

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

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

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

The key is zoning. Modern living rooms

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

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

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

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

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



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Out on the Beach



Summer is here, and if you want to make the most of it in your outdoor space, embrace the island's ocean location and give it some typical beach style.

Nowhere on Lanzarote is more than 10 miles from the sea, and the island has 132 miles of coastline, 16 of which are beaches. Even in the rural centre of the island, the sea is a constant presence in our lives, glittering on the horizon in all directions.

From the wild strand at Famara with its dunes and windbreaks to the pretty houses spilling down to

the lagoon at Arrecife, with their white facades and green livery, the seaside is a constant influence on Lanzarote's style.

■ Sitting in the Sun

Outdoor furniture is a must on Lanzarote, and the island's warm, dry climate means it can be used almost all year round. Constant breezes and,

perhaps, sea spray mean it'll have to be durable, anything that's likely to rust is best avoided. Wood will also require regular maintenance, but can be well worth it for the beauty it provides.

Why not take your cue from brightly coloured deck chairs or sleek sun loungers? Parasols always add that beach flavour, and a matching set of towels can be a great investment for those long, hot summer days.

■ Chiringuito Style

Chiringuito is the fantastic Spanish word for an informal beach bar, the sort of place where you can sip a pina colada in the shade while wearing your

Continued on p.110

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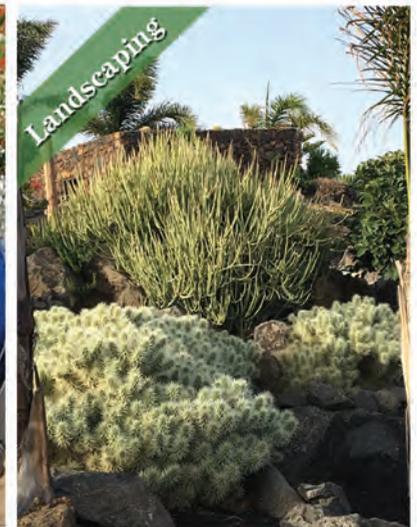
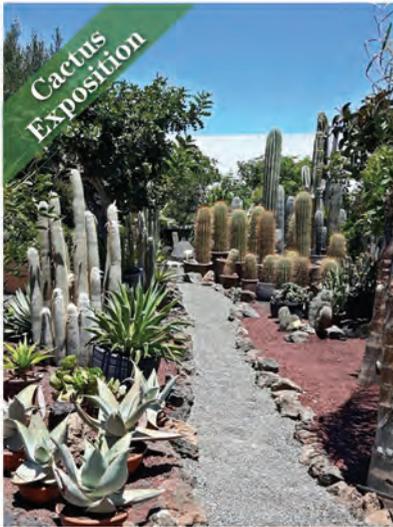
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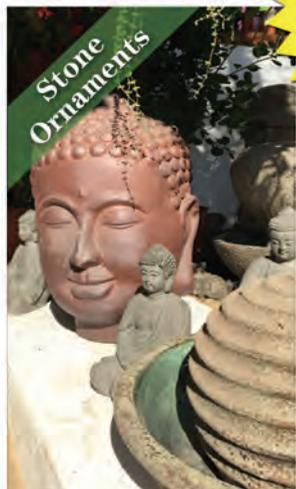


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“ Here on Lanzarote you can combine inviting warmth with cool, crisp lines.

swimming costume. You don't have to set up a cocktail bar in your back yard, but chiringuito style is something that will certainly add to fun atmosphere. Look for simple wood panelling, pergolas and awnings, palm thatching and perhaps a potted palm or two.

■ Nautical Nods

Lanzarote has relied on fishing for centuries, and the nautical styles of the sailors' barrios are evident everywhere. Just take a look at the little boats bobbing on the Charco de San Ginés or other fishing harbours and let the jaunty colours and bold

combinations inspire you. Accessorise with nets, cork floats, interesting examples of driftwood and a seashell or two.

■ Colour and Shade

Lanzarote's official colour scheme – white homes with blue and green windows and doors – is inherently influenced by the sea, and offers you much greater leeway for improvisation that you think. In more sheltered areas you can do exactly what you like, but remember that beach style may be soothing, but it's rarely subtle. Also, never forget that shade is one of the most important parts of a beach exterior, and that certain colours and finishes, such as soft metallics can stand out even better out of the sunlight.



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Ultimate Adaptability



At this time of year, gardening on Lanzarote is mainly a question of keeping your plants well-watered and sheltered from the worst of the sun and scorching winds. Your garden needs to be adaptable, flexible and prepared for the worst. Here are three ideas that can really help.

Mobility

For billions of years plants have adapted incredibly to whatever challenges the environment throws at them. But none of them have developed legs yet.

The firm-rooted nature of plants means that they stay where you planted them, and if that place is too hot, too windy or too shady, they'll suffer.

The only solution is to move them into a more suitable place, and that's only possible if they're mobile in

the first place. You can buy ornamental wooden carts and trolleys that allow you to wheel your plants around, but for most gardeners the answer to mobility is containers.

And here on Lanzarote is the perfect place for container gardening, with a huge range of attractive pots, urns and barrels available for you to fill with greenery and bright colours. Obviously, the larger the container, the more difficult it's going to be to move, but a small goods trolley or even an old skateboard can be extremely helpful even with larger containers.

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For most of the year you probably won't think of moving your containers, but in the summer you may find that shifting them to a shadier position will save their lives. If you're going away, it's also a good idea to get as many of your containers indoors as possible.

Layers

One of the differences between imaginative, beautiful gardens and dull ones is the use of three-dimensional space. A truly beautiful garden will offer layers, tiers and banks of greenery that vastly increase decorative and planting options. But more importantly for Lanzarote, layers also provide shade and protection.

Vertical gardening is currently hugely popular, with many modern gardeners upending a wooden pallette, filling it with soil or compost and transplanting herbs and flowers into the spaces between the slats. The vertical container itself acts as a windbreak, and the upper plants offer shade and even wind protection for those lying below. As a bonus, the more vertical your garden, the easier it will be to water.

Creating a tiered, layered or vertical garden will,



of course, take a bit more planning than the usual bed, but it will pay off in terms of visual appeal and the creation of special habitats for your plants.

Shelter

Wind is the main enemy of plants here on Lanzarote. Hang out your washing on a breezy day and you'll soon find out why – it strips moisture from vulnerable

leaves in a matter of minutes. So keep your most delicate plants close to home, or ensure they're protected by artificial or natural windbreaks. Larger, overhanging trees or shrubs are perfect.

Shade is also vital for all but the hardiest plants, allowing them to recuperate from long periods in the sunlight. Shade is hard to come by on Lanzarote, so it's another reason to fill your shady transition area that lies between indoors and outdoors with greenery.



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FOOTBALL

FAREWELL TO ADOLFO PÉREZ & ROSMEN



Rosmen is raised aloft by his team mates

U.D. Lanzarote fell short in their attempt for promotion to Segunda B (league 1), writes *Ian Lane*. All the optimism at the beginning of the season, when fans believed the team could improve on their second place finish for two consecutive seasons, faded early.

Manager Adolfo Pérez had made it clear that this would be his last year in charge after five years as club manager finishing 12th, 12th, 2nd, 2nd and this season once again 12th.

Adolfo took over at the club when it was in turmoil and heavily in debt. He steadied the ship and incredibly went on a 43 home game undefeated run, making our home ground a fortress for over two seasons. Twice he led his side to the playoffs looking for promotion to Spain's Bronze league but it wasn't meant to be.

This season Adolfo will be the first to accept responsibility that the league's best-supported club in the Tercera (fourth tier) Division has failed. During those five years in charge Adolfo has constantly praised the foreign fans and there is no doubt that he has helped progress the club enormously. Adolfo will be seeking pastures new but I wouldn't be surprised if he were to return in a few years.

Another player to leave is the club captain Rosmen after 13 years, 250 appearances and just over 100 goals: Now, at 36 years of age, he has decided to call it a day.

Not only are all Lanzarote's female fans going to be devastated, but this man has an incredible work ethic and every footballer he has ever played with shows him the utmost respect. He is a true gentleman who also works with children who have been abandoned.

The Lanzarote captain will leave the club as one of the most popular players ever. His blood line is Lanzarote so I do hope that he will stay involved in the club in some way.

There will be plenty of changes during the summer and the squad will return to train in July with the first friendly matches to be played late July early August. Fixtures are normally released in early August as are the season tickets. Prices are expected to remain at 60 Euros adults, 35 Euros pensioners and all children 15 years and under will be admitted for free.

For any more info come and see Ian and Lanzarote midfielder Brad at Teguisse Sunday market or Friday Puerto Del Carmen market both between 9am to 2pm. All info, season tickets (when available) and club replica shirts and other merchandise will be available.

CRICKET

GJ Estates Lanzarote Cricket League

Report by Macca Hyne

The league season kicked off this year with last year's winners St Georges playing the newly-formed Khalsa.

St Georges won the toss and put Khalsa in to bat. A decent partnership from David Leibrandt (43) and Ruble Singh (45) rallied the total to 92-2 at drinks. Neill French (5-22 from 6 overs) delivered a devastating spell from the stand end leaving Khalsa with a total of 154.

St Georges opened up scoring freely. David Smith (24) and Adam French (68*) continued scoring before Smith was caught at 86-2 just after drinks. St Georges were left requiring 7 to win from the last over. French hit the first ball for 6 and scored the final run with two balls to spare.

The second game was between LCC and Cobras with LCC first to bat. The innings never really got going with regular wickets falling throughout to a total of 133.

In reply, the Cobras scored at a steady 6 per over. Seeing the remainder through was the other opener, Sachin Jaswal (75*) with Gill Singh (20*). The Cobras ended up knocking off the 134-1 in 18 overs.

The third game was the Cobras playing Khalsa where Khalsa elected to bat. The scoring got off to a flyer with Surender Singh (62) and Lai Singh (58) throwing hands through most balls, reaching drinks at 183-0. The score pushed along until the maximum of 35 overs had been reached with Khalsa on 312-4. Cobras started reasonably well before Sachin Jaswal (25) was caught. Two more wickets left the Cobras short of batting and short on runs as they accumulated 217-7 from their allotted overs.

The fourth and final game between St Georges and LCC saw LCC bat first and wickets begin tumbling to 16-4. A superb bowling display from Peter Starmer (3-30 from 7 overs) reduced the LCC to 46-7. Ultimately the LCC were only able to set a target of 113. In reply, St Georges got off to a quick start with Mike McDermott (21) hitting the third ball of the innings for 6 but shortly after both openers were out with the score at 33-2. Steve Elsdon (32) provided some useful runs and Adam French (16*) saw the innings through. St Georges scored 114-6 in 19.3 overs.

Would you like to be involved with cricket? Player? Umpire? Scorer? Spectator? Check out our Facebook (LCA Lanzarote Cricket Association) or contact Jack Talbot on jactalbot6@gmail.com.

RUGBY

THE FUTURE LOOKS BRIGHT!

Iain Kerr reviews the rugby season on Lanzarote.



Lanzarote Rugby Club came back into the fray after a year's absence from the Canarian League, filled with enthusiasm and the exuberance of youth.

Dull it was not, with some heavy defeats interspersed with some fantastic victories but the high point of the season, paradoxically, came in the last-minute 10-15 home defeat to Club Las Palmas. Despite the loss, the Conejeros put together an outstanding 80 minutes, with youngsters such as Jim, Yusef, Victor, Manolo and Arhamis coming on in

leaps and bounds, with a few old heads (Nico, Julio, Maki et al) guiding them. The future looks bright.

The juniors, boys and girls, also got a taste of Canarian rugby in April, heading over to Adeje in Tenerife to represent Lanzarote and performing fantastically. They brought home the trophy for best sportsmanship as well as some wonderful memories. Many thanks to Ian Rens and Nigel for all their hard work this season.

As always, the season's finale came in the form of the Lanzarote Beach Rugby Tournament, now in its 7th year. This year it was held in Puerto del Carmen, with sides from Lanzarote, Las Palmas, Acton (Nomads) and Thatcham all taking part in a fun-packed afternoon.

The eventual winners, Thatcham Thin Lads, were helped in their celebrations by all. A huge thank-you to all those who helped and came down, in particular Rens "Fingered" and Leroy "Falcon", and, of course, the Ayuntamiento of Tias.

Anyone who wants to get involved with the club in any capacity can contact Iain Kerr on 630 817 234.

Photo: James Mitchell.



Club
La Santa

Volcano Triathlon a success

There were familiar faces on the podium of the 34th edition of the Club La Santa Volcano Triathlon as the 2014 male winner, Romain Guillaume (FRA), and the UK's defending female champion, Alice Hector, both won again in scorching conditions in and around Club La Santa, Lanzarote. The sun and heat took its toll on the 400 participants completing a 1.5 km Club La Santa lagoon swim, 40 km bike course and a 10 km run course in and around Club La Santa.

Martijn Dekker (NL) finished 2nd and Colin Norris (GBR) finished 3rd in the mens' race, while two Spaniards rounded out the podium in the womens' race, Sara Pérez Sala in 2nd and Delioma Gonzalez coming 3rd.

Volcano Triathlon, organised each year by Club La Santa, is the oldest international triathlon in Spain and has had many world champions competing over the years.



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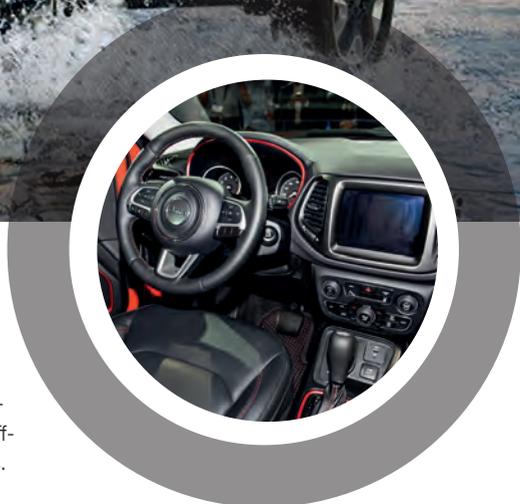
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problems that dogged the original model, and early reports indicate that it has more than done so. With design based on the larger Cherokee and the same engine as the smaller Renegade, the new Compass comes in two- and four-wheel models, with the dedicated off-road Trailhawk available for serious rough riders.

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BAMBOO WAGON

Bamboo is the latest material that could be used in car manufacture, after Ford have discovered that the wood is tougher than many other materials. Ford has been working on car coverings made from a blend of bamboo and plastic, and have discovered that it performs comprehensively better than other synthetic materials. Light, flexible and heat resistant, bamboo could offer a sustainable future for motoring. Bamboo is also fast-growing and common in far Eastern countries.

Bamboo is just the latest bright idea the motor industry has come up with. Ford, for example, have already pioneered the use of recycled plastic bottles in the flooring of the Transit and C-Max.



BABY ON BOARD

Irish student Luke Wallis has won the Mary Ward prize for road safety after writing an essay highlighting road safety for pregnant women.

The Mary Ward prize is named after the first victim of a fatal car accident in the world, which took

place in County Offaly in 1869. Wallis's essay points out that road accidents are the main cause of death for both mothers and unborn children, and accidents peak between weeks 13 and 126 of pregnancy.

The essay points out that speed is the main factor in fatalities, but also recommends that seat belts be used correctly and car seats repositioned to avoid damage to unborn children in case of airbag deployment.

SPEEDING CRACKDOWN

Over 31,000 drivers were fined for speeding in just one week in Spain following Easter, according to the Traffic Department (DGT), part of the national ministry of public works and infrastructure.

Between Monday, April 17 and Sunday, April 23, Guardia Civil traffic police set up speed traps on secondary roads and motorways, and report that around one in 20 drivers was over the limit.

More speed merchants were caught on secondary roads – 5.6% of the total – than on motorways, where 4.9% of the total were pulled over.

Speed cameras have also been increased on Lanzarote, with Guardia Civil checkpoints published on DGT's website, while local police checkpoints are usually published on the Ayuntamiento website. Teguiase has been one of the more active local authorities in this regard, following a number of serious accidents in the municipality.

Breaking the speed limit is considered a 'serious or very serious' offence and fines can range between €100 and €600, although in the case of the lower end of the fine scale, those paid quickly and before a set deadline are typically reduced to half.



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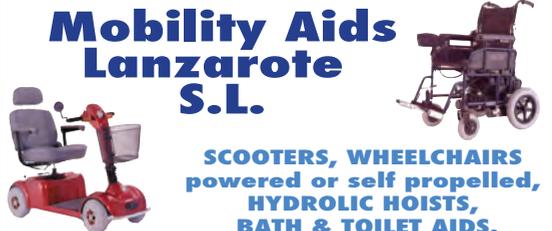
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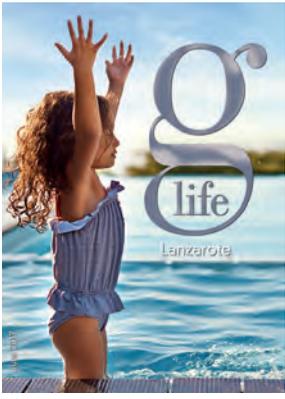
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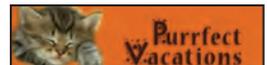
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Tide Table

June 2017

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
First Quarter 1 Moon	L: 01:22 H: 07:37 L: 13:42 H: 19:59	0.7 2.0 0.9 2.2	Last Quarter 17 Moon	L: 01:19 H: 07:33 L: 13:40 H: 19:56	0.8 2.0 0.9 2.2
2	L: 02:34 H: 08:52 L: 14:58 H: 21:12	0.8 2.0 1.0 2.1	18	L: 02:26 H: 08:42 L: 14:52 H: 21:06	0.8 2.1 0.9 2.2
3	L: 03:44 H: 10:01 L: 16:07 H: 22:18	0.8 2.0 0.9 2.2	19	L: 03:33 H: 09:50 L: 16:02 H: 22:13	0.7 2.2 0.8 2.3
4	L: 04:43 H: 10:57 L: 17:05 H: 23:13	0.7 2.1 0.8 2.2	20	L: 04:36 H: 10:51 L: 17:04 H: 23:14	0.6 2.4 0.6 2.5
5	L: 05:32 H: 11:44 L: 17:53 H: 23:58	0.7 2.2 0.7 2.3	21	L: 05:33 H: 11:47 L: 18:02	0.4 2.6 0.4
6	L: 06:13 H: 12:23 L: 18:34	0.6 2.3 0.6	22	H: 00:10 L: 06:25 H: 12:38 L: 18:54	2.6 0.3 2.7 0.2
7	H: 00:38 L: 06:49 H: 12:59 L: 19:11	2.3 0.5 2.4 0.5	23	H: 01:03 L: 07:14 H: 13:27 L: 19:44	2.7 0.2 2.9 0.1
8	H: 01:15 L: 07:23 H: 13:33 L: 19:46	2.4 0.5 2.5 0.5	New 24 Moon	H: 01:53 L: 08:02 H: 14:14 L: 20:33	2.8 0.1 3.0 0.1
Full 9 Moon	H: 01:50 L: 07:57 H: 14:06 L: 20:21	2.4 0.5 2.6 0.4	25	H: 02:41 L: 08:49 H: 15:01 L: 21:21	2.8 0.2 3.0 0.1
10	H: 02:24 L: 08:29 H: 14:39 L: 20:55	2.4 0.5 2.6 0.4	26	H: 03:29 L: 09:35 H: 15:48 L: 22:10	2.7 0.2 2.9 0.2
11	H: 02:59 L: 09:03 H: 15:13 L: 21:30	2.4 0.5 2.6 0.5	27	H: 04:18 L: 10:23 H: 16:36 L: 22:59	2.6 0.4 2.8 0.3
12	H: 03:34 L: 09:37 H: 15:48 L: 22:06	2.3 0.6 2.5 0.5	28	H: 05:08 L: 11:12 H: 17:26 L: 23:51	2.4 0.5 2.6 0.5
13	H: 04:10 L: 10:13 H: 16:25 L: 22:45	2.3 0.6 2.4 0.6	29	H: 06:01 L: 12:05 H: 18:19	2.3 0.7 2.4
14	H: 04:50 L: 10:53 H: 17:06 L: 23:29	2.2 0.7 2.4 0.7	30	L: 00:47 H: 06:59 L: 13:03 H: 19:18	0.7 2.1 0.9 2.3
15	H: 05:36 L: 11:39 H: 17:53	2.1 0.8 2.3			
16	L: 00:20 H: 06:29 L: 12:34 H: 18:50	0.7 2.0 0.9 2.2			

H=High
L=Low

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HOROSCOPES

June 2017

By Clairvoyant Shona Langholm

♋ Cancer 21 Jun to 22 Jul

A surprise revelation hits you like a ton of bricks this month. How you respond will depend on your open-mindedness and your sense of humour. You'll find yourself appreciating someone you once dismissed – who know where it could lead?

♈ Aries 21 March to 19 Apr

Say what you think, Aries. Honesty counts, and sometimes it's better to risk putting your foot in your mouth than put a sock in it. A lesson you've learned recently will stand you in good stead. Romance brightens the weekends and health-wise you're in fine fettle, so enjoy the simple things in life.

♉ Taurus 20 Apr to 20 May

Sophisticated and civilized pleasures bring a lot of joy this month. Time spent with family will also bring deep fulfillment. Changes in the workplace mean there could be exciting new opportunities for you. Bide your time but be ready to pounce when the moment arrives.

♊ Gemini 21 May to 20 June

Someone else's poor decision-making will waste a lot of your time this month, but blame won't improve anything. Be supportive and do what has to be done. A family member's ideas will provide food for thought. Cancelled

plans leave you with some free time to do whatever you please.

♌ Leo 23 Jul to 22 Aug

A strange coincidence early in the month will make you look at life in a different way. A weekend getaway should recharge your batteries. A close friend keeps you on your toes towards the month's end. Patience will be required, but the benefits will be well worth waiting for.

♍ Virgo 23 Aug to 22 Sept

Your sense of humour may not be appreciated by everybody, but those that count love it, and your quick wit will be welcomed this month. Unexpected red tape may complicate a simple project. A romantic relationship needs some nurturing. Make the effort to do something special with someone special.

♎ Libra 23 Sep to 22 Oct

An opportunity for financial gain will seem to come out of nowhere. Before you make a change, take a good look at your long-term goals. Use your insight to better understand a friend's behaviour. You'll see that everything is not as it seems on the surface.

♏ Scorpio 23 Oct to 21 Nov

An unjust situation will cause frenzied discussion this month. Your level-headed assessment could make a difference. A restless mood could interfere with your productivity at work later in the month. Just take a break and let it all hang out for a while.

♐ Sagittarius 22 Nov to 21 Dec

You'll pass a test with flying colours early in the month. Reinforcing family ties will bring fun and pleasure. Make sure your summer is well planned, as you'll have a lot on your plate. Go clothes shopping to ensure you look at your best as summer starts.

♑ Capricorn 22 Dec to 19 Jan

It's time to get involved with a problem at work. Make a stand and let others know your feelings. A vivid dream early in the month may provide clues to something that's been troubling you or stir old memories that you may wish to rekindle. Meditation helps you focus.

♒ Aquarius 20 Jan to 18 Feb

A confusing relationship needs to be clarified. With patience and understanding you should find a way. Keep an open mind. If you've been putting off an important project, now's the time to dive right in.

♓ Pisces 19 Feb to 20 Mar

Innovative thinking helps you work out a way to streamline your workflow. Share your ideas with workmates so you can all feel the benefit. You may have to bid farewell to someone close to you, but a new relationship promises to enrich your life. Stay positive and avoid petty gossip.

PRISCILLA BROOS & LAURA

PARADA SILVA

Laura and Priscilla with their trusty Toyota



Priscilla Broos (36) is a Lanzarote schoolteacher and Laura Parada Silva (24) is an environmental studies student: But last month, these two intrepid ladies became the first women participants in the Cup 180 extreme trial – a gruelling five day challenge through the most challenging terrain Morocco has to offer.

■ **Welcome home, Priscilla and Laura. Was this your first time on an extreme trial race?**

Priscilla: It was my first time in a 4X4! Laura and I knew each other before, but we'd never driven together. I wanted to do the driving, and I also took care of the mechanical side of things.

Laura: I didn't mind being navigator – I use maps and GPS systems on my course, so that was what I did.

■ **Can you tell us a bit about the race?**

Priscilla: It's around 2,000 kilometres of hard driving, spread over five days. The terrain varies from sand dunes to mountains and lush river areas. I never knew the interior of Morocco could be so green.

Laura: Our aim was to finish each stage with the car -and ourselves – all in one piece. And we succeeded!

■ **Any problems along the way?**

Priscilla: With ten hours driving a day, and three sub-trials every day, I honestly thought I'd find it tougher than I did. The first day was pretty tough, but it got easier after that.

Laura: We got on together really well. There was a lot of adrenalin during the race, and it's still not quite worn off yet.

■ **What did you eat and drink along the way?**

Priscilla: We drank a lot of water and kept our energy levels up with dried fruit and nuts. There's no shortage of those in Morocco, but we brought ours from Lanzarote.

■ **Did you meet your goals before the race?**

Laura: Our aim was to complete each stage without breaking the car, and we did that. We came 16th out of 20 teams overall.

■ **What was the reception like from the rest of the competitors, who were all male?**

Priscilla: At first I had the impression they were going "Ah, look. What are these Canarian girls doing here" and didn't really take us seriously until they saw us kitting

out the Toyota and preparing for the race. But once they realised we were taking part, they couldn't have been more supportive.

Laura: At the final stage everybody was waiting for us and cheering us over the line. It was a real party atmosphere. Also, the wives and girlfriends of the other drivers were asking them to send photos of us – we had a bit of a fan club.

“ We fulfilled all of our goals. ”

■ **Would you like to do it again?**

Priscilla: I'd love to!

Laura: Next time we'll know what changes to make so we can perform even better.

Priscilla and Laura, and their press secretary Sergio Betancort, would like to thank the Ayuntamiento of Arrecife, Kalos Fusión, Toyota Lanzarote, Traquina Producciones, Pizzeria Rest. La Cantosa, Ivimach Lanzarote and the Naviera OPDR for their support in the Cup 180.

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