

Q life



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Editor's Letter



At the funeral of the irreplaceable Juan Brito (see page 22) last month, Juan's son Pedro commented on the chilly weather, telling the packed chapel that "If he'd known it was going to be this cold, my father wouldn't have come."

There are probably a few holiday-makers who've felt the same, as Lanzarote suffered its coldest winter for many years. But, although we all love complaining about the weather, there have been few days when the sun hasn't broken through, nothing approaching the icy conditions further north.

I've managed to take a couple of bracing dips in the sea, and I even got a bit of sunburn while having lunch on a terrace in Arrecife surrounded by giant flies, Mexican bandits, Baywatch babes, Wonder Woman and the Puppy Patrol (it was a carnival thing).

I suspect that, while some tourists have been disappointed, many others will have taken advantage of the weather to discover more of the island beyond sun

and sea. It may not be sunbathing weather, but it's perfect for hiking up a volcano or getting lost in the backstreets of a local town.

And, of course, the heat and excitement of carnival will keep plenty of people warm well into March, with St Patricks Day following close on its heels. This has turned into a fine event, with the Old Town becoming a sea of green. In this issue we look at the burning global issue of plastic waste, and how Lanzarote is trying to tackle the problem, but on March 17th the Irish will celebrate along with plastic paddies galore. Because that's what we do best here.

A look at our What's On pages will show that there are many more events going on in a month that promises to be buzzing. Winter's almost over – at the end of the month, the clocks go forward and Lanzarote will look forward to another scorching summer - so make the most of it while you can.

The Editor

Marching on

March 2018 Highlights



April Advertising Deadline: 15th March 2018 - Contact us on 928 515 860



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Published By
OLVEN TRADE S.L.

Calle Toscón S/N.
C.C. Montaña Tropical
Units 30 to 32 - 35510
Puerto del Carmen -Lanzarote

Cif: B- 66404690
DEPOSITO LEGAL: GC 786-2015

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life Brief

The Mayor of Yaiza, Gladys Acuña, resigned last month after being convicted of planning offences and abuse of public office in the Stratvs Case.

Acuña also resigned her post as councillor in Yaiza Ayuntamiento, but stated that she intended to continue as a deputy in the Canarian Government. She announced that she would appeal against her conviction with the “strong objective of establishing my innocence.”

Acuña was not the only Yaiza official to be convicted. José Antonio Rodríguez, who held the position of Councillor for health, social services, industry, housing and water supply in Yaiza also resigned all

“ I will appeal my conviction with a strong objective of establishing my innocence.”

of his posts. Rodríguez was Yaiza’s planning chief at the time of the offences.

The Canarian Supreme Court ruled that Acuña, Rodríguez and six other ex-officials in Yaiza were guilty of acting illegally in granting licences to Bodega Stratvs. The owner of Stratvs, Juan Francisco Rosa, was acquitted.

One of the ex-officials who was convicted, Vicente



Gladys Acuña

Bartolomé Fuentes, has caused controversy in Gran Canaria after being appointed as management consultant in that island’s Cabildo. Bartolomé Fuentes has been barred from public office for a total of 40 years in various corruption cases, but it turns out that the rules only prohibit officials from occupying the same post that they occupied when barred.

Gladys Acuña was a member of the PIL (Lanzarote Independence Party) before it collapsed under the weight of corruption allegations. Hugely popular with locals in Yaiza, she formed her own party, United for Yaiza, before the 2015 elections, winning 8 of the 17 available seats.



Fernando Clavijo

“Corruption is non-existent in the Canaries”

The Canarian President, Fernando Clavijo, recently claimed that “corruption is non-existent in the Canaries” after being questioned in parliament.

Clavijo was responding to Podemos deputy Noemi Santana, who had asked him to comment on recent figures released by Spain’s General Judicial Council that show that in 2017 the Canaries is the Spanish region with the most politicians on trial for corruption charges. Santana joked that Netflix was considering a sequel to *Corrupción en Miami* (the Spanish title for *Miami Vice*) called *Corruption in Canaries*.

Clavijo responded angrily, accusing Santana of “a joke in bad taste about the non-existent corruption in the Canaries” and told Santana to learn the difference between being on trial and being convicted.


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March 2018

Begin preparing paperwork for annual income tax. Last month for Asset Report.



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Brexit rights Judgement



The British expats claiming their rights in the Netherlands

"Does Brexit mean that Britons automatically lose their European citizenship or do they maintain their rights, and if so, under what conditions?" This is the question that the European Court of

citizens. Ironically, the UK may be the only place where the ruling does not apply if hardline Brexiters succeed in their aim to eliminate the role of the ECJ from British justice systems.

Justice will address in a case that will have profound implications for all British expats. Five British residents in the Netherlands have claimed that expats have independent rights as EU citizens, over and above being citizens of any specific EU member country and therefore their legal rights should remain after Brexit. The Dutch Supreme Court has referred the case to the ECJ for judgment.

The verdict is likely to affect the status of all British expats, and may even extend to all British

Oil Row Continues

The Unidos Podemos party has appealed to the European Commission to clarify the legality of Italian oil prospections that are taking place in waters between the Canaries and the African coast, and have been approved by Morocco.

MEP Estefanía Torres has asked Brussels to comment on the environmental impact of the drilling; and also whether Morocco has the right to drill in waters that are partly claimed by Western Sahara. Torres claims that the ECJ has repeatedly ruled that any agreement with European nations involving Saharan waters are illegal.

The appeal follows statements by Spanish Foreign Minister Alfonso Dastís, who said "There was no place for objections" to the Moroccan plans. "Morocco's development and prosperity are legitimate goals that we should respect and support," he told the Spanish congress.

Women of the Year

Costa Teguse's Rotary Club has elected representatives of the chambermaids' campaign group Las Kellys and women's association Mararía as their Women of the Year.

Las Kellys have carried out an effective, high-profile campaign against low wages and abuse of workers' rights in the hotel sector on Lanzarote, while Mararía was complimented for its project for sheltered accommodation for victims of domestic abuse with children.

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General Knowledge Fail

Can you name a Spanish river, painter and writer? Do you know what the Spanish Constitution is? Do you know how many autonomous communities Spain consists of?

Four Moroccan residents on Lanzarote were recently refused Spanish nationality for not knowing the answers to these and other questions. A national court also highlighted that "it was impossible to conduct an interview in Spanish" with the applicants, despite their having been on Lanzarote for over ten years.

The language and Spanish general knowledge tests need to be passed by any foreign resident who wishes to become a Spanish citizen.

The Living Dead



A float based on the film "Coco", about the Mexican Day of the Dead won the first prize at this year's Arrecife carnival. The float featured a demon's face, a guitar-playing skeleton and was surrounded by dozens of ghoulish skeleton dancers.

Leaky Marquee

Arrecife's councillor for fiestas has been publicly criticised for giving the go ahead to a carnival contest in the Recinto Ferial marquee during heavy rains.

The marquee area was only ever meant to be a temporary measure, but has now been standing for over ten years. Its poor state of repair was made public during the murgas contest in early February, which took place on a day with frequent heavy showers.

The water collected on the roof of the marquee, and inundated several spectators within. As electrical equipment had been set up for lighting and sound, there was also serious risk of hazard to the audience.

David Duarte, the event organiser, was publicly criticised in a council meeting. Responding he announced that the business which owns the marquee may face legal action and fines.

Bars Galore

There is now a bar or restaurant for every 51 Lanzarote residents, recent figures reveal.

The overall amount of bars and restaurants on the island has risen by 78 to 2,832 in the last year, according to the Cabildo's Information Centre.

Not surprisingly Tías, which contains Puerto del Carmen, had the highest concentration of bars and restaurants – 1,039, which means that there is one for every 11 residents of the municipality.

Arrecife has the second highest amount of eateries, although there is only one for every 100 people who live in the capital.

Teide in White

This year's cold winter may have spoilt a few holidays, but it's also created an unforgettable image - Mount Teide on Tenerife wreathed in white.

At 3,718 metres Teide is the highest mountain in Spain, and also the highest in the entire Atlantic. It's highest peak is often topped with snow in winter, but this year the whole mountain bore a snowy gown.

Teide is believed to have been worshipped by the ancient natives of the Canary islands, and the white in Tenerife's blue and white saltire flag represents the snow on its mighty volcano.

Tías against Windfarms

Tías municipality has announced that it will be presenting "unfavourable" environmental reports to the Canarian government in an attempt to stop the installation of wind turbines in a zone between Puerto del Carmen and Tías.

Around 50 locals who will be affected by the decision attended a public meeting last month, where they were advised to present "a battery of individual complaints" by council members.

The Cabildo has also voted against the windfarms, which the Satocan company plans to install on publicly-appropriated land.

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G Island life



Good luck, Ciara

Ciara Micks, the 15 year-old Limerick girl who suffers from the rare and painful condition EDS, finally has a date for the double operation that will offer her the chance of life. She will fly to Barcelona on 2nd March, where one of just three specialist surgical teams in the world will perform a 12-hour cervical fusion operation on the 8th.

This is something that no teenager should go

through, but although Ciara is scared, she knows that the operation offers her the only chance of a future.

Ciara will remain in Barcelona for at least six weeks after the operation, for observation and physiotherapy.

A fund-raising event at the Good Old Days in Puerto del Carmen recently brought in another €900 for Ciara's campaign, which has now raised over €75,000 from various events in Ireland, Scotland and Lanzarote.

However, the campaign continues, with more events planned. Watch the Facebook page "Supporting Ciara's Fight For Life" for updates and details. If you'd like to make a donation but can't make any of the events, you can find out more about Ciara and the campaign at gofundme/ciaraeds

Ciara's family and many friends once again thank everyone who has hosted events, offered prizes and supported the campaign from the bottom of their hearts.

A Good Life

Carmine George Torlo died suddenly yet peacefully after celebrating his 76th birthday with his loved ones. Born in Italy, Carmine had a passion and love for travel, culture and life. He loved to escape and, as an Italian, the island of Capri was his favourite place to be, closely followed by Lanzarote. He loved to walk along the beaches, enjoy sea views with the sun on his face, and could often be found heading off with our magazine tucked under his arm for an espresso.

He was wonderful family man. Home was where he was happiest and where his heart was, wrapped in the love, care and the comfort of his wife Monica and daughters Charlotte and Alexa. In later life his family grew and his daughters married fine men, but his greatest joy was without doubt the happiness in the faces of his grandchildren, Florence, Beatrix, Sam and Casper.

Carmine leaves a trove full of treasured memories that will last a lifetime. He will be terribly missed by all who knew and loved him.

RIP Carmine George Torlo X



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Goodbye, Dominic Murray

Dominic Murray, the British artist who set up the Cabra Cabra Art Gallery in Tegui, died of a heart attack on Tuesday 13th February. He was 58.

Dominic moved to Lanzarote in 2003, after a successful career as a costume and set designer in London, where he worked with the BBC and on West End theatre productions. On Lanzarote his gallery soon became a fixture in Tegui, with Dominic's pop-art inspired, hyper-realistic paintings proving highly popular with visitors and locals.

In a recent interview, Dominic claimed he had fallen in love with Lanzarote at an early age, after seeing Raquel Welch running into the sea in the film

One Million Years BC. When he finally arrived on the island and saw the waves, he thought "I've been here before, I've seen this before."



Votes for life

The UK government has restated its commitment to ending the current 15 year time limit on British expats registering as overseas electors.

The change will mean millions of UK citizens overseas will be eligible to register to vote. British expats – under existing laws – have the lowest level of voter registration of any group.

Minister for the Constitution Chloe Smith said: "It is right that we should remove the 15-year time limit on voting rights of British citizens living overseas and allow those who previously lived in the UK the chance to participate in our democracy. Expats retain strong links with the United Kingdom: they may have family here, and indeed they may plan to return here in the future."

Votes for life were promised in David Cameron's 2015 manifesto, but not introduced in time for expats to participate in the EU referendum or the 2017 snap election. Despite the government's recent affirmation, a legislative timetable is still awaited.

Posh Frocks at Easter!

The SARA Market Volunteer Group invite everyone to come to their next Posh 'clobber' Sale and support the animals in the SARA animal shelter, on Easter Saturday in Costa Tegui.

There'll be good quality clothes for him and her, shoes, accessories, watches, china figurines, crystal and more, as well as a bargain rail, all from the donated items you wonderful people give to support this vital animal charity.

There'll also be home-made Easter cake and seasonal sangria (well why not!) to sustain you while you shop.

The sale will take place at the

Crossroads Bar (Los Gurrupitos Complex) Calle Los Crotos, Costa Tegui on Saturday 31st March 11.00am - 2pm. All proceeds to SARA Protectora Animal Shelter.

The group say "We couldn't do these sales without the generous support of the bars and restaurants that give us their space at no cost. Thank you all so much!"



Clocks Go Forward

Don't forget that the clocks go forward one hour at 1am on Sunday 28th March. The good news is that this means longer, lighter evenings and heralds the arrival of warmer, weather, sunshine, fun, happiness and pleasure. The bad news is that you get a hour's less sleep.

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g Europe

life



■ Course you can't

French President Emmanuel Macron has refused requests by Corsican politicians to classify their language as an official language of France.

Macron denied the request on a recent visit to Corsica, whose nationalist movement recently made electoral gains and is now demanding greater recognition and autonomy.

France has only one official language, although almost five million French citizens speak various regional languages or dialects as their mother tongue. However, a law in 2008 has permitted the recognition of regional languages, although none of these have been as officially recognised as Galician, Catalan and Basque in Spain.



■ Cat Cuts

Belgium will become the first nation to enforce the sterilisation of cats, following new laws that are planned to come into operation in 2020.

There are two million cats in Belgium, with 30,000 animals abandoned each year, of which half are euthanised. Fed up with the pressure on animal shelters, Belgium has decided to introduce strict new laws ensuring that all cats are spayed or neutered.

The law will apply to all cats over six months old, or which have been in the country for more than 30 days, and €50 fines will be levied on owners who fail to comply. However, there is still uncertainty over how the law will be enforced – currently less than 1% of Belgian cats have been chipped and registered on the compulsory database.

■ Jobs for the boys

An employment agency in Spain shut down its website after a discriminatory reply to a job application from 26 year-old Carla Forcada

“Thanks for your CV, but we’re looking for a guy because we’re working on the Carglass and Coca Cola accounts and, believe me, it takes a man to deal with the pace, the visits, to know about production etc. Good luck!”

After Carla posted the response on social media, Coca Cola announced it would no longer work with Impulsa Comunicacion, while Carglass apologised to Ms Forcada.

■ Italy votes

Italy goes to the polls this month for an election that promises to deliver no outright leader.

The Rosatellum law will apply for the first time, and is a measure that makes coalition governments even more likely than outright majorities.

Beppe Grillo's 5 Star party are likely to win most votes, but their strict refusal to pact with other parties means that other alliances may prevail if a 40% level is not reached. Among the other parties in the running are current PM Matteo Renzi's Democratic Party; the left-wing Free and Equal party; Forza Italia and two hard-right parties, the Northern League and Brothers of Italy.



Forza Italia are currently third in the polls despite not having a leader – founder Silvio Berlusconi is forbidden from running after a tax conviction.



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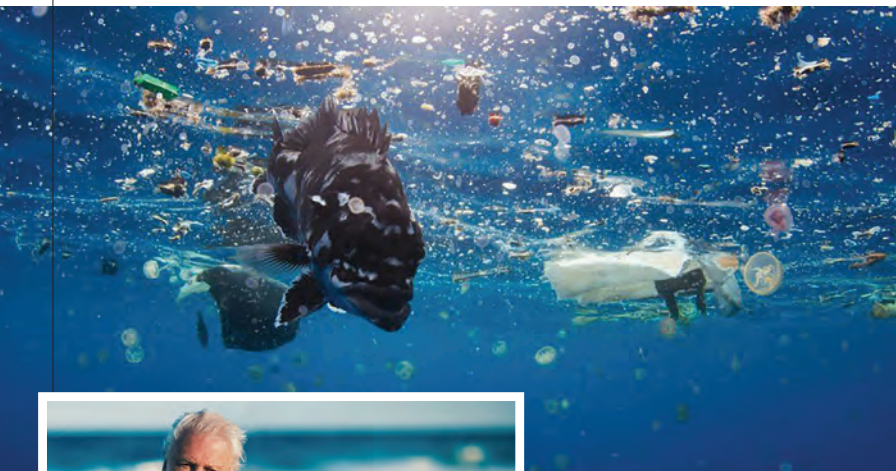
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Plastic WATCH



Plastic waste in our oceans has become a burning issue since the BBC's amazing TV series Blue Planet 2 highlighted the problem last year. But Sir David Attenborough's warning coincided with another wake-up call, as China announced it would stop importing plastic waste from the west. We look at how Lanzarote is tackling the problem.

oceanographer Juan Baztán conducted vital research into the extent of the microplastic problem on Lanzarote's coasts, discovering up to 100 grammes of plastic waste in random 50cm² samples on several beaches in Lanzarote. Baztán's field of study is microplastics - tiny particles of plastic that are the result of biodegradation, which can release toxins and heavy metals, and which are now found in the stomachs of billions of marine animals, as well as a surprising amount of humans.

The big event this year is MICRO2018, an international conference on microplastics that will take place in November. This follows the successful MICRO2016 conference, which placed Lanzarote on the map as a pioneering centre of microplastic research.

The ultimate aim of Agüita con el Plástico is "Zero Plastic", but there's still a long way to go before we reach that goal. Yolanda points out some of the paradoxes we see every day "Go to the supermarkets

and look at organic fruit and vegetables- which are supposed to be environmentally friendly – they'll all be wrapped in plastic." The campaign is working to find different ways to cut down on the use of plastics in packaging, and is currently receiving interest from one local chain.

All experts agree that cutting down on our individual plastic use is the key. While recycling is still important, China's decision to reject plastic waste has shocked western governments, who will now have to find someone else to deal with their plastic – or handle it themselves. This is likely to cost immense amounts of money.

Plastic was once the future – a magically adaptable material that transformed our lives. However, it now poses a very real threat to life on our planet. It's highly unlikely that we'll ever stop using it completely, but the current wisdom has to be: the less plastic the better.

With every tide more plastic waste washes up on the northern coast of Lanzarote. It is transported by prevailing winds and currents from Europe, from Morocco and from the busy shipping paths north of the island. A walk along any northern coast will soon reveal plastic bottles, bags, fishing nets, and a closer look will reveal countless smaller pieces of plastic on the shore.

The southern-facing beaches in the resorts are cleaner, but only because plastic is carried away further south, and on Lanzarote we certainly contribute to the overall amount of plastic in the oceans. However, there are plenty of people on the island who want to change that.

At Lanzarote's Cabildo, the Agüita con el Plástico (Take Care with Plastic) campaign celebrates its fifth year this month, and Ana Carrasco, with her team Yolanda and Yeyo, are dedicated to informing islanders about the problem, working to reduce plastic use and promote recycling, and finding out more about the effect of plastics on our oceans.

Agüita con el Plástico arose after the



YOU CAN MAKE A DIFFERENCE

- Stop buying and using disposable plastic items such as plastic glasses, plates and cutlery; disposable razors, drinking straws etc.
- Sit down for a coffee or a meal rather than take it away.
- Take a bag with you when shopping. Ask assistants to weigh fruit before putting it in a single bag
- Sort your waste and use your plastic recycling containers.
- Avoid cosmetics that contain plastics, such as exfoliants, toothpastes and wet wipes.
- Tidy up after yourself on the beach.

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FATE AND IMPACTS OF MICROPLASTICS: KNOWLEDGE, ACTIONS AND SOLUTIONS

**Cleaning
the Ocean**

Liz Motler and her partner Norman run Sea Safaris from Puerto Calero, taking tourists out into the seas off the southern coast of Lanzarote, where they regularly retrieve large amounts of plastic waste. We spoke to her about the problem:

THE BEACHES ON THE SOUTH ARE RELATIVELY CLEAN COMPARED TO THE NORTHERN COAST. IS PLASTIC A PROBLEM?

Yes. There's an awful lot of it out at sea. We bring in items of plastic all the time.

WHAT SORT OF WASTE IS IT? CAN YOU TELL WHERE IT COMES FROM?

There's commercial waste and fishing nets and lines, but most of what we found is normal litter such as plastic bottles and plastic bags. The type of rubbish seems to be seasonal – we find more footballs and lilos in August and September when the tourists are here.

WHAT ARE THE RISKS CAUSED BY THIS PLASTIC WASTE?

Turtles and whales mistake them for jellyfish or other foods and eat them. So do seabirds—there's a video available of a dead shearwater with several plastic bags in its stomach. We've rescued a turtle that couldn't swim because it was tangled in fishing line, I've photoed dolphins with plastic bags on their fins and I've seen dolphins playing with plastic bags and bottles.

Recently, we've heard reports of a mother Brydes whale with a calf. We're desperately hoping they'll be OK.

A turtle tangled in lines and nets is rescued and released



IF YOU WERE IN CHARGE OF THE ISLAND FOR A DAY, WHICH LAW WOULD YOU INTRODUCE?

A ban or stricter controls on plastic bags. Then bottles. Recycling's fine in theory, but the only way we're really going to tackle this problem is by not using as much plastic in the first place.



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Wet and Windy

Lanzarote suffered its coldest temperatures for 40 years in January and February, with high winds and rough seas causing disruption, and even a shower of hailstones that briefly gave the island a snow-sprinkled look.

On the morning of 31st January, the meteorological station at Lanzarote's airport registered a temperature of 8 degrees celsius, the lowest recorded since 1974. Inland, in high-lying areas such as Tias, even lower temperatures of 5 and 6 degrees were reported.

On 29th January, the landscape of La Geria was briefly wreathed in white after a shower of hail. It's the second time this has happened in the last year, and islanders rushed to take photos of the rare and magical sight.

More annoying was the duration of the cold spell, with Lanzarote registering average temperatures of around 12 degrees for at least two weeks. As is almost always the case, the sun broke through frequently, but was unable to warm up a windy, wet island much. Electric appliance shops reported a run on heaters, with many outlets selling out.

The weather will have come as a big disappointment to holiday makers looking for a



bit of winter sunshine, even though they had managed to escape from freezing fog, ice and snow in northern Europe. Householders are also likely to be affected by damp in the wet conditions. The positive side is that rains and winds have not yet been too strong to do serious damage, and farmers have welcomed the rainfall.

Those of us who live here may have complained about the rain and cold, but we all know exactly what's in store now. By the time you read this, the island's hills and volcanoes will be bursting into greenery, and there's likely to be a spectacular display of wild flowers in various parts of the island.

In addition, we also know that the nights are getting shorter, the clocks will go forward on March 25th and there's loads of sunshine just around the corner.



Rainy day activities

When the beach or the poolside are out of the question, here are some suggestions for rainy day activities

Tourist Centres

Timanfaya has its own special charm in the rain, as the hot volcanic lava causes plumes of steam to emerge. A rainy day is also perfect to go underground at Cueva de los Verdes.

Museums

Wine, aviation, folklore – there are several fascinating museums on the island. A rainy day is also a great day to explore César Manrique's two homes – the stunning Taro in Tahiche, and his final home and studio in Haria.

Get Wet

Rain doesn't matter when you're already soaking. Scuba diving, surfing, windsurfing or even just a brisk swim will get the adrenalin flowing.

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One Year to Brexit



Theresa May:
Fighting to control her party

Barring new developments, the United Kingdom is set to leave the European Union on March 29th, 2019. We look at what has been achieved in the year since the declaration of Article 50, and what lies in store for expats as the countdown approaches zero.



Hardline Brexiteer Jacob Rees-Mogg is favourite to replace Theresa May and the Prime Minister's weakness makes this a real possibility

In autumn this year, the UK will be expected to wrap up the final terms of its Brexit deal with the EU, whose chief negotiator Michel Barnier has placed a time limit of October 2018 on this aspect. The deal will then be submitted to both chambers of the UK parliament for approval, as well as the EU parliament in Brussels.

But if the last year has proven anything, it's that the process is likely to be far from smooth. Theresa May managed to reach agreement on the first stage of talks last December, but quite what Brexit will look like is still unclear.

For starters, there's the possibility of a transition period after March 2019, which Theresa May has advocated in order to allow businesses to prepare for the post-Brexit situation, and also to avoid

disrupting the plans of holiday-makers.

However, hardline leave supporters object to this, as it would mean the UK effectively remaining within the EU without having any say in its laws or decisions. Jacob Rees-Mogg, who is tipped by many to succeed Theresa May in any possible leadership bid, has described the UK in this situation as "a vassal state."

Secondly, as Rees-Mogg's prominence shows, there's the very real possibility of change in the UK's government. Theresa May's continued weakness raises the very real chance that more hardline Brexit supporters could try and dislodge her. Any such attempt could lead to open war within the Conservative party, and a radical change in Brexit policy.

Then there is the vote on the final deal, which is likely to be a tough sell for whoever's in charge of the Tories by autumn.

All these, and many more factors, mean that we are still no closer to knowing what exactly the post-Brexit scenario will mean for expats. Even the agreement arrived at in December was vague and subject to further clarification. For example: will expats be allowed to move freely within Europe or not, and if so, for how long?

The Spanish government has, so far, shown plenty of goodwill to its large British community, but many expats still feel let down by their own government. Worst of all, for those who wish to run businesses, move freely between countries, send their children to UK schools or universities and conduct many other normal activities, the future remains unclear.

A Mother's Day advertisement for Lanzarote wine. The background is a scenic view of a sunset over a body of water with mountains in the distance. In the foreground, there is a glass of white wine, a vase with a red flower, a woven basket, and a folded white cloth. The text "Mother's Day" is written in a large, white, cursive font. Below it, in a smaller, white, sans-serif font, is "TREAT HER TO A LANZAROTE WINE". At the bottom, there is a banner with the text "Enjoy in moderation" and "Se recomienda el consumo moderado de alcohol". Below this banner are logos for the European Union, the Spanish government, and the Lanzarote wine region. The website "www.dolanzarote.com" is also displayed.

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Talking Rubbish!

The Puntos Limpios (recycling centres) are a vital element of Lanzarote's waste management. We spoke to José Ramón Betancor Bonilla, manager of the Punto Limpio at Arrecife, about how the island deals with plastics and other waste.



José Ramón Betancor



Batteries



Tyres are 'a real problem'

What happens to the plastic waste that you receive?

It's all taken to Zonzamas recycling facility, where it's packaged up and transported to a waste management centre in Alicante, on the Spanish mainland.

Do you know what happens to it then?

That's the responsibility of the Spanish state. We're just one link in a chain that starts in everybody's home. We've recently heard that China has refused to take more plastic waste, and are waiting to see how this affects waste management in Spain.

"We're a link in a chain that starts in everybody's home."

What are the most polluting plastic items, do you think?

The heavy plastic wrapping that covers pallets of goods when they arrive on the island. Other plastics float, but these sink and cause all sorts of problems, not just with wildlife, but in fishing nets.

How many Puntos Limpios are there on Lanzarote?

Currently there are four: in Arrecife, in Tías, in Playa

Blanca and in Güime. We're expecting another to open in Costa Teguise later this year, and there are two more waiting to be approved in Haría and Tinajo.

It's not just plastic you accept, is it?

Not at all. We have large skips for building rubble, scrap metal, wood, old furniture and gardening waste. We take old fridges and electrical appliances, and there are special zones for tyres, aerosols, batteries, paint, toxic substances, vegetable oil, clothes, printer cartridges, X-ray sheets, neon lights, and of course glass, plastic and paper. The only thing we don't take is old medicaments – you need to take those to the hospital or your local health centre.

This Punto Limpio is surprisingly attractive for what's basically a rubbish dump.

We try and keep them looking smart, with plants and flowers on the grounds, and if we find a statue or an ornament in the waste, we



Toner Cartridges

might put it on display as well. There's no reason why these places have to be ugly, after all, our job is to clear up the island – and we also have to work here!

When are the Puntos Limpios open?

We're open from 8am to 6pm from Monday to Saturday and we also open on Sundays until 2pm. It's important that we're not just open in normal working hours, because working people need to find the time to come to us.

And they need to know you exist, too.

Absolutely. This is a free service for anyone on the island. We don't want to put out thousands of leaflets because that would only be adding to our job, but it's important that people know we're here and whatever waste problems you have, we can help.

“ Is it wise to keep your pension in the UK? ”

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Pension planning has always been an important part of financial planning and never more so than now. The pension industry's legislation is forever changing and everyone should review their options.

On top of this, we find ourselves in a transitional period where the UK are in negotiations with the EU, hoping to obtain the best BREXIT deal possible. This, as one would expect, raises lots of uncertainty and concerns about how UK pensions will be affected by BREXIT and equally, what impact this has on individuals who live overseas.

At Logic, we have seen an increasing number of clients living abroad opt to transfer their pension to an overseas, tax beneficial, jurisdiction. This has given them peace of mind that their pension will no longer be subject to unknown changes caused by BREXIT.

Most people will depend on a pension to provide them with their income in retirement. Their pension may come from the State, from a company sponsored pension scheme or from a private pension arrangement.

Governments around the world are increasing retirement ages and reducing the benefits that the state provides, so we all need to have the means to support ourselves. Furthermore, with our life expectancy increasing through breakthroughs in medication and education, our pension funds need to last longer than ever before.

It is not uncommon for people to lose track of their pensions over time, or even forget about them all together. If you want to maintain a certain level of lifestyle in retirement or have the option of retiring when you want to, it is vital you have a plan in place.

At Logic, we are able to carry out pension audits and reviews of existing schemes, whether your pension be based in the UK or overseas. We will explain what your options are in plain English, without the jargon, so that you can make informed decisions on how best to achieve your goals.

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It's only just Begun



Mario and children at a school in Anantapur

Helen McCann of the British School of Lanzarote (BSL) recently flew to India, with her pupil Patricia Izquierdo and Patricia's father Mario, to visit the community of Anantapur, where the Vicente Ferrer Foundation has hauled thousands of locals out of poverty, bringing health services, education and, above all, hope.

Helen says "India was beyond incredible - bursting with life and happiness. The only word I can use to describe the Vicente Ferrer Foundation is phenomenal. They work tirelessly to eradicate poverty in Anantapur by creating sustainable communities and empowering local people to take responsibility for them. We had the chance to visit the hospital, the orphanage, women's groups and lots more!"

The visit was the start of what promises to be a long and fruitful relationship between Lanzarote and Anantapur. Helen says "Since returning to school I have been showing the students all the pictures and videos we took. They truly see themselves as responsible and caring global citizens - they have held in their own hands the stationery and booklets which

they can now see the children in India using. The sense of pride the students at BSL have is wonderful to witness, they know they have made a difference to the lives of those less fortunate and they are keen to do as much as they can to continue to help."

Mario Izquierdo has already visited Anantapur



A Life of Action

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

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

Ferrer left the Jesuits in 1970 and arrived at the poverty-

stricken city of Anantapur in south-east India with his wife, an English journalist called Anne Perry.

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

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

To eradicate poverty we need many hands - I have only two"

Vicente Ferrer



Patricia meets children in India



before, and has been active for years in raising money and developing links with the project. He describes the region in which Anantapur is found as "almost medieval – many areas have no water, no utilities, basic homes made of straw, with widespread illiteracy." Tackling this is a long-term effort, and Mario describes how local communities have been encouraged to set up small schools, with the parents paying the teacher's wage themselves. "The school starts at 6 am, and the teacher fetches the children. If they don't, the parents may take them to the fields to work. The teachers also visits after school hours, helping with homework, as the parents are mostly illiterate."

Mario, Helen and Patricia also visited orphanages, hospitals and special schools for deaf mutes and

the blind, who would have faced abandonment before the project.

Vicente Ferrer died in 2009, but his widow Ana and sons continue to run his project – English-born Anna has already been nominated for a Nobel Peace prize and recently won the Robert Burns Humanitarian Award in Glasgow. Anantapur now has several schools, hospitals, women's groups and even a KIAA car factory, providing jobs for 10,000 people.

There are currently plans to establish a team for the Vicente Ferrer Foundation in the UK, with a planned office in Manchester – but Lanzarote is well ahead of that.

According to Helen "Our partnership with the

foundation is just beginning and we are currently exploring different options as to how we can best support the work they do. In the short term, our partnered school in India will be sending us a box of letters and drawings made by their students for us to show the students at BSL! We are all very excited about this partnership and look forward to seeing what the future holds!"

IZQUIERDO Y DE LA CUEVA

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Adiós, Don Juan



Juan Brito at his *finca* in Mozaga last year

Last month, Lanzarote declared two days of official mourning for Juan Brito Martín, who died at the age of 98 on February 14th. Editor Shaun Addison offers a personal tribute to a remarkable man who started life as an illiterate cattle herder but who later became a soldier, a camel farmer, a potter, a taxi driver, a musician, a dancer, a writer, a poet, an archeologist, and a living encyclopedia of his island.

I've interviewed hundreds of people on Lanzarote over the years, but few have left an impression as strong as Juan Brito. I first met him four years ago at his flat in Arrecife, where he was the perfect gentleman – charming, hospitable and full of stories. Well into his 90s, he was always moving to fetch a book, read a

passage or draw me a picture. The next day at his farm in Mozaga, Juan was the typical Lanzarote campesino, tending to his plot and feeding his beloved camel Rubia while chickens strutted at his feet. In this small space he knew every animal, every insect, every plant by name, and was happy to share his vast knowledge.

Juan became a family friend, and when my wife visited him with her friend Consuelo, a teacher from a tiny town in Andalusia called Jumilla, he told her he had been billeted there almost 80 years earlier during the Civil War. The meeting led to Juan being invited to Jumilla, where he was honoured by the town and finally reencountered the young girl whose home he'd stayed in all those years before, and whom he had never forgotten. It was a fine adventure.

There were sides of Juan I never knew – the father, the grandfather, the devoted husband who visited his ailing wife Isabel each day until her death five months ago, the local celebrity who received several honours– but almost everywhere I go on Lanzarote I meet Juan, in books, in museums, and above all in the words and memories of the people of the island.

I'm writing this on Ash Wednesday, the day of Juan's death and a day of raucous celebration in Arrecife, when the Burial of the Sardine takes place. As I passed the parade earlier this evening, with the sad news still fresh, the drums seemed to be celebrating a life lived to the full, the city offering up a tribute to a man whose life was full of music, tradition, ritual and joy.

Juan loved the wind, which, in the words of one of the many songs he wrote, "sings in the air and dances on the earth". Once I asked him if the wind was the farmer's enemy, drying and damaging crops, but he told me how it has always been a friend, how it had powered windmills, carried ships to the island and how it cleans the fields of dead leaves, leaving them fresh and new.

Tomorrow, I'll attend his funeral along with



hundreds of his friends of all ages and walks of life. Tomorrow, a gentle, blonde-coloured camel will wait for a handful of maize from a familiar old hand. Tomorrow the wind will sing in the air of Mozaga and carry the dancing leaves away from a small, well-tended plot of dark Lanzarote soil.

Adiós, amigo.



Juan Brito in Las Palmas in 1936 before going to war

“Your soil will cover me over”

The funeral of Juan Brito was attended by hundreds, including public figures from all over the island. Each mourner was handed a card bearing a photo of Juan and his beloved wife Isabel, who died last October, and Juan's words “When the seas dry up I will stop loving you.”

On the other side of the card, one of Juan's poems was printed. An expression of love for his island that shows his eternal thirst for knowledge and his deep connection to the land he came from. We print it here (with apologies for the translation).

Lanzarote captive of the sea

Lanzarote, Lanzarote
Flower of a tropical garden
In every crevice a *verol**
In every hollow a vine

Your sky is transparent
The clouds passing over
Your beaches of white sand
Your salt-rich seas

The stars are reflected
In your crystal beaches
The moon watches over your sleep
The sun will awaken you

Lanzarote, Lanzarote
Covered in a black blanket
That you wove yourself
In your fiery heart

Tormented Lanzarote
You were born a prisoner
Although you see the horizon
You're always behind bars



Behind bars you'll remain
With the sea as your jailer,
With its kisses it consoles you
But the embrace is eternal

Tell me, Lanzarote
How were you born?
Whether your mother was the sea
Or are you a remnant of Atlantis?

You've never told your story
We'll never know what's true
Speak, Lanzarote, speak
Reveal to us the secret

As every year goes by
Your body will be smaller
As the stormy ocean
Turns you into a skeleton

Lanzarote, Lanzarote
I can never forget you
I've eaten fruits from your soil
Your soil will cover me over

Lanzarote, Lanzarote
Flower of a tropical garden
In every crevice a *berol**
And in every hollow an altar.

Juan Brito Martín. 10.12.1919 – 14.2.2018

**Verol/Berol – Bushy, stubby plant with delicate yellow flowers that is found on rocky ground all over Lanzarote.*

From the official Canarian anthem.

“I am volcano, salt, and lava.
Scattered among seven rocks
The pulse of my soul beats.
I am history and I am the future
The heart that lights up the
dawn, Of islands that wake up
Sailing upon hope.”

g
life



Sunbed wars to end?



The scheme is being trialled in an attempt to cut down on sunbed disputes in hotels. Guests staying at the hotels will receive an email six days before departure asking if they wish to reserve a sunbed. For a £22 fee, they will be able to choose their preferred spot from a map, which will feature a compass tool to help guests work out exactly where will

get sun and shade during the day.

Once reserved, the guests will have the right to use that sunbed for the entire length of their stay, no longer having to rise at the crack of dawn and wait until the pool area is opened before plopping a towel on a sunbed.

In Britain, hotel sunbeds have become part of popular folklore



One of the longest and bitterest conflicts in European history could be coming to an end. From this month, guests at Thomas Cook hotels on Lanzarote and two other Canary Islands will be able to book their sunbeds online.

due to the belief that it is the Germans who are the most ruthless and efficient in "reserving" them; however, recent evidence suggests that this isn't the case.

A startling Youtube video from Gran Canaria shows dozens of holiday makers rushing to grab sunbeds first thing in the morning, and it seems that most of them are British and Irish. And in 2014, the German daily newspaper Bild conducted a "study" which it claimed showed that the British "were the worst sun lounger squatters." They published an aerial photo of unoccupied sunbeds at a resort in Lloret de Mar which had been "reserved" with towels, and later interviewed the occupants.

Thomson's new app aims to eliminate sunbed strife, but it is still unclear how the reserved sunbeds will be marked, and what measures hotel staff will carry out in the case of disputes.

And, in another twist that has already infuriated some British online commenters, it seems that the

sunbed booking app is also available to German holidaymakers.

What this could mean is that, instead of getting up at 6.30am while you're on holiday to book your sunbed, you'll have to get up early six days before you go on holiday to do the same. And the Germans, who are an hour ahead of the UK, will have an unfair advantage.

Can you reserve a sunbed with a towel?

Our lawyer comments: "Sunbed occupancy is not governed by national or regional laws, and policy on towel-based reservations is entirely decided by each hotel. Many hotels claim that they will remove towels from sunbeds that have remained unoccupied for long periods of time, but it is clear that enforcement in this respect has been lax.

"In the case of a sunbed dispute, consult hotel staff and by no means resort to measures such as throwing towels in the pool or tipping people out of sunbeds."



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Queen María



María Cedrés is the daughter of Antonio, the much-loved local postman in Mácher. She's also a trained chemist who works in the pharmacy in Yaiza, and the left winger for Puerto del Carmen's handball team. And last month, María became the Queen of Arrecife's Carnival.

How did you become carnival queen, María?

I'm a friend of Rubén Pérez, the designer who was working on the costume for the carnival. Each costume is called a "fantasy", with a certain theme, and Rubén decided that this year's theme would be "The Amazon". He thought that I would be perfect for the costume, and invited me to join him.

And you won!

It was wonderful. I was very nervous before the contest for best costume, but it was amazing to win, and I received congratulations from loads of people. It's a feeling I won't forget for the rest of my life.

And straight back to work the next morning?

Yes – a full morning's work and then I had an important handball game. We won, and went up to second place in the league. Then I had to fetch the crown out again to present the prizes at the Murgas Competition in Yaiza. It was crazy.

Did you enjoy the carnival parade on the 12th February?

It was fantastic. What I remember most is all the children who were waving at me and happy to see me. I'll be parading at Puerto del Carmen this weekend, too, and I'm really looking forward to it.

"I'm supposed to smile and wave but I couldn't help dancing too."

The carnival costume is enormous. Do you need help to move in it?

It's very big, and we have to transport it in a special van. What people don't see is a small trolley with wheels that takes the weight. I'm strapped into the costume by the waist, and have to pull it around. It helps that I'm strong!

Does it restrict your movement?

A little, but then all I really have to do is wave and salute people. I couldn't help dancing a bit, though, as well.

Thanks María, and enjoy your reign!



Niños del Tercer Mundo

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Our Burns Supper on Sat 27th January, was well attended with a waiting list for tickets. Many thanks to the British School for their wonderful Hamper and ColorWorks for the posters and Raffle Prizes.

We raised more than €1500!

A big thank you to Costa Sal for the great food and service and a very special thanks to John Mac for his enthusiasm, support and entertainment.

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Experts on your side

We all need a helping hand or a guide at some time in our lives, and when it comes to doing business or official paperwork on Lanzarote, those times can be pretty frequent. That's why it makes sense to get someone who really knows what they're doing on your side.



“Paperwork problems? Leave them with us.”

€150. Rosenov & Quintero will also provide month-by-month updates and reports on your situation and advise on any measures that are likely to save you or your company money.

If you've bought a mortgage in recent years,

If there's one thing that's guaranteed on Lanzarote, it's paperwork. From applying for residency to setting up in business; from registering as self-employed to submitting your tax declarations – there's a seemingly endless avalanche of paperwork and forms to get through. It's bad enough for the average Spaniard, but when it's happening in a language that's not your native tongue, you're almost certain to need a guiding hand.

That's where Rosenov & Quintero come in. Ivo Rosenov is a Bachelor of Accounting at Varna Bulgaria, and has been working in gestorías (administrators) on Lanzarote for several years, seven of them in business with his partner Raquel. Between them, they offer services in five languages – English, Spanish, German, Russian and Bulgarian;

the expert advice you need and exactly the right contacts for whatever you need sorting out.

Rosenov and Quintero offer advice on financial, legal, accounting and employment matters, as well as anything else that is likely to arise. And they do so in the most modern, efficient manner possible. You can visit their Tías office for face-to-face meetings, but if that's inconvenient, they'll contact you digitally or even visit you in person. With clients all over Lanzarote, and also on other Canary islands, Rosenov & Quintero are experts at keeping in touch.

They're also competitive. A basic tax declaration, for example, is priced at just €19, while setting yourself up as a self-employed worker starts at

the company will assess your contract to see if you're eligible for compensation on abusive floor clauses or costs – a situation thousands of people are still unaware of.

But on Lanzarote, nobody knows what situation they'll find themselves in tomorrow. You could require a licence application at your local Ayuntamiento, or representation with your community of owners: whatever the problem, Rosenov & Quintero have the experience, knowledge and skill to be aware of it and know how to deal with it for the best result.

Rosenov & Quintero are at C/Libertad 63 (first floor), Tías and are open from 9-2pm Mon-Fri, and are flexible for appointments in the afternoons, Saturdays or holidays. Call 606 887 489 or visit ivorosenov.com for more information.



How to Order a Beer

“I know how to order a beer and that’s about it” is something you’ll often hear from tourists or expats claiming about the extent of their Spanish language skills. But do they really? Here’s how to do it.

First. You need to let the waiter know you want a beer. The word is, of course, *cerveza*, and here on the Canaries it’s pronounced “sir-veh-sa” (Save all that th-th stuff for mainland Spain). You could ask for *birra*, too, but correct pronunciation of this requires to roll your r’s.

Now you need to decide whether you want

draught beer or a bottle. Draught beer is usually ordered in two sizes. *Una caña* (**can-ya**) is a small glass of draught beer, while *una jarra* (**harra**) is a larger measure, roughly around three quarters of a pint. *Cañas* may seem small to British drinkers, but are perfect for the Spanish custom of flitting from bar to bar, or just pausing in a bar for a quick refresher. Small measures are also preferred as they don’t have time to warm up and go flat in hot sunshine.

Lanzarote has adapted to its British and German tourist clientele for whom a half-pint is a small measure, and if you offer *una cerveza grande* (**gran-deh**) in any of the tourist areas, you’ll get something that looks more like the classic pint.

Draught beer may be the local Dorada or Tropical brands, or famous Spanish names such as San Miguel, Estrella Galicia, Amstel or Cruzcampo, all of which are light pilsner lager styles.

Bottled beer in bars comes in two sizes. *Una botella* (**bot-el-ya**) is 33 cl, while a 25cl measure is known here as *un*

“ Small measures don’t go warm or flat.”

botellín (**bot-el-yin**). The classic Canarian brews are Dorada and Tropical, and locals are happy to argue all night about which is superior, but it’s also worth looking out for lesser-known local beers such as Reina or bottled craft beers by Gara, Nao and Malpeis.

The only other important things you need to know are the word “*otra*” - which means “another one”, and finally, “*la cuenta, por favor*” (**la kwen-ta por fah-vor**), which means you want to pay your bill.



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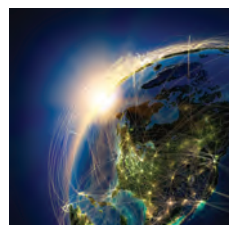
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TECH CORNER



■ ¿QUÉ PASA CON WHATSAPP?

Spain was one of the first countries to adopt the WhatsApp messaging app on a widespread basis.

The app first took off in Spain thanks to the high cost of sms messages, but Spanish social patterns also seem to have influenced its rise – Spaniards seem to prefer its direct communication to platform-style social media such as Facebook.

However, the rise of the WhatsApp generation has caused its own problems. Recently, a student in Valencia reported colleagues who she claimed had conducted bullying campaign via the app, and in December a Spanish judge ruled that parents had the right to monitor their children's WhatsApp messages.

■ RETURN OF THE WATCH

For two decades, mobile phone use has meant that naked wrists are the norm. Why wear a wristwatch when you can check the time on your phone? Only a third of teenagers have ever owned or worn a watch, and the days when the latest Swatch was the must-have accessory are now history.

However, smart technology hit wrists in 2015 with the launch of the Apple Watch, now in its 3rd incarnation. It's still fair to say that smartwatches haven't quite taken off in the way that manufacturers hoped, but fitness trackers now seem to be taking off in a big way.

GPS watches such as the Garmin Vivoactive, or the Tomtom Spark can now be seen on athletes and amateur runners everywhere. And on Lanzarote, where sport is a way of life, they're the perfect solution to your training demands.



■ ACTION!

Action cameras are a must on Lanzarote. Whether you want to film a drive through Timanfaya, a time-lapsed sunset, an underwater encounter with a stingray, a cycle-ride or catching the perfect wave, the possibilities of recording your experiences are now immense.

Top of the range is, of course, the GoPro, whose Hero 6 update has just been released to ecstatic reviews. If you want the best touchscreen control, voice control, resolution, stabilisation and performance, this is the only candidate.

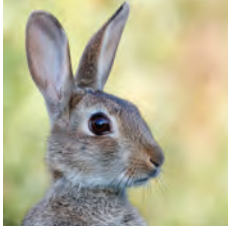
However, the action camera market has been revolutionised by far cheaper competitors, with the Chinese Yi brand leading the field with cameras that come in under €100. They don't have all the knobs and extras that the Go Pro offers, but if you want a great camera that does simple things brilliantly, they're perfect. The Yi Technology 4K+ is the latest model and is an absolute bargain.



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NATURE NOTES



Ever get the feeling you're being watched? If you're walking in Lanzarote's countryside then you're probably right - and if you open your ears you'll also discover you're being warned.



THE BUTCHER BIRD

The clue is an insistent piping "ksi ksi" call. Upon hearing it, look around and you're likely to see a thrush-sized bird perching precariously on the highest shrub or tree in the vicinity, seemingly unafraid of advertising its presence to any human.

This is the Great Grey Shrike, known in Spanish as the Alcaudón. In Britain it is a rare winter visitor, but here on Lanzarote you can see its handsome masked face and striking grey, black and white plumage all year round.

But don't be fooled by that cute appearance. The shrike's more common local name is the *carnicero* (butcher), and this hints at its unique behaviour. It is a natural born killer.

Anyone who knows Lanzarote's countryside will have noticed two things that explain why this bird thrives here. First, there's the fact that many shrubs and trees have thorns; and secondly there are abundant lizards, whose scrabbling sounds are familiar to anyone who's taken a walk on a sunny day.

The lizards are the shrike's main prey, and it perches on the highest branches to spot them, swooping rapidly to seize its victim. However, this is a bird that plans for the future, and to ensure food in days and weeks to come it impales the lizards on thorns, creating a "larder" of food. The thorns also serve as a tool to tear prey apart.

The larder is used by males to attract females, and the birds form long-lasting relationships, breeding from May to June. That means that this month competition between males is intense and the shrikes are at their most territorial.

The habit of perching on the highest branches is part of this territorial instinct. The bird is warning you that this is its home, and unless you're a female shrike, you'd better keep your distance. On Lanzarote, you may also see shrikes venturing into urban areas - we've spotted them in Arrecife and by Playa Jablillo at Costa Tegui.



AFTER THE RAIN

The rains of January and February have watered the island, and there's no better time to get out and about if you want to find out how a dry, parched island can suddenly flourish into greenery and floral splendour.

Try a stroll along the Famara clifftops to see how the widest range of local plants on the island thrives, or head into the meadows north of Magués to see wildflowers galore. Elsewhere, stick to barrancos (ravines) which channel the rain and provide moisture for plants.

Tip: Volcanic craters provide sun, shelter and moisture - perfect conditions for growth. There's no better time to explore the various calderas on the island.

If you've got photos or stories to share about nature on Lanzarote, we'd love to hear from you. Just contact us on editorial@gazettelife.com

THE BANK SAYS “NO” WE SAY “YES”

Lanzarote Abogados in Arrecife has a 100% success rate representing property owners in legal actions against banks which included abusive floor clauses in mortgage contracts. Erardo Ferrer, partner at Lanzarote Abogados explains.

Many thousands of mortgage holders have been the victims of abusive floor clauses in mortgage contracts, which tied them to higher repayments which were never properly explained to them by the banks. And in most cases, the banks demanded that clients also pay costs associated with the mortgages, such as notary fees and registry charges.

Both practices have now been declared abusive at the very highest level of the Spanish judicial system, meaning that victims are entitled to compensation. At Lanzarote Abogados, we have a 100% success rate in representing these cases, but we stress that you will need legal representation to make your claim.

Banks have been encouraging clients to settle with them, rather than going to law, but the results have been disappointing. More than 80% of extrajudicial bank claims have been rejected in recent months, and there are many clients who are giving up on their claims as a lost hope.

At Lanzarote Abogados we urge all clients with a mortgage to bring us their documents, because we can ensure that your bank pays back excess interest payments, as well as the costs incurred when you signed the mortgage.

We continue to achieve excellent results and considerable awards for our clients, especially against entities such as Banco Sabadell, SolBank, Banca March, Banco Popular, Bankia, Credifimo, Abanca and Caixa.



It doesn't matter whether the floor clause was hidden in the small print or whether it was printed in bold capital letters - the important issue is that, in almost all cases, the bank failed to explain the implications of the clause to clients, what it exactly meant and what the financial consequences could be.

We also encourage those clients who may not be subject to a floor clause, but who did not sign at the time confirming that the Euribor would be the reference for interest rates; but instead signed up for other references such as the multidivisa. In fact, these types of interest rate can also be annulled with huge economic advantages for the client.

Finally, anyone who has signed a mortgage contract, including those who repaid it in full less than four years ago, has the right to reclaim the

majority of the expenses that they paid for the constitution of the mortgage. In other words: the notary fees, registry costs, administration and taxation fees etc. All of this is permitted due to the abusive practice of attributing all the costs to one party when both parties – bank and client – are beneficiaries of the mortgage contract given that the buyer not only obtains finance for his or her property purchase, but the bank also gains from the interest rates on the mortgage.

For this reason, the fact that clients have paid all costs without having been given the opportunity to negotiate this has been ruled as abusive by Spanish courts, and clients have the right to reclaim.

For all of these reasons, it makes sense to contact us with your mortgage agreement. We'll provide you with further information and assess your claim. You have nothing to lose.

“Don't trust your bank; trust a lawyer.”

ERARDO FERRER QUINTANA Lawyer

- ◆ Unfair Spanish mortgage clauses.
- ◆ Mortgages “floor clauses”.
- ◆ Refund mortgage costs.



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Lanzarote Golf offer

Lanzarote Golf in Puerto del Carmen has announced an unmissable offer. The next time you fancy swinging a club at Lanzarote's newest and best kept golf course, just mention Gazette Life and you'll get a hand trolley, a bucket of range balls and a free drink at the Hole 19 Restaurant.

Just call 928 514050 or 663 818922, email reservas@lanzarotegolfresort.com or visit Lanzarote Golf on Facebook or Twitter.



Call Costa Garden

If you're looking for reliable and professional garden maintenance, then it's time to contact Costa Garden. The company, owned by Roberto Signorelli, offers garden and pool maintenance services to individuals, communities and hotels, and can also carry out the highest standard paint jobs and waterproofing roofs. Costa Garden offers the best service at the best prices, and this month you can also take advantage of a special offer of the FIRST MONTH OF POOL MAINTENANCE FREE OF CHARGE. Call 678 239 912 or go to Costa Garden on Facebook.

London Dental Clinic welcomes Rossana



The London Dental Clinic in Tías goes from strength to strength and would like to welcome their new dentist Dr Rossana Spagnuolo to the team and inform all their patients that they are now open for evening and weekend appointments. Find the London Dental Clinic on Calle Libertad, 44 or call them on 928 834 016.

Rossana is also a native Italian speaker, meaning that the London Dental Clinic can now attend to clients in this language, as well as English and Spanish.

Lunch at Erik.it

The Playa Honda promenade is one of the loveliest places to enjoy a meal, perfect for watching sand, sea and people passing by in the sunshine. And Erik.it has long been one of the favourite places to do it, with over 40 pizzas as well as Italian cuisine, ice cream, coffee and drinks. Now, Erik.it is offering a special lunchtime menu offer, with starter, main course, dessert and a drink for just €10.90. That's lunch sorted, then!

Experience Lanzarote at the Asadero de Mácher

The Asadero in Mácher is an experience as well as a terrific meal. Specialists in grilled meats, the Asadero is a great place to get away from the hustle and bustle of the resorts, relax with a tranquil view of the volcanoes and the sea, and take your time choosing from the menu.

A favourite with locals and also with an increasing numbers of visitors who have discovered this haven of tranquility and good food, the Asadero de Mácher offers hearty portions, perfectly prepared dishes and a warm welcome.

Find the Asadero de Mácher on the main road in Mácher on the hilltop by the Los Lirios Garden Centre. It's a Lanzarote experience that's not to be missed.

Happy Sixth Birthday, Viajes Las Caletas



We're delighted to congratulate Miguel and Walter at Viajes Las Caletas in Costa Tegui on their 6th anniversary. Viajes Las Caletas has already been responsible for plenty of happy returns – a classic travel agent that will organise all your travel requirements, get the best price and ensure you enjoy the best journey and get home safely.

Located on the corner of C/Rosa and the Avenida del Mar, Viajes Las Caletas offers warm personal service and expert professional advice. If you're thinking of taking a trip, Viajes Las Caletas is your travel agent.



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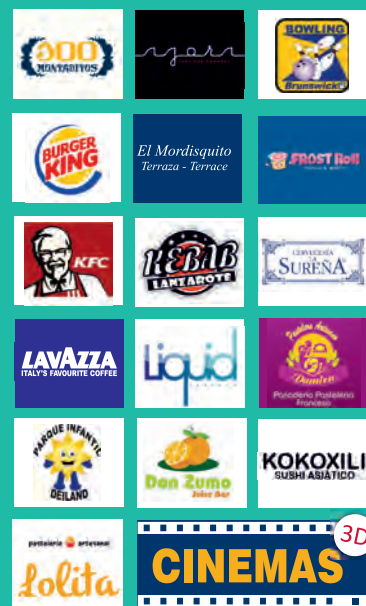
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■ Bring on the beach

Dear Gazette Life,

Mal Frayn may not want another beach in Playa Blanca, but surely if he wants unspoiled coastline he doesn't have far to go.

I think it's important to remember what Playa Blanca is. It's not a charming fishing village any longer – it's a popular holiday resort, and with more tourists arriving every year, the island should be thinking of ways to keep the island attractive to them.

And what is attractive to them is, undeniably, beaches. If existing beaches are too crowded, then tourists will find somewhere else. Look at any beach in any resort and see how businesses spring up around it, providing wealth and employment.

Kind regards

Simon Jordan via email

■ What a display!

Dear Gazette Life,

My husband and I have just been for a fortnight holiday on Lanzarote, much of which was spent looking at rain on the window and wondering if we'd packed our jumpers. We picked up your magazine and decided to take a taxi and see the carnival parade in Arrecife, which we hadn't heard about before arriving. We were expecting something small, like the musicians we saw at Tegui market.

WHAT A SURPRISE! Our ears are still ringing with the drums and music, and our eyes dazzled by the amazing costumes that just kept on coming. We loved the groups dressed as hang gliders, chickens, roman soldiers, and we even saw Donald Trump dancing with Kim Jong Un. The amount of work, practice and preparation that must have gone into this display is mind-blowing!

Well done Lanzarote. The weather was forgettable, but this was something we'll never forget! I'm amazed it's not more widely publicised.

Karen Pritchard, Washington, Tyne and Wear

■ Worse than Before

Dear Ed,

I have been going to Lanzarote for over 20 years. I also have owned an apartment in Costa Tegui for 16 years.

They resurfaced the promenade about two years ago because it was in a terrible state. Well, that seems to have been a waste of time. It is worse than before. You can see that whatever mix they used was mainly sand. Surely the local council should make the firm responsible come back and do it properly? Or get them to refund the money paid out.

Kind regards Roy Bryant

Ed: Sadly, it doesn't really work like that, Roy....

■ Sort out the eyesores

Dear Editor,

As a regular visitor to Lanzarote, i think it is such a shame that that the island's rugged beauty is spoiled by abandoned building projects, especially here in Costa Tegui.

I understand that these scars on the landscape have existed for decades and that the powers-.that-be have tried and failed to find a solution.

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It occurs to me that these derelict sites are occupying large areas of valuable land, depriving local public and private service providers of substantial financial resources.

I imagine that the situation arose because so many sites are involved that it created a minefield of legal complications for the bankruptcy courts.

I'm sure most would agree that it is high time that the authorities took urgent action to deal with these eyesores.

Best Wishes, John Kerry

■ Leaflet littering



Dear Gazette Life,

How is this possible in Puerto del Carmen. It's horrible. Is it legal?

Asgeir Johnsen, via email

Ed: It's not legal, but enforcing littering laws is a matter for local councils. Other municipalities on the island have simply threatened to slap a fine on the businesses who "distribute" publicity in this manner, which soon stops the practice.

■ We love it here

Dear Editor,

I assume Mr R Hartley (letters, last month) who has so much to criticise about this pedestrian crossings-unlit, drug-ridden, norovirus-stricken island doesn't live here. He must be delighted he doesn't and so are many of us we who love our beautiful island home.

Jilly Simmons, Tías

■ Poetry time

Dear Ed,

How many times have you been enjoying a meal out, when by chance you look up to see a couple intently studying the menu board outside? After a few minutes they walk away and repeat the process at several other restaurants down the road. This always seems to happen to me.

They never enter for a meal. Just study the menu and go. What is going on?

I suspect that they are hooked on a new fad known only to a few aficionados. Its a bit like bird watching, where the excitement is to spot new and exotic arrivals. Its called 'Menu Twitching'.

I have managed to find out a few things about it, and I am happy to share this information with you.

MENU TWITCHING

If I can find a crocodile steak
I score a thousand points,
Likewise if I find a place
Serving antelope joints.

A chateaubriand will score a ton,
And though it's a lovely course,
I can even triple that
If I find a place with horse.

My scores go in my twitcher's app,
So competitors can see,
Where all the funky grub is,
That was found by me.

Indian food and Chinese,
Are generally taboo,
Unless they have ingredients
Like okapi or gnu.

Puddings are not just desserts,
For scoring they are cool,
Something made with semolina,
Or a carrot and gooseberry fool.

Menu Twitching's so absorbing,
Time doesn't fly, it zips,
Then it's back to our apartment,
Where we feast on egg and chips.

John Leppard, Las Villas, PDC



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The Feline Factor

Lanzarote vet Jane Burke explains why caring for cats makes perfect sense on a holiday island.

In my youth, excitement about planning holidays became increasingly tinged with apprehension.

On my first trip abroad I was arrested in Spain for fighting with a man who was beating a dog to death on the street. I was escorted out of SeaWorld in Florida for losing my temper when I realized the killer whales actually lived in the puddle they performed in. We were banned from Blackpool Zoo for complaining about the appalling facilities for elephants and large apes that had gone mad for lack of space and activity.

All my early ventures abroad seem to involve distressing animal neglect and cruelty. Bull fighting, wickedly abused donkeys forced to carry overweight holiday makers, skeletal carriage horses with open sores, mangy cowering stray dogs and, often the worst of all, the omnipresent desperately

neglected stray cats, treated like vermin and clinging to life by bin raiding and inconsistent scrounged scraps from visitors.

So imagine my surprise when, persuaded against my better judgment some years ago to holiday in Morocco, I discovered that our fabulous hotel had a large central courtyard developed as a cat village. Gorgeous, ornate, comfortably furnished kennels; feeding stations with water fountains, screened toilet areas kept pristine, all in ornate Moroccan style and monitored by dedicated staff selling neat little packages of cat food.

Not only did all of us in the hotel enjoy these

“When tourists see cruelty and neglect, they don’t come back.”

pampered (neutered) felines but visitors from the whole area came in to spend time (and money). The feeding station tended to sick cats and any un-neutered ones that managed to sneak in were safely snipped to keep numbers in check. It kept the cats happily settled in one area, so those who didn’t like them didn’t need to worry about them. Meanwhile, those who did could relax and enjoy sharing their holidays with these beautiful creatures.

The hotel made a fortune with this attraction. We made many, lasting friends sat round sharing drinks and the pleasures of those felines. In my memory this hotel was loveliest I ever stayed in.

Very few tourists are unmoved by starving kittens or thin, mangy-coated adults. Often these people do not return. Photos and opinions are spread worldwide on social media. Clean seas, blue skies and helpful staff may go without comment, but the waiter who kicked the cat will be remembered and made infamous for all time!

The other side of this coin is the number of people who book return visits specifically to catch up with a favoured feline in a villa or complex that treats them kindly. These people tell everyone they meet about the beauties that made their week with sweet affection and loud purrs.

So why oh why can’t we reach the short-sighted hotels and complexes who fail to grasp that, firstly, killing every cat they can will make zero difference to the number of feral cats in that area, because as space arrives, wild unneutered cats will rapidly replenish the population. And secondly, that organised feeding places are good for business. They mean the cat population can be monitored, controlled and kept healthy.

Like them or loathe them, cats can be a huge plus or a very serious minus to repeat trade. YOU CAN MAKE MONEY AND ATTRACT TRADE WITH ORGANISED FEEDING STATIONS.

And finally, the fact remains that without cats your rodent problems will escalate out of control. Your cockroach problem will become overwhelming.

If you need advice please contact our animal charities as below. Please help to install and protect the feeding stations they can provide. A good feeding station doesn’t have to be on the grand style that made my Agadir experience so wonderful - small simple stations will enable the cat population to be humanely controlled and allow cats to be a superb advert for our island. If not for love then, for heavens sake, do it for the money.



Freddy Leon, whose Cathouse charity has transformed Playa Blanca.

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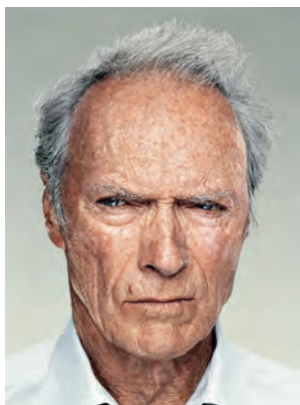
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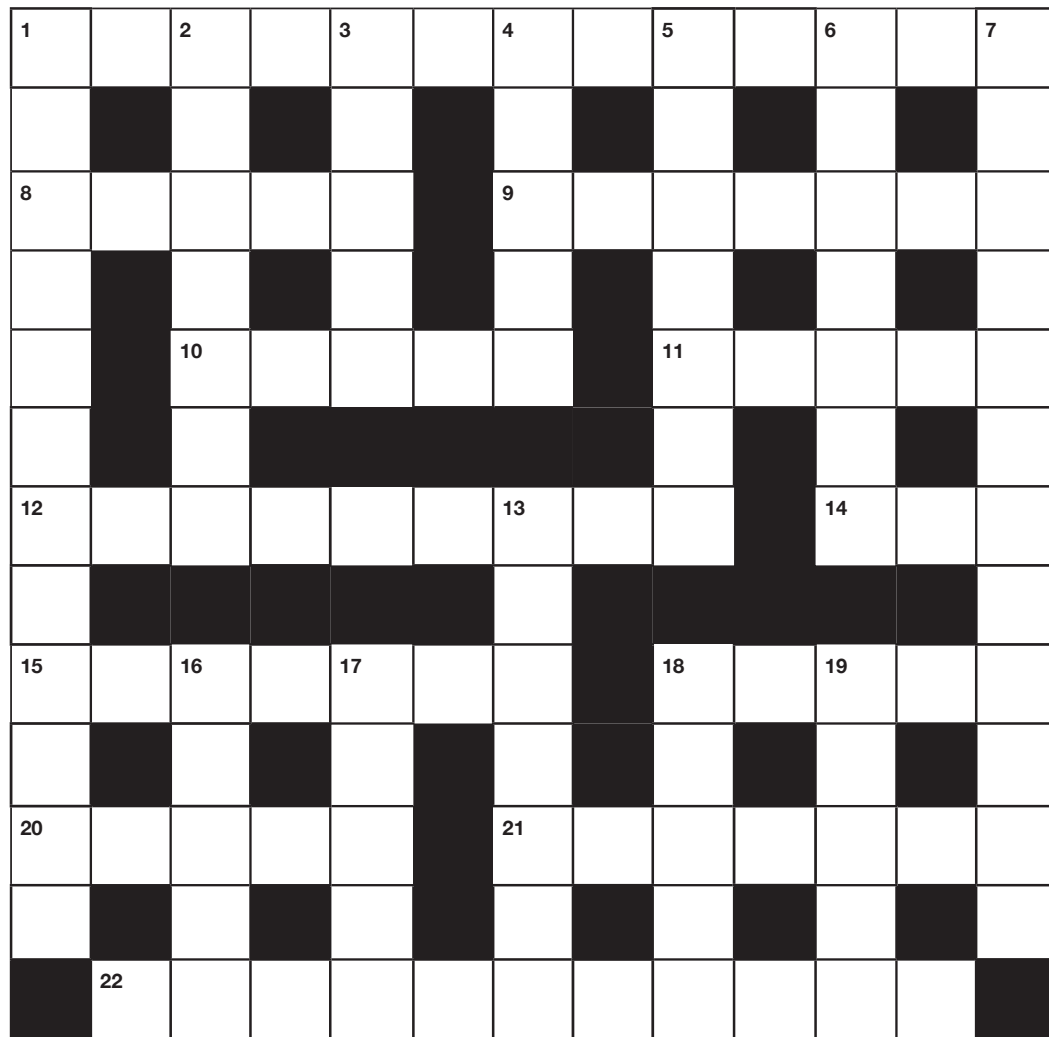
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It's the Oscars on March the 4th, so this month's crossword has a movie theme. Get your answers to us before March 15th and you could be weeping with joy as you receive a bottle of Lanzarote wine.

Last month's crossword received plenty of entries, and the winner is Santiago Hernández. Well done Santiago!



Last months answers: Across: 1.Seattle 5.Basil 8.Notting Hill 9.Romancing 10.I Do 11.Bator 12.Hitched 13.Legally 17.Orcas 20.Overuse 21.Email 22.Kate and Leopold 23.Easy **Down:** 1.Sandra Bullock 2.Attempt 3.Thinner 4.English 5.Bridget Jones 6.Selfish 14.Great 15.Laura 16.Yield 18.Clara 19.Sally

ACROSS

1. Proper name for Oscars (7,6)
8. Absence of petrol in the U.S. (2,3)
9. Sci-fi film starring Amy Adams and Jermy Renner that received 8 Oscar nominations in 2017. (7)
10. See 7 down (5)
11. Actors Martin, Charlie and Michael have never won an Oscar (5)
12. For Old Men, Best Picture winner in 2008 (2,7)
14. 1965 film starring Ursula Andress (3)
15. Oscar-garlanded 1988 film starring Dustin Hoffman as an autistic man (4,3)
18. Coogan's, 1968 film starring Clint Eastwood as an Arizona sheriff in New York (5)
20. Of Our Fathers, 2006 war film directed by Clint Eastwood (5)
21. The biggest bird of all (7)
22. Star of 7 down who added to her earlier Best Actress award in The Accused (5,6)

DOWN

1. Actress who won an Oscar in The Miracle Worker (1962) and later played Mrs Robinson (4,8)
2. Cherubic, innocent (7)
3. Racetrack in Surrey that hosts The Derby (5)
4. 12 A Slave, Best Picture winner in 2014 (5)
5. Idle, lazy (7)
6. Criticisms of films etc (7)
- 7 and 10 across. The only horror film to win an Oscar, which swept the board in 1992 (7,2,3,5)
13. Cat On A Hot, 1958 film starring Liz Taylor and Paul Newman (3,4)
16. My Own Private, 1991 film starring River Phoenix and Keanu Reeves (5)
17. Leo, Barça footballer (5)
18. Kathy, who won Best Actress in 1991 for her role in Misery (5)
19. Get together to join this trade union? (5)



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GOOD LOOKS



EYEBROW BACKLASH

The backlash against artificial eyebrows is well underway, and those perfectly threaded, almost painted-on looking brows that have dominated the High Street for a few years now seem to be on their way out.

First came Cara Delevingne, whose defiantly unplucked eyebrows led to a move away from the depilation frenzy of previous years, and now the Australian model Bambi Northwood Blyth is sweeping the fashion world with an even more impressive set of hairy caterpillars.

BUMBAG STYLE

The Spanish word *riñonera* sounds much more attractive than bumbag or fanny pack, and it's well worth learning on an island where tourism rules and travelling light is a way of life.



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Thankfully, bumbags are now available in every type imaginable, from sleek, black sports models to glittery fun items that are perfect for festivals or beachwear. You can find hippy-style embroidered packs or classy leather items. Head up to Tegui market, dive into the souvenir shops or explore the streets of Arrecife or local shopping centres for bumbags galore.

FRINGE BENEFITS

The American call them bangs, Brits call it a fringe and the Spanish call it a *flequillo*, but whatever it's called, it's going to be huge in 2018.

The hot trend in hair right now is a curtain fringe, but we're not talking about the smooth, helmet type – this is a casual, almost grown out look which blends mystery with indie attitude.

It's a low maintenance style that can be easily pinned out of the way if you don't feel like styling it, and it's perfect for Lanzarote's laid back lifestyle.

“ LANZAROTES LIGHT AND AIRY STYLE, VIVID COLOURS AND UNIQUE ARTISTIC HERITAGE HAVE BEEN COMBINED BY DESIGNER ROBERTO VERINO IN THE DREAM ISLAND COLLECTION ”



LANZAROTE ON THE CATWALK

Lanzarote hit the catwalk in late January when Spanish designer Robert Verino launched his latest collection at Madrid Fashion Week, inspired by Lanzarote and including dresses that featured César Manrique's charming, semi-abstract fish paintings.

Titled "Dream Island" the collection is composed of light, easy to wear garments which seek to reflect "the colours of Lanzarote's twilight, its volcanic landscapes, the purity of its seas and it's wild plants."



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GET YOUR HEAD RIGHT



Nowadays, there's increasing awareness of mental health issues, and we're realising that prevention can be every bit as important in this sector as it is with physical health. So how can you help yourself?

Not all mental health issues can be prevented, of course, but there's an ever-rising wave of evidence that preventive measures can be effective in both managing and preventing mental health issues.

Here are five ways you can start looking after your mental wellbeing right now.

■ PHYSICAL HEALTH

This can involve anything from running a marathon to taking a luxurious hot bath; joining a gym or booking a spa session. It could even just be as simple as wearing clothes you love. The important thing is that it should be something you want to do; that you aren't driven to do it by guilt or feelings of inadequacy, and that you either enjoy it or value the effect it has on your life.

■ EMOTIONAL HEALTH

This is about getting in touch with your emotions. Watch your favourite comedy, or enjoy a classic weepie; read a book or a poem, even just take some time to write about important emotional events from your past. Social life is one of the most important parts of emotional well being, so hang out with supportive friends or loved ones. And don't worry if you don't cry or laugh – there's no obligation.

■ PSYCHOLOGICAL HEALTH

This has to do with the way you react to the world and using your brain to feel better. It includes elements such as assertiveness – learning to say no, as well as letting your creative impulses loose or getting your head down to study something that fascinates you. Whatever you do, take time to reflect on how you feel afterwards, and learn the lessons that apply.

■ SPIRITUAL HEALTH

We all believe in something. Think of the “power greater than ourselves” that Alcoholics Anonymous members invoke as defence and redemption. It doesn't have to be God, it could be nature, love, science, freedom or whatever your personal belief system sees as important. This aspect of mental health care is strongly related to your moral feelings, but also to your place in the universe. Think about all these aspects, and also take time to think about the now, living fully in the present.

■ PROFESSIONAL HEALTH

This involves getting your work/life balance in order and answering the question: do you work to live or live to work? Ask yourself what you could change to make your working day more fulfilling; chat to workmates and superiors; bring a plant into the office or book a day off. If you really can't see a way out, it may be worth looking for a complete change.

THE BITS



The latest fitness trends and news from Lanzarote and Beyond.

■ MOONWALK TO FITNESS

Everyone wants to moonwalk, let's face it. Ever since Michael Jackson wowed fans in the early 80s, the move has been a guaranteed dance floor showstopper.

But moonwalking is just one of several popping and locking techniques that require muscular fitness as well as co-ordination and, above all, total core control. Many of these moves also demand controlled isolation of body parts and are brilliant for firming up muscles all over the body.

All you need to start is a bit of space and one of the several YouTube videos that will show you the basics. After that it's up to you.



■ INSIDE YOUR HEAD

Sports psychology is now a well established field, but the connection between body and mind will become ever more important to fitness if recent trends are anything to go by.

Increasing amounts of people are combining meditation with fitness routines, while the original mind/body discipline, yoga, has never been more popular.

With yoga, it's getting more difficult to sort out the fads from the real stuff, with variants such as face yoga or animal yoga (doing it next to your cat, basically) causing controversy as to their value.

Whether your working out or meditating, it's best to do it under the guidance of a trained professional - ask for qualifications before you start.



■ BEACH SPRINTS

Distance running is a way of life on Lanzarote, but how many times do you actually get to go full pelt? Sprinting is not only exhilarating - there's an intense rush involved in just running as fast as you can - it's also terrific for burning fat, releasing human growth hormone and increasing explosive power.

Beach sprinting is even more effective, and on Lanzarote you can take your pick of long beaches where you can stretch out and run like the wind.

Check the stretch of sand you'll be running on for stones or obstacles - Lanzarote's beaches are almost always clean, but if you have any worries at all keep your trainers on. Warm up for at least ten minutes, then start sprinting. 10 second bursts are all you need, and fit as many as you can into 20 minutes.

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CHECK



UP



registered with the Canarian Health Service can request a check-up from their doctor at their local health centre.

The advantages are huge. Any problems can be detected early; the doctor can prescribe medication or just good advice to keep you in the best of shape, and you'll have the peace of mind that comes with knowing everything is under control.

Check-ups will involve blood and urine tests, which will measure cholesterol levels as well as other important health indicators; a standard blood pressure test;

weighing and measuring and calculation of BMI; a simple waist measurement (men: you should be less than 37 inches; women, 32); and other tests depending on age, medical history and hereditary conditions.

It's important not to "prepare" for tests. There's no point in giving up smoking or starting a fitness routine just to fall back into old habits after the medical. Your doctor needs an accurate picture of your current state of health now.

The same advice applies with both dentistry and opticians. Regular check-ups and cleans will keep your teeth in the best of health, while biannual eye tests are advised for everyone over the age of 40.

Plenty of people get their car serviced and checked more often than their own body. But regular medical check ups are strongly advised, especially as you get older. After all, your car's only as safe as the body behind the wheel.

In Britain, the NHS offers a health "MOT" to anyone between the ages of 40 and 72. It's just another step in the long process of prioritizing prevention rather than cure. A private health clinic will charge around €700 for the

same procedure, but for the health service, the expense on check-ups is better value than leaving conditions unidentified or untreated.

Here in Spain, clinics also offer full health check-ups, while anyone

WHEN SHOULD YOU GET A CHECK-UP?

There's no fixed schedule for health checks – the NHS offers full checks every five years for everyone between 40-72 who is in apparent good health. However, once you hit 50 it's worth seeing your doctor every year, who will conduct any tests considered necessary.

Don't forget the importance of self-checking, either. Women should regularly self-examine for breast tumours, men should learn how to examine their testicles, and on Lanzarote, regular skin checks are highly recommended. If you've got the slightest worry – see your doctor.



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Five years is an anniversary worth celebrating, and that's certainly what Opti+ Vision, on Puerto del Carmen's Avenida de las Playas intends to do. It's the optician of choice not just for many of the residents in the resort, but also many tourists, who return year after year for service and offers they can't get back home.

You don't make it to your fifth anniversary by chance, and Opti+ Vision has attracted a faithful customer base through excellent service, professional care and a carefully selected range of the most attractive and on-trend eyewear on Lanzarote.

Opti+ Vision stock Woody's and Etnia from Barcelona: established classics from Rayban; Oakley, whose range include incredibly light, impact-resistant titanium frames that are suitable for those with sensitive skin and allergies; and the perennially popular Maui Jim range, with polarised lenses that are ideal for the high-glare lifestyle on Lanzarote.

Alexandra of Opti+ Vision has a keen eye for trends, and tells us that the most popular styles at the moment are brightly coloured frames that suit Lanzarote's outgoing lifestyle, as well as transparent frames for a more elegant, modern look. Aviators are seeing a resurgence, and paler sunglasses,

often graduated, are very much in demand.

Opti+ Vision also has offers you can't ignore – sunglasses with UV lenses starting from €35 and polarised lenses from €59, as well as a regular €68 deal on normal lenses for short or far-sight (or sunglasses). With basic models, your glasses will almost always be ready in one day.

And for their fifth anniversary, Opti+ Vision are offering 50% off progressive lenses from the world-famous Hoya brand throughout March. "This is a

terrific offer," says Alexandra "And I'd urge all our customers to come and try it" Another anniversary offer you can't miss is a free revision and update on contact lenses.

"Five years is definitely a landmark," smiles Alexandra. "I'd like to thank all our customers for their support and, of course, invite new ones to come and discover us!"

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FOOD BITES



TOP GRILL

El Toro's chef Luis León was recently announced as the winner of the 2018 Que Bueno! Award for the best Barbecue / Grill Chef in the Canaries.

The Que Bueno! Awards, now in their seventh year, have become a fixture on the Canarian cookery scene,

and this years awards were held in Gran Canaria.

El Toro was the only Lanzarote award-winner in a year which saw the best restaurant award go to Sagrario, in Santa Cruz de Tenerife. However, restaurants such as El Risco, the Altamar in Arrecife's Gran Hotel, Lilium and QueMUAC were high among the nominees.

ALL HAIL!

Wine growers in La Geria have welcomed the recent fall of hail in February, which covered much of the island with a startling white mantle.

Ramón Melián, of Bodegas La Geria, said "This was the perfect moment, just before we start to prune the vines. When they begin to sprout as a result, they'll find plenty of nutrients in the earth, and the hail has helped with this."

Another wine grower said "The fields were dry, and although we need more rain, this has been welcome." Although the hail is freezing, the vines are not at a stage where cold temperatures would affect their growth.



Rainfall in the early months of the year is strongly related to the size of the harvest in August, although other factors such as summer heatwaves and high winds can also damage crops.



YELLOW LIFESAVER

Recent studies have confirmed the efficiency of turmeric as a preventative against dementia. A University of California study has shown that adults between the ages of 50 and 90 showed a 28% improvement in memory tests.

Turmeric is, of course, a classic ingredient in Indian cooking, and is also found in British dishes such as kedgeree or piccalilli. But it's catching on fast in Spain and the Canaries, too. Known as curcuma here, you'll find it in health food shops, some supermarkets and if you keep your eyes peeled you may spot the vividly coloured roots on sale in local markets.



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FOOD

EVENING



Hotel dining is one of Europe's oldest traditions, and Lanzarote is no exception. To fully understand the delights the island has to offer, all you have to do is book a table – the room is optional.

The origins of hotel dining lie long in the past, before anyone ever took anything called a holiday. In those days, travel was always a slow, drawn out affair, and long journeys could take days. That meant that inns would be dotted along every route, places where travellers could get a hot meal, rest and feed their horses and get some sleep before continuing.

It became a competitive business, and the food on offer became an important part of that competition. Many of Britain's most famous dishes have their origins in inn cookery, while

modern restaurant culture in France, Germany and Spain still bears strong traces of the old inn routes.

By the mid-19th century, many of these inns were famous, and people would actually travel to them merely to dine and spend the night. This, combined with the birth of tourism in spa towns, led to the modern hotels we know today.

In countless towns throughout the world, local hotels became the best place to dine. Indeed, it's fair to say that modern cookery owes many of its favourite dishes to hotel chefs. And that's still the case today, as hotel kitchens provide the perfect training ground

for bright young chefs to learn their trade.

Hotels still have a unique allure. Nowadays, when only the super-rich have cooks and servants, staying in a hotel is the only way to experience a life of luxury where you never have to wash the dishes or make your bed. You can spend a day being massaged and lying by the pool before dining at your leisure, enjoying live entertainment and retiring to a perfectly prepared chamber.

Many hotels on Lanzarote offer this experience, and much more, but many residents still believe that hotel restaurants are just for holiday makers. It's simply not true, and until you've explored the excellent restaurants in many of the island's top hotels, many of which boast regional and national awards for excellence, you haven't fully experienced what the island has to offer in terms of dining.

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No Limits



On Lanzarote, dietary choices are increasingly well catered for. Whether you're veggie, vegan or want to avoid gluten or dairy products, you'll find no problems getting what you want on Lanzarote.



Vegetarians & Vegans

The traditional problem for vegetarians and vegans in Spain has never been lack of ingredients. Spain is full of veggie goodness, and many of the nation's signature dishes - from gazpacho and patatas bravas to tortilla

and membrillo - are suitable for non-meat eaters.

No, the real problem was always a lack of understanding of these lifestyles - plenty of vegetarians will tell tales of being offered fish or

chicken in Spain because "they're not meat."

But this attitude is changing fast, and restaurants are increasingly offering choices that are suitable for vegetarians and vegans, while the fruit, vegetables, pulses, cheeses and grains available in local shops and markets offer the home cook a wealth of choice to experiment with.



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Dairy-Free



If it's just cow's milk you're worried about, then you're in the right place. Goats milk is available all over the island, and the resulting cheeses are delicious and highly-esteemed.

Even if you want to avoid dairy products altogether, it's no biggie. Spanish horchata is a traditional nut milk, and it has been joined by several other varieties more recently, from coconut and rice to almond and cashew. Olive oil has always been used in place of butter, and there are now plenty of margarines and other spreads available, too.

Gluten-Free

While wheat and barley have always been eaten on Lanzarote, there have always been several alternatives available, and this remains the case today. Maize, for example, is the traditional cereal of the islands - toasted and ground into gofio. The large latin-American presence here has also increased the availability of maize-based dishes.

Chickpeas and lentils are also staple ingredients here, taking the place of pasta in many dishes, and it's also possible to find African favourites such as cassava and millet. Meanwhile, the

islands are famous for potatoes and potato-based dishes.

Chinese stores will reveal rice noodles and vermicelli, as well as other gluten-free options, while Indian cuisine is also not as reliant on wheat or barley.

Supermarkets are also stocking wide ranges of gluten-free products, and restaurants are increasingly preparing dishes for those who wish to avoid gluten, and marking them clearly in their menus. It makes pure business sense.



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THE

BEST

START



If there's one meal the British do best, it's breakfast. So let's celebrate some of the finest ways to start the day.

PORRIDGE

Simple, nourishing and currently about as on-trend as breakfasts get, porridge is associated with Scotland, but has been a British favourite for centuries. At its simplest it's just oatmeal, water and a pinch of salt, but can be adapted with countless flavourings, from honey and brown sugar to yoghurt and fruits. That pinch of salt is always essential though, accentuating the slightly metallic oat flavour.

KIPPERS

Among the habits that most horrify foreigners are the British customs of breakfasting on smoked fish or baked beans. But there's still not much that

beats a buttery, grilled kipper first thing in the morning. Salty, smoky and full of fishy flavour, it's the treat that repeats.

FRY UP

Careful here. The British fried breakfast not only has regional variations from England, Scotland, Wales and Ulster, but the contents of each of these platters are a subject of fierce argument. Some think hash browns and baked beans are shocking American imports, others can't stand fried mushrooms or fried tomatoes. Eggs, bacon and sausages are omnipresent, and regional specialities such as black pudding or potato bread are well worth discovering. It's something the rest of the world will

never get right, especially because you need a decent cup of tea to wash it down.

TOAST

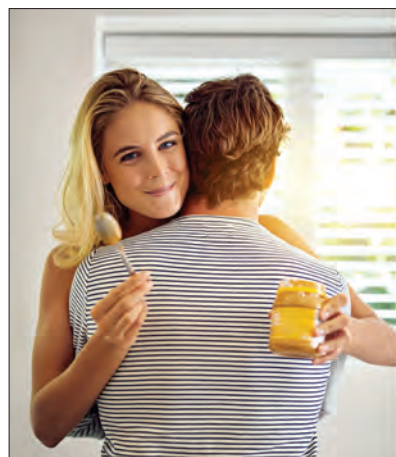
Like the kettle, the toaster is something you'll find in almost every British kitchen, but rarely spot on the continent. Perhaps the simplest and fastest breakfast, all you require is sliced bread, some room temperature butter and, if you like, the spread of your choice. Marmite is so famous it's become a byword for "love-it or hate-it", British marmalade has long provided the main market for bitter Spanish oranges, and then there are countless other jams and savoury spreads.

CEREAL

Cold cereal with milk is a surprisingly recent development, mainly deriving from health foods in the USA or Europe. But there's no doubt the British have taken brands such as Weetabix, Cornflakes and Shredded Wheat to their hearts. The best and tastiest cereal is, of course, Shreddies.

EGGS

Eggs aren't just for frying. Scrambled or poached on toast, or boiled and served with soldiers of toast, eggs have always been a popular way to get the day off to a start.



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Dine



THERE ARE A THOUSAND WAYS TO EAT ON LANZAROTE, BUT ONCE YOU'VE BEEN HERE A WHILE YOU'LL NOTICE BASIC DIFFERENCES BETWEEN THE PATTERNS AND CUSTOMS OF LOCALS AND TOURISTS. WITH THE POPULARITY OF TAPAS, THE SPANISH WAY OF DINING HAS STARTED TO TAKE OVER THE WORLD, BUT THERE ARE MANY OTHER LOCAL DINING TRADITIONS WORTH DISCOVERING.

SPANISH STYLE

THE MENÚ DEL DÍA

The menú del día is a Spanish institution that has satisfied workers for decades. Unlike in the UK, where lunch has become a light meal or a sandwich, Spain still likes to enjoy a main, three course meal at around 1 or 2 o'clock.

Normally, you'll get a choice of two or three starters and main courses along with a drink and a light dessert or a coffee to round off the meal. These meals generally cost around €10, although you'll find cheaper and more expensive options depending on the location or the quality of the establishment.

“ There are a thousand ways to dine on Lanzarote. ”

THE FAMILY MEAL

Canarians love to get together and dine at weekends, and Sunday will find waiters all over the island pushing tables together to accommodate large family groups, often with three generations at the same table.

These are long, leisuredly sessions, and once the dishes are all cleared away there's often plenty of time for the *sobremesa*, the chat and table talk that makes the experience so enjoyable. Children are fully involved, and "kids menus" are for tourists – local kids are encouraged to eat what adults eat, with a lot of sharing, tasting and comment.



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EL PICOTEO

Sharing is a vital part of Spanish dining. The passion for food is so strong that everyone wants to try a mouthful of everything that arrives at the table. *El picoteo* is the perfect way to cater for this desire, with waiters bringing several plates of tapas to the table, which are then shared around.

ALMUERZO & MERIENDA

In Spain, breakfast is light, and lunch happens late, leaving many feeling peckish around mid-morning. The almuerzo fills this gap – a local version of elevenses often taken in a bar. A slice of tortilla, a sweet pastry or a sandwich are typical almuerzos, and coffee is the

universal accompaniment.

Merienda is another snack that occurs around 5pm, breaking the wait until the evening meal, which often happens after 9pm. Merienda is mostly associated with children, but adults will often take a piece of fruit or a yoghurt, too.

STEAK AND RICE

Spaniards love a classy evening meal as much as anyone, and when they eat out you'll see that they have their favourites, too. Steaks are a perennial favourite, with various cuts of meat on offer, prepared poco, medio or bien hecho (rare, medium, well done).

Seafood in Spain is a symbol of the good life, and is eagerly ordered on any special occasion, while rice dishes (arroz), of which paella is only one, are also a fixture in prestigious restaurants. Once again, these dishes are usually served for two people, reflecting the Spanish love of sharing.

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MONTHLY RECIPE



Every month, we provide a simple, delicious recipe that you can easily create here on Lanzarote. All ingredients are widely available.

Lentejas are a Spanish staple and perfect for the cooler months, a thick stew often served as a starter but also perfect as a substantial lunch. Eaten all over Spain, they are classic peasant food, full of protein, minerals and fibre. A vegetarian version, called “widow’s lentils” is also widespread.



Ingredients

Extra virgin olive oil
Two onions - 3 cloves garlic
Three carrots - Bay leaves

500g of lentils. Lentils are sold in plastic bags and on Lanzarote there are usually two types, Lanzarote lentils, which are flat and green; and pardina, which are smaller, darker and

browner. Both are delicious.

100 grammes of jamón serrano. You can buy this at the deli counter (ask for an unsliced piece), or pre-chopped in plastic containers called tacos.

Two Asturiano or Gallego chorizos. These sausages are about five or six inches long, and available from deli counters. The Asturian variety is smoked, while the Gallego chorizo is not.

Method

Cover the lentils with plenty of water in a bowl and leave overnight.

Chop the onion and fry in a saucepan for a few minutes in a good glug of olive oil. Add roughly chopped garlic towards the end. Add the chopped jamón and stir for a couple of minutes.

Peel and chop carrots into pieces the size of the top of your thumb. Add these and the strained and rinsed lentils to the saucepan. Add water until it’s an inch (2-5 centimetres above the lentils).

Bring to the boil, then reduce heat, cover the pan and simmer for 30-40 minutes, stirring occasionally. Many Spanish cooks use a pressure cooker for pulses, and ten minutes should be enough for lentils.

Ten minutes before serving, add the chorizos.

Remove the chorizos and slice them on a plate just before serving, then add to the pot again. Serve immediately

Variations

There are a thousand variations on this dish. You can add red pepper or chopped celery to the onions at the start; chopped potatoes added along with the lentils make the dish even heartier, and almost any green vegetable (kale, spinach, chard) can be added too. If you really want to go Spanish, use salted tocino (pure pork fat), washed and chopped, instead of jamón. The resulting lumps of melt-in-the mouth fat are delicious, but not to everyone’s taste. Morcillas (blood sausages) are also a popular addition, and served whole.

Cut out meat altogether for a vegetarian version.

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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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ST. PATRICK'S FESTIVAL

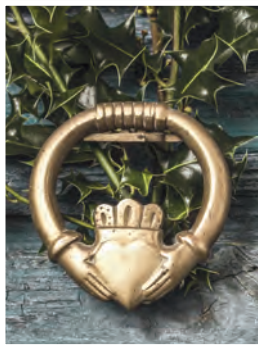
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Ireland's Island

Tías Mayor Pancho Hernández and Cabildo President Pedro San Ginés toast St Patrick



“Laugh as much as you breathe, and love as much as you live.”

Lanzarote has a special place in Irish hearts, and March 17th is the time to celebrate that bond.

In January, Lanzarote was awarded the “Best Winter Sun Destination” by the Irish Travel industry for the 15th year running. This added to the award for Best Sun Destination award it won at the Irish Travel Trade News awards last year.

Lanzarote's Tourism Councillor offered his gratitude to all Irish tourists “for the faithfulness they show to Lanzarote, which shows year after year how much they love our island.” He said the awards “demonstrated the prestige that Lanzarote enjoys in the land of the shamrock.”

This is more than just politician speak. Last year, more than half of the 495,000 Irish tourists who

came to the Canaries stayed in Lanzarote - a quarter of a million of them - meaning that more than one in 20 Irish citizens came here last year alone.

Irish visitors know they'll find sunshine, warmth and an established Irish community on the island. Long before the Irish pub boom went global, Lanzarote resorts were seeing Irish residents set up their establishments, which have proved hugely popular with tourists from all nationalities, as well as plenty of the locals.

The ex-Taoiseach Bertie Ahern was regular visitor to Lanzarote last century, often bringing his daughters Cecelia and Georgia with him. Cecelia Ahern later

included a holiday in Lanzarote in her best-selling novel PS I Love You. The director of Fariones hotel Bienvenido Saavedra, has said Ahern “was almost like a family member in the hotel” and believes his love of the island was one of the key factors in popularising the island: “The Irish press often reported on their prime minister's vacation in Lanzarote and these reports can be said to have started the growth of tourism from Ireland to the island”, he has said.

More recently, the current Irish President Michael O'Higgins has visited Lanzarote more than once, also receiving wide press coverage, and several other Irish celebrities and public figures have been spotted on the island.

There are Irish all over Lanzarote, but the centre of the community is undoubtedly found in Puerto del Carmen, where there's almost a “Little Ireland” to be found. That's one of the reasons why this resort always celebrates St Patrick's Day with a public parade and fiesta.

Saturday 17th March is the date. Come and join in - the craic will be mighty.

Canarian Irish



Totoyo Millares Sall

© Ignacio Evangelista



Luis Molowny

St. Patrick's Day offers the chance to reflect on the long and illustrious history of Irish immigrants to the Canary Islands. Among the Canarian Irish who have lived on the islands since the 16th century can be found some of the archipelago's most important musicians, footballers, poets and politicians.

These families rapidly integrated into society, intermarrying with Canarians. Among famous Irish surnames on Tenerife and Las Palmas were Cologan, O'Daly, Walsh, Sall, Madan, Cullen y Kábana (Kavanagh).

At the end of the 17th century, William of Orange's victory over the Catholic Jacobites led to another wave of emigration, bringing surnames such as White, Power, Molowny, Meade, Kelly and Murphy to the Canaries.

The Irish integrated quickly, rapidly becoming part of society, and taking Spanish first names. They soon became an important presence on the islands, and Irish names are interwoven with Canarian history and culture.

They were influential in politics. The main street of La Palma's capital Santa Cruz is named Calle O'Daly, after Dionisio O'Daly - an Irish trader who was behind the first democratic council elections in Spanish history. José Murphy is known as the "father of Santa Cruz de Tenerife" after battling for this town to become the capital of the province.

Bernardo Cológan, from Tenerife, became one of the nation's most important diplomats, and was Spain's representative in China during

The Canaries and Ireland share a long and sad history of famine and emigration, but Irish emigration to the islands first took place around 1651, after Oliver Cromwell's

brutal and bloody repression of the Irish people. Rather than face execution, virtual slavery in the West Indies and confiscation of land, many Irish fled to Spain and the Canaries.

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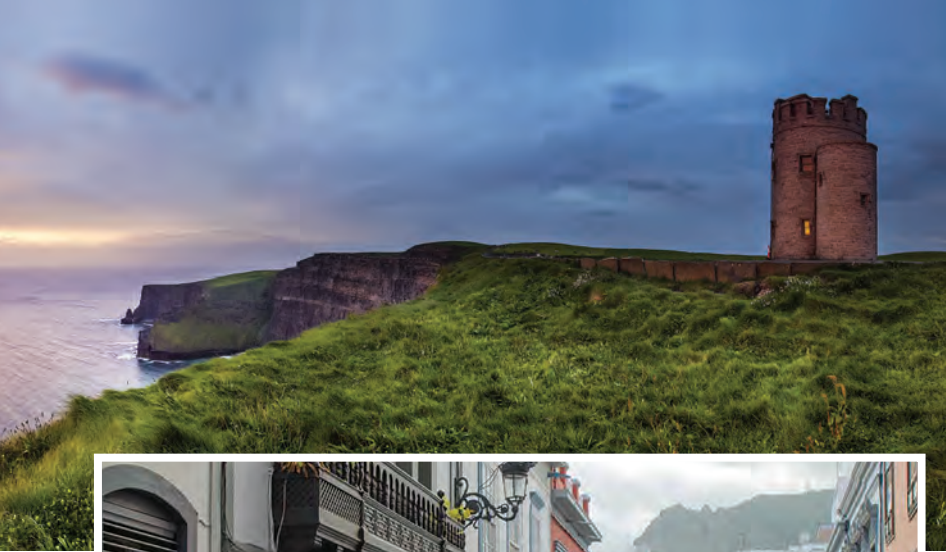
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St Brendan's Island



Ireland is the root of one of the Canary Islands most popular legends – the mysterious island of San Borondón.

On 22nd March of the year 516, St Brendan of Clonfert and 16 fellow monks set sail from Ireland in search of the Garden of Eden. Their adventures are described in the ninth century book *Voyages*, and include the monks' visit to several strange and unknown islands. On one of the islands, wreathed in mist and covered in vegetation, they celebrated a mass and stayed for 15 days.

No one knows exactly which islands Brendan and his followers discovered. Some say they are the Faroes, the Azores or the Scillies, others claim they ended up in America and some have even suggested that the voyages are the inventions of half-starved religious maniacs. But the Canaries have always been among the most popular candidates for the islands described in the *Voyages*.

St Brendan's accounts led to several expeditions to discover the mysterious island. From the 16th to the 18th century, dozens of Spanish galleons were dispatched to find the island, which had been given the Spanish name San Borondón. The last report of the island occurred in 1953, when the Spanish newspaper ABC announced that it had been photographed.

Modern satellite technology means that the legend has long been disproved, but Canarian fishermen still speak of a mysterious island that appears on the horizon, and tales of the enchanted island are still heard on El Hierro.



the Boxer rebellion of 1900. Later in that century, Lorenzo Olarte Cullen became one of the first Presidents of the Canarian government.

In other fields, Teobaldo Power is one of the Canaries most famous composers. His adaptation of the folk lullaby "Arrorró" is the official anthem of the islands. Alfonso O'Shanahan was one of Gran Canaria's most respected poets and journalists in the late 20th century, and the Millares Sall family produced eight siblings who have excelled in poetry (Agustín) painting (Manolo and Jane) and music (Totoyo).

On the football pitch, Luis Molowny formed part of the legendary Real Madrid team of the late

1950s and early 60s that included Di Stefano, Puskas and Gento. He went on to manage the club and later coached the Spanish national team.

And, of course, tourism has brought a whole new generation of Irish to the islands. Nowadays, there are Irish bars in every resort, Irish families living and working all over the Canaries, and the celebration of St Patricks Day has been enthusiastically adopted by islanders who have lived shoulder to shoulder, side by side with the Irish for centuries.



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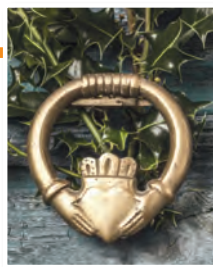


HIGHLIGHTS



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Paddy Power

St Patrick's Day arrives on March 17th and, as usual, there'll be plenty to celebrate in Lanzarote's resorts.



Unlike the green, Celtic coastline of Galicia in Northern Spain, there's no chance you'll ever mistake Lanzarote for Ireland, even with the rain we had last month. But the links and similarities between two islands in the Atlantic go back centuries, and go much deeper than a shared fondness

for spuds and a lack of snakes.

Like Ireland, Lanzarote has a Catholic history and culture that survives in pretty churches and the celebration of Saints Days. Like Ireland, it has suffered famine, civil war and waves of emigration over

the last centuries. Both islands have a strong rural tradition, and a vivid, living folk music culture, but both have also fully entered the 21st century. And most of all, both the Irish and the Canarians love a party. You'll see evidence of that in the carnivals that continue

this month, and you'll also witness it in any of the resorts on St Patrick's Day.

The Irish pub has become a global phenomenon that has been warmly welcomed to Lanzarote, and whichever resort you're in, you're never far from a pint of Guinness.

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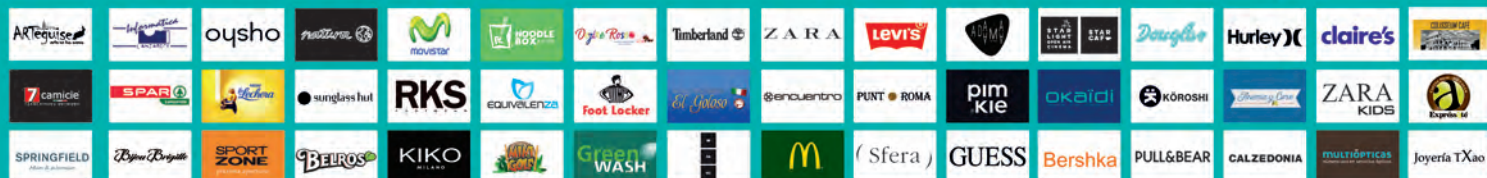
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What's on

THEATRE

SILENCIO



Photo © RubenBallester

3rd March @ 8pm

Contemporary Dance with the Company Daniel Abreu, Jameos del Agua. Entry: 20 / 26€

ÁNGARO

11th March @ 12:30pm & 25th @ 12:30pm

Music and dance performance about Canarian traditions. Jameos del Agua

CUL DE SAC

17th March @ 8pm

Contemporary Dance with the Company Kor'sia Jameos del Agua. Entry: 20 / 26€

TAL VEZ SOÑAR (Perchance to Dream)

22nd March @ 8:30 pm

With the theatre group Unahoramenos Producciones. Arrecife, Teatro El Salinero. Entry: 10€

FLYING PIGS

31st March @ 8pm

Contemporary Dance with Eulalia Bergada Serra. Jameos del Agua. Entry: 20 / 26€

MUSIC

CUARTETO WOLNOSC

2nd March @ 8:30h

String quartet. Tías, Teatro Municipal Entry 10 / 15€

ALEXIS LEMES & JAVIER INFANTE

9th March @ 9pm

Concert for timple and guitar Arrecife, El Almacén. Entry: 10€

JORGE DREXLER

17th March @ 9pm

Arrecife, Sala Teatro Atlántida Entry 22 / 26,50€

SONIDOS LIQUIDOS: MORGAN

18th March @ 1pm

Live music, wine and tapas. La Geria, Bodega La Florida. Entry; 15€ (concert only) 22€ (concert, wine + tapas)



**THE ORIGINAL
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+ EMISORA
CLANDESTINA
9th March
@ 9:30pm**

Arrecife, Recinto
Ferial. Entry: 18 / 22€

EXHIBITIONS

MARCO ALOM "PIÉLAGOS"

Until 17th March

Arrecife, El Almacén

NICOLÁS LAIZ PLACERES "ULTRASUVENIR"

Until 17th March

Arrecife, El Almacén

Lancelot 28ª-7ª ISLA DESCUBIERTA

Until 30th March

Arrecife, La Casa Amarilla

OTHERS

CARNIVAL IN TEGUISE



Carnival theme: Medieval

2nd Traditional Carnival Festival, Tegui, Plaza de los Leones.

3rd Carnival street parade in Costa Tegui.

CARNIVAL IN TINAJO

2nd to 4th March

Carnival theme: Comanche

CARNIVAL PLAYA BLANCA

8th to 11th March

Carnival theme: Rock and Roll

10th: Carnival street parade

CARNIVAL LA GRACIOSA

10th March

Carnival theme: Medieval

PARANOID ANDROID

8th to 10th March

Workshops and presentations about robotics, technology and creativity. Arrecife, El Almacén.

SAINT PATRICK'S DAY FESTIVAL

15th to 17th March

Puerto del Carmen, Old town harbour and Playa Grande
17th: Street parade and live music

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30th & 31st March 8pm-10pm

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SPORT

MASKED RACE

4th March

5 km run for carnival revellers, Tinajo.

PROAM

SLALOM

7th to 10th March

Windsurf competition, Costa Tegui.



III. CRONO ESCALADA

10th March

Trail competition, Arrieta.

TRI 122 INTERNATIONAL TRIATHLON

17th March @ 12am

Costa Tegui

ULTRABIKE

24th & 25th March

24th: La Graciosa, against the clock

25th: Lanzarote, 45k and 85k

MARKETS/SALES

ORIGINAL PALS CAR BOOT SALE

Every Sunday @ 9am

Lanzarote A Caballo. Sellers arrive 8-8.30am.

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3rd March 10am - 2pm

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Terraza Concord, C/Mástil 71, Playa Honda.

CAR BOOT SALE IN AID

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10th March 9.30am - 12.30pm

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REGULAR EVENTS

...EVERY MONDAY...

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

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 Tegui

9am - 2pm: Market, Puerto Calero

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

7pm: Jameos Nights, Dinner and live music, Jameos del Agua (Except 27th March)

...EVERY WEDNESDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

6pm - 10pm: Handicraft Market, Pueblo Marinero, Costa Tegui

...EVERY THURSDAY...

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

...EVERY FRIDAY...

9am - 2pm: Market, Puerto Calero

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

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

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

10am - 1pm: Social Friday, Sun Park Living, Playa Blanca

2nd Friday every month:

10pm: Toñin Corujo, Arrecife Gran Hotel and Spa

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9am - 2pm: Market, Playa Blanca, Marina Rubicón

9am - 2pm: Market, Arrecife, Plaza Iglesia de San Ginés

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

9.30am - 1.30pm: Market, Uga

10am - 2.30pm: Market & Handicraft Market, Haría, Plaza

8pm: Jameos Nights, Dinner and live music, Jameos del Agua

10pm: Asadero Macher, International Live Music, Mompas Duet

Last Saturday every month:

10pm: Lanzarote Big Band, Arrecife Gran Hotel and Spa

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9am - 2pm: Market, Tegui

9am - 2pm: Farmers & Handicraft Market, Mancha Blanca, Tinajo

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

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

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

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

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1 GREASE AMERICAN MADE	2 BEAUTY AND THE BEAST ONLY THE BRAVE	3 CAPTAIN UNDERPANTS DUNKIRK	4 LALALAND LOGAN LUCKY	5 GREASE KINGSMAN: THE GOLDEN CIRCLE	6 MAMMA MIA IT (2017)	7 LALALAND DUNKIRK
8 BATTLE OF THE SEXES THOR RAGNAROK	9 AMERICAN MADE THE SHAWSHANK REDEMPTION	10 BEAUTY AND THE BEAST LOGAN LUCKY	11 CAPTAIN UNDERPANTS BLADE RUNNER 2049	12 THOR RAGNAROK IT (2017)	13 BEAUTY AND THE BEAST THE SHAWSHANK REDEMPTION	14 GREASE ONLY THE BRAVE
15 BATTLE OF THE SEXES LOGAN LUCKY	16 CAPTAIN UNDERPANTS BLADE RUNNER 2049	17 SATURDAY NIGHT FEVER KINGSMAN: THE GOLDEN CIRCLE	18 LALALAND DUNKIRK	19 GREASE THE SHAWSHANK REDEMPTION	20 SATURDAY NIGHT FEVER KINGSMAN: THE GOLDEN CIRCLE	21 BEAUTY AND THE BEAST DUNKIRK
22 CAPTAIN UNDERPANTS THOR RAGNAROK	23 BATTLE OF THE SEXES BLADE RUNNER 2049	24 MAMMA MIA AMERICAN MADE	25 ONLY THE BRAVE LOGAN LUCKY	26 THE GOONIES DUNKIRK	27 BEAUTY AND THE BEAST AMERICAN MADE	28 CAPTAIN UNDERPANTS THOR RAGNAROK
29 PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES ONLY THE BRAVE	30 JURASSIC WORLD IT (2017)	31 THE LION KING THE SHAWSHANK REDEMPTION	find us at: ROOFTOP Entertainment Centre, Biosfera Shopping Plaza Avda. Juan Carlos I, N°15 5ta planta - Old Town, Puerto del Carmen			

Art & Culture



March in motion

3rd, 17th and 31st March

This month, Lanzarote offers a real treat for fans of contemporary dance, who normally have to wait until autumn for the popular MasDanza performances in Arrecife.

Jameos del Agua is, as we all know, one of the most spectacular venues in Europe, and March sees three very different dance performances in Manrique's grotto.

On the 3rd, the Canarian choreographer Daniel Abreu brings his company to Lanzarote to perform Silencio - a three-person work described as "a poem to life and its contrasts."

It's a chance to see one of the Canaries' finest artists in action.

The Kor'sia company arrive on the 17th with Cul de Sac, a performance inspired by the Spanish sculptor Antonio Muñoz and directed by Italian choreographers Antonio de Rosa and Mattia Russo.

Finally, there's a strange, bewitching treat in store on the 31st. Flying Pigs is a unique work by the up-and-coming choreographer Eulália Bergadá in which musicians, dancers and singers evoke scenes of celebration that range from discos to the traditional pig slaughter of rural communities.

Liquid Sounds

Various Dates



Sonidos Líquidos, Lanzarote's prize-winning festival of wine and song, is back for another year of some of the best bands on the scene at the moment, performing in the unique surroundings of Lanzarote's wine country.

The first concert takes place from 1pm on the 18th March, and the headlining act will be Morgan, a Madrid-based band based around the evocative singing and piano compositions of Carolina de Juan. Morgan offer a musical palette that's reminiscent of Norah Jones, Joss Stone and Paolo Nutini, and they'll be performing at the Bodega La Florida.

Check sonidosliquidos.com for tickets and details of future performances.



Watch out Teguise! It's Los Caretes.

Panic on the streets of Teguise!

March 2nd

The Diabletes of Teguise are the best-known carnival association on Lanzarote, and this time of year they come into their own, lurching around the island at official carnival parades as well as prowling the streets of Teguise itself, terrorising youngsters who have the nerve to taunt them with the cry "Elengua!"

This year, however, the Diabletes have invited some very special guests to join them in their mission of scaring the hell out of people. As part of the carnival

celebrations in Teguise old town at 8pm on 2nd March, they have invited three other groups of bizarrely costumed pagan creatures to join them.

The Antruejo de Llamas de La Ribera from Spain, Los Caretes de Podence from Portugal and Los Vejigantes from Puerto Rico will join the Diabletes on the streets of Teguise for an evening that is likely to traumatised anyone of a nervous disposition. If, however, you're interested in the pagan rituals of Europe, then it is sure to be a fascinating and unmissable spectacle.

Wind in their sails

March 7th - 10th

March 7th to 10th brings a brand new sporting event to Lanzarote, as the Costa Teguise ProAm Slalom gets under way.

Lanzarote's winter months see plenty of windsurfers practising their skills in guaranteed breezy conditions, and this event offers them the first chance to show off what they've learned.

This is a downwind slalom event, open to both professional and amateur sailors, and there'll be events in several categories, with professional and amateur slalom events, womens and youth tournament and an open foiling event.

The centre of operations on shore will be the Pura Vida kiosk at Las Cucharas beach, and the social activities on the beach are likely to match the exciting performances on the waves.

Go to www.kiani.dk for more information.





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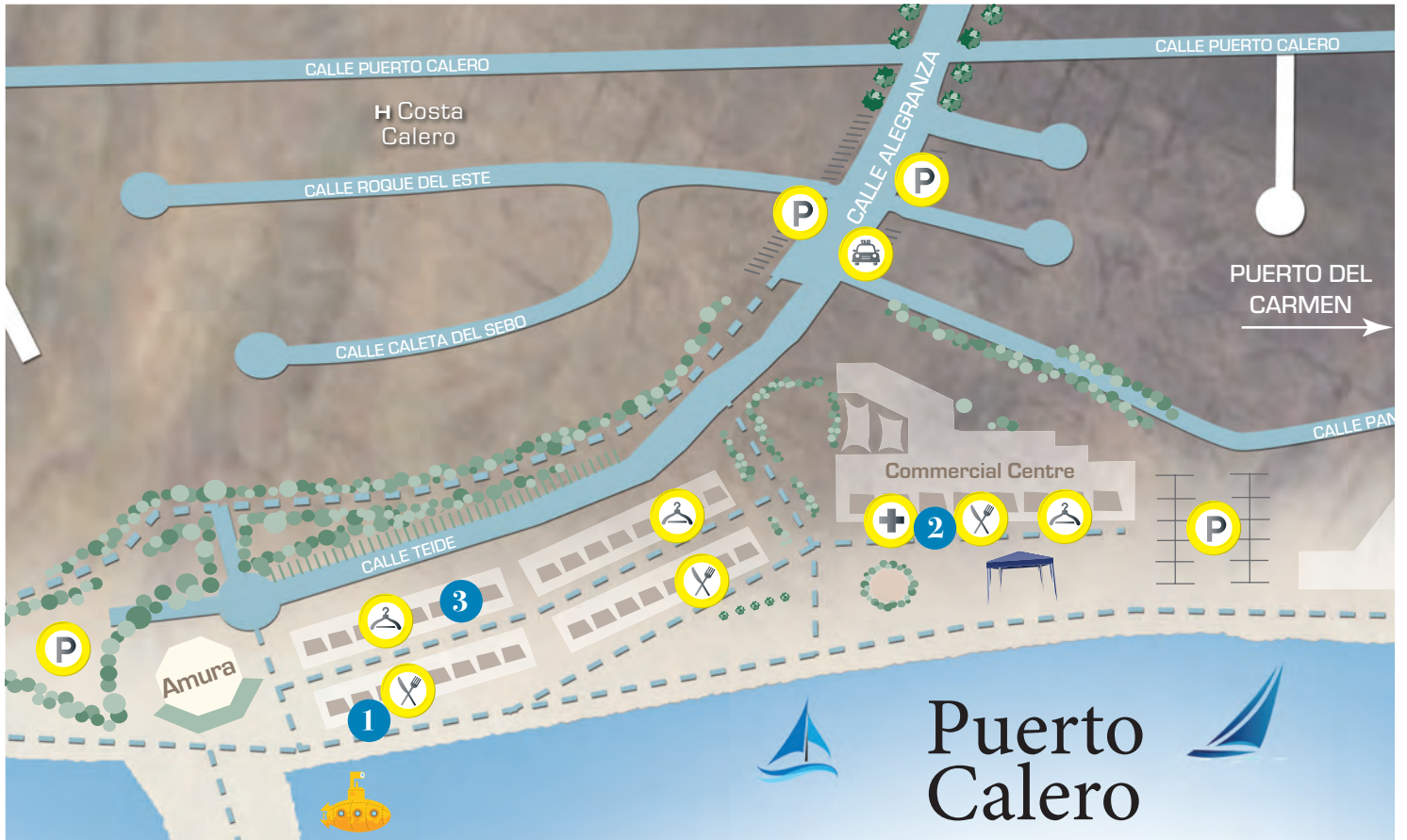
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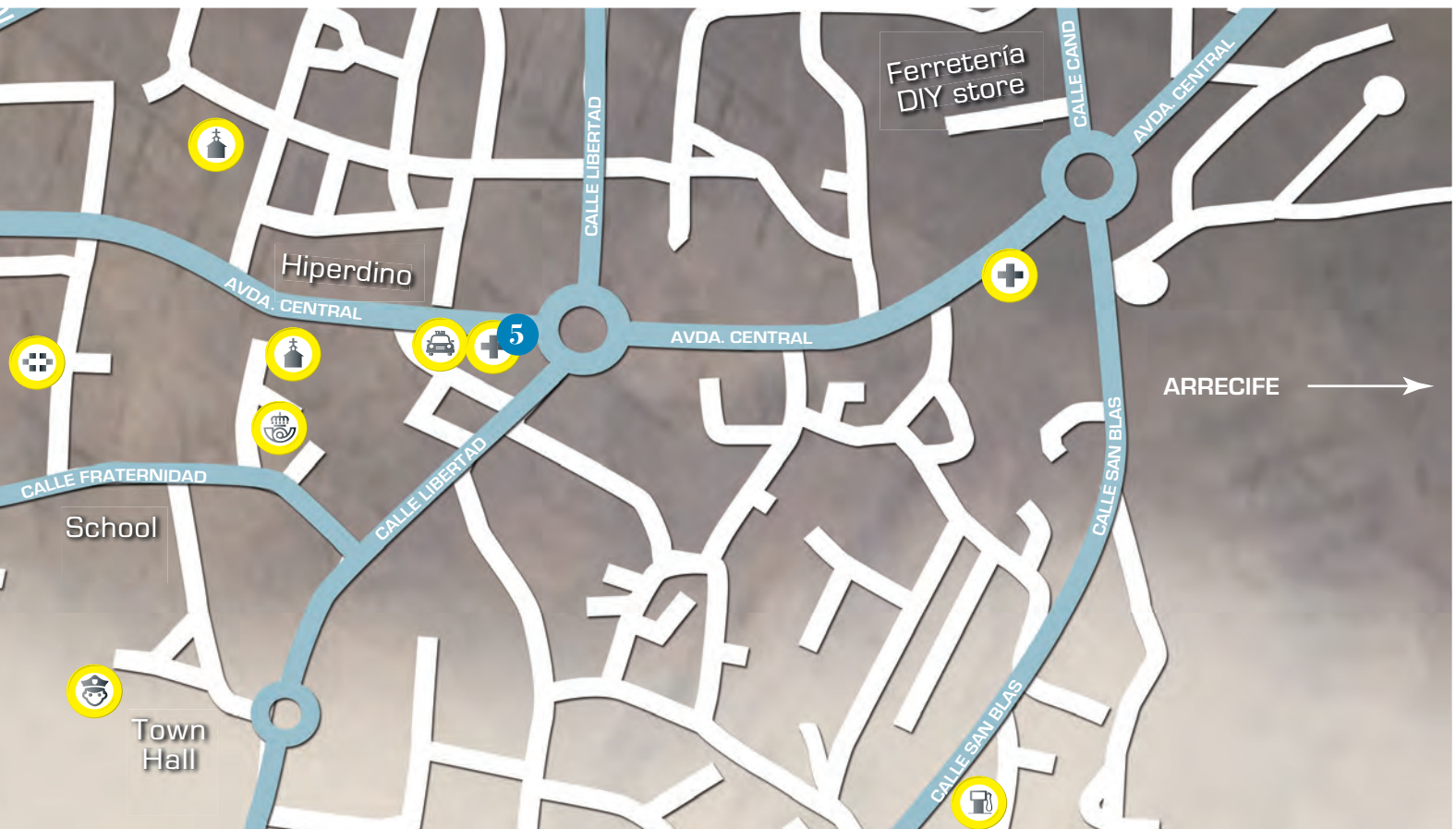
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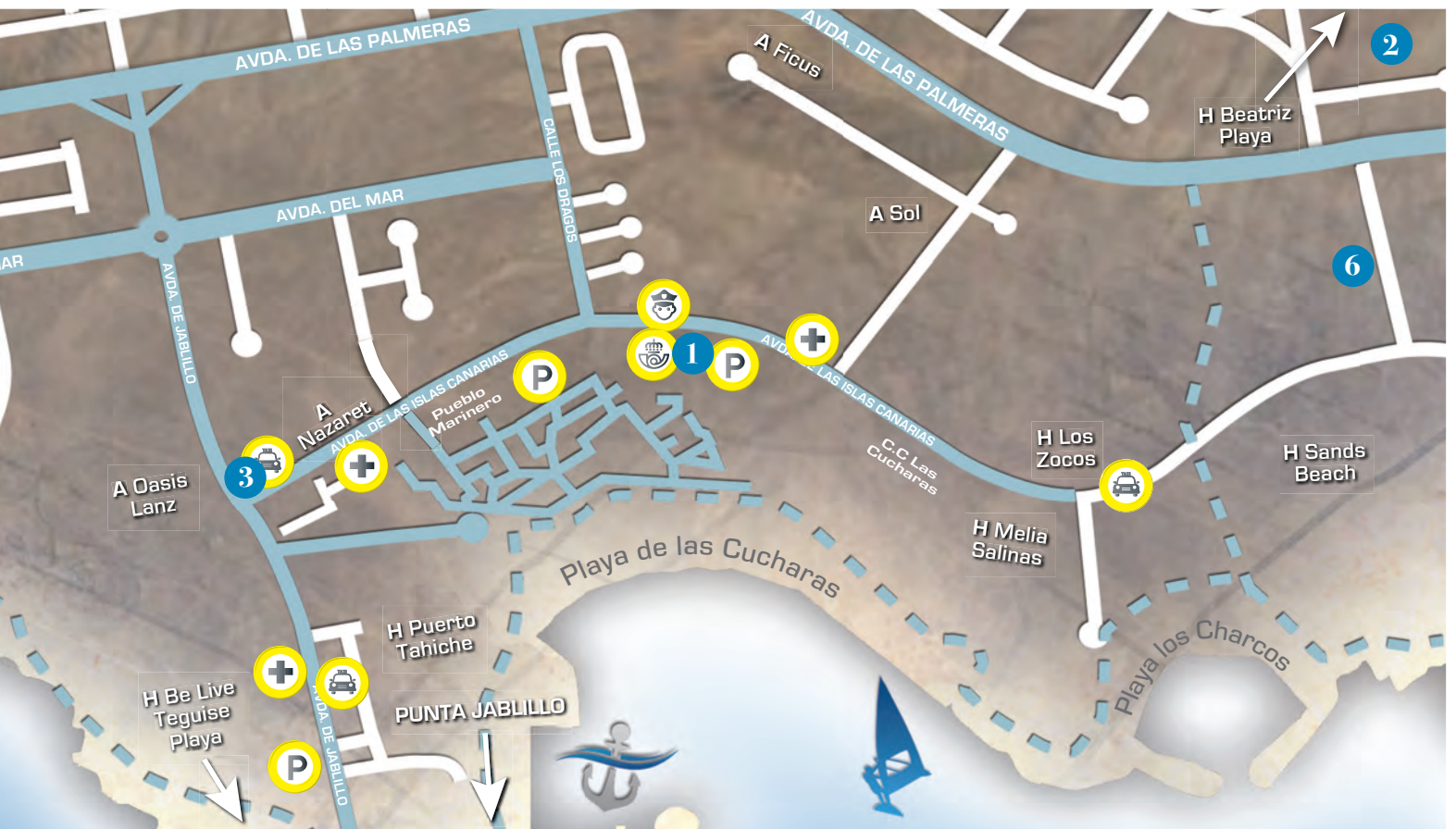


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My HOME

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Property Shorts

Floor Clause Pile-up

The 54 courts dealing with abusive floor clauses in Spain amassed 165,000 cases to deal with in 2017, according to Spain's Ministry of Justice. However, only 5,000 of these cases - 3% of the total - have been finalised.

Vicente Pascual, of the General Council of Lawyers, has warned that a total of 650,000 cases could eventually end up in the courts following the refusal of banks to reach settlements with victims, a figure that would almost certainly

“Courts could be clogged up with floor clause claims.”

snow the courts under. However, the General Council of Judges has stated that it is still too early to reach such a conclusion.



All Signs Positive



The rises are driven mainly by huge increases in prices in Madrid and Barcelona, and the Mediterranean coast, but there are now signs that Northern Spain is also attracting investors.

All six of the main property price indicators in Spain show that house prices are rising and the property recovery is still on track.

The Tinsa index, which also tracks local developments, showed that the Canaries was up 3.8% in 2017. Their positive results were matched by the National Institute of Statistics, the Registrars Association and property portal Idealista, all of which showed an increase of more than 4% in 2017.

The government's figures were also positive, while the Notaries Association was the exception, showing a fall of 0.9%, although this trend has recently turned up as well.

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Rental Law Expected



Isaac Castellano, the Canarian Tourism Councillor, has stated that new Canarian laws will give local municipalities and Cabildos the right to dictate laws relating to holiday rentals in their area.

"Holiday rentals are different according to the island and area they take place in," he said "So the solution must be flexible, and this is only possible if we involve the Cabildos and Ayuntamientos."

Castellano also said that the new decree, which is expected in the next few weeks, would define holiday rentals as those properties which were rented more than twice a year.

Rent Protest

In late January, more than 100 people held a protest in Arrecife against the impossibility of finding long-term rental accommodation on Lanzarote.

Bearing signs saying "No more houses without people or people without houses", "There is no right to be homeless" and "Don't Expect me to shut up if you throw me on the street", the protestors highlighted the lack of social housing on the island and claimed that the increase in holiday lets caused by



platforms such as Airbnb had led to higher rents and lack of residential rental accommodation.

The situation is made worse by the fact that many workers on the island are in precarious, short term employment, with low wages, which means that rental increases bring the very real possibility of eviction.

Roomba Spy

A plan of your home could be shared online by your vacuum cleaner, it has been revealed.

The chairman of iRobot, who make the popular Roomba vacuum cleaner, stated recently that maps of property could be shared with Google, Amazon and Apple within the next three years. These firms would use the information to target products at Roomba owners.

Irobot have stated that they will not sell information without the owners "explicit consent", but it seems that this consent may be part of signing up for the relevant app in the first place.



Shared online mapping recently hit the news when it was discovered that it was possible to map secret US military bases using uploaded information from Fitbit trackers.



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Stock Market Falls



The recent stock market falls could mean that the end of low interest rates, which have been a feature of the post-crisis economic landscape, may be coming to an end. For mortgage holders and property buyers, this will mean higher repayments - but not just yet.

What this means is that the Euro is likely to rise in value against the Dollar. Great news if you're planning a holiday to Disney World, but not so great if you're exporting goods to the states.

Mortgage holders have enjoyed

got used to the low repayments.

The shock will not be immediate - the Euribor is still lower than it was this time last year, meaning that most mortgage holders are likely to pay less following annual readjustments - but it seems

The Euribor, the mortgage base rate used by most buyers in Spain, rose slightly in January for the first time since 2016. On its own, this hardly noticeable rise does not constitute evidence of an upturn in interest rates, but developments in the US and the world's other stock markets in February provide stronger evidence to suspect that the era of low interest rates may be coming to an end.

In February, the Dow Jones index suffered its biggest fall in six years after investors reacted to the prospect of increased borrowing rates in the US.

The rumour of increased interest rates has been spurred by rising inflation rates, and the result was a bolt that also had a serious impact on other stock markets such as the FTSE and the Spanish IBEX.

However, while many experts predict several interest rate rises in the US this year, this is a reflection of the current booming state of that country's economy. The Eurozone, in contrast, is still regarded to be nowhere near as strongly performing as America, and it is unlikely that significant interest rate rises will be happening until it is.

“Mortgage holders should take a long look at the future.”

low and even negative rates for years, but now it seems as though things are on the turn. And this is likely to come as a big shock to many mortgage holders who have

increasingly clear that this is probably as good as its going to get, and those with several years left on their mortgages had better start planning for a rainy day.



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First Impressions



Selling your house? Then remember that those who'll be viewing your property will be subject to first impressions. Here are a few tips to ensure your property makes the most impact on prospective buyers.

The Front Door

The front door makes a big impression on visitors, as it is literally the gateway to the property. A smart, new-looking door that gives the impression of being firm and secure may not be consciously noticed by buyers, but it will give them a subliminal good impression.

In Spanish apartment complexes, there'll also be a general entry for all residents, as well as your own front door. Upkeep of this area is the responsibility of the community of owners, so if yours is in a run-down state, have a word with your President.

The Garden

This may be the first part of your property buyers see, so it pays to get it in good order. A couple of hours trimming and raking should do it, but if you want to put more effort in nothing's stopping you. Get rid of dead or unhealthy plants outside your home, and it may even pay off to invest in a few fresh blooms.

Windows

Windows are another element that make an

unconscious impression. Make sure yours are modern, airtight and secure, and once you've invested in them, be sure to use them. If you're showing potential buyers around, open a window to let some light and fresh air in - they'll pick up on the ease and convenience that you've created.

Light

A poky, dingy interior doesn't do anything to sell your property, even if you feel cosy and private. Think about how you can let light into your home; changing heavy curtains, making sure windows are well-cleaned, and even, if necessary, installing new windows or skylights. Don't forget that mirrors can be your friend here, as well.

Fragrance

Fresh coffee and baking aromas are old tricks, but if you want to offer your visitors a cuppa, it's all a part of the hospitality (although baking a cake for them is perhaps going too far). More importantly, you should attempt to banish any musty or unpleasant smells from your home. Got dogs? Then get cleaning.

Sound

Take care here. Moist viewers will want silence to make their decisions in - putting any type of music on will not only risk annoying them, but may even lead them to think you're hiding something. An old trick is to show viewers around at times when exterior noises are at a minimum, but it's best to simply present your home as it is, and if there are any noises, such as traffic or building works, be honest.



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

The next step is to complete the transaction by making the outstanding balance of payment and signing the title deed, which is known in Spain as the Escritura. This must be done in the Notary's Office. The Notary's task is to ensure that all of the legal documentation is correct. He will also carry out a search in the Land Registry Office on the day of signing to check the current status of the property or land (and will require the last annual rates receipt from the council in which the property is situated), that this

is up to date as well. It is essential to ensure that your lawyer has current receipts for all other payments such as water, electric and community charges, as debts such as these in Spain are 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 will be liable for capital gains tax. In this situation, a sum of 3% calculated against the value declared in the title deed will need to be retained and paid to the Spanish Tax Authorities.

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

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.

tax of 6.5% of the value of the property must be paid.

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

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

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

OTHER COSTS

Other costs include the Transmission Tax, the Notary's bill, the fees from the Registro and your lawyer's fee, which will probably come to about 10% of the purchase price.

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

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

OUTSTANDING BILLS

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


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



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Selling Concept



The three key concepts in making a successful sale can be summarized as the three Ps - presentation, price and paperwork.

Presentation

Presentation is absolutely vital – and it doesn't start with physically preparing the home for viewings. Just as important is the need to present your property in photos online, as this is where it will be seen first. The decision to move

on or stop and click is almost always based on a decent photo.

Everybody thinks they're a photographer today. But the art of framing a home for sale is a task that the experts can still do infinitely better than amateurs. A professional photographer will



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Paperwork

If you haven't got your paperwork 100% sorted, it may well lead to a cancelled sale. In the worst-case scenario you could face a hefty fine. There is nothing worse than getting a buyer and then seeing them wander off into the sunset because your paperwork isn't up to scratch.

Make sure all paperwork is in order and above board, and if you haven't already, book a professional to carry out an Energy Performance assessment and provide you and the industrial register with copies. However, the EPC is only the latest in a list of requirements – make sure you're bang up to date.



How not to sell your home

Of course, there are some pretty obvious things to avoid if you want to make a good impression on potential buyers.

Take clutter and mess, for example. We all know that a pigsty of a house will put off potential buyers, but a sterile box may also work against you. The ideal balance is to have a home that looks perfectly liveable-in without looking too lived-in. A few visual hints, such as a piece of sports equipment or a well-positioned item of furniture, can actually put attractive ideas into buyers' heads that they might not normally think of. So keep it tidy, but make the most of what you've got.

Remember that you're not just selling a home, but also a location. If your property is situated near attractive facilities, why not make the most of them, perhaps arranging to meet at a favourite local bar before strolling through your well-kept complex to the property you have for sale.

Price

It stands to reason that price is key. If your house costs too much you will not get any enquiries. On the other hand, if you are getting enquiries but not selling then it will almost always be something to do with the home. If your asking price is a little higher than it should be, the chances are you will struggle to get interest.

There is still a strong temptation on Lanzarote for sellers to put a house on the market at an exorbitant price in the hope that someone will bite. In reality, it simply turns potential buyers off from the start, and estate agencies may be less keen to advertise such properties as they detract from their other, more realistic offers.

Having said that, despite the recent property crash, the Canaries have done better than many regions of Spain, and sellers can still get good prices, especially for higher-end luxury properties.



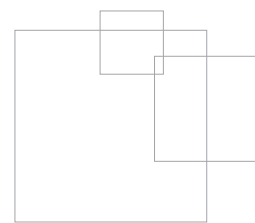
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LIVE YOUR EMOTIONS



Emotion is essential to living, and to the space we live in. There are four main emotional elements to take into account when planning your living space, so why not let your feelings run free?

☐ CALMNESS

Calmness is achieved with smooth lines, uniform shapes and neutral colours teamed with naturally soothing shades such as greys, blues and greens, as well as natural materials such as wood and stone, which reflect the natural world. The desired effect is a retreat from the bustle of the outside world, an organised, ordered place where you can let your mind run free.

☐ JOY

Joy is one of the most important elements of living – we like our surroundings to delight us and cheer us up when we return home after a long day. And we achieve this with artwork, ornaments and bright, vivid colours and patterns. This is the area where personal taste really comes into its own – what makes you happy is unique, and indulging those tastes will lead to an equally joyful interior.

☐ COMFORT

Homes must be comfortable for us to truly enjoy them, and it's this comfort that marks the difference between the homes we actually live in and the ones that you see in the glossy magazines. The most important element of comfort is practicality – homes that actually allow you to live easily, and this is why the kitchen, where we eat and prepare food, can often be the most comforting room in the house. Comfort expresses itself elsewhere in rounded shapes, inviting curves, warm hues and traditional patterns.

☐ DRAMA

A stunning view, a breathtaking artwork, surprising combinations of lines and curve, eye-catching colour contrasts – we can achieve drama in all sorts of ways, and it acts in the way seasoning does in food, adding interest and new flavours to our living place. It also depends on your surroundings – Lanzarote is a dramatic island, so you can afford to be bold.

☐ MIX AND BLEND

Of course, you don't have to choose just one of the above themes for your indoor space. Almost every interior space mixes two or more of them. Just visit either of César Manrique's homes and see how the master incorporates tranquility, joy, comfort and sheer drama.



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Sweet Dreams at *Ensueños*

Ensueños is Lanzarote's premier mattress stockist, with the best brands and an unmatched standard of service. We spoke to Ensueños owner Arantza Martínez Ajamil at the showroom recently.



Arantza, how long has Ensueños been in business?

We've been open for 10 years, but I've been involved in the world of homes and decoration here on Lanzarote for more than 30.

With all that experience I imagine you know every brand on the market. So why did you choose to specialise in Flex products?

Because I believe it's the best brand in Spain and it's a benchmark for quality around the world, with factories in countries such as the USA, Britain, Brazil, Chile and Portugal

Why did you open a shop of this kind?

There was no specialist shop with a wide selection of mattresses, bases and bedroom accessories. The more alternatives we offer to the customer, the easier it is for them to find the mattress that is perfect for them.

And how can we know which mattress is the best one for us?

Well, there are a lot of factors to take into account. First, you need to decide what you're using it for, whether it's for a guest room, for long stays, for children's bedrooms or for older people. You also need to consider your physical condition: your

"The future of mattresses is here."

size and weight, whether you have injuries or pain and the position you usually sleep in. It's strange to say, but the nationality of a person can help us decide which type of mattress they are culturally accustomed to – for example Scandinavians prefer firmer mattresses while the British prefer softer ones, which is why we stock the American Kluff brand from Flex, a handmade mattress composed of the highest quality natural materials such as wool, horsehair, latex, wool/silk blends and others.

Obviously, we also have to take budget into account. We stock mattresses from €200 to the €6,000 I-Bed smart mattress.

A smart mattress? Can you tell us a bit more about this, and why it's considered smart?

This mattress has sensors that monitor the pressure of your body, adapting perfectly to your body-shape. All this can be controlled and adjusted with an app on your smartphone, guaranteeing perfect responsiveness all the time, whatever your physical condition.

As a sleep specialist, can you offer some tips as to how to keep my mattress in good condition and prolong its life?

A good mattress protector is very important. It must be both waterproof, but allow air to circulate. Make sure the bedroom is well ventilated; Hoover the mattress every six months; give it a 180 degree clockwise turn every month and flip it over every three months.

We've only spoken about mattresses, but there's a lot more to discover at Ensueños, isn't there?

Yes, as well as conventional mattresses, we also offer articulated beds, storage beds, pillows, duvets and a wide selection of bedsheets and towels.

Tell us about your team.

The sales assistants, Araia, Goretti and Juliana, are all professional and speak English. They'll guarantee you a warm welcome; and our delivery staff are also highly efficient. They set the whole bed up for you in the shortest possible time.

Thanks Arantza

Ensueños is in Arrecife, just to the right of IKEA, and is open from 9 am to 8pm on weekdays and 10 – 3 on Saturdays.



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DOWN TO *Detail*



Detail is the difference between a room and a living space; it's the human touch that transforms a generic space into something that is truly yours. It's also the most flexible, enjoyable and adaptable way of decorating.

■ ORNAMENTAL STYLE

Look at Lanzarote. A dry, stark island that has been utterly transformed by the details of one man. César Manrique's installations on the island are never overwhelming – he was a master of the carefully selected detail, and it's this example you can learn from.

Look at Manrique's love of colour and distinctive shapes, and try and learn to work that way in your own home. Ornaments may be practical – vases, clocks and lamps, for example, but other items are chosen simply for their beauty, and it's always worth having a few of these around.

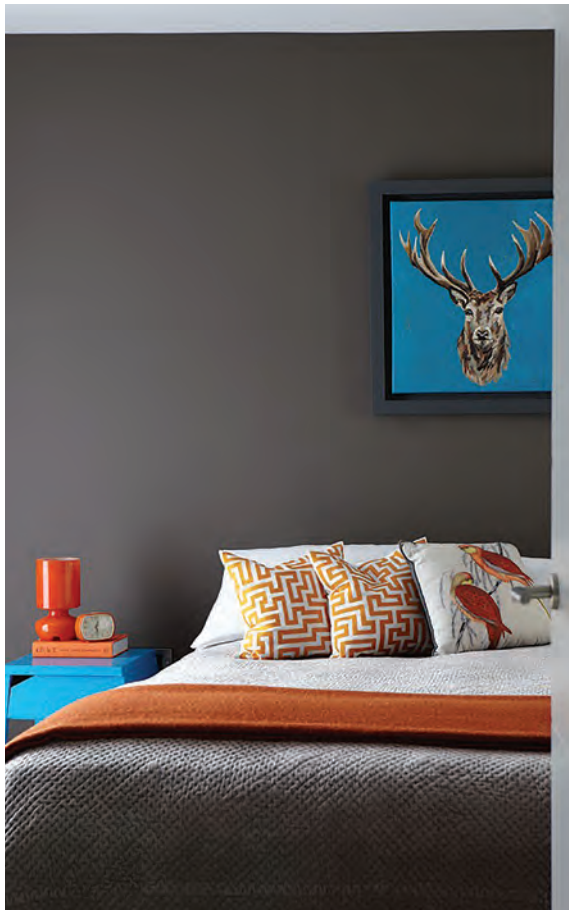
On your walls, Lanzarote's light and warmth calls for bold statements, but not overkill. Make your point with artworks and photos you love, but don't overdo it.

■ YOU & YOURS

Every room you occupy will contain your "stuff", and the current tendency to hide everything away so that it looks anonymously minimal goes against many of our basic instincts.

We like to have our favourite books to hand, taking them down to leaf through them now and again. We love to see a row of our favourite DVDs, CDs or even vinyl records, even though the trend of keeping all this stuff on your mobile or laptop is fast-increasing. Anyone who really loves books and music will be able to trace their story through the items they own and treasure. A well organised bookshelf is better than a thousand carefully posed Instagram photos.

Photos are another deeply personal element for many people, and keeping them in the space you live in will still save you the time of finding them on your smartphone or tablet. Take time to print photos and get them framed - that's home sorted.



■ BY THE BOOK



Sometimes, attention to interior detail can be taken a little too far. Take, for example, the trend of displaying books the wrong way round on bookshelves. This may mean that it takes you ten times as long to find the volume you're looking for, but apparently it's worth it because it provides "cool neutrals" in a place that would normally be occupied by a jumble of colours. The problem, of course, is that unless all your books are the same size and age, you're still likely to end up with a jumble of creams and weathered yellowy browns. Another, far more spectacular effect, is to arrange your books according to colour, achieving an amazing spectrum. Again, it'll take you a while longer to find what you're looking for, but this might just be worth the bother.

■ NATURAL ELEMENTS

On Lanzarote, you're always next to nature, and natural elements have always been an presence in the island traditional decor.

Wood, stone, and local crafts such as palm-basketry or embroidery can all be found locally, and add a distinctly local touch to your surroundings, but don't forget that you can actually bring life itself indoors.

Whether it's a spectacular pot plant or just a simple cut flower or leaf in an attractive vase, it will give you an immediate, ever fresh, link to the outdoors.

And don't forget the fruit and fresh produce available here. Do you want a blast of orange in your living room or kitchen? Then nothing beats a few oranges. Attractive, exotic pineapples, mangos and papayas offer their

won gorgeous colours and shapes, while you can do wonders with red and white onions, red, green and yellow peppers, bananas, limes, lemons, papery heads of garlic and jars of chickpeas, beans or lentils.

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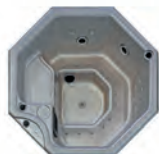
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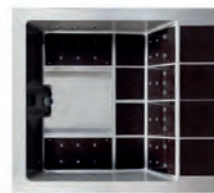
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Snuggle up in a TUB

This is the time of year when you can really make your hot tub work for you.

After the Christmas holidays, most of us begin the New Year with an urge to get healthy, start anew and make the most of life. and even if you're not getting that warm glow of potential, a hot tub will help you tackle the New Year feeling more invigorated, rested and content.

Lanzarote's cooler months are the time when hot tubs come into their own. It's never bone-chillingly cold here, but at this time of year you'll often feel cool enough to want to warm up that body right down to the bone.

If you've started a fitness routine to shake off that Christmas excess, then

you'll discover that easing yourself into a warm, bubbling tub is the ideal way to relax after an exhausting run, a tough work out or even a brisk hike. In fact, it feels even better than usual because your aching muscles are crying out to be soothed and, above all, you've earned it.

You may also discover that once you go to bed after a good soak, you'll sleep like a baby, waking the next morning with your batteries fully charged and ready for anything the day throws at you.

But hot tubs aren't just for health. They can also be a place where you can simply be yourself, relaxing to the



ultimate degree with your favourite music, a good book or – if you plan it right – a film or a TV programme.

They can also be social places where friends and family relax together. In Japan, businessmen often strike deals in bathhouses because they are places where

nothing is hidden, where relaxation urges you to be open, friendly and enjoy life.

Even kids can join the fun – just add a few toys and let them take it away. An adult should be on hand at all times, but that's a duty you'll find you're more than happy to carry out.

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We all dream of a streamlined outdoor space, however the reality is that it can be difficult to achieve.

Lip Service



The combined factors of children, too much furniture and conflicting elements fighting for attention in too small a space can mean that too often chaos rules. It's time to kick the messy outdoor habit and work towards something you will be proud of. We show you how.

• Simple & Streamlined

Just like inside your home, your outdoor space needs to be streamlined and functional if it is to serve its purpose as the desirable additional living area in your home. And it's no good investing in beautiful bits and pieces of furniture if you don't make the area itself a haven for everyone to enjoy. But first you need to get organised and be clear on the function of each area of your outdoor space.

• Perfect for Entertaining

You need to look at the space as a whole and work out the best area for each of the elements in order that you can clearly define them. Maybe your priority is a space that you can relax and eat in, to host guests and while away the long summer evenings? If this is the case then you need to consider the best furniture for the job. If you have a large family and the space why not go for something substantial that is always ready to use. Choose the space that you will enjoy eating in carefully. You will either need to have some sort of pergola to shade people from the midday sun when the sun is up, or choose an area that is in shade, if you have it.

• Rural Relaxation

In addition to, and ideally near the dining area, you would do well to consider a relaxation space, for your guests or just for you. This is somewhere that you can retreat to when the going gets tough and it really doesn't have to be complicated or expensive. You can opt for the sun lounger, but don't underestimate how easily decking can work for you, and how comfortable it can become with the addition of a selection of outdoor cushions and a few throws. If you really want to go to town however, a day bed is the ultimate in lounging luxury. An even easier way to add ambience to your garden is with a water feature, which can be as big or small as you like. This can be great next to your relaxation area as the soft sound of running water is incredibly tranquil.



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Remember that your outdoor furniture doesn't have to be as tough and durable as it would further north, where wood, hard plastics and metals have to deal with rain and rough weather on a regular basis. Here you can put a sofa or an armchair outdoors for months, and all it'll need is the occasional strip and machine wash.

But what you do have is a blank sheet, a canvas on which you can let your imagination run wild. It'll take time, planning and style, but plants, furniture, screens, paint and hard work can transform a bare shell into something that starts to look spectacular. If you have any doubt at all about this, simply go to the César Manrique Foundation in Tahiche.

But the ultimate task facing you, in order to make your exterior unique and personal, lies in the details; the finishing touches that act as your own signature. And this island is full of fantastic ways to make that vision come true.

➤ SOFTEN UP

Life is hard outdoors on Lanzarote. Rock, concrete, scorching sun - it's no country for old men, women or indeed anyone who likes a bit of comfort. So when you come to planning details for your outdoor space, softness is one of the elements you should consider.



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Real softness comes with those inviting details – you can choose real, attractive cushions instead of nasty plasticised ones, and this gives you a real opportunity to make your space welcoming and inviting. Take your inspiration from Moroccan courtyards or Indian verandahs, the porches of America's deep south or modern chill-out spaces.

Don't forget that softness can also be experienced underfoot – an outdoor carpet or mat allows you to enjoy your outdoor spaces barefoot, and breaks up the monotony of a dull concrete floor.

► NATURAL VIBES

The ultimate detail for an outdoor space is plants, but on Lanzarote these will require planning and

care. Filling your outdoor space with foliage can be real challenge, and the plants you require to get this effect can take years to grow fully. In the meanwhile, you can fix on the details.

Cacti are everywhere on Lanzarote, but even a trip to Manrique's cactus garden won't reveal all their magic. For that, you really need to keep them yourself, and once you start you can easily get bitten by the cactus bug. Endless shapes, colours and textures, occasional surprisingly beautiful flowers, and easy maintenance mean that cacti are the perfect detail for a Lanzarote exterior.

Then there are container plants, which combine natural beauty with art and craft.

Spend time choosing your containers, then do your plant shopping. The effects, from simple joyful geraniums to the assymetric beauty of an olive tree, can be stunning.

► LIFE AND STYLE

Never forget that you'll be doing a lot more living outdoors on Lanzarote. Taking a coffee, catching up on your emails, reading a book, chatting on the phone and, of course, eating meals – all of this can be done comfortably in a cosy outdoor nook.

So plan accordingly – invest in perfect table settings that add the final touch to your al fresco meals, run cables to enjoy electronic appliances, install lighting that allows you to prolong your time outdoors and make sure you everything you need at hand. Living is so much more fulfilling when you add a little style.

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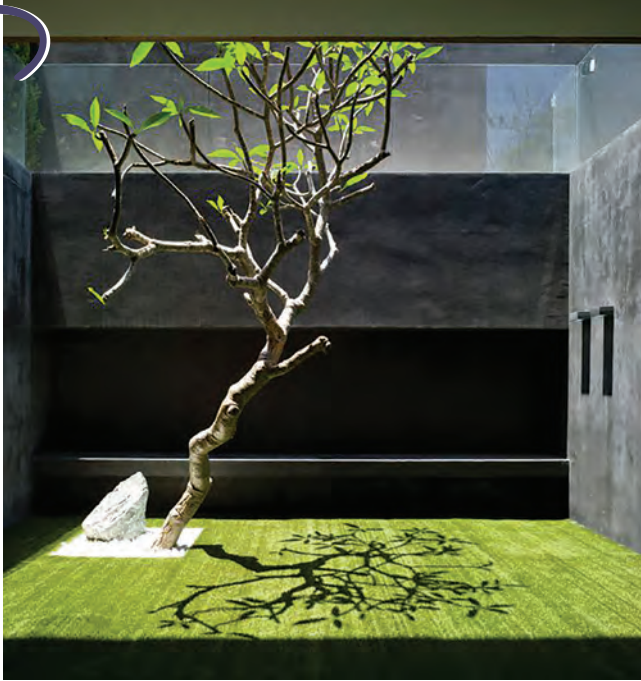
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MARVELLOUS

By S. Boyd

Blooming



Every gardener has their favourite plant, but here on Lanzarote there are so many more options for you to choose from that you may find your head turned by a new love affair.

Even though the land was appropriated for the national park, families were granted rights to visit, tend to and harvest from these valued assets.

Olive trees are another favourite, their pale leaves and agonisingly twisted trunks forming evocative and beautiful elements that are both ancient and alive. Then, of course, there are citrus and pepper trees, whose fragrances add another dimension to any garden.

Fragrance is often the deciding factor for many gardeners when choosing their favourites. Here on Lanzarote, lavender grows like a weed and the sun gives it an even more intense heady aroma than usual. The same is true for many other herbs, such as rosemary,

Every time I water my Lanzarote garden, there's one plant I pay particular attention to. Small, thorny and tough, it's never occurred to me to pick it or even trim it, but it persists, and its pale, gorgeous buttery-yellow flower lasts for months.

I don't even know which variety of plant it is - it was already here when I arrived, and looks like it'll be there when I'm gone. But I'm in love with it. It's that combination of spiky character and utterly delicate beauty.

Most gardeners, if pressed, will lead you to their chosen ones, those individual plants they can't help loving over the rest, and many more gardeners will openly confess

to favouring certain species or families of plants. This passion is what leads to specialization and new strains or breeds of almost every imaginable type of plant.

On Lanzarote, you can see passions everywhere. César Manrique happily admitted that the Cactus Garden at Guatiza was the favourite of his works, and even though cacti are not native to Lanzarote, they have been part of its landscape and its economy for centuries.

Trees are particularly prized on a dry, windswept island with no woods or forests. Visit Timanfaya and you can still see fig trees on the sides of volcanoes which have been passed down through families for generations.

"If you're going to fall in love, do it in the garden."

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basil, thyme and mint, while onions, garlic and other alliums offer more savoury notes.

EXOTIC NOTES

Many others fall in love with those exotic, sub-tropical plants that thrive in Lanzarote's warm climate - hibiscus, magnolia, bougainvillea - these beautiful and often strange flowers are the very essence of romance, and it's no wonder so many fall head over heels for them.

The palm tree, of course, is the global symbol of

exotic far-flung places, and you'll find no shortage of them on the island, as well as broad leafed banana plants and other jungly specimens. In fact, if you want something truly exotic on Lanzarote, then a grass lawn is something almost impossible to find.

Or finally you can head out to the hilltops, shores and meadows of the island, especially at this time of year. There you'll find local plants enjoying their most important season, beautiful and strange species with their own charm and appeal. What's your favourite?

My Favourite Plant

Celebrity professional and amateur gardeners reveal their favourite plant.



Bunny Guinness, Landscape Gardener - Fig Trees



David Bellamy, Botanist - Lupins



Kim Wilde, Rock Star & Gardener - Cardoon

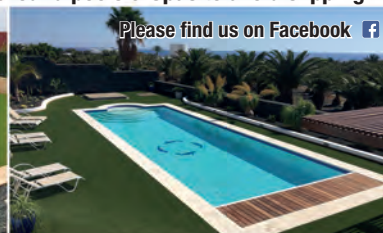
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GARDEN SNIPS



GET TOOLED UP

When gardening on Lanzarote, it pays to get the right tools for the job. This is an island where the soil is generally fairly thin and often rocky, so unless you have large amounts of picón or jable (gravel or sand) in your garden, a spade isn't going to be much help. Similarly, the garden fork will find limited use in rocky patches.

Look at local farmers and you'll see their tool of

preference is the hoe, a precision implement that allows for targeted earth turning. Rakes are also favoured for clearing stones and old leaves away. Trowels and smaller forks are useful when you want to get down and dirty.

If you've got spiky, serrated plants, don't forget protective gear - gloves are a must, and tough secateur and garden saws are vital for pruning some of the island's tougher customers.



CHILLI TIME

Now's a great time of year to sow chilli seeds, which will provide deep green foliage, beautiful fruits and a bit of kitchen spice later in the year.

Lanzarote's warm sunny climate is perfect for chillies, but they will need protection from the wind and careful watering to thrive. It's also worth remembering that strict Canarian laws on plant imports mean that many of the websites offering chilli seeds won't ship to the Canaries.

Instead, hunt down chillis in local greengrocers stores and do it yourself. It's not hard to find habaneros, classic Kenyan birds Eye chillies or popular Spanish varieties used for flavouring chorizos.



WILD BEAUTY

In 2009, the Canarian Government listed 701 species of wild plants on Lanzarote. These range from endemic species that are only found in certain locations on the island to plants that can be found almost globally; from ancient almost prehistoric-looking natives to recently escaped imports. Over 500 of these can be seen at the excellent floradecanarias.com website, created by the botanist Manuel Gil González.

"They arrived first," writes Gil González, "They colonised our islands, and helped to form the lands on which we settled. Lets stop for moment and look at them. Learning about our natural history could mean that the degradation of our biological heritage will not reach a point from which there is no turning back."

The site is also linked to Facebook page, with regular updates on Canarian plants.



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The Garden Experts



Gardening is one of the most rewarding challenges you can tackle on Lanzarote, but you 'll need expert advice and help. That 's where Flower Power come in.

This beautiful little sub-tropical island is blessed with fertile soil and daily sunshine, and the water revolution of the 1960s means that gardening is now a possibility for anyone with a bit of land, or even a balcony, to spare.

Lanzarote gardening offers challenges – scorching heat, parching wind and native flora and fauna that are unique - but it can also offer a garden that is spectacular, strange and uniquely beautiful.

“Dedicated to sharing natural beauty.”

For more than 10 years, Flower Power garden centre in Macher has been helping gardeners on Lanzarote to keep their gardens beautiful, offering plants and advice that ensures success. Just one look at the centre shows that this is a place that knows what it's doing – it's a beautiful place that invites you to share that beauty.

With a wide variety of plants available, including the best flowers for the island, a big range of cacti, weird, beautiful succulents, fragrant herbs whose heady scent and olive trees that make your garden uniquely wonderful, Flower Power can soon point you in the right direction.

You'll also find a dazzling selection of pots and containers, as well as everything you need to prepare your garden, from composts and

manures to topsoils, fertilisers and gravel.

Flower Power don't just offer plants and supplies, though. They're serious, experienced gardening team can also landscape your outdoor space to create a garden that will thrive and delight you.

And for those who love their gardens but can't be here all year to give them the regular care that all gardens on Lanzarote require, Flower Power also offer an expert garden management and maintenance service.

There's no better or more rewarding New Year's resolution than creating your own garden. If you're interested in bringing beauty into your life, visit Flower Power on the main road LZ2 between Mácher to Playa Blanca. Call 928 51 05 62 or 619 60 95 18, find them on Facebook at Flower Power Jardines or simply visit their website www.flowerpower-lanzarote.es



SPORT CRICKET



JET POWER!

Welcome to the March edition of the LCA report, which is where the year really starts. This month we bring the report from the first game of the Lanzarote Premier league, with the other two results to follow next month.

In the first game of the LPL, the GJ Jets were drawn to play the Snug Bar Saints. The Saints won the toss and captain P.Hirst decided to have a bowl. The Jets got off to a slow but steady start with G.Dean

“The Jets didn’t release the pressure and kept the run rate down whilst taking more wickets”.

(17) and M.Amed (9) amongst many extras for an opening stand of 47, before two quick wickets fell courtesy of M.Evans (4-0-24-2).

The only other wicket throughout the innings was batsman No.4 (and Cricket España hopeful) G.Singh (21). Between Singh and F.Kishani (7*), they supported the star of the innings, A.French (79*) to a total of 160-3 from their 20 overs.



Adam French during his epic knock.

In reply, the Saints struggled to get going with some excellent pressure bowling from GJ Jets. A few early wickets suppressed the Saints to 44-3 and they were really having trouble getting off the ground. But with a decent spell of bowling, the Jets didn’t release the pressure and kept the run rate down whilst taking more wickets. After their allotted twenty overs, M.Kibble top-cored with the bat with 14, and with extras totalling 33, the visitors ended on 103-7. Victory for GJ Jets.

The two remaining games at the time of writing are The Snug Bar Saints vs The Magics and the final game of the round robin between the Magics and the GJ Jets. The result of these games will

be published in next month’s report.

Also a reminder that the International T20 tournament is on this month! There are games starting at 10.00 on the 23rd, 24th and 25th with teams from all over participating. As always, the bar will be open all day serving hot food, cold beverages and general refreshments.

Are you interested in getting involved with cricket? We are always looking for new players, spectators or people willing to get involved with perhaps umpiring or scoring. Please get in touch with us via our Facebook page (LCA Lanzarote Cricket Association) or alternatively, email jacktalbot6@gmail.com.



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SPORT FOOTBALL



WINTER BLUES FOR THE REDS

In the last edition of the Gazette I wrote excitedly about how Lanzarote had clawed themselves back into playoff contention. Since then it has been four losses on the trot and promotion to Segunda B (League 1) looks a distant dream, *writes Ian Lane.*



Lanzarote fans on tour



A month ago the Rojillos (The Reds) were level on points with the final playoff position available, but four games later they now trail that elusive spot by nine points, although they do have a game in hand.

On Sunday 28th January Lanzarote travelled across the 15 kilometre stretch of water to Fuerteventura to face strugglers CD Unión Puerto. The club always offer their supporters a fantastic deal to come and join the team over to our neighbouring island.

Despite not being helped by the Cabildo (Island Government) for the bus, the club kept their price of just 20 Euros which included bus, ferry, return journey and even a drink and a bocadillo (roll). Terrific value!

Around 100 fans took up this deal, many of whom were foreign residents, and they were joined by other supporters going by car. Our raffle to help cover the cost of the bus was, as always, fun with plenty of prizes which raised 400 Euros. The owner of the Irish Harbour Bar in Puerto Del Carmen, Mai Blake, also

chipped in with 100 Euros for the cause.

Even though it was another cracking day out, a red card for defender Kamara on the half hour contributed to the 2-0 defeat.

A good away performance against league leaders CD Tenerife B on the 11th February still ended in a 2-1 defeat even though Lanzarote held a 0-1 advantage until the 80th minute.

The Rojillos need to stop the rot now if they are to have any chance of a playoff finish, and with 14 games remaining there is still hope.

The club is so pleased with all the support they receive from the foreign fans and this has helped the club become the best supported team in the league.

Entrance to the match is just a few Euros and refreshments at the ground are also extremely good value, so pop on down and lend your voice for 90 minutes.

For more info contact Ian Lane on 0034 649963943, info@mercancialanzarote.com or on www.lanzarotefootball.com as well as Facebook: Lanzarote football club. Official club shirts and merchandise are on sale with Ian at the Club's stall at the Teguse market every Sunday (near the public toilets) and also at Puerto Del Carmen Old Town market every Friday. In Playa Blanca every Wednesday and Saturday at the Rubicon market. All markets are from 10am to 2pm.

FOLLOWING HOME GAMES

4th March Lanzarote v CD Vera

18th March Lanzarote v UD Los Llanos
(check date and time)

29th March (Thursday)
Lanzarote v CF San Mateo



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Motoring Ahead

The best way to arrive at El Golfo for a plate of sardines



2018 offers a tempting line-up of new cars. We've chosen some of those that we reckon would be perfect for Lanzarote life, even if a couple of them may only be pleasant daydreams for most buyers.

BMW i8 Roadster

BMW have been making soft-topped two-seaters for 80 years, but the i8 Roadster is a new beast entirely – a performance sports car with a hybrid engine that can run for 53 kilometres in electric mode. Offering 374 HP, it's as innovative as it is beautiful, and it'll be on offer in May.

And if you're worried about how such a beauty might look set against a dramatic volcanic landscape, then just take a look at the stunning publicity shots BMW shot here last year.



Nissan Leaf

LEAF stands for Leading Environmentally friendly Affordable Family vehicle (well not quite, but try ordering a LEAFV), and Nissan's world best selling electric car has certainly lived up to its name.

This year's update, now available, offers increases in battery range by 50%, motor power by 40% and torque by 25%, as well as a significantly lower price for entry-level models. It also offers a sleek new design and a ProPilot semi-automatic driving system.

Lamborghini Urus

If you've been thinking about buying a Lamborghini but are concerned about how it'll handle the dirt track to Papagayo, then worry no longer. The Urus, available in Spring, is the Italian marque's first off-roader, and initial reports suggest it will be an awesome chunk of metal, offering 650 HP and the fastest speed a SUV has yet managed.

With a cockpit that reeks of luxury and high-end tech, and a uniquely Italian take on the chunky, aggressive design that's so popular nowadays, initial models have blown the critics away. Road tests aren't available yet, but all you need to know on that count is that it's a Lamborghini.



Citroen C3 Aircross

When it comes to the SUV market, Citroën enters 2018 with all guns blazing, offering tempting new models such as C3 Aircross and a C5 Aircross.

The C3 Aircross is grabbing loads of attention – already being heralded as the compact SUV that sets the mark in terms of appearance and performance. Offering a high seated position in a hugely attractive cockpit, it's also one of the best offroad performers in its class, while small enough to prove a perfect city car.



Dacia Duster

The Duster has already made a strong name for itself on Lanzarote - an astonishingly good value small SUV with a terrific engine, and the 2018 upgrade, which will be available in the summer, doesn't mess with a winning formula.

A ride that only just breaks the five figures barrier in terms of price in Euros is always going to be a bit rough and ready, but the new model goes a long way towards ironing out the rough spots. It's more comfortable, better equipped and more modern overall. And it's sure to fly out of the showrooms when it arrives mid-year.



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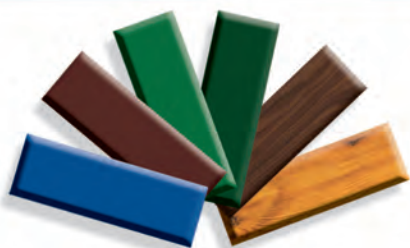
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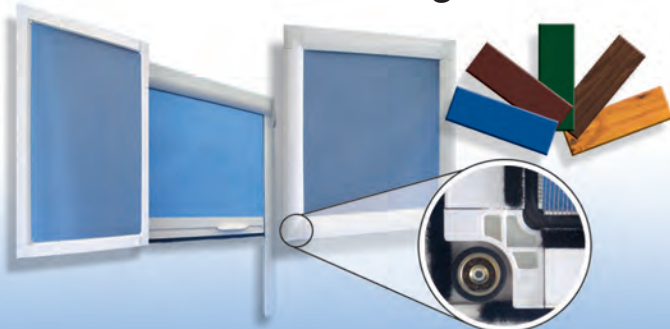


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11:00	18:00	10:00 17:00
12:00	19:00	11:00 18:00
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But it's Lanzarote that will once again launch the annual circuit with its Calero Marinas Cup event, which lasts from the 28th February to the 4th March, and will take place at Marina Lanzarote in Arrecife, which is also part of the Calero Marinas group.

Competing teams will converge on Lanzarote in the weeks before the regatta and prepare for five days of highly competitive sailing in conditions

that, if the previous years' precedent is anything to go by, promises to be lively.

The team to beat will be the Slovenian Igor Lah's Team CEEREF, having won the championship for the last two years. But Team Nika, owned by Vladimir Prosikhin and featuring renowned NZ tactician Dean Barker, will be itching to regain the top slot, having last claimed the Cup in 2015.

The marina in Arrecife is sure to be buzzing during the event, with local sailing schools and local students lined up to come and meet the teams and admire the RC44s. For more information, go to rc44.com.



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

Day	Hour	Metres	Day	Hour	Metres
1	H: 00:30 L: 06:50 H: 12:57 L: 19:03	2.9 0.1 2.8 0.2	17 ☉	H: 01:02 L: 07:17 H: 13:21 L: 19:27	2.7 0.2 2.6 0.3
2 ☉	H: 01:13 L: 07:31 H: 13:38 L: 19:43	3.0 0.0 2.8 0.1	18	H: 01:35 L: 07:48 H: 13:53 L: 20:00	2.8 0.2 2.7 0.2
3	H: 01:53 L: 08:11 H: 14:17 L: 20:22	3.1 0.0 2.8 0.1	19	H: 02:08 L: 08:21 H: 14:26 L: 20:34	2.8 0.2 2.7 0.2
4	H: 02:32 L: 08:49 H: 14:54 L: 21:01	3.0 0.1 2.7 0.2	20	H: 02:42 L: 08:56 H: 15:02 L: 21:11	2.8 0.2 2.7 0.3
5	H: 03:10 L: 09:26 H: 15:31 L: 21:39	2.8 0.3 2.6 0.4	21	H: 03:20 L: 09:33 H: 15:40 L: 21:52	2.7 0.3 2.6 0.4
6	H: 03:48 L: 10:03 H: 16:09 L: 22:18	2.6 0.5 2.4 0.6	22	H: 04:02 L: 10:16 H: 16:25 L: 22:40	2.5 0.5 2.4 0.6
7	H: 04:27 L: 10:42 H: 16:50 L: 23:01	2.4 0.7 2.2 0.8	23	H: 04:52 L: 11:07 H: 17:20 L: 23:42	2.3 0.7 2.2 0.8
8	H: 05:12 L: 11:26 H: 17:37 L: 23:55	2.1 0.9 2.0 1.0	24 ☉	H: 05:57 L: 12:14 H: 18:33	2.1 0.9 2.1
9	H: 06:07 L: 12:23 H: 18:42	1.9 1.1 1.9	25	L: 02:04 H: 08:25 L: 14:42 H: 21:05	0.9 2.0 1.0 2.1
10	L: 01:10 H: 07:28 L: 13:45 H: 20:10	1.2 1.8 1.2 1.8	26	L: 03:40 H: 10:00 L: 16:13 H: 22:30	0.8 2.0 0.9 2.2
11	L: 02:45 H: 09:03 L: 15:15 H: 21:34	1.2 1.8 1.2 1.9	27	L: 05:00 H: 11:15 L: 17:24 H: 23:36	0.7 2.2 0.7 2.4
12	L: 04:03 H: 10:15 L: 16:22 H: 22:34	1.0 1.9 1.0 2.1	28	L: 06:00 H: 12:12 L: 18:18	0.4 2.4 0.5
13	L: 04:57 H: 11:05 L: 17:09 H: 23:19	0.9 2.1 0.9 2.3	29	H: 00:28 L: 06:49 H: 12:58 L: 19:04	2.6 0.2 2.6 0.3
14	L: 05:37 H: 11:44 L: 17:48 H: 23:56	0.7 2.2 0.7 2.5	30	H: 01:13 L: 07:31 H: 13:39 L: 19:45	2.8 0.1 2.7 0.2
15	L: 06:12 H: 12:18 L: 18:22	0.5 2.4 0.5	31 ☉	H: 01:53 L: 08:10 H: 14:16 L: 20:23	2.9 0.0 2.8 0.1
16	H: 00:30 L: 06:45 H: 12:49 L: 18:54	2.6 0.4 2.5 0.4	☉ New Moon ☾ First Quarter Moon ☼ Full Moon ☾ Last Quarter Moon		
H=High Tide, L=Low Tide					

H=High Tide L=Low Tide

Need to Know



How to Call the Police

On Lanzarote there are three main branches of the police, each with different duties and spheres of operation. They are:

Local Police:

Employed by the local council, each municipality has its own local police force. Their main duties are preventing crime, traffic offences in urban zones, minor disputes and local by-laws.

National Police:

The national police are quartered in Arrecife, and deal with more serious crimes in urban areas. They are perhaps the force that is most similar to the British police force.

Guardia Civil:

The Guardia Civil is Spain's oldest law enforcement organisation, and is responsible for rural areas and borders. Its traffic department is also responsible for all roads that are not in urban areas. Another department, SEPRONA, deals with environmental issues. It's main barracks is in Costa Tegui, with offices in Puerto del Carmen, Yaiza, San Bartolomé and Playa Honda.

In addition, Lanzarote also has small groups of Customs Police, Port Police and the recently-formed Canarian police force are likely to have a small presence on the island shortly.

In the case of an emergency, anyone in the Canaries should ring 112, which offers services in Spanish, English, German, Italian and French. The operator will ask about the reason for the call and assign the relevant service to attend you.

The numbers for the local police can also be called, although these are generally advised for non-emergency situations, and non-Spanish speaking callers may not be catered for.

Telephone Numbers



AIRPORT

Iberia General Info	901 111500
Aena General Info	928 846000
Flight Information	928 846001
Thomson	928 516930

AYUNTAMIENTOS

Arrecife	928 812750
Haria	928 835251
San Bartolome	928 520657
Tegui	928 845001
Tias	928 833619
Tinajo	928 840021
Yaiza	928 836220

BRITISH SCHOOLS

British School of Lanzarote	928 810085
Colegio Europeo Daos	928 515818
Colegio Hispano Británico	928 173066
Colegio Arenas	928 590835
Queen's School (Playa Blanca)	928 518899

CHEMIST

Puerto del Carmen	928 513207
Puerto del Carmen (Old Town)	928 515588
Playa Blanca	928 518942
Costa Tegui (CC Jablillo)	928 826628
Costa Tegui (Islas Canarias)	928 590423

CHURCHES

Anglican Chaplain	928 514241
Family Church	618 186755
Christian Worship Centre	620 309684
Sunday Worship	630 175810
Pastor Norwegian Church	616 407693

CONSULATES

Britain	928 262508
Ireland	928 815262
Germany	928 491880

CREDIT CARDS - LOST OR STOLEN?

4B	902 114400
AMEX	902 375637
Visa International	900 991124

EMERGENCY SERVICES

Police, Fire, Ambulances	112
Spanish Emergency Services	061
Red Cross (Ambulance)	928 812222
Lanzarote Cabildo	928 810100

FERRIES

Naviera Armas	902 220225
Fred Olsen	928 517266
Líneas Romero	928 842055

GAZETTE LIFE OFFICES

Reception	928 515860
Editorial	928 514591
Advertising	928 515860
Website	www.gazettelife.com

MEDICAL SERVICES

British Surgery Lanzarote	928 514274
OR FREEPHONE	900 811555
Hospital Arrecife	928 595000
Alcoholics Anonymous	638 484113
Dr. Mager Clinic	928 512611
Hospiten Lanzarote	928 596100
Overeaters Anonymous	662 116415

POLICE

Arrecife	928 811317
Haria	928 835252
San Bartolome	928 520712
Tegui	928 845252
Tias	928 834101
Yaiza	928 830107

POST OFFICES

Costa Tegui	928 827268
Playa Blanca	928 518389
Puerto del Carmen	928 510381

TAXI RANKS

Airport	928 520176
Arrecife	928 800806
Haria	620 315350
Tegui/Costa Tegui	928 524223
Puerto del Carmen/Tias	928 524220
San Bartolomé	928 520176
Tinajo	928 840049
Yaiza/Playa Blanca	928 524222

TELEPHONE (MOVISTAR)

Faults	1002
Directory Enquiries	11811
International Directories	11825

TOURIST INFORMATION - LANZAROTE

Arrecife	928 813174
Costa Tegui	928 592542
Puerto del Carmen	928 513351
Playa Blanca	928 518150

TOURIST INFORMATION - 7 ISLANDS

Lanzarote	928 820704
El Hierro	922 550302
Fuerteventura	928 860604
Gran Canaria	928 771550
La Gomera	922 870281
La Palma	922 423340
Tenerife	928 635192

TRANSPORT

ITV Station (MOT)	928 582555
Intercity Bus	928 811522

UTILITIES

Endesa (Electricity)	800 760909
Canal Gestión (Water)	928 814400
Iberdrola	900 225235

VETS

Jane Burke	928 513895 or 649 910784
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HOROSCOPES

March 2018

By Clairvoyant Shona Langholm



Aries 21 Mar to 19 April

Change is coming, Aries, but you may not be aware of quite how fast things are moving. This is a time to make sure you're on solid ground, stand firm and prepare yourself for the future. Then you can reap the full benefits of what's to come.

adventure is exactly what you need in your life right now. Take a risk.



Sagittarius 22 Nov to 21 Dec

Admirers seem to be queuing up this month, Sagittarius, but are they really interested in your personality or just your pretty face? Take your time and don't make any rash decisions. Not only will this sort out the best candidates, it'll also make you seem really cool.



Capricorn 22 Dec to 19 Jan

Music can take you to places that no other art form can do, so indulge your ears this month and maybe get out and see some performances or have a dance. Life's nothing if you don't take the time to celebrate it. Serious can wait.



Aquarius 20 Jan to 18 Feb

This is a great time to get a doctor's check-up, Aquarius. There's good advice there waiting to be taken, and you may find freedom if you follow it. Clear out those bathroom cupboards at home and think about a makeover, too – this is a month to look and feel great.



Pisces 19 Feb to 20 Mar

You've been a little full of yourself recently, Pisces, so don't be surprised if you're brought down to earth with a bump. Try not to get angry or resentful- work out exactly what's happened and why, and then start anew with the benefit of wisdom.



Taurus 20 Apr to 20 May

Generation gaps cause you annoyance this month, Taurus. Whether it's annoying, flighty youngsters or stubborn oldies, you'll find yourself tutting and cursing. Try and open your mind to different viewpoints, be supportive and look for the best in everybody.



Leo 21 July to 22 Aug

Whether it's a neighbour's cat or an encounter with a dolphin, animals will enter your life in an unexpected way this month, Leo. It's a great time to think about your own animal instincts, too. Whether it's food, sex or sheer pleasure, try to indulge yourself.



Virgo 23 Aug to 22 Sept

You'll need eyes in the back of your head to keep up with everything happening this month, Virgo. Do your best to keep on top of things but don't expect to get everything achieved. It'll be exhausting, but it'll be exhilarating fun.



Libra 23 Sept to 22 Oct

Knuckle down hard this month, Libra. You know the results you can achieve when you throw yourself into a project, and you know how absorbing and fulfilling that hard work can be. All you need is the will to get started, and the time is now.



Scorpio 23 Oct to 21 Nov

You're planning holidays and travel, Scorpio, but why not look a little further afield from your usual favourites? There's a whole world out there, and a little



Gemini 21 May to 20 June

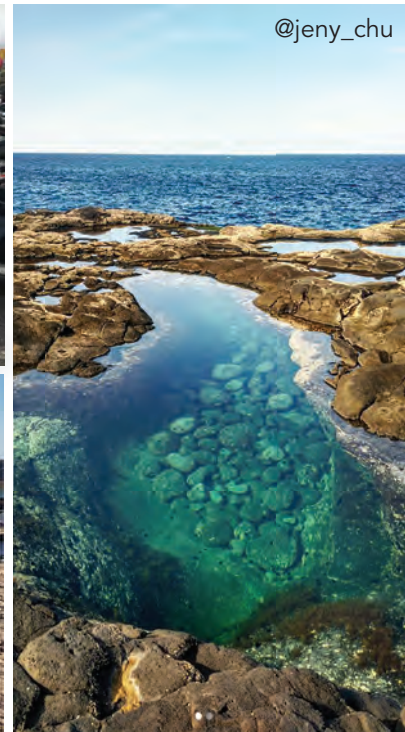
Fascinating news comes out of the past this month, Gemini, making you reassess the person you are today. Take a good wallow in old memories and learn to see the story of your life from a new and inspiring perspective.



Cancer 21 June to 22 July

Luck is on your side this month, Cancer, so make the most of it. You may not win the lottery, but you'll find things going your way and your confidence will be boosted. It's a great time for embarking on new adventures, whether romantic or business-related.

♥ Instagrammers of the month



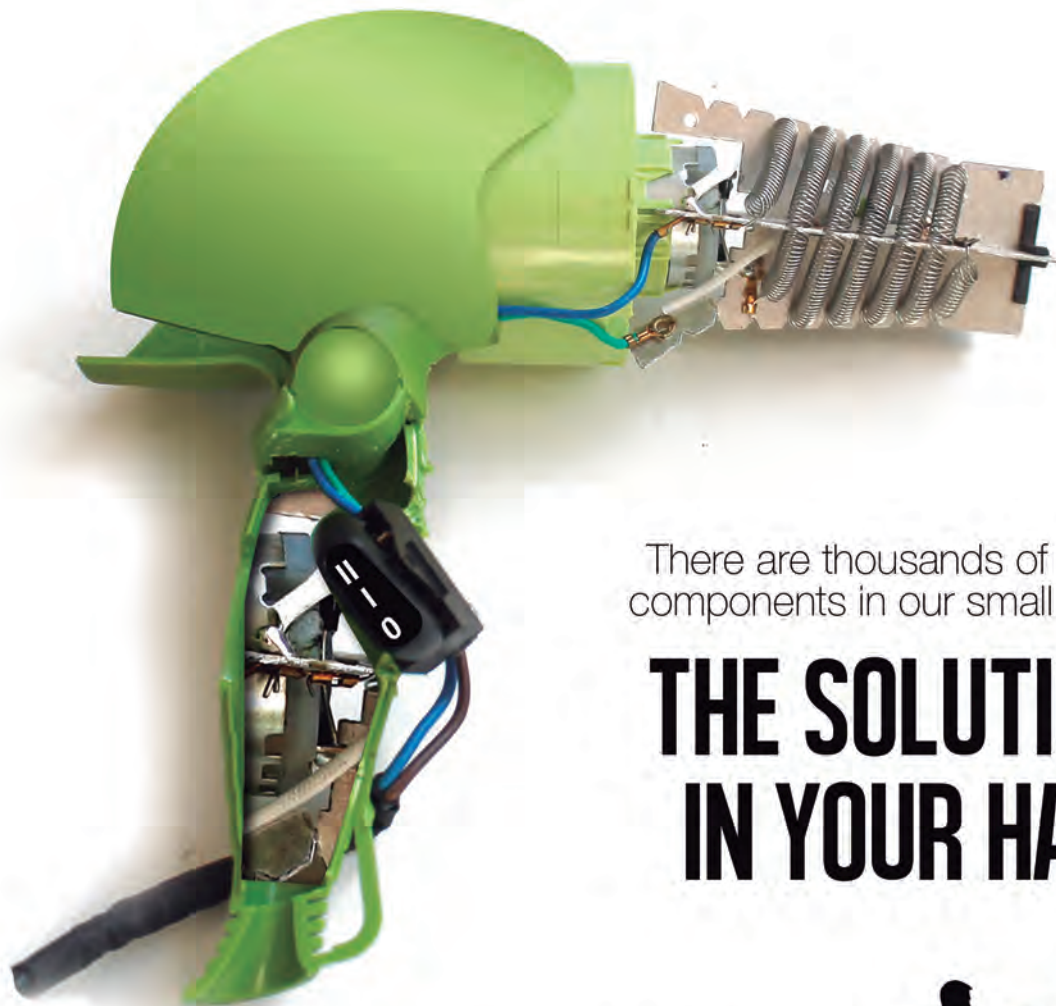
Showcase your photos of Lanzarote with us and we will pick the best and put them in print!

@Loving_Lanzarote

see us...  feel us...  touch us... 



RECYCLE APPLIANCES AND HELP SAVE THE PLANET



There are thousands of recyclable
components in our small appliances

THE SOLUTION IS IN YOUR HANDS

Use Lanzarote's new recycling network for small electrical
and electronic appliances. There are more than 40 points on
the island. Find the one closest to you on
lanzaroterecicla.net/pae



CABILDO DE LANZAROTE



Ayuntamiento de
Arrecife



Ayuntamiento de
Haría



Ayuntamiento de
San Bartolomé



Ayuntamiento de
Teguise



Ayuntamiento de
Tías



Ayuntamiento de
Tinajo



Ayuntamiento de
Yaiza

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