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Life

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January 2020



GAZETTE LIFE

COMING BACK TO LIFE

Ed's Letter

Last February, I seriously considered whether we should print a piece about the first coronavirus cases in Spain, which had been reported on the Canary island of La Gomera, because I didn't want to be accused of scaremongering. Now I wish we'd put big green viruses all over the cover and told people to run for the hills.

2020 was a year most of us will want to forget, but also one that we'll always remember – many of us for the very worst reasons. On Lanzarote, the virus itself has let us off fairly lightly compared to other places, but its effects have been soul-crushing, as tourism has shuddered to a halt and businesses and livelihoods have evaporated overnight.

Yet, with the vaccination programme due to start this month, we can allow ourselves a little hope that our islands, and its neighbours, will be able to get back to some kind of normality in the months ahead.

We're not there yet. It's going to be a long slow climb until we get back to anywhere near where we were, and on the way we may find that the landscape has changed completely, with new ways of communicating, working and living arriving faster than ever.

But we'll do it. Another thing last year showed was just how resilient and tough Lanzarote can be, and how, when a challenge is thrown down, the island will step up and stand shoulder-to-shoulder to meet it.

Walk outside right now and you'll see that Lanzarote is used to changing landscapes. December's rains mean the volcanoes are currently wearing green for the first time in ages after months of drought, dust and parching heat. As life springs back on the hillsides, let's hope that the Lanzarote we know and love revives too.

We'd like to thank all our clients, readers, friends, and everyone else who helped us through the toughest year, and wish them the very best New Year imaginable.

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CORRIDOR DOWN



FOR THE THIRD TIME THIS YEAR, THE CANARIES FACES A BLOW TO TOURISM, AFTER UK TRANSPORT MINISTER GRANT SHAPPS ANNOUNCED THE CLOSURE OF THE TRAVEL CORRIDOR WITH THE CANARIES.

The first tourism shutdown came as a surprise, as the lockdown descended on Spain like the steel shutters on a million shop fronts. In a matter of days, thousands of tourists were flown back home early, and what had promised to be a busy, profitable Easter season ended up in ashes.

The second closure happened in July, when the UK and several other countries slapped quarantine restrictions on visitors returning from Spain and declared the entire nation unsafe for travel. At that time, this felt particularly unfair

to the Canaries, which had not yet seen any resurgence of coronavirus cases, and the Canarian Government did its best to convince source markets to consider the islands separately.

Some of them did, but by then, cases had started escalating frighteningly on Lanzarote and Gran Canaria and the remaining corridors began to slam shut.

The islands introduced anti-Covid measures that appeared to work, and in October, the UK announced that a new travel corridor, which regarded the Canary Islands as a separate zone to Spain, was open once more. However, the islands didn't get much more than a month of British arrivals before rising Covid numbers

in non-tourist regions of Tenerife took them over the UK government's red lines once again, leading to Shapps' announcement.

At the time of writing, five of the islands remain among the safest places in Europe and one of them has no Covid cases at all. However, Tenerife's misfortune means that all islands have lost the most important weeks of the winter season.

Meanwhile, even Tenerife's problems are insignificant in comparison to those of the UK, Germany, The Netherlands, Sweden and other Canarian tourism source markets, all of which have been through a grim Christmas and face a tough start to the New Year, vaccine or no vaccine.

LOCAL NEWS

TRUMP'S LAST GIFT

One of Donald Trump's final acts as president of the USA has the potential to cause a major headache for Spain and the Canaries.



In early December, the Trump administration recognised Morocco's claim to Western Sahara, the former Spanish colony that lies just across the sea from the Canary Islands. This was done in exchange for Morocco's agreement to normalise relations with Israel – a country it already has a good relationship with. Trump's move will boost Morocco's confidence just as the Western Saharan Polisario independence movement has ended its ceasefire with Morocco following armed clashes at border posts.

Spain, which has historically been sympathetic to Saharan claims, may find itself in a difficult situation just at the moment when it seeks to persuade Morocco to act on a migrant crisis that some Canarian politicians have claimed is a deliberate blackmail tactic by the North African kingdom.

ALL ACQUITTED IN STRATVS CASE

Eleven men accused in the eight-year long Stratvs case were acquitted of all charges in December.

The trial, at the Las Palmas Provincial Court, saw Lanzarote businessman and Stratvs owner Juan Francisco Rosa and another ten men facing charges of falsification of public documents, usurpation of property and various environmental and territorial offences.

Rosa was accused of working with

associates and public officials in Yaiza Ayuntamiento under the rule of ex-mayor José Francisco Reyes, to appropriate land belonging to another person and build the Stratvs Bodega in contravention of planning and environmental laws.

The court decision, which is subject to appeal, stated that charges were "technical" or "not serious", although it also stated that the excess building works at the Stratvs Bodega could be demolished.

VACCINATION PROGRAMME TO COMMENCE

The Spanish Health Ministry has announced that the nation's Covid-19 vaccination programme will commence on the 4th and 5th of January.

20 million doses of the Pfizer/BioNtech vaccine will be distributed around the country and administered to priority health and care workers and vulnerable groups first of all.

Canarian President Ángel Víctor Torres has assured islanders that the chain of refrigeration required to preserve and transport the



vaccines is in place, and has stated that he thinks that 70% of the population of the islands will be vaccinated during 2021.



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OFFSHORE WIND FARM IN ARRECIFE

A Portuguese company plans to install four wind turbines in waters off the coast of Arrecife. The resulting wind park would generate 50 megawatts of power. The turbines will be 130 metres high with blades measuring 117 metres - far larger than the existing turbines on land. They will be constructed on well-anchored floating platforms, and the resulting power will be channelled back to Arrecife via a submarine cable.

The request has been submitted to the Spanish Ministry of Ecological Transition by Ocean Winds, a joint venture between the Portuguese EDP Renewables company and French company Engie. The next step will be to consult Canarian institutions, ecological associations and fishermen's guilds.



UNITE TO RESIST RACISM

The President of the Canarian Parliament, Gustavo Matos, called for unity against the threat of racism and xenophobia last month, reminding Canarians that they too had once been undocumented migrants.

Matos's pleas came after weeks in which the leader of the far right Vox party, Santiago Abascal, held rallies on the Canaries in an attempt to make political capital from the migrant crisis. Matos also condemned a group of locals in Mogan, Gran Canaria, who threatened migrants. The President of the Canarian upper chamber reminded parliament of the Telémaco, a ship on which 171 Canarians made their way to Venezuela in 1950 to seek a better life than that offered by the Canaries in the hard post-Civil War years.



Gustavo Matos

VOTING RIGHTS MAINTAINED FOR BRITS

Spain's senate has given the green light for British citizens to continue to enjoy the right to vote and stand in local elections after Brexit. The upper house in Madrid approved the proposal by 236 votes to 23 abstentions.

The measure means that resident Britons will continue to be able to vote at municipal level - the lowest tier of Spanish democracy - as has been the case for several years. As part of the reciprocal agreement with the

UK, Spaniards with settled status in Britain will also be able to vote in their local elections, and are also likely to be given the right to vote for national assemblies in Scotland, Wales and Northern Ireland.

The decision gives British residents a continued stake in local politics on the Canaries, meaning that Ayuntamientos will have more incentive to listen and respond to the complaints and suggestions of British residents.

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ISLAND INFO

COMPETITION

We've got two copies of Chris Berry's bone-crunching new Lanzarote-based rugby league crime novel *Tough Season in the Sun* to give away. It's the sequel to his well-received debut *Tough Season*, and takes the rugby action from gritty Yorkshire to sun-kissed Playa Blanca. Read more on page 22, and for a chance to win the book, simply answer the following question:



Which Yorkshire city's rugby league side are the Bulls?

Send your answer to us at: editorial@gazettelife.com

CHURCH SERVICES IN JANUARY.

Anglican Church services led by Father Stan Evans will take place on the following dates:

Puerto del Carmen:
Every Sunday at 12.30pm

Playa Blanca: January 3rd, 17th and 31st at 5.00pm

All Services offer Holy Communion and everybody is welcome.

Find out more at lanzarotechurch.com

FESTIVE GESTURE

Every Christmas it's a tradition for Spanish employers to give hampers of food and goodies to their staff. The custom has taken a battering during recent crises, but still persists in local authorities.

However, this year the staff at Lanzarote Cabildo have agreed to forego their hampers, and have requested that the money that would have been spent on them goes towards food banks or toys for vulnerable families instead, in a year that has seen the pandemic cause spiralling social problems throughout the world.

POETRY CORNER

Our resident bard John Leppard says "This started out as a happy New Year poem, but went its own way".

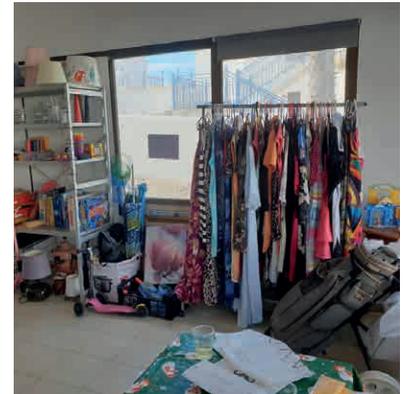
2021

Last year is dead and gone,
And "Good riddance", most would say,
Now a New Year has begun,
But it is only underway.
It gives us hope for better things,
That our tourism still thrives,
But most of all it brings,
Hope we reclaim former lives.

GRANNY'S ATTIC CHARITY SHOP

Since opening on the 14th of December, Granny's Attic charity shop in Playa Blanca has proved popular with locals. Sue Jones of the "Lanzarote Online Charity Shop" Facebook group, saw an opening for a real charity shop to help those in need. Donations are very much appreciated, and all proceeds made by the shop go to the Flora Acoge Fundación in Arrecife.

The shop is open Mon- Fri 11am - 5pm, except for Thursdays (11am - 7pm).



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STRAIGHT TO YOUR DOOR

LZ Eats is a positive story at the end of a year full of negative news – a restaurant home delivery service that's based on Lanzarote and is already providing employment .

Home delivery came into its own during last year's lockdown, but LZ Eats now wants to take things even further, providing everyone on Lanzarote with the very best dishes from a wide range of excellent restaurants on their doorstep.

Founder Mark Robinson has big plans for LZ Eats,



whose smart new office in Costa Teguisse and fleet of delivery staff on electric vehicles are already making waves around the island.

To find out more, download the LZ Eats app on App Store or Google Play.



DOG OF THE MONTH

Curro is an adorable 4-year-old mix. He is such a lovely, happy boy nobody can believe he has spent most of his life at the shelter. He is great with people and other dogs and loves his walks. He keeps getting overlooked, but will you be the one that won't pass him by? Find out more at <http://saraprotectora.org> or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 13.00 Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.

SARA CATS OF THE MONTH

The Plazuela brothers are two super handsome tabbies who were rescued from a dangerous situation by SARA when they were just two months old. Sadly, unlike many other kittens, this pair weren't adopted and are still at the shelter a year and two months later. They are calm and very affectionate with people and good with other cats. Ideally, they would be adopted together, but it isn't essential. Find out more: Plazuela 1: <http://saraprotectora.org/ficha-6987> / Plazuela 2: <http://saraprotectora.org/ficha-6988>. SARA has lots of cats looking for loving homes. See their profiles on their website or make an appointment to come and visit to meet them. There are also limited places for people to help with socialising cats. Email info@sara-lanzarote.eu.



FLASHDANCE!

Shoppers at the Biosfera in Puerto del Carmen got the surprise of their lives on Saturday 12th December, when the Lanzadance dance group formed a flashmob on every floor of the shopping centre. The impromptu dance was followed by a performance of Aladdin. Well done, everybody!



What paperwork problems?

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MAKING A DIFFERENCE

Interview: Aduén Morales



“I NEVER STOP WORRYING!”

TELL US ABOUT LANZAROTE LIMPIA, ADUÉN.

It's a project that gets volunteers and associations together to clean up various zones of Lanzarote by hand, collecting litter and waste and disposing of it correctly. We don't just do beach cleanings, but have visited areas such as the little village of Los Ancones and inland Tinajo. An example would be the cleaning we did in the interior of the island with the help of the Papacría art and environmental association, Frente de Lanzarote, the Hubara Project, and the Association of Young Farmers Lanzarote.

Aduén Morales García is a powerhouse. The young man from Argana Alta in Arrecife is one of the directors of the litter-collecting charity Lanzarote Limpia, a director of the Argana Alta Residents' Movement, Vice President of the Unión Norte Canarian wrestling club in Haría and a volunteer for Cáritas and a prisoners' reinsertion charity. We were lucky enough to grab him just before an important meeting at the Cabildo.



Aduén & Doña Pepa

IS IT JUST A QUESTION OF TURNING UP WITH BLACK BAGS AND GETTING STARTED?

Not at all! We need permission from the Ayuntamiento, and the bags we use are recyclable, provided by the Atalaya Ecological Farm in Haría. We ask volunteers to sort the rubbish into plastics, paper, glass etc and then we dispose of it in the correct containers.

WHAT TYPES OF WASTE ARE THE MAIN THREATS, IN YOUR OPINION?

Microplastics. It's shocking when you look closely at the sand in some northern shores and see how much plastic is there.

WHAT SHOULD BE DONE?

We need to eliminate single-use plastics and focus on sustainable alternative such as glass bottles or other alternatives to plastic. I think Lanzarote has the potential to be a real pioneer in this.

WHAT ARE THE STRANGEST THINGS YOU'VE ENCOUNTERED ON CLEANING DAYS?

Oh, there's been all sorts. A petrol canister from Egypt, a toaster, a dead cow, bottles of water that are only sold in China, Malaysian biscuits packets, British spray bottles... all sorts.

ANY OF THOSE BALES OF CANNABIS WE'VE BEEN READING ABOUT?

(Laughs) Not yet, but it might help with funds!

WHAT'S THE ULTIMATE AIM OF THE CLEANING?

We want to leave a negative footprint. I'd love to clean the island up once and for all, but that would be utopia. Still, we won't stop trying.

ANY FAVOURITE MOMENTS?

Last year we cleaned the isolated Playa del Risco beneath Famara cliffs, and 120 of us ended up singing Happy Birthday to Doña Pepa, an old lady who ran a shop in Guatiza. She passed away earlier this year, and we'll never forget her.

WHERE ARE YOU CLEANING NEXT?

We have a cleaning planned from Tinajo before Christmas, and in the New Year I'm working on a trip to Alegranza. That would be amazing.

YOU ALSO COLLECT AND DISTRIBUTE FOOD FOR VULNERABLE FAMILIES. HOW DID THAT HAPPEN?

It started in lockdown, when it was obvious that many families were having problems. We asked for donations, and were soon saturated. We even ended up going to La Graciosa!

IS FUND-RAISING PART OF WHAT YOU DO?

No. Dealing with money donations means you have to be absolutely transparent. We'd rather not get into that situation, so only accept food donations.



ARE THINGS GETTING ANY BETTER?

Not really. The problem is still there. Many people need help, many have had no choice but to occupy uninhabited buildings. I've helped families with children on complexes where there is no power and water and the windows and doors are always closed.

We'll bring food, but we'll do more than that. With the family's permission, we'll contact social services and seek help, and we'll do what we can to get people back on their feet again.

WHAT WOULD YOU LIKE TO SEE 2021 BRING?

I'd like to see families and neighbours

continue to help each other out. It's been a terrible year, but it's been wonderful to see how people support each other.

WHAT DRIVES YOU TO DO ALL THIS, ADUÉN?

It's my nature to help, but that's because I'm a worrier. I'm one of those annoying types who's always asking "Are you OK?", "Can I help?"

Keep on worrying, Aduén and have a great 2021!

Go to the Lanzarote Limpia page on Facebook, or email famaralimpia@gmail.com to find out about upcoming projects.



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Screens and protective measures now in place within our office for Covid19. We are here to help.



In late January, Spain's first case of coronavirus was registered in La Gomera. In February, 700 guests were quarantined in a hotel in Tenerife when an Italian tourist tested positive. As cases rose and Italy became the first country in Europe to lock down on March 9th, many on Lanzarote still looked forward to St Patrick's Day celebrations and carnival parades.

Others sensed something was coming, and some supermarkets saw their shelves stripped of pasta, water, canned goods and toilet roll, as schools closed and sporting events and carnivals were cancelled.

Then, on the afternoon of Saturday 14th March, Spain's President Pedro Sánchez declared a state of alarm that prohibited anything but essential travel. Bars and shops were closed immediately, and thousands of bewildered tourists were evacuated over the following days.

That was the start of seven long weeks of

confinement, with only those in essential jobs allowed to work, and outings only permitted to buy food and supplies, walk dogs or care for others. During those weeks we were introduced to face-masks, hand sanitiser, balcony clapping, rainbow posters, health workers singing Happy Birthday to confined kids, and much, much more.

Musicians broadcast live from their living rooms, and cooks, fitness instructors and many others also got in on the act. Paradoxically, many of us had more contact with family and friends than we'd had for ages – it was face time rather than face-to face, but it still counted.

We also saw suffering on a scale we'd rarely seen before, as the money simply ran out for hundreds of people.

We talked to three Lanzarote residents who surprised themselves during those unforgettable 48 days, but if you've got a story we'd love to hear it, too.

Sue Jones

Did lockdown catch you out?

It was a hell of a surprise. The police came to the bar at 11 on the Saturday and told us we had an hour to shut down for two weeks. I'd prepped 80 Sunday roasts!

Did you follow the rules?

Very much so. I'm diabetic and asthmatic and so in a high-risk group, and I didn't leave the house for six weeks. We know more about the virus now, but back then it was pretty scary.

Tell us about the baking

After about four weeks it became clear that a lot of people were having financial struggles. The ERTE (furlough) payments were late in arriving and others weren't getting anything. I heard that Gary Bowman from Europ Foods was delivering to people in need so I asked him if they could use pies and cakes. He said yes,



David and Joey present the cheque, with Susana on the left.



David and Joey at Emerlan.

brought me flour and sugar and I provided everything else. My oven's not very big, so it took two days of each week.

What were you making?

Pies, mince and onion, steak and ale, corned beef and potato, quiches, chocolate, lemon and orange cakes.

Stop it, I'm starving. Worst aspects?

I cancelled some surgery I'd been waiting for after the lockdown – I didn't want to take the risk of going to hospital – and I still haven't had it yet. Also, there's a three-year old and a five-year-old in our family, and it was hard for them. I bought them both bikes on the first day they were allowed out.

Any positive sides?

Spending time with family, realising life's too short to hold grudges, and the prevention measures meaning I haven't had a cold or the flu for ages..

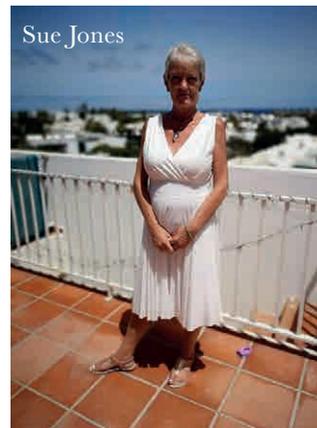
What about lessons?

I think it changed everybody, made us more aware of life and how it can be taken away, and also made us more aware of other people's needs.

David Timmons and Susana Fondón

Shortly after Lanzarote's lockdown started, musicians and entertainers began to livestream performances from their living rooms. It was a way of staying in the spotlight while everything was closed, as well as a new, intimate way of enjoying music. In Puerto del Carmen, Joey Bracken and his friend David Timmons noticed the trend and got to thinking...

David: Looking back, it was scary. The lockdown started just before St Patrick's Day, and we had Irish musicians booked to come over to the Harbour Bar. When they closed us down for two weeks I initially welcomed it, thinking it



Sue Jones



was a bit of a break. Nine months later we're still closed. It's been hard, but it worked.

How did you come up with the idea for Lanzarote Musicians Unite?

After a few weeks it became clear that people were having trouble. ERTE payments weren't arriving, others had no payments at all. Joey and I just thought "This is wrong." We'd seen the online concerts, and wondered if we could raise some money to help.

Why did you choose to raise money for Emerlan?

We preferred to have a registered charity, and we were told that Emerlan were distributing food and supplies to those who needed them and couldn't leave their home. They're usually

"We raised €50,000!"

an emergency/ rescue service, but this was a different kind of rescue. That's when I asked Susana to be brand manager.

Susana: I took over the press, the publicity and helped translate for the Spanish community. We even ended up getting covered on BBC radio in England.



Ronnie



Wanda Knight

Wanda was cuddling up with a sheep.

Tell us about your sheep, Wanda.

He's called Ronnie, and he's a Saharan Redcoat. Three days before lockdown, a friend asked if I minded bottle feeding a lamb, and we ended up spending lockdown together. Me sitting on the bed, watching TV, cuddling a lamb. I loved it, especially hearing his happy little feet running round.

Can you house train sheep?

Not really, and the poo and wee started to become a problem. Also, the testosterone – sheep can chew things and butt things. He became a full-blown terrorist so I got him a pen outside, but he cried all night long. Sheep are such social animals, so I got another sheep, Reggie, to keep him company. Now they wake me at the window each morning.

What do they eat?

There's special grain for sheep, but they also like hay, strawberries, cucumbers, salted crisps and my face powder.

Do they give wool?

No, but they love being brushed. And their poo is great fertiliser.

Why did you start doing fitness classes?

I thought we were all going to die! Seriously, the fear was immense, and I wanted to leave a good impression. Then I saw I had 5,500 views and couldn't believe it.

“I raised a sheep”

What's the response like?

It's great. There have been the odd person trolling, but my warriors usually sort them out..

How's business?

Getting better, but it's still tough. As a masseur what I'm seeing is lots of pain and injury that's caused by fear and stress. This year's going to be a challenge, and I'll be focussing on therapy and healing. It's not the time to torture people in fitness bootcamps. We need to build our defences.

What was your target?

David: We set a target of €10,000, hoping to get €5,000, but it just took off. There's so much love for Lanzarote back in Britain and Ireland, and local businesses were piling in and offering prizes for the raffle. The concert went on over the weekend, and the raffle followed the next Friday.

How much did you raise finally?

€53,329. A straight €51,000 after Gofundme took their cut. It was amazing. One woman just gave €1,000 and we were never able to find her to thank her.

Wanda Knight

Wanda Knight's online fitness classes drew followers from way beyond the island, but when she wasn't putting her Worldwide Warriors through their paces,

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AWARD-WINNING

CLIENT SERVICE.

We hope everyone had a lovely festive period, even if it was a little different this time round. Hopefully 2021 will bring back some normality to our lives and we can look forward to a year full of positivity and prosperity.

Reflecting on last year, it is fair to say that 2020 was a tough test for lots of people in terms of work, and a year which many will be happy to forget. Thankfully for us however, it was our best year yet as our unique business model continued to shine through in such difficult times.

As many of the regular readers will know by now, we pride ourselves on offering a personal service to our clients, something which we have been told sets us apart from our competitors. Our professional and transparent way of working sits well with clients and the continuity of regulated advice (and adviser!) has started to reap rewards.

At the back end of 2020, Logic received its first major European award, winning **"Excellence in Client Service"** for Europe. The annual awards, which are hosted by International Adviser, reward financial advisers around the globe for putting best practice at the forefront of their business models.



In total, there were 6 categories in the European awards, including "Excellence in Digital Innovation" and "Excellence in Marketing", but we felt the most significant category to enter was Excellence in Client Service as this is at the heart of everything a customer service company should strive to deliver on.

We feel extremely proud to be recognised for the hard work we put in to provide our clients with the best service possible and look forward to continuing this through 2021 and beyond.

As always, we offer free no-obligation consultations to all new clients, so if you have any financial concerns, why not give us a call?



George Whitby – DipPFS & FFA



Ian Whitby – DipPFS & FFA



Joe Whitby



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NEW SQUATTING JUDGEMENT

Second-home owners will now find it easier to eject squatters after a Supreme Court recently redefined the concept of residence to include these properties.

The Covid-19 pandemic has already had worrying economic and social implications, but one of the first was an increase in squatting. This started during the lockdown, when homeless or evicted people decided to occupy property instead of entering the communal facilities laid on by the Ayuntamientos. The absence of owners due to travel restrictions made the process easier, as well.

Squatters tend to target homes that are clearly empty, or bank repossession properties, but there have also been cases of occupation of second holiday homes. However, recent judgements by the Spanish Supreme Court mean that second-home owners will now find it easier to eject squatters from their second residences.

Erardo Ferrer of Lanzarote Abogados says “the new ruling is important news for second home owners on Lanzarote, especially at a time when illegal occupations have been rising.”

Erardo has already handled cases that have successfully ejected squatters from second homes in Puerto del Carmen. His advice is, if you or your property manager inform you of an occupation, contact a lawyer immediately.

The judgement relies on a reinterpretation of the Spanish concept of *allanamiento de morada*. This is usually translated as “breaking and entering”, but the word *morada* also has the meaning of residence, and it is this that has meant that squatters have not previously been found to have committed the offence if they enter a property that is nobody's main residence.

The recent high court judgement rules that, as long as a second home is furnished and provided with essential utilities, then it falls under the definition of a residence. If *allanamiento* (breaking -in) is reported, the police can eject squatters “imminently” instead of having to go through longer procedures, as is the case with unoccupied homes.

The redefinition of a residence did not originally arise from a squatting case, but from a 2017 case in Almeria in which a British expat broke into a second home with the intention of murdering his wife. He was found guilty of *allanamiento de morada*, as well as several other charges.

Strategic financial planning for the New Year and beyond

After a challenging 2020 we are all looking forward to a better 2021. This is the perfect time to ensure your wealth management is on track to meet your objectives and provide long-term financial security in a post-Brexit world.

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The Secret of our Success

“A greater breadth of knowledge improves student's results”

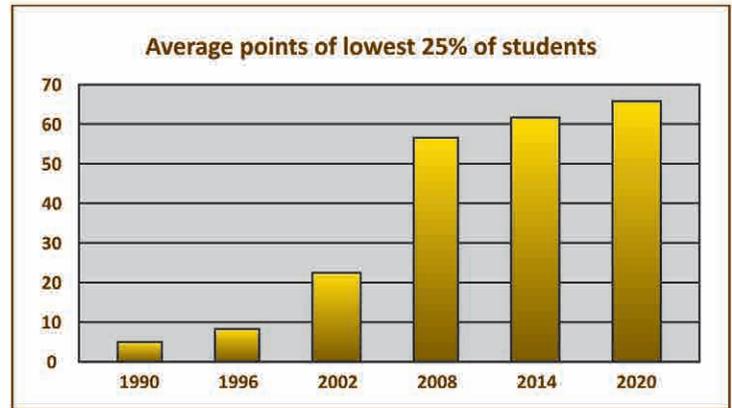
**It is with students between the ages of fourteen and fifteen,
in the international IGCSE exams,
that the Hispano Británico in Puerto del Carmen shows its true teaching capacity.**

Contrary to popular belief, children do not find it difficult to be taught more subjects than usual. On the other hand they find great delight in their own success.

Over the past 30 years the Hispano Británico has been gradually increasing the number of subjects offered at IGCSE and students are now taught a minimum of fifteen different subjects to be examined at that level. They will spend less time in lessons than they would in a school in Britain and they will study for fewer days in a year than in the UK. Nevertheless, their results will be outstanding.

If each exam grade is converted into a point score, where an A* has a value of 8 points and a G grade is given 1 point; when all the points are added and then divided by the number of students in the group, one can obtain the average individual point score of the group.

The first diagram (below) shows the improvement of the average points gained by our IGCSE students in six year periods over the past 30 years. Their average score has improved sixfold over this time and the average ability is now above 80 points, equivalent to ten A* grades.



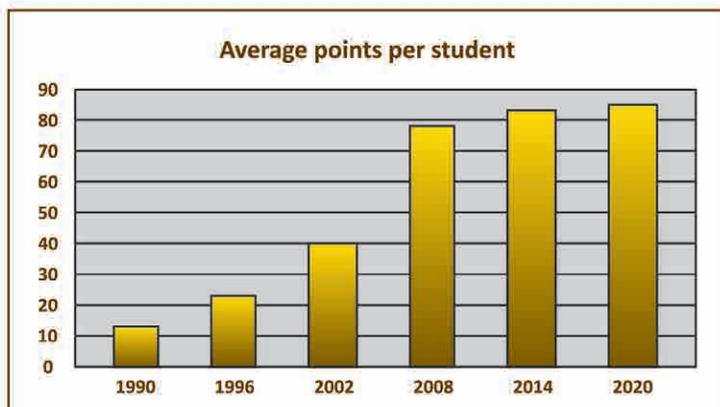
An even greater effort is made with those that do not find it easy to study and the improvement of their results has been spectacular.

By insisting that all students should try their best at 15 IGCSE exams, (as the above diagram shows), the 25% of students with lower ability have

obtained on average 30 times better results that they obtained thirty years ago.

Every year one, or a number of our students, will have the most extensive array of IGCSE results in the world.

In 2016 The Queen congratulated the school on its consistent success.



**Years of evidence
have demonstrated that increasing
the number of subjects
also increases the average results.**

The Story of our Achievements

1976-90 We developed a combination of the British and Spanish systems of education and this "Hispano Británico" system was converted into Law in Spain. Our first student was accepted at Oxford University.

1990-96 The Times published a four-page report on the work of the school. Two students of 13 years of age passed twelve subjects at GCSE.

1996-02 One of our students became the youngest Doctor ever to graduate in Veterinary Science.

2002-08 Cambridge Examinations presented Rohit Aswani with an award for the highest Advanced Level results in Spain. Tuition and examination in 11 GCSE subjects became compulsory for all Year 11 students. Later, compulsory examinations in 14 subjects brought a four-fold improvement in overall results and a ten-fold improvement in the results of those with the greatest learning difficulties. The 800th centenary album of Cambridge University featured the Hispano Británico as one of ten outstanding international schools.

2008-14 A student from our school became the youngest Doctor of Medicine ever to graduate from a British university. Cambridge Examinations began to single out the highest mark in a subject obtained by a student, both at national and world level. In the following four years students at the Hispano Británico obtained sixteen national awards and on five occasions, the highest mark in the world was achieved. We became an official centre for the German national Goethe examinations.

2014-20 Five students obtained the highest GCSE results in the world. The Queen congratulated the school for its outstanding success. Students received from Cambridge Examinations a further twenty national awards and four world awards. We began pre-university laboratory practice with the extraction of DNA. Our promotion of young ladies in Science resulted in three ex-students studying post graduate courses at Cambridge, two becoming Doctors in Biology and a third reading Nuclear Physics. Kim Salen becomes the first student to pass exams in a total of eighteen different IGCSE subjects. We were authorised to offer courses that could lead to the provision of British university studies in Lanzarote.



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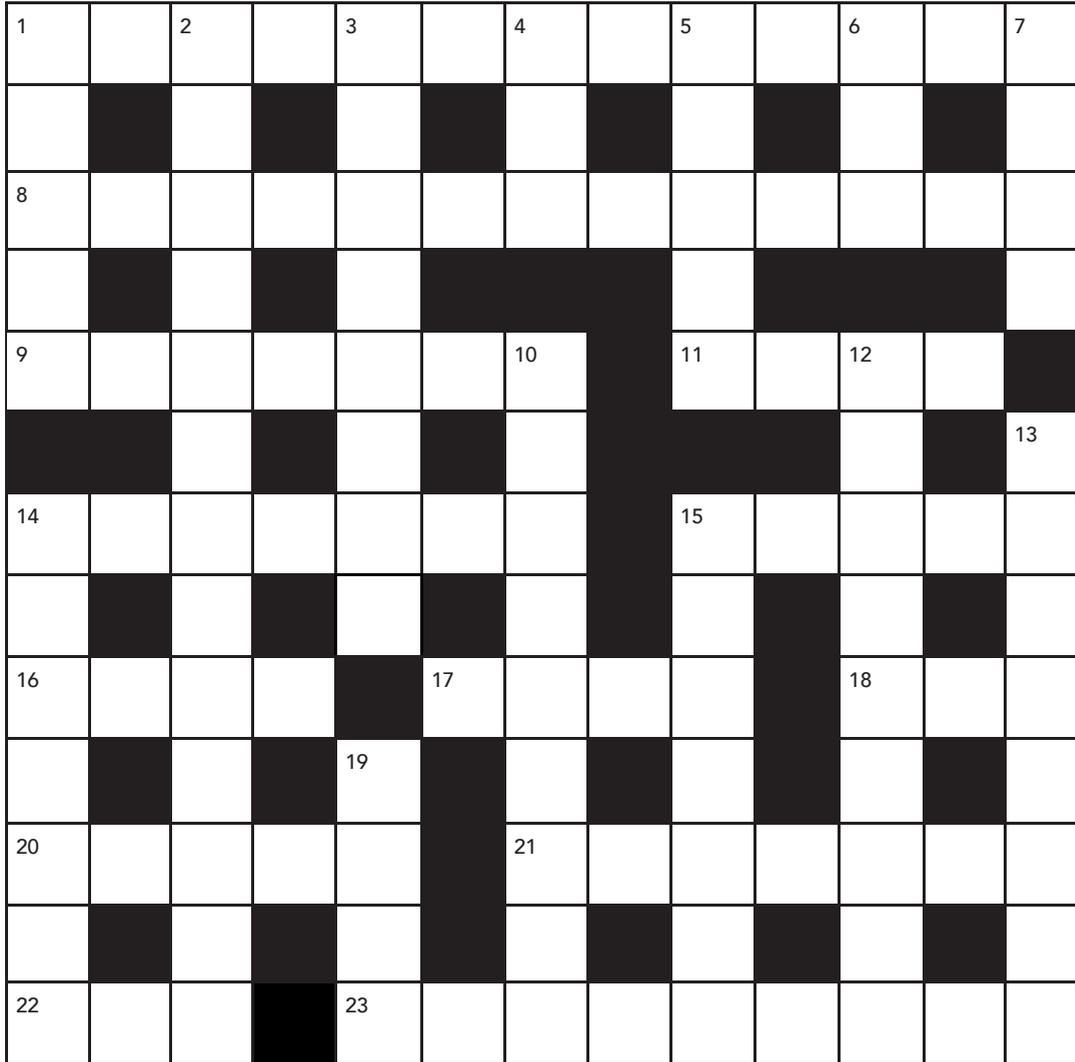
The Colegio Hispano Británico was founded in 1976.
Forty four years of educational experience.

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

Prize Crossword



LANZAROTE
DENOMINACIÓN DE ORIGEN



If your New Year's resolution is to drink a delicious bottle of wine from the iconic La Geria bodega, then you've come to the right place, because that's the prize waiting for the first correct entry out of the hat. Send your solved crosswords to us at editorial@gazettelife.com, Whatsapp +34 621 274 473 or physically to the address on page 3 before the 15th January.

Last month's winner was Karen Smith, who has rather nice handwriting. Well done, Karen. Your bottle of La Geria wine awaits!

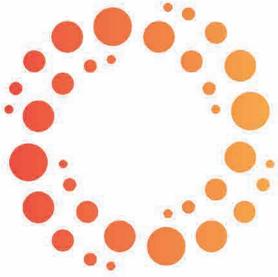
DOWN

1. Person suffering from achondroplasia (5)
2. Dutch-born rock guitarist who died last October (5,3,5)
3. Goes over the top, acts in excess of what is needed (8)
4. Every (3)
5. Meaning of the name of Lanzarote town Tías (5)
6. Yoko ... (3)
7. Teenage pimples (4)
10. Rodent-catching device (9)
12. Someone from Karachi or Lahore (9)
13. US President Elect (3,5)
14. English crime novelist and Baroness who wrote Cover Her Face (1,1,5)
15. Main ingredient of snuff (7)
19. Veracious (4)

ACROSS

1. El Pibe de Oro, football genius who died last year (5,8)
8. Actor who played Egg in This Life, Mark in Love Actually and Rick in The Walking Dead (6,7)
9. Liberty (7)
11. Drinks with small, careful mouthfuls (4)
14. A flat, level area of high ground, a tray in French (7)
15. Location of last year's postponed Olympic Games (5)
16. English version of Irish Sean, Scottish Ian, German Hans etc (4)
17. Culinary or medicinal plant (4)
18. Weep loudly (3)
20. Grinding tooth (5)
21. Little, rock & roll pioneer who died last year (7)
22. Male offspring (3)
23. There was a massive one in Beirut on 4th August 2020 (9)

Last month's answers. Across: 1. Noel Gallagher 8. Carol 9. Fan Club 10. Out Of Time 11. Yen 12. Arjen 14. Samurai 17. Ho Ho Ho 18. Stroll 20. Unselfish 22. Tea 23. Tiny Tim 24. Wares **Down:** 1. Nicholas Hoult 2. Egret 3. Goldfinch 4. Lefties 5. Annie 6. Holly 7. Robin Williams 13. Johnson 15. Matthew 16. Rooster 19. Film 21. Let



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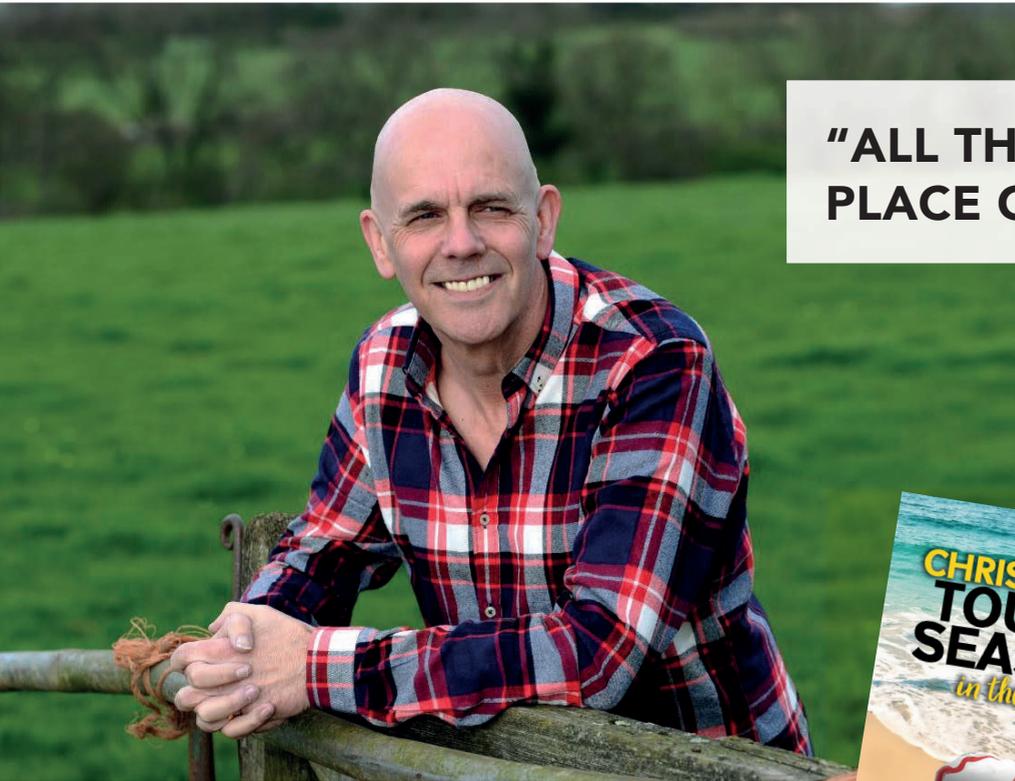


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MURDER IN PLAYA BLANCA!

Interview: Chris Berry, crime writer and Lanzarote fan.



“ALL THE ACTION TAKES PLACE ON LANZAROTE.”

the villages between and around Arrieta and Haria during the chase scenes, plus Timanfaya National Park. There are also scenes on La Graciosa and Isla de Aegranza.

DO YOU HAVE ANY LINKS WITH RUGBY ON THE ISLAND?

No, but several rugby league clubs, including my hometown club Hull KR have come over for pre-season training in the past.

WHICH WRITERS HAVE INFLUENCED YOU?

Years ago I read nearly all of Dick Francis's books, and recently enjoyed “Bonecrack” again. I wanted to capture a similar feel to Dick's novels. My other influences include Iain Banks, Peter May, Ann Cleeves, John Grisham and Harlan Coben.

ARE THERE PLANS FOR FURTHER BOOKS?

I'm writing the third book in the Greg Duggan series at present, due for release in September next year. I see him as the Bruce Willis ‘Die Hard’ of rugby league, saying to himself ‘Greg, how do these things keep happening to me?’ But they do!

Tough Season in the Sun by Chris Berry, is published by Great Northern Books at £7.99

Available from www.gnbooks.co.uk

Chris Berry's critically-acclaimed first crime novel, Tough Season was set in the hard world of northern rugby league, but for the sequel, Tough Season In The Sun, he's moved the action to Lanzarote. We talked to Chris last month:

WHAT ARE YOUR LINKS WITH LANZAROTE, CHRIS?

I've spent some fantastic holidays in Playa Blanca in the past few years at Sandos Papagayo. I love it there, and the Papagayo beaches and coves. They provided me much of the inspiration for the Tough Season In The Sun setting.

WHICH ELEMENTS OF THE NOVEL TAKE PLACE ON THE ISLAND?

All the action takes place on the island, mainly centred around Playa Blanca, including

murders and abduction. This is where the fictitious new rugby league club Lanzarote Eruption play, in a newly-built stadium between two hotels to the east of the town. There's actually space for one to be built!

The bar referred to in the book as ‘Al’s’ should be instantly recognisable as the lone bar/restaurant on the promontory overlooking Papagayo. The abandoned “ghost hotel” to the far west of Playa Blanca also provided me with another excellent location for drama. I use the vineyards of La Geria, also



LIVING IN THE FUTURE



Something unique is happening in Costa Teguisse, and you can't miss it. On Calle El Timple, the first complex of Cross Laminated Timber homes on the Canaries is being constructed. We took a closer look.

The first thing you notice is the colour – the warm pale tan tones of real timber grown on sustainable Austrian spruce plantations. It's a welcome contrast to the usual bare, grey concrete breeze-blocks that almost all homes on Lanzarote are constructed of.

These are the Villas Dolce Vita, a new complex that uses XLAM or CLT (Cross Laminated Timber) technology to create unique and incredibly live-able homes. Gualtiero Bracci explains that these buildings are designed in Italy, where their lightness and flexibility has made them ideal for earthquake zones, and the kits have been shipped to Lanzarote and assembled by trained experts.

As you enter, the second thing you notice is the wonderful fragrance of freshly-sawn wood. Then you realise how even the temperature is, and how there is no noise from the workmen outside. That's because the walls are insulated with 10 cms of timber, as well as rock-wool and 5 cms of plasterboard. The resulting



walls are 21 cms thick and provide twice the insulation of a normal brick wall.

XLAM is wood for construction, made of panels of wood pressed and glued in perpendicular arrangement to stop expansion and warping. It's resistant to fire and the floor of each house is elevated to avoid the timber ever coming into contact with water. On the complex you can see almost every stage in the construction of these fascinating 2- and 3-bedroom homes, each of which is individual, with an unmistakable touch of Italian design.

By the end of the year Villas Dolce Vita will be a complex of 32 homes, divided into eight blocks of four homes each. Four blocks are almost finished, and an impressive show home is already available for viewing. Each



house is positioned to provide views of the sea or the volcanoes, and the complex will also have a swimming pool and attractive garden areas.

Last year, Gazette Life covered the news that wooden homes were going to arrive on Lanzarote, and so it's been a pleasure to follow up on that with a visit to one of the most exciting new construction projects on the island. These pleasant, attractive homes really do feel like a future you want to live in.



To find out more about **Villas Dolce Vita**, go to www.dolcevitalanzarote.com

+34 642 818 026  [/villasdolcevitalanzarote](https://www.instagram.com/villasdolcevitalanzarote)



Catch them young

MASS STERILISATION IS THE ONLY SOLUTION TO THE DESPERATE SUFFERING OF THE FERAL CAT POPULATION, WHICH HAS ONLY BEEN INCREASED BY THE COVID PANDEMIC. LANZAROTE VET JANE BURKE EXPLAINS WHY IT'S BETTER TO DO IT YOUNGER.

The Covid pandemic had so many disastrous consequences for our furry family, and even more so for those pets with no home to call their own. With many families unable to pay for their children's care, let alone their pets', the numbers surrendered flooded Sara and the *perreras*, with more helpless creatures simply abandoned to starve on the streets. Those who tried to keep food available to street cats were often hampered and persecuted, and feline survivors then escalated the problems as litter after litter was born, to then breed themselves .

In 2009 the British Small Animal Association, The European Veterinary Society, the American and Canadian Veterinary Societies, and the World Small Animal Veterinary

Associations all concluded that paediatric sterilisation, when animals are immature, was safer, with less longterm disadvantages than spaying after 4 months of age.

Despite this indisputable research, here on Lanzarote little has changed, with the average age of routine neutering remaining 5+ months. I am not sure why this is. Almost certainly a degree of complacency, some respect for clients' reluctance to operate on kittens and puppies, or even, perhaps, significantly increased income from future conditions.

Maturing earlier

It is generally believed that our better standards of nutrition and the almost unavoidable contamination of artificial

hormones in the food chain have caused the steadily lowering of the age at which girls start their periods and kittens come into heat.

Back in the 50s and 60s who would ever have anticipated that kittens could commonly get pregnant at 15 weeks or less? Yet there can be no veterinarian or TNR (Trap, Neuter, Release) team presently unaware that cats regularly produce kittens here in their 5th month. Being impregnated as little kittens, their social development and bone growth is sacrificed to support foetal growth and stripped further if the kittens survive - kittens that are also pregnant long before the year is over!

My own personal experience of neutering with many of the different charities was interesting, and endorsed everything published about the advantages of paediatric neutering.

I have always insisted all cats remain

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hospitalised for a minimum of one night after surgical procedures, especially those who, once released will not be observed nor clinically checked again after release. It can be distressing for street cats, but it gives their wound a few vital hours to start healing and allows me to check before release.

Unsurprisingly, those cats in heat, or pregnant, or still feeding kittens etc are more uncomfortable, less

“Breeding cats is incredibly irresponsible on an island that's already full of them.”

likely to accept food or even, in some cases, water. Their “wildness” varies from the really feral, when they exhibit a frozen terror or savage aggression (or both), to the well-fed colony cats who vary from being politely glad of breakfast, if not willing to be touched, to purring ecstatically in hopes of staying safe and clean and fed as long as possible.

Whilst the experienced workers at Sara have always insisted on neutering before homing, the smaller, newer charities have largely taken folks at their word, and this has meant that a percentage of kittens rehoused have been allowed to go on breeding. This only multiplies the problems.

Fast and safe

Faced by the scale of the 2020 crisis I was, at least, able to persuade the less entrenched and more educated rescue personnel to let me neuter the little kittens. If they are not

neutered when caught, they will not easily be ever - and obviously, if they are not neutered they will get pregnant.

The surgical procedure is much simpler and safer on young animals. At 8-12 weeks they have almost no body fat and the tiny sex organs are simple and safe to remove. The operation takes minutes. The brief anaesthetic is far safer, their recovery dramatically faster and they are up and asking for food with a couple hours.

I keep them separate for 3-4 hours as they return almost immediately to the rough and tumble of play fighting with each other before snuggling down to sleep (interestingly, they all use a little litter tray, as if born to do so!) By the next morning their 2-3 mm wounds are nicely sealed and dry. It's a very different story to the discomfort suffered by older cats. The level of post-operative distress and discomfort is directly related to age. Many nights I have baskets of playful, contented kittens recovering

next to cages of terrified, withdrawn semi-adults, It's a no brainer.

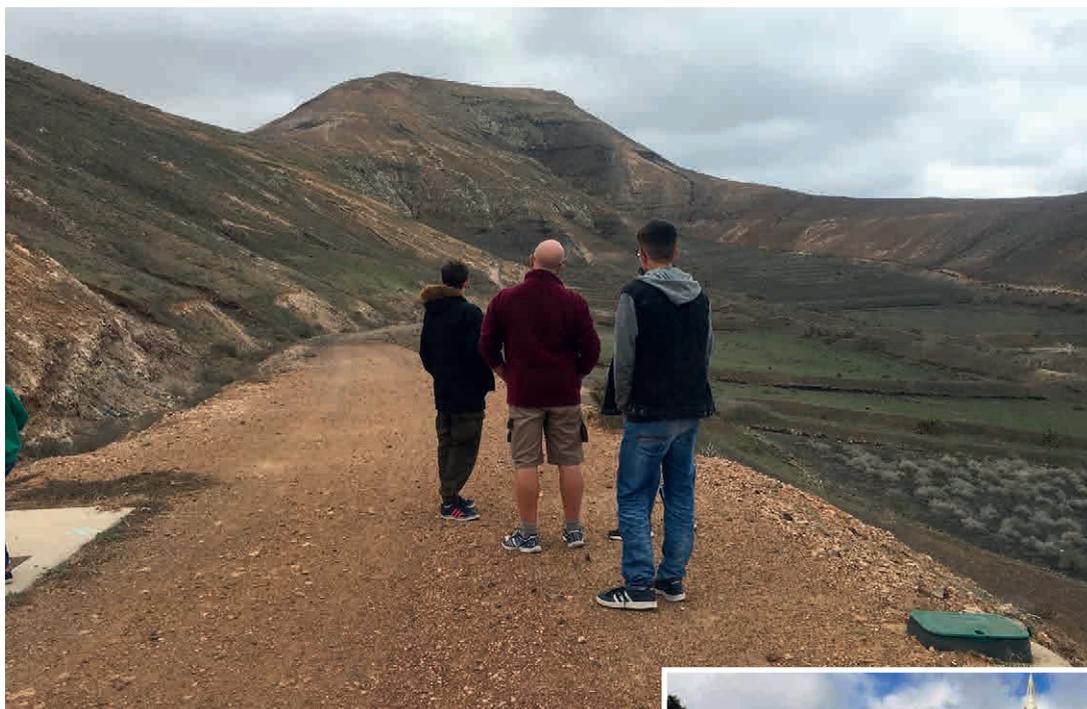
I wish with all my heart we had a better way to control cat numbers than invasive surgery, But we do not. And not controlling their numbers results in unthinkable suffering. Breeding cats and dogs, on an island already drowning with unwanted animals and overfilled rescue centres struggling every day to keep pace, is cruel and unforgivable. And in my opinion, and that of every published western veterinary society, early neutering of cats is the safest and kindest way forward. It is kinder and more economical and should be mandatory in all welfare centres.

To the very many who worked so hard for the homeless and those in need, be they people or creatures in 2020, and to Judith who quietly helps us all, I wish a kinder year and the chance to keep learning. Let's clean the water bowls and thank heaven for our sparkling water as we drink a toast to kindness.



DAVID'S DETOURS

MONTAÑA DE LA CINTA



WALK INFO

Distance:

Approximately 5 kms

Time: Option 1:

2:15 hours. Option

2: 1:45 hours

Terrain: Option 1:

Slightly challenging

Option 2: Easy.

Type of walk:

circular

Public transport:

No 60 bus from

Arrecife to Yaiza

(supermarket stop)

Tour guide David Penney invites us to walk off the festive goodies and start the year with a good resolution - to get to know more of Lanzarote's spectacular outdoors.

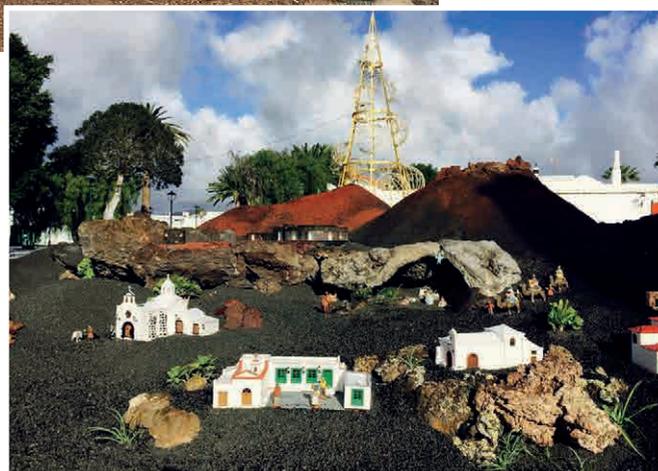
Our walk starts in the car park next to the supermarket in the main street of Yaiza, from where we head off southwards deeper into the town towards the church.

We visit the famous Belén (nativity scene) which has been set up behind the church, but unfortunately this year it's only a fraction of the size of the usual display in previous years.

Now walk up the Avenida de Rubicón behind the Belén until you reach a roundabout, immediately in front of you are a big set of volcanic stone steps which lead up past the large flower garden area.

Climb the steps, turn right on the track and head into the massive horse shoe shaped crater as the path follows along the base of the mountain.

You have two options here depending on how challenging you want to make the walk (or how many mince pies you have eaten):



Option 1. Take the zig-zag path up to the lower ridge where you can then look down to the cemetery on your left, and the road up to the village of La Degollada on your right.

Please note: the route further up to the top ridge is very steep and quite difficult, so it is not recommended unless you are an experienced walker.

This spot is the precise location where the parish priest of Yaiza, Don Andrés Lorenzo Curbelo climbed up to on September 1st, 1730 to witness the first volcanic eruptions of the Montañas del Fuego. His famous account of when “the earth suddenly opened near



Yaiza” has been heard by every tourist on the coach trips in Timanfaya.

However, this mountain, Montaña de la Cinta, is part of the Los Ajaches range which is much older than the Timanfaya National Park area.

Now return back down into the base of the crater via a track to your right, (the one which comes back down from the left is near to some private land and the owner isn't happy when you stray off the track).

When you reach the base of the crater you can see a track which takes you past an old aljibe, which is the easier option 2 instead of climbing up to the first ridge.



Option 2: Continue round the other side of the crater passing the flower garden and join the section of the GR131 route which is marked with the burgundy signs. Carry around this flat level track to the right of mountain, following along the flower garden area. When you reach the small sign showing 58km, stop here and join the lower track down to your right called Camino el Pinero. This will take you back into the town of Yaiza.

You will pass an absolutely amazing tree with massive thorns which are razor sharp, called *Ceiba speciosa*



from South America. It is ornamental, and inside the buds are like cotton, which they sometimes use for fibre. We were lucky enough to see the tree bearing fruit and flowers, and this is the only example of this tree I know of on the island.

Continue past the Galeria Yaiza and return back to the area you have parked your car. Next to the supermarket is a great little café/bar, simply called Cafeteria Yaiza, which is owned by my friend Tina who always looks after us when we return back from walking in the area.

For further information about walks around Lanzarote please contact, DAVID Penney via **email lanza888@yahoo.com** OR via **WhatsApp message 0034 649389888**

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A photograph of a man and a woman embracing on a beach. The woman is on the left, wearing a light blue long-sleeved shirt, and the man is on the right, wearing a dark blue zip-up jacket over a white t-shirt. They are both smiling and looking down at each other. The background shows a sandy beach and the ocean under a clear sky.

GET YOUR HEAD STRAIGHT!

After a year of lockdown, quarantine, travel restrictions and other pandemic related misery, 2021 offers the chance to fly free and fulfil ourselves.

2020 was a year that made many of us assess our physical and mental health more closely than we ever had before. The effects of being confined indoors for weeks on end were so frustrating that they even resulted in people trying to hire dogs so they could take a walk.

If we ever needed it, last year proved the intimate relationship that exists between our body and our mind. Almost all of us experienced the mental fall out of physical confinement; many discovered the mental well-being that exercise can bring once the lockdown was over; all of us took time to consider our health and to express fears and worries arising from threats to ourselves.

Even if you had a garden and weren't forced to do star jumps while taking the rubbish out, lockdown brought an oppressive atmosphere of limitation. Many sought consolation in food and drink – one of the few reasons you could leave the house – and Spain saw a boom in sales of snacks and alcohol, resulting in lockdown love handles.

Other households weren't so lucky, and the destruction of employment caused real hunger as well as immense amounts of

worry and mental stress. We still haven't seen the full consequences of the economic impact of the pandemic, and we're likely to see more fallout in terms of mental illness.

For all these reasons, that's why this year it's a good idea to put aside all those well-meaning resolutions about giving bad habits up, losing weight and getting fit, and instead resolve to get your mind in a good place.

It could just be getting off the island for a while – island fever can set in without you noticing, and a day or two away is all you need to reboot. But it could also be finally fulfilling a long-held ambition, setting yourself a target or discovering a new passion or hobby.

Get your family and friends involved, look for support online, seek professional experts- do what's necessary to feel fine. There's plenty of help and support out there and, no matter how unique you think your situation is, there's a good chance that someone has been through something similar.

In many cases, you'll find that physical well-being will flow naturally as you get your head in order.

GOT TO GET AWAY

Lockdown and the pandemic hit Johan Wagenaar of Bike Sensations hard. Here's the story of how he did what had to be done for his own mental health.

How did the lockdown hit you, Johan?

At first I didn't know how long it was going to last, so I just got down to cleaning and refurbishing a few bikes. Then, when I realised this was going to ruin tourism for the foreseeable future, I lost it.

How do you mean?

I just had to leave. I had to do something to get my head in the right place. I informed my staff and headed off.

What did you do?

I travelled to the Netherlands, got on a bike and rode to Belgium, Germany, Switzerland, Austria, Italy, Monaco, France and back to the Netherlands. I travelled almost 5,000 kilometres (3,100 miles) in 32 days, with an average of 156 kilometres a day.

And how was the experience?

Amazing. It was back to basics – I didn't spend much money and often stayed with friends. After riding in Timanfaya thousands of

times it was wonderful to see different landscapes, from woodlands to snow-topped Alps.

Did it work?

Absolutely. I feel stronger than ever, and I came back to Lanzarote keen to get back to work and enjoy the weather here.

Any difficult moments?

I ended up in a cornfield and a marsh once when I followed the GPS instead of my instinct. Also, it did get cold – cycling downhill in the Alps in 4 degrees in the rain is chilly.

What did you learn from the experience?

I realised that there is more to life than work, and that you don't need a lot of money to lead an active, fulfilling life. I spent less there than I would have done here, and got some money back when I sold the bike at the end.

Was Europe quiet during the Covid pandemic?

It was, and cars seemed more thoughtful. Only one passed me too close.

Some people talk of "island fever", and that you need to get away from Lanzarote for a while. Do you agree?

We live in paradise here, but you do have to get away – not just to enjoy other places, but also to appreciate this one fully.



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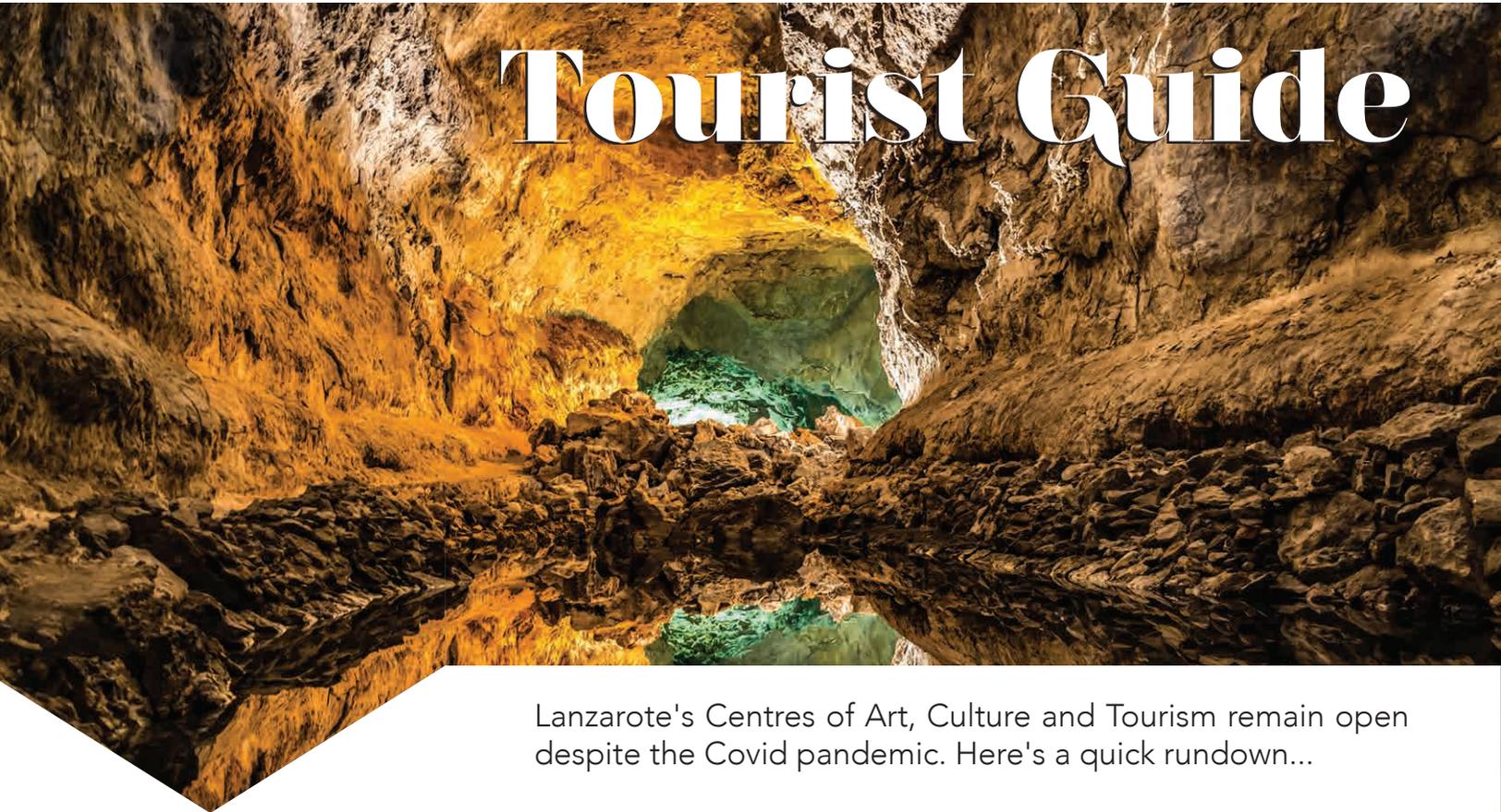
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Tourist Guide



Lanzarote's Centres of Art, Culture and Tourism remain open despite the Covid pandemic. Here's a quick rundown...

Cueva de los Verdes

The Cueva de los Verdes is the place where Lanzarote became a unique modern tourist resort, literally at the flick of a switch.

When local electrician and artist Jesús Soto was hired to illuminate the cave for an archeological expedition in the early 1960s, he did so in the most imaginative way possible, even adding music to heighten the experience. When local officials first saw the wonders of the cave, they quickly realised Lanzarote's spectacular potential, and calls to its foremost artist, César Manrique soon followed.

The cave is still an unforgettable trip through winding underground tunnels and grottos – still wild enough to give visitors a genuine thrill. You'll experience the even temperatures of a subterranean world and witness one of the most impressive optical illusions anywhere.

This attraction is best visited in conjunction with Jameos del Agua, another stretch of the same volcanic tunnel which lies just a few hundred metres away, and offers food and souvenirs.

www.cactlanzarote.com

Centres of Art, Culture and Tourism

Mirador del Río

Manrique's spectacular viewpoint set into the Famara cliffs looks out over La Graciosa and the rest of the islands of the Chinijo Archipelago.

Cueva de los Verdes

The oldest of Lanzarote's tourist centres is a marvelously lit tour through a volcanic cave system. The optical illusion towards the end is genuinely stunning.

Jameos del Agua

Manrique's space age party venue is located in a lava bubble, where a legendary lake filled with unique blind crabs is flanked by restaurants, cafés, a volcano museum and a natural concert auditorium.

MIAC: Castillo de San Juan

This 250-year old fortress overlooks Arrecife's commercial port and is home to an art gallery featuring works by Picasso, Tapies, Miró and other modern artists. With a famous restaurant and attractive gardens, it's a glimpse of the island's past and future.

Cactus Garden

Manrique's favourite of his creations, this charming garden features over 1,400 different types of cactus and is set in a disused quarry in the heart of Lanzarote's cochineal country. A traditional windmill overlooks the scene.

La Casa Amarilla

The "yellow house", located at the foot of Arrecife's main shopping street, is the old seat of the island's government, and is now an art gallery and information centre.

Timanfaya: The Fire Mountains

Lanzarote's most popular outing offers pure, breathtaking spectacle at one of the newest landscapes in the world. Take an unforgettable coach trip through the volcanoes and see the power and heat of the earth's inner crust.

Casa-Museo del Campesino

This complex of buildings in the very centre of Lanzarote is overlooked by Manrique's 15m high monument to the Farm Worker. Visitors can buy unique souvenirs, see exhibitions and take part in traditional activities.



Interview:

BRIGHT HORIZONS

For this month's cover shoot we'd planned to head to Timanfaya but as we reached Matagorda, photographer Sabrina realised that the sand at low tide was reflecting the massive sky above. It was the perfect place. Later we had a word with our model, local lad Marcos Knight.

Do you do much modelling, Marcos?

No, not yet. I'd like to, though, mainly to raise money for my main passion.

What's that?

Triathlon. I'm currently studying sports nutrition and personal training, and preparing full-time for triathlons with my coach Miguel Prados.

Why triathlon?

I was born on Lanzarote, and remember when I was boy being taken down to Playa Grande at dawn on the morning of the Ironman. I loved it the second I saw it, and wanted to be one of those 2,000 contestants.

It's an incredible spectacle, isn't it? Did the lockdown affect your training?

It did, but it also gave me more hours. I was lucky enough to have a bit of land to do endless laps around and a cycle machine.

Have you done an Ironman yet?

No, my priority now is shorter distances, and my goal is to end up at the Olympics. I'm dual nationality, so either Spain or the UK can have me!

But you're Canarian first.

True. I'm one of those kids who are British or Irish at home, but when we go out of the front door the language, the accent, even the hand gestures change, and we turn Canarian.

What's been the effect of so many sports cancellations this year?

It's terrible. They called off the Olympics just a few weeks before it started – and so many athletes who may pass their perfect moment as a result. It's been one year of training for almost everyone, but everyone wants to compete again.

Any other hobbies?

As part of studying and training, I've also become interested in organic gardening and growing my own fruit. It's fun and I get to eat healthily.



KIND & CARING

Gentleness, healing and empathy will be key-words in beauty this year.

Last year's lockdown gave us new appreciation for jobs that often don't receive the recognition they deserve. Bus drivers, cleaners, shelf-stackers, holiday reps, food bank volunteers and all levels of health workers suddenly turned out to be doing vital work, and as lockdown continued, beauty professionals joined their ranks.

There was criticism when hairdressers were one of the first businesses permitted to operate in Spain, but these were home visits for older or disabled people who need help washing their hair. In May, however, there was genuine relief and excitement when salons were allowed to open their doors.

Having your hair cut with a mask on isn't ideal, but after seven weeks of home confinement, which led to thousands of botched home trims, ill-advised dye jobs

and other domestic disasters, it was time to let the experts deal with the consequences.

The beauty sector is still suffering from a pandemic that has outlawed the type of close contact and attention that is part of the salon experience. The lack of nightlife and the cancellation or postponement of events such as weddings and parties has also hit the sector hard.

But despite all this, we still feel fantastic when we leave the salon with a professional cut; we still tingle all over after a deep, relaxing massage; we still face the world with confidence and high hopes when we look and feel good, and we still need one of the oldest sectors in the world to help us out.

And beauty professionals will know that they're more needed than they ever were in a world where their concern, kindness



and professional skill could make all the difference for thousands of people.

Last year was brutal. Very few of us have escaped it without worry, fear, despair or grief. Now's the time to start making things better.

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JET PEEL:

THE GENTLE REVOLUTION

By **Susana Villa**, beauty consultant at **Estética Los Arcos C.C. Los Arcos** in Puerto del Carmen.

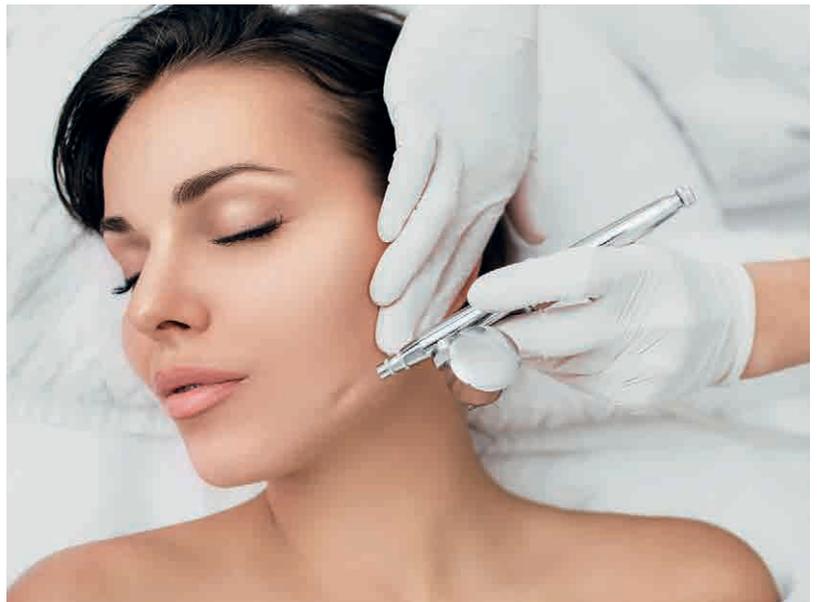
Susana Villa of Centro de Estética Los Arcos in Puerto del Carmen tells us about Jet Peel technology, which is revolutionising skin care and beauty treatments.

This month I wanted to start the year by writing about one of the best and most revolutionary devices for skin care and treatment.

The Jet Peel is an oxygen shower that exfoliates, hydrates and rejuvenates the skin in a non-invasive way, with such outstanding results that they are redefining the rules of the game.

It's nowhere near as harsh as a chemical peel, and leaves the client feeling fantastic.

The physics behind this device is simple: JET PEEL takes water or saline, accelerates it using pressurized air at supersonic speeds and, with a special handpiece, breaks the accelerated liquid into micro-droplets.



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The jet stretches the skin at the point of contact, causing barophoresis, which means that the micro-channels in the epidermis allow hydration and cleansing of the skin, without the need for needles and without pain.

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Jet peel is a must-have in the best beauty salons and clinics. Suitable for all skin types, applied without problem in all seasons of the year. It allows personalized treatment programs to obtain optimal results and patient satisfaction, and it improves blood microcirculation and induces relaxation.

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RICE IS NICE

It's the grain that conquered the world – the most important staple diet in the world, and an endlessly adaptable, perennially popular ingredient. Let's celebrate five famous strains of *Oryza sativa* – rice.

Basmati

India has at least 80,000 strains of rice, but basmati – a pure white, long-grained fragrant rice – is probably the most famous. It's the perfect rice for *pulao* dishes, which involve rice cooked in stock or broth, but can become gorgeous, multicoloured meals-on-their-own with added vegetables, meat, pulses or nuts. Rice flour is widely used in India, and delicious *idli* are one of the tastiest dishes.

Bomba

Bomba is a short-grained Spanish rice grown in eastern Spain, and strains such as the Murcian Calasparra have achieved their own fame. It's a rice that holds its shape and is most known for being used in *arroz* dishes such as paella. Spain also has a special fondness for sweet, cinnamon laced *arroz con leche* – rice pudding.

Arborio

Arborio is similar in appearance to Spanish bomba, but when cooked it's much more creamy, making it perfect for gloopy, comforting Italian risottos. Along with another short-grained strain, Carnaroli, it's Italy's best known rice.

Sushi rice

The most famous glutinous rices are from the Far East, and sushi rice is now hugely popular. It's a short/medium grained Japanese rice that, importantly, clumps together when cooked. That makes it perfect for moulding into little pillows that can be adorned with fish, vinegar, vegetables, seaweed, pickles and spices

Jasmine rice

If you like basmati, then you should try Thai jasmine rice, which has a similar, but even more pronounced aroma. It's firm – a little more al dente than basmati rices – and it loses its flavour with age, making younger rices more valuable. It's the perfect companion for one of those sloppy, fragrant, sensual Thai curry dishes.

Basic Spanish rice recipe

- 1 cup rice (*medium grain – look for a brand such as SOS*)
- 1 clove garlic
- 2 cups water or stock
- 1 bay leaf
- 1 tspn Lemon juice

Heat the olive oil in a saucepan and briefly fry the rice and chopped garlic for a minute.

When all grains are covered in oil, add water and bay leaf and bring to the boil.

Reduce heat, cover the pan and cook for a further 20 minutes.

Sprinkle with lemon juice and serve.



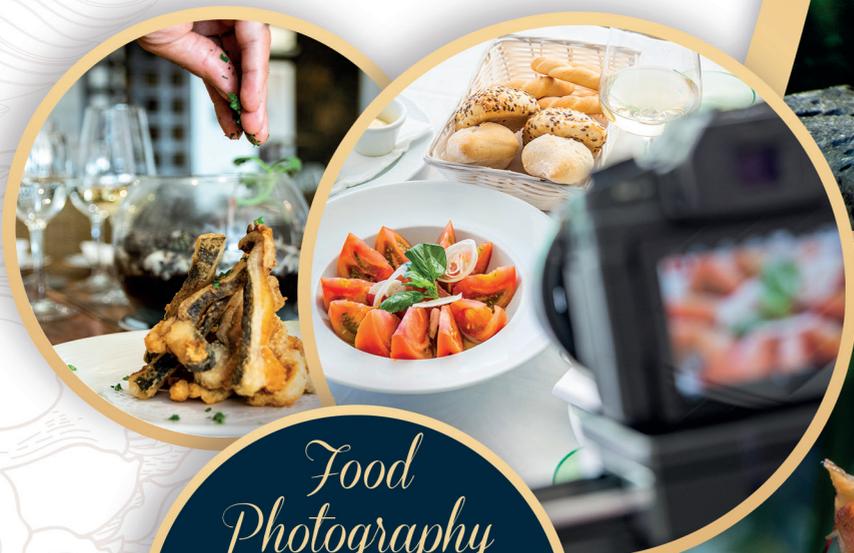


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RECIPE: FESENJAN



This rich, tender, subtly-spiced Persian dish is typical of the opulent luxury of Persian cooking, and makes good use of pomegranates, which are in season at this time of year, as well as sweet Lanzarote onions. The only real faff is the pomegranate syrup, but you can multiply quantities and keep it in the fridge for months – it's delicious drizzled on ice cream or stirred into milk.

Method

Peel, slice and boil the potatoes for 15 minutes. Halve the pomegranates and remove the seeds, discarding the skin and bitter white pith. Give seeds a quick whizz in a blender, then press the crushed seeds through a sieve. Once you have 400 g of juice, add 8 tablespoons of white sugar and juice of half a lemon. Heat in large flat pan and simmer until reduced to a thick syrup (about an hour).

Toast walnuts in a large dry frying pan,

cool and pulse in a food processor or blender until finely ground.

Brown the chicken pieces on all sides in 1 tbspn butter and 2 tbspn olive oil on all sides.

Remove chicken from pan. Add a tbspn butter and a tbspn oil to the pan. Lower the heat to medium low. Add chopped onions to the pan and sauté until translucent, stirring once in a while.

Return the chicken pieces to the pan with

Ingredients

- 1 to 2 large yellow onions, chopped
- 2 tablespoons unsalted butter
- 3 tablespoons extra virgin olive oil
- 5 tablespoons pomegranate syrup
- 200 g walnut halves (about 2 cups)
- 1 kilo boneless chicken thighs or breasts, cut into medium size pieces.
- 800 mls chicken stock
- 2 tablespoons sugar
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground black pepper
- Salt
- Fresh pomegranate seeds to garnish
- Fresh coriander

To make pomegranate syrup

- 4 large pomegranates
- 8 tbspsn sugar
- juice of half a lemon

the onions. Pour 2 cups of chicken stock over the chicken and onions. Bring to a boil, then cover and simmer gently for 30 minutes.

Stir in the ground walnuts, pomegranate syrup, sugar, and spices. Cover and cook on very low heat for 1 hour, stirring every 20 minutes or so to prevent the walnuts from sticking to the bottom of the pan.

Garnish with pomegranate seeds and chopped coriander and serve with rice.

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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.

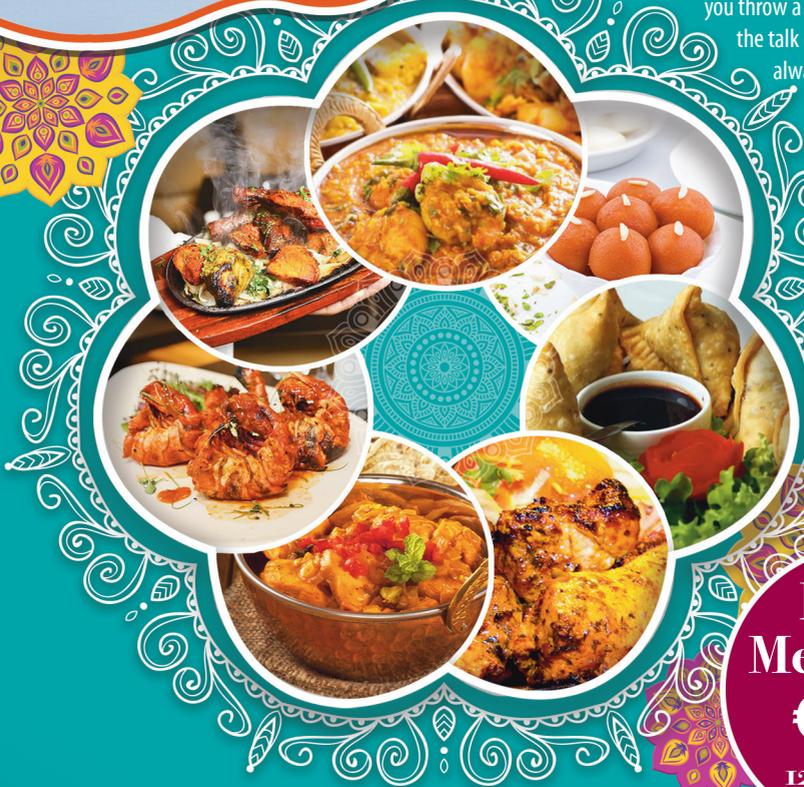
We love it here – Lanzarote is really our home away from home – but most of all we love you, our dear guests. So enjoy, and if there is anything we can do to make your experience more pleasurable, do not hesitate to ask.

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START AFRESH!

There's never a bad time to begin natural, healthier eating, but why not hit the ground running and head into 2021 as you mean to continue, by discovering delicious, fresh food that also does you good.

One of the most inevitable news items of the lockdown was that sales of luxury snacks had risen. This wasn't just the case in the UK, but also in Spain, where a nation spent six weeks sat on their *culos* in front of the TV eating crisps and chorizo.

The result was utterly predictable, and many of us are still wearing the resulting lockdown lard. So now, more than any other year, it's time to direct ourselves towards healthier and kinder food alternatives.

By healthy, we don't necessarily mean low-calorie. We're looking at foods that are lower in saturated fats, salt, sugar, processed carbs and contaminants. By kinder, we're simply asking that you think a little harder about where your meat, eggs and dairy products come from, and how your other foods are produced.

Here on Lanzarote, there's now a section of our society that is committed to producing good, ecologically supportable food, and it's growing all the time. One of the interesting things about this movement is that meat-free alternatives almost seem like an afterthought – vegetarian and vegan dishes are so good, that you may not even notice

Just buy a firm, fresh Lanzarote-produced sweet potato from the market, take it home and peel it. The fragrance you release is so earthy and natural it's like digging into fresh soil, and the flavour of the cooked root is as good as you'll find anywhere on this planet.

Here are a couple of vegan recipes that are so full of flavour that you won't miss meat or dairy at all. One has a far eastern touch, while the other is an Indian classic – hinting at the way international influences have arrived on Lanzarote, where they are welcomed and combined with fantastic local ingredients.





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INGREDIENTS

- 1 cauliflower
- 400ml coconut milk
- 350 mls water
- 1 tspn turmeric
- 1 teaspoon chopped ginger
- 2 garlic cloves
- Salt, pepper, olive oil, parsley

Almost everything in this rich, satisfying and delicious vegan recipe can be produced on Lanzarote. If you're a chilli-head, then you can bring the heat on with a chopped habanero or bird chilli.

METHOD

Heat the oven to 180 C. Break the cauliflower into florets. Take 8-10 florets, place on a baking tray and drizzle with olive oil. Roast until golden (25 minutes at least)

Reserve a cup of coconut milk. Add the rest to a pot with the rest of the florets, water, turmeric, ginger, garlic and season with salt and pepper.

Bring to boil and simmer for 25 minutes with lid on until cauliflower is soft. Blend with a stick blender.

Serve, add two or three browned florets to each bowl and garnish with parsley and a swirl of coconut milk.

CHANA MASALA



INGREDIENTS

- 500g dried chick peas
- 2 medium red onions
- 2 ripe tomatoes, halved and grated into a bowl
- 4 tbsps sunflower oil
- 1/2 tspn bicarbonate of soda

These melt-in-the-mouth chickpeas in a rich, savoury gravy are an Indian favourite. If you're a fan of Indian masalas and pulse dishes, then consider investing in a small spice grinder and a pressure cooker.

Whole spices:

- 1 tspn coriander seeds
- 1 tspn dried red chillies
- 1 tspn cumin
- 1/2 tspn salt
- 1 tspn black pepper
- 1 tspn fenugreek leaves
- 1 tspn mustard seeds
- 1 stick cinnamon or cassia
- 1 tspn green cardamom

Ground spices:

- 1/4 tspn asafoetida
- 1 tspn dried ginger
- 1 tspn turmeric
- 1 tspn paprika (pimentón)

METHOD

Soak chick peas overnight. Toast whole spices in a dry pan. Grind whole spices and add ground spices

Peel and chop red onions and fry in sunflower oil until soft. Add chickpeas, tomatoes, 3 tbsps of spice mix and bicarbonate of soda, and 800 mls water. Bring to boil then cover and simmer for 50 minutes. Alternatively, pressure cook for 20 minutes in 400 mls of water.

Serve garnished with coriander or parsley.

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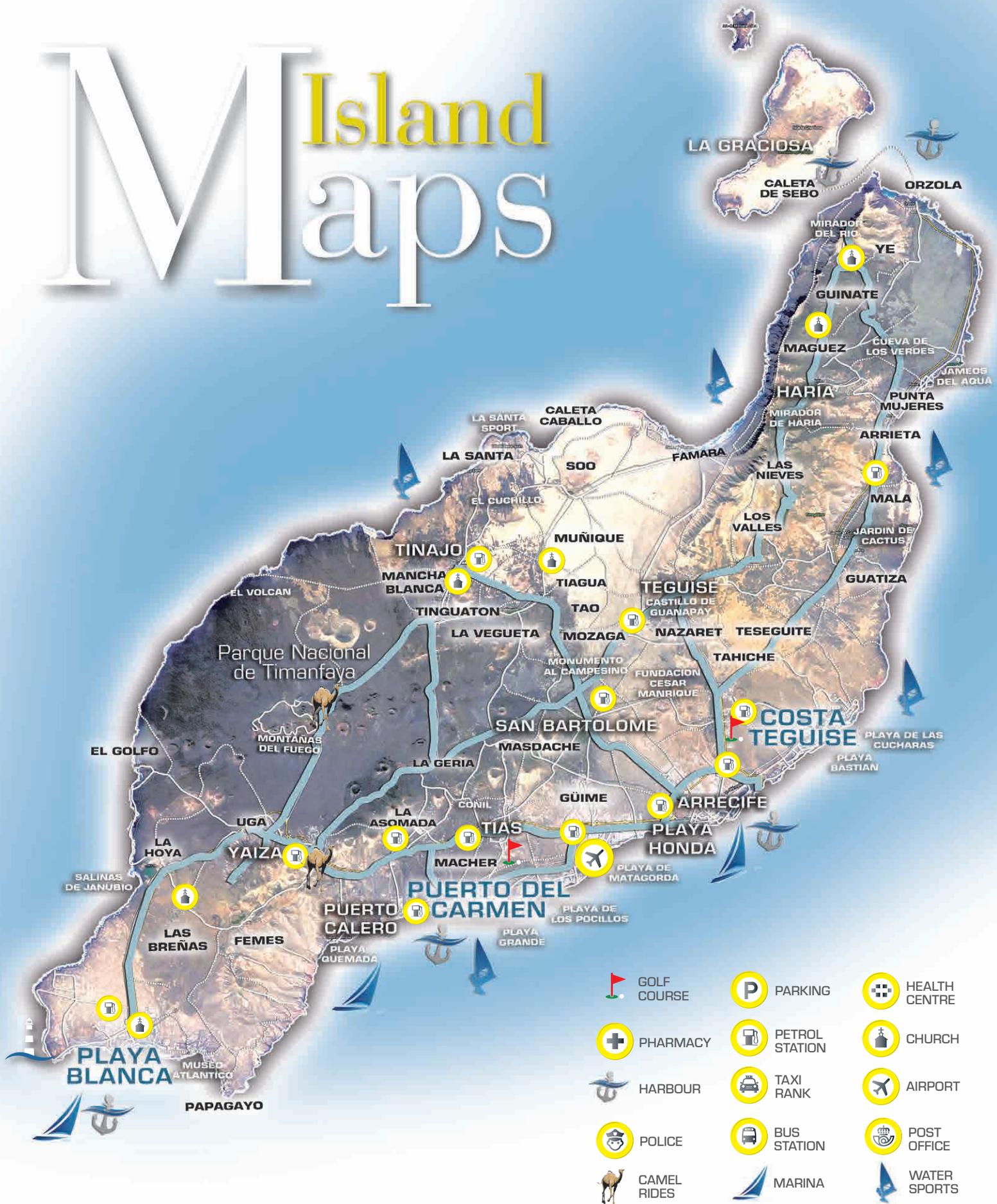
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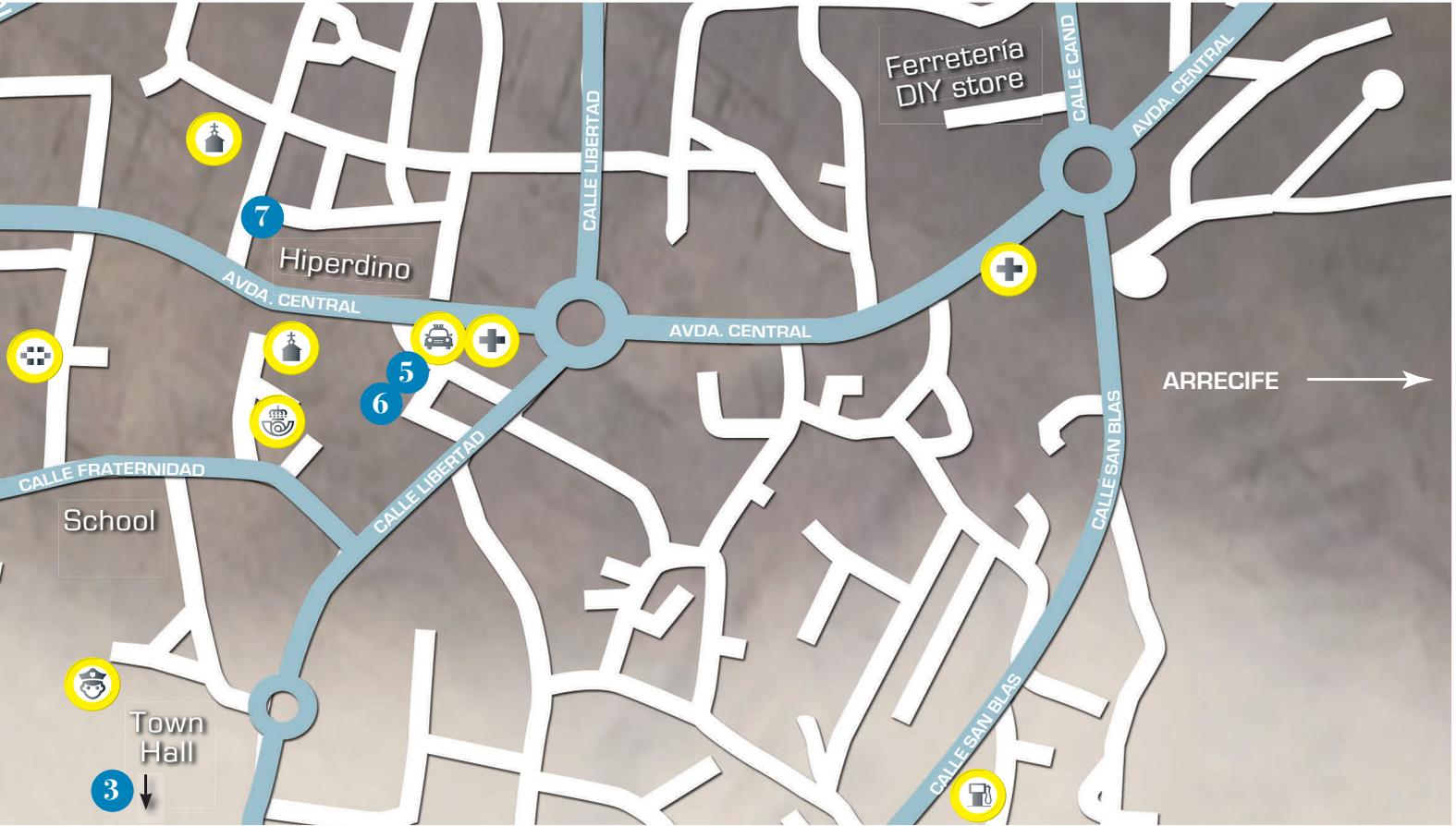
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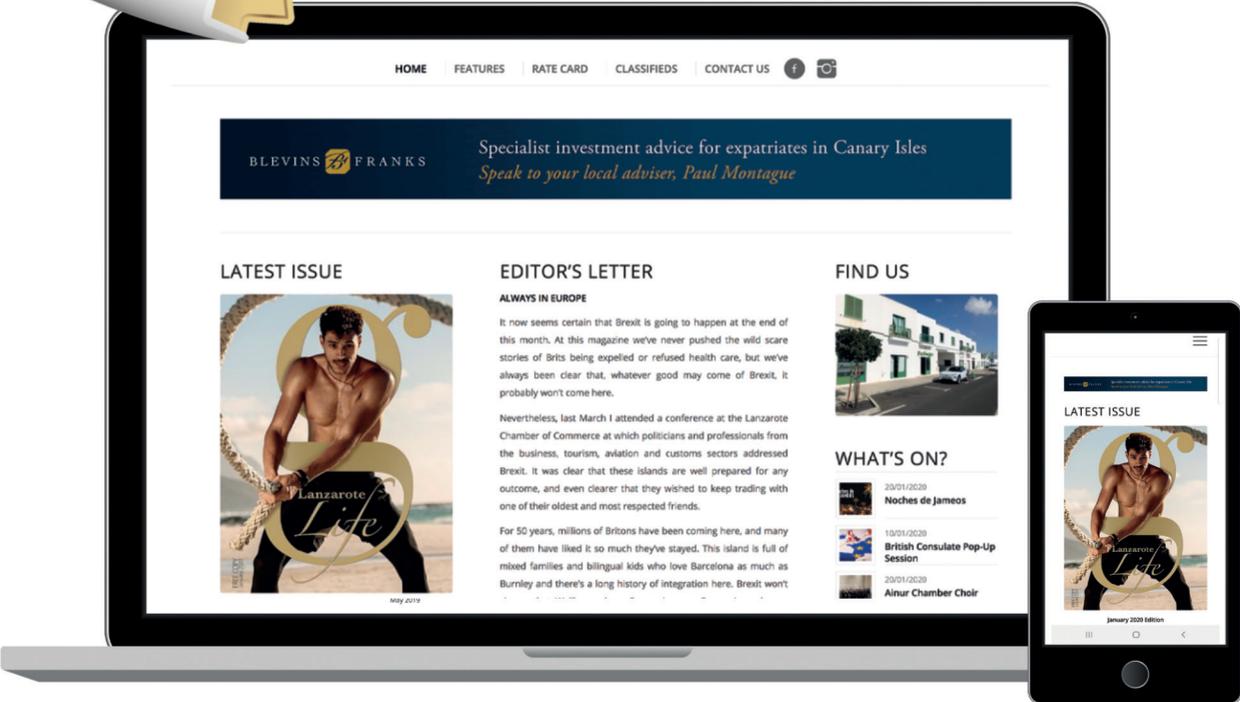
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PROPERTY SHORTS

FIVE-YEAR HOUSING PLAN APPROVED

The Canarian Housing Plan 2020-2025 was approved unanimously in the Canarian Parliament last month with unanimous support. “This is not a victory for a political party – it’s an agreement,” said Sebastián Franquis, the Canarian housing councillor.



Sebastián Franquis

The plan will see €664 million spent on more than 88,000 projects. 5,971 social homes will be constructed to ease the rental market; 600 empty homes will be placed on the rental market; more than 10,000 renovation and refurbishment projects will be carried out, 72,000 Canarians will receive rent subsidies and 600 homes will be built in least-populated areas to combat depopulation. It is estimated that the plan will create more than 28,000 construction jobs.

MORTGAGES UP YEAR-ON-YEAR

Mortgage contracts in the Canaries have shot up in the last quarter of 2020, rising more than 100% on the same period last year.

The pattern has been repeated throughout Spain, where mortgages have risen by 66%. However, the figures do not mention the prices paid for the properties. It is thought that the pandemic could have forced many property owners into dropping prices, and buyers who have been waiting for years for more accessible prices are now making their move.

Meanwhile, rental prices rose by 1.6% on the Canaries in October, while house prices fell by 0.1% in the same month.



HOTEL FOR SALE

Buying a hotel is something most of us only ever do when we’re playing Monopoly, but opportunities for investing in a real one are now more frequent than ever, after eight months of the Covid-19 pandemic.

Currently, over 550 hotels are for sale in Spain, with 26 of them in the Canaries. This is a rise of more than 20% on figures in March, before the lockdown.

Hotels require permanent maintenance and graduated ERTE schemes mean that even those that have furloughed their staff are facing higher costs. The effects of the first lockdown, the second wave and the recent spate of lockdowns and travel bans in Europe have led to many more hoteliers selling up.

The most expensive hotel in the Canaries is in San Bartolomé de Tirajana, Gran Canaria. And will set you back €13 million.



FLIGHT PATH SOUNDPROOFING

Aircraft noise is a fact of life for residents of Matagorda, Playa Honda and the areas of Arrecife, but that may change after San Bartolomé Ayuntamiento has successfully campaigned for airport authority AENA to pay for the sound-proofing of hundreds of homes under the flight path that planes usually take off on.



San Bartolomé insisted on corrections in the Lanzarote Sound Map, an environmental project carried out by AENA to ensure noise laws were complied with. The amended map means that 600 properties in Tías and Arrecife municipalities will qualify for sound-proofing along with 1,000 homes in Playa Honda.

Environmental law demands action when noise levels regularly exceed 60 decibels.

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CITY OR COUNTRY?

Rural idyll or urban action? In Spain, the choice remains difficult, and different age groups have surprisingly different attitudes.

The news that international expats have voted Spanish cities and resorts among their favourite places to live and work will not come as a surprise to those who know Spanish urban life.

Top of the list was Valencia, followed by Alicante. Malaga came 6th and Madrid was 9th in the survey, which also placed on-trend Lisbon in third place. Spain's climate, leisure opportunities, lifestyle and food were among the reasons given for its popularity among younger professionals.

Las Palmas de Gran Canaria has already noted this trend and positioned itself as the ideal location for "digital nomads", who can work from their laptops anywhere, to live and work.

In contrast with the UK and other countries, where elderly people often dream of retiring to villages or the country, city living also remains popular among older people. The Spanish are incurably social, and older people love having parks, cafes and bars where they can meet, as well as all the facilities of urban life.

Meanwhile, many younger Spaniards are now looking into a return to the campo (countryside). Low property prices in rural areas, as well as the possibility of working from home, mean that Spaniards may start to reverse the rush for the cities that defined the last 50 years.



That rush has also affected the Canaries, as successive younger generations left the tough, agricultural lifestyles of their parents for more lucrative opportunities afforded by tourism. On Lanzarote, this resulted in the expansion of Arrecife and the growth of satellite towns such as Tahiche and Playa Honda, while rural villages still remain underpopulated.

As an example, Arrecife doubled its population from 28,000 to 56,000 between 1981 and 2015, while Tías and Yaiza both saw their populations double in short, five-year periods when the main resorts were built. In contrast, Haría has roughly the same population as it did in 1950. In Haría, one in five people are aged over 65, while in Arrecife it's one in ten.

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RESIDENT BENEFITS



will be able to stay under the same conditions that existed before Brexit. This has been expressly agreed by the Spanish government.

Residents will also be able to move to other EU states and can travel freely in the Schengen zone for 90 days in every 180. EHIC cards appear to remain valid, allowing Brits to use them in other EU countries. British residents will also keep the Spanish voting rights they have had up until now.

Non-residents have it a lot harder. The 90-day rule will mean they can only stay in Spain for three months at a time before having to leave – and they cannot then re-enter for another 90 days. Non-residents will also see tougher tax rules apply, for example on holiday rentals.

There's nothing strange about this – these rules also apply to thousands of third country nationals from Morocco, Rumania, China and other non-EU countries, and the UK is likely to build up new agreements with Spain, just as other third countries have done.

Key to those agreements, however, will be the concept of reciprocity – the “do as you would be done by” rule. This means a Briton in Spain can expect to receive roughly similar treatment to a Spaniard in the UK.

If you're worried about what Brexit means for you, it's worth following the British Embassy in Spain's Facebook page, Brits In Spain. More complicated matters may need the help of a lawyer or a gestor.

Finally, the United Kingdom is shivering out in the cold or heading towards the glorious sunlit uplands, depending on your view of Brexit.

It's fair to say that, for Brits in Spain, the downsides of Brexit are likely to far outweigh the upsides, but this year we're likely to see in much more detail what those consequences will be. And one of the main ones will be the difference between residents and non-residents.

The Withdrawal Agreement guarantees that all Britons and their family members who were resident at the date of the UK's withdrawal on the 31st of January 2020

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Corners



Corners can often cause problems when we're decorating. No wonder, really – they're awkward, angular places that can't make up their mind whether they want to be up or down, horizontal or vertical, flat or sticky-out. There are two solutions: 1. move into a windmill or an igloo or 2. deal with them!

While the wide open spaces are what make our homes inviting and beautiful, it's often the nooks and corners that we tend to gravitate

Corner furniture

Sectional sofas are the perfect solution for larger corners, allowing you to utilise space that might otherwise go to waste. Look for L-shaped items and furniture that can be adapted to all sorts of spaces.

Corner tables can also be found that will offer you an ornamental and occasionally practical space. If you still have a fixed phone line, this is the perfect place for it, but it's also a great place to out chargers or routers. Corner shelves can also be a great idea for displaying ornaments.



“Corners are great for occasional items that you do not use every day.”

Corners are great places for those things you don't use all the time, but do assess this regularly– they can also be those places where your useless junk gets shunted to.

Light up the dark

Corners can be dark and shadows, so they're perfect places to situate ornamental lampshades, which will bring light where there was darkness.

In fact, any type of light is likely to work in a corner, and depending on which ones you choose you can open the corner out into the rest of the room or turn it into a secluded nook.

Green corners

Plants, from the classic Victorian aspidistra to the perennial parlour palm, have always been perfect for a neglected corner, but you need to choose the right one. Sunlight and corners don't always go together, and some plants may not thrive in a shady place.

One great idea for a corner is to add a shelf up high and install an ivy or other plant that will spill foliage downwards, turning your corner into a vertical sensation.



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Rules

DESIGN



Remember the following measurement tips:

- Keep at least 45 cms between coffee tables and sofas.
- Keep the centre of artworks at eye level, which is generally 150 cms from the floor. If you're hanging multiple pieces of art, keep the centre point of the whole arrangement at this level.
- Curtains need at least 3-10 cms of overlap on each side – more if you wish - and curtain rods should be located from 10-20 cms above the window.
- Measure your TV diagonally, then multiply that distance by two. That's how far your seats should be from the TV.

Simple knowledge of design rules can get you off to a flying start when planning an interior space.

Space for oddity

Photographers will be familiar with the “rule of thirds” that advises you to offset the focal point of a picture (if you don't know it, it's simple: imagine a nought and crosses grid on your viewfinder and make sure the focal point is on one of the intersecting lines.)

The importance of odd numbers to design is difficult to explain, but there's no doubt that odd amounts of ornaments or features, and items that are placed in non-symmetrical arrangements, offer a dynamism and visual interest that regular, boring arrangements can't match. They're also less formal-feeling, which reflects modern living trends.

So keep it odd, but make sure those disparate elements have a unifying theme – three candlesticks of different heights, for

example, or cushions of the same colour, but different sizes and textures.

Find focus

Every well-designed room has a clearly defined focal point, and those rooms that don't are those that we tend not to remember. The focal point of the room will depend on its construction, its use and many other factors, but once you've identified it – or created your own – use it as the stepping-off point for everything else in the room.

A focal point can be an artwork, a sofa, a bookcase or an architectural feature, but you'll need to frame it and ensure that other elements in the room echo it and refer to it in their colour, shape and positioning.

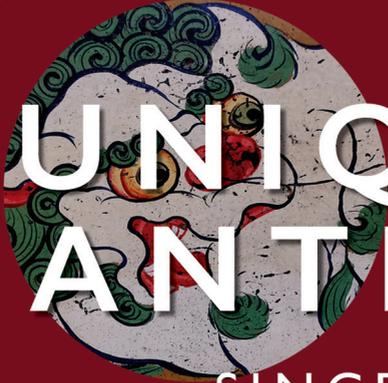
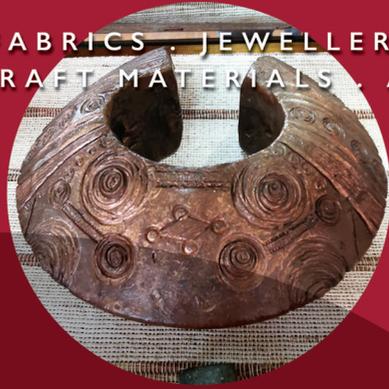
Don't go overboard – you're not building a shrine, - and subtlety is the key here.

Inch perfect

“Measure twice, cut once” is the carpenter's golden rule, and it applies just as much to planning your interior. In smaller homes where space is at a premium, your tape measure should be a permanent companion.

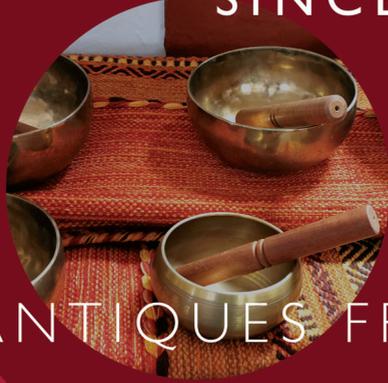
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Our sense of touch is hugely important to the way we perceive the world, and tactile impressions can transform the rooms we live in.



Touch is our most primal sense - the first one we develop, the most important one in our earliest stages of life, the only one that we use at all times and the only one that we can never lose fully. Just watch a new-born baby groping and grasping to try and make sense of the strange new world it has entered and you'll realise the absolute importance of touch.

And this sense of touch is, of course, hugely important in our homes. The smooth, cool surfaces of a kitchen; the warmth of a wooden floor or carpet beneath our bare feet; the sense of snuggling into a soft and welcoming sofa... all of these experiences and many more shape our attitude to our indoor space.

In fact, most of us are far less touchy-feely about our homes than we should be. A good experiment is to go into your room with the lights low and simply feel your way around for a while- your sense of touch will inform your other senses, and ideas may start coming thick and fast. You may be able to put your finger on aspects of your room you don't like, and learn to value areas that you have ignored.

See the Feeling

Our senses are complicated - a piece of music can remind us of a landscape; a fragrance can remind us of a time and place; the taste of a Madeleine biscuit in Proust's famous novel launches memories that fill three volumes

of exquisite prose. Our brains are built for making connections, to letting sensual stimuli trigger other sensual memories or associations.

And it's the same with visual texture. This happens when you look at a fabric or a material and it's appearance appeals immediately to tactile experiences and memories.

The basic rule is that rough textures, such as grainy wood, hessian or corduroy, tend to look warm and natural, while smooth ones such as glass, chrome or vinyl comes across as cold and formal. But there's much more to it than that, and taking texture into account starts at the very basic level with walls and floors.

Cont'd on page 60 >>>



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Here on Lanzarote, the norm is that floors are tiled and walls are generally white, often with a rough stippled texture.

Another factor to take into account is light reflection. Smooth surfaces tend to reflect light, making rooms seem brighter and more spacious. Rougher textures absorb light, promoting a cosier, more intimate feel.

The Right Impression

And, of course, cleaning needs to be taken into account too. There's a good reason why surfaces in bathrooms and kitchens are generally smooth – they're simply easier to clean. Rougher textures don't show up dirt so easily, but they're also harder to clean.

Tiled floors can also be re-tiled, and this is an ever-more attractive solution at the moment, as new materials offering previously unsuspected levels of attractiveness and under-foot warmth have arrived on the market.

Wooden flooring is, obviously, a much more expensive option, but one you may well feel is worthwhile if you spend a lot of time barefoot. The warmth, attractive appearance and consoling texture of wood is one of the reasons why it remains one of the most popular materials for interiors.

“Close your eyes and find out how your living space feels.”

Other options include wall-to-wall carpeting (although this is rarely found on Lanzarote). A scattering of rugs, or a larger carpet remains probably the cheapest and most versatile option. Heavy coconut or sisal matting rugs offer warm visual textures, durability and a stimulating underfoot sensation, but there are many types of lighter rugs in all types of fabrics and colours available.

When it comes to furniture and soft furnishings we can go wild with textures and fabrics, and blending them with colours can give some stunning results. Fabrics occupy a special place in our imagination, and the mere sight of crisp linen, rough toweling, plush velvet, or sleek silk sets off agreeable associations in our minds.

The best idea in your interior is to go for a blend of smooth and rough, allowing for pleasing contrasts in texture as well as in colour. Save your favourite textures for the places where you'll be able to savour them most, and ensure that everywhere else is, at the very least, easy on the eye.

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THE IN-BETWEEN ZONE



On Lanzarote, the boundaries between outdoors and indoors are nowhere near as defined as they are in the cold, wet North.

Almost all of us will have an “in-between” zone where we can take the best aspects of indoor living outdoors, into the sun, the breeze and the open air. But it also works in the other direction, and outdoor spaces can easily be made more “indoorsy.” Lanzarote isn’t always warm, and many people prefer to stay indoors and enjoy the sunshine without having to deal with the island’s breezes, which can quickly cool you down to an uncomfortable degree.

The solution here is to enclose your outdoor terrace, balcony or living space. It’s a job that will require planning, and a professional bit of workmanship, but it could transform parts of your home into places you rarely use into brand new living areas you can’t keep out of.

New materials and techniques mean that it has never been easier to turn an outdoor space into an indoor one, and your

new indoor room will catch the sun even more intensely than if you were outdoors, with the added bonus that you won’t have to worry about getting sunburn.

And if you choose to fit large sliding windows or French doors, you’ll be able to throw them open at any time you want and enjoy the experience of fresh air and the great outdoors whenever your wish.

Also may be more than a lifestyle decision. If you have an enclosed terrace or spacious balcony, then all at once you have a new room in your home, where you can eat, relax and even sleep at night.

“On Lanzarote, life is all about enjoying the best of both worlds.”

The important factor is glass – closing the entire area off with metal or wood will completely lose the sunny essence that you are looking for. What you need is large expanses of glass that can

be easily opened.

With such an amount of glass, safety is paramount, so make sure you find a fitter who can provide you with glass that fulfils the very highest standards of security. This advice, is of course, even more important if there are going to be children using the space.



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BACK TO THE LAND

Permaculture is an idea that is perfectly suited for a biosphere reserve such as Lanzarote. Shaun Addison discovers one the newest permaculture projects on the island. *Photos: Sabrina Suppers.*

Recent years have seen a big change in Lanzarote's agriculture, as new arrivals have taken to the land to promote organic and sustainable agriculture. The results have already been notable, as the island's markets have been rejuvenated and supermarkets now stock local organic produce. But Perma Terra, near San Bartolomé is something new again – a permaculture project that aims to change the way we look at farming and food.

In less than three months, Paula San Martín, Javi García-Morato, Ezequiel Lasso Betancor and several volunteers have already created a small miracle – a plot of land that is already producing fruit and vegetables.

The plot was donated by a friend of the group for a period of ten years and they set to work straight away. Each Wednesday

Javi García-Morato & Paula San Martín



afternoon and Friday morning, volunteers arrive at the plot to work the land, digging, raking, hoeing, planting, making compost and creating a place of growth and fertility.

Javi and Paula show me their “new born” plot of farmland: neat rows of peppers, aubergines okra, strawberries, leeks, cabbages and more, with aulaga shrubs planted for wind protection and a mulch of straw around the stems of many plants.

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black volcanic gravel that retains moisture and is used widely on Lanzarote. “They told us ‘rofe has saved our lives’, but when they saw what happened with the straw they became very interested,” says Paula.

Perma Terra is not just an agricultural project; it’s a social one, too, and several workshops on subjects as varied as such as yoga, fermentation, natural pest control and personal development are held at the

“This project has been life-saving.”

plot. That this has taken place during a pandemic is even more impressive. Paula says “There has been so much anxiety for everyone during the pandemic that this project has been life-saving for so many people. We don’t like uncertainty, but every Wednesday and Friday you can come here, meet people, enjoy human contact. New friendships have been made and new projects are already starting.”

When I ask what they’ve learned in the few months since starting the project, Javi says “There are seasons on Lanzarote, too. We tried growing melons, and they started well but soon we discovered that we’d left it too late, and they need more sunlight than the autumn here provides.”

To find out more about Perma Terra, go to www.permaterra.es, or visit the [perma.terra Facebook](#) or [Instagram](#) pages.

“I was a vegan chef who spent a lot of time travelling and cooking,” explains Paula, “But I always wanted to go deeper and explore the complete cycle of food.” Here, on a gentle hillside just outside San Bartolomé, she has the chance to make that happen.

“Agriculture on Lanzarote has traditionally been focused on a few crops such as onions, sweet potatoes, tomatoes and vines,” says Javi, “But we think you can grow whatever you want here.”

Paula explains how their neighbours, traditional farmers, asked why they were using straw as mulch rather than *rofe*, the

WHAT IS PERMACULTURE?

Permaculture is an idea that arose in Australia in 1978 and combines holistic ideas of sustainability and self-sufficiency. It is about working with, rather than against, nature and a key concept is that it takes into account all the functions that plants, animals and human beings can have.

For example, a plant may be valued for its shade or pest-deterrent properties as well as its fruit; and animals are not kept principally for meat but may produce manure and have social and ecological value instead.



Paula San Martín explains that another key aim of the Perma Terra project is “food sovereignty”, which is not just self-sufficiency, but also controlling the distribution of food.

Very much a 21st century idea, permaculture also incorporates ancient and traditional knowledge – Lanzarote’s unique vineyards are a good example of permaculture design ideals.

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99 PROBLEMS (BUT A PITCH AIN'T ONE)

Ian Lane reports on UD Lanzarote's troubled start to the season.

To say that UD Lanzarote have had a troubled start to the season would be putting it mildly. Six games into the 2020/21 campaign and the results are: Played six, won one, drawn one, and lost four; which leaves the Rojillos at the foot of the table.

Before the season began I spoke to some of the regular fans and we all agreed that the opening matches were likely to be complicated. Whilst other sides in the league enjoyed a full seven pre-season matches, the Lanzarote squad weren't allowed to train together as a unit nor even permitted a match between themselves.



One may think these are just excuses, although you would have to be downright cruel not to believe that the Rojillos didn't start the season at a disadvantage.

Losing the opening three games was followed by a dramatic win. With confidence finally on a roll, the players were desperate for their next match, but as luck would have it the next two games were suspended and momentum was lost. Covid has caused plenty of cancellations this year, but not this time. These cancelled games were due to a broken-down ferry and a storm warning that never delivered.

On top of all this our local Lanzarote government is the only Canarian authority that does not allow any fans to attend matches

despite having the league's biggest stadium making it simple to distance. To say that this is disappointing is an understatement for fans, players and management. Most believe that if these officials don't have the courage to move forward then perhaps they should take a back seat. Many feel that they deserve a red card.

Despite all this negativity most fans have a good understanding of the situation and know that all parties are working tirelessly and are determined to turn this situation around as quickly as possible.

FORTHCOMING HOME GAMES

(please check to see if supporters are admitted)

17TH JAN Lanzarote v UD Guía
31ST JAN Lanzarote v UD San Fernando

This season's new strips and other merchandise can be bought online at <https://mercancialanzarote.com/shop/> or at the shop in Costa Teguiise which is based at Centro Comercial Nautical, local 25 (up from Decades bar and behind Café Bonjour). The shop is open Mon to Fri 10am to 1pm.

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A RECORD-BREAKING YEAR FOR KEVIN CATON

In 2020, Kevin Caton of the Las Palmeras Golf Society has managed to achieve what very few golfers ever do: an incredible 12 shots drop in his handicap in just 7 months! Jean-François Crinquand meets him.

Kevin, what can you tell us about yourself?

I'm originally from the Lake District in the UK and work as a sales director in the aluminium industry. I love living in Lanzarote and am passionate about golf.

Where do you live and why Lanzarote?

I have a long-term rent at the Sands Beach Resort in Costa Teguiise. I was attracted to the island because of the fantastic year-round weather and the slow pace of life.

We often see you riding a trail bike....

I am a keep fit enthusiast and go everywhere by bike, which certainly keeps me fit and healthy. I like the freedom that a bike offers you and Lanzarote is the best place in the world to cycle.

Now let's talk about your amazing drop in handicap. What happened?

The first time that I played with the Society was on March 10th 2020. I had a certified 20 handicap from Workington Golf Club on the edge of the Lake District. On that day I only scored 22 points in Stableford because the Costa Teguiise course is so challenging! Five days later, on March 15th, Lanzarote entered a strict lockdown for two months

and I didn't play golf again at the Costa Teguiise course until May 15th. However, I was fortunate to be living where I do, as I was able to make great use of the in-house facilities and could practice my chipping and putting daily!

When did you start winning the Society's weekly competition?

Amazingly, I had a few wins and second places soon after we returned to the course in May, scoring points in the mid-30s.

What is your handicap today and what is your goal for next year?

I now have a handicap of 8.1. My goal for 2021 is to carry on reducing my handicap, hopefully going below 5. That's my challenge!

And now, Kevin, what everybody wants to know: what is your secret for such an achievement?

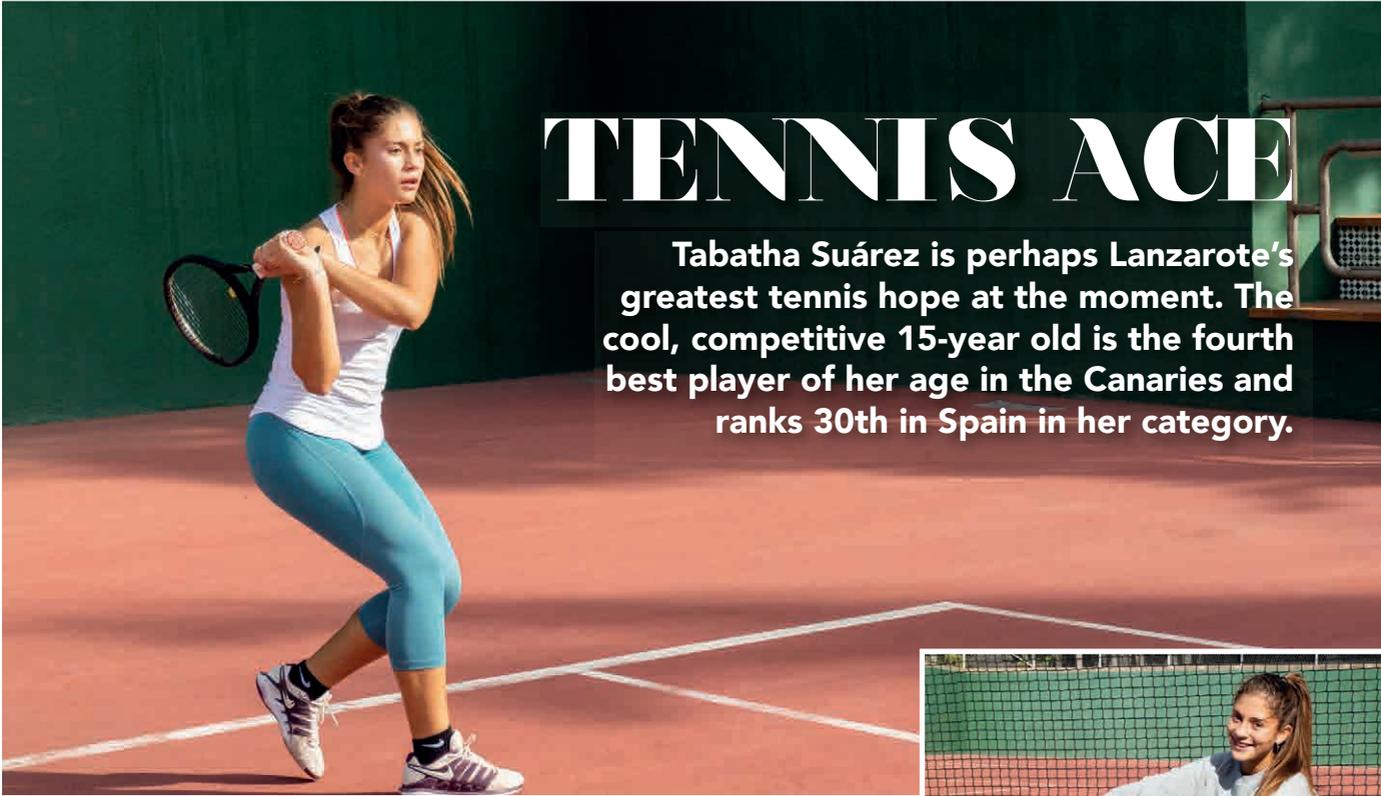
Practice, practice, practice! I usually play three competitive rounds of golf every week

and I practice on the remaining days of the week. I spend hours on the driving range sometimes hitting up to 1,000 balls in a session. I strongly believe the harder you work, the better results you get. It works for me!

Thank you, Kevin and the very best of luck for 2021.



The Society email is: lpgs2016@gmail.com. I look forward to hearing from you. More info on our website Visitor section: www.laspalmerasgolfclub.blogspot.com



TENNIS ACE

Tabatha Suárez is perhaps Lanzarote's greatest tennis hope at the moment. The cool, competitive 15-year old is the fourth best player of her age in the Canaries and ranks 30th in Spain in her category.



When did you start playing, Tabatha?

I was 7, and started at the Matchpoint club in Puerto del Carmen, with coach Nacho Boan. I liked it. It worked out for me. I started really seriously a couple of years ago and am now with Rafa Moreno.

How often do you train?

24 hours of every week is spent training, Monday to Saturday, two or four hours a day.

What are your strong points?

My right hand and my serve. And I'm fast on the court.

The pandemic has cancelled many sporting events. Has that been frustrating?

Yes. I've played a lot on the Canaries, but it's starting to get the same. I need to leave the island to get more competition.

Ambitions?

I want to be number one. But I also want to go to university.

Any rivals?

Luna di Noto, is also from Lanzarote and a great player. She's a rival, but also a friend.

You seem very collected. Do you get nervous?

Very nervous before big games, but you have to deal with it. Tennis needs mental strength as well as technical skills, and I find the best way to get that is to just play. That's when you

stop thinking about things.

Have you had any sponsorship, or has anyone else helped you along the way?

I'm sponsored by Wilson, and the Centro Deportivo in Puerto del Carmen have been great, letting me use courts and facilities. I've also had some assistance from the Canarian Government, which I'm grateful for.

Any future plans?

I'd love to compete in the ITF tournaments in Dakar, Senegal and South Africa later in the year.

Thanks, and all the best for the future, Tabatha



CYCLE SAFE



There are two very different types of cyclist who cause annoyance to motorists on Lanzarote. First, there are the serious sports cyclists who can be found all over the island; then there are just people on bikes in urban areas who seem to think the laws do not apply to them.

The second group are generally far more dangerous than the first, and the reason for their continued existence is a lack of enforcement by local police or Guardia Civil officers. Urban cycling is also fairly new to Spain, which has nowhere near as much experience as countries such as the Netherlands or Germany, where bikes are way of life. As a result, the country still needs to build consciousness of laws and customs., such as pedestrians staying out of cycle lanes.

URBAN DANGER

In urban areas of Lanzarote it pays to keep your eyes peeled at all times. There are cyclists who somehow think they have the right to ride on the wrong side of the road, and others who have no problem cycling after dark without any lights at all.

Both these activities are strictly forbidden under Spanish law, but whether they're enforced is another question.

Another law that may come as a surprise to Lanzarote residents is that children under 16 are obliged to wear a helmet at all time when cycling. Adults over 16 are not required to wear helmets in urban areas, but the moment they leave towns or villages, they must put one on.

Cyclists are prohibited from using pavements, and can be fined for doing so. They must use specially adapted cycle lanes or stay

in the street. They do have the right to use pedestrianised streets, but must give priority to pedestrians at all times and, if there are crowds, they must dismount and push their bike.

If a cyclist wishes to cross a road using a zebra crossing, they must dismount and walk. This is because cars approaching are not expecting people to cross at higher speeds.

Cyclists are also prohibited from using headphones while riding, due to the distraction they cause.

It's also worth bearing in mind that many of these rules apply to electric scooters, as well. However, lights are only recommended on scooters and helmet use is governed by each municipality.



ON THE TOURIST TRAIL

Sports cyclists are a different matter. Generally, you won't catch them riding towards you on the wrong side of the road wearing black clothes at twilight. However, their activities still annoy the less patient Lanzarote drivers.

The main complaint against sports cyclists is that they ride two or more abreast instead of in single file. However, earlier this year the Traffic Department felt it was necessary to

issue a notice reminding drivers that this was perfectly legal, and that while cyclists must stay to the right, they may ride two abreast at all times apart from situations in which there is low visibility or heavy traffic.

The announcement led to the usual weeping and wailing from the usual suspects about who pays road tax and who doesn't, but all to no avail. Road tax does not buy you privileges over other road users.

Another rule that many car drivers aren't aware of is that they can cross an unbroken white line to overtake cyclists. This must be done when there is no oncoming traffic, and when it is required to ensure the minimum safe distance of 1.5 metres.

Another rule worth learning on Lanzarote is that a group of cyclists is considered as a single entity on a roundabout. This means that if the first cyclist enters the roundabout before you do, you must give way to the rest.

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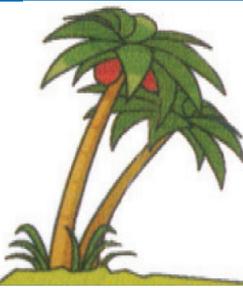
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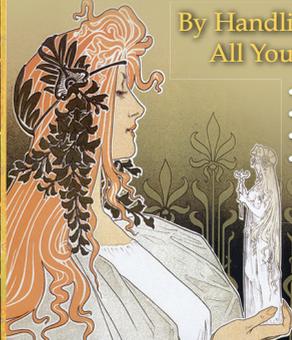
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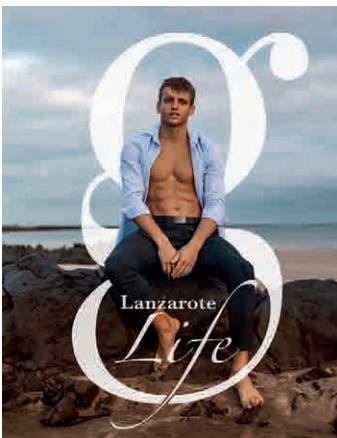

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Jane Burke.....	928 513895 or 649 910784
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Need to Know



COVID -19 TESTS

Sooner or later, there's a chance you'll need a test for Covid-19 – especially if you're flying off-island in the near future. Here are the tests available, and what they do.

PCR tests

PCR tests use a swab sample to detect the presence of the virus itself, and are highly reliable, which is why they're regarded as the "gold standard". The drawbacks are : they need to be analysed in a laboratory, which makes them more expensive and delays results. TMA and LAMP tests are cheaper, faster variations on the PCR test which are not yet widespread.

Antigen test

A swab test which detects traces of proteins related to the virus. This means it is good at detecting infectious individuals., but it can also pick up traces of past infections. For this reason it's less reliable, and may miss early cases or cause false positives. They are cheaper and faster, although some clinics have hiked prices.

Antibody test

A blood test that detects antibodies caused by exposure to the virus. This test is useless for travel, and can not tell you whether you have the virus or not – just whether you've had it in the past. It's useful for measuring presence of the virus in communities.

At the time of writing, PCR tests remain the normal requirement for international travel, although some places have permitted antibody tests. Most EU countries, including Spain, are waiting to form a protocol on antigen tests before authorising them.

In the UK PCR tests on the NHS are free, but do not provide the necessary certification to fly because they are intended for genuine Covid suspects, not holiday makers.

SUNSET SENSATION

Juan Méndez is a Lanzarote lad with a passion for photography, but last year he took one of those life-changing photos.



How did you get the shot, Juan?

My friend Chedey Weyland is a sailor, and when he told me that he was taking his yacht out off the shore of Papagayo, I headed out to the beach at sunset to see what kind of shots I could get.

You didn't do too badly, did you?

I got lucky. As the boat sailed right on the horizon, I managed to frame it against the sinking sun and get a perfectly centred shot. That would have made the trip worthwhile, but the real thrill was catching the legendary green ray.

What is that?

It's a phenomenon that happens occasionally when the sun is on the verge of setting. There's a brief, pure green flash. Papagayo's a good place to look for it.

What equipment did you use, Juan?

My Nikon d3300 and a Sigma 100-400 zoom lens.

That's not the end of the story, though, is it?

No. I was pretty pleased with the photo and put it up on a few sites, but I was astonished when National Geographic magazine contacted me.

And they printed it?

Yes. That's a dream for so many photographers. I'm still getting over it.

Thanks Juan, and happy snapping.

You can follow Juan at [j.mendez.fotografia](https://www.instagram.com/j.mendez.fotografia) on Instagram

Do you have any photographs with stories behind them that would like to share? Email us at: digital@gazettelife.com.



Tide Times January 2021

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

Day	Hour	Metres	Day	Hour	Metres
1	H: 02:14	2.8	17	H: 03:40	2.7
	L: 08:34	0.5		L: 10:03	0.6
	H: 14:39	2.5		H: 16:06	2.3
	L: 20:42	0.6		L: 22:08	0.8
2	H: 02:54	2.7	18	H: 04:20	2.5
	L: 09:15	0.5		L: 10:44	0.7
	H: 15:20	2.5		H: 16:48	2.2
	L: 21:23	0.7		L: 22:49	0.9
3	H: 03:35	2.7	19	H: 05:03	2.4
	L: 09:59	0.6		L: 11:28	0.9
	H: 16:04	2.4		H: 17:34	2.1
	L: 22:08	0.7		L: 23:37	1.0
4	H: 04:22	2.6	20	H: 05:51	2.2
	L: 10:48	0.6		L: 12:17	1.0
	H: 16:55	2.3		H: 18:28	2.0
	L: 22:59	0.8			
5	H: 05:15	2.5	21	L: 00:34	1.2
	L: 11:44	0.7		H: 06:49	2.0
	H: 17:54	2.2		L: 13:17	1.1
				H: 19:32	1.9
6	L: 00:00	0.9	22	L: 01:45	1.2
	H: 06:17	2.4		H: 07:59	2.0
	L: 12:48	0.8		L: 14:25	1.1
	H: 19:02	2.2		H: 20:44	1.9
7	L: 01:11	1.0	23	L: 03:01	1.2
	H: 07:27	2.3		H: 09:13	2.0
	L: 13:58	0.8		L: 15:32	1.1
	H: 20:16	2.2		H: 21:50	2.0
8	L: 02:28	0.9	24	L: 04:09	1.1
	H: 08:42	2.3		H: 10:17	2.0
	L: 15:08	0.8		L: 16:29	1.0
	H: 21:26	2.3		H: 22:44	2.2
9	L: 03:41	0.8	25	L: 05:03	0.9
	H: 09:53	2.4		H: 11:09	2.1
	L: 16:12	0.7		L: 17:17	0.9
	H: 22:28	2.5		H: 23:29	2.4
10	L: 04:46	0.7	26	L: 05:48	0.8
	H: 10:55	2.5		H: 11:53	2.3
	L: 17:08	0.6		L: 17:59	0.7
	H: 23:23	2.6			
11	L: 05:42	0.5	27	H: 00:09	2.5
	H: 11:50	2.6		L: 06:28	0.6
	L: 17:59	0.5		H: 12:33	2.4
				L: 18:38	0.6
12	H: 00:12	2.8	28	H: 00:47	2.7
	L: 06:32	0.4		L: 07:06	0.4
	H: 12:39	2.6		H: 13:11	2.5
	L: 18:45	0.5		L: 19:15	0.5
13	H: 00:57	2.9	29	H: 01:25	2.8
	L: 07:18	0.3		L: 07:43	0.3
	H: 13:24	2.6		H: 13:48	2.6
	L: 19:28	0.4		L: 19:52	0.4
14	H: 01:39	2.9	30	H: 02:02	2.9
	L: 08:01	0.3		L: 08:21	0.3
	H: 14:07	2.6		H: 14:25	2.7
	L: 20:09	0.5		L: 20:29	0.4
15	H: 02:21	2.9	31	H: 02:40	2.9
	L: 08:42	0.3		L: 09:00	0.3
	H: 14:47	2.5		H: 15:04	2.6
	L: 20:49	0.5		L: 21:09	0.4
16	H: 03:01	2.8			
	L: 09:23	0.4			
	H: 15:27	2.4			
	L: 21:28	0.6			

H=High Tide L=Low Tide



Happy New Year!!

I really hope that 2021 is a kinder year for all of us. It has been very strange seeing the resorts so quiet over the festive season and even the Día de los Reyes (King's Day) processions were cancelled this year.

Luckily, no one can cancel the

weather and although January is the coldest month on average, it is very likely you will still develop a suntan. The UV, even through the clouds, is 4 or 5 and so will have an impact on any unprotected skin. Add to this daylight hours from around 7:30 am until 6pm, and you have the perfect winter sun destination.

Last year we saw very little January rain and the first 3 weeks had beautiful blue skies with the clouds not really arriving until the end of week 3. For holiday makers it is certainly still nice enough for shorts and t-shirts in the day. For the night time maybe a fleece and pair of jeans, although you may well see the locals donning a few more layers.

Follow @TerrieWeatherLanzarote on Facebook for Weekly weather videos and daily posts!

What to Expect in January

- 
Day Time Temps
 21°C (Ranges from 18°C to 24°C)
- 
Night Time Temps
 Average 14°C (ranges from 12°C to 16°C)
- 
Sunshine Hours
 7 hours
- 
Sea Temp
 19°C
- 
Rain
 2 days, approx. 22 MM in total
- 
Wind
 Up to 15kph

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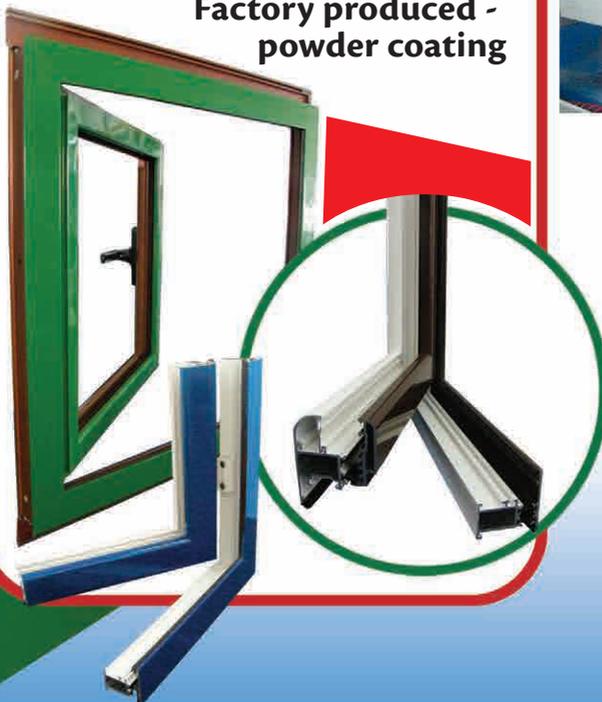


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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

(21 MAR - 19 APR)

Step confidently into the new year, Aries, but step lightly, watching where you put those feet of yours. You know you can charm your way out of tight spots, but it's so much easier not to get into them in the first place. Don't get distracted and focus on the big issue.

Taurus

(20 APRIL – 20 MAY)

New years don't always offer the sort of fresh start that you've been handed on a plate, Taurus, so be sure to make the most of it. You're in the perfect situation to start looking far ahead with a clear mind and a workable plan, and it's all coming your way.



Gemini

(21 MAY TO 20 JUNE)

OMG, Gemini, that escalated quickly. It was satisfying and something you needed to get out of your system., but now's the time to start to pick up the pieces and put them back together again. Build some bridges, rescue some friendships, use your charm.



Cancer

(21 JUNE TO 22 JULY)

Last year left a lot of your plans smashed to smithereens, Cancer, but now's the time to start putting them back together. It'll take time and application, but you'll also have the benefit of experience and increased desire to make those dreams come true. Go for it!



Leo

(21 JULY TO 22 AUG)

Look at that gorgeous lion, strutting into the New Year with confidence, charm and sheer charisma coming off it in waves. That's you, Leo, and it's time to enjoy your day in the sun. This is one of those times when you feel anything is possible, so make it happen.



Virgo

(23 AUG TO 22 SEPT)

Honesty, respect, compassion and support – you'll learn to value all these things this month, Virgo, as you discover who your friends really are. It'll be a quiet start to the year, but an immensely fulfilling and rewarding one as you discover strong values and close ties.



Capricorn

(22 DEC TO 19 JAN)

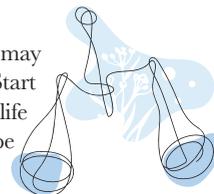
You've been watching and learning for a long time, Capricorn. Now it's exam time, and you're prepared to pass with flying colours, so don't get nervous, hold your head up and meet the challenge.

Love is also heading towards you like a train this month.

Libra

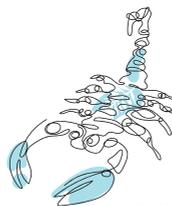
(23 SEPT TO 22 OCT)

Love is going to steer you this year, Libra, and you may end up going in directions you've never thought of. Start the year by getting in shape, reviving your social life and doing a bit of clothes shopping. You'll want to be dressed the part when things start to happen...



Scorpio

(23 OCT TO 21 NOV)



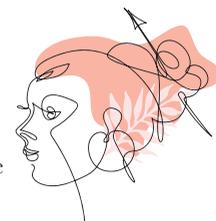
This is a year when it will really pay off to keep those resolutions, Scorpio. Get fit, kick a bad habit or two and make sure you're lean, mean and raring to go.

There are brilliant, sparkling months ahead, so make sure you're ready to receive them.

Sagittarius

(22 NOV TO 21 DEC)

Instead of resolutions, set yourself a couple of targets this year, Sagittarius. Don't be soft on yourself, either – it's do or die time for some of your longest-held ambitions, so get focused, make a start and this time you'll maybe see it through.



Aquarius

(20 JAN - 18 FEB)

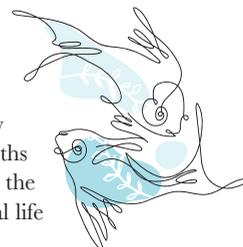
Family and friends have been a haven for you recently, Aquarius, but now's the time to hang out with some strangers and weirdos. You're a massive weirdo yourself, and your magnetism attracts oddballs as well as everybody else. Have fun on the wild side.



Pisces

(19 FEB - 20 MAR)

Why not surprise yourself by discovering a new passion you'd never have dreamed of a few months ago, Pisces. Hobbies and pastimes are one of the guaranteed paths to happiness, as well as a social life that can be rich and rewarding.



Instagram

of the month



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@heimat2go



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@wakalight



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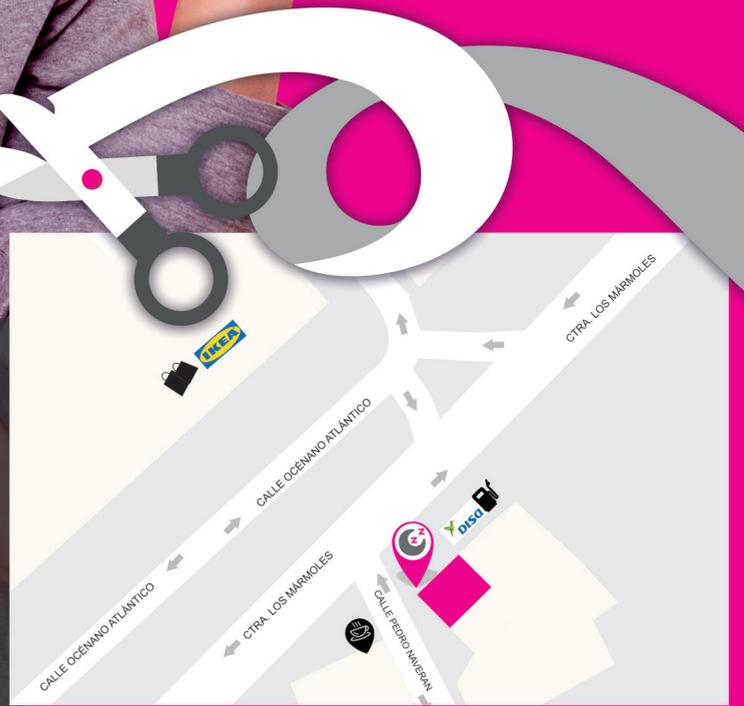
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