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GAZETTE LIFE

LET'S GET NORMAL

Ed's Letter

Sometimes I wonder what we ever found to write about before the Coronavirus arrived. Daily updates on new cases, traffic light systems, Covid certificates, vaccines and all the rest mean that there is always something new to focus on, and recently, thank goodness, most of that news has been encouraging.

But June has also brought other, dreadful news – the shocking crime in Tenerife; a tragic car accident; the awful drownings of migrants in Órzola. These events put our daily worries into perspective, and reporting them can be a draining experience.

On Lanzarote there used to be whole months where hardly anything seemed to happen. A few political intrigues, the odd court case, announcements of roadworks, but very little that grabs the attention.

At those times, it's hard to fill a magazine, but I've realised that, as we get back to something approaching normality, I want those months to return more than ever. There's no such thing as "no news" - you just have to look a little closer, and you'll find all sorts of fascinating stories.

An island with no big news, where things are ticking over well, where most people are living their lives freely and without worries, where there's peace and order and where the sun rises and sets on the same landscapes every day – this is normality, and I can't wait for it to return.

This year's new normality is already starting to feel a little more normal than last year's. We've seen an international football tournament take place throughout Europe and, on Lanzarote, a number of hotels and attractions have already re-opened and we're looking forward to various fiestas and events, such as this month's Ironman. And after a year of wearing masks outdoors, we can now walk the streets and promenades of Lanzarote and breathe that good fresh air with unmissed glasses.

The vaccination programme has also moved into overdrive, with records being broken each day, and there's a strong feeling that we'll shortly be able to enjoy life with far fewer worries.

Just before the coronavirus arrived last year, I attended the Grandads and Grandmas Canarian Bowls tournament in Conil, where hundreds of old age pensioners gathered to compete happily in one of the island's favourite sports. It was a wonderful spectacle, and for me, a symbol of the way of life we lost last March. I can't wait for it to return.

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CERTIFIED COVID FREE



"The vaccine programme will open doors for travel and several other activities."

THE EU'S COVID VACCINE CERTIFICATE IS AVAILABLE FROM 1ST JULY, ALLOWING MILLIONS OF RESIDENTS OF EU MEMBER STATES TO CROSS BORDERS WITHOUT THE NEED FOR TESTS OR QUARANTINE PERIOD.

However, at the time of writing, the UK has only stated that it will "consider" a Covid passport permitting easier travel abroad. Things are moving fast, though, and may have changed by the time you read this.

The UK's vaccine programme remains ahead of EU countries, but a recent spike of the Delta variant in the UK has caused Boris Johnson to postpone the relaxing of restrictions from June 21st to July 19th. Although hopes are high for an earlier return of UK travel, most are now not counting on any meaningful developments until August.

The EU certificate is not the same as the certificate provided by regional health authorities and which is currently available to all Canarian residents who have received both jabs. However, the local certificate is likely to have a bearing on, or may even be accepted in lieu of, the EU certificate.

For that reason, there has been a huge rush to get hold of these certificates. Health centres have been issuing some, or handing out forms for patients to return and pick them up later, but health centres are currently also extremely busy with the biggest vaccination drive in Spanish history, and applicants have been encouraged to access the certificates online.

To do so you'll need digital identity. This can take the form of a digital certificate (most people use this to submit tax returns, so your accountant or administrator may be able to supply you with further details) or a Cl@ve, (Key) which can be accessed at www.clave.gob.es (available in English).

This process is not always as easy as promised, and may depend on the internet server you use; how busy the website is and other factors, but it's possible with patience or a little expert help.

Once you've arranged online ID, you can access the Canarian Government's Mi Historia site, where you'll have access to your medical records as well as be given the option to download and print out the vaccine certificate.

The resulting QR code can be saved on a smartphone or printed out, and will provide information for authorities to verify your vaccination status.

LOCAL NEWS

“THE CANARIES IS DESTROYED”

Vigils and demonstrations occurred throughout the Canaries after news of the discovery of the body of six-year-old Olivia, who is presumed to have been murdered along with her one-year-old sister Anna, by their father, Tomás Gimeno, in an attempt to cause maximum pain to the mother of the girls, Beatriz Zimmermann.

Olivia’s body was discovered by a robot, tied to an anchor in a sports bag at a depth of around 1,000 metres off the coast of Tenerife. Another bag, which was open and empty, is presumed to have contained the body of Olivia’s sister Anna. There

has been no trace of Gimeno since the night of 27th April, when it is believed he committed the murders and disposed of the bodies.

On Lanzarote, institutions cancelled events and held silent vigils on Friday. Canarian President Ángel Víctor Torres said “The Canaries is destroyed. After weeks of yearning, we’ve received the worst news possible, which chills the soul.”

At the time of writing, the search continues for the remains of Anna and Tomás Gimeno.



THREE DIE IN COLLISION

A horrific accident on the LZ 46 near the La Vegueta crossroad cost the lives of three men on the 15th June.

According to police, a head-on collision occurred between two cars. A 61-year-old man who was traveling with two companions was killed at the scene, while the other three victims

were taken to the Dr José Molina Orosa Hospital. A 41-year-old man and the 22-year-old driver of the other car both died of their injuries on the following day. All victims were local residents of Tinajo.

It is by far the worst traffic accident that Lanzarote has suffered for several years.

BODY DISCOVERED ON FAMARA CLIFF

The body of a missing Italian was recovered from the Camino de las Rositas, the path leading from Yé down to the Playa del Risco early on the morning of Saturday 12th June.

The body had to be extracted with a helicopter, given the difficulty of accessing the area. It was later identified as Alessandro Magagnini, a 53-year-old Italian citizen who had been reported as missing on the island on 9th June, after he had failed to contact his family.



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COVID RATES STABLE

At the time of writing, Lanzarote finally appears to have stabilised its active Covid cases to under 100. The island is still not performing as well as other islands or regions of Spain, but is currently below the average of infection rates for Spain.

Meanwhile, a massive step-up in the vaccination programme on Lanzarote means that the island could reach its target of vaccinating 70% of the population over the age of 16 before the end of July, if the current rate of immunisation continues.



June also saw the 30 - to 39-year-old age group being contacted for their first doses.

UNEMPLOYMENT FALLS, BUT WORRIES REMAIN

Employment has started to rise on Lanzarote, with 406 people finding work in May. However, the island still has 2,662 more unemployed than it did in May 2020.

Throughout the Canaries and Spain there have been mildly encouraging employment figures in the last month, but the effect of the lay-offs and closures that occurred during last year's lockdown is still dominant.

While the ERTE furlough scheme was recently extended until September, there is also the fear that many companies may not be able to re-hire employees once it ends, resulting in lay-offs. The island has already seen protests by workers from companies such as H&M, the BBVA bank and Kalise, after they announced lay-offs.

REPEAT OF ÓRZOLA TRAGEDY

Tragedy returned to Órzola last month after a patera carrying migrants capsized off shore after dark. At the time of writing, three fatalities have been confirmed – two women – one of whom was pregnant, and a man.

Initial indications suggest that there were 49 people on board the boat. 41 survivors have been accounted for in addition to the three fatalities. 13 have been taken to the Hospital José Molina Orosa, including another pregnant woman and a baby.

In November last year, Órzola also saw a patera capsize offshore after nightfall, with eight deaths as a result. On that



occasion, locals were alerted by screams and rushed to the shore, where many of them succeeded in saving the lives of migrants. The same thing occurred last month.

Unlike the majority of migrants last year, these arrivals appear to come from sub-Saharan Africa. Morocco recently transported large numbers of Africans from northern cities such as Tangiers to southern Morocco and Western Sahara, where the Canarian route is the most viable way of reaching Europe.

ACTION ON ILLEGAL WASTE

A campaign against fly-tipping and the illegal disposal of rubble is beginning to take effect on Lanzarote, organisers claim. The campaign No Compartas tus Escombros (Don't Share Your Debris) has created an online map indicating the locations of more than 500 sites where illegal debris has been left, and claims that, thanks to local

authorities acting on the information, they have started to be able to remove some of the sites.

There are still plenty of red flags, though, and the campaign is calling for greater vigilance and more fines, in order to tackle a problem that has blighted so many landscapes on Lanzarote.

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ISLAND INFO



BYE BYE, BERYL

Hazel Strain has contacted us to inform us of the sad loss of her best friend and well-known Lanzarote resident Beryl Spall, who died at her home last month at the age of 70 after a fight with cancer. Beryl moved to Puerto del Carmen in the mid-80s, and lived with José for 28 years. Beryl's funeral took place at Tias, where she was laid to rest alongside her mother.

As girls, Beryl and Hazel were close friends in Finsbury Park, London, but moved apart later. It was 42 years before they were reunited on Lanzarote, where they lived as close neighbours.

"We were polar opposites but we never fell out once," says Hazel. "Beryl loved getting dressed up and putting on make-up and a bit of bling. She loved fashion and clothes, and was overjoyed when asked to model at a charity fashion show. She just loved life and there was so much she still wanted to do."

Beryl had no children but left a niece, Becky, who is also devastated by her aunt's passing.

Hazel would like to thank Memora for a "very sympathetic, kind funeral service."



CHARITY CHOP!

Sofia Lawson-Hicks had hair to spare. So, on the 14th of June she decided to have it chopped off and donated to the Little Princess Trust who make wigs for children.

Through donations and fundraisers, organised by Rachel Hicks, they raised an astonishing €2,251.

Donations are still open at the moment. If you want to contribute, please go to Rachel's Facebook page.

Well done to Sofia!



FIRST COMMUNION

Another welcome sign of the return of normality is the decision to permit children's First Communion ceremonies. In Tegüise, Father Matias at the Church of Our Lady of Guadalupe has been presiding over this important landmark in the lives of many children on the island.



LANZABILITY LAUNCH



Intrepid tour guide David Penney, who writes our monthly walk article, is launching a new venture on 3rd July. Lanzability can arrange visits to places suitable for wheelchair users, handle transport and airport transfers for people

with mobility restrictions and offers a bespoke service tailored to your requirements.

On the 3rd July 2021, from 4pm – 6pm at Matagorda Beach (In front of Hotel Sol Lanzarote) everyone is invited to see a display of equipment and chat about solutions for arranging accommodation for people with mobility restrictions. Confirmation has also been received of the attendance of a VIP guest, who is internationally known for his achievements while having major mobility restrictions.

Please check out lanzability.com OR contact DAVID at david@lanzability.com OR you can send a WhatsApp message to 0034 649389888



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DOG AND CAT OF THE MONTH

GAIA

Gaia is an affectionate 10-and-a-half-year-old female Staffie-mix. She is a PPP (potentially dangerous dog) breed, which means she will need a special licence. However, as an older dog, she is on SARA's PAP scheme – which means the shelter will cover medical expenses. Who can give this lovely old girl a place to live out her golden years? Find out more about her at <http://saraprotectora.org/ficha-7044> or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 to 13.00 Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.



BORA

Bora is a sweet medium-haired black female cat. Less than a year old, she had a terrible start in life before being nursed back to health by SARA's dedicated staff and volunteers. You wouldn't know as she is so friendly. Bora is epileptic, but this can be well managed with medication. She is available for fostering or adoption. Contact SARA to discuss.

*There are also limited places for people to help with socialising cats.
Email info@sara-lanzarote.eu.*

SUMMER STOCK AT NORTYSUR

Nortysur Hogar, near Ikea in Arrecife, is preparing for summer with various new items of stock. Pop in and check out the attractive upholstered aluminum outdoor furniture. Or splash out on a paddle board to enjoy stand-up surfing in the calm summer waters.



RANCHO TEXAS RE-OPENING

Rancho Texas, Lanzarote's most popular theme park, re-opened on 30th June – one of the most encouraging signs of a return to normality on the island. A lot has happened at the park since it last closed, including the birth of a little penguin. Come and find out more!

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HOLIDAY HELP!

The Canarian Government has announced its Canarian Holiday Bonus, an initiative that will subsidise the holidays of Canarian residents who decide to take their holiday on the islands.

The move is intended to offer support for hotels, car hire companies and other tourist-reliant businesses in a summer season that remains threatened by restrictions on overseas travel.

The plan is similar to ones that have been put into place in other parts of Spain and will subsidise Canarian residents over the age of 18 to the tune of €200. There are, however, conditions.

Islanders over the age of 18 who wish to take part in the scheme must sign up to the www.somosafortunados.com website from 1st July, and their names will be put into a lottery which will distribute 50,000 subsidies of €200, which can be used for accommodation or other tourist services.



The subsidy is available in two forms. The first will take the form of a physical or virtual card,

which travellers must match with €200 of their own money. This subsidy can be spent at any participating business, and a full list of services is likely to be available shortly.

A separate bonus will be available for use solely in travel agents, in which case the travellers do not have to match the amount, but are required to book a stay of at least five days in summer (July to September), or three days in the winter season (October to December).

The lottery for the 50,000 successful applicants will take place “before the 14th July” and will be witnessed officially at a notary’s office.

José María Mañaricua, of the Las Palmas Federation of Hotel and Tourism Businessmen, said “This bonus might make many Canarians who were thinking of holidaying off the island think twice and spend their holidays in the Canaries. Their spending will be income for the Canarian economy.”

Faced with criticism that the places were limited to 50,000, Canarian Tourism Minister Yaiza Castilla said “This is not intended to pay for Canarian residents’ holidays, but instead to boost the tourism sector. I wish we could reach all two million Canarians, but sadly we don’t have the money.”

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"LANZAROTE IS A BENCHMARK FOR SAFE TOURISM"

INTERVIEW: ÁNGEL VÁZQUEZ, CABILDO COUNCILLOR FOR TOURIST PROMOTION.



Lanzarote is waiting expectantly for news of the return of tourism, its main economic activity. To get an expert view, we spoke to Ángel Vázquez, the Councillor for Tourist Promotion at Lanzarote's Cabildo and the most important tourist official on the island, about the prospects for the future.

How do you see the outlook for the summer season in Lanzarote? And beyond?

Summer, in principle, presents itself with reasonably positive expectations due to domestic tourism from Spain. A notable increase in this market is expected in July and August, with the programming of 89 weekly flights from the mainland, compared to the 82 in the same season of 2019. Iberia Express, Vueling and other national airlines have forecast an increase in connectivity, meaning that we have high hopes that Spanish tourism can salvage the summer season.

Beyond summer, the recovery of the sector will rely to a great extent on the decisions that are taken in the United Kingdom on June 28, and whether finally, as we all wish, the Canary Islands are placed on a green traffic light, as a recommended destination for travel.

We're confident that the restrictions will be lifted. It would be great news because it would be a huge wake-up call for the sector, given the importance of British tourism for the island. As you know, British tourism is our main source market, accounting for 50% of all tourists who visit the island.

What damage has the pandemic done to the island's business fabric, especially tourism companies? Would it be possible to repair it?

The damage has been tremendous, especially for those companies, self-employed and small businesses that depended 100% on tourism. Many of these companies may not have the financial muscle to be able to reopen and operate again.

The only way to fix the situation is for

tourism to return as soon as possible. Tourism generates economic movement quickly, because tourists start spending as soon as they arrive. However, unfortunately, many companies are going to suffer irreparable damage.

If you ask me about the time it will take to recover from the previous situation, it's impossible to predict. That will depend on the pandemic, on how the vaccination programme evolves and, above all, on whether there are no outbreaks.

Is it safe to receive a lot of tourists, especially with the concern about the Delta strain in the UK and elsewhere?

In the United Kingdom, the level of vaccination is very high and that is a very positive figure. In relation to the Delta strain, I'm not qualified to talk about medical issues, and I do not know the degree of influence of the vaccine on this variant. We will have to wait to see what new data the health authorities provide in this regard.

What about the green digital certificate? Is it going to change things?

Since the pandemic broke out I was among the first to call for what will now be the 'European Covid Digital Certificate', and I keep saying that it should have been introduced a long time ago. I have always regretted the absence of a common European regulation on this.

Anything that makes it easier to travel and certify that infections can be controlled is welcome. The EU's Covid-19 digital certificate, that will be in force as of July 1st, will be an essential instrument for tourist recovery, a measure that will begin in summer and that we hope will begin to consolidate in winter.

On the other hand, security is the most important factor in the travel industry right now. Lanzarote today has become a benchmark for a safe tourist destination model, as we are making a great effort to implement all the necessary measures to generate confidence among our tourists.

At Fitur, the recent international travel fair in Madrid, there was talk



"TOURISM GENERATES ECONOMIC MOVEMENT QUICKLY."

In England, Greece and Turkey have run large advertising campaigns to attract tourism back. What is Lanzarote and the Canary Islands doing?

Lanzarote's tourism campaigns are carried out in a very studied and professional way, and are logically oriented to the situation in time. Throughout the pandemic, we have been very active in digital marketing, networks, online content, blogs, etc.

Co-marketing agreements with airlines were obviously postponed during the pandemic, because if the airlines are not in the air, they can't promote or incentivize the use of their aircraft. We're currently designing campaigns for the summer with Ryanair, Vueling and Iberia Express, as well as with French operators. We've also been active at travel fairs - this week at B-Travel in Barcelona, for example.

Turkey and Greece started to advertise when they had better infection rates and vaccination numbers than us. It must be borne in mind that Lanzarote is always a preferred destination for many clients. As a result, we are interested in advertising progressively according to the capacity of the island, and seeking a tourist model away from overcrowding, that places value on the unmatched attributes that we have here.



of "Premium" tourists. Who are they and where do they come from? Do you think Lanzarote is ready to receive tourists with high purchasing power?

A Premium Tourist is one who has a much higher level of spending and demands that the destination generates unique experiences, to enjoy a holiday in a completely different, exclusive way. In all countries there are segments in which Turismo Lanzarote, through the Lanzarote Premium project, is putting the focus, since these are high-end tourists who are not as concerned with the expense of this type of experience.

Lanzarote is a special place which has all the conditions to generate personalized and unique experiences where this type of exclusive tourists are willing to consume them, because the value that it generates is not important.

At Fitur there was also news of flights from North America. This idea has not been very successful in the past, so what has changed?

In the US, the type of journey, traveller and aeroplane have all changed. The planes are completely different, not so big, because they are made with materials of the latest

technology and are much lighter, with greater engine power and lower consumption - this means they have greater range and it will be feasible to charter this type of aircraft from Miami or New York to Lanzarote.

Non-resident British people can no longer stay more than 90 days out of 180 in Spain, which is a big problem for the "swallows" (those who spend long winter stays here), and which are an important element for Lanzarote. So far the Spanish Government has not ruled on this issue. Are tourism professionals in Lanzarote and the Canary Islands aware of the matter? Can you do something about it?

Frankly, I don't see it as a problem because the British tourist travels two or three times a year to the island, so instead of being here for longer periods, they divide it into several stays, and I think they will go back and forth more frequently. British tourists are in love with the island, and are looking forward to returning as soon as the restrictions are lifted. We hold work meetings with the main operators and airlines practically every day, and they confirm this to us.

POWER PLAY



Spain's new electricity billing system has caused concern among consumer associations.

The new billing system aims to put the emphasis on when electricity is consumed, rather than how much is consumed, and affects consumers with a contracted power capacity of under 15kW - which applies to most homes and small/medium businesses. A single tariff called 2.0TD will replace the six tariffs that have been available until now, and establishes peak rates between 10 am and 2pm and 6pm to 10 pm on weekdays.

A medium rate will be charged from 8am to 10 am, 2pm – 6pm and 10pm to midnight. The hours from midnight to 8 am, and all weekend usage will be charged at the lowest rate.

At 0.24€ per kWh, peak rates have risen by 41% and are now more than twice as high as the lowest rate, of 0.11 kWh. Peak rates apply at the times of day when many businesses are in operation, and also when families

return home in the evening. However, if a family wishes to put the dishwasher or washing machine on, they're now advised to do so after midnight if they wish to save money – which could cause disturbances in many of the apartment blocks where Spaniards live close together, and may create disputes in those that already have community rules against appliance use late at night.

The 2.0TD billing system will automatically apply to almost 11 million consumers who are on a standard regulated tariff known as PVPC. Others, who are on tariffs provided by private operators, are advised to consult their operators. There is a dizzying array of plans available, and no guarantee that they will not alter over time, meaning consumers will have to continually shop around to get the best offers available.

Spain's energy watchdog, the CNMC,

claims that savings of up to €300 a year could be made by consumers who change their habits to take advantage of non-peak times. However, consumer groups have slammed the new tariffs, claiming that some private companies are applying far higher tariffs and claiming that poorer households may not have the opportunities to use off-peak hours.

The stated reason behind the new rates is to avoid overloading the system at peak hours. When this happens, more energy needs to be produced using less clean sources.

Peninsula, Balearic Islands and Canary Islands.



TIPS TO SAVE MONEY ON THE NEW TARIFF SCALES INCLUDE:

- Programme appliances such as dishwashers, washing machines, etc. to operate at off-peak hours.
- Cook and freeze meals at the weekend to save money on electric cookers during the week.
- Turn off appliances during peak hours, unplug chargers etc.
- Look into alternative energy sources such as solar panels, turbines etc.

REVIEW

YOUR PENSIONS!



Many expats living in Spain opt to maintain pension schemes in the UK, and whilst this is perfectly acceptable, it is always worthwhile reviewing any existing schemes to make sure they are in the most suitable place. Pensions can generally be the source of a lot of confusion and seem rather complex without straightforward and clear advice.

Are all pension Schemes the same?

No. There are many different types of arrangements in the UK, but the 2 most common ones are:-

- Final Salary Scheme, also known as a Defined Benefit Scheme; or
- Money Purchase Scheme, also known as a Defined Contribution Scheme

What is the difference?

A Final Salary Scheme is only ever provided by an employer and provides guaranteed benefits at retirement. The eventual benefits are based on a variety of factors, which include the number of years worked for a company and the level of final salary.

A Money Purchase plan offers no guaranteed level of future benefits. Typically, the self-employed, employees and employers pay amounts into a plan at regular intervals and the eventual value or "pot" depends on the amount contributed and how the underlying investments have performed. These are often referred to as "Personal Pensions".

So what options are available if I have UK pension schemes?

Depending on the type of scheme you have, there could be a variety of options available to you which you may not be aware of. The best advice could be to leave the scheme where it is presuming it meets your requirements, or alternatively

the most suitable recommendation could be to consider a potential transfer of benefits to another product.

Some older pension schemes do not have the same flexibility as newer schemes both in terms of investment choice and how or when access is allowed.

What should I do?

Along with other investments, pensions should be regularly reviewed as a matter of course. Personal and financial circumstances can change during a lifetime so a scheme which was suitable years ago may no longer be the best option now.

Added to this is the fact new products come to market over time and there may be investments which are more cost-effective and offer greater flexibility when compared to those previously available.

Contact us for a strictly confidential, free consultation to review your schemes.



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CERAMIC STAR

GABRIEL ÁNGEL

At the age of 20, **Gabriel Ángel** has created the most popular **TikTok account on Lanzarote**. The young ceramicist from **Teguise** spoke to us recently, and also agreed to appear on our cover.

How did you start doing ceramics, Gabriel?

My father is a well-known craftsman on Lanzarote, and a few years ago he bought all the equipment for creating ceramics – a wheel, a kiln and other tools. But he never got round to using them, so one day towards the end of 2019 I decided to learn myself.

How did you learn?

By myself. I started watching videos online, then took some online courses. I'm still very much starting my career in ceramics, but I absolutely love what I do, making the pieces and experimenting with glazes, learning about firing temperatures and other aspects.

I'm also fascinated by Canarian ceramics, and have been surrounded by them all my life. I don't use clay from the island because it's actually illegal to extract it from the Famara clifftops without a special licence, so I get mine from Barcelona and Valencia. But Lanzarote influences my work, with the red, yellow and black glazes I use to reflect the lava.

Did the lockdown and pandemic affect what you did?

It's been terrible for the island, but for me it turned out to be an opportunity. It gave me the time to get established and focus on what I do. I worked incredibly hard during the lockdown and afterwards, making and posting several videos a day, and giving live pottery demonstrations. It was exhausting, but it helped me to earn some money and raise my profile.

Tell us about the TikTok videos.

I started on TikTok and found it fun and easy. It's a way of raising your profile quickly. More recently, I've started accounts on Instagram, Twitch and YouTube. They're a little harder to break into, but it's still early days.

How many followers do you have online?

At the last count, around 1,400,000. There are some in the Canaries and many more in Spain, but I also have followers in Mexico, as well as Colombia, Argentina, Chile and other Latin American countries.

ASMR videos, which show satisfying processes, are very popular online, and pottery is a perfect example. Did this influence your videos?

I saw another potter online who was posting ASMR videos, so I decided to try and do the same, and posted some videos of me just creating ceramics works with no talking. It's not all of what I do, but it's certainly an element of it.



Creating a video is an artistic process just as much as making a pot. Have you learnt much about video-making?

Yes, but again I taught myself. Videos need planning, editing, music, and I had to learn all that, too. Like the ceramics, I'm still learning. You have to watch which videos get a good response and observe trends.

Do you think you're a celebrity?

(Laughs) No. I wouldn't go that far. I'd say I was well-known. Most importantly, I'm doing something different and I've made a lot of friends doing it.

What items do you prefer to make?

I like making small pieces – coasters, small plates, glazed shot glasses, fridge magnets – and I like what I make to be practical and useful.

Where can people find your work?

I sell online, but if you're on Lanzarote you can find them at the ARTeguisse workshop in Teguisse and our shops in the Biosfera Shopping Centre and the El Pueblo Shopping Centre at Las Coloradas in Playa Blanca.

What about the future, Gabriel?

I've got lots of plans, but mainly it's about getting the system right. As I said, I've just started, but I've created something that's already bearing fruit, and I'm doing something unusual and different.

Many thanks, and the best of luck, Gabriel.



“ I'VE CREATED SOMETHING NEW AND MADE LOTS OF FRIENDS. ”



You can find Gabriel's TikTok, Instagram, and YouTube accounts by searching: Gabrielceramics

DAVID'S DETOURS

EL CUCHILLO RIDGE (THE KNIFE-EDGE)



WALK INFO

Distance: Approx 7 – 8km, circular.

Time: 2 hours

Terrain: Fairly challenging in places

Public transport: No bus service available



El Cuchillo means “the knife” in English, and tour guide David Penney knows this strange and beautiful area of northern Lanzarote backwards.

I have done this walk several times. Often I start at the village of Soo and approach the ridge from that side. It makes it a longer walk, as the start point is a long way from the ridge UNLESS you take your vehicle off -road and drive across the rough and sandy tracks to park.

The starting point can be made easier by driving through the village of El Cuchillo and taking the minor road out towards Soo. This is a tarred road all the way, so you can take a hire car to the start point, whereas the route in from Soo isn't suitable for hired vehicles.

We park at the small white building which is on the right-hand side after you pass the entrance to the Quesería Filo (cheese factory), located just outside the village.

From here, we walk back towards the village along the track which runs parallel with the road, then turn left towards the entrance of the quesería.

There is an established track which takes us to the left hand side of the quesería. This leads us up to the first section of the ridge to the windsock, which is a launching point for paragliders and hang gliders.

It can give a rather strange feeling from this point on, as the land to our right is at the same level almost, yet the land to our left is much lower.

We look down into the crater to see how the local farmers utilise this area for farming, as the crater creates a natural catchment area for any rain water when we get it. You will also see a finca in the crater which has a swimming pool and in the summer the owner's grandchildren can sometimes be seen playing happily in the pool to cool off.

Looking over towards the ocean we see the small hamlet of Caleta de Caballo in the distance, and also Club La Santa.

We now continue up to the highest point of the ridge, which, although it is uphill, is OK if you take it at a steady pace. Along the route you will see lots and lots of olivina impregnated in the solidified sandstone crust. Olivina is a semi-precious crystal which is used for making jewellery, although this isn't the same as the stuff which is sold to the tourists. The sandstone has eroded over the many years and is quite brittle and crumbles in your hand. We now get a view in front of us of the village of Soo.



Inside the aljibe.

take the track to the right and very soon the track branches off to the right again, going past the military storage depot. (If anyone wants to know more details send me a private message and I will share the info about it).

We continue along the sandy track through an area called El Jable, which is known locally as the desert.

The sandy track takes us past unused fields which are peppered with small volcanic lava rocks. A bit further along we can see a small track on our right which takes us to an almost hidden aljibe (an underground water tank). We make a wee detour here and stop off to explore the inside of this place. I have obtained lots of information about this place

as I know who carried out the work (once again, send me a private message for more info).

We need to proceed with caution from here, as we start to descend from the high point. After a few minutes of walking, there is a lot of loose scree which is easy to slip on (just ask Kerry Ann). I consider this section to be the most challenging, so you will need good footwear and to pay attention to avoid an accident.

As we descend down the ridge we arrive at a mini-barranco which has lots of vegetation, mainly the ice plant, known locally as barilla. The ice plant gets its name from the tiny crystalized globules which grow on the stalks. It was once a very popular crop for local farmers as it produces sodium, which was a key ingredient for making soap.

I often show my guests and friends how I use it as an alternative to a wet wipe to clean my hands, which is much more environmentally friendly than the ones we use today.

The sandy track in front of us splits to the left and right, the left track will eventually take you back to Soo, but we



Ice plant, known locally as barilla.

As we continue back along the track we arrive at a crossroads which is where the paragliders arrive with their equipment to go up to the windsock.

Now we cut through the grounds of the finca and Quesería Filo. Here you will see a couple of donkeys, camels, several dogs which are loose and running around, many chickens, lots of goats and even a peacock.

The investment recently made in the building and stonework of the quesería is very impressive and to a high standard. It is only open to the public Monday to Friday from 07:00am – 11:30am.

All that is left now is to return back to the cars and go for a well-earned cool drink - there is a small sociedad in El Cuchillo if you wanna stop off on the way back through the village.

Photos courtesy of Kristine Cleland.

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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By Justin Kerswell (Instagram @sara_vol_photographer)



THE SARA SANCTUARY HERE ON LANZAROTE CARES FOR MANY ABANDONED CATS AND DOGS. HOWEVER, ITS ULTIMATE AIM IS TO FIND FOREVER HOMES FOR ALL THE ANIMALS. JUSTIN KERSWELL SHARES A FEW SUCCESS STORIES OF HOW PAWS MET PEOPLE:

JIMMY AND MANDY

Jimmy (now Jimmy) was a former SARA Dog of the Month in The Gazette. An 11-year-old Pointer, he had a tough life without much human interaction or affection. You wouldn't have known it to meet him, though, as he was so friendly. Mandy Reed fell in love with him and adopted him six months ago on the PAP scheme (the shelter covers medical expenses for older dogs). "He just blossomed in a home environment into a cheeky, funny and happy

boy. It is so rewarding that we can help him live out his golden years in a loving home."

MARTINO AND STUART

Another SARA volunteer, Stuart Albery, adopted a kitten. Knowing how difficult it is to find homes for black cats, he specifically took a black kitten from the shelter. Martino, who had been saved from being dumped in a bin in Costa Teguis, grew into a beautiful, characterful cat and became a much loved part of the family.

TED AND BOB AND LESLEY

Lesley De Laanet had been walking dogs at SARA and fell in love with a small dog named Ted. Soon after adopting Ted she also gave a home to another SARA dog named Bob. "If you have room, then it's wonderful to adopt more than one animal. They are such a joy and love each other's company. I love watching them play together."

PABLO AND BARBARA

SARA doesn't just home animals on Lanzarote. Many cats and dogs are lucky enough to start lives in other countries, particularly Italy, Germany, The Czech Republic and the United Kingdom. Barbara Millar, who lives in Scotland, first became aware of SARA when holidaying in Yaiza in 2002. She adopted her first cat in 2017 and another in 2019, who she named Pablo: "He arrived on just about the last flight from Lanzarote to Edinburgh before the Covid lockdown. We were so relieved. He has fitted in so well. He's almost two now, very confident and affectionate."



Could you give a SARA cat or dog a home? For more information on dog walking or volunteering in the cattery (and for adoptions) phone **SARA on (+34) 928173417 (English spoken).**

Chu Cho's

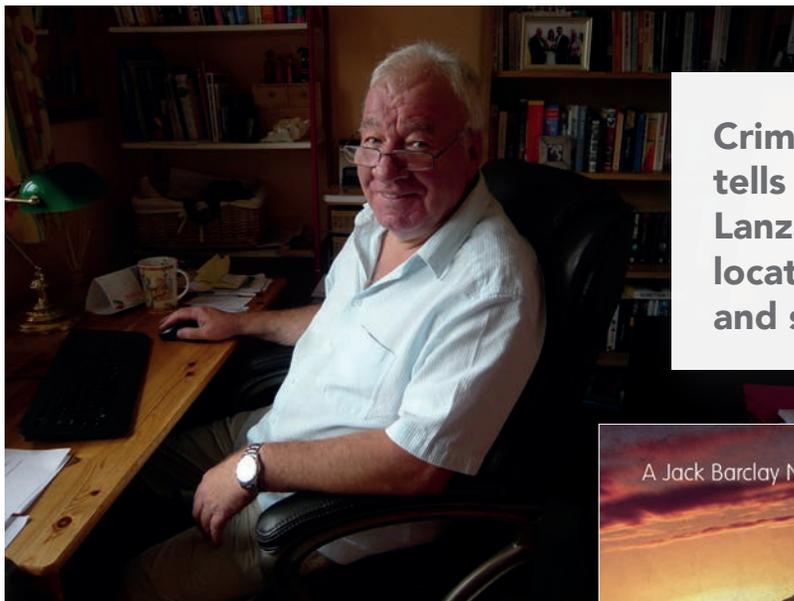
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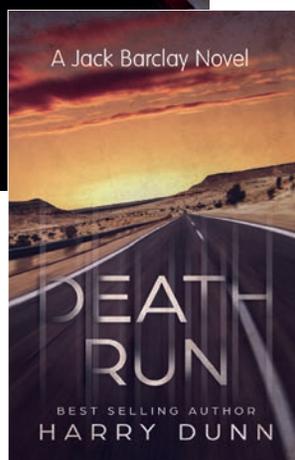
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Lanzarote.

WRITING IN



Crime author Harry Dunn tells us why he finds Lanzarote such an inspiring location for the writing, and shares a few tips.



knows, you may have helped me without ever knowing it.

We have so missed our winter visit this year and although my writing habit is intact, I can't wait to return and wallow in the luxury that is Lanzarote. My fourth Jack Barclay thriller is a work in progress but a visit to the Island soon would definitely speed up the moment when I type, 'The End.'

Writing is a solitary occupation at the best of times and it would be understandable if the current pandemic was seen as a novelist's best friend. Well, that could be true for many but enforced isolation is not for me. A long, cold winter hasn't helped the mood and my thoughts often stray to my many writing weeks over the years in Lanzarote. A writer's paradise!

My wife and I first travelled to the island in the 70s and it immediately captured our hearts. As a Scotsman, flying for four hours from a freezing UK in January to blue skies and 23c seemed nothing short of a miracle. It still does!

On Lanzarote I set aside a couple of hours each day to write. I sit down at the table on the balcony, often with a glass of Rioja, and listen to the ocean below. I take great pleasure in writing longhand in an A4 jotter as it avoids squinting into a laptop screen in the sunlight. This also allows me to edit and improve when I transfer my writing to my computer.

One afternoon in Playa Blanca I got carried away and wrote ten thousand words of my first ever published thriller. That's around thirty pages in a paperback. It was a beautifully hot day in March with a slight breeze and as the characters led me through the story, the plot simply unfolded. I even forgot to re-fill my wine glass!

At least one quarter of each of my novels has been written in Lanzarote. Is it the warmth? Is it the wine? Is it the rhythmic sounds of the ocean hitting the shore? It's probably a combination of all those things plus the relaxed ambience of the island. Each time we visit a market, wait for a shoreline fisherman to catch the big one or simply watch the world go by from a promenade bar, ideas are picked up and stored away. It's how many writers craft their novels. Who

Harry's Tips

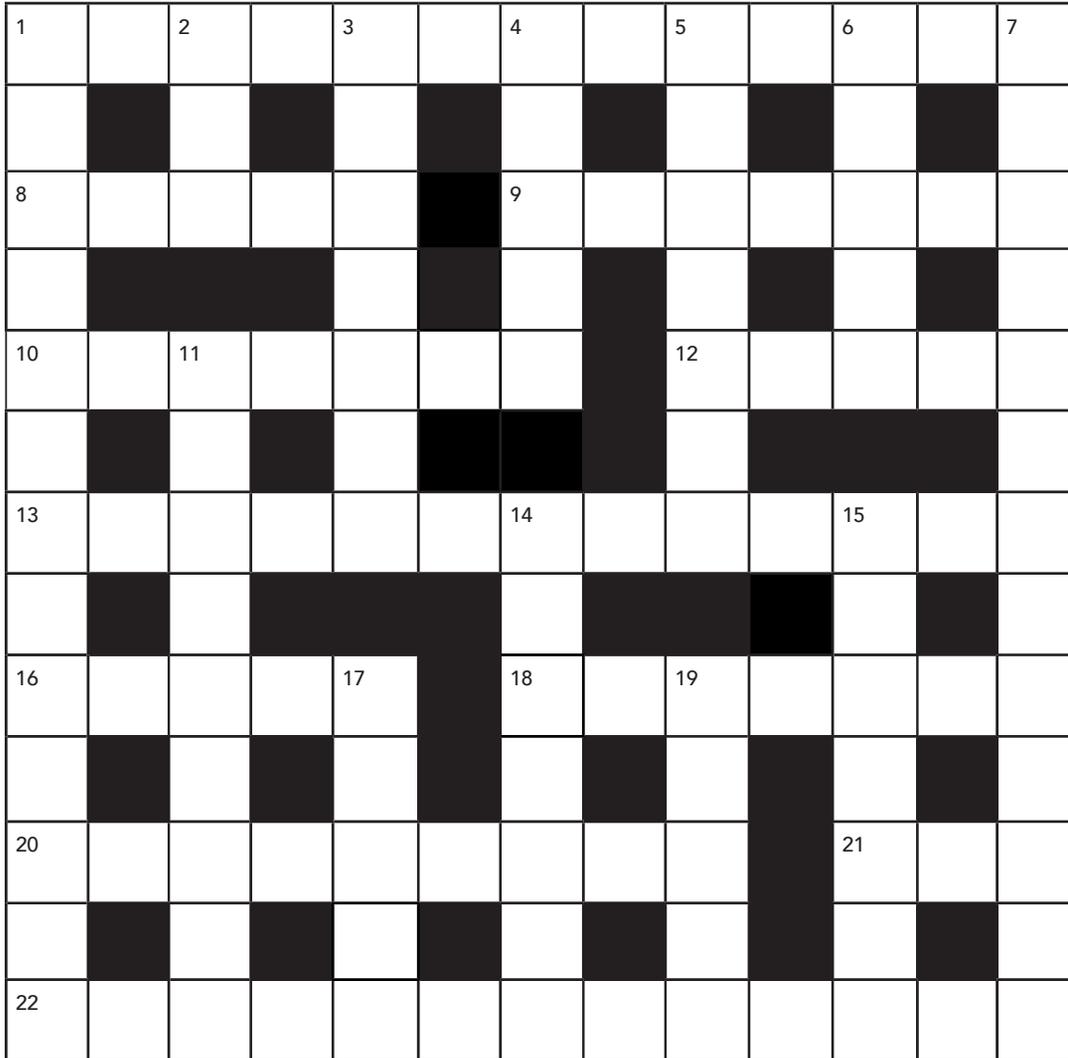
- If you set aside 10 or 20 minutes each day, you would have written around 250 words. In a year that would amount to 90,000 words and that's a good-sized book.
- Try writing a short story first. Make it about something you know. We all have unique life experiences locked away so draw on them and give your readers any drama involved in the story.
- Read a lot! You will see how successful authors keep the reader engaged and needing to turn the page.
- Join a writing group. Being with like-minded people is very helpful and will build confidence.
- Perhaps the most important thing to do is START! Don't worry about making errors along the way. These can be sorted out later

Good luck and Happy Writing!

Prize Crossword



LANZAROTE
DENOMINACIÓN DE ORIGEN



Solve this month's crossword, send it in to us and you could win one of two fantastic prizes. One lucky winner will receive a bottle of La Geria's award-winning wine, while another will get a €10 voucher to enjoy at Hankey Panky's restaurant in the Montaña Tropical Shopping Centre in Puerto del Carmen.

Last month there were also two prizes. The usual bottle of delicious La Geria wine goes to Malcolm and Caroline Rebbetts, while a €10 voucher for Hankey Panky's at CC Montaña Tropical goes to Paul Hilton.

Well done, all of you, and you can pick up your prizes at our office in Tías.

DOWN

1. Person who keeps dropping things (13)
2. Rita ..., singer of R.I.P. And How We Do (Party) (3)
3. Disregard, fail to care for (7)
4. ... faithfully or sincerely, perhaps? (5)
5. Unit of noise measurement (7)
6. Glasgow suburb where Rangers play (5)
7. Labelle's biggest hit, from 1975 (4,9)
11. Persist, carry on (9)
14. Small wind instrument made from pottery (7)
15. Famous Hawaiian beach (7)
17. Land of the Pyramids (5)
19. "Old McDonald Had A Farm ," (1.1.1.1.1)

ACROSS

1. Van Morrison's first solo single (5-4,4)
8. Strong accent, or sound of a guitar string (5)
9. Still ill, or bacon untreated with sodium nitrites (7)
10. Fast train or bus (7)
12. Plump, with large breasts (5)
13. Global conflict that lasted from 1914 until 1918 (5,5,3)
16. Your brother or sister's daughter (5)
18. Song by Razorlight, Neil Diamond or Simon & Garfunkel (7)
20. Dennis Quaid and Lou Gosset Jr came to Lanzarote to film this in 1985 (5,4)
21. ... Levin, author of Rosemary's Baby (3)
22. Karaoke favourite by Neil Diamond (5,8)

Last month's answers: Across: 1. Jerry Lee Lewis 8. Nebulae 9. Feral 10. Intro 11. Forward 12. Ex-cop 14. Hamster 16. Linen 18. Tetanus 20. Prolong 21. Emoji 22. Zebra Crossing
Down: 1. Jenniefer Lopez 2. Robotic 3. Yello 4. Eye Of The Tiger 5. Lifer 6. Warrant 7. Salad Dressing 13. Pandora 15. Mittens 17. NKOTB 19. Naomi.

Living July 2021



24 | **Control & Fulfillment**
One-to-one yoga in the sun.

25 | **Protect & Heal**
The secrets of anti-oxidants.

26 | **Totes Amazing**
Beach bag essentials.

29 | **Barbeque Time**
Get your fill at the grill.

32 | **Supermarket adventures pt. 2**
Spanish specialities.

33 | **Kinilaw**
A refreshing Filipino fish dish.

34 | **Viva Las Palmas**
The Canaries most stunning city.

35 | **Spanish When You Travel**
Language matters.

36

What's on

Events on the island.



30

Strawberry Mojito

You know you want to...

CONTROL & FULFILLMENT



Bev learns nostril breathing.

Last month our sales rep Beverley Farley took a **one-to-one** class with yoga teacher Laurel Regan from Lanzarote Yoga Escape. We asked her for her impressions.

Bev was a professional dancer from a young age, and has always had a dancer's intuitive relationship with her body. But those energetic, exhausting dancing days are now long behind her, and she has recently had a strong urge to get back into shape and try and calm her body down to deal with the extreme symptoms of the menopause she has been suffering.

"I did some online classes during lockdown," says Bev, "And I've always liked the idea of yoga, but it's not easy to know whether you're doing things correctly on your own, with no feedback. I definitely found the one-to-one class useful. There's no division of attention, and Laurel

was a very calming, encouraging presence."

"Yoga is a way of moving that is very controlled," says Bev, "And that control is what I was looking for. Doing yoga alone means that you're monitoring yourself, but a teacher can nudge you into the right position." Bev compares the smooth flow and control of yoga to dance, "It feels closer to ballet than other styles of dance," she says.

"Your body wants to do this."

Bev found the breathing and meditation aspects hardest to adapt to. "Everything is based on breathing," she says, "And I did some nostril-breathing exercises to release emotional tension. That's something



I could never have tried alone without instruction."

"Meditation is another thing I've always found difficult," admits Bev. "My mind always starts racing, but I was taken through the deep relaxation meditation with Laurel whilst laying in savasana position, which ended the lesson, and I found that very calming. The Tibetan bowl also helped with this tranquil feeling. It brought real satisfaction".

Bev's dancing experience also led her into making a few errors. "As a dancer, I point my toes instinctually, but in yoga they need to be flexed a lot of the time."

"I felt a real sense of fulfillment after the class, despite a little stiffness the next day because I was using muscles I don't use often enough. I realised that my body actually wants to do this, and I want to continue."

PROTECT & HEAL

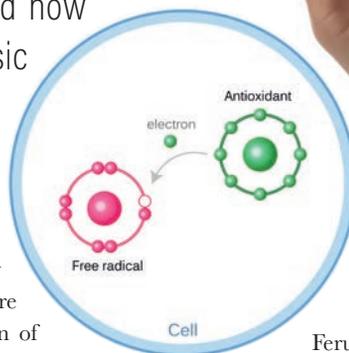
By **Susana Villa**, beauty consultant at **Estética Los Arcos C.C. Los Arcos** in Puerto del Carmen.



You must have heard about the importance of antioxidants. However, few people know what they are and how they work. In this article I explain some basic facts about antioxidants.

WHAT ARE ANTI-OXIDANTS?

The free radical theory of aging is based on the existence of free radicals – molecules with an unpaired electron that are highly chemically reactive and prone to oxidation. Antioxidants are molecules that neutralize free radicals, preventing the oxidation of other molecules and helping us delay aging and prevent diseases.



plasma. It protects against the damage that free radicals cause in cell membranes.

Antioxidants trap free radicals so that they do not circulate through our body and their detrimental effect on our health is avoided.

HOW DO THEY WORK?

Your body needs to maintain a certain balance between free radicals and antioxidants, as when this balance is disrupted it can lead to oxidative stress. Various lifestyle, environmental and stress factors are known to promote excessive free radical formation as well as air pollution, cigarette smoke, alcohol, bacterial infections, toxins, high blood sugar and radiation (including sunbathing).

RECOMMENDATIONS

Ascorbic Acid or Vitamin C is considered the most genuine of antioxidants. It is soluble in water and constitutes the first line of antioxidant defense in blood

Ferulic acid is part of the cell walls of plants, and has very interesting antioxidant properties for the skin. In addition to preventing sun damage, it is also naturally present in certain products that are perfect for peeling, or as a fundamental active ingredient in a wide range of creams and serums.

Phloretin is a compound found in apple derivatives. It prevents aging, evens tone and works very well against blemishes.

WHEN

Ideally, apply to a cleansed face. It should be the first part of your skin care routine and always accompanied by sunscreen.

Happy summer everyone!

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TOTES AMAZING

The beach bag is one of the trickiest decisions you have to make before hitting the hot sand. It's easy to get it wrong, but when you get it right you'll find you've made a friend for life.

A beach bag is almost always a tote – a large bag with a couple of handles that are often big enough to sling over your shoulder. The clue is in the name – this bag is meant for carrying stuff first and foremost.

That doesn't mean you'll get away with an IKEA tote on the beach, although it may be perfect for what you need. There's also an element of style involved, especially as you are in a place that is very much on public display.

So we're looking at bright colours, to go with the general jaunty beachside atmosphere of deckchairs and umbrellas. The beach is not a place where subtle tones stand out, and bold patterns such as candy stripes and polka dots will always be preferred. Then there's the natural look, with straw, sisal and woven



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"A GOOD BEACH BAG CAN BECOME A FRIEND FOR LIFE..."

bags blending perfectly with nature and offering textural interest, as well as being tough and hard-wearing.

A beach basket is a fantastic alternative, and can look great. On Lanzarote you can track down locally made palm basket that may be perfect for your beach requirements, but don't forget to check all alternatives.

Then there's the nautical style, with canvas bags, duffle-bags and maritime blues and whites, which add an extra touch to that breezy seaside look, while remaining smart and practical.

The bag you choose will depend on who you are, of course. Sun-worshipping singletons can usually get away with the bare minimum, but if you're a mum taking kids to the beach you'll need something rather more spacious. Let's face it, you'll probably need two bags if you're spending any serious time there with the little darlings.

And this is the other key to beach bag use – how long are you staying for? The shorter your spell on the beach, the less you'll need, but if you're planning a session, bring the right bag.



TOP 5 BEACH ESSENTIALS

1. PAREO/SARONG:

A large sheet of fabric that can have a thousand uses, from skirt to shoulder wrap, beach rug to headscarf.

2. SUNGLASSES:

Pay good money for a decent pair and use them. That's not just style advice – it could save your sight.

4. SUNCREAM:

Believe us, on Lanzarote in the summer, you can't get away without it.

3. A BOOK:

Old fashioned things made of paper that you can read entertaining stories in.

5. DRINK:

Staying hydrated is vital when you're on the beach. A small spray-mister for your face is a great idea, too.



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Barbecue

CANARY MEAT OFFER A HISTORY OF THE SUMMER RITUAL THAT EVERYBODY ON THE CANARIES LOVES – BARBECUE!

Time



In order to get his own back, the blacksmith decided to cook meat day and night in front of the castle, using part of the remaining steel as a support as a grid. Either fed up with the smoke caused by the charcoal or tantalised by the delicious smell of grilled steaks and sausages, the baron ended up paying the two Ducats demanded by the blacksmith.

In reality, barbecue is an invention as old as fire (in fact, if humanity has survived to this day, it is probably thanks to having learned to cook food), and there are varieties found all over the world, from the South African braai to Japanese teppanyaki, Greek souvlaki to Chinese char siu.



The word itself comes from the Arawak Indians of the Caribbean, who used it to refer to a grid of sticks used for cooking, and has been in use for hundreds of years. The Spanish word “barbacoa” derives from the same root, but here you'll also hear the word parrilla (a metal grid) used.

Legend has it that the barbecue was invented centuries ago in a small European kingdom after a dispute between a Baron and a master blacksmith who he contracted to make a fence around his castle.

The iron craftsman miscalculated the diameter of the fence and ended up with a surplus of metal. The nobleman refused to pay for the remaining iron.

The Argentinians and Uruguayans are masters of the art of barbecue, with quality meat grilled perfectly and seasoned with chimichurri. Meanwhile, on the Canaries, barbecues are an essential part of summer fiestas, and you'll find everything from sumptuous steaks to delicious fish and seafood on local grills.

Who fancies some grilled chops and succulent chorizos now? But before lighting the embers, we suggest you choose some good meat and fish at Canary Meat's specialized store.

This recipe has been sponsored by **Canary Meat**,
13 Calle Las Puntas, Playa Honda Industrial Zone *(the street to the right of Milar)*.

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STRAWBERRY

Mojito

The mojito is a classic Cuban cocktail, made world-famous by Ernest Hemingway and transported around the world, where it has given birth to hundreds of variants.

INGREDIENTS

- 12 ripe strawberries
- 2 limes, chopped
- 3 tbsps granulated sugar
- One bunch of mint (*ask for hierba buena in Spanish shops – it's what they use in Cuba*).
- Crushed ice
- 350 mls white rum
- 600 mls sparkling water



A mojito has five basic ingredients: good white rum, lemon, mint, sugar and mineral water. The rum is the alcoholic element, the mint and citrus add fresh, tangy flavour which is tempered by the sugar, and the mineral water ensures the drink is long enough to be refreshing without knocking you under the table.

You can add other ingredients to this basic blend, but a mojito should always be refreshing, slightly tart and tempting.

There are as many varieties of fruit mojito as there are ripe fruits, and on Lanzarote at this time of year you're absolutely spoilt for choice. The important thing is to buy the best fruit you can – spend extra on those delicious golden kiwis rather than the cheaper ones, for example, or scout the fruit counter for a piece of perfectly ripe, coral coloured watermelon.

We've used strawberries for this recipe, but on Lanzarote you could also try prickly pears, ripe figs, peaches or, for a really exotic tasting drink, mango.

Most recipes give you the amounts for a single drink, but who wants to drink alone? Mojitos are great from a jug, and have even been known to be prepared in a plastic bucket and taste fantastic.

Step 1: Muddle the strawberries, sugar and limes in a large jug (*muddle is barperson talk for "crush", and you can do it in a bowl with a pestle if you haven't got a muddling tool.*)

Step 2: Remove mint leaves from stems roughly, so that they're bruised and add them to the jug.

Step 3: Add plenty of crushed ice, then stir in the rum and sparkling water.

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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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SUPERMARKET ADVENTURES PT. 2

Here are three more wild and wonderful products that you won't find back home, but which are available in almost every local supermarket on Lanzarote.

TINTO DE VERANO

In high summer, tinto de verano comes into its own. Sold in large plastic bottles, it's basically a blend of red wine and lemonade that is served with plenty of ice to quench thirst. At about 4% alcohol, it's roughly the same strength as lager.

Tinto de verano is the respectable cousin of calimocho, a 50-50 blend of cheap red wine and coca-cola associated with the young people's outdoor drinking parties known as botellones. Calimocho's worth a try, too, we reckon, although you won't find it in the supermarkets.



CHERNE SALADO

A real Lanzarote speciality, cherne salado (salted wreckfish) is a festive delicacy, and its price reflects its popularity. Wreckfish is a meaty, succulent deep-water fish, and is one of the favourite fish for salting and preserving on the islands.

Salted fish needs to be soaked in three or four changes of fresh water for 24 hours, and can then be cooked as you would with a normal fillet of fish. It has a more pronounced, gamier flavour than fresh fish, and a flaky, satisfying texture. Canarians love this fish in their hearty festive stews, but it's also delicious poached and served plainly.



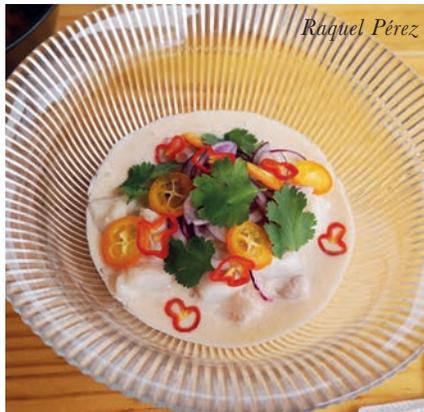
ALCAPARRONES

You probably know capers, the little, fragrant pickled flower buds that are an essential ingredient of tartare sauce, but Spain also offers much bigger versions. These are the perfect snack to accompany a glass of chilled dry sherry, but can also be used in salads or with fish and meat dishes. You'll find them in jars, and they can often be quite vinegary. We like the ones sold in Mercadona best.



KINILAW

(PHILLIPPINE CEVICHE)



Jon Pérez, chef at Nakai and Kenewa, offers us a perfect summer recipe which highlights the flavours of two of the world's most spectacular cuisines – Peru and the Philippines.

Ceviche is a classic Peruvian dish in which raw fish is marinated in a blend of citrus juices known as “tiger milk”. The Philippine equivalent, Kinilaw, has existed for over a thousand years and features raw or lightly-cooked fish or meat, also in acidic marinade.

Tip: If you can't handle raw fish, cook it through in a pan for three minutes before adding the lime juice. The texture will be slightly different, but the flavours will be the same.

INGREDIENTS

Fish: we recommend Jurel or Chicharro, (Atlantic Horse mackerel) – a blue fish that is a staple in the Canaries and in season during summer. Two or three good sized ones should be enough. Ask the fishmonger to clean and skin the fish (“limpio, sin piel”).

For the tiger milk:

- 180ml coconut milk
- 50ml lime juice
- 15ml light soy sauce
- 20ml mirin (Japanese sweet rice wine)
- 15ml rice vinegar
- 5gr tamarind paste
- 2gr salt

Garnishes:

Small red onion, 2 kumquats, red chilli – all finely sliced, fresh coriander (cilantro).

METHOD

Add tiger milk ingredients to a blender and whizz until smooth.

Dice the fish into cubes of 1 cm, add the juice of a lime and refrigerate for 5 minutes. Remove, pat off excess lime juice and add the tiger milk.

Serve with garnishes.

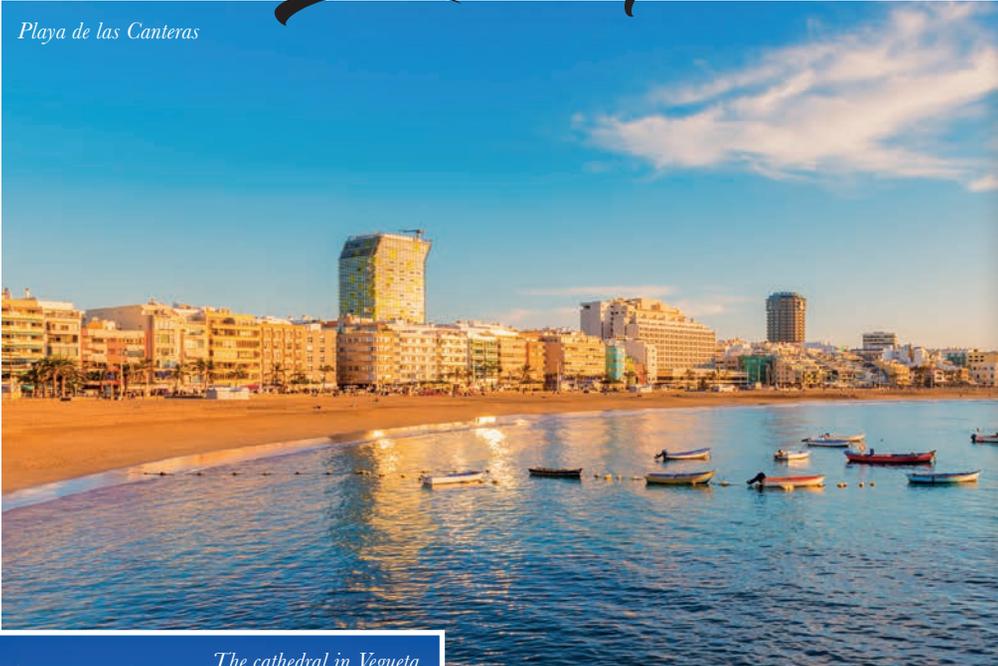
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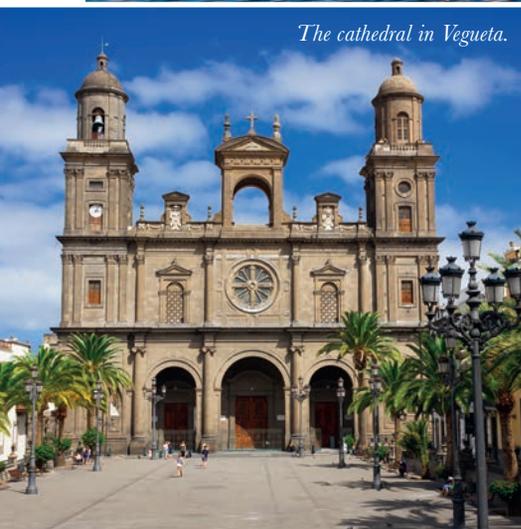
Viva Las Palmas!

Playa de las Canteras



If you live on Lanzarote, sooner or later you'll need to go to our provincial capital Las Palmas. Whether it's for leisure, business or medical reasons, you'll discover a city that might just take your breath away.

The cathedral in Vegueta.



GETTING THERE

Several flights leave Lanzarote for Las Palmas every day, and there's also a ferry if you want to take a car. We wouldn't advise that if you're staying in the city, though. If you're a permanent resident, you're entitled to 75% discount on these flights.

The airport is about 20 kms south of the capital – it's about €35-40 in a taxi, but buses (Lines 60 and 90) also run regularly. At Las Palmas you can disembark at San Telmo in the south of the city or Santa Catalina in the north.

WHERE TO STAY

Most visitors stay in the northern part of the city, around the Parque Santa Catalina and the Playa de las Canteras. However, you may also consider the beautiful, colonial area of Vegueta to the south, or the wealthy Alcaravaneras zone in between.

GETTING AROUND

Buses in Las Palmas are pretty reliable, and we'd recommend getting an €8.50 ten journey bono card that you can top up in plenty of shops and kiosks. Taxis are plentiful, too.

Poema Del Mar



Don't miss

PLAYA DE LAS CANTERAS

More a question of "can't miss", this is the most stunning city beach in the Canaries, and probably in Europe. The promenade stretches from La Isleta in the north to the Alfredo Kraus auditorium in the south, is lined with great shops and restaurants and there is always something happening .

POEMA DEL MAR/ELDER MUSEUM

This claims to be the biggest aquarium in Europe, and is an astonishing experience. The Elder Science Museum nearby is a great outing for kids, too.

SHOPPING IN TRIANA AND MESA Y LÓPEZ

Calle Triana, near San Telmo, and Calle Mesa y López in the north of the city are the main shopping thoroughfares , and unmissable for retail therapy. But you'll find many, many more opportunities in the streets that surround both of them.

TRY A LITTLE *Spanish* WHEN YOU TRAVEL

Language coach Janet Harper offers some basic phrases for tourists arriving on the island.

With the travel corridors looking more likely to be opening soon, the possibility to travel for your Lanzarote sunshine holiday (or if you are planning to travel back 'home' to visit loved ones) is finally becoming a reality! So, this month I'm going to be sharing some useful hints and tips in Spanish to use on your travels.



Travelling through an airport can be a stressful experience - it can be useful to have some handy phrases in your back pocket that may help you from time to time. I've broken down a few of the trickier words to be sure we are on-point with our pronunciation, too:

Estoy viajando (<i>bi-ah-HANDO</i>) a...	- I am travelling to...
¿A qué hora salimos? (<i>sa-LEE-mos</i>)?	- What time do we leave?
¿Puedes ayudarme? (<i>puwed-ez ah-you-DAR-may</i>)	- Can you help me?
¿Dónde está la puerta número...? (<i>poo-AIR-ta</i>)	-Where is gate number ?
¿Dónde puedo recoger el equipaje? (<i>don-day puwed-oh ray-co-hair el ecky-PACK-ay</i>)	- Where can I pick up my luggage.

... and when you arrive on the island

It's true that English is widely spoken here in Lanzarote, especially in the resorts, but no matter where you are the locals will respect you more if you make an effort to speak a little Spanish and are usually very kind and patient with learners!

Recently, over 500 tourists across Spanish resorts were asked for the phrases they'd most like to be able to say during their holiday. They included:

Do you speak English?	- ¿Habras inglés? (<i>HAB-la ing-GLEZ</i>)
How much does it cost?	- ¿Cuánto cuesta? (<i>Coo-WAN-to coo-WES-ta</i>)
Is there a bathroom here?	- ¿Hay un baño aquí? (<i>Eye un BAN-yo AH-key</i>)
The bill, please.	- La cuenta, por favor. (<i>La coo-WEN-ta por fa-bore</i>)



Tempted to learn a few more phrases ahead of your holiday?

I've put together a FREE FACTSHEET of the top 15 most-used holiday phrases from the survey for you to download and practice. You'll find them in my online store on:

www.thspanishcoach.net/collections/shop

Start practicing and I'll see you with some more hints and tips next month. Hasta luego!!

What's On...

Things are starting to happen on Lanzarote. There's a long way to go yet, but quite a few events to occupy you in July.

CONCERTS

DESOLVIDO

July 2nd– 3rd

Musical production by Lanzarote's Conservatory and Ubai T. Aleman

Teatro El Salinero, Arrecife. 7pm. Tickets €7

CLARINET AND PIANO CONCERT

July 3rd

Luis Fernandez-Castello (clarinet) and Carlos Apellaniz (piano)

Salon Indieras, Tias. Tickets €15

TRIO ARRIAGA

July 9th

A concert devoted to the unforgettable music of Argentinian tango maestro Astor Piazzolla kicks off Lanzarote's concerts in the 36th Festival de Musica de Canarias

Teatro de San Bartolomé, Tickets €15

BAVIERA PHILHARMONIC CHAMBER ORCHESTRA

July 17th

John Williams Schindler's List theme, Barber's Adagio and Nino Rota's Love Theme from the Godfather are some of the treats in store from this Augsburg orchestra.

Teatro EL Salinero, 8pm. Tickets €22.

FREIBURG BAROQUE ORCHESTRA

July 22nd

A feast of Bach in the Jameos del Agua.

8pm, Jameos del Agua. Tickets €30 at culturallanzarote.com

REVOLVER

July 30th

Carlos Goni's group celebrate 30 years of existence.

Teatro EL Salinero, Arrecife. 8pm. Tickets €22.



Snarky Puppy

SNARKY PUPPY

July 23rd

Lanzarote's only concert in the 2021 Festival Internacional Canarias Jazz & Mas is a goodie – a chance to see this unique jazz/funk collective let rip.

Teatro Salinero, Arrecife. 8pm.

Tickets: www.canariasjazz.com

SPORT

LANZAROTE IRONMAN 2021

July 3rd

The big one's back!

7 am. Playa Grande, Puerto del Carmen.

YAIZA EXTREMO SUR 2021

July 31st

Mountain Biking www.yaizaextremosur.com

WILD RACE ARRIETA

July 31st

A fun obstacle race that's a completely new idea on Lanzarote.

OTHER

CHRISTMAS IN JULY

July 10th

A Christmas party in high summer, at the gorgeous La Florida bodega.

Libyjacks, Bodega La Florida Fiestas

FIESTAS

There are plenty of fiestas in July. The most important, however, are those of the **Virgin of Carmen, patron of fisherfolk, on the 16th**. She is celebrated in **Haría, La Graciosa, La Santa, Arrieta, Playa Blanca, Valterra and Tegui**, as well as in **Puerto del Carmen in early August**. **The 7th July** also sees the fiesta of Lanzarote's official patron saint, **San Marcial del Rubicón, in Femes**.

MARKETS

Many markets are temporarily suspended until tourists return and Covid restrictions are relaxed, but some of the island's most important ones are still taking place.

Saturday mornings see Arrecife's popular food market in the Plaza de San Gines, as well as the food and craft market up in Haría's main square (it's also worth visiting the covered municipal market while you're there).

Sunday mornings bring the Tegui Market, now back in reduced format, and the fruit and veg market at Mancha Blanca. The first Sunday in the month also sees the San Bartolomé agricultural market in the Plaza de León y Castillo.

The Original Pals car boot sale at Lanzarote A Caballo is currently back to its Sunday regular dates, and opens at 9 am.

July 3rd Small Business Market Food, sweets, and a raffle. A fun event to promote local small businesses. 11 am to 4 pm, Taberna Reina Sogfia, Puerto del Carmen Old Town.

July 10th SARA Flea Market 10am to 12 midday, SARA Animal Shelter.

Every Sunday PALS Car Boot Sale From 9 am, Lanzarote A Caballo

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Tourist Guide



Mirador del Río

Located high up on the Risco de Famara, the Mirador del Río is one of César Manrique's most impressive creations. It displays artistic and architectural details that capture his eagerness to combine art and nature. Concealed in the cliff face in a way that only Manrique's genius could conceive, the Mirador overlooks 'El Río', the narrow stretch of the sea separating Lanzarote and La Graciosa. Inside, impressive large glass panes frame the panoramic view while unique sculptures hang from the ceiling. At the bottom of the cliff, the reddish hues of the Salinas del Río, the oldest saltworks in the Canaries, stand out. Architect Eduardo Cáceres and artist Jesús Soto, collaborated in the creation of El Mirador, and the terrain had to be dug out and moulded to fit Manrique's vision; it was later covered with volcanic rock. In 2018, Manrique's surviving brother Carlos told us about his memories of the day that his older brother led him to the northern tip of the island and first showed him this stunning creation. "Era impresionante", he said "It was impressive".

www.cactlanzarote.com

Lanzarote's Cultural, Artistic and Tourist Centres are all open and waiting for you...

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 José

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.

Other outings

Check destination before travel as some have closed due to Covid.

César Manrique Foundation, Tahiche

Built in a lava bubble, Manrique's first island home is utterly fascinating. Solid lava flows into a lounge, trees grow out of underground caves, magnificent gardens flourish at every turn and the whole creation is inspirational.

Casa-Museo César Manrique, Haría

Manrique's second home in Haría has been recreated as if the artist had never left us, and gives us a glimpse of the man behind the legend. See his living room, his wardrobe, his record collection and visit the studio where he created many of his works.

LagOmar, Nazaret

Built by Manrique's associate, Jesús Soto, LagOmar is an amazing gallery, museum and restaurant set in a mountainside. Once the property of Omar Sharif, it's a magical, unforgettable place.

Museo del Timple, Tegui

The timple museum is devoted to the small guitar that is the sound of Canarian folk music, but you'll also be amazed by the Palacio Spinola, the island's grandest colonial home.

Mancha Blanca Volcano Visitors Centre

Often overlooked by visitors, this terrific little museum will teach you all you need to know about Lanzarote's dramatic volcano country.

Pirate Museum, Tegui

Located in a hilltop castle where locals used to hide from raiding pirates, this museum revisits the island's lawless and often tragic past.

Aeronautical Museum, Lanzarote Airport

Set in the island's first terminal building, this great little museum gives you a glimpse of bygone days when one plane a week landed here.

Museo Agrícola El Patio

Step back in time at this charming and fascinating farm museum on one of Lanzarote's largest estates. Clucking chickens, windmills, living history and a gorgeous location.

Casa José Saramago, Tías

Visit the "house built with books" where 1998 Nobel Prize winner José Saramago spent the last 17 years of his life and wrote famous works such as *Blindness* and *Death With Interruptions*.

Beaches

Each of the resorts offers fantastic, clean beaches with lifesavers and nearby facilities, but there are also a number of unmissable beaches elsewhere. Here are a few:

Papagayo

A must-visit, Papagayo is a series of utterly gorgeous beaches at the island's southernmost tip. Crystal clear waters, golden sand and wonderful views await, but go prepared – there are few facilities here.

Famara

Regularly voted tourists' favourite place, Famara is a surfers' paradise and a magnificent beach set against cliffs and distant isles. Bathing is not recommended but you must experience this place's spiritual beauty.

El Reducto

Arrecife's broad crescent sweep of golden sand is the island's largest city beach.

Close up on: LagOmar

The legend goes that film star Omar Sharif came to Lanzarote in the early 70s, fell in love with this gorgeous dwelling set into the side of a volcano, bought it and promptly lost it in a game of bridge.

Envisioned by Manrique and designed by his right-hand man, Jesús Soto, LagOmar is still stunning, a space-age honeycomb of tunnels, caves and stairways adorned with the humorous scrap metal sculptures of Mick Gonnell. It's a museum, art gallery, bar, and restaurant, but most of all it's a place you'll never forget – one of those slivers of paradise on earth.



LagOmar

La Garita

Little known by tourists, Arrieta's family beach is simply great fun for all the family, young and old.

Caletón Blanco

Pure white sand and a warm, shallow lagoon are the main attractions of this wonderful beach just south of Órzola.

Janubio

Another place where swimming is a very bad idea, but the stark black strand separating the sea from the saltworks is astonishingly beautiful.

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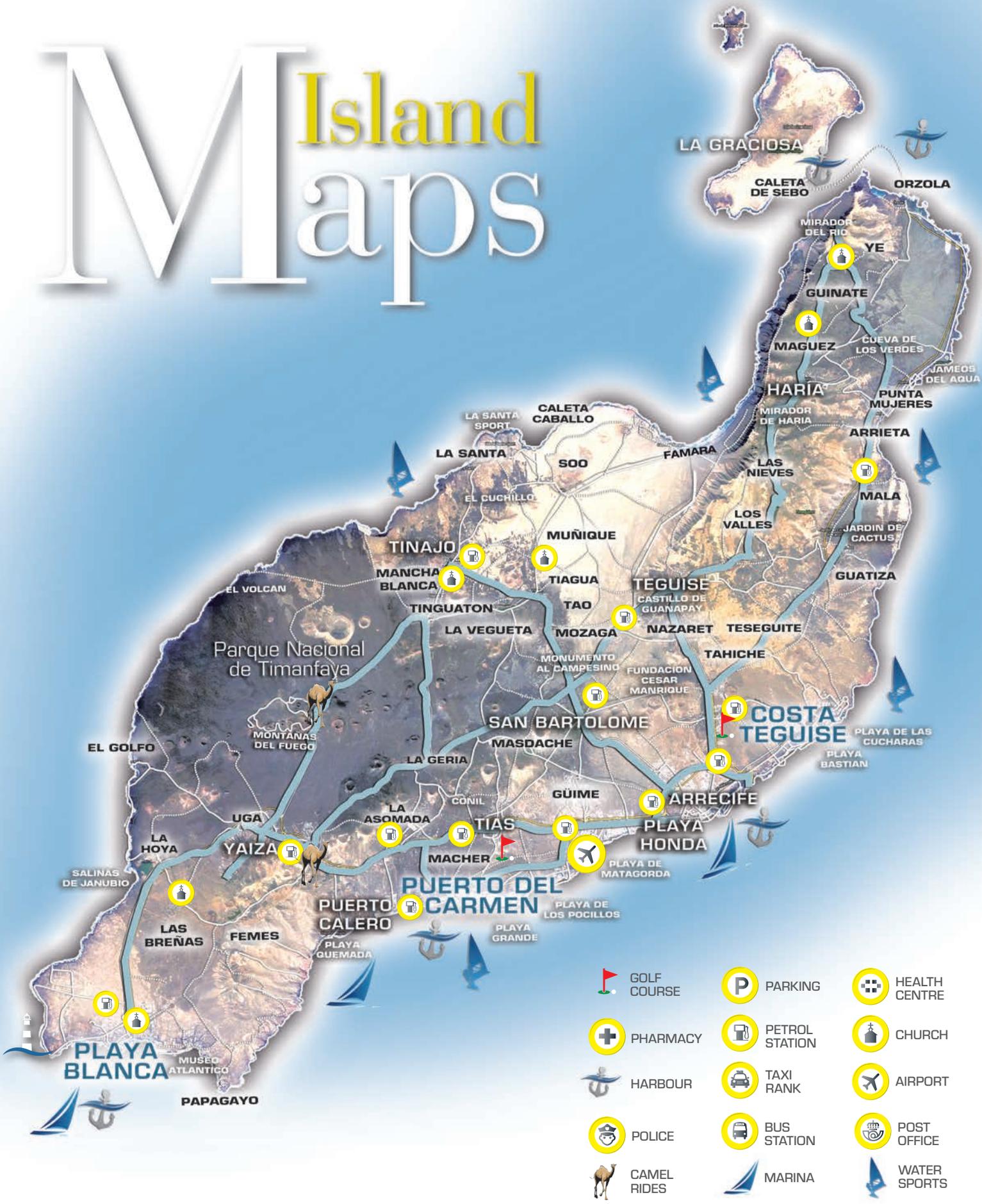
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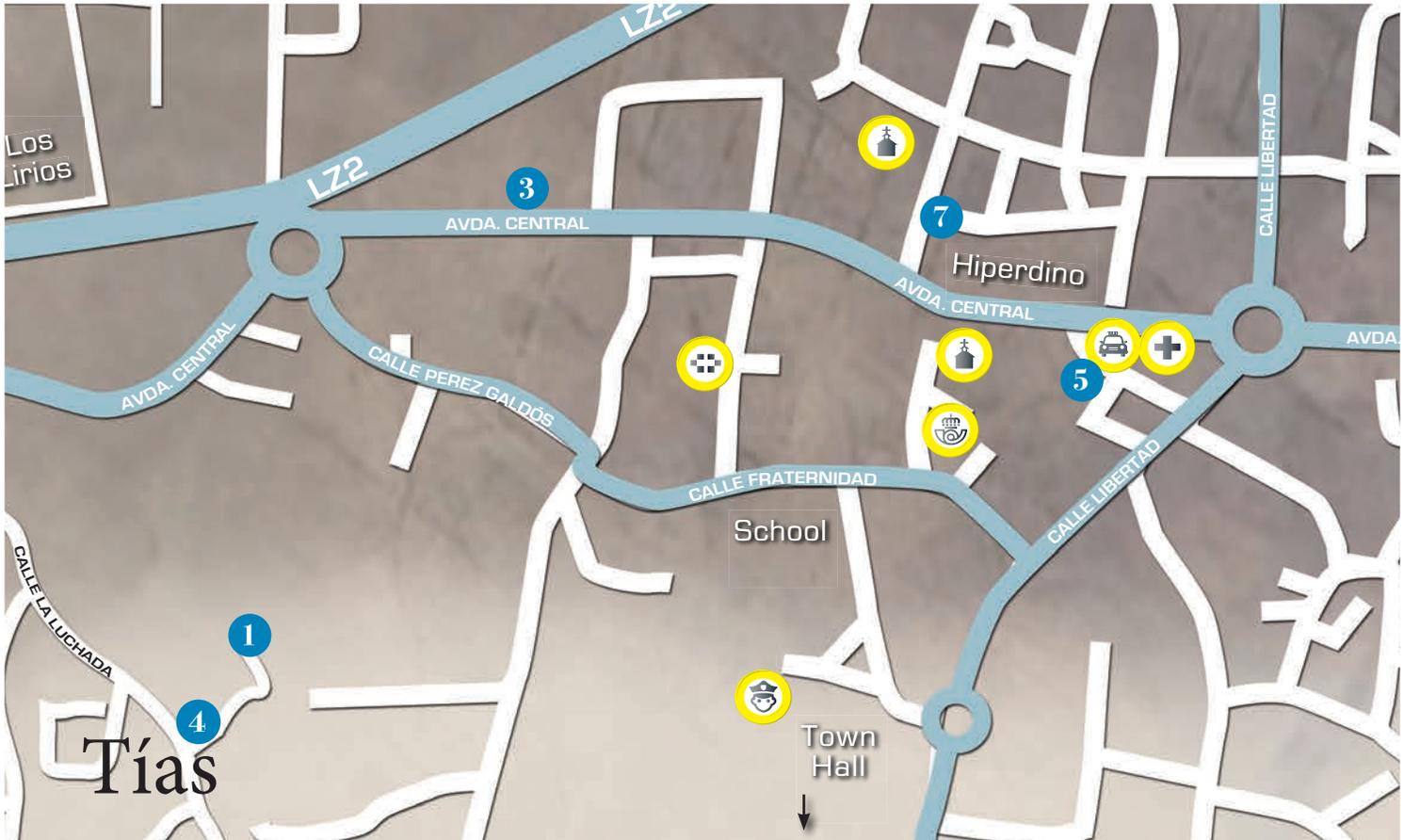
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July 2021



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FLOOR CLAUSES



There are still people out there who have not reclaimed the money that the banks took from them illegally. Erardo Ferrer of Lanzarote Abogados asks: are you going to let them get away with it?

If you are an ex-pat and you signed a mortgage loan with Banca March, Banco Popular (now Banco Santander), Solbank (Banco Sabadell) or any other bank between 2000 and 2016, it is highly likely that you may have been subjected to a totally unfair floor clause, and have the right to seek compensation.

It doesn't matter if you've sold the house since, or have cancelled, extended or modified the loan; or if the bank has executed the loan for non-payment - you have the right to be reimbursed the excess interest that you paid.

Also, if the loan continues to be paid, this means that you can considerably reduce your monthly mortgage payment.

Do not be afraid to claim against the bank. The European Court of Justice protects and supports you. The bank cannot take any action against the plaintiff, nor can it modify the contract conditions nor remove or withhold the bonuses.

Even if you have signed a private agreement with the bank to remove or reduce the floor clause, it is still very possible that this agreement may also be ruled abusive and you can reclaim.



It still amazes us that today there remain many people who have or had a floor clause and who still have not reclaimed it. At Lanzarote Abogados, we have won 1,005 floor clause cases against the banks.

It's your money; you have the right to get it back, and we can help you. Contact us.



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GET STORE-GANISED



Wardrobes & cupboards are vital elements of modern households, allowing us to stow away all our possessions and organise our lives more practically and efficiently. But organisation doesn't stop at the cupboard door...

How you organise your wardrobe or store cupboard depends entirely on how big it is and what you use it for. Those of us lucky enough to have walk-in wardrobes have many more options than those who just have a basic wardrobe. But whatever size it is, it'll need to be organised.

Here are just a few tips to get the perfectly organised wardrobe space:

VERTICALS FIRST

You'll need plenty of space to hang long dresses; less for shirts, jackets and blouses. Keep them separate and take advantage of the extra space beneath. Vertical items will take up a lot of your available space, so plan them first.

GET HANGERS

Good shirts, dresses, trousers and skirts

all deserve their own hangers, and they often need different types of hangers. Acquaint yourself with what's available and how each hanger works, then take a while to decide the type of hangers you need, before replacing the ones you no longer need.

Be sure not to hang clothes too close together, which will cause folds and wrinkles and defeat the purpose.

KEEP IT SHALLOW

Shallow drawers with carefully folded single items are much easier to organise, with deeper compartments saved for carefully folded larger items, stacked as though you work at Benetton.

The same principle works horizontally, and you can use shelf dividers to create smaller areas for fewer items, meaning you see and find them more easily.



HANG ACCESSORIES

Belts, ties, scarves, sarongs – all these things can easily get jumbled up in a drawer. Instead, hang them – all you need is a coat hanger attached to the inside of the door.

POUCHES AND POCKETS

Keep an eye out for useful hanging fabric pouches and pockets in the shops. These can be hung inside a wardrobe, or outside separately, if they're pretty enough. Either way you get more space, more control.

LABELS

There'll always be items that you don't use as much, and you can stow these away in those more difficult nooks high up or further back. Be sure to box and label them, though, so you know where to find them when you do need them.



KEEP

Things that you'll always need and/or love.

Ignore Marie Kondo - they don't have to bring you joy; but they do need to be worth keeping. Be honest and ask yourself "Will I ever wear this again?" Don't be too brutal unless you really need space.

DONATE

Give nearly new clothes in good condition to local charities, who'll be more than grateful for them. Older stuff may also be gratefully received – old sheets and towels, for example, are in demand at animal shelters.

TRASH

There are actually very few things that need to go in the dark green wheelie bin. If you can't use items as rags, find out where your local clothes recycling container is and bung it in there. Your local Punto Limpio will also accept ancient clothes.



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“ MIRRORS SHOULD
THINK LONGER BEFORE
THEY REFLECT. ”

- JEAN COCTEAU

REFLECTIONS ON LIFE

Mirrors are magic; windows into a back-to-front world, and anyone who has seen the stunning optical illusion at the Cueva de los Verdes or the mirrors at Jameos del Agua will know that Lanzarote has a special relationship with reflecting surfaces.



For thousands of years, human beings had very little idea of what they looked like. A glimpse in pool of water was the closest they had to a self-image. The invention of the mirror changed that, allowing us to do our own grooming and make-up, and giving us a back-to-front idea of how we appeared in the world.

Recently, mirrors have had a bit of competition from the selfie, but they still rule supreme (in fact, the mirror-selfie has taken on a life of its own), and if you're planning a bathroom or bedroom they're one of the most basic things you'll be looking for.

But mirrors don't just show us ourselves. They duplicate everything, including space and light. That's why they're so important to interior designers, who can use them to create illusions of space and control light in myriad ways.



MIRROR IDEAS

HALLWAY MIRROR

A favourite in Spain, the hallway mirror is full-size mirror positioned close to the door which allows you to check your top-to-toe look before hitting the street. If you haven't got one, try one. If you don't have room for a full-length mirror, hang smaller face-and-shoulders one - you'll still end up using it.

TERRACE MIRROR

A warm sunny place to read a book or just play with your phone is lovely, but slapping sun block on can be a pain. Glass, however, absorbs much of the UV rays that cause skin damage, and a carefully positioned mirror or two can also give you warmth and light in the morning or evening, when it wouldn't normally shine directly.

KIDS' MIRRORS

Tough durable mirrors are ideal for kids' rooms. Children have a natural fascination for mirrors, and they love to see themselves. Don't worry about raising vain, self-obsessed children – it might happen, but it won't be the mirror's fault.

TILTING MIRRORS

Mirrors don't have to be flat against

the wall. A standing mirror leaning against a wall will make the room look hue as you look down into it. A higher-placed mirror will achieve the same result if you hang it so it is slightly tilting forward. It's all about your point of view.

FRAME IT

The frame can transform a mirror into the centrepiece of a room, bringing texture, signature colour or flow to an indoor space. Make sure it's a mirror you love unconditionally, and give it pride of place. Another useful skill is mirror decoration – simple frames can be utterly transformed if you have any crafty skills whatsoever. As millions of householders have also learned, a mirror frame is one place people always look (the fridge is the second), and thus a perfect place for notes and reminders.

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Wicker is simply the flexible twigs of various plants, bent and woven into attractive shapes and patterns. It can be astonishingly strong, wonderfully flexible and incredibly durable, surviving anything that the Canarian climate throws at it.

The Canaries has its own tradition of wicker, of course, although the palm weavers on the islands tend to focus on basketry and handicrafts, rather than furniture. But wicker is, nevertheless, an important part of Spain's historical links with the Philippines, which are famed for the wicker furniture.

Wicker is a great investment for outdoor furniture, requiring minimal maintenance (although you'll need to get some cushions if you want to avoid wickerwork patterns on your skin), but it's also perfect for indoor spaces, adding a touch of natural beauty and intricate patterns to any room.

Wicker is also light, meaning it's perfect for moving around if your living arrangements are flexible. This means that the concept of indoors and outdoors are, basically, fluid – just like the lifestyle on the Canary Islands.

If you really want to make a statement, then the peacock chair is a 70s design classic that's coming back into fashion nowadays. Al Green, Julio Iglesias, Mark Bolan and Funkadelic's George Clinton have all appeared on album covers sitting in these tropical thrones, which whisper of hot climes and regally relaxed lifestyles.



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Paint

IT WHITE

Should your roof be white or black? It may seem like a trivial question, but on Lanzarote it can make a big difference, and it also has an effect on the state of the planet.

It has long been known that white roofs can reduce heating in urban areas. In many places, most towns and cities are made of darker materials, such as tarmac and concrete, that reflect less heat than the vegetation you'll find in rural areas. The result is "heat islands", urban areas that are significantly hotter than the surrounding areas.

As a result, reflectivity has become a key issue in town planning. New York, for example, introduced rules on white roofs in 2012, and Los Angeles has begun to cover roads in a lighter grey covering.

As humans have known for centuries, white buildings are also cooler in themselves. On Lanzarote you just have to compare the experience of walking barefoot on pale golden sand and dark volcanic sand to see how reflectivity can affect temperatures. A white roof can be up to 30 degrees cooler than a black roof in direct sunshine, while

the temperatures within the home can be between 2 to 5 degrees lower.

Nevertheless, the question remains as to what happens with all that heat reflected from white roofs. The greenhouse effect means that this is less likely to leave the atmosphere and could contribute to greater global warming.

Yet the advantage of cooler homes is likely to offset this, as it will mean that households are likely to require less energy to cool their homes, with air conditioning or fans.

More studies are needed to fully understand the relationship between roof colour and warming, but the current consensus of studies suggest that, if you want a cooler home and cooler surroundings, paint it white.



An even better idea, though, is installing solar panels, which will convert sunshine into energy, reducing your power bills far more quickly and effectively. This is now a lot easier in Spain, after the current government overturned the "Sunshine tax" that penalised those who installed their own renewable power sources.

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Summer Protection



Lanzarote is a holiday paradise for millions of holiday makers, but for your home its a different matter. To enjoy it at its best, be prepared...

In midsummer, Lanzarote has ten hours of sunshine every day, scorching, glaring, unfiltered UV rays, that can bring the temperature well over 30 degrees Celsius. Add to this an almost constant north easterly breeze that can stiffen into some very strong winds, occasional downpours that make up for in intensity what they lack in frequency, and regular clouds of irritating Saharan dust; and it's clear that your home will need to be in good condition to handle it all.

In fact, on Lanzarote it's just as good an idea to prepare your home for summer as it is for winter, and that means taking many of the same measures.

The first thing to sort out is your windows and doors – any part of your home that opens onto the outside. What you need is reliable, complete seals that ensure that

you have complete control over the air and wind that enters your home. This isn't just important when it's windy or during a calima (dust storm), it can also allow you to keep warm air out of your home or keep cool air inside. Insulation will obviously help with this, too, of course, and double-glazing is a surprisingly good idea on Lanzarote.

Indoor drapes and blinds will cut down on sunshine and glare, as well as keeping your home cool, and give you more control over how you keep your home ventilated – whether it's with fans or an air con system.

A look at any of the charming old doors and windows in a traditional town like Tegüise shows the wear and tear that wooden fittings suffer. Yes, they're attractive, but

“Heat, dust, wind - be prepared.”

they're also high maintenance, and nowadays there are plenty of much more hard-wearing, durable and attractive alternatives on offer.

Outdoor shade is also worth thinking about – awning, pergolas and other shade-giving structures can not only help keep your interior cool, but also provide the perfect “intermediate” zone between indoors and outdoors – a place where you can relax, socialise and enjoy the very best of Lanzarote's open air lifestyle.

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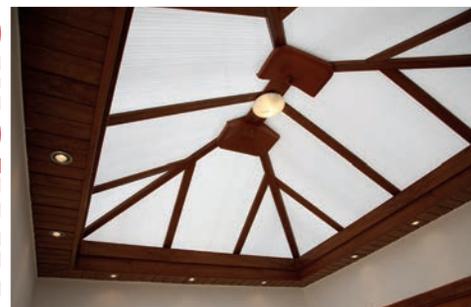


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NATURAL TERRACES

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



Wicker, wood and warm, attractive fabrics are the secret here. Don't worry about material fading and looking a little worn – this only adds to the charm. Regular cleaning will, of course, be necessary, and some items will have to be put away in bad weather, but a shady terrace dappled in pure sunlight reflecting from warm, inviting natural

surfaces is a place that many will envy you for. There is no better place to curl up with a good book or a special person and let time disappear.

Careful thought should go into planting on a natural terrace, with shade, fragrance and texture being equally as important as colour.

HOT TUB TERRACE

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

POOL TERRACES

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

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

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

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

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



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Lucy Clark was trapped in a traffic jam on the M6 when the idea that changed her life arrived. Lucy had been thinking of starting up a business, but didn't know exactly which niche to aim for. As she pondered, she looked to one side and saw an artificial grass van in the next lane.



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Lucy has a degree in polymer science and technology, and had already worked with several types of plastics, learning their properties. Arriving in the Canaries with her two young children, she discovered their property had a large patio that she didn't want to tile over, and shortly it was fitted with artificial grass.

grass to all seven Canary Islands. "It's my third baby," says Lucy. "I've nurtured it, encouraged it and grown it here." In that time, Lucy has built up contacts with suppliers and installers and improved the company through sheer determination. "We always do a proper job," she says, and the result is an immensely loyal client list.

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HERBALISM

Herbs should be an essential part of any Lanzarote garden. They're usually hardy and tough, they love sunshine, which intensifies those unique fragrances; and they bring greenery, fragrance and flavour to any garden.

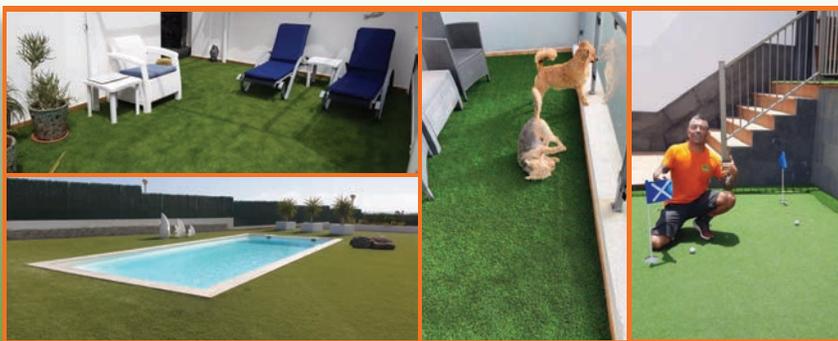
Herbs are welcome in every room in the house, so here are just a few ideas to encourage you to take up this hugely satisfying aspect of gardening.

THE TERRACE

Every supermarket on Lanzarote sells dried herbs for infusions, but there's no more satisfying way of doing it than doing it yourself – and remember, fresh herbs

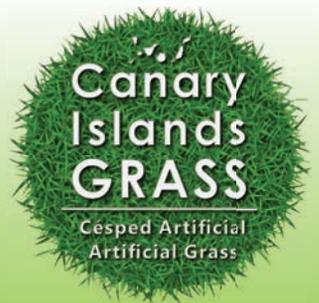
often make an even better drink.

Mint is a classic – satisfyingly mild spearmint is called hierba buena here, while stronger pepper mint is referred to as menta, but it can take gardens over quickly, so plant it in a container. Camomile (manzanilla) is another classic, which also provides joyful, daisy-like flowers that will bring bees and butterflies to your garden.



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be used for spectacular cocktails, if the leaves are gently bruised before being mixed.

Keep your herb garden in containers close to your door – you’ll be popping out frequently to harvest that sun-kissed goodness.

IN THE BATHROOM

Herbal scrubs are easy to make by blending coarse Lanzarote sea salt – cheap in all supermarkets – with olive oil and plenty of fresh, finely crushed herbs such as rosemary, lavender or mint. Add your own essential oils if you like, and create your own personal body scrub that will give you a real zing.

It’s also easy to do the same with soap, gently melting down neutral soap before adding your herbal blend and moulding it. Chuck those shower gel containers away and help save the planet by doing it yourself.

IN THE KITCHEN

Entire books have been written about herbs in the kitchen, so all we’ll say is that, if you’re a cook and a gardener, you’ll value a fresh supply of parsley, garlic, chives, basil, thyme, rosemary, sage, oregano and bayleaves. All of these grow like weeds in Lanzarote’s conditions, as long as you give them some basic TLC.

Another bonus of living here is that you can also try and grow pepper trees, ginger, galangal, lemon grass and other exotic herbs that are harder to cultivate in cooler climates.

Fresh mint, tarragon, basil and lavender can also

IN THE BEDROOM

Lavender is, of course, the calming, deeply floral scent that has been used in clothes drawers for centuries, but it’s also a fragrance that will never get old. Lavender is also everywhere on Lanzarote, in the wild as well as in gardens. Make the most of it.










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Rosmen and family.

ROSMEN RETIRES

History may look back and see season 2020/21 as a poor one for the Rojillos (The Reds), but the commitment by the players, management and fans has been quite the opposite.

The club has had to deal with stricter restrictions than any other team in the league and, after seven matches played and rooted to the bottom with four points, it became apparent that this season was all about survival.

On the final day of the season Lanzarote had to win to avoid the relegation playoffs. With six minutes remaining, a header at the far post by Javi Morales was enough to win the match and guarantee another season in the Tercera División (Fourth Tier).

UD Lanzarote's three captains Rosmen, Ayoze Pérez and Miguel Gómez were shining examples of what was needed for the club to secure their Tercera División status. All three were voted in the top six best players of the season by the fans, with Lanzarote's own superhero Rosmen at the top of the pile.



Proud of dad: Rosmen's wife, Sandra, and their son Rosmen Jr



In September, Rosmen will be 41 years of age and after a heroic end to the season he deservedly won Lanzarote's top player award with his vice-captain Ayoze Pérez coming in at second.

He was presented with his trophy by the previous winner Miguel Gómez before the final home match on May 31st.

At the end of that game the club paid a fitting tribute to this Lanzarote legend, who has decided to finally retire, and presented him with a unique gold pin club badge and a framed shirt with his name and the words "Eternal Captain".

An emotional Rosmen found it difficult to express his feelings in words but to all that knew him no words were necessary - 17 past seasons as a Rojillo are testament to his commitment and love of the club.

The club stall is back at the Tegui market every Sunday from 9.30am to 2pm.

All shirts and other merchandise can be bought online at <https://mercancialanzarote.com/shop/> or at the shop in Costa Tegui 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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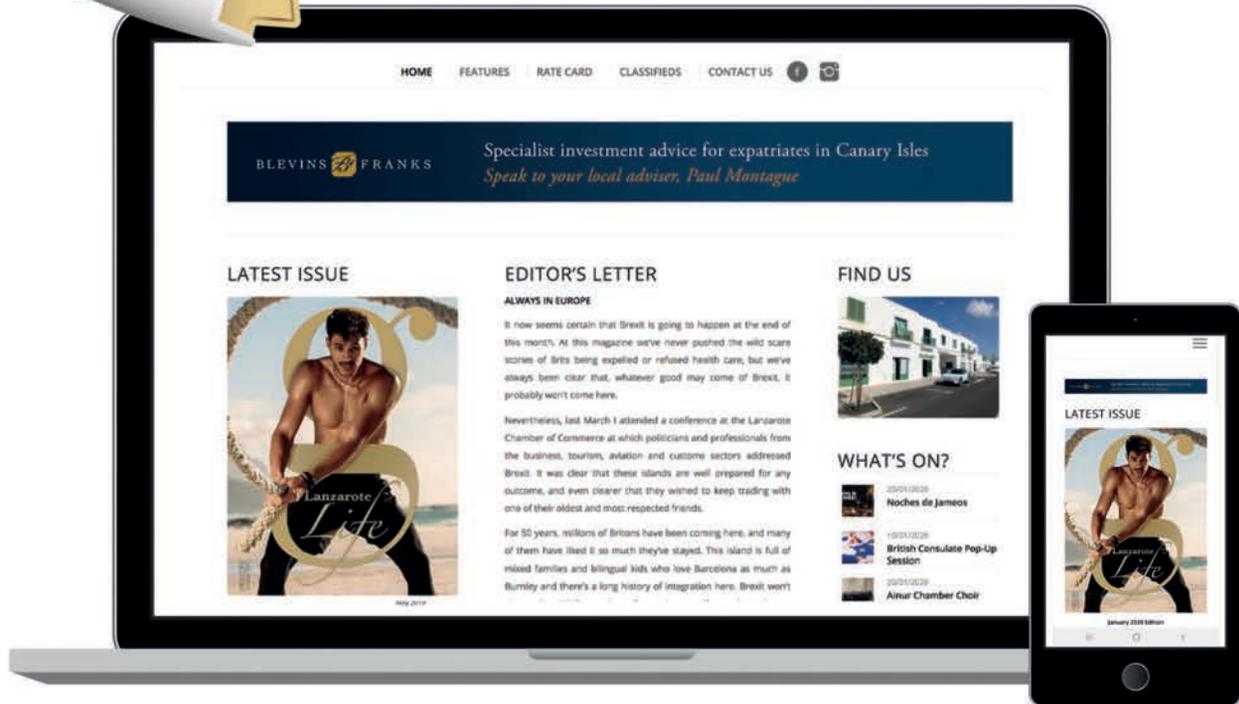
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As tourists start to return, here's a guide to what newcomers can expect on the roads of Lanzarote.

Driving on Lanzarote can be a lot of fun. It's not a big island, but there are plenty of decent roads, and routes such as the LZ-67 through Timanfaya, the LZ-30 through La Geria and the LZ-10 to Haría offer genuinely stunning scenery.

ROADS

Most roads on Lanzarote are single or dual carriageways and, on the whole, it's a well-maintained and comprehensive network. GPS probably isn't necessary, but a companion with a smartphone can come in useful.

There are no hard shoulders in the Timanfaya region, to discourage tourists from pulling over and entering the protected landscape, and roads can often have abrupt borders with rough volcanic terrain. Keep your eyes on the road at all times.

BLACK SPOTS

Serious accidents are rare on Lanzarote, but there are some areas where you need to take a bit more care. The airport zone is one of them, and if you're at all nervous about driving on the right or finding your

way, we'd advise taking a taxi to your accommodation and hiring a car later.

Care should also be exercised on the road past Uga; the roundabout between Arrecife and Costa Tegui, and the notorious double roundabout at Playa Honda.

FUEL

Petrol is cheap on Lanzarote and there are plenty of petrol stations, so there's no excuse for running out. You may find forecourt service at some petrol stations, but if there isn't someone in a hi-vis tabard, then it's probably self-service. Forecourt attendants don't expect to be tipped.

OTHER ROAD USERS

Most road users are considerate, but you may find instances of tailgating. Just stay calm. Don't worry too much if other drivers don't appear calm – parping your horn is just a way of letting off steam here, and road rage is almost unheard of.

Groups of cyclists are often encountered in rural areas, and you may have to be extra patient when caught behind them.

If oncoming vehicles flash their lights at you in daylight, they're usually warning you of something ahead – an accident or a police checkpoint.

ROUNDBABOUTS AND LANES

Roundabouts are a source of endless complaints among visitors to Lanzarote. Simply put, they don't use them the way they do almost everywhere else. Here on Lanzarote, the simplest and best advice we can offer is to remain in the outer lane as far as possible. If your lane takes you into an inner lane of the roundabout, take your time and drive defensively.

Getting to Costa Tegui or further north from the airport requires entering the fast, left-hand lane to enter the ring-road. You also need to stay left when passing Tías towards Playa Blanca. Google Map's Street View is a great way to check these (and other) routes in advance.

PARKING

Parking can be difficult in the resorts and towns, especially near the beaches and busy tourist areas. As a result you may find yourself parked some way from where you want to go. If you're fairly close anyway, a taxi may be a better option.





NEWS FLASH

A new Spanish law means that drivers have three years to replace the emergency

triangles in their cars with new emergency lights.

The triangles have been compulsory elements of all cars until now, but the Traffic Department now recommends a flashing magnetic light that the driver can position on the roof of the vehicle without climbing out. This reduces the vulnerability of breakdown victims who have to walk 50 metres in both directions to place the reflective triangles. The law will come into full effect in 2024.

However, the law requiring you to carry triangles remains, so don't chuck them out just yet.



REGISTRATION NEWS

Ever wondered why there are no vowels on Spanish number plates?

The answer is numbers are generated automatically, and the use of vowels would increase the risk of obscene combinations, such as PIS; or personal names such as ANA. (there is no market in custom plates in Spain, as they are not interchangeable between vehicles).

You also won't find the Spanish letters Q and Ñ, which may be confused with O and N, or the double-letter combinations CH and LL, which are considered as letters in Spain.

AVERAGE USE TAX

Spain plans to replace registration tax on cars with an "average use" tax that takes into account the mileage, size and consumption of the car.

As a result, cars that travel less, and produce fewer emissions will be taxed at a lower rate than more polluting vehicles. The plan



is part of new long-term initiative to reduce emissions in Spain, and will also include increase on petrol and diesel duty.



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Need to Know



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That's because the UK is no longer a member of the European Union. Before the end of the transition period on Jan 1st this year, British residents were entitled to the same rights as all members of EU states, and those rights included the right to residents' discount – a result of EU anti-discrimination directives.

Citizens of "third countries", however, are not protected by those rights. Instead, they only qualify when they have acquired permanent residence, after five years. This has always been the case for thousands of Latin American, African and Asian third country nationals on the island, and now it applies to Britons, too.

Recently, we've heard of several cases of British residents who have been here for less than five years managing to get a discount, but this seems to be because the system isn't always being applied correctly yet. You may get lucky, but you certainly shouldn't count on it.

For permanent residents, all that is necessary is to declare yourself as a resident when booking a ticket. You may be already registered on the system if you have used the discount before, but if not you'll have to get a travel certificate from your local Ayuntamiento. Some Ayuntamientos, such as Arrecife, have made this an easy online process – others may require a trip in person and the payment of a small fee.

Travel discounts apply to flights and ferries between all the Canary Islands and to and from mainland Spain. When travelling, take your TIE card/green residence document, passport and travel certificate, if required.

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You teach bouldering to beginners, how long have you been climbing/ bouldering?

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won't be able to climb for as long.

What sort of equipment do you use for outdoor bouldering?

There's isn't much really. You'll need good climbing shoes, a bag of chalk for grip, climbing brush to clean the rock, a crash mat to fall on and, importantly, a friend for recommendations and spotting (to ensure the pad is beneath you at all times).

Is bouldering harder outdoors?

It's safer and easier to train at an indoor centre. I like a challenge, though. Outdoor climbing comes with extra challenges such as humidity, heat, light hitting the rocks, and the quality of rock can vary. It's very important to ensure a safe landing in case of a fall.

What makes a good climb, do you look for any specific things?

You get an eye for it eventually. A good climb for me has to be challenging (like nature's puzzle), it needs to scare me a bit and a great view helps too. Lastly, it needs to have lines pleasing to the eye! Us climbers have a strange obsession with rock shapes and textures.

Artificial indoor boulders are normally equally difficult from start to finish and there's a level of expectation when climbing them. Nature doesn't care, about that, though. It can be easy to start with and near-impossible towards the top. It's not great for the skin on your fingers either! They tend to wear quicker and you

How many new climbing spots have you found?

So far, I have found six good spots. The most challenging was my year-long project in Playa de las Malvas, it was the hardest boulder I have ever climbed; I lost a lot of skin on it!



You can find Kirill's climbing spots on his Youtube channel by searching "Lanzarote Bouldering". Or via his Instagram @lightburnphoto.

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



Tide Times July 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	L: 01:04	0.8	17	L: 01:09	0.7
	H: 07:14	2.0		H: 07:22	2.2
	L: 13:15	1.0		L: 13:30	0.9
	H: 19:31	2.2		H: 19:45	2.3
2	L: 02:04	0.9	18	L: 02:14	0.8
	H: 08:16	1.9		H: 08:29	2.2
	L: 14:19	1.1		L: 14:41	0.9
	H: 20:34	2.1		H: 20:57	2.3
3	L: 03:05	0.9	19	L: 03:23	0.8
	H: 09:20	1.9		H: 09:41	2.2
	L: 15:26	1.1		L: 15:57	0.8
	H: 21:38	2.0		H: 22:11	2.3
4	L: 04:03	0.9	20	L: 04:32	0.7
	H: 10:19	2.0		H: 10:49	2.4
	L: 16:29	1.0		L: 17:08	0.7
	H: 22:37	2.1		H: 23:19	2.4
5	L: 04:56	0.9	21	L: 05:34	0.6
	H: 11:10	2.1		H: 11:50	2.5
	L: 17:23	0.9		L: 18:10	0.5
	H: 23:30	2.1			
6	L: 05:43	0.8	22	H: 00:20	2.5
	H: 11:56	2.2		L: 06:30	0.5
	L: 18:11	0.8		H: 12:44	2.7
				L: 19:05	0.4
7	H: 00:16	2.2	23	H: 01:14	2.5
	L: 06:24	0.8		L: 07:20	0.4
	H: 12:36	2.3		H: 13:33	2.8
	L: 18:53	0.7		L: 19:55	0.3
8	H: 00:57	2.2	24	H: 02:03	2.6
	L: 07:03	0.7		L: 08:07	0.4
	H: 13:14	2.4		H: 14:19	2.9
	L: 19:32	0.6		L: 20:41	0.2
9	H: 01:36	2.3	25	H: 02:48	2.6
	L: 07:40	0.6		L: 08:51	0.4
	H: 13:51	2.5		H: 15:03	2.9
	L: 20:09	0.5		L: 21:25	0.2
10	H: 02:13	2.4	26	H: 03:31	2.6
	L: 08:16	0.6		L: 09:33	0.4
	H: 14:27	2.6		H: 15:45	2.9
	L: 20:46	0.5		L: 22:07	0.3
11	H: 02:50	2.4	27	H: 04:12	2.5
	L: 08:52	0.6		L: 10:14	0.5
	H: 15:03	2.6		H: 16:26	2.8
	L: 21:23	0.5		L: 22:48	0.4
12	H: 03:27	2.4	28	H: 04:53	2.4
	L: 09:29	0.6		L: 10:54	0.6
	H: 15:40	2.6		H: 17:07	2.6
	L: 22:01	0.5		L: 23:30	0.6
13	H: 04:05	2.4	29	H: 05:34	2.3
	L: 10:07	0.6		L: 11:37	0.8
	H: 16:19	2.6		H: 17:50	2.4
	L: 22:41	0.5			
14	H: 04:46	2.3	30	L: 00:13	0.8
	L: 10:48	0.6		H: 06:19	2.1
	H: 17:01	2.6		L: 12:22	0.9
	L: 23:24	0.6		H: 18:36	2.2
15	H: 05:31	2.3	31	L: 01:00	0.9
	L: 11:34	0.7		H: 07:09	2.0
	H: 17:48	2.5		L: 13:16	1.1
				H: 19:30	2.1
16	L: 00:13	0.6			
	H: 06:22	2.2			
	L: 12:27	0.8			
	H: 18:42	2.4			

H=High Tide L=Low Tide



July 2021

Weather Watch

Summer glory

In July the nights are now starting to draw in as we head towards winter. But you won't notice any of that in one of Lanzarote's most gloriously hot and sunny months.

July in Lanzarote is unstoppable – day after day of gorgeous mornings, scorching hot afternoons and balmy evenings. But unlike the intolerable heat that mainland Spain experiences, it's all made bearable by the alisio – a prevailing northern breeze that keeps the weather fresh and dry.

Rain is virtually unknown in July, while temperatures generally remain in the 20s, often soaring over the 30 degree mark.

But you need to know how to handle this sunshine, and you should take special care during the hottest hours, which are generally from midday to 4 pm. At this time, shade is hard to find and sun protection is a must.

The sea is still warming up, and is now perfect for all sorts of watery activities. But whatever you do, get out and make the most of this amazing weather.

What to Expect in July



Day Time Temps

25°C (Ranges from 21°C to 28°C)



Night Time Temps

Average 19°C (ranges from 17°C to 22°C)



Sunshine Hours

12 hours



Sea Temp

22°C



Rain

0.



Wind

NE alisios (10-20 kph)

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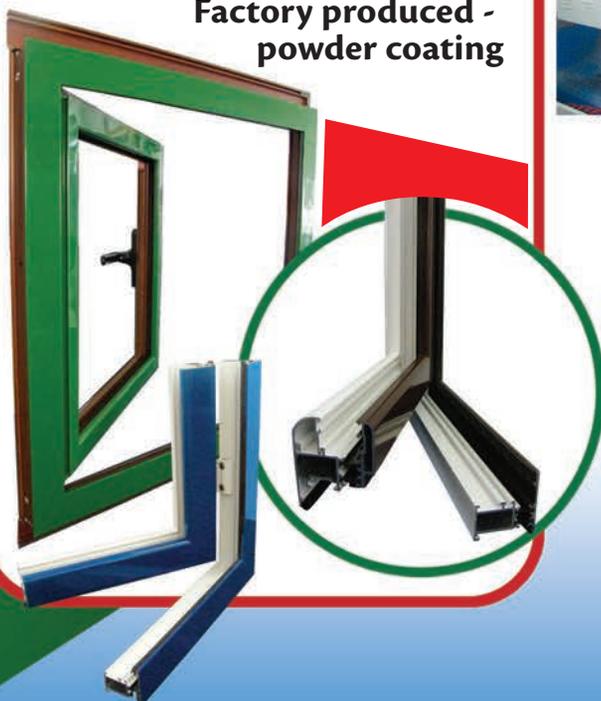


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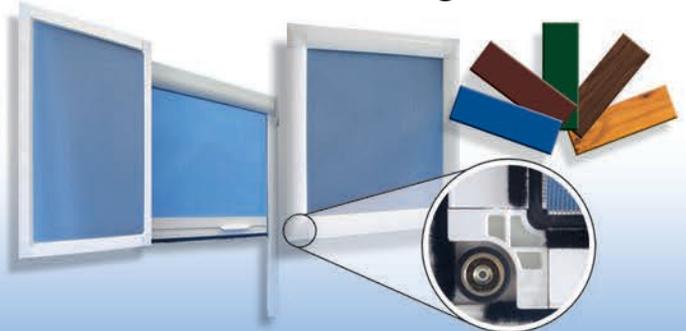
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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

(21 MAR - 19 APR)

When a train's heading straight for you, Aries, there's no point in trying to stare it down. Get out of a risky situation as fast as you can. You may end up off track for a while, but you'll have avoided the worst. Then get your team together and start afresh.

Taurus

(20 APRIL - 20 MAY)

Some lies are worth living because the truth is too tough to face, Taurus - at least for the time being. Don't be too critical of a friend who you feel is living in cloud-cuckoo land, and offer warmth and support instead of a cruel bucket of cold water.



Gemini

(21 MAY TO 20 JUNE)

That Gemini charm is turned up to 11 this month, and as always, you're not fully aware of the enchanting effect you're having. Don't analyse it - just let it flow and enjoy the exciting results and offers that start to come rolling in.

Leo

(21 JULY TO 22 AUG)

Vanity and pride are sins, Leo - you've already learned that the hard way - but now, more than ever, it's a time to stay modest. Once you stop blowing your own trumpet you'll be surprised at how sweet the music other people are making is to your ears.



Virgo

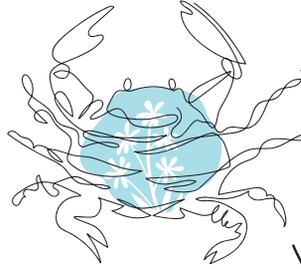
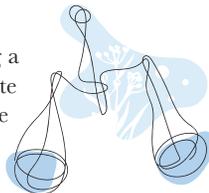
(23 AUG TO 22 SEPT)

Even if you don't drive, make mirror - signal - manoeuvre your motto for this month, Virgo. Check that the way is clear, let other people know your plans - then go for it. Forget secrecy and haste to count on the support and cooperation of those that matter.

Libra

(23 SEPT TO 22 OCT)

This is a month when you'll find yourself laughing a lot, Libra, and you'll also find others who appreciate your delightfully subtle sense of humour. It could be a challenging month work-wise, but your social life will more than make up for that.



Cancer

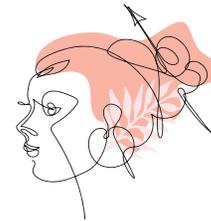
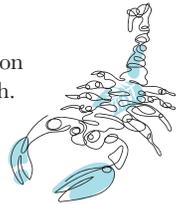
(21 JUNE TO 22 JULY)

You've learned a lot about yourself during the last few months, Cancer, and while some of it may not have been exactly welcome knowledge, it will all help you to prepare for a great future. Keep your eyes and your mind open and take that step forward.

Scorpio

(23 OCT TO 21 NOV)

They don't get it, do they, Scorpio? That reputation for intensity you've got is because you care so much. Luckily, someone else will understand exactly where you're coming from, share the burden and allow you to lighten up a little.



Sagittarius

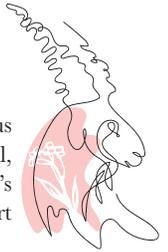
(22 NOV TO 21 DEC)

Family matters have been close to your heart recently, Sagittarius, but now you really feel the need to see loved ones in the flesh. Start working towards that goal now. It may take time, but you will absolutely not regret it.

Capricorn

(22 DEC TO 19 JAN)

You need to recharge your soul, Capricorn, and gorgeous landscapes will help you do that. Take a hike up a hill, jump into the sea or drive to a favourite spot. Make sure it's somewhere you know and love, and let that energy bar start to fill up again.



Aquarius

(20 JAN - 18 FEB)

Just because you're perfect doesn't mean the rest of the world is, Aquarius. Try and be a little more forgiving of people who find themselves struggling in new and challenging situations. Blowing your top won't help anyone, but a helping hand might.

Pisces

(19 FEB - 20 MAR)

You'll fall on your feet as setbacks turn into opportunities this month, Pisces. Don't get too over-confident, but remember that there are times when it pays to push your luck, and this may just be one of them.



Instagram

of the month



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@benlfor



@heimat2go



@acoidangdez._



@mingoduarteolivero



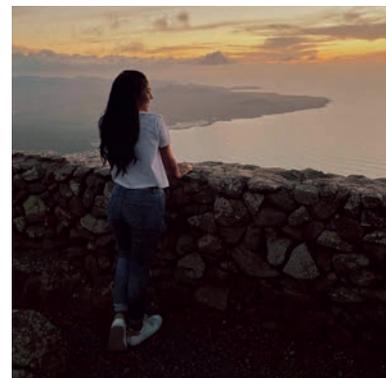
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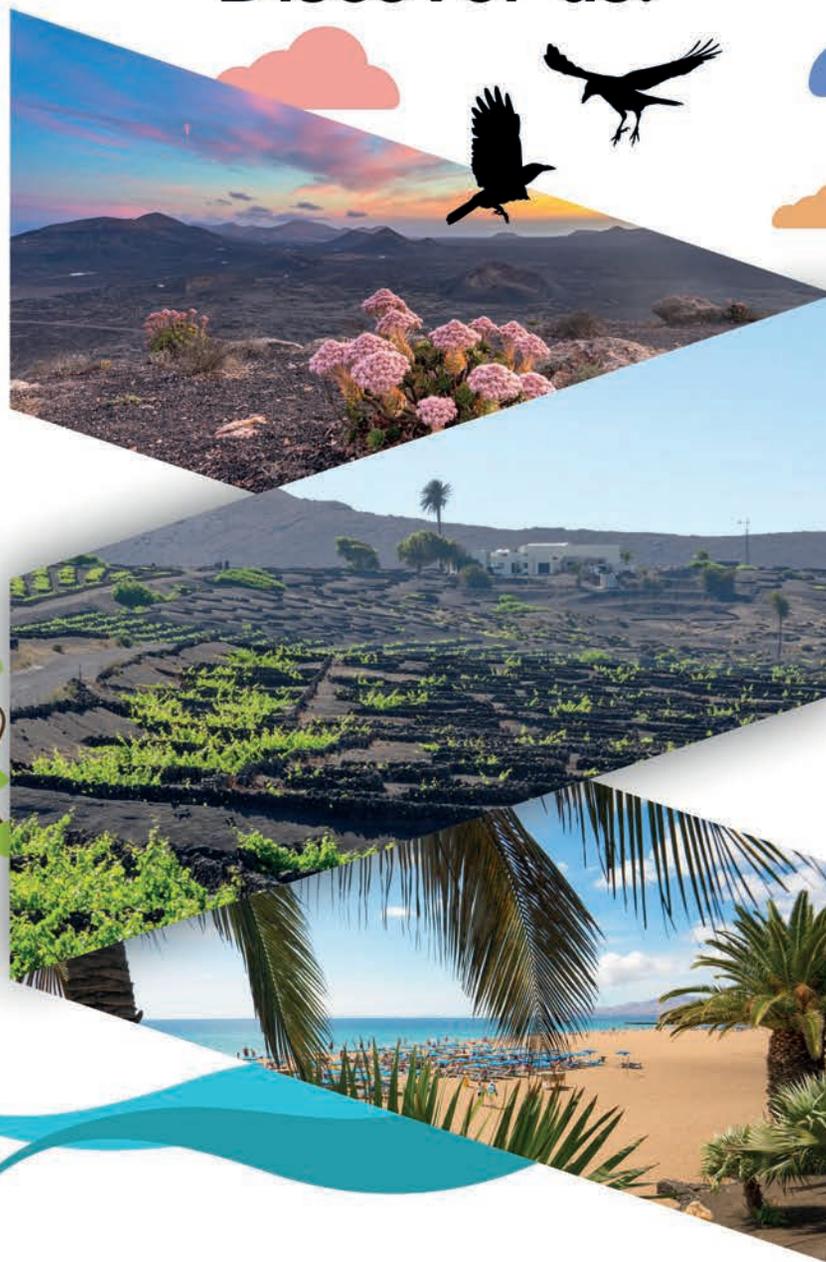


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