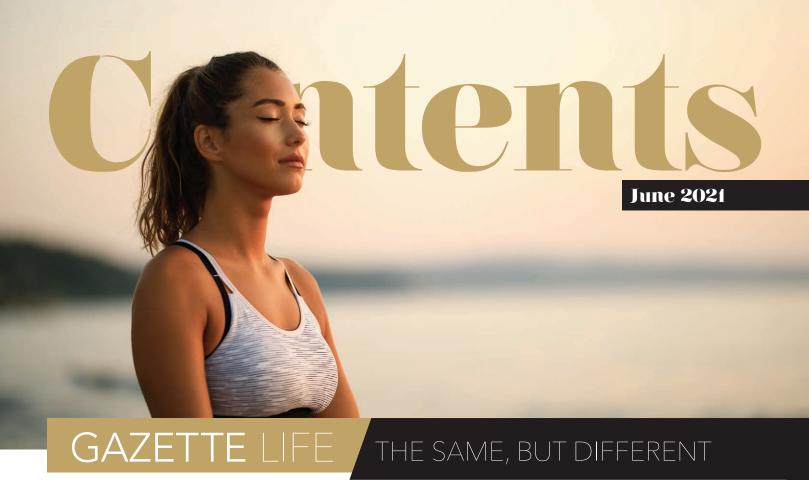




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#### Ed's Letter

A few years ago I visited a friend in Arrecife hospital and got talking to an English woman in the next bed who'd suffered a nasty fall. She couldn't have been more grateful for the care she was receiving, but had one complaint: "They've never offered me a cup of tea."

I once electrocuted myself and fell seven feet off a ladder, but was right as rain after a cuppa, so I understood immediately, and before my next visit I prepared her a flask of tea. Sadly, she'd been discharged earlier that day, and my Good Samaritan act went unappreciated, but at least I had a nice cup of tea to console myself with.

I've had a few close encounters with the Canarian Health Service myself recently, and although there was no tea on offer, I can't praise the level of care and attention enough. That care has been much in evidence recently as many of us have headed into health centres for Covid vaccines, where health workers deal with the worries and concerns of thousands of people with patience and good humour.

One of the few good things to come out of this pandemic is that many of us who are lucky enough to live here have gained a deeper understanding of how the island works. There's a tendency, especially among new arrivals, to compare everything unfavourably to the way things are done back home.

Complaining is fine – it can get results, and no one enjoys complaining more than the locals- but it helps if it's constructive, and is done with the understanding of the differences that exist.

Because even if there are differences, and you can't get a decent cup of tea for love nor money when you really need one, it's also clear that we're much the same in the ways that really matter and care, attention and the human touch are universally appreciated.

Summer's coming, and with it new hopes for an island that's been running on empty for far too long. Let's get on with it together.

Enjoy the mag,

Shaun

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## Lanzarote holds its breath

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**Lourdes's Shop** 

Not just any corner shop...

#### **SUMMER HOPES AND FEARS**



LANZAROTE AND THE CANARIES ARE HOLDING THEIR BREATH FOR JUNE TO FINALLY BRING BETTER NEWS FOR THE ISLAND'S TOURIST SECTOR, BUT THE RETURN OF THE MOST IMPORTANT MARKET – FROM THE UK – IS STILL VERY MUCH TOUCH-AND-GO.

In mid-May, Germany, Denmark and The Netherlands all removed the Canary Islands from their "high risk" list of destinations, meaning that tourists from these countries will no longer have to go into quarantine on their return.

Despite Lanzarote's poor figures in May, which were caused by a single massive Covid outbreak, the Canaries as a whole continues to improve its performance, and it is likely that most countries will treat the islands as a single entity for the purposes of travel advice.

Nevertheless, the UK lumped the Canaries (and regions that are performing far better, such as the Valencia Community and the Balearics) in with Spain when announcing its Green List of destinations last month, despite Transport Minister Grant Shapps's assurance that the "island approach" would be continued.

British caution, especially in face of the new threat of the Indian variant of the virus, has also urged Prime Minister Boris Johnson to warn that the UK's Green List may "remain tiny". While Spain remains classified as amber, British tourists will have to provide a negative test on return, and go into quarantine for 10 days, taking two further tests in that time. These requirements make holidays virtually unthinkable for most people.

Spain has offered assistance, with Tourist Minister Reyes Maroto stating that British tourists may arrive without a PCR test, given the low infection rates and excellent vaccination progress in the UK, but the ball remains very much in Britain's court if the Canaries, and Spain, are to salvage their summer season.

This month, the EU is also likely to have its Digital Green Certificate prepared, a useful tool for international travel but one that, so far, has not changed any of the existing regulations and restrictions. Things are likely to move rapidly as the summer progresses, though, so keep an eye on our website www.gazettelife.com for relevant updates.







### **LOCAL NEWS**

#### SEVEN BLUE FLAG BEACHES

Costa Teguise's El Jablillo beach has lost its Blue Flag in this year's round of the prestigious awards. Blue Flag beaches must fulfil strict requirements of water purity, disabled access, lifesaving facilities and public conveniences, which Jablillo passed last year but failed to repeat this year.

Lanzarote retained seven Blue Flags. They are: Playa del Reducto in Arrecife; Las Cucharas in Costa Teguise; Playa Chica, Playa Grande, Playa de los Pocillos and Matagorda in Puerto del Carmen; and Playa Blanca's Town Beach. Puerto Calero also received a Blue Flag for sporting marinas.



#### **SALT CENTRE**

Yaiza has granted a licence for the construction of the Casa de la Sal (House of Salt), a visitor's centre at the Salinas de Janubio.

The project, by promoter Carlos Padrón, will have three semi-underground modules: exhibition centre, welcoming zone & shop, and a restaurant. Construction is likely to commence at the end of summer.



#### **BLOW, WIND, BLOW**

Strong winds blasted Lanzarote in mid-May. The winds reached a speed of 93 kph and left a trail of damage ranging from fallen road signs and tree branches to damaged roofs.

The wind also had a deterrent effect on islanders who headed out for the first weekend without a curfew in several months. The Charco de San Gines, which usually sees big crowds, was quieter than usual, and a heavy police presence also kept an eye on proceedings.

#### **VOTES FOR LIFE**

The British government's Queen's Speech in early May confirmed that British nationals abroad would be given the right to vote in local and general elections in the UK for the rest of their lives.

Currently, UK nationals overseas have automatically lost the right to vote in UK elections after spending 15 years abroad, a rule which affects an estimated three million people.

David Cameron first pledged to end the 15-year rule in the 2015 Conservative election manifesto, but the measure was never acted upon, denying hundreds of thousands of long-term British residents living in EU countries the right to vote in the 2016 EU referendum. Theresa May repeated the pledge in 2017 and also failed to honour it.

The news was welcomed by 99-year-old Harry Shindler, a WWII veteran resident in Italy who has campaigned to end the 15-year rule for several years. Shindler, who will turn 100 in July, said he had received a letter from Boris Johnson saying "to take away your voting rights was a bit much."

Expat votes are likely to be permitted in the last UK constituency in which citizens were registered.



#### LANZAROTE COVID SAFE

Lanzarote has launched an innovative new project aimed at making the island "the first safe tourist destination in the world".



The aim of the project, titled Lanzarote Covid Safe, is to test a model of tourism that guarantees the health of tourists and locals, using Covid protocols that are effective, non-intrusive and simple.

Key to these protocols will be a saliva-based PCR test developed by Kings College London, called PCR-Queen. Rocío Martínez, researcher at the College, said "In highly mobile environments, such as a university or a tourist destination, we have been able to verify that the biosafety and rapid detection aspects of the PCR-Queen test offer maximum reliability. Furthermore, as it is not intrusive, it can be carried out easily and regularly, making it ideal for both tourists and industry personnel".

Blockchain technology will also be used to create permanently updated digital certificates, available on smartphones or online, that reflect the results of tests. This technology will be compatible with the forthcoming European Digital Certificate

#### **VACCINE PROGRESS**

At the time of writing, the Canaries has vaccinated a third of the target population with at least one dose. 286,000 people, to 15.3% of the target population, are fully immunised.

May saw a big push to vaccinate those in the 50-59 year-old age group, while other groups such as essential workers and the over-60s continued to be contacted. President Pedro Sánchez has pledged that the "massive" vaccination of those in the 40-49 year age group will commence in June.

#### **CURFEW APPEAL ABANDONED**

The Canarian Government finally decided not to appeal to Spain's Supreme Court in an attempt to reverse the Canarian Supreme Court's ruling that curfews were no longer legal outside of the State of Alarm. This means that, for the foreseeable future, there are no limitations of citizens leaving their homes at any time of day or night.

#### **MOTORCYCLIST JAILED**

A motorcyclist was sentenced to two years prison last month after being detected speeding at 235 kph on the LZ20 road in San Bartolomé on the 17th March. The motorcyclist, who had exceeded the speed limit by 135 kph, was also banned from driving any vehicles for a period of four years.

#### ZARA CLOSES ITS DOORS IN ARRECIFE

The Zara store on Arrecife's Calle Real has closed, leaving a large gap in the shopping opportunities offered by the capital's main street.



Zara plans to re-open its doors in the new shopping centre that is currently being built on the old site of the Garavillas fish-processing factory, behind the HiperDino and Mercadona in Valterra. However, this is still a few months away from opening, until which the only Zara shop on the island is the one at the Biosfera in Puerto del Carmen.

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#### ISLAND INFO

#### **SONGS FOR SARA**

The online musical festival, Songs for SARA 2021, was held on the 15th of May. With overwhelming local and international support, it raised €6,185 for SARA, the largest animal shelter in Lanzarote, on the day of the event alone. Contributions continue to come in and the Grand Prize Draw on May 22nd will have taken place by the time you read this, with over 80 prizes kindly donated by local businesses. The organisers are hopeful to achieve €7,000 in donations by then. They would like to deeply thank everybody who has donated, watched the festival, shared and supported the cause.



**DAD'S DAY** 

#### WINE WINNERS

Two wines from El Grifo, Lanzarote's oldest bodega, have been awarded Gold Medals at the Berlin Wine Trophy event.

El Grifo's Malvasía Lías 2018 and its unique Moscatel de Ana desert wine received the highest accolades at the prestigious award event, while Bodegas Rubicón also won a Gold Medal for its Amalia Malvasía Seco in the regional contests.



#### **EMERLAN FOOD COLLECTIONS**

Lanzarote emergency service Emerlan is collecting donations of food for hundreds of families and households who have been stripped of income and resources by the Covid pandemic. If you'd like to help, food can be dropped off at the Emerlan warehouse on C/Sitio del Cabrerón in Arrecife, behind the Electron shop. Pick-ups can also be arranged by calling

For more info, call Aduén on 669 813363

June 20th is Father's Day in Britain, so if you confused your old fella with a card on Spanish Father's Day in March, now's the chance to really show your appreciation. Remember that a home-made car mirror decoration saying "World's Best Dad" only works if you're under 10. After that, beer usually does the job.

#### LA GRACIOSA CLEAN-UP

The next Lanzarote Limpia clean-up (see our feature on pg 22) will be at La Graciosa on 12th June - World Ocean Day. You need to sign up at lanzarotelimpi@gmail.com, with ID details and await confirmation, after which Lineas Romero will offer free transport to the eighth island at 8.30 am. A collection of food donations for Emerlan will take place as usual.

For more info, call Aduén on 669 813363





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#### CAT AND DOG OF THE MONTH

Richard is an adorable six-year-old Bardino mix. Anyone who has ever had the pleasure to meet a Bardino knows what a loving and loyal breed they are - and Richard is no exception. He does get on with other dogs but can want all the attention to himself, so would suit being an only dog. He would make a terrific addition to the right family. Find out more about him at http://saraprotectora.org/ficha-5783 or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 13.00 Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.





Mars is a new arrival at SARA. A fourand-a-half-year-old black male cat. He is just the sweetest boy. Calm, gentle and affectionate. Black cats often struggle to get adopted, so it would be amazing to find him a new home to call his own. Make an appointment to come and meet him

Find out more at saraprotectora.org/ficha-7641.

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

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#### **OPENING UP...**

You don't need us to tell how tough the last 15 months have been for the island, so the news that some of Lanzarote's favourite tourist attractions are opening their doors again is fantastic.

The Aqualava Waterpark in Playa Blanca opened on 22nd May, giving those first returning tourists the chance to get wet and wild in safe conditions.

Rancho Texas theme park is also planning to open again in June, bringing one of the premier days out on the island back.



The Ironman Lanzarote race is also still confirmed for July 3rd, a welcome return for the biggest sporting spectacle on the island.

We wish all these vital enterprises the very best of luck, and hope to see more join them soon.

#### What paperwork problems?

We gave all ours to A-Z So we had time to do what we wanted to do!



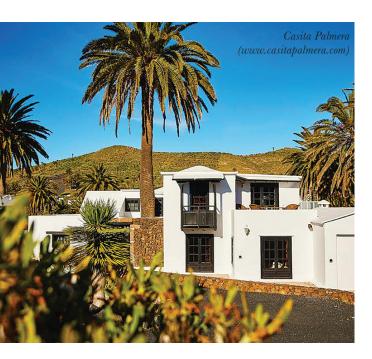
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Marcus Bailey, who rents two properties in the rural Casita Palmera in Haría, says "Travellers need a holiday, and we need business, so I thought it'd only be fair if we helped with the costs of PCR tests for visitors."

Marcus is offering to foot the bill for the test required before return to the UK, which is carried out at Lanzarote Airport for a cost of €70. The offer applies to those who stay for more than 10 days, and that €70 will be paid even if tourists choose to get a test elsewhere.



Marcus's initiative coincides with a statement from Spain's Tourism Minister, Reyes Maroto, who said in early May that Spain is likely to accept British tourists who arrive without a PCR test from the end of last month, owing to the low infection figures and high vaccination rates in the UK.

Maroto also addressed the fact that the UK's restrictions would apply from May 17th. At the time of writing, Spain is on the UK's amber list, meaning that travellers returning to the UK must observe 10 days of quarantine and undergo two tests. Maroto stated that the Spanish state simply did not have

## SHARING THE COST OF TESTING

A Lanzarote rental owner is offering to pay the cost of the tests required to return to the UK, in an attempt to get business moving on an island that is still suffering from international Covid restrictions.



the funds to subsidise these tests for returning UK tourists.

Without national support for such an idea, it is up to rental owners like Marcus, as well as the wider hotel sector, to come to their own agreements about whether visitors should have their tests subsidised. In fact, the idea was already floated by the Spanish Hoteliers Confederation, CEHAT, in July last year following the UK's introduction of quarantine requirements.

Until Spain achieves green list status, the price of testing is likely to remain prohibitive for many potential holiday-makers. "The cost of testing for a family of four is eye-watering," says Marcus, "But if we can all do a little to help out, then we all win."

# Is your UK pension now subject to wealth tax in Spain?

Following Brexit, some UK pension funds may no longer qualify for certain wealth tax exemptions. This means personal pensions and SIPPs may need to be included in your wealth tax calculations in future.

To keep your pension outside of wealth tax, either be prepared to defend your position with the Spanish tax authority or consider transferring to an EU arrangement eligible for the exemption. Talk to your local Blevins Franks advisers for personalised, regulated advice, to make sure you do what is right for you.

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#### INTERVIEW: ENRIQUE ESPINOSA, DIRECTOR OF LANZAROTE'S EMERGENY CONSORTIUM.

#### **EMERGENCY CONTROL**



Enrique Espinosa has been in charge of Lanzarote's Emergency Services Consortium for ten years. Located in the fire station in Arrecife, the consortium is the nerve centre of all emergency responses on Lanzarote. We spoke to Enrique last month.

#### Enrique, which type of emergencies do the fire services attend?

All sorts: fires, ranging from house blazes to wheelie bin fires, vehicle extraction, entering houses and buildings, floods, and several other incidents including rescues of dogs and cats.

#### How fast is the average response time?

With the station here and another in Uga, down in Yaiza, we can reach anywhere on the island within 20 minutes. There are five shifts in operation here and three in Yaiza, so a 24 hour service is guaranteed.

## How do you work with other emergency organisations, such as Emerlan, Cruz Roja and the police?

Everything comes through us, and there's a lot of collaboration. We'll assess a situation and then contact whoever is necessary to get the best response.

## How safe do you think the island is in general?

The last major fire we suffered on Lanzarote was the Gran Hotel, in 1994. The island has grown a lot since then, but we've

expanded too. Where there are more people, there is more risk.

#### What about mountain rescues?

We have a 4x4 vehicle, and we can also count on the helicopter stationed in Fuerteventura if the rescue is in inaccessible areas.

#### What happened with the pateras? Are you involved when a boat carrying migrants is located?

Of course. Most are intercepted at sea and taken to the pier at Arrecife, but some manage to put ashore. In both cases emergency services are on hand to provide first aid and emergency food and accommodation. All arrivals are given a PCR test, too, and quarantined until the results come through.

#### What happens next?

Most are taken to other islands, and I'd say around 90% head for the mainland. Most want to get to France, where they have a shared language and often friends and family.



#### How can the arrival of migrants be stopped?

I think it's about money, and Morocco is hoping for EU funds. They're using the migrants as a form of blackmail in this respect.

#### Has the pandemic had an effect on emergencies on Lanzarote?

Yes, incidents have decreased, simply because

there aren't as many people on the island. Last year we attended 75 fires. That's the first time the number has fallen below 100 for several years.

## What sort of duties have the fire brigade been carrying out during the pandemic?

A lot of it has been a question of updating our practices to comply with new requirements.

We've had to acquire a lot of protective equipment. We've also carried out disinfection of several public spaces.

## Are the island's roads more dangerous than its coasts?

That depends on who you are. Tourists are more likely to get into trouble at sea, while residents, who are often drivers, are more involved in road accidents.

## Lanzarote is a volcanic island. Are we prepared for an eruption?

There are measures in place, certainly, and they are updated every year. I don't think we're the most vulnerable

island at all, but we're prepared for the worst.

#### What are the worst emergencies that have occurred while you've been in your post?

I think the worst was the patera at Caleta de Caballo in November 2019, on which 9 young Moroccan men drowned after they panicked and the boat capsized. That was a grim morning.

Many thanks for your time, Enrique.

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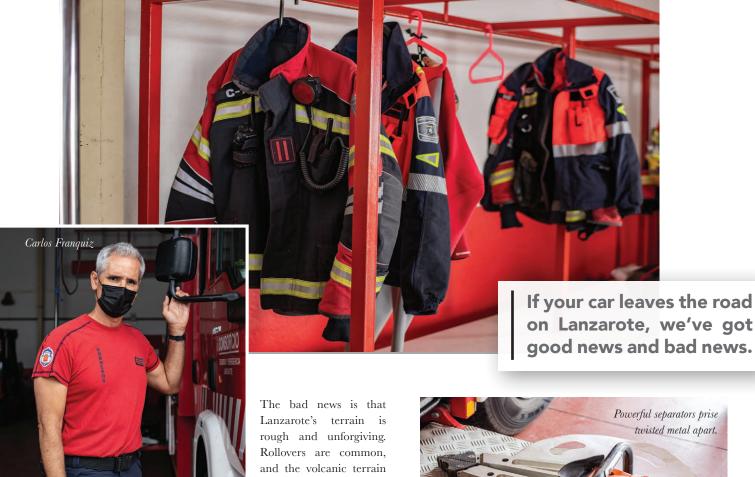
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#### **EXTRACTION EXPERTS**



can do serious damage to a car. The good news is that the firemen who rescue you are the best in Spain.

Carlos Franquiz is a team chief (corporal) at the Arrecife station, and he opens the side panel of a fire engine to show the equipment used in vehicle extraction. Much of it is battery-operated, as Lanzarote's terrain means that power from the fire engine isn't always possible.

The pico de loro (parrot's beak) is a large set of metal cutters that can snip through the upper stanchions of a car like butter. Then there's a separator, that does the opposite. Prising vehicle parts apart. A piston is also used to raise the roof of crushed vehicles. There are also several tools used to stabilise vehicles before work begins.

Carlos explains that the extraction will rely on how the car's occupants are lying and that two plans are in place. Plan A is when there's plenty of time and no urgency, and the firemen can follow all the safety precautions. Plan B is when there's urgency.



I ask him if this is because petrol is slowly dripping from the wreckage and an explosion is imminent, and he laughs. "This only happens in films," he says. "Fuel tanks are built so that this is no longer a risk, although a minor engine fire is possible." In most cases, urgency is dictated by the injuries of the victims.

Lanzarote's firemen are the four-times Spanish champions of vehicle extraction, and were runners-up in a world rescue tournament in South Africa in 2018.



Rhys has been involved with Monster since day one, initially as an advisor to founder Steve Holder-Vale. He says "This station was always going to be a fantastic concept, with Steve's backing and Dick Knowles, who made it all happen and brought Monster into the lives of the locals here in Lanzarote and Fuerteventura, as well as people returning to the UK and Ireland."

Unfortunately, Dick had to step back from Monster and Steve's health deteriorated. Rhys says "On my final visit to him in hospital, Steve's last wish was to keep Monster Radio alive. As he signed the station over to me, we listened to 'Peace in the Valley' by Elvis Presley. It was very emotional as we said our goodbyes, and he passed peacefully the following day, the 28th August 2019."

Then the battle commenced: a new structure was put in place, new presenters joined the team and existing presenter, Mr Steve Wells was appointed Station Manager and has proved invaluable ever since. According to Rhys, "He has embraced the post and taken everything I have thrown at him on the chin! The ongoing support from Steve and all of our presenters has been second to none and Monster would not be what it is today without them and our backroom team. I am so proud of them all."

Monster is firing on all cylinders now, with 34 presenters, all

Monster Radio, on 93.3 FM, has been on air for six years now but there have been many changes in that time. We chatted to station owner Rhys Lloyd, who has been running "the little radio station with the big heart"

> for the last three years.

of whom give their all and try to bring fun, happiness, love and great music into homes and businesses, and fantastic shows hopefully catering to most people's tastes.

Listeners can send in requests and messages, share local

news and enter the many prize quizzes, or just call to say that they are enjoying the shows. The presenters love to hear from them, and you can WhatsApp the studios on (0034) 620 44 87 89.

Monster will continue in its efforts to serve as a community radio station, informing listeners about what is happening around the islands and back home. Rhys says "As restrictions are lifted, we hope to play a part in some big music events in the pipeline, as well as continue with our own outside broadcasts, both in conjunction with our treasured sponsors and advertisers. We're also involved in events to help raise muchneeded funds for the local charities here who do such valuable work during these testing times."

What else is in store? Over to Rhys again: "Our on-line shop will be launched shortly with our very own Monster merchandise. We have also recently launched our bright new website, with a platform to use to tune into our radio station. We also have a local FM radio frequency of 93.3 FM."

"None of this would be possible without our wonderful listeners who make it all worthwhile and our advertisers who keep Monster alive. A massive thank you to you all!"



## Monster

The Little Radio Station with a Big Heart!

Listen to us at: www.monsterradio.es or on the app: Radio.Garden



## -A jewel in Soo



La Tienda de Lourdes (Lourdes's Shop), in Soo, is a jewel of authentic, traditional Lanzarote life; a place where the hard work, care and talent of one woman have created an unforgettable little Lanzarote business.

Soo borders the *Jable* zone of Lanzarote, a desert region where the sand washed up at Famara has been blown ashore and southwards by the northern *alisio* winds for thousands of years. It's a place where a centuries-old farming tradition has arisen, and

the ridges of sand that farmers use can clearly be seen across the road from La Tienda de Lourdes.

Lourdes Curbelo is shy and nervous about meeting us "I'm a very humble person," she says, but her daughter Loli reassures her and she's soon proudly showing us around the shop that's been open for over 70 years – 40 of them under her management, after she took the shop over from her mother-in-law.

Outside the shop, some of the local products can be seen on display, with potatoes, onions, garlic, bananas, tomatoes and fresh and dried basil, camomile and thyme all beautifully presented in locally-made palm baskets.

Inside, there's more - much more: freshly-picked strawberries, leafy celery, a basket of snow-white sea salt, green tomatoes, knobbly carrots and several local wines, as well as a cheese counter with some tempting looking local products.

Hanging above the display tables is an array of handmade palm-woven hats that are typical of the island. They're not cheap, starting at €90, but Lourdes explains: "There's a lot of work goes into making them." It's touches like this, and the vintage *Campeona* scales that are over 70 years old, that show



the care and eye for beauty that marks shops like this apart from others.

Seasonality is important to a shop like this, and Lourdes knows the rhythms of the island's produce backwards. Her favourite time of year is summer, when the watermelons for which her shop is famed come in "after the Día de San Juan".

"Also, the fresh figs," she smiles. At the moment, it's the best time of year for Lanzarote's sweet, delicious onions, which are on prominent display. "Everything I put on show, I sell," says Lourdes.

Lourdes is proud of the huge sacks of local pulses, dried lentils, chickpeas and peas, all sourced from the island itself. "I get most of my products locally, often from the north of the island, and places like

Los Valles, Guatiza and Haría," she tells

#### "WORK, **LOVE AND COUNTRYSIDE**" IS LOURDES' MOTTO.

us. This involves dealing with several traders on a one-to-one basis, but Lourdes says "I work with these people because I enjoy it." Work is key to the business, and forms part of Lourdes' motto "Trabajo, amor y campo" ("Work, love and countryside").

The Tienda de Lourdes is an everyday shop "de toda la vida" for scores of Soo residents, but Lourdes also receives many visits from tourists, when they're on the island, as well as visitors from other Canary Islands who've heard of this perfect place.

Lourdes rises at 7 am and often closes the doors to the shop as late as 10 pm, but

the Covid pandemic has had an effect on custom, depriving the shop of many of those visitors who love it so much. Still, Lourdes says "We've adapted and we've worked hard, and we're surviving, for which we thank God."



Vintage Campeona scale.



Sea salt is a traditional Lanzarote product.



## Volunteering Hope



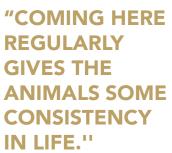
**HELPED SEVERAL OF THE ANIMALS** SARA ANIMAL SHELTER TO FIND SAFE, LOVING NEW HOMES, BUT HE'S JUST ONE OF SEVERAL PEOPLE WHO GIVE THEIR TIME AND ENERGY TO HELP THE ANIMALS. LAST MONTH JUSTIN CHATTED TO A FEW OF THE VOLUNTEERS ABOUT WHY THEY COME TO SARA.

JUSTIN KERSWELL'S PHOTOS HAVE

Linda Bartlett has been walking dogs at SARA for five years and has adopted several from the shelter. She says, "I have learnt so much about dog behaviour from volunteering. It is amazing to see sometimes abused and frightened animals blossom into confident and happy dogs." She adds, "Coming regularly adds much-needed consistency for them and it is so rewarding to see them move on to their new homes." SARA is especially interested in stronger people to help walk the larger dogs, but all are welcome.

Wendy Daley has lived on Lanzarote since 2003 and has been volunteering at SARA for the past five years. "I trained as a home checker for the RSPCA before moving to the island. I love animals and it is so rewarding to see the cats clean and happy." It is a job that needs doing daily. She would love to see more people get involved. "Even a couple of hours a week helping socialise the cats would be wonderful."

Singer/songwriter Lou Hindes has been volunteering at SARA for the past two years. She adopted her dog Quilla from the shelter 18 months ago. She now helps organise donations and sells items for the market from the shed two mornings a week. "SARA is such an important charity on the island", she says. "It is vital that we do as much as we can to help improve the lives and find homes for Lanzarote's cats and dogs in need. That all costs money and I'm proud to help."



Despite a downturn in donations due to the pandemic, daily costs at SARA have to be met. There is already a great volunteer team for the monthly market, but attending helps raise much needed funds. It is currently held at the shelter in Tahiche on the second Saturday of each month (10 am-12 noon). The sorting shed is open to the public (Tuesday, Wednesday, Friday and Saturday 10-12).

For more information on dog walking or volunteering in the cattery (and for adoptions) phone SARA on (+34) 928173417 (English spoken). Justin Kerswell (Instagram @sara\_vol\_photgrapher)

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#### Prize Crossword





#### LANZAROTE DENOMINACIÓN DE ORIGEN

1	2	3	4	5	6	7
8				9		
10			11		12	
12		13	14	15		
16	17		18		19	
20				21	23	
22						

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 awardwinning 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's winner of a bottle of La Geria wine was Glenys Dunning. Splendid work, Glenys!

#### **ACROSS**

- 1. "Rock 'n roll pianist and singer known as "The Killer" (5,3,5)
- 8. Clouds of gas in space (7)
- 9. Pet that's gone wild (5)
- 10. Opening part of a song (5)
- 11. Striker in football (7)
- 12. Retired policeman (2-3)
- 11. Syrian rodent kept as a pet (7)
- 16. Textile made from flax (5)
- 18. Disease also known as lockjaw (7)
- **20.** Extend, give more time (7)
- 21. Image used in text messaging (5)
- 22. Stripes on the road for pedestrians (5,8)

#### **DOWN**

- 1. Actress, dancer and singer of Love Don't Cost A Thing (8,5)
- 2. Mechanical, like an android (7)
- 3. Swiss group who recorded "The Race" and "Oh Yeah" (5)
- **1.** Survivor's Rocky III theme (3,2,3,5)
- **3.** Prisoner who's inside for the rest of their days (5)
- **6.** Authorisation to arrest or search someone (7)
- 7. Thousand Island, Ranch or vinaigrette, for example (5,8)
- **13.** The love of Adrian Mole's life (7)
- **15.** Fingerless gloves (7)
- **17.** New Kids On The Block (1.1.1.1.1)
- **19.** Supermodel Campbell or actress Watts (5)

Last month's answers (apologies for the numbering errors). Across: 1. A silver lining 8. Owner 9. Inkblot 10. Lords 11. Bedtime 13. Nine 14. Two heads 17. Sweets 18. Easy go 21. One basket 23. UFO 24. Every cloud has **Down:** 1. A rolling stone 2. Ignorance 3. Virus 4. Rainbows 5. Irked 6. III 7. Gathers no moss 12. IPA 15. Heart 16. Steady 19. Youth 20. Skol 22. Eye



We haven't printed a What's On page for a long time, for obvious reasons, but the island now appears to be opening up a little, so here are a few things you may not want to miss in June.

#### CONCERTS

There isn't that much music on this month but if you're lucky enough to be on La Graciosa on the 4th, timple maestro David Rodríguez will be performing at the Iglesia de Nuestra Señora del Carmen.

#### **TÉCANELA**

#### 5th June, 8pm

San Bartolomé's theatre. Tickets are €15 for this event.



#### EXHIBITIONS

Many shows will finish at Arrecife's El Álmacen Arts Centre early this month, so catch them while you can. Also worth seeing is the **A La Deriva** exhibition of foreign resident artists at the lovely little Artenmala gallery in Mala. The **Casa Amarilla** in Arrecife will host an exhibition titled Eco Al Planeta in early June, but we have no more information about this.



XXXXX

#### rmation about this.

#### FIESTAS

Summer fiesta season starts in earnest in June. Events are still likely to be affected by Covid restrictions, but here are the dates to explore further. Remember that most events during fiestas take place in the two weeks leading up to the Saint's Day in question.

#### FIESTAS DE SAN ANTONIO

#### 13th June

Tias, Güime and Los Valles

#### FIESTAS DE SAN LUIS GONZAGA

#### 23rd June

Las Breñas

#### FIESTAS DE SAN JUAN BAUTISTA

#### 24th June

Haría, La Santa and Soo.

#### FIESTAS DE SAN PEDRO

#### 29th June

Maguéz and Mácher.

#### **CORPUS CHRISTI CARPETS OF SALT**

On the morning of 27th June

Arrecife's Plaza de San Ginés.

#### SAN JUAN BONFIRES

**Taken place on the night of 23rd June** Haría usually offers the most spectacular display.

#### THE SIMPLY LOVE FESTIVAL

#### Throughout June

A more modern festival will be taking place in Yaiza throughout June. The Simply Love Festival highlights LGBT issues and will culminate on Gay Pride Day, 28th June.

#### **GUIDED WALKS**

If you haven't already tried them, we can highly recommend the guided walks that the Timanfaya National Park organises. They're free, and just require reservation online at https://bit.ly/3eWs2dD

There are two walks guided in English - a spectacular circular route around Montaña Tremesana, and a coastal hike from El Golfo. Both will teach you things you've never known about this fascinating island.

#### **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).

AND FLEA MARKE

**Sunday mornings** bring the Teguise 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.

#### **FLEA MARKETS**

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

The SARA Flea Market will take place at the SARA Animal Shelter in Tahiche on Saturday 12th June from 10 am to 12 midday.



## Schedule

#### **THURSDAY 3rd**

7pm. Concert, by Lanzarote tenor "Pancho Corujo".
 Municipal Theatre.

Tickets: www.fundacionninodiaz.org (€ 15)

#### **FRIDAY 4th**

- 5pm. "Palabra de Duende", Children's show with puppets and stories. Municipal Theatre.

Bookings: www.ecoentradas.com

- 7pm. Performance by the singer Juan Carlos Martínez. Salon Indieras.

Registration: cultura@ayuntamientodetias.es

#### **SATURDAY 5th**

- 7pm. Escape Theatre: "Mystery Cabaret" (humor, drama and mystery).

Municipal Theatre. Tickets: www.ecoentradas.com (€ 15)

#### **SUNDAY 6th**

- 7pm. "Lights, Stage, Talent: Art" musical performance by different artists from Lanzarote.

Municipal Theatre. Reservations: www.ecoentradas.com

#### **TUESDAY 8th**

- 5.30pm. Presentation of the book "Taro" by Isabel Cabrera. Salon Indieras.

Reservations: cultura@ayuntamientodetias.es

- 8pm. "It's All About Laughter". End-of-year show by teenage students from the Centre for Performing Arts Lanzarote. Municipal Theatre.

Reservations: cultura@ayuntamientodetias.es

#### **WEDNESDAY 9th**

- 4.30pm. Children's workshops (crafts, games, etc.). Club Magec Tías Headquarters. Organized by the Maramar Association. Reservations: asociacionmaramar@hotmail.com - 8pm. "Lorca's Dream": End-of-year show by adult students of the Lanzarote Performing Arts Centre. Municipal Theatre.

Reservations: cultura@ayuntamientodetias.es

#### **THURSDAY 10th**

- 8pm. "Casting", a production by Alicia Carreras & Dany de Armas (Theatre-Musical).

Municipal Theatre. Bookings: www.ecoentradas.com

#### **FRIDAY 11th**

- 5pm. Storytelling. Ermita de San Antonio, Tías. Registration: fiestas@ayuntamientodetias.es
- 8pm. Concert "Living is Today", by Almudena Hernández and Ciro Corujo.

Municipal Theatre. Bookings:www.ecoentradas.com

#### **SATURDAY 12th**

- 11am. Simultaneous chess.

Ermita de San Antonio Tías.

Registration: fiestas@ayuntamientodetias.es

- 7pm. "Taro", show with narrator Isabel Cabrera.

Municipal Theatre. Reservations: www.ecoentradas.com

#### **SUNDAY 13**

- 12.30pm. Religious function in honor of Saint Anthony. Church of San Antonio, Tías.
- 8pm. Theatre, by Comi-k Teatro. "Ñaque; or headlice and actors".

Municipal Theatre. Bookings: www.ecoentradas.com

Organised by: Fiesta Committee, San Antonio 2021

#### Sponsored by:









## Clean sweep





LANZAROTE LIMPIA IS AN ORGANISATION THAT HAS BEEN DOING WONDERS RAISING AWARENESS OF LANZAROTE'S MAGNIFICENT NATURAL LANDSCAPES AND HOW HUMAN NEGLIGENCE IS DAMAGING THEM. LAST MONTH, THEY ORGANISED A CLEAN-UP AROUND THE PECHIGUERA LIGHTHOUSE IN PLAYA BLANCA, AND WE WENT ALONG TO JOIN THEM.

"I spent years teaching in England," says Aduén, and he's delighted that we've turned up to cover the clean-up campaign. "Take loads of photos," he tells all the participants. "The point isn't cleaning up — it'll be back to the way it was soon — the point is to show people what we're doing and raise awareness."

#### **ADUÉN**

Built like a wrestler, with deeply-tanned skin and broad smile, Aduén Morales is walking barefoot around the rocky terrain around the lighthouse at Pechiguera. Welcoming new arrivals and organising the day's activity. He looks like a typical Canarian muchacho, because that's what he is, so it comes as a surprise when he suddenly starts talking in perfect, regional-accented English.

#### **CAROL**

Carol, from Haría is a regular on these clean ups. "The world is in a terrible state, " she says "And we can see it here on Lanzarote, with all the debris that is washed up on the north coast, especially fishing waste." and especially, cigarette ends. We need to class smoking as a littering activity."

Carol believes cleaning up Lanzarote is "a sisyphean task" but that the social aspect of the clean-ups is important. "It's a nice way to start your Sunday," she smiles.

#### **TOBI**

Tobi Heeb, from Switzerland, is a founder member of C-O-U-P (Clean Ocean Upcycling Productions) and has been involved in clean-ups on the island for several years. He says that the idea of these outings is not cleaning up, but instead, raising awareness and reminding people not to throw things away in the first place. "We need to realise that what we're throwing away are resources," he says.

"We are the only animals that have something called trash," says Tobi "And we can see on these days, that we are literally, tossers."

Tobi says that one of the main problems on the island is the deposits of crude oil that are washed up, especially on the north coast. "It's black. So it's camouflaged and we don't see it, but there's a lot of it there."

On the subject of plastic, Tobi expresses a controversial opinion: "I started out hating plastic but now I think it's amazing! It's a precious material that we can recycle" he says.

#### **ALINA**

Alina Kunz has come over from Fuerteventura with a bunch of fellow members of Limpiaventura, a parallel clean-up organization from Lanzarote's neighbouring island. This bunch get 60-70 out regularly, cleaning up areas from Corralejo in the north to the wild beaches of Cofete and Jandía in the south.

Alina's been doing clean-ups for seven years and has tried to get out every Sunday for the last six years. The lockdown and Covid restrictions have caused a lot of cancellations in the past year, but now things are pretty much back to normal.





#### **ON PATROL**

Also present at the clean-up are members of Yaiza's emergency services, whose presence is always required at mass events such as this, especially when people are venturing out in rough terrain or over rocky shores.

We grab a couple of sacks and litter picker-uppers, put our gloves on and head down the coast to save the planet.

Although the rocky shore is beautiful, with squealing gulls and scores of swift-moving crabs on the boulders, it's not where most of the rubbish is. This part of the coast is constantly swept by strong currents and it seems that very little of the flotsam that is found further north is washed up here.

Tellingly, most of the litter we find comes close to areas where human beings are likely to walk. By the edges of pathways there's a constant supply of broken glass, semi-decomposed plastic bags and cigarette ends. Actively looking for it, you suddenly realise how we fail to notice this sort of thing almost all the time in our daily lives.

Also, it's clear that rubbish is not just large objects, such as bottles, cans or plastic bags. One of the cleaners is sitting, carefully examining a small area of ground for tiny pieces of waste, and has already found an impressive amount. Another cleaner tells us that she found hundreds of cigarette ends by simply digging a hole on a beach.

This sort of realisation is exactly what the project is about: reminding us that our waste is all around us, on large and small scale, and that collecting it all is an utterly impossible task. Instead, we need to stop creating it in the first place, and learn to use the waste we do produce in a more eco-conscious way.

Lanzarte Limpia can be found on Facebook, and clean-up campaigns take place most weeks.

#### **DAVID'S DETOURS**



#### **WALK INFO**

**Distance:** 5-6 kms

**Time:** Approx 2.5 hours

Terrain: A little rough in places, but nonchallenging. Linear walk.

#### **Public transport:**

The closest stop is in the village of Guatiza. 3 kms

#### Tour guide David Penney leads us on the perfect short walk for a breezy, sunny day on Lanzarote's rugged east coast.

To get to Los Agujeros, you need to follow Calle Vicente Guerra from Guatiza towards Los Cocoteros. Instead of taking the left turn to Los Cocoteros (Calle La Canela), carry on along the dirt track and take the next left down to Los Agujeros.

We park our cars in the car-park area here and six friends of four different nationalities, accompanied by César the dog, set off south along the coastal track to a place of interest known by the locals as "The Dragons Nostrils". Here you will find a pair of blow holes which have been created by nature. These are best seen between low tide and high tide as when the waves come in the water shoots up through the "nostrils" and makes a roaring sound.

We now double back to the car park area and explore the picturesque little black sand beach (only accessible around low tide) and the sheltered bay which the locals frequent, especially on summer weekends.

We continue our walk northwards towards the wee village of Los Cocoteros, sticking to the coastal track. Very soon after we leave the car parking area we arrive at Las Salinas, the salt flats, where we stop off and I explain the basic system of how they produce the crystallised rock salt.





When I first visited these salt flats over 11 years ago they were being operated by a local family and there was a huge mountain of rock salt that was often mistaken for a drift of snow.

The molinos (windmills) used to pump the water up from the ocean and it was then distributed over the salt flats, the sea water would gradually evaporate and begin to form a crust on the surface, then the workers would use a squeegee to scrape the surface and make the tiny mounds of salt along the sides.

Unfortunately, this is not operating commercially now due to market trends changing and people choosing to buy refined salt from the supermarkets (which



around, called Buen Retiro, which is an ideal place to escape from the rat race and get in tune with a hidden retreat on the edge of the ocean.

Here it is important to stick to the authorised path which takes you to the left of the property, the correct path is well indicated and is a public right of way (camino publico).

in my opinion isn't as good for you as I prefer to cook with the natural stuff). Nowadays, an old guy uses a pump to bring the water on to the salt pans, and if you speak to him nicely he will "unofficially" sell you a bag of fresh rock salt for a couple of euros from his old shack.

Just as you leave las Salinas you can witness some amazing displays as the ocean collides with the solidified lava, and you will see huge splashes of water which sometimes come up on to the path.

Next we head towards the village and we keep over by the sea wall which was built and reinforced about 10 years ago. Here you will often see locals cooling down in the man-made lagoon area as the sea water comes over the top of the sea wall at high tide to replenish the lagoon.

Keeping the ocean on our right we walk along Calle El Clavo and pick up the dirt track again heading north.

After a fairly short walk we arrive at the only property

Within a few minutes of walking on the rough track you come across a spectacular and naturally created area called Cueva del Agua. In the summer I have seen some of the local kids diving down into the ocean and if you look you will see the ropes which have been put in place to allow them to pull themselves back out again. Although I am known as a bit of an adventurous dare devil, I have never attempted this adrenalin-boosting activity, as I can imagine you can easily be smashed against the rocks like a rag doll.

We spent a long time here as we were all mesmerised by sheer power of Mother Nature. We took many photos and several video recordings on slow motion and laughed soooooo many times when one of us got soaked from the spray, which created a beautiful rainbow each time.

We were all in our own little bubble, but after an enjoyable time spent being away from the stuff which is going on in the rest of the world, we decided to make our way back to the cars.

A couple of us drove on to the next village of Mala to enjoy a nice cold drink and to be entertained by some live music.

Photo's supplied courtesy of Liga Caica and Michelle Friend

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



## **Europe Day**

## Senior students of the Hispano Británico learn about The values of the European Community

Europe is surrounded on all sides by countries that have dictatorships, are crumbling or are even at war. In Europe we have total security, children do not have to worry that the men in their family might die in a conflict.

Seventy three years ago, the countries of Europe had just finished 2000 years of almost continuous conflict with a bumper world war killing 50 million people, when Jean Monet gave Robert Schumann a simple idea for lasting peace.

Schumann created a free trade zone of coal and steel between France and Germany, so that one country could not produce weapons without the other knowing about it.

The Union started with just six countries in 1957 and today, 27 countries comprise the world's strongest power and the Euro has become the world's strongest currency. With 450 million people, Europe has only 6% of the world's population, but has a third of its wealth. It is a symbol of immense force in the world, even though it has no army.

Apart from peace, tranquillity and absolute freedom, Europe has brought more than a dozen fundamental values to its citizens.

The value that was highlighted in the school this year was that there should be:

#### NO DISCRIMINATION

No discrimination between nationalities or creeds, between men and women, or between boys and girls. The school has 19 different nationalities of students and all are treated with absolute equality.

The fight against gender discrimination is perhaps the world's greatest remaining challenge and the Hispano Británico makes every effort to promote gender equality.



Ursula von de Leyen. President of the European Comission.

The students were told that within Europe, a young lady could obtain a degree in Economics, go on to become a Doctor of Medicine, get married and have six children and then become President of the European Union. Ursula von de Leyen has become a magnificent example of European values and is now the most powerful lady in the world. A fine example for all the girls at the school.



Senior students under Covid regulations at the Hispano Británico learn about the values of Europe.

## So many girls from this school have gone on to become world-renown professionals in their own area.

- 2007 Diane Heyder-Bruckner, the youngest Doctor of Veterinary Science in the UK.
- 2010 Faye Hill, the youngest Doctor of Medicine ever to graduate in Great Britain.
- 2011 Deepti Aswani, Doctor of Medicine from Cambridge joins the Oxford Medical School.
- 2014 Lisa Timm, graduate in Chemistry at Baliol College, Oxford.
- 2015 Arantxa González and Rebecca Clancy, both with the maximum GCSE passes in the world receive commendation from The Queen.
- 2016 LisaTilokani studying for a Doctorate in Caius College, Cambridge in mitochondrial research.
- 2016 Radhika Barchha, with highest marks in Spain for both Biology and Chemistry Advanced Level, was awarded a scholarship to Manchester University to read Chemistry.
- 2017 Alana Echenique and Elena Gil, both with the maximum number of GCSE passes in the world study sciences at Advanced Level.
- 2017 Jodie Burns and Elena Hoi extract DNA during a summer project in the school laboratories.
- 2017 Arantxa González offered places at several universities throughout Spain to read Medicine.
- 2017 Rebecca Clancy obtains five A\* grades at Advanced Level at 16 years of age and was the youngest student reading Chemical Engineering at Imperial College London.
- 2018 Yaiza Andrés studying for a Doctorate in Robinson College, Cambridge in mitochondrial biology.
- 2018 Lily Von Treuenfels obtains five grades A\*-B at Advanced Level and reads Business Management at Kings College London.
- 2018 Natasha Tilokani studying for a Masters Degree at Caius College, Cambridge in Nuclear Physics.
- 2019 Emma Oster obtains five grades A\*-B at Advanced Level with the highest mark in Spain in Spanish Language.
- 2019 Ella Lloyd passes four Advanced Level grades A\* A to read Zoology at Southampton university.
- 2020 Daniela Sánchez Pla, with 17 IGCSE grades A\*-B (13 at grade A\*) has the most extensive IGCSE results in the world and studies Sciences at Advanced Level.

The Hispano Británico educates youngsters to become individuals, and is dedicated to giving all students the very best opportunities, with many girls becoming outstanding young women at a global level.

## Colegio Hispano Británico

IN PUERTO DEL CARMEN

**RECEPTION - PRIMARY - SECONDARY - A LEVELS** 

The Colegio Hispano Británico was founded in 1976.

It is the only accredited overseas British curriculum school (BSO) on Lanzarote. It is a recognized centre for the University of Cambridge (CAIE),

Pearson examinations and Trinity examinations. It is a UCAS centre for university entrance, an examinations centre for the Open University and the Goethe Institute.

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

In 2020, authorization was obtained to offer BTEC qualifications up to 2<sup>nd</sup> year university level.

The school is quality assured by Ofsted (British DfE number: 141421).

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



## WHY NOT TRY A SPANISH EVENING?



In a regular new series, language coach Janet Harper will be sharing some simple tips to help you get to grips with the Spanish language.

A brilliant way to practice your Spanish is to have a 'Spanish Evening' at home with the family — perhaps you are learning as a couple or your children are in a Spanish speaking school?

Maybe you could gather together a few friends for a relaxed evening of practice? As I always say, "practice makes perfect"!

Get right into the Spanish atmosphere with a good bottle of Spanish Rioja, maybe stream some Gypsy Kings in the background, and make some traditional tapas to share. Trust me, the atmosphere genuinely makes a difference!

**FACEBOOK: SPANISH COACH** 

Janet Harper says: "Not content with learning to speak the language myself or the joy of communicating with my new Spanish friends, I decided I'd like to teach the language too – but not in any boring textbook kind of way – no #glazeface here! I've discovered how practical use of the language in conversational workshops, learning by your mistakes and fun-filled activities boosts confidence and inspires students to do more."



"I want to use modern and varied platforms to share the magic with people and was delighted when I was invited to write regular articles here in the Gazette." Some Spanish phrases that you might like to try during dinner (which is la cena in Spanish) ...

- Would you like more wine? ¿Te gustaría más vino?
- Can you pass the salt? ¿Puedes pasar la sal?
- What's for desert? ¿Que hay de postre?

... to show appreciation to the chef

Delicious! ¡Qué rico!
 It's so tasty! ¡Está riquisimo!
 I love it! ¡Me encanta!

And finally, some Spanish eating customs you might like to include, too:

**Sobremesa** - The name says it all. The word sobremesa literally means "over the table" and refers to the art of conversation after a meal. Instead of taking the last bite and leaving, Spaniards often stay at the table conversing, savouring each other's company, and perhaps sharing a drink. If a good conversation ensues, be prepared to stay for hours!!

Table manners – Dining etiquette for beginning to eat. Don't begin to eat until the host says "Buen provecho!"

Bread – it's usually served without butter so there will not be a butter knife. Bread is placed on the rim of your plate or on the table beside your plate.

So are you ready to give it a try? – Enjoy your Spanish evening!

If you'd like to receive my monthly e-newsletter with learning hints and tips, what's on activities, offers etc – subscribing is free and easy. Go to https://www.thespanishcoach.net/pages/subscribe



Laurel is a Londoner who first came to Lanzarote in 1997 and loved the island so much she bought a home and finally moved over for good, a few years ago. Laurel is an experienced yoga practitioner and teacher, and has set up Lanzarote Yoga Escape, teaching individually designed private 1-to-1 yoga classes and groups.

Laurel says "I tried many different types of yoga before settling with Sivananda. The traditional style immediately appealed to me. I practiced regularly and spent time in an Ashram in Vietnam. I then qualified in an Ashram in Austria a few years later. I love the Sivananda history, inspired by Swami Sivananda who was a Guru and a Doctor blending the medical and spiritual in a way that I could relate to. The traditional nature of Sivananda and the sequence of the asanas were other factors for why I finally chose this style. It all came together for me."

Sivananda yoga is a traditional, holistic style of hatha yoga that was brought to the West in the 1950's by Swami Vishnudevananda, the founder of this spiritual yoga system, it is based on five points. They are:

- **Proper Exercise:** This is the part of yoga most people will recognise - the positions, or asanas, that increase flexibility and improve circulation.
- Proper Breathing: The full yogic breath, using the diaphragm, helps calm your mind.
- Proper Relaxation: Calms the body down and is nature's way of recharging the body.
- Proper Diet: Sivananda yoga promotes a vegetarian diet, to calm the mind and nourish the body. It includes milk, but spices and other stimulants, such as tea and coffee are avoided.
- Meditation and positive thinking: This promotes a feeling of inner peace and eliminates negative thought patterns.

For Laurel, Lanzarote is the perfect place to practice yoga: "It's amazing. You can always be outside, and you're surrounded by the most magnificent scenery, which really helps with relaxation and focus. It's not always easy to empty your mind and enter a meditative state - I still find it difficult myself at times, but this island helps a lot. I know the island well and have many

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Yoga has boomed over recent years, with specialised variants such as hot yoga or even goat yoga (you do it with goats) . Laurel hasn't really tried any of these, but she says "In my view, everything's got it's place and I prefer traditional yoga. I don't think I'll be bringing any goats into my classes anytime soon."

#### LAUREL'S TIPS FOR BEGINNERS:

#### SHOP AROUND.

"Try a few different yoga classes and find a teacher you connect with before you settle for one particular type. There are good teachers offering plenty of different types on the island."

#### **BOOK A ONE-TO-ONE LESSON:**

"I started to learn yoga in groups, and often ended up thinking "What just happened?" Individual classes tailored to your needs will give you a much faster understanding of what yoga is about and how it can help you."

#### DO IT IN REAL LIFE

The Covid pandemic led to a huge boom in online yoga classes, but Laurel says that video isn't ideal for her. "There's nothing that can compare with the personal attention of a yoga teacher."

#### **JUST DO IT:**

"You don't need to warm up, or prepare yourself or do anything before my yoga classes. I advise not to eat for a couple of hours but otherwise you're ready to go."

#### ANYONE CAN DO IT!

"I teach some spectacular ladies , including a 75-year-old beginner and a 60 year old woman who can do leg lifts better than a 20 year old.



#### THE CROW

The Crow position, known as Kakasana (the name echoes the cawing of a crow) is one of the most challenging of the 12 asanas in Sivananda yoga, and involves balancing on your hands with your knees propped up on your elbows. Laurel says "it seemed impossible at first but when I did it, the sense of achievement was amazing."



Other asanas in the sequence include the headstand, the bow, the plough and the cobra, many of which will be familiar to those who have practiced yoga before.

See Laurel practice more poses on Instagram at lollyoga\_lanzaroteyogaescape - Facebook Lanzarote Yoga Escape

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#### BEAUTY JUNE 2021

## HAIR FOR SUMMER

#### **WET AND SLICK**

The wet look is perfect for Lanzarote leisure, and can also permit you to nourish and condition your hair while looking great. It works brilliantly with longer styles, and if you've got high cheekbones, then you should go for it.

#### **60S FRINGE**

This is the style made famous by English model Jane Birkin in the 1960s, and it's hotter than ever right now. It also suits all facial shapes and hair lengths, although longer, slightly tousled tresses will give you that Riviera look.



Both these styles are also known as buns, and they've been seen several times on this season's catwalks. However, a real French chignon is always worn at the nape of the neck, and brings an elegant, chic look that's also easy to maintain.

Topknots take things to the other extreme, and are bang on trend right now, often combined with braiding.

#### AFRO NATURAL

You need tight curls to wear this look, and although it can be achieved with permed straight hair, there's a reason why it's also known as a "natural". The style is simple, loose and generally ungroomed, although shaping is required, and hair should be conditioned to avoid dry frizz.





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#### IS YOUR SKIN READY FOR **SUMMER?**

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

Summer is getting closer every day, although on our island of Lanzarote the sun illuminates us with its presence every day of the year. At this time of year, we swap trousers for skirts and dresses in our closet and we're in a rush to turn our pale skin into a spectacular tan as soon as possible.

It's true that the sun offers us many benefits for our health. It improves skin conditions such as acne or psoriasis, and increases serotonin levels and vitamin D production.

However, it also has dangerous side effects that we must always bear in mind. UVA and UVB rays can cause sunburn, premature aging, eye damage, and skin cancer. To avoid this, I have decided to give you a few guidelines.

- We should never forget the importance of a good diet, and at this time we need to focus on vitamins and supplements rich in carotenes to stimulate the production of melanin and protect the skin from the sun's rays.
- I believe that the best sun creams are those of a broad spectrum and that the use of a good antioxidant will assist in delaying cellular aging.

- It is important that our protection covers UV radiation that directly hits our skin, and within it UVB and UVA, visible and infrared light. If you're taking medication, check with a doctor or chemist about the possibility that it may cause photosensitization.
- Sun exposure should be progressive, always avoiding the hours when the sun is most powerful and dangerous (1pm to 5pm.).
- Sunscreens here ought to be resistant to water and sweat. Apply it 30 minutes before sun exposure for best results, so that the skin can absorb it. Repeat every 2 or 3 hours depending on your skin type and cover yourselves with long sleeves, a hat and sunglasses whenever possible.
- · After sun exposure, use nourishing products to maintain the tan, allowing you to show off beautiful, brown skin for longer.

CAROLINA HERRERA · RALPH





The year-round summer climate on the Canaries means there is good produce to be found at any time of year, but there are still several local ingredients that come into their own in the summer months. This is when the intense sunshine of the islands is converted into deep, rich flavours and many fruits and vegetables are at their absolute best.

Soft, stoned fruits such as plums, peaches and nectarines are a perfect example. They're available all year round, but it is in the summer months that you're likely to find them in their perfectly ripe, delicious state. The good stuff starts to arrive in June, and reaches a peak of perfection in August and September

One of the first fruits that mark summer in the Canaries are brevas. These are the early fig crop that grows on the old wood of fig trees. The later crop, from fresh shoots, comes in late summer and autumn, and produces more fragrant, tasty fruit.

Stop anywhere in wine country and you'll see how vines are producing this year's crop, which will be harvested in July. This is also when you'll find the first malvasia table grapes in the shops, although these, and the moscatel variety, are sweeter later in the summer.

Melons are also at their best in summer, and the large, coral-fleshed watermelons are one of the most perfect ways to combat Lanzarote's scorching summer heat.

**BRINGS FLAVOUR** 

AND FRAGRANCE

**GALORE.**"

At sea, the tuna are running, and these handsome fish are visible on most fish counters, with deep red steaks perfect for grilling or even preparing raw for sushi. Bluefin tuna is rarely found, but the more common yellowfin, bonita and albacore varieties are plentiful. Summer also brings sardines, mackerel and other varieties of oily, shoaling fish.

Many local restaurants do their very best to make the most of the seasonal ingredients available on the island, so there's no better time to eat out.



Recipes are no good without the skills to use them, so this month, as we enter barbecue season, we're simply going to show you how to grill a burger perfectly. The rest – cheese, mustard, fried onions, sesame buns – is up to you.

If you've used excellent meat you don't need to add egg or anything else to bind it together. Pre-prepared burger meat is available, but if you want to be certain of what you're getting, ask the butcher to recommend a cut (aguja, or chuck, is the most popular for burgers) and grind it for you.

Remove the burgers from the fridge at least 30 minutes before cooking, to allow them to reach room temperature.

Pat the burgers dry with kitchen paper. Condensation forms when they de-chill, and this turns to steam in the pan, preventing the meat from developing that delicious golden brown crust that seals the flavour and juices in. Grill in a very hot pan. This is vital to seal the meat and give it a golden brown colour. If the pan isn't hot enough, you'll lose moisture. The same applies to barbecues – you need that intense, consistent heat that comes when charcoal has burnt down - as the experts always say: "Wait for the grey".

**Grill for three minutes:** Don't flatten the burger or press it into the pan.

**Flip once:** Flipping burgers over and over increases the chance that they'll burn.

**Grill the other side:** 4 minutes for rare, 7 minutes for well-done. You can check how the meat is doing by cutting the side of the burger.

**Let them rest:** Put the burgers aside, cover with paper and leave for five minutes.

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This recipe has been sponsored by **Canary Meat**,

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# SUPERMARKET Ind plenty of familiar products in supermarkets, but you may also ADVENTURES

You'll find plenty of familiar products in Spanish supermarkets, but you may also find a few things you've never heard of in your life. In the first part of a new series, we take a look at some of those strange and fascinating products.

#### MORCILLA DE ARROZ

Morcilla is Spanish blood sausage, and much more flavoursome than British black pudding. At the deli counter you'll find smaller, glossy morcillas asturianas, which are usually served in the hearty bean stew called fabada, but the larger, rice-stuffed morcillas de arroz are best sliced and fried, and have a special affinity with eggs and ripe, red peppers.

Slice into rounds about 2 cms thick and fry quickly in plenty of hot oil. Spanish cooks generally use much more oil than a British cook would use for a fry up, and this helps make the morcilla slices crunchy on the outside, as well as giving fried eggs that crunchy "lace border" effect that is valued here.

#### YERBA MATE

Usually found with the teas, and often on the bottom shelf for some reason, this is Argentina and Uruguay's national drink, made from the leaves of a member of the holly family. It's traditionally drunk through a wooden or metal straw from a gourd, but can be prepared in the same way as tea with hot but never boiling water. The flavour is herbal and a little bitter.



#### TOMATE FRITO

Buying a tin of tomatoes isn't as easy at it might seem in Spain. You'll find them, either entero (whole) or triturado (chopped), but if you're not careful you might end up buying a can of tomate frito instead, which is usually in a separate aisle.



Tomate frito is a tasty pre-prepared tomato puree, fried with garlic, oil, salt, spices and basil. It's a store-cupboard staple in Spain, and can be heated up and eaten with rice, eggs, meat or any other meal that requires a flavoursome sauce.

# SATAY KING PRAWNS



# MEET THE CHEF

Jon Pérez made his name at Nakai, one of the most innovative and exciting restaurants Lanzarote has seen for ages. More recently he opened Kenewa, on the Charco de San Ginés, where he continues to explore his fascination for far-eastern flavours, this time blended with the incredibly fresh cuisine of Peru.

We're overjoyed to welcome Jon to the pages of Gazette Life, where he'll be sharing a few of his favourite recipes with us

Chef's tip:

Add a little powdered ginger and cumin to the flour for extra Fastern flavour.

These succulent and tempting delicacies are the perfect starter, and are found in restaurants throughout Indonesia and Malaysia

Peel the prawns apart from the tail end (put the heads aside or freeze for a tasty stock). Insert the skewers lengthwise.

Fry the curry paste in a little oil for a couple of minutes to release flavours, then add peanut butter, sugar and coconut milk. Cook on a low heat for 30 minutes, stirring occasionally.

Season prawns with salt and pepper and

coat the prawns with flour, then with beaten eggs, and finally with panko breadcrumbs.

Deep fry in plenty of olive oil until golden, and let them drain on kitchen paper.

### **SERVING**

Pour the sauce into a bowl, add the deepfried prawns and garnish with finely chopped spring onion.

# **INGREDIENTS**

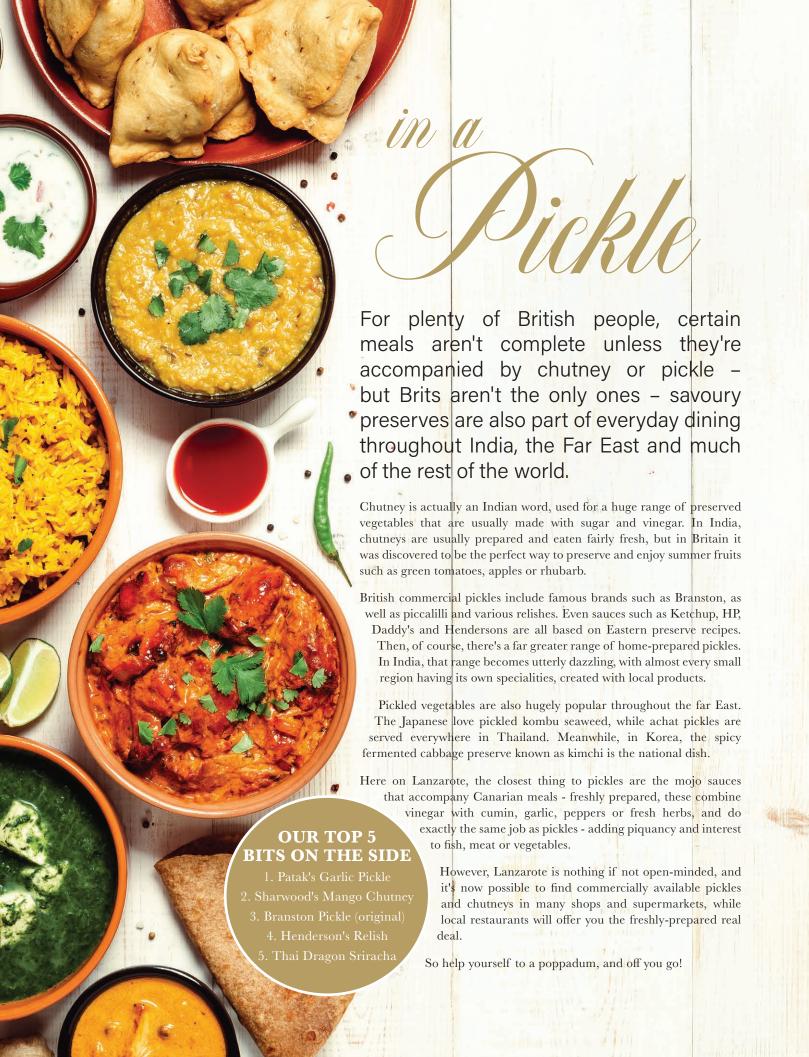
- King prawns
- Flour - Eggs
- Panko breadcrumbs
- Spring onions
- Wooden skewers
- Olive oil (0.4 acidity)
- Salt

# FOR THE SATAY SAUCE

- 7 gms Red curry paste
- 50 gms Peanut butter
- 8 gms sugar
- 500 ml coconut milk



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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.

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nost of all we love you, our dear not hesitate to ask.

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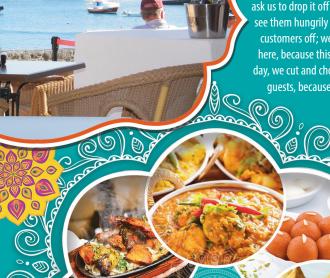
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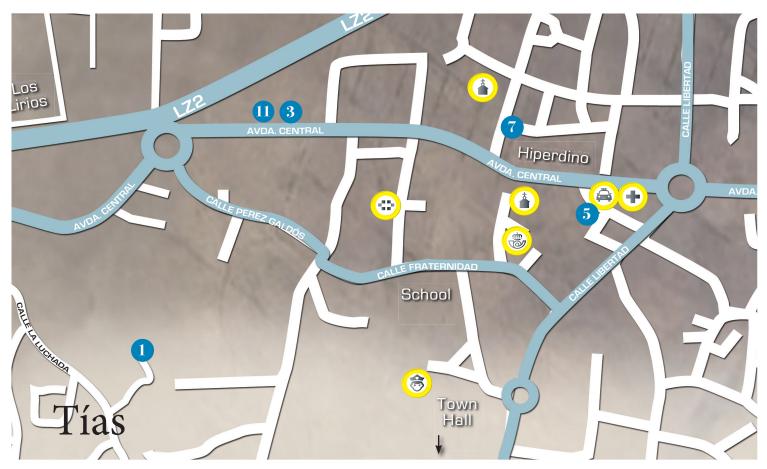
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# **TAXING TIMES**



Property owners on Lanzarote are subject to several taxes, but those who are non-resident also have specific taxes to take into account. It's something that, for many people, will require expert legal assistance and advice.

As a property owner, you are obliged to pay the IBI tax (similar to council tax) that is paid every year by your local Town Hall. IBI stands for Impuesto de Bienes Inmuebles (Tax on Fixed Assets), and is a municipal property tax similar to the Council tax payable in the UK.

However, if you are a non-resident owner, you should also be aware that you are also obliged to pay another tax known as the 'non-resident tax' each year:

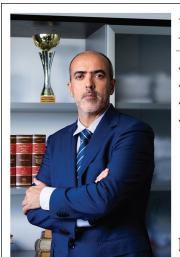
### IRNR TAX

If you own a property in Spain, and you are not normally resident in Spain i.e. you use your property as a holiday home only, then you will be liable to pay IRNR (Tax on Non-Resident Income). This tax is due on any property purchased before 1st January of the current year and it is payable on or before 31st of December of the current year.

### **IRPF - TAX ON RENTAL INCOME**

If you rent out your property to tourists, you are required to pay tax on any income derived from this economic activity. It should be noted that the Spanish tax office is actively investigating advertisements for rental properties in Spain in order to ensure that homeowners are declaring such income.

Erardo Ferrer of Lanzarote Abogados says "If you don't pay this tax each year, this will have an effect on the capital gains tax that will be due when you do eventually sell the property. There will also be a surcharge for interest, if you do not pay this tax annually, when you go to sell your property in Spain, this will affect the tax to be paid for the capital gain from the sale and with an interest surcharge. For this reason, we recommend that you keep this tax paid up to date."



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CAN BE YOU

Bathroom style has changed over recent years. In the recent past, pink tiles and luxury goldornamented bubble baths reflected a desire to prettify the bathroom experience and highlight the luxury of pampering yourself. Bathrooms were private places where nasty pongs and dirt were carefully wiped out of existence with perfume and prettiness.

Nowadays the emphasis is different. There's still a priority on hygiene and cleanliness, of course, but these days it's more about efficiency and an almost laboratory-style sterility. Modern bathrooms focus on sleek functionality, efficiency and a "wash-and-go" attitude towards modern life.

When luxury is embraced these days, it usually resembles the spas found in hotels and leisure centres, with the wealthy investing in wet rooms and en-suite walk-in showers. Despite this, most of us can still afford a shower that will give us a genuinely invigorating experience, and on Lanzarote, a decent shower is the first thing you need to stay fresh and invigorated.

Other strong influences on modern bathrooms come from overseas- that spa style didn't arrive from nowhere. In many cases it may be based on Scandinavian saunas, Middle Eastern hammams or Japanese bathhouses. All these regions have deep and close relationships with water and cleanliness, all recognize the deep psychological satisfaction of cleanliness and relaxation, and all of them have influenced Western style.

Changing social attitudes also mean that families often share bathrooms, something that was unthinkable in the recent past. The modern bathroom may no longer be the most private place in the home, but it is still one of

the most important.

That's because every single day we use our bathroom to transform ourselves, to clean ourselves and make ourselves look and smell good, so that we can walk out into the world and face it feeling confident.

should reflect Your bathroom transformation, and be a place where you feel absolutely at home. If you like long bubble baths, then that's what you should have; if you like brisk, bracing showers and efficiency, then go for it. Don't forget decoration and ambience - this is your safe zone - and turn your bathroom into the place you need it to be.

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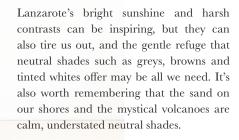
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# **COOL NEUTRALS**

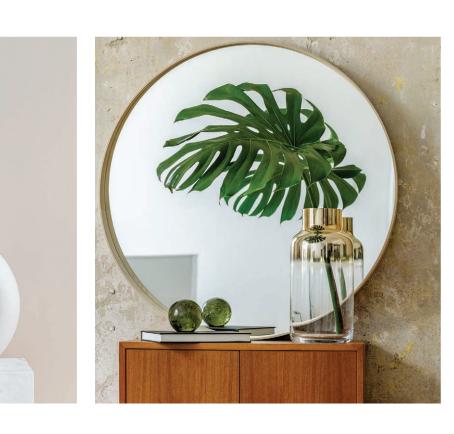
We've recently come to think of neutral colours as background – the setting against which more eye-catching contrasts can stand out, but maybe calm, relaxing shades are all we need in these turbulent times.





The idea that our attention should be seized by centrepiece ornaments or pops of colour is widespread, but also treats us like children – desperate for stimulation. Neutrals are for grown-ups, confident in themselves and in their choices.

You can team neutrals – the options are endless and these colours are intended to work with others, meaning that the results can be subtly stunning; but the cool, unassertive nature of these shades means



that you can also focus on other aspects, such as texture and form.

When you don't have vivid colours crying for attention, you can make the most of visual texture, which offers an organic, natural and deeply welcoming aspect to

# NEUTRALS ALLOW YOU TO PLAY WITH SHAPE AND TEXTURE.

a room. Shape and form also comes into its own, meaning that you can explore a different kind of dynamics than those offered by colour.

Lighting goes hand-in-hand with these soft shades, bringing out their innate qualities without shouting, and soft lighting or carefully managed daylight teamed with neutrals can be a mark of real class and style.





Muted oatmeal colours come alive when tempting textures are teamed

Lanzarote's fabric shops have always been popular. There's a strong tradition of costura (dressmaking) on the island even before you factor in the joy and invention of carnival and fiestas, and, if you're planning to really make your indoor space special, a trip to one of the fabric shops on the island can really set your imagination alight.

But before you buy five metres of that gorgeous chiffon, have a think about what you'll be using fabrics for in your home. Upholstery fabrics for chairs and sofas need to be durable and cleanable, as well as attractive, while almost everything you use in Lanzarote will need to fade as little as possible.

In fact, Lanzarote dictates its own style when it comes to fabrics. It's an island that doesn't really offer the sort of climate or lifestyle that really suits rich, luxurious fabrics such as velvet or tweed.

But the fabrics you do choose will stand out, and this is where you can take advantage of colour, pattern and above all visual texture.

Visual texture combines our two senses of

sight and touch, and it means that, when we look at a rough, homespun fabric, we also feel it in our mind. It's the reason why universal favorites such as linen will always be more popular than more

amateurs.

bear contrast in mind. A rough texture will be highlighted when teamed with a smoother one, while contrasting colours also work well in Lanzarote's bright light. Patterns, if you're using them, can also be contrasted, but in this case it's a good idea to co-ordinate

specialised textures such as leather. When working with fabric, always your colour choices more.

Fabrics and textiles can be the key to stylish interior decor, and using them correctly marks the difference between the professionals and the



# UNDERSTATED ELEGANCE

A rough, soft rug that promises warmth underfoot; cool neutral upholstery and cushions which contrast patterns and textures while maintaining the overall colour scheme. It all means someone's done their homework.

























Mostly, our homes are little boxes, plastered and painted within to provide an alternative to the natural world. But traditional Canarian architecture shows us how we can bring nature inside.

Visible beams and joists are a spectacular indoor feature, making the "skeleton" of our home visible, and providing immense visual dynamism.

It's a look that, for obvious reasons, works best on older fincas and villas, which already have the structures in place. But even newer homes that have no wood in their construction can benefit from some solid wooden features.

Beams were, of course, a basic part of timberframe building, and you can see them in many older Canarian properties. They give a sense of strength and heft to any interior, and the way they are arranged often provides huge dynamism, with powerful diagonals and imposing columns and rows.

In cooler climates, beams and joists were often hidden behind false ceilings and walls in order to reduce heating costs and insulate the building, but in the

Canaries that's nowhere near as important a consideration.

Those false ceilings are the reason why you may not even be aware that you have beams in your home. If you do, you have the option of a renovation that will make the most of them, but if you don't you can still add decorative beams and joists.

Timber is heavy, so before you put those beams

up, be sure to get an expert to assess whether your walls and ceiling will take the weight. The other alternative is lighter, prefabricated beams made of fibreglass or polyurethane.

It's also worth bearing in mind that not all exposed beams have to be rustic, natural wood. You can sand and paint them to stunning effect, too.



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# WHILE YOU'RE GONE



island soon, many of us are also waiting for the chance to get back home to see family and friends at long last. If you're leaving your property unattended this summer, it's time to check your security arrangements.

Lanzarote is a safe island with low levels of crime, but break-ins still happen, and vacant properties are one of the main targets, for obvious reasons. And one thing's for sure, there's nothing that's guaranteed to ruin your return more than a burglary.

If you're leaving you could ask a neighbour to keep an eye on your property, but don't ask too much of them. They're your friends, not security guards, and this should always be an extra level of deterrence to the measures you already have in place. If you want a watchperson, hire a property management company to keep an eye for you.

Put yourself in a burglar's shoes and ask yourself how you'd break into your property. If there are areas where a thief can hide and work at a break in, think about opening them up to public view.

Lighting is extremely useful. Install a few automatic security lights outside your property and make sure they're on at night time. Programmes that switch on indoor lights randomly are worth thinking about, but are only really effective against casual burglars. Luckily, most burglars are casual opportunists.

Around 30% of burglars enter through an



insecure door or window, so ensuring that these elements in your house are absolutely rock-solid is a priority. The fewer opportunities you give to burglars, the safer you'll be.

Make sure all windows are fitted with strong locks and invest in tough aluminium shutters for extra security. As for doors, you'll want double or triple locks, and a roller blind may add real peace of mind.

Cacti and agave plants are great for making areas beneath windows inaccessible to thieves, but this is a measure that you shouldn't rely on - and one which may limit your own enjoyment of the property. You should also be aware that deterrent methods such as broken glass on walls are likely to be illegal in Spain.

Finally, get an alarm. Alarm systems are now more economical and more intelligent than ever before. Make sure potential intruders know you're alarmed - it's always better to deter burglars than catch them in the act.

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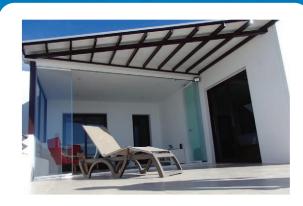


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# FITNESS & RELAXATION

Let's face it, we all want to keep fit in an ideal world, but the reality is that time is short, and most of us have so much to do in the working day that we just don't have the time we need to get to the gym or that aerobics class. But your own pool, in the privacy of your own backyard, really contributes to a healthy lifestyle and, more importantly, is a great way to fit exercise into an already busy schedule. Swimming is not just a low-impact



# wellbeing and energy. SOCIALISING & FUN

healthy, it also gives you a glow of

way to keep fit and stay

For the family, a pool may be the secret weapon that drags your kids away from a screen to an active, healthy life. Adults can also join in the fun, or keep it all to themselves at a drinks party or BBQ. Pools are a great way to get people socialising and enjoying themselves in the company of others.

### LUXURY

For many, a pool is the ultimate expression of luxury and convenience, giving you your own exclusive place of relaxation. There are no queues, no entrance fees, no whistle-blowing attendants and no crowds. Its great for families who want quality time in the comfort of their own back yard.

### BEAUTY

That solid block of aquamarine water will be the centrepiece of your garden, a statement that never goes out of style. With tiles and surrounding furniture, you can make it even more beautiful, and with lighting you can make your outdoor space magical after sunset.













# BUTTERFLY LIFE

Steve Dargonne and Carol Cox have turned their Lanzarote garden into a butterfly reserve for the large and beautiful Monarch butterfly, an American species that has also made its home on the Canaries. Here's their story.

A couple of years ago we were given some seeds for some butterfly-loving plants and were very fortunate to attract the beautiful Monarch butterflies to our garden. The caterpillars ate all the plants and some of them successfully metamorphosed into chrysalides on the trunks of our palm trees. We were fortunate enough to see some of the new butterflies, shortly after they emerged from their chrysalides, hanging whilst their wings dried. However we were disappointed to have missed seeing any of the caterpillars becoming a chrysalis or any of the butterflies actually emerging from their chrysalis.

None of our plants regrew, but we managed to get our hands on some more seeds and planted out the small plants earlier this year. We soon began to see adult Monarch butterflies in the garden and before long there were caterpillars on our plants. Worried that the plants weren't big enough to sustain all the rapidly-growing caterpillars, we managed to buy a larger plant to provide more food and also in the hope that it would have time to flower and set seed before being devoured.

We saw many caterpillars leaving the plants in search of somewhere to form a chrysalis but, strangely, all disappeared. Fortunately, a few weeks later, two large caterpillars left the bigger plant and one climbed up our French doors as we sat outside and watched. The following morning it had attached itself and was hanging in the shape of a J. We watched it metamorphose into

a chrysalis, bright green with gold ring, where it stayed for 12 days. The chrysalis appeared to turn almost black then started to split from the bottom up and a beautiful new butterfly emerged and hung there drying its wings for several hours before flying away.

If you'd like to attract some of these beautiful butterflies to your garden you can buy the only plants that caterpillars can eat in several of the garden centres here in Lanzarote for just a few euros, and soon be enjoying this amazing spectacle. The plant is called Asclepias Curassavica (milkweed, butterfly plant). The plants usually regrow after being eaten by the caterpillars and do produce a lot of seeds from their very pretty orange flowers so it is very easy to fill your garden with them.





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### **PLANTING**

If you're planning to germinate seeds, a simple egg box is one of the best places to do it. Choose the cardboard ones, which are about as close to peat pots as you can get for free. Another advantage of cardboard egg-boxes is that you don't have to remove the plant when repotting. Simply cut the single egg holder off and replant it whole the cardboard will break down naturally.

If you've got egg-boxes, you've probably got some eggshells, and these can also be used to germinate seeds. Just crack your egg in half and make a hole in the bottom of the empty shell for drainage.

Toilet roll holders can also be cut to size and used to germinate plants, but you'll need to take a little care not to spill the soil from the bottom when repotting.



For larger cuttings or seeds, hold on to yoghurt pots, punch a few holes in the bottom and off you go.

These are just a few ideas, but it's worth keeping an eye out for suitable containers. The square plastic trays that they sell vegetables or prepared meals in can also be repurposed into tiny greenhouses, with their transparent lids retaining heat and moisture.

Larger plastic water bottles can be easily cut to size for pots, and these can then be hidden in more attractive containers.

Supermarkets such as Lidl are a great place to find strong, shallow cardboard boxes that can be lined with an old plastic bag and used as trays for these containers.

### WATERING

Punch tiny holes in the lid of a 50 cl water bottle with an awl or a compass needle, fill it with water and you have an ideal watering can for smaller plants.

Gardeners love spray bottles for misting plants, and the ones that are used for window cleaner or other cleaning solutions can also be used for plants. Just make sure you give them a good long soak in water and vinegar, give a few squirts to clean the nozzle out and you're good to go.

Any spare, reasonably clean water from your kitchen, such as water you've boiled vegetables or rinsed clothes in, will be gratefully received by plants. If you have a fishtank, regular water changes will supply you with some fantastic, nutrient rich water for houseplants.



### **FEEDING**

The classic way of recycling our food into plant food is, of course, composting, and serious gardeners with a bit of space to do this should not hesitate to do so. However, composting is not as simple as just chucking all your potato peelings into a bucket. It's an art that can take several months of practice to get right, and Lanzarote, where you're more likely to see a camel than a worm, offers its own challenges.

The ultimate recycling trick is using your own pee in the garden. It's a fantastic source of potassium and nitrogen, but it should be diluted in at least ten times as much water before you water plants with it. Urine is sterile, so it's not going to do you any harm, but you may want to stick to watering around the stem if you're planning to eat the leaves of herbs or vegetables..

### PEST DETERRENCE

If you've got greenfly, don't tip that soapy washing up water down the drain – instead spray the affected plants with it. Greenfly don't like it one little bit.

Small pieces of orange peel and banana skin can also deter insects, as well as cats, but you should bury it slightly to stop unpleasant odours.





# FINAL DAY MADNESS

lan Lane reports on UD Lanzarote's heroic last-ditch attempt to guarantee survival in their league.

After winning just four points from their first seven games, leaving them at the bottom of the table, the Rojillos (The

Reds) fought back to need a win in their final league game to avoid the relegation playoffs.

On the 18th April, the visitors were the high-flying UD Las Palmas C side, who were equally motivated as they also required a win to guarantee a top-three finish, which would clinch a place in the promotion playoffs.

Things did not start well! Lanzarote conceded

penalty in the 20th minute and were subsequently reduced to ten men. But Goalkeeper Ruyman brilliantly saved the spot kick and the visitors then also lost a player to a straight red card 20 minutes later, which evened out the playing staff with ten men apiece.

In an incredibly exciting end-to-end game, and with the news filtering through that our relegation rivals were winning 2-0, Lanzarote had to score. This was the first game that the local government permitted fans to attend since March last year, and even though numbers were limited, everyone urged on their team.

In the 84th minute the ball was beautifully whipped in to



the far post by Miguel Gómez; defender Javi Morales lost his marker and headed in the vital goal to give his side a precious 1-0 lead. The drama hadn't finished there, though, as a minute later Lanzarote were reduced to nine men following a second yellow card for Matheus. But the Rojillos held on to avoid

the relegation playoffs on goal difference.

Javi Morales, who

scored the vital goal

with 6 minutes to spare.

Due to Covid the Spanish Football Federation intelligently restructured the league this season, whereby every team would be involved in a playoff whether it be for relegation or promotion. This meant that Lanzarote still had an incredibly slim chance of promotion in a minileague involving six teams.

After four games played, any hope of that promotion has now vanished after 3 draws and a defeat. The history books will look back and see this as a poor season, but after all the problems the club has had to deal with in this campaign, any fan of Lanzarote will understand that to maintain their Tercera División (Fourth Tier) status has been an incredible achievement.

All shirts and other merchandise can be bought online at https://mercancialanzarote.com/shop/ or at the shop in Costa Teguise 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.

For all the information please go to:



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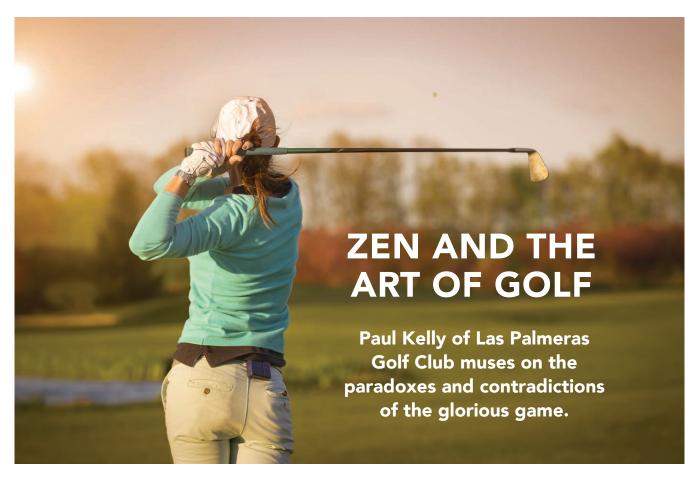
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Recently I came across a word I had never encountered before –koan- and on looking up its Oxford definition "a paradoxical anecdote or riddle without a solution, used in Zen Buddhism to demonstrate the inadequacy of logical reasoning and provoke enlightenment" I thought it could almost be ascribed to the vicissitudes of golf. So here are some golf koans to ponder:

Why does swinging easy result in added distance while swinging hard results in lost distance? What's round about the layout of an eighteen-hole golf course, over which one plays a round of golf? Why is a bunker something in which one finds protection, and a sand trap something one tries to avoid? Why isn't there an English word that rhymes with "golf"? If golf is a game, why can't anyone recite all its rules? With so many "game improvement" clubs on the market, why aren't average handicaps improving? If the Ryder Cup is golf's most popular event, why has there never been professional team golf? If the golf swing is a science, why can't teachers agree on the facts about how to swing the club? Why is it so much harder to hit the golf ball well on the golf course than on the driving range? If golf today is a billion-euro-a-year industry, how could it have started with poor shepherds hitting rocks with sticks across fields of sheep in Scotland?

### ON THE COURSE

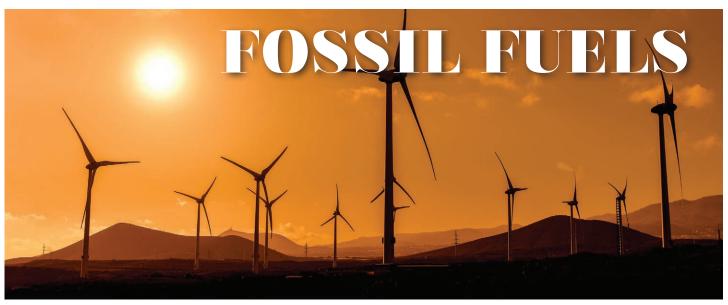
Back on the course and obviously finding the fairways, leading the way in May in our 12 event Henson Cup monthly qualifier competition was Stephen Hay, going one place better this month, with 35 stableford points, with Anne Rees in second place on 33.

And if you would like to join us as a visitor, you are most welcome any Tuesday or Friday with our first tee time 09.30. Please just let us know 24 hours in advance, as we draw all players in groups of 3 or 4 ladies and gents in advance, by emailing to lpgs2016@gmail.com Or if you would like to join the society you can get more information about our activities on our website at: www.laspalmerasgolfsociety.blogspot.com. Costa Teguise Golf Club also continues to have some excellent bulk green fees special offers, available when you enquire in the golf shop.

Finally with the turn of the year we have some new society officers with a new Captain, Andy Farr: CaptainLPGS@gmail.com Tel: + 34 680 85 26 21 and a new Treasurer, Anne Rees: lpgstreasurer@gmail.com Tel: +34 662 11 28 70 with Jean-Francois Crinquand lpgs2016@gmail.com continuing as Secretary.

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

# SUNSET FOR



# Spain passed its new law of Climate Change and Energy Transition last month, and it's likely to affect all of us over the coming years, with motorists particularly at the forefront.

The overall aim of the law, in alignment with the Paris Accord on Climate Change, is to become carbon neutral by the year 2050. However, the law also introduces targets that should be met by 2030, just nine years away.

The 2030 targets include a reduction in greenhouse gases by 23% of what they were in 1990; and as transport is the most polluting sector, accounting for 29% of those emissions of which the majority derive from road transport, motoring reform will be key to this aim.

This will mean big changes further down the road – it is foreseen that private cars that emit CO2 will no longer be sold after 2040, and all cars will be non-CO2 producing by 2050.

All municipalities of more than 50,000 people

must establish areas of low emissions, while those of over 20,000 people must do so if air quality falls below certain standards.

The only municipality with more than 50,000 on Lanzarote is Arrecife, which established a low emissions zone on its seafront five years ago, before this was reversed by the incoming government.

Electric cars will be a key element of the law, and petrol stations will soon be legally required to provide charging points. From 2023, all non-residential buildings with car parking for more than 20 vehicles must install electric charging points.

The move to electric cars will also have wider effects on Lanzarote, with the law envisaging that 74% of all energy generated comes from renewable sources. In Spain, a third of energy is already renewable, but the vast majority of this is hydroelectric – a source that Lanzarote, with no rivers or working dams, is unlikely to develop.

Instead, we're likely to see a landscape where more wind turbines are visible – a flight into Gran Canaria will give you an idea of what this will be like, while the Canaries has still not come anywhere close to harnessing the solar power available.

The law will also put paid to the spectre of oil prospection off Canarian coasts which, along with all other fossil fuel extractions, will no longer be licenced in Spain after the law comes into effect.

The immediate challenges for Lanzarote and the Canaries will be renewable energy sources, electric charging points, and a new attitude to town planning in which public transport and non-CO2 producing modes of transport will be ever more important.

Pere Navarro of the DGT.



#### **SPAIN 4TH SAFEST COUNTRY IN EU**

Spain is now the fourth safest country in the European Union in terms of road fatalities.

The European Commission has reported that Spain, with 29 deaths per million people, only comes behind Sweden (18), Malta (21) and Denmark (27).

This puts Spain ahead of countries such as The Netherlands (31), Germany (33) and France

(39), and roughly equal to the last figures for the UK, which were 28 per million in 2019. Tráfico director Pere Navarro, however, refused to be complacent, pointing out that Spain's strict lockdown could have contributed to the reduction. "The challenge now is to consolidate this trend," he said.

The report also shows that 70% of all fatal victims in the EU are "vulnerable" road users – i.e pedestrians, cyclist and motorcyclists.

### **CAR OVERBOARD**

A car slipped down the ramp of the fishing harbour at La Santa last month, ending up completely underwater.

The owner of the car had been reversing down the ramp in order to launch his boat, in which he planned to go fishing after work. However, the car's tyres slipped on the weed



and algae on the ramp and the car ended up following the boat into the water.

Instead of happily pulling fish out of the sea, the man ended up having to reel his own car out of the water after connecting it to the winch that is used to haul boats up the ramp.

### **WATCH YOUR SPEED**

Last month Spain became the first country in the world to introduce a default speed limit of 30 kph in urban areas. The new speed limits in towns and villages are as follows:



Roads with pavement unseparated from the carriageway: 20 kph

Two-lane roads with pavement separated by kerb: 30 kph

Roads with two or more carriageways in each direction: 50 kph

Local councils will have the option to alter these limits where necessary.





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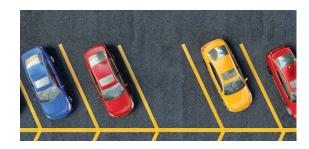
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#### **PARKING**

Parking is a controversial issue on Lanzarote, where several towns complain that there is insufficient space to station cars, and public transport is woefully insufficient to make up for it.

The enemy of all motorists in Spain is *la grúa*. This is the municipal tow-truck, which may remove your car if you park illegally. This applies on any street with yellow lines at the curb, in front of garage doors and entrances; and in residential, reserved or disabled parking spaces. If this happens, you need to contact the local police to retrieve your car.

Although parking is more difficult in Lanzarote now, it's also a bit simpler. There are no longer any parking meters, and you simply have to look out for areas marked with white lines to park in. Avoid yellow lines and disabled parking spaces, stay within the lines and you should be OK.

In Arrecife, there are areas of waste grounds where you may be asked for a Euro by a *guardacoches*. These guys usually work out far cheaper than official carparks, and we've never heard reports that they'll damage your car if you don't pay up.

Cars should, by law, be moved regularly and hire companies often employ staff to do just this. If a car is parked near your home for longer than 48 hours (depending on local by-laws), you can report it to the police.

#### **OTHER TIPS:**

On narrow urban roads, make sure your wing mirrors are turned in and leave sufficient space between other cars.

Look for shade to park in (to the west of buildings or trees in the morning, and to the east in the afternoon).

Theft is rare, but don't leave valuable items clearly visible in your car.

## A HELPING HAND THROUGH LOCKDOWN

This month's story comes from Swimlab International, an innovative centre that opened in Puerto del Carmen in 2016, dedicated to specialising in disability development and injury rehabilitation. Paul Webb of Swimlab describes how the pandemic has affected this vital work.



not an option, we had to start online sessions, which proved a great asset to the clients and the families also.

## What challenges do you normally face with your work?

There are many challenges that we face here in Lanzarote. One of our main issues is with ablebodied people or families using disability bays outside the centre. While it may be for "just 5 minutes", that takes 5 minutes off a therapy lesson for someone who is waiting for a parking space.

Another challenge would be the changing facilities. Due to Covid restrictions we have had to reduce the facilities, which meant that the disability access rooms are used a lot more. This takes time away from those who have come for therapy.

All we ask for is a little respect and consideration when it comes to disability access spaces or facilities.

## How has the response been to your support during Covid?

The response has been great and extremely supportive for the most part. We have tried our very best to accommodate the needs of everyone. However, there are some that don't understand that the restrictions are out of our control.

Best of luck guys! And continue doing the great work you do.

## How did Covid affect the centre? Did you face any new challenges?

At first we thought the lockdown would last for two weeks maximum, as most did! Unfortunately that wasn't the case.

We got straight to work helping in any way that we could. The quarantine and restrictions forced us to adapt our equipment. You wouldn't believe how important a toilet roll or a can of baked beans can

be used for therapy!

Thankfully, apart from the initial lockdown, we were able to continue our work for most of the year.

Being able to adapt was key. When face-to-face therapy sessions were



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

	•	Matura			
Day	Hour	Metres	Day	Hour	Metres
1	H: 00:39 H: 06:52 L: 12:52 H: 19:10	0.7 2.0 1.0 2.2	17	L: 00:43 H: 06:53 L: 12:57 H: 19:14	0.8 2.0 0.9 2.2
2	L: 01:50 H: 08:06 L: 14:06 H: 20:24	0.8 1.9 1.0 2.1	18	L: 01:46 H: 08:00 L: 14:06 H: 20:22	0.8 2.0 0.9 2.2
3	L: 03:02 H: 09:19 L: 15:20 H: 21:34	0.8 1.9 1.0 2.1	19	L: 02:53 H: 09:09 L: 15:17 H: 21:31	0.7 2.1 0.9 2.3
7	L: 04:05 H: 10:20 L: 16:23 H: 22:33	0.8 2.0 1.0 2.1	20	L: 03:58 H: 10:14 L: 16:24 H: 22:35	0.6 2.2 0.7 2.4
<b>5</b>	L: 04:57 H: 11:10 L: 17:15 H: 23:22	0.8 2.1 0.9 2.2	21	L: 04:57 H: 11:12 L: 17:24 H: 23:34	0.5 2.4 0.6 2.5
6	L: 05:40 H: 11:51 L: 17:59	0.7 2.2 0.8	22	L: 05:51 H: 12:05 L: 18:20	0.4 2.6 0.4
7	H: 00:04 L: 06:18 H: 12:28 L: 18:37	2.3 0.6 2.3 0.7	23	H: 00:28 L: 06:42 H: 12:55 L: 19:12	2.6 0.3 2.7 0.3
8	H: 00:42 L: 06:53 H: 13:02 L: 19:14	2.3 0.6 2.4 0.6	<b>24</b>	H: 01:20 L: 07:30 H: 13:42 L: 20:02	2.7 0.3 2.8 0.2
9	H: 01:18 L: 07:25 H: 13:35 L: 19:49	2.4 0.5 2.5 0.5	25	H: 02:10 L: 08:17 H: 14:29 L: 20:51	2.7 0.3 2.9 0.2
10	H: 01:52 L: 07:58 H: 14:08 L: 20:24	2.4 0.5 2.5 0.5	26	H: 02:58 L: 09:03 H: 15:16 L: 21:39	2.6 0.3 2.8 0.2
11	H: 02:28 L: 08:32 H: 14:42 L: 20:59	2.4 0.5 2.5 0.5	27	H: 03:46 L: 09:49 H: 16:03 L: 22:28	2.5 0.4 2.8 0.3
12	H: 03:03 L: 09:06 H: 15:16 L: 21:36	2.3 0.6 2.5 0.5	28	H: 04:35 L: 10:37 H: 16:50 L: 23:17	2.4 0.6 2.6 0.5
13	H: 03:40 L: 09:42 H: 15:53 L: 22:15	2.3 0.6 2.5 0.6	29	H: 05:25 L: 11:25 H: 17:40	2.2 0.7 2.5
14	H: 04:19 L: 10:21 H: 16:34 L: 22:57	2.2 0.7 2.4 0.6	30	L: 00:09 H: 06:17 L: 12:17 H: 18:33	0.6 2.1 0.9 2.3
15	H: 05:03 L: 11:05 H: 17:19 L: 23:46	2.1 0.8 2.3 0.7	31		
16	H: 5:54 L: 11:56 H: 18:12	2.1 0.9 2.3	O Ne Mo	oon O Ç	ïrst Quarter Moon
•••••			Ful	$\Gamma = \Gamma $	_ast

H=High Tide L=Low Tide

Quarter Moon



## **Weather Watch**

#### Midsummer madness

June is when summer really rolls its sleeves up and gets stuck in on Lanzarote. The island will be looking at long, hot summer days and warm nights, and rain will be a distant memory.

This is traditionally the start of fiesta and holiday season, and summer equinox on June 23rd is marked by bonfire parties on St John's Day. In summer, many islanders ship out of the main towns to holiday properties or camper vans by the seaside and, of course, the island usually sees tourists start to flood in. That flood may not be as strong this year, but June will bring tourists and a breath of hope for the island.

Sporting events such as travesías – swimming contests – usually pick up this month, and the beaches are always full. Lanzarote hasn't had a lot to smile about recently, but on this beautiful little island, there's always the beach...

Watch the sun, take care in the water and enjoy this amazing season.

# What to Expect in June Day Time Temps 23°C (Ranges from 21°C to 25°C) Night Time Temps Average 17°C (ranges from 15°C to 20°C) Sunshine Hours 11 hours Sea Temp 22°C Rain 0. Wind NE alisios, 15 kph max.



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# Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



#### Aries

(21 MAR - 19 APR)

Boredom is the Kryptonite that saps your superpowers, Aries, so don't succumb this month. Devote yourself fully to daily tasks and jobs that need doing, and you'll find fulfilment and

interest developing. It's all about attitude.

#### **Taurus**

(20 APRIL - 20 MAY)

There's a lot going into your mental space right now, Taurus, but try to hold on to the important stuff. That means a bit of organisation - noting things down and prioritising. That's how you get to turn all that information into useful, valuable learning.





#### Cancer

(21 JUNE TO 22 JULY)

You've been snug as a bug in a rug recently, Cancer, but now's the time to get up and out and look for a little stimulation outside of home. Don't turn down any invitations and make an effort to explore a little further beyond your boundaries- you won't regret it.

#### Leo

(21 JULY TO 22 AUG)

Your social life has been on hold recently, Leo, but now you're feeling the urge to get out there again. Go for it! Grab some good friends, make a plan and enjoy a big day (or night ) out. You deserve it, and you need it.





#### Virgo

(23 AUG TO 22 SEPT)

You're buzzing with new-found energy and wellbeing, Virgo, so why not channel it into a good cause? The world will always need improving, and you're in a good position to start. This could be what you need to kickstart a whole new phase of your life.

#### Libra

(23 SEPT TO 22 OCT)

You're about to turn a corner in your life, Libra, and the annoying thing about corners is you don't always know what's round them. Luckily, you're well-equipped to deal with whatever comes your way, and all you really need is a bit of bravery, Bring it on!



#### Gemini

(21 MAY TO 20 JUNE)

You'll laugh a lot with friends and family this month, Gemini, but make sure you don't lose sight of the serious side of things. You can be a little insensitive at times, so learn when to pause and stay silent, and always keep basic respect at the top of your list.

#### Scorpio

(23 OCT TO 21 NOV)

This month is a time when you shouldn't get bogged down in details, Scorpio. There's so much interesting stuff going on in your world that you need to take a broad approach to fit it all in. This isn't like you, but learn to let it go for a while.



(22 NOV TO 21 DEC)

Travel is beckoning, Sagittarius. It may not be far, and it may not even be what you planned, but you know you'll love it. A change of scene is exactly what you need to get your head straight and get a new perspective on life. Get packing!

#### Capricorn

(22 DEC TO 19 JAN)

Romance and love are well-starred for this month, Capricorn, so this is a great time to accept that date or plan some quality time with your other half. Just put everything else on the back burner for a while - you've earned this, and should make the most of it.

## Aquarius

Faces from the past come back into your life this month, Aquarius, and it'll be a fascinating experience. You'll learn not just how your friends have developed and changed, but also how you've become a wiser, more generous

(20 JAN - 18 FEB)



(19 FEB - 20 MAR)

A multi-faceted jewel only sparkles in the light, Pisces, so make sure you get outdoors and into the sunshine and bright lights to let others appreciate all your glittering qualities. You may surprise yourself with your wit, charm and capacity for joy.





# Instagram of the month



@mingoduarteolivero



@aroundwithgiulua



@jarami13



@heimat2go



@camejojuampi



@bastikniza10



@antoine\_leroy



@raul3006



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