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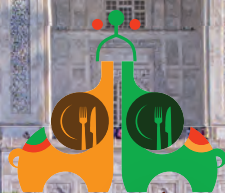
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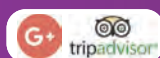
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June 2022

GAZETTE LIFE

HIDDEN TREASURE

Ed's Letter

One Sunday morning last month I found myself on the top of a volcano, surrounded by poppies, daisies and a pair of butterflies, with all of Lanzarote spread out before me. Two hours later I was in the sea, chasing a shoal of tiny silver fish as they glittered in the sunshine.

This island never stops surprising me with moments and contrasts like this. There are amazing sights and places to be discovered within walking distance of all the resorts and much, much more if you choose to explore further. But you have to do a little homework.

Lanzarote has made a very clever choice to protect some of its most fragile and vulnerable places. They remain open to the public, but they are never publicised. Only those who are passionate, dedicated and, usually, respectful of their surroundings will discover some of the most wonderful sites on Lanzarote.

If these places were advertised, coach parties would start to arrive, fences would need to be put up for safety and many areas would have to be closed off

completely for their own protection. This has already happened in some zones. Others remain well-kept secrets, and the reasons they're well-kept is because they're secret.

A similar thing happens in the towns and resorts, where you'll only find many great shops, restaurants, bars and other places if you go out looking for them. The difference is that these places want as many people to discover them as possible. And to do that they need publicity.

I've known a few great restaurants that I've regarded as hidden treasures. Sadly, few of them are still here because treasure that's hidden will mostly remain undiscovered. Nothing makes us happier here at the Gazette than welcoming a new advertiser who's offering something excellent or unique. Just look at our pages and you'll see loads of businesses, all of whom we're proud to feature, all of whom we've built relationships with and all of whom we'll do everything we can to support. We'd like to thank all of them for their trust.

As Lanzarote heads into another of its glorious, life-affirming summers, with tourists arriving in larger numbers than they have for years, this is not the time to wait for customers to seek you out. Spread the word. Put yourself out there. Let them know what you've got. Give us a call.

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UK VOTING RIGHTS RESTORED



Harry Shindler.

BRITISH CITIZENS RESIDENT OVERSEAS WILL SHORTLY BE GRANTED THE RIGHT TO VOTE IN BRITISH ELECTIONS FOR LIFE, FOLLOWING THE APPROVAL OF THE UK GOVERNMENT'S ELECTIONS BILL LAST MONTH.

Previously, British citizens who had moved abroad lost the right to take part in British elections after 15 years of living away from their native country.

The move restores a little democratic choice to long-term British expats in Spain, who had been almost fully disenfranchised following their loss of the right to vote in EU elections after Brexit. Only an agreement with Spain maintained their right to vote in the lowest tier of Spanish democracy – local council elections.

The move has been greeted by long-term campaigners for votes for life, including 100-year-old Harry Shindler, a British WWII veteran who returned to Italy to live and has campaigned for the right to

vote for over 20 years.

However, despite first being promised by David Cameron in 2015, the law comes six years too late for the hundreds of thousands of British residents in Europe to have any say in the EU referendum. In fact, it is still unclear whether the bill will permit them to vote in future referendums – only General Elections are envisaged by the bill.

Others have expressed concern that overseas voters will be able to influence election results in British constituencies that they may no longer have any close links with. This is one reason why the Labour Party has never supported votes for life. “We believe that the 15-year rule strikes the right balance between

allowing expats to maintain strong links with the UK and ensuring the integrity of the electoral system,” the party has stated.

Meanwhile, the Liberal Democrats have proposed the creation of special constituencies to represent ex-pats' interests, much in the same way as France has done for years.

YOUR VOTING RIGHTS

Currently, a British resident on Lanzarote who has registered their intention to vote in Spain is legally entitled to vote in municipal elections for council representatives. The next vote is on May 28th, 2023.

Currently, they may also vote in UK general elections if they have been registered as voters in the UK in the last 15 years. This will change to life when the Elections Bill is passed. They have no right to vote in UK council or regional assembly elections.

They no longer have the right to vote in EU parliament elections, and like other foreign residents, have never been able to participate in elections for the island's Cabildo, the Canarian Government and Spanish general elections.

LOCAL NEWS

VULTURES RETURN

A pair of Egyptian vultures have been discovered nesting and raising their young in Timanfaya for the first time in 20 years.

Until recently, local populations of the Egyptian vulture, known locally as *guirre* or *alimoche*, were decreasing sharply, and the vulture – the largest bird of prey in the Canaries – is currently classed as a species in danger of extinction. As well as falling victim to poisoning by local farmers, vultures have also suffered accidents from power lines.

However, repopulation programmes involving feeding zones and protected nesting areas, have helped re-establish the bird in Fuerteventura and Lanzarote, with 74 breeding pairs registered in the

eastern Canaries last year. The pair in Timanfaya are, however, the first to be registered in the national park.



PRIMARK CONFIRMED

The first Primark to ever open on Lanzarote will be located in the new Open Mall shopping centre that's currently under construction in Arrecife – near the main bus station.

Primark will have a floor space of 3,042 square metres in the new shopping centre in the 16-17B allotments of the Open Mall, and the new store will

make the Lanzarote branch its 3rd in the Canary Islands.

Although there has been uproar over the new shopping centre and fears that it would kill the main shopping street in Arrecife, many residents believe that the new centre – along with the addition of Primark – could bring a boost to the commercial activity of the city and be among the top attractions.



RALLY ROW

Controversy over the last-minute cancellation of the Isla de los Volcanes Rally in late April continues, after the organisers of the event cancelled all other rallying events planned for the island.

The Evesport Sporting Club has said that due to the “intolerable decision” to cancel the rally, it would cancel all activities until it received the guarantees it required to allow events to go ahead. The club organises five other rallying events on Lanzarote.

However, the rally organisers have also been strongly criticised by Luis Vilariño, president of the Drivers' and Co-Drivers Association, who said “Lanzarote was embarrassing. You can't let cars and trucks be shipped if you don't have a permit. The strategy was to arrive and put pressure on the Cabildo to grant permission.”

The rally affair has also caused ructions in the Cabildo's ruling group, with members of the Socialist party failing to fully endorse the decision to cancel that environment councillor Elena Solís, of Podemos, claims was the only legal course of action. Instead, the Socialists have pledged to “establish liability” for the cancellation.

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NEW ROAD PLAN

The Canarian Government has rejected the idea of turning the main LZ-2 road through Playa Honda into an underpass, and will instead propose an entirely new highway that will pass behind Playa Honda's industrial zone.

Until now, many local politicians have supported the idea of sinking the entire LZ-2 underground as it passes through Playa Honda, allowing free passage and public space on the surface above. Projects of this kind have been adopted successfully in Gran Canaria and Tenerife, but involve immense costs and disruption.

However, last month Sebastián Franquis, the Canarian Minister for Public Works, announced that his department were drawing up plans to build a new road entirely, which would connect Arrecife with the airport via a road beginning at Argana Alta (where the hospital and industrial zone is located) and passing behind Playa Honda's industrial zone.

Franquis explained that this proposal had been judged the most viable of seven proposals studied by technicians, one of which had included the sinking of the LZ-2. The project will now be submitted to Lanzarote's Cabildo, who will be required to incorporate it into the island's development plan. Once approved, contracts for planning and executing the work will be tendered.



EIGHT BLUE FLAGS

No change for Lanzarote, as the island's seven Blue Flag beaches and one Blue Flag marina kept the flags fluttering for another year.

Blue Flags are awarded to beaches that fulfil a long list of conditions, including cleanliness, lifesaving services, public utilities, environmental requirements, and disabled access.

Puerto del Carmen leads the pack, as usual, with four Blue Flags. These will continue to

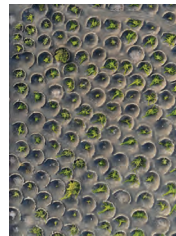
flutter over Playa Grande, Playa de los Pocillos, Playa de Matagorda and Playa Pila de Barrilla (better known as Playa Chica).

Costa Tegui's Playa de las Cucharas also had its Blue Flag renewed, as did Playa Blanca's town beach and Arrecife's Playa El Reducto. Puerto Calero remains the only Blue Flag marina on the island.

However, Tegui's Mayor has been criticised after Playa del Jablillo once again failed to regain the flag it lost two years ago.

WINE FORECAST

Hot spells in winter and a cooler spring than expected have affected Lanzarote's vines, leading experts to warn that this year's harvest could be later and smaller than usual.



Last year, 2 million kilos of grapes were harvested on Lanzarote, and the wine council warns that it will be difficult to match that quantity this year. However, it estimates that the final harvest is likely to more than match the 2020 harvest of 1.37 million kilos. Demand for Lanzarote wine is high, with almost a million bottles sold already this year.

The wine harvest usually begins in June, but the island's wine council has stated that ripening of the grapes is not uniform, and is likely to be delayed in many zones.

If this year's harvest is lower than usual, it may still result in excellent wines. Some of the most highly rated vintages of recent years have resulted from lower yields.

ARREST WARRANT ISSUED

Last month, a court in Arrecife issued an arrest warrant for Theresa Arcari, who is accused of unjustified appropriation of money and fraud. Arcari, a British resident who operated as an estate agent in Lanzarote and Tenerife, has repeatedly failed to attend sessions of the trial in Arrecife, and has not been in contact with the court.

Arcari was granted conditional freedom after being charged, and the prosecution's requests to set bail or withdraw her passport were turned down by the court. The Court has established that she is no longer resident at the address that was provided.

Arcari is charged with using powers of attorney granted by a woman who intended to buy a property in Órzola to transfer the money to her own account. The prosecution has formally requested a six-year prison sentence, a €5,500 fine and the return of over €67,000 to the victim of the fraud.

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ISLAND INFO

IN PRAISE OF EUROPE

The Colegio Hispano Británico celebrated Europe Day on 9th May last month with a visit from D. Nicolás Pérez of the Casa Europa in Lanzarote.

Headmaster Roger Deign's speech stressed that the Ukraine war had proven the true value of the EU more than any time during the last 74 years.

"The idea of a united Europe has brought peace, prosperity, solid governance and democracy, without any form of aggression between its member states", said Roger Deign, and highlighted that, of the 14 principles that are the backbone of the Union, "No discrimination" was one of the most important.

"The strong must always protect and encourage those who for any reason, might be weaker and be discriminated against," he concluded.



MUEBLES SAN SIMÓN CORRECTION

Last month we wrote that Muebles San Simon in San Bartolomé was celebrating its 27th anniversary. That would have been impressive enough if it were true, but we made an error. In fact the company has been supplying high quality furnishings, beds and bedding and decoration to islanders for an amazing 37 years.

Why not head up to San Bartolomé and discover why?

GREEN AS GRASS

Green As Grass recently celebrated their 16th year in business on Lanzarote. Attractive, safe, low-maintenance and durable, artificial grass is a must for those who fancy a bit of greenery in their Lanzarote life, and Green As Grass have been leading the way for over a decade and a half.

LIVE LIFE TO THE FULL WITH HOSPITEN

Treatment for prostate problems has improved immensely on Lanzarote in recent years, and now Hospiten are at the forefront of another exciting new development.

The steam treatment that they offer is a non-invasive way of treating benign prostate hyperplasia that preserves the patient's sexual function. No anesthesia or hospitalisation is required.

See our back page for details.



THE INDIAN STORM

Congratulations to Kunal Mahtani of Playa Blanca, who recently won a gold medal in the Novice Category of the IFBB Pro Valencia bodybuilding tournament. Kunal, known as "The Indian Storm" also took two silvers in separate categories, adding to an already impressive record.

Kunal believes persistence, determination and discipline are vital for success, but also claims to have been transformed by learning about nutrition and correct foods. Best of luck in the future, Kunal!



THANK YOU FOR THE MUSIC!

ABBA fans might want to take a chance on the Lanzarote Theatre School, a bunch of talented kids who will present the ABBA jukebox musical Mamma Mia! at the Theatre in Tías on 6th June at 6pm.



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SHORT MAT BOWLS REPORT

The Puerto del Carmen (Lanzarote) Short Mat Bowls Club hosted the Almirajara Bowls Club from Nerja from the 19th March to the 26th March. David Trippas and his Almirajara Club team were welcomed to Los Roferos by PDC President Berwyn Davies, and both Presidents presented a new trophy – the Trippas Davies Cup – which will be played for annually between the Clubs.

At the end of 12, often close-run, matches over two days, PDC came out as the overall winners by 15 games to 8. The Almirajara Club also took the opportunity to do an island tour as it was a first visit to Lanzarote for the majority of them.

On Friday, David presented the Cup to Berwyn and thanked PDC for their welcome and hospitality. Berwyn stated that he was delighted that PDC were the first winners of the trophy and retaining it next year when they visited Nerja would be a difficult task.

Both teams then enjoyed a BBQ to round off an excellent week.



DOG & CAT OF THE MONTH

Flaco is an absolute joy of a dog. This handsome four-year-old male podenco gets on well with other dogs and is calm and affectionate. He also walks well on the lead. He would make a wonderful addition to the right person or family. Find out more about him at <http://saraprotectora.org> or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 - 13.00. Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.

Averil was found abandoned on the streets suffering a tumour on his nose from sun damage. He was rescued by SARA and the tumour was removed. This six-year-old boy needs someone to look past his small disfigurement and give him a shady spot in their home. He would be their friend for life. Find how to meet him and about adoptions at www.saraprotectora.org.



*There are also limited places for people to help with socialising cats.
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NEW LOGO FOR



Puerto del Carmen launched its brand new logo (above) in late April, as Lanzarote's most important tourist resort announced details of its Third Modernisation plan.

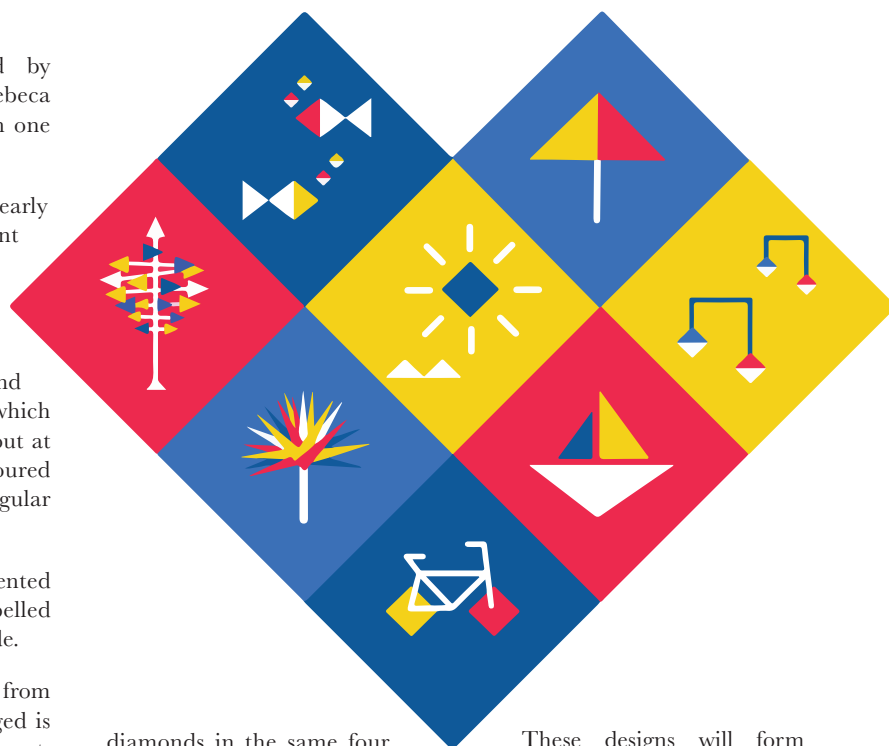
The new logo was explained by Tenerife-based designer Rebeca White, who based the design on one simple shape – the triangle.

Triangular shapes are common in the early Berber alphabet and other ancient geometric patterns that have been discovered carved or painted in ancient sites on the Canaries. The shape was also frequently used by César Manrique in his abstract designs and paintings. His wind toy titled *Róbalo*, which was recently reinstalled at the roundabout at Los Pocillos, features a shoal of multicoloured fish, all represented with simple triangular patterns.

White also explained that triangle represented the distinctive shape of the sails that propelled Puerto del Carmen's historic fishing trade.

The angular logo is a radical departure from previous designs, but what hasn't changed is the four-colour scheme used by the resort: bright blue to represent nature; red to reflect sport; yellow to represent the arts and a darker blue to reflect culture and history.

The logo is accompanied by a graphic – an equally geometric love heart consisting of eight



diamonds in the same four colours. Within each diamond is a pictogram representing fish, a sun umbrella, a Manrique mobile, the sun, musical notes, a palm tree, a sailing boat and a bicycle.

These designs will form the basis of Puerto del Carmen's publicity campaigns in the years to come, and they already head the homepage of www.puertodelcarmen.com, the resort's main online tourist portal.

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IN FINE VOICE

The In Dulce Jubilo Choir originated in a German Church in Puerto del Carmen, but is now an independent choir under the direction of Marianne Whelpdale. We attended one of the choir's recent rehearsals and chatted to Marianne.



"Directing a choir is like playing a new instrument."

How did you get involved in the choir, Marianne?

I'd been a member of other choirs on the island, but I'd never directed one before, so when I was invited to take over here I jumped at the chance. We perform pieces that I describe as classical in the broad sense.



How many members does the choir have?

Currently between 15 and 20 – there are often people off-island. Our members are from all over: German, Polish, Swiss, British, Spanish, Austrian and Ukrainian.

Are you a strict director?

I'm demanding, I suppose. A choir is more of a dictatorship than a democracy, but I like to think I order them around in a loving way, with respect and humour as well as discipline.

It's a lot of work for you.

I have to plan a long time in advance –

I'm already half-thinking about Christmas now, for example. And I have to prepare material for members who may not read music. During performances, I'm usually playing piano, so I can't conduct and have to give directions with my head and facial expressions. But it's also really satisfying, like playing a new instrument.

Where does the choir perform?

We still sing at the church on special occasions such as Easter; we take part in the Encuentros (gatherings) of choirs on the island, and we sometimes perform on other islands. We're off to Maspalomas in Gran Canaria shortly, for example.

Are you seeking more members?

Absolutely, everybody is welcome, and we're especially looking for male singers – it's hard to

find bass and baritone singers. We're also happy to consider any proposals for performances that people may have in mind.

Many choirs faced real problems during the lockdown. How did you manage?

Well obviously there were no rehearsals during the lockdown – there's no way I'd do this over Zoom. Afterwards, there were limits on indoor gatherings, so we rehearsed outdoors in the open air. The rehearsals were a lifeline for many of us, I think.

If you would like to learn more about the choir contact Marianne at:

florella2002@hotmail.com

or call

+34 649 809 456

3,000 MILES FROM UKRAINE



Natalia Tunik came to Lanzarote from Ukraine 11 years ago, and is a member of the In Dulce Jubilo choir. Since the Russian invasion of her homeland, Natalia has been campaigning and fundraising to aid Ukraine. She's the reason why the choir are wearing blue sashes and the brilliant yellow sunflowers that are the symbol of Ukraine.

Tell us how you came to Lanzarote, Natalia.

I'm from an industrial town in the Poltava region of Ukraine, but I moved to the capital Kyiv. That's where I met my Spanish husband, and when he got a job here 11 years ago, we arrived together.

Were you surprised by the invasion?

I know a lot of people in Western Europe were surprised, but I don't think many Ukrainians were. I lived in Ukraine before and after the fall of the Soviet Union - I was a Soviet Pioneer as a schoolgirl wearing the uniform and an enamel badge of grandfather Lenin.

We remember what it was like before and after Soviet rule, and we know the Russian mentality. They live in slavery and ignorance, with no respect for dignity, and, like abused children, the violence their young soldiers are doing is result of that. Ukrainians live differently now - we're not perfect, there's still violence and corruption in our country - but every new generation is closer to the values of the EU.

Still, it did happen fast. I know a Ukrainian woman who arrived here to visit friends and was then unable to return home because of the bombardments. Millions of people's lives have been changed, including five million refugees and a million people that have been transported to Russia.

Why do you think Putin did it?

I think he's ill, and I think he felt threatened by being surrounded by civilised forces, including those in the Ukraine. The idea that Ukrainians are forcing their culture on Russians is crazy. We had years of Russification, but we've always been closely linked. My grandmother descends from Russians, from Tartary, while my father's side of the family are Ukrainian.

I have family in the Urals, in Russia, but when I talk with them now they're not open, they avoid the subject - that's part of living in a society like that.

Do you have family still in Ukraine?

Yes. My grandmother is 85 and nearly blind. She lives on the second floor of her apartment block and can't get down to the shelter when the warnings are sounded. There have been no bombardments of their town yet, but a refinery just 20 kilometres away has been bombed.

It's very worrying, but they can't get close enough to the border to leave Ukraine, and it's dangerous to travel. I'm in touch with them, and they're not hungry, but the uncertainty is terrible.

How do you see the war developing?

I'm not expert - I'm a seamstress and an amateur singer - but we've used all diplomatic methods and they haven't worked. Putin only understands force. It's the same in an abusive family, you can't reason with someone like that - they only understand the weapons they use.

What do you miss about Ukraine?

I miss the rich cultural life of Kyiv a lot. Music, art, the summertime concerts in Mariinskyi Park. I love Lanzarote, but there's nothing like that here.

How can people help Ukraine?

I'd prefer to donate to the military directly - that will finish this faster than supporting refugees, which is like a sticking plaster. But I realise that not everyone agrees with that, and any help is better than nothing.

Have you received much support here on Lanzarote?

I've tried to organise a concert and exhibition with another Ukrainian friend from Kharkov, but the response has been lukewarm. I understand it - people come to Lanzarote to get away from things like that. Here in Europe it's easy not to think about terrible things, but once you do, you're forced to do something about it.

Has the choir been important to you?

Very much so. They've supported me emotionally, and although we missed a few rehearsals we adapted. When the invasion happened, I asked Marianne if we could do something to help, and include a Ukrainian song and she agreed.

Do you have a favourite Ukrainian song that brings you comfort?

Misyts Na Nėbi, which means the Moon in the Sky. It's an old folk song that moves me a lot.

Natalia and friends are seeking to organise more events in aid of Ukraine. If you want to find out more, contact her on nataliava2002@gmail.com

Interview: Nicolás Saavedra - Second Deputy to the Mayor of Tías.

WORKING TOWARD

Nicolás Saavedra is a busy man. The only representative of the Podemos party in Tías Ayuntamiento's governing group, he and his team have been in charge of the Departments of Social Services, Security & Emergencies, Animal Welfare, Equality and Fishing at Tías Ayuntamientos since 2019, during which time the island has been through one of the toughest social crises it has ever experienced. We spoke to him last month.

Nicolás, how did the Covid pandemic affect your department?

Profoundly. Before the pandemic started, we were helping around 90 to 100 families in need in Tías. Shortly after the lockdown that shot up to 180. Families who needed help with food, medicine, buying a pair of new glasses for their children, that sort of thing.

Rent was a big problem. In Tías, many people are on short contracts or *autónomos* (self-employed) and the basic ERTE furlough payments for them were around €400, which doesn't even cover rent in most cases. In 2019, we issued 68 grants for those who couldn't pay rent. Last year it was 260. In Tías we have over 60 nationalities, and those in need are from every community – local people as well as foreign residents.

How did the council deal with this demand?

The Ayuntamiento diverted funds from the sports, culture and fiestas departments to social services, and we also received emergency funds from the regional and national governments. My department have learnt a lot, and this will help us create “human infrastructure” in order to tackle problems like this better in the future.

How will you do that?

By working with people and associations. In March we launched Conecta Tías, an important project that aims to help all sections of our community. It means we at the council are working with 26 associations who specialise in all sorts of areas ranging from those affected by evictions and debt, the disabled, the rights of refugees, LGBTI issues, the elderly, young people, health, sports, carers, etc. The aim is to coordinate and order the services offered by the Ayuntamiento in a more efficient way, with the emphasis on

A BETTER TÍAS



communication. We'll be setting up an office on C/César Manrique where residents can go for assistance and information.

Which areas are you currently looking at?

Child care is important, and Spain has often relied on the fact that people have grandparents or family to avoid responsibility. In Tías that isn't usually the case – we have a large number of residents who don't have family nearby, and a real demand for affordable child care.

One of our plans is a pre-infants school close to the primary school in Puerto del Carmen, and I'm currently in meetings to try and set up a summer school in Puerto del Carmen which will give families with children the opportunity of affordable childcare.

The issue of carers is one that we're very keen to address, and not just for children. Too many people are working as carers without earning a penny – we need to change this.

Are there any other projects you're proud of?

I'm very happy with the community allotment we've set up in the Barranco de Tegoyo near Conil. We have various families who are working their own plots and we've also been able to show them how to use organic methods, and educate schoolchildren about farming. It's one step towards food sovereignty.

Tías currently has no markets. Are there plans to introduce any?

We want to restart the food market in El Pavón in Tías, giving the option for people to sell fresh produce.



Launching the Conecta Tías project.



Allotments at Conil.

The Puerto del Carmen market is another matter. That was cancelled because the company who ran it was not paying the council. We'd like to set it up again, but under the concept of quality – with locally-made crafts rather than sunglasses from Taiwan. And we'd like to move it around, to Matagorda one week, Los Pocillos the next, for example.

What about animal welfare issues?

We've devoted four times more money to animal welfare than the previous council. I'm personally a supporter of trap-neuter-release programme for cats, and I've met up with many wonderful people who are committed to animal welfare. However, I'd love to see animal welfare organisations get together more.

In Tías we have a problem with older people in rural areas who still think it's OK to tie dogs up night and day. In those cases, we can either denounce and fine them straight away, which I don't support; or we can talk with them, tell them that the police will return in 15 days to check and maybe help rehoming the animal.

As member of a strongly ecologist party, how do you reconcile environmental issues with mass tourism?

I helped draw up the 3rd Modernisation Plan for Tías, and one of the main points of that is “quality rather than quantity”. That doesn't mean that tourism should be exclusive – everyone should have the right to come to Puerto del Carmen – but if we offer quality in the form of culture, food, clean attractive streets, then I believe people will come to value it.

As fishing councillor, do you think we'll see fish farms off the coast of Puerto del Carmen, Playa Honda and Arrecife, as has been proposed by the Canarian Government?

No. The entire island is opposed to this. It's a dirty, unsustainable business, and legal teams are already at work.

The next municipal elections take place in less than year. Are you optimistic for the future?

I hope people will recognise the good work I've done with the help of an excellent team. I know the area well, and I'd love to continue my work. More generally, yes – I'm an optimist, and I think there's a very good outlook for Tías.

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Interview: Alfredo Mendoza. Councillor for Sports at the Cabildo de Lanzarote.

SPORTING OUTLOOK



Alfredo Mendoza was placed in charge of the Sports Department at Lanzarote's Cabildo in November last year, after the collapse of the pact in Arrecife where he had been in charge of culture, fiestas and the local police. He arrived at the department just as the island was about to take a turn towards normality after almost two years of Covid restrictions on sporting activities.

A keen Canarian wrestler and handball player in his younger days, Alfredo now practices yoga to keep in shape and has recently become addicted to golf. “Don't tell anyone” he laughs “Socialists aren't supposed to like golf”. We met him in Arrecife's Sports Pavilion, where he was happy to show us the impressive basketball court and the recently renovated gym facilities.

The Covid pandemic cancelled almost all sporting events on Lanzarote. What events will be returning and what have we lost?

I don't think we've lost much permanently. The Wine Run is not taking place this year, but that's because we had to plan early for this event, at a time when things were still very uncertain. It'll be back next year, I think.

Otherwise, things are quickly getting back to normal. The Ironman, which is the Queen of our sporting events, is here again; the Ocean Lava race, the Travesía a nado El Río and the Lanzarote Marathon are all scheduled, along with several other events.

What about grass-roots level – in schools, for example?

Yes, we're preparing for a normal 2022-23 season in many sports at all age groups, and we'll also be supporting summer sports schools all over the island, where kids can play handball, football and volleyball on beaches all over the island.

During the pandemic, the Cabildo was criticised for applying stricter measures on sporting events than other islands. Was that a mistake in hindsight?

I don't believe so. Covid was a shock - none of us had ever seen anything like it in our lives. Our first priority was health and safety, and it's easy to forget that Lanzarote was by far the worst-affected of all the islands for extended periods. And these decisions weren't just taken by the Cabildo – they were supported and approved by all the Ayuntamientos.

The week before lockdown we attended the “Grandparents” bowls tournament in Conil, which was a wonderful spectacle. Will sports like this that involve more vulnerable participants be back?

Yes. The tournament will start up again in October, and this year it'll take place in Tinajo.

The recent cancellation of the Rallye de los Volcanes has caused a lot of controversy. However, many of our readers expressed support for the decision. What is your view?

As the island's sports councillor it's my job to support all sporting activities on the island. The Rallye de los Volcanes is the most important rally race on Lanzarote, and brings the island to attention at a national level.

The cancellation has marked a turning point in the way the island deals with these matters, and





we have to learn from it. If this island is going to attract tourism for sporting activities, we will have to continue hosting events like this. But from now on we must also bear in mind the environmental factors that are involved. We live in a fragile environment, and we must protect it. That's part of being a Biosphere Reserve, of course, but a Biosphere Reserve also means that we know how to live our lives with nature in mind.

The rally has taken place in previous years at times of the year when birds were not nesting.

That's just one thing we need to consider – the seasons, the routes and the territory we'll be using – and it applies to all sporting events, such as running, cycling and swimming, as well as motorsports.

What about sports funding? A lot of money was diverted to other areas during the pandemic. Are things back to normal?

We're drawing up our budgets for the next year at the moment, and there'll be at least €2 million to play with. We've always supported and sponsored various sports at the Cabildo, but our new project is to continue doing so, but also develop new infrastructure.

"We want to create new spaces for sports on the island."

To do that we first need to assess the capacity of the island – the things we can and can't do, and then we need to work towards achieving those that are possible. We want to create new spaces where sports can be practiced, for our local residents and also for the tourists that are important to us.

Playa Blanca and Costa Tegui are building new sporting facilities. Is this part of a focus on the resorts, rather than the inland towns of Yaiza, Tías and Tegui, which have traditionally had better facilities than the tourist areas?

Much of those developments are from the Ayuntamientos, but yes. I think that if we're going to develop this island's reputation as a sporting destination, these projects are important.

Which are the most outstanding Lanzarote sports stories of recent years?

Well there's Ray Zapata, of course, the Arrecife gymnast who won a silver medal in Tokyo last year. I'd also point to the success and example of Lionel Morales, the Paralympic athlete who has opened the doors for so many.

In sailing we have many sailors who have achieved success at a global level, and our record in nautical sports is first-rate.

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THE WORST RAID

ON 1ST MAY 1618, 36 ALGERIAN GALLEYS ANCHORED IN ARRECIFE'S BAY AND 3,000 MEN PUT TO SHORE, COMMANDED BY THE ALGERIAN PIRATE TABAC ARRÁEZ. THEIR OBJECTIVE WAS TO PILLAGE ANYTHING OF VALUE, AND THE MOST VALUABLE COMMODITY ON LANZAROTE WAS HUMAN BEINGS.

Teguise's Castillo de Guanapay - a defence from pirate raids.

Slavery was already a fact of life on Lanzarote at that time. Most of the population on the island were slaves or descendants of slaves, many of whom had been brought here during the *cabalgadas* – slaving raids on the African coast carried out by Canarian feudal rulers.

Those raids were outlawed by the King of Spain in 1572, but this only increased the activity of Barbary pirates from North Africa, who were now able to carry out attacks with less fear of reprisals.

Tabac's raid turned out to be the most destructive of all the pirate attacks on the island. The local militia were rapidly overcome and the raiders soon reached the capital of Teguise, which they burned down after looting it. The locals, armed only with sticks and stones, had no option but to take refuge in the cave now known as Cueva de los Verdes.

There they remained under siege, with a few intrepid souls leaving by a secret tunnel after nightfall to fetch supplies. However, a scribe who hoped his life would be spared finally

betrayed the islanders, and 900 slaves were taken prisoner. Most of these were poor. Wealthier islanders were able to buy their own freedom and that of their friends and loved ones.

That was not the end of the captives' troubles. Spanish King Felipe II ordered the pirate fleet to be intercepted by the Spanish navy and in the ensuing battle half the pirates' ships were sunk with their human cargo, and hundreds drowned. 200 islanders were liberated and the remainder, mostly women, were sold in Tunis and Algeria by Tabac.

RANSOM

If your family member was taken as a slave by Barbary pirates, there was still a way they could be rescued. The process first involved raising money by selling land or belongings, begging for a loan or a hand-out from the church. A friend or family member would then head to Andalusia, and representations would be made from there to Algeria. A price would be settled and the captive would be returned.



However, it was not a certain method at all. The money may not be sufficient, many captives may have died, and others refused to be rescued, having publicly renounced their Catholic faith.

The daughter of María Ruíz and Blas Perdomo was six when she was taken in the 1618 raid, and it was not until 1632 when the couple were able to reach Andalusia. Now a young woman, their daughter chose to remain in captivity. Instead, the couple managed to return with two of María's nieces who had also been abducted.

The University of Cambridge Academic Awards in education



Photo: Lancelot Televisión.

Nick Mazur (Senior Manager of Cambridge International in Europe):

"You should never underestimate the true importance of the achievement of these students. Lanzarote has become a reference point for world class education."



Photo: Lancelot Televisión.

Roger Deign (Headmaster of the Colegio Hispano Británico):

"I am immensely proud of the success of these students and I must also congratulate the teachers who have made it all possible. These youngsters will be able access any university in the world and they can all look forward to an unsurpassable life-style in their adult years."

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DAVID'S DETOURS TIME FOR WALKIES



This month, tour guide David Penney takes a different walk to usual – one that's suitable for almost everyone, and which is guaranteed to bring you enthusiastic new companions. It may not be the prettiest route on the island, but it'll make you feel great.

It has been two years since I started my feature in this magazine. During this time, I have intended to provide some content and information about various walks around the island for both residents and visitors.

The aim has been to get them out and about to explore the magic of this island without the need to pay for a tour guide. I have provided details of 24 different walks across all areas of the island, and whenever possible I have supplied info to access by bus.

Some of these routes have been more challenging than others. But this month's featured walk can be done by almost everyone, as the photos show.

Over the past few years I have made friends with a family who have been regular visitors to Lanzarote and who have been on several trips with me, exploring the island's hidden gems that lie off the beaten track. I first met Izzie about six years ago and I was immediately

impressed with her can-do attitude.

The family had heard that I've often taken people to walk the abandoned dogs at the various shelters on the island. So, I arranged with the staff at Sara for a group of us to spend some time walking some of the wee doggies.

I presented the insurance as we arrived (you need to register to walk the dogs, but it's cheap and easy), and explained the need to choose the dogs that were suitable for our requirements.

The girls at Sara did an excellent job in selecting the dogs for each of us. They were also dogs who were OK when walking with other dogs, as we wanted to all walk together as much as possible.

We set off along the track from the shelter and started chatting with the podencos to give them reassurance that we are all just a group of friends going for a walk. I even explained to the dogs they were going to be famous and appear in the largest English





LAVA LANDSCAPE

The dog-walking track at Sara takes you alongside the only lava flow that reached the southern coast of Lanzarote. Sara Animal Shelter is located right on the western edge of this river of black basalt, some of which has been buried by sand, but other parts of which seem almost as if the molten rock solidified just yesterday.

This long tongue of lava is where César Manrique built his home in the 1960s, and it carries on past Tahiche, edging past Arrecife and running alongside the LZ.3 ringroad before finally ending up in the sea near the Playa de la Arena, just round the corner from Ikea.



language magazine on the island!

The track leading towards Arrecife from Sara's shelter is flat all over, but it does have several uneven areas where vehicles have cut it up and sunken areas where the rain had settled. As with all my walks, you are advised to wear suitable footwear like training shoes or runners as there are several volcanic rocks embedded in the track.

There are a couple of variations for the route, you can do a circular route which takes about 30 - 40 minutes, (remember it's not a race).

We prefer to continue along the track further and continue walking towards Arrecife for about 30 minutes, then turn back and return on the same track making it a linear walk of about an hour.

This is enough for the doggies, especially if it is a hot day.

I always take a bag with a few packs of treats and a couple of bottles of water, which are all for the dogs, but I also bring water and snacks for the walkers.

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

OR via **WhatsApp message** 0034 649389888

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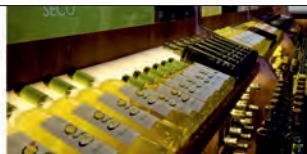
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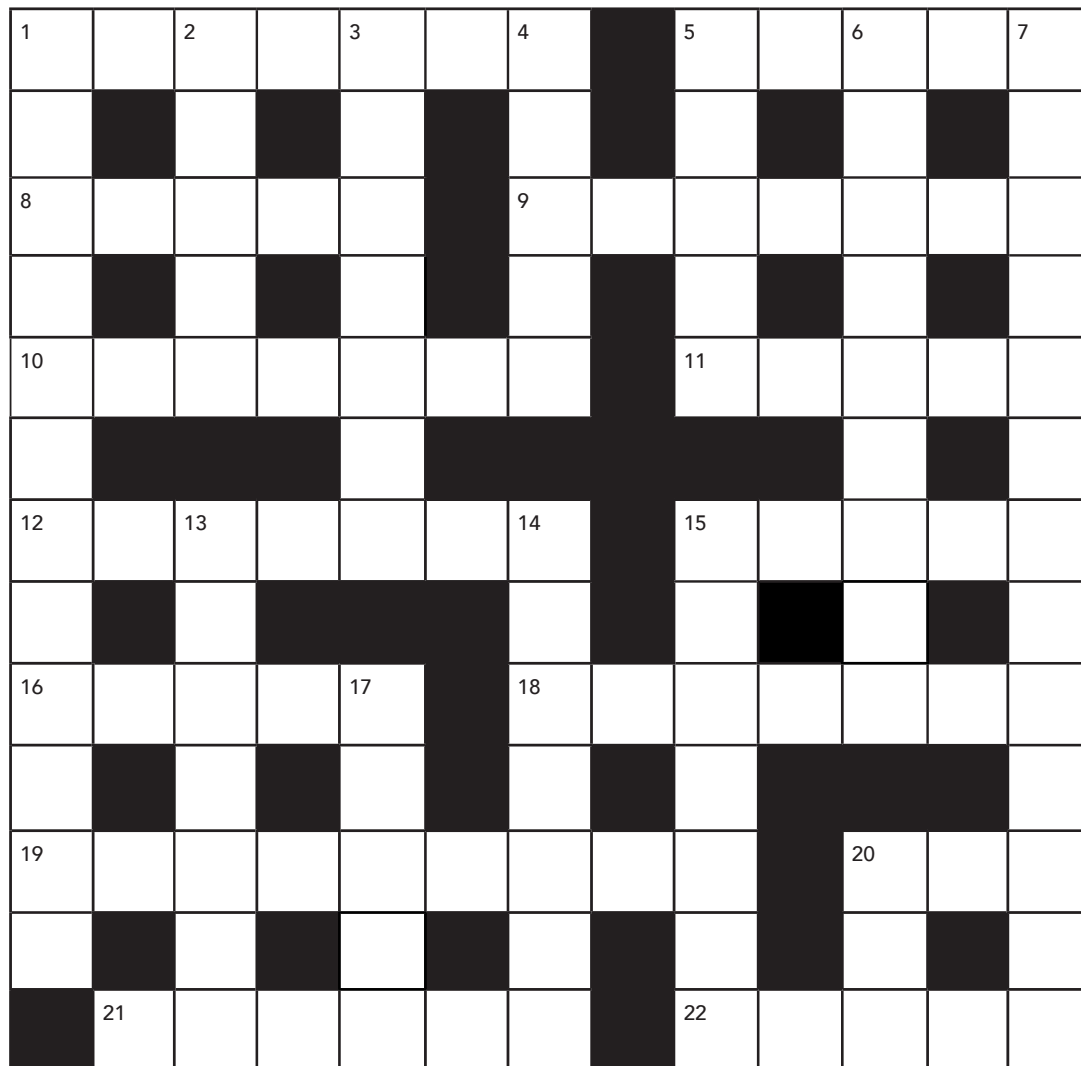
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Prize Crossword



LANZAROTE
DENOMINACIÓN DE ORIGEN



ACROSS

1. The Queen's eldest son (7)
3. Bedtime drink? I should! (5)
8. 2,250 in Roman 13 downs (1.1.1.1.1)
9. Bestselling novel by Patrick Süskind (7)
10. U2's second album (7)
11. Stretchy fabric worn by athletes (5)
- 12 & 6 down. UK Prime Minister when the Queen was crowned (7,9)
15. Poked one's nose in, or opened with a crowbar (5)
16. Confess (5)
18. Spanish singer whose Motomami became the world's best-selling album in March (7)
19. Kill Bill director Quentin (9)
20. Singer of chandelier and Titanium (3)
21. Whitening agent (6)
22. LX in Roman numeral (5)

Last month's answers Across: 1. Luke Skywalker 8. Defoe 9. Dialled 10. Anakin 11. Libra 14. Boba Fett 16. Enya 18. LOL 19. Chewbacca 21. Ninja 22. Imagine 23. Ewan McGregor.
Down: 1. Lid 2. Kafka 3. Sheriff 4. Yoda 5. Arabic 6. Kylo Ren 7. R2D2 10. Ambulance 12. Steering 13. Cabaret 15. Belinda 17. Ablaze 19. Chasm 20. Cairo

This month's crossword has a few clues related to Her Majesty the Queen, who celebrates her Platinum jubilee this month. Send your answers to us by email, WhatsApp (+34 628 628 083), or by Royal Messenger to our Tías office (address on pg 3) by June 15th.

One winner will get a bottle of La Geria's finest wine, and another will receive a €10 voucher for Hankey Panky's in CC Montaña Tropical, in Puerto del Carmen.

Congratulations to all Jedi Knights who completed last month's crossword. The winner of a bottle of La Geria wine is Christine Radford, and the €10 voucher for Hanky Pankeys goes to Lesley Macauley. In these ones the force was strong.

DOWN

1. The Queen is head of this organisation of 54 states (12)
2. The Queen attends horse races at this course every June (5)
3. The Queen's childhood nickname and her great granddaughter's name (7)
4. Abba's Trooper (5)
5. Deep pink colour (5)
6. See 12 across (9)
7. The Queen's middle names (9,4)
13. A symbol that represents a number (7)
14. Largest city in East Anglia (7)
15. See 20 down (7)
17. Polynesian country consisting of 169 islands (5)
- 20 and 15 down. Band who unfairly accused the Queen of not being a human being and having a fascist regime (3,7)

SUDOKU

	6					5		
			8		7	9		
	9	1		3	2	7		
	7						8	4
6	8			4			7	5
1	5						3	
		6	3	2		8	1	
		2	1		8			
		7					5	

WORD SEARCH

P E Y W Z M X C B J D H U I Y A A P
 A P A A G L M S D U Q U K E D G K B
 R K P W M L C Q U U C W C I H B W T
 L V Y A I A O A C S K K Q H N Q A R
 I P P O L N J U M O S E I U E G L O
 A V R K R A D E C B R E H N E S E Y
 M C X I N K C S S E R N X V G E S A
 E Q K V N F L E O T S I W V B H N L
 N N C F X C Q U O R Y T D A P G A K
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WHAT KIND OF
DOG DOES A
MAGICIAN HAVE?

A Labrador

HERE COMES SUMMER!



My parents lived on the island for more than 20 years, and Mum always had a saying: “You can’t trust the weather totally until after Ironman.” So, having just witnessed the 30th challenge here on the island (*bien hecho, todos ... well done, everyone!*), we can now relax into Lanzarote's glorious summertime!

Forecasters tell us that during June we can expect average daytime temperatures of around 22 – 24 degrees, with around 12 hours of sunlight per day. Just right in fact, for grabbing your beach bag and heading off to the beach!

What are we going to pack into it? – let’s check out the beach essentials list in Spanish too.

The towel	La toalla (<i>la tow-WHY-ah</i>)
Swimsuit	El bañador (<i>el ban-YA-door</i>)
Sun glasses	Las gafas del sol (<i>las GAFF-az del sol</i>)
Hat	El sombrero (<i>el som-BRARE-oh</i>)
Sun shade	La sombrilla (<i>la som-BRI-ya</i>)
Something to read	Algo para leer (<i>AL-go para lay-AIR</i>)
Drinking water	Agua para beber (<i>AG-wah</i>)
A snack	La Merienda (<i>mary-END-da</i>)
Sun screen	Protector solar (<i>pro-TECT-or SOL-ar</i>)

Sun screen is at the end of that list but is probably THE most important. Even on the

rare cloudy days in Lanzarote, the UV index is high, so a good SPF filter applied regularly, is essential, especially for children in and out of the water.

Most of us like to pick up a tan... (*bronceado in Spanish... pronounced bron-they-ADO*). A few hours in the sun is a great way to relax, and that sun-kissed golden glow can actually make us feel better! But what if the worst happens and your skin gets burned? Here are some useful phrases to use at the pharmacy:

Where is the nearest pharmacy? - ¿Dónde está la farmacia más cercana? (*DON-day es-TA la far-MA-thee-ah mas ther-CAN-ah*)

I have sunburn – Tengo quemaduras de sol (*tengo kay-ma-DOO-raz day sol*)

It is painful – Es doloroso (*ez doll-or-ROSE-oh*)

Aftersun lotion – Loción para después del sol (*low-thi-ON para des-PWEZ del sol*)

So what do you like to do at the beach whilst you’re relaxing on your sun-bed?



If you are enjoying collecting the vocabulary from my monthly features – why not treat yourself to one of my Spanish Vocabulary Puzzle Books? There are now two to choose from, each packed with over 400 words you will use on everyday topics with cross-words to make the learning fun... and just perfect to while-away an afternoon in the sun !

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Podencos: Lanzarote's Noble Hounds



JUSTIN KERSWELL, SARA VOLUNTEER PHOTOGRAPHER, INTRODUCES US TO ONE OF LANZAROTE'S MOST WELL-LOVED AND ILL-USED ANIMALS – THE PODENCO.

If you have spent any time in Lanzarote – or any of the other Canary Islands for that matter – the chances are you will have seen a podenco. These sleek, athletic, distinctive-looking dogs are iconic here. However, their use and abuse has long been a bone of contention for many islanders, both old and new. Thankfully, there are individuals and organisations, such as SARA, that promote awareness and protect these loving, gentle hounds.

Legend says that the podenco arrived with the earliest settlers to the islands from North Africa. However, genetic analysis suggests that they are related to other dogs traditionally used for hunting across Europe. Until recently, most

Canarians would view them as working dogs, and they are still typically used for hunting rabbits across the islands.

While some who use podencos in this way may treat their animals well, abandonment is also a constant problem. Anyone who has had the pleasure to walk the breed will know that they love nothing better than a cat-and-mouse game with lizards in the shrubbery. However, some do not possess this hunting aptitude and can be abandoned simply for this reason.

Similar to greyhounds in the UK, the podenco can go from a hundred miles an hour outside to a happily slumbering bundle of chill inside a house. They

are typically friendly, gentle – and above all – trusting animals. Their sense of fun and adventure is infectious, and they make devoted companions.

This is why it is heartbreaking to see them sometimes thrown away like trash. In the case of little Ivone, almost literally. This young, small-sized female with eyes that plead for affection was found wandering amongst the rubbish at the Zonzamas dump. Thankfully she was found and taken in by SARA and is now looking for a second chance through adoption. Another, named

Dream, was rescued after being thrown into a well to die. She was adopted to Italy.

SARA, in Tahiche, has been providing shelter for Lanzarote's abandoned cats and dogs since 1986. Usually 60-70% of all dogs in the shelter at any one time are podencos or podenco crosses. SARA actively re-home these dogs abroad and, with rapidly-changing attitudes, here on Lanzarote, too. Often these dogs have physical injuries and mental trauma from mistreatment. It takes patience, dedication and money to gain their trust again. However, it is testament to the gentle temperament of podencos that they do adapt and thrive in new homes.

SARA works with organisations that rehome podencos across Europe. Adoptions to the UK can be costlier and involve more red tape, but are possible and happen successfully each year. So, if you are interested in potentially giving one of these beautiful hounds a new home please contact them to discuss (English spoken) on (+34) 928 17 34 17 or email info@sara-lanzarote.eu. You can also view which animals are available for adoption and details of dog walking for the public on their website saraprotectora.org.

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LIFE'S A BEACH!



Lanzarote owes its popularity to sun and sand, and the island's beaches are where those two elements reach perfection. Whether you're seeking a safe, family-friendly beach or a wild, deserted strip of virgin sand, you'll find it here. Here's our brief guide to the best and most famous beaches on the island – but bear in mind that there are many more.

RESORT BEACHES

Puerto del Carmen

Lanzarote's biggest resort was built alongside miles of golden beaches and three of them remain the dominant beach areas of the resort. They are, from west to east, Playa Grande, Playa Los Pocillos and Playa Matagorda. Each one is a Blue Flag beach with acres of clean sand, sunbeds, facilities nearby and safe bathing.

Another Blue Flag flutters over the small, picturesque Playa Chica, a scuba-diving hotspot that's also popular with general beach users.

Costa Teguise

Costa Teguise's largest beach is Blue Flag winner Playa Las Cucharas, a wide sweep of sand in front of a busy promenade. The bay is sheltered, but stronger breezes offshore mean that this is the island's windsurfing hotspot.

Around the headland is Playa del Jablillo, a resort beach that has everything a family could need - warm sand, sheltered nooks, rocks for diving off and rockpools for exploring.

A short walk further west will bring you to Playa Bastián, with darker, coarser sand and an open, unsheltered beach.

Playa El Ancla (also known as the King's Beach) is a hidden gem tucked away behind the Occidental Lanzarote Hotel – the shore is a bit rocky but rarely crowded and the lagoon is perfect for bathing.

Playa Blanca

The two specially-created beaches in Playa Blanca are Playa Dorada and Playa Flamingo. Both are sheltered by man-made windbreaks and offer golden sands and safe bathing, as well as other activities. Playa Blanca's town beach is



right in front of the promenade, overlooked by several restaurants. It's small, perfectly formed, and usually busy, with a Blue Flag fluttering aloft.

OTHER TOWN BEACHES

Arrecife

Arrecife's main beach is Playa del Reducto, a stunning Blue-Flagged crescent of pale sand at the foot of the Gran Hotel. All buses to Arrecife take you close by, and there are plenty of options for food and drink nearby. Sand is raked and cleaned each morning, and bathing is safe.

Arrieta

Playa La Garita, on the southern edge of Arrieta, is a classic local beach – the sort of place where you'll see infants playing, teenagers flirting, families enjoying themselves and old people just taking a walk. It's open to the sea, but swimming is usually safe and lifeguards are vigilant.



Photo above: Caletón Blanco



Photo left: Playa Flamingo

Playa Honda

Many tourists have never discovered the beaches of Playa Honda, but they are among some of the largest and cleanest on the island. Playa Guacimeta, the long beach that separates the airport from the sea, leads into Playa Honda itself – a well-kept town beach. Further around the headland is Playa de la Concha, a hidden gem.



Playa del Jablillo

WILD BEACHES

Papagayo

Perhaps the most photographed and famous beach on Lanzarote, Papagayo is actually a sequence of several beaches and coves. It's the only beach you have to pay to access by vehicle - €3 (free for residents), there are no facilities, and it can get crowded on weekends and holidays, but it's stunning.

Famara

Playa de Famara is the other picture postcard star – a long strand overlooked by dramatic and rugged cliffs. It's regularly mentioned as people's favourite place on the island, and the atmosphere is unique – sporty, but also mystical. Although you'll see surfers, bodyboarders and kitesurfers doing their thing here, bathing is not recommended.

Caletón Blanco

Probably the most blindingly white beach on the island, with coarse coral sand, this miraculous beach just south of Órzola is on the edge of a large shallow lagoon that quickly warms up in the

sun. It's perfect for kids, but get there early, as it can get very popular.

SECRET STRANDS

Playa Bajo El Risco

If you don't have a boat, hiking down the Famara cliff is the only way to get to one of the most isolated beaches on the island. The sand is perfect, although there's often a lot of flotsam washed up on the north coasts. Strong currents mean that even experienced swimmers should take immense care here.

Playa La Cocina

One of a number of wild beaches on La Graciosa, this cove is sheltered by the cinder toffee - coloured Montaña Amarilla. Only accessible on foot, its sheltered location makes it probably the safest bathing beach on the island.

Playa de Janubio

A stunning stretch of black sand that separates the saltworks from the ocean, the beach at Janubio is all sea, sky, surf and sand. It can be a magical experience, but don't even think about bathing here.

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Sergio Correa Bellido works as a doctor in the Valterra Health Centre in Arrecife and the Clinica Brisamar in Corralejo, Fuerteventura. A huge sports fan and fitness advocate, we spoke to Sergio about health, fitness and Covid.

Where are you from, and how long have you been on Lanzarote, Sergio?

I'm from Valencia in Spain, and I've been here for three years.

So you arrived just in time for Covid?

Yes. I work for the Canarian Health Service, and am currently at Valterra, which was the principal vaccine centre on the island. I've also worked privately at various clinics and am currently practising ecography and emergency care at the Brisamar Centre in Corralejo, Fuerteventura.

What was Valterra like during the vaccine drive?

It was intense, but I wasn't actually at the centre that much. My duty was to get the vaccine to elderly or disabled people who couldn't leave their homes, so I spent a lot of time driving about doing my calls.

The uptake on the island has been incredible, and the whole island is currently about 90% jabbed. That's the main reason we can start to enjoy life as normal again.



HEALTH AS A WAY OF LIFE

One of the reasons we're seeing lockdowns happen again in places like Shanghai is that they only reached vaccination levels of about 40%.

I also worked in old people's homes, and that was really tough. Old people who were confused, frightened and suffered from dementia, and whose families and loved ones were prevented from visiting.

My private work was mainly with tourists, when they were here.

Spain was one of the few places to ban outdoor exercise during its lockdown. Was that a bad idea?

I think so. We definitely saw an increase in obesity, and mental health was undeniably affected, too, although that's harder to assess. It also didn't make much sense. People were being fined for swimming in the sea, which is the safest place you could have been.

Do you think the pandemic is over?

I don't know, and the reason for that is the lack of data. There's very little PCR testing in those under the age of 60 now. Personally, however, I think we have to move on – most of us have had three shots of vaccine, and there's no pressure on our hospitals intensive care units. Of course, we need to keep an eye on new variants, and we need to continue to take things seriously, too. I read about Boris Johnson and the parties and can't believe he hasn't been fired – you have to practice what you preach.

What longer lasting effects do you think the pandemic has had?

People are definitely more worried about their health. For example, the recent reports of hepatitis among children have worried a lot of people. Patients have asked me if it's related to the vaccines, but that's not the case, as it affects unvaccinated children, too.



Sergio at play.



Sergio at work.

You're a very strong advocate for health and fitness. Why is this so important?

Because it works. Diet is also important, but it won't work on its own. I analyse blood tests all the time and see how exercise can rapidly and drastically improve things like cholesterol levels. I'm keen for people to exercise to avoid problems such as diabetes and hypertension, and to reduce the need to take pills such as statins, but I'm also aware that the one pill a lot of people won't take is exercise.

What sports do you do, Sergio?

I'm a keen surfer, and I'd recommend it to anyone. The beach is a healthy place – there's plenty of sunshine for vitamin D, and I think it improves mental health, too. I've been involved with surf therapy groups, which take children with disabilities out onto the waves, and it has a great effect on self-esteem.

"THE ONE
PILL A LOT
OF PEOPLE
WON'T TAKE
IS EXERCISE."

Is surfing just for young people?

Not at all. You just need to join the right school. I recently joined a windfoil group at La Santa – it's a new sport similar to windsurfing – and was surprised to discover there were a lot of 50- and 60-year-olds who had already mastered it.

Are there health problems with the beach life?

Melanoma, or skin cancer, is one of the biggest risks, and I'd advise everyone to take it seriously, especially those with fair skin. Sun block and protection are essential.

Thanks, Sergio. It'd be great to chat to you again about specific health issues.



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FRYING TONIGHT!

Fried food is wildly popular in Spain. It's the reason why most kitchens have an extractor fan above the hob. And once the summer arrives, it's more popular than ever – those intense flavours are perfect for enjoying in the open air with a chilled glass of Lanzarote wine.

Here are three Spanish recipes that will help you master the art of the Spanish fry.

PIMIENTOS DE PADRÓN

A simple and devastatingly effective Spanish tapas.

INGREDIENTS

- 20 pimientos de padrón (these are the smallish green peppers you'll see in most local supermarkets. Look for the freshest ones you can, firm with unwrinkled skin).
- Coarse sea salt (or even better *flor de sal* flakes).
- Olive oil (enough to fill a smallish frying pan to a finger's depth).

Wash the peppers and dry them well. Heat the olive oil to medium heat in a small frying pan, then add the peppers. Fry, turning frequently, until their skins start to blister and brown.

Drain on kitchen paper and serve immediately, sprinkled with salt.



FRIED AUBERGINES WITH HONEY

This spectacular dish, which combines salty and sweet flavours and a satisfying crunch, comes from Andalusia and has distinctly Arabian roots.

INGREDIENTS

- 2 fresh aubergines
- 100 gms flour
- 500 mls carbonated water (Sparkling water seems to improve the crunchiness)
- Cane honey (*miel de caña* is what is used in Spain, but molasses or treacle is fine, too. Even runny honey works)

Slice the aubergines – you can do this two ways, either in medallions about 1 cm thick, or sticks of the same width. Soak the aubergines in carbonated water for 30-40 minutes, remove and pat dry.

Sift the flour, add a half tspn of salt, dip each aubergine piece until it's covered in flour and fry until golden (don't cook too many at once, or the temperature of the oil will fall).

Remove to kitchen paper, add salt and serve immediately, with cane honey drizzled on top.

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FRIED EGGS SPANISH-STYLE

Spanish fried eggs are slightly different to the ones you'll find in a British fry-up. They're fried in more oil, meaning they're not as flat, the yolk is usually runny, and they're rarely cooked "over easy" (on both sides). Many Spaniards also enjoy the crisp, slightly browned edges of a fried egg, and call this *con puntilla* (with lace).



Fried eggs are eaten hundreds of ways - on their own with bread, placed on top of a bed of rice and served with heated tomato frito (a tomato sauce available in all Spanish supermarkets), or served on top of fried potatoes and shreds of jamón for huevos rotos.

As Spaniards tend to use more oil for frying, they often filter it with a small strainer and store it to re-use up to four or five times. If you do this, keep any strongly flavoured oils (from fish, garlic etc) separately in sealed, labelled jars.

EQUIPMENT

- Non-stick frying pan (size depends on how many eggs you wish to prepare at a time – an 18 cms pan is fine for one or two eggs)
- A slotted spoon or fish fryer (in Spain, special flat ladles with holes are sold specifically for eggs)
- A small bowl

INGREDIENTS

- Olive oil
- Large, fresh free-range eggs

Fill the pan with oil to a depth of just under one finger's width and heat it until a breadcrumb starts to "dance" and turn brown. Crack the egg into a small bowl, then slide it into the hot oil. If you want the lacy edge, rapidly use the spoon to bathe the edges of the egg with hot oil (avoiding the yolk). Lift the egg out once it is cooked.



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TAPAS FOR BEGINNERS

Tapas are available throughout Lanzarote, but it's only in the resorts where you'll find a helpful translation on the menu. On the Canaries, tapas are often more seafood-oriented than elsewhere, and there are a few local favourites. Here are few dishes to look out for:

Papas Arrugadas	Canarian wrinkled potatoes, usually served with red and green mojo sauce. You'll find these more often than the famous bravas (potatoes in a spicy sauce).
Pimientos padrón	Small, fresh deep fried green peppers.
Tortilla	Spanish omelette.
Chorizo	Chorizo sausage, often cooked in wine or cider.
Croquetas	Deep-fried, breaded bechamel, often with shredded cod, pork or chicken.
Ensaladilla Rusa	Russian salad is a chilled potato salad with olives, tuna and vegetables.
Albóndigas	Meatballs.
Lapas con mojo verde	A Canarian specialty – grilled limpets with a herby sauce.
Puntillas	Deep fried baby squid.
Calamares fritos	Deep-fried squid rings in batter.
Gambas al ajillo	Prawns in garlic.
Queso	Cheese (could be fresh cheese, often with ripe tomatoes; or a selection of more mature cheeses).



WORDS TO LOOK OUT FOR

Revuelto	A revuelto is eggs scrambled with another ingredient, eg mushrooms or prawns.
Estofado	Estofado means slow-cooked, stewed meat.
Frito	Fried.
Encebollada	Cooked with fried onions.
Salpicón	A chilled vinaigrette salad, usually of octopus (<i>pulpo</i>) or fish (<i>pescado</i>).

HOW TO ORDER

A tapa is a small dish – a between-meals snack or part of a larger selection. If you want a larger portion, ask for a *media* (half serving) or a *ración* (full serving).

You'll find many more dishes on offer in local tapas joints, so don't be afraid to ask the waiter to find out more about what's on offer.



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FOOD, GLORIOUS FOOD

As Lanzarote's restaurants and bars roar into action again after two years of uncertainty, we at Gazette Life are considering changes to our food section. That's why we'd like to explain a little about what we do, and invite you to contribute.



IT'S A CELEBRATION

Anyone who knows Lanzarote knows that this island loves to celebrate, and a good meal is one of the best ways to do it. Dining is an essential part of the holiday experience, and a way of life for locals.

We've been celebrating Lanzarote's produce, food and wines for years, and we've actively supported some of the best, most exciting and most reliable chefs and restaurants on the island. We're always interested in learning about exciting new chefs, delightful new restaurants and memorable dining experiences.

WHY WE PRINT RECIPES

We love recipes and regularly print them. Sometimes they're provided by our advertisers; sometimes – as keen cooks – we write them ourselves. We like to provide a mix, catering for vegetarians and vegans as well as meat- and fish-eaters, and while we frequently focus on local cuisine, we'll consider great recipes from anywhere, as long as they can be made on Lanzarote.

But no matter how good a home cook you are, you'll never experience the true nature of what Lanzarote has to offer unless



you eat out. It's in the island's restaurants where you'll find the full potential of the island's unique, multicultural cuisine realised.

Whether you're in the kitchen or dining out, food on Lanzarote is an adventure where it always pays off to be open-minded and curious.

WHY WE DON'T DO REVIEWS

As you may have noticed, our magazine is free. That means we rely completely on our advertisers.

We support our advertisers every way we can, and we'll recommend them to the skies – just ask them! What we won't do is provide free publicity for their rivals and competitors. Nor are we interested in doing hatchet jobs on anybody – you can go to Tripadvisor for those.

We want to celebrate good food, great service and amazing dining experiences. There's no room for the negative.

.....

That's why we'd like to hear from you. If you'd like to share recipes, suggest features or articles you'd like to see in our food pages or even just send us a photo, get in touch at editorial@gazettelife.com.

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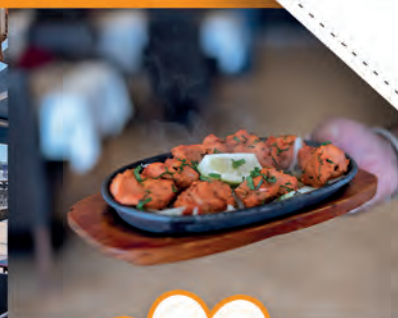
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Some just ask us to drop it off and leave, but we watch them through the windows and see them hungrily devour our creations. We have even married a few of our customers off; weddings from 50 to 60 guests. We love to see everybody here, because this is our

social life. We never leave our restaurant night or day, we cut and chop and boil and bake, stir and shake just for you, our dear guests, because we want you back with your friends even dragging them in by force if you have to - we will be gentle with them. If you throw a party, call us. We'll cater it and it will be the talk of the town for quite a while. Food has always been a passionate subject for us.

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

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What's On...

EXHIBITIONS

PRESENTE FUTURIBLE

All of June

Students of design, film, illustration, audiovisual arts and other disciplines at Arrecife's Pancho Lasso Art School let their imaginations run free as they present an alternative view of Lanzarote.

La Casa Amarilla, Arrecife.

CONCERTS

SONIDOS LÍQUIDOS

10th & 11th June

Sonidos Líquidos, the Lanzarote music festival that blends music with wine and food, returns this month after two years of absence. The main event will take place on the weekend of 10th – 11th June, beginning with a free concert at 8.30pm in the square outside El Almacén in Arrecife. Bands will include La Habitación Roja.

Then, on Saturday 11th, it's the big day at the Bodega La Geria, which will host some of Spain's favourite indie bands, including Dorian, Fuel Fandango, Shego, Goose, Tiburona and other bands to be announced.



Arrecife/La Geria. Ticket information at www.sonidosliquidos.com

FAJARDO Y TRILITRATE

3rd June, 8pm

Fuerteventura native José Antonio Fajardo's alternative folk-rock has received acclaim throughout his several singles, EP, and three albums. Together with the experimental Triliterate trio from Galicia, he will perform an hour-long concert in Arrecife.

CIC El Almacén,

Tickets €5 at www.ecoentradas.com



JOAN MANUEL SERRAT

16th June, 8.30pm

One of Spain's greatest singer/songwriters, Joan Manuel Serrat, arrives on Lanzarote as part of his final tour "El Vicio de Cantar (1965-2022)", a tour in which he will say his farewell to the public he has shared his life and songs with. It's your last chance to see a legend.

Jameos del Agua,

Tickets €70 at www.ecoentradas.com

CINEMA

The Cine Buñuel at Arrecife El Almacén has a selection of recent critically-acclaimed films on show in June, including Francois Ozon's "Todo Ha Ido Bien" and Lauren Cantet's "Arthur Rambo". Films are shown in original language with Spanish subtitles.

TODO HA IDO BIEN

1st, 7:30pm & 2nd, 8:30pm

(Francois Ozon, 2021) French

ARTHUR RAMBO

8th June, 7:30pm & 9th, 8:30pm

(Lauren Cantet, 2021) French



FLÉE

29th June, 7:30pm & 30th, 8:30pm

(Jonas Poher Rasmussen, 2020) Danish

One of the cinemas at Deiland and the Atlantida in Arrecife shows a film in its original language every Monday and Thursday, and these are usually in English. Find out What's On at www.cineslanzarote.com.

THEATRE

SE RESPIRA EN EL JARDIN COMO EN EL BOSQUE

2nd, 3rd and 4th June

Theatre group El Conde de Torrefiel present an experimental theatre piece for one single spectator. Places must be booked in advance on 928 831 507. *El Almacén, Arrecife*



MAMMA MIA!

6th June, 6pm

The Lanzarote Theatre School will be holding their very own Mamma Mia! production this month, at the Tías theatre. It's going to be Abbatastic! *Teatro Municipal de Tías. Contact via aimeepallister@yahoo.com for ticket information.*

CEGUERA

10th June, 8pm

Ceguera (Blindness) is a Spanish language stage play based on the novel "Ensayo sobre la ceguera" by the late Lanzarote resident and Nobel laureate José Saramago.

Centro Sociocultural de Mácher, Tickets €5 at www.ecoentradas.com

PICTORIK CIRCUS

18th June, 7.30pm

Discover the wonderful universe that lives inside the paintings. "Pictorik Circus" is a show created by Aerial Circo de Lanzarote, a circus group born in 2009, which focuses on two characters that will guide you through his very own collection of moving art pieces.

Teatro El Salinero, Arrecife. Tickets €6 at www.ecoentradas.com

SPORT

K10 XTREME YAIZA BESTIAL RACE

4th June

A tough trail race with obstacles.

Yaiza. Register at yaizaextreme.trackingsport.com

DISCO NIGHT URBAN RACE

11th June, 9pm, Arrecife.

Lights, music and action at this exciting running event in Arrecife, with 5km and 10km routes and an after-race disco!

Register: disconighturbanrace.es

TRAVESÍA DE SAN JUAN

25th June

Arrecife's most popular swimming contest is a tradition

Arrecife. Info at www.rcna.es

II COPA DE VELA LATINA DEL SUR

11th - 18th June

Yaiza's Vela Latina sailing cup returns to Puerto Calero.

Puerto Calero. Info: Yaiza.Departamento.de.Deportes

MARKETS & FLEA MARKETS

JUNE 11TH

SARA car boot sale
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Puerto Calero Market
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EVERY SATURDAY

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EVERY SUNDAY

Teguise Market
(everything) 9am to 2pm.

Original PALS car boot sale

Lanzarote A Caballo.
9am to 12pm.

Mancha Blanca

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SATURDAYS **Marina**

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El Dia de San Juan (St John's Day) falls on the 24th June, and is a local holiday in Haría, Teguise and Tinajo. But it's the evening before when all the action take place.

The Christian feast day ties in with older pagan celebrations of the midsummer solstice, and in Spain it's the closest thing you'll find to Bonfire Night.

Bonfire preparations often begin weeks in advance, as pallets and pieces of waste wood are collected. On the night of the 23rd, the bonfire is lit, and families and friends gather for a barbecue.

In many places, younger people will jump across the flames of the barbecue for



The Devils of Haría.

luck. Many also swim on San Juan's day itself – both rituals are about purification.

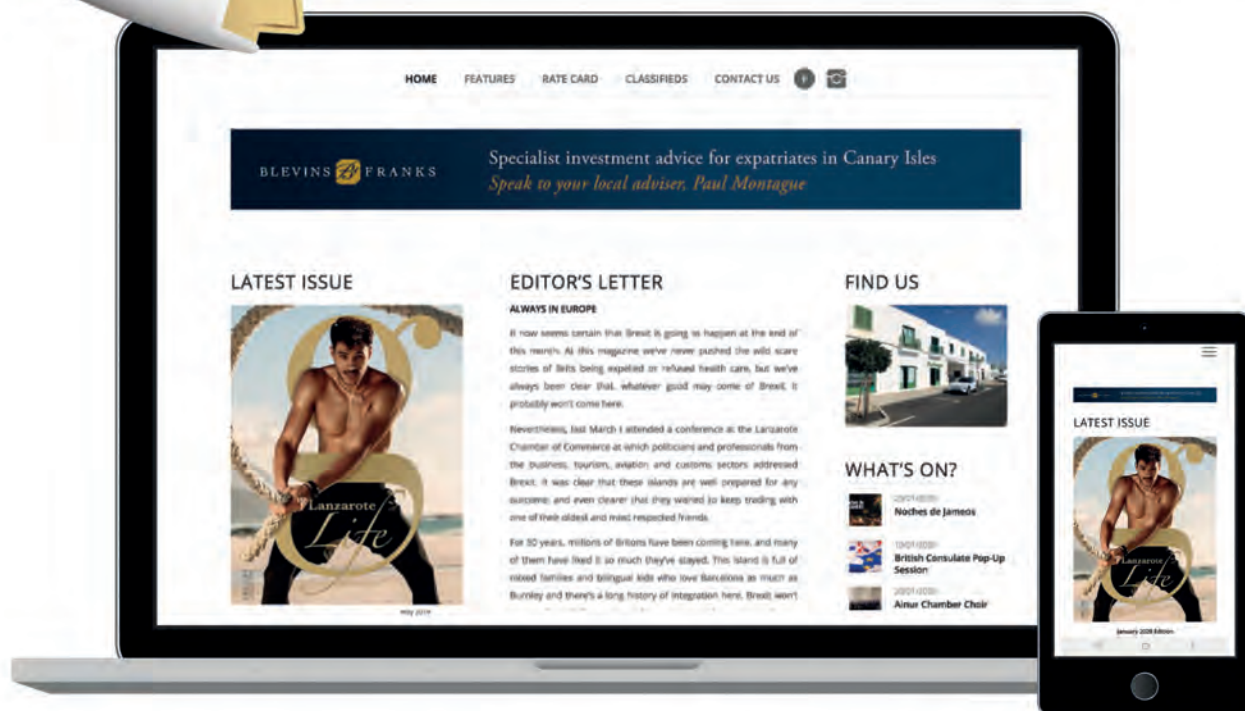
The most spectacular San Juan celebration on Lanzarote takes place in Haría, where Los Diablos in terrifying costumes, descend from palm trees and buildings before performing a Fire Dance and burning an effigy called Don Facundo on the fire. Don Facundo was officially pardoned by the Mayor for the last two years because of Covid, but this year he's almost certainly in for a roasting.

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Music, Maestro!



Julie's Live Music Guide

Julie's back with the live gig guide! It's been a couple of years since we've included it in the magazine, but the music scene has definitely returned, and many of the fabulous entertainers on the island have regular gigs again. You can catch Julie performing with The Ska Duo, The Skatoons and doing a solo show at The Shamrock.

Whether this is your first visit to Lanzarote or you've lived here for years, there's always a new band, singer or live music act to discover! You might even come across a style of music you've never listened to before.

This guide is divided by area and day. It's growing all the time, so it is a starting point rather than a definitive list. Gigs are subject to change, so please double-check the Facebook page of the bar or artist.

To include your event in the next edition (in print and online), please contact Julie Helliwell via Facebook or contact us at editorial@gazettelife.com.

— REGULAR GIGS —

Monday

COSTA TEGUISE

7.30pm: Julie H Music, The Shamrock

8.30pm: John Alan Pick, Four Seasons Rock Cafe

9.30pm: Carl White, The Shamrock

Band of Gypsies, Decades

10pm: Darren Morgan, The Lighthouse

PUERTO DEL CARMEN

7pm: Collie and Deanne, Lava Bar

9pm: Andy King, Marco's Tapas Cocktail Bar, Los Pocillos

10pm: Collie Farrell, Mulligans Bar, Old Town

PLAYA BLANCA

9.30pm: Don Parker, Portobello

Tuesday

COSTA TEGUISE

7.30pm: Smokin' Barrels, The Shamrock

9.30pm: The Ska Duo, The Venue

John Alan Pick, Tekkers Bar & Restaurant

PUERTO DEL CARMEN

10pm: Raggle Taggle Gypsies, Bar 67

PLAYA BLANCA

10pm: Don Parker, The Flagship Bar

Wednesday

COSTA TEGUISE

9.30pm: John Alan Pick, Cactus Jacks

Raggle Taggle Gypsies, Irelands Eye

PUERTO DEL CARMEN

9.30pm: Gary Mac, The Pub

10pm: Collie Farrell, Mulligans Bar, Old Town
Cabaret & Comedy Drag Show, Betty Boop's

PLAYA BLANCA

9.30pm: Don Parker, Portobello

The Millsy Brothers, The Harp Bar

Thursday

COSTA TEGUISE

5.30pm: The Ska Duo, Decades Bar

9pm: John Alan Pick, The Boatyard

Smokin' Barrels, The Shamrock

9.30pm: The Jam Brothers, Decades Bar

10pm: Darren Morgan, The Lighthouse

PUERTO DEL CARMEN

9.30pm: Gary Mac, Brian Boru

10pm: Collie Farrell, The Irish Viking

Andy King & The Gas Tank Dogs, Tequila Bar

Friday

COSTA TEGUISE

9.30pm: The Ska Duo, The Venue

John Alan Pick, Cactus Jacks

PUERTO DEL CARMEN

10pm: Collie and Deanne, Mulligans, Old Town

PLAYA BLANCA

9.30pm: Andy King, The Old Mill

Gary Mac, Portobello

Saturday

COSTA TEGUISE

8.30pm: Brian John, The Cavern

9.30pm: The Ska Duo, Decades Bar

HARIA

8pm: La Noche en Mala, Don Quijote

PUERTO DEL CARMEN

3pm: The Ska Duo, Hankey Panky's (4th & 18th June)

10pm: Comedy Drag & Cabaret Show, Betty Boops

Sunday

COSTA TEGUISE

7pm: Smokin' Barrels, The Shamrock

8.30pm: Darren Morgan, Four Seasons Rock Cafe

9.30pm: Anthony on Sax, Decades Bar

Brian John, The Venue

PUERTO DEL CARMEN

1pm: Sax on the Roof with Anthony, Biosfera Shopping Centre

4pm: Intrinsic, Café La Ola

9.30pm: Gary Mac, Scotch Corner

10pm: Collie Farrell, The Irish Viking

PLAYA BLANCA

9.30pm: Andy King, Old Mill

The Jam Brothers, Portobello

All information was correct when printed but is subject to change.

Please check the Facebook page of the artist or venue to verify.

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VIRTUAL CIRCUIT OF *Lanzarote*

It's 120 miles around Lanzarote, but Iris has decided to do it at home.



Iris Heath is walking Lanzarote's coastline alone in memory of her late husband John and in aid of Parkinson's disease. But she's doing it from her home in Bristol... We found out more.

Iris and John Heath made Lanzarote their home for over 20 years before returning to the UK due to John's declining health. Last year, Iris lost John to Covid following a long battle with Parkinson's and dementia. To raise much needed funds for Parkinson's UK, she decided to take on a mammoth physical challenge in his memory.

With the aid of a virtual walking challenge app, Iris (who will turn 87 next month) is walking the equivalent distance of the entire coastline of her much-loved Lanzarote, a distance of over 120 miles.

The island holds a special place in Iris's heart and walking the equivalent distance around the entire coastline, in the area in which she now lives in Bristol, is a challenge that perfectly honours John's memory and their lives together.

Iris, how are you finding the experience?

I was John's carer for 24 hours a day – it was both physically and mentally challenging, but we had a strong and loving relationship, and I was happy to do what was needed for as long as I was able. Sadly and eventually, he needed more professional care that a care-home could offer, and then immediately Covid was upon us which took John's life. Suddenly I had nothing to fill my days.

I am so glad to now have a purpose to my day. Something to get up for. I have enjoyed seeing the Spring springing whilst on my walks. Bluebells, cowslips, primroses – we miss all of this when we are rushing around by car.

What made you decide to walk the Lanzarote virtually?

At 86, I knew I could only realistically walk short distances each day, although I have surprised myself with how far I am now actually walking as I become stronger. I'm up to 3-4 miles each day now.

Do you feel better physically?

Yes, I am sleeping better and have lost a little weight – some days my joints are a little stiff so I take a rest day.

How different is walking in Bristol to Lanzarote?

Lanzarote is so beautiful, but has no seasons – something that most ex-pats miss I think. Every season has its own joy in Britain. Perhaps Spring most of all.

Are you relating the stages of the walk to the island in any way?

The app plots the virtual route which I follow each week – for example, the stage between Puerto Calero and Puerto del Carmen was a walk that John and I really loved, and that brought back many happy memories.

Then there were our many walks from Playa Honda to Arrecife, the coast at Costa Teguis and Famara .. each one with treasured memories – so yes, all the memories are flooding back.

What has surprised you most about the challenge?

The support and generosity of people who have donated via our Just Giving page – especially during these difficult financial times. I am so grateful to them all.

When do you hope to complete the challenge?

My birthday is mid-July so that is my goal – I started 'walking' on 8 April from Playa Blanca and I'm currently close to Órzola, so I am well on track!



I am sure we all wish Iris well with the remainder of her challenge – if you would like to show support for her efforts by donating, the link is www.justgiving.com/fundraising/iris-lanzarote-trek

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Tourist Guide



Centres of Art, Culture and Tourism

Mirador del Río

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

Cueva de los Verdes

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

Jameos del Agua

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

MIAC: Castillo de San Juan

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

Cactus Garden

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

La Casa Amarilla

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

Timanfaya: The Fire Mountains

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

Casa-Museo del Campesino

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

Other outings

Museo Agrícola El Patio

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

Museo del Timple, Tegui

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

Mancha Blanca Volcano Visitors Centre

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

César Manrique Foundation, Tahiche

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



Casa-Museo César Manrique, Haría

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

Aeronautical Museum, Lanzarote Airport

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

LagOmar, Nazaret

Built by Manrique's associate, Jesús Soto, LagOmar is an amazing gallery, museum and restaurant set in a mountainside. It's a magical, unforgettable place.

Pirate Museum, Tegui

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

Museo Tanit, San Bartolomé

A lovely little museum that offers a fascinating glimpse of bygone Lanzarote and the tough, resilient and gloriously creative islanders who lived there.

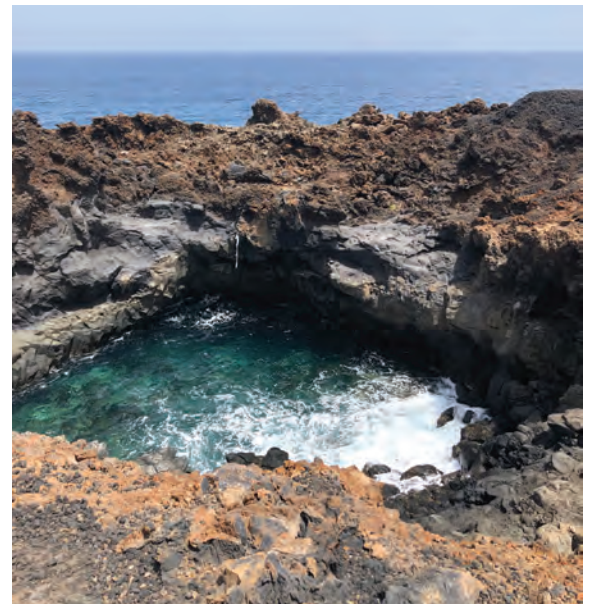
Close up on: Cueva del Agua

Cueva del Agua, near Los Cocoteros, is a place on Lanzarote that you may not have heard of before but if you're looking for your own private rock pool then it doesn't get much better than this. We visited it last month.

The large rock pool is just off the beaten path at the end of Calle Amor Indiano. At the end of this track is a small property right by the coast. To the left of the property is a little dirt footpath that leads you towards the Cueva del Agua.

On a calm day the water in the large rock pool will be relatively still and a brilliant blue-green. You must be careful regardless of the weather, though. The descent is steep and it's easy to lose your footing if you're not steady on your feet. Additionally on a rough day the water currents can be very strong so you must be cautious.

Once you make your way to the bottom, you can leave your bags and towels high up on the rocks and make your way into the water. For those that like a challenge there is a rope which



helps you up onto a rocky outcrop that you can dive from.

If you are planning to visit the Cueva del Agua, we'd recommend going at high tide on a day when the sea is not too rough.

M Island Maps



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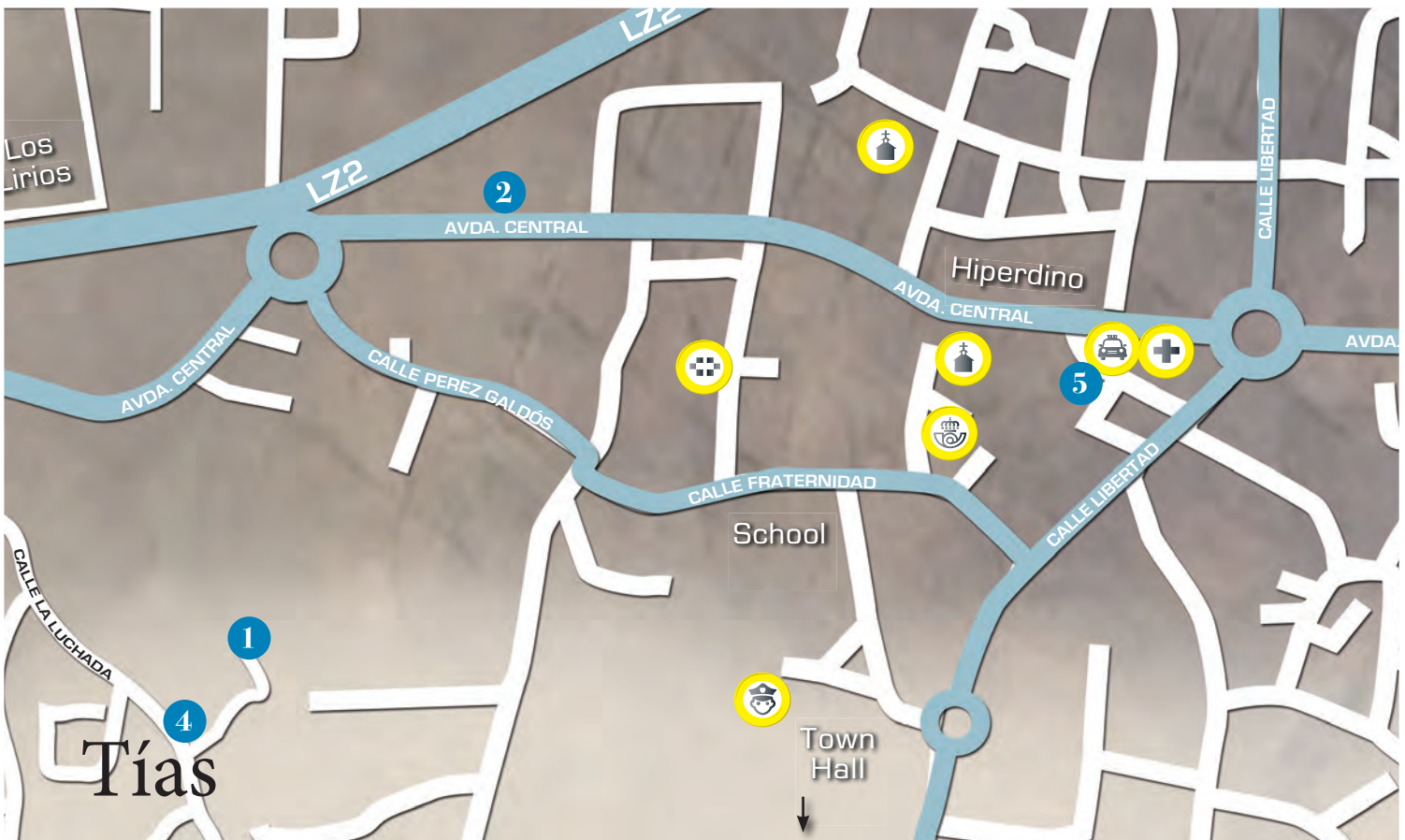
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DON'T GET SCAMMED!

Holiday rental scams aren't too common here, but the recent arrest of a young man who was advertising fake properties and making off with the deposits paid by victims shows that they can still take place. Here's how to stay safe.

A few years ago, we popped out to a supermarket in Puerto del Carmen to discover a distressing scene. A taxi driver had delivered a large family to the luxury villa they'd booked online, only to discover the property didn't exist. Already out of pocket to the tune of over a thousand Euros, the tired and angry tourists had no option but to find a hotel that would take them in.

There are various types of holiday rental scam. However, the most common ones we've experienced on the Canaries are those by con artists who list fake properties on listing sites such as Airbnb or HomeAway; and those who set up their own fake rental websites.

HOW TO AVOID HOLIDAY SCAMS:

• IF IT'S TOO GOOD TO BE TRUE, IT PROBABLY IS.

Lanzarote's holiday rental market is competitive and genuine bargains aren't easy to find. If you find a stunning property at a surprisingly low price, proceed with caution. Another warning light is if the property's calendar is suspiciously empty during peak season.

• CHECK REVIEWS

If a property has no previous reviews on the rental site, then again, be cautious. Fake reviews can also be posted, but they're likely to be very recent.

• CONTACT THE OWNER/RENTER

The more details you can get from the person you're dealing with, the better. Genuine renters may also be reluctant to give out too much information, but most will be happy to offer bona fides. Ask them about local restaurants, beaches, activities etc – genuine owners will usually be happy to help.

• LEARN TO SEARCH

As scammers don't actually own anything, they usually steal online photos of attractive



properties from estate agents or other rental agencies. Learn to use Google Image Search to see if the photo you're tempted by is genuine. Some scammers have even posted fake photos of their "sales reps" or "agents" which also give the game away.

Once you get the address of the property, search it on Google Street View to check. It's also worth searching any names, phone numbers, email addresses or websites you're using – the results will give you a better idea of what you're dealing with.

• DON'T PAY BY BANK TRANSFER

Paying by debit card or credit card offers you the best chance of claiming your money back if you get scammed.

Scammers only want your deposit, so if they try to hustle you along into transferring money (e.g by offering discounts for booking quickly), alarm bells should start ringing.



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GETTING BACK WHAT'S YOURS

Have you signed a mortgage contract which incorporated a single-sum life insurance premium? Then you may be eligible to reclaim that payment, writes Erardo Ferrer of Lanzarote Abogados.

In recent years, several court cases have exposed the abusive practices of banks and other lenders. Such is the scale of this abuse that anyone who has signed a mortgage agreement in recent years is advised to get a lawyer to review the contract. The result could win you back money which is rightfully yours by law, but which you probably never knew you were entitled to.

One of these abusive clauses relates to the way life insurance policies were often sold alongside mortgages. Directive 2014/17/EU of the European Parliament and of the Council, of February 4, 2014, on credit agreements entered into with consumers for real estate for residential use, these insurances are null and void and can be reclaimed.

If you paid the mortgage off early; sold the house before the loan was finalized or lost it at auction, you may be eligible to reclaim the amount of unused life insurance. This is because article 23 of Law 5/2019, of March 15, which regulates real estate credit contracts, recognizes that if the loan is canceled in advance, any insurance contract which was an accessory to the loan, and of which the lender is the beneficiary, is automatically extinguished.

The single premium agreement financed by adding to the capital has been deemed abusive, "generating



an imbalance between the rights and obligations of the parties, to the clear detriment of the consumer."

Even if you paid off the mortgage years ago, or have since sold the house, you should get

a lawyer to review that mortgage contract if you haven't done so already. There are some annulments that do not lapse over time.

Review your mortgage and get back what's rightfully yours.



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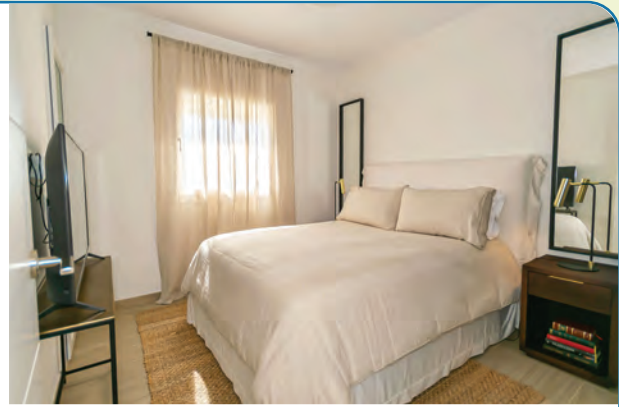
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César Manrique's works aren't just confined to Lanzarote. He worked on various projects elsewhere on the Canaries and further afield during his incredibly productive years.

The Lago Martíáñez is located on a headland in the unique Tenerife resort town of Puerto de la Cruz. It's one of Manrique's most impressive and best-known works outside his native island of Lanzarote.

The Lagos, as they're known locally, were constructed on the site of the Lidos de San Telmo, open-air pools by the sea that were frequented by visitors such as Winston Churchill, the Beatles and Aristotle Onassis.

In 1967, Manrique was contracted as artistic director of a radical reform of the pools, which added three pools, one of which had a central island with a bar. Known as Los Alisios, these pools were

officially opened by the legendary French star Josephine Baker in 1971.

In 1975, the second phase commenced, building an immense lake next to the existing pools and adding sculptures and local plants and trees. This is Manrique in full flow, and the lake was opened to the public in 1977.

The Lagos are now part of a much larger complex called Costa Martíáñez, and remain hugely impressive, with Manrique's trademark touch visible at all points, especially in the presence of two of his "wind toys", and an incredible, surreal, red-and-white sculpture for children known as "The Cuttlefish".

The pools remain a brilliant aquamarine colour, and, although the unheated sea water can be a bit bracing in the winter, it's still a popular place for bathing and sunbathing, with thousands still happy to pay the €5.50 entry fee to the complex.

MANRIQUE IN TENERIFE

After Lanzarote, Tenerife is probably the place where the presence of César Manrique is most visible.

In 1957, before his New York adventure and his return to Lanzarote, Manrique was invited to create a mural in the impressive art deco building of the Royal Casino in Tenerife. This started a relationship with the island that would result in the extensive works of the Lago Martíáñez.

Later, he was invited to create a mural at the plaza San Juan Bautista de la Salle. The Flying Fish that he created in seven colours, remains one of his most popular designs.

Four days before his death in 1991, Manrique submitted the design for the Homage to Santa Cruz, a large abstract sculpture located on a roundabout on the approach to the island's capital. It was to be his last work.



THE BIRTHPLACE OF CANARIAN TOURISM

Puerto de la Cruz, on the northern coast of Tenerife has few beaches and a slightly faded air, but it's the birthplace of Canarian tourism – home to a spa and casino which attracted a cosmopolitan European clientele.

In 1888, the Orotava Grand Hotel in the resort was the first Canarian hotel ever to be overbooked, due to demand from British visitors, and later, in 1927, crime writer Agatha Christie arrived at the Hotel Taoro.

Later, in 1963, Paul, George and Ringo from the Beatles spent 10 days in the resort (John preferred Torremolinos). During their stay they offered to play at a local nightclub for free, but were told by the British owner "This isn't a place for long-hairs, it's for respectable people."

30 years after the Beatles visit, the Hotel Botánico in Puerto de la Cruz hosted Michael Jackson, as he performed in the island's capital.



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Home fitness



The world is more health conscious than ever, especially after being stuck indoors for months on end. Many are now taking time out of their day to complete their daily exercise.



The birth of home fitness videos took off in the 1980s with Jane Fonda's hugely popular workout tapes, which allowed people to get their daily exercise at home usually in the form of aerobic dance.

The home workout videos would prove popular well into the 90s and began to tail off in the late noughties, however, some videos are still being produced today. The internet would ultimately kill the home video exercises, with mobile workout apps taking the cake.

In 2020, approximately 2.5 billion fitness apps were downloaded worldwide proving that a lot of us were not content with spending our time indoors and sedentary. A new trend would later start where homeowners would create small gyms in their spare rooms or gardens.

It's easier than you think, and cost effective too, if you know what to do. All you need is a few multiuse items and enough room to move freely.

THE RIGHT SPACE

Before you start, you'll need to find a room or area in your home with enough space for various pieces of equipment, exercise mats and movement. It would be good to write down the measurements of the room too, especially if you are going to buy larger and more expensive pieces of equipment.

MULTIUSE

If you're worrying about the price of the equipment needed, don't be. There are hundreds of multiuse pieces that you can perform a variety of exercises with and target numerous muscle groups. It all depends on how big you want to go.

MAKE IT INVITING

Design matters, even if your home gym is going to be in an unused spare room. Make the room exciting, paint the walls with a bold colour, you can add mirrors to reflect the natural light and brighten the space.

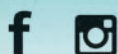


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A streamlined past



The Art Deco boom of the 20's was more than just an interior design fad; it was a movement that would influence the design of some of the world's most recognisable buildings along with furniture and fashion. Although the peak of Art Deco's relevance has long since declined, it has been making a comeback in recent years.

Seen as the next step in interior design after the Art Nouveau period which took off in Europe, Art Deco's heyday occurred in 1920s. After a world war, recession, and an influenza pandemic, the world desperately needed a style that evoked growth and rebirth, and Art Deco would fit perfectly with the economic and cultural explosion of the Roaring 20s in America.

That style was Art Deco, marked by the sleek, streamlined shapes and pleasingly dynamic lines of Art Nouveau, but with an exciting modern



edge provided by geometric shapes, symmetry and an absence of natural elements. It's a more functional style that celebrates the city, the future, speed and dynamism.

Art Deco also reached the Canaries - the kiosks in Parque San Telmo in Las Palmas de Gran Canaria are a fine example, and Santa Cruz de Tenerife also has some outstanding buildings in the style.

On Lanzarote, you can see the legacy of the movement in buildings such as the old cinema in Teguise – coincidentally now home to décor shop Emporium.

It's a surprise to no one how a style like Art Deco can seamlessly fit into most modern interiors, even after seven decades since its arrival. In 2022, numerous furniture shops have Art Deco items from wallpapers and accessories to larger furniture pieces.

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HOSPITAL EXTENSION



Canarian Health Minister Blas Cabrera visits the hospital.



One of the construction works that most people on the island will soon be aware of is the new extension to the Dr José Molina Hospital in Arrecife, scheduled to be finished this month.

The new building is directly opposite the current Accident and Emergencies ward, in the space previously occupied by a car park, and has become known as the “Covid wing”. This is because it was announced during the pandemic, when Lanzarote’s hospital facilities found themselves stretched to the maximum, and one of its uses will be to provide adequate facilities for patients in the case of further outbreaks.

But this is only one of the uses the new wing will fulfil. With just two Covid patients at the time of writing, it’s clear that the new space is likely to be used for other purposes. What it will provide is the capacity for hospital directors and managers to plan a better response to emergency situations.

The new extension will have just under 100 new beds, which will include eight intermediate care beds. The building will also house 10 consultancies.

Most of the construction has been terminated and, at the time of writing, glass, and metal fittings are being installed by Cepal from Arrecife, one of several contractors working on the project. In April, Canarian Health Minister Blas Trujillo visited the works and announced that the extension would open in June.

Plans are already underway to ease access to the hospital by increasing the number of lanes from the main roundabout on the Arrecife ring road just south of the hospital.

However, last month’s announcement from the Canarian government that an entirely new main road will be built from the Argana Alta zone (where the hospital is located) to the airport suggest that in years to come access could be even faster and easier.

One problem that remains to be addressed in the hospital is parking, which has often been difficult even before dozens of spaces were removed for the construction of the extension. A 100-place carpark has been approved to the northern side of the hospital, near the ITV vehicle inspection centre, but it seems that, at busy times, the roads and wasteland around the outpatients entrance of the hospital will remain congested.

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Summer pool preparations



If you want your pool to be a pristine blue all summer, then you're going to need to tick some boxes before the summer months officially start.

THE POOL COVER

As with everything on Lanzarote, the sun does damage over time. If your pool cover is looking tired, the colour fading and bits flaking off, it's time you ordered a new custom-fitted cover.

It is vital to have a high-quality pool cover for general pool care as a deteriorated cover can cost you more money on heating as the pool will lose heat much quicker with an older cover.

THE HEATER

If you have a rental villa, you will have certainly heard the dreaded words "the pool isn't warm". Pool heater technology changes every year, with quieter and more efficient models becoming readily available.

Now is the perfect time to have that old, loud, and cumbersome heater changed for a new and sleeker one.

FIX THOSE LEAKS

Although it isn't advised, you may have had a small leak for some time without the walls bubbling up. However, the longer you leave it the higher the cost to fix it will be.

Summer is fast approaching and whether your pool is private-use, or used by guests at your holiday villa, it's important to make sure that the pool is in top condition to avoid any problems that may crop up down the line.

It may not look like much, but a small leak can quickly turn into a massive repair job before you know it, and a drained pool is the last thing you would want just before the intense heat of the summer months arrive.

THE CHEMICAL BALANCE

This is especially important if you have a rental villa. Your pool can turn from a blue paradise to a green swamp in the blink of an eye if you don't keep on top of your chlorine and pH levels.

Chlorine and pH are the basics of pool care, however, in some cases you may need different chemicals. If you are unsure it's best to call the professionals.

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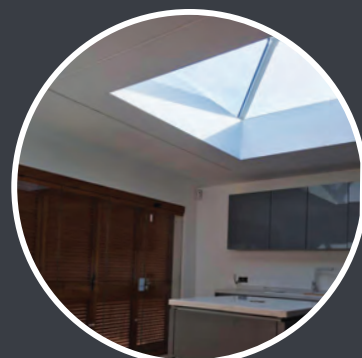
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CANARIAN STRAWBERRY TREE

Every month, Francisco Bermejo of Canriensis Garden Design introduces us to a native Canarian plant. This month it's the beautiful Canarian strawberry tree (*Arbutus canariensis*)



The Canarian strawberry tree (or Madroño Canario) is a medium-sized tree with permanent leaves. These leaves are larger than those of its close relative, the Mediterranean strawberry tree (*Arbutus unedo*), which is the tree that is being raided by a bear in the

famous emblem of Spain's capital city, Madrid.

The Canarian Strawberry tree is found naturally on all the Canary Islands except for Lanzarote and Fuerteventura, and forming part of the typical Canarian laurel

forests found on the western islands.

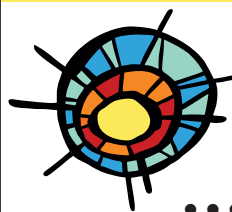
It's a beautiful tree whose ornamental value is unquestionable, so it's hard to understand why it's so underused here, unlike the Mediterranean strawberry tree, which is widely grown throughout Europe.

In autumn or early winter, strawberry trees are filled with numerous clusters of highly fragrant white or pinkish flowers in the shape of small bells. These flowers give way to numerous orange or yellow, spherical and edible fruits of 2 or 3 cm in diameter. They are consumed fresh, or used for jams and preserves. Liqueurs are also produced based on the fruit of the strawberry tree.

The wood of the strawberry tree is of great beauty and quality. It has been widely used throughout history, to carry out fine carpentry work.

Medicinal properties such as astringent, anti-inflammatory and antiseptic are attributed to the strawberry tree, using the leaves and bark for this.

Unfortunately, in Lanzarote, this native species is used very little in gardening, but if you want a delightful tree with immense cultural significance, it's worth investigating.



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Grow your own

Vegetables grow easily on Lanzarote, but they'll need some tender loving care before you chop them up and eat them.

You can grow almost any vegetable on Lanzarote, but the intense heat and aridity of the island's climate means that they will usually require quite a bit of care and attention. This, and the fact that fresh veggies are widely available in shops, markets and supermarkets, means that many gardeners don't bother to grow their own, and garden centres tend not to focus too closely on kitchen garden plants apart from stocking seeds.

Those gardeners who believe that vegetables such as parsnips, carrots, brussels sprouts and kale taste better after a frost can also forget about sub-zero temperatures ever occurring on this island. Nevertheless, all these products are possible to grow.

While it's possible to grow some plants for your kitchen on a patio, balcony or a windowsill, to grow vegetables seriously you'll need a garden and a well-prepared plot.

TOMATOES

Tomatoes thrive in Lanzarote's sunshine, and few things are more satisfying than

enjoying ripe tomatoes that you've grown yourself from seed.

Tomatoes are great fun, but they also take up space and, while it's possible to grow them on a balcony, they may start to dominate, both in terms of size and the distinctive odour of tomato plants.

Tomatoes can be grown directly from a growbag, and depending on the variety, you'll need to stake and tie them. They need plenty of sun, plenty of water and some high potassium fertiliser.

The worst pest on Lanzarote is the tomato moth. Unfortunately, by the time you see one it's probably too late.



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SWEET POTATOES

You won't find better sweet potatoes anywhere in the world than on Lanzarote. The healthy, nourishing tuber has been grown here ever since it was introduced from the Americas, and Lanzarote holds the world record for the largest sweet potato.

In the sandy jable region of the island, a hole is dug to the soil lying beneath the sand, and a seed potato or cutting is planted with a handful of fertiliser. Watering is minimal, and the potatoes are protected from the wind by ridges of sand.

ROOTS

All sorts of root vegetables work on Lanzarote, from carrots and beetroot to turnips and radishes. Radishes are easy to grow, taking as little as three weeks to produce firm, crunchy globes (although local varieties often produce longer, knobbly radishes that taste just as good)

and a bunch of green leaves that are surprisingly tasty.

ALLIUMS

Onions have always been one of Lanzarote's favourite crops, and the sweet local onions that are in season right now are one of the island's finest products.

"THE VEG YOU
GROW DEPENDS
ON THE SPACE
YOU HAVE."

However, you can also grow spring onions (the locals prefer these with more bulbous bases, but for British-style scallions you should harvest after eight weeks.) Leeks, garlic and chives are other members of the



allium family that can be easily grown on Lanzarote. We'd recommend trying garlic, as the fresh bulbs have a much subtler flavour to the intense dried bulbs on sale in shops.

CROPS IN A SMALL SPACE

If your space is limited to a balcony or patio, then you'll need to scale down your vegetable production. You'll probably be limited to containers, but the options are still exciting.

Start with herbs – basil, parsley, mint, rosemary, chives and lavender all grow amazingly here. You can go for some small scale garlic or spring onion production, and the jewel-like colours of peppers and chillies are hugely popular here.

Other veg will depend on space, but it's worth examining seed packets for smaller dwarf varieties of tomatoes, peas and beans.



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Cutback time

Pruning has been an essential element of Lanzarote life for centuries. Left untrimmed, palm trees develop shaggy “beards” of dead leaves. It’s only when they’ve been pruned back that they have that classic desert island look. Islanders here have used the pruned leaves of palm trees for everything from roofing material to basketry and weaving.



In your garden, pruning will depend on the plants you have. Cacti and succulents rarely require much work, but other plants need regular trimming and an occasional hard prune. Pruning requirements will alter according to the plants in your garden – for example, a fast-growing climber will require a different approach to a bushy shrub or a fruit tree, but here are a few basic tips.

TOOLS OF THE JOB

The tools you need depend on the plants you’ll be trimming and can range from a sturdy pair of scissors to a chainsaw. Most gardeners will require a decent set of secateurs and perhaps a garden saw. Keep your cutting tools clean and oiled, which will stop them infecting plants as well as extending their lives



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Drives my green age"*

- Dylan Thomas

On Lanzarote, gardening gloves are also recommended, simply because so much of the local flora is spiky and serrated. If you're working in close proximity to palms, agaves and other spiky-leaved plants, get some eye protection, too.

Palms and certain other plants require specialist techniques, and it's a good idea to hire a professional for these jobs.

EFFECTIVE PRUNING

Before you start pruning, you need to establish why you're doing it. It could be just tidying up a plant that's become a little unruly; you could be encouraging the growth of new flowers and fruit; or you could simply be shaping a plant into a more attractive form. In many cases, there'll be a bit of all three involved.

Plants aren't conscious of what they're doing – they'll expend lots of energy on damaged or sick leaves and pushing out straggly shoots. You need to direct that energy where it's wanted.

Cuts should be made at a 45-degree angle. The reasons for this aren't as important here on Lanzarote as they are in wetter climates, but it's a good habit to get into.



Cuts should be made just above a bud or offshoot that you're hoping will grow strongly. If you're interested in shaping the plant, focus on outward-facing buds and prune back shoots that grow inward. This will result in a bushier plant, without a canopy that restricts the passage of air and sunlight.

Hack back long, straggly shoots, which can divert energy from stronger, more robust parts of the plant.

HARD PRUNING

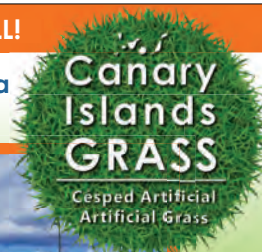
A glimpse at the vineyards of Lanzarote

will give you an idea of the importance of hard pruning for some plants. For wine growers here, a hard prune carried out in February is the start of the grape growing process – vines are usually cut right back to their woody stems and the new shoots will produce the grapes in summer.

Many other garden plants will flourish after a prune that many beginners gardeners would regard as destructive. However, winter months are usually the best time to cut plants back drastically – giving them time to recover before entering their flowering and fruiting phase.

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FIGHTING THE DROP



IAN LANE REPORTS ON HOW UD LANZAROTE AVOIDED THE DROP AT THE VERY LAST MINUTE IN THIS YEAR'S BRUTAL LEAGUE COMPETITION.

On the 17th April, UD Lanzarote lost 1-0 away to CD Buzanada and dropped into the four automatic relegation positions with just two games remaining.

The restructuring of the league meant that, not only were the bottom four to be relegated, but also a possible three other teams. Lanzarote were in a dire situation. Even if they won their final two matches they still had to depend on other results going their way to avoid the drop.

Over 1,000 fans turned up at the final home match versus SD Tenisca to cheer the Reds on. The opponents from La Palma were even in a worse situation than the Rojillos, and both sides knew that a defeat for either would mean relegation.

Brazilian defender Matheus was presented with the fans Player of the Season prior to kick off. The Lanzarote centre back, along with the rest of the back four and keepers were the

best defence in the league conceding just 24 goals. The next best side were Champions CD Atlético Paso with 27 goals against.

Lanzarote captain Ayoze Pérez was undoubtedly the man of the match and also scored the only goal of the game in the 37th minute to give his side hope.

Lanzarote's final match of the season was a rearranged fixture away to CF Unión Viera. The Rojillos made no mistake and beat the Gran Canarian side 1-4, moving up to 9th spot. However, every other team except Lanzarote still had one match to play. It was a nervous few days knowing that

they must finish the season no lower than in eleventh position.

CD Marino and UD Gran Tarajal comfortably won their matches and climbed above Lanzarote so the Rojillos were left in 11th position and could not drop lower. CD Herbania needed a win but lost 0-1 so it was all down to CD Buzanada who needed to win by four clear goals.

In the 90th minute they were 2-0 up and 11 minutes of extra time had to be played. With three minutes remaining they made it 3-0 and sent everyone forward to find the fourth goal but, much to the relief of everyone involved with UD Lanzarote, their opponents scored and the match ended 3-1. Lanzarote finished in 11th spot and were safe.

It may sound as though the season was a struggle but in a 17-team league and with seven sides facing relegation almost every club was involved in relegation or promotion until the final day. The Rojillos avoided relegation on goal difference, yet they were only four points adrift of finishing in a playoff position.

The new season will commence end of August with fixtures usually released late July. The shop in Costa Tegui is open throughout the summer as is the stall every Sunday in Tegui market (details below).



Matheus receives the Player of the Season award from Rosmen and director David Timmons.

Go to **Lanzarote Football Club (Facebook page)** or **www.mercancianlanzarote.com** for info, season ticket & membership details etc. All shirts and other merchandise can be bought at the Tegui market stall on Sundays; online at **www.mercancianlanzarote.com/shop/** or at the shop in Costa Tegui which is based at Centro Comercial Nautical, local 25 (up from Decades bar and behind Café Bonjour). **The shop is open Mon to Fri 10am to 1pm.**

MULLIGANS FOR UKRAINE



WHILE LPGS MEMBERS SUPPORT THE LOCAL LANZAROTE ALZHEIMER'S SOCIETY THROUGH THE YEAR, THE RECENT CAPTAIN'S DAY COMPETITION THIS YEAR AT COSTA TEGUISE GOLF CLUB TOOK ON A SPECIAL SIGNIFICANCE, WITH THE SALE OF VOLUNTARY MULLIGANS FOR THE 24 ENTRANTS AT A NOMINAL €2. PAUL KELLY REPORTS...

To explain: a "Mulligan" allows a player to disregard a bad shot and play another without penalty, and an honesty bucket was provided to allow the purchase of a Mulligan, with the intention of raising some funds to assist displaced people in Ukraine.

On the day, nearly everyone, in a show of support, dressed in the Ukrainian colours of blue and yellow, but what was quite

spectacular was the bigheartedness of contributions to purchasing their individual Mulligans from the players on the day and remotely, members who were unable to make the competition. Generously ignoring the €2 Mulligan price tag, the members donated a figure just a few euros short of €3,000.

What has been especially rewarding has been the localised distribution of the funds, where very small sums of €50 to €100 have made huge differences: Train fares to allow a mother and her 3 children



to leave Kyiv and travel to Western Ukraine; basic groceries for a family whose breadwinner was now defending the country, and the smiles on the faces of 12 children, ten of whom were adopted by a remarkable couple, and who managed to get the entire brood away to Germany. They were surprised with a large basket of fruit and sweets as a special treat from the funds and their joyful faces, from a spend of just €40, were a sight to behold.

On the golf course, the Captain's Day competition was a two-person team Stableford Greensomes/ Texas Scramble MashUp which remarkably produced a three-way tie on 44 points with Gerry

Campion and Ricardo Whitelock (pictured left with Captain Paul Kelly) coming in first on countback, Ken Kirkup and Robin Plane were second and Philipp Imhof and Paul Lucas were third. The gold was followed by a lunch on the clubhouse terrace.

.....

Playa Blanca Golf Society is always looking for new members, so if you are interested in joining Playa Blanca Golf Society please contact - Tony Corkindale on 0044 7971 260212 or tonycorkindale@yahoo.com

TENNIS



Winners of the Master category league, César Martínez, Javier Martínez and Borja García, together with club directors, Juan Ramón Martín and Kai Lindenberg

GAME, SET, MATCH & LEAGUE...

On Sunday, May 15, the Lanzarote Tennis League, organized by the "Set y Partido" Tennis Club, concluded at the Fariones Sports Centre facilities.

With a record number of participants, - 135 players, in 9 categories - the league played out for 8 months. Raul Aswani and Felipe González ended up as champions of the two highest categories, Diamond and Gold.

At Gazette Life, we congratulate all the players, the Set and Match club and Sponsors for the great organization of the tournament and the dissemination of tennis in Lanzarote.

Back to driving school?

The failure to negotiate an agreement on driving licences following Brexit means that, at the time of writing, British residents will have to sign up for driving tests in Spain if they wish to continue driving here.

Currently, no driving licence exchange agreement between the UK and Spain has been finalised, although the British Embassy says talks continue “at pace”, and is hopeful that an agreement “will be reached in the coming weeks”. But the expiry of the final grace period at the end of April means that British citizens who have been Spanish residents for over six months may no longer use UK-issued driving licences.

Tourists may still use their UK licences, as can residents who have registered in the last six months - but they will have to organise a Spanish driving test within six months from their residency date.

The British Ambassador says there are “no guarantees” of an agreement, and if you urgently need to drive in Spain, you may have no option but to sign up to take the Spanish driving test.

The Spanish driving test

To pass a Spanish driving test you'll need to sign up with a driving school (autoescuela). If you need one that speaks English, search around.



Spain's theory test is one of the most difficult in Europe. You'll be expected to learn the Highway Code here and then answer 30 questions in a 30-minute exam. Get more than three wrong and you fail.

Preparation generally consists of answering questions over and over again on a computer until you're confident you can pass. The test can be done in English, and preparation materials are also available in English.

There is no such thing as a provisional licence in Spain. You're not permitted to get behind the wheel until you've passed the theory test, and only then with an

instructor. If you're an experienced driver, you may not need too many lessons, but it's an excellent idea to book a class or two with an instructor, who will prepare you for the practical exam.

It's also wise to learn some basic Spanish vocabulary for the exam, so you understand instructions. The practical test lasts a minimum of 25 minutes, but may take longer. You're also likely to be in the car with another candidate, with whom you'll swap places at some point.

If you're an experienced driver you won't have to display an L plate once you've



passed – these are only for beginners.

Costs are high in Spain – you’re likely to have to spend at least €500, and perhaps significantly more, when taking a Spanish test.

Until this matter is sorted out between the British and Spanish governments, it’s quite clear that the current situation is a massive pain in

the neck for experienced drivers who have driven without problems on Spanish roads before. However, it’s not a surprise: established residents were repeatedly advised to exchange their licences before deadline. For newer residents, it’s simply another of the extra obstacles and expenses that have resulted from UK’s new status as a non-EU “third country”.

Keep up to date with developments at the British Embassy’s Brits In Spain Facebook page.

TEST YOUR KNOWLEDGE

Here are three of the tougher questions from the Spanish theory test:

You should drive at moderate speed when approaching stationary vehicles on the road ...

- A. In urban areas.
- B. Outside urban areas.
- C. Both inside and outside urban areas.

What does this road sign mean?



- A. Caution: out-of-town area where children are dropped off or picked up at a bus stop.
- B. Caution – you are close to an area frequented by children.
- C. Danger – you are close to a specially marked, restricted area for the passage of children at the exit of a school, playground, etc.

How does a Hill Start Assist system help the driver?

- A. A sensor detects the angle of inclination of the vehicle and prevents it from reversing when releasing the brake.
- B. It accelerates the engine to prevent the vehicle from reversing when releasing the brake.
- C. It activates the handbrake automatically and will not deactivate it until the driver presses the accelerator, thus stopping the vehicle from reversing.

Answers: 1. B, 2. B, 3. A



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"TOO MUCH OF THE SAME" RESPONSE

Dear Ed,

I have just read the comments by Ian Sabin from your May issue of the Gazette Life entitled "TOO MUCH OF THE SAME".

We have been here for just over a week, at the time of writing, and we have eaten, Indian, Italian, Greek, traditional Spanish, fish at the port, and good old English food. Not one burger have we eaten, but we did fancy a takeaway pizza one evening.

If Ian doesn't mind paying a tad more, then there are also some classy restaurants if he looks. Is Ian in the same Puerto del Carmen as my wife and I?

Kind regards,

Stephen Howard

CYCLE TRACKS

Hi Editor,

I enjoy cycling, but I'm not keen on going on the roads. The new cycle lanes are fantastic, except for the fact that many pedestrians and quad cycles are using them.

The reason is that there are no signs telling them that the lane is NOT meant for them. Surely some stencilled bicycles could be put down every so often.

It used to be that if a cyclist rides off the cycle track, they could be fined. Is that still true?

Thanks,

Tony Clinning

Ed: I believe that there are signs every now and then along the cycle lanes, as well as the occasional stencils. However, I haven't seen any major issues regarding it yet, as from what I have seen tourists will move out of the way when a cyclist is approaching or rings their bell.

CLEAN UP AFTER YOUR DOG

Hi Editor,

I think that there is now an urgent requirement to educate dog-owning residents on the island. They really do need to take their dog muck home with them or dispose of it in the appropriate bins.

Us regular tourists are staying away from the rocks to avoid it, which is a real shame. In the UK it's frowned upon – signs are required, doggy bags carried. Simple.

Regards,

D. Wyatt

Ed: Not picking up after your pet is frowned in most countries and Spain certainly isn't an exception. There is no real way to enforce it island-wide as there is simply no way of watching every dog walker at once, however, you can be fined if you are caught leaving muck behind.

COFFEE DISSATISFACTION

Dear Ed,

Okay... I know that this isn't a pressing issue, nor is it at the top of anyone's list of priorities. But I would love a Starbucks in Lanzarote!

In my years on Lanzarote, I think I've drank about 10 good cups of coffee. I believe that there would be demand for a proper coffee chain on the island. Perhaps it would benefit the high streets in Arrecife and increase footfall for the surrounding shops.

Tenerife and Gran Canaria already have a handful of Starbucks' and with the news

SCOOTER SCORE

Dear Ed,

Having just returned from Puerto del Carmen I would say that it is inevitable that there is going to be a really nasty accident because of these scooters.

Nobody is abiding by the rules and nobody is enforcing them.

There is no pleasure now in walking along the main strip because of them. I saw nobody with a helmet. Two people on one scooter. Riding on the pavement and travelling well over the permitted speed.

They are a menace to pedestrians and cyclists alike! Do the police not care?

Regards,

Alison

Ed: The Spanish Traffic Department recently introduced requirements for scooters, and fines for if they are not abided by. This includes not wearing a helmet, riding with more than one person per scooter, driving on pavements, driving with headphones, etc. Enforcement is another matter, however...

of a Primark, Aldi, and another Lidl, it may be time that we had some decent coffee on the island, too.

I believe Starbucks also provide training for budding baristas, which may also provide the island with jobs and qualifications.

If we have a McDonalds, Burger King and KFC, surely it's time we had a Starbucks!

The seasonal specials could use local products and flavours from Lanzarote? Just a thought... from the mind of a coffee addict.

Fingers crossed,

Sarah Hennighan

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Need to Know



AT YOUR CONVENIENCE

Public conveniences are few and far between on Lanzarote, so what do you do if you're caught short?

Almost all public conveniences on Lanzarote are located on or near beaches in the tourist resorts. Nevertheless, few of them are particularly pleasant places and many of them are locked up at the end of the day. All are free, and you won't have to spend anything to spend a penny.

If you're far from one of these, you'll need to try other options.

Supermarkets: Most larger supermarkets have public toilets. A key may be required, so ask at the counter.

Petrol Stations: There are usually public toilets at petrol stations. Again, ask at the counter.

Shopping centres: Larger shopping centres have toilets. Smaller ones may not do.

Tourist attractions: All the tourist centres on the island are well-equipped with public conveniences, often decorated in the Manrique style.

Bars and restaurants: Most bars and restaurants will allow passers-by to use their bathrooms without insisting on a "clients only" policy. This may vary in certain areas or at certain times of night, however.

Transport: There are conveniences at the airport, bus stations, and ferry terminals.

Hotels: We've never heard of a hotel turning away someone who needs urgent relief, even if they're not a guest.

The sea: Peeing in the sea is technically illegal in Teguiise, Yaiza and Haría, so don't try it if any municipal scuba divers are nearby.

Toilets will be called Aseos, Servicios, Baños or WC on signs. Most toilets will use the universal Male/Female/Disabled signs.

How to ask:

Tiene un servicio aquí? Do you have a toilet here?

Hay un servicio por aquí? Is there a toilet around here?

Puedo usar el baño, por favor? May I use the bathroom, please.



Tide Times June 2022

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

Day	Hour	Metres	Day	Hour	Metres
1	H: 02:57	2.3	17	H: 04:03	2.5
	L: 09:00	0.6		L: 10:07	0.4
	H: 15:10	2.5		H: 16:21	2.8
	L: 21:29	0.5		L: 22:47	0.3
2	H: 03:32	2.2	18	H: 04:56	2.4
	L: 09:34	0.7		L: 10:59	0.6
	H: 15:45	2.4		H: 17:14	2.6
	L: 22:06	0.6		L: 23:44	0.4
3	H: 04:09	2.1	19	H: 05:54	2.2
	L: 10:10	0.8		L: 11:56	0.7
	H: 16:22	2.3		H: 18:12	2.5
	L: 22:46	0.7			
4	H: 04:50	2.0	20	L: 00:45	0.6
	L: 10:50	0.9		H: 06:57	2.1
	H: 17:04	2.2		L: 12:58	0.9
	L: 23:31	0.8		H: 19:15	2.3
5	H: 05:37	1.9	21	L: 01:50	0.7
	L: 11:37	1.0		H: 08:04	2.0
	H: 17:53	2.1		L: 14:07	0.9
				H: 20:23	2.2
6	L: 00:24	0.9	22	L: 02:56	0.8
	H: 06:33	1.9		H: 09:12	2.0
	L: 12:33	1.0		L: 15:16	1.0
	H: 18:52	2.1		H: 21:30	2.2
7	L: 01:26	0.9	23	L: 03:58	0.8
	H: 07:38	1.8		H: 10:14	2.1
	L: 13:40	1.1		L: 16:21	0.9
	H: 19:58	2.1		H: 22:31	2.2
8	L: 02:32	0.9	24	L: 04:53	0.8
	H: 08:46	1.9		H: 11:07	2.2
	L: 14:50	1.0		L: 17:17	0.9
	H: 21:05	2.1		H: 23:24	2.2
9	L: 03:34	0.8	25	L: 05:40	0.7
	H: 09:49	2.0		H: 11:52	2.2
	L: 15:55	0.9		L: 18:06	0.8
	H: 22:06	2.2			
10	L: 04:31	0.7	26	H: 00:11	2.2
	H: 10:44	2.2		L: 06:21	0.7
	L: 16:53	0.7		H: 12:33	2.3
	H: 23:03	2.4		L: 18:48	0.7
11	L: 05:22	0.5	27	H: 00:52	2.2
	H: 11:35	2.4		L: 06:59	0.7
	L: 17:46	0.5		H: 13:10	2.4
	H: 23:54	2.5		L: 19:27	0.6
12	L: 06:10	0.4	28	H: 01:31	2.3
	H: 12:22	2.6		L: 07:35	0.6
	L: 18:36	0.4		H: 13:46	2.5
				L: 20:04	0.6
13	H: 00:44	2.6	29	H: 02:07	2.3
	L: 06:57	0.3		L: 08:10	0.6
	H: 13:09	2.7		H: 14:21	2.5
	L: 19:25	0.2		L: 20:40	0.5
14	H: 01:33	2.7	30	H: 02:43	2.3
	L: 07:43	0.2		L: 08:45	0.6
	H: 13:55	2.8		H: 14:56	2.5
	L: 20:14	0.1		L: 21:16	0.5
15	H: 02:22	2.7	31		
	L: 08:30	0.2			
	H: 14:42	2.9			
	L: 21:03	0.1			
16	H: 03:11	2.6	New Moon	First Quarter Moon	
	L: 09:17	0.3			
	H: 15:30	2.8			
	L: 21:54	0.2			

H=High Tide L=Low Tide



June 2022

Weather Watch

June: midsummer madness

June is when Lanzarote's summer enters top gear, when tourists start to pour in for a potent blast of intense sunshine, heat and activity.

But Lanzarote's summer is rarely too hot. While much of the rest of Spain swelters in humid, intolerably hot conditions, Lanzarote is almost always fanned by a cooling alisio breeze that makes life more tolerable. It's breezy enough to get out and about, but you'd be advised to keep more strenuous activities to the cooler mornings and afternoons – and don't even think about taking your dog out on those hot daytime pavements.

Nights will continue to get longer, with a strawberry full moon on the night of the 14th, until the solstice one week later on the 21st. Throughout Spain, this midsummer moment is celebrated with bonfires and bathing on the 23rd and 24th, and Haria's fire dance is one of the craziest evenings in Lanzarote's calendar.

What to Expect in June



Day Time Temps
23°C to 26°C



Night Time Temps
Average 19-22°C



Sunshine Hours
13 hours daylight. 9 hrs full sun



Sea Temp
20°C



Rain
Not a chance.



Wind
15-20 kph.

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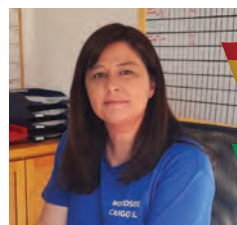


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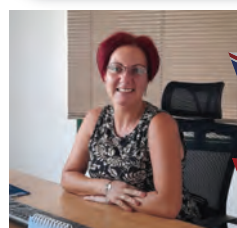
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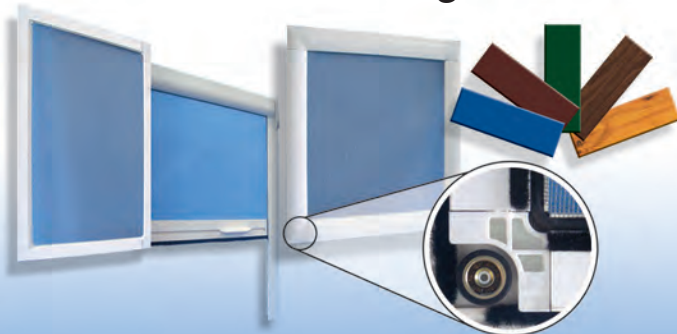


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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

(21 MAR - 19 APR)

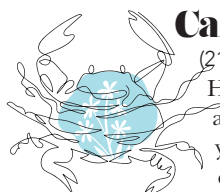
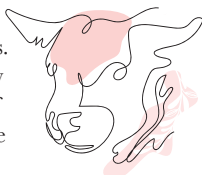
Time to make a change, Aries. From TV to books, from apps to social media, the world is full of different options, and you'll benefit from widening your horizons.

Where to get ideas? Talk to your friends and family and follow up on their leads.

Taurus

(20 APRIL - 20 MAY)

Things could be getting a bit heavy romantically, Taurus. Usually you can handle the intense stuff, but right now it's a good idea to step back and get a better view of the situation. Talk to your folks, trust your instincts, take your time, make it worthwhile.



Cancer

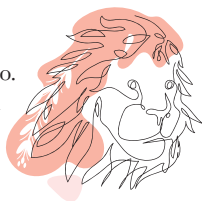
(21 JUNE TO 22 JULY)

Home is fundamental to your concept of life, Cancer, and this month is a great time to think about how you want to live, then start to make it happen. The confidence and optimism that this will bring will pay off in all areas of life – fly free, then return to your nest.

Leo

(23 JULY TO 22 AUG)

Family will occupy much of your time this month, Leo. There may be a knotty problem or two, but there'll also be fulfillment and the kind of love you can't find anywhere else. Never forget that your family is the mirror that shows your true nature most clearly.



Virgo

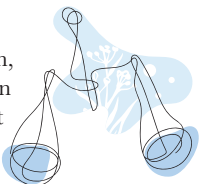
(23 AUG TO 22 SEPT)

You, more than anyone, know how frustrating perfectionism can be, Virgo. But this month, your attention to detail will really pay off. Stay focused and prepare for an experience that will bring you rewards you can barely begin to imagine.

Libra

(23 SEPT TO 22 OCT)

You know that style is not the same as fashion, Libra, and this month is a good time to work on your own trademark style. Wear what you like, but wear it well; look how you like, but make sure it's you. Then get out there and slay them!



Gemini

(21 MAY TO 20 JUNE)

You'll find friends relying on your quick wits and smart insights this month, Gemini, but make sure to set some time aside to use your gifts for your own reward. You're on fire, but you're grounded, and the next few months could be unforgettable.

Scorpio

(23 OCT TO 21 NOV)

Write some lists and start ticking things off, Scorpio. There's a long, wonderful summer ahead, but you need to get into a good place to enjoy it, and you need to ensure you've got the money to afford it. Sort stuff out now, and watch things fall into place.



Sagittarius

(22 NOV TO 21 DEC)

Stop looking for the last piece of the jigsaw, Sagittarius, and accept that some puzzles will never be solved. Relationships and romance never make complete sense, but forgiveness and acceptance go a long way to making them work. Just let things ride for now.

Capricorn

(22 DEC TO 19 JAN)

You're buzzing from head to toe, Capricorn, full of appetite for life, excitement, good food and good times. So let yourself have fun and make the most of it – nobody on their deathbed ever says they wished they'd dieted or stayed at home more.



Aquarius

(20 JAN - 18 FEB)

Assert yourself this month, Aquarius. Make sure you get the respect and recognition you deserve and hold those closest to you to high standards. When people take you for granted or underestimate your expectations, your own self-esteem tumbles as well as your esteem for others.

Pisces

(19 FEB - 20 MAR)

Get talking, Pisces. This is a month when communication counts, and the more time you spend on the phone or chatting face-to-face, the more opportunities and rewards you'll reap. You'll also enjoy your own eloquence and fall in love with the new words and ideas you encounter.



Instagram

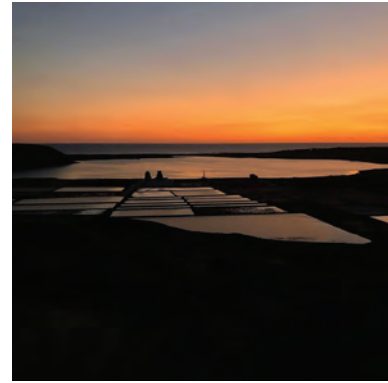
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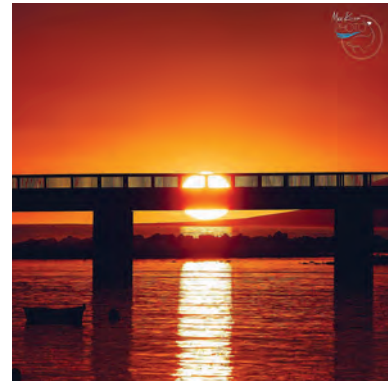
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**18
JUN**
20:00 h

Bossa nova, Brazilian music



**25
JUN**
20:00 h

Jameos del Agua
TOQUINHO

Chamber music



**02
JUL**
20:00 h

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