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#### BACK TO LIFE GAZETTE

### **Eds Letter**

The Spanish government has recently announced plans to bring the country back to a "new normal" in the space of eight weeks, with the Canaries and Lanzarote leading the way.

The first reaction to this is surely a huge sigh of relief. The last seven weeks have been a hugely worrying time, and many simply want the certainty of knowing when it might end. Now, finally, we have that. It may change depending on the development of the virus, of course, but it's a plan.

Getting the island back to any kind of normality isn't going to be easy. Thousands of people have suffered terribly during the lockdown, which has highlighted poverty and social exclusion; thousands more are watching their jobs and businesses under serious threat while their savings dwindle, and the reliance of the islands on tourism means many of us are not likely to be in the conditions to really start getting back on our feet again until flights recommence.

The situation reminds me of what an AA member once told about his first day of being sober. "It's like coming out of your cellar after a hurricane," he said. "Everything is wrecked and damaged, but the important thing is: it's over."

And while there may be difficult times ahead, I think most of us are very conscious that there could be far worse places to spend them. May is always a gorgeous month on Lanzarote, and last month's sprinkling of rain should help to make it even more so.

Some precious pleasures have already been grasped gratefully - children can now go out in the open air, and many parents will never forget their joy at that first outing. More will arrive - I personally can't wait to get into the sea and find out what the fishes have been up to.

But let's be sure to do this together. Let lockdown be a tight fist that slowly unclenches to offer thousands of willing, helping hands; hands that are ready to work, to give and receive and perhaps, in time, to hold those we've missed for so long.

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May 2020



Rainbow Power A new children's book commemorates the lockdown.

Nature Returns Why wildlife is loving the lockdown.



1

**Lockdown Language** Now's the time to learn Spanish.



The Good Doctor Lanzarote's medical saviour.



Secret Island A Corona we can't wait to get back to.





**Facemasks** Etiquette, duty or self-protection?







#### A NEW CHILDREN'S BOOK BY A LANZAROTE WRITER AND ARTIST AIMS TO EXPLAIN AND REMEMBER THE 2020 LOCKDOWN, WHEN CHILDREN HELPED TO SAVE THE WORLD.

The coronavirus lockdown is likely to live in our memories for the rest of our lives. But while it's still going on children need all the help they can get to understand what's happening at a worrying but often rewardingly intimate time.

*Once Upon Those Rainbows* is a message of hope at a time when we need it most.

#### "THESE HAVE BEEN VERY WORRYING TIMES FOR ME AS A SINGLE MUM, BUT I'VE ALSO BEEN CLOSER TO MY BOY THAN EVER."

Written and created by Gazette Creative Director Carla Sylvester, it's a book aimed at helping children understand and remember the lockdown that descended on Spain, the UK and many other parts of the world in March 2020.

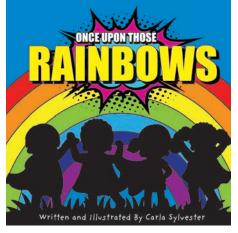
It was a time that saw millions of children suddenly separated from their schoolfriends and playmates; when they weren't allowed to leave the house for weeks on end; when beloved elderly relatives were suddenly off limits and the news was full of words like "death" and "disease". It's this time that Carla wanted to address in her colourful, exciting book, a tale in which children do their bit to help the heroes.

Anyone who's seen a microscope picture of the coronavirus, or knows what the Spanish word "corona" means, will recognise the wicked King of the Monsters, who terrorises the streets attacking old people. It's up to four superheroes, each with special powers, to stop him – but they'll need a little help from the children who are locked up indoors.

At just one year old, Carla's own son, Jayden, is perhaps a little young to know exactly what's going on, but Carla never wants to forget the lockdown. "These have been very worrying times for me as a single mum, but I've also been closer to my boy than ever, and realised how much I'm missing when he's at nursery." Among those unforgettable moments were Jayden's first steps, and when the Spanish government relaxed the lockdown on children on 27th April, he finally left the house to walk outdoors for the very first time.

*Once Upon Those Rainbows* is ideal for kids from 2 to 8, and its colorful pages and exciting text make it great for reading aloud. From the rainbow posters and the evening applause for health workers, the book also captures some of the unforgettable moments of the lockdown.





Find the Facebook page @Onceuponthoserainbows for updates.

You can buy the book at www.amazon.co.uk/gp/product/ B087CQ4BQW

## LOCAL NEWS



#### "NEW NORMALITY" BY END OF MAY

Spain's President Pedro Sánchez has issued a four stage plan to take Spain to a "new normality" that will hopefully be reached by the end of June.

Sánchez presented his plan on Tuesday 27th April, saying each of the four stages would last at least two weeks. The next stage would be reached once infection rates and available health facilities meet certain conditions. The islands of La Graciosa, El Hierro and La Gomera will be a week ahead of the rest of the country, as they currently have no active cases.

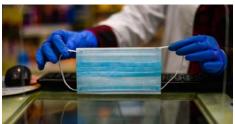
The plan has been formulated to follow the World Health Organisation's six principles for returning to normal.

#### These are:

· Control of the transmission of coronavirus

- Massive testing programmes to isolate those infected
- Strict control of health centres and care homes
- · Controls on mobility of citizens
- · Security measures in workplaces ands schools
- · Citizens commitment to hygiene measures and social distancing.

#### **MASKS ON SALE**



After weeks of unreliable supplies and fluctuating prices, face masks were made available at the majority of Lanzarote's farmacias (chemists shops) on a rationed basis.

The masks are of the surgical type, and the Las Palmas College of Pharmacists has recommended that the upper price limit for each mask is 95 cents. To obtain a mask, you'll need to show your health card, and only one mask can be bought every three days. Both these measures are intended to stop hoarding and maintain stocks.

#### CHICK ROASTERS APPEAL REJECTED

The provincial court has upheld the sentence against ten men who were found guilty of killing and roasting shearwater chicks on the island of Alegranza.

After being found guilty and fined &8,640 each in Arrecife, the criminals appealed to the provincial court. However, their appeal was rejected and no others are possible. The court said there was "no reasonable doubt" that the men had taken part in a barbecue at which protected species were hunted and cooked.





www.yaiza.es www.yaizaturismo.es

The case has reached national attention after the alleged harassment and suspension of Sgt Gloria Moreno, the Guardia Civil officer who ordered the raid that caught the convicted men. All charges against Sgt Moreno have since been dropped.

#### **FAKE NEWS**

Lanzarote's Cabildo has attacked a video that went viral on social media as an "intolerable hoax."

The video showed an unidentified woman with a Latin American accent showing off large stocks of food and cleaning materials, while boasting that they had been donated by "the Cabildo".

Cabildo President Dolores Corujo described the video as "an intolerable hoax that is not only false, but also seeks to make people believe that people who have the least resources are benefitting from public money and donations." The Cabildo published receipts for products it had distributed to show that most of the products on the video were not on its list.





#### SOUL SURVIVOR

Reina Charito, the first person to be admitted to intensive care with coronavirus on Lanzarote, has said "It's the toughest thing I've experienced in my life".

Reina, a chambermaid from Arrecife, was admitted on the 15th March, the first full day of the lockdown and was discharged on the 20th April. During her time in the intensive care unit she received a tracheotomy in order to breathe, and was kept in complete isolation from her two sons. "The hardest thing was going through this alone" she said "But the nurses helped to cheer me up, as well as saving my life."

#### **APRIL SHOWERS**

Once again, heavy rains caught much of Lanzarote by surprise, causing flash floods and torrential waters in drainage channels. 13.7 litres of water per square metre were recorded at the airport on the 18th April. For once the lockdown meant that traffic was less affected than usual, although police still had to close off the approach to Arrecife from Playa Honda, and the Tahiche roundabout, leaving Arrecife flooded once again. Nevertheless, the usual smells of backed-up drains in Arrecife were experienced by far fewer people.

Still, questions still remain to be asked about how the island can remain so ill-prepared for an event that happens at least once a year.



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## **ISLAND INFO**



#### **HELPING HANDS**

Hats off to *Nadie Sin Comer* on Lanzarote, a charitable organisation that is doing wonders to help those who are worst hit by the economic impact of the lockdown.

With thousands laid off or sacked, With thousands laid off or sacked, many without contracts making them ineligible for benefits, and delays in benefits, many households are feeling the pinch. Council's Social Services departments and the Cruz Roja have been inundated with calls, but more help is vitally needed.

That's why *Nadie Sin Comer* (Nobody Without Food), an initiative that has been set up by María Idaira González, is already receiving plenty of vital support on the island. The association is gathering and distributing food and other vital supplies to those who most need it.

You can contact them on Facebook or donate directly at their GoFundMe page *Nadie Sin Comer* (Lanzarote).

#### SALES APP LAUNCHED

Lanzarote Cabildo's Commerce Department has launched a new app that will assist small businesses and the self-employed to sell their products.

The Lanzarote Más Cerca (Lanzarote Closer) app is available on App Store or Google play and provides a platform for anyone on the island to sell their products. The app will give customers immediate access to phone numbers, websites and other contact details, and will contain a directory of businesses throughout the island.

Cabildo President María Dolores Corujo said "This app is obviously going to be very useful while we're under lockdown, but it will also remain useful afterwards."



#### **CHURCH ONLINE**

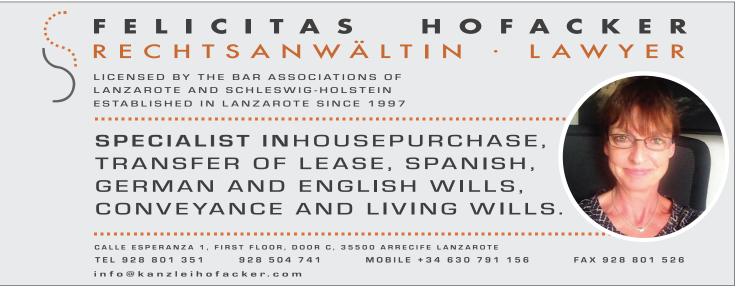
The Anglican Church on Lanzarote continues to conduct online Sunday services via its live YouTube channel. Just search Anglican Parish Lanzarote and click on the channel for full details of videos and broadcasts.

Services take place on Sundays at 12.30pm, and although you can watch them any time, organisers would love it if people put that time aside to gather in front of TVs and tablets together. The YouTube page also offers information on hymns, psalms, intercessions and donation options, and there's more information and social interaction on the Church's Facebook page.

#### **EMBASSY ASSISTANCE**

Although international travel has virtually halted, there are still some British citizens who need to find their way home

The British Embassy's Brits In Spain Facebook page publishes regular updates of all flights available (currently one connection a week to Heathrow/Glasgow from Lanzarote via Madrid). The page also provides other useful information for British citizens in Spain.





#### DOG OF THE MONTH

Dani is a medium-large labrador mix, born in September 2014. Dani was taken off the Arrecife streets when he was found abandoned and has spent the last five years in a small cage in the Arrecife Perrera, where he was never exercised. Having finally been adopted from there he was handed in a week later to SARA, where he is already a great favourite. He's good with other dogs, loves people and takes treats very gently. His walkers say he is very calm, uncomplicated, kind, handsome and gentle. Let's hope this wonderful dog doesn't have to wait too long for a decent, loving home - at his age, and with his history, he so deserves it.

#### **POETRY CORNER**

Regular readers will already be familiar with the poems of John Leppard. John's been away for a while with an illness, but returned to the island in March and soon found himself under lockdown. This gave him the time to pen a brief ode:

#### COVID-19

We were doing alright, Life on the Island was as sweet as pie, The future looked certainly bright, Then this virus came by.

At first it seemed like a pest, Like a 'mossie' that bites all the other guys, But this was worse, this unwelcome guest, So we got wise.

We shut all places where people meet, So it couldn't find a new host, This ploy could speed its defeat, It's too early to boast.

It's still out there lurking for prey, We've still yet to kill it dead in its tracks, We must stay vigilant every day, And watch our backs.

#### **MUEBLES SAN SIMON** FOR MOTHER'S DAY

Spanish Mothers' Day falls on 3rd May, and Muebles San Simon in San Bartolomé is offering a simple home delivery service to make the day extra special. Just call 699 677 687 or 928 520 405.

#### **ENDESA DISCOUNT**

Endesa have pledged to give customers a 15% discount on their main electricity bill for April and May. The discount, however, will not be automatic and needs to be applied for online. More details, are available at www.endesa.com/en

#### **BEACHES OPEN FOR WALKS**

Tías has opened its beaches for walking only after the

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Spanish government allowed children out of the house on 26th April.

Bathing remains prohibited, and up to three children under 14 must be accompanied by one adult from their household.

The beaches are likely to be open to runners and other adult walkers when they are allowed out on 4th May, although time-slots have yet to be announced.

#### What paperwork problems?

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## **SAVING LIVES WITH MASK 19**

The "Mascarilla 19" (Mask 19) initiative for reporting gender violence at *farmacias* (chemist's shops) has already been used by several women on the Canaries.



As the lockdown forces many victims of gender violence to share living quarters with their abusers for 24 hours a day, the fears of increased domestic abuse and gender violence have risen. As a result, the Canarian Institute

"ANY WOMAN WHO ASKS FOR "MASK 19" AT A CHEMIST'S COUNTER WILL TRIGGER AN EMERGENCY RESPONSE.

for Equality has reached an agreement with the professional body of farmacias on the Canaries to operate the Mascarilla 19 code for victims of gender violence.

Any woman who asks for "Mask 19" at a chemist's counter will trigger an emergency response from the assistant, who will call the 112 emergency services discretely to report a possible case of gender violence.

Spain saw a 12% rise in calls to denounce gender violence in the first two weeks of the lockdown, and a 270% increase in visits to the Ministry of Equality's web pages on the subject. The problem is not confined to Spain, however, with the United Nations secretary general Antonio Guterres recently lamenting that "many women and children are exposed to violence exactly where they should be safest - at home." Guterres said that the coronavirus crisis had worsened violence and urged governments to take the issue seriously.

#### SISTER APP

The lockdown restrictions forcing people to leave their homes alone have also raised fears that unaccompanied women may be more vulnerable to attack. As a result, the Sister app, launched last year, has become increasingly popular. The free personal safety app allows women to choose "real time" walk partners, notify friends of departure and arrival, and has deterrent alarm and a "danger button" feature, which allows you to alert contacts and emergency services with one touch.

The emergency number for victims of gender violence in Spain is 016.











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## THE CANARIAN CORONA



### The Canaries are one of the Spanish regions least-affected by COVID 19, and the islands are raring to get back to normality. But how have they escaped so lightly?

La Gomera in the Canary Islands was the first place in Spain to record a case of coronavirus, just one month after the virus was first identified in Wuhan, China. Later in February, Tenerife hit international headlines when it locked down almost 1,000 tourists in the Costa Adeje hotel, after an Italian guest tested positive there.

If anywhere seemed likely to suffer the worst of the virus, it was the Canaries, with millions of tourists arriving from all over Europe every year, and a large amount of inter-island traffic. Yet just over two months later, the islands are the least-affected region in Spain, accounting for just 119 of the 21,000 deaths the nation has officially ascribed to the virus.

On the mainland, hospitals in Madrid and Barcelona came to the verge of collapse, an ice rink was converted to a temporary morgue and horrific discoveries of abandoned bodies were made in old people's homes. On the Canaries, only Tenerife saw its hospitals come under serious pressure.

The figures make the differences crystal clear. At the time of writing, for every 100,000 Canarians there have been 97 cases and

6 deaths. In the La Rioja region of northern Spain, there have been 1,188 cases and 93 deaths per 100,000 people, and in Madrid the figure is 888 cases and 114 deaths.

So why did the Canaries escape so lightly? The answer is that no one really knows yet, but discovering the answer could provide essential information about how the coronavirus behaves.

#### THE TEMPERATURE THEORY

Preliminary results of a study carried out by Spain's Meteorological Agency and the Carlos III Microbiology Centre in Madrid indicate that contagion levels of COVID-19 could be related to temperature. The four warmest regions of Spain: Canaries, the Balearics, Andalusia and Murcia, all have the lowest amounts of cases, while the region with the lowest temperature, La Rioja, has the highest incidence. Nevertheless, there is such wide variance between contagion figures in regions with lower average temperatures that firm conclusions are impossible to reach.

## VIRUS MYSTERY

#### HUMIDITY

Low lying, heavily populated areas of the Canaries generally have a relatively high humidity level, and this has also been linked with lower contagion rates by scientists. However, some of the most humid regions of Spain are in the north, which has been hit hard by the virus. It appears that, if humidity is a factor, then it probably works alongside others factors such as temperature or air quality.

#### POLLUTION LEVELS

Other studies from Germany and the USA seem to show a link between air quality and contagion. Supporters of this theory point to how the heavily industrial area of Lombardy in Italy was far harder hit by COVID-19 than more rural areas, and the incidence of cases in large cities such as Madrid also seems to offer support for the theory, which is based on the idea that air pollution lowers the defences of those most vulnerable to the virus.

Nevertheless, while air pollution is generally low on the Canaries, the coronavirus here coincided with the worst calima for many

years. Calimas always cause problems for those with respiratory problems, but there appears to have been little noticeable effect on contagion levels. In fact, the calima could have helped the Canaries by keeping people indoors before the lockdown.

#### **CLUSTER THEORY**

Other explanations may lie in the nature of the virus itself. It's becoming clear that, while flu tends to affect a wide range of people over a period of time, COVID-19 seems to exhibit clusters or bunches of cases rather than an even spread. These clusters appear to have little to do with population density or mobility, and scientists have not yet come up with firm theories as to why they do occur.

#### YOUTH

Another theory that has not been widely considered is the fact that the Canaries also has one of the youngest populations of any Spanish region, and the coronavirus appears to take its worst toll on older people. Most experts agree that the majority of COVID-19 cases in any country have probably gone undetected, with younger people especially suffering only mild symptoms.





Is the youth of the Canary islands its secret?

## MASKS – ETIQUETTE OR



Austria recently made the wearing of face-masks compulsory for all citizens leaving their homes, but many other countries, including Spain, have still not issued any rules governing mask usage. So what is the truth about masks?

Face masks had been closely associated with the Far East long before the current coronavirus outbreak. In countries such as China, Korea and Japan they are seen as a matter of courtesy – if you're ill, you are expected to wear one, and in large urban centres, they also protect people from high levels of air pollution.

In the west, however, we still often tend to be suspicious of masks and the World Health Organisation has stated that there is no evidence that they can prevent most people from catching coronavirus. It recommends masks for those dealing closely with patients, and also recommends that virus sufferers should wear them, as they have been shown to reduce transmission rates.

However, this advice means that people who are not yet exhibiting symptoms, but who may still be highly infectious, will feel no

need to wear a mask – something that is unlikely to occur in the Far East during a pandemic.

The issue of asymptomatic COVID-19 sufferers has prompted the European Centre for Disease Control to recommend mask use as a complementary measure, and Spain has adopted this recommendation. As a result, we're likely to see more and more masks around us for the near and medium future.

Western advice on masks has also been influenced by the fact that there simply aren't enough for everyone right now. For example, tens of thousands of masks sent to the Canaries in the last months have been sent exclusively to health professionals and associations. Individual demand is very much a lower priority.

## **SELF-INTEREST?**

In the Far East, experts are convinced that widespread mask use – many even wear them in the home – has helped to contain the spread of coronavirus. The word "courtesy" used earlier is also important – mask use is seen as a visible commitment to helping society, and is a form of etiquette that raises consciousness of infection and also helps to cut down on face touching.

#### WHICH MASKS WORK?

FFP2 and FFP3 masks are muzzle-shaped protective equipment that provide a high-level of protection and are used by medical staff who are in close contact with virus victims. They are worn tightly, and photos of health workers with marks from their red masks after long shifts have been widely shared. It's unlikely that you'll have a supply of these masks, but if you do they'll probably do a lot more good at your local hospital than on your face.

For most of us, the most common facial protection will be flat cotton multi-layer surgical masks or light paper dust masks or respirators. Neither of these offer a particularly high level of protection, but it should again be stressed that protection is not the main aim of mask-wearing.

Whether you wear a mask or not is up to you, but if you do it's a good idea to take time to get used to it. Masks can be uncomfortable, especially in a hot climate such as Lanzarote's, and ill-fitting masks that you're always adjusting are next to useless and may even increase the risk of infection. "An Italian nurse working with COVID 19 patients took this selfie showing the marks that a correctly worn medical mask can cause."



#### **TIPS:**

To avoid fogging up your spectacles while wearing a surgical mask, the Tokyo Police recommend folding the top quarter of the mask back or placing a tissue between mask and nose.

Don't wear your mask until you need it. It's not needed at home or if you're alone in your car. But once you put it on, try not to touch or adjust it, and don't remove it until you can wash your hands before doing so.

Search for advice on making your own, reusable masks from cotton and paper towels.

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### WILDLIFE CELEBRATES LOCKDOWN PEACE



While the lockdown has been bitter for many humans, it has been good news for marine wildlife and the environment on Lanzarote, with killer whales seen leaping off the coast of Costa Teguise and waters virtually undisturbed by boats or humans.

#### **"THIS RAY IS A STUNNINGLY BEAUTIFUL CREATURE,** WITH BROADER 'WINGS' THAN MOST RAYS."

The slowdown in activity has also slashed air pollution levels, especially the city in of Arrecife. The 80 most

densely populated towns in Spain have seen an average fall of 51% in nitrogen dioxide levels. However, this pollutant, caused mainly by traffic, has fallen by 90% in Arrecife, the biggest decrease in Spain.

A sky free of vapour trails shows how air traffic has fallen in the islands, and a similar reduction in maritime transport has given the creatures that live off our shores a break they haven't enjoyed since the last prolonged spell of bad weather. Maybe the humpback whale filmed leaping out of the sea at Las Caletas near Costa Teguise recently wasn't celebrating its

freedom, but it certainly looked as if it was.

This unexpected respite can only be good news for islands that are already, in many ways, a safe haven for marine life. The angel shark, which is endangered in most of the rest of Europe, is still found frequently here; while the Rays of Paradise project recently revealed that La Graciosa and the waters off Playa Chica in Puerto del Carmen, are places where the Spiny Butterfly Ray (Gymnura altavela) is particularly abundant.

Known as a mantelina (tablecloth) in Spanish, this ray is a stunningly beautiful creature, with broader "wings" than most rays and an intricate mottled camouflage pattern that almost looks floral. It can often reach more than two metres from wingtip to wingtip, and its graceful, gliding swimming style is smooth and attractive.

Researchers plan to tag rays electronically to find out about the movements and daily routines of these mysterious fish.

Who do you turn to to unravel the facts from the fiction?



#### Joe, lan and George

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## LOCKDOWN LANGUAGE

### You've got time on your hands, so why not use it to learn the local language?

All over Spain, and even in the barrios of Lanzarote, you can see posters decorated with rainbows in windows or hanging from balconies. The idea for this campaign came from Italy's lockdown and has been adopted by children all over Spain, who are hanging a simple message of hope from their balconies: "Everything's going to turn out alright".

But just like in English, there are two ways to talk about the future like this. We can also say "Everything will turn out alright", which sounds just a little more confident.

Let's compare the two sentences in Spanish:

*Todo va a salir bien* "Everything is going to turn out alright."

*Todo saldrá bien* "Everything will turn out alright"



The two words "todo" (everything) and "bien" (good/ well/alright) don't change in either language, but everything else does. In Spanish, this relies on the way verbs change to indicate who they're referring to and when (or if) they're going to happen.

In the first sentence, "va" is the form of ir" (go) used for things in the present. In English, it literally means "it goes". But when it's followed by "a" (to), it often puts things into the

future, just as the English "be + going + to + infinitive verb" form does.

"Salir" is a Spanish verb with several meanings, but here it means "result", "emerge" or "turn out", and, like in English "going to" sentences, its form is always in the infinitive.

In the second sentence, however, "salir" is the verb that changes, and it doesn't change in a normal way. Most future forms for things in Spanish end in "-rá" but most of them don't have a 'd' in front.

Sadly, you'll have to learn plenty of these irregular verbs in Spanish.

If you're a learner, it's a good idea to learn the "going to" version thoroughly first. It is probably the most common form, and can be used for all sorts of future situations.

The following sentences show the six main ways of building "going to" sentences in Spanish.

Voy a cenar	I'm going to dine
¿Vas a comer"	Are you going to eat?
Barça va a ganar.	Barca are going to win.
Vamos a bailar	We're going to dance.
¿Vais a venir?	Are you all going to come?*
Van a buscar Andrés	They're going to look for Andrés.

\*Here in the Canaries, this plural "you" form is hardly ever used. Instead, the "they" form, often used with the formal "ustedes" is preferred ("¿Ustedes van a cenar?" "Are you all going to dine?")

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## DON JOSÉ MOLINA OROSA: LANZAROTE'S DOCTOR



As Lanzarote tackled the coronavirus, the name of one man was in the local news all the time, despite the fact that he died more than 50 years ago. However, there's no better time to remember Dr José Molina Orosa, the man who the island's main hospital is named after, and a local hero who devoted his life to fighting illness and saving lives.

José Molina Orosa was born in Arrecife in 1883, just one year before the French anthropologist Rene Verneau published a devastating description of the ill health, poverty, superstition and ignorance that blighted the lives of most Canarians.

Verneau described islands where poverty and begging were widespread and where belief in witchcraft was still prevalent. "In Tías, we'd hardly dined when a crowd of sick people assaulted us. The main complaints were cataracts, elephantiasis and syphilis..." he wrote.

Four years after José's birth, the first "hospital" on Lanzarote opened, but in reality the Hospital de Dolores was nothing of

the sort. A local newspaper described the underfunded building as "a fetid place – a child who ends up here is a dead child."

Although he was from a relatively wealthy family, the young José did not escape ill health. A muscular paralysis severely affected his legs in childhood and left him walking with a stick in later life, and his medical studies in Cadiz were interrupted by a three-year battle with typhus.

Finally, the young Doctor returned to his native island in 1910 and immediately began a lifetime's work of revolutionising healthcare on the island.

#### "CITY OF FLEAS, HUNGER, LICE AND THIN GRUEL; CORNER OF THE ATLANTIC WHERE THE OCEAN DISDAINFULLY SWIPES A FISTFUL OF HOUSES, MEN AND WOMEN"

DESCRIPTION OF ARRECIFE IN THE 1880S BY DR MOLINA OROSA'S BIOGRAPHER GREGORIO CABRERA.

#### **HEALING AN ISLAND**

Molina Orosa's work took him to every corner of the island, where his skill for rapid, accurate diagnosis became renowned. Just as importantly as individual care, he knew the importance of organising the island's health facilities and tackling fundamental problems such as hygiene, but it was his house calls – where he would be called on to perform all types of diagnoses and operations, that made him such a wellloved and respected figure.

He has been called a missionary as much as a doctor, for his work in bringing science and reason to an island which still believed in faith healers and witchcraft, but his vocation wasn't always easy. In 1924 he wrote "flu, mumps... poverty and hunger are written on every face... these plagues and more have fallen upon our island. There's no meat, no water, and hygiene is absent."

In 1936, following the outbreak of Civil War, a local commander of Franco's forces attempted to arrest Dr Molina Orosa for "political motives" with the aim of sending him to Las Palmas (where opponents of Franco were frequently imprisoned or executed). The news spread quickly around



the island and so many angry people gathered at Arrecife's pier that the order was withdrawn.

In 1950, the Hospital Insular in Arrecife was opened, a building that still operates as the second largest public hospital on the island. This was an achievement that Dr Molina Orosa described as "the one yearning of my life." He went on to direct the island's first real hospital until his retirement.

In 1966, the tapping of the beloved doctor's stick was heard no more, and more than a thousand islanders turned out for the biggest display of public grief ever seen on Lanzarote. A carriage had been laid on to take the doctor's coffin to the cemetary, but the islanders insisted on shouldering it themselves, taking turns to bear him to his final resting place.

A few months after his death, the Fariones Hotel in Puerto del Carmen opened its doors, heralding the greatest change in Lanzarote's wealth and welfare. A few years later, César Manrique created a sculpture in honour of the Doctor in front of the Hospital – a massive lump of volcanic rock is supported on another by a narrow, hourglass shaped iron structure, giving the whole artwork the shape of the Canarian drago tree.

In 2008 the General Hospital which had been built on the island in 1989, was finally named in honour of Lanzarote's most famous doctor.

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## **MONTE CORONA**

It's probably not the most popular volcano name at the moment, but the walk from Yé to the lip of this spectacular caldera is one of the island's shortest but most spectacular volcano trips. If you haven't tried it yet, make it top of your list for when the lockdown ends.

#### YÉ TO MONTE CORONA

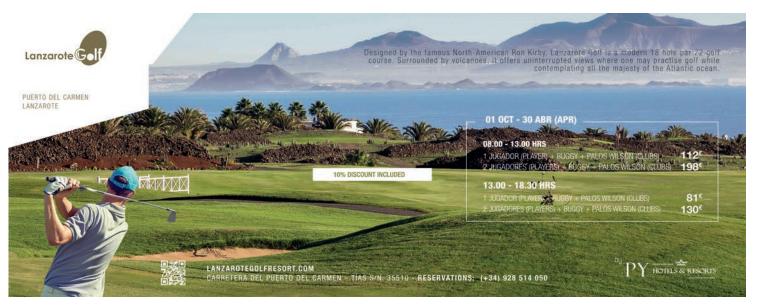
Type of walk: Linear Distance: 3 kms Elevation: 120 metres Terrain: Mostly easy, steeper and rougher towards end. Suitable: All ages. Getting there: Car. (The one daily bus from Arrecife to Yé leaves at 7.40 pm) Tips: The amazing views here are at their clearest after a rain

shower. On windy days, take a cagoule or windcheater.

The walk starts in the small village of Yé, a couple of hundred metres east of the pretty white church, on a dirt path next to the yellow LZ-201 km 4 sign. Parking may be difficult to find on a weekend, so be prepared for a bit of a walk to this starting point.

The volcano is already an impressive sight ahead of you. At 609 metres it's the highest peak on the island, and its classic volcanic cone shape dominates the north of the island. This volcano erupted just 5,000 years ago and transformed the landscape here, creating extensive rocky lava malpaís (badlands) and the longest submarine lava tunnel in the world, an extension of the tube that includes the Jameos del Agua and Cueva de los Verde. You'll walk past well-kept vineyards for the first stage of the walk, and depending on the time of year, you can see how the vines are cultivated, lifted from the floor with pieces of wood or rocks, and cut back and burned in winter. This path is lined by a fence decorated with scores of plastic bottles, which rattle and flash in the wind and sun and scare off birds.

Out of the vineyard, the path starts to get





steeper and wilder, and you'll find yourself in a landscape that's unique to this part of the island, where lichen covered stones and tumbledown stone walls host fig trees and bushy tabaiba plants. You'll soon pass a picturesque, lonely palm tree, at which point the going really starts to go uphill. It's not that difficult, though, and shortly the ground levels off again as you approach one of the island's most perfect volcanic craters.

Here, the jagged rim of the volcano makes it clear why it is named after a crown and the views behind you, of the islands of the Chinijo Archipelago, are outstanding. There's a steep, narrow path leading down into the centre of the crater, but you're not advised to take it – firstly, a number of unprepared hikers have had to be rescued from this crater, and secondly, there's not much down there that you can't see from the rim.

The adventurous will enjoy scaling a short distance up the rim on either side, which will take you even higher, but do take care to stay clear of the edge, and don't disturb wildlife – you'll often hear the shrill cry of a kestrel in this wild place.

#### DAVID'S DETOURS

#### By tour guide David Penney

My first ever attempt to climb up the Monte Corona, the highest volcano on Lanzarote (609 metres), was from the wrong side about 11 years ago, shortly after I arrived on the island. I was with an Irish friend and she said she knew the way up, so I just followed her. Very soon the "path" disappeared and it was one step up and two steps down in the loose shingle and picón. I realised that we needed to abort, as it was too challenging and not the correct path.

The "easy" way up, as I found out later, is from the path which starts off just along from the church.

Over the years I've climbed it dozens of times and I have experimented to give some variety to the walk and explore different route options. If you want to extend the descent down you can leave the crater behind you and take the path to the left as you look down to the church. This path takes you to the other side of the village towards Guinate and means you will need to walk back along the road to your car. Please ensure that you stay on the path as it is a working area for the local farmers.

Clambering down into the crater is not permitted any more, even though there is a path down to the inside. Also I would discourage anyone from walking around the actual ridge as it is quite dangerous due the the eroding rock and very sharp edges. I have seen some people set off around the ridge and then the cloud level drops and completely prevents visibility.

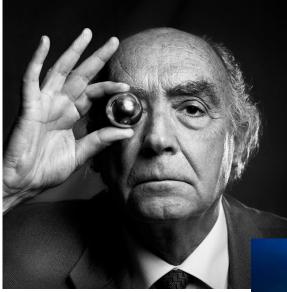
You may be aware there is another volcano with a similar name just outside the tourist resort of Costa Teguise, but it is called Montaña Corona.

Contact DAVID Penney, lanza888@yahoo.com or WhatsApp message 0034 649389888.



## BRAIN-BLASTER QUIZ

We're online again this month and you won't be able to fill in our crossword without seriously messing up your computer screen. So this month, we'll be running a quiz instead. It's a toughie, so you may need to spend some time hunting the answers down. When you're done, email them to us and you could win a bottle of Lanzarote wine.



1. Which controversial French author wrote a novel titled *Lanzarote* in 2000?

- a. Michel Houellebecq
- b. Didier Eribon
- c. Leila Slimani

#### 2. Who is the male patron Saint of Lanzarote?

- a. San Fermín
- b. San Ginés
- c. San Marcial

#### 3. *The Gospel According to Jesus Christ* brought which cultural giant to Lanzarote?

- a. Pedro Almodovar
- b. José Saramago
- c. Alfredo Kraus

#### 4. What was the name of the famous grouper that lived off Playa Chica in Puerto del Carmen until 2011?

- a. Méro
- b. Felix
- c. Caspar







5. How many species of native land reptiles are found on Lanzarote?

- a. 2
- b. 3
- c. 5

#### 6. Which of these famous actors has not filmed on Lanzarote?

- a. Dennis Quaid
- b. Charlton Heston
- c. Chris Hemsworth

#### 7. Which mishap did UK Prime Minister David Cameron suffer on his 2014 holiday in Lanzarote?

- a. He was stung by a jellyfish
- b. He sat on a cactus
- c. He was spat at by a camel

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#### 8. Lanzarote's official coat of arms features 14 whats?

- a. Clouds
- b. Golden cauldrons
- c. Volcanoes

#### 9. Why was Gordon Haller's participation in the 2013 Lanzarote Ironman notable?

a. He won the very first Ironman race in 1978

- b. He completed the race backwards
- c. He fell into a cactus patch.

#### 10. Which Manchester pop group filmed videos for their two biggest hits on Lanzarote?

- a. Happy Mondays
- b. Stone Roses
- c. Inspiral Carpets

LAST MONTH'S CROSSWORD ANSWERS: Across: 1. Scrambled Egg 2. Egg Cup 8. Underwear 9. NRA 10 Alain 11. Abolish 12. Expound 13. Sound 14. City 15. Souffles 18. Egg 20. Meatballs 22. Sith 23. Tortilla Down: 1. Sausage 2. Red Carpet 3. Meringue 4. Leek And Potato 5. Darko 6. Continual 7. Poached 13. Safe Bet 14. Cress 16. Sasha 17. Amy 19. Gut 21. LOL

#### Where's Gregorio?

Gregorio the goat has not been following lockdown restrictions and has been wandering all over the place again. If you can find him, report him to us and we'll give you a prize and that naughty goat will get a €600 fine.

Last month's winner, Kath Freeman, found Eggorio the Easter bunny.

### **FIND THE TOWN**

Solve the seven clues below, take the initial letter of each answer and rearrange them to find the name of a Lanzarote town or village.

- **1.** Surname of Spanish scorer of the winning goal in the 2010 World Cup Final.
- 2. Singer of Man Down and Work.
- 3. Boris Johnson's school
- **1.** Shortened term for a romantic comedy
- **5.** First name and surname of two male stars of True Lies (1994)
- 6. Metal derived from bauxite

**7.** Lara Croft is the star of this video game series.

Answers to last month's Find the Town: 1. Estonia 2. Suárez 3. East 4. Flamenco 5. Mango. Town: FEMES





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can never imagine that their youngsters might achieve an ability in life, that no-one could ever imagine.

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- 1976 A combination of the British and Spanish education systems of education was invented for this school.
- 1978 This "Hispano Británico" system was converted into Law in Spain and all British schools must now follow this same very successful curriculum.
- 1986 Our first student was accepted at Oxford university.
- 2002 One of our students became the youngest Doctor ever to graduate in Veterinary Science.
- 2003 The Times Educational Supplement reported on two students with 12 GCSE passes at 13 years of age.
- 2004 Rohit Aswani obtained the highest A level results in Spain.
- 2005 Tuition and examination in 11 GCSE subjects became compulsory for all Year 11 students.
- 2007 Compulsory examinations in 14 subjects brought a four-fold improvement in top results and a ten-fold improvement in the results of those with the greatest learning difficulties.
- 2008 The 800<sup>th</sup> centenary album of Cambridge University featured the Hispano Británico as one of ten outstanding collaborating international schools.
- 2009 Cambridge Examinations begin to single out the highest mark in a subject obtained by a student, both at national and world level. In the following eleven years students at the Hispano Británico have obtained forty national awards and on nine occasions the highest mark in the world has been achieved.
- 2010 Faye Hill became the youngest Doctor of Medicine ever to graduate from a British university.
- 2011 CHB becomes an official centre for the German national Goethe examinations.
- 2015 Five students obtain the highest GCSE results in the world.
- 2016 The Queen congratulates the school for its outstanding success.
- 2017 Pre-university summer programmes initiated to practise the extraction of DNA.
- 2019 Our promotion of young ladies in Science results in three ex students studying post graduate courses at Cambridge, two becoming Doctors in Biology and a third reading Nuclear Physics.
- 2019 Kim Salen becomes the first student to pass exams in a total of eighteen different IGCSE subjects.
- 2020 CHB initiates a programme to bring British university studies to Lanzarote.

#### **Computer Science**

In education, we have the obligation to prepare children for the careers that will be available to them once they start looking for work. It is no good to interest them in subjects that will not be useful for a future employer.

Today, 85% of the students being accepted by universities are studying arts and language courses, but 85% of the job opportunities are in the sciences and technologies. In the Sciences, Biology, Chemistry and Physics are the graduates that are most in demand, with Physics and Engineering being the areas with the highest pay prospects.

The graduate that is most sought after in this year 2020, has studied Computer Science. With a requirement of 1.2 million Computer Science graduates worldwide, there will only 400,000 students leaving universities. All of them will be able to command an initial annual salary of \$75,000.

When all students have to suffer at least 18 years of study to reach degree level, it is obviously more valuable these days to have acquired an interest in the digital world. But schools have two grave difficulties in producing computer scientists. As there are so few graduates and as those that obtain degrees are paid so well in the private sector, rarely will you find teachers in this subject. Secondly, as it is an area that is developing so rapidly, it is immensely difficult to set standard exams, as by the time the exam has been developed and taught, the subject content will have advanced far beyond the exam content that was originally produced.

At the Hispano Británico we are fortunate to have truly experienced specialists to teach the subject. We have also just adopted the new BTEC highly demanding standards in qualifications that develop along with the exponential advances of the digital world.



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Before the lockdown, your pet probably enjoyed a fairly stable routine. If you work, there's a good chance it was left alone for a significant part of the day or night. It wouldn't see much of the children during the daytime either, and when family members were home, at weekends or evenings, there was probably plenty of outdoor activity.

That's all changed now, and pets, just like the rest of us, are spending day after day cooped up with their owners. Dogs enjoy the odd short walk and that's it. The old routine has been shattered.

## BEST FRIENDS FOREVER

Although the lockdown has been a worrying and stressful time for many, others have been surprised at how close it has brought them to family, friends and, not least, their own pets.

Animals don't necessarily enjoy routines - they can get bored just as easily as humans - but just like many humans they also feel safer when things occur with reliable regularity. A cat or dog that is used to a quiet mid-morning nap, a long period of time with no one eating and the regular return of a beloved human may initially find a permanent presence of adults confusing and irritating.

When kids are at home all day, matters can be even more complicated and, although dog-walking is supposed to be strictly limited, more



### Chu Cho's



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than a few hounds have been used as an excuse to get out and about. frustrating, too

But, above and beyond all this is the simple fact that dogs and cats are social animals. We all know this about dogs, but often it's only cat owners who recognise that cats are every bit as socially sophisticated. Rather than aloof, stand-offish animals, they are more likely to be genuinely affectionate and fun-loving.

Adults who live alone often find companionship with a dog or cat, but during the lockdown, many more of us, of all ages, forced to spend all day behind closed doors, are discovering the fulfilment and joy that this close relationship can provide.

It's scientifically proven, too. At a time like this, the simple fact of company makes us feel safer, as if we're not alone in the world. The feeling of responsibility towards our companion gives us a reason to get up in the morning and brings pleasure throughout the day.

Dog trainer David Cabrerizo says "The lockdown is giving many people the opportunity to discover what it's like to live with a dog, and that is something very different from having a dog." American studies have shown that pet owners who have a healthy, rewarding and non-abusive relationship with their animals tend to be more likely to have similar human relationships. They will also enjoy better mental health and lower stress levels.

Pets are just like people in one, simple respect – the better you know them the more you love them. Sure, a family pet can occasionally be annoying and



frustrating, too, but that just makes them more like members of the family.

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So why not take the opportunity of lockdown to really get to know your pet. Spend some quality time with it and try and learn what really makes it tick. Cabrerizo says "we have a chance to really live with our dog, and its a wonderful learning experience. You don't have to always be doing things with a dog to enjoy quality time – all you have to do is be together..."

#### PETS AND CORONAVIRUS

When the first reports that cats and dogs could contract COVID-19 came

through, it was worrying. Many simply denied the facts, while others simply ignored them.

But the research is pretty conclusive – both dogs and cats can catch the virus. What's not so certain is whether they can pass it on to each other, and what is even more certain is that it's almost impossible for them to give it to you.

Most pets that have tested positive belong to owners who tested positive. Tests have shown that infected cats can pass it on to other cats, but there is no evidence at all of a cat ever giving it to humans.

Dogs can also catch it, but are much less likely to pass it on to other dogs, and it seems virtually impossible that a human could be infected by a dog.

If you or anyone in your home contracts COVID-19, you are advised to isolate pets, for their own sake as much as anything.



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## Life & Style May 2020



#### Fitness Behind Closed Doors

Simple solutions offer the answer to lockdown fitness blues.

**40** Recipe of the Month

What could be more appetising than a tasty dish with a good sense of hummus?



#### **Kick It**

Stressful or not, there's no better time to give up smoking than right now.



#### Post Lockdow Beauty

After the lockdown will we be more into deep care and experimental looks.



#### Snackdown

Spanish snacks are flying out of the shops right now. Here's all you need to know...



Spain's lockdown prohibited exercise outdoors from the very beginning. The restriction has annoyed many who, perhaps correctly, believe that they could exercise sensibly and observe social distancing while doing so. Sadly, laws aren't necessarily made with sensible and responsible people in mind.

The issue is keenly felt on Lanzarote, which hasn't been nearly as badly affected by COVID-19 as other parts of Spain. When there's a cloudless sky, a cool breeze and a glittering sea, the urge for activity becomes almost painful. But you'll still have to ignore it.

Unless you've got a treadmill, exercise bike or rowing machine

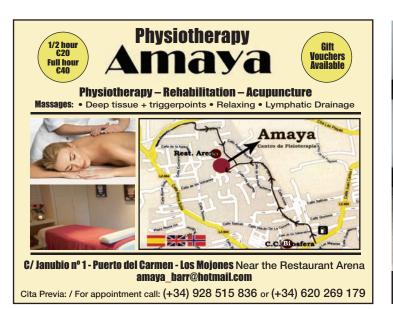
## Fitness Behind Closed Doors

For weeks, we've been forced to stay behind closed doors. Figures show exercise is down, so here's how to get back in shape under lockdown.

at home, you're going to find extended stamina-building workouts difficult to manage. All these machines are designed to emulate open-air activities that require lots of space in a place where there is very little of it. To get your heart thumping in your ribcage, you'll need to come up with something else.

#### Stretch

The skipping rope is still one of the cheapest pieces of fitness kit you can invest in – a basic one will cost less than &5. It's also one of the best – skipping is one of the best ways of burning fat that exists, with





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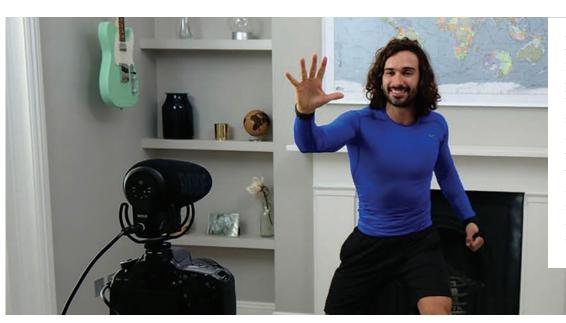


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#### Dance

Find a workout class online – there's plenty of free ones during the lockdown, but bear in mind that instructors may not be making much income right now, and good advice and support is always worth something. Join up with friends via a Zoom account or just bang on a favourite playlist and dance like nobody's watching for half an hour or more, on your own, with kids or whoever you share a space with.

ten minutes of skipping equivalent to running an eight minute mile.

Basic skipping is, of course, a feature of every boxer's routine, and the reason for this is that it also helps with co-ordination and the fast, frantic footwork that's needed in the gym.

#### **Resist Yourself**

Resistance training refers to any weights, but the weight that is most convenient is your own. Push-ups, crunches and squats all use your own body weight to build strength, and there are countless of other ways of working up a sweat using objects found around the house. If you've got small kids, why not use their bodies as weights, too. They'll almost certainly love it!

#### Stay Safe

Always be sure that any strenuous physical activity at home should be as safe as possible. If you haven't got enough space to exercise comfortably, don't do it; warm up and don't push yourself too hard and keep a phone close at hand just in case something does happen. You don't want to be at the emergency ward right now.



## Kick It!

The lockdown offers the perfect opportunity to give up smoking once and for all. It's never easy, but you may find that this is just the right time to tackle it.

Why give up smoking during the lockdown? For many people this is a stressful time, and smoking has always been used to combat stress. The Spanish government knows this. It has permitted tobacconists to remain open during the lockdown and buying cigarettes is regarded as an "essential activity".

However, the lockdown also offers the perfect opportunity to give up once and for all. There are several reasons:

First, we all know that smoking damages your throat and lungs. And, right now, while

we're surrounded by a virus that attacks those with weaker respiratory systems much more aggressively, that makes it a pretty stupid idea.

It's not just cigarettes, either. Vaping may be less damaging in many ways, but don't ever kid yourself it's doing your lungs any good.

Secondly, with bars and restaurants shut for the near future, at least, many smokers will no longer find themselves in "trigger" situations. All smokers know how well cigarettes go with drinks or coffee, or after a meal. But this is a habit that's easier to break than you think. Finally, if you're in close confinement with family members, they're probably more than sick of you traipsing in from the balcony stinking of tobacco by now. If you actually smoke indoors, then you're exposing them to higher risk – even if they smoke themselves.

You've got the time, so all you need is the inclination, and the most important thing you need to know about stopping smoking is that it's all in the mind. Physical cravings diminish quickly, and there are no real withdrawal symptoms – instead, after a couple of weeks, it's all psychology.



#### So how can you give up? Let's look at three different ways:



#### Cold Turkey

This involves getting rid of all tobacco and smoking paraphernalia and simply stopping dead. Some do it after a health scare, others work up to it in a planned campaign, as recommended by Allen Carr in his bestselling book. The Easy Way to Stop Smoking.

In many ways, it's the hardest way to give up, as you'll immediately notice nicotine withdrawal symptoms. Most of these disappear after four weeks, however. It's also the easiest way, a simple, firm decision with no ifs or buts.



#### Cutting Down Gradually

This method involves reducing the amount of cigarettes smoked every day until you finally stop smoking altogether. Nowadays, however, it's one of the least popular methods, with the rules easily broken and the underlying causes of addiction not really addressed. It's also a method that tobacco companies have fully exploited, with "light" cigarettes and the packets of 10 that are now banned in the UK.



#### Substitutes

Patches, gum and sprays have all had limited success, and substitution methods are still widely supported by health professionals because of their ability to diminish withdrawal symptoms. However, others criticise them for not addressing the psychological aspects of addiction.

Vaping is another substitution that has helped millions kick harmful tobacco smoke. It's undoubtedly healthier than smoking, but that doesn't mean it's good for you. All substitution methods suffer from the problem of abuse, too – you can simply end up hooked on the substitute.

#### Three ex-smokers at the Gazette offer tips that worked for them:

"For smokers, every day is full of cigarettes that are rewards for things you've achieved, or consolations for things that haven't gone well. Once you give up, you realise exactly how enslaving this way of thinking is. Break dependence by telling yourself that cigarettes kill, and that you never "deserve" one."

"I never enjoyed smoking after eating oranges, cleaning my teeth or chewing mints. So for the first few weeks after I gave up, I had shiny teeth, minty breath and plenty of Vitamin C. Win -win!"

"I realised that the only real memory I had of my grandfather, who died of heart disease when I was four, was the smell of tobacco. That's not how I want my grandchildren to remember me."



"Let it all hang out!'

# Post-Lockdown

weeks Will several of confinement change our attitudes to beauty and convince us to let it all hang out, or are we dying to get back into bras, high heels and make-up?

When you don't do it for weeks, you realise how much fuss going outside involves. Daily routines of making-up and cleansing fall by the wayside, along with more occasional stuff like getting your hair or nails done. Even clothes have stopped being an issue, and while some can't wait to get back to retail therapy, others are really enjoying the silencing of that persistent, whining "must-get-more-clothes" voice.

Even our bodies are changing. Some are already worrying about the physical effects of weeks without bras, when comfort eating has been hard to resist. Others are positively enjoying their feet feeling comfortable all the time, and the liberty to wear - or, on Lanzarote, not wear - exactly what you like.

While our hairstyles are growing out, our skin is breathing more clearly; while our nails return to their dull normal state, many of us are sleeping better than ever. The lockdown has been caused by

a tragedy, and is undeniably a worrying time for many, but it's also allowed us time to think about what's really important.

So what effect will this unforgettable time have in the future?

#### **Deep Treatment**

Even beauty professionals admit to not following their own routines. However, the lockdown has given us enough time to really shower our bodies with tender loving care.

Whether it's a home-made avocado and honey face mask, deep conditioning for your hair, or an intensive moisturising regime lasting weeks, the lockdown finally allows you to devote the time that your body deserves to it.

Fancy dumping shampoo and going for cider-vinegar rinses? The





lockdown will give you the time you need to get past the famous greasy stage. Fancy growing out your nails ? Off you go. For once, time's on your side.

### Laboratory of Looks

Many of us are experimenting with looks that we'd never dare to try if we were out and about, and many of are likely to find that they like the results, as well as the sheer fun involved. This is a time when you'll have plenty of time to look in the mirror and make changes, safe in the knowledge that you'll also have the time to recover from any disasters.

As a result, expect some bold and exciting new looks to go mainstream soon, whether's it's vivid hair colours, radical hairstyles or a brand new way of wearing make-up.

### **DIY Discovery**

Limits on shopping have forced many of us to search through our store cupboards or trawl the supermarket food shelves for beauty products, and once again, there's a chance we may like what we find. While most of us will always have products that we can't live without, it's also true that we can very quickly discover how much we can live without. There's real pleasure in finding that genuinely natural ingredients work for you, and plenty of fantastic ingredients to find in local stores – or even on your own garden, balcony or windowsill!

### Distance No Object

It looks as though social distancing will become part of our lives for some time, and this is likely to cause a change in our attitude to fashion. It's not just designer face masks, either – although these are already being produced all over the world.

The idea that our bodies are a zone to be defended from infection may result in more stand-offish clothes – baggier, looser items that don't seek to attract. But social distancing is still social, and we may even see the exact opposite – more daring, fun, even sexy styles that play with expectations. One thing will be clear – it's your body, nobody else's.

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# Snackdown!





Spain's lockdown started with a rush to buy staples such as pasta and rice. Now, however, the fear of shortages has eased off and people are simply more interested in not getting bored. As a result, luxury snacks such as crisps, nuts and olives have seen high sales as Spaniards adjust to couch potato living. If you want to join them, here's our guide to Spanish snacks.

### Crisps

For many years, Spain was part of the vast, flavourless-crisp continent of Europe, where the only flavours available were salted or paprika. Meanwhile, things had got completely out of hand in Britain, where prawn cocktail and spring onion had given way to Sweet Thai Chilli and even Hedgehog flavours.

It was American global brands such as Pringles and Lays that started to change things, and now Spain boasts a fairly decent selection of crisp flavours. Salt and vinegar and cheese and onion are standard, but it's worth trying local flavours such as jamón, garlic, or the tasty herb 'n' tomato Receta Campesina flavour.

Here at the Gazette, a recent culinary highlight was finding a packet of Huevo Frito (fried egg) crisps in a garage, and blending them with British Smoky Bacon for one of the greatest crisp sandwiches in history.

### Olives, Capers and Pickles

Spain produces more olives than any other country, and you'll find all sorts of types in supermarkets. Avoid black ones, which are almost always disappointing unless you can find the *negra de Aragon* variety; and instead focus on the range of green olives, from standard *manzanillas* to fat *gordales* and tiny *arbequinas*.

It's worth experimenting with different jars, too, as the brine used to preserve the olives is often flavoured with peppers, anchovies, herbs or other ingredients.

Large capers *(alcaparrones)* are another typical Spanish snack, delicious with some toasted almonds and a glass of chilled fino sherry.

Pickled silverskin onions and sharp, vinegary gherkins are also available.





### Nuts

Known as *frutos secos* (dried fruits) in Spanish, nuts are a large section of any supermarket. They range from standard peanuts to walnuts, pecans, hazelnuts, cashews, pistachios and, of course, almonds. Almonds are one of the most popular ingredients in Spain, and they're available in all sorts of styles.

You'll also find various "cocktails" of mixed nuts, which are worth trying until you find one you really like.

Maize is especially popular in the Canaries – *kikos* are maize kernels that are fried and salted, and available in normal or jumbo sizes, while popcorn has always been popular in Spain, too.



### Seeds

Sunflower seeds (pipas) are an ancient tradition in Spain going back to the days when field workers snacked throughout the day to keep energy levels up. They are salted lightly, toasted in their husks and sold in large bags, which usually keep people happy for a long time, as they pop seeds into their mouth individually and spit out the husk.

Pumpkin seeds are also sold, and are a popular snack or addition to salads; while sesame seeds, linseed or flax, chia and poppy seeds are all available, but not generally eaten as snacks.



### Meat and fish

Sliced *jamón*, *chorizo*, *salchichón*, *fuet* and other preserved meats are always a popular Spanish treat, and probably too tasty for your own good. *Torreznos* are the Spanish versions of pork scratchings, and are usually drier than the British version, although every bit as unhealthy.

Anchovies, either tinned in oil or steeped in vinegar, when they're known as *boquerones*, are probably the most popular fishy treats, although little dried *gueldes* (whitebait) are a Canarian speciality for those who can handle really salty, gamy flavoured snacks.



# Recipe of the Month



The classic and delicious Middle Eastern dip is more popular than ever, thanks to the popularity of vegan lifestyles. And although it's not traditional to Spain, it's easy to make with locally available ingredients, and a perfect, healthy light lunch.

### Ingredients

One 570g jar chickpeas (garbanzos) 3 tbspns tahini (available in health food shops) Juice of one large lemon Two cloves of garlic 3 tbsps virgin olive oil Salt, pimentón, extra virgin olive oil.

### Method

Jarred chickpeas are so much easier for making hummus, but if you want to do it the long way, soak 250g of chickpeas overnight then simmer for 2 hours or pressure cook for 15-20 minutes. Drain, reserving the liquid (aquafaba). With jarred chickpeas, simply drain and rinse the chick peas well in a colander. Don't keep the liquid.

Add the chickpeas, tahini, oil, half the lemon juice and a clove of garlic to a bowl.

With a stick blender start to blend the hummus. Pause to taste every few seconds, adding salt, more garlic and lemon juice to your liking. If it's too thick, add some cold water/aquafaba.

Serve in a bowl, with a drizzling of extra virgin olive oil and a sprinkling of pimentón.

Don't forget to prepare flatbreads, sticks of carrot and cucumber, celery stalks, tacos, breadsticks etc for dipping.

### Variations

Add half a cooked beetroot or some roasted peppers to the chickpeas before blending. A couple of tablespoons of yoghurt also add an interesting flavour, while half a teaspoon of toasted cumin seeds will bring real Middle Eastern fragrance.



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# Lanzarote Lockdown & & As

The fact that all bars, restaurants, clubs etc have been closed down since the middle of March hasn't stopped the fantastic musicians on Lanzarote doing their very best to continue to share their music with you. Facebook pages such as 'Locked Down and Live' have been created and Watch parties are regularly being hosted by individuals and pages, including us here at Gazette Life.

We wanted to find out more about the people who've entertained you

over the years, so we've asked questions such as how they're managing to keep music alive, if they've got a lockdown song, and what messages they have for family, friends and fans. We've also included their social media details so you can check out any videos you might have missed.

Here are just a few responses, but check www.gazettelife.com and our Facebook page for more. posting more online.



### CHARLIE CHAPMAN

What type of music do you perform? Everything!

How are you keeping going with your music? Steadily.

What message do you have for your friends, family and fans? Be safe and look after yourself.

Which artists inspire you the most? The Eagles.

How did you start out in music? Playing in small bars in Dublin.

**Do you have any tips for beginners?** Be yourself on stage.

What are you missing about not playing live gigs? The buzz.

Is there any venue in particular that you miss playing in? The Good Old Days.

What's your lockdown song? 'I Want to Break Free'.

How do people watch or contact you? The Good Old Days Bar & Kitchen on Facebook.



### ANTHONY CUMMINS

What type of music do you perform? Jazz, Swing and Ska.

What message do you have for your friends, family and fans? Stay safe, look after each other and be tolerant.

Which artists inspire you the most? Grover Washington Jr and Madness.

How did you start out in music? I started out learning the saxophone in my bedroom and loft.

**Do you have any tips for beginners?** Practice, practice, practice. Learn to play the instrument before learning any tunes or songs.

What are you missing about not playing live gigs? The fun, the atmosphere and the crowd interaction. And a few pints!

Is there any venue in particular that you miss playing in? The Venue in Costa Teguise.

What's your lockdown song? 'It Must be Love' by Madness.

How do people watch or contact you? Anthony.Lanzarote on Facebook.

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### SPICE (AKA AARON LAWRENCE)

### What type of music do you perform?

Being a drag performer, my musical style is really eclectic. I tend to stick to camp sing-a-long and disco tunes. You might call them "crowd pleasers", although the crowds may have a different opinion! I tend to use the Shirley Bassey belters as bookends to the show for a bit of good old fashioned showing off.

### How are you keeping going with your music?

I host a viral pub quiz each Friday at 7.30pm. "Spice's Fact Hunt" is a way to entertain and have a giggle whilst also encouraging people to form teams and interact so they feel less isolated.

#### How did you start out in music?

It was a bet that went horribly, horribly wrong. My local pub was holding a talent show, and a friend called me up and told me we were entering as a drag queen duo. Neither of us had done anything like it before, but what started as a joke ended up with us winning the whole thing.

### Do you have any tips for beginners?

Don't do it - it's a trap! Seriously though, if you really want to entertain for a living then there is nothing stopping you. Try and watch as many live performers as you can - take mental notes of what you liked about their shows and what you didn't. Put together a strong half hour set, then pester anyone you can to let you get up and perform, even if it's for free. It's all great practice while you find your feet. Oh, and be prepared to be broke for a very long time.

### What are you missing about not playing live gigs?

I often joke at the start of my shows that we will all be good friends by the end, and we often are. I miss that camaraderie.

#### Is there any venue in particular that you miss playing in?

I work in quite a few venues, both on the island (Abbey Road Bar, The Auld Triangle, Paddy's Point, and Waikiki Bar) and I love each of them for different reasons. They each have a unique vibe and as they all pay me, I have to say that I miss them all exactly the same amount! How's that for diplomatic?

#### What's your lockdown song?

I've been ending my online shows with 'Life is a Happy Song' from The Muppets Movie. It sounds silly, but the lyrics really lift your mood and remind you that we are in this together.

#### How do people watch or contact you?

My Facebook page is @spicedrag and on Instagram it's @spice\_drag



### GERIE B (AKA GERALDINE BARBER)

#### What type of music do you perform?

Music from all genres - not too much heavy rock! And all eras. I go back as far as the 40s with things like The Andrews Sisters and up to date. My favourite artist at the moment is Lewis Capaldi.

#### What message do you have for your friends, family and fans?

Take the time to actually enjoy having this time. Take time to do the things you like to do, listen to favourite music, read your favourite book. Just get in touch with yourself and enjoy it, rather than kick against it. I'm looking forward to you all coming back to Lanzarote and giving you proper big, squeezy, Gerie B hugs, that apparently I'm getting quite famous for.

#### Which artists inspire you the most?

Shirley Bassey, Tina Turner, Tom Jones... the ones that have adjusted as time's gone on. They've all done the great ballads - they've all got fantastic voices, but they've all got their own trademarks and I love the theatrical side to it. It's not just standing there singing at people - it's a whole performance with them.

#### How did you start out in music?

I was born into music with my dad's band. However, it was only when I met my friend, Christine Brennan, and we became singing partners that I started professionally- we decided to do Cabaroke to get us up to scratch, so we could feel comfortable being on stage etc. We took to it like ducks to water and before long, we were able to get rid of the karaoke side of things because we were offered so much work in the cabaret scene, all round the North West. We went from there, until it was time to come over to Lanzarote, and open our own bar.

### What are you missing about not playing live gigs?

I am such a people person and I am very tactile and I just love to hear the laughter, see the smiles and see people enjoying themselves.

### Is there any venue in particular that you miss playing in?

My favourite venue is The Good Old Days. It's not over-large and people feel very relaxed in that company there. Charlie, Nolita and the staff there give them a great welcome, so it's just a lovely team. It's a lovely place to work and to enjoy yourselves.

### What's your lockdown song?

The song that really sums it up for me this lockdown is a Christian song by a lady called Lauren Daigle and it's called 'You Say'. It's all about being confident and not listening to anybody else, and just being confident in God. It won't be long. "Sorrow may last for an evening and joy comes with the morning". We'll be back there with our lovely customers again, everybody coming over and enjoying their holidays. And it'll be that much sweeter because of it.

### How do people watch or contact you?

My Facebook page is Gerie B and I also have a private page, Geraldine Barber, which a lot of my friends, clients and visitors actually contact me on.

### Lanzarote Lockdown **&&**As





### HARRIET JELLEY

### What type of music do you perform?

I perform a huge range of music from current music to 80s, 90s and more. Also, I perform tributes to Adele, Miss Amy Winehouse and Lady Gaga, as a three female tribute show!

### How are you keeping going with your music?

In lockdown I'm recording live videos and doing live streams of my music so people can still watch me.

### What message do you have for your friends, family and fans?

To stay home to keep safe. Stay positive and most of all keep smiling.

### Which artists inspire you the most?

Lady Gaga is a huge inspiration for me. She is one of a kind. Not only do I love her music but she's a good person on the inside as well. This lockdown she has donated so much money to people in need!

### How did you start out in music?

I started performing (singing and dancing) at 4 years old. I carried on all the way to train at stage school and later continued with dancing and singing as my main profession and job!

### What are you missing about not playing live gigs?

The adrenaline of being on stage and also making people so happy. I do miss it so much!

### Is there any venue in particular that you miss playing in?

I have two hotels that I really miss playing in. The Galeon Playa, where I've been performing for seven years, and my favourite place is the Arrecife Gran Hotel. This is definitely one I miss so much!

### What's your lockdown song?

Definitely 'Rise Up' by Andra Day. The words match perfectly with what's happening at the moment. After all this is over we will rise and I will rise a thousand times again.

### How do people watch or contact you?

My Facebook page is Harriet Jelley Singer/Entertainer and my Instagram is Harriet Jelley Singer. I also run another business for children doing real life princesses every day which I also sing a lot for and this is called Princess Dream Parties.

### MICK GARRY (AKA MICHAEL GARRY)

### What type of music do you perform?

Everything - my gig depends on audience requests.

### How are you keeping going with your music?

Writing and recording songs. Doing live shows on Facebook on Wednesdays at 5pm and Sundays at 4pm. Making guitar lesson videos.

### What message do you have for your friends, family and fans?

Stay safe in these hard times and if you need me, I'm here.

### Which artists inspire you the most?

People I know inspire me most:. David Byrne from Mescalito, Chapman society, a few bands like that from my past. On Lanzarote, it's Rory and The Island, Jon Gold & Mick Bennett in the Craic n Ceol, Albert, Pedro & Conor in the Electric Island and many more artists.

### How did you start out in music?

As a child, it was always there. Stories told to me of my father, and Don Baker, the great blues artist was played to me in my buggy to get me to sleep.

### Do you have any tips for beginners?

Take your time and enjoy it. If you play what you don't like just to learn it, it will be a struggle. There is no wrong way to play a song - just your version of the song.

### What are you missing about not playing live gigs?

The excitement when you pick a song at a particular time and it just works and becomes an amazing night.

### Is there any venue in particular that you miss playing in?

All of them at certain times. I love the afternoon gigs - it's a different vibe and more interactive.

#### What's your lockdown song?

I wrote one that I have given to Conor Sloane to work on about our situation - a bit more uplifting.

#### How do people watch or contact you?

Facebook, Instagram and YouTube: mickgarrymusic Email mgmusic15@gmail.com

### Lanzarote Lockdown & As



### JILL T (AKA JILL TURNER)

What type of music do you perform? Mostly country, 70s, 80s and my favourite - classic rock.

### How are you keeping going with your music?

At the moment I'm trying to source and rehearse a few new songs for my set.

### What message do you have for your friends, family and fans?

I hope EVERYONE stays safe and healthy until we can all meet again and share the good times to come. Special thoughts and love to all my family and friends.

### How did you start out in music?

I started singing as a toddler and was singing in pubs and clubs from about 14 years old. I joined my first band called White Diamond at that age (we have remained lifelong friends). So, I have been performing for 43 years.

### Do you have any tips for beginners?

Practice, practice, and watch other professionals to help hone your craft.

### What are you missing about not playing live gigs?

The fun and banter I have with my audience. People having a great time and going away with fab memories of a good night out makes me so happy.

#### Is there any venue in particular that you miss playing in?

I miss all my lovely venues. I work with some great owners/managers and fun staff. I can't wait to be back entertaining at The Shamrock and Hollywood in Costa Teguise and Las Calas in Puerto del Carmen.

### How do people watch or contact you?

OK, you lovely people, please visit me at my FB page Jill T - Vocalist. Also, catch me for my FFS (Friday Fix at Six) live each week. Pop on, say Hi and enjoy some giggles and a few songs.



### RIKKI RYAN

What type of music do you perform? Rock and roll.

How are you keeping going with your music? Practising new songs all the time.

What message do you have for your friends, family and fans? Stay safe and stick together. We can beat this.

### Which artists inspire you the most? Elvis.

#### How did you start out in music?

I had a bet with another artist when I was doing karaoke and I've had a lot of luck since then.

### Do you have any tips for beginners?

Go with your heart. Never give up - we all have something to offer.

#### What are you missing about not playing live gigs? The people - I love audience participation.

### Is there any venue in particular that you miss playing in?

The Venue in Costa Teguise - great staff, and boss and there are always great people to entertain.

#### What's your lockdown song?

'If I Can Dream'. It's also my mum's favourite song who's no longer with us, bless her.

### How do people watch or contact you?

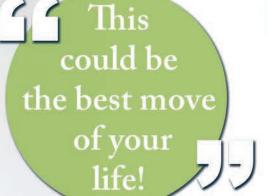
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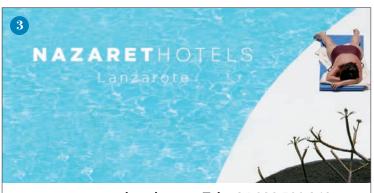
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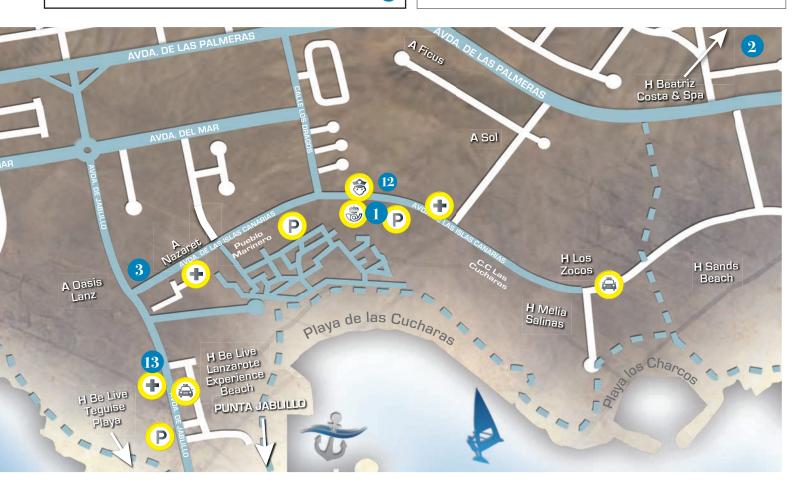
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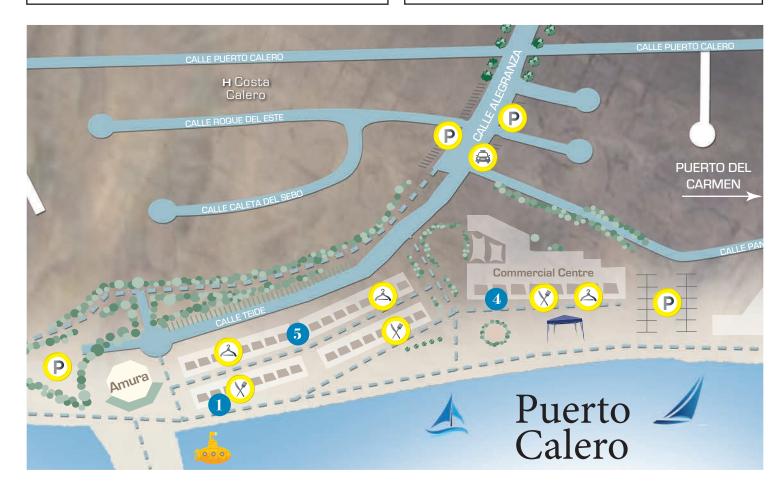


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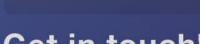


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Give your garden and houseplants a little TLC.



# **PROPERTY SHORTS**

### **MORTGAGE RELIEF**



Spanish mortgage holders whose ability to pay has been severely affected by the coronavirus crisis are able to apply for the interest-free deferment of mortgage payments during the term of the State of alarm. Applicants will have to show that their income has fallen by 40% or over due to the crisis, and families will also have to submit plenty of paperwork to qualify for the deferment, which can be applied for up to 15 days after the end of the Royal Decree (likely to be extended to May 10th).

However, this mortgage relief only applies to a main residence. Although non-residents and secondhome buyers may also find themselves in serious financial difficulties, they are not among the priorities of the Spanish government, which is looking after residents first. In these cases, borrowers are advised to contact their lenders as soon as possible to reach an arrangement.



### THE NEW WORKPLACE

Almost overnight, Spain has seen millions of homes and apartments transformed into workplaces, as the order to work from home wherever possible has been taken up all over the country.

The results of this are likely to be fascinating, with the likelihood that several smaller businesses may decide that it's not worth renting commercial space in the first place. The advantages aren't just for business owners, either. Employees will save time, money and hassle on transport, work clothes, food and several other aspects of office life.

Home-working will also affect the housing market, meaning that popular commuter areas are likely to lose their appeal, and opening up the possibilities of selling homes much further from traditional centres of work.



### **VIEW FROM THE BALCONY**



The lockdown has affected all aspects of Spanish life, with neighbourly and community relations most of all.

On the negative side, the bans on going outside have led to a rise in "balcony police", who take it upon themselves to denounce those they feel aren't complying with the rules. Victims have included the mentally ill, who are legally permitted to leave the house for walks, and frontline medical staff, who have received

### LOCKDOWN WINNERS

Some property experts believe that the coronavirus crisis will have positive results for the property market. Among them are greater power for the buyer in what has been a seller's market for several years now.

That power is also likely to be in the hands of tenants as the tourist accommodation market collapses. Holiday rental owners are now looking more enviously at those who've rented out their property to long-term residents, although these also face serious short-term challenges.

Other advantages will include a greater takeup in technology, with virtual visits, face-time appointments and mobile apps taking over many of the functions normally carried out in person.



anonymous letters asking them to move out.

However, far more communities have reported an increase in good relations, with neighbours offering to shop for the elderly or care for children, and regular gatherings on balconies to applaud health workers at 8pm (CET).

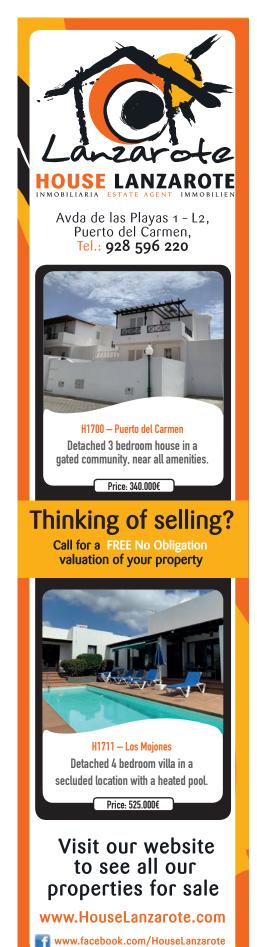
### **KNOCK-ON EFFECT**



Spain's property market is likely to be extraordinarily sensitive to the performance of other markets in the aftermath of the coronavirus crisis.

The purchase of property in Spain has often been directly affected by the economy and the housing market in the countries where most foreign buyers live. For example, Spain's largest boom coincided with the UK's property boom of the early 2000s, and another boost in property sales was seen when George Osborne allowed pensioners to claim lump sums.

Economic factors in Italy have also brought several Italian retirees and young people to the Canaries, so the islands' real estate markets will be watching developments in source countries closely. What's good news for them, is generally good news for us.



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### TAX SEASON



Despite the lockdown, Spain's tax season is already under way and will really hit its stride this month. Given that 70% of Spanish taxpayers see some kind of rebate, it's also going to provide some much-needed income for many people at a time when they could really use it.

It's possible to do your tax declaration yourself, but this is only advised if your financial arrangements are fairly simple. - and who of us can claim that? Most of us without a decent knowledge of fiscal and legal Spanish will find it much easier more efficient to hire a tax adviser or financial consultant or gestor to handle it for them.

A *borrador* (rough draft) of the tax declaration can be obtained from the Renta website belonging to Spain's Agencia Tributaría. This requires you to sign in with an online certificate or PIN number, both of which are fairly easy to get hold of. If you submitted a declaration last year or before, you've probably already got one.

This rough draft is based on the information the financial authorities have received about you in the previous year will give you an idea of whether you'll get a rebate or have to settle with the *Hacienda* (tax office).

From 5th May, you'll be able to request an appointment with the tax office to consult them regarding your declaration. However, it's likely that the lockdown may seriously affect this, so be sure to check in advance.

From 7th May, taxpayers can call the Agencia Tributaria directly by phone, where their queries will be answered by trained staff. The face-to-face appointments are scheduled to begin on 13th May, and the time limit for submitting your declaration is currently the 30th June.

If you owe money to the tax authorities, you can choose to pay it all at once or stagger it over two payments, one on - 25th June, the other on 5th November. If you are

owed a rebate, the money will be paid directly into your bank account shortly after submission of the declaration.

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Tax rules change every

year, which is another reason to get professionals to help you with this task.



# PROPERTY BUYERS GUIDE

This article is a general guide to buying real estate in The Canary Islands. It has been compiled from the knowledge and experience of a number of professionals involved in the selling, buying and conveyancing of property in Spain, but it should not be taken as a substitute for proper legal advice.

### LOCATION

Is your property intended for holiday use, longer term visits, or do you intend to live here all year round? Your choice of location should take your needs into account, such as schools, medical services and recreational outlets.

### RESEARCH

You need to know a great deal more about your property than you would if you were just spending a couple of weeks there. If there is a community association, ask your neighbours if it is well run. Ask about the community fees - don't forget that if you are in a Community you are legally obliged to pay these.

### BUYING THE PROPERTY

First, make sure that the person selling you the property is entitled to do so. Your agent will be able to supply you with a list of suitable lawyers to act on your behalf, or the British Consulate in Las Palmas can provide a suitable list on request. Your lawyer needs to check out your intended property thoroughly.

A check of legal title will be made through a search in the local Land Registry Office, which will also indicate if there are any mortgages or charges against the property. If you are buying a plot of land, the lawyer will also check if you can obtain permission to build on the land, and what size and type of property you can build. Once you have been assured by your lawyer that all is in order, you will need to sign a Contract of Purchase raised by a lawyer, and pay a deposit which is usually 10% of the intended purchase price; this deposit is normally held by the lawyer who has been appointed to arrange the signing of the Title Deed.

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

The next step is to complete the transaction by making the outstanding balance of payment and signing the title deed, which is known in Spain as the Escritura. This must be done in the Notary's Office. The Notary's task is to ensure that all of the legal documentation is correct. He will also carry out a search in the Land Registry Office on the day of signing to check the current status of the property or land (and will require the last annual rates receipt from the council in which the property is situated), that this is up to date as well. It is essential to ensure that your lawyer has current receipts for all other payments such as water, electric and community charges, as debts such as these in Spain are levied against the property and not the owner. Notaries now also demand an Energy Performance Certificate. When in the Notary's Office, you will be asked to produce your passport as evidence of identification. You will also be advised to obtain a NIF number, which your lawyer can arrange for you.

### MONEY MATTERS

If you are not resident in Spain and are buying property or land it is advisable to bring money from abroad to complete the purchase. It is simple to open a non-resident account in a local bank, and your estate agent will normally help you with this. You can then transfer your funds from your own bank in the UK to this new account. On the signing of the new Title Deed your cheques for payment will be shown to the Notary and included as part of the documentation of the deed.

They must be inscripted with details of the property of land to be purchased, or have an investment certificate from the issuing bank attached. The Notary will also require you to sign a Spanish ministry form, declaring that the investment has been made. It is also possible when purchasing from a non-Spanish resident to pay the completion funds abroad in any currency. In this case, the deed will state an equivalent amount in Euros, as this gives the value in which the transmission tax (stamp duty) is calculated. You will have to produce more than one cheque as you will be liable for capital gains tax. In this situation, a sum of 3% calculated against the value declared in the title deed will need to be retained and paid to the Spanish Tax Authorities.

Estate Agent's fees are normally paid by the vendor and the details of the specific percentage to be paid will normally be noted in the Purchase Contract.

Some unscrupulous illegal agents have been known to charge the purchaser as well as the vendor for their fees, so ensure this is not the case. You may well also find that the price of your title deed is not exactly the same as the cost of the purchase, as some sellers prefer to treat the furnishings and fittings, if they are included, as a separate item.

### REGISTERING THE PURCHASE

To complete the transaction you must register the deeds at the Registro de la Propiedad (Property Registry). When the deeds are taken to the Registro, the purchase tax of 6.5% of the value of the property must be paid.

Later the Registro will request a second payment to cover their charges. In addition, a tax to the Local Authority, based on the increase of values of land in

### THE COMMUNITY OF OWNERS

The Community of Owners is a Spanish institution affecting any property owners who enjoy shared facilities and services, such as lifts, swimming pools, gardens and communal garages.

Information about your Association must be freely available to you, as should the accounts which have to be published to the members every year. You should check before you buy that your Community Association is functioning well, how much the monthly payment is, and whether the payments for your intended property are up to date.

their area since the property last changed hands (known as 'Plus Valia') is payable.

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

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

### OTHER COSTS

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

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

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

### OUTSTANDING BILLS

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

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



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# Free Your Mind





Sometime soon we'll be free, the lockdown will be lifted and we'll finally be able to meet people we're not related to and look at things we don't live with everyday.

It's going to be amazing, but if you have learnt anything during the lockdown, it's probably how to assess and appreciate the things you own. When clutter-guru Marie Kondo talks of objects "sparking joy" you'll now know exactly which ones do just that, and which ones you're fed up with.

And if you haven't made that discovery yet, now's the perfect time. Instead of just living among your furniture and ornaments, start to really look at them again, think about the ones you love and ones you can live without, and maybe begin to plan for a change to mark the new age of freedom.

The only problem here is that, on Lanzarote, you often don't know how much you love something until you're actually looking at it. So why not visit the websites of local designers to get a few ideas, or just browse pictures of this beautiful, weird island, which César Manrique transformed into a laboratory of art and experimentation.

The good news is that almost everyone who comes here seems to "get" Lanzarote. Very few people remain stuck in their old, dull ways, and instead the island seems to breathe inspiration and boldness into people from all walks of life.

Look at the winefields of La Geria – strange, unique, unforgettably beautiful and yet perfectly adapted to what they have to do. Look at how Manrique turned a volcanic bubble into a party paradise. See a lattice of stone walls that covers the island and performs all sorts of functions, from the purely decorative to the practical.

Look around you while you're confined behind closed doors. Imagine the changes you could make, start planning and wait for the whistle to blow. It's not just your body that's being set free....

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# Get Scrubbing!





If you're going to be confined indoors for weeks on end, you might as well make sure the place is clean, right?

In fact, that's not as easy as it sounds. Most of us leave our homes for several hours a day – times when they are left in pristine isolation with no filthy humans to mess things up, and that feeling of coming home to a well-tidied house is always pleasant one. But if you're there 24/7 you'll hardly ever get to enjoy the feeling of stepping into a gleaming home – instead, with all your natural rhythms out of whack, you'll descend into a slobbish mess or anxiously end up tidying all the time.

But however you handle this, the start will be a good old spring clean. It's the right time of year, you've got the time, and Spanish supermarkets sell loads of cleaning stuff, so you've got no excuse not to.

### **Spring Clean Tips**

### Get organised

The first and most important tip is to make a schedule and stick to it. Getting distracted while cleaning is one of those things that happens to all of us, but it's classic displacement activity, swapping a more pleasant activity for a dull chore. You need discipline, but more importantly, you need to prepare.

### **Be Prepared**

You know how it goes – you want to brush the floor but discover that the brush is full of fluff, so you have to get the hoover out to clean it, and if you've got the hoover out you might as well....STOP! Before you even start, make sure you've got everything you need – clean brushes, a hoover with an empty bag, plenty of cleaning



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products, hot water on tap, and every bit as importantly, some brilliant music or a podcast cued up.

### **Top down**

Clean from top to bottom. Yes, we know, you've heard it a million times before. You've also forgotten it about 999,993 times before, too, though- admit it.

### Doors and walls need love too

We normally focus on floors and horizontal areas where dust gathers, but once a year you'll need to give walls and doors a good wipe with a soapy cloth. In the kitchen or bathroom, where spattering is common, you'll need to take this extra seriously. Don't forget to get handles gleaming, too.

#### Kitchen and bathroom clutter

You need to go through your store cupboards, fridge and bathroom cabinets ruthlessly, chucking out everything that's past its best or that you're honestly never going to use. This can take time, and it's worth keeping a list of stuff that needs replacing while you do it.

### **Spanish Star Cleaning Products**

If you thought Mrs Hinch was unique, you haven't seen Spanish YouTube where hundreds of Señora Hinches offer their advice on cleaning products and methods. This obsession with cleaning is reflected in all supermarkets, although it's the Spanish brand Mercadona that has the best reputation for cleaning products.

**Bicarbonate of soda** *(bicarbonato)* **and vinegar** *(vinagre)*: Both these products have endless uses on their own, and when combined they form a literally fizzing combination.

**Cleaning alcohol:** This stuff is brilliant at removing certain stains that other products can't shift – but be careful, it may clean off a bit too much if you let it.

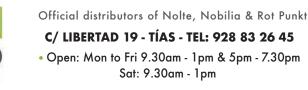
**Hydrogen peroxide** *(Agua oxigenada):* another last resort bleaching agent that can have devastatingly effective results.

**Raw soap:** *Lagarto* soap is the real, unperfumed, uncut deal, the stuff you need when you absolutely have to get down on hands on your knees and get scrubbing.

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The balcony is the only outdoor space many Spaniards have, so let's have a closer look at how this fixture has become so important to a nation, and how that has been even more true in recent weeks.

The most famous balcony in literature is, of course, the one which Romeo scaled to snatch one precious night with his beloved Juliet. However, the classic "Juliet" balcony does not project from the house wall at all, and is instead, merely a set of bars that allow a person to lean and look out over the scene below.

The more familiar modern balcony is a result of stronger materials, and is generally an urban development – In the days when rubbish and even sewage was thrown into the street, an upper floor balcony offered a little fresh air and sunlight.

Spain seized the idea of the balcony and made it a central part of the country's architecture. Go to Seville or Granada to see vintage wrought-iron and wooden balconies, while on the Canaries you can see the way the feature became a defining element of Spanish colonial style in the Vegueta district of Las Palmas or along the seafront of Santa Cruz in La Palma.

Balconies were also an important aspect of social life among the upper classes, allowing them the opportunity to see and be seen at certain hours, often on a Sunday. It was literally a case of keeping up appearances.

# **Apartment Tradition**

In Spain, apartment living is much more normal than it is in Britain, for example. Millions of people live in apartment blocks with a central entrance, and these multi-story buildings often have balconies.

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This meant the balcony became more accessible to people on a lower income, and as a result its use also changed. Balconies suddenly became spaces to dry clothes, to grow herbs and flowers or to store larger items. They're also places where families will spend time in the evening, perhaps enjoying a drink or even chatting with neighbours on their balconies.

# Looking Out on Life

The arrival of Spain's lockdown during the coronavirus meant that, for millions fo Spaniards, their balcony was the only opportunity to get a breath of fresh air. As a result, balconies have become a central part of the lockdown in a way that could never happen in countries further north.

The 8pm (CET) rounds of applause for health workers largely take place on balconies, and it's interesting to note that they don't happen as much when there are no balconies opposite. There's a lot less community spirit

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to enjoy when you're clapping into open air.

Rainbow posters and banners painted by children and inscribed with messages of hope can also be seen draped from many balconies, a welcome change from the Spanish or Catalan flags that recently represented the polarisation of a country. These flags tell us that "everythings going to be alright" - a reassuring message of optimism that has been necessary among the horrifying news of recent weeks.

Social media has also been full of music performed from balconies by talented Spaniards who have seized the lockdown to share something special.

However, there have been downsides, too. One is the rise of the "balcony police" who, according to your outlook are either concerned

citizens or interfering busybodies who shout at and shame individuals they feel are breaking the

"BALCONIES HAVE BECOME A CENTRAL PART OF THE LOCKDOWN.

lockdown. Backed up by social media, their campaigns have shown concerning signs of ignorance and intolerance.

But they also sum up one of the great appeals of the balcony. Not only do they allow you to look out on life – any curtaintwitcher with a window can do that they also allow you to step out there and participate in it.

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# TREATYOUR Plants

For most of us, gardening isn't a full-time job. It's something we do when we have spare time, no matter how enjoyable we find it. But with the lockdown, plenty of us will have had plenty more time on our hands, so why not give all your plants a bit of tender loving care – you'll soon see the difference.

# Give 'em a Soak

Summer's on its way and both your houseplants and garden residents could use a good soak. Spend twice as long as normal waving the hose around or doing your rounds with the watering can, and give exhausted looking houseplant a watering from the bottom up, leaving them in a trayful of water for a few hours.

# **Feed and Nourish**

Plants don't just need water

- fertilizer is also vital and, fortunately, it's still available at supermarkets. Don't leave it until later – low nutrition is probably the main cause of disappointing plants.

The three chemical keys to fertilizer are N, P and K – that's Nitrogen, Phosphorus and Potassium to those who failed chemistry. Most commercial fertilizers will mention the mix of these elements on the packet, and they don't change in Spanish.









Choose a nitrogen-rich fertilizer for maximum greenery, but be aware that too much can cause plants to bolt; go for phosphorus when you want flowers and ensure that potassium is available for generally healthy plants.

# Wipe and Polish

Leaves aren't just pretty – they're the way plants breathe, and when they get dusty or dirty, that breathing is obstructed. Outdoors, a decent hose with an adjustable mister nozzle will do the job for most plants, while indoor plants will welcome a wipe with a wet cloth. If your plants get pests, try a little soap or vinegar in the water, and a mix of milk and water can add shine to glossy leaves.

# **Deadhead and Prune**

Deadheading is easy enough, a quick and simple way of keeping flowers looking fresh and encouraging new blooms. All you have to do is pinch off faded flowers just above the first healthy part of the stalk. If you can't do it with your fingers, use some scissors.

Pruning is a different matter entirely and requires a bit of experience and knowledge of the plant in question. "You've got the time to really give your plants the care and attention they deserve"

You'll often have to cut back stalks quite drastically to get bushier, more attractive plants, and it's worth learning exactly how to do it.

Prune just above leaf nodes and look at the plant carefully before going to work. It may be necessary to get rid of dominant budding branches to let less prominent ones get a chance. Staggering cuts on bushier plants (e.g. Pruning some stems by a quarter, some by a half, some completely) will also preserve a natural look.

# Extra Care

Plants also need space to grow, so now's the time to consider repotting plants that seem to have reached their limit. Sunlight is also a factor worth taking into account – here on Lanzarote it can mean both life or death. If you're not sure whether a plant is thriving in one location, move it to another, give it some time and see what happens.



# FOOTBALL CRAZY



Every town in Lanzarote has a football team, and many have several. One of the most inspiring things about the sport on Lanzarote is the way that everyone gets involved.

While bigger clubs are focused on the success or failure of their mens first XI, there are also clubs who send out several sides of all ages and both sexes every week.

UD Lanzarote are the island's biggest and most historically successful club. Formed 50 years ago this August in Arrecife, they wear the blue and red of the island's flag and currently compete in Spain's huge fourth tier, where they've played since being relegated from the Segunda B in 2010.

The early 2000s were the conejeros' glory years, with the memorable cup run of 2002 still fresh in many fans' memories. That was when striker Maciot scored a hat-trick against Tenerife, a win which brought Real Madrid's Figo, Zidane, Raúl and Roberto Carlos to the Ciudad Deportiva, where they won 1-3.

Other island teams such as Unión Sur Yaiza, Arrecife's Marítima and the Puerto del Carmen club, also have strong followings, and most Sundays will see local football pitches hosting a hard-fought contest.

Islanders also follow bigger teams, and UD Las Palmas from the province's capital are keenly followed by many – especially middleaged fans who remember the Canaries' late-60s and early 70's heyday, when they once finished runners-up in Spain's top tier.

Of course, Spain's eternal big-two rivalry is also reflected on the island, with locals tending to support Barcelona over Real Madrid. There are plenty of fans of both teams, but Canarian nationalism's suspicion of Madrid shares similarities with that of the Catalan capital.

These are the main sides you'll see or hear about on Lanzarote, but, of course there are thousands of fans of hundreds of teams here and wherever you go there's the chance you'll end up talking football with a fan of Penarol, Hassania Agadir, Schalke, Ajax, Rangers, America de Cali, Boca Juniors, Lazio or Leeds.

For all the information please go to:
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- Lanzarote Football Club
- +34 649963943 (lan)

info@mercancialanzarote.com

Future fixtures this season are doubtful, and at the time of writing we don't even know when the weekly market stalls and club shop will be back so that you can buy strips and chat to lan in person. In the meantime, stay in touch online.

# **GOLF NEWS**

Sec. Jean-Francois Crinquand





Treasurer Roger Noack



# **GOLFERS UNITE**

We've been publishing reports from the Las Palmeras Golf Society for a few months now, so, with the greens and fairways deserted until further notice, we thought it was a good time to let Secretary Jean-Francois Crinquand tell us a little more...

Las Palmeras Golf Society (LPGS) is the largest and oldest Golf Society in Lanzarote. With well over 40 members from seven different nationalities, we are an international group of people with a common passion: playing golf! The Society comprises of ladies and gents from all ages and background.

# HISTORY

In 2005, two groups of local residents were playing golf on Tuesdays. One day they met, decided to play together, and this went on for a couple of years. It was then decided to officialise and structure this group as a Society. In 2007, the Golf Society rules were written and agreed upon, which lead to the nomination of the first committee: Tim Weston as Captain and Steve Hill, Bryan McEwan and Dave Bennett as Officers. The society was aptly named Las Palmeras (The Palm Trees) Golf Society and a great club was born.

# TODAY

The Society is very active throughout the year with events to keep all members busy and focused on our sport. Our main competition,



The Henson Cup, takes place on the first Friday of each month, is competed for over 10 rounds of golf and the winner receives the coveted Henson Cup at the Society's Christmas Dinner. Additionally, the Cup is sponsored by local businesses and each month there are some great prizes for finishing first or second, which include meals for two in local restaurants, all-inclusive weekends in the best hotels in Lanzarote or cases of wines from local wineries.

Among other cups and trophies, there are the highly-contested Singles and Doubles Match Plays, for which the draws take place in early January. In June there is Captain's Day, when a special competition is organised. A delicious buffet awaits all participants at the reception following the game. Prizes are plentiful and are awarded to the first three teams, for the longest drive and for nearest to the pin. A wonderful day out to always look forward to. In December, the traditional Turkey Trot is played. Finally, this year LPGS will travel to Fuerteventura in October for a Match play against the Corralejo Golf Society.

In December, the Society holds its annual dinner. Following a lovely meal with excellent local wines, there is the presentation of all trophies played for during the year. To round off the evening, a raffle with exceptional prizes is drawn. In 2019, Tim Weston (our first ever captain) and his lovely wife Mary won the first prize: a superb painting from the renowned local artist Marymar Duarte.

LPGS elects a new committee each year. This year, working for the smooth running of the society, the committee comprises: Captain Melo Hernández (Spain), Treasurer Roger Noack (USA) and Secretary Jean-Francois Crinquand (France). Members are a mix of permanent residents, snowbirds spending the long European winter months in the warmth of the island, and the jet-setters coming and going numerous times in the year, spending 4 to 6 weeks on the island each time.

The society prides itself on being open and friendly, so all visitors to Lanzarote wishing to join our members for a game of golf (or two!) are very welcome. Plus, new members can join at any time during the year. We play every Tuesday and Friday, meeting in the Costa Teguise Golf Club House at 8.45am. The draw for the day's pairing is at 9.15am and first tee off is at 9.35am.

More information on our website: www.laspalmerasgolfsociety.blogspot.com or by email to the Secretary: lpgs2016@gmail.com

# LOCKDOWN MOTORING Q & A'S



Driving is down by at least 90% during Spain's lockdown, but the amount of cars still remains the same, and most of us will still have to consider taking a spin sooner or later. Here's a recap of the emergency legislation motorists should know about.

# WHEN AM I ALLOWED TO DRIVE MY CAR?

The Spanish government has issued a list of situations in which private citizens can use their motor vehicles. They are:

1. Buying food, medicine and essential products. Essential products could include butane gas, electrical appliances and many other items, as long as it can be shown they're genuinely needed.

2. Driving to health centres, clinics or hospitals.

3. Travelling from home to work (always when the job is among legally permitted activities and working from home is not possible.)

4. Returning to the habitual residence.

5. Help and assistance of older people, children, dependents, the disabled or the especially vulnerable.

6. Travelling to banks or other financial/insurance offices.

7. In case of force majeure or situations of special necessity (this would cover natural disasters, medical emergencies etc)

8. Any other situations of a similar nature, which have to be carried out individually unless disabled people are being accompanied, or for another justifiable cause (this clause allows wide discretion to security forces).

# HOW MANY PEOPLE ARE ALLOWED IN A CAR?

After some initial confusion regarding the word "individually" in clause 8 of the regulations above, the Spanish government clarified that passengers can be carried, but only in cases in which it is absolutely necessary. This includes giving a lift to workmates, but does not, for example, allow you to to drive a non-disabled partner to the supermarket.

One passenger is allowed for each row of seating (two in the average 5-seat car), and they must wear masks and sit on the opposite side of the car to the person in front.

Single parents are permitted to take young children shopping, but not leave them with carers. In all cases of dependents, the carer must travel to the home of the dependent.





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# **MOTOR NEWS MAY 2020**



# **CAN I GET MY CAR REPAIRED?**

Yes, some mechanics have remained open, and you are permitted to take your car to them for essential repairs. It is advised that you call the garage in question to arrange an appointment and complementary transport, if necessary.

# **CAN I HIRE A CAR?**

Yes. Car hire is possible, however the permitted travelling criteria are the same. Again, call in advance.

# I'M SELF-EMPLOYED AND IT LOOKS LIKE I WON'T BE USING MY CAR FOR A WHILE. DO I STILL HAVE TO PAY **ROAD TAX?**

You are allowed to deregister your vehicle temporarily with the DGT, meaning it is not liable for road tax or insurance. During this time you will, of course, be unable to drive it.

# CAN I TAKE MY CAR OUT TO STOP THE BATTERY RUNNING DOWN?

If your car is lying unused for a long time, you are advised to disconnect the battery in order to stop it running down. Taking the car for a run solely to charge its battery is not permitted, and leaving your home to run the engine of a car parked in the street would also be an infringement. If your car is parked in a garage, it is recommended to run the engine for a short period once every fortnight, ensuring the space is well-ventilated.





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# **MOTOR NEWS MAY 2020**



# CARS SALES PLUMMET

Unsurprisingly, car sales are set to plummet by up to 95% in April, owing to Spain's lockdown legislation.

The crisis is likely to prove a serious blow to one of Spain's most important industries, and a sector which successive governments have worked hard to support and assist since the 2008 financial crisis.

However, even though manufacturing has only been halted by law for two weeks of the lockdown, several car manufacturers that operate in Spain, including Citroen, Peugeot, SEAT, Renault and VW have halted operations and furloughed employees.

# LICENCE EXTENDED

Spain's Ministry for the Interior has extended the expiry date for all driving licences that were due to expire during the government's state of alarm. The extension will initially last for 60 days.

The DGT (Traffic Department) has also launched its miDGT app, which will allow drivers to display their driving licence on their mobile device. The app has been rushed through in order to avoid citizens having to attend Traffic departments to pick up new licences, and displaying driving licences on mobile screens will be valid throughout Spanish territory.

# ARRECIFE: CLEAN AIR CAPITAL

Arrecife is Spain's highly-populated area that has seen the greatest reduction in air pollution during the coronavirus crisis, recent figures have shown.

Levels of NO2, a pollutant which is usually caused by traffic fumes, have fallen by more than 90% in Lanzarote's capital. The average drop for highly-populated areas in Spain is 51%.

Of larger regional capitals, another island city, Palma in Mallorca, saw the greatest fall, of over 70%. Speculation as to whether polluted air is replaced by clean air more quickly on islands cannot be confirmed by the figures.









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Tinajo928	3 840049
Yaiza/Playa Blanca928	3 524222

### **TELEPHONE (MOVISTAR)**

Faults	1002
Directory Enquiries	11811
International Directories	11825

### TOURIST INFORMATION - LANZAROTE

Arrecife	813174
Costa Teguise928	592542
Puerto del Carmen928	513351
Playa Blanca928	518150

# TOURIST INFORMATION - 7 ISLANDS

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

#### TRANSPORT

ITV Station (MOT)928	582555
Intercity Bus928	811522

### UTILITIES

Endesa (Electricity)8	300	760909
Canal Gestión (Water)9	928	814400
Iberdrola9	900	225235

#### VETS

Jane Burke......928 513895 or 649 910784

# Need to Know



# LOCAL LIFELINE

The lockdown is the sort of event that can really expose insecurity in jobs. Thousands of islanders have been temporarily laid off, made redundant or sacked, but most of them will receive some income - even if its less than what they're used to.

Many others, employed without contracts, have nothing except their savings to fall back on, and savings aren't usually associated with cash-in-hand jobs.

Put simply, if you're a resident who has been making payments into the Spanish social security system, you'll probably qualify for some kind of safety net. If not, then things become more difficult.

If you're British, the foreign office is only likely to help in genuine emergency situations, and does not have the resources for personal attention. Instead the British Embassy has been advising expats to register with their local town hall for years – because when things go wrong, the local Ayuntamiento's Social Services department will be your first stop.

The Social Services Departments have been working twice as hard during lockdown, and can inform local residents of food banks, charities, emergency deliveries of supplies and other measures aimed at helping the poorest members of society.

# SOCIAL SERVICES DEPARTMENTS:

**Tías** 928 52 44 66 / 928 51 30 13.

Teguise

928 84 59 26 / 928 84 53 55 / 928 84 53 39

**Yaiza** 928 51 90 18 / 928 83 68 34

# **San Bartolomé** 928 52 01 28 ex 1233 / 928 82 03 08

**Arrecife** 928 80 71 54

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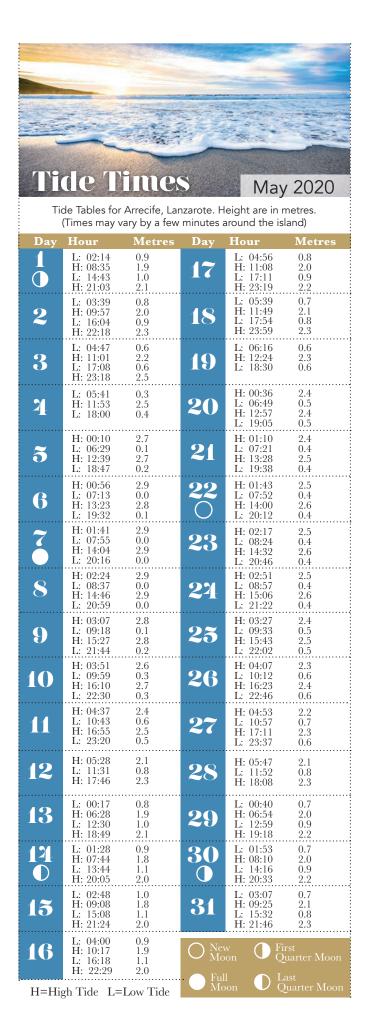
Check out our events page for upcoming events.



Check out our discounts page for the best deals.



Browse our contact page to submit ideas/suggestions or questions.







In these unfamiliar times it seems strange to be writing a weather article as, of course, our restrictions have meant that since March 14th we have only been outside our homes for essential or urgent reasons.

That being said, May is always such a lovely weather month. Last year we averaged 25 degrees - although we

did see a *calima* mid-month - and reached highs of 30 degrees. Mornings can be a little overcast but afternoons see bright blue skies.

Sun protection is always important here, but by the end of May we often see the UV reach very high levels of 10 and 11 and so, although many of us will have topped up our tans in our gardens and terraces during lockdown, if we do get to spend longer periods outdoors, please stay sun safe.

Two of May's main events - the May Day holiday and the Ironman Race - have effectively been postponed for this year. Lets hope that, come the second fiesta on the 30th May celebrating the Day of the Canaries, we are able to relax some of the restrictions and celebrate our islands in style!

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

# What to Expect in May

	Day Time Temps Average 25°C (Ranges from 23°C to 27°C)
¢.	Night Time Temps Average 17°C (ranges from 15°C to 18°C)
	Sunshine Hours 9 hours
	Sea Temp 21°C
B	Rain 0 days (light showers, 1mm if any)
0) 0) 0)	Wind Trade winds NE dominate, with chance of calima



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# BY CLAIRVOYANT SHONA LANGHOLM



# Aries

(21 MAR - 19 APR)

We've all been prone to cabin fever recently, Aries, but you feel it more than most and miss your freedom with an almost physical pain. Find a way to work out at home or just

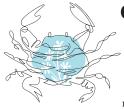
blow off some steam to keep your head straight.

# Taurus

(20 APRIL - 20 MAY)

Your friends know that when you go deep, you really go deep, Taurus, throwing yourself 100% into whatever it is that you're doing. Although you've had some hugely rewarding, intense

immersion recently, take time to raise your head and contact others.



# Cancer

(21 JUNE TO 22 JULY)

Take another look at the world from your window, Cancer. As one of the most homeloving of signs, you've been happy enough for the last few weeks, but you'll also learn so much more if you look outwards for a while.

# Leo

(21 JULY TO 22 AUG)

You've never been in so much contact with people you usually rarely communicate with. Some of this has been terrific, with old friendships rekindled and some very interesting twists to old stories, but don't forget why some people don't deserve your full attention.



# Virgo

(23 AUG TO 22 SEPT)

You've been in comfort mode for a while now, Virgo, but it's time to get dressed, scrub up and make an effort. Even if you're not getting out just yet, you need to get into the right frame of mind to face the future – it's coming fast, so be ready for it.

# Libra

# (23 SEPT TO 22 OCT)

Music continues to delight you this year, Libra, and it's an interest that you could pursue even deeper if you wanted to. Otherwise, you're in the mood for broadening your mind with literature or art. Find something to inspire you and take time out to enjoy.



# Gemini (21 MAY TO 20 JUNE)

Even though you've got plenty of time to concentrate on things you need to get done, you still find yourself distracted, Gemini. Tackle the problem by writing a list and crossing stuff off as it gets done. Simple, but easy.

# Scorpio

(23 OCT TO 21 NOV)

It's hard to relax when there are underlying worries and nothing you can do about them, Scorpio, but you'll just have to accept the situation, satisfy yourself that you're prepared for it, then stop worrying and try to enjoy life. You'll deal with this.



# Sagittarius (22 NOV TO 21 DEC)

A world out there without you in it is torture for you, Sagittarius, but you might have to cope with it just a little longer. Use the time to do something new, something you've never tried before, and something that will bring joy, laughter and beauty.

# Capricorn

(22 DEC TO 19 JAN)

There are days when you can't wait to display your charm online, Capricorn, and others when you want to smash your device with a hammer. Just remember that even though this ain't real life, a bit of respect and understanding goes a long way, even if it doesn't always come your way.



# Aquarius (20 JAN - 18 FEB)

Looking at the world through a screen teaches you plenty, Aquarius, but it's no substitute for human contact and experience. So why not try and find out a bit more about your loved ones' most valued memories. It's something you'll never regret doing.

# Pisces

(19 FEB - 20 MAR)

Just like everybody else, you've discovered that things can change completely and there's nothing you can do to stop it. But don't feel like a victim – instead, assess the situation and see what you can do to survive best – you could discover all sorts of new things about life.



# Cover Comp

THE WONDERFULLY EVOCATIVE FRONT COVER OF THIS MONTH'S MAGAZINE BY RAFAEL SÁNCHEZ WAS THE DESERVING WINNER OF LAST MONTH'S COVER COMPETITION. BUT THERE WERE PLENTY OF OTHER OUTSTANDING ENTRIES, AND SO WE DECIDED TO SHARE JUST A FEW OF THEM. THANKS, AND WELL DONE TO EVERYBODY - WE CAN'T WAIT TO SEE MORE OF YOUR WORK!





Liz Sparrow



Dave Burton



Mash Qimanfaya



Cristiano Ostinelli



Benno Hessler



Ammelia



Leuan Wynne Williams

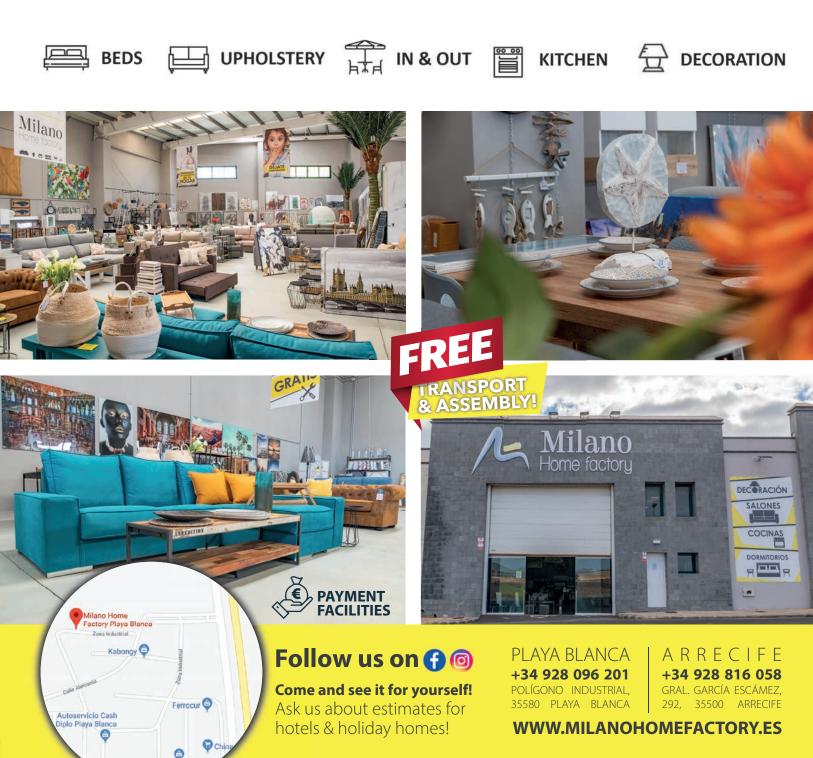


Wayne Garside

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