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November 2020

GAZETTE LIFE

ALL IN THIS TOGETHER

Ed's Letter

In normal times, at least one third of the people on Lanzarote will be tourists, and plenty of them will have come here to spend money on food, drink, excursions, souvenirs, suncream and T-shirts saying "Sex Instructor: First Lesson Free".

But you don't need me to tell you that these aren't normal times, and Lanzarote has been deprived of that crucial market since March. As a result, local businesses are suffering, income is falling and there are worrying reports of individuals and families falling through whatever safety nets exist.

Yet others are lucky enough to have an income and with Christmas coming, many of them will be planning on doing some serious shopping. I'd like to ask you to do it here.

Instead of clicking and waiting for Amazon packages to arrive from China or getting parcels sent from home, discover what's available here on Lanzarote. You can do it online, or you can get out

and about, visiting shops and chatting to their owners, having a coffee or a meal and enjoying the way Spanish towns do their thing in the bright mornings and cool evenings.

Every Euro you spend could make a difference, and I can guarantee that you'll find little gems that you never knew about. The money you spend locally helps to keep local people away from the dole queue in Arrecife and helps to keep the doors of local businesses open.

The Cabildo's Consume Lanzarote promotion is already well underway and will be coming to Haría, Yaiza, Tegui and Arrecife in the four weeks of November. There have been similar campaigns in the past, but there has never been a time when the shopping locally has been more important.

In this issue we take a look at some local businesses, including a dairy in Tegui and a churro shop just down the road from us, but take a look at the advertisements from our clients and you'll discover many more.

Now is the time to discover what the island has to offer and find out that we really are all in this together. Have a great November!

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LANZAROTE BEATS THE SECOND WAVE

Salvador Illa



"THAT'S THE WAY YOU HAVE TO DO IT."

"THAT'S THE WAY YOU HAVE TO DO IT". THESE WERE THE WORDS OF PRAISE OFFERED BY SPANISH HEALTH MINISTER SALVADOR ILLA AT A PRESS CONFERENCE LAST MONTH AS HE REFERRED TO THE WAY THE CANARY ISLANDS HAVE SUCCESSFULLY MANAGED TO CONTROL AND LIMIT THE SECOND WAVE OF CORONAVIRUS. AT THE TIME OF WRITING, THE CANARIES IS THE BEST-PERFORMING REGION IN THE WHOLE OF SPAIN.

The lockdown that lasted from March to June managed to virtually eliminate the coronavirus from the islands, but opening up again proved just as tricky for the Canaries as it did for most of the rest of Europe.

In August, new cases multiplied, and by early September Lanzarote and Gran Canaria were among Spain's most infectious hotspots. But during that month Lanzarote reduced its total of active cases by almost 400, and October saw slower, but still excellent progress on the island.

This wasn't achieved easily. Entertainers and many other workers have had to face more long weeks when they are unable to perform or earn; high infection figures drove tourism away once again, hundreds of kids in Arrecife got swabs up the nose as entire classes were tested, and masks are still compulsory even when it's well over 30 degrees outside.

Lanzarote's testing and tracing team has been reinforced by airmen from the military aerodrome, and health workers have continued to work

The Covid-19 team at Lanzarote's hospital



heroically in risky circumstances. But the results have been worth it, and new outbreaks have been few and far between. The second wave has taken three of the nine lives that the coronavirus has claimed on Lanzarote to date.

Lanzarote faces more challenges: flu season has now arrived; Christmas is a risky time when you're trying to live with a virus which thrives at family reunions and celebrations; and much of the rest of Europe appears to be getting worse.

But Lanzarote and the Canaries have now flattened the curve twice, and we know that we can do it again. The urgent challenge now is to use that knowledge while recovering tourism, work and stability.

LOCAL NEWS

FLUSHING OUT THE VIRUS

Lanzarote is the first Canary Island to launch a sewage testing system aimed at detecting traces of coronavirus before symptoms manifest themselves. The project was announced by Cabildo president Dolores Corujo last month, and is already underway.

The Global Omnium water company is taking samples from 18 points on the island's sanitation system, and analysing each one for the virus. Further tests taken in the case of positive results can pinpoint the street on which an outbreak is occurring.

The system is already being used in the UK and other countries, and sewage analysis has been successfully used to detect hepatitis, norovirus and other diseases in the past.



THREE KINGS CANCELLED

Arrecife has cancelled its big Three Kings parade on the 5th January because of the risk of crowds and Covid-19 transmission.

Arrecife's Festivities councillor Alberto Mendoza said that smaller parades may still take place in local neighbourhoods. However, the capital's decision is likely to have a knock-on effect on other towns in Lanzarote.

Carnival parades in February are also unlikely to proceed after the cancellation of the big street parades in Santa Cruz de Tenerife and Las Palmas de Gran Canaria. At the time of writing no announcement has been made, but Mendoza recently said "We'll watch what Tenerife and Gran Canaria do before making a decision." Arrecife's decision is likely to influence other municipalities on the island.



2021 carnival parades are likely to be suspended.

ACTION ON MIGRANTS

An ill-tempered visit to the Canaries by José Luis Escrivá, Spain's minister in charge of migration, has placed the plight of several hundred migrants and the Canary Islands' lack of facilities to accommodate them at the top of the agenda.

Escrivá had a heated meeting with the President of Gran Canaria's Cabildo, and stormed out of a meeting with his party colleague, Blas Acosta,

the President of Fuerteventura's Cabildo. The meeting was so volatile that Fuerteventura has requested the minister's resignation.

Nevertheless, during his visit to a camp on Gran Canaria, Escrivá commented that "You realise the extent of the problem when you see it at first hand", and pledged to take action within 72 hours. The following week it was reported that a number of migrants were being transported from Lanzarote to mainland Spain.



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AIR FORCE TRACERS DETECT 500 CONTACTS

Spain's decision to enlist the armed services in the fight against Covid-19 has had good results on Lanzarote, at least.

The Canarian testing and tracing service was hailed as the most efficient in Spain after the first wave of the pandemic. However, while only a small percentage of Covid-19 cases were detected from March to May, increased testing and contact tracing has discovered thousands more on the islands. Tracing these contacts has been helped by five airmen from the island's Military Aerodrome, who joined the tracing team at the Dr José Molina Orosa Hospital in mid-September and since then have contacted over 500 contacts.

Last month, the Cabildo President congratulated the tracing team for their success in bringing the amount of active cases on Lanzarote down from a peak of almost 530 in early September to fewer than 100. At the time of writing, there are 59 cases on the island.



FIXING THE BARRANCOS

The Cabildo has started maintenance works on 11 barrancos on Lanzarote, in a project which will cost €27,000.

Barrancos are the gullies and ravines where rainfall is channelled to the sea from higher areas inland, and many natural examples can be seen in the wild parts of Lanzarote.

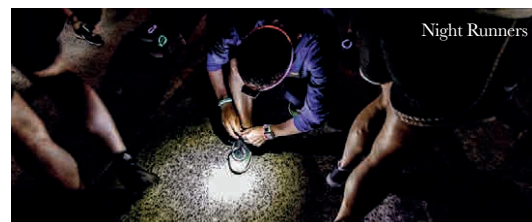
However, the heavy rainfall on Lanzarote means that these channels must be maintained, especially when they pass through towns or villages. Water councillor Andrés Stunga explained that the works will involve clearing waste from the barrancos, ensuring the banks are intact and that a slope is maintained, and "recovering the hydraulic section of the riverbed."

GET YOUR TRAINERS ON!

The Lanzarote International Running Challenge will take place this year. The popular running event with 31 years of history will celebrate a unique virtual edition at the end of this month.

The event will take place on two consecutive weekends, November 21st-22nd and 28th-29th, and will consist, as usual, of four races, run on different terrain, on each day. 10K on tarmac (November 21st), 13K on dirt (November 22nd), 5K on sand (November 28th) and 21K on tarmac and dirt (November 29th). Registration is now open at www.clublasanta.com and the price is €15 for the four races. Participants may also sign up for each of the tests separately, with a fee of €5 for each. The registration period ends on November 18th for the first two races and on November 26th for the last two.

On the 20th November, La Santa will also hold a virtual edition of the Night Run, lighting up the night around La Santa, Entry is €5; and there'll be a Kids' Challenge on the 21st, too.



Night Runners

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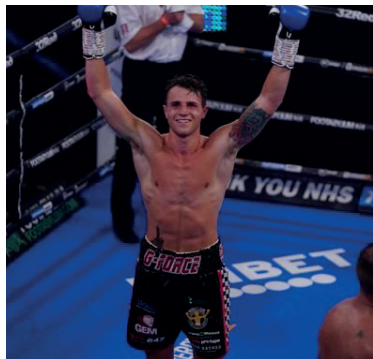
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ISLAND INFO

GO, GEORGE!

Congratulations to George “G-Force” Davey, the Lanzarote-raised super welterweight who won a stylish victory over Jeff Thomas in York on September 27th. George, who is promoted by Frank Warren and Queensbury Promotions, moved back to the UK at the age of 17 to pursue a boxing career after taking the sport up at Dave Payne's gym in Costa Tegui. George has big following both here and back home, and we reckon we'll be seeing a lot more of him soon.



GIVE A HELPING HAND

More and more people are being forced to ask for food and essential supplies in these tough times. When a local family appealed on line for help recently, Hayley Walker, who founded the popular Love Lanzarote Facebook page six years ago, and friend Amy Bailey went into action, quickly getting eight bags of food, clothes, €30 cash and some treats for the girls together.

Hayley and Amy realised that, if you can do this in a day, then the possibilities are endless, and set up the Help Us To Help Them project, which collects donations of food, toiletries and other essentials for those who are suffering the worst of this crisis.

Contact Help Us To Help Them at +34 699728773. You can also donate on the GoFundMe page.

DECEMBER TO REMEMBER

Gazette weather girl Terrie Weather has decided to use her non-profit organisation Sunshine and Smiles for a new project titled December to Remember. Go to www.buymeacoffee.com/TerrieWeather if

you want to help and donate. Donations will be turned into vouchers and given to struggling local families who can then redeem them with local small businesses such as bars, restaurants and clothes shops, so these lovely families can get an end of year treat.

TRINITY HARVEST SERVICES

The Anglican church on Lanzarote held two “Trinity” harvest services this year. Both were broadcast virtually online, with 16 also attending at Puerto del Carmen and 13 at Playa Blanca.

Congregations were limited due to Covid-19 restrictions, but they still brought wonderful donations – including high quality items (rather than the cheapest pasta and rice) as well as some “goodies” – for children and adults alike (Nutella, cookies, but also toiletries, perfume, make-up, etc.) and personal messages of encouragement, hope or just a greeting – in Spanish and English.

The aim was to change this tradition of Harvest Giving from an anonymous approach (“Let's see what's left in the cupboard or buy some rice and pasta”) to a more personal and lasting one.

That start has been successfully made this year! The church gives thanks for all that has been donated, which will be passed on to Calor y Café as well as to families in need.



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BOAT YARD CHARITY EVENTS

Congratulations to The Boat Yard, which managed to raise an immense €952.50 for SARA with two charity evenings on the 19th and 26th September.

Not content with organising the quiz and the video race night, and offering plenty of enthusiastic customers a warm welcome, Trina and Colin kindly agreed to round up that total to a thousand Euros, which went directly to feeding and caring for the animals at SARA.



ANGELIQUE: 5 YEARS ON

This November marks five years since Angelique was found with injuries so severe that she lost both of her eyes. Thanks to Carolina, the vet at DKanes, Laura at the Kennel Klub, Natalie at Love Dogs Lanzarote, Seprona, and all the kind people all over the world, she recovered to become a confident, happy, loving podenco.



Since then she has written and launched a book, accompanied Laura to the Tahiche prison as an example of overcoming adversities, and won the hearts of everyone who has had the pleasure of meeting her. If she could, she would personally thank every single person who believed that she had the fight in her to survive.

November also marks the end of this year's hunting season – a time when, once again, the shelters on the island will find themselves taking in the casualties, the lost and injured podencos who find it hard to find homes here.

Laura also runs the Saving the Lanzarote Podencos charity which takes in some of these magnificent dogs, fixes them up, and along with Podenco Friends in Spain, finds them new families off the islands.

Anyone wishing to donate can do so through the PayPal email: thekennelklub@outlook.com or find out more via www.thekennelklub.org

DOG OF THE MONTH

Jimena, a beautiful podenco born in July 2016, arrived in Sara in March, starving, with her nine delightful pups which have all now been adopted. Let's hope someone will give this sweet and gentle dog a second chance. The Sara volunteers say she is lively but not strong, affectionate, gets on with other dogs and is so well-behaved and obedient. With around 100 dogs in Sara at any one time and only half a dozen employees caring for over 400 animals, volunteer dog walkers are desperately needed. Why not come along to Sara in Tahiche from 10.30-13.00 Monday-Saturday. The dogs would love to see you as they enjoy human company as much as their walks. If it is your first visit, please bring ID.



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CONSUL CHAT

Interview: Charmaine Arbouin, British Consul for the Canaries



"IF YOU HAVE ANY TROUBLE, WE WANT TO KNOW ABOUT IT."

CHARMAINE, WITH TWO MONTHS LEFT UNTIL THE END OF THE TRANSITION AGREEMENT, SHOULD WE APPLY FOR TIE CARDS?

If you're not a resident yet, but if you already have the green residency card or certificate, there's no hurry. We've been assured that these documents will remain valid and if people are given any trouble about using them, we want to know.

WHAT ABOUT THE BANKS THAT ARE CLOSING THE ACCOUNTS OF BRITISH RESIDENTS IN EU COUNTRIES?

At the moment we're aware of three banks that have warned of this. It relates to the way the banks in question have chosen to register as companies, and there are other banks to which it doesn't apply. I should also mention that it doesn't just apply to accounts, but also mortgages, insurance and other financial products.



Our advice is to talk to your bank. Your bank should be contacting you in any case, if

any changes are to be made.

I'd also like to remind people that state pensions can be paid into any account. I know that some like to have them paid into a UK account so they can take advantage of exchange rates before transferring funds, but pensions can be paid into Spanish accounts and it's worth talking about that, too.

Last month we cornered Charmaine Arbouin, the British Consul for the Canaries, as she briefly visited Arrecife accompanied by the Vice Consul in Las Palmas, Jackie Stevenson and Lanzarote's Honorary Consul Sue Thain. Charmaine always gives straight, honest and expert advice and this time was no exception.

WHAT ABOUT THE "SWALLOWS" WHO SPEND MONTHS HERE IN THE WINTER?

This is an area where the UK has actually been more generous than the EU. EU nationals will be permitted to stay in the UK for unbroken six-month periods, but currently the EU is saying that those six months should be split into two separate three-month periods for UK citizens in EU countries. There are ways around it, but they're tricky.

Our advice on that is to hold tight. I know the Ambassador is working on this, and the Spanish government is keen to reach an agreement – they really don't want to lose "swallows", especially in the current climate.

THE UK GOVERNMENT HAS ADMITTED THAT IT MAY INTENTIONALLY BREAK LAST YEAR'S WITHDRAWAL AGREEMENT. WILL THAT THREATEN THE RIGHTS THAT WERE GUARANTEED IN THE DOCUMENT?

We're assured that citizens' rights have been put to bed and will not be affected by this.

ANY OTHER ADVICE, CHARMAINE?

Once again: get registered as a resident if you aren't already, change your driving licence and make sure you have more than six months left on your passport before travelling. Above all, I'd like to say that if you're already resident here in Spain there's nothing to worry about.



HMA Hugh Elliott



Janet Anscombe

AN HONOUR FOR JANET

If you're interested in the nuts and bolts of life on the Canaries, there's a good chance you've stumbled across Dr. Janet Anscombe's website.

Janet, a retired university lecturer in classics and ancient history, retired to Tenerife 15 years ago, where she started www.janetanscombe.com, a web page aimed at answering the questions that locals had about paperwork, local law, and, more recently, the changes that Brexit will bring. Although the site is mainly aimed at Tenerife residents, it is a hugely valuable resource for any British resident on the Canaries.

Last month, Janet was utterly surprised and honoured to discover she had been awarded the MBE in the Queen's Birthday Honours List. Ambassador Hugh Elliott said: "I know from colleagues in Tenerife how valued Janet is by the British community in Tenerife, many describing her as their 'guru' and 'go-to' person. We, and the Tenerife community, are lucky to have her."

At the Gazette, we'd also like to congratulate Janet, who has always been patient and helpful with our enquiries.

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A woman with dark hair pulled back, wearing a gold sequined dress and large hoop earrings, poses with one arm raised against a warm, sunset-colored background. The title 'DESERT Beauty' is overlaid on the top right, with 'DESERT' in a bold serif font and 'Beauty' in a large script font.

Interview:

DESERT

Beauty

Our stunning cover this month was photographed by Sabrina Suppers and features Jessica Isabella Schuimer, a Brazilian/Dutch resident whose face is becoming more and more widely known on and off the island. We had a quick chat with Jessica last month.

Where are you from, Jess?

I'm originally from Florianopolis in Brazil, but I was brought up in Eindhoven, in the Netherlands.

How long have you been on Lanzarote?

Nine years. I came to work as an intern and it felt like home. Now I work as a medical translator and administrator. I speak Dutch, German, English and Spanish.

The low sunlight and desert surroundings of the cover shot have a magical Lanzarote flavour. Tell us a little about the photo shoot.

It was quite spontaneous. It took me about half an hour to get made up, and my hair was the same as when I go to work. Sabrina brought the gold-and-black dress because she knew the colours would work well on a sunset shoot, and the earrings are mine. We drove out to the desert area between Teguise and San Bartolomé, and I was barefoot in the sand. The shoot took about 30 minutes - Sabrina calls this time the "golden hour" when the light from the setting sun is perfect.

How long have you been modelling seriously?

Just a few months! Lots of people told me I had the face and body for it. I've never seen myself as a model, and I

was also bullied when I was younger because of my background, which damaged my self-confidence.

All the work I've got so far has come from my Instagram page or from word of mouth. I don't have anybody who helps me with my preparations before and during the shoots, but I can always rely on my great friend Sabrina, who has a bunch of products I can borrow, depending on the photoshoot. But basically I'm my own make-up and hair artist, and my own stylist, too.

What are you working on currently?

There are projects with the Gran Hotel and others in Arrecife and Puerto del Carmen. I'll be working with a German photographer for international brands shortly, and I do photoshoots most weeks with local photographers and small businesses.

Is a change of career on the cards, then?

I'm not sure if I have a future in the modelling world, so for now I'm keeping my head cool, but if I get more jobs, of course I'll take the opportunities. Soon you may see my face everywhere!

What do you do when you're not working or modelling?

I like to walk and explore the island, and go to the beach. I love reading thrillers, and I have an artistic side, where I make mood boards from interiors, and do abstract drawings.

Thanks, Jess and the very best of luck.

For information and/or bookings please contact Jessica via her Instagram page: @jessicamodel_lnz

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RED ALERT!

Interview with Tamar Luis Placeres, President of Lanzarote's Cruz Roja

WHAT SORT OF DUTIES HAVE YOU PERFORMED SINCE CORONAVIRUS ARRIVED?

A little of everything, from picking up coronavirus sufferers and taking them to hospital to attending to them at home, we've helped set up accommodation at the football stadium for homeless people who had nowhere to stay when it was illegal to be out in the street; we've set up Plan Responde to offer a response to all citizens who need help, we buy food and medicine for people who are in quarantine or have limited mobility, we've been carrying out lifesaving duties on beaches and you may have come across Cruz Roja volunteers taking your temperature before you board ferries.

EIGHT MONTHS ON, WHAT IS WORST ASPECT OF THE SITUATION?

The economy, without a doubt. Lanzarote has lost tourism, its main source of income, and it's highlighting a lot of problems. There's a large submerged economy on this island, and those people don't have any access to ERTes (furlough schemes) or unemployment benefits. They have nothing; there are more and more of them every day and our first priority is to feed them and their children.

Tamar Luis Placeres is the President of Lanzarote's Cruz Roja – the Spanish Red Cross society. As you might imagine, the emergency services have had plenty on their plates recently, but Tamar managed to find a moment to chat to us.

WHAT HAS 2020 BEEN LIKE?

Absolutely out of the ordinary. We're an emergency service, so we're prepared for any eventuality, and used to working against the clock, but I don't think anyone was expecting this.



Attending to migrants intercepted by Maritime Rescue Services.

ON TOP OF THAT, THERE'S BEEN A WAVE OF PATERAS (MIGRANT BOATS).

Yes, but that's a situation that I think is being controlled much better. Those migrants that tested positive were isolated,

some in the Nature Centre at Maguéz, and others have been accommodated in Argana Alta and Playa Honda. Usually there's a 60-day period when the authorities complete the process to return migrants to their home country, but that's been put on hold by Covid.

CAN YOU EXPLAIN THE INCREASE IN MIGRANTS?

They want to improve their economic and social situation and find some stability in their lives. The routes to the north have been closed down, and so many are trying the Canarian route again. It's up to the government to decide where to put them, so that's out of our hands

HOW CAN PEOPLE HELP YOU?

Donations are always welcome – either of money or clothes and food. We'll use what we can. We also encourage people to take part in our lottery – the Sorteo del Oro - and to become a partner of the Cruz Roja, a commitment that starts at just €6 a month.

HAVE THERE BEEN HIGH POINTS TO THE CRISIS, AS WELL?

During the lockdown we worked with the police and took the ambulances out to congratulate kids who weren't able to leave the house on their birthday. That was nice.

A Cruz Roja ambulance prepares to meet a Patera at Famara.



HELP THE CRUZ ROJA

If you want to become a member of the Cruz Roja, there are several ways. First; you can head along to the Administration Department of the association's headquarters in Arrecife. The Cruz Roja is located at Avenida Medular 48, on the roundabout and across the road from the Land Registry and opposite the Shell garage.

You can also join online at www.cruzrojasocios.com, where you can also find information about the association. You may also see Cruz Roja volunteers out and about signing up members.

The Cruz Roja's hugely popular Sorteo de Oro (Golden Lottery) will also take place this year. Tickets are €5 each and can be bought from the Cruz Roja HQ or www.cruzroja.es. 11,700 prizes ranging from €3,000,000 to €50 are waiting to be won, and the draw takes place on 26th November.



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THE RIGHT JAB

Flu season is here, and the Canarian Government is saying that it is especially important that everyone over 60 or with pre-existing conditions should get this year's flu jab.



Last winter, 36 people died of flu on the Canary islands and 665 were hospitalised. Over 83% of all patients had not been vaccinated against flu.

In comparison, Covid-19 has claimed 251 lives on the islands at the time of writing - almost seven times as many as flu. It is a lethal virus, and although the flu vaccine cannot prevent Covid-19, it can stop you suffering the “double-whammy” of both diseases.

The flu vaccine is not guaranteed to protect you from flu, either, but it will give you a much better chance of avoiding it. There is evidence that flu increases risk of death in Covid-19 sufferers, meaning that if you have a case of coronavirus, being vaccinated will improve your chances of survival.

Amos García, of the Canarian Public Health Department, said “Usually, 53 to 57 per cent of people over the age of

60 are covered by the flu vaccine. This coverage means that, sadly, we do get admissions and deaths among vulnerable members of the population, above all among those who aren't vaccinated.” García is hoping for coverage of at least 75% this year.

“HALF THE WORLD HAS ALREADY HAD FLU SEASON.”

Canarian Health Service facilities have been adapted to make the vaccination procedure more secure, but it is hoped that a greater take-up will also keep people away from emergency departments, which are often thronged by flu-sufferers waiting for sick notes in the winter months.

Fortunately, we already have some idea

how flu season might play out this year, because half of the world has already been through it. The southern hemisphere's winter months last from April to the end of August, and flu figures have been among the lowest ever recorded.

That's easy enough to explain when you consider the amount of countries that went into lockdown and rapidly adopted other measures to stop transmission of Covid-19. They're not the same virus, but they do spread in similar ways.

But none of this is guaranteed, and if we let our guard down, outbreaks of flu and coronavirus could cause more chaos when we need it least.

If you're over 60, or a member of another vulnerable group, and have not been contacted by your health centre yet, it's worth giving them a call.

Still using a UK-based financial adviser?

It is likely that UK-based advisers will no longer be able to use the EU 'passporting' system to provide regulated financial services to EU residents after the Brexit transition period. Ask your adviser if they can continue to advise you and carry out instructions, or if they may be restricted. We have already seen major UK banks write to clients in Spain withdrawing services.

UK-based advisers are also unlikely to have the deep understanding of the Spanish regime necessary to provide the most tax-efficient financial planning solutions. Our local advisers are regulated, authorised and have the experience and knowledge to advise on all aspects of financial planning in post-Brexit Spain.

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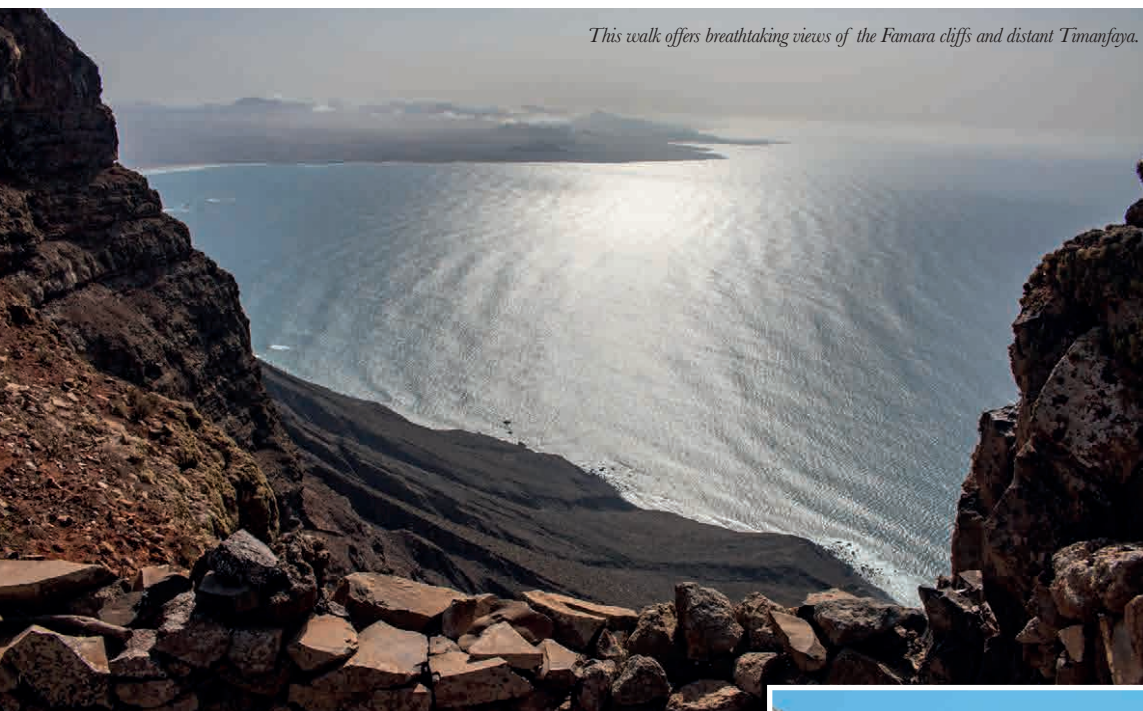
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GUINATE VALLEY AND THE RIDGE

This walk offers breathtaking views of the Famara cliffs and distant Timanfaya.



WALK INFO

Distance: 5km

Time: 2.5 hours

Terrain: Fairly challenging

Type of walk: Circular.

Public transport: Bus number 26 from Arrecife to Ye stops off at Guinate.

Tour guide David Penney leads us on a short but spectacular route among northern Lanzarote's clifftops and volcanoes. Photos supplied courtesy of Liga Caica.

Turn off the LZ 201 at the junction for Guinate, then take the left turning as the road forks and pass by the quaint church on our left. This is the Chapel of Our Lady of Lourdes.

Carry on until the tarred road becomes a dirt track. A short way along this track you will see three palm trees together on our left, and opposite them is a turning point on the track which is where cars can be parked.

This is the starting point for the walk, heading south-west through the base of the valley called Valle de Guinate, where you stick to the track until you reach a cairn on the right side of the track (this is a mound of rocks created by walkers to mark the route). The cairn is located just as the track starts to bend round to the left.

At this point it's time to leave the track and follow a zig-zag path up to the ridge, where you will discover a

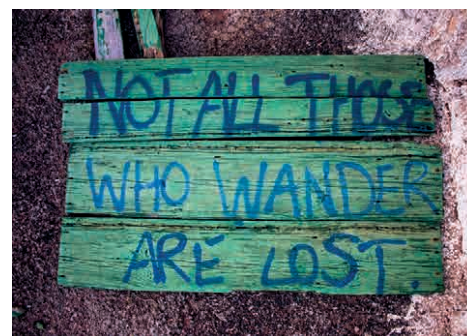


herder's shelter at a point known as the saddle. Here you can take a wee rest and admire the view looking out across the ocean. You will now see the path going off at a gradual climb away to our right, which continues up to the highest point of the ridge.

On our visit, we decided to take the more challenging option of scrambling directly up to the top without taking the path, but this is only for adventurous, or more experienced walkers. The path is also used by trail runners who relish a real challenge on this terrain.

You now have a spectacular and panoramic view of the Chinijo Archipelago, which comprises of several islands including La Graciosa, Montaña Clara, Alegranza, Roque del Este, and Roque

"We felt like we were on top of the world."



del Oeste. This is a highly-protected natural space which covers about 700km² and it is the largest marine reserve throughout the whole of the Spanish controlled territory and Europe, so obviously fishing is prohibited.

You just have to stop several times along the ridge to take advantage of the photo opportunities and appreciate the stunning views. We were very fortunate to have clear skies with a gentle breeze,

and we certainly appreciated the feeling of being on top of the world.

Follow the path along the ridge until you arrive at another cairn on the right which indicates where the path to the right starts to gradually drop down from the ridge. Once again, we chose to continue to the far end of the ridge where the path stops and descend down the VERY rocky and rough route, which the established path meets about halfway down.

PLEASE be careful on the rocky path, as it is easy to slip, as Kerryann can confirm. This is especially true if you don't have good grip on your trekking shoes or trainers. If you're in doubt, stick to the path, and don't even think about it if you're alone.

Continue the zig-zag path down to the aljibe (underground water tank) and where it levels out take the track back to the cars which will be in front of you.

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

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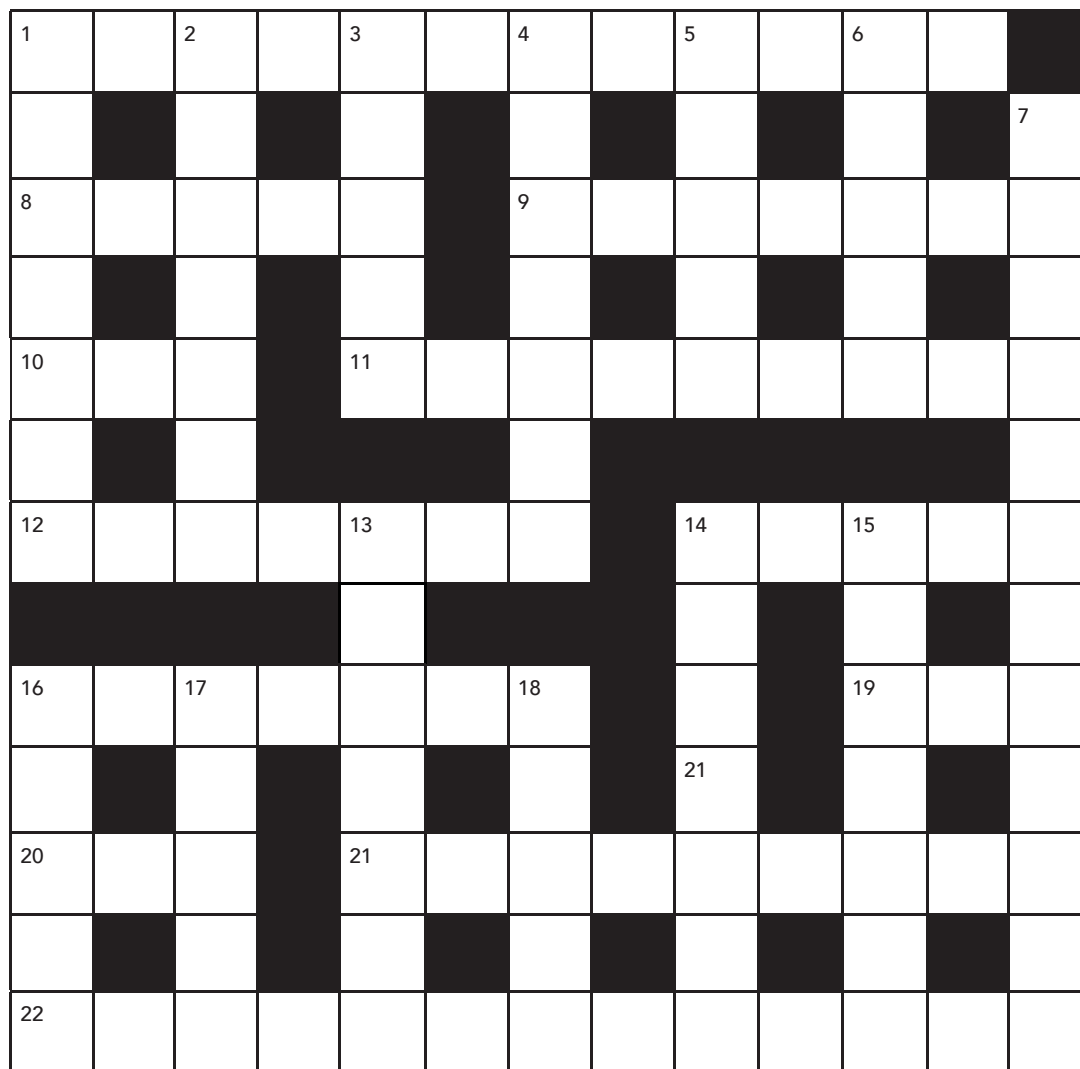
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Prize Crossword



ACROSS

1. Succulent red fruits that go with cream (12)
8. Yellow citrus fruit (5)
9. Hopelessness, (7)
10. Muhammad ... "The Greatest" (3)
11. "At", Janis Ian's most famous song (9)
12. Schedules, written plans (7)
14. Night-flying insects (5)
16. Type of frying you do to chips or churros (4,3)
19. Cardboard container (3)
20. Pitch, asphalt (3)
21. Prawns and crabs are members of this subphylum (9)
22. Tubers that are known as batatas in Spanish (5,8)

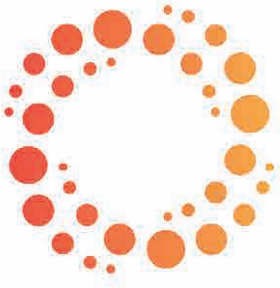
The theme for this month's crossword is products from Lanzarote, so when you've finished milking your goat, sit down, grab a banana and get cracking. The winner will receive a bottle of local wine.

Last month's winner was Bernard Smith. Come and get your vino, Bernard!

DOWN

1. A white seedless grape, or its dried, raisin form (7)
2. American name for the cos lettuce popular on Lanzarote (7)
3. Rosé, Malvasía, Chardonnay, Rioja, for example (5)
4. Bitter leaf vegetables also known as chicory (7)
5. Thick, sticky sap from trees or plants (5)
6. Dodge, stay away from (5)
7. People who wish to transition to the gender they identify with (12)
13. Shortfall of money, result of more expenditure than income (7)
14. Moroccan hot drink made with green herbs (4,3)
15. Addictive leaf that was once a staple Lanzarote crop (7)
16. Palm fruits with deglet and madjoul varieties. (5)
17. Spooky (5)
18. Cornish city (5)

Last month's answers. Across: 1. Apple Bobbing 9. Samhain 10. Retro 11. Baklava 12. Burst 13. Lantern 14. Asset 16. Wasabi 19. Skater 21. IRS 22. Treehouse 24. Trick Or Treat
Down: 2. Pumpkin 3. Leakage 4. Bandanna 5. Barmbrack 6. Inter 7. Ghost Stories 8. Isabel 15. Satsuma 16. Wrist 17. Sushi 18. Batik 20. Fear 23. Her.



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LANZAROTE VET JANE BURKE FALLS FOR TWO LITTLE HOOLIGANS AND PRAISES THE SELFLESS PEOPLE WHO GIVE THEIR TIME, EFFORT, PASSION AND HARD-EARNED MONEY TO ANIMAL CHARITIES ON LANZAROTE.

A very dear friend had a stroke earlier this year. Months later, her children went to prepare her apartment for her return home only to find a stray cat had managed to get in and have five kittens on her bed.

The terrified mummy cat fled and was never seen again. The kittens arrived here shortly afterwards. I was unwilling to hive off the problems of rearing and rehousing more kittens to those who are already overwhelmed so I made them comfortable whilst I thought it over. Always a fatal mistake.

It was, of course, a joy to watch them change from spitting evils to purring baby panthers. I dragged any client I felt might weaken through to admire them, or at least told them of their need for a good home.

Judith from Pals found the first smashing home, then another couple offered to take one and came back for another, leaving just the two black ones. I pestered everyone I knew and leant on friends in cat rescue - all to no avail. Freddie eventually offered to take them, but by

then it was too late. They had got their little black claws into my heart and with desperate trepidation I introduced them to my five dogs, none of whom had seen a cat up close.

They loved them from the get-go. Even my podenco, whose hunting heritage was a worry, is gentle and affectionate with them. My lunatic pointer is not gentle, but she chases around with them and they love her and tease her mercilessly.

This strange year has highlighted the people who give their all to help animals on this little island. I will remember lockdown, amongst other things, for the generosity of a woman who enabled me to offer neutering for some 40 young cats at a nominal cost.

I will also remember the Costa Cats Crew, collecting so many more even after being fined for feeding hungry strays (and let's be honest, for the vegan chocolate Colin and Liz keep treating me to!). Most of all I will remember the generosity of being allowed to spend months watching my beautiful granddaughter

develop from a helpless baby into a delightful interactive person, full of fun and affection.

My own life is inevitably hugely involved with the animal charities, as are all veterinary surgeries. With less daily private work recently, I have had time to be more involved, and am fascinated to see our first cat rescue shelter steadily develop from a desolate dilapidated local into an ever more beautiful and self-supporting centre.

It has not happened overnight, and has not been without problems but every veterinary suggestion has been gradually followed. Freddie, our mad cat man, I salute you.

All the cats are vaccinated, as an outbreak in a shelter can so easily and suddenly become a disaster. Isolation areas have been added to prevent infection allow sick cats to be monitored. The control of fleas and intestinal parasites is massively important to safeguard their health.

And, above all, neutering is absolutely fundamental. Any cat or kitten fed and not neutered before breeding is only prolonging the problem that necessitates rescue centres! Rehousing unneutered animals is naive at best and criminally incompetent in the least.

Cats are best neutered at 8-12 weeks of age. I am always amazed at how these little souls awake

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after an hour or two of surgery, cheeky and hungry, immediately back to boisterous squabbling. There is also indisputable evidence that, surgically, this is the safest and simplest age, with fewer long-term complications. Please put welfare first and get them neutered early!

There are too many hard-working dedicated animal welfare groups for me to mention them all, but I would like to say a personal "Thank you" for the heroes working in Sara - our amazing dog and cat shelter that has never rehoused unneutered animals and has managed, against all odds, to look after all the animals despite lockdown and the closure of their markets.

Sara do have an amazing, recently-decorated charity shed where donations of quality are welcome, and amazing bargains can be found, with every penny going to help the animals. (Open every Tues/Fri 10-12).

At each and every one of these registered animal charities there is a small nucleus of dedicated people that do most of the work, year after year. Like doctors and nurses everywhere, they are overworked and pitifully undervalued.

Most of those folks I see regularly give a great deal to the island, in expertise and in hard cash! But equally, I regularly encounter posts and verbal complaints from the many others who do nothing and give nothing. They assail me with stories, lies and complaints, usually focused on those who are genuinely dedicated.

If I had a Euro for every lie I have had to listen to about one charity or another I could fund them all out of my own pocket! But this is part of the reality of island life - too many with too little to do, and a few dedicated troublemakers whose energies are spent on personal vendettas.

They are easy to spot. Listen to them for an hour and see how many times they mention animal welfare in any shape or form! I can think of one right now who

has never yet done or said anything about helping an animal, yet who is surprisingly successful in alienating people from their valuable assistance in animal welfare.

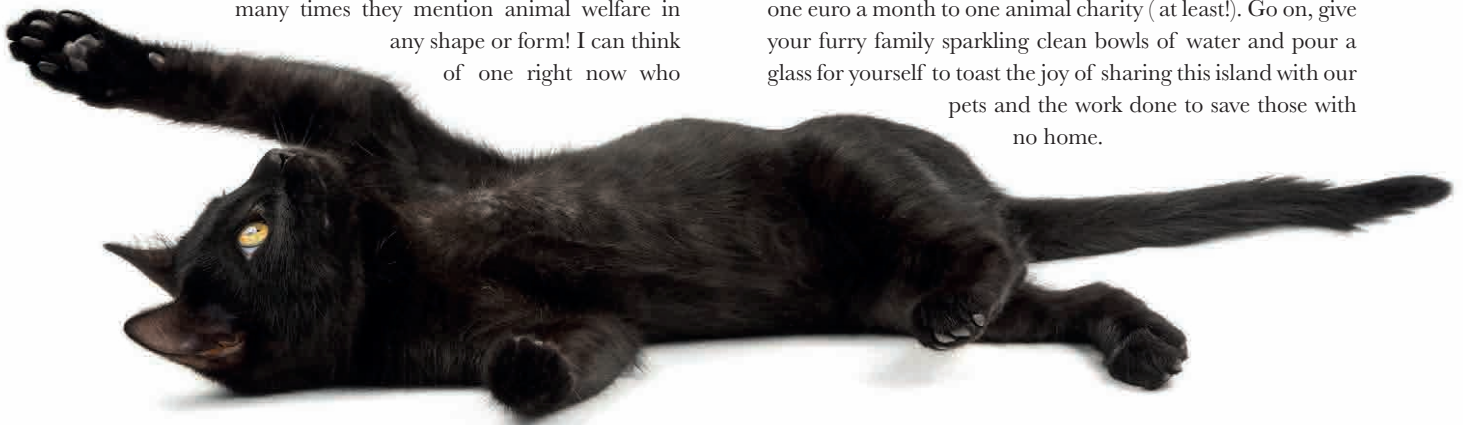
Real animal lovers have no time for this drama and spite. They are too busy looking after the welfare of those who cannot look after themselves. And if they are loud, short tempered, demanding, just remember that they are called all night and all day to do a dirty and even dangerous job, with very little thanks.

"ONE EURO A MONTH IS ALL THAT'S NEEDED."

In the real world we have to live in you can still help. Think about it - if every single person reading this; every single person whose heart was ever touched by a stray kitten or abandoned puppy; everyone who has sighed at the plight of a sad, stray creature on the street; every one of you who ever felt a pang of concern - if you all just pledged one single euro - the cost of a coffee - a month, so many animals could be helped. Freddie and I once worked out how much his dreamland for cats would benefit if each person who clicked on his website gave just one euro a month and what a different world it could be!

My black lockdown kittens, Sly and Misty, are now fully fledged adolescent vandals and have been hard at work scratching my computer seat into shreds as I type. I hope all you who have adopted your furry family from an animal charity get the same blessed pleasure that these purring hooligans give me.

And I hope everyone who has read this article signs up to give one euro a month to one animal charity (at least!). Go on, give your furry family sparkling clean bowls of water and pour a glass for yourself to toast the joy of sharing this island with our pets and the work done to save those with no home.



GET YOUR ISLAND FIT!

Lanzarote's out of shape. A fizzing, vibrant economy is languishing and growing weaker thanks to a virus. But if you're getting fit, you can also help the island get in shape, too.

However you decide to get fit, you'll probably end up spending money. And if you're going to spend money, now's the time to make sure as much of it stays on the island as possible. That way, you, us, your neighbour, your neighbour's son's girlfriend and everyone else on the island has a chance to bring Lanzarote out of the Covid ward and get it back on its feet again.

"DON'T LET LANZAROTE
GET WIPED OUT."



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KIT YOURSELF OUT

Running and swimming are cheap but they're not free. You'll need the equipment, and you'll need to replace it fairly often. Lanzarote is full of people who know everything there is to know about athletic equipment, so it's not hard to find help here.

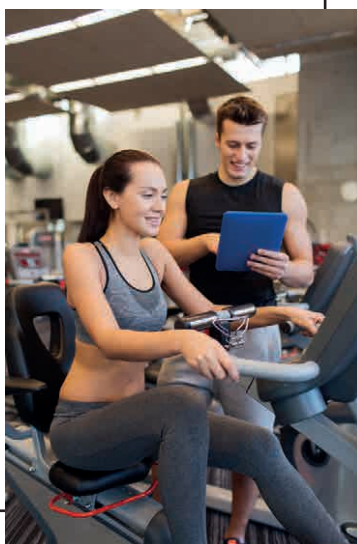
EXPERT ADVICE

The biggest mistake many people make when starting a fitness regime is thinking they can go it alone. It's possible, but it'll require discipline and a willingness to learn from your mistakes.

So why not hire the services of an expert, who'll hone your routine down until you're objectives are reached. It's the difference between running around blindfolded in a field hoping to find a gate or heading straight down a track to the finishing line

HANDS-ON HELP

At this time of social distancing, many of us are nervous about something as physical as a massage, but that human contact could also be exactly what you need. Professional masseurs know the risks perfectly, as well as how to protect against them. There's no better time to get to know your masseur as well as you know your hairdresser, and face the winter with the sheer relaxation that comes from supple, well-kneaded muscles.



GUIDES AND LEADERS

A good teacher is one who shows you how to learn, and Lanzarote is full of people with specialist knowledge, whether it's the most effective yoga asanas or the best route across the island on a mountain bike.

FEED YOUR BODY

Fresh local produce is the centre-piece of every recommended healthy diet, and on Lanzarote there's no shortage of it. Head to local markets to find freshly-picked produce, often organic, and always tasty. Ask about the products you buy – if you can buy a delicious carrot grown on Lanzarote, why would you want a cheaper one from Chile? Be curious about your food and you'll quickly learn that the people who are most interesting and knowledgeable about what you eat are the ones in the smaller shops and stalls -those for whom food is passion and not just profit.

JUST GET OUT

At it's most basic, keeping fit on Lanzarote simply means getting outside. As winter approaches, try and avoid the temptation to stop on the sofa and just get out and about. Head into your local town and explore the shops, stop for a snack or a drink, and fill your hands with carrier bags. Online shopping isn't going to save anyone on Lanzarote, so do your bit.



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Autumn Beauty

November may be the closest to a holiday our bodies get – a month when we can pamper ourselves a little, and spend real quality time on the way we look and feel.

For many of us November is a month of simple, slightly dull routine. The wild summer is behind us, and we're back in the groove with Christmas still in the future, so, finally, we may find time to treat our skins, our hair, our teeth, our eyes and our whole bodies to the attention they so deserve.

It makes sense to grab these moments and enjoy them to the utmost, because you'll regret it when you discover you don't have the time.

Just as restaurant owners experiment

with new dishes at this time of year, so you can try out a new hair style or look, allowing yourself time to grow into it or to make those all-important tweaks.

And just as car-owners often get a service at this time of year, so it makes sense for you to get the full check-up, with visits to your doctor, your dentist and your optician to make sure everything's in good order – or even make sure it's in better order.

And, of course, it's a great time to hunt down those people who can help you

look and feel your best. Your health and beauty isn't an individual project – there are people everywhere with the professional expertise and wisdom that can help you shine.

And, because routine is such an important part of the late autumn calendar, you can turn it to your advantage by pencilling in an agenda for your body and soul. Plan a fitness routine, take a daily walk, book a weekly massage or beauty treatment.

This is a month that gives you time to breathe – so make the most of it.

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4 STEPS TO PERFECT SKIN

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

Autumn is the perfect season to start taking care of our skin. Summer's excesses of sun exposure and beach time have taken their toll and our skin is compromised and doesn't look its best.

It is mainly the sun that aggressively accelerates the ageing of our skin and can cause hyper-pigmentation, as well as loss of density and elasticity. So, today I am going to recommend you some of the most sought after treatments for this season.

There are four steps to renewing our skin, all with renovating and regenerative treatments based on high-end cosmetics.

1) The first step in this process is deep cleansing. This is vital to get rid of make up, eliminate impurities and leave the pores clean, so that the active ingredients can penetrate the skin and perform correctly.

Benefits: Recuperating optimum levels of oxygenation and balancing neutral ph level of the epidermis

2) Hydration sessions help delay signs of ageing and aid recovery of optimum levels of water to avoid chapped skin and expression lines. Fine wrinkles are reduced.

Benefits: Overall firmness and plumpness

3) Intensive exfoliation is the best way to prepare your skin before treatments. It's important to evaluate the sensitivity of each skin type in order to be able to recommend its necessities and the frequency of use. Exfoliants get rid of dead cells of the epidermis and stimulate collagen production, helping the natural repair process.

Benefits: Cell renovation, better blood flow and brightening the skin

4) Last but not least, we can't ignore our face masks, essential for our beauty routines. Their formulas contain very concentrated active ingredients that work very fast. They extract toxins, grease and pollutants, and should be used once a week. We have a wide variety for every concern - deep cleansing, anti-aging, hydrating, nutritive or purifying - they always offer a little extra.

Benefits: Luminosity, brightening, moisturising, the skin is energised

At our beauty centre in Los Arcos we have the latest Dermoanalizador technology that supports our advice and guidance. It's a great tool to help us to get to know your skin better and lets us evaluate the levels of hydration, sebum, elasticity and the hyper-pigmentation. We offer a free skin consultation (face and body) which allows us to recommend the treatments perfect for your skin.

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Do it locally!



If there's one person who's enjoying the coronavirus crisis, it's Jeff Bezos. The Amazon owner has seen the value of his company shoot up this year, as people do their shopping online.

Good for Jeff, but until there's an Amazon warehouse on Lanzarote paying people peanuts and timing their toilet breaks, this isn't very good news for an island that's really suffering the worst effects of the crisis.

Now, more than any other time, it's vital that you close your laptop, get up from the screen and head outside to see what's available locally. Once you do, we can guarantee that, while you may not always find exactly what you want, you'll discover plenty of things you never knew you wanted.

Right now, every Euro you spend on the island will help someone keep their job, help someone's business remain viable, put money in pockets, food on tables and hope in hearts. So this Christmas, make sure you get behind your island. Here's where to spend it...

FOOD AND DRINK

In ten years, Lanzarote has managed to transform its food sector into a genuine tourist attraction. Food has always been a

central aspect of life here, but the variety of ingredients, cooking styles and influences has snowballed to create an exciting sector.

Meanwhile, the ancient reputation of the island's wines is once again being polished to a high lustre, as innovative and expert bodegas make the absolute most of a unique crop, cultivated in a unique manner or a unique island.

You won't find better onions, sweet potatoes, lentils, tomatoes, bluefin tuna, goats cheese, melons or figs anywhere else in the world, and local specialities such as papas crías (desert truffles), lapas (limpets) salted cherne (wreckfish) and tunas (prickly pears) guarantee

an ever-changing, unique gastronomy.

"EAT OUT SAFELY IN FINE STYLE!"

But Lanzarote looks outwards, too. Visionary businesses and talented chefs have brought some of the best dishes and ingredients in the world to this little rock in the Atlantic. Seek them out, you won't be disappointed.

And unlike in the UK, where "Eat Out to Help Out" means hiding away in a Nando's before testing positive for Covid in a week's time, here on Lanzarote you can book a table on a sun-kissed terrace and eat out safely in fine style.



CRAFTS

Lanzarote's craft scene is based on a foundation of typical island activities such as palm-weaving, embroidery and pottery, and you can still see some of these crafts being practiced at the Taller de Artesanos in Haría or the Monumento del Campesino.

However, tourism and the resulting influx of new islanders, combined with César Manrique's vision of a paradise of nature and art, have given new impetus to the island's craft scene, and you can find exciting, enchanting arts and crafts all over the island.

The island's craftsmen and women have been busy throughout the lockdown and afterwards, so there's even more choice to be had at the weekly markets in Teguise and Haría – but you're even more likely to find fascinating little studios and shops if you just get lost in one of the island's local towns

From jewellers to metalworkers, carpenters to macrame-workers, cochineal dyers to painters, the island offers a dizzying array of beautiful hand-made items.

A FRIENDLY FACE

Spain is a social nation, which means that things are still done face-to-face in a way that is long gone in other countries. That's why you still find petrol station

attendants, check-out workers, bank tellers or council officials instead of, or as well as, self-service machines, apps and webpages. That personal attention can be hugely valuable.

Some professionals, such as lawyers or accountants, know local customs backwards, and local is the only way to go; others will simply provide you with better service than you'll find elsewhere, because they know the island and the needs of its people.

Whether you're shopping for property, wheels, holidays, insurance, financial advice or anything else, you'll find a smiling face ready to help you here on Lanzarote.

KNOWLEDGE IS POWER

Anyone who's tried diagnosing an illness or finding out what's wrong with their plumbing knows that you can't learn everything online.

The word “expert” derives from the word experience, and there is no substitute for know-how, whether it's fixing a patio door, performing a neck massage or clipping a dog's nails.

Sometimes, you simply need the job done well by someone who knows how to do it, but sometimes you need to learn how yourself – and education, whether it's in the Spanish language, training routines or any other skill or discipline, can change your life. Find out what's available and make that call.




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Interview with Omar Viña, owner of Quesería El Faro

Say cheese!



Goat's cheese is one of Lanzarote's finest products. Shaun Addison and Sabrina Suppers visited the Quesería El Faro near Tegüise to find out more.

There are 22,000 goats on Lanzarote, and 2,500 of them can be found at the Agro-Industrial Complex between Tegüise and San Bartolomé, where they are milked daily, producing 2,400 litres of fresh milk.

Omar Viña, who took over the dairy three years ago with his brother, says that the coronavirus crisis has hardly affected the island's cheese industry at all "If anything, it's confirmed that our product is of the first importance," he says.

There are 15 legally registered dairies on Lanzarote. Other cheese-makers exist, but their products are not health-registered and pose a serious threat to the licensed cheese sector, according to Omar, who is also the president of the Lanzarote Association of Artisan Cheesemakers.

I ask if the establishment of a Denomination of Origin, such as the one granted to the island's wines, would help protect the industry, but Omar disagrees. "It would mean greater protection, but a denomination would also mean that cheeses would have to be prepared in a more uniform

manner," he says. "Without it, we have more freedom to innovate."

This means that Lanzarote dairies can make cheeses from pasteurised or raw milk - "There is no tuberculosis or brucellosis on the islands, so raw milk cheeses are safe", says Omar - and dairies can also use milk from sheep and cows, or make cheese with a mix of milks. Lanzarote also offers parmesan-type hard cheeses and blue cheeses, and El Faro also make smoked *queso tierno* - a delicacy that is preferred on the western islands and which the dairy owes to the background of Omar's mother, who hails from La Palma.

Like most other dairies on the island, El Faro's chief product is *queso fresco* - the mild, bland, fresh cheese that's one of the island's most

"Goats' cheese has been one of Lanzarote's staple foods for centuries, and has lost none of its popularity."

popular staples, eaten for breakfast with quince or guava jelly or in a sandwich with ham or tomatoes.

But a full range of cheeses is made at El Faro. A smaller, 1 kilogram cheese that is over 20 days old is classed as *tierno* (tender); after 50 days it is

Get to know goats' cheese

Goats can certainly have a pungent smell, as we discovered on our trip to El Faro. But the idea that goats' cheese is “smelly” is usually based on British diners' experiences with ripe, stinky French cheeses. It's a prejudice that doesn't last long on Lanzarote.

Lanzarote *queso fresco* is mild tasting and almost sweet-flavoured, with no unpleasant flavour whatsoever. Omar Viña also claims it is easier for lactose-intolerant people to digest. The *semicurado* cheeses, in particular have a light, creamy texture with a mildly acidic tang that is perfect with a sweet accompaniment such as raspberry jam and a glass of white wine

Older *curado* cheeses are to be reserved for after meals, perfect with grapes or a glass of red wine.

Older cheeses are often rubbed

with olive oil, or rolled in paprika (*pimentón*) or gofio to add colour and a little more protection. However, recently dairies have been using cumin seeds, provencal herbs and even curry powder. Cheeses are even being made with herbs such as oregano flavouring the cheese itself.

Later, employee María takes us to meet some of the goats at the dairy. These are *cabras majoreras* – Fuerteventura goats – a particularly tough strain that is found on the Eastern Canary islands. They come in all colours, from black to white, with light tan, deep chestnut and plenty of spots and patches in between.

48 nanny goats at a time file into milking pens where they munch on grain as suction pumps are

attached to their udders and milk pulses through transparent pipes. Milking needs to be done daily, or the goats will suffer from mastitis. The goats seem fairly happy about the process, taking their places willingly, and after milking, they return to an enclosure outdoors where two males can be seen courting. “It's mating season,” explains María, as she leads us to meet the results.

In another shed are the kids that are separated from their mothers and raised on powdered milk in a separate part of the farm. Curious, friendly and playful, these little creatures will either form the milking herd of the future or be destined for the island's meat industry, depending on their sex.

Most goats on the island are kept in enclosures such as this, but some smaller farmers still put their livestock out to pasture, where there is enough vegetation to make it worthwhile. “The wild plants are sparse and poor quality,” Omar says.

The cheese that results from the milk of these goats is one of the island's delicacies, available in several of the best local supermarkets, as well as the island's tourist centres and many of its best restaurants. Omar says “We send some cheese to mainland Spain, but to be honest, it's so highly valued here that not much of it gets off the island!”

semicurado (half-cured) and a cheese that has matured for more than 100 days is cured (*curado*). Each type has a distinct texture and flavour, as cheese ages, ferments and matures. Omar says his favourite cheese is “*queso fresco*, for breakfast” or “a *curado* with a glass of wine”.



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Churros, por favor!

If you haven't tried churros yet, now's the time to discover the Spanish breakfast of campeones.



Churrería Tello y Aya at Avenida Central 82 in Tías prepares churros in the classic way, with chef Antonio piping soft batter into a pan of sunflower oil heated to 220°C, where it's shaped into a large spiral. He turns the spiral with large wooden chopsticks before flipping it, removing it and chopping the crispy fried dough into 6-7 inch lengths.

Waitress Patricia tells us that the café opens at 6 am, “Although we have to get there earlier.” A ración of six churros will cost €1.30, and the café serves a mouth-watering range of hot chocolates – the traditional accompaniment for churros, although a cup of coffee is just as popular. Diners either dip their

churros into the hot chocolate, or empty a sachet of sugar on a plate and dip the churros into it.

In big cities, churrerías will often host a mixture of early birds and night-owls – they're a tradition with clubbers and party-goers looking to replenish their energy at the end of long night on the town. Here on Lanzarote, however, they're mostly a breakfast tradition.

Tello y Aya is named after Antonio's grandparents, and after 12 years serving locals and grateful tourists, it's already an institution in Tías. Antonio's proud of the popularity of his café, and says it's due to good simple ingredients and fresh oil that's changed every two days.



Antonio flips the spiral.



Chef Antonio



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Start the day right



Breakfast is, for many, the most important meal of the day, and here on Lanzarote there are so many delicious and tantalizing way to charge your batteries for the glorious day ahead.

Normally, the island is full of tourists, many of whom have probably overdone it at a buffet. The hotel buffet is an adventure in itself, with sweaty trays of bacon and beans, a toast conveyor belt, heaps of sculpted fruit and a queue for dodgy coffee – it's a place where British, German, Dutch, Scandinavian and Spanish tourists can all find a way to breakfast in their own style.

At home, breakfast options allow you to enjoy on-trend

porridge or create your own zingingly fresh smoothies. Evolution means fruit is there for one reason - to be eaten – and that's why it's so fragrant, colourful and delicious, Lanzarote's wide range of fresh fruit offers you the basis of the most natural and satisfying breakfast in the world.

But to really experience breakfast Lanzarote style, you need to get out. Unsurprisingly, breakfast is often a social occasion in Spain, as locals start the day with a café con leche and maybe a pastry, croissant or light sandwich at a local bar, café or pastelería. This may be taken mid-morning, rather than first thing.

Many establishments now offer healthy and natural options, with yoghurt, fresh fruit, nutrient-packed seeds and organic ingredients, giving you the raw power you need to tackle a long

**On
Lanzarote,
breakfast can
be as healthy
as you want
it to be.**

day ahead, whether you're spending it at a desk or on the beach.

If you want a full English, the resorts are the place to go, and although the choice is more restricted at the moment, you're still likely to find a breakfast and a hot cuppa that'll put a smile on your face. A famous writer once said that if you want to eat well in Britain, eat breakfast for every meal, and there are still few more satisfying ways to start the day than a fry up.

The British fried breakfast has several regional variants, and arguments still rage about whether hash browns or mushrooms should be included. But whatever you include, it has to be made right. Trina from The Boat Yard in Costa Tegui serves full English breakfasts everyday and says the secret to success is "quality products, served hot, and soft eggs".

And it's that idea – the best ingredients, prepared correctly to cater to everyone's taste, that's the secret of any good breakfast. Maybe it's time to forget about filling ourselves with energy and focus on filling our hearts with morning joy.

How to order breakfast in Lanzarote:

Una ración de churros, por favor –
A portion of churros, please.

Un cruasán –
A croissant – the Spanish pronunciation is easier than the French.

Un pincho de tortilla –
A slice of tortilla (Spanish omelette).

Un zumo de naranja –
An orange juice. Always freshly squeezed.

Un Colacao –
A sachet of sweetened cocoa powder with milk is one of the universal Spanish breakfasts.

Un bocadillo –
A filled roll.

Un sandwich –
Take a wild guess.



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Recipe

Sweet Potato Pie



We don't celebrate Thanksgiving here, but that doesn't mean we can't enjoy this classic soul food recipe, which is often preferred to pumpkin pie by African-Americans. As you probably know, Lanzarote's sweet potatoes are the best in the world, so make the most of them.

Method

Prepare the pie crust by mixing the flour and salt and working the butter into it until you have a rough-textured crumb texture. Add cold water and mix until dough starts to clump roughly. Wrap in plastic and refrigerate for at least 30 mins before rolling dough out and lining 9" pie dish. Freezing the prepared dish gives great results.

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Break apart sweet potato in a bowl. Add butter,

and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Keep mixing until mixture is smooth. Pour filling into the unbaked pie crust.

Bake at 175 degrees C for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools.

Serve with whipped cream or ice cream.

Ingredients

- 500g sweet potato (choose the "yema de huevo" (egg yolk) variety for deep golden colour)
- 170 grams unsalted butter
- 340g soft brown sugar
- 170 mls milk
- 2 large eggs
- Half tspn freshly ground nutmeg
- Half tspn ground cinnamon
- Half a vanilla pod or 1 tspn vanilla extract

For the pie crust

- 420g white flour
- 170g salted butter, cubed and chilled
- Half tspn salt
- 3-4 tbsps very cold water

Cook's Tip

The zest of a lime stirred into the pie crust pastry adds a delicious tang.



Light up Your life

Diwali is perhaps the most well-known of all the festivals observed in India and throughout its diaspora, a glittering, shimmering time of celebration and enjoyment.



Saraswati wearing a traditional sari for Diwali.



Kaju katli.

Diwali marks the start of the Hindu New Year, but it's also celebrated to welcome the goddess Lakshmi into the homes by lighting her path and inviting her to bring prosperity and good luck with her when she arrives!

It's a time to clean the house, dress up in finery and, of course, to enjoy good food. Diwali is a time when delicious sweets and snacks are carefully made and exchanged.

Indian sweets are slightly different to Western ones, often made with vegetables or nuts. Among the most popular are:

Halwa: Made from sweetened grated vegetables such as pumpkin or carrot.

Barfi: A rich fudge that can be flavoured with countless ingredients. Kaju katli, made with cashews and served in diamond shapes covered in silver leaf, is a particular favourite.

Gulub jamun: Deep fried, syrup-soaked dough balls.

Diwali at Indian Delights

Playa Blanca's newest Indian restaurant, Indian Delights, will be celebrating Diwali with five days of festivities, throwing open its doors to all who wish to take part, whoever they are.

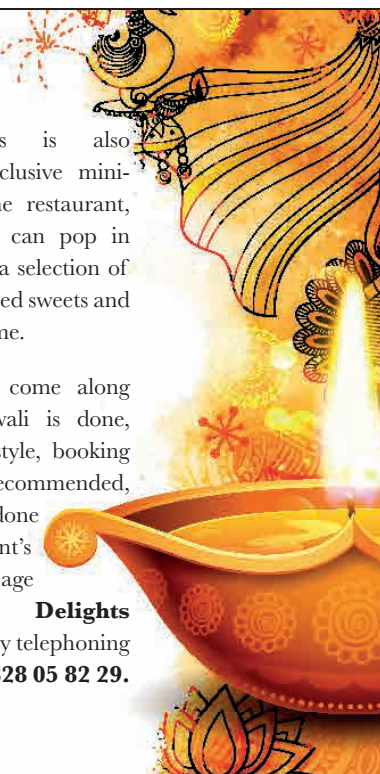
Full of daylight, the restaurant will be illuminated further still at night and decorated beautifully with sari material, draped in gorgeous jewel colours. Staff will wear traditional Indian dress and guests can join in by delving in the dressing-up box.

Over Diwali, diners will receive handmade sweets to take home and enjoy as a memento of the occasion. Saraswati, the lady of the house, is an expert at these

delicacies in truly authentic style.

Indian Delights is also launching an exclusive mini-market within the restaurant, where customers can pop in and choose from a selection of traditional packaged sweets and snacks to take home.

If you want to come along to see how Diwali is done, Indian Delights style, booking is highly recommended, which can be done via the restaurant's Facebook page at **'Indian Delights Lanzarote'**, or by telephoning directly on: **+34 828 05 82 29**.



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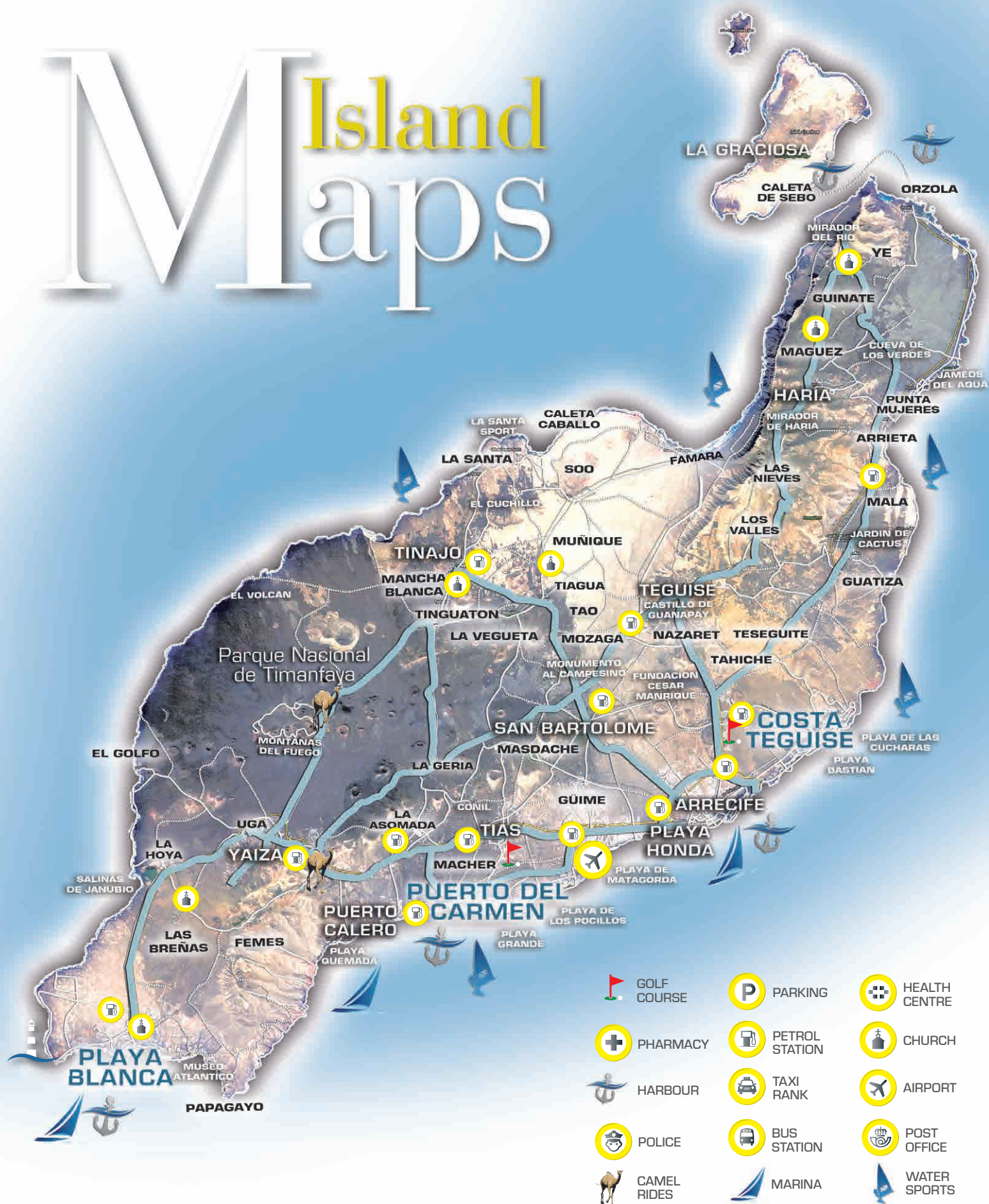
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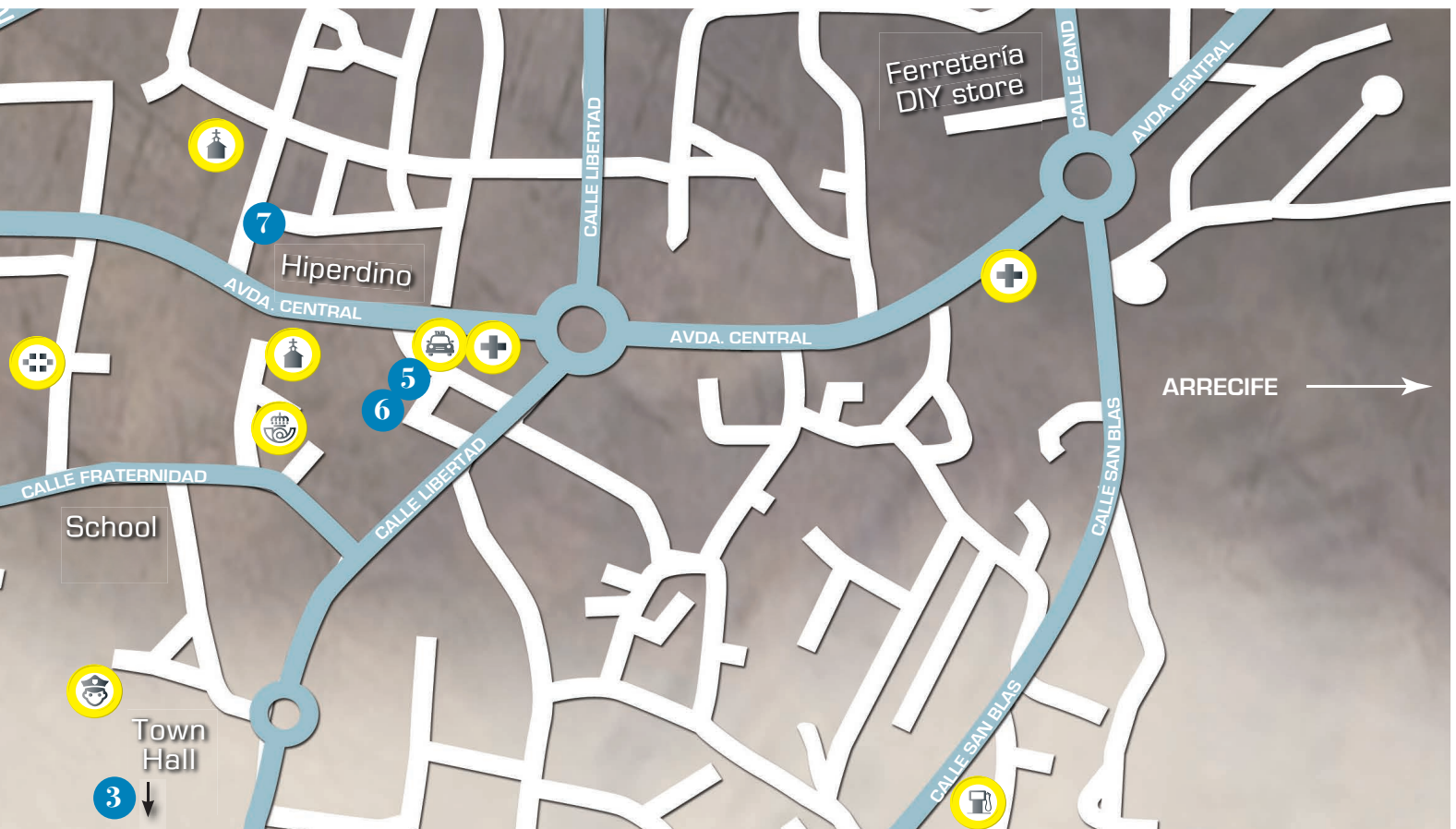
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PROPERTY SHORTS

SOLAR FUTURE



Three quarters of apartment blocks in Spain have the capacity to install solar panels on their roofs and cut down energy bills, property website Idealista claims.

According to various studies, it is possible to reduce bills by up to 40% and pay off the

initial investment in about 7-10 years, while a photovoltaic installation has a useful life of at least 35 years.

The abolition of the previous government's controversial "sunshine tax" and new incentives for sustainable power mean that solar power faces a renaissance in Spain, and the Canaries – which enjoy more of the raw material than anyone in Europe – could be a big winner.

The model of solar panels powering communities is particularly appropriate for tourist complexes on the Canaries, where shared apartment blocks are not as frequent as they are on the mainland.

NO RIGHT TO RENT FREELY

A European Court of Justice ruling has decided that private apartment owners do not have the right to let their property for short-term tourist rentals if the local authority does not permit it.

The ruling stemmed from a case in Paris, in which two studio flat owners repeatedly let their properties out to tourists, despite local laws restricting this.



The ECJ ruled that the authority was acting in the public interest, commenting that the Parisian restrictions were the only way to "put an immediate and effective end to the rapid conversion trend which is creating a long-term rental housing shortage."

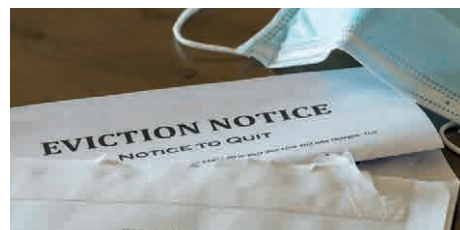
The ruling is likely to have an important effect on Spanish rentals, especially in areas such as Barcelona or Las Palmas de Gran Canaria, where holiday rentals are restricted.

EVICTION BAN EXTENDED

On 29th September, the Spanish government banned evictions for a further four months. Until January 31st, it will be illegal to evict a non-paying tenant, and rental contracts on the verge of expiry will be deemed to be automatically extended until, that date.

However, the decision has been criticised by landlords associations, who have demanded that the government subsidise them with rents that are not being paid by tenants. Beatriz Toribio, of the Association of Rental

Property Owners said the rental sector should be encouraged, not paralysed, and urged the government to financially assist low-income families in rental accommodation.



AIRBNB BAN "WINDOW DRESSING"

Airbnb have banned parties in properties advertised on their sites, and limited the amount of guests to a maximum of 16.

The flat share company admitted that people had used Airbnb flats to get round the closures of clubs and bars "Some have decided to do what they do in bars and clubs in private homes, sometimes rented from our platform. We regard this type of activity as incredibly irresponsible, and anyone who encourages it will not be welcome on our platform."

Critics of Airbnb have described the statement as "window dressing" and called for fines on platforms that rent properties which are used for illegal parties.

Nevertheless, there is little Airbnb seem to be able to do to enforce their ban. Meanwhile, the second wave that has made Spain the most infectious country in Europe involved several outbreaks stemming from private parties.

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Lanzarote Building Services will take on any job, from changing a tap to building a new house from scratch. Whatever it is, they've almost certainly done it before, and to the high standards that have given them such a reputation on Lanzarote.

It's partly that reputation that means that business is better than ever, despite the lockdown. At a time when tourist activity is low, many owners are taking the opportunity to do the kind of refurbishing jobs, extensions or pool builds that they've had in mind for ages.

Adam says "A lot of people are getting refurb and extensions done now. Remodelling makes sense the way the market is, as new-builds are still out of the price range of many people".

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A quick glance at the LBS website shows the quality of work that Adam and his team can provide. They'll provide you with a free estimate, of course, and they stay within that figure time after time after time.

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PREPARE TO Decorate



Christmas 2020 is on its way, and it's certain to be a more subdued season than usual. There may be sadness, but there'll also be comfort in the old traditions, and decorating your home is one of those traditions.

If anyone ever doubts that decor can lift your mood, just point to Christmas. Tinsel, garlands, ribbons and candles serve no practical purpose apart from filling you with joy. Here's some tips to remember as you get ready...

DON'T DECORATE TOO EARLY

Wait till December, but make sure you do put time aside to do it. Decorating a home for the holiday should be one of those pleasurable pre-Christmas activities, best carried out with children, some carefully-chosen music and maybe a mince pie or two.

PREPARE THE GROUND

There's more to Christmas decoration than just chucking tinsel at everything in sight. Take a good look at your living space and think about where decorations will be most effective. Put items away for a few weeks if you need to make space for decorations, and try to avoid a cluttered sensation.

THINK OF A THEME

Decide on a theme and stick to it – it could be a colour combination such as gold and purple; it could be shapes such as stars or angel wings, it could be twinkling fairy lights or candles and tea lights, but take time to make a statement.

LESS IS MORE

Think in terms of a centrepiece and you won't have to do much more. That centrepiece can involve candlelight, sparkle and rich, deep colour, but it will be the star of the show if you do it right. All you need is a few supporting accents and echoes around the home.

“Don't panic, take your time and enjoy some relaxed planning.”

REMEMBER WHERE YOU ARE

There's no snow, robins or holly on Lanzarote. But there weren't in Bethlehem, either, and somehow they still managed to get Christmas done. Instead of trying to recreate those cosy northern Christmases where roaring fires offer refuge from the icy darkness outside, fling the windows and doors open and let Lanzarote's fresh air flood in.

Cacti, olive trees, Canarian pines and palms can all stand in for a tree, and there are plenty of other decorative elements you can pick up around the island.



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Colonial style



Spanish colonial style is easier to adapt to your home than you think. It offers a practical, tried-and-tested, timeless solution to life in a hot climate, and it's more modern than you think.

The more you look at architecture and design, the more you realise that the ancient and modern are often much closer than you suspected. It's not a surprise – fundamentally, our needs for shelter, shade, peace and convenience haven't changed – it's just become easier to acquire some of those goals, while others have become more elusive.

Spanish colonial style is a collection of styles covering centuries, and reflects Spanish influence on a global empire that spanned from Miami to the Philippines, from Tenerife to Peru. The basic elements of Spanish colonial style involve elements that were first developed in the hot climate of Andalusia, before being exported to locations as far flung as Argentina, Cuba, California and Manila.

Colonial style begins with town planning – a quick look at Lanzarote will confirm that every town or village is arranged around a central square with a church, with smaller administrative buildings also located in this area.

Colonial houses are built with thick walls, typically white stucco over adobe brick or stone (which helped keep the houses cool in the summer heat and conserve warmth in cooler times). In early homes, windows had no glass - just holes with wood shutters that opened and closed – and the age and/or wealth of a building can be judged by the size of its windows.



Among the main elements of Spanish colonial architecture are the following:

- White walls
- Deeply inlaid doors and windows
- Roof tiles
- Ornamental carved door frames
- Iron railings and window bars
- Terracotta
- Balconies and shutters
- Interior courtyards or patios

Nowadays, you're just as likely to see Spanish neocolonial styles which have swept America – an influence which has crossed the Atlantic once more. It's true that modern building techniques render colonial features such as small windows superfluous, but the practical, sparse minimalism of the colonial style also appeals to modern tastes.

Bare, white walls – often roughly-finished rather than smoothly plastered; visible hardwood beams, practical windows with shutters and balconies that give you complete control over light and ventilation - all these features appeal to us today. And, just as the señores and señoras of the past learnt – if you want colour and movement, grow it in your courtyard or provide it yourself. Nothing sets off an austere Spanish colonial exterior better than a hibiscus flower, or a smattering of vivid purple bougainvillea.

“Tiles, balconies, stucco walls and ironwork all spell colonial style.”



1740 style

A visit to the Casa de los Coroneles at La Oliva in Fuerteventura is recommended to any student of colonial style. The 18th century fortress was the residence of the Colonels who headed the military missions to the island, and the building is intended to impress.

At each side are turreted battlements. These were useless from a military point of view, but were intended to transmit a message of power. The 16 shuttered windows and eight balconies on the facade are also a message of wealth and power at a time when most people had none.



Casa de los Coroneles at La Oliva in Fuerteventura

The terracotta tiled roof of the Casa is also a classic colonial feature, seen all around the world. Inside, you'll see plain wooden beams clearly visible on the interior structure, with floors and shutters made of Canarian teak imported from Tenerife.

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The arrival of fresh, running water in households changed everything, making fixed bathtubs and, later, showers, possible. It's this water that is the key to any bathroom – it's used for washing our bodies, but also for flushing away our waste – and the resulting splashing or condensation is what dictates the entire make-up of the room, from tiles to flooring to electrics.

We treat bathrooms as hidden, private places, but they deserve to be celebrated for eliminating filth, dirt, germs and foul smells from our lives. As we lock the door on the world to “do the necessary”, we're actually more connected to the world outside than ever through a complex system of pipes that are essential to modern civilization.

Bathroom style has changed, too. In the recent past, pink tiles and bubble baths reflected a desire to prettify the bathroom experience and highlight the luxury of pampering yourself, whereas nowadays the emphasis is on sleek functionality and a “wash-and-go” attitude towards modern life.



If luxury is embraced these days, it usually resembles the spas found in hotels and leisure centres, with the wealthy investing in wet rooms and en-suite walk-in showers. However, most of us can still afford a shower that will give us a genuinely invigorating experience.

“The bathroom eliminates germs, dirt, smells and waste from modern life.”

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

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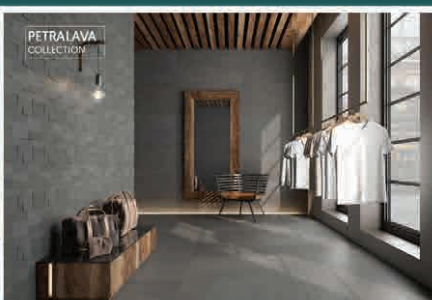
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PRETTY PATTERNS



Patterns appeal to our most basic human instincts, pleasing us with repeated motifs, ingenious geometry and a more ordered version of nature. In your Lanzarote home, bold geometric patterns can reflect the vibrancy of Manrique while softer, more intricate patterns offer welcome contrast from the stark landscape outdoors.

Just because a room is small doesn't mean you need to hold back on patterns. You can use several if you just follow some basic rules.

MAIN PATTERN

The main pattern will anchor the space and is the pattern on which all others will be based. It will be dominant – a carpet, wallpaper pattern,, furniture cover or curtain - so choose it carefully. Your main pattern should be spread throughout a living area.

Don't forget to consider block colours that complement your pattern, making it stand out by offering a contrast.

SECONDARY PATTERN

Your secondary pattern should be compatible with the main pattern, accenting it while also providing contrast. It can be used for cushions, smaller rugs and curtains, or lampshades. The colour should be in the same family, but the size of the secondary pattern should be smaller and finer, providing engaging detail. For example, if your main pattern has large bold lines, consider a smaller floral pattern for the secondary one.

EXTRA PATTERNS

You can layer as many patterns as you like in your living space with throws, cushions or even artworks. Additional patterns should always have some similarity to the main pattern or the secondary pattern and are a great way to add impact to a piece of furniture, such as an armchair or sofa. This ensures cohesiveness with all of your patterns even when the colour, texture, or size do not match.

It's not easy to match patterns in your head, so use your image search skills and your smartphone camera and create a mood board on Pinterest or a similar app. Above all, have fun!

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These troves are the parts of our life that can never be decluttered, and they symbolise the real living that goes on away from the magazine features.

Precious isn't always to do with money. In fact, if you have items of real value, then it makes sense to install a well-concealed safe to guard them. This will probably mean you'll spend less time admiring them, and whatever the advantages of safes, aesthetic beauty has never been top of the list.

“Precious things aren't always worth loads of money.”

That's why another type of precious is important – those things that just give you pleasure. That pleasure may not be lifelong, but it's intense while it lasts, and just like a magpie, you need a pretty nest to guard your shiny things.

Sentimental value is another type of preciousness that cannot be replaced. Photos, letters, mementos and other things of sentimental value also need to be kept safe, but the risk here is more prying fingers than theft.

Of course, if you have a sheaf of love letters or a beloved photograph album, you're doing it a disservice by keeping it in the cheapest cardboard or cheap wood “storage solution” you can find. Look around for an item that lights your heart up, and invest the necessary money.

Shopping for these treasure trove containers is a pleasure, allowing you to look for delightful things that do your possessions full justice. You'll learn the beauty and satisfaction of Chinese lacquer, polished hardwoods, mother of pearl and velvet and satin, and you'll discover delightful embossed decorations and patterns.

In fact, if you choose carefully, the places where you keep your treasures may soon become as precious as their contents.





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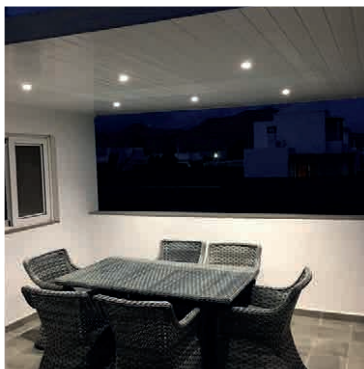
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Reflections

Sunshine is a fact of life all year round on Lanzarote. That glorious, life-affirming light is one of the main reasons so many of us choose to live here, but it can also be a little too dazzling for comfort.

Reflection is a factor that you'll have to take into account when you're designing a Lanzarote interior, and it can be a distinct advantage, as well as a drawback in certain situations.

Light never stops bouncing around our interior spaces. That's why you can still see your feet under the table and why it's so hard to get absolute darkness at night. But on Lanzarote, you'll need to learn how to make the most of those reflections without heating your home up like a greenhouse.

If you want to increase the feeling of space in a room, install a mirror, which will instantly give the effect of increasing the size. But the real secret behind this sense of space is not the visual illusion; it's the very real way the mirror bounces light into shady corners of your interior.



Mirrors aren't the only reflective items, though. Glass is one of the most popular and fashionable materials for decorating, and its sleek, reflective surface is the secret of its appeal. Then there are various metals, from gleaming chrome and brass to softer brushed aluminium and glowing copper.



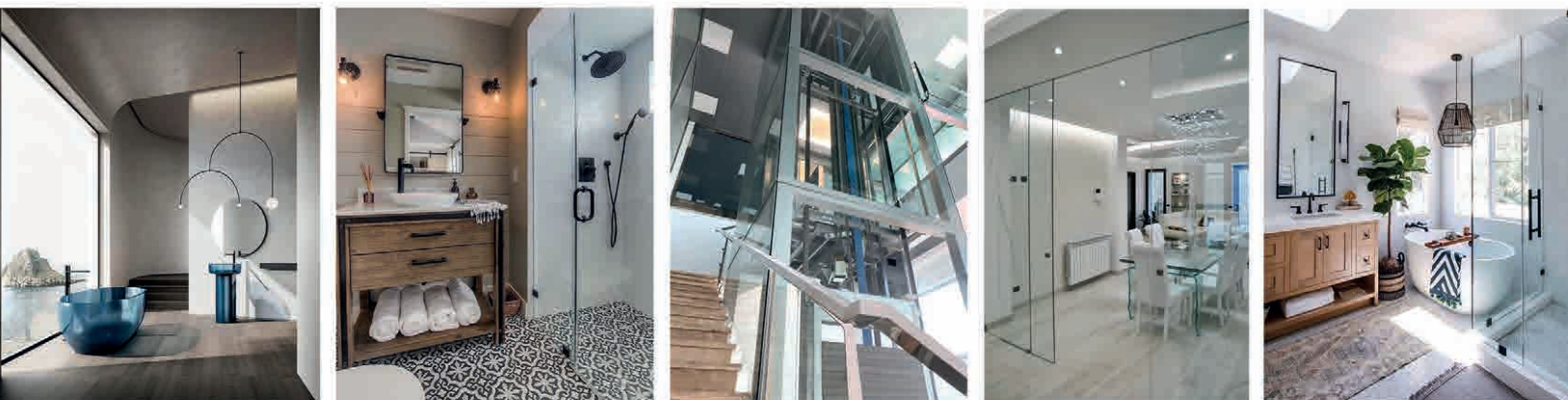
Even painted walls reflect light – the white walls of Lanzarote can be positively blinding – and playing with these reflections is another skill that a Lanzarote-based designer will need to learn quickly.

Lanzarote light has a nasty habit of dazzling you, especially when the sun dips low at the start and end of the day. This can cause any reflective surfaces in and out of doors to give annoying glare at certain periods of day. As a result, it's always a good idea to place glass or metallic items without fixing them at first, to see if glare is a problem. Keeping them away from open windows is a good start.

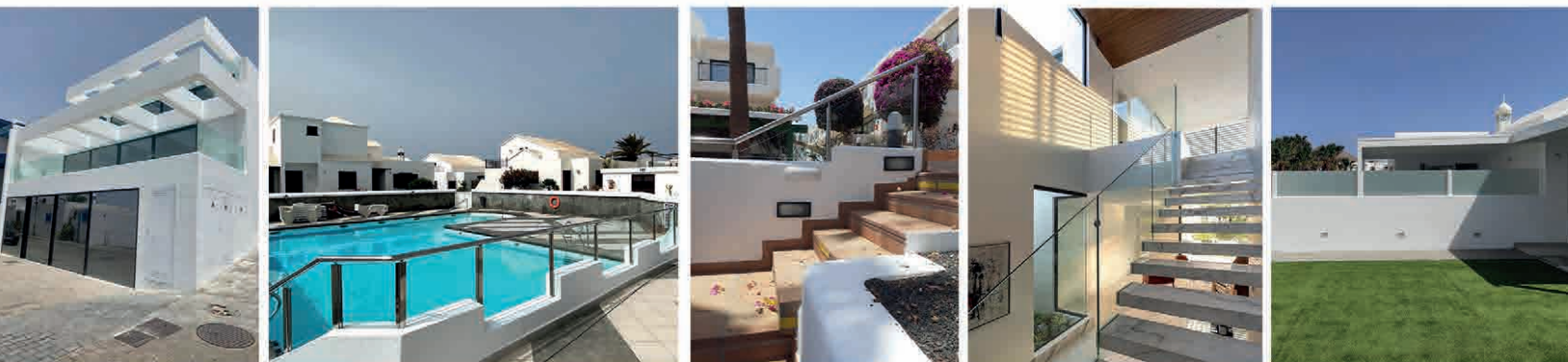


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Spike Island



Weird, wonderful, legendary and perfectly suited for Lanzarote's climate, aloe and agave plants may be prickly customers, but they're also fascinating, addictive plants to welcome into your life.

You can see them all over Lanzarote: spiky clusters by the roadside, long, four-metre stalks tilting at a 45 degree angle on hillsides; sparse little clusters that are the closest the island gets to a wood.

They are aloe and agave plants, and if you think cacti are weird, these strange plants will blow your minds. If they look like alien plants, that's because they are – aloes come

from southern Africa and agaves from the Americas – but both have settled here on Lanzarote like few other plants. These desert-dwellers are perfectly adapted for the climate here.

Aloes and agaves are succulents, and the two types of plants are similar, with a cluster of large flame-shaped spikes. However, the main difference can be seen


when you answer the question of whether you'd sit on it for 50 Euros.

With an aloe, you might consider it. These are smaller, softer plants, and even their spikes can be soft to the touch. It probably wouldn't be the most comfortable seat you've ever had, but it's doable.

On the other hand, you will almost certainly

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not want to mess with an agave, which often has needle-sharp, woody spikes that can give you a wound that will ache for weeks.

Another way to distinguish them is to try and snap a leaf: aloes break easily, revealing precious sap. Agaves are tough and fibrous.

Aloes bloom several times in their lives, and you're likely to see the yellow or red bell-shaped blooms of aloe vera plants frequently, arranged in Christmas-tree shapes on their stalk. Aloes thrive in cooler months of the year and tend to lay low in the hot summer months,

when they often turn an attractive pink colour. This is why aloes should be given extra water in winter but only sparingly in summer, when they do not take in water and may rot.

Agaves bloom once in their lifetime, and it is awesome. The spiky plant you love will suddenly shoot a stalk up so quickly that you can almost see it growing. This will reach several metres in just a few weeks before producing flowers that are pollinated and become baby agaves. The plant grows so high to ensure that the offspring fall as far away from the parent as they can, where more nutrition is available.

Aloe, darling!

There's already a substantial industry based around aloe vera on Lanzarote, and if you've used the hand-washing gel in several local shops and supermarkets, you'll already know about it.

Aloe is famous for its soothing, calming, medicinal qualities,, and many local islanders have learnt to break off a leaf and dab the cool, clear sap onto a burn or abrasion.

It is also taken internally to soothe digestion, and is rich in vitamins, but it's a good idea to know exactly what you're doing before you start munching your own aloes.

Aloes put on growth in summer, and should be kept fairly dry over the winter months. Once an aloe has shot its flower stalk, it dies and you'll need a specialist, or a suit of armour, to get rid of it.







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FOOTBALL

SEASON'S GREETINGS!

UD Lanzarote will begin their 50th Anniversary season after only being permitted to play two pre-season friendlies as well as being forbidden to train all together as a group. Ian Lane reports...

These have not been easy times for any clubs; however, teams in Tenerife, Gran Canaria and La Palma have been training as a squad for several weeks and have played at least five pre-season matches. Our local authorities on Lanzarote have either been very cautious or not very brave. Take your pick!

Despite all this, the players, management and fans believe that we have a very strong squad and morale is excellent. By the time you read this the Rojillos (The Reds) should have played their opening two games in the new-look Tercera Division (Fourth Tier).

This season the league has been split into two groups with each having either 10 or 11 teams. Lanzarote is in the group of 10 so will play 18 matches.



At the end of the regular season the top three from both groups will play each other, with two sides being promoted directly to Segunda B (Third Tier). Another side will also gain promotion but, as they say on Facebook "it's complicated". Please have a look at my explanation on www.lanzarotefootball.com

Hopefully, by the time you read this the club will have received permission from the local government to allow fans into the home games. One would logically think that it should be straightforward to fit an average home crowd of about 600 into a stadium with a capacity of 6,000. So let's hope logic wins the day.

FORTHCOMING HOME GAMES

- 8th Nov Lanzarote v CF Arucas

- 29th Nov Lanzarote v CD Unión Puerto

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

For all the information please go to:

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GOLF NEWS

LAS PALMERAS GOLF SOCIETY: GOLF IN THE SUN

Las Palmeras is the oldest and largest Golf Society in Lanzarote, writes Jean-François Crinquand. It came to life back in the early 2000s when a group of friends started to play regularly on Tuesdays and Fridays at the Costa Tegui Golf Club. The first ever Captain was Tim Weston, who lives in Tao. Tim's still a member of the Society and one of its lowest handicappers.

The Society has a varied membership of ladies and gents of seven nationalities: British, Spanish, Irish, American, Swiss, French and German. Handicaps range from low single figures to 28. Activities range from the regular weekly games, a monthly Henson Cup, some exciting, sponsored tournaments with great prizes and some fun team games. Furthermore, there are yearly

Singles and Doubles knockout competitions for the Members, and a much-anticipated away match against the Corralejo Golf Society in Fuerteventura is on the cards for this autumn.

The year 2020 has seen an excellent 30% increase in our membership, with all new Members being full-time residents of Lanzarote. People from as far afield as Playa

Blanca and Famara have joined the Society. Visitors are also welcome to join Las Palmeras Golf Society for a game or two of golf when they are visiting our beautiful island. They will meet golf passionate soulmates, who are always ready to share a story or two of what's happening on the golf course and on the island! It's a great way to socialise with newfound friends and an iced cold beer!



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

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LET IT

Fall

As we approach the end of a second drought-struck year on Lanzarote, we thought it would be a good idea to celebrate Lanzarote's rain – another old friend we haven't seen nearly enough of recently.

Lanzarote was once a much wetter place than it is now. The deep, ancient river beds in the countryside attest to that. Nowadays, it rarely rains, but every islander knows how hard it can come down when it does.

Rain often accompanies a change in the wind direction, as the fine, dry weather of the north-eastern alisio wind is overcome by weather systems from the stormy southwest or Africa. A good sign that the wind has changed and rain might be on the way is when the planes arriving on the island come in to land over the main road and take off out to sea.

ON THE ROAD

Lanzarote downpours can often stop traffic, with roads flooding briefly. But the heavier rains at least clean your car – the lighter showers that sometimes accompany a calima will leave your car covered in dirty blotches, and local drivers find that washing your car thoroughly is an effective way of tempting fate to besmirch your vehicle with muck from above.

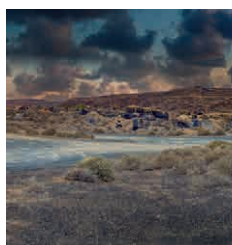
Heavy rain can also loosen dirt and tyre residue from the roads, causing slippery conditions when it's wet. Make sure you keep your speed down in the rain, ensure your lights are on, and leave much longer braking distances between you and the cars in front.

IN THE OPEN

Lightning is extremely rare on Lanzarote, but when it does occur you want to make sure you're not in an open outdoor area or, even worse, on the sea. Stay well away from the normally dried-up barrancos (gullies) that run through most towns, as they can quickly become raging torrents when it starts chucking it down.

But Lanzarote's countryside loves rainfall, and you'll soon see the island explode gratefully into evanescent greenery after the first rains. You'll also see rainbows, which can be frequent and spectacular here.

Photographers will want to take advantage of the crystal-clear light that often accompanies rainy weather.



“After rain, a grateful island dresses itself in green.”



IN THE HOME

A Lanzarote rainstorm will very quickly show you whether your roof is watertight or not. Don't be caught out, because it's impossible to prepare for the damage caused by leaks.

Another trick of Lanzarote living is knowing how to batten down the hatches – closing shutters, immobilising garden furniture, securing awnings or pergolas and protecting plants.

This is more important than you think, as the few serious accidents that are caused during storms often occur to householders battling to save property such as satellite dishes.

Rain on Lanzarote rarely lasts long, so just sit tight until the worst is over and then head out to assess the damage.

IN THE GARDEN

It goes without saying that most of your plants will welcome a drenching, and a heavy rainfall can provide the type of deep, intense soaking that will set plants up for several months.

Protect more delicate plants and seedlings before the rain starts, and make sure you know where run-off happens in your garden. You can use this knowledge to stop plants being destroyed, but also to provide valuable irrigation for others.

UNEXPECTED PLEASURES

Rain on Lanzarote may not be what we came here for, but it can be magical and strangely beautiful. Try and head to Timanfaya after a shower and see the steam pluming from the hot lava in the national park.

Lanzarote rain is usually much warmer than the icy, grey stuff northern Europeans are used to, so make the most of it. Some runners love the refreshing sensation of rain on their face, and swimming in rain is also a delight – get changed in the car or put your dry clothes in a plastic bag, and enjoy the wonderful sensation of absolute wetness.

Finally, never forget the cosy, protected sensation of sitting at home, watching a film or playing a game with your loved ones while the rain drums on the roof and windows outside.



DRIVE CANARIES



Fuerteventura

“The larger islands offer space and freedom.”



There are eight Canary islands, and all of them are different. Some are popular international tourist destinations, others are quieter and more traditional, and one of them doesn't even have any roads. So which is the best for driving? Here are our results in reverse order...

8. LA GRACIOSA

Not only are vehicles severely limited on La Graciosa, there are no tarmac roads for them to drive on. Even if you do manage to get behind the wheel of one of the island's 4x4s, there isn't very far to go.

7. LA GOMERA

La Gomera is a small island that consists almost entirely of ravines that descend from the elevated interior. Steep ravines mean winding roads, and there are entire journeys on La Gomera where you'll never get into fourth gear. Progress is slow, but you're unlikely to get stuck behind cyclists – few fancy pedalling this island.

On the plus side, the scenery can be stunning – for passengers. The driver will have their attention on the next bend.

6. EL HIERRO

There isn't a single dual carriageway on the island, so prepare to spend a lot of time looking at the back end of the cars in front instead of admiring the awesome, end-of-the-world scenery of this unique island.

5. LA PALMA

With some splendid main roads, driving on La Palma can be a real pleasure. Approaches to the capital Santa Cruz could be much clearer, and there are endless miles of winding coastal roads and a 2-5 kilometre tunnel through the central ridge of mountains.

A sinuous drive up through the pines to the Roque de los Muchachos and astounding views of the Caldera Taburiente national park is essential.



Gran Canaria

Tenerife

4. LANZAROTE

Lanzarote's scenery is the main attraction, and roads such as the spectacular clifftop route from Mirador del Rio to Yé, Los Hervideros, the descent into Haría or the stark ribbon of tarmac through hostile terrain to Timanfaya are unforgettable. Roads can get busy, though, with ugly stretches around Arrecife, an over-reliance on roundabouts and some confusing stretches for new arrivals. Lanzarote is also too small to give any real sense of open roads and freedom.

3. FUERTEVENTURA

Fuerteventura breathes freedom, and its roads and routes are surprisingly varied – from the breathtaking FV30 mountain route from Betancuría to Pájara and the sand-swept road past the dunes of Corralejo to the bizarre stretch of motorway with flyovers and exit ramps at the southern tip of the island.

2. TENERIFE

Tenerife is the largest Canary Island, but it's also the tallest. Those awe-inspiring views of Teide come with some steep climbs and the possibility of heavy weather, and plenty of those smaller byways could use a bit of maintenance.

It's a still a wonderful island to sweep around, though, from the urban north east to the touristic south, with greenery tumbling down to the sea in the north and wild, craggy views to the west.

1. GRAN CANARIA

Gran Canaria has an immense amount to offer, with brilliant, well-maintained and safe roads. There's not as much climbing as you'll find on other islands, and the scenery ranges from dunes to rural farmland, from stark, craggy peaks to woodland. However, driving in the capital, Las Palmas, can be nightmarish.



and now it's me time...

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Need to Know



MOVING IN THE RIGHT DIRECTION

Driving on the right hand side of the road can be a worrying transition for visitors arriving from the UK or Ireland (or Thailand, Japan, India or Australia). Here's how to switch sides painlessly.

If you're at all nervous about driving on the wrong side of the road, then don't hire a car immediately upon arrival. The airport is one of the most confusing and dangerous stretches of road on the island, and still isn't signposted clearly enough for comfort. Instead, get a taxi, relax after your flight and pick up a hire car closer to your destination later.

Google Earth is a brilliant tool for getting to know the way local roads work. If you're a beginner on Lanzarote roads, practice the more challenging aspects of the route, such as roundabout and turn-offs first.

If you're really nervous, consider hiring a driving instructor who can show you the ropes. Alternatively, a friend who drives may be willing to give you a few pointers.

It can feel strange using your right hand to change gear, but you soon get used to it. You'll also quickly adapt to looking in differently placed mirrors. The most important thing to bear in mind is the side you'll be looking when you approach roundabouts or junctions – traffic comes from the left here.

You'll soon discover that driving on the other side of the road isn't the hard bit – it's the decisions you make when turning or choosing lanes. At any time when driving involves more than following a lane, make sure you're alert and fully conscious of the side of the road you'll be using.

Finally, don't worry. Lanzarote drivers are usually patient and understanding with visitors who are getting used to things.

A LETTER TO MY YOUNGER SELF

Victoria Krasimirova moved to Lanzarote 5 years ago. Since then she has fallen in love with the island and culture. This time, the edition of "Your Photos Your Story" is a little different - Victoria has written a letter to younger self.

Where are you from originally, Victoria?

I was born in Bulgaria, a small, beautiful country between Greece, Turkey, Romania and The Black Sea.

And what made you decide to move to Lanzarote?

When I was finishing my studies at college, I was able to choose a destination for 6 months practice, due to my good grades. I chose Lanzarote, because I had never been that far from home and the thought of it was scary and adventurous at the same time.

How did you find life in Lanzarote?

At first, I was working and did not have much time to visit the tourist attractions. But I soon got to see every beach, mountain, and cave. Not forgetting the amazing sunsets, of course! I fell in love... and am living my best life in Lanzarote since 2015.

I can talk all day about Lanzarote's lifestyle. Starting with the delicious food, the unreal volcanic scenery, the rich culture, the great history and the music for carnivals and fiestas. I love it all! I also take a real interest in the history and have read up on it in many books

Do you have any favourite places?

I love every aspect of the island, but the places I spend most of my time are Playa Blanca's natural pools, Famara beach for surfing, the black beaches, and the many hidden caves across the island.

The pictures you submitted are great, where were they taken?

The pictures are taken at the beautiful black beach at Las Salinas. It is a small piece of heaven between El Golfo and Las Salinas, and a must-see for anyone visiting the island.



To my younger self

Dear Me,

Would you believe someone, if they had told you

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Sit there and watch the sunset.

Get in the car and follow the road, it will take you to the one you love.

Spend your days swimming in the natural pools by Playa Blanca.

Climb volcanos and explore caves.

Always smile and let the Sun be part of your journey.

Do not get scared when November comes.

It does not end after summer. It is always summer here.

You are in Lanzarote.

With love, Me

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



Tide Times November 2020

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

Day	Hour	Metres	Day	Hour	Metres
1	H: 00:10 L: 06:19 H: 12:24 L: 18:33	2.8 0.5 2.7 0.5	17	H: 01:03 L: 07:19 H: 13:27 L: 19:35	3.1 0.2 2.9 0.4
2	H: 00:39 L: 06:50 H: 12:54 L: 19:01	2.8 0.5 2.7 0.6	18	H: 01:46 L: 08:06 H: 14:14 L: 20:20	2.9 0.4 2.6 0.6
3	H: 01:08 L: 07:21 H: 13:26 L: 19:32	2.7 0.6 2.6 0.7	19	H: 02:32 L: 08:57 H: 15:06 L: 21:09	2.8 0.6 2.4 0.9
4	H: 01:39 L: 07:55 H: 12:00 L: 20:04	2.6 0.7 2.4 0.8	20	H: 03:24 L: 09:54 H: 16:06 L: 22:07	2.5 0.8 2.2 1.1
5	H: 02:14 L: 08:33 H: 14:38 L: 20:43	2.5 0.8 2.3 1.0	21	H: 04:25 L: 11:03 H: 17:19 L: 23:20	2.3 1.0 2.0 1.3
6	H: 02:56 L: 09:19 H: 15:28 L: 21:32	2.4 1.0 2.1 1.1	22	H: 05:40 L: 12:24 H: 18:43	2.2 1.1 2.0
7	H: 03:49 L: 10:21 H: 16:35 L: 22:40	2.2 1.1 2.0 1.3	23	L: 00:44 H: 07:01 L: 13:39 H: 19:57	1.3 2.2 1.1 2.0
8	H: 05:02 L: 11:42 H: 18:02	2.2 1.1 2.0	24	L: 01:58 H: 08:10 L: 14:38 H: 20:52	1.2 2.2 1.0 2.2
9	L: 00:10 H: 06:30 L: 12:08 H: 19:27	1.3 2.2 1.0 2.1	25	L: 02:55 H: 09:02 L: 15:24 H: 21:35	1.1 2.3 0.9 2.3
10	L: 01:34 H: 07:48 L: 14:18 H: 20:33	1.1 2.3 0.8 2.3	26	L: 03:40 H: 09:45 L: 16:02 H: 22:11	1.0 2.4 0.8 2.4
11	L: 02:40 H: 08:50 L: 15:14 H: 21:26	0.9 2.6 0.6 2.6	27	L: 04:17 H: 10:22 L: 16:35 H: 22:43	0.8 2.5 0.7 2.6
12	L: 03:33 H: 11:42 L: 16:02 H: 22:12	0.7 2.8 0.4 2.8	28	L: 04:52 H: 10:56 L: 17:07 H: 23:15	0.7 2.6 0.6 2.6
13	L: 04:21 H: 10:29 L: 16:46 H: 22:56	0.4 3.0 0.2 3.0	29	L: 05:26 H: 11:30 L: 17:38 H: 23:46	0.6 2.6 0.6 2.7
14	L: 05:06 H: 11:14 L: 17:29 H: 23:38	0.3 3.1 0.1 3.1	30	L: 05:59 H: 12:03 L: 18:09	0.6 2.6 0.6
15	L: 05:50 H: 11:58 L: 18:11	0.2 3.1 0.1	31		
16	H: 00:20 L: 06:35 H: 12:43 L: 18:53	3.1 0.2 3.0 0.2			

H=High Tide L=Low Tide



I love the sky at this time of year, there is such contrast from daytime to sunset, with the brightest blues as the sun is a little lower, and then wonderful oranges and pinks flood the sky at sunset before the night sky shows us so many stars thanks to the low light pollution here.

Of course, it is November - so typically we will see some rainfall this month although it's usually short sharp bursts as opposed to day-long drizzle. Afterwards, with

the air clean you will soon be back on the sunbed! Also as night time temperatures fall, the dew point is quite often met and so you will see early morning dew. Add this to the rain and we soon start to see the island turn from red and brown into a lush green with lots of wildflowers dotted around, so keep your eyes open if you are walking around.

Officially we are into winter, although with the consistent temperatures and the UV still at 6 and 7 you could be fooled into thinking it is a beautiful spring day. Usually November still has plenty of sunny days: in the last 10 years there have only been 2 years when the rain was more than a few days, namely 2014 and 2018. That said it is worth thinking about an extra layer for the next few months.

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

What to Expect in November



Day Time Temps

24°C (Ranges from 22°C to 27°C)



Night Time Temps

Average 17°C (ranges from 15°C to 20°C)



Sunshine Hours

7 hours



Sea Temp

21°C



Rain

Approx 14mm accumulative



Wind

Up to 15kph

The Ally Shop

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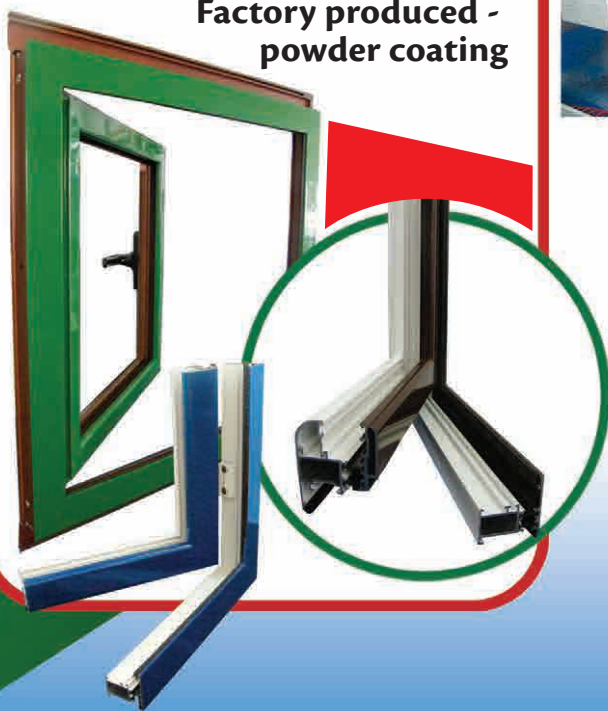
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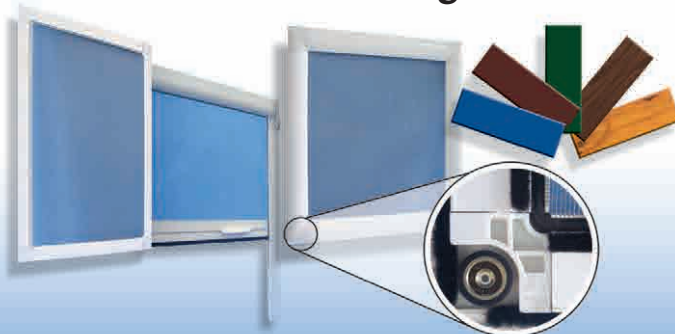


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Horoscopes

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Aries

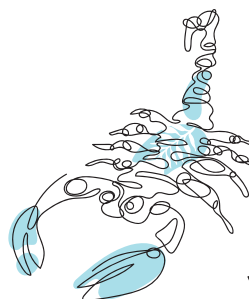
(21 MAR - 19 APR)

It's always quietest before the starting pistol fires, Aries. Enjoy a pocket of tranquillity and peace at the beginning of the month, because you're going to need all your energy for the glorious craziness that's about to come your way.

Taurus

(20 APRIL - 20 MAY)

Things are finally changing in your life, Taurus, but that doesn't mean they're going to plan. Try to be open-minded and adaptable and look for the positive side of unexpected situations. You may find your objectives changing as you appreciate new paths.



Scorpio

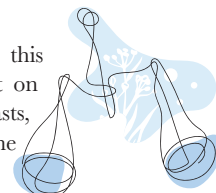
(23 OCT TO 21 NOV)

It is OK to let down your guard once in a while, Scorpio – the world is not out to get you. Trust will be rewarded and relationships will intensify with thrilling results if you just leave your suspicion and doubt aside and take a leap of faith.

Libra

(23 SEPT TO 22 OCT)

You're like the bubbles in a glass of champagne this month, Libra, sparkling and delightful, but short on staying power. Enjoy this frothy feeling while it lasts, but don't forget that the celebrations finish some time and you have to get back to work.



Gemini

(21 MAY TO 20 JUNE)

Don't take your anger out on people who have nothing to do with the problem. You'll need support and that's not the way to get it. It could be a tough month, but you'll get through it by thinking about others first and sharing a bit of love.



Sagittarius

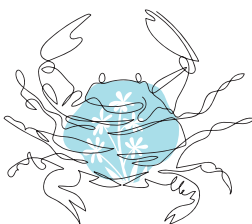
(22 NOV TO 21 DEC)

You can fall into routine, Sagittarius but that doesn't mean you enjoy it. When you're in a rut, your mood suffers. That's your problem now, although you may not even realise it. Make a change, break the cycle, force yourself to fly again.

Cancer

(21 JUNE TO 22 JULY)

You're like a boat at full tide, Cancer, floating happily and tugging at your rope. But make sure to tie up loose ends and get fully prepared before you cast off and head for the horizon. Then you can really enjoy yourself.



Capricorn

(22 DEC TO 19 JAN)

Words may be tricky this month, so try and make sure things are recorded or written down before you act on them. On the positive side, you're feeling daring and optimistic about an exciting future project that now seems to be just around the corner.



Leo

(21 JULY TO 22 AUG)

You find pleasure in other living things this month, Leo, whether it's a pet, the birds in your garden or a pot plant. Enjoy the organisms you share your space with and you'll find a deeply satisfying appreciation and respect for life itself.



Aquarius

(20 JAN - 18 FEB)

Sometimes intensity and passion aren't as important as how easy you feel in someone's company, Aquarius. Seek out those people who allow you to be yourself and you'll soon discover the magical satisfaction of revealing yourself in all your glory.

Virgo

(23 AUG TO 22 SEPT)

Smouldering embers from an old flame make your romantic life fascinating, complex and a little risky, Virgo. Enjoy the heat but be careful not to burn everything down – you can't give up what you've got for a dish of reheated passion.



Pisces

(19 FEB - 20 MAR)

...And breathe. It's been a bit of a wild ride, Pisces, and now you deserve a rest. Don't be afraid to relax: things will be getting crazy again soon, and you'll need your batteries to be fully charged to enjoy it to the full.



Instagram

of the month



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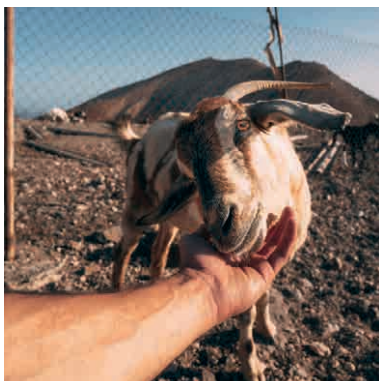
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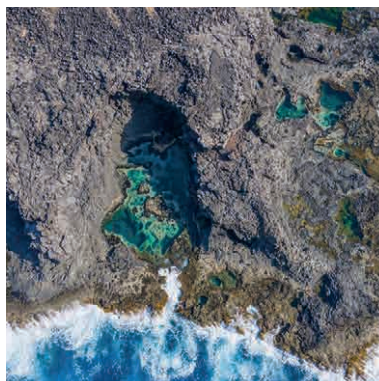
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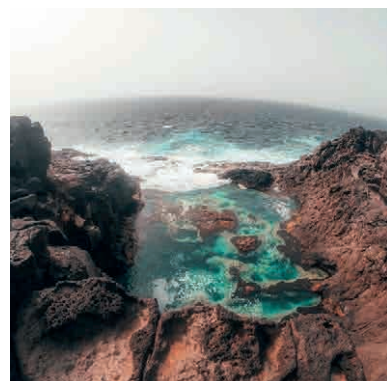
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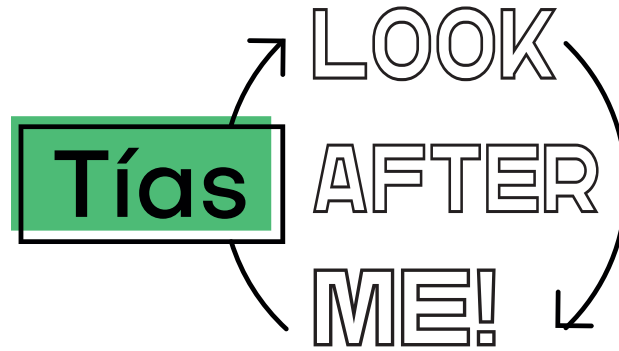
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