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Ed's Letter

There's been a lot of talk about returning to normality over the last year and a half, and finally it looks as if Lanzarote is getting its groove back. Flights are increasing, the resorts are buzzing and there's much more optimism on the island.

Normal service will also be resuming at our little office in Tias this month as a couple of our valued colleagues return to us full time. Like most companies on the island, we've faced tough times recently but now we're looking forward to building up full steam again and getting back into the brisk, lively rhythm of a prosperous island.

That prosperity is vital, because you wouldn't be reading this now without our advertisers, many of whom have stuck with us through the very worst times, and who we've built up firm, lasting relationships with, as professionals and often as friends. We thank them, but we don't just wish them every success – we'll do our best to try and ensure it.

You, our readers, are also vital. This magazine is here for you, and if you have events, announcements or news that you want to share, please get in touch with us. It could be a wedding, a charity event, or just a fantastic photo, but we'll do our very best to get it out there.

For over a year we had to abandon our What's On pages, because Covid wiped out almost all events on the island. Sport, music, art and markets are now returning stronger than ever, though, and we're very much looking forward to an eventful Christmas and New Year.

Deep down, though, we all know that Lanzarote will never be normal. That's because it's an extraordinary island that will always bring surprises and joy. We love being a part of that crazy, beautiful experience, and we know that you do, too.

Have a marvellous November.

Regulars

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Covid Concern

Spain approaches normality with caution.

Fleur Willson

We talk to the UK's Regional Consular Director for Southern Europe.

What the Devil?

The truth behind a Lanzarote legend.

Military Leave

Another Brexit expense for property buyers.

LANZAROTE







in their own words.

César's Palace

Manrique's stunning Taro at Tahiche.

COVID CAUTION



TOWARDS THE "NEW NORMALITY" THAT WILL MEAN A NEW PHASE IN THE BATTLE AGAINST THE CORONAVIRUS. HOWEVER, WORRIES REMAIN ABOUT THE NUMBER OF IMPORTED CASES.

Infection rates in Spain and the Canaries are now at low risk levels, and steadily approaching the minimal risk status that is likely to herald a further relaxation in Covid restrictions. However, signs of a slowdown and possible upturn in cases are now causing concern.

On the Canaries, all of the main Covid indicators on the Canaries are healthy apart from traceability, which measures the percentage of new cases that have been successfully tracked to a recorded outbreak.

This is something that Canarian tracing teams have excelled at throughout the pandemic, but now the figures have risen to medium risk levels. Tracing teams do not have the resources to work abroad, and the low traceability percentage is likely to be linked to new cases being detected among tourists or migrants.

This theory is backed up by the fact that, at the time of writing,

amount of Covid cases that have been imported from

In Spain as a whole, Romania is the nationality that has imported most cases, but Romanian presence on the Canaries is nowhere near as high as it is on the mainland, and the imported cases here are most likely to stem from

(migrants from Morocco), but these are usually isolated immediately and have not caused serious concern. The positive cases among British tourists are usually detected by compulsory pre-flight tests, and there are no reports so far that tourists of any nationality have caused outbreaks.

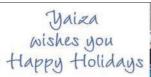
"Spain approaches winter with a mix of hope and uncertainty."

The UK, however, currently has ten times more new cases and deaths than Spain and there is increasing talk of another lockdown to relieve the NHS. The British government has so far refused to consider such a measure, but it has performed U-turns on health matters before. The detection of a new, more transmissible, descendant of the Delta variant of the virus in the UK is also causing concern.

Fears that vaccine protection may weaken over time have been fuelled by the rise in UK cases, and both Spain and the UK are now engaged in massive campaigns to administer booster jabs to the most vulnerable.









LOCAL NEWS

GOOD PROSPECTS

Lanzarote will end the year with an average tourist occupation of over 60%, according to forecasts by the Canarian institute of Statistics.



October is already set to have a figure of around 65%, and November and December will see occupation of tourist beds of 55%, at the very least - with future bookings yet to be taken into account.

The figure of 60% is a vast improvement on last year's numbers, when occupancy on the island was under 20%, owing to travel restrictions and uncertainty about the coronavirus at a time before vaccinens had been launched.

The island will also be the port of call for over 100 cruise ships before the end of the year, with cruise tourism seeing an increase of 18.4% compared to 2018-19 the last season that was unaffected by the pandemic.

SULPHUR WARNING

A resident in Playa Honda who laid sulphur outside their home in order to deter dogs from peeing there has been identified by local police.

Although laying potentially toxic substances such as sulphur in the street is illegal, the police do not anticipate bringing charges in this case.

The Guardia Civil has stated "Sulphur does not deter dogs from urinating, and can be very toxic for animals and children." Other locals believe that placing full bottles of water in the street deters dogs, which are put off by the reflections. Whether it works or not is debatable, but it's safer than sulphur.

ARRECIFE PARADES CONFIRMED

Arrecife Ayuntamiento has confirmed that its Three Kings Parade on the 5th January will take place as normal, Covid permitting.

Arrecife also announced that next year's carnival is scheduled to go ahead, meaning that the parade in Arrecife, the biggest on the island, will take place on Monday 28th February. The theme for the carnival will be

the world of films.

Other Ayuntamientos have not yet announced their carnival plans, but Arrecife's decision is likely to be influential and, if the pattern follows previous years, we can expect the big parade along Puerto del Carmen's seafront on Saturday 5th March, with other towns' parades over the following weekends.



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By appointment only Tuesday & Thursday 9am - 1pm Playa Blanca Office Call: 928 815 262 Calle La Peña nº10, (above Foto Event) 35580, Playa Blanca - Yaiza - Lanzarote

Puerto del Carmen Office Call: 928 815 262 Calle San Carlos 1, Nº. 26 Local 2 - Pto. del Carmen (Opp. Lidl beside Hiperdino Express and Tias Land Registry Office)

BOOSTER CAMPAIGN



Spain's Public Health Commission last month agreed to proceed with third anti-Covid jabs for all citizens over the age of 70. The campaign commenced on the 25th October and vaccinations are likely be combined with this year's flu jab.

Anti-Covid booster vaccinations will be offered to 6.8 million Spanish residents over 70, as long as they have passed more than six months since receiving the second jab. The government plans to extend the campaign to the 65-69 year-old age group shortly afterwards. Most will receive the Pfizer vaccine, although some will be given the Janssen or Moderna jabs.

SCOOTER RULES

Tías Avuntamiento will "shortly" introduce new rules that will regulate the use of electric scooters in the municipality, and especially Puerto del Carmen.

The rules will permit scooters to use urban roads with one or two lanes where the speed limit is 30 kph; however, they will only be permitted to reach a maximum speed of 25 kph on these roads. The scooters will also be encouraged to use cycle paths where available, with a maximum speed of 10 kph. Pedestrians and cyclists will have right of way at all times on these paths. Scooters will be banned from pavements and can only be used by those over the age of 16.



MIGRANT CAMP CONTROVERSY

The Spanish Interior Ministry has set up a camp of several tents to accommodate the recent influx of migrants from Moroccan and Saharan shores, attracting fierce criticism from several political parties.

The camp is located behind the Police Station in Arrecife and will be used for the preliminary identification and processing of migrants. However, several parties have claimed that the camp does not meet the basic conditions for human dignity and Arrecife's Mayor, Astrid Pérez, has also pointed out that area is frequently flooded by winter rains.

Pérez, and all other parties apart from the Socialists, have demanded that the army barracks near the general hospital be used to hold migrants, but the government has refused on the ground that these installations hold firearms and explosives.

Amnesty International has recently held urgent meetings with the Cabildo, voicing serious concerns about the way younger migrants are treated.



ISLAND INFO

FLU JABS

The Canarian Government launched its winter flu jab campaign on October 28th. If you're over 60, pregnant, chronically ill, or a health worker or caregiver of vulnerable people, you're in the target group and can book an appointment on 112 or 928 301012.

If you're over 70 you'll also be offered a Covid

booster jab at the same time, which will be administered in the other arm.

In the last flu season before Covid, 250 cases were hospitalised and 36 died on the Canaries. Covid restrictions and a strong take-up for flu vaccines meant that no cases were confirmed on the Canaries last winter.



PROSTATE STEAM TREATMENT AT **HOSPITEN**

Hospiten Lanzarote, now offers steam therapy to treat benign prostate hyperplasia (BPH).

Dr. Ricardo Bernardez, urologist at Hospiten, states that this is a new technique with great advantages for the patient, allowing treatment to be carried out on an outpatient basis and maintaining the patient's sexual function.

BPH affects half of the male population from the age of 50 on, increasing to almost 100% from the age of 80 on. This is not a prostate cancer, but it significantly affects quality of life due to the increase in the frequency and urgency of the need to urinate. So, if left untreated, benign prostate hyperplasia may lead to urinary tract infections, bladder or kidney damage or incontinence.

The new technique consists of administering small amounts of water vapur to the enlarged prostate. This occurs under sedation, in one visit after which the patient can go home. The steam destroys the cells causing the blockage, reducing the overall size of the prostate, relieving the symptoms and eliminating with the problem.

Contact Hospiten Lanzarote for more details.

ANGLICAN CHURCH SERVICES

Everybody is welcome to the Anglican Church in Lanzarote's services, which take place in Puerto del Carmen, every Sunday at 12.30 pm and in Playa Blanca, every second Sunday at 5.00 pm

This month will also see a special Remembrance service in Playa Blanca at 5pm on 14th November.

Special Christmas Services:

PLAYA BLANCA – all at 5.00 PM

- December 12 (Advent 3, Carol Service)
- December 24 (Christmas Eve)

PUERTO DEL CARMEN

- December 25 Family Eucharist at 11 am
- December 26 Service at 12.30pm

More info at www.lanzarotechurch.com

PLAYING FOR LA PALMA

The Lanza Rocks La Palma event on the 9th October at Marco's Bar in Los Pocillos. Puerto del Carmen, raised over €2,000 for emergency relief on the volcano-stricken neighbouring island of La Palma.

Dan Trayers, Andy King, Mick Bennett, David Timmons, Camy Myles, The Jam Brothers, Adrian Bambrough, James Lynch, Collie & Deanne, Mick Garry, Max Santalucia, Lou Hindes, Sergio de Jesús and Joey Bracken all played their hearts out for an urgent cause. Well done to all involved!

CHRISTMAS FAYRE

Make a note in your diary for the Granny's Attic Christmas Fayre in Playa Blanca on Saturday 11th December.

There'll be food and craft stalls, raffle, activities, face painting, lucky dip and much more, including Santa Claus, with proceeds going to families in need here on Lanzarote and on La Palma.

It'll take place at the bar A Tomar Por Copas on the Virginia Oasis complex in Playa Blanca from 11 am. Come prepared to shop!

70.3 WINNERS

Congratulations to Daniel Bækkegård and Anne Haug; winners of the Club La Santa IRONMAN 70.3 Lanzarote.

Daniel finished the 9th 70.3 half-triathlon in 04:03:30 and Anne came in at 4:30:31 after a fierce battle with Brit Nikki Bartlett, who was the runner-up in the women's event. Afterwards, Anne Haug said "It's been the toughest race of my life."





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CAT & DOG OF THE MONTH

Suki is a wonderful young 11-month-old podenco/bardino cross. He is a strong, but affectionate, boy and would suit an active person, couple or family. He loves his walks and would make a wonderful companion for the right person.



Find out more about him at http://saraprotectora. org or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 13.00 Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.

Polvorón is the sweetest cat. He likes nothing better than a cuddle and a warm

lap. Rescued by SARA after being abandoned on waste ground, it is a wonder that this five-year-old male siamese mix has such a good temperament.

Arrange to meet him at http://saraprotectora. org. There are also limited places for people to help with socialising cats. Email info@saralanzarote.eu.

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

HOUSE RAFFLE

Prize Homes Ireland are offering you the chance to win a fantastic luxury one-bedroom apartment in Costa Teguise for just £12.50. If you buy a ticket you'll be entered into a draw for the property, which will be signed over to you with all fees and taxes taken care of.

Second and third prizes of two-week holidays in Costa Teguise and Puerto del Carmen worth $\[\in \] 2,500$ each are also on offer, with a fourth prize of $\[\in \] 1,000$ in cash.

See page 27 to find out more!



RAINBOW ISLE

Montaña Roja in Playa Blanca became Montaña Rainbow last month. Thanks to Ian Mosley for this photo, taken on one morning last month that showered glorious rainbows all over the island.

What paperwork problems?

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A CALM HEAD IN A CRISIS

Fleur Willson, the recentlyappointed Consular Regional Director for Europe South made her first visit to the Canaries last month. We took afternoon tea with Fleur and the consular team last month.



"We're trained to over-respond, then pare back."

Welcome to Lanzarote, Fleur. What do you think?

I'm really impressed. My aunt's a regular visitor here and has told me about it, but it's more beautiful than I expected.

You cover a huge territory of 20 countries ranging from here to Turkey. What are your main priorities?

A lot of people don't know what a diplomat does, but I'd simply say that when a crisis occurs, we're there for them. That's when we deal with people during what may be the toughest times of their lives. I've been deeply involved in crisis work during my career, working as Deputy Ambassador in Libya and earlier this year during the evacuation of Afghanistan.

What sort of crises might affect the Canaries?

Well, we've seen a volcanic eruption, although few British citizens have been affected. There were also the repatriation flights at the start of the lockdown, during which I worked arranging charters in London. The pandemic has been the longest, most complex we've ever dealt with.

We're trained to make sure everything is ready, to overrespond and then pare back.

Where are you based?

In Madrid, mainly because Spain is the busiest area due to the amount of British residents.

How do you work with the regional consular teams?

We're constantly in touch, sharing information. We'll carry on working with a variety of charities, and, following Brexit, we also need to dispel the sort of myths and rumours that circulate on social media. Reliable information is available on the Living In Spain page at gov.uk, and the Living In Spain Facebook page.

Thanks, Fleur, and all the best.

LA PALMA'S LONG ORDEAL

More than one month after the first fissure opened, belching out molten lava, ash and smoke, the volcano on La Palma has continued to erupt, with some of the strongest earthquakes being experienced recently.

As experts predict that there will be no end to the eruptions in the short or mediumterm, La Palma started to recuperate some normality as local schools opened again on the 18th October after a month of closure.

However, this day-to-day existence is accompanied by the constant fear that lava flows may change direction or new fissures may open. The effects of the constant roar of the volcano, black ash falling from the skies and several earth tremors are also taking their toll.

THE ERUPTION IN NUMBERS

- 886 hectares (2,189 acres)

The lava and ash has now covered an area larger than Gibraltar, or 1% of La Palma's entire area. 36 of those hectares, or an area of 50 football pitches, is new land, formed by lava tumbling into the sea and forming a headland.

- 2,122 buildings destroyed.

Although farm buildings and warehouses have been destroyed, most affected buildings have been residential.

- 7,000 people evacuated

8% of the population of La Palma have had to move out of their homes, either temporarily or permanently

- 600 animals rescued

The animals include cats and dogs, livestock such as goats, pigs and poultry, exotic birds and even a beehive.

- 4.8 magnitude

The strongest earthquake detected on La Palma. This was felt all over the island as well as in Tenerife, although a tremor of this magnitude generally causes little damage.

- 45 million Euros

This is the estimated cost of the damage

WHATS IN A NAME?

The La Palma volcano has no name yet. The Canarian Volcano Institute has suggested Tajogaite, a Guanche name meaning "cracked mountain", while others have supported Echedey – the name of a legendary La Palma warrior, or Tacande, which means "burnt mountain".

All agree, however, that the choice should be left to the La Palma islanders.

caused by the eruption to La Palma's economy.

It accounts for a third of the islands gross domestic product.

- 75 million cubic metres

This is the amount of lava that the Spanish Geological institute estimates the volcano had produced after a month. This makes the eruption the third largest in Canarian recorded history, after the Timanfaya eruptions of 1700-1736, and the 2011 underwater eruption near El Hierro.

- 0 deaths or injuries

The prompt response by Canarian emergency services, and the nature of the eruption, has ensured no human casualties.

AA INTERVIEWS

"ONE DAY AT A TIME"

The stress of the pandemic; Christmas; a permanent holiday atmosphere and cheap alcohol everywhere – there have always been plenty of excuses to drink on the Canaries. But if you're an alcoholic, that means you'll need plenty of help and support.

Alcoholics Anonymous has been providing that support for decades, and its services are currently more in-demand than ever. We decided to let six members of the group on four islands tell us about their experiences in their own words. All names have been changed.



FOR UP-TO-DATE INFORMATION ABOUT AA ACTIVITIES ON THE CANARIES, GO TO: WWW.AACANARYISLANDS.COM OR CALL (0034) 653 840 440 (LANZAROTE).



AILEEN, FUERTEVENTURA

I didn't start drinking until my mid-30s. I was a well-educated professional woman who rapidly turned from a social drinker into a lush. I lost my job, I lost my sense of self and I almost lost my husband.

Alcoholism makes your life smaller and smaller, and the 12 promises of AA have been very important to me, making me realise I could have a life beyond what I could have expected.

I sit in the sun and, although I haven't won the pools, I feel wealthy. It can be hard work here - everywhere you go there's a top shelf, and they'll bring you

"Alcohol makes your life smaller and smaller"

> a liqueur you never asked

for at the end of a meal. But I know now that one drink could lead me anywhere. I can't ever be a part-time drinker.

I owe my life to the programme, and I have been gladly and willingly giving back for years, guiding and sponsoring new members. It's not always been easy to set up or attend meetings here, but video meetings have helped, and I've never stopped trying. We've also had a lot of fun.

Could you pay wealth tax on your pension?

Wealthier residents in Spain are subject to an annual wealth tax on their worldwide assets. Although pension plans are generally listed as exempt, a 2019 binding ruling by the Spanish Directorate-General for Tax concluded that non-EU pension plans do not qualify for the wealth tax exemption.

Following Brexit, this could now impact British expatriates if your pension funds push you above the wealth tax threshold. You could try defending your pension with the tax authority or consider transferring into an EU pension plan or QROPS. Contact your local Blevins Franks adviser for personalised, regulated advice, to make sure you do what is right for you.

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WILLIAM F, **LANZAROTE**

I drank from the ages of 14 to 42. The first time I tasted it I knew it was for me. I arrived on Lanzarote to work as a singer, and my drinking went to another level. Lanzarote is a beast – the booze is so cheap, so available.

I married in 2008, and a few days later I got drunk and ended up with a black eye that I couldn't explain. I argued with my wife and she said "I think I've made a terrible mistake". I went to sleep for two hours and something just changed in that time. When I woke up I knew I had to do something, and I've been sober from 10th December 2008.

You can't go in for someone else's sake, though. You have to do it for yourself or it won't work.

The disease doesn't go away. Someone at a meeting said "It's still out there doing pressups", getting stronger for when you fail. You need to touch base with like-minded people - even my wife doesn't fully understand me, because only other alcoholics can.

I have the most joyous, free, wonderful life now. It's an ordinary life, but I always wanted peace of mind, and now I've got it. I'm not religious, but I see AA's "higher power" as a spiritual thing. Religion is for those who want to go to heaven, but spirituality is for those who've been to hell.

REBECCA, **LANZAROTE**

"A good, simple, honest life"

I lost everything - my job, my family, my dignity, and I ended up sleeping rough. People think that sleeping on the beach in Lanzarote sounds

nice, but it's not. At 4 am when you're all alone, it's terrifying.

I came to Lanzarote with a bit of money, and the first year here was like a long holiday, but it got worse and worse, with me drinking in the morning and at every opportunity. I'd

"Lanzarote is a beast"

> worry about the next drink before I'd finished the one I had, and every time I got money, I'd put some aside for drinking. I knew I was an alcoholic, but I didn't want to go to AA because it would mean I'd have to stop drinking. And I didn't want to.

My partner died in 2017 and Social Services arrived. My children were re-homed with family members. I denied I was alcoholic at first, then said "Please help me." They referred me to AA, and from the first meeting it just clicked with me. I hadn't a clue what was going on in my life, but they just surrounded me with love.

My journey has been tough and my life's still a work in progress. I was working, renting a room and saving in 2019, but I lost everything again in the pandemic. I need work and I don't have my children back, but I see the youngest often and I'm so glad she doesn't remember me as a drunk.

It's not easy - you need to build up trust with your sponsor. You're offloading a lot of stuff. But I'd pushed everyone out of my life. Now I know I'll never be alone.

I wanted it all – the home, the loving husband, the 2.4 children. Now I'm living a good, simple, honest life, and I realise that that's what I wanted all along.

I'd just like to put the message out to anyone who needs it: Help is out there. If you suspect you're an alcoholic get in touch, come to a meeting. It saved my life.

MONIKA, **TENERIFE**

I moved between Germany and Tenerife several times, always thinking I could escape from my problems, but I was the motor of it all. The last two years were horrendous - I was out of control and in other circumstances I could have ended up on the streets.

friend finally told to call" me "If you carry on like this, I'll leave," and that was very important to me. I wasn't convinced that AA would work, but I was in complete despair.

I went to the first meeting with no expectations. I was damaged, and my brain wasn't working. The others were British (there are no German groups) and I had trouble understanding their accents. But I got energy from them, smiles and friendliness. And above all, they knew. I didn't have to explain.

I've been sober since 2018, and I believe I



owe my life to AA. I have the best life now and would describe myself as the happiest woman in the world. We all have bad days, of course, but now I know how to handle it. I know who to call.

identity. I moved all over, thinking I'd leave my problems behind, but it was in me. Every move I made; the addiction had a tighter grip.

AUSTIN, GRAN CANARIA

I drank alcoholically from the age of 15 or 16. That means that, every time I started drinking, I had no idea what was going to happen.

I suspected I was an alcoholic in my mid-20s, but I didn't know the tsunami of trouble that was coming.

> I'm a professional and, although I wouldn't say I was a highfunctioning alcoholic, I was functioning. I never lost a job, even though I'd drink at least 8 pints or more a night, every night. I couldn't imagine life without alcohol - it was my

"I never knew the tsunami of trouble that was coming"

My life was becoming unmanageable and was becoming unemployable. At the age of 40 I reached what we at AA call "the last house on street", and realised I had to do something.

Nobody wants to go to AA - I thought it would be a bunch of bums, but I discovered a fantastic fellowship. I've moved to a part of the Canaries where there are no live meetings, so I do them by Zoom, around four a week.

My mental, physical and financial health have improved, and I finally realised my eyes weren't naturally bloodshot. My life is incomparable to what it was before.

35 YEARS OF SUPPORT

Alcoholics Anonymous has been present on Lanzarote since 7th July 1986. Currently, AA meetings take place on all four of the main Canary Islands (Tenerife, Gran Canaria, Lanzarote and Fuerteventura).

Before last year's pandemic put an end to social gatherings, Lanzarote meetings took place in various locations, such as Puerto del Carmen, Matagorda, Tías and Costa Teguise. The group hopes to return to all those places as live venues for meetings re-open.

All current live meetings are listed at www.aacanaryislands.com, and more will be added as venues return to normal.



FRANCIS. **LANZAROTE**

I've been a public information officer for AA on Lanzarote for several years, and this island has been very important on the the Canaries, for Englishlanguage meetings, at least. We've held 12 conventions on the island, which were attended by up to 600 visitors, and there was a point when we could even perhaps be described as a tourist attraction. Many holidaymakers in AA want to know there'll be meetings at their destination, and many chose Lanzarote for that reason.

Covid changed all that, but not necessarily in a bad way. We were up and running immediately, organising Zoom meetings, and it really has brought the islands together. The lockdown saw a rise in members, and we've seen people who have been sober for a year just with Zoom meetings.

Christmas is coming, and we always see a rise at that time. There are a lot of sober birthdays in January, but also in December because, for an alcoholic, Christmas always starts early.







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Yaiza Mayor Óscar Noda updates us on developments in the south of the island.

SEÑOR ALCALDE, WHAT'S HAPPENING WITH THE PORT EXTENSION?

Works should be finished in November. There's still a bit of work to do at the old harbour, but the new one should be up and running, and we'd hope to be attracting medium-sized cruisers to Playa Blanca by the end of the year, which should boost the economy.

THERE DISAGREEMENT ARRECIFE ON THIS SUBJECT?

Yes, but we hope to complement Arrecife's offer, rather than replace it. The final decision is up to the Canarian Port Authority, which requires the approval of the Cabildo, but we're confident it will be granted.

WHAT PROJECTS DOES THE AYUNTAMIENTO **HAVE IN STORE?**

We'll be resurfacing various roads as a matter of urgency. They include the road to Puerto Calero from the Yaiza Secondary School; various streets in Yaiza which will also be provided with facilities for lighting and drainage, and several streets in Playa Blanca, mainly in the area of San Marcial and Las Coloradas.

We're continuing to work on the Sports Centre in Playa Blanca and will be renovating the five-a-side football pitch there, as well as building municipal swimming pools, which should be ready in the first quarter of next year. We're renewing a tennis court at San Marcial de Rubicón and we're also investing in a climbing wall in







the Parque Mediterráneo in Playa Blanca.

We're installing structures that will provide shade at the picnic area at La Degollada, and there's also a continuing project to establish the Casa de los Camellos in Uga as a museum to celebrate the camels of this town. This is part of the Canarian Government's infrastructures project.

YOU'VE CALLED FOR THE REMOVAL OF THE FISH FARMS AT PUERTO CALERO: IS IT LIKELY TO HAPPEN?

We've made two requests, given that the original 20-year concession and a five-year extension have now expired. We want the nets removed, and a commitment to clean up the seabed in the area, which has been polluted by waste such as fish excrement and excess food.

"WE HOPE TO RECEIVE CRUISERS BY THE END OF THE YEAR."

It's in the courts at the moment, but we want to return Playa Quemada to how it was, a place where tourists could bathe and where local fisherman could make a living.

WHAT ABOUT THE PLAN TO "TOURISTIFY" LOS CHARCONES, RECENTLY PROPOSED BY THE CANARIAN GOVERNMENT?

That came as news to us, too. Personally, I don't agree with it – the area is, frankly, dangerous. But more and more people are going there, mainly because of social media. We've seen 25-30 cars in the area when previously there were hardly any, and it may be time to address the subject soon, for the sake of people's safety.



CÉSAR'S PALACE

César Manrique's genius can be seen all over Lanzarote, but you won't get a full idea of the immense vision and enchanting character of the man himself until you visit the Taro de Tahiche, the astonishing home he built in the bubbles and tunnels of a volcanic lava flow.

In 1963, César Manrique's beloved partner, Pepi Gómez, died of cancer, and the artist was devastated. Friends advised a change of scene, and he flew to New York, where he spent two years enjoying the city's exciting cultural and social scene.

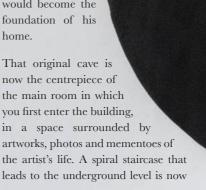
Manrique was 47 when he returned to Lanzarote in 1966. Two years later, he'd built the home that he would live in for the next 20 years - a creation

so astonishing, so unique, that it attracted the attention of the world.

It started when he discovered a cave in the huge lava flow that spills down from Timanfaya, passing Tahiche to touch the sea near Arrecife. He climbed down to rest under one of the fig trees that farmers often planted in these hollows and was amazed to discover a series of volcanic bubbles and a tunnel. This, he decided,

would become the foundation of his home.

That original cave is now the centrepiece of the main room in which you first enter the building, in a space surrounded by artworks, photos and mementoes of





The Red Bubble.

A dining table in an outdoor cave.

out of use, but visitors can instead enjoy the spectacular view of the pool and garden below as they descend outdoors.

The first stop is the White Bubble, which celebrates Manrique's love of parties with several photos of the artist relaxing, laughing and holding court in his amazing headquarters. It's clear that the man had a huge appetite for life, and several articles from magazines of the time make the most of the space-age setting and the relaxed atmosphere where nudity and hedonism seemed to be everywhere.

The homosexuality that he had embraced in New York only added to his scandalous image in Franco's Spain. However, Manrique was a health fanatic, a non-smoker and non-drinker who never stopped working, and despite his many friends, his most constant companions were his dogs.

A small tunnel leads to the Red Bubble - the cave that first inspired Manrique, where the original fig tree, now long dead, still stands. The swimming pool area is where Manrique first developed the artistic ideas that he realised on a much larger scale at the Jameos del Agua. The delicious turquoise pool is highlighted with brilliant white, surrounded by black lava walls and tumbling greenery. There's even a small dancefloor.

Passing through the Black and Yellow Bubbles, you eventually go back upstairs reaching the room where Manrique built a window over a tongue of lava, which enters the room beneath a beautiful view of the volcanic landscape beyond, where solitary palms nod in the breeze.

In this room you can see films about the life of the man, and they're worth watching. In some films, he's the perfect, playful host of a TV panel show. In others, a passionately serious campaigner against the destruction of Lanzarote by speculators. Manrique believed that "without ethics there are no aesthetics", and he lived by that motto.

There is so much more to see here, that a visit of a few hours is recommended. In 1988, Manrique moved to a rambling, traditional home in Haría, converting his Taro into a tourist attraction and the HQ of the César



Manrique Foundation, which continues to fight for his beliefs and vision. It is perhaps Manrique's most important legacy on the island he transformed.



MANRIQUE THE SOUL FAN

The Foundation at Tahiche contains several surprises, not least the revelation that Manrique was a big fan of soul music.

A selection of original albums by James Brown, Sam & Dave and Edwin Starr that he brought back from New York are on display, and an

entry in his diary for the June 20th, 1966 says "In the afternoon we went to get tickets for Sam & Dave at the Apollo (Harlem's legendary Apollo Theater). The show, as always, was amazing. After hearing black jazz bands and singers you can't listen to anything else. The power and rhythm penetrates to the very deepest parts."



The spectacular pool area.

HDEVIL OF TIMANFAYA: LEGEND OR LIE?



César Manrique's devil sculptures greet hundreds of thousands of visitors to Timanfaya each year, but is there a tragic story behind the prancing demon with the pitchfork?

Many islanders have heard the "Legend of the Devil of Timanfaya", and many visitors have been entertained by tour guides telling the story, which goes a little like this:

"On the night of the 1st September, 1730, a wedding was held in Yaiza, where guests gathered to celebrate the union of the son of a rich family and the daughter of a local farmer of curative plants.

In the middle of the celebrations, a huge explosion was heard and stones and boulders began to rain down. The terrified guests ran to find refuge, but misfortune fell upon the bride and groom.

A huge boulder fell from the sky, crushing the bride. The desperate groom found a five-pronged fork to move the boulder off her body, but when he did so he discovered she was dead.

Desolate, he ran off into the valley holding the body and the fork, looking for shelter that he could not find.

The last thing the locals saw of him was figure standing on a hilltop, in front of a full moon and surrounded by ash and smoke holding the fork above his head before disappearing. "Poor devil;" they whispered."

"LEGENDS ARE **NOTHING MORE THAN** STORIES."

The story has its charm, unfortunately it is likely to have been invented within the last 40 years. Firstly, there are no records of anyone

being killed by the Timanfaya eruptions, whose most famous witness, Andrés Curbelo, was the parish priest of Yaiza and might have been expected to know about a tragic death at a wedding.

More to the point, the devil with the fivepronged fork is an invention of César Manrique, who never mentioned any such legend. The sculptures that guard the national park are based on a sketch made by the artist in 1968, in which the devil holds a fork above its head, but Manrique's devil is more likely to be a humorous reference to the hellish landscape and heat of Timanfaya than a reference to a legend.

A version of the legend that has been widely circulated on Youtube was made by a company selling aloe vera products, and claims that curative plants grew in the volcanic ash after the eruptions. These plants were named after the groom, Aloe, and the bride, Vera.

Again, this is fake news. The Aloe vera plant was named by a Dutch

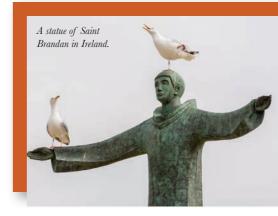
botanist in 1768, and is latin for "true aloe". Aloe is not a Canarian boy's name, and the name Vera has never been popular in Spain or the Canaries.

"The Devil of Timanfaya" seems more likely to be a fairly recent children's story or tale, and has in fact been the subject of children's books in the Canaries.

Legends are stories, of course, and many of the other legends of the Canaries, such as the suicide of the doomed Guanche lovers Gara and Jonay on La Gomera, have also been shown to be far more recent than they would seem.

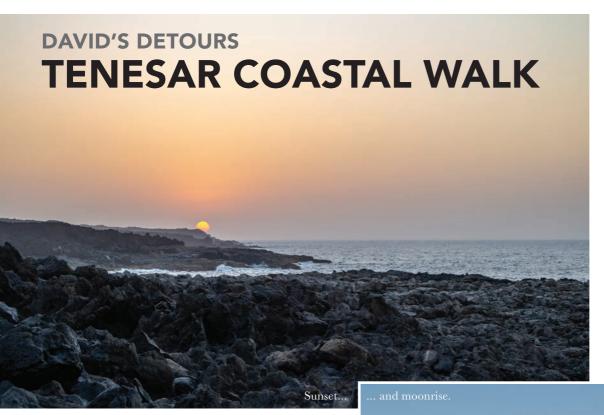
But other legends, such as the story of San Borondón, a mystery island that appears to sailors from behind banks of fog and then disappears again, are much more ancient. The enchanted island is based on the writings of 6th century Irish monk Saint Brendan, and has been present on the Canaries for over 500 years.

Another Lanzarote legend, the tale of Princess Ico being closed up in a smoky cave in order to prove her nobility, was originally mentioned by the French writer Abreu de Galindo in the 17th century and has been retold many times by folklorists such as Juan Brito.



Most of these legends have their roots in some event or ancient tale that has been handed down over generations, but the "Devil of Timanfaya", while based on the eruptions of 1730, seems to have been invented far more recently.





WALK INFO

Distance: Linear walk – about 7km return.

Time: About 1 hour 30

Terrain: Easy, nonchallenging.

Public transport: Nope.

Tour guide David Penney leads an expedition to the strange and beautiful village of Tenesar, where houses perch white between volcanic lava and the restless ocean.

The road leading to the village is called Carretera Tenesar, which is accessed from the main road running through Tinajo, turning off the ferretería (DIY/ironmongers).

Many locals know this place as the abandoned village, the illegal village, or the hidden village.

The reason for this is that, up until recently, there was an order to demolish the entire village as it didn't comply with the coastal by laws. This order has now been revoked and there are no plans to demolish the existing buildings.

Tenesar is also known as the hidden village because you follow a flow of Aa lava (the sharp, rough stuff) from the Timanfaya area down to the ocean, and this road appears to lead to nowhere.

The properties at Tenesar cannot be registered as a primary dwelling and so they are used as weekend houses and become busy at holiday times like Semana Santa. But for the rest of the time, it really does appear to be abandoned. The houses have

no electricity, mains water, or sewage pipes. Instead, the owners rely on solar panels, wind turbines or generators, and water is delivered by water tankers.

We parked our cars down by the base of the cliffs where the paragliders land on a secondary track at the northern end of the village by turning right at the communal bins area. We then started the walk, keeping the ocean on our right heading towards the village, which is an old fisherman's village. Here, I spent some time explaining the challenges faced by the property owners with the need for constant maintenance due to the salt winds etc.

The village has a petanca court, (Canarian bowls) and a delightful shelter used as their Sociedad, or social gathering area, where the locals can regularly be seen playing dominoes and cards.

A few years ago this building was partially destroyed by heavy rains which washed away some of the foundations. A few of the locals took great pride in repairing it and invited me over to see the volcanic rocks and windows which they had painted on to give it a new look of character.

We continue walking through the village until we came to the cliff face of lava in front of us. At this point, we leave the village behind us and scramble over the boulders. It was safe to do this as it was low tide and we were well away from the water.



After a few minutes of scrambling over the rocks, we reach four small linked properties which sit on their own. We simply walk up their access path and join the main track at a higher level.

This is also a vehicle track which leads to the far end of the remaining properties.

This area is often frequented by local lads who jump off the top of the lava flow into a rock pool area down into the water. This can only be achieved at high tide as the water level drops considerably.

Often you'll see small groups of local



fishermen casting out into the ocean in the hope of catching enough for their evening meal, which they grill on the BBQ. I regularly get offered lapas from the locals, or a bag of rock salt which they have gathered from the wee pools of sea water evaporating in the sun.

We arrived at this area at low tide, but I mainly come here at high tide as the winter swell can produce spectacular waves of well over 10 metres high.

We walked along the black volcanic sand beach to a series of rocks where we hoped to get some

sunset shots and maybe some good silhouette images. Although it was a wee bit hazy, we watched the sun setting over the Atlantic ocean and then agreed to head back to the cars as it was getting dark fairly quickly. I led everyone back along the vehicle track, as it was certainly easier and quicker.

One of the things which I have memories of from visiting Tenesar is the Fiesta de Erizo de Mar (Sea Urchin Festival), which takes place after the famous Dolores Festival in Mancha Blanca. At this event, locals bathe in the ocean and eat the locally - caught sea urchins.



Photos supplied courtesy of ADRIYANA HODGE



LANZAROTE VET JANE BURKE EXPLAINS WHY A RELIABLE DIAGNOSIS CAN SOMETIMES BE AN EXPENSIVE AFFAIR. AND OFFERS SOME USEFUL ADVICE ON SECOND OPINIONS AND GETTING CLEAR INFORMATION FROM YOUR VET.

There are many conditions that vets see week after week. Experience enables them to be confident of their diagnosis and advice on treatment. So, whilst 70% of the cases I see can be treated successfully with a well-tested protocol, there are cases that do not respond, or which have complicated symptoms that do not fit a straightforward diagnosis.

In these cases I will request further tests and maybe suggest a visiting veterinary specialist. Without a clear diagnosis, no veterinary surgeon can be sure of the best treatment.

Laboratory findings (blood, urine, faeces, biopsies, X-rays, ultrasounds etc) all take time and expense. Fortunately, most of our larger veterinary practices have serious inhouse lab equipment to run blood cell counts, biochemical assays etc; saving the expense and delay of using external island laboratories.

But you need to understand that this type of equipment is expensive.

As a simple example, whilst each blood cell count may cost the practice only 15€ in lab supplies, the owner must also pay for 15 minutes of lab preparation and cleaning by trained staff, as well as 15 minutes of veterinary attention. Every test must also contribute to the cost of the machine. These magic boxes cost thousands, and their purchase and maintenance has to be funded with the practice income. But they provide important, reliable results in hours.

I should also make it very clear that lab findings are similar to photographs. They can only ever be part of a full clinical picture. What this means is that nobody is repeating tests on your pet for financial gain - many problems can only be accurately diagnosed and evaluated by further tests.

I am extremely grateful for the help and cooperation of other local vets, Petsalud in particular, and I would like to take this opportunity to say a particular "Thank you" to Marga, who founded the practice, and wish her every happiness in retirement (with secret hopes she will be back soon).

MAKE SURE YOU'RE SURE

In my practice in the UK, we once ran three weeks of confidential client questions to find out how well they felt their pets' problems had been explained to them. The results were appalling. We found that over 50% of the information we thought we had explained clearly was not understood at all. My ratings were as low as my colleagues' and persuaded me to attend courses to hopefully improve these skills.

That's why my advice to you as the pet owner is to ask for anything you are not sure of to be written down for you. Ask for any words you do not recognise to be explained. Ask for written instructions if your pet will be spending time in the care of others.

I hope all your lives are getting easier as our world opens cautiously to make the most of these wonderful islands and fabulous weather. Let's hope the anti-vaxxers don't leave the world open to a second wave. Give your pets and children clean, cool water in clean bowls and raise a glass with me to a world that needs our attention and help now if we are to save her from our excesses.

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MTHSPANISH



November is a great month to venture out and about on the island – temperatures are a little cooler and there's oh-so-much to see and enjoy. Whether you're here on holiday or living on the island, pack a picnic and let's go exploring. Here's some Spanish vocabulary that may come in useful when finding your way around.

ASKING FOR DIRECTIONS

¿Puedes ayudarme? (pWED-ez a-you-DAR-me) Can you help me? Where is the ...? ¿Dónde está la ...? (DON-day es-TAH la..)

I need directions to ... Necesito direcciones a ... (ne-se-SEAT-oh dear-rec-si-ON-ez a) Is there a --- near here? -¿Hay un --- cerca de aquí? (eye un --- THIR-ca day a-KEY)

PLACES YOU MAY BE LOOKING FOR

Cash point Cajero automático (ca-HAIR-oh ah-oh-toe-MA-tico)

Bank El banco (el BAN-co) Post office Correos (core-RAY-os)

Supermarket Supermercado (super-mare-CAD-oh)

Pharmacy Farmacia (far-MA-thee-ah)

Medical Centre Centro de salud (CENT-ro day SA-lood)

Church La iglesia (la ig-LAY-sia)

Example questions:

Q: ¿Hay un cajero automático cerca de aquí? (Is there a cash point near here?)

Q: ¿Puedes ayudarme? ¿Dónde está el centro de salud? (Can you help me? Where is the health centre?)

GPS DIRECTIONS

Turn to the left Gira a la izquierda (GEAR-a a la iz-key-AIR-dah) Gira a la derecha (GEAR-a a la de-RECH-ah) Turn to the right

The north El norte (el NOR-tay) The south El sur (el surr) The east El este (el ES-tay) The west El oeste (el oh-ES-tay)

Go straight on Sigue recto (SEE-gay RECT-to)





Follow me on Facebook for more handy hints: **SPANISH COACH** www.thespanishcoach.net

Prize Crossword





LANZAROTE DENOMINACIÓN DE ORIGEN

	1	2	3	4		5		6	
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Welcome to your challenge for this month. Once your mission is accomplished, send your answers to us via Whatsapp on 628628083, email editorial@ gazettelife.com or just send or deliver to our office in Tías (address on page 3). There's a bottle of La Geria's finest wine for one winner, and a €10 voucher for Hankey Panky's Restaurant in Montaña Tropical, Puerto del Carmen for another.

Last month's winner were Hazel Evans from Playa Blanca, who gets to choose a La Geria vintage; and Keith in Faro Park, who gets the Hankey Panky's voucher. Well done, you two!

DOWN

- **2.** Flying saucer (1.1.1)
- 3. Eating disorder (7)
- **1.** British woman who won the US Open without losing a set on September 11th (4,8)
- **5.** Lanzarote, Corfu and Madagascar, for example (7)
- 6. Biden,
- **7.** Rolling Stones drummer who died on 24th August (7,5)
- **S.** Type of bug that causes COVID-19 (11)
- **12.** Author of "Roots" and "The Autobiography of Malcolm X" (4,5)
- 11. Cradle songs (9)
- 18. Aristocratic, honourable (5)
- **20.** Richard James, electronic artist known as a the Twin (5)

- 1. Ridge in La Palma where the recent eruption occurred (6,5)
- 9. Thug, gangster (7)
- **10.** "Hasta! See you soon! (5)
- 11. Kingdom or empire (5)
- 13. Highest scorer at this summer's Euro Championship (7)
- 15. Boxer Kellie Harrington won an Olympic Gold Medal for this country this summer (7)
- 16. Latin music style born in Cuba and named in New York (5)
- 17. City where an infamous 8 down came from (5)
- **19.** Indian flatbread (7)
- 21. They took over Afghanistan in August (7)
- 22. 17-syllable Japanese poem (5)
- 23. Harry, singer of One Direction (6)
- **24.** Be (6)

Last month's answers Across: 1. Bermuda Shorts 8. Aloud 9.Guevara 10.Kestrel 11.Iliad 13.Newts 16.Jujitsu/Jujutsu 17.Wilhelm 18.Ebola 19. Inc 20. Spiritual 21. Embarrassment Down: 1. Black And White 2. Roots 3. Under 4. Angel 5. Heebie Jeebies 6.Rea 7. Spandau Ballet 12. Introduce 14. Wolf Cub 15. Spenser 16. Jamaica





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both products can be found everywhere now.





COMPACT CUSHIONS

A compact cushion is basically a BB cream in compact form, offering protection, moisturisation and sheer coverage. It's more portable than a tube or bottle of cream, and can be used for top-ups throughout the day. In Korea, compact cushions that contain sunblock are hugely popular, and the formula also incorporates the ancient Korean belief that patting skin products gently onto the skin is more effective than rubbing them with your fingers.

SHEET MASKS

Face-shaped masks that are soaked in serum and placed over the face for a fast, effective skincare routine that also feels incredibly refreshing. In Lanzarote's dry heat, a sheet mask is a real treat, especially if you've chilled it in the fridge beforehand.

PIMPLE PATCHES

get cute heart- or star-shaped patches.

SLUGGING

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BIRCH

SK

진정 | 병품추출물 100x

CICA

MASK

Small patches that are used to treat acne, extracting oil from

and, because acne is so common among teenagers, you can even

This simple beauty hack also hails from the K-beauty world, where moisturising is almost a religion, and is claimed to be a great way of healing damaged skin. It's also simple, involving the application of a fine layer of Vaseline to your face. Vaseline is waterproof, and stops the moisture of your skin from escaping without blocking pores (its molecules are far too large).

> It's not suitable for everyone, and if you have oily skin or acne, then it may not be the best idea.

X-MAS TIP:

Dewytree Cica 100 Mask, €2.99



X-MAS TIP: Florence By Mills Spot a Spot, €15.99,

K-FASHION

"Hey sexy lady" were about the only words most Westerners understood in PSY's global hit Gangnam Style, but the song was actually a humorous tribute to upper class women from Seoul's wealthy Gangnam area, home to the capital's most important design shops.

Korean fashion has been heavily influenced by western styles for over a century, but touches of the traditional hanbok clothing of the past still survive and pop up every now and then. It can perhaps be seen in the

> current popularity of big, baggy sweaters, t-shirts and trench coats which share the loose aesthetic of hanbok.



Korea still has to throw up a truly worldfamous designer, but that's probably a good thing. The industry is currently fueled by innovative young independent designers, and Seoul Fashion Week is an increasingly important date on the global fashion calendar.



CAROLINA HERRERA - RALPH

ANTIGLARE LENSES



On Lanzarote, winter mornings are absolutely magical, and each sun-kissed, newly-minted sunrise can become a solid foundation for a healthy, fulfilling lifestyle.

The clocks have now gone back, meaning that the sun rises earlier and you have more opportunity to make the most of the morning – a time when the sun rises from Africa to greet this little island, bathe it in crystal clear light and sparkle on the sea, the dewdrops and freshly washed beaches.

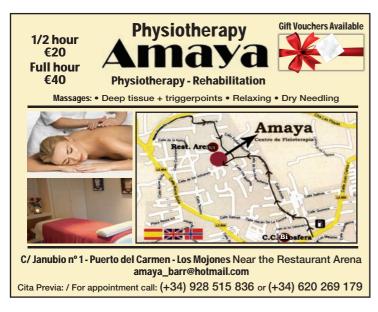
Exercise and mornings were made for each other. Each day, hundreds of Lanzarote islanders head out first thing for a run, a swim, a work-out, a yoga session or even just a walk with the dog.

If you think exercise at the beginning of the day will tire you out, all we have to say is "Try it." Most people find the exact opposite, and an early morning exercise session wakes you up, invigorates your body and gives you zinging energy that lasts throughout the rest of the day.

SLEEP TIGHT

The key to working out earlier is getting enough sleep to refresh you. That starts the night before, of course. There's no truth to the myth that eating before going to bed makes you more likely to put on weight, but you should avoid heavy meals and excess alcohol before you hit the sack.

It's also a good idea to sort out any kit that you'll need, such as running equipment, on the night before. That way you can get straight down to business the following morning.





EAT RIGHT

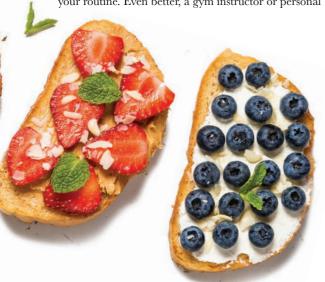
Breakfast can offer a bit of a dilemma. You obviously don't want anything too heavy - a Full English is not going to help your routine - but you'll probably need some energy before you set off.

Try something light before you set off – a banana and a pot of yoghurt, perhaps. This will give you enough energy to get through your work-out, and you can have something more substantial once you're exercised and showered, if you like, although exercise itself usually means you'll seek healthy moderation rather than pigging out.

Avoid caffeine first thing, and sugar is best consumed in the form of fruit or honey.

FIND A FRIEND

Exercising with a friend will give you motivation and keep you to your routine. Even better, a gym instructor or personal



trainer can really help you hit the mornings right where it counts. However, many other people really enjoy the special sense of solitude that mornings can bring. There's something immensely satisfying about leaving the first footprints on the beach.

POST-EXERCISE

The routine just after exercise is also important. Take a good, long shower and then give yourself a little time to wind down. This is the perfect time for a snack or a coffee on a balcony, for example. Just enjoy a few minutes of pure "me-time", which may become your favourite time of day. Then get up and face the world refreshed.

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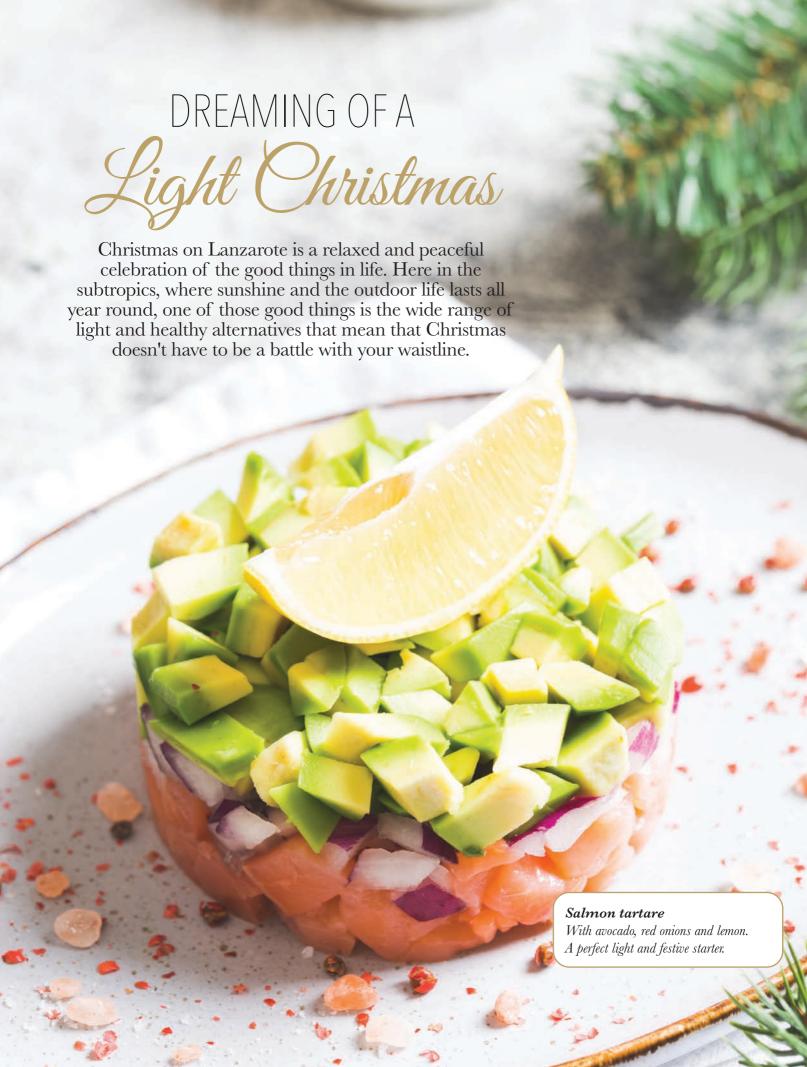


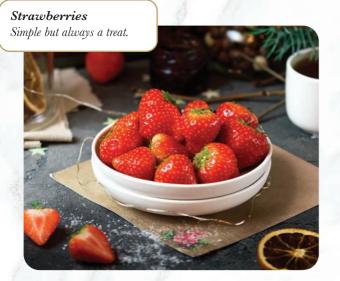
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Christmas lasts for at least two weeks here, so take it easy, don't get stressed and, above all, enjoy it. Here's to your good health!

FRESH FRUIT

In the depths of winter, fruit has always been a treat at Christmas. That's the reason why we still find an orange in our stockings - at one time, they were rare and much-treasured gifts that came all the way from Spain or Italy. However, much of the fruit that is used in midwinter is of the dried variety providing sweetness and flavour to Christmas specialties such as mince pies, Stollen cake or pannetone.

Fruit is also a tradition in the Spanish festive season - New Year is celebrated with 12 grapes rather than champagne, and a full fruit bowl is a central part of the season.

Here on Lanzarote, delicious and exotic fruit is easily available all year round, allowing you to enjoy a ripe mango on Christmas Day or a delightful fruit salad on New Year's Eve.

Make the most of seasonal specialities such as pomegranates, kakis (custard fruit) and tangy, sweet mandarins.

SEAFOOD & FISH

In Britain and Ireland fish isn't really central to the Christmas tradition - some families might splash out on a few oysters, or some smoked salmon, but that's about it.

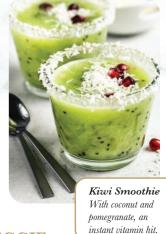
In Spain, however, the fish counters will be heaving with mussels, clams, prawns, live lobsters and langoustines, and fish of all varieties. At this time of year oily fish such as sardines and tuna are out of season, and the most popular varieties here will be anglerfish (rape), besugo (red seabream) or the Canarian favourite of succulent, delicious wreckfish (Cherne).

It's worth planning a few meals around fish at Christmas – it's easily digested, filling and perfectly suited to Lanzarote's lifestyle.

JUICE & SMOOTHIES

It's no coincidence that Nutribullets and other blenders have been one of the most popular Christmas gifts in recent years - liquidised fruit, vegetables and herbs provide a potent, instant hit of vitamins, minerals and fibre, and that can be just what you need at Christmas time, whether you're trying to stay healthy or recovering from a busy social life.

Fruit juices can also help you get through the alcohol-fuelled Christmas social scene. Give yourself a break from the booze altogether, or just use tasty, nourishing juices to help pace yourself.



VEGAN, VEGGIE & SEMI-VEGGIE

Christmas is a meat feast in many cultures, whether it's a huge turkey and pigs in blankets or the leg of ham that many Spanish households splash out on at this time of year.

But it doesn't have to be that way. As vegan and vegetarian lifestyles are rapidly accepted in Spain, the choices available in restaurants have improved endlessly, and the arrival of rich, vegetarian friendly traditions from India and the Far East has also had its effect.

A veggie Christmas doesn't have to be a nut roast. There are now all sorts of alternatives available, and a rich range of ingredients to work with.





INGREDIENTS

PUMPKIN FLAN

WITH COCONUT ICE CREAM, RASPBERRIES & LIME

Lanzarote's one of those sun-kissed places where a pumpkin-based dessert with ice cream is the perfect seasonal autumn dessert, and this one's a beauty! In Spain, a flan is a completely different dish than in the UK – a wobbly dairy and egg dish similar to a creme caramel.

For this recipe, we recommend pumpkins from Soo (head to La Tienda de Lourdes for the real deal), and a moscatel wine from La Geria or El Grifo.

A Kitchen Robot such as a Thermomix is also required for this recipe.



METHOD

Step 1: Chop the pumpkin and cook on medium heat with 50 mls of cream until it has reduced by a third.

Step 2: Do the same with the wine, reducing it by half. Cool.

Step 3: Add pumpkin, wine, the rest of the cream and the beaten eggs to a Kitchen Robot. Cook for 16 minutes at 90 degrees, at speed 4.

Step 4: Once you have an even, cool mixture, serve in glasses or small bowls.

Step 5: Decorate with a scoop of coconut ice cream, raspberries and finely grated lime peel.



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

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

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MUSIC

GABRIEL CUBAS

Nov 5th

Timple Concert
Casa Museo del Timple, 7.30 pm

AMPARO SÁNCHEZ,

Nov 7th

Sánchez shot to fame with her band Amparanoia in the 90s with a blend of soul, rock, reggae and rumba. She arrives on Lanzarote as part of the postponed Sonidos Líquidos festival.

Casa Ajei, San Bartolomé 12 midday. Tickets sonidosliquidos.com



EXHIBITIONS

SISTERS BY IDA OELKE & EDDA REENTS

3rd - 28th November

Two German sisters with distinct, but equally engaging, approaches to art display their works. Casa de la Cultura, Yaiza

JAVIER REYES - LA MIRADA ARTESANA

Throughout November

Charming and inspiring display of vintage photos taken by the Haría-based photographer.

La Casa Amarilla, Calle Real, Arrecife



LA ORILLA - FRANCISCO MONTELONGO & FRANCISCO RODRÍGUEZ

Until 13th November

El Almacén, Arrecife.

OSCURA BY IVÁN VILELLA

Until 18th December

El Almacén, Arrecife

LOS OJOS ADENTRO/ THE EYES WITHIN BY KARINA BELTRAN

Until 22nd January

Photography. El Almacén, Arrecife



GUACIMARA HERNÁNDEZ

Until 22nd January

Collages inspired by 19th century travellers to the Canaries, such as Olivia Stone. El Almacén, Arrecife

SPORT

LOS POCILLOS RACE

Nov 7th

6K Obstacle Race in Puerto del Carmen Registration ends 4th Nov. www.cronolinecanarias.com

HARÍA TITAN

Nov 13th

Trail race in Haría. 40km, 21 km and 14 km modes www.hariatitan.com

DESAFIO 8TH ISLA / (8TH ISLAND CHALLENGE)

Nov 20th

Famously tough triathlon Cross and trail event in La Graciosa



MS RUN LANZAROTE

Nov 27th Charity race in aid of Multiple Sclerosis

 $Arrecife.\ Register\ at\ www.msrunlanzarote.com$

JACQUES HONVAULT- JOURNEY TO THE LIMIT OF UNDERSTANDING".

12th Nov - 12th Dec

Unique and fascinating display of "engineering art" by the French artist, engineer and photographer.

Gallery La Ermita - Marina Rubicón - Playa Blanca.





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FESTIVALS

DIWALI

Nov 4th

MARKETS & FLEA MARKETS

Indian Delights restaurant in Playa Blanca celebrates the Hindu festival of lights.

SI QUIERO WEDDINGS FESTIVAL

Nov 4, 5 and 6th

Catwalk shows, stalls and much more.

Parque Félix Rodríguez de la Fuente, San Bartolomé



INTERNATIONAL KITE FESTIVAL AT LA OLIVA

Nov 11th - 14th

It's worth hopping over to the dunes of Corralejo on Fuerteventura for this amazing spectacle, with blue skies filled with kites of all shapes and colours. Even Angelina Jolie came to see it two years ago!

EVERY TUESDAY & FRIDAY: Puerto Calero

Market (starts 9am ends 1pm)

EVERY SATURDAY

 $\mbox{\bf Haria Artesanal} \mbox{ (crafts and food), Plaza de Haria.} \\ 10\mbox{am to } 2\mbox{pm}.$

Arrecife market, Plaza de San Ginés (farmers market). Morning.

EVERY SUNDAY

Original PALS car boot sale Lanzarote A Caballo. 9Am to 12pm

Teguise Market (everything) 9am to 2pm.

Mancha Blanca

(food) Mornings

EVERY TUESDAY AND FRIDAY

Marina Rubicon Market (Souvenirs and gifts)
Playa Blanca. 10am to 2pm.

November 13th SARA Flea Market

Sara Animal Shelter, Tahiche. 10 am to 12 midday.

Nov 20th

Second Hand Market, for Doggys del Sur and Creciendo Yaiza

La Aurora, C/Mariscxo 29, Playa Blanca. 9.30 am to 2 pm. More info call Cecilia at 645 406 042

Nov 21st

Charity Fayre in aid of Niños del Tercer Mundo Tombola, stalls, gifts, mulled wine, mince pies etc. 11 am-3pm. Finca de la Florida, San Bartolomé



In September we saw the opening of the spectacular Mirador de Haría, and other attractions are also on the way. Lanzarote is now open for business, and the official Centres of Art, Culture and Tourism (CACTs) are all seeing queues and crowds. They're all worth a trip.

Centres of Art. Culture and Tourism

Timanfaya: The Fire Mountains

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

Jameos del Agua

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

Mirador del Río

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

Cueva de los Verdes

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





Cactus Garden

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

MIAC: Castillo de San José

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

La Casa Amarilla

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

Casa-Museo del **Campesino**

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







DIWALI AT INDIAN DELIGHTS



Indian Delights will be bringing authentic 5-day Diwali celebrations to Playa Blanca for the second time since their opening in August 2020.

The restaurant will be starting the celebrations in style on the 4th of November. You are welcomed by Ramesh and Saraswati to enjoy the delicious food and watch the opening Diwali fireworks display at 8:30 to 9:00 in the restaurant.

Indian Delights will, of course, be fully decorated with hundreds of Diyas, Rangoli patterns and staff wearing traditional clothing.

Throughout the 5-day celebration traditional sweets will be given for

in Indian households.

If you want to come along to see how Diwali is done, Indian Delights style, booking is highly recommended (call in to book before 6pm), 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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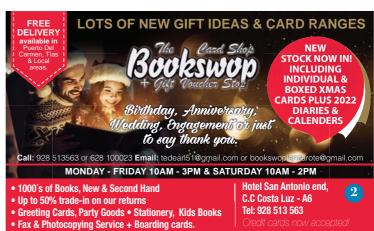
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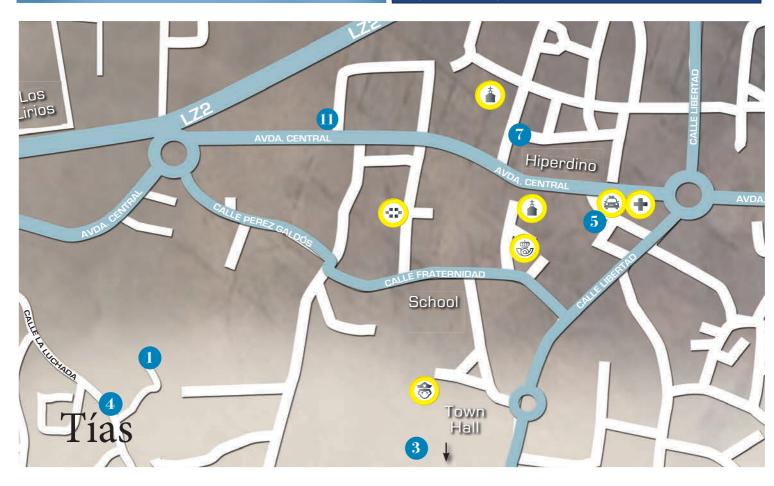
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Ref. 399 - Playa Blanca

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Ref. 322 - Playa Blanca

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Price: 320.000€



3 bedroom 3 bathroom villa with garage and sea views. Private pool.

Price: 465.000€



4 bedroom 4 bathroom front line villa offering superb views.

Price: 650 000€

OUT OF ORDER!

Many homeowners are unaware that their homes are fuera de ordenación - a designation that may restrict you from carrying out future improvements to your home. Erardo Ferrer of Lanzarote Abogados sets out the situation:



All homeowners who have constructed a patio or a utility room without a license, or built an additional room, installed an aljibe or even a barbecue without respecting the 2-meter distance limit from the exterior wall, have become homes that fall outside the local planning regulations.

But don't worry - there is no need to panic. If the modification was finished more than four years ago then - as long as the house is not in a zone of special protection, and other requirements are met - it is likely that the construction cannot be demolished. The dwelling is perfectly legal and the dwelling shall be classified as a legal situation falling outside of the planning regulations.

The legal situation that classes a property as "fuera de la ordenación" means that there is a disagreement between a construction and the applicable urban regulations. Basically, there are two types of situation:

First, there are older buildings that, in their day, were totally legal but now fall outside regulations which have been since modified. Secondly, there are buildings that have been carried out without a license or without complying with current urban regulations.

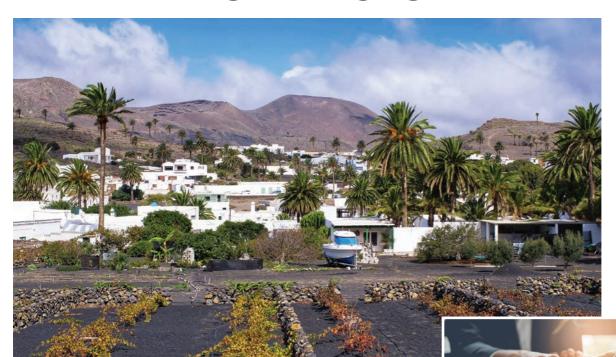
Normally in these types of properties, extensions, modernizations or works that increase the value of the property cannot be approved. The only works required for the maintenance of the property or to keep it habitable, to remove architectural obstacles or in accordance with the intended use of the building will be permitted.

This planning status is very important when buying a house. The legal situation "out of order" does not prevent the house from being bought or sold, but the new owner must know exactly what they are buying and that they will be unable to carry out modification works.

Only with the legal advice of an experienced lawyer can you rest easy when buying a home.



MILITARY SERVICES



Since January, British property buyers in Spain have suddenly started hearing the words "military certificate". But what is this all about?

Since 1978, foreign property buyers have required a military certificate before purchasing property in certain areas of Spain that are classified as "strategic" by Spain's defence forces.

In 1986, Spain joined the European Union and an exception to this rule was granted for nationals of any EU country. As a result, Irish, Italian and other buyers from other EU countries do not have to worry about this issue when buying property. This also applied to British buyers until 1st January this year.

As you may have heard, the UK has since left the EU, and this means that the rules that have always applied to third country buyers now apply

to Britons, too. As with so many changes occasioned by Brexit, it will mean a little more expense and hassle.

The first thing to find out is whether you require a military certificate at all. If your property is located in a "consolidated urban area", then it's not necessary. The requirement applies mainly to rural properties. This information is available at the Land Registry, but you'll probably need a professional to perform the search and confirm the results for you.

If you do require a military certificate - and if you're buying outside of the towns and resorts, there's a very high

probability that you will - you'll need to apply for it, and the documents required will include the following:

- A notarized copy of your passport.
- · A certificate showing you have a clean criminal record (and a sworn translation).
- Maps and plans of the property and area.
- A letter requesting the certificate.

The process will take from two to six months from beginning to end, and it is necessary to have the certificate before title of the property is transferred.

As always in issues of Spanish property, it pays to have the assistance of reputable, experienced professionals. Estate agents and property lawyers on Lanzarote are already well aware of the rules and procedures, and their expertise is a wise investment.

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One of the advantages of decorating our homes for Christmas is that it gives us a chance to reassess our overall décor. You'll notice space or lack of it, and start thinking about the way your home really looks and feels.

So start with a good clean, and perhaps a declutter. Once you've cleared the decks you'll be better placed to deck the halls. While you're cleaning, you'll probably have had some bright ideas already, so sit down and plan them a little further.

Local flavour

Christmas is a welcoming time, and on Lanzarote you'll often see the vivid red and green of poinsettia plants outside doors. They'll be in the shops soon, and are perhaps the island's most universal emblem of the season.

You can add to the welcome with wreaths and garlands. Holly is hard to find here, but you can make your own decorations with olive

branches, laurel and bay or explore the woven palm-leaf decorations that can be found in places such as Haría market

66 PLAN **EARLY TO GET CHRISTMAS** INTO PERSPECTIVE."

A Christmas tree is also a luxury here. Garden centres may stock the real thing, but many go for magnificent artificial ones or even use local plants - the shoot that emerges from a dying agave plants can make a striking Christmas decoration.

Or you could try other sumptuous flowers to decorate your home. The Christmas cactus is just one, while glorious hibiscus flowers bring a brief but spectacular display.



Christmas countdown

Early November: Decorations have already started appearing in shops, so get out and start shopping or planning.

Mid-November: This is a good time to get cracking on that clear-up. While you're at it, think seriously about how you're going to make your decorations work. If you can't wait, you can start decoarating now.

December: The public holiday on the 8th of December is the day when Spaniards traditionally put up their Christmas decorations, but many households now start much earlier. It's up to you - do you want a glorious four-week display, or a long, drawn-out yuletide?





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Artificial lighting technology has still not come up with anything as perfect as candles, which have brought light indoors for thousands of years. Candles comfort, reassure and satisfy our senses.

First there's the light itself - a warm, lambent glow that is synonymous with romance and magic. It's bright enough to see what's around you, and can even give you enough light to read by, but it's never so bright that it highlights blemishes and faults - candlelight is a natural concealer. Candlelight also gives a golden glow to everything it lands on, causing an opulent, burnished effect.

Many candles don't smell of anything, but scented candles have become increasingly popular in recent years. It's one of simplest ways to fill a room with scent, as the heat of the candle warms and releases volatile compounds into the air. Scented candles can be useful to mask less pleasant smells in bathrooms or kitchens, but can also add an entirely new sensual dimension to a room. The range of scented candles is immense, so when you find one you like, be sure to stock up.

Then there's the movement - the one huge difference that candles have over artificial light. Movements of air make candles flicker and sway, gently shifting shadows in the room. Even in the stillest of rooms, a candle is never quite still

that flame is a chemical reaction producing heat and light, and it never ceases. Perhaps it's that blend of stillness and eternal motion that makes candles so important to religious rituals or meditation.

A CANDLE FOR EVERY ROOM

Candles can be used throughout the home in various ways. In the bedroom, for example, they create an intimate atmosphere. If you work with "blue light" on screens all day, then a little candlelight before you go to sleep can be a great way to turn off and calm down.

In the bathroom, candles can have a stunning effect, turning a normal bath into a luxurious experience. Try clusters of candles to provide light where it's most needed, and don't forget how wonderful scent can be in this room.

In the living room, candles are an instant way to let guests know they are expected and welcome. There's a sense of occasion every time we light a candle, and it's a social signal that's understood across all cultures. Candlelit social events allow you to focus on your guests entirely, and provide a relaxing, welcoming atmosphere. A scented candle can also set the scene perfectly.

CANDLE SAFE

Candles are gorgeous, but they're also risky, with flames and hot wax posing threats to your home and personal safety that need to be addressed by everyone.

If you're going to use candles, you'll need to invest in candle holders. Fortunately, there are all sorts of different types available, but it's a good idea to always value safety over beauty.

Most candle fires are a result of candles being left unattended, so make sure you extinguish them before you leave them, and be absolutely sure not to leave pets or small children alone in rooms with lit candles.

The next cause of fires is candles being placed too close to flammable items such as furniture or paper. Make sure there are none of these materials near your candles, and nothing directly above, either.

If you use candles a lot. A candlesnuffer is a wise investment, as it puts candles out without the risk of spattering hot wax.

















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66 THE SAME, BUT **DIFFERENT..."**

Human beings are naturally pleased by both repetition and variation, and any interior decorator who knows their craft develops an instinctual way of blending both these elements to make the perfect indoor space.

e can see the idea everywhere we look once we're aware of it - in three piece suites, in kitchen fittings, in crockery sets. The idea that the contents of our home reflect each other while retaining their individual identity is basic to our sense of

But sometimes we can forget exactly how effective the idea of sets are. Nowadays we're encouraged to look for one, single central focus piece in our living room, but we could just as easily use two or more similar pieces.

For the perfect example, look at how paintings are nowadays often mounted on three or more frames, each section with a part of the final painting on it, which are combined together to fascinating effect.

These sectioned artworks can come in all sorts of varieties - from three piece works reflecting the classical triptych style to more modern, asymmetric works consisting of different sections. Nevertheless, they are always engaging and dynamic, attracting interest immediately.

Cushions, throws and rugs can also achieve similar effects, and repeating the colours and patterns of each is a task that is far more skilled than just matching, requiring a sense of equilibrium and dynamism.

With ornaments, dynamism is especially important, and you'll be able to work in three dimensions, drawing the eye in and creating illusions of depth and size.

And perhaps the most stunning way that this technique can be used is with natural elements - plants, stones and pieces of wood that are each beautiful in their own right, yet which have been carefully chosen to complement and reflect each other.

Finally, of course, there are plants. Every leaf, every flower is essentially the same as its companions, yet utterly individual – just like us.

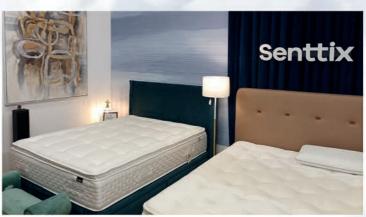
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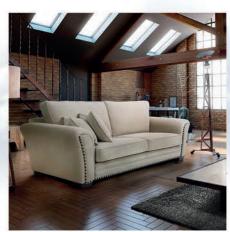


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Beauty underfoot



Rugs and carpets are one of the easiest ways to transform a living space, and on Lanzarote you can afford to go bright, bold and vivid!

Fitted carpets are a rarity on Lanzarote. Homes simply don't require the insulation, and the hassle of cleaning them isn't worth it. Instead, you'll find all sorts of tiled, wooden or artificial floors that can be swept and mopped regularly. For underfoot warmth, house shoes are the norm here.

But rugs can also provide that underfoot warmth in places where you sit or stand regularly, or when you're usually barefoot- such as climbing out of bed or the bath.

It's also worth remembering why rugs exist in the first place. They were originally developed in the middle east among people who often lived nomadic lifestyles. This made rugs, which could be rolled up and easily transported, an easy way of taking your home with you. Sitting on the floor for eating and praying is also common in these cultures, and rugs offer the required protection. Rugs and carpets also provide a more comfortable place to sit and

meditate, or just chat on the phone.

Perhaps most importantly of all, though, they bring an instant splash of colour and warmth to interiors that tend towards blinding white or muted neutrals. A colourful rug is one of the quickest ways to make your Lanzarote living space look more like home and less like a laboratory.

A carefully chosen rug or carpet can turn a small balcony into a welcoming place, and can even become the focal point of a particular area of your home.

Magic carpets may not exist, but on Lanzarote you'll find plenty of rugs and carpets that will transport you to a different state of mind.



It's nice out!

You can make your outdoors cosy and snug, and here on Lanzarote you're almost certain to be doing a lot of your living outside all year round. So how can you make your exterior space as warm, inviting and homely as indoors?



A warm outdoor space is little more than a fleeting summer reality for most people in northern Europe, but on Lanzarote the endless sunshine means that life outdoors is something that can be enjoyed almost every day of the year.

It may be a patio or a balcony. It may even be a flat rooftop, cleaned up and waterproofed to protect the home beneath, and decorated with plants and shadeproviders, but the most important thing is that you feel calm, peaceful and contented there as you sit in the Canarian warmth.

The key concepts are havens and shady retreats where you can relax and be yourself. There'll be sun traps for those who can't get enough rays, or on those mornings and evenings when it's a little cooler, but there will also be plenty of shade and relief.

Outdoor living is a year-round option on Lanzarote."

Shade is at a premium on Lanzarote, but there are many ways in which you can provide your exterior space with cool shadows and low light. Pergolas, and white dividing walls are perennially popular, but do get the professionals in, as they require careful planning and positioning, and you only want to do it once. The result, however, can be stunning.

Parasols are a more portable solution, but they offer the perfect refuge from sunshine. Just remember that shade usually involves large areas of fabric or material, and these must be well-anchored against the wind and breezes of Lanzarote.

Trees are another classic shade solution. On this island jacarandas, mimosas and pepper trees provide not only shade, but fragrance and delicate beauty. In your outdoor space, plants are likely to be an elemental part of creating a cosy, welcoming and beautiful environment.



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Your Views, Please

The recent opening of the beautifully-adapted Mirador de Haría has been one of the highlights of 2021. If you've already visited it, you're sure to have been impressed by the large picture windows and the glass platforms that jut out into the valley.

We spoke to Arturo Rivadenería of Cepal, the Arrecife-based company that fitted the breathtaking windows and thrilling glass platforms at the Mirador.

Arturo, how did you get the contract for this prestigious project?

The reconstruction of the Mirador has been planned for several years, and the architect in charge of design is the Lanzarote-based professional called Miguel Ángel Fontes. We were subcontracted to bring our expertise, technical skill and experience to his vision.

We are three businesses in one - Cepal, Managlass and Alustudio, specialising in all aspects of metal, PVC and glass fitting, and



between us we had the technical experience to tackle this project. Our task is to turn the dreams and visions of our clients into reality.

It must have been a challenging job.

It was complex, yes. The structure is unique, and it's located on a hairpin bend overlooking a steep drop. We had to hire special vehicles to carry the glass to the site, and we were working to the millimetre in terms of precision.

Many visitors are nervous about stepping on the transparent glass platforms. Are they safe?

Of course. They're fully certified to the highest of standards.

The opening was quite an event. How did you feel to be a central part of the project?

It was a very important job for us - an emblematic project that has already received



Contract Turning visions into reality. 99

wide coverage and has been seen well beyond Lanzarote. I was present from start to finish and feel very proud of what we achieved.

Do you have any similar projects in the pipe

Currently, we're rebuilding the windmills at the Salinas de Janubio. I've visited windmills all over the island with my team to take measurements and samples and get this right. Like the original windmills, the new ones will be built on Lanzarote, and should be ready by the end of the year.

We can't wait to see them, Arturo!

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Are you

Although most of the weather Lanzarote receives is excellent, the island can still chuck a bit of the nasty stuff at you and your home.

Climate change is now accepted by consensus, and although it's too early to say with any certainty what effect it's having on Lanzarote's weather, the island has been increasingly conscious of adverse weather conditions since the unprecedented tropical storm of 2005.

So far, a mild rise in overall temperature and an increase in calima dust storms seem to be the main symptoms, but the thing about climate change is that it can't be predicted. The change is not stable and gradual; it's volatile and unpredictable.

All this means that, despite the island's generally sunny climate, making your home as tight as a drum is almost certainly a wise idea.

Wind, of course, is a fact of life on Lanzarote; parching heat is also frequent and we've already had a couple of downpours this year - and when it rains seriously on Lanzarote, you'll certainly know about it.

Leaks on Lanzarote often happen, almost certainly because the prevailing fine, dry climate fools residents into thinking there's no risk. But the saying "Fix the roof while the sun shines" has never been more apt than here. Rain is scarce here, when it does happen it can be surprisingly heavy and can lead to a problem many of us thought we'd

The solution is to ensure your roof is well waterproofed and guttered, and to treat external walls with waterproofing treatments. Regular, thorough interior ventilation is also a strong protection against damp.

Window and door fittings should also be kept in good shape to prevent the entry of both rain and unwanted draughts. While the traditional materials used on the island are wood, this will require frequent maintenance. Aluminium and plastic fittings have now proved to be far more durable and every bit as attractive.

left well behind - damp.

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The way things are

How your garden thrives on Lanzarote depends on the conditions, and they can vary depending on where you are, how your garden is laid out and even your own schedule. Here are the main elements to take into account.

SUNSHINE

Lanzarote lies firmly in the subtropical zone above the Tropic of Cancer, where summers are hot and winters mild. The sun is usually far more directly overhead than in temperate zones, providing lots of sunshine and warmth. As well as intense light, this also guarantees warm temperatures. Although brief bursts of freezing hail have sometimes fallen on Lanzarote in winter months, the island has never experienced a ground frost.



Once you understand conditions, your gardening will improve.

WIND

Wind is the gardener's greatest enemy on Lanzarote, and is one of the main considerations any gardener needs to take into account. The prevailing wind on the island comes from the north/north-east and is known as the alisio. It's part of a huge weather system known as the Azores anticyclone.

The summer months are the windiest, with almost constant alisios; while things calm down a little in winter. Sometimes, when the anti-cyclone is weaker than other weather systems, wind can arrive from the east, south or west. East winds arrive from Africa and cause calimas, dust-storms that are often accompanied by heatwaves. When wind arrives from the south-west (watch for planes taking off out to sea and landing over the mountains),

it often brings unsettled and rainy or stormy weather.

HUMIDITY

Lanzarote's lack of height means it doesn't snag many rain clouds. With the addition of the alisio winds, this means that humidity is low on the islands. That's good and bad news for gardeners, meaning that few plants will suffer from the rot and mould that damp, humid conditions bring, but also increasing the possibility of plants drying out.

Plants that live in cool, humid conditions, such as ferns and ivies, are rarely found on this island, and if you want to grow them you'll need to create your own sheltered nook.

ELEVATION

Elevation is also a strong fact and higherlying areas anywhere tend to attract more moisture in the form of rain, dew or low cloud cover. They can also be significantly cooler than low-lying parts of the island.

You only need to take a trip to the heights of Famara to see how wild plants like these conditions, but you'll also have to make shelter a priority for those windy days.

Low-lying areas are usually very dry, with little or no dewfall, and coastal areasfacing north can also be subjected to salt spray. All coastal areas may also experience salty soil from groundwater.

SOIL TYPE

The main agricultural areas of Lanzarote are inland, because that's where the best soil is usually found. Areas like Maguéz and Haria in the north have excellent soil, while the sandy central jable corridor favours its own types of cultivation.

The volcanoes have provided vast amounts of minerals and picón, which



conserve moisture.

In coastal resort areas, soil can be thin and is likely to need enriching, although rich soil can still be found in barrancos and valleys.

CARE & ATTENTION

This is another factor that is rather more important on Lanzarote than it is in northern countries, where it's easy to leave gardens to their own devices for a few weeks.

If you live here full time and enjoy

gardening, you'll have plenty of time to take care of your garden; but if you're absent for several weeks of the year, only live in your property part time or rent it out to guests, then you'll have to take maintenance into account.

Generally, this means choosing lowmaintenance plants which don't require frequent watering, and on Lanzarote you only have to look at the roadsides, parks and other gardens to get plenty of ideas.

Summer, with its heat and wind, is the time when plants will need most care, and if you're not around, then it may be a good idea to hire professionals to keep an eye on your garden for you.

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Garden Curus

who we were referred to from the excellent Lanzarote Gardener's Club Facebook page.

Hi Yeray. With a name like that you must be from round these parts?

Yes, I'm from Gran Canaria, and now work as an English teacher on Lanzarote. I started gardening on my home island, and continued here, although my garden is a little unkempt recently.

Is it a different game on Gran Canaria?

Very much so. Over there there's more moisture, more humidity and the soil is excellent. It's a very green island compared to Lanzarote.

What's the most important factor for you in gardening on Lanzarote?

Well, the main problems here are the lack of rain and the wind, which dries out everything, so I'd say that orientation is hugely important. If you're gardening in a north-facing location you'll get more moisture, but that's where the prevailing wind

comes from as well, so you need to protect your plants. South- and westfacing gardens are likely to be more sheltered, and are probably the best locations, but you'll have to take the

conditions into account.

What can improve those conditions?

A gigantic windbreak across the north of the island would help! Seriously, though, you need to make the most of protection such as walls, or

even create your own. Plants can function as windbreaks, too - I've worked with Canarian palms and olive trees. Palms have very aggressive roots systems, though, so it's not always easy to grow other species near them.



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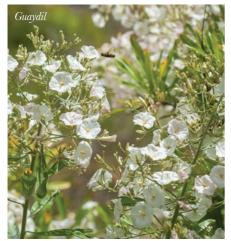
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What plants would you recommend to a beginner gardener on

Cacti and succulents are perfectly adapted to dry conditions like this. I get a lot of ideas from native plants, too. They know how to survive here.

Lanzarote?

I like to grow olive trees and acebuches, which are the wild form of olives. Also the Guaydil (Convolvulus florida), a flowering convolvulus tree that's native to the Canaries, and Canarian jasmine (Jasminum odoratissimum).

Exotic plumerias (frangipani) and euphorbias also grow easily here, and I find roses are easier than you might think. They need protection, but they also thrive on eight hours of sunshine a day.

You're very interested in local species.

Yes, and I think the authorities should do more to promote them. The problem is that, if you want to grow a local plant in your garden, you can't buy them and it's actually illegal to remove them from the wild. I once took seeds from a Famara daisy, grew them and gave them to friends, and that's one way of doing it. But in Gran Canaria the Cabildo promotes wild species by giving examples away, and I'd like to see that happen here, too.

Is there a garden or green place on the island you like to visit for inspiration?

Jameos del Agua. The gardeners there have done a fantastic job. They're lucky, of course, because they have excellent conditions of shelter and shade to work with, but they've made the most

I used to like the airport, where there is a wonderful display of plants, but it seems to have been neglected recently, and many have died. That's a shame, because the airport is the island's calling card.

There are other places that could care for their plants more. In Costa Teguise, for example, many of the palms just aren't being watered. They claim they're suffering from a pest, but if you look at the aloes below the palms, you'll see they're yellow, and that means lack of water.

Thanks for your time, Yeray.

TOP TIP: **GIVE THEM A SHOWER!**

Water is important, although ground-based systems that supply the roots are useful, you shouldn't rely on them. Give your plants a shower regularly. This helps wash off the dust that covers them after calimas, and cleans the leaves, allowing them to work properly. It also helps get rid of greenfly, which hate water.

FAVOURITE PLANT

I love orchids, and especially Orquidea phaleonopsis, but they're not easy to care for in a Lanzarote garden, and are probably best kept indoors.

A local plant I love is the Marine Rosemary (Campylanthus salsoloides), which grows wild in the north of the island. It's not a rosemary - it just has similar leaves - but it produces beautiful pink flowers.

You don't have to be an expert to be a Gazette Garden Guru! If you'd like to share your experiences of gardening on the island, and maybe even share some pictures of your garden or plants, contact us at editorial@gazettelife.com



CLIMBING UP THE TABLE!

U.D. LANZAROTE BEGAN THE OPENING TWO GAMES OF THE SEASON WITH A DRAW AND A DEFEAT. HOWEVER, OVER THEIR NEXT SIX MATCHES THEY HAVE REMAINED UNBEATEN AND HAVE CLIMBED INTO THIRD SPOT, JUST THREE POINTS ADRIFT OF LEAGUE-LEADERS **UD LAS PALMAS C. IAN LANE REPORTS:**



Teenage sensation Alyson.

The Rojillos (The Reds) have been giving us some exciting football this season. Teenage Brazilian winger Alyson is right at the top of that excitement list. His pace is astonishing and when he faces an opposing leftor right-back, that defender will be putting in a full, hard shift.

Fans are now allowed back into the stadium and, even though we are behind most European countries, little by little restrictions are diminishing. However masks must still be worn at all public events and this includes football matches.

Tickets for matches are available on the gate but this takes time, as every person must show ID and choose a seat etc, which inevitably leads to queues. Doors open one hour prior to kick off so be early. If possible, go to the club at Calle Isleño 4, Arrecife on Monday to Friday from 9am to 12 noon with the ID (passport photocopy or photo on phone is fine) for all people that you are buying tickets for and come match day you can turn up 15



President Juan Carlos Albuixech and friends of John Holsten lay a club shirt on his seat.

minutes before kickoff and avoid any queues.

On a sad note, one of Lanzarote's most popular fans, John Holsten, passed away on Friday 8th October. John was on holiday with his wife Stella in Fuerteventura when he was hit by a freak wave which caused considerable

back injury. In the ambulance John suffered a heart attack and even though his heart seemed to improve, the injuries took their toll and John never regained consciousness.

behalf On ofeveryone connected to UD Lanzarote we send our sympathies to his wife of 48 years Stella and their daughter Donna.



FORTHCOMING HOME FIXTURES

(normally it is Sunday at 12 noon but please check)

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GOLF NOVEMBER 2021

CAPTAIN'S DAY









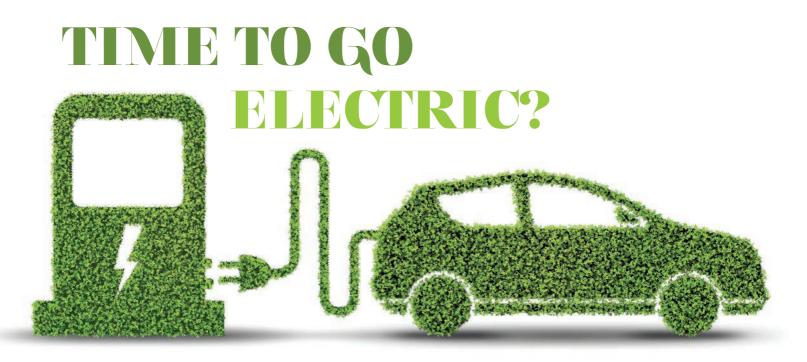
Andy Farr's Captains Day attracted a good turnout of Las Palmeras Society members when he hosted a 3-person modified Texas Scramble, followed by some excellent catering in the club restaurant.

While the society has been a little light of the normal 20- to 30-plus weekly players as a result of a lot of our "swallows" reducing their trips to the island, the last few weeks have seen a renewed build up.

The Costa Teguise course is also slowly

recovering from the pandemic-induced water drought and, while the fairways have probably suffered most with some bare patches (helped by the local rule allowing relief to grassed areas), the greens staff must be complimented for maintaining the greens in truly outstanding condition.

Join us as a visitor any Tuesday or Friday with our first tee time @ 9.30. Just let us know 24 hours in advance by emailing to lpgs2016@ gmail.com Or if you would like to join the society you can get more information on our website at: www.laspalmerasgolfsociety.blogspot.com. Costa Teguise Golf Club also continues to have some excellent bulk green fees special offers, available when you enquire in the golf shop.



IS IT THE RIGHT TIME TO SWITCH FROM PETROL OR DIESEL TO ELECTRIC? WE LOOK AT THE PROS AND CONS ON LANZAROTE.

Lanzarote would seem to be the perfect place to embrace the switch to electric cars. The island is just 60 kms in length with excellent roads and no serious hills, and the towns and the tourist resorts would surely benefit from a reduction in petrol and diesel fumes.

Yet the island still has a lot to do before it goes electric, and a limited amount of time to do it in. Electric cars and hybrids are available, but are still expensive, and the most pressing issue is charging.

If you're thinking of buying electric, you have to balance the advantages with the disadvantages. The advantages are obvious charging an electric car at home is far cheaper than buying any kind of fossil fuel - less than a third of the price per kilometre - and even fast charges at garages and charging points are more economical.

You'll also be able to take advantage of various schemes that subsidise purchases of electric vehicles, such as the Moves III scheme currently in operation in the Canaries.

The disadvantages are the cost of electric cars and hybrids. Those costs are falling rapidly as the technology spreads, however, but a buyer may judge that it is worthwhile to wait a little longer.

Charging is another particular problem on Lanzarote. If you have a garage at home with a electric connection nearby, you'll be able to charge easily; but if you keep your car in the street, or in a shared parking space with no connections, then matters are different.

Charging also takes time, and many people will not be happy at waiting up to half an hour for a fast charge unless there are other things to do.

Other advantages include maintenance - upkeep of electric vehicles is cheaper - and the fact that you will no longer have to worry about new measures designed to discourage the use of fossil-fuelled cars, such as congestion charges.



On Lanzarote, a good tip is to watch the rental car market. This sector is predicted to be the first to fully embrace electrical technology, and is likely to bring the changes and developments that will make driving an electric vehicle a pain-free experience on Lanzarote.

AVOID SCAMS

Spain's Traffic Department has reminded motorists that it never uses emails to notify drivers of fines. The warning follows reports of several "phishing" scams in which conartists send messages to motorists which contain attachments that introduce malware when opened.

The DGT always sends notification of fines by certified post, and in the case that these are not delivered, information about fines is available in English at www.dgt.gob.es



MOBILE USE



Using the GPS function on a mobile phone can be an offence, according to Spain's Traffic Department.

rapid increase functionality on smartphones means that apps can now carry out the functions performed by car-based GPS systems. However, stricter rules apply to the use of phones for this function, given their nature.

The DGT has said that the GPS function of phones may be used if the phone is preprogrammed and not touched during the journey. The phone must also be held in a specially approved holder located on the dashboard of the car.

MOVES III

The Canarian Government has put almost 16 million Euros aside for the Moves III scheme to promote electric and hybrid vehicles. The scheme was introduced in July and will run until the end of 2023.

The sum will be split 50/50 between subsidies for buyers of electric or hybrid vehicles and infrastructure such as charging points.

Buyers who wish to take advantage of the scheme will be able to receive grants of up to €7,000 if they buy a new electric/ hybrid vehicle worth less than €45,000, as long they trade in an older or petrol or diesel vehicle for scrap.



If you're thinking of buying a new car in the future, it's worth asking dealers about the scheme.



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International Directories	
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TOURIST INFORMATION - LA	NZAROTE
Arrecife	
Costa Teguise	
Puerto del Carmen	
Playa Blanca	
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TOURIST INFORMATION - 7 IS	SLANDS
Lanzarote	.928 820704
El Hierro	.922 550302
Fuerteventura	.928 860604
Gran Canaria	
La Gomera	
La Palma	
Tenerife	
TRANSPORT	
ITV Station (MOT)	.928 582555
Intercity Bus	928 811522
	.020 01 1022
UTILITIES	.020 011022

Endesa (Electricity) 800 760909

Canal Gestión (Water).......928 814400 Iberdrola900 225235

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



GENDER VIOLENCE: GET HELP

Gender-based violence and domestic abuse has increased considerably on Lanzarote during the pandemic, and will be the subject of several events on and around 25th November, the International Day Against Gender Violence.



Over a third of incidents reported on Lanzarote come from foreign residents, from all communities. Fortunately, the issue has been taken more and more seriously by authorities in recent years, and there are several resources available for victims.

EMERGENCIES

In case of emergencies, victims should **call 112** and ask for the service for attention to victims of gender violence, a Cabildo project which has a 24-hour response capacity.

The Cabildo also offers short-term and longer-term refuges for victims and their family members, and also runs a mobile phone service offering protection to potential victims, as well as providing access to emergency funds.

INFORMATION

Call 016 for information about legal and financial matters, accommodation etc. The helpline is available in several languages including English.

The Social Services departments of each Ayuntamiento can also offer help and support.

Other important resources include the Mararía women's association in Arrecife and the **Tiemar Feminist Association in Playa Honda** (928 81 90 75), both of which offer extremely valuable support and resources for victims of abuse.

The *punta violeta* (purple dot) campaign is a national initiative offering further help and support. Any establishment displaying the purple dot can offer help and advice.

MARARÍA

C/Fajardo, 24 1°B, Arrecife. ascmararia@gmail.com. Tel: 928 80 48 34

TIEMAR

Plaza Santa Elena, Playa Honda *(next to Health Centre)*. Tel. 928 81 90 75

A SPECIAL PLACE



This month's story comes from Dave Burton, a globetrotter whose visits had led him to Egypt and Las Vegas. But after visiting Lanzarote for the first time, nowhere else compared to it.

You're well-travelled, Dave! What made you want to visit Lanzarote?

My wife and I like to travel, and to keep our hobby alive we would look for cheaper destinations as well. Lanzarote had come up in conversation, and after hearing positive things about the island we decided to plan our next holiday.

What did you know about Lanzarote before visiting?

Nothing! My sister-in-law had told us about César Manrique and his work on the island, but other than that we knew nothing about the island or the other Canary Islands.

How was your first trip? Did you go sightseeing for Manrique's work?

We stayed in Puerto del Carmen and it was an instant hit. We loved the cycle path that runs down to the town and on to Arrecife, not to mention the beaches and proximity to the airport!

Looking back at old photos we mostly visited the different towns across the island, as well as some of Manrique's works. We didn't know how much we had missed until we visited the island again.

Since your first visit, how many times have you returned to the island?

Our first trip was in 2016 and since then we've

been 14 times; we try to visit at least 3 times a year. We were on the island when the first

lockdown was announced and were fortunate that our return flight was booked just one day after the initial lockdown.

It's fair to say that you've caught the "Lanzarote Bug". What stood out to you about Lanzarote, compared to other holidays?

The scenery, climate, beaches and, most of all, the people are what make the island special. It can be both energetic in the resorts and calm and peaceful in the countryside.

I really love the shape of the mountains that make every road journey special. One of my favourite experiences on the island is simply driving. From the vineyards of La Geria to Los Valles on the way to Haría, it's truly a special place.

Do you keep in touch with Lanzarote when you're not here?

I keep up with the local websites like the Gazette and others. I start my day by watching Lanzarote livestreams and being envious of those that are currently there!

I have Canarian radio stations on all day, even though I don't speak Spanish. I am truly there everyday in spirit... and I'm not the only one.

You've got a keen eye for photography, does the islands stunning photo opportunities draw you back as well?

One day I would love to take a photographic holiday trip to Lanzarote (I think I'd have to bring some spare SD cards with me!). The island is a goldmine for photographers.

Are there any "secret" must-see places that you have found?

We only recently found El Bosquecillo, the picnic area that looks over Famara and La Graciosa. It

boasts spectacular views and is a great place to spend an afternoon watching the day go by.

It's not a secret to those that know, but I urge holidaymakers to take a trip down to Arrecife and watch a game at UD Lanzarote! It's cheap, parking is easy, and the atmosphere is great.

Good luck with your future trips to Lanzarote, Dave, and keep up with the photography.





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

(Times may vary by a few minutes around the island)						
Day	Hour	Metres	Day	Hour	Metres	
1	L: 04:17 H: 10:25 L: 16:45 H: 22:54	0.9 2.6 0.6 2.6	17	L: 05:51 H: 11:56 L: 18:08	0.7 2.7 0.6	
2	L: 05:01 H: 11:08 L: 17:26 H: 23:34	0.7 2.8 0.4 2.8	18	H: 00:15 L: 06:24 H: 12:28 L: 18:38	2.7 0.6 2.7 0.5	
3	L: 05:42 H: 11:49 L: 18:05	0.4 3.0 0.2	19	H: 00:45 L: 06:56 H: 13:00 L: 19:07	2.7 0.6 2.7 0.6	
1	H: 00:13 L: 06:22 H: 12:30 L: 18:44	3.0 0.3 3.1 0.2	20	H: 01:15 L: 07:28 H: 13:31 L: 19:37	2.7 0.6 2.6 0.6	
5	H: 00:53 L: 07:04 H: 13:12 L: 19:24	3.1 0.2 3.1 0.2	21	H: 01:46 L: 08:00 H: 14:04 L: 20:08	2.7 0.6 2.5 0.7	
6	H: 01:33 L: 07:46 H: 13:55 L: 20:05	3.1 0.2 3.0 0.3	22	H: 02:17 L: 08:34 H: 14:37 L: 20:40	2.7 0.7 2.4 0.8	
7	H: 02:15 L: 08:31 H: 14:40 L: 20:49	3.1 0.3 2.9 0.4	23	H: 02:50 L: 09:10 H: 15:14 L: 21:16	2.6 0.8 2.3 0.9	
8	H: 03:00 L: 09:20 H: 15:29 L: 21:36	2.9 0.4 2.6 0.7	24	H: 03:28 L: 09:51 H: 15:56 L: 21:57	2.4 0.9 2.2 1.1	
9	H: 03:50 L: 10:15 H: 16:26 L: 22:32	2.7 0.6 2.4 0.9	25	H: 04:12 L: 10:40 H: 16:48 L: 22:49	2.3 1.0 2.0 1.2	
10	H: 04:48 L: 11:22 H: 17:38 L: 23:41	2.5 0.8 2.2 1.1	26	H: 05:08 L: 11:43 H: 17:55 L: 23:57	2.2 1.1 2.0 1.3	
11	H: 06:02 L: 12:45 H: 19:07	2.3 1.0 2.0	27 0	H: 06:19 L: 12:57 H: 19:14	2.2 1.1 2.0	
12	L: 01:10 H: 07:31 L: 14:14 H: 20:35	1.2 2.3 1.0 2.1	28	L: 01:18 H: 07:36 L: 14:11 H: 20:27	1.2 2.2 1.0 2.1	
13	L: 02:37 H: 08:51 L: 15:26 H: 21:42	1.2 2.3 0.9 2.2	29	L: 02:32 H: 08:45 L: 15:13 H: 21:27	1.1 2.3 0.9 2.3	
14	L: 03:44 H: 09:53 L: 16:19 H: 22:31	1.1 2.4 0.8 2.4	30	L: 03:34 H: 09:44 L: 16:06 H: 22:18	0.9 2.5 0.7 2.5	
15	L: 04:34 H: 10:41 L: 17:01 H: 23:10	0.9 2.5 0.7 2.5	31			
16	L: 05:15 H: 11:21 L: 17:36 H: 23:44	0.8 2.6 0.6 2.6	O Nev Mo	on Q	rst Juarter Moon ast	
H=High Tide L=Low Tide						



Weather Watch

Yes-vember

While November is a notoriously grim month in northern climes, it's more a case of Yes-vember on Lanzarote, as the weather remains delightfully sunny, warm and calm.

November marks the transition from Lanzarote's gloriously mellow autumn to a cooler, refreshing winter. Daytime temperatures rarely fall below 20 degrees in the first half of the month, but may drop a few degrees below as you get towards December. There's still tons of sunshine, but you might get the odd overcast day, and there's a slightly higher chance of rain.

It offers absolutely perfect conditions for any kind of outdoor activity, with fresh, bright days and an ocean that's still warm and inviting at over 20 degrees. Try swimming in November back home!

Night time gets a little cooler, and this is the time of year when you might have to start thinking about swapping your shorts or skirt for jeans, and taking a light sweater or a jacket out with you in the evening.

But overall, November is an absolute joy on Lanzarote, offering peace and respite before the Christmas rush, and a chance to really enjoy the pleasures of the island in less-crowded circumstances.

What to Expect in November



Day Time Temps

22°C (Ranges from 18°C to 27°C)



Night Time Temps

Average 20°C (ranges from 17°C to 23°C)

.....



Sunshine Hours

12 hrs daylight, 6 hrs full sun



Sea Temp

21°C



Rain

2 days (15 mms average)



Wind

N/NE average 15 kph

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November 2021

Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

(21 MAR - 19 APR)

This month you'll learn that you never stop learning, Aries. A new passion will send you down the road of research and discovery, leading to knowledge and understanding. Best of all, you'll

love every minute of it.

Taurus

(20 APRIL - 20 MAY)

You'll be out and about this month, Taurus – maybe even taking a trip – so make some preparations. Maybe you're not fully aware of how much your style and taste impresses others, but if you make an effort it will be more than appreciated.



Gemini

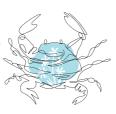
(21 MAY TO 20 JUNE)

You'll have a bit of time to stop and smell the flowers early this month, Gemini, but don't overdo it. Soon, it'll be time to wake up and smell the coffee, instead. Things will get very real, very quickly and you'll need to be alert and aware.

Cancer

(21 JUNE TO 22 JULY)

Children learn by playing, and this month you can revisit those happy childhood moments, Cancer. Take time out to have fun with friends or family, and you'll find your view on life becomes more positive and delightfully playful.



Leo

(23 JULY TO 22 AUG)

This month it's time to get down to business, Leo. There are dozens of jobs and tasks you need to address, so put some time aside and get on with them. You'll finish with a sense of achievement and satisfaction, and then it's time to party!

Virgo

(23 AUG TO 22 SEPT)

You're aware that this time of your life could define your future, Virgo, but that's no excuse to dither. It's time to make a decision and commit yourself. Only then will the short-term challenges leading to long-term happiness reveal themselves.



Scorpio

(23 OCT TO 21 NOV)

Oh, you're slick, Scorpio.

Look at you, coolly dealing with everything life throws at you. You're well on top of things this month, but love and friendship will need a little extra attention. And never forget to ask for help when you really need it.

Libra

(23 SEPT TO 22 OCT)

Intrigue is in the stars this month, Libra. It could be an engaging new friendship or a romantic entanglement, but there'll be excitement and connection, and you'll find yourself living life to the fullest. Enjoy yourself!



Sagittarius

(22 NOV TO 21 DEC)

A long term ambition may be realised this month, Sagittarius, and you'll also be reunited with someone you care for a lot. Don't build your expectations up too high, though. Just let things take their course and you'll have the most fulfilling of

experiences.

Capricorn

(22 DEC TO 19 JAN)

When you're whizzing downhill on a bicycle, there's a temptation to say "Look, no hands!" Don't think about it, Capricorn. Things are going well for you, but overconfidence could lead to a fall. Enjoy the ride but take care.



Aquarius

(20 JAN - 18 FEB)

You're a little confused about a close relationship, Aquarius, but don't fret too much, and above all don't let insecurity into your heart. You're doing the right thing, and patience and self-respect will guide you through uncertainty.

Pisces

(19 FEB - 20 MAR)

Forget all that stuff about cutting down your screen time, Pisces. Now's the time to get online, renew contacts, reach out to new groups, investigate things that fascinate you and get things off your chest. Then take a long walk and breathe...



Instagram of the month



@notrebelleechappee



@famaraiso



@helenavmphotography



@artemisian events



@mingoduarteolivero



@erikagiudiciloda



@richiejpphotography



@vimedusa



@angelina 64

@Loving_Lanzarote

Steam treatment

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At Hospiten Lanzarote we have developed a non-invasive treatment for benign prostate hyperplasia. The therapy involves the use of steam and has the great benefit of maintaining the patient's sexual function. And neither hospitalization nor general anesthesia are needed.



