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Ed's letter

This month brings one of the most looked-forwardto events on Lanzarote, the annual Saborea Lanzarote food fair, which will be held in Teguise on the weekend of the 25th and 26th of November.

It's the best possible way to discover some of the most delicious products and inventive cooks currently on the island, learn a little about what they do and fill your face while you're at it. But most of all, it shows how much the island has changed in a short period of time.

Around 20 years ago, there was plenty of good food on Lanzarote, but there were hardly any markets, no food fairs, a limited range of products in the shops and no such thing as Lanzarote-brewed beer.

Many younger islanders whose parents had fished or tilled the fields worked in the more lucrative tourist industry, instead, and a tourist model that was focused on the hotels and resorts meant that there wasn't much to discover elsewhere on the island.

Then, around 15 years ago, things began to change quickly. Markets such as the one in Arrecife re-opened; farmers – some of them incomers to the island – began to offer a wider selection of produce, and restaurants suddenly started to dream of glory.

All this was supported by local authorities with an aim towards making cuisine one of Lanzarote's special tourist attractions. They've succeeded admirably, hand-in-hand with hundreds of ambitious and innovative cooks and food producers.

The food sector had a very tough time during the pandemic, but is now back on its feet and punching its full weight, and Teguise in November will be a great opportunity to see it in all its varied glory.

Go up there. Wander around the stalls, sip a local wine, try a locally-brewed beer, sample delicious enyesques (tasty morsels) and be grateful for all the people who've turned this island into a glorious place to eat, as well as a holiday hotspot and a sporting magnet. We'll see you there.

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Up On The Wall Muralists are changing the face of Lanzarote's towns.

A Vision Made Real How one politician changed Lanzarote forever.

La Torrecilla A look at the mysterious tower of Haría

Playa Blanca Prom A stroll along Lanzarote's sunniest seafront.

Food Fiesta What to look for at this month's food

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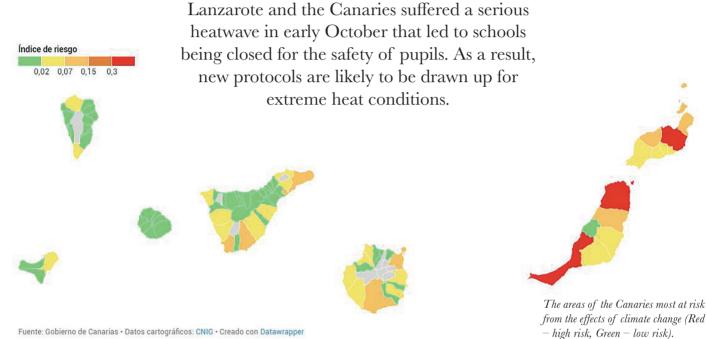
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HEAT AND DUST



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By the end of September, Lanzarote was already on course to registering the hottest year of the 21st century. August had been the hottest month ever recorded in Canarian history, and many were looking forward to the cooler, more mellow weather of the autumn months.

Those hopes disappeared in early October, when daytime temperatures on Lanzarote remained in the low to mid 30s for several days, causing the declaration of repeated heat warnings. The situation was not improved by a heavy calima on Sunday 8th, and on Tuesday 10th the Canarian Government announced that schools would be closed for at least three days.

The decision was taken after reports of children fainting in classrooms and several requests for action from teachers' committees, parents' associations, and unions.

Canarian Education Minister Poli Suárez also

said that his department would be working with the Spanish state to draw up new protocols that would be applied to educational centres exceptional weather conditions. This in comes months after the Spanish government introduced new laws that forbid workers from working outdoors during heatwaves.

Elsewhere on the Canaries, the long hot summer has been mentioned as a factor in three serious forest fires on Tenerife and Gran Canaria. Although heat does not cause fires, it creates conditions that help them begin and spread more rapidly over wider areas.

The calm weather that is normal in autumn has also seen a large rise in the arrival of boats carrying migrants from the African coastline. Several of these pateras were escorted to Arrecife pier last month, and a vessel carrying 280 people arrived at El Hierro. Drought in North Africa has been claimed to be one of the driving forces behind migration.

Earlier this year, the Canarian Government's Department for Climate Change produced a map of the areas that it estimated would be worst affected by climate change-related events such as heatwaves, droughts, floods, storms, and rising sea levels. On Lanzarote, the municipality of Teguise was classed among the areas at highest risk, while Haría and Tinajo were at the second-highest risk level.





LOCAL NEWS

PUERTO DEL CARMEN TRANSPORT PLAN

Tías Ayuntamiento is addressing its Sustainable Urban Mobility Plan, a project that will run from 2023 to 2030, and aims to transform the resort of Puerto del Carmen into a more pedestrian-friendly area.

The Plan was approved in May, and includes plans for paid/ metered parking in Puerto del Carmen. Green spaces for residents will also be included in this phase. A study will be carried out on roads between the seafront and the ring road. The aim will be to improve conditions for pedestrians and create spaces for cyclists.

Public transport will also be improved, with the establishment of new lines and the extension of existing ones.

The overall aim of the plan is to reduce reliance on private vehicles in Puerto del Carmen.



RECORD ENERGY DEMAND



Lanzarote used more energy in August this year than in any other month in recorded history, according to the Canarian institute of Statistics.

81,139.8 Megawatt hours were consumed in August, breaking an 80,000 barrier that had never before been reached.

The figure is hardly surprising considering that August also broke all-time records for tourist occupation and was the hottest month ever experienced on Lanzarote.

HOSPITAL CARPARK CONTRACT AWARDED

The new carpark at the Dr José Molina Orosa Hospital in Arrecife will be ready by summer 2024, it was announced last month, and the contract for the project has been awarded with an investment of over 300,000 euros.

Last month Cabildo President, Oswaldo Betancort, stated it is "great news for the citizens of the island. As promised the Doctor José Molina Orosa Hospital will have a new car park with almost 100 parking spaces, thus solving one of the great demands of the residents.".

A total of 94 new parking spaces will be built, three of them marked as disability, on the plot of land next to the hospital.





PLAYA HONDA UNDERPASS WORKS BEGIN



Works commenced last month on the Playa Honda underpass that will relieve congestion on the notorious roundabout serving the industrial zone north of the main LZ-2 road.

The works will involve the closure of certain roads, with the stretch from Calle Princesa Ico to Calle Mayor currently off limits.

The underpass will be parallel to the existing one, and its purpose will be to filter off traffic heading for the main town of Playa Honda and Deiland Centre before it reaches the roundabout.

The works will cost 3.8 million Euros and are expected to take around six months to complete. San Bartolomé Mayor Isidro Pérez has apologised in advance to residents for any inconveniences.

TOURIST CENTRES INCREASE ENTRY FEES

Lanzarote's seven Centres of Art, Culture and Tourism (CACTs) will raise their entry fees on the 1st of January 2024 to cover increasing costs.

The councillor responsible for Tourism, Ángel Vazquez, announced the price rises, saving that they were still to be finalised,

BODIES FOUND NEAR PAPAGAYO

The remains of five human bodies have now been unearthed at the archaeological site of San Marcial del Rubicón, near Playa de las Mujeres at Papagayo.

The bodies are of three adults and two children, and initial dating indicates that they lived between the years 1408 and 1445, in the first fifty years following the conquest of the Canary Islands.

San Marcial del Rubicón was the first European settlement to be established on the Canaries, and recent excavations directed by



profit of just €500,000 last year.

but an example would be an increase in the

entry fee to the Fire Mountains from €12 to

Vázquez blamed his predecessor for poor

management, claiming that the CACTs had

made a loss of \notin 4.4 million in 2021, and a

€20.

Cristo González, of the University of Las Palmas de Gran Canaria, and Esther Chávez, of the University of La Laguna in Tenerife, have unearthed fascinating discoveries of living quarters, defensive structures and coins.

One of the women's bodies was found buried near a vertical stone upon which a cross had been carved.

RYANAIR REOPENS BASE FOR WINTER

Ryanair will reopen its Lanzarote base for the upcoming winter season and claims to be bringing a record amount of flights to the island.

The Irish airline will operate 40 routes from Lanzarote this winter, including new routes connecting the island with Belfast, Bremen, Knock, Milan, Núremberg and Zagreb.

Three aircraft will be based on Lanzarote, and Ryanair claims this will "represent an investment of 300 million dollars and generate 1,600 jobs."



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ISLAND INFO

COVER ARTIST



Our fantastic front cover photo this month was taken by Diletta Pasini, an Italian photographer and video maker who lives on the island.

Diletta has been working for several years in the field of weddings and other events and also specializes in outdoor content, collaborating with important brands such as The North Face and Quechua, and tourism boards like Visit Brighton and Visit La Graciosa.

She is currently available for professional photo and video services and also for weddings and family shootings.

Contact Diletta on: www.instagram.com/dilettaland

DIWALI IS COMING!

This month, Lanzarote's Hindu community celebrates Diwali, the festival of lights, when the goddess Lakshmi is honoured and sweets are given out among friends and families.

The Hindu community will be holding a special Diwali event at Macher's Teleclub on November 12th, with food, dancing and Bollywood DJs.

Last month, Gujarati Indians on the island also celebrated a Dandiya and Garba event on October 15th. The festival is celebrated with special dances that represent the conception of life as a circle.

To find out more, go to the Hindu Community Lanzarote page on Facebook.



TIMANFAYA ON THE CANAL

Rob and Vanessa Byrne are regular visitors to Lanzarote, but also spend much of their time on narrowboats.

Recently, the couple renamed their narrowboat Timanfaya and repainted it in dark grey, red and black to match



Lanzarote's volcanic landscape. A Manrique devil on the prow completes the impressive job.

The photo shows the boat moored on the Macclesfield Canal recently.



BLACK FRIDAY SHOPPING AT THE SOCO SHOPPING CENTRE

Don't miss out on the amazing Black Friday deals coming up this month at the stunning new SOCO Shopping Centre in Puerto del Carmen.

Located towards the end of the Avenida de las Playas just before the Old Town, the SOCO

Shopping Centre is open every day from 8am until 10pm with all-day parking and features big name shops including sportswear giant Adidas and streetwear staple Superdry.

There's plenty to see at the SOCO Centre with its clothing & beauty shops, various eateries, cafes, and the new kids' playpark on the upper level coming soon.

Keep your eyes peeled on the SOCO Shopping Centre's website and social media pages to find out more about the upcoming Black Friday sales. For more information visit: www.socoshoppinglanzarote.com



EMPEROR OF THE SPOON

Jeff Briggs of Dunston claims to have taken a cutting from Playa Blanca's famous Spoon in Concrete on a recent trip to Lanzarote and replanted it at home with spectacular results. Jeff claims the spoon will bestow unimaginable power, and that he shall rise to become The Ruler of All the Isles and their reign of peace and love shall last for a thousand years.



Thanks, Jeff. We'll have one of what you're having.

CAT & DOG OF THE MONTH

Teide is always smiling and brightens the day of everyone who meets him! This adorable, white large male dog is great company and loves his walks and human interaction. He is only 19 months old and would make the ideal companion for the right active owner or family.

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

Javi is a gorgeous large male cat, who





was rescued from the streets and nursed back to health by SARA. He is now ready to be rehomed. Javi is a fabulous tabby and at only 14 months old he is affectionate and looking for his second chance with the right person. Why not come and meet him and the other cats seeking adoption at the sanctuary?

Find out how to meet him and about adoptions at http://saraprotectora.org. There are also limited places for people to help with socialising cats. Email info@sara-lanzarote.eu.

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UP ON THE WALL

urals are nothing new to Lanzarote. César Manrique created several large indoor and outdoor wall paintings, many of which can still be seen; but recent years have seen several larger scale artworks adorning public buildings in Arrecife.

Muralism has a strong Latin-American heritage. The word "mural" itself derives from Spanish, and the Mexican muralist movement of the early 20th century led to an international explosion of this style of art.

More recently, traditional murals have collided with the street art of graffiti artists to create urban environments that are full of colour and creativity.

On Lanzarote, César Manrique's aesthetic guidelines have restricted most street art to Arrecife, but the capital is becoming more colourful all the time. There are some impressive murals in the streets around the El Almacén art centre.

Recently, Ivan T created a gloriously vivid portrait of Rosana Arbelo on the wall of Arrecife's Civic centre (just along from the Aldi supermarket to celebrate the local singer's honour as being named as official announcer of the San Ginés fiestas. We spoke to Ivan last month.

Where are you from, Ivan?

I'm originally from Buenos Aires. I came to Lanzarote a few years ago and have a family in Arrecife now.

Did you come to muralism via graffiti, like many other muralists?

No, I'm a graphic designer. It started during lockdown when there wasn't much work. I'm from Argentina, where people know how to take advantage of a crisis, so I started posting some artworks on Instagram.

Lots of bars and restaurants were taking the opportunity to redecorate, and a restaurant in Puerto del Carmen then commissioned me to design and decorate their walls. That was the start of it.

And since then?

I've painted designs for the tourist centre warehouses, the Youth Centre in Tías, a huge design in the town of Moya in Gran Canaria, and created several other murals and design works around the island.

How do you go about planning a mural?

I've got lots of experience with computer design, so most of the creative work is done digitally. I can create the work to exact dimensions on a computer, and then it's just a case of transferring that idea to a wall.

Had you done that before?

Not really. it was very much a case of trial and error. You have to buy supplies, hire equipment such as cranes etc, but I learned quickly. I know Matteo (local street artist Sabotaje al Montaje) and went to watch him decorate the library in Playa Honda. That taught me a lot.





5 Inspirations

Here are five of Ivan T's favourite muralists among the immensely talented crop of new Spanish artists.

Lidia Cao:(lidia.cao) The Galician artist specialises in haunting images of women, often in dark colours, with a "gothic" touch.



Martin Ron(ronmuralist): Hyperrealist murals from an Argentinian.

Belín (belin.es): Ivan describes Belin's work as "neocubism" - a startling style that blends surrealism with hyperrealism.

Sabotaje al Montaje: The Lanzarote-born muralist started as a graffiti artist but has now created some of the most remarkable works in Spain. Ivan calls him a "friend and an inspiration".

Okuda: Santander-born artist who created brilliantly coloured work using geometrical forms and a "pixellated" style.













That's an incredible design in black-and-white.

It is, but those are the aesthetic rules laid down by the local Ayuntamiento. The designs I painted in the Tourist Centres Storage Depot opposite the airport also had to be in black-and white

Manrique's murals are famous, but do you ever feel that his legacy can be limiting to new artists?

I think César was always open and supportive of young artists, but those who act in his name can be more restrictive. We've now spent over 30 years without César. It's impossible to know what he'd make of the island today, but I feel sure he'd support new artists. He was a generous man.

Do you have any plans or ideas for the future?

I'd love to do something on the walls from the cruise port to Arrecife. At the moment, they're ugly and neglected, and they're the first impression many visitors get off the island.

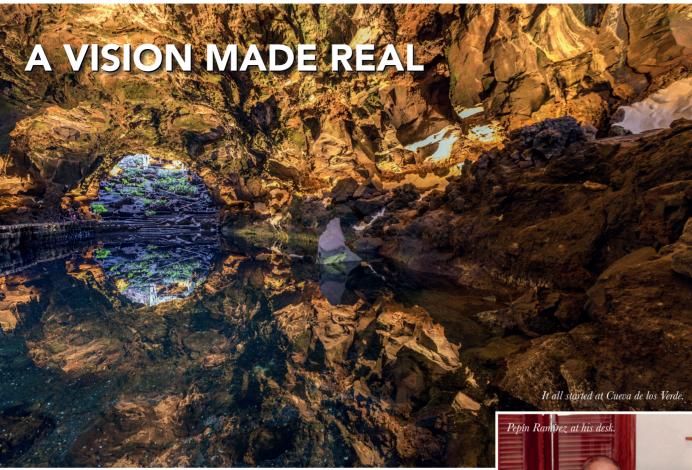
I'd also like to do something with the lighthouse

at Pechiguera. The Spanish artist Okuda painted a lighthouse in Murcia, and it's become a big tourist attraction.

Both of those are just ideas, though. More practically, I'm working to set up a walk-in art centre in Playa Honda, and also do live art works at concerts and performances. I'll be appearing with the Canarian Kike Pérez in Las Palmas soon.

You can follow Ivan on Instagram at @ivantempera





In 1960, José Ramírez Cerdá, known to all as "Pepín" was elected as President of the Cabildo of Lanzarote. He would leave that post in 1974, having transformed the island in a way that seems scarcely believable.

Ramírez was born in 1919 just ten days before César Manrique. The two men were schoolfriends, served together in the army and remained close throughout their lives.

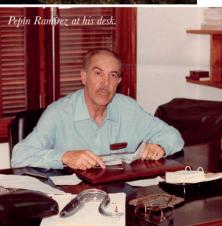
In 1955 he was elected as Mayor of Arrecife, and five years later, elected as the President of the Cabildo. At that time, Spain was gradually becoming aware of the potential of tourism, and Puerto de la Cruz in Tenerife had lit a beacon as the first Canarian tourist resort. But Lanzarote – a dry, desolate island with little fresh water - appeared to offer little to the tourist.

That changed in 1963, when the electrician Jesús Soto was commissioned to light the Cueva de los Verdes for a visit by archaeologists. When the visit took place, officials were expecting little more than a string of light bulbs, but Soto had created an incredible display, accompanied by the sound of Vivaldi's "Spring" on tape recorder.

Ramírez immediately saw the potential, and the vision of Lanzarote's tourist centres was born. They would require funding and official support, but they would also need creative input, and so Ramírez offered his old friend César Manrique the opportunity of a lifetime.

Manrique returned to his native island in 1966 and with Ramírez's full support, he, Soto and a skilled creative team created Los Jameos del Agua, the Monumento al Campesino, the El Diablo restaurant and the Ruta de los Volcanes at Timanfaya, the Mirador del Río and the international Museum of Contemporary Art in Arrecife. Journalist Saúl García has said that "if Manrique was the director, Ramírez was the producer."

Ramírez's term as President also saw the acquisition of the desalination plant and the construction of the first major hotels on Lanzarote. Apart from this, he created the current barrios of Valterra and Titerroy in



Arrecife, established several schools, renovated the island's hospital, created the pedestrian walkway around the Charco de San Ginés and oversaw a huge renovation of the island's road network. One of his final achievements was the declaration of Timanfaya as one of Spain's National Parks.

Pepín Ramírez died in 1987, after serving the island as a Socialist senator, leaving behind a Lanzarote that he had transformed utterly from a relatively poor, ignored island to a prosperous tourist destination with fresh running water, modern infrastructure and an incomparable creative vision unmatched anywhere else in Europe.

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LATEST BLOG POST



We receive a number of different enquiries from people who have moved to the island or are in the process of moving regarding all sorts of formalities. As we all know, social media is full of 'experts' and as such, people are quite rightly confused. We have a series of blog posts planned for the coming months that will help debunk some of the myths and will help new residents and those thinking of becoming residents. Our latest post visits the NIE vs TIE saga.

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Ed's Postbag 🧔

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DISABLED PARKING SPACES

Dear Editor

Without disabled spaces it can be impossible for a Blue Badge Holder to carry out things that most people take for granted.

Why then are other drivers ignorant of the signs and marked spaces, just because they need to pop to the Post Office. Are they that lazy? Here in Playa Blanca, they must be, because there are disabled spaces outside the Correos, all and sundry either park in the designated space, or, even worse, they park on the chevrons between the two spaces allowing easy access.

On two occasions I've had cars park so close as to make it impossible to get in my car. I've phoned the police and explained the problem, but after two hours literally, the owner returned and drove off. No apology, and I had customers from a nearby bar in full support of me!

Please, PLEASE, think twice where you park your car.

It would help if the Ayuntamiento painted the entire space blue, as they do in Arrecife.

Thanks, Tracey

TURTLE TRAGEDY

Dear Editor,

I was saddened to read the news on the 29th of September stating that the body of a Loggerhead sea turtle had been found on Famara beach. It had apparently died after consuming plastic waste which to a turtle can appear to be a jellyfish.

So many people feel helpless and say how can one person make a difference? It took only one person to throw away that piece of plastic. We can all make a difference.

Carolyn, via email

MORE SHADE

Dear Ed,

My wife and I are having work done on the pergola of our villa in Playa Blanca. To get out of the workman's way we drive off and leave him to it. We have a picnic lunch but it doesn't matter whether it is Playa Blanca, Playa Honda, Puerto Calero or anywhere else on the island, we can never find seating with shade.

EMERGENCY HELP

Dear Gazette

After an emergency has happened, we try to work out how it could be avoided. Recently a lady was left bleeding on the floor because the emergency service misunderstood her cry for help.

She is hard of hearing and, after being asked a question in Spanish she gave the wrong answer and the service stood down.

How many of our elderly friends speak too little Spanish or hear too little to deal with calls?

We cannot expect the emergency services to serve us in all of the languages in the world.

How about teaching everyone the word for help "socorro" and perhaps "mucha sangre" so that we can repeat it rather than answering questions?

A card by the phone might help.

What are your suggestions?

Malcolm Crocker

Ed: Thanks Malcolm. We've provided a list of useful emergency phrases in our Need To Know section on page 79.

Please, local councils, provide shade for some of your public places.

Kind regards

Gordon and Sheila Davies

Ed: Some councils are already addressing this problem – we know of shaded picnic areas in La Asomada, San Bartolomé, Mancha Blanca and La Degollada. But you're right – shade is an issue that has not been addressed enough.

Send your letters to Facebook @Gazettelifelanzarote or our email editorial@gazettelife.com



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LA TORRECILLA

As you drive up from Arrieta to Órzola, through the unique malpais of rugged lava, you'll see one of Lanzarote's most distinctive buildings perched on the flank of Monte Corona. This is La Torrecilla (The Little Tower) – one of Lanzarote's most evocative buildings.

In 1918, Haría Ayuntamiento put several plots of land up for auction to finance the building of the pretty Town Hall that still stands in the centre of Haría. One plot was purchased by Domingo López Fontes, an ex-Mayor of Haría, who had big plans for the land.

López Fontes built a unique building that would serve as a family residence, as well as the headquarters of productive farm, producing wine and several other products. At one point, the finca produced 200,000 litres of wine annually, which was sold under the names Bodegas La Torrecilla and Bodegas Los Lajares.

In 1930, Don Domingo passed the property over to his son, Mariano López Socas, and in that same year the official secretary of Haría, Agustín Aldana Lorenzo, published a poem titled Song to La Torrecilla dedicated to the new owner.

The estate also produced cherries, peaches, plums, and figs that were sold in Lanzarote's markets and exported to Gran Canaria.

The López Socas family continued to run the business until 1973, when a German dignitary who was visiting the island became interested in the property and acquired it.

In 2008, the Spanish film director Pedro Almodóvar arrived on Lanzarote with Penélope Cruz to shoot a section of his film Los Abrazos Rotos. The film portrays a passionate love affair that is ended by a car crash that kills Cruz's character and blinds her lover, played by Luis On the grey plain of the desert fields,

Filled with mysteries of things that have died...

Like a hope in the desolation,

Is drawn proudly the regal silhouette,

That was the Muse of a humble poet,

There, in the distance, a beautiful illusion...

Song to La Torrecilla, Agustín Aldana Lorenzo. 1930

Tosar. In the film, La Torrecilla appears as the desolate sanatorium where Tosar's character recovers from his injuries.

La Torrecilla is still a private property, and visits are not permitted. However, the building is currently for sale if you have $\notin 2.7$ million to spare.

Meanwhile, it remains one of Haría's most distinctive landmarks – a "watchman of the plain, witness of the sky".



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Prize Crossword





LANZAROTE DENOMINACIÓN DE ORIGEN

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

ACROSS

- 1. Singer of 1991 house hit Gypsy Woman (She's Homeless) (7,6)
- 8. Unwell (3)
- 9. US rapper who shot to fame with The College Dropout album in 2004 (5,4)
- **10.** Precisely; I couldn't agree more! (7)
- 11. Machine found in launderette or public toilet (5)
- 12. 1983 film starring Julie Walters and Michael Caine (9,4)
- **16.** Yorkshire river (4)
- 17. Prison cell in a castle (7)
- 19. Astrud Gilberto sang about a girl from this area of Rio (7)
- 20. Adjust, move around to fit (5)
- 22. Australian actress who won an Oscar in 2014 for Blue Jasmine (4,9)

Last month's answers Across: 1. Club Tropicana 8. Yesterday 9. Red 10. Tetra 12. Rylance 14. Layla 16. Freedom 18. Azure 19. On Paper 21. ivories 22. Noose 23. George Michael Down: 1. Crystal Gazing 2. Upset 3. Tee 4. Order 5. Ivy 6. Arran 7. Andrew Marvell 11. Awakening 13. Lee 15. You Go Go 16. Flotsam 17. Diploma 20. Panic

As autumn turns to winter on Lanzarote, why not snuggle up next to a roaring fan and solve our Prize Crossword? Send your answers to us at editorial@gazettelife. com (mark email "Crossword" or WhatsApp to 628628083 by the 15th November. One winners gets a bottle of La Geria wine, and another a €10 voucher for Hankey Pankys in CC Montaña Tropical in Puerto del Carmen.

Last month's crossword winners were Margaret Brugger of Puerto del Carmen, who wins a bottle of La Geria's legendary Lanzarote wine; and Karen Swan, also of Puerto del Carmen, who get to sit down at a table at Hankey Pankys.

Prizes can be collected at Bookswop in the CC Costa Luz, C/Alemania 9, Puerto del Carmen

DOWN

1. Rat, Tiger, Dragon, Pig and Rabbit are all signs in this (7,6)

2. Crimean location of 1945 postwar conference (5)

3. Gary, Robbie, Jason, Mark and Howard (4,4)

- 4. Tall and skinny (5)
- 5. Change or adjust (5)

6. Dennis Quaid and Lou Gossett Jr came to Lanzarote to star in this film in 1985 (5,4)

7. Whigfield's big 1994 hit (8,5)

13. A cocky, presumptuous person (7)

14. Nickname of Dr. Henry Walter Jones, the adventurous archaeologist (7)

15. Not brand-named (7)

18. Basil, thyme, or mint, for example (4)

21. Jimi Hendrix asked where he was going with that gun in his hand (3)

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Sorting for photographer By Justin Kerswell, SARA volunteer photographer

SARA - the island's biggest dog and cat sanctuary - helps re-home hundreds of animals every year. It also cares for and provides shelter for hundreds more while they look for their forever homes. All of this costs money - lots of money.

> Whilst SARA does receive some funding from municipal bodies, this can be sporadic and cannot be relied on. That is why the fundraising activities of its volunteers are vital to help keep the shelter able to provide the care it is rightly famous for.

> A small army of volunteers - a mixture of British, Irish, Italian and Spanish - help go through donations kindly given by generous people on the island. These are sorted at the shed next to the sanctuary. Items are separated into quality items that are sold online through the group's Facebook Marketplace or the increasingly popular clothing events in Puerto Del Carmen and Costa Teguise.

> Jan Haywood, who helps co-run these clothing events says: "It is amazing what we receive sometimes. Great quality new items and a surprising number of designer goods. People are still getting a bargain, but we are getting the best prices for them and that benefits the abandoned cats and dogs at SARA. It breaks my heart to see the state some of them arrive in at the shelter, but it is so rewarding knowing that giving my time is aiding their recovery and eventual rehoming."

Stuart Albery with Rosita, his rescue dog from SARA.





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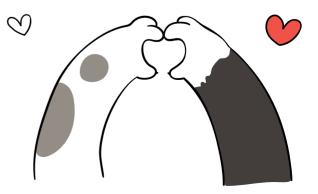
Stuart Albery, who has also helped at SARA's sorting shed for the past five years, says: "Other donations that may not be high value are still good quality - and we regularly hold pop-up markets at the shelter where people can come and get a bargain. Clothes, shoes and household items. It is also a great green initiative. It is the ultimate in recycling. Helping animals and the environment. What's not to love?" Stuart continues: "The shed is open for people to drop off donations and pick up online sales. Our motivation is literally next door when we see the cats and dogs getting such brilliant care." For details of the next clothing events, pop-ups and online sales please keep an eye on the Facebook Group or ask for details when visiting the sorting shed.

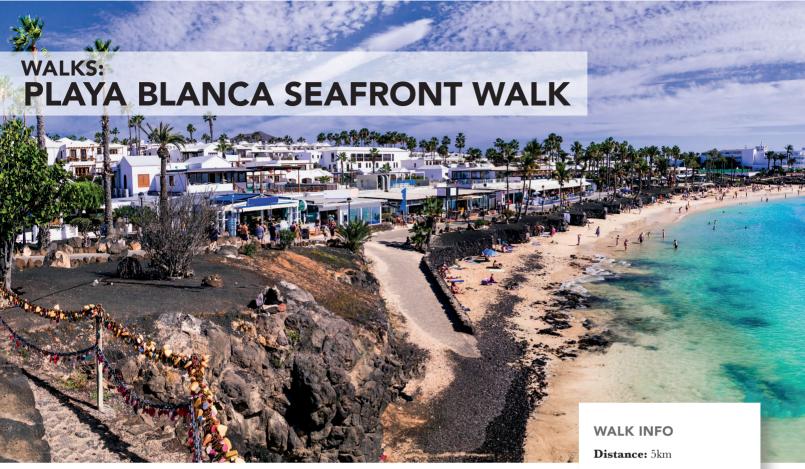
The SARA sorting shed is open for donations and to pick up online purchases every Tuesday, Wednesday, Friday and Saturday for 10-12. To browse the Facebook Marketplace Group visit https://tinyurl.com/358md83x. You can also contact SARA directly on the number below to arrange the collection of large quantities of good quality items (subject to availability).





A donation to support SARA's vital work would also be very welcome via their website saraprotectora.org or by phone (English spoken) at (+34) 928 17 34 17. You can also view which animals are available for adoption and volunteering opportunities for cat socialising on their website. The shelter can also be emailed to info@sara-lanzarote.eu.





This leisurely walk will take you from the Faro Park lighthouse to the centre of Playa Blanca.

Starting at the lighthouse in Faro Park we suggest that you take the number 30 bus to the Pechiguera stop unless you want to make it a circular walk and double back on yourself once you reach the centre of town.

There are plenty of spots to park in Faro Park, along the commercial street or down by one of the hotels will allow residents and tourist parking.

Once you hop off the bus at the Pechiguera stop turn around and walk to the roundabout before turning right and heading towards the starting point in front of the lighthouse.

We recommend starting in the early morning as the sun rises, if it's a clear day you'll be able to see Fuerteventura as the waves crash against the rocks at the lighthouse.

Once you've enjoyed the views from the lighthouse, head to the start of the paved seafront and begin walking. At the start of the walk you'll see a number of Playa Blanca's large hotels that, in the morning, are very quiet and the only people you'll be seeing are fellow walkers or joggers. At a quarter of the way is the small bar popular with locals and tourists as well as a small diving shop in front of Playa de Montaña Roja. From this point until the next beach walkers are treated to the calm shores outlined with dark volcanic rock. There's plenty of photo opportunities along the way too.

At the next beach you may see a few divers and swimmers' heads bobbing along the waters surface, this is a popular spot for divers to head out and explore the underwater world that Lanzarote has to offer. If its later in the day you may want to stop off at the adjacent commercial centre to grab a coffee or light refreshment before continuing along the seafront.

From here until Playa Flamingo it's a people watchers dream, you'll pass three hotels and be able to watch as the early birds rise to claim their sunbeds with towels.

As you approach the beach you can stop off at the long abandoned military turret used to **Terrain:** Easy, level streets, some incline at the start.

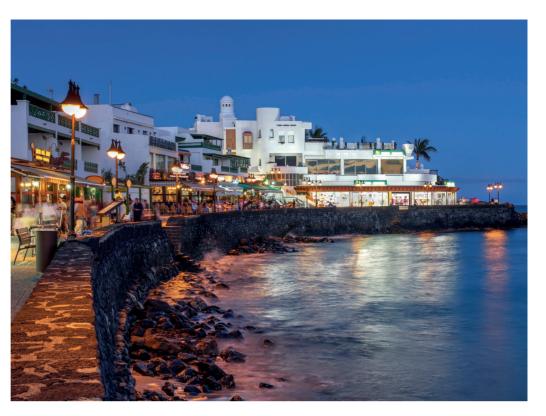
Type of walk: Linear (or circular if you park at the lighthouse)

Tips: Wear suncream, a hat, and bring plenty of water with you.





"PLAYA BLANCA IN THE MORNING IS ENCHANTING."



defend the island years ago. It offers a good vantage point and allows for views over the entirety of Playa Flamingo and its stunning crystal blue waters. Here you can also stop off at one of the various cafes and bars along the beach for a bite to eat.

Passing the corner of the nearby Iberostar hotel you will see Playa Blanca's latest addition – the new and improved port. If you've timed it well you should see the ferries coming and going or hear the honking of the horn as one approaches.

Passing the port and the Punta Limones commercial centre you should continue through the hire car park until you reach the small rocky beach with views of tiny sailboats. From here take the steps up to the Avenida Maritima and peruse along Playa Blanca's seafront at your leisure.

You have reached the end of the walk as you find Playa Blanca's central beach. Take this time to snap some panoramic shots of the sea and distant Fuerteventura or take a selfie with your walking partner, but most of all enjoy it.

The early mornings are the quietest times in Lanzarote resorts, and it's a time where you can really appreciate them without the hustle and bustle.

If you're planning to walk back the way you came, this would be the ideal time to stop off at a café and take a break before continuing. If you started the walk at sunrise the shops should be slowly starting to open in the sunny southern resort by this time.



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Budget fitness

Joining a gym or hiring a personal trainer are great ways to get fit with expert assistance. But there are also plenty of simpler ways to stay in shape that cost hardly anything. Here are a few ideas to get you started.

RUNNING UP THAT HILL

Walking upstairs or uphill is superb exercise, improving strength in the legs as well as stamina and cardio-vascular capacity.

Climbing 50 stair steps daily may reduce the risk of cardiovascular diseases such as stroke, blood clots, and heart attacks by as much as 20%, according to a recent survey, and you'll be reminded of this with signs on the stairways of local hospitals and health centres.

Steep hikes aren't common in Lanzarote's coastal resorts, but a stroll up "Cardiac Hill" in Puerto del Carmen will do you good, and both Playa Blanca and Costa Teguise have volcanoes nearby that are perfect for an intense uphill burst.

PLANKETY- PLANK

The plank is one of the easiest and most

popular exercise, something you can do pretty much anywhere, and which will keep you toned and maintain core strength.

If you don't have a carpet or rug, all you may need is a mat, but otherwise it's dead simple. Lower yourself into a plank position with forearms and toes on the floor. Keep your body straight, look at the floor and hold the position.

A reasonably fit person should be able to manage a minute plank with few problems, but if you're out of shape start with 10 or 20 seconds and work up. It's a great exercise to start and finish the day with.

SKIP ON

Skipping is a fantastic cardio work out, and also improves balance, timing and core strength. Ropes are available at sports stores and shouldn't cost more than $\pounds 15$, and then all you'll need is a



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bit of outdoor space and some decent trainers.

Start by skipping for 30 seconds, taking 30 seconds breaks, for 5-10 rounds. Then bump up your skipping time to a minute with the same break times. For an intense session, try "double unders", bringing the rope round twice for every jump.

BALANCING ACT

There is increasing evidence that the simple act of balancing on one leg can be a reliable indicator of fitness, health, and likelihood of early death. In a recent study, an inability to stand on one leg for 10 seconds, out of three attempts, was associated with an 84% heightened risk of death from any cause.

Balance training can be done anywhere. In your home, waiting for the bus or queueing in a bank. Try to get up to 10 seconds on both legs first, then extend the time up to a minute.

Once you've mastered that, try balancing with your eyes closed – a much greater challenge.

IN THE SWIM

A lot has been written recently about the benefits of cold-water swimming, and if you've ever tried it you'll know how invigorating it can be. You'll also know that it's bloody freezing and be thankful that Lanzarote is surrounded by



relatively warm water all year round.

Swimming is one of the best all-round exercises, and the lagoons and beaches of Lanzarote are a perfect place to do it. We'd advise going with a friend, paying attention to conditions, and warning flags and staying closer to shore.

Try circuits of a lagoon or count strokes – you'll soon work out the distances you're capable of.





Diwali Flavours

One of the biggest events in the Indian calendar takes place this month. Diwali is a special celebration of new beginnings - a time of celebration and enjoyment.

Diwali is a time when households welcome the goddess Lakshmi into their homes with traditional lights and patterns made from powders, flowers, and candles. This year, it falls on November 12th.

Before the Festival of Light begins, Hindu families will clean their houses, wear traditional clothing, prepare the Diyas, Rangoli patters and firecrackers before sharing a meal and traditional sweets.

The Indian Delights restaurant in Playa Blanca have already started preparing for Diwali, ordering fresh ingredients, cooking the base gravies and making traditional sweets.



Here's what owner Ramesh recommends from the menu:

1. **JALFREZI** – a medium spicy curry consisting of chicken or lamb in a rich tomato-based sauce

2. BUTTER CHICKEN – a deliciously rich

3. HYDERABADI – hailing from Hyderabad this curry is well-spiced and full of flavour. It is slow cooked over low heat until the chicken and

4. ACHARI – literally meaning "pickled" this

5. MUSHROOM TANDOORI – mushrooms are first marinated in spices, herbs and yoghurt

6. CHOLE MASALA - one of the most popular vegetarian dishes in India made with India.

7. PALAK PANEER – a stunning green dish

For dessert the restaurant will be offering a

DIWALI AT INDIAN DELIGHTS

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

The restaurant will be starting the celebrations in style on the 12th of November. You are welcomed by owners Ramesh and Saraswati to enjoy the delicious food and watch the opening Diwali fireworks display at 9:30pm on the first day.

The interior will, of course, be fully decorated with Diyas and Rangoli patterns, and the staff will all be wearing traditional clothing.

Throughout the 5-day celebration traditional sweets will be given for free to customers, as they would be shared during Diwali in Indian households.

If you want to come along to see how Diwali is celebrated, Indian Delights style, booking is highly recommended (call in to book before 6pm), which can be made by calling directly on +34 828 058 229 or +34 686 010 125. Book now before it's too late -

the tables are going fast!

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Find us at AVENIDA PAPAGAYO 11, PLAYA BLANCA 35580 CALL US on +34 686 010 125 or +34 828 047 091 Carne Fiesta, (meaning Festive Meat) is a Canary favourite that is associated with open-air parties and tenderetes (informal gatherings), but which has become popular fixture on restaurant menus, where it's usually served with fried potatoes, chips or pasta.

Succulent, with a tantalising blend of herbs and spices, it's a simple marinade using some of the classic Canarian ingredients – two varieties of pimentón (paprika), cumin, wine and herbs.

METHOD

1. Put all ingredients apart from the meat and wine into a bowl and whizz to a paste with a stick blender (you can use a traditional pestle and mortar if you like).

2. Put the meat in a bowel or container and add the blended marinade. Mix well and

leave overnight in the fridge.

3. In a pan, heat more oil on a high flame. Add the meat and fry until it is golden. Then add the white wine and reduce.

4. Finally, add the rest of the marinade, a little water if necessary and cook with the lid on over a medium heat for 25 minutes.

Tip: If you prefer you can grill the marinated meat on a barbecue and prepare the sauce separately.

INGREDIENTS

CARNE

- 500g pork loin (lomo de cerdo), cubed.
- 3 cloves of garlic.
- 1 tbspn pimentón dulce
- 1/2 tspn pimentón picante.
- 1/2 tspn cumin seeds.
- 1 dried red chilli.
- 1 tspn dried oregano (if you have fresh herbs, even better.)
- 1 tspn dried thyme.
- 1 tspn dried rosemary.
- 10g salt.
- 50 g virgin olive oil.
- 25g white wine vinegar.
- 50 mls white wine.



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What to look out for at the Saborea Lanzarote food fair in La Villa de Teguise on the 25th and 26th November.

TICKETS

Entrance to the fair is free. However, if you want to sample the goods, you'll have to buy a strip of tickets. These usually come in strips of &1 tickets, each of which can be exchanged for food or drinks at the stalls (prices differ). That way, the stalls don't have to handle cash and you don't have to fumble around for change.

DRINKS

Several of Lanzarote's most important bodegas will be present at the fair, and there's a chance that this year's vintages may be available. Keep an eye out for classic wineries such as La Geria and El Grifo, as well as more recent.

Lanzarote craft brewers are likely to make an appearance, with Malpeis, Nao and the Agüita beers from the Los Aljibes brewery.

There'll be plenty of soft drinks on offer, too, if you want to pace yourself, and if you do fancy hitting the booze, check out the bus trips to the festival.





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"LANZAROTE WILL BE COOKING WITH GAS THIS MONTH!"

HOTELS AND RESTAURANTS

A small army of cooks will be at the fair, representing the fine eateries in many of the best hotels, as well as the varied and exciting food culture on the streets of Arrecife, the resorts and other towns. Most of these will have beautifully prepared delicacies on display, and it's a fantastic way to start planning your next big meal out.

LOCAL SPECIALITIES

Look out for Lanzarote specials such as the prawns from La Santa, Bernardos mermeladas. Local goats and sheep's cheese, Ave del Paraíso gin, gofio from the windmill in San Bartolomé, sea salt from Janubio, and some of the new vegan restaurants on the island.

EVENTS

There'll be display cooking events, competitions, talks, children's activities and much, much more. Many will take place in Spanish, but the language of food is universal.

OUR TIPS

Take your time, buy a few strips of tickets but don't fill your face immediately... look around. See what you fancy, then make your choice. Take photos of places that impress you, and help yourself to cards and flyers. Find things that you love and then tell your friends.

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Spain and Italy are currently the two heavyweights of European food, but on Lanzarote they live contentedly together.

The popularity of the Mediterranean diet in Europe was originally focused on the south of France and Italy. These sunny countries and their blend of fresh produce, wine, olive oil, garlic and herbs slowly brightened up the drabness of post-war life in northern Europe, and their influence has never diminished.

Spain's reputation, however, was limited to the odd paella encountered on holiday in the Costas. Nowadays, when chorizo, pimentón, jamón, Riojas and other Spanish products are widely available, it seems strange to remember that it wasn't so long ago when they were almost impossible to find.

Italian food had a huge boost in the 1990s, when establishments such as Carluccio's and the River Cafe in London made Italian food newly trendy, and Jamie Oliver, fully trained in the Italian tradition became the most popular TV chef.

Spain's renaissance began at the start of the 21st century, when Ferran Adriá's restaurant El Bulli was voted the best in the world for five years. Suddenly, all eyes were on Spain and the country's restaurateurs made the most of the opportunity.

Spain now has an enviable reputation for authentic products, innovative

cooking and top-quality cuisine. Many of its best products had existed for decades or even centuries, but it was only recently that they went global.

That's not the case with Italian food. This is a result of Italian emigration around the world, but especially to the USA, where pizza and pasta became ways of life. Nevertheless, strong Italian populations in the UK meant that most towns had a pizzeria or a trattoria long before they ever saw a tapas restaurant.

Nevertheless, at home Spanish and Italian cuisines both remain highly regional. In each country, where you live defines much of what you eat, and local traditions are a source of pride.

It's fair to say that Spain has warmed to Italian food more than vice versa, but that again may be a result of Italians arriving here, bringing their unique pride and joy in their food. Lanzarote is truly fortunate to have restaurants that represent the best of both traditions, and even some fascinating fusions between the two.

Tell an Italian that you prefer Spanish food to Italian and you're likely to provoke a passionate argument that will go on all night. However, it's an argument that is pretty evenly balanced and, no matter how heated it gets, it's always based in a shared love of food and living life to its best potential.



Christmas is just around the corner, so it's a great time to find out more about the quality products on offer on Lanzarote.

The Christmas period on Lanzarote is long, laid back and lazy, with a gentle build up followed by 12 days of relaxed festive living. It's also an active time when you can get out of the house and even have a dip in the sea on Christmas Day.

Locals will usually enjoy a family meal on Christmas Eve, and unlike the British Christmas dinner, pretty much anything goes as long as you like it, although seafood is very popular. Another meal takes place on New Year's Eve, and often on the eve of Kings Day, too.

But Spanish homes will be filled with goodies throughout the Christmas period: they include sweetmeats such as turrones (nougat) and Polvorones (dry cakes), nuts and often a leg of jamón from which slices are carved as and when needed.

On an island where wine is a major industry, there'll be plenty on offer, although imported cava and sparkling cider are also popular celebratory tipples. This is a great time to discover some of the more specialist Lanzarote wines, such as moscatel dessert wines, and the island's light, pleasant semi-sweet whites are a perfect accompaniment to Christmas cake or mince pies.

Mince pies, however, are something you'll have to make yourself or hunt down at British supermarkets. The Canarian Christmas treats sold in bakers are truchas – deep fried folds of sugared pastry containing a sweet potato or pumpkin filling.

If you do fancy preparing a traditional Christmas dinner from home, the only ingredients you may have trouble locating are fresh ones. However, shops like Tías Fruit in Tías have discovered that there's a keen appetite for Brussels sprouts and parsnips at Christmas, and you'll have no problem filling a festive fruit bowl.

And if you're having a Christmas dinner on Lanzarote, why not experiment with local ingredients. Local papas bonitas will give you incredibly flavoursome roasties, and smoked salmon has been an island speciality for decades.

But the key to enjoying Christmas food on Lanzarote is just to enjoy it. Take your time, explore what's available and enjoy the good life.



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soco: PUERTO DEL CARMEN'S FUTURE

The Soco Shopping Centre, on Puerto del Carmen's front line, has brought a new concept of shopping to Lanzarote's most popular tourist area, and is a must-visit as the island gears up towards the festive period.



The Soco Shopping Centre opened in August 2022, an audacious project that brought high street retail the cradle of Lanzarote's tourist industry – the Fariones zone.

Since then, the shopping centre has gone from strength-to-strength, with exciting shops and a solution to the parking problems that have been present in the resort for years.

Director Enrique Navajo tells us that "the centre is



working really well. The supermarket is making a name for itself, and the parking facilities are proving especially popular."

He tells us that the centre will shortly be putting up its Christmas decorations, and Black Friday will also be an event in the centre.

One of the big attractions at Soco Shopping Centre is the large Mercadona supermarket, at the end of the seafront heading towards the Old Town. The centre also hosts the only Adidas Mega store on the island – a real draw for fans of the perennially popular German sportswear brand; while fashionconscious islanders have rushed to see the unique selection of clothing at Superdry, which combines retro American items with Japanese touches and a hint of British style.

Then there's luxury designer fashion from The Thin Line and Mosfashion. High class scents at Perfumes. es, mobile phones and accessories at Connect and natural beauty and cosmetics at the Nirvaan Naturales Parafarmacia.

FoodBox offers great eating, and the Aroma coffee shop is perfect for a break while shopping. Shortly arriving will also be the Hot Dog House, and the Banana Loca kid's play area.

Entry to the 346-space parking area costs \notin 1, which is free for the first ten minutes, 2.5 cents for every minute up to the first hour, and 2 cents a minute beyond that, meaning that a two-hour stop will cost just \notin 3.45. There are also several offers for those who wish to use the parking regularly.

To find out more, go to: www.socoshoppinglanzarote.com.





腰



Enrique Navajo

+34 607 781 900 enriquenavajo@lanzasuiza.com www.socoshoppinglanzarote.com



A jam-packed programme this month, with some exciting concerts, music and wine festivals, sporting events and the island's fantastic food fair in Teguise.

ART



VEINTINUEVE TRECE 6th – 12th November

Sponsored by the Lanzarote Cabildo, the CACT and Arrecife Ayuntamiento, Veintinueve Trece is a collection of conferences, exhibitions, workshops, screenings, book presentation and conversations taking place in various locations.

More information and registration at www.veintinuevetrece.com

MUSIC

TROVEROS DE ASIETA Y POLO ORTÍ

3rd November, 8pm Tenerife jazz pianist Polo Ortí joins the

Troveros de Asieta group from La Palma. Teatro "El Salinero", Arrecife. Tickets €10 www.culturalanzarote.com





BEATRIZ FELÍCIO

4th November, 8pm Beatriz Felício is considered an emerging talent on the Portuguese fado scene. *El Almacén, Arrecife. Tickets €10 www.culturalanzarote.com*

EMEC FESTIVAL

4th November

Arrecife's electronic music festival returns to the Castillo de San José. The lineup includes Andrea Oliva, Hector Couto, Mestiza, Arxip&iva Dive, Ifara, Garcia, Stany and Barni Granados.

Castillo de San José, Arrecife. Tickets starting at €35 www.emecfestival.com

CANARI FESTIVAL

17th – 19th November

A new arts and culture festival which will bring The Divine Comedy and several other bands to Lanzarote and La Graciosa this month. Canari festival will also offer a range of dining and wine-tasting experiences.

Information & registration at www.festivalcanari.com

DANCE

Mortaja

3rd & 4th November

Mortaja is a performance show focused on death, one of the great taboos of our society. Created and directed by Daniel Aparicio with performances from Carmen Ramón, Miriam Hernández, Lucia, Padrón, Mara Hernández, Otilia Real and Carmelina García.

La Casona de Femés, Yaiza. Entrance free.

THE NUTCRACKER

11th November, 6pm The International Ballet Company from Moldova, Ukraine and Italy invite you to Tchaikovsky's Christmas favourite, "The Nutcracker." *Teatro "El Salinero", Arrecife. Tickets €45 www.ecoentradas.com*



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FOOD

SABOREA LANZAROTE

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25th-26th November

The extremely popular Saborea Lanzarote food festival is back in Teguise this year for the 10th edition. The festival will feature stalls from restaurants all over the island serving delicious and exciting foods.

La Villa de Teguise. More information at www.saborealanzarote.org



CINEMA

LANZAROTE FILM FESTIVAL

23rd November – 3rd December Over the course of eleven days, audiences will be treated to short films from around the world as well as films from local filmmakers.

More information and registration at www.muestradecinedelanzarote.com





THE KID November 10th

As part of the Festival Tiempos Modernos: Amenecer. Charlie Chaplin's classic silent film "The Kid" will be shown accompanied by a live music performance by pianist Esther Ropón. *Casa de la Cultura Agustín de La Hoz, Arrecife. Entrance free, starting at 8pm.*

SPORT ···

TRAVESIA ALEJANDRO CANDELA

11th & 19th November

Part of the Open Water Lanzarote Swimming Cup 2023, the last two races of the 7 total races part of the race.

For more information visit www. aguasabiertaslanzarote.es

HARÍA TITÁN

18th November, 7am

Trail run in Haría that will see competitors take on a 14km, 22km or 42km race in the municipality. For more information visit uwww.hariatitan.com



SATURDAY 11TH NOVEMBER SARA car boot sale at SARA animal shelter starts 10am ends 12pm. **EVERY TUESDAY & FRIDAY:** Puerto Calero Market (starts 9am ends 1pm). EVERY FRIDAY Craft and Artesan Food Market. Marina Lanzarote, Arrecife. 12pm – 4pm. EVERY SATURDAY Haria Artesanal (crafts and food), Plaza de Haría. 10am to 2.30pm. Arrecife market, Plaza de San Ginés (farmers market). Morning. EVERY SUNDAY **Teguise Market** (everything) 9am to 2pm. Original PALS car boot sale Lanzarote A Caballo. 9am to 12pm. Mancha Blanca (food) Mornings. WEDNESDAY AND SATURDAYS Marina Rubicon Market (Souvenirs and gifts) Playa Blanca. 10am to 2pm. PLAYA HONDA MARKET

FLEA MARKE

PLAYA HONDA MARKET Third Saturday of the month Calle Mayor. 10am to 2pm



Naestro:



Julie's Live Music Guide

After the heatwave we had at the beginning of October, November will bring some fresher evenings, so it will be cooler when dancing to some wonderful live music. Stroll around the bars and see what takes your fancy, or use this list of regular shows to plan your evenings.

Gigs are subject to change, so please double-check the bar or artist/group's Facebook page.

Please contact Julie Helliwell via Facebook to add or confirm your event in the next edition *(in print and online)*.

Monday

COSTA TEGUISE 7.30pm: Julie H Music, The Shamrock 8.30pm: John Alan Pick, Four Seasons Rock Café 9.30pm: Carl White, The Shamrock Scott McQ, Tekkers

PUERTO DEL CARMEN

8.30pm: Dave Bandanna, Rocas Blancas
9pm: Mick Garry, The Good Old Days
Mark Fenton, Galleon 2
Deanne Farrell, The Vu
Band of Gypsies, Spoons
9.30pm: Elvis, Maguire's
Adrian Bambrough, Finnegan's Wake
Collie Farrell, Mulligans Bar, Old Town
10pm: Concrete Jungle, Kings
Gayle O'Donovan, Murphy's Irish Pub

PLAYA BLANCA 8.30pm: Don Parker, Berrugo Bar, Marina Rubicón

Tuesday

COSTA TEGUISE 9.30pm: John Alan Pick, Tekkers Bar

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That Belfast Boy, Abbey Road

PUERTO DEL CARMEN

9pm: Max Santalucia, The Good Old Days Adrian Bambrough, Golden Corner
9.30pm: Mary Gray, Maguire's Band of Gypsies, Spoons
10pm: Concrete Jungle, Kings Gayle O'Donovan, Murphy's Irish Pub

PLAYA BLANCA 9.30pm: Martin McCormack. The Old Mill

Wednesday

COSTA TEGUISE 8pm: Bobby Blue, The Venue 9.30pm: Gordon McFadden, Tekkers

PUERTO DEL CARMEN

1pm: Collie & Deanne, Rooftop Bar, Biosfera
9pm: Nolita, The Good Old Days
9.30pm: Collie Farrell, Mulligans Bar, Old Town Mick Garry, Maguires
10pm: Concrete Jungle, Kings Deanne Farrell, The Irish Viking Gayle O'Donovan, Murphy's Irish Pub

PLAYA BLANCA 10pm: Martin McCormack, The Flagship

Thursday

PUERTO DEL CARMEN

8.30pm: Dave Bandanna, Rocas Blancas
9pm: Adrian Bambrough, Golden Corner
Ryan McArthur, The Good Old Days
Band of Gypsies/Smokin Barrels, Spoons
9.30pm: Mad Mick, Maguire's
Don Parker, Slattery's
10pm: Collie Farrell, The Irish Viking
Concrete Jungle, Kings
Gayle O'Donovan, Murphy's Irish Pub

PLAYA BLANCA 9.30pm: Martin McCormack, O'Connors

Friday

COSTA TEGUISE 7.30pm: Live music, The Clock 9.30pm: John Alan Pick, Decades 9.45pm: Abba Classics, The Lighthouse

PUERTO DEL CARMEN

8:30pm: Dave Bandanna, Rocas Blancas Gary Mac, The Seaview Bar 9pm: Nolita, The Good Old Days Mark Fenton, Galleon 2 Martin McCormack, Cherry Moon 9.30pm: Elvis, Maguire's Collie and Deanne, Mulligans, Old Town 10pm: Concrete Jungle, Kings Gayle O'Donovan, Murphy's Irish Pub

PLAYA BLANCA

8pm: Don Parker, Berrugo Bar, Marina Rubicón

Saturday

COSTA TEGUISE 8pm: Bobby Blue, The Venue 9.30pm: Julie H Music, Decades Bar

PUERTO DEL CARMEN

7pm: Collie Farrell, Las Amigas Rooftop Bar
9pm: Gerie B, The Good Old Days
Mark Fenton, The Vu
Dave Bandanna, Marco's Bar, Los Pocillos
Adrian Bambrough, Corner Café, Matagorda
9.30pm: Mary Gray, Maguire's
10pm: Jon Gold, Murphy's Irish Pub

PLAYA BLANCA

10pm: Martin McCormack, The Flagship

MALA, HARÍA

8pm: La Noche en Mala, Don Quijote, Mala

Sunday

COSTA TEGUISE 9.30pm: John Alan Pick, The Venue Smokin' Barrels, The Lighthouse

PUERTO DEL CARMEN

1pm: Collie Farrell, Rooftop Bar, Biosfera
8.30pm: Dave Bandanna, Rocas Blancas
9pm: Gary Mac, Scotch Corner
Martin McCormack, Cherry Moon
Adrian Bambrough, Golden Corner
Steve Sharp, The Good Old Days
9.30pm: Mad Mick & Jordan K, Maguire's
Deanne Farrell, Mulligan's, Old Town
10pm: Collie Farrell, The Irish Viking
Jon Gold, Murphy's Irish Pub

SAN BARTOLOMÉ

7.30pm: Spanish & Canarian music, Finca la Florida

PLAYA BLANCA

9pm: Don Parker, The Irish Anvil

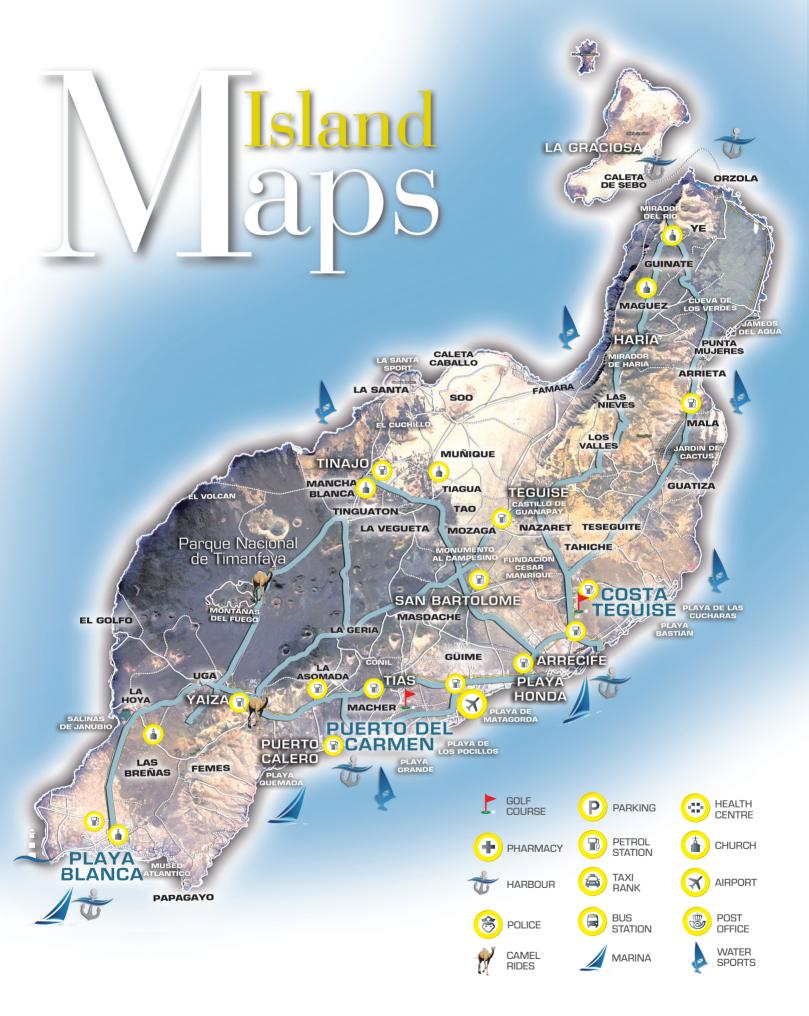
All information was correct when printed but is subject to change. Please check the Facebook page of the artist or venue to verify. To stand out from the crowd, please contact the sales department: advertising@gazettelife.com



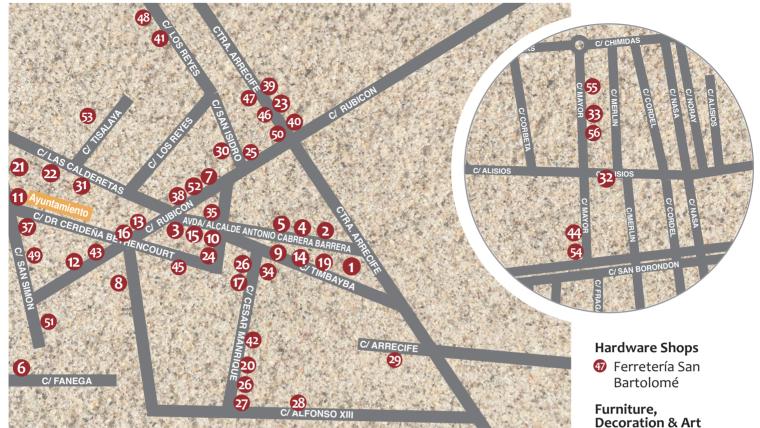
12 NOV'23 20:00 h Auditorio JAMEOS DEL AGUA







San Bartolomé & Playa Honda Shopping Zones



Fashion

- Deportes Yajova
- 2 Sándalo moda y hoga
- Boutique Elvira
- 4 Endulza2
- 6 Aura Novias y fiesta
- 6 Frambuesa
- Oswaldo Machín
- 8 Uniformes Tile
- 9 El remendón

Restaurants

- Pizzería La Valentina
- 1 Bar La Plaza
- Bar restaurante La Barraca
- Pizzería El Callejón

Coffee Shop

- LLévatelo
- G Café Barreto
- 6 Mimos Pastelería
- 🕡 Capi Blas San Bartolomé



Food to Go / Take-aways

- 🔟 Bar Avenida
- Autoservicio Raguel y Samuel
- 21 Los postres de Noni
- 2 Autoservicio Calderetas
- 23 Vaya Vaya

Book Shop

- 24 Librería Juncar
- 25 Color Plus

Beauty

- 26 Estética Anaga
- 27 Estética Marga
- Barber Canario
- 29 Peluqueria Sagri
- 😥 IR Barber
- Isaura Conde Peluqueria
- Blite pelugueros
- 3 Manoli pelugueros

Health

- 3 Fisiosan
- Optica San Bartolomé
- 6 Clínica Invale
- Ocentro Multidisciplinar Tagoror
- Adrián Martin Nutrición

Eco Shop

Biomeco

Leisure

- 49 Más deporte
- 4 Centro deportivo Alma y Cuerpo
- Celia Medina Estudio danza Emocional
- 43 Cosquillitas en la panza
- 🚇 Yoga con Amba

Chemists

- Farmacia San Bartolomé
- 🍜 Farmacia Reyes



48 Estudio Rufina

49 Muebles San Simón

😡 Muebles Rubicón

Shop & Art

Garden & Pets

🚱 Vaper Tienda

Travel Agencies

Toy Store

Muebles Machin

Gordovés y Morales

Electronic Cigarettes

55 Viajes Playa Honda

59 Juguetería Mukkies

Scan here for

more information

9 Pablo Ramos Baldi

Santana

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MAP - PUERTO DEL CARMEN





6

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🕝 Puerto del Carmen 💶 Playa Blanca **Costa Teguise** e-mail: info@lanzamedic.com







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Villa with Sea Views in "Carlos Park"

€ 320.000 - PLAYA BLANCA - REF. GV



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EMPTY HOMES, NOWHERE TO LIVE



Almost 48% of houses in Tías, Lanzarote's most popular tourist municipality, are classified as unoccupied, according to surprising new figures released by the Spanish Institute of Statistics. The figure means that Tías has more empty properties than any other council district with over 10,000 residents in Spain.

The Institute defines an "unoccupied home" as a registered dwelling that is not connected to the electricity supply, or where the annual consumption of electricity is less than the power used over 15 days by the average home in a year. Almost 4 million homes in Spain fit this description.

This definition would include genuinely unoccupied homes, second properties that are not being used, unsold bank repossessions, rental properties that are not on the market, and properties occupied by squatters.

The amount of unused property contrasts with a genuine housing crisis in the Canaries, where average rents have increased by 50% in just five years, while increased interest rates have also put a brake on the amount of new mortgages. Meanwhile, the price of used properties continues to rise.

Lanzarote's Ombudsman has reported an increase in applications from residents who are on the verge of eviction, and there are increasing reports of locals living in caves, shipping containers or mobile homes.

Canarian authorities have so far utterly failed to address the crisis. Social housing accounts for only 1% of properties on the islands, while the national average is 9%.

Plans to encourage the freeing up of empty properties, via tax breaks or penalties, have so far come to nothing.



UNDER PRESSURE



Lanzarote has been suffering from on-and-off water problems all summer, with many areas suffering cuts or fluctuations in pressure. Here's what you need to know.

The island's private water utility, Canal Gestión, reported earlier in the summer that one of the installations at the Lanzarote III desalination plant was out of order due to its advanced age, and warned that most parts of the island would suffer from low pressure at times. This, added to leaks in parts of the main supply, and the immense demand caused by a record number of tourists in the hottest summer on record.

Pressure often falls at times of peak demand – usually around breakfast time and evening – and is also reduced while repair and renovation works are taking place – usually at nighttime.

Leaks in parts of the main supply, and the immense demand caused by a record number of tourists in the hottest summer on record added to the problems.

There is general agreement that Lanzarote's water system is in dire need of serious investment, and at the moment there appears to be no guarantee that future problems will be avoided.

"LANZAROTE'S WATER SYSTEM FEELS THE STRAIN"

IF YOU HAVE A PROBLEM

Any good plumber should be able to diagnose the problem fairly rapidly, but there's no point paying a call out charge if the remedy is out of your hands.

Check all the taps in your home to see if pressure is equal – if it's not, it could be down to an obstruction or leak in your plumbing. If low pressure is constant, it's a good idea to have a word with your neighbours to see if they're suffering similar problems.

Many larger properties or apartment complexes on the island have an aljibe (water tank) and a hidro (water control pump). If this is also the case where you live, any problem could also be closer to home than you think. If you belong to a Community of Owners, the President should be informed of any problems, and has the responsibility to fix the matter.

Finally, Canal Gestión provide daily updates of water supply issues on their website canalgestionlanzarote.es. Look for Información Suministros. You can also report problems if you have an account.





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1 bed 1 bath bungalow in a great location close to the sea front. Offering sea views, Heated community pool in a great complex. Price: 238.000€



Impeccable 3 bed 2 bath semi detached villa with panoramic sea and mountain views, ready to move in.

Price: 415.000€



3 bed 2 bath stunning DETACHED villa in a central location in the very sought after community PLAYA REAL.

Price: 865.000€



Ref. 410 - PLAYA BLANCA

Impeccable 4 bed 3 bath detached villa close to the lighthouse area offering sea views, a modern and contemporary style, ready to move in. Price: 695.000€

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5 bed 3 bath property in Playa Vista. First line property with stunning views to Fuerteventura & Lobos.

Price: 490.000€

Ref. 095 - PLAYA BLANCA

1.400m2 Plot with sea views and architect project in the up market area of Bajo Los Riscos in Playa Blanca.

Price: 320.000€



Well maintained 2 bed 2 bath apartment in the lighthouse area. Bathroom & kitchen have been refurbished. Price: 178.000€



Ref. 300 - LAS BREÑAS

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WHERE TO LIVE?

Living on Lanzarote is a dream for many, but if you're planning to make that dream come true, you need to think about where exactly you wish to live. Here are a few guidelines:



Town or country?

Lanzarote's urban areas offer the most expensive and also the cheapest properties on the island. Playa Blanca and the other resorts are highly in demand, but the capital, Arrecife, and its satellite towns of Tahiche and Playa Honda can be much more affordable.

Inland towns and villages such as Tías, Güime, Yaiza, Teguise and Nazaret have smaller British communities and are popular for their quiet, laid-back lifestyle. Remember that planning restrictions need to be researched if you're thinking about renovating or extending a rural property, Rules can be quite restrictive.

Resort or not?

Lanzarote's three resorts are great locations for those who value socialising. These are where you'll find most of the island's other foreign residents, and much of its nightlife. But you'll also be sharing your location with thousands of tourists at any given time, which is not for everybody.

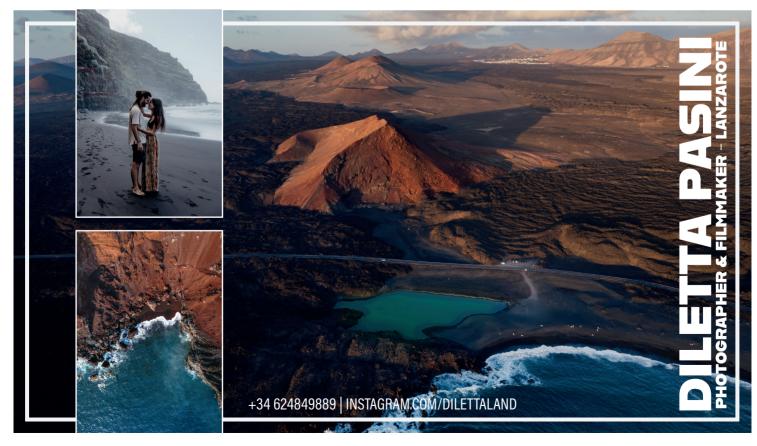
The resorts are also popular with retired buyers, who value the closeness to essential facilities and the range of smaller, compact apartments that can be found.

Outside the resorts, you'll find you may have to "go native" much more quickly. While English is spoken widely in the resorts, that's not the case everywhere else

Coastal or inland?

Coastal properties are generally more in demand, both for the views and the leisure opportunities they offer.

Inland properties, on the other hand, offer rural peace and beauty. Those built on higher ground can be attractive because of the views, but it shouldn't be forgotten that higher-lying areas can also get significantly cooler than coastal areas, especially the further north you are.





PBI992 - €339,000



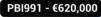
Modern and Immaculate 3 Bedroom Villa with Private Pool, Close to the Marina Rubicon, A perfect Holiday Home & Investment in Playa Blanca. • **3 Bedrooms • 2 Bathrooms**

• Built in 2008



Immaculate 3 Bedroom Villa near the Marina Rubicon with a Private Pool and VV Holiday Rental License in Playa Blanca.

- 3 Bedrooms 2 Bathrooms
- 1 Garage/Parking
 Built in 2006





Spacious Detached 4 Bedroom Villa with Private Pool in Costa Teguise close to all amenities.

• 4 Bedrooms • 4 Bathrooms • Built in 2000

Superb Detached 3 Bedroom Villa

with Sea Views & only a 1 min. walk

to the Ocean promenade & amenities

• 1 Garage/Parking • Built in 2003

with VV Tourist Rental License.

3 Bedrooms
 2 Bathrooms

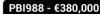
PBI986 - €749,000





Well presented 3 Bedroom Villa with a Private Pool very close to Plays Blanca Town Centre.

- 3 Bedrooms 2 Bathrooms
- 1 Garage/Parking Built in 2001





New Build Detached 3 Bedroom Villas in Playa Blanca with Private Pool and proximity to Marina Rubicon.

- 3 Bedrooms 2 Bathrooms
- 1 Garage/Parking Built in 2024

PBI981 - €749,000



Spacious Detached Villa in Playa Blanca with a big Private Pool, great sea & mountain views with Potential.

- 4 Bedrooms
 4 Bathrooms
- 2 Garages/Parking Built in 2007



Charming 2 Bedroom Bungalow in a quiet complex with a good plot by a Communal Pool in Playa Blanca.

2 Bedrooms
 1 Bathrooms

• 1 Garage/Parking • Built in 2002



We are open Monday to Friday from 10:00 to 16:00 Saturday and Sunday by appointment only PLEASE SCAN TO VIEW ALL OUR PROPERTIES:





Pottery and ceramics are closely tied to Lanzarote's cultural heritage, and choosing beautiful ceramics for your home can be one of the most rewarding activities on Lanzarote. In the year 2000, two years after he won the Nobel Prize for Literature, the Portuguese author José Saramago, who now lived on Lanzarote, published his novel The Cave.

The main character of the story is a potter, Cipriano Algor, who makes figures that are sold to a nearby shopping centre which slowly takes over his life and that of his family. However, the inspiration behind the pottery figures were the works of Doña Dorotea de Armas, which Saramago had discovered on the island where he spent the final years of his life.

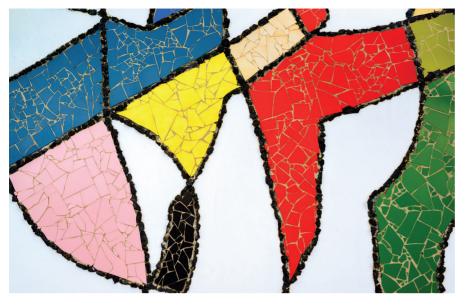
Born in 1899, Doña Dorotea learnt pottery from her mother, and practiced it throughout her long life. Among her works are fascinating models of animals and the famous Novios del Mojón, figures of a man and a woman with exaggerated sexual organs that are believed to derive from the original natives of Lanzarote.

The Monumento del Campesino in San Bartolomé contains a large collection of native Lanzarote pottery, much of it created by the historian Juan Brito, who became a disciple of Doña Dorotea in an attempt to continue her tradition. You can also see a large collection of native ceramics at César Manrique's house in Haría.

Fragments of pottery at ancient archeological sites show that pottery has been a tradition on Lanzarote for many hundreds of years, and it remains an



Details of one of Manrique's ceramic mosaics at the Taro de Tahiche.



important element of the island's craft scene to this day.

CERAMICS TODAY

Nowadays, ceramicists do not have to rely on the somewhat heavy red clay that native potters excavated on the Famara clifftops, and most ceramic items are imported from overseas. Perhaps the most important role of ceramics in Lanzarote homes is as tiles. Tough, easy to clean and cool to the touch, ceramic tiles cover most floors and many kitchens and bathrooms. They're also a popular decorative choice outdoors, and Lanzarote is no stranger to the decorative traditions of Portuguese wall tiles, while hundreds of swimming pools have also been decorated



with tiles.

Then there is the huge range of ceramic plant containers that can be found in local shops and garden centres. The classic terracotta pot remains popular, but for a little extra money you can really make a statement both indoors and outdoors.

In design shops you'll find a huge selection of ceramic vases that are the ideal decoration for your indoor space. On Lanzarote, the minimalist trend is very much in fashion, and simple statement items with sparse, elegant flowers or branches are a real winner.

But to really get the idea of the full range of what's available, head to Teguise Market on a Sunday, or the craft fair in Haría on Saturdays, where you'll find ceramic artists offering beautiful, original and unique items, often at attractive prices.



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MODERN CHARACTER



IKEA'S INCREDIBLE RISE IN POPULARITY HAS SEEN FLATPACK FURNITURE BECOME THE KING OF MODERN INTERIORS FOR THOUSANDS OF HOUSEHOLDS AROUND THE WORLD. IT'S CHEAP AND EASY TO ASSEMBLE BUT IT LEAVES YOUR HOME LACKING CHARACTER.

According to statista, approximately 882 million customers visited IKEA's all over the world in 2022 meaning that you're more than likely to find at least one IKEA furniture item in most households.

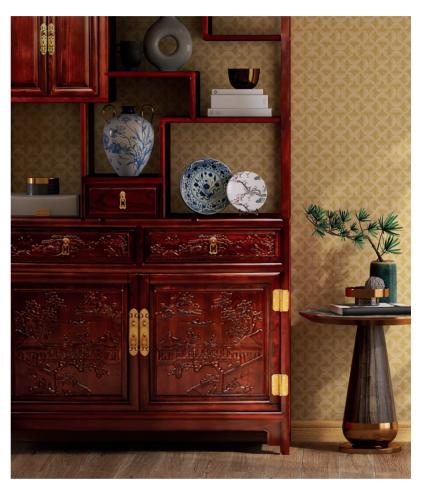
The company's commitment to affordability and basic set up allowed it to dominate the retail market and it's easy to see why.

You could go to IKEA and buy every item of furniture for your living room, flat packed and ready to be assembled when you get home. However, it's modern design principles can leave your home lacking the character and charm that comes with more ornate items.

The wear and tear that comes with decades old furniture pieces have a story behind them and are often one-of-a-kind. It's these pieces that will take your home to the next level and help create a warmer, more lived in feel.

SHABBY-CHIC

The term "upcycling" describes repurposing an older item – transforming it into something else rather than recycling it for materials. Before taking old furniture to the tip, think about what could be done with it.



Some furniture pieces are stunning on their own, but some need a little bit of creativity to fit in with the rest of your furniture. For example, you could strip the lacquer off and paint over it for a shabby-chic effect.

ANCIENT PATTERNS

With Morocco just a hundred miles away, Lanzarote is the ideal place to make rugs a part of your living room the North African way.

Moroccan rugs are a visible sign of wealth and opulence and are also

something that can be moved around (they were perfect for nomadic lifestyles) and adapted to all different spaces. Intricate repeated patterns and warm, natural dyes complete an art-form that can be absolutely stunning.

TREASURES & TRINKETS

Little lockboxes, secret drawers and trunks are where we keep our most treasured belongings. Ancient storage boxes often come with oddities, hidden compartments, intricate handles and hinges that are more tactile than their modern counterparts.

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THEIR PRIVATE Dace



YOU MAY HAVE HAD FREE REIGN OVER THEIR BEDROOM DESIGN WHILE THEY WERE TINY TOTS, BUT THEY'RE OLDER NOW AND WANT THEIR BEDROOMS TO REFLECT THEIR INTERESTS.

A teenager's room is a private space – used for studying, calling friends, listening to music and trying new outfits in the mirror. The door stayed open while they were young, however, in their formative years its important to let them have a space that they can call their own.

WORK TOGETHER

While you may want to have a say over the colour scheme of the room, you're going to have to give up on some of your design ideas and let your teen get creative. Be prepared for the room to change.

The room will reflect their likes, interests and

hobbies, which is something you'll want to encourage them to explore.

PLANNING

Letting your teenager design their room will need some help from you on the planning front. Ask them to draw how they'd like the room to be laid out and how furniture will be arranged.

Split the room into two sections:

STUDYING – Every new school term comes with an armful of textbooks. They'll need a shelf to store schoolbooks, stationery and their backpack.

RELAXING – After completing homework they'll want to kick back and relax. Think of instruments hung on the wall or stood on a stand, games consoles, a television, and something to listen to music on.

STORAGE

Teenagers need storage space just as much as floor space. Use open storage to put personal items and interests on display and closed storage to hide the bundles of clothes and shoes they've accumulated over time.

Pinboards are a great way to display personal items such as photos of friends, family, concert tickets, important school notes and badges.













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WITH EVERY CHANGING SEASON COMES A DIFFERENT FEELING IN OUR HOMES. SUMMER USHERS IN BRIGHT TONES WITH PLENTY OF SUNLIGHT WHILE AUTUMN BRINGS RICH, WARM TONES THAT ARE PERFECT FOR COOL COSY EVENINGS.

This is the time for cuddling up, feeling cosy and luxurious, making the very most of your home and adding those finishing touches that make it just perfect.

In the autumn and winter months things change a little on Lanzarote. Sure, we still spend plenty of time outdoors, but our interiors become places to snuggle up and feel warm. Which is why the summer's open and airy look doesn't suit days when clouds dominate the sky and winds bend palm trees.

You'll need your own special place to feel comfy, to put your feet up and relax, and if you share your home it may need to be big enough for two.

GOING FOR GOLD

The colour gold exudes warmth as natural light reflects off of the shiny metallic surface to create a comforting glow. Pair it correctly with



an autumn colour and it will elevate a room.

The smallest changes can have the biggest impact. Take a look at your space and highlight the little details. Look at the furniture handles, feet, plant pot and lamps.

Something as simple as changing handles for gold ones or the frame of a painting can make a big difference to the feel of a room.

INDULGENT MATERIALS

Touch is our most primal sense and the first one we develop, and the sense of touch is hugely important in our homes.

It's best to blend smooth and rough, allowing for contrasts in texture as well as colours and patterns. Think of velvet cushion covers, thick fluffy sofa throws and cosy rugs that you can dig your toes into.

WINTER SCENTS

Scents can change the feel of a room and you can transport yourself across the world with different incense sticks and candles.

For autumn and winter choose cinnamon, clove, cardamom, and nutmeg to enhance the comforting fall feeling. Wood notes like sandalwood are earth scents that are also suited to the season.

Follow your nose and pick what you think best suits your home.



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WARM FOR WINTER



Lanzarote has seen unusually long spells of 30+ degrees weather this summer which has proved unbearable for all – except those with cooling swimming pools. However, the temperatures will drop soon, and you'll want to make sure your pool is the perfect temperature.

For most, the temperature of the pool isn't an issue during the peak summer months as bathers are thankful to dip into a cold pool to get some relief from the Lanzarote heat. But when the winter weather arrives, you'll want your blue lagoon to be the perfect temperature.

Your pool may already have a heater, but chances are that if it's an older unit then it will be noisy, poor at maintaining temperatures and cost you extra money on your electricity bills.

"IT'S ALWAYS A GOOD TIME TO UPDATE YOUR POOL'S EFFICIENCY. "

Standard units are often in a state of constant ramping up, activating the noisy fan when the pool falls below a certain temperature and then shutting off which is inefficient.

CONVENTIONAL HEATERS

With every passing year pool heaters are becoming more energy efficient, less noisy and more heat conductive. Their smart computers allow for ultimate control over pool temperatures, energy efficient modes and timers.





SOLAR HEATERS

Making use of sunlight to generate heat, solar heating is one of the most costeffective options on an island with yearround sunshine like Lanzarote. It is the more expensive option for pool heating, however, the money saved on energy consumption is significant.

If your pool heater needs repairs or replacing be sure to contact the professionals as soon as possible. This isn't something you want to get wrong.

SPA SPLENDOUR

If you don't have the space for a swimming pool, or want something a little more

luxury, a spa could be the ultimate addition to your property this winter.

Sleek, stylish, and social, a multi-seater spa is perfect for inviting friends and family round to enjoy your bubbling oasis.

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SHUTTERS AND SLIDERS

Shutters and sliding doors are a Spanish home essential, vital to managing heat, ventilation and maintain privacy and security.



In the hotter areas of Spain, dealing with heat as efficiently as possible is vital, and shutters and sliding doors play an important part in this. Shutters can be flung open in the morning and evening to allow cooler air into the home and shut tight in the hotter hours, while sliding doors can be adjusted to control airflow through the home.

SHUTTERS

Shutting-up seems strange to those in northern Europe, where light, airy open-plan living is designed to make the most of the summer sunshine.

One of their most useful functions is security – a well-shuttered window is a lot more difficult for an intruder to enter, especially when made of modern metals rather than wooden slats.

Modern shutters are also flexible, with adjustable slats that can let plenty of light and air in or be shut right down for protection against the elements. High winds and storms are rare on Lanzarote, but they do happen, and when they do, you'll be thankful for your ability to batten down the hatches.

SLIDING DOORS

One of the main advantages of sliding doors is space. A hinged door 80 cms wide and 3 cms thick that swings out 90 degrees will require half a square metre of clearance space. If it slides to one side, it will only need 0.024 square metres – one twentieth of the space a hinged door needs.

A lot of Lanzarote homes have sliding doors facing the garden or patio, meaning that many homeowners have a steady stream of air passing through from the open back sliding door through to the front door of the home.

A sliding door offers control over the amount of airflow as it can be slid to your liking.

Glass is attractive, safe, and irreplaceable for certain fixtures, but there's a reason why greenhouses are made of it, and that heating property can be a real problem on Lanzarote unless you take into account ways of reducing it. This will usually involve curtains and blinds – often a lighter, diaphanous one that provides privacy, and a heavier, light-blocking curtain for when things start to heat up.

If you have elderly patio doors that are cracked or stiff, it's also worth looking into replacing them. The materials and construction techniques that have recently come onto the market mean that modern doors could be a worthwhile investment, both for your own personal convenience and the value of your home.



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A FLYING START



JUST SIX GAMES INTO THE SEASON UD LANZAROTE REMAIN UNBEATEN AND ARE IN SECOND POSITION IN THE TERCERA DIVISION (FIFTH TIER), JUST A POINT BEHIND THE LEAGUE LEADERS UD LAS PALMAS B. *IAN LANE REPORTS:*

On the 17th September the Rojillos (The Reds) travelled across to Fuerteventura to face UD Gran Tarajal. In the 39th minute an unusually naïve challenge from centre back Chucky Pierce saw him earn a deserved red card, despite this Lanzarote went in front shortly after the break with Alex Cruz heading his side into a 0-1 lead.

Gran Tarajal then turned the tables and within five minutes were 2-1 up with 30 minutes remaining. Last season's player of the year and the league's top scorer Di Renzo rescued a point and bagged his first goal of the season in the 77th minute with an instinctive finish as the match ended 2-2.

The following Sunday saw one of the biggest crowds for a league match that Lanzarote has seen in years. Newly-promoted local side San Bartolomé CF visited Arrecife and seemed to have brought their entire town with them. In front of around 2000 fans they fought an admirable battle but Lanzarote's crisper passing in intense heat weakened the Batateros (potato farmers) as the Rojillos comfortably ran out 2-0 winners. October in Lanzarote is normally quite pleasant with daytime temperatures in the mid 20's, but for the next three games a heatwave engulfed the Canary Isles with schools and outdoor training being suspended. On the 1st October in Tenerife on a 35-degree day Lanzarote beat Club Atlético Victoria 1-2 to go top of the league.

Lanzarote maintained their hold as league leaders the following week when, again in ridiculous temperatures, they eased to a 3-0 home win versus UD Ibarra with two goals from Di Renzo and the other from captain Raúl.

The B teams of both UD Las Palmas and CD Tenerife are hot favourites to be challenging for



promotion mid May. Lanzarote secured an important and worthy point away against CD Tenerife B in a goalless draw, however Las Palmas B scored a late winner to secure their fifth win out of six to dislodge the Rojillos from top spot.

Lanzarote are playing entertaining football and to watch a match in Arrecife it is simple, all you have to do is turn up and pay on the door. The number 3 bus from Costa Teguise and Puerto Del Carmen leaves and returns every 30 minutes and drops you outside the stadium. Always check kick off times (details below).



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

NOVEMBER 12TH: LANZAROTE V CF P.P. SAN MATEO NOVEMBER 26TH: LANZAROTE V CD SANTA ÚRSULA

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



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How to get to



Grow your own

GROWING YOUR OWN FOOD ON LANZAROTE IS PERFECTLY POSSIBLE ALL YEAR ROUND. IN FACT, THE WINTER MONTHS ARE ONE OF THE MOST PRODUCTIVE TIMES FOR CANARIAN CROPS.

No one can have failed to notice the increase in prices over the last year or so. While Spain has done a good job of controlling inflation since the Ukraine war, it has not eliminated it. This, in addition to one off problems such as the recent potato shortage, or poor olive harvests that have seen the price of olive oil rocket, make growing your own food an ever-more attractive idea.

WHERE TO GROW

The food you can grow will rely to a large extent on the space you have. If you have a decent plot, the sky's your limit, but if you're limited to a balcony your ambitions down.

Wherever you choose to grow, you'll find that fresh herbs such as mint, rosemary, coriander, thyme, and basil are easy to cultivate.

Larger crops, such as tomatoes and peppers can also be grown on a balcony, but you'll need to plan space carefully.

What to grow

Start by considering the staple crops that Lanzarote has produced for centuries – onions, potatoes, and tomatoes.



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Potatoes

Potatoes are a fascinating crop, as the Canaries were among the first places in Europe to cultivate them and there are still several strains of papas antiguas (ancient potatoes) that are produced. These are usually small, roundish and have skin colours that range from reddish to almost black, and if cleaning them may be a little fiddly, the flavour more than makes up for it. Look for papas bonitas and other local varieties, sprout in a dark warm cupboard and then plant them.

Potatoes need rich, well-drained soil and regular watering. Once the plant has flowered and leaves start to yellow, you can harvest them.

Onions

Onions are even easier and can be grown easily from seed. Germinate them indoors and plant them out when they reach a few centimetres in height. They need plenty of sun and water, and you can harvest spring onions after just a few weeks. Alternatively, wait for the leaves to yellow and droop, and you should find full size, delicious onions waiting for you.

Tomatoes

There's nothing quite like a ripe, sun-packed Lanzarote tomato, and these are among the easiest of crops to grow. Again, germinate seedlings indoors then plant out – a growbag can be the perfect medium if you're not too worried about looks, but specialised tomato fertilisers are also available.

Tie the tomatoes up to canes as they grow and keep a very close eye on pests – the tomato moth is a real threat on Lanzarote and needs to be eradicated swiftly. As for harvesting, you'll know.

Other crops

There are plenty more crops worth growing on Lanzarote, and if you want to save money you might want to try some of the more expensive ones. Local carrots are usually pricey, but they grow quickly and easily, and broccoli, beetroot, peas and runner beans will also save you shelling out in the supermarkets.

Don't forget greens –Lanzarote specialises in Romaine lettuces, spinach, chard and, more recently, kale, but there are many other tasty greens to try out.

Fruit

Fruit is usually a more long-term prospect – a citrus or soft fruit tree can take years to start producing significant amounts of fruit but is well worth it once it does.

Short-term fruit include strawberries, which grow like the clappers on Lanzarote and are usually sown after New Year, while melons are a particularly interesting fruit to grow, requiring shelter and some careful pruning. Of course, the most famous fruit on Lanzarote is the malvasia grape, and it's worth asking at garden centres about the possibility of getting your hands on cuttings.



Hedgehogs of the Sea



Sea urchin tests (skeletons) are beautiful and varied.

LANZAROTE IS SURROUNDED BY THE SEA, AND THE SEA IS FULL OF ASTONISHING CREATURES. HOWEVER, ONE OF THE STRANGEST IS ALSO ONE OF THE COMMONEST. The word "urchin" is an old English word meaning "hedgehog" (street children were called urchins because of their spiky hair), and most languages in Europe also call the spiky little sea creatures after hedgehogs. In Spain, a hedgehog is an "erizo", and the marine equivalent is an "erizos del mar".

If you snorkel over rocky seabeds in

Lanzarote, you'll soon see and hear sea urchins. Most species live on rocks, where they slowly crawl around, rasping algae and seaweed off with their mouths, and this scratchy noise is constant in areas where they are common.

There are several species, but the one you're most likely to encounter is the diadem urchin, whose long, deep black spines can often be seen moving gently. This species has recently taken over large areas of the seabed, stripping rocks of seaweed entirely.

A few years ago, it was believed that the diadem urchin was an invasive species, which had maybe arrived on the hulls of international cargo ships. However, recent analysis of fossils shows that it has always existed in Canarian waters, and its current dominance is probably a result of overfishing of the fish that usually keep their populations under control.

Other urchins collect seashells and other urchin's skeletons on their spikes. It is not known yet whether this is to disguise them from predators or to protect them from the sun's rays.

When a sea urchin dies, it's spikes fall



off, leaving a hard chalky skeleton called a test. You'll also see these frequently in Lanzarote's waters, and they are an attractive souvenir for many snorkellers. They come in various colours: usually green, red, or brown, but also various shades in between, and pure white examples can also be found.

Look closely at a sea urchin test, perhaps shining a torch underneath it, and you'll soon understand how sea urchins evolved. A sea urchin is, basically, a starfish that has curled

its arms up over its head for protection and formed a hard shell, and five sections are clearly visible in most tests.

URCHIN TYPES

The main species of sea urchin found off Lanzarote are as follows:

Diadem Sea Urchin (Diadema antillarum): Long black spikes. Fragile grey test that is rarely found intact.

Purple Sea Urchin (Paracentrotus lividus): Medium length, mauve spines. Pale green test.

Black sea urchin (Arbacia lixula): Medium length black spines, flattish red tests with five deeper red "spokes".

Violet Sea Urchin (Spaerechinus granularis): short purple/pink spikes: Pale purple, dome-shaped test.

Arbaciella elegans: Lives in deeper water, short, black spines. Very fragile test

Heart urchins: Unlike other urchins, heart urchins live in sandy areas and have oval bodies and fine, almost furry spines. Their tests are grey/white and unmistakeable.

The deeply domed Edible Sea Urchin (Echinus esculentus) is not commonly found on Lanzarote.

SAFETY FIRST

Many people are nervous about treading on sea urchins, but the only real danger arises when walking barefoot or wading on rocks at low tide. None of the species on Lanzarote are poisonous, but a spike can break off in the flesh and get infected.

If you get a spike in your foot, try and massage it out with oil and disinfect the wound well. If this is difficult it may be worth seeing a doctor.

Finally, you'll be happy to hear that there is no need to pee on a sea urchin wound.



Art and food

Sea urchins have a special place in Spanish culture due to Salvador Dali's obsession with the creatures.

As a boy, he loved to collect sea urchins, and a famous photo taken by his surrealist companion Luis Buñuel shows Dali with shaved head and an urchin balanced on his head, in imitation of William Tell. Dali painted urchins several times in his works, and even invented a strange "lens" for looking at art through the test of an urchin.

He also loved to eat them, a custom that was normal in his area of Spain but has not spread to the Canaries. Urchins contain small amounts of flesh that are often used to flavour pasta dishes in Italy, although the process of collecting and opening them requires special equipment.

The diadem urchins that predominate in Lanzarote's waters are, however, not edible and contain barely any meat if they were

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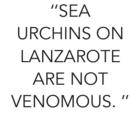
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Tide Tables for Arrecife, Lanzarote. Height is in metres. (Times may vary by a few minutes around the island)

Day	Hour	Metres	Day	Hour	Metres
Day	H:02:45	2.8	Day	H: 03:05	2.7
1	L: 09:03	0.6	17	L: 09:28	0.7
	H:15:09 L: 21:13	2.5 0.8		H: 15:36 L: 21:40	2.4 0.9
	H: 03:24	2.6		H: 03:55	2.5
2	L: 09:46	0.8	18	L: 10:24	0.8
	H: 15:52 L: 21:53	2.2 1.0		H: 16:35 L: 22:38	2.2 1.0
	H: 04:07	2.4		H: 04:57	2.4
3	L: 10:37	1.0	19	L: 11:33	0.9
	H: 16:44 L: 22:43	2.0 1.2		H: 17:49 L: 23:53	2.1 1.2
	H: 05:02	2.2	20	H: 06:14	2.3
4	L: 11:43	1.2		L: 12:55	1.0
	H: 17:57 L: 23:54	1.9 1.4		H: 19:15	2.1
~	H: 06:20	2.0		L: 01:19	1.2
0	L: 13:11	1.3	21	H: 07:38	2.3
ð ●	H: 19:33	1.8		L: 14:16 H: 20:35	0.9 2.2
• • • • • • • • • • • • • • • •	L: 01:30	1.4		L: 02:39	1.1
6	H: 07:51	2.0	22	H: 08:53	2.5
	L: 14:36 H: 20:54	1.2 1.9		L: 15:23 H: 21:38	$0.7 \\ 2.4$
	L: 02:53	1.3		L: 03:43	0.9
7	H: 09:05	2.1	23	H: 09:53	2.6
	L: 15:36 H: 21:49	1.1 2.1		L: 16:17 H: 22:30	0.6 2.6
	L: 03:49	1.2		L: 04:37	0.7
8	H: 09:57	2.3	24	H: 10:45	2.7
	L: 16:20 H: 22:29	0.9 2.2		L: 17:04 H: 23:15	0.5 2.7
	L: 04:31	1.0		L: 05:24	0.5
9	H: 10:38	2.4	25	H: 11:31	2.8
	L: 16:56 H: 23:03	0.8 2.4		L: 17:46 H: 23:56	0.4 2.8
	L: 05:07	0.8		L: 06:07	0.4
10	H: 11:13	2.6	26	H: 12:14	2.8
	L: 17:28 H: 23:35	0.7 2.6		L: 18:25	0.4
	L: 05:42	0.7	9~	H: 00:34	2.9
-11	H: 11:47	2.7		L: 06:49 H: 12:54	0.4 2.8
	L: 17:59	0.6		L: 19:02	2.0 0.4
	H: 00:06	2.7		H: 01:12	2.9
12	L: 06:15 H: 12:20	0.6 2.7	28	L: 07:28	0.4
	H: 12:20 L: 18:31	2.7 0.5		H: 13:34 L: 19:39	2.7 0.5
13	H: 00:38	2.8		H: 01:49	2.8
	L: 06:48 H: 12:54	0.5	29	L: 08:08	0.5
$-\bigcirc$	H: 12:54 L: 19:03	2.8 0.5		H: 14:13 L: 20:15	2.6 0.7
	H: 01:10	2.8		H: 02:26	2.7
12	L: 07:23	0.5	30	L: 08:48	0.6
	H: 13:29 L: 19:36	2.7 0.5		H: 14:52 L: 20:53	2.4 0.8
	H: 01:45	2.8			
15	L: 08:01	0.5	31		
	H: 14:06 L: 20:13	2.7 0.6			
	H: 02:23	2.8			
16	L: 08:42	0.6	O_{Mc}^{Ne}		rst uarter Moon
	H: 14:48 L: 20:53	2.5 0.7			
TT. TT.		• • • • • • • • • • • • • • • • • • • •	Ful Mo		ast Duarter Moon
H=Hi	gh Tide L=	Low Tide	NIC		



Weather Watch

THE MONTH TO EXPLORE

November is the month when temperatures cool on Lanzarote – a time that's more like a warm spring day in northern Europe.

You can expect brilliant blue skies, fluffy clouds and fine weather. There's always the chance of the odd rain shower here and there this month. November sees slightly brisker winds too.

Temperatures are still warm, but you'll want to wear layers if you're out in the early morning or in the evening. This is also the month when sea temperatures drop. That won't stop the surfers from enjoying the first swells of the season in the north, though.

November's fresh, sunny climate makes it a wonderful month to get out and explore the island.

What to Expect in November



Day Time Temps

24°C (ranges from 20°C to 29°C).

Night Time Temps

Average 21°C (ranges from 19°C to 24°C).

.....

:

Sunshine Hours 12 hours (7 hours full sun).

Sea Temp

22°C degrees.

Rain

2 days (10 mms average)

Wind

N/NE average 15 kph

Telephone Numbers

AIRPORT

Iberia General Info901	111500
Aena General Info928	846000
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DOCTOR! DOCTOR!

Not everything goes according to plan in Spain. If you suffer a health emergency you may need a few basic phrases.



In hospitals and health centres, there's a good chance you'll find medical staff with a fairly decent grasp of English, but this can't be guaranteed. If you're a tourist, the chances are you won't need much Spanish, but if you're resident on the island it's definitely a good idea to learn some basic phrases by heart or keep them close to hand.

The emergency line in Spain is 112 and offers an English language service.

Phrases to learn

Socorro! (Sock-orrow)	Help!
Necesito ayuda (ness-es-ito eye-ooda)	I need assistance.
Necesito una ambulancia (ness-es-ito oo-na ambulancia)	I need an ambulance.
No me siento bien (no mi seeyento beeyen)	I don't feel well
No hablo español (No ablo es-pan-yol)	I don't speak Spanish.
¿Habla inglés? (Abla in-gles)	Do you speak English?
¿Puede ayudarme? (Puway-deh eye-oo-dar-meh)	Can you help me?
Necesito un médico (Ness-ess-ito un medico)	I need a doctor.
Me duele aquí <i>(Mi duwayleh a-kee)</i>	It hurts here.
Me duele mucho (Mi duwayleh mucho)	It hurts a lot.
Me duele la cabeza (Mi duavayleh la cab-essa)	My head hurts
Hay sangre (Eye sang-grey)	There's blood.

We'd advise learning the names of all body parts, and especially any conditions you may suffer from.

You may be asked:

Como te llama? (Como teh yam-ah)	What's your name?
Cuantos años tiene (Quantos anyos tee-yen-eh)	How old are you?
¿Tiene alergias? (Tee-yen-eh all-ur-hias)	Do you have any
	allergies.



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Horoscopes BY CLAIRVOYANT SHONA LANGHOLM

Aries

(21 MAR - 19 APR)

Let the stress of your work life wash away as you give yourself some well-deserved time this month, Aries. Take time away from it all by spending some quality time with vour partner – there are some exciting times ahead with love, laughter and most of all relaxation.

Taurus

(20 APRIL - 20 MAY)

You're going to reconnect with some old friends in the coming weeks, Taurus. Find peace in making up for lost time by re-establishing neglected relationships and you'll

soon see the benefits of having a strong social core around you.

Gemini

(21 MAY TO 20 JUNE)

This is one of those months where you'll make a difference to many people's days, Gemini. Your infectious positivity and joy will spread to everyone around you but don't forget about your own feelings, take the time to treat yourself.



Cancer

(21 JUNE TO 22 JULY)

Your sensitivity will be your strength this month, Cancer. You aren't the loudest voice in the room but you don't need to be - your calm and caring nature will shine through this month and help your friends and family.



(23 JULY TO 22 AUG)

You're coming into your own this Autumn, and you can expect some twists and turns, Leo. Be prepared for surprising news or announcements from family members but don't be worried - this is an exciting time full of new possibilities and opportunities.



(23 AUG TO 22 SEPT)

Art is the elimination of the unnecessary, Virgo. This is going to be a very creative month for you - a chance to take the time to explore your passion for art, music or photography. New relationships will bloom through your expression of who you are through your creativity.



Libra (23 SEPT TO 22 OCT)

Finding the middle ground can be hard but it's something you have to do if you want to resolve

Scorpio (23 OCT TO 21 NOV) You're always on the move and nothing can stop you, but to discover new things you need to slow down, Scorpio. A new romantic relationship is around the corner and

you're going to miss it if you don't

pay attention - take the time this

month to add new people to

vour life.

conflicts, Libra. Your want to avoid confrontation will cause disruptions in your life this month - seek compromises to get the best out of your relationships.

Sagittarius

(22 NOV TO 21 DEC)

Don't let the weight of the world drag you down this month, Sagittarius. You're on a roll and its going to keep on rolling throughout the month - you should 📡 avoid unnecessary stresses and focus on whats ahead of you.



Capricorn

(22 DEC TO 19 JAN)

Going against the grain is sometimes necessary to progress in life, Capricorn. You've spent too much time going with the flow and now it's time to free yourself from the shackles - an abundance of new faces and experiences are coming your way this month, but you've got to make the first step.

Aquarius

(20 JAN - 18 FEB)

You've got plenty of friends, Aquarius, but how easy do you feel in someone's company? Seek out those who allow you to be yourself and you'll soon discover the magical satisfaction of revealing your true self without a mask.

Pisces

(19 FEB - 20 MAR)

Cheers to good health, Pisces. That balance you've brought to your life has put you in good stead for the rest of the year. Use this new-found calm to keep your head clear and get your priorities in order.









Instagram of the month



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