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October 2020

GAZETTE LIFE

LEARNING THE RIGHT LESSONS

Ed's Letter

At the time of writing, Lanzarote looks like it's finally managing to get on top of a second wave of coronavirus infections. If so, that's fantastic news that will allow the island to face the future with a little more confidence and a lot more hard-won experience.

But there'll be caution this time, too. We've already seen hopes dashed this year, after the UK and Germany's quarantine decisions dealt a crushing blow to a tourist sector that had been slowly struggling to its feet after the lockdown.

There'll be challenges to come – more cases, more outbreaks, the establishment of widespread testing, flu season, Christmas celebrations – but now we have a much better idea of how to face up to them and the knowledge that we can beat the virus back when we have to.

It's been a long year – the lockdown, with its deserted streets, prowling cars broadcasting

distorted health messages and a sense of real fear and uncertainty, now seems like a weird, distant dream to many. And thankfully, while few of us have experienced the worst of the virus, few have escaped the serious economic and social consequences of it, either.

It was wonderful to see kids going back to school last month, but while learning has restarted for them, it's also true that all of us have done plenty of learning in the last seven months.

We've learned that lockdowns hurt and that, while it would be great to make Lanzarote 'covid-free', we're going to have to learn to live with this disease. But we've also learned how to do that, and we're still learning. We've learned that wearing masks isn't about us, it's about everybody; we've learned that this island's outrageous beauty can catch your heart and lift you up even when you are at your lowest.

So enjoy the magazine and maybe learn a little more here, too – we've got loads of great interviews this month, and we're so proud to finally feature Helen Lindes, whose generosity and charm impressed us all.

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SEEING OFF THE SECOND WAVE



LANZAROTE AND THE CANARIES FINALLY SEEM TO BE CONTROLLING THE SECOND WAVE OF CORONAVIRUS PANDEMIC, WHICH HAS TAKEN PLACE WITHOUT THE HIGH DEATH TOLLS OF THE INITIAL OUTBREAK.

The lockdown that lasted from March to June may have had a devastating effect on Lanzarote's economy, but it succeeded in halting the virus, and the island was free of new cases for several weeks in late June and early July. However, in early August new cases started to be detected – firstly as a result of residents returning from affected foreign countries and tourists arriving from mainland Spain, and then among locals

"BY MID-SEPTEMBER THE TOTAL OF ACTIVE CASES BEGAN TO FALL."

Trace and test workers soon established that most outbreaks originated in family get-togethers or social situations involving young people. As a result, nightclubs were closed, and mask use was finally made compulsory on the islands.

Cases continued to shoot up in September, but the vast majority of them were younger people who only suffered from mild symptoms, or none at all. The hospital, which had emptied its Covid ward for a day in July, saw more patients admitted, but has not been under serious pressure so far.

At the time of writing, the second wave has claimed two lives on Lanzarote – a proportion similar to that on the rest of the Canaries, where 40 of the total of 202 fatalities have occurred in late summer and autumn.

However, although the health consequences of the second wave have been milder, the economic consequences have been brutal. The UK's decision to impose quarantine restrictions on all arrivals from Spain on July 28th was a severe blow to the island's tourism, and Germany's decision to follow suit a few weeks later rubbed salt into the wound.



Ángel Víctor Torres

There's no guarantee that Lanzarote has beaten the virus a second time – the return to school on September 16th could bring new outbreaks, and an island that relies on tourism will always have to take some risks – which is why Ángel Víctor Torres of the Canarian government hopes to establish testing on arrival and departure.

But health-wise, it seems that the worst is over. And for the second time this year, we did it together.

LOCAL NEWS

MASK WARS

Two women were booted off a flight from Lanzarote to Barcelona on 4th September when they refused to wear face masks.

The Guardia Civil were called to remove the two passengers after flight attendants had repeatedly requested them to put masks on, as is required by aviation law. The women have been charged with breaking the law on face mask use and disobeying flight staff.

A week later, another man was arrested on a flight from Gran Canaria to Madrid after refusing to wear a mask and punching another passenger who insisted he do so.

BACK TO SCHOOL

More than 25,000 Lanzarote kids headed back to school on 16th September after half a year without setting foot in a classroom. Their new school regime will feature regular hand-washing, mask use, distancing, bubble groups and many more new practices.

Despite opposition from parents' groups and teaching unions, the decision of the Canarian Education Minister Manuela Armas that it was "paramount" for children to return to class meant that 26 state education centres on the island opened their doors on the day after the public holiday for the Virgin of Los Dolores.

The return to school passed without incident apart from in Costa Tegui, where a teacher tested positive for Covid-19 before children returned. Seven of his

colleagues were isolated pending test results.

In "hot-spot" Arrecife, thousands of children were swabbed for "pool" tests. This involves several samples being tested at the same time. If the pool results positive, individual tests are carried out.



Canarian President Ángel Víctor Torres visits migrants



PATERAS INCREASE

The Canaries has seen the arrival of increasing amounts of pateras (boats containing migrants) in recent months. The boats are departing from the Moroccan and Western Saharan coasts and show that the "Canarian route" is once again being favoured after crackdowns on more popular routes across the Mediterranean.

Although the figures are still nowhere near those of 2006, more than 5,000 migrants

have arrived on the Canaries this year, causing an accommodation crisis which is only exacerbated by the fact that many have tested positive for coronavirus.

On Gran Canaria and Fuerteventura, controversy has been caused after migrants were sent to tourist complexes which had been closed to tourists due to Covid-19. However, complex owners have claimed that this decision has saved jobs and praised the behaviour of the migrants.

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OCEAN LAVA CANCELLED

The Ocean Lava Race scheduled to take place in Puerto del Carmen on 24th October has finally been cancelled, like almost every other major sporting event on Lanzarote this year.

Race organiser Kenneth Gasque said "This hasn't been an easy decision, but the health and safety of everybody comes before all else."

The decision came just a week after the announcement that Lanzarote's oldest distance race, the Font Vella Lanzarote International Marathon, had also been cancelled. The marathon had been planned for December 13th.

Kenneth Gasque had a message for all athletes "Stay healthy, keep training and live the moment with a smile".



Kenneth Gasque at Ocean Lava

WINE WINS

Four Lanzarote wines won medals at the recent World Wine Awards in Brussels, which featured 8,500 wines from 47 countries.

El Grifo took a Gold Medal for its (Rosé) Rosado de Lágrima, and two silver medals for its 5-year matured dry white Lías 2018; and Canari, its unique replica of fortified wines that were so prized in 17th century England. Bodegas Vulcano in Tías also won a silver medal, and its second major award of the year after an earlier triumph in Lyons, for its 2018 white wine made from the rare vijariego grape.

Lanzarote's 2019 vintages were recently awarded the qualification "Very Good" in the annual tasting hosted by the Wine Regulation Council. This is the second-highest grading after "Excellent".



TESTING, TESTING

Covid testing may become a regular element of Canarian tourism after the Canarian Government persuaded the Spanish government to approve testing on arrival and before departure.

Tourist authorities would still rather see tests undertaken before departure, but testing on arrival will be carried out in the absence of this. Tourists will also be tested before they leave, in an attempt to show how safe and clean the islands are.



Spanish and Canarian politicians are also attempting to convince European nations to take testing regimes into account when considering quarantine measures.



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ANGLICAN SERVICES IN OCTOBER 2020



CHURCH SERVICES

We plan to hold services in both churches on Sundays. Please check our website or our facebook announcements for any changes.

Our regular service times:
Puerto del Carmen: 12.30pm
Playa Blanca: 5.00pm



ONLINE SERVICES

All our Virtual Services can be accessed via our website or on YouTube by subscribing to our channel "Anglican Parish Lanzarote".

Join our new crafting group *Crafts with Chris*



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at the Chaplaincy House and Centre.

5€ per session with funds being split between Calor y Cafe and the Chaplaincy House & Centre Appeal.

For more information and to book a place
ring Chris on 0044 771 723 03 64.



ISLAND INFO

REMEMBERING ROLAND "ROLY" ADAMS: 1941-2019

Lorraine and Maggie Adams have contacted us to publish a belated memorial notice for Roland 'Roly' Adams who passed away at the age of 79 at the Dr José Molina Orosa Hospital in Arrecife on 25th September 2019.

Roly lived a full and happy retirement on the island for 28 years. He passed away very suddenly and it was a great shock to everyone close to him, especially his wife Margaret 'Maggie' Adams, who still has people asking after him.

Roly was born on 27th March 1941 in Durban, South Africa and came to the UK when he was 7 years old. He trained as a boxer in Peckham and the Old Kent Road, but suffered a horrific accident when he was 25 years old which put a stop to his professional boxing career.



Roland 'Roly' Adams

He was very well known in Lanzarote and touched the lives of many people. As a family we are sincerely sorry that we couldn't post anything until now.

Nevertheless, he kept his hand in the boxing business and was a referee, judge and a trainer. He also had a Boxing Club in Bexleyheath, Kent which enabled him to help other boys, some from broken homes, who kept in touch with him over the years.

As well as the Boxing World, he was very well known throughout London and the Black Taxi Trade.

Roly had some famous family members who included his uncle Bertie Blewett - an award-winning boxing journalist and writer; and his cousin Alby Tissong, who was a Featherweight champion of South Africa and contender for Empire and World Featherweight titles.

CLOCKS AND MOONS

Don't forget to put your clocks back an hour on the 25th October. That means it'll be getting darker an hour earlier, but looking on the bright side you'll get an extra hour of light in the morning. Or an extra hour in bed if you don't do mornings.

October is also notable this year as it starts and finishes with a full moon. The Harvest Moon occurs on the first of the month, and Halloween promises to be extra spooky as werewolves join the witches under the Hunters' Moon on All Hallows Eve.

CRAFTS WITH CHRIS

These craft classes are just one of several activities planned by the Anglican Church for the new Chaplaincy House and Centre at Camino de las Cuestas 5c, Tias. They take place every Thursday from 10am to 12 noon, fees are €5 per session and proceeds are split between Arrecife homeless

charity Calor y Café and the Chaplaincy House & Centre Appeal.

Call Chris on (0044) 7717230364 for more info. All are welcome – beginners, intermediate, advanced.

Go to www.lanzarotechurch.com to find out much more about the Anglican church on Lanzarote.



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

POETRY CORNER

John Leppard tells us "When I was much younger I used to smile at my parents' daily 'pill-popping' ritual. Now I am old, I realise that it was no joke." As usual, John has expressed his views on the subject in verse.

Keep Taking the Tablets

I have more pills than the pharmacy,
I have tablets by the ton,
It may seem like an over-kill,
But there's a reason for each one.
One is for my blood pressure,
It keeps it on the line,
Another's for my kidneys,
Now they're working pretty fine.
I have one for old men's problems,
Shrouded in mystery,
One to keep me regular,
One to make me pee.
There's one to stop a tremble,
So my hands don't shake,
I also take another one,
For my tummy's safety sake.
I have one for arthritis,
One to slow me down,
Another for a wonky knee
That tends to let me down.
I could go on for ever,
But by now you've got my gist,
Yet each time I see a doctor
More get added to my list.
I've got tablets of all shapes and size,
All colours and descriptions,
And I reorder every month
With multi-page prescriptions.
I don't want to sound ungrateful,
For its on my side they're battling,
But I think I need an extra pill,
One to stop me rattling.

KENNEDY FOLLOWS THE RAINBOW

The Follow The Rainbow Foundation is a cancer charity set up in 2019 by Christine Garwood Kelly, owner of the Irish Bailey at Playa Cucharas, Costa Teguse, while she was undergoing cancer treatment herself.

Christine originally intended to open a charity Cafe Bar, but the virus put paid to that so now the Irish Bailey has a Sports Lounge for the same purpose.

The aim of the charity is to support the patients, families and children on Lanzarote who have been affected by cancer, and to create inspirational moments for children to develop their potential through sport and education.

The charity's first donation took place on Friday 11th September, as Christine presented a cheque for €1,000 to young swimming hope Kennedy Denby.

Leanne Denby was diagnosed with breast cancer in July 2003 at the age of 26. After a mastectomy and radiotherapy, she became pregnant in 2005 and took

part in the local Walk For Life, raising over a thousand pounds for cancer research. In November that year she gave birth to a daughter, Kennedy Hope Denby.



The cancer returned and, after a long fight, Leanne died on July 2009, leaving husband Mark alone with Kennedy. Kennedy has since become one of the most promising young swimmers in Spain, and the money will go towards travel expenses and competition swimsuits, which cost 200€ each.

DOG OF THE MONTH: GEORGE

Gorgeous George, a magnificent Podenco/Labrador mix, was born in December 2012 and arrived at Sara in August with the two dogs he's grown up with: Balou and Coco. Their owner, who had provided the perfect home for so many years – a fact which is obvious from their calm and adorable natures – had died.



How wonderful it would be if they could be adopted together, rather than separated after such a long time – they are all magnificent and stunning dogs with amazing temperaments. George's walkers say he's very placid, easy to walk, good with other dogs and generally just a very nice dog indeed. If you would like to meet him, please call the office on 928 173417 between 10.30-13.00 Monday-Saturday to make an appointment.

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Interview: Armando Santana, Tourist Councillor for Arrecife

MAKING THE MOST OF ARRECIFE

Armando Santana



Arrecife returned to life shortly after lockdown ended, but Lanzarote's capital has also been the worst victim of the second wave of virus. With immense potential and a tourist market very distinct from that of the rest of the island, the city's tourism councillor Armando Santana, is hoping to turn the city around again.

WHAT IS THE MAIN REQUIREMENT TO BOOST ARRECIFE'S TOURISM?

More accommodation. We've only got four hotels here, and we'd like to increase the amount of beds in the city. We're especially hoping to see some new boutique hotels.

CRUISE TOURISM IS VERY IMPORTANT TO ARRECIFE. WHAT'S THE CURRENT SITUATION?

At the moment international cruise ships are still prohibited

from docking at Spanish ports. We hope that will change, maybe by November, when the new cruise season usually gets under way, and I know there are plans for cruises that operate within the islands.

We're hoping to capitalise on cruise tourism as more, larger cruisers arrive at the marina once the extensions are finished, and there'll also be natural pools near the docking zone.

ARRECIFE HAS SUFFERED FROM A BAD IMAGE FOR MANY YEARS. WHY IS THAT, DO YOU THINK?

It's been badly promoted for several years, and a sensational documentary on Spanish TV didn't help. But we're a uniquely situated city, with tourist resorts just a few kilometres away on both sides. We'd love to attract more holiday-makers, and we'd also like to see residents making the most of Arrecife. It's much more than a place to do paperwork or visit a lawyer.

WHAT PROJECTS DO YOU HAVE IN MIND FOR THE CAPITAL ONCE WE'RE BACK TO SOME KIND OF NORMALITY?

We can't wait to bring back the Arrecife En Vivo festival, which has been a huge success, and we also want to revive the candlelit concerts at the Charco. We're also planning events to promote Arrecife as the "malvasía capital", as well as an Onion Festival at the old Muelle de las Cebollas (Onion Pier).

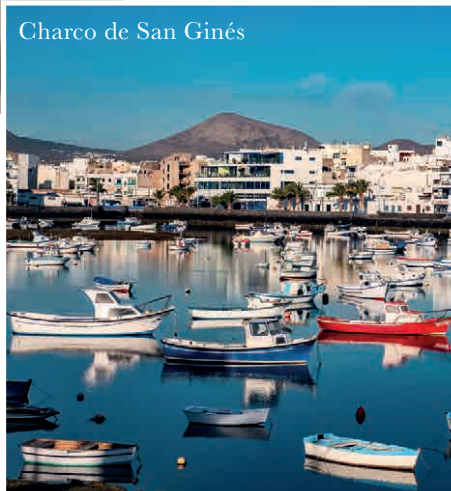
We're also launching Arrecife Nights, which will feature concerts on Thursday nights in the Recova – the old marketplace behind the Ayuntamiento, which is a wonderful spot that many tourists have never discovered.

ARRECIFE HAS BEEN A HOT-SPOT FOR THE SECOND WAVE OF THE VIRUS. AREN'T YOU WORRIED THAT TOURISTS WILL BRING MORE RISKS?

No, I think tourists have been unfairly demonised, and the tourist industry has been taking immense care. The reason for our high rates is the lack of responsibility of some who live here. That's why we were forced to close the esplanade in front of the Cabildo, where kids were holding open air parties.

Separate to my job here, I'm also the President of the Nueva Canarias party on Lanzarote, and we've been one of the strongest voices in favour of testing. We've seen it work in Madeira, and it will help keep tourists and residents safe.

Charco de San Ginés



BENEFITS OF USING A SPANISH

COMPLIANT INVESTMENT BOND

Choosing where to invest your money once you become a Spanish tax resident can seem very complicated, especially if you are not from a financial background. With a wide array of investment products now available in the market, knowing which product to select can feel very daunting. To this extent, it is not uncommon to see individuals leaving investments how they were prior to moving to Spain – but this can sometimes leave them disadvantaged.

A Spanish Compliant Bond is often a good investment choice for expatriates living abroad. This tax-efficient investment offers similar benefits to those associated with ISA's (Individual savings accounts) in the UK. Income and growth can roll up tax-free within the investment and tax is only payable when a withdrawal is taken.

When a withdrawal is taken from a Spanish compliant investment, part of the withdrawal is deemed as "return of capital" and the other part is deemed as "gain". Tax is only payable on the gain element which is what makes this type of investment tax-efficient. You can see from the example below how this would work in practice;

Tax Year	Original Investment	Current Value	Growth	Taxable amount of savings income		Income Tax Payable	
				Non-compliant	Spanish compliant	Non-compliant	Spanish compliant
2020	150,000€	160,000€	10,000€	10,000€	625€	1,980€	118.75€

In contrast, any growth or income received via a non-Spanish compliant investment would have to be declared on an annual basis, regardless of if a withdrawal had taken place. Tax would be payable on the whole amount of growth.

A Spanish compliant product can also help to reduce any liability to Spanish succession tax (IHT), especially if the underlying beneficiaries are not located in Spain. This is especially relevant for those with larger estates or those who hold large amounts in bank deposits.

Banks are seen as one of the safest places to hold money but they are still subject to default risk. Default risk is where banks loan our deposits to third parties who could then potentially default on repayment (we saw this in the financial crisis of 2008). Under current legislation, investors are only covered up to £85,000 in UK banks, and 100,000€ in Europe.

For more information on this type of investment, or for a review on your current investments, why not get in touch with us?



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GETTING BACK ON OUR FEET

Interview: José Torres, President of Lanzarote's Chamber of Commerce



All around the world, economies have been hit hard by the Covid pandemic. Lanzarote's is no exception, so a visit to the Chamber of Commerce in Arrecife offers a welcome glimpse of a building full of people working hard and productively to try and steer businesses through these tough times.

José Torres is the president of the Chamber of Commerce, and last month we asked him for his opinions of the crisis and the road map for the future.

WHAT'S YOUR OVERALL VIEW OF THE PANDEMIC?

It's been deeply worrying. There's no manual for this sort of thing. Previous crises were financial – we know how they work, but with the coronavirus we've all been learning by trial and error. We started well, and here in the Canaries we had the double privilege of being an island, but in the end it looks as though the lack of civic-mindedness of certain people has meant that the measures have not been effective. This is a situation which requires a commitment from everyone in society.

WHAT'S THE FIRST PRIORITY FOR GETTING BACK TO NORMAL?

Getting children back to school. That's absolutely vital, and while their education is hugely important, it's also vital to allow us to get back to some kind of stability; to let parents go back to work or even work from home properly. Everyone who's tried to work from home while caring for children knows it's tough. Now they're saying that the term may begin with online lessons, but that won't work. We need to get back to normality and children back in school will transmit that sense of stability we need.

SOME PEOPLE HAVE SAID THAT THE COVID CRISIS HAS SHOWN HOW DEPENDENT THE CANARIES ARE ON TOURISM. HAS IT HIGHLIGHTED THE NEED FOR DIVERSIFICATION?

Let's be realistic here: on these islands we live on tourism and we're likely to do so for many decades yet, unless climate change puts a stop to it. At the Chamber of Commerce we've always been strong defenders of diversification, but we also need to accept the reality of the situation.

When it comes to sectors apart from tourism that we could develop, I think there's a lot of potential in the "blue economy" (economic activity related to the seas and oceans). Developing renewable ocean resources will bring financial advantages and attract other investments.



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**“Buying locally
is hugely
important.”**

we need to promote and nurture, but that's been the case for decades – it's in the Biosphere declaration, for example, and if it hasn't happened, then that's the fault of our leaders. We've seen some promising developments with, for example, the gastronomy and food sector, but its still residual. Other islands have resources that Lanzarote doesn't enjoy, but I think the sea is a resource we could really develop.

Diversification is important and something

WHAT PRIORITIES DO YOU THINK ARE NECESSARY TO STIMULATE THE ISLAND'S ECONOMY?

First, we need to sort out processes to allow public works to go ahead. This is the key to stimulating the economy, but too many projects get stalled at the planning stage. At the moment there aren't many big works planned – the Playa Blanca harbour is over 70% finished and the marina at Arrecife is also well on the way but there are many, many smaller works in every municipality.

They also need to be the right works – resurfacing a road brings very little employment, for example.. We need to focus on works that bring jobs and stimulate the economy.

Another priority of ours at the Chamber of Commerce is to grow existing businesses. Start ups are fine, and we have a lively Vivero de Empresas (Business Nursery) which is the launching pad for many companies; but the real challenge is to create bigger companies that are stronger and more stable. This requires a broader vision which may go beyond this island.

HAS THE PANDEMIC CHANGED ANYTHING PERMANENTLY?

I'd say it's sped up certain processes that were already on the way – working from home, for example, online business or the cashless society. But Lanzarote is a service economy, and there are things that we'll always have to go to work for.

ARE YOU OPTIMISTIC ABOUT THE FUTURE?

I'm naturally optimistic, but I've also seen three crises already and know that, while we have the strength and power, we'll get out of this one, too. Some of us will emerge stronger, others will be washed up on the shore, but with a bit of help we'll stay afloat.

There are always opportunities in a crisis, as the old Chinese saying recognises. This one has already brought new necessities, new ways of doing things and new products and services.

One key to survival that I think is hugely important is to consume locally. Here on the Canaries that's vital. If you want your children to get a job or your partner to stay in a job, support the businesses that employ them.



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Working on the web



Janet Harper

When the lockdown put an end to Janet Harper's Spanish language classes in March, she decided to get online and hasn't looked back since. We chatted to her.

Did you do video classes before the lockdown, Janet?

I did, but to a much lesser degree. I've been teaching for years and used to travel everywhere on the island. More recently I focused on Playa Blanca and built up a faithful client base. I teach day-to-day Spanish, and my clients include a number of "swallows".

And when the lockdown started?

I'd booked a couple of weeks off anyway, but I'm a workaholic, so I started offering various classes and video conversations, and it took off from there. I'd say 85% of my classes are online, now, and business is much better than it was before

What are the advantages?

I don't have to travel, for a start! Then, of course, there's the safety aspect which is still very much a factor. It also allows

me to make better use of my time, letting me split my working day into chunks of one hour, with 15 minute breaks to prepare for the next class.

Then, of course, there's the fact that I can do this with students anywhere in the world. Most of mine are still here, but I've got a few elsewhere.

Has the idea of online learning put anyone off?

Some older students don't like the technology aspect, and others prefer the social element of face-to-face learning, but it's really a very small percentage.

Do any students have any domestic problems with learning at home?

Not really. I have one student in the UK whose little daughter sometimes puts her head round the door, but it's not a problem.

Is there an upper limit on class sizes online?

The largest group I've hosted is seven, but I'm holding a quiz soon and we could get nine or more.

Do you still charge the same fees?

Yes, why wouldn't I? The preparation and teaching is much the same.

Do you need any special equipment?

Not at all. I normally use my laptop and conduct classes on Facebook's video messaging service. Upgrading to fibre optic has been a good investment. I'll send students pdfs of any texts that we'll be using, and I have a small whiteboard that's really useful.

How do you get new students?

Word of mouth and by keeping a permanent Facebook presence, offering taster classes.

FOUR TIPS FOR WORKING FROM HOME

- 1. Make Time for Marketing Every Day:** Keep your "shop front" engaging and fresh, and don't let clients forget you exist. I find Facebook works for me.
- 2. Dress for Success:** Don't be tempted to work in your PJs – even though no one can see us, psychologically we up our game when prepared for work.
- 3. Make Your Space:** Create a dedicated work area, away from TV and distractions, and let family members know that when you're there, you're "at work".
- 4. Set a Start and Finish Time:** It's easy to just do a few emails or complete that project, but working from home is about controlling your life/work balance. Stick to your schedule.

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Helen Lindes arrived on Lanzarote at the age of five, the daughter of a Spanish father and a British mother. In the year 2000, she won the Miss Spain contest, and her striking green eyes and demure beauty quickly made her into one of the country's most in-demand models.

Interview:

Helen Lindes

“I love being part of both cultures.”

A familiar face in Spain's celebrity magazines for years, Helen adapted to social media quickly and is now one of the country's leading influencers, with popular accounts on Instagram, Twitter and Facebook. Helen married Spanish basketball star Rudy Fernández in 2015, and the couple now live near Madrid with their two young children. Helen often returns to the island she grew up on, though, and is always given a warm welcome. We spoke to her last month.

Were you happy growing up on Lanzarote, Helen?

My childhood and adolescence were very happy times. I loved living in different parts of the island and making new friends. I grew up in very safe surroundings, in a place where you can spend the whole day playing in the street, in the open air in a lovely climate.

Where did you go to school?

We moved house quite a few times, so I was at a number of schools. I started at the Rafael Cedrés primary school in



Tías, then spent a year at the primary school in Tegui. Later I was at the secondary school in Haría for two years and finished my studies at the Agustín Espinosa school in Arrecife.

You've been part of the world of modelling and fashion since you were very young. What tips would you give to girls who want to follow in your footsteps?

I would tell them to be persistent and never stop chasing your dreams. It's a very difficult world to enter but once you achieve it, the secret to staying at the top is by being responsible and taking good care of yourself. Many young girls think it's an easy profession, full of glamour, but what they don't understand is all the work behind every photo, every catwalk show. You'll spend many long hours at castings, travelling and doing various jobs.

Is there a place on Lanzarote that you always return to when you come back? A place with special memories for you?

There was a time during my teenage years when I spent a lot of time at Famara. I have very fond memories of that part of my life, and I love the cliffs there. But, generally, there are many places that are important to me and that I love to visit when I come here: El Golfo, Tegui, Arrieta, Playa Blanca and my mother's home in Playa Honda are the places I go to most.

When you were a little girl, what did you want to be when you grew up?

I was very clear about it—I wanted to be a vet. I grew up surrounded by animals, and in our house in Tabayesco I had two horses that I cared for personally. Every day I woke up early to feed them, groom them and ride them. I also had loads of pets – cats, hamsters, birds, turtles and rabbits – all my life I've been happy living around animals.

Your life became a whirlwind when you won the Miss Spain contest in 2000. What are your strongest memories of that time?

Every day was a new adventure. I had to do interviews every day,

on TV, on radio, for newspapers and magazines; I ended up in the most important catwalk shows in Spain for the first time; I recorded lots of adverts and I made a TV series. There's no single moment that stands out – it was a year when amazing things never stopped happening.

You're the daughter of an Andalusian father and a "Welsh rose" mother. What advantages has this combination given you?

The best thing is growing up bilingual, which has helped me so much when it comes to working and travelling. It's also a huge gift to be able to understand both cultures within myself, and I love the feeling of being part of both nationalities.

Now you're the mother of two beautiful children. Have they inherited the famous green eyes? Has motherhood changed your attitude to life?

My older son, Alan, has got the red hair and blue eyes of the Welsh side of my family and my little daughter Aura looks more like me, with chestnut hair and green eyes. Both have changed my life in a way I can only describe as exponential. At first I felt a bit of vertigo, but now I'm really enjoying being a mother.

Do you have any new projects you want to tell us about?

I've got a few, but the only one I'm able to mention is the renewal of my contact as ambassador for Rowenta. I've been the face of the firm for three years and I'm hugely flattered that they place their trust in me year after year. Now I'm not only the image of the firm in Spain, but also internationally.

When I first started modelling at the age of 15, who could have told me that I'd be working as much or even more at 39 years of age? I feel very lucky.

Thanks, Helen, and all the best!

A photograph of Camille Tardieu, also known as Camy Myles, sitting on dark, jagged rocks by the ocean. She is wearing a black hat with a fringe, a black leather jacket with fringe, and red boots. She is looking up and to the right, with her hand near her face. The background shows the ocean with white-capped waves under a cloudy sky.

Interview: Camille Tardieu

Don't stop the Music

Camille Tardieu, aka Camy Myles

Camille Tardieu, aka Camy Myles, is already an essential element of Lanzarote's music scene. Her strong, positive attitude, terrific voice and magnetic stage presence have already made her known to countless tourists & locals alike. Like all performers here, she's had her ups and downs during the pandemic, too.

How have you managed during the pandemic, Camille?

It's not been easy for performers. Most of us are self-employed and, while I was lucky enough to get some payments from my *mutua*, there are plenty who haven't been so lucky. Many musicians are on short contracts and when something like this happens it hits hard. Many have had to return home.

This is your home, though, isn't it?

Yes. I could live with family in France, but this virus is everywhere, and who wouldn't choose to ride it out in a place like this?

How did you get into music?

My stepdad is a musician and I ended up playing with him before starting out on my own.

What sort of music do you perform?

I mostly perform versions at various bars on the island, and I'm also in a band called Zombie Love, which perform original material. I also write songs and often slip them into my sets.

I've recently done a project with a friend called Oshua. It's called KOgiKOZ and our video, Diving Deeper is on Youtube.

Do you ever get stage fright?

I like to bring a feeling of joy and energy, and that can sometimes be a bit difficult if I'm in a bad mood, but after a couple of songs I'm always happy. I'm also nervous before playing my own songs – that's really exposing yourself.

How have the last six months been?

The lockdown was a relief at first. I'd been singing a lot, so it was a chance to rest my voice. But after a couple of weeks I thought "I'm missing this." Then we saw lots of musicians doing live sets from home on social media, which was great when people couldn't leave their homes, but lost a little impetus afterwards.

I learnt some new songs to cover, as well as working on originals and I was optimistic until the UK quarantine regulations were brought in. I went to a favourite bar after that and it looked like a haunted house, but I'm hopeful that we'll get past this. We can't keep on like this forever.

Do you have any projects for the future?

Lots! I'm working on my solo image and I'd like to make more videos – as professionally as possible. I'm also finishing an album with the rest of Zombie Love and want to do more work as KOgiKOZ. Then there are the music lessons I'm teaching, but that's another story...

Brexit and pension transfers. A ticking clock?

Transferring your UK pension into a QROPS can provide significant benefits. With the Brexit transition period set to end on 31 December 2020, time may be running out to do so without paying the 25% 'overseas transfer charge'. The UK already imposes this tax on EU residents who transfer to QROPS outside the EU/EEA; after Brexit it could easily start charging EU transfers too.

Pensions paperwork takes time, so do not risk leaving it too late. Contact our local adviser Paul Montague to find out if a QROPS is suitable for you, what the benefits are, and what you need to do now.

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TREKKING UP TO THE DAM

(PRESA DE MALA)

Love, Laugh and Live at Mala's spectacular dam.



WALK INFO

Distance: approx 8km

Time: Allow up to 3 hours

Terrain: Easy, but a gradual uphill trek.

Type of walk: Linear. If you don't have a car, you can use bus number 7 or 9 from Arrecife to Mala.

Notes: Take special care on and around the dam.

Tour guide David Penney leads the way up to the largest engineering project on Lanzarote – the ill-fated dam at Mala. Photos supplied courtesy of Liga Caica.

To get to the dam at Mala, we took the turning at the children's play park in the north end of Mala, drove past the pretty wee church and continued over the bridge which crosses the LZ 1 main road to the north. Once over the bridge, we parked our cars in the space, turned right and followed the track heading north, which runs parallel with the LZ 1.

We continue walking past the vehicle access track on our left, which was created to get to the big aljibe. We carry on to a low, volcanic, rock wall and turn left along a track towards the base of the dam.

This leads us to an area known by the locals as Charco de La Laja. There is a natural flow of water just above the reservoir which cascades down to be held in the Charco, where the farmers draw water. In the late 50s, local farmers looked to this area as a source of water to irrigate their fields to grow their produce.

David and Co take the high road



I have seen a pick-up truck with a water tank on the back arrive there several times, and once helped a local farmer set up a big hose and a pump from the reservoir while we chatted about their dependency on this source of water to grow the veggies to feed their families.

ALL DRIED UP

Unfortunately, when we visited this year the reservoir was completely dry due to the lack of rain over the past few years. However, I have been there several times when the reservoir has been overflowing and running down the track towards the ocean.

The last time I saw it full was in 2016, when I took a few friends

**“A haven for life.”
This photo shows
the reservoir when
it was full in 2016.**



there. They were amazed to see a constant flow of water which created a waterfall. The area is totally different now as the only evidence of water is a waterline showing where the water level was. When full, the reservoir attracted insects, which attracted birds etc, and was often full of life.

We now head back to where the cars are parked before starting the gradual trek up the track towards the dam. It's a fairly wide track, as vehicles needed

to get up there to build the dam.

When the track levels out, turn right and walk over towards the area which brings you level with the top of the dam. You can now look over to the “bridge” and also see the big reservoir area which would normally have held the rain water.

There is a sign here at this point advising you that it is dangerous and that you shouldn't proceed any further.

A FAILED PROJECT

This dam was built on the instructions of Franco and is typical of structures he requested to be built on Spanish-controlled territory. It was proposed in the early 70s but not completed until 1979.

Unfortunately, the dam was poorly-constructed and leaked badly, so it could not hold the volume of water intended. Also, the desalination plant was built in the mid 60s, meaning that the dam became redundant and was never fully operational.

Initially there were discussions about building a second dam in the adjacent valley of Barranco de Tenegüime, which would have handled the extra volumes needed as the population grew and tourism was getting established. But it never went ahead.

The main pumping equipment has been removed from the dam and the barriers on the bridge are eaten with rust and the bases are crumbling, so are very dangerous. The dam can be seen from the LZ1 when you are driving north, and often people comment on the “graffiti” on the front facade. When I first saw it I wasn't happy, but when I translated it I felt it was OK, as the message fits in with my motto: “Love, Laugh, Live”.

This ravine - the Barranco del Palomo - was chosen because the valley continues up to Peñas del Chache. This is the highest point on the island and a natural catchment area for the rain water. The barranco has had man-made walls built at intervals to guide the flow of the rainwater, as it can be very destructive when we get heavy downpours. I enjoy exploring these areas to see the spectacular changes created in areas which are often dry and barren.

After a juice and snack break we headed back down the zig-zag track to our cars. There are several bars in Mala and Guatiza where you can stop off for a beer at the end of your walk.

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

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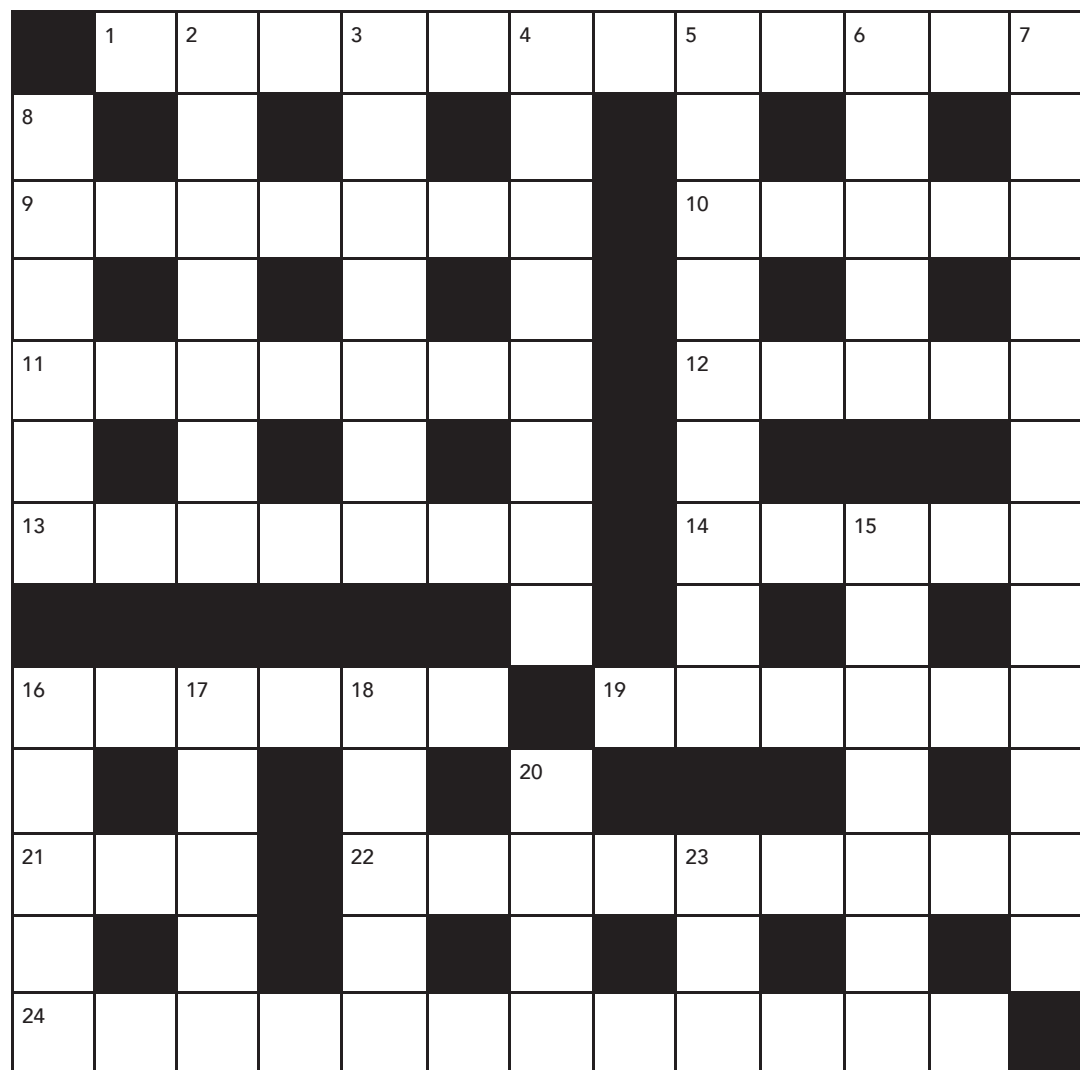
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Prize Crossword



ACROSS

1. Halloween pastime involving seizing fruit from a bowl of water with your teeth (5,7)
9. Gaelic word for the ancient pagan festival that became Halloween (7)
10. Old fashioned
11. Sweet Greek dessert of layered pastry and honey (7)
12. Pop like a balloon (5)
13. You make one out of a 2 down (7)
14. A beneficial possession (5)
16. Hot, peppery, green condiment for 17 down (6)
19. E.g: Katerina Witt, Yuna Kim or Yuzuru Hanyu (6)
21. Inland Revenue Service (1.1.1)
22. of Horror episodes have become a Halloween tradition in The Simpsons (9)
24. Costumed kids offer this choice on Halloween (5,2,5)

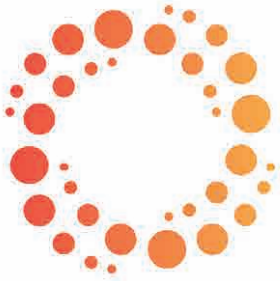
Last month's answers. Across: 1.Catwoman 5.West 9.Members 10.Rogue 11.Raphael 13.Zorro 14.Nosiest 16.8 Mile 18.McEntire 20.Anna 22.Jason 23.Fencing 24.Scream 25.Lecter
Down: 1.Cameron 2.Tom 3.Opera 4.Absolut 6.Edgar 7.The Lone Ranger 8.Crazy 88 12.Possessor 15.Estonia 17.I Insist 18.Mojos 19.ROFL 21.Knee

October's crossword has a Halloween theme, so do your devilish best to solve it, send us your completed puzzle before 15th October and you could win a bottle of Lanzarote wine.

Last month's winner was Della Sanderson. Well done Della – your wine awaits!

DOWN

2. Large squash fruit that is a symbol of Halloween in the USA (7)
3. Accidental loss of liquid through a hole or crack (7)
4. Handkerchief used as a face covering by outlaws, cowboys or bikers (8)
5. Irish fruit loaf served at Halloween, often with a fortune hidden in the dough (9)
6. One of two rival teams which play at the San Siro in Milan (5)
7. Scary tales told on Halloween (5,7)
8. The name the Spaniards call the British Queen by (7)
15. Small, loose-skinned sweet Chinese citrus fruit (7)
16. This joint connects the hand to the arm (5)
17. Japanese dish usually made from vinegared rice and seafood, often raw. (5)
18. Beautifully-patterned fabrics from Indonesia (5)
20. Terror (4)
23. 2013 film starring Joaquin Phoenix and the voice of Scarlett Johansson (3)



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Love and loss



THIS MONTH LANZAROTE VET JANE BURKE OFFERS A DEEPLY-MOVING PERSONAL RECOLLECTION OF THE LOSS OF BELOVED ANIMAL COMPANIONS, AND REFLECTS ON HOW IMPORTANT IT IS TO UNDERSTAND GRIEF.

There was plenty of drama both times my terrapin died. My grandmother was house-sitting whilst we holidayed on Prestatyn, and buried my little friend in our absence. As a devout little Christian, I dug it up to offer last prayers and arrange a proper burial. My

hot little hands and warm tears revived it from its hibernation and it went on to live another year, although my relationship with my grandmother did not survive.

When the little terrapin did die, I demanded a professional opinion before another burial, so my mother took the decomposing creature and myself to the local vet. This was my first contact with our illustrious profession: a sharp, condescending man who spoke abruptly with my mother, treating her like an imbecile, and who failed to speak to me at all, cruelly throwing the smelly



Jane and her first dog Keltie

deceased in a bin. I made a horrid scene but, at least, managed to retrieve the corpse and hold the appropriate service in our garden later that day.

The following evening our neighbour came round clutching the local evening paper which reported that the vet had shot himself in the toilets of our local tennis club. Even now, I cannot summon

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sufficient sympathy with whatever demons were plaguing him.

My mother's Scotty (Bonnie), died whilst I was still a babe in arms. My first word was "BomBom" And whilst her passing affected them both dreadfully I apparently showed no signs of missing her and, indeed, I have no memories of her.

However, because of the drama over the terrapin and a beloved budgie that never returned to its cage one night, you can understand why my parents tried to avoid getting a dog. Our neighbours, the Renshaws, had a Scottish terrier which had escaped, presumably because the couple were distracted by Mr Renshaw's leukaemia diagnosis, and produced five fat mongrel puppies. He made the mistake of showing them to me and, from then on I had to be dragged home several times a day in tears and tantrums.

Though I was not yet five, I can clearly remember their front room, where both he and the puppies lived. I remember being aware that Mr Renshaw was shrinking. He also became less and less communicative with me and finally, in a frail, quiet voice, asked me to choose one of the now six-week-old puppies and sent me home with her. After a lot of screaming and shouting, I dried my eyes, hid my triumph and went to bed ecstatically happy to have a dog of my own. I never saw Mr Renshaw again.

Keltie had a stroke when she was only nine. No one expected her to survive. I prayed night and day and, though she was never the same willing companion, I found I only loved her more now that she tired more easily, limped slightly on her wonky right wrist, and was happier to watch me than run after me.

She died a year later and I had never contemplated such pain. My whole family were lost in their individual despair; my soft-hearted big brother angry with his own distress and aggressively upset with mine; my father and mother suffering for each other, and for us. My brother, five years older, had puberty and pride to contain his pain, but I had nowhere to hide.

I cried all the way to school every morning and all the way home. I cried myself to sleep every night. I fell out with the God I had worshipped; with the few humans I had had friendships with and with all my apparently uncaring family who seemed to be moving on, as if my Keltie had never existed!

When my anger against them and the useless vet ran dry, I turned on myself. I cursed the days we had raced round the streets with her towing me in roller skates, (now clearly responsible for straining her heart); I wept with regret for the days I had failed to clean her bowls and check her water before my mother had needed to remind and scold me; I sobbed for the holidays we enjoyed whilst we had

left her. In the arms of grief, guilt is everywhere when the shield of the false flames of anger falter.

Later, in practice, I read studies of grief counselling and pathological grief, learning that grief is a mix of anger and guilt, one or both of which -whilst often fired at a doctor or a partner - is most often hurled at oneself. In pathological grief, pet owners, like human relatives, can suspend grief for one partner, child or pet until the loss of another.

So many of my pensioners who had apparently coped so well with the loss of spouse/partner, became inconsolable when the shared pet also died. Worse still, for my elderly clients, a pet was often their only remaining *raison d'être*; their only reason to get out of bed, to prepare food, to leave the house, to interact with other people, or to feel needed or loved. At the time, these concerns were widely ignored. This too has, thankfully, changed over the years.

"IN THE ARMS OF GRIEF, GUILT IS EVERYWHERE."

I have two elderly dogs as I write. Two parts of my heart whose physical lights are dimming. All my knowledge and experience will count for absolutely zero when the day arrives, as it will. The merest thought in that direction fills my eyes and tears at the tenderest part of my soul, BUT STILL THEY ARE THE BEST BARGAIN UNDER HEAVEN; their love a simpler, more profound and unshakable gift than any human ever deserved. If there is a God, they are his greatest gift, given to show us what we could strive to be and to comfort us in our failure.

We live in difficult times. Keep your pets' water bowls clean and full and be especially kind to each other.



TUNING UP FOR Autumn

It's been a hell of a year so far, so use the peace and calm of October to anchor yourself in physical fitness and mental health.





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If Lanzarote has an autumn, then October is it. It's generally a gorgeous month, calm, mellow and sun-kissed, and at the end of the month, when the clocks go back and the nights get shorter, there's definitely a feeling that the summer is over.

It's been a strange old summer, of course – a time of worry and despair, when we emerged out of lockdown hoping that the new normal would soon start to look much more like the old normal. That didn't happen, and here we are, on an island strangely empty of tourists but every bit as beautiful and tempting as it always is.

Some have made the most of it: The beaches have been packed with locals who have grabbed the opportunity of being on furlough schemes or out of work to at least spend some quality time with friends and family. But it's also been a scorching and stifling hot summer.

Keeping fit has also been a real challenge this year. The sporting events that bring thousands of visitors to the island and encourage many locals to keep in shape have all been cancelled; team sports have been limited severely; pools, gyms and leisure centres have been operating under strict new rules and outdoor exercise was actually banned for almost seven weeks during the lockdown.

BODY CONSCIOUS

In other countries, the dark nights and cold weather of October cause a slump in fitness activity. Gyms call it the "October effect".

However, on Lanzarote, there's much less excuse to snuggle up in front of a roaring fire and watch TV – it's still delightful outside, and one of the best times of year for

exercise – warm enough so that you can stay out until way after sundown, cool enough to keep you from overheating.

If you're cycling, it's a time when winds are at their weakest, while the crystal clear weather offer wonderful views and conditions. Swimmers will benefit from seas that remain as warm as they ever get, heated by a whole summer's sunshine.

FREE YOUR MIND

For many of us, this year has taken much more of a toll on mental health than physical fitness. Anyone can work out, but enforced distance from those we love, financial worries, urgent health concerns for older loved ones and the corrosive effects of social media, which thrives on conflict, anger and rumour, has had a negative effect on many of us.

90% of parents have seen evidence of depression or anxiety in their children since the Covid-19 crisis started, and one in five Spaniards has suffered from depression during the same time. Oddly, the mental issues are affecting younger people more than those who are at most risk from Covid-19 – perhaps it's the indefinite postponement of young lives and life projects that can't wait, or the devastating effect on social relationships that's felt much more strongly when you're young and defined by your peer groups.

October on Lanzarote may not be able to offer the glorious hustle and bustle of an active life being lived at full speed, but it can give you time out to appreciate what you have got. Despite the worries and uncertainty, hundreds have found some calm and space on this oddly deserted island. Instead of lamenting it, make the most of it because, with any luck at all, we'll never have the island to ourselves like this again.



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Witching HOUR

Halloween offers the opportunity to dress up a bit and let out your inner demon, but even in Spain and Lanzarote, spooky, striking looks have increasingly become more mainstream, and can be worn all year round.



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"COCO SHOWS THE RISE OF LATIN-GOTHIC."

Long before gothic style and culture arrived, Spain had people who dress in black and hang around cemeteries. They were called widows and priests, and were just one embodiment of a culture in which death was an integral part of everyday life. In rural areas of Spain, superstition ran rife and outbreaks of witch fever could cause lawlessness that the infamous Spanish inquisition actually helped to prevent.

On Lanzarote, the Villa de Tegui and Las Breñas were well known for witchcraft, and the whole period from All Saints' Day on November 1st until Christmas is marked by mourning the dead, with musical groups called ranchos performing songs for the departed.

However, while modern goths are a much more recent arrival, the original goths helped form Spain. On the Canaries, *godos* is the name given to Spanish mainlanders, an insult referring to the invading Germanic Visigoths who settled Spain before the Muslim conquest of 711 AD.

The rise of the goths

Gothic rock started in the UK in the 1980s, an offshoot of the post-punk scene that rapidly spread globally. Always a thriving subculture, it started to become more mainstream as the original goths grew older and more mellow, and also as goth-inspired musicians such as Marilyn Manson became world famous. Film and franchises ranging from Blade and Underworld, and the vampire craze of 10 years ago all owe a heavy debt to

gothic style, and have helped make the culture more mainstream.

Over the years there's also been a pronounced move towards a latin-gothic aesthetic. Mexico is the inspiration for much of this, with the iconic monobrowed gaze of Frida Kahlo overlooking the cultural scene, and the influence of the brilliant Pixar film Coco, based on the Day of the Dead, has been felt everywhere, too.

Spain has also had its moments. The century started with *The Others*, one of the spookiest ghost films ever made; and continued with eerie classics such as *The Labyrinth of the Fawn* and *The Orphanage*. Spain's most famous proponent of the gothic look is undoubtedly Alaska. Now in her late 50s, the singer was a key member of Madrid's *movida* – an explosion of music, style and creativity in the 1980s – and has now become almost a national treasure with regular appearances on reality TV shows. Alaska has sang in many styles, from disco to ballads to rock, but her look has always had a strong gothic element, with black predominant, heavily kohled eyes and a slash of scarlet lipstick.

Like most subcultures, gothic style can be subdivided into many more groups. There are classic 80s goths, romantic Victorian goths, steampunks, cybergoths, pastel/Lolita goths, and industrial goths. All of these sub-groups have their own reference library of films, books, music and celebrities, and this geeky element is a strand that unites all of them.

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Cooking with kids



The coronavirus crisis kept children at home for months, and during that time many of them used the opportunity to learn some cooking skills. They may not all end up on Junior Masterchef, but a kid who can't cook the basics is heading into life with a disadvantage.

Lanzarote offers brilliant opportunities to show kids the ropes in the kitchen, with loads of fresh, tempting ingredients at hand, and the opportunity to show children exactly where food comes from, Spain also offers recipes for dishes such as gazpacho and tortilla that are brilliant starter recipes for children.

You wouldn't expect a six-year-old to bone a chicken or flambée a steak, but you also need to give a teenager something a little more challenging than scrambling an egg. Children don't just learn, they actually get stronger and more skilful.

Before inviting kids into the kitchen, ensure that safety is first. Keep younger kids well away from sharp blades, potentially dangerous machines and sources of heat, and ensure that older children are fully aware of the risks that exist in any kitchen. Never leave younger children unaccompanied in a

kitchen, and try and keep an eye on what they're doing at all times.

Toddlers can get started with easy, fun tasks such as stirring cake mix, sprinkling icing sugar, mashing stuff and washing vegetables. At 4 or 5 they'll be ready to start topping-and-tailing beans, weighing ingredients out, rolling dough and pastry and cutting it with shaped cutters.

By the age of seven they can be trusted to cut things with scissors or a small knife, and they get really good at weighing, measuring, kneading, rubbing, greasing and grating.

Once kids hit nine or older, they can begin to follow simple recipes and even cook basic dishes without being instructed. They are old enough to handle heat on a hob or cooker, as



>> *Continued on page 32*

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<< Continued from page 30

well as riskier cutting activities such as peeling and slicing.

At all ages, don't forget to show children that cooking is about much more than food – it's about the social rituals of setting tables and sitting down together, as well as hygiene and tidiness. One of the most important things you can teach a child is to tidy up as you go, so that you don't end up with a kitchen that looks like a bomb site.

“KIDS LOVE THE SIGHTS, TEXTURES, SOUNDS, AROMAS AND SHEER BUSY ACTIVITY OF COOKING.”

At the age of 11 and older, kids are capable of pretty much anything in the kitchen, and what they do depends on their enthusiasm rather than anything else. Most will still require supervision, but it's a much more hands-off affair.

At all ages, don't forget that kids are naturally inventive and adventurous. It's good to teach them about classic dishes and well-established combinations of ingredients, but if they want to try out something new, don't stand in their way.



Hands-on Halloween

Halloween is one of those times when you can really get kids involved in the kitchen, and this year it'll be more important than ever as trick or treating is likely to be prohibited.

Pumpkins are widely available on Lanzarote before Halloween – both the carveable fruits and the tasty orange chunks of flesh that are widely eaten here. Locally produced cochineal, with its deep blood-red colour, is another product that seems designed for Halloween.

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Wine CULTURE

Lanzarote is a wine culture, and that means so much more than what you choose to wash your dinner down with. Here's how the vine has defined the island.

Wine is work. Vines are labour intensive crops, requiring constant supervision and care. Pits need to be dug, walls need to be built, old vines need to be pruned and cut back, pests and diseases need to be constantly monitored, vines must be tied up off the ground, and then there is the harvest, which is carried out entirely by hand on Lanzarote.

The resulting labour is worth it, though, for Lanzarote's most emblematic product and its best-known export. Wine has been grown on the island for centuries, but it was after the volcanic eruptions of the 1730s that the islanders developed a style of cultivation that would create unique wines and a landscape that has become world-famous – aerial photos



“On Lanzarote, wine is life.”

of black, volcanic ash fields stippled with horseshoe shaped stone walls surrounding a single green vine.

In the past, Lanzarote and the other Canaries sent sweet, fortified wines to Elizabethan England, where they were hugely well-regarded. England's Poet Laureate was traditionally paid a “butt of sack” each year, and the sweet wine known as sack was also referred to as “Canary” or “Malmsey” (malvasia).

Nowadays, wine is an equally festive drink, the fuel that propels countless fiestas and parties and the natural accompaniment to those long, lazy Canarian lunches where conversation and dining stretches long into the afternoon.

Wine culture is also manifested in the way that bars are laid out. Draught beer taps are a relatively recent introduction here, but there have always been shelves, and cellars for wine. That drinking culture is even reflected in the smaller measures that are generally favoured here. Pints and litres of beer in northern Europe are replaced by smaller cañas or botellines.

And wherever wine is drunk, you'll also find that it is used as an ingredient. Cooking with wine is mostly associated with French, but plenty of Spanish and Canarian meals also benefit from a glug of wine to enrich and add flavour to a sauce or stock.

With Christmas on the way, and a brand new vintage shortly due to hit the shelves, there's no better time to immerse yourself in Lanzarote's wine culture. Take a visit to El Grifo or La Geria, or hunt down some of the island's smaller boutique bodegas. You'll have fun, we guarantee it!

MATCHES MADE IN HEAVEN

Here are some of the food and wine matches that exemplify Lanzarote life:

• SALTY TAPAS AND ROSÉ WINE

Lanzarote's rosés are colourful and fun and perfect to sip with a bowl of olives, anchovies, capers, or grilled prawns

• MINCE PIES AND SWEET WINE

Chilled dulce wine is the perfect partner for Christmas sweets. Snuggle up and enjoy in front of your favourite afternoon movie.

• GOAT AND RED WINE

Goat meat is tasty but greasy. A local red wine will help cut through that richness and bring a little complexity to the table

• FISH AND DRY WHITE WINE

A classic everywhere – grill or bake fish simply with herbs, olive oil and a little lemon and team with a chilled malvasía.

• SEMI-CURADO CHEESE AND A SEMI-DULCE

The Goldilocks choice – not too dry, not too sweet, not too mild, not too mature. Half-cured cheese has a tart flavour that's perfectly accompanied by the sweet notes of a semi-sweet wine.

• MOSCATEL AND STILTON

Try the local dessert wine as an alternative to port, with a chunk of savoury Stilton.

Cod in Salsa Vizcaína



Cook's Tip

Like so many stews and curries, this sauce tastes better the day after you've prepared it.

This is one of those dishes that is somehow hearty, yet light and healthy at the same time. A classic from the Basque region, the mouth-watering brick-red sauce can be used to accompany fish and meat and is also perfect for vegetarian and vegan dishes.

The key ingredients of this dish are long-cooked, softened onions and the pulp of dried chorizo peppers. Any good fruit and vegetable shop will have *pimientos choriceros*, and they keep for ages. Readily-prepared pulp can also be found sold in small jars, named *Carne de Pimiento Choricero*.

Ingredients

- One red onion
- One white onion
- 30 cc of olive oil
- 5 chorizo peppers (*pimientos choriceros*)
or 1 rounded tbspn *carne de pimiento choricero*
- 2 cloves of garlic
- 1 sprig of parsley
- 2 ripe tomatoes, grated (optional)
- 2 tbsps of breadcrumbs (or one crushed Maria biscuit)
- 1/2 tspn sugar
- 200cc of white wine
- Two fillets fresh cod, or defrosted bacalao

Method

Slit the dried chorizo peppers open, remove seeds and immerse them in a bowl of boiling water. Leave for half an hour. Remove soaked peppers and scrape the fleshy pulp from the inside of the skin with a teaspoon or the edge of a knife. If you're using the ready-prepared pulp, a good rounded tablespoon will be enough.

Chop onions finely, add garlic and sugar and fry in the olive oil for at least 30 mins. The aim is to get a soft, mass of well-cooked onion. Add the prepared pepper pulp and a sprig of parsley, and cook for a further five minutes. Add breadcrumbs, wine and tomato (there are endless arguments about

whether this sauce should contain tomato, but it's definitely worth trying both with and without) and simmer gently for at least another half hour, seasoning with salt and black pepper.

Remove parsley sprig, liquidise well and pass sauce through a colander.

Bring a saucepan of water to the boil and add two fillets of cod. Simmer for five minutes but do not boil again.

Put a layer of sauce in a cooking dish, place the cod on top and cover with the rest of the sauce. Bake in an oven at 180 degrees for 20 mins. Garnish with chopped parsley.

With a little help from our friends!



Tucked away just off the “Strip” in Puerto del Carmen, Áine and Nathan have quickly made The Bucket List one of the most welcoming little bars on the island. As the bar approaches its second anniversary, we took a trip to No 5 Calle Anzuelo to discover its charm.

When asked where the name for the bar came from, ex-firefighter Nathan replies “Everyone can have a bucket list at any time of life and tick off your goals and dreams as you go. To move to Lanzarote and open a bar was on our bucket list: hence “The Bucket List”.

“We both worked on the Island initially for the first year, but we always wanted our own place here and were actively looking for many years before moving over.”

“That’s when “Spenders” came up for sale - a fantastic opportunity which meant that the dream of “The Bucket List” - a cosy little bar where you entered as a stranger but left as a friend - became reality.

“It was a daunting leap, but we’ve never regretted it.”

Two years later, The Bucket List is one of the most welcoming little bars in Puerto del Carmen, a place where you’re guaranteed a friendly welcome and a decent drink. “I’m from County Kerry in Ireland

and Nathan is originally from Jersey in the Channel Islands and moved to Ireland with his family at the age of 11”, says Áine, “Our love affair with Lanzarote started many many years ago.”

Like every other business on the island, Áine and Nathan have had a lot to worry about over the last six months. “Finally we were able to open on May 11th, and welcome all our regulars. Some were waiting at the gate the day we opened. It was an emotional day seeing everyone for the first time in weeks and I shed a few tears that day,” Áine tells us.

“Being owner/operators has helped us a lot to get through the initial period after lock down” says Nathan. “We’ve been working hard - initially seven days a week - and now have some of our wonderful staff back which allows us to have a day off to enjoy this beautiful Island, which is bliss. We have a lot to adapt to, with the new laws that have forced us to close earlier and earlier as well as the strict regulations of wearing masks all day and ensuring customers are also following the regulations.”

“It’s important that people feel safe here,” adds Áine.

So what’s the first wish they’d like to tick off on the rest of their bucket list? Áine says “We just want to see people come back to the Island and see all our lovely regular visitors return to the bar, those who we’ve come to love and the new customers who are always welcome here.”

“Social media has shown us just how much people love this island and yearn to come back, and the recent months have also made us so grateful for what we’ve got.”

“We’d like to thank everyone who’s supported us, both the wonderful locals who live here and the visitors from England, Scotland, Ireland, Wales, Spain, Scandinavia etc whose faces we’re dying to see again.” Also, our wonderful staff for their support before, during, and after lockdown. All these people keep The Bucket List going and are one thing we never take for granted.

Nathan says “For obvious reasons we can’t have a big anniversary bash on October 20th, but we will celebrate, that’s for sure!

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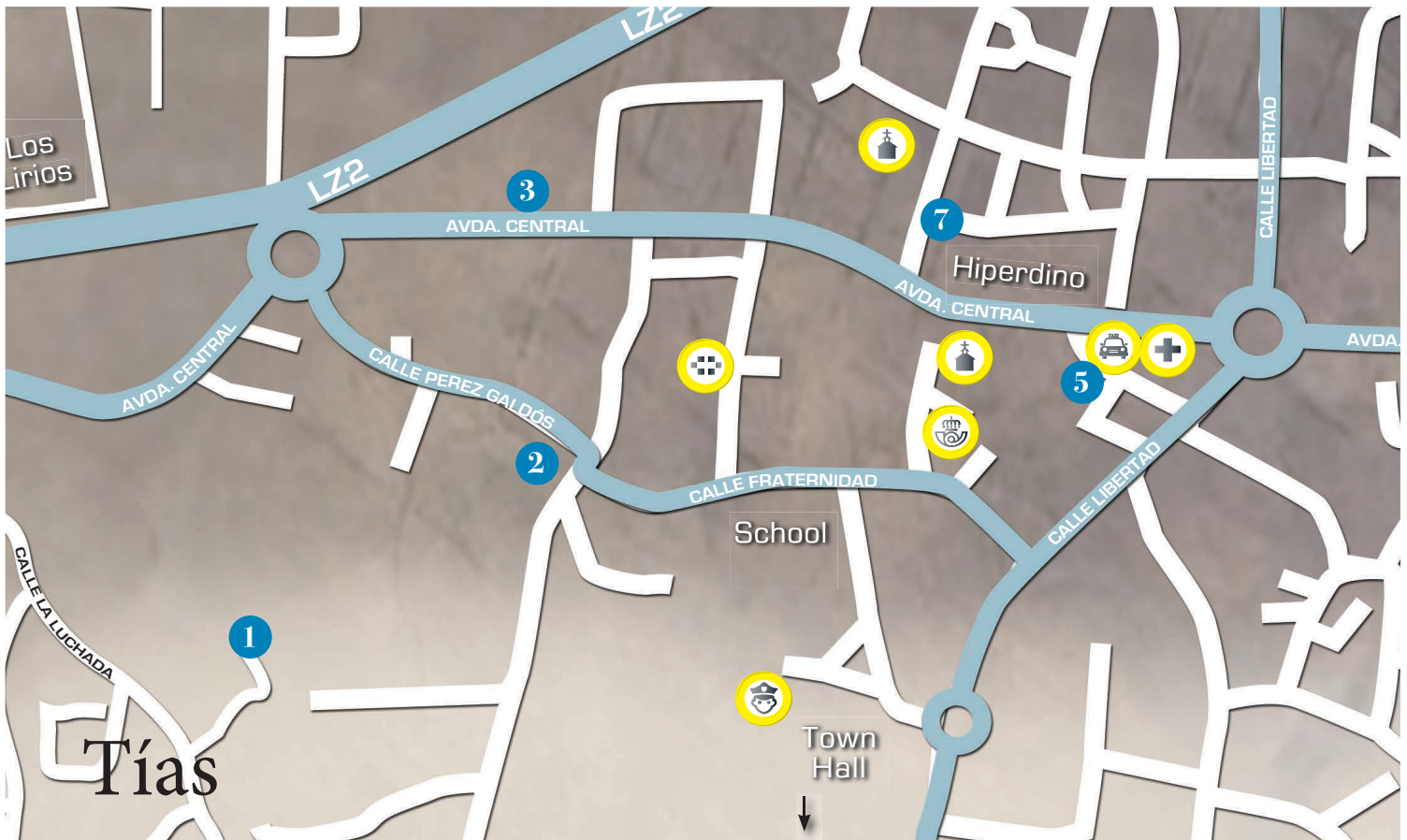
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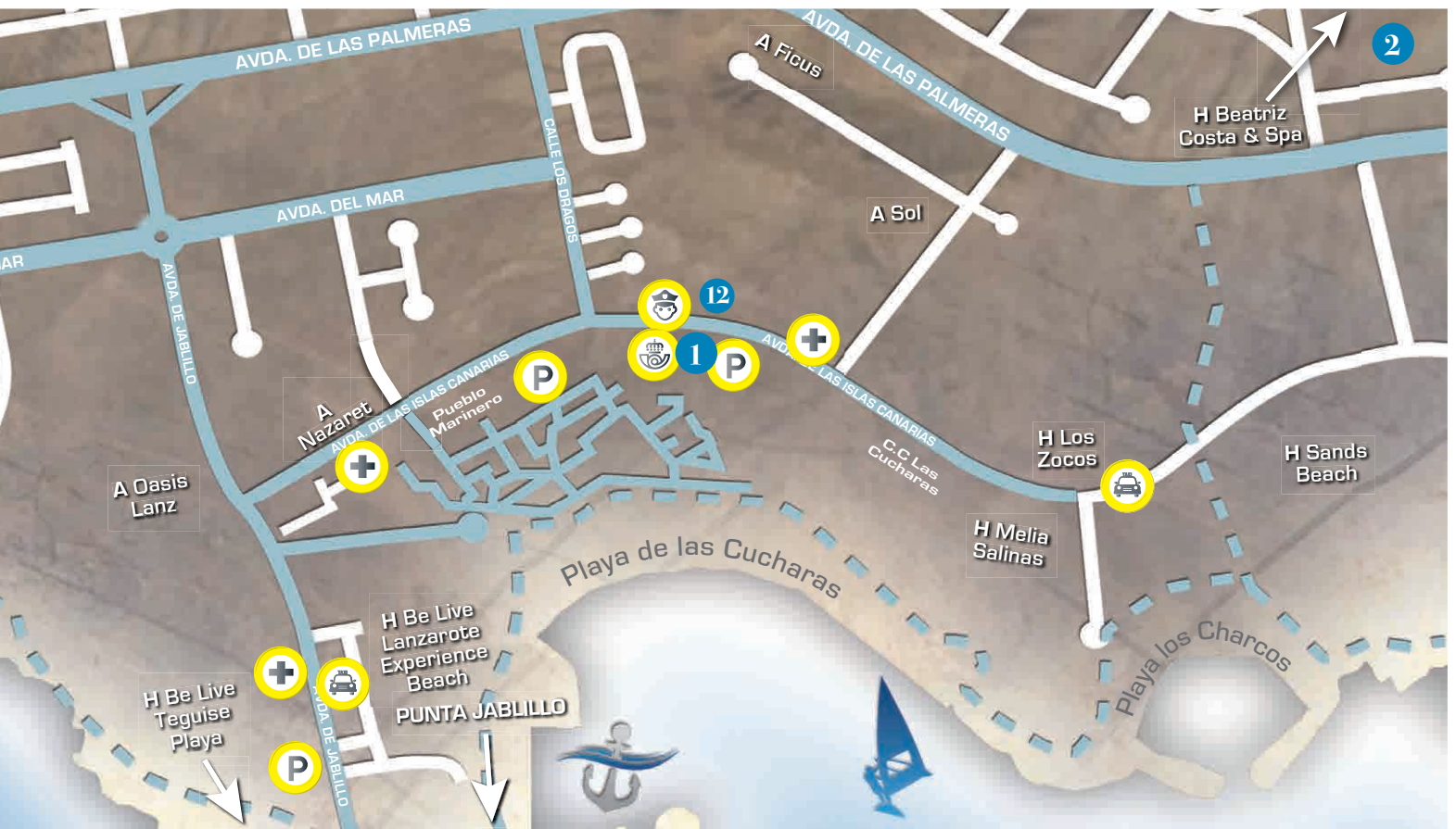


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PROPERTY SHORTS



Pablo Hernández de Cos

RECOVERY WILL TAKE TIME

The governor of the Spanish Bank has said that it will take “several quarters of robust growth before we’re back to where we were before Covid-19 hit.” Pablo Hernández de Cos admitted that he had no idea how long the recovery time would be, but ruled out any immediate, miraculous recovery.

“The level of recovery that is possible once the health crisis is over will depend on how persistent the economic and financial effects have been,” said de Cos. The good news is that “We are currently in a better situation to deal with this crisis than we were in 2008.”

SWAP CLAUSE WINDOW STILL OPEN

Arrecife Lawyer Mario Izquierdo has informed us that a recent court decision has extended the period when those affected by unlawful “swap” mortgage contracts operated by banks around 12 years onwards are entitled to claim compensation.

On Lanzarote, the majority of potential cases involve mortgages operated by the Banco Popular in Playa Blanca between 2008 – 2012. If you think you may have been affected by a swap clause, you’re advised to seek legal advice.

HOT PROPERTY

The most expensive property in the Canaries is found in Maspalomas on Gran Canaria. The 4,000 square-metre property has been valued at €9.9 million. Nevertheless, it’s a steal compared to some of the more expensive properties in the rest of Spain.

property is a finca in Benahavis, Málaga with ten bedrooms, indoor and outdoor pools, and a gym. It’ll set you back 32 million Euros. Also ahead of the Canaries are exclusive properties in the Costa del Sol, Mallorca, Alicante and homes in upmarket areas of non-tourists areas of Pontevedra and Córdoba.

The country’s most expensive



Maspalomas, Gran Canaria



RENT RISES 56% IN FIVE YEARS

Rental prices have shot up by over 50% in the last five years on the Canaries. A study titled “Variation in Rent in the Canaries” by the Fotocasa agency has shown that the average rental price of a square metre of property has risen from €6.15 in June 2015 to €9.61 in June 2020.

The figures reflect the first few of months of the pandemic, when many holiday rental owners were forced to consider longer-term rentals, but any resulting adjustment in rental prices is unlikely to have been registered just yet.



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Ref. 335 - PLAYA BLANCA

A modern-style villa in Costa Papagayo. 3 beds, 2 baths, private pool and large basement/games room offering many possibilities.

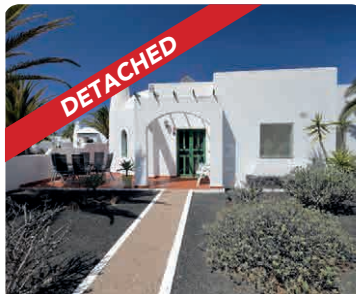
Price: 330.000€



Ref. 326 - PLAYA BLANCA

3 bed 2 bath detached property in Las Laderas, with 1.100m2 plot. Established gardens, room for pool, interesting and quirky property.

Price: 475.000€



Ref. 205 - PLAYA BLANCA

2 bed 1 bath bungalow with roof terrace and access to large communal pool.

Price: 205.000€



Ref. 399 - PLAYA BLANCA

3 bed 2 bath villa with private pool, well-located near amenities.

Price: 299.000€



Ref. 350 - PLAYA BLANCA

Detached villa with 3 beds, 2 baths, large garage and storeroom and private pool. Stylish and immaculate.

Price: 520.000€



Ref. 220 - PLAYA BLANCA

Charming 2 bed 2 bath villa with private pool and established gardens. Well located near amenities.

Price: 320.000€



Ref. 352 - PLAYA BLANCA

A semi detached 3 bed 2 bath property on large plot, in established location. Off street parking and private pool.

Price: 265.000€



Ref. 321

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COVID 19 NOTICE

Due to the current situation, our offices in the centre of Playa Blanca remain closed.
However we have increased our online presence and remain actively working

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MANAGERIAL SKILLS



JENNY OF JAM VILLA MANAGEMENT ANSWERS QUESTIONS ABOUT HOW THE PANDEMIC HAS AFFECTED THE PROPERTY MANAGEMENT BUSINESS.

Lots of owners are off-island and unable to return. Does this make villa management more important security-wise?

Villa security is an important subject and one I discuss with all my villa owners. As a villa manager I can check a villa on a weekly basis, if that is what they contract me to do, but I have encouraged most clients to install an alarm which I believe gives them the peace of mind they are looking for.

I recommend an alarm company connected to a call-out centre, with cameras that take photos as soon as the alarm is activated and which also comes with two-way voice, so a live person's voice warns any intruders that they have been detected and police have been dispatched, which is effective in getting them out of the premises.

What's the overall situation like at the moment?

Things have been a bit hectic as we've been trying to confirm who's going to arrive and who's moving their dates. Some, of course, have just decided not to travel due to the quarantine on their return.

How have the quarantine restrictions affected things?

I think a lot of people from the UK were hoping that their government would change their minds about the 14-day quarantine because most of the English and Welsh children go back to school in the first week in September, so they do not want them to miss their first few days of school.

On the other hand, I'd seriously advise holiday makers who plan to come next year to book early. Some villas I manage are already fully booked for

summer 2021 from the postponements of this season, and hopefully this Covid nightmare will be a distant memory by then.



Has the coronavirus made changes in your business (e.g disinfection etc)?

It has made a big difference in the way that we present the villas to the holiday makers: we have had to remove all paper copies of information packs which we had inside the villas and all books, magazines and leaflets have been disposed of - otherwise we would have to disinfect every page on every changeover day which is just not feasible. All villa information packs are sent to clients via email now and they can, if they wish to have a hard copy print them out themselves.

Everything left in the villas by guests, has to be put in the bin, even down to the salt, pepper etc, and all inflatables are disposed of, as we cannot risk leaving anything in villas which could potentially have the virus on it.

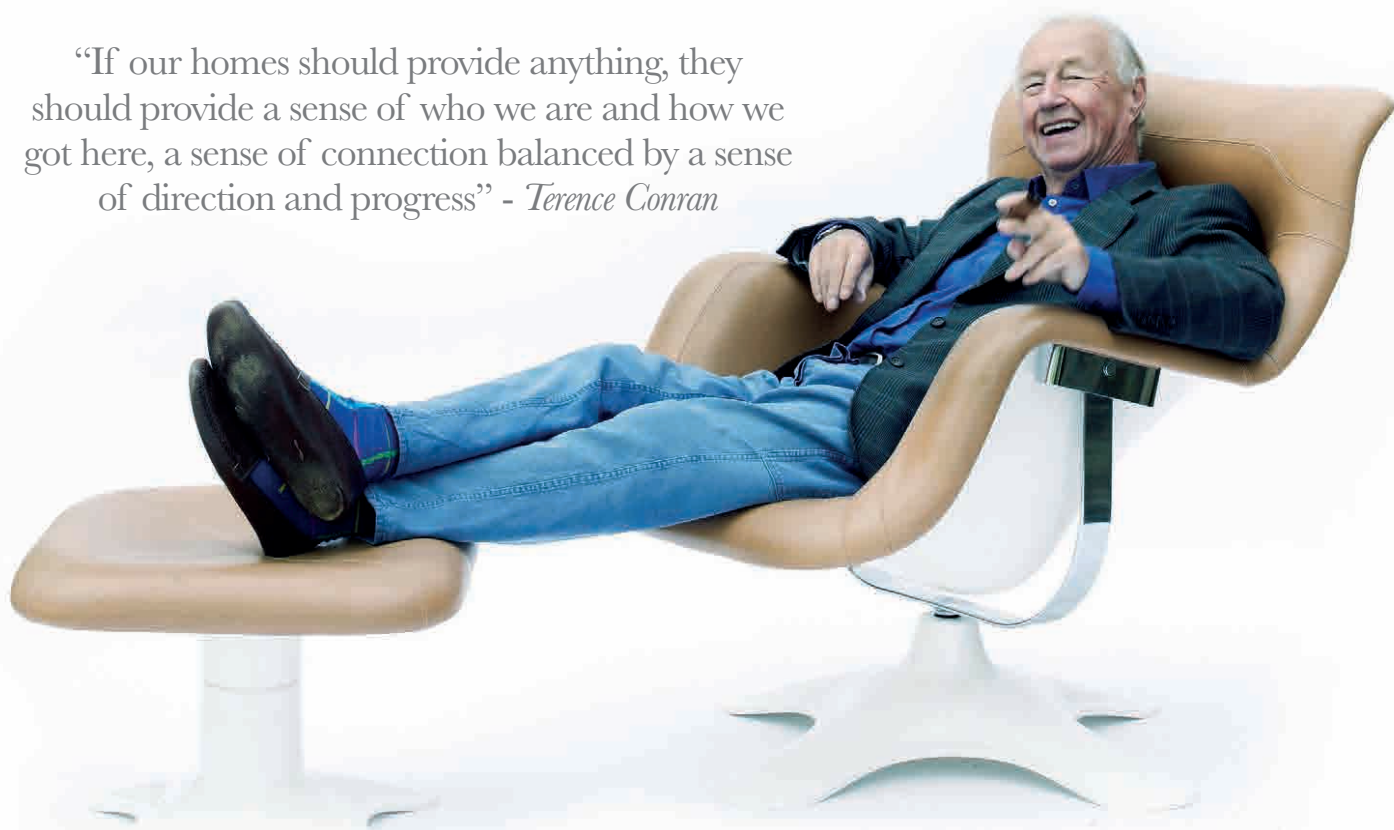
Every cup, plate, glass, item of kitchen equipment and all surfaces and floors has to be disinfected and sanitised, so the cleans are taking much longer and the products we have to use are much more expensive. This makes profit margins very "slim" at the moment and I cannot see that changing for some time to come as we have to abide by the guidelines set out by the authorities.

Is winter and the arrival of "swallows" likely to make things any better?

As a specialist in holiday rentals, the so-called "swallows" culture does not really have a major effect on my business, but I do wonder how many we will see this winter.

DESIGN FOR LIVING

“If our homes should provide anything, they should provide a sense of who we are and how we got here, a sense of connection balanced by a sense of direction and progress” - *Terence Conran*



Sir Terence Conran, who died last month, changed the way British people lived, bringing exciting modern design and continental flair into every home.

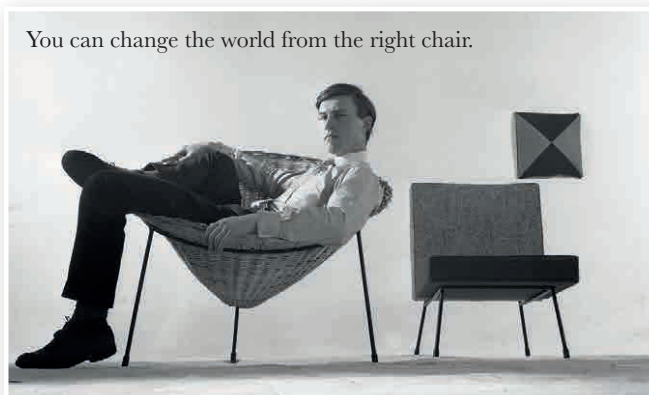
Do you sleep under a duvet instead of cotton sheets and blankets? Have you ever bought a cheap paper orb for a light shade? Have you ever flopped out on a beanbag? Do you have a special salad bowl?

If the answer to any of these questions is yes, then Terence Conran was probably responsible. His Habitat stores, established in 1964, were a magnet for young 60s and 70s families with aspirations towards a better way of living, and his keen eye for practical yet beautiful items changed the way Britons lived their lives.

Conran was part of the British boom in design that accompanied the art school movement after the Second World War, a time when Britain was renewing itself, clearing its slums, building the world's most influential welfare state and embracing technology and laying down the foundations for an incredibly creative period.

In the 60s, British buyers embraced Conran's vision of homes that were beautiful and practical. Habitat took influences from all over – Mediterranean peasant style, cutting edge Scandinavian design,

You can change the world from the right chair.



the Bauhaus movement, ethnic kilims and fabrics – and managed to make it work.

It was his influence that helped us see our homes as our own creations. Previously, you got given your furniture on your wedding day or inherited it from parents, and most people's homes looked like those of their parents. Beautiful, expensive items were placed in the parlour so visitors could see it, but beauty was not an aim in itself.

Conran wasn't the only visionary – new materials, new technologies, new shopping and work habits, women's liberation and the rise of leisure all had fundamental effects on post-war lives, but Conran is one of the designers whose ebullient character and positive vision turned him into an emblem of the 60s and 70s.



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SPAIN IN TECHNICOLOUR



“Spain is getting more colourful all the time.”

The controversy caused by a Spanish artist’s renovation of a lighthouse underlines Spain’s reputation as a world capital of colour.

When we think of colourful countries, we immediately imagine the vivid designs of Mexico, the vibrant patterns of African fabrics or India’s joyful embrace of every colour under the sun. For years Spain was more known for contrast than colour; what Ted Hughes described as “the blood-raw light, the African black edges to everything”. The designer Balenciaga’s dresses in the blackest of blacks; Picassos’ monochrome artwork *Guernica*; Dali’s black moustache – these were the emblems of Spanish art.

It was another artist, the Catalan Joan Miró, who marked the way to Spain’s bright and gaudy future. Miro’s simple, childlike paintings and sculptures in primary colours were hugely influential on Spanish art. César Manrique’s logo for Lanzarote, for example, is clearly based on Miro’s “sun” design for Spain.



Photo: www.eldiarioalerta.com / Tono Reguera

The end of Franco’s dictatorship also led to an outburst of creativity in Madrid and other cities, and the most famous graduate of *la movida* is the film director Pedro Almodóvar, who has always used an eye-catching palette of bright colours in his films.

Also launched by the *movida*, aristocratic designer Agatha Ruíz de la Prada has made a name for herself with bold, vivid patterns and fabrics that often feature visual jokes.

Okuda San Miguel is just the latest in this technicolour parade. Starting out as a graffiti artist, his multi-hued designs of geometric patterns, animals and religious icons have been commissioned around the world, and his recent painted lighthouse, titled *Infinite Cantabria*, has caused controversy among locals who think the vivid paint-job is a crime against the landscape. Others, of course, love it, and think that it’s an absence of colour that’s the crime in Spain today.



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PERFECT *Pastel*

Lanzarote is an island that's famous for bold, vivid colour; but subtlety can also shine here, and the frosted, timeless beauty of pastel shades offers eternal relief and refinement.

Cool, understated and restrained but also deeply attractive and even moving – pastel shades don't immediately spring to mind when you think of Lanzarote's deep contrasts and intense colours, but the closer you look, the more subtle the shades you'll see reflected everywhere.

Pastel colours are named after the crayons that are, basically, solid sticks of powdered pigment. That's what gives them that cool, subtle frosted look; and that's why they give a completely different effect from saturated, gaudy colours.

There's also something a little posh about pastels – they're restrained and pretty rather than bold and beautiful, more Kate than Megan; and this can work both ways – giving you a brilliantly subtle effect or, on the other hand, symbolising a timid, insipid style.

And never forget that nature is full of pastel shades. Even here on Lanzarote, the scarce spring rains will coax forth some gorgeously delicate pastel shades in the islands grass meadows and hillsides. That's why flowers and plants are almost essential accessories if you're decorating with pastels.

WORKING WITH PASTELS

Before you get to work with those pastel shades, consider the materials you're using and the neutral shades you'll be teaming them with.

Wood and plain stone are perfect, and the subtle veining of marble really works with pastel shades for some reason – offering fascinating possibilities



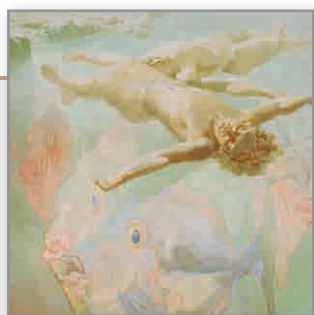
“Pastels let texture come to the fore.”

for kitchens and bathrooms. Remember also that the softer, less assertive nature of pastel shades allows other elements, such as texture, to shine.

The idea of “pops” - vivid splashes of colour – doesn’t really work with pastels. Don’t forget that pastels are the stars of the show,

not the supporting cast – subtle is not the same as neutral. However, if there’s anywhere you might get away with it, it’s Lanzarote.

Pastels are set off brilliantly by softer metallics, but try to keep accompanying colours plain. Busy, artificial patterns will immediately distract from the demure attraction of simple, sweet pastels.



NESTOR: THE MASTER COLOURIST

There’s a strange decadence about pastel colours which takes us back to the earliest half of the twentieth century and the currents of art deco and symbolism. No Canarian artist represents this strand more strongly than Nestor Martín Fernandez De La Torre, the exquisite Gran Canarian colourist who influenced everyone from Dali to Manrique.

Nestor’s paintings are fantastic, dreamlike and strange, but they’re also timelessly beautiful, and his mastery of shade is one of the reasons why.

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Animal HOUSE



A perfectly-kept aquarium with beautifully-coloured tropical fish flickering and hovering constantly amid an exquisite aquascape is the perfect meeting place of pets and interior design: However, the reality for most of us is endless cat hairs on your brand new sofa and a dog that somehow manages to destroy your skirting board in five hours.

All pets have their demands, so if you want to live happily and serenely with your animal companions, follow these useful tips:

1. FABRICS

Avoid fabrics that are a magnet for pet hair. Velvet, mohair, corduroy, velour or chenille are out, and shelve those dreams of being surrounded by delicate silk and damask. Instead, learn to love smooth tapestries, leather, vinyl and synthetic fibres.

2. FLOORS

Steer clear of hardwood floors that dent or scratch easily and require rapid cleaning should a puddle of piddle appear (hardwood floors stain very quickly). Instead opt for laminate flooring, stone or ceramic tiles, which also keep your pets cooler during hotter weather.

3. PLAY SPACE

Set a space aside for pets to play, and don't allow them the run of the house. This is where you should also lodge a cat's scratching post. Keep their toys stored neatly away and out of view but easily accessible.

4. DINING AREA

Bowls can be removed when not in use,

and a bit of under-the-cupboard kick space can be useful here. However, always keep a bowl of fresh water in an accessible space that's not in the way.

5. BEDDING

Match to the rest of the room's decor, and try and keep things consistent. Animals love routine, and your dog will be happier in its own basket every night than jumping from sofa to kitchen to bedroom. Offer cats space to curl up and nap in several rooms.

6. OUTDOORS

Dogs love watching the world go by, but allowing your dog to wait by a window could cause serious heat problems on Lanzarote. Close shutters and blinds when you're not at home

The best place for a dog is indoors, or on an outdoor patio with a large permanently shaded area and continual access to water. Upper floor balconies may need to be adapted to eliminate the possibility of curious dogs or cats falling between gaps or leaping over the edge.



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Rug's LIFE



On Lanzarote, carpets and rugs are vital, for underfoot warmth, visual stimulation and just because they're absolutely addictive. If you've ever fallen in love with a rug, you'll know how they can light up your home.

Wall-to-wall, fitted carpets are virtually unknown on Lanzarote, where wooden or tiled floors are the norm and insulation isn't as important. And let's be honest, hardly anybody misses them. Like central heating, they're an expense you don't have to worry about here.

But carpets and rugs are popular. The difference is that they'll be smaller and more moveable, providing warmth underfoot and linking various elements or visually.

GEOMETRIC PATTERNS AND BLOCKS

Pure, vivid colours and defined geometric patterns are perfect for Lanzarote, bold and heart-lifting, they put a bounce in your step, contrast with bright white and echo the later works of César Manrique.

ARABIC PATTERNS

With Morocco just a hundred miles away, Lanzarote is the ideal



place to make rugs a part of your life in the North African way. This means they're a visible sign of wealth and opulence, but also one 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.

“Rugs are a beautiful solution to practical problems.”

PRACTICAL RUGS AND CARPETS

If you've got kids, pets, or live an active outdoor life, you'll probably need some cheap, practical rugs and carpets to liven up your home. Rough sisal and jute rugs are durable and take a lot of punishment (although they can stain); rag rugs are cheap and cheerful and larger wool and cotton rugs are pleasant underfoot and ideal for families.



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MILNROW WINDOWS is a family-run business that the Warburtons established 47 years ago, before relocating to Lanzarote in 2001 – Rochdale's loss is certainly the islands gain!

Already, hundreds of homeowners across Lanzarote have added style, value and comfort to their property by fitting either uPVC or Marine grade aluminium fittings by MILNROW WINDOWS.

Initially, switching from a North Manchester town to a sun-drenched CANARY island wasn't easy. The high summer temperatures meant we had to do a lot of homework and investigation to find the ideal products that would withstand the temperature fluctuations and give long life to our clients, at the right costs.

We already manufactured uPVC window and doors in Manchester, and with three decades of experience in the trade we brought samples to test in Lanzarote conditions to evaluate how they performed!

We then approached the profile manufacturers for back-up... and Kommerling, the German product was by far the best!!

Most people think uPVC is a recent development, but Kommerling have been making it since 1897. They are the Mercedes Benz of the uPVC world and their materials are transformed into great-looking, high performance WINDOWS and doors.

MILNROW was already dealing with the best fabrication

Company, so in 2001, we landed on Lanzarote for good. We already had a house here, so that part was easy.

MILNROW WINDOWS themselves had established an enviable reputation, not just in the North West, but across the UK. In fact, in 1999 Milnrow landed a prestigious award from uPVC materials manufacturers, winning the title "Best Domestic Installer in Great Britain!"

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Peel Hall Primary

AND The Professional Footballers Association (PFA) in Oxford Ct, Manchester City Centre!!

Before we arrived here, MILNROW was a member of GGF and the FMB, whose ethos is "To promote excellence in building construction, honourable practice in business conduct and to suppress malpractice," - tests that Milnrow pass with flying colours.

The material we use on Lanzarote may be different to the UK, but our commitment to customer care and our ethical approach to business remains the same. We pride ourselves on offering a friendly professional service, and our reward is customer loyalty.

Our job does not end after installation - cleaning up is an equally important aspect of the job and our customers can rest easy and rely on our after-sales service and maintenance support.

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- GLASS

It's no wonder glass is so popular – nothing else gives the same amount of light, space, modernity and - nowadays - safety. Sure, it needs cleaning but the result is always worth the expense. Whether it's a bathroom or a balcony, glass brings class.

- METAL

The word “metal” is about as specific as the word “wood” - it describes a huge range of materials with an even greater range of finishes. Still, as you're unlikely to be covering your house with gold or copper, let's focus on steel and aluminium, both of which have different qualities, and both of which are the very best at what they do.

You want strength, solid classy looks and durability? Go for steel; light, rust-free sturdiness and adaptability? Aluminium's for you.

- uPVC

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- CONCRETE

Although it's often associated with brutalist 60s and 70s buildings, concrete is still widely used for perfectly good reasons. It can be moulded into almost any shape, gives insulation and long-lasting finishes and can be finished in all sorts of ways.

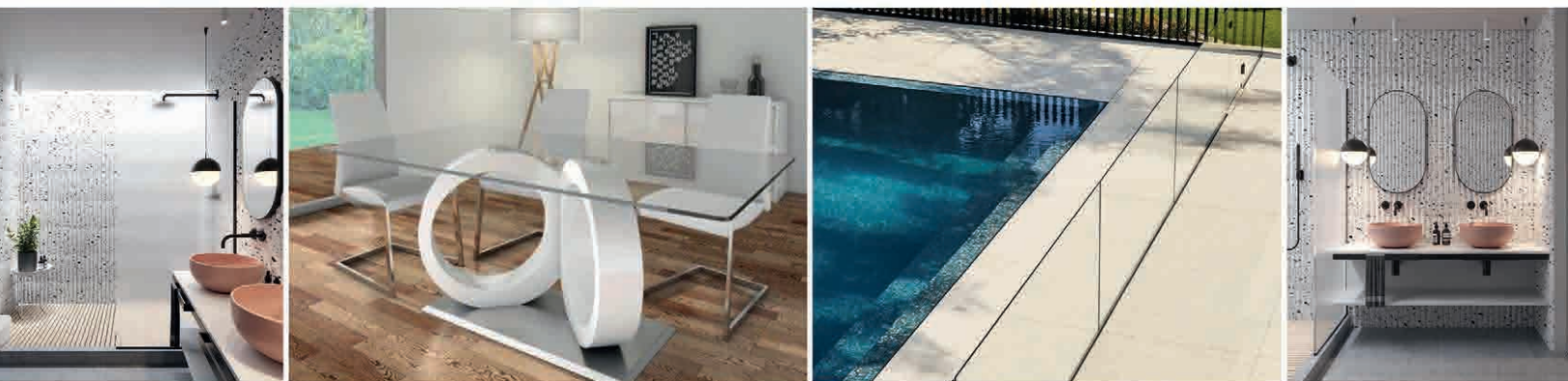
- WOOD

Wood was once the standard material for doors and windows here on Lanzarote, and while other materials beat it for toughness and price, there are still those who value the unmatched craftsmanship of a master carpenter and, of course, the most gorgeously natural material there is.

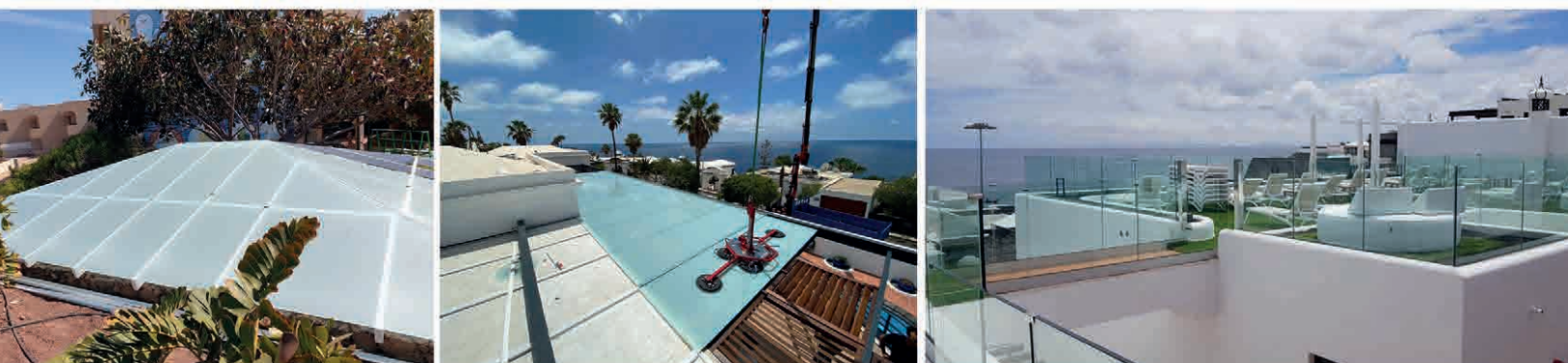


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Nightshade Garden

If you grew up in the British countryside, you may have been warned against the Deadly Nightshade – one of the most poisonous plants in Europe, with glossy, cherry-like berries that cause delirium and convulsions. But this plant is just one species in a family of plants that has changed the world frequently – the nightshades.

A piping hot pile of salty crisp French fries; a rich, tangy tomato sauce; the satisfying deep heat of a well-spiced curry or the fragrant smoke from a cigar – all of these pleasures would be unknown if the nightshade family didn't exist. These plants can be delicious, fragrant, beautiful, deductive and deadly, and Lanzarote's climate is perfect for growing many of them.

TOMATOES

Like many commercially-grown nightshades, tomatoes hail from the Americas – the continent with the

greatest variety of Solanaceae – and it's that continent that bred the small, bitter inedible ancestors of today's fruit into something like the luscious, juicy tomatoes we know today.

Tomatoes are a staple crop on Lanzarote, which means that decent varieties are easy to find. Sadly, it also means that pests such as the tomato moth can also be found here.



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*"Potatoes are a
Canarian staple."*

The size and slightly acrid smell of tomato plants means they're not really a balcony favourite, and should be kept a little further way from your house. They're a favourite for grow bags.

CHILLIES

Chillies are surprisingly easy to grow. Just take a seed from a dried chilli, germinate it and keep well watered in a sheltered place with plenty of sunshine. Like other nightshades, chillies are susceptible to aphids, so spray with water once in a while.

Once the plant reaches 12 inches, prune off inward facing leaves and pinch off the first flowers to make the plant produce bushier growth.

The rewards? Pretty, delicate white or pale purple flowers and bright red, green and yellow jewels of fruit that can be harvested and eaten perfectly fresh.

PEPPERS

Pepper plants are just as easy to grow as chilli plants, but they can be much bigger. Choose the type of pepper you want, and give them plenty of space, sunshine and shelter. They'll also need fertilizer and water.

POTATOES

The Canaries were one of the first places in the Old World to cultivate potatoes, and they are still hugely popular here. To be honest, unless you've got plenty of space and soil, you may not want to bother with the more common varieties. However, growing your own *papas negras* is hugely rewarding – this delicious Canarian variety with knobby, purplish skins is a genuine local delicacy.

AUBERGINES

The Spanish phrase "meterse en un berenjenal" means "end up in an aubergine patch", and means that the unfortunate person has ended up in a sticky situation that they can't get out of. Once you grow aubergines, you'll understand why – they're spiky, spiny, tangled, dense customers, and that's why they're best confined to a cloche or an enclosure, which will also give them shelter.

TOBACCO

Lanzarote once produced considerable quantities of tobacco, and the wild tobacco plant is still widespread – nicknamed "crazy tobacco" for its habit of growing anywhere. However, if you're thinking of growing your own as well as rolling your own, remember that you'll need a large area, constant care and attention and at least five years to dry and age the leaves – and it still won't be any good for you.

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FOOTBALL

LANZAROTE'S NEW LOOK

The Rojillos go into the 2020/21 season with a special new shirt to honour the 50 years of Unión Deportiva Lanzarote – a shirt that also happens to be the perfect souvenir of Lanzarote, whether you're a footie fan or not.

For the first time in three years the team will be wearing a new-look shirt available in the home colours of red and blue; the away strip in white and blue, and also the popular third shirt of pink and white.

The shirts all have specially embroidered 50 Aniversario under the club badge, and the image of a volcano and phrase Isla de los Volcanes remains on the back of all the shirts. The adult price is the same as it has been for 14 years, at €35 Euro, while the children's shirt is still €25.

The players have returned to training in Arrecife



and, although the Spanish Football Federation has not yet confirmed the date or fixtures for the Tercera División (Fourth Tier), it does look likely that the league will commence on October 18th.


The league system is very complicated this season due to Covid measures, but the important thing is that there are three promotion places to be battled for. This all means that there is a huge opportunity for the Rojillos to return to Segunda B (Third Tier)


Go onto the Facebook page or website (details below) for more up to date info.

Official shirts & club merchandise are available from lan on 0034 649963943, info@mercancialanzarote.com, at www.lanzarotefootball.com or shop at C.C. Nautical 25, Costa Tegui which is based at Centro Comercial Nautical, local 25 (up from Decades bar and behind Café Bonjour). The shop is open Mon to Fri 10am to 1pm.

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GOLF NEWS

THE HENSON CUP

Las Palmeras Golf Society's monthly Henson Cup competition was set up by the late Tom Henson in 2008. Long-time Lanzarote resident Tom was President of the society and played golf at the Costa Tegui Golf Course until he was 87 years old. Tom was a pioneering engineer in Qatar back in the 1950s, and that is where he started playing golf. At that time in Qatar, golf fairways were grassless, dry ground and the "greens" were compacted oiled sand! Tom brought a wealth of golfing experience to the Society and all his friends describe him as a true gentleman golfer.

The Henson Cup is played on the first Friday of each month. The first 20 players are awarded points: 20 pts for the winner, 19 pts for the runner up, etc. At the end of the year, each golfer's best

six scores are totalled, and the winner receives a beautiful trophy and a monetary prize at the Society's annual Christmas dinner event. The format for the September Henson Cup game was Medal Play and the winner was Melo Hernández, from Famara. Melo also happens to be the current Captain of the Society and his wife is Marimar Duarte, a well-known local artist. Our next Henson Cup game will be on 2nd October and it will be Stableford format.

*Members of Las Palmeras Golf Society meet every Tuesdays and Fridays at 8.45am at Costa Tegui Golf. Visitors are most welcome to join us for a friendly game of Golf! By playing with the Society, you will qualify for a 20% discount on the Green Fees. Even better, the Costa Tegui Golf Club currently has a very special offer valid until the end of September: **Six green fees for €180.***



Cup-winner Melo Hernández

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4.5 MILLION FINES

The Traffic Department issued 4.5 million denuncias on Spanish roads last year, 10% more than in 2018. Two in three were for speeding, while half a million were for expired ITV stickers. Lack of insurance, drunk driving and refusal to wear a seatbelt each saw over 100,000 police reports.

The biggest rises in infractions were seen in drivers who failed to use the correct lane and who did not observe safety distances, perhaps reflecting areas where police and Guardias have decided to crack down. Driving while under the influence of drink or drugs remains high, but has decreased significantly from 2018.

The Spanish Automobile Association said that the most worrying increases were to be seen among drivers who were travelling without seatbelts and those who are driving without a licence.

SCOOTER ROUND UP

Tías Local Police have removed 137 electric scooters from the streets of Puerto del Carmen. Police stated that one of the reasons for the removal was that the scooters were obstructing public streets and pavements- the same reason given by Teguiise when it removed the Wind scooters from several parts of Costa Teguiise earlier this summer.

However, Tías police have also said that the scooters do not comply with laws to contain the coronavirus, as they are used by several people and no one ever disinfects them.

The scooters will be kept in the municipal depot .

MASKS IN CARS

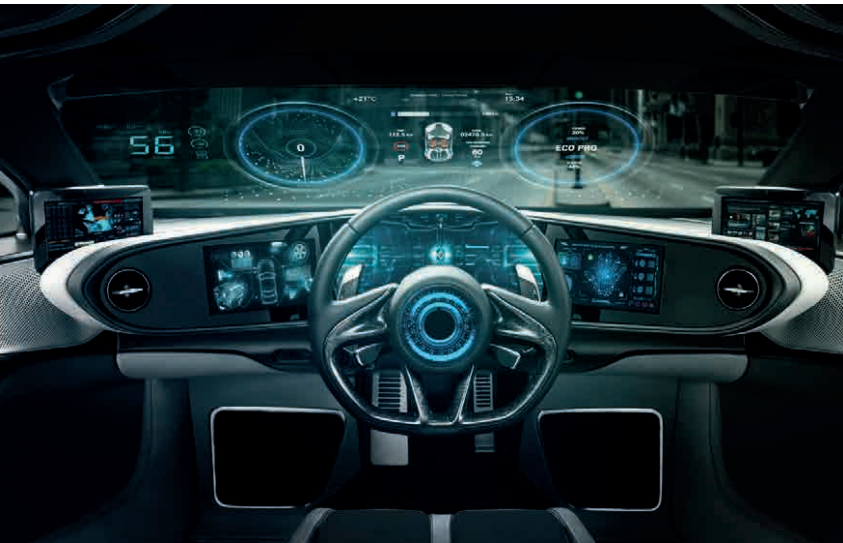
Just in case you’re not sure, here are the rules on the Canaries relating to mask use in cars.

Masks must be worn when driving apart from in the following cases:

- 1. When driving alone
- 2. With one or more passengers you live in the same house with. Passengers must carry ID that can prove their main address.
- 3. If you have a respiratory condition, illness or any mental or behavioural condition that exempts mask use. A signed declaration from a doctor will be necessary to prove this.

Always keep a clean, fresh mask to hand even if you are driving alone or with family you live with. You’ll need it if you have to leave the car for any reason, and should wear it when talking to police officers who may stop the car.

It’s a good idea to keep a spare mask in the glove compartment for this reason. However, do not hang your mask from your rear view mirror. Spanish authorities have confirmed that this obstructs your field of vision and could also attract a fine.



SMART WINDSCREENS

The augmented reality windscreen is here, and is likely to become a more common feature of all cars as we head into the future.

Already an element of the Volkswagen ID.3, whose head-up display features arrows that show the route to take; and the Mercedes S-class, which marks out the safe distance from the car in front, adds red lines for the edge of the road and warns when other vehicles are too close, the augmented windscreen revolution has not been without controversy.

While some claim that have dashboard displays projected on a windscreen will lead to fewer distractions, a study in Toronto concluded the opposite, saying that the constant processing of information on a heads-up display affects attention.

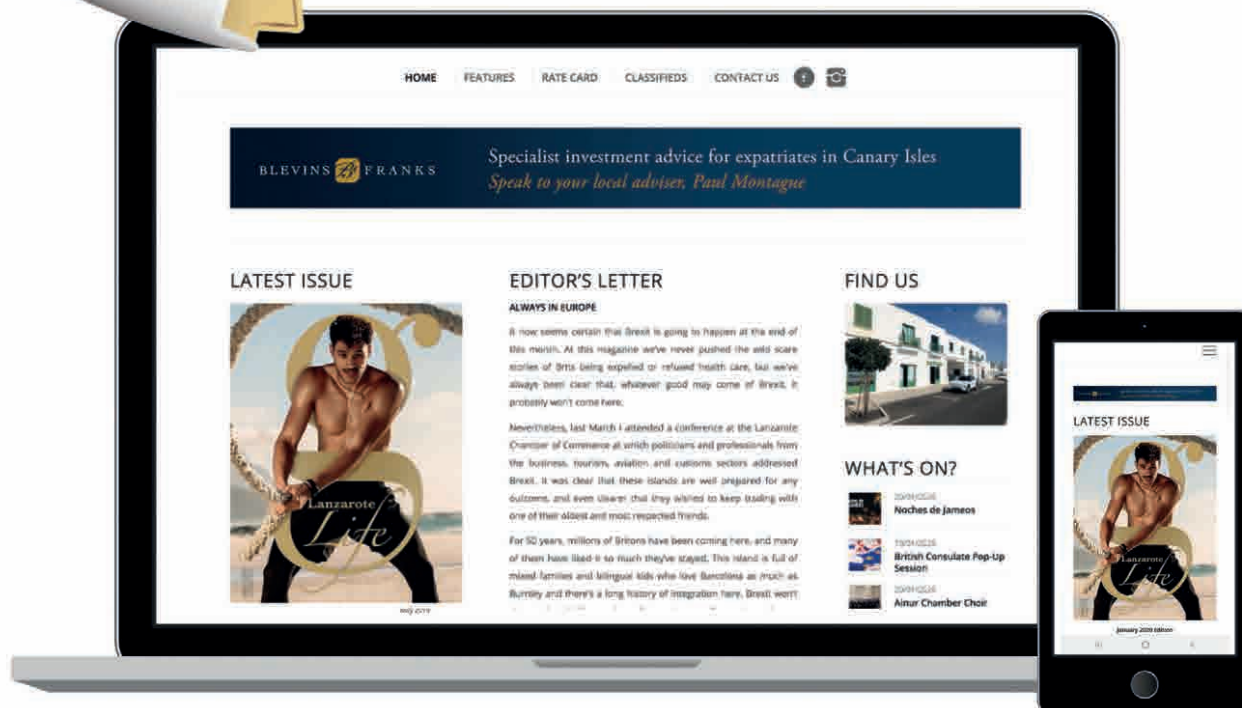
Other studies suggest that the technology is safer once drivers fully get used to it. And the idea of “getting used to it” gives the clue to the potential use of the technology in the driverless cars of the future.

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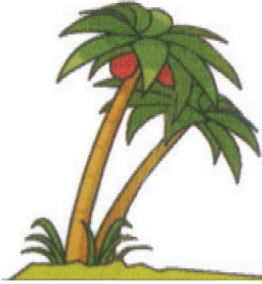
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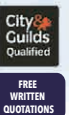
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Need to Know



TRAVEL CHECKLIST

Many of us panic when organising the documents that are vital for travelling, and the Covid crisis and Brexit aren't helping with that. At the moment, here are the main documents or procedures any traveller from Lanzarote to the UK or Ireland will need to sort out.

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This requirement for the UK is to complete this online form 48 hours before you fly.

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CHILDREN AND PETS

Youngsters under 18 may require a signed authorisation for travel from a parent or guardian. The EU pet passport scheme will not be available to UK citizens after December 2020 and those taking pets to the UK are advised to find out about the procedures required.

LEADING THE PACK OUT OF LOCKDOWN



on their issues. They are making good progress!

You mentioned that your dogs possess qualities. Does that help you?

It does! Ice does help, but he isn't the only one. Anga is an alpha, and helps with keeping the aggressive dogs calm. Lastly, Nino brings out the playfulness in timid dogs to relax them in the group.

During lockdown, Audrey Leclert was classed as an "essential worker", which allowed her to keep busy with her pet food deliveries and dog training throughout lockdown. Shay Rourke discovers how she kept on top of things with help from her daughter and her rescue dogs.

This year has been crazy and unpredictable. How did you and your daughter deal with lockdown?

I was extremely fortunate to fall into the "essential workers" category, as I was selling pet food and could move around to work. My daughter found it a little harder: no school, no friends and mum working. However, we knew that we had it better than others. We are lucky enough to have a large garden and the dogs to keep us busy.

There are a lot of dogs in the first picture! How did you manage to control 8 dogs at once?

"Leading the pack" is not just about controlling the group, it is more about confidence. My dogs are powerful and have been rescued, so they came with difficult issues. With the bond that we share, only I can lead them.

In the first picture, half of the dogs are mine. The boxers and the two smaller dogs were with me for "educational boarding" to work

The second picture shows your daughter on an upside-down bathtub in the countryside. When was this picture taken?

That picture was taken a couple months ago. We stumbled across some junk that had been discarded there. At first, I wasn't happy about it as it spoils the landscape. However, I saw it being played with and people finding an opportunity for photographs. It's still not nice to see, but it's good to see people making the best of a bad situation.

For me I think that sums up Lanzarote. Great nature with the odd problem, but we can make the best of it!

Are you looking forward to life getting back to normal?

Certainly! Throughout the lockdown my clients have been very loyal and supportive, I would like for them to go back to "normality" also. It's not a secret that a lot of people have suffered because of the economical crisis. The "new normality" is not normal, I've seen a lot of speculation and fear. I think we would all like to start seeing us united, strong, and positive!

Thanks, Audrey!



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



Tide Times October 2020

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

Day	Hour	Metres	Day	Hour	Metres
1 ●	H: 01:42	2.7	17	H: 02:00	3.1
	L: 07:46	0.5		L: 08:09	0.1
	H: 13:53	2.8		L: 14:17	3.2
	L: 20:07	0.4		L: 20:32	0.0
2	H: 02:10	2.7	18	H: 02:40	3.1
	L: 08:15	0.5		L: 08:51	0.1
	H: 14:22	2.8		L: 15:00	3.2
	L: 20:35	0.4		L: 21:13	0.1
3	H: 02:38	2.7	19	H: 03:22	3.1
	L: 08:45	0.5		L: 09:34	0.2
	H: 14:51	2.8		L: 15:44	3.0
	L: 21:02	0.5		L: 21:55	0.3
4	H: 03:06	2.7	20	H: 04:05	2.9
	L: 09:14	0.5		L: 10:20	0.4
	H: 15:20	2.7		H: 16:30	2.7
	L: 21:30	0.6		L: 22:40	0.6
5	H: 03:35	2.6	21	H: 04:51	2.7
	L: 09:44	0.6		L: 11:11	0.6
	H: 15:50	2.6		H: 17:22	2.4
	L: 21:59	0.7		L: 23:30	0.9
6	H: 04:05	2.5	22	H: 05:44	2.5
	L: 10:16	0.7		L: 12:12	0.9
	H: 16:22	2.5		H: 18:26	2.2
	L: 22:30	0.8			
7	H: 04:37	2.4	23 0	L: 00:33	1.1
	L: 10:52	0.9		H: 06:52	2.3
	H: 16:59	2.3		L: 13:32	1.1
	L: 23:06	1.0		H: 19:53	2.0
8	H: 05:17	2.3	24	L: 01:58	1.3
	L: 11:37	1.0		H: 08:22	2.1
	H: 17:46	2.1		L: 15:07	1.1
	L: 23:54	1.2		H: 21:31	2.0
9	H: 06:10	2.1	25	L: 02:34	1.3
	L: 12:40	1.2		H: 08:50	2.2
	H: 18:55	1.9		L: 15:27	1.0
				H: 21:44	2.1
10 0	L: 01:06	1.3	26	L: 03:45	1.2
	H: 07:30	2.0		H: 09:55	2.3
	L: 14:11	1.2		L: 16:22	0.9
	H: 20:34	1.9		H: 22:34	2.3
11	L: 02:45	1.3	27	L: 04:36	1.0
	H: 09:08	2.1		L: 10:43	2.5
	L: 15:45	1.1		L: 17:03	0.8
	H: 22:04	2.1		H: 23:12	2.4
12	L: 04:11	1.2	28	L: 05:15	0.8
	H: 10:25	2.3		H: 11:21	2.6
	L: 16:53	0.9		L: 17:38	0.6
	H: 23:06	2.3		H: 23:44	2.5
13	L: 05:12	0.9	29	L: 05:48	0.7
	H: 11:22	2.6		H: 11:54	2.7
	L: 17:44	0.6		L: 18:08	0.6
	H: 23:55	2.6			
14	L: 06:01	0.6	30	H: 00:13	2.6
	H: 12:10	2.8		L: 06:19	0.6
	L: 18:29	0.4		H: 12:25	2.8
				L: 18:37	0.5
15	H: 00:38	2.8	31 ●	H: 00:42	2.7
	L: 06:45	0.4		L: 06:50	0.5
	H: 12:53	3.1		L: 12:55	2.8
	L: 19:11	0.2		L: 19:05	0.5
16 ○	H: 01:19	3.0	○ New Moon	○ First Quarter Moon	
	L: 07:27	0.2			
	H: 13:36	3.2			
	L: 19:52	0.1			
H=High Tide. L=Low Tide			● Full Moon	○ Last Quarter Moon	

H=High Tide L=Low Tide



October in Lanzarote always feels like the secret end to summer. Whilst many people in the UK and Europe are hunkering down for autumn, we are lucky to still have around eight hours of sunshine a day. This was certainly the case last year as we started the month with plenty of blue skies and just a few wispy clouds. Temperature-wise we were above average with highs of 28 and lows of 20. The final week of the month we saw a change, with a little rainfall and clouds rolling in.

I am hoping to see more holiday-makers return in October and maybe the half term will prove to be popular, although at the time of writing the quarantine restrictions are still in place and there is no air bridge established. Of course, following the clock change sunrise times are much the same as the UK, but our sunsets are about an hour and a half later at just after 6pm meaning the days certainly feel longer.

To take full advantage of this I encourage you to discover a new beach and sit and watch the sunset there - with over 100 beaches on the island there will be one you have not yet seen; be it black sand at Quemada, golden sand at Famara or even the sandless coves of Los Charcones.

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

What to Expect in September



Day Time Temps

27°C (Ranges from 24°C to 29°C)



Night Time Temps

Average 19°C (ranges from 18°C to 22°C)



Sunshine Hours

8 hours



Sea Temp

22°C



Rain

2mm and just 1 day all mon



Wind

Up to 15kph

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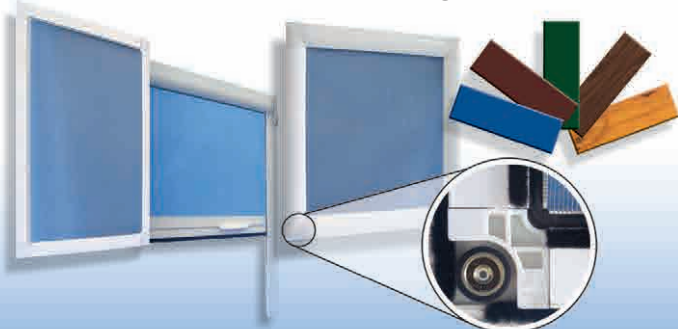


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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

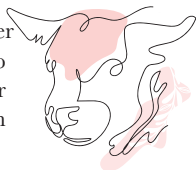
(21 MAR - 19 APR)

It may be a surprise to those who know you, but deep down you're a bit of an innocent, Aries. This month, your trust and faith in the good nature of others will pay off impressively. Honesty and candour may be awkward, but it'll get you where you want to be...

Taurus

(20 APRIL - 20 MAY)

You've acquired some hard-earned wisdom over the last months, Taurus, and now's the time to share that knowledge. A friend will rely on your judgement, and as long as you base your advice in experience, you won't let them down.



Gemini

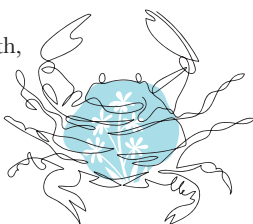
(21 MAY TO 20 JUNE)

Off you go again, Gemini, nosing around into affairs that don't concern you. And thank God! Your curiosity may get you into hot water, but it can also reveal things that need to be exposed to the cold light of day. Stick your oar in without fear.

Cancer

(21 JUNE TO 22 JULY)

You'll stray off the beaten path this month, Cancer, and could find yourself taking risks you're not used to. Don't be afraid - this is a learning experience and will broaden your horizons and possibilities immensely. Enjoy every last drop of fun.



Leo

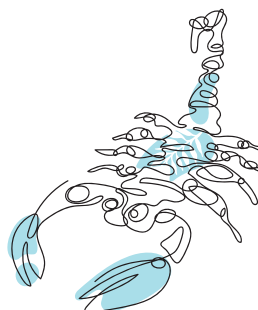
(21 JULY TO 22 AUG)

You're not normally swayed by the supernatural, Leo, but recent coincidences and signs are starting to make you think there's a hidden hand guiding you. For the moment, don't look any deeper - just be grateful that you're on the right track and cherish what you have.

Virgo

(23 AUG TO 22 SEPT)

Someone's putting you on a pedestal this month, Virgo. The attention is flattering, but don't let people forget that you're a human being with wants and needs, not a statue to be worshipped from afar. Get up close, personal and really let them know what you've got to offer.



Scorpio

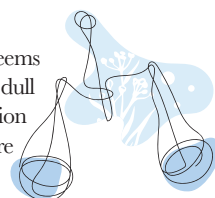
(23 OCT TO 21 NOV)

For once, the world seems to tune into your odd sense of humour, Scorpio, and you'll end up making them laugh along with you. It's a welcome touch of lightness in a month that will be governed by more serious matters that you need to attend to.

Libra

(23 SEPT TO 22 OCT)

This is one of those months when romance and joy seems to smile on almost everything you do. There'll be dull moments at work, but the intrigue, fascination, flirtation and sparkle that accompanies your social life will more than make up for them.



Sagittarius

(22 NOV TO 21 DEC)

You're not used to feeling normal, Sagittarius, but this month you'll feel the urge to join the crowd and follow the flow. Get out there, join in and enjoy this valuable opportunity to feel part of the community or society to which you belong.

Capricorn

(22 DEC TO 19 JAN)

Care is what you bring to almost everything you do, Capricorn, but this month you don't have to be such a perfectionist in order to actually care for friends or family. They don't want things done in detail - they just want your closeness, your smile, your presence and your unconditional love.



Aquarius

(20 JAN - 18 FEB)

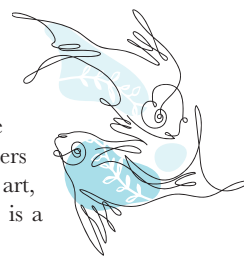
You're in charge now, Aquarius. With great power comes great responsibility, but also the chance to act like an idiot without any consequences. Have some fun and let everyone else join in and share a bit of the

craziness, too.

Pisces

(19 FEB - 20 MAR)

There's something within you that needs to be let out, Pisces, so devote time to creative matters and give the world something back. Whether it's art, craft, writing, drama, cookery or whatever, this is a month when you leave your mark on the world.



Instagram

of the month



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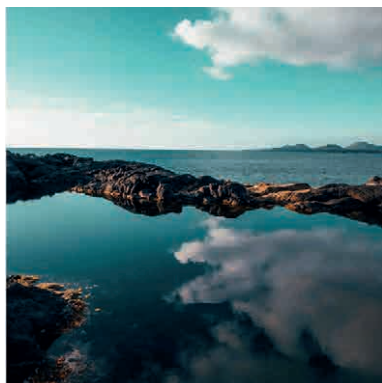
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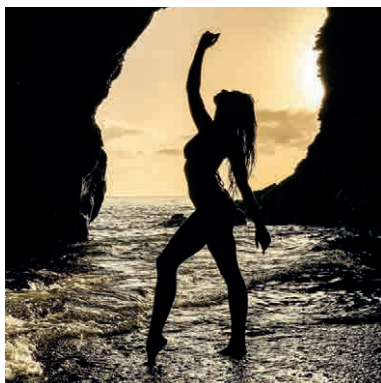
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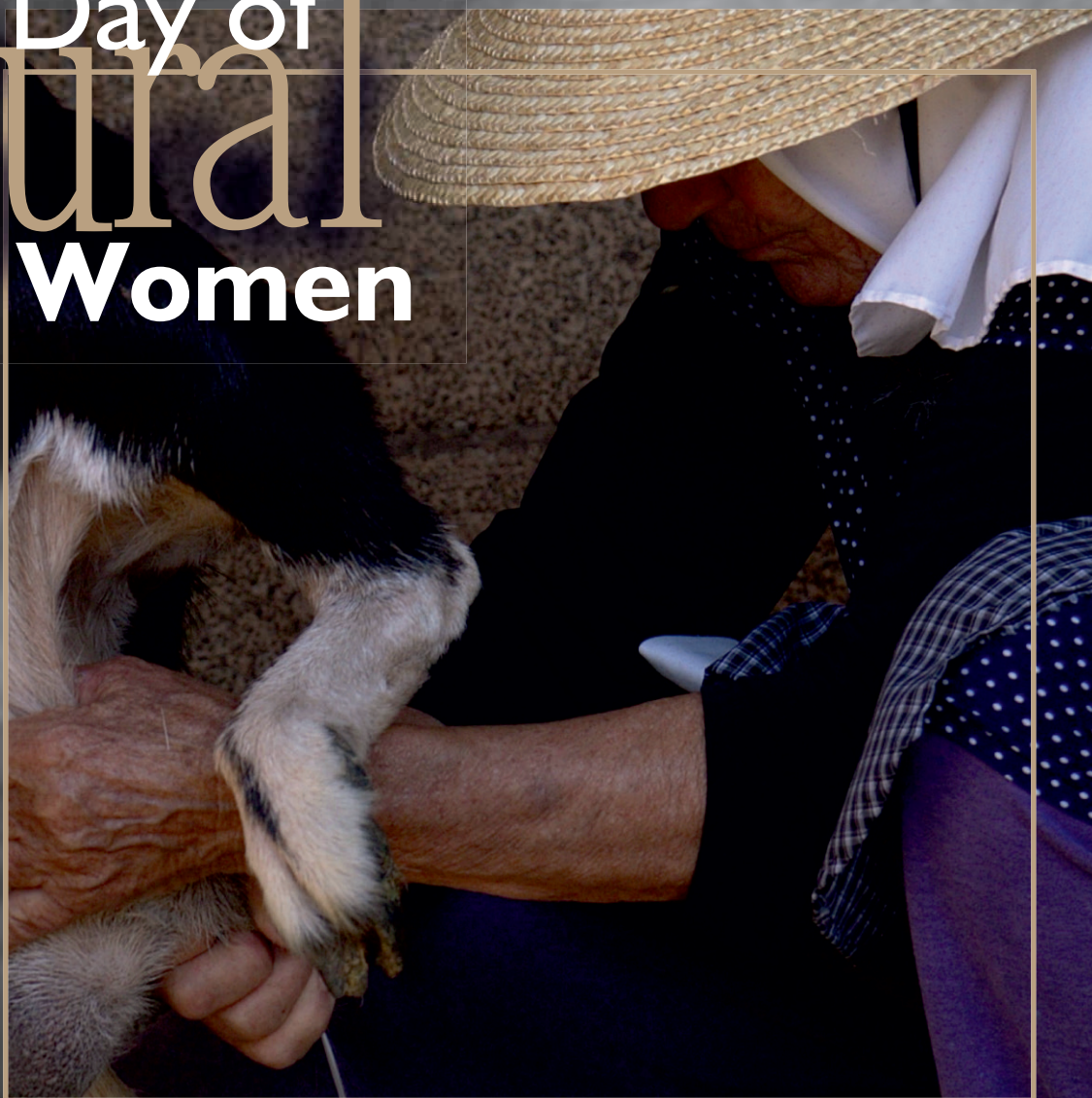


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International Day of Rural Women



Thursday, 15th October, 2020.

The Ayuntamiento of Tías will celebrate
this day with a recognition of rural women
in the municipality.





With your help, we will beat the virus
LET'S BE RESPONSIBLE

If you take care of yourself, we all take care of ourselves!

COVID-19 Information and Support.



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- 1** Using a face mask
is compulsory
It must cover your nose and
mouth



- 2** Wash your hands
frequently
Use a hydroalcoholic gel



- 3** Please keep a safe
distance
From people outside your
household at all times



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