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September 2020

GAZETTE LIFE

LET'S BRING THEM BACK

Ed's Letter

They say that if you want to make God laugh, tell him your plans. Just over a month ago it looked like we'd licked this thing: tourists were starting to pour back into the resorts, fully-recovered patients were leaving the hospital and new cases were among the lowest in Europe. There were confident forecasts that the late summer would see a steady improvement, allowing the Canaries to profit over the winter season.

But then serious outbreaks in parts of Spain that tourists hardly ever visit caused the UK to plonk quarantine restrictions on anyone arriving from Spain. They weren't the first – Ireland and Scotland already had similar measures in place – but this was the decision that brought Canarian tourism to a screeching halt once again.

Since then, the islands have seen a rise in cases and the blame for spreading the virus has been variously put on young people, Spanish tourists, immigrants,

and others. Blaming is, of course, easy - all you have to do is fire up your computer and start tapping.

But, although blaming and shaming might feel good for a few minutes, it doesn't actually change much. What does change things is a sense of solidarity and togetherness, and fortunately, we see evidence of that sort of attitude every single day.

It's becoming increasingly clear that, instead of beating the virus, we're going have to learn to live with it. That will mean big changes in the way we live, and our children will be among the first to see those changes this month as they return to school.

It also means that new outbreaks are likely to occur in the future, because Lanzarote cannot afford to close itself off against the world. While they do, we need to detect the virus fast and ensure it doesn't spread, - and ensuring it doesn't spread is the daily duty of every single one of us.

Millions of people are dying to get back to this gob-smackingly gorgeous island. Let's work together to make sure they can get here as soon as possible.

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Published By
CANARY ISLAND IMPACT SERVICES S.L.

Avenida Central de Tías
No.84, Local B
Tías - Lanzarote

Cif: B76362367

DEPOSITO LEGAL: GC 786-2015

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THE KING'S DISGRACE



**"BORN IN EXILE,
THE OLD KING
MAY DIE THERE,
TOO."**

LAST MONTH, KING JUAN CARLOS I ANNOUNCED THAT HE WOULD LEAVE SPAIN TO LIVE IN EXILE. IN A LETTER TO HIS SON, THE RULING MONARCH KING FELIPE VI, THE EX-MONARCH SAID HE HAD MADE THE DECISION TO LEAVE THE ZARZUELA PALACE AND MOVE ABROAD BECAUSE OF THE CONTROVERSY CAUSED BY "CERTAIN INCIDENTS IN THE PAST", AND TO ALLOW HIS SON TO CONTINUE HIS REIGN "IN PEACE AND QUIET."

The decision is a further disgrace in the later career of the man who assumed the monarchy in 1975 following the 40-year dictatorship of General Franco. A supreme court investigation was opened in July into Juan Carlos's role in a Spanish consortium's contract to build a rail link between the Saudi cities of Mecca and Medina. Swiss prosecutors allege that Juan Carlos received a €100 million account as a "gift" from the Saudi King, and withdrew €100,000 a month from the account between 2008 and 2012.

In 2016 he is alleged to have given his former lover, Corinna Larsen, €65 million from the account.

The revelation of the Swiss account forced King Felipe VI to halt his father's annual

stipend from the state in March, and renounce his own inheritance from his father. However, Juan Carlos will not be stripped of the title "King" yet, although this remains a possibility depending on the result of court cases.

Juan Carlos was already controversial when Franco installed him as monarch just before his death in 1975. His father, Juan, was the true heir to the throne, but was overlooked by Franco for being too liberal. The father initially refused to renounce his claim. Earlier, in 1956, Juan Carlos's younger brother Alfonso was accidentally shot by the 18-year-old Juan Carlos "while cleaning his revolver."

In 1981, six years after Franco's death, an attempted coup failed when, in the early hours of the morning, Juan Carlos I made

a TV broadcast supporting the elected government. Juan Carlos's support for democracy hugely improved his reputation. However, his direct involvement in political affairs wasn't always as well-judged.

In 2012, as Spain continued to suffer from the financial crisis, reports emerged that Juan Carlos had injured himself while hunting elephants in Botswana. Photos of the King alongside a dead elephant disgusted the country. In 2014, Juan Carlos abdicated, saying "I don't want to see my son wither in waiting like Prince Charles."

Last month, Juan Carlos was reported to have fled to the royal villa in Estoril, Portugal or a luxury property in the Dominican Republic. However, a photo later emerged of him arriving at Abu Dhabi on the UAE. Born 82 years ago in exile, it looks increasingly likely that the old King may die outside his country, too.

LOCAL NEWS

MASKS ON!

Following a spike in new coronavirus infections last month, the Canarian government finally followed the rest of Spain and introduced laws making mask use compulsory in public streets and indoor and outdoor spaces that are open to the public.

Exceptions include:

- Children under six years old.
- When eating at a bar or restaurant (the Canarian Health Director recently clarified that this means the time from arrival of the meal at the table until it is consumed).
- In natural or open-air spaces outside of centres of population (towns and villages) when 1.5 metre distancing can be observed.
- On beaches, when bathing or when sunbathing in a fixed place 1.5 metres from other beach users. Masks must be worn while moving onto and around beaches.

- Schools, when certain conditions are fulfilled.

- People who cannot wear a mask because of physical or psychological reasons (e.g respiratory problems, mental illness).

- When practicing sports individually in the open air.

- In any case of *force majeure* (emergency situations where masks must be removed).

Rules governing transport have not changed. Masks are compulsory on public transport and car occupants must wear masks if they do not live in the same home as each other.

Masks must cover the mouth and nose, and the law allows for the possibility of fines if masks are not worn correctly.



At the same time, the Canarian authorities also closed discos and nightclubs – which have been a major source of infections. Smoking has also been banned on public terraces unless a distance of two metres can be guaranteed – effectively banning smoking in many establishments.

Yaiza Castilla



CANARIAN COVID POLICY

The Canaries has introduced a free insurance policy which will reimburse tourists for any costs incurred from Covid-19

The initiative, which was announced by the islands' Tourism Councillor Yaiza Castilla, is an attempt to lure tourists back to the islands following the impact of recently introduced quarantine restrictions. The UK's removal of the Canaries from its "safe to travel" list of countries also means that standard travel insurance

policies are invalid. The Canarian policy will make up for that in some way, although it cannot cover any costs of nationally- mandated quarantines on return.

The policy, agreed with the French company Axa, is only possible because the risk of infection on the islands remains low. Although the UK, Scotland and Ireland have introduced blanket quarantine restrictions on all Spanish arrivals; Switzerland has excluded the Canaries and Balearics from quarantine restrictions for arrivals from Spain, while Belgium and Germany have also acknowledged that the Canaries are safe for travel.



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WIZZ TO GATWICK

There's not much good news concerning flights these days, so Wizz Air's announcement that it will be operating three flights a week to and from London Gatwick is welcome.

The route will start on 23rd October and the flights will take place on Mondays, Wednesdays and Fridays

"This new route will contribute to the local economy, and support jobs in the airport, transport, hotel and tourist sectors," said Wizz Air in a press release.



SCOOTER SWEEP

Tegui Ayuntamiento confiscated 45 electric scooters last month, after the machines had been left blocking pavements and roads.

Complaints are rising about the amount of scooters that are abandoned in the street, often blocking cycle paths or roads used by the disabled or parents pushing children. Tegui's

LOW PROFILE FOR SÁNCHEZ



Pedro Sánchez at the Cabildo

The President of Spain's government, Pedro Sánchez, kept a low profile during his holidays on Lanzarote last month.

Sánchez spent ten days in the early part of August at the state residence in La Mareta, Costa Tegui, with his wife Begoña Gómez and his two daughters. During this time, Sánchez briefly met the leaders of the Canarian government and Lanzarote's Cabildo at the Cabildo building. Otherwise, not a glimpse of President or his family was reported.

local police have placed the confiscated scooters in depots where they will remain until the German Wind company pay the corresponding fines, which could be more than €1,500.

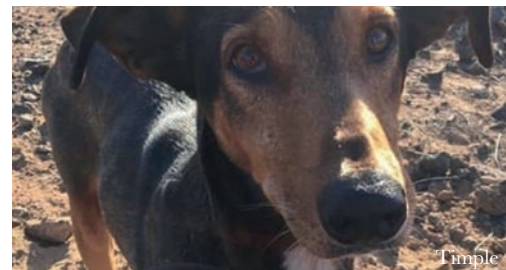
50 scooters were previously confiscated in February, and it seems that Wind has decided it is more profitable to pay fines and continue allowing its scooters to break local laws.

TIMPLE'S LASTING LEGACY

The "Tegui pact" may be the most important consequence of the huge outpouring of concern following the killing of the street dog Timple in July.

Timple died of suffocation after a Costa Tegui couple tied and bound his muzzle with tape. The couple received suspended four-month prison sentences, but video footage of the dog's death throes created a social media outcry.

A demonstration in Arrecife on 17th August was suspended after fears that it would become too crowded to guarantee health measures. However, a large parade of vehicles passed through Arrecife in support of Timple, and 120,000 viewers tuned into a broadcast from the steps of Tegui Ayuntamiento, in which representatives of animal associations demanded changes in the law that would stop animals being regarded as property and recognise them as sentient beings, as well as tougher penalties for animal cruelty.



Spain's government is currently working on reform of its animal welfare law, and the case of Timple, which will have been observed by President Sánchez as he holidayed on Lanzarote, will serve as an urgent reminder of the strength of opinion on this issue.

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ISLAND INFO

**Municipal Plan
Against
Loneliness**

**Monday
to
Friday**

**9.30 am - 12.30 pm
3.30 pm - 6.30 pm**

**Telephone
696 15 94 50**

HELP FOR THE VULNERABLE

More than 1,200 kgs of food was collected and €1,365 raised for extremely vulnerable households of immigrants who have been left with no means of income and no social security since the start of the Covid-19 crisis.

The collection, organised by the Commission of Immigrant Associations of Lanzarote, took place over the weekend of the 10th August in Altavista, Arrecife. Organisers wish to thank everyone who supported the initiative.



MARKETS AND SALES

Several of the island's markets remain suspended until further notice. These are the ones that are going ahead at the time of writing:

Farmers markets

Farmers markets are currently held at Arrecife's Plaza de San Ginés (Saturday mornings), Haría (Saturday mornings); Mancha Blanca (Sunday mornings) and San Bartolomé's Plaza de León y Castillo on the first Sunday of the month (6th September).

Second hand/nearly new

Original Pals Car Boot Sale. Every Sunday from 9 am at Lanzarote A Caballo, between Mácher and Uga.

Kennel Klub monthly sale: September 5th, 10 am to 12 midday. At the house on the left of the Disa Garage in El Cable as you leave Arrecife on the LZ2.

Souvenir and gift markets

Marina Rubicón, Playa Blanca (Wed & Sat, 9-2)
Puerto Calero (Tues & Fri, 9-1).

POETRY CORNER

Local poet John Leppard started thinking about time during the lockdown. Here's the result:

Time

*Time can be a lifespan, or a number on a clock,
It can also be a sentence for a prisoner in the dock.
Time passes by so swiftly, when having fun with
friends,
But with boredom every minute never ends.*

*Time cannot come fast enough, when we're green
in years,
But when we're in our dotage it ranks high
among our fears,
In middle-age we fight it with cosmetics or the
gym,
Unlike our waistline, odds of beating it are slim.*

*Our face reflected every day, never seems to age,
But clearly looks much younger on a photo
album's page,
You see,
The 'Wrinkle Fairy' visits us every single night,
She is Time's special messenger, from whom there
is no flight*

Remembering Pukit Pimkhwa – 'A'

'A' was born in Khon Kaen, North East Thailand in March 1984. His mum Sue, husband Paul, his brothers and all his Thai family are as devastated as we all are by his loss.

With his megawatt smile, 'A' was special in so many ways. He loved life, he loved people and he radiated positivity from every cell in his body -he was unique. As a Buddhist, he had a beautiful soul which, combined with his sense of fun, love and lightness, made him unique.

Initially, he chose Lanzarote as his home. He met Paul there and their happy journey began. Even their split three years ago changed nothing: they were as close as ever, and best friends forever. With Paul's business taking off in a big way, they travelled extensively but these islands always brought them back, as they have a habit of doing to those they want to keep. 'A' was also a big part of Paul's business world, and they worked together well over the years, making even more amazing plans happen.

Two years ago he was diagnosed with cancer, but even that could not dim 'A's' light or the way he accepted it, even on the hard days. When times got hard, his good friends Hattie and Chad stepped up to make it all more bearable for him, and during the tears and pain he still thought of others.

He was surrounded by love throughout his life, and at the end of his life by so many people. It's impossible to name everyone involved in the life of 'A' - he touched so many people in so many ways.

*"Radiate boundless love
towards the entire world"*

The Buddha

He will be missed...and the world is poorer for his passing.



Irene Robertson Smith

'Robbie': Reunited with Love

Robbie has joined her Lord after a brave and positive fight against cancer. She passed peacefully and free of pain, which was a blessing. She believed with every fibre of her being that she would be reunited with the Lord.

Born in Dundee 69 years ago, Robbie was Scottish through and through. She spent many years at London's finest salons, honing her craft and enjoying the magical atmosphere the capital had to offer, before making Lanzarote her home and bringing that magic with her.

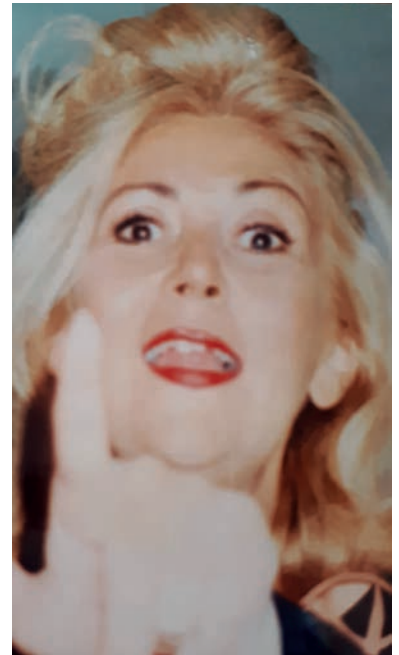
La Luz, the salon Robbie started with Christine, was at the centre of her life for over 25 years, a place of refuge and glamour. Every client that walked through her door was welcomed with a smile into a world of glamour where they received Robbie's undivided attention. And each client walked out looking and feeling so much better, in more ways than one. She loved her amazing clients and that showed, as many became lifelong friends.

in San Antonio with her friend Barbara every Sunday morning, and was baptised into the faith on the 14th of September, 1996.

Her three-year battle with cancer would in no way change the essence of Robbie. Her positivity shone through, and the cancer professionals at the Dr José Molina Orosa Hospital recognised it in her. The day clinic, where she spent many hours with the girls and Fran, saw a lot of joy and laughter.

Unfortunately, after having been given the all clear, the cancer returned, but she was fortunate enough to meet Lola at the hospital and they became firm friends. Lola cared for, loved and helped her until the end - a real-life blessing. Jacqui, who had been on that journey with Robbie in London all that time ago, has also been her mainstay on the island for many, many years.

She will be missed so much. Yet it was her belief that 'the best was yet to come' and Robbie is now with her love. And for that we must celebrate her life, as well as her death.



The service in memory of Robbie that took place on 19th August was subject to Covid-19 restrictions. Apologies.

There was a lot to Robbie: she was glamour personified, a loyal friend and a private person - small yet fierce in her evangelist faith. Robbie attended the church



DOG OF THE MONTH: RAMA

Rama is a gentle, friendly German short-haired pointer. Born in February 2009, she has been in Sara since March 2019. She is a bit shell-shocked at her changed circumstances and missing her home and family, she is quite timid and will need a patient owner and a quiet household. However, she is gaining confidence and will benefit from someone to help her re-build her self-esteem. Her walkers say she is one of the sweetest dogs.

She takes treats, allows herself to be stroked and



interacts well with humans and dogs that she knows. She's easy to walk and is a super easy sweetie.

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Twenty students passed an average of 16 different subjects in the International GCSE examinations this summer.

A record eighteen subjects at IGCSE were passed by two students.

One of whom, Myriam Pidancet, also obtained a grade A at AS Level German.

Excellent students in the UK might pass ten or twelve subjects and one or two outstanding students in the world might obtain fourteen results, but no student outside Lanzarote will achieve seventeen, eighteen, or even nineteen excellent results.

Myriam Pidancet will study technical subjects at Advanced Level.

The Department for Education can award a points score for each result



Daniela Sánchez.

and by adding up the total score for each student, the youngster with the best combined GCSE results in the world can be assessed. Three of our youngsters have results far beyond the reach of any other student in the world. Fifteen of our cohort of twenty students in Year 11, have results higher than can be obtained in any other school in Spain.

Daniela Sánchez is the real star this year as she passed seventeen subjects grades A*-B at just 14 years of age. Thirteen were A* grades.

The most impressive achievement at Advanced Level was that of Emilio García who passed six subjects, with A* and A grades in Physics, Chemistry, Mathematics, Further Mathematics,



Myriam Pidancet.

Spanish and the new Cambridge International Project Qualification.

This new International Project Qualification stretches students well beyond the normal Advanced Level curriculum and five of our present students have already started their projects

during these summer holidays.

The digital world is the future of our children and yet it is the subject where there are very few teachers. Every child knows how to work a smart phone, but will they ever know what makes a smart phone work? Our I.T. department offers lessons given by specialist teachers to children as young as five years of age. Employment for graduates in this subject starts at 70,000€ per year.



Emilio García.

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IN PUERTO DEL CARMEN

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The Colegio Hispano Británico was founded in 1976.

It is the only accredited overseas British curriculum school (BSO) on Lanzarote. It is a recognized centre for the University of Cambridge (CIE), London Edexcel examinations and Trinity examinations. It is a UCAS centre for university entrance, an examinations centre for the Open University and the Goethe Institute.

In 2014 the school was authorized by the British Government as a Centre for the instruction of teachers in their postgraduate year.

It is quality assured by Ofsted (British DfE number: 141421)

Information: 928 17 30 66 – info@colegiohispanobritanico.com

After 15 years of study, many of the students in this photo will never be seen together again.

They're leaving home.

**At the end of every school year,
we invite the members of the Sixth Form to a gala dinner.**



For some it marks the end of fifteen years of continuous study in this school.

It is always a proud moment for our staff.

This year's youngsters have been educated to such a high standard, that many might have the opportunity to play an important role in the future of our society.

***Many of these students are leaving Lanzarote
to go to universities throughout Europe and the rest of the world.
They will probably never live on this island again.***

***Only two of them will go on to study
subjects other than sciences.***

The Hispano Británico educates youngsters to become individuals, with their

sights set on far horizons

Ordinary youngsters who will now have such extraordinary lives.

COLEGIO HISPANO BRITÁNICO

EXCELLENCE IN BRITISH EDUCATION IN LANZAROTE

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SCHOOL SAFE

FOR THOUSANDS OF KIDS ON THE CANARIES, THIS MONTH MEANS A RETURN TO SCHOOL AFTER SIX LONG MONTHS. BUT CORONAVIRUS MEANS THAT THINGS ARE GOING TO BE VERY DIFFERENT, AND TEACHERS, HEADS AND EDUCATION OFFICIALS ARE FACING AN IMMENSE AND DAUNTING TASK - MAKING SCHOOL SAFE.

The new Canarian school term officially begins on 15th September. That's a public holiday on Lanzarote, though, so most state schools here will open on the 16th, while many private schools will open a week earlier on the 9th.

Most children have not been in a classroom for six months, and schools, teachers and education authorities have been busy developing a plan to get kids back in class as safely and efficiently as possible.

And that's not an easy task. It's already cost the job of one Canarian Education Councillor, María José Guerra, who resigned after widespread criticism from unions and parents groups following what was described as “chaotic” management of lockdown measures. While private schools continued to teach online, most state education on the Canaries essentially stopped dead with the March lockdown, and plans to reopen certain classes failed.

The Canarian Education Council has developed a protocol that was last revised at the end of July, and which all schools are expected to follow – however,

there is considerable “wiggle room” within the protocol, and every single school is also expected to draw up its own plan based on its own particular characteristics.

The Canarian Government's protocol on Covid-19 covers four main areas:

- 1. Limiting contacts**
- 2. Personal preventive measures**
- 3. Cleaning and ventilation.**
- 4. Management of cases**

Limiting contact will also be a key element of the new school year, with children likely to be confined to the same classrooms instead of moving around, and school facilities will be divided into “blockable sectors”, meaning that areas can be closed off without affecting others.

Personal preventive measures include masks, the use of hand gel, and constant training in the hygiene measures necessary; while cleaning and ventilation are expected to be carried out as frequently as is practicable.



The protocol requires each school to appoint a member of staff who will be responsible for case management and all Covid-19 matters. This person will be required to stay informed about the pandemic, and will be charged with informing parents and health authorities about potential cases, as well as fielding enquiries and receiving information.

Timetables may also change, with the possibility of extra classes in the afternoons to compensate for smaller classes.

One advantage that Lanzarote has over most of the rest of Europe is the possibility of holding classes in the open air, which is mentioned as a priority in the protocol document.

"A CHALLENGE WE MUST MEET"

Private schools are also required to fulfil the national protocols. Jaime Rodríguez, the head of Colegio Arenas Internacional in Costa Teguise, says that it's a challenge that he and his team have already been preparing for. "In the case of an outbreak, we may need to stop face-to-face education again. We already did online classes during the lockdown – it's a big challenge and not all pupils adapt well to it, but we know we can do it. We also had a summer camp earlier this summer which allowed us to trial various measures."

The key phrase for primary school pupils is bubble groups. This concept means that children are kept in tight groups of their own age-group. The group will stay together during all school activities and children in the group can mix freely without masks. However, when they are likely to come into contact with other groups – for example, when moving about the school or in the playground – they must wear masks.

Roger Deign, at the Colegio Hispano Británico, says "Education is the basis of everything but schools are the ideal hothouses for infection". He believes that the concept of "bubbles" is just as risky, and at the Hispano Británico he is developing a strict regime involving masks, antiseptic wipes and desks that each have their own perspex protective screen. Every child in a class will be assigned a number, queue in single file and enter the classroom one by one to fill desks, starting at the back of the classroom.

If a case is detected, the pupils on adjacent desks will be classed as close contacts following the same principle that

The CEIP Alcalde Rafael Cedres Primary School in Tías.



operates with aeroplane seats. Pupils will also be given temperature checks several times a day.

Jaime Rodríguez says Arenas Internacional will be restricting mobility within the school drastically. Children will need to stick to clearly marked routes and paths around the school grounds and parents are forbidden to enter at all. In classes where items must be shared. For example, science labs, disinfection will be a priority.

"There is fear on both sides," says

Rodríguez. "First, there are parents who fear that their children will miss out on education and who don't want them to wear masks; then there are those parents who I'd describe as "healthily paranoid" about the virus. We've got to find a way to convince both of those sides and everyone on the spectrum in between."

Roger Deign uses stronger terms: "This is war," he says. "The virus is a killer, and we've already seen an eight-year old child die of it in Spain. Imagine having that on your conscience."



ANGLICAN PARISH
ST. LAURENCE IN LANZAROTE

ANGLICAN SERVICES IN SEPTEMBER 2020



CHURCH SERVICES

Every Sunday at 12.30 pm in Puerto del Carmen
Sundays, September 13 and 27 at 5.00 pm in Playa Blanca

- Service of Holy Communion (wafers only)
- Masks and social distance are mandatory
- Single-use service sheets will be provided



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Interview: Jesús Machín, Mayor of Tinajo

20 YEARS IN CHARGE OF TINAJO



Tinajo is the third-largest municipality on Lanzarote, but the second least-populated, with just 6,279 residents at the last census. Stretching from the volcanoes of Timanfaya in the west to the sandy desert region of El Jable in the east; from the wild coastline of the north to the wine fields of La Geria in the south, it's perhaps the most typically "Lanzarote" of all the municipalities.

Jesús "Suso" Machín, the longest-standing Mayor on the island, has been in charge of Tinajo since 2001, winning five terms on the trot with outright majorities. His Coalición Canarias party regularly polls as many votes as all its rivals put together.

WHAT DOES THE ECONOMY OF TINAJO RELY ON?

Like everywhere else on the island, tourism is hugely important. We contain the mountains of Timanfaya and the complex at La Santa, as well as many smaller attractions.

Agriculture is also important in this municipality. We have some of the most important farms on the island, and we're the biggest producer of grapes, with 65% of the island's crop coming from vineyards in Tinajo, and several bodegas that include those of Guiguan, Los Perdomo, La Morro, El Morro, and others.

WHAT DOES THE CANCELLATION OF THIS MONTH'S ROMERÍA DE LOS DOLORES MEAN FOR TINAJO?

It's a huge blow. This is the biggest cultural event on the island, unique in the world, and although its cancellation means we'll save some funds, it also means we'll lose opportunities for investment and regeneration.

WILL ANY EVENTS TAKE PLACE AT ALL?

The church will honour the virgin as usual, but she won't be taken outside the church. Also, many make their journey to Mancha Blanca to request something from the virgin. Those requests will still be possible, but people are being asked to spread them throughout the month of September.

WHEN DO YOU THINK WE'LL SEE THE ISLAND'S CULTURAL LIFE GET BACK TO NORMAL?

Not before the end of this year, I'm afraid, thanks to this damn virus.



“People seem to be pleased with how I run things.”

HOW HAS CORONAVIRUS AFFECTED THE MUNICIPALITY?

We've had one death; a local woman who was an accomplished craftswoman. We mourn her and hope she has gone to a better place. We've also had a few cases, always involving someone bringing the virus from elsewhere. But the impact is also economical.

Here at Tinajo we were the first ruling group to lower our salaries so that more money went towards social care at this time. We've also given out free masks when they were hard to get hold of, and paid for tests on all council staff and workers.

The cemeteries have also been closed because of the virus, and so we've undertaken the task of going in and laying fresh flowers. That, I think, is important.

YOUR PARTY, THE COALICIÓN CANARIA, RECENTLY LOST CONTROL OF THE CANARIAN GOVERNMENT, LANZAROTE'S CABILDO AND SEVERAL MORE SEATS OF POWER. HOW WILL THIS POWER SHIFT AFFECT YOUR RULE?

I don't think it will. People seem to be pleased with how I run things and I think I've won the trust of the people by looking after those who are the least privileged.

When it comes to negotiating with other parties, then everybody will take their own sardine to the grill as usual, but we can usually reach a consensus.

HOW DID YOU GET INVOLVED IN POLITICS?

I started in the late 80s when I was at the side of my predecessor, Luis Perdomo. He was a great politician and I learned a lot at his side, before I was elected myself in 2001.

WHAT ARE THE MOST MEMORABLE MOMENTS YOU HAVE FROM ALMOST 20 YEARS AS MAYOR OF TINAJO?

The achievement I'm proudest of is ensuring that no construction has taken place on La Isleta. That was a long fight, but it's a place I love and I'm glad it's still unspoilt.

The worst moment was when a young girl ran into the road and was killed by a car during the San Roque fiestas. That was a terrible day.



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FLU SEASON ON THE WAY

“Getting a flu jab will help the health services and may reduce your risk of coronavirus infection.”

Everyone who lives on the Canaries knows that year-round sunshine and warmth doesn't keep the flu away. An annual bout of “gripe” is experienced by many islanders, and every year the flu also takes lives.

Flu season is well defined on the Canaries. It starts in the 40th week of the year and finishes in the 20th week of the following year, a 32-week period stretching from October to mid-May. A detailed report is issued by the Canarian Health Service each year, which gives vital information on how to act in the future.

In the 2019-2020 season, 36 people died from flu on the Canaries. 16 of these died of the H1N1 strain; 3 of the H3N2 strain, 10 of an unclassified type A virus and 7 of the type B virus. 665 people were hospitalised for flu without

serious symptoms, while 249 were hospitalised with serious symptoms. 78% of these serious admissions had pre-existing conditions such as diabetes or cardiovascular disease.

In comparison, coronavirus has claimed 166 deaths in the Canaries since mid-March, a figure that occurred despite a strict lockdown in a region that escaped relatively lightly compared to other regions of Spain. There have been 115 coronavirus cases for every 100,000 people in the Canaries (the average in Spain is 553 cases), while the figures for flu on the islands reached a rate of 300 per 100,000 earlier this year. All the figures indicate that flu has a far higher incidence and a far lower death toll than Covid-19.

However, the real threat from flu is the demand it could place on the island's health services at a time when a second wave of coronavirus is most feared. The simple fact that flu brings so many people

to health centres may increase the risk of viral transmission. Widespread adoption of mask-wearing, handwashing and social distancing could help to limit flu transmission, but there is also likely to be a strong campaign for flu vaccinations this winter, too.

Last year, almost 90% of people hospitalised for serious symptoms of flu on the Canaries were not vaccinated. While the annual flu shot is not effective against coronavirus, a large study in Brazil has recently suggested it may be a defence against the more serious complications of the disease.

This winter's trivalent flu vaccine has already been recommended by the WHO and the European Medical Agency. The vaccine will be acquired by the Canarian government and a campaign will commence later in the year. If you want a flu vaccine, contact your doctor or a private clinic.

FINANCIAL PLANNING -

ONGOING SERVICING & CONTACT

Financial planning should always be undertaken using a holistic approach to cover all eventualities. There are so many areas to consider, ranging from goals and objectives to tax efficiencies of the available products and solutions. Each and every one of us have different circumstances so advice should be tailored accordingly.

In actual fact, there are 6 main steps in the financial planning process which are as follows;

- Establish and define the client and personal financial planner relationship.
- Gather client data and determine goals and objectives.
- Analyse and evaluate the client's financial status.
- Develop and present the financial plan.
- Implement the financial planning recommendations.
- Monitor the financial plan and the financial planning relationship.

Every advisory firm will go through the first 4 steps – they have to for compliance purposes. The 5th step is subject to client approval and wanting to go ahead with the adviser's recommendations, which then leaves the 6th step – the

ongoing monitoring of the investment AND communication with clients.

The ongoing servicing of investments and maintaining client relationships are two of our USP's which we pride our business on. This year alone has clearly demonstrated the importance of regularly keeping client's updated which is perhaps one of the main reasons why we have seen a significant rise in the number of clients contacting us for a second opinion.

We know from experience that not all individuals receive this service and some have joined us having previously felt neglected and undervalued as clients. This is always disappointing to hear as a reflection on our industry, but particularly so in a year like this one with heightened levels of uncertainty.

As a family run business, we never underestimate the value of support through the bad times as well as the good. Building relationships with our clients that can stand the test of time has always been our priority, but this can only ever be achieved with continued contact and support.

If you have any questions about your investments, **why not get in touch with us?**



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OVER THE HILLS

LA DEGOLLADA TO THE PICÓN QUARRY AT MACIOT

Sweeping views of Isla de Lobos and Fuerteventura.

WALK INFO

Distance: 6 kms

Time: 2 hours

Terrain: Non-challenging, rocky path.

Type of walk: Circular

Notes: Take sun protection and some water/juice. This walk is best on days with good visibility.

Tour guide David Penney takes us on a short but stunning walk through the ancient hills that separate Yaiza from the southern plain of Lanzarote. Photos courtesy of Liga Caica.

To get to La Degollada, take the road through the centre of the village of Yaiza and turn opposite BAR STOP, the well-known establishment where the locals get their cheap tapas and drinks. Drive up the hill past the cemetery on the outskirts of Yaiza and continue to the top where you will see a large slab of concrete on the right of the road which is used for parking, opposite the Canarian bowls pitch in the small hamlet of La Degollada.

To start the walk continue along the road for several metres and then the road becomes a track, as you are walking south west towards the ocean you will see the track splits but you need to take the higher route to the left.

You can stop as often as you like to admire the incredible views. The protected National Park area of Timanfaya is behind you and, as we had a day of good visibility, we were fortunate to see



the amazing contours of the numerous volcanoes in the distance.

From the track you also get an elevated view down to Las Salinas de Janubio (the salt pans) and the large lagoon of sea water. I often joke with my American friends and tell them this is where we grow the salt to put it in the ocean to make the water salty.

All along the rocky track you will see evidence of when this area was used for farming. The terraces have long been abandoned and there hasn't been any farming carried out for many decades. The heavy rains have run down from the hillside to our left and has destroyed many of the terraces but you can see rich fertile soil in places where the rain has created mini barrancos or water runs.

After about half an hour of walking you will see the town of Playa Blanca appear in front of you, with Montaña Roja in the distance.

“The red picón is rich in oxidised iron.”



can't miss the vivid red of the picón quarry on our left. This is a very well known landmark which is spotted by all of the traffic which drives up over the mountain road through the village of Femés. Picón is volcanic gravel which is still extracted from this quarry and used by the farmers to irrigate their fields, as it is porous and absorbs the humidity to grow their vegetables. It is also used by the local authorities as decorative material on the flower beds and roundabouts. More usually black, the red picón here is rich in iron oxidation, and I understand it is protected under licence and cannot be exported from Lanzarote.

After a juice stop and a snack we set off back up the same track which we take all the way back to the car. It takes about an hour. As you drive out of the village of La Degollada there is a fantastic new BBQ and picnic area on the left, which is one of the best on the island. It is set amongst the trees and has all new grilles and benches which have horseshoe shaped walls to protect you from the wind.

As you look out across the ocean you will see Isla de Lobos and Fuerteventura. I always describe Isla de Lobos as looking like an upturned spoon, and beyond it we got a clear view across the water to see Corralejo's Grandes Playas (miles of sandy beaches and dunes).

As we continue along the track we will see the antennas of Atalaya de Femés to our left.

This is the highest point in the south of the island (608 m) and is part of the protected park area called Los Ajaches. The volcano Atalaya de Femés is the second-highest volcano on Lanzarote and also one of the oldest on Lanzarote. Atalaya means “lookout”, and these hills were used by the locals to look out for pirates out on the sea.

As we continue down the track we

We all agreed that we wanted the reward of a nice cold beer/drink after a hot couple of hours of walking so we drove back to the café bar next to the supermarket in Yaiza, where Tina the owner gave us some free snacks.

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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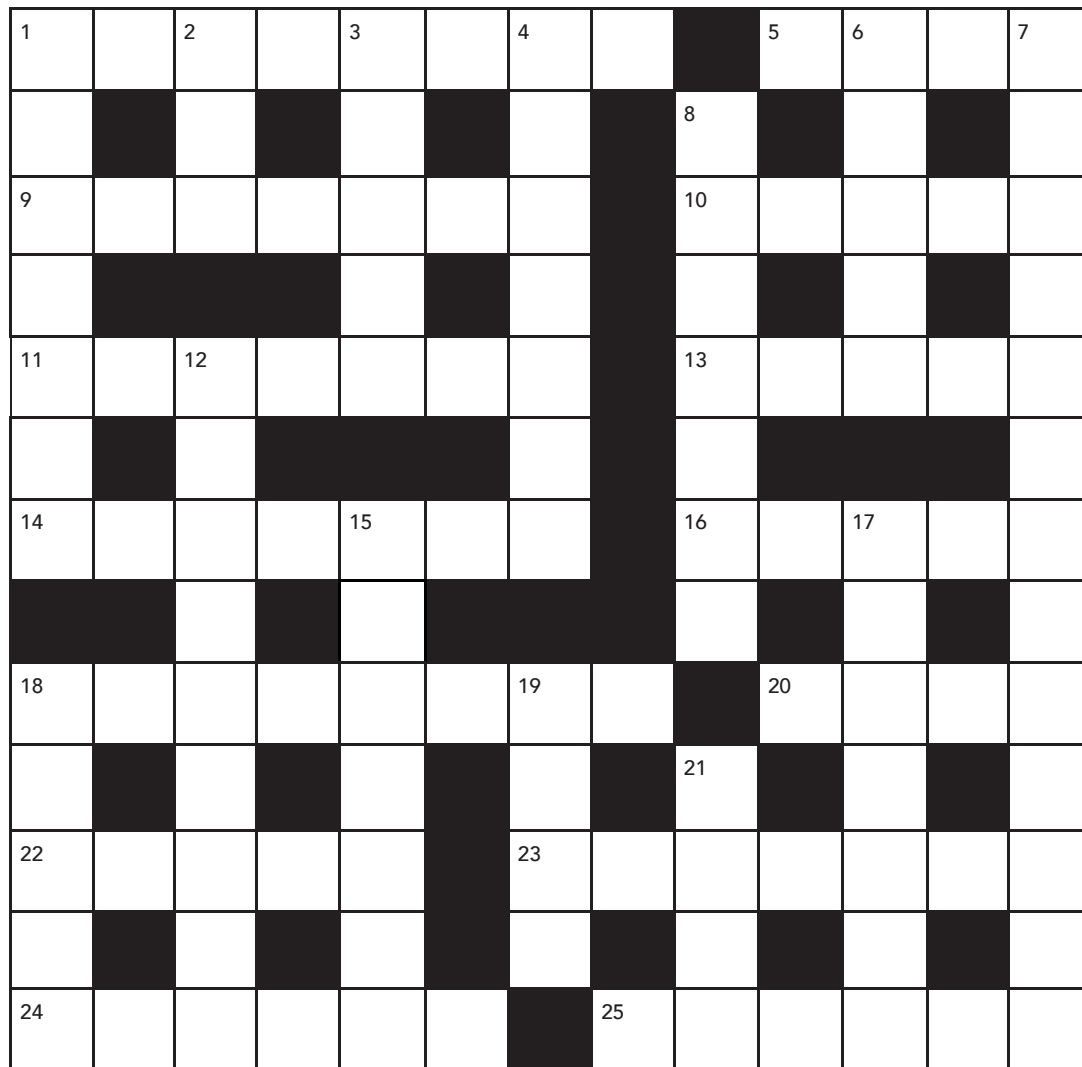
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Prize Crossword

Apologies to readers for the numbering errors in last month's puzzle, and well done to those brainboxes who still solved it. **Jill Tandy was first out of the hat and gets a bottle of wine.**



This month's crossword is all about masks and the people who wear them. All you have to do is complete the solutions and send a snap of the puzzle to 683 683 083, email editorial@gazettelife.com or drop the solution into our office in Tías before 15th September. The winner will be able to lift their face mask and enjoy a lovely bottle of Lanzarote wine.

DOWN

- 1.** Ms Diaz, who shot to stardom opposite Jim Carrey in *The Mask* (7)
- 2.** ... Hardy, who wore a mask in *Dunkirk*, *The Dark Night Rises* and *Mad Max: Fury Road* (3)
- 3.** Place in Paris where the Phantom hangs about (5)
- 4.** Vodka brand produced in Sweden (7)
- 6.** First name of author of *The Masque of the Red Death* (5)
- 7.** Masked TV vigilante whose best friend called him Kemo Sabe (3,4,6)
- 8.** Masked gang who guard O-Ren Ishii in *Kill Bill Vol.1* (5,2)
- 12.** Owner (9)
- 13.** Baltic country whose capital is Tallinn (7)
- 17.** "I won't take no for an answer!" (1,6)
- 18.** Red and green Canarian sauces (5)
- 19.** *Rolling On the Floor Laughing* (1.1.1.1)
- 21.** In the song, this bone is connected to the shin bone and thigh bone (4)

ACROSS

- 1.** Alter-ego of Selina Kyle, portrayed by Julie Newmar, Michelle Pfeiffer and Anne Hathaway (8)
- 3.** Adam, who played the Caped Crusader in the 60s TV series (4)
- 9.** People or things that belong to groups (7)
- 10.** Villain (5)
- 11.** Teenage Mutant Ninja Turtle with a red mask (7)
- 13.** Masked Mexican swordsman whose name means "Fox" (5)
- 14.** The most inquisitive? (7)
- 16.** 2002 film starring Eminem (1,4)
- 18.** Queen of Country Reba, who also acted in the 1990 film *Tremors* (8)
- 20.** Actresses Kendrick, Paquin or Friel (4)
- 22.** Mr Vorhees, who prefers to wear a hockey mask when stabbing teenagers (5)
- 23.** Olympic sport in which masks are worn (7)
- 24.** Film series in which Sidney and Gale are stalked by Ghostface (6)
- 25.** Hannibal, who wears one to stop him eating people (6)

Last month's answers. Across: 1. Durham 4. Fluke 9.VHF 10. Meanwhile 11. Dreadful 12. Acts 15. Arrival 17. Alpen 18. Enlarge 19. Pilau 20. Organic 22. Grint 23. Stink 24. Adrian
Down: 1. David Cameron 2. Rifle 3. Almodovar 5. Lawn 6. Koi 7. Raquel Welch 8. Jensen Button 13. Capaldi 14. Rampage 16. Relight 21. Nun

Limited time left to prepare for Brexit. Talk to us now!

Given the present environment we are not running seminars this autumn, but with the Brexit transition period coming to an end, it is really important for people to make the right decisions at the right time – and good advice has arguably never been more needed.

We are therefore offering consultations (face-to-face meetings with social distancing, or via video or phone) as well as planning webinars and video links this autumn.

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FIGHTING CRUELTY



“We can’t do anything unless people report cruelty and abuse to us.”

The recent case of the street dog Timple has once again highlighted the issue of animal cruelty on Lanzarote. ADEMAL is a new and different Lanzarote animal charity, and it's already making its mark on an island where campaigning against animal abuse is still very necessary. Birgit Wenning of ADEMAL popped in to chat to us last month.

Thanks for coming, Birgit. What is ADEMAL?

It's the Association for Defence Against Mistreatment of Animals, and we were set up on June 1st this year. There are 12 of us, and our main task is to report cases of mistreatment and abuse of animals to try and make sure that effective action is taken.

So you're not an animal rescue group?

No. People shouldn't call us to pick up lost or abandoned animals – we don't have any resources for that. They should call us whenever

they see evidence of cruelty and abuse.

What can you do to help?

First, we can check whether laws are being broken, which may involve gathering evidence over a period of time. Once we're sure we have a case, we'll report it to the police and to the animal welfare councillor in the local Ayuntamiento. It's important that reports are presented soundly, as they will be rejected if any element fails. Even that may not be enough, and it's important to chase complaints up to ensure they're not shelved.

What response have you had so far?

It depends on who you ask. Among animal supporters the response has been very positive. It's not so good in the local authorities - Nicolas Saavedra in Tías is one of the few council officials who is really helping us. And we've had an angry response from some people we've reported. They say “They're my dogs, I can do what I like with them.”

But they can't, of course.

No. There are laws. They're not strong enough yet, and they need to recognise that

animals are living beings, but we'll see what happens with this government's proposed Animal Welfare Law.

How can people support you?

They can join us, for just €2 a month. Those subs will help us, but other donations are also welcome. Above all, we need people to report to us. You can do it anonymously, if you like, and we'll maintain your anonymity if you prefer. Report cruelty to us on our Facebook page by Messenger, on Instagram or e-mail us.

What about stray dogs or dead animals on the roads?

Call 112 and report them. They have to send someone to do something, but if nothing is reported nothing will happen.

Does ADEMAL have a wider animal rights stance?

No. We're here to tackle cruelty and abuse. That's the priority. The rest can come later.

Thanks, Birgit, and good luck. It's time for a change.

Contact ademal on Facebook at Ademal Lanzarote or ademalcanarias@gmail.com.

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Lessons for life



**LANZAROTE VET JANE BURKE
RECALLS A PUNISHMENT THAT
LED TO A GREAT FRIENDSHIP, AND
STRESSES THE IMPORTANCE OF
LIFELONG LEARNING.**

I failed third year at veterinary college. Well, the truth is that I passed the summer exams but was failed for attitude (as a female I was a barely-tolerated minority and expected to be seen and not heard; as an outspoken animal activist I was a pariah).

As a result, they had to hold a special meeting to provide the government with a reasonable excuse for wasting the £40,000-plus already spent on my education. So, I armed myself with lies about financial difficulties, personal problems including an (imaginary) miscarriage, medical and consequential nervous problems and the tremendous strain on a delicate female's psychology. I grovelled with the required deferential attitude and tearfully offered disingenuous promises to reduce my antisocial attitudes and behaviours (e.g. calling the press about cruelty within the college and in farming).

They, for their part, had lists of my misdemeanours and read out the somewhat graphic poem I had written rather than complete the September exams I had been made to sit despite clear pass marks in all subjects in June.

I was sent out of the room whilst they debated my fate and, on my return, they seemed smugly satisfied and I thought my ambitions were done for. However, they offered me the opportunity to repeat the year on the conditions that I would work a further two months, in the main holidays, in abattoirs of their choice; and that throughout term times I

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would spend five hours every morning in the pathology laboratories working on post-mortem examinations. I kept my eyes on the floor, accepted the terms unconditionally and thanked them for their kindness and understanding! I was asked to repeat my response and did so, tearfully, through gritted teeth. My tears were of gratitude as well as frustration because, despite their deliberate cruelty, I kept the chance to be a vet!

I started my repeat year on my 21st birthday. Because I should have been starting the clinical years, I had been assigned a clinical tutor and was instructed to present myself to him before starting work in the pathology labs. "Mr Derek Lewis" turned out to be the new Clinical Dean, head surgeon and in charge of the small animal hospital.

**"I TOLD HIM I HAD LIED FROM
START TO FINISH. HE SAID WE
WOULD MAKE THE BEST OF
FRIENDS."**

I loved him from our first meeting. He told me he was nervous because his only previous female tutee had committed suicide. He held a copy of my interview with the probate committee. He flicked his long fringe back and searched my face with kind concern. I told him that I had lied from start to finish because, as much as I hated cruelty, I really wanted to qualify as a vet. He blinked with his infamous bespectacled confusion. Then he got up and shook my hand and said we would make the best of friends. And we did.

I won't dwell on my time watching the holocaust of gentle creatures that is our meat and dairy industry, but the path labs became my passion. It was like CSI for vets. I could access infinite laboratory investigations to facilitate "cause of death". And these creatures, at least, were in no pain. So I took them apart and learnt where every bone fitted, every blood vessel and nerve ran, how every organ interrelated to every other. My topographical knowledge soared and my boss soon left me to get on alone every morning. After the briefest of hand-overs he would leave for the squash courts, returning only occasionally at the end of the morning to look over and sign the completed reports.

I found the work deeply fascinating as well as educating. I did, from time to time, have to call him for advice and I called my tutor regularly. He was equally fascinated and would come to visit and watch in his coffee breaks. The blessings of those mornings were even more special because, whilst designed as punishment, they were to grant me a superb surgical advantage and to forge a lasting bond with Derek Lewis that would open many doors I couldn't have hoped for and certainly didn't deserve. I asked him once why he was so kind to me, and he explained he felt his position condemned him largely to sycophantic conversation and shallow acquaintance, neither of which either of us believed I was capable of.

And whilst it was to prove a double-edged sword (other members of staff and students resented what was, without question, preferential treatment), I am forever indebted to his tutelage and kindness. Most vet students are lucky to have performed a couple of supervised routine surgical procedures before qualification. I was given the senior surgeon's operating lists in final year and often stayed in the house surgeon's flat in the small animal hospital. (the house surgeon and I are still good friends, though she is sadly housebound with arthritis in Wales these days).

I felt there was no end to learning those days, the curve only getting steeper when I left university. And I think it is our duty as professionals to keep learning.

Change with the times

For example, we are presently facing unprecedented problems with an explosion of cats, particularly feral cats. Since the earliest days of veterinary medicine, the advice has been to neuter between 5-9 months. Initially, perhaps, antiquated anesthetics were too crude to be safe for tiny kittens. Partly too, vets' surgical equipment and/or abilities in the 40s and 50s were inadequate to operate on kittens. In the 60s and 70s other forces came into play: fully-equipped veterinary facilities are incredibly expensive to run and the revenue from neutered animals is at least 30 percent less than from un-neutered ones. But a great deal of the resistance to operate earlier is just because change is challenging.

Every single one of many extensive studies undertaken in Europe, the USA and Canada, all demonstrate the same result: There are indeed some possible disadvantages to a cat's wellbeing due to being neutered, but all possible disadvantages from being spayed are more likely and more serious if the operation takes place after 12 weeks (3 months) of age.

I have done so very many of these operations, and my experience is that the surgery is simpler, safer, faster and less stressful for kittens at this younger age. More importantly: early- neutered kittens DON'T GET PREGNANT.

I hope to keep learning; to keep changing and adapting for the benefit of my patients, my family and the world in which I leave them. Hence my amazing solar panels with special accommodations so that my operating room remains safe from power cuts (thank you Colin Roach-Casares).

And the world is changing too, slowly but surely. Many shops and restaurants are slowly increasing their vegan options, many people give time and expertise in their struggles to look after abandoned and abused animals as well as those suffering from the dreadful financial troubles of these Covid times.

Let's raise a glass of cold, clear water to that new world, and check our pets' bowls are filled with the same.

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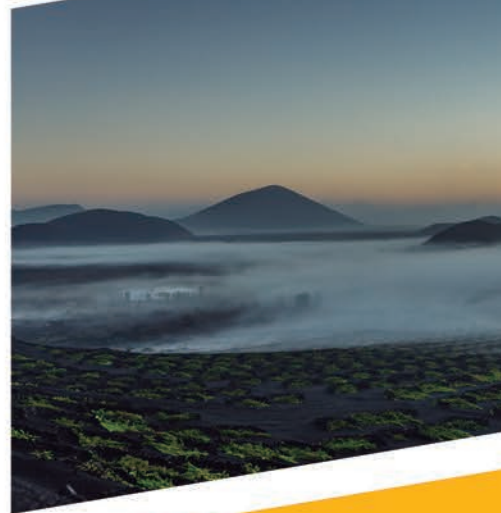
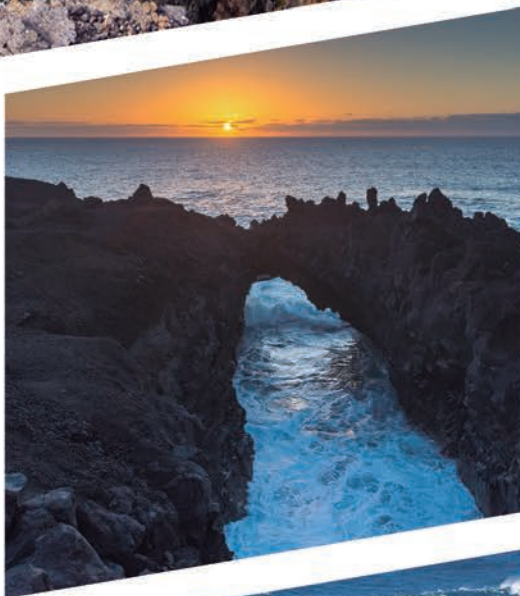
Eating Experience

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"The September boom" is well known in the fitness industry. The end of the summer holidays signifies the start of a new year in so many ways, with the return to schools and colleges and a new sense of beginnings and plans for the future.

In fact, fitness-wise, there could hardly be a worse time for a New Year than January 1st, which comes after a solid week of feasting and is celebrated with more excess. September, in contrast allows us to plan ahead with a clear, determined mind and a realistic view of the future. You've got months to get into a groove that suits you, and when you do, Christmas will be far easier to hurdle.

In most jobs, the arrival of September brings stability and predictability. You know exactly what you'll be doing most weeks until Christmas, and probably long afterwards. Barring unforeseen circumstances such as childbirth, deaths, house moves, job changes or a global pandemic, you know what's ahead of you, and you can plan, week-by-week.

So draw up a plan. A good one is one in which every week looks much like the others, with at least two or three sessions sketched in for every week. An even better one is

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one where activity increases over the year as you reach more and more goals on your journey to fitness.

Be realistic. Allow yourself some respite on holidays such as Christmas, and don't punish yourself if you miss a session or two. The important thing to do is to get back on track and stay there. The longer you maintain your routine, the more possibilities will open up to you.

Your plan will require goals, and to achieve them you'll need discipline. Some of the most effective goals can be found on the screen of a set of decent scales, so make sure you've got one of those.

The benefits of fitness

Discipline is harder to instil in yourself, but you need to try - and carrot is always better than stick when it comes to getting you going. Not that anyone enjoys eating raw carrots, of course, but it is worth focusing on the immediate and not so immediate benefits of a fitness routine:

1. Healthier mind

You'll just feel better, for a start. That post-workout buzz is a chemically-proven high, and the knowledge that you're doing the right thing is also a real boost to self-esteem. Exercise can also provide wonderful opportunities for meditation and mindfulness.

2. Healthier body

Of course, you'll be physically more healthy – able to work or play more easily for longer, with your body working as it's meant to do. The return of stamina and strength can be one of the most motivating factors in fitness.

3. Healthier life

On Lanzarote, you'll be enjoying the exhilarating beauty of the island's outdoor spaces, and this is an island where it's an absolute pleasure to pursue a better diet. There's no better time than September to change your eating habits, because the island is full of fruit at its succulent, ripe best.

4. Healthier social life

You can do exercise alone, but it's a lot easier when you have a like-minded friend or gang to join you. The professionalism and expertise of personal trainers and fitness instructors will also offer advantages you'd never discover alone. Most importantly of all, your will to stay fit will be appreciated by those who love and care for you.

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How to be Beautiful

Being gorgeous isn't difficult, but there are basic ways to go about all sorts of things that will make it even easier. Keep things simple, attend to the important stuff and remember that, on Lanzarote, special considerations apply.



HOW TO WASH YOUR HAIR

1. Put the shower gel away and buy a decent shampoo.
2. Wet hair with lukewarm water
3. Rub a blob of shampoo the size of a 2p piece into hair.
4. Rub gently, and massage the scalp gently rather than rubbing hair together.
5. Don't worry if there's not much lather.
6. Rinse hair with water.
7. Repeat with another blob of shampoo.
8. Rinse again, and condition. Conditioner should go on the ends of hair.
9. Rinse finally, for at least two minutes.

HOW TO GET YOUR BEAUTY SLEEP

Hydrate. Not at the last minute before bed, but throughout the day, with fruit and salad vegetables as well as drinks and juices.

Clean and moisturise. Keep face wipes by your bed for emergency situations,

Go for a firm pillow or sleep on your back to avoid marks caused by your face pressed against the pillow.

Wear a silk eye-mask, which protects the delicate skin around the eyes and conserves moisture.

Banish screens and other distractions from the bedroom

Use ambient music, essential oils and meditation to calm down before beddie-byes.




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HOW TO FEEL AMAZING

Beauty is in your attitude as much as your looks. Here's how to feel great so you look great.

Stretch: Roll your shoulders, bend, sway – release muscular tension and relax.

Choose your wardrobe: Take a little more time to plan your outfit. Go shopping for clothes if you need a real pick-up.

Get wet: Water makes us feel good. Take your time in a long shower or luxurious bath. Book a spa session. Jump into the sea.

Say yes: Accept invitations, meet your friends, get outside and mingle.

Declutter: Devote ten minutes each day to tidying up. You'll feel more organised and positive.

Set goals: Write down your aims on a piece of paper and update your progress each week.

Choose the right people: Don't waste time on toxic relationships – get out and devote your time to more rewarding folks instead.

Get interested: Find a hobby, lose yourself in a good book, begin a new project. Find zest for life.



HOW TO WEAR SUNGLASSES

Check for UVA and UVB protection. Cheap supermarket sunglasses won't offer either.

Polarised lenses eliminate glare. Decide whether you need them or not. If you're on water or in places with bright white or reflective surfaces, you probably do.

Consider how you'll use them. If you're an athlete, you'll need lighter, tougher glasses. If you're always going indoors and outdoors, easily removable glasses or graduated lenses may work.

Make sure they cover your eyebrows, and research your face shape before choosing lenses. Buy from an experienced seller, and take a friend along to make sure you don't make a mistake.

Do wear them. Macular degeneration of the retina and cataracts are both hastened by constant exposure to sunlight.



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Your Coffee guide

Coffee is big-business, and coffee chains such as Starbucks have taken over the world – all apart from Spain, where local bars are still far more popular than the big multinationals. Here's how to buy and order coffee on Lanzarote.

Buying coffee

Most of the ground coffees you see on sale will be marked *mezcla* (blend) or natural. Coffee lovers need to know that a *mezcla* is likely to contain *torrefacto* coffee – the proportion will be indicated on the packet.

The torrefaction process was developed in the 19th century and involves roasting lower-quality robusta beans with sugar to produce a glossy, caramelised glaze. Cheap and long-lasting, the harsh, assertive burnt-sugar flavour became an acquired taste during the hard years of the Civil War and its aftermath. Many older Spaniards still believe the resulting dark, bitter, strong coffee is best.

Torrefacto, however, is widely disliked by modern coffee buffs, who will always choose a *natural*, 100% Arabica, and are more than happy to pay the extra.

Pods, filters, cafetieres?

Despite their huge recent popularity, many coffee drinkers are turning away from Nespresso style machines because of the inherent waste involved in the pods. Filters also involve paper waste, although they remain popular and much cheaper than the Nespresso option, while the “French press” style of Cafetiere and the stovetop Moka Pot from Italy are popular, affordable ways to get a decent coffee at home.

No home method, however, can compare with the professional coffee machines found in almost every bar and restaurant.

Ordering at bars

Classic zinc-counter Spanish bars often use a commercial blend containing *torrefacto* coffee, while more upmarket joints may offer various types of coffee. Don't be afraid to ask. Here's what to ask for:

Café solo; Small, espresso-sized coffee

Café cortado; Café solo with a dash of steamed or cold milk. This is not the same as a macchiato, which uses frothy milk. Served in a glass or a cup.

Café con leche; Darker than a caffè latte, this is a normal milky coffee that millions of Spaniards take with breakfast.

Leche Leche; Canarian speciality with hot milk and a slug of sweetened condensed milk. If that's not sweet enough for you, it often comes with sugar.

Manchado; Leche manchado is a glass of hot milk “stained” with a drop of coffee for flavour.

Carajillo; A café solo with a shot of brandy or rum added.

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Eating experience

There are dozens of ways to dine on Lanzarote, and all of them are possible in September on Lanzarote. It's the mellowest and kindest of all months, and a season when it's a pleasure to get out and discover all the flavours and experiences that the island has to offer.

The market stall

At this time of year local markets, shops and supermarkets are spilling over with freshly-grown produce. This is the time of year when soft fruit such as peaches, plums, nectarines and those delicious little flat peaches called paraguayos are at their very best. You'll also find sweet late season grapes and melons that have ripened to sweet, honeyed perfection.

Then there are crisp, fresh lettuces of several varieties, from the "donkey's ear" romaine lettuces that are standard on the island, to crinkly red and green radicchios, lamb's lettuce, spinach leaves, rocket and lollo rosso. These can be heightened with herbs including chives, thyme, basil, parsley, coriander and sage.

The terrace meal

Whether it's a seafood platter served in the glittering afternoon sunshine with blue sky and white surf in view, or a full English on a warm patio in mid-morning; Lanzarote seems to have been specially designed for eating outdoors on a terrace.

In fact, the coronavirus crisis has only seemed to increase the island's reliance on terrace dining, with many preferring to go in the open air than venture indoors, and local authorities allowing establishments to extend their terrace space.





Café en la calle

Coffee in the street is a Spanish tradition that will never die. It's a welcome break during a busy morning's shopping; it's the chance to chat with a friend or acquaintance; it's a moment to gather your thoughts and just be in the moment; it's a fascinating few minutes of people-watching, and it's also an opportunity to recharge your batteries with a sweet snack or even a plate of tapas.

It's the height of civilization, so stop and catch up with life.

The backyard barbie

Throw your own barbecue, or find a restaurant that does a grill – but the fragrance and flavour of freshly-grilled meat, seafood and veggies is unbeatable. It's also a cultural staple of the island's Argentinian and Uruguayan communities, as well as a staple of the local fiestas that have sadly been cancelled this year.

If you're throwing your own barbecue, why not go a little further than sausages and burgers and splash out on some fantastic seafood or a sumptuous steak. If you're looking for a grill for lunch or dinner, just follow your nose.

A touch of class

Lanzarote does the sit-down semi-formal meal brilliantly, and for a special evening out, you're spoilt for choice. Be shown to your table, seat yourself in front of crisp linen and crystalware, peruse an exquisitely-assembled menu and listen to the waiter's recommendations, raise your glass to your companion and look forward to the culinary treat that's on it's way.

The Summer holidays
may be over,
**but the desire to enjoy
Lanzarote's wines
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Enjoy in moderation.



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Aubergines with honey



Cook's Tip
**Soy sauce is
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substitute for
salt flakes!**

One thousand years ago the largest and most culturally advanced city in the world was Córdoba in Andalusia. This delicious tapas classic from Córdoba uses Arab-influenced cooking techniques on aubergines, which were introduced to Spain by the Moors in the 8th century.

Ingredients

- Aubergines
- Olive oil
- Sparkling mineral water or beer
- White flour
- Water
- Salt and flor de sal flakes to serve.
- Honey (Canarian palm honey or cane syrup for vegans)

Method

Cut the aubergines into medallions or sticks, roughly the same size as British chips. Place them in salted water to remove any bitterness.

Transfer the aubergine pieces to a bowl of sparkling water or beer and leave them for 30 minutes. For some reason this stops them absorbing oil and ensures the final dish is crunchy.

Fill a deep frying pan with 2-3 cms of

olive oil and heat it until a small piece of bread browns rapidly.

Roll the aubergine pieces in flour, covering them well.

Fry the aubergine pieces in small batches, to avoid lowering the heat of the oil. Remove to a bowl with absorbent paper when they are browned.

Drizzle honey over the fried aubergines, sprinkle with salt flakes and serve.

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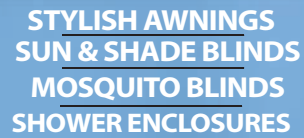
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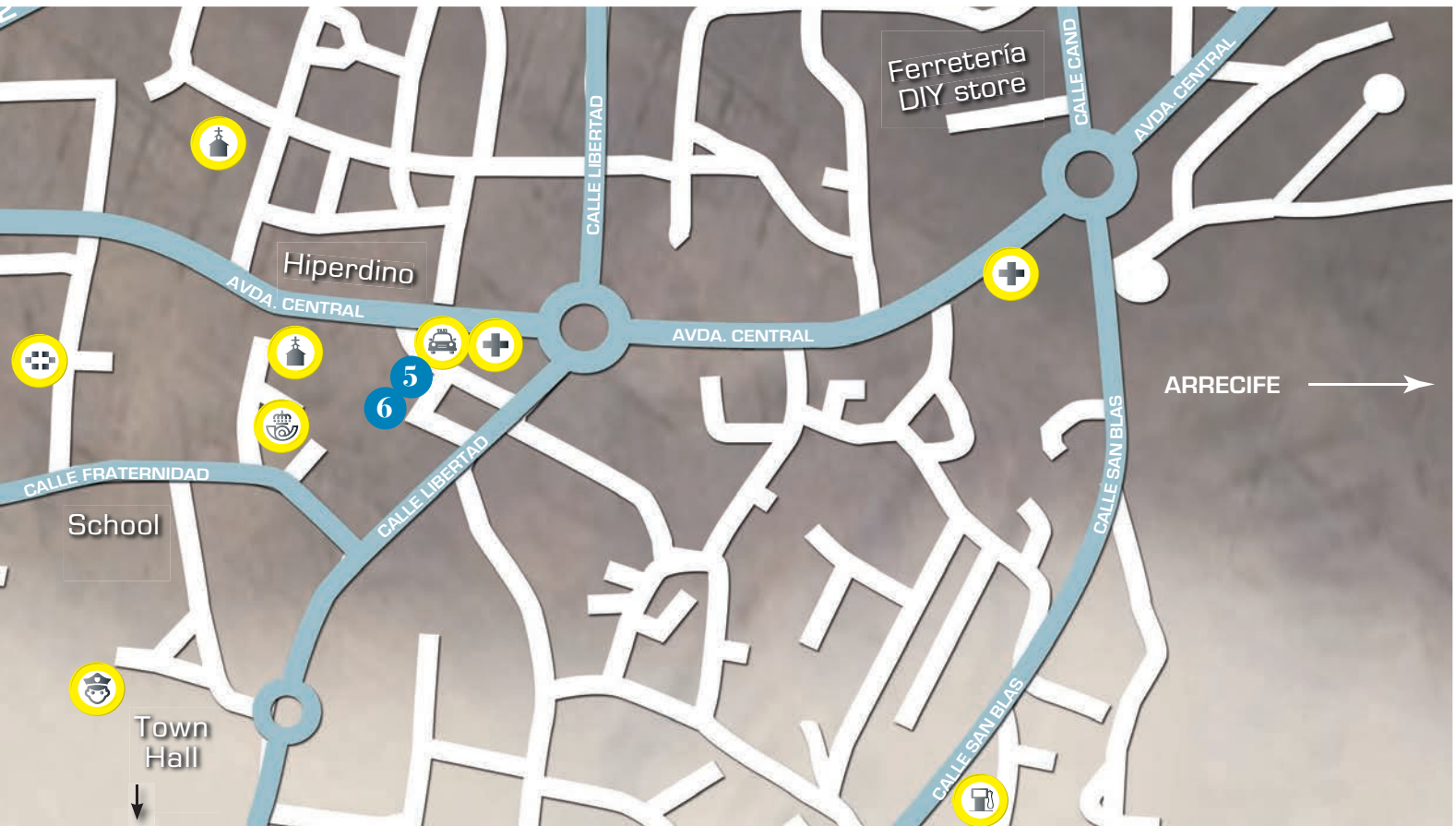


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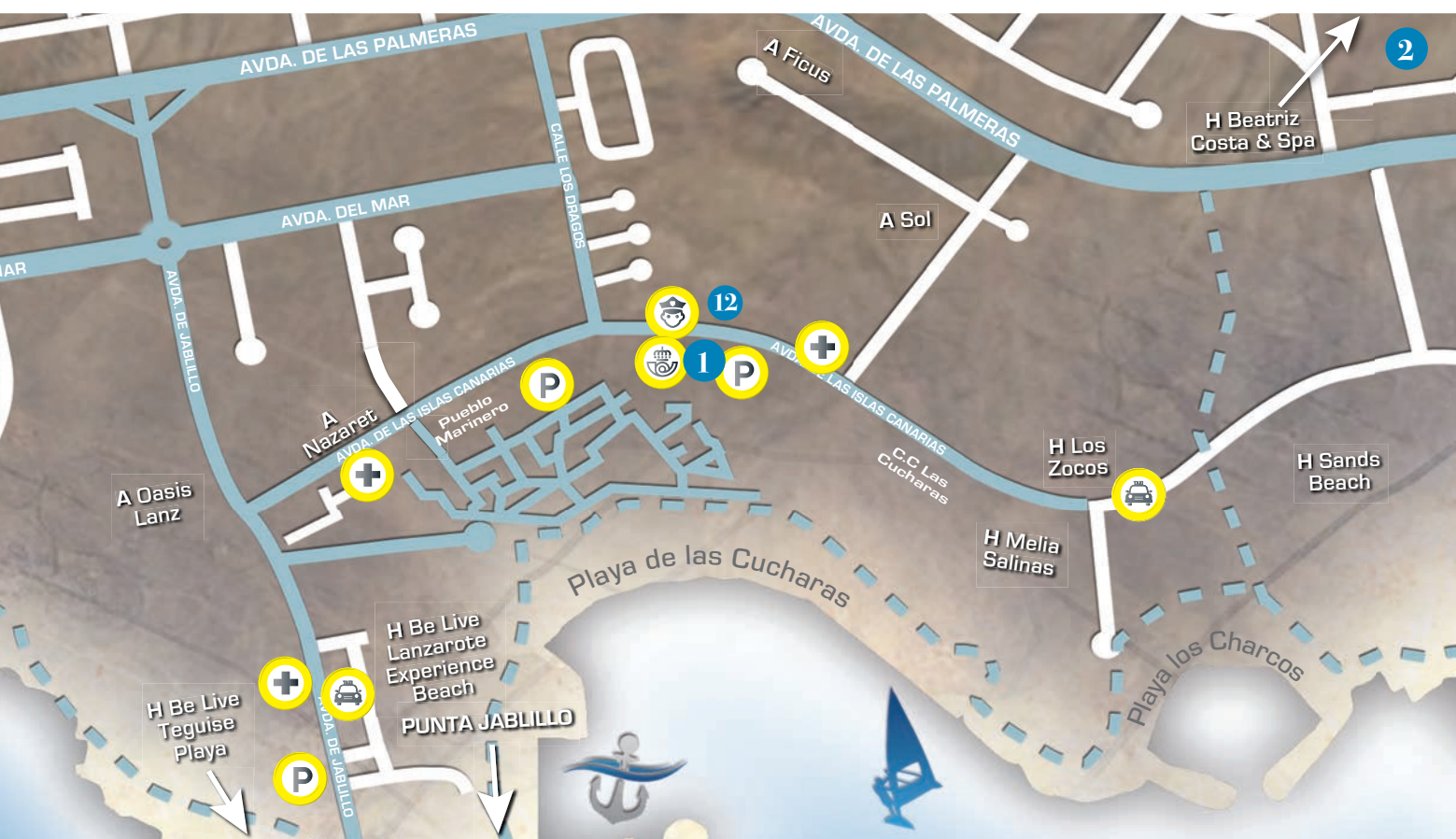


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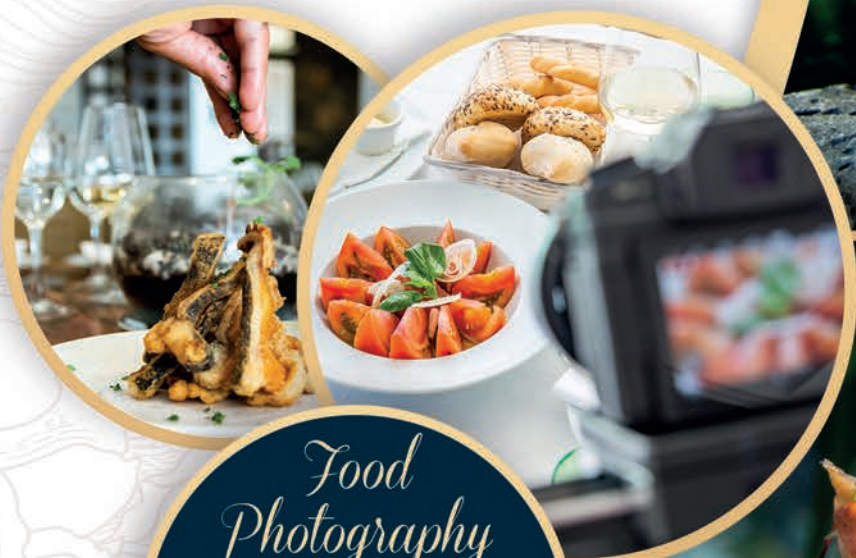


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Property & Home

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Be bold and embrace
Canarian colours



PROPERTY SHORTS

SEEKING SPACE



The lockdown in Spain has increased interest in larger, rural properties with outdoor areas, several estate agencies have reported.

The interest in rental properties has risen by almost 5% since the lockdown. The average rental customer has a medium income and is aged 40 years old. Interest in open air spaces had increased by 6% and is cited as the most important reason for moving by 17% of potential tenants.

Meanwhile, mainland Spain has also seen a large increase in the amount of potential buyers who are seeking properties in municipalities with fewer than 5,000 inhabitants, reflecting an increased urge to leave the big city and move to rural areas. However, this trend has not transferred to the Canaries, or may simply not apply as there are so few qualifying municipalities on the islands.

PARKING IN DEMAND

Parking space could be a more valuable asset in the property market of the future, according to industry experts who have been observing developments in the Far East.

The Covid-19 crisis has caused a marked decrease in the use of public transport, and a related increase in popularity of private transport. Meanwhile, the increase in working from home doesn't necessarily mean that people wish to give up their vehicles.

Parking space in in-demand areas, such as the front-line of tourist resorts or urban areas; and parking spaces



COULD SWALLOWS SAVE WINTER?

The UK government's decision to impose quarantine requirements on arrivals from Spain has been received with dismay in the Canaries, which has been performing far better than the UK. However, neither the UK government, nor the Irish Dail, is showing any signs of changing its mind until the overall Spanish figures go down.

However, the Canaries has one group of visitors who could help improve matters. "Swallows" are older, retired individuals

or couples who usually arrive on the islands to spend the warm winter months.

The safe status of the Canaries could prove an extra attraction for this group, many of whom fall into the groups classified as "vulnerable" to Covid-19. Being retired, the "swallows" are also less likely to worry about whether quarantine restrictions will affect them – an eventuality which is months away, in any case, during which time anything could change.

HARÍA BUILDING BOOST

Haría has reduced the minimum size of a parcel of land to be eligible for construction from 1,000 square metres to 500 square metres, in order to make it easier to build new homes in the municipality.

The amendment to the municipal plan will permit at least 50 houses to be constructed.

Mayor Alfred Villalba said "We're talking about a work of great importance that will make it easier for young people to live in the municipality and will be another step forward in the battle against depopulation that we're facing."

Although the municipality of Haría has increased its population to 5,123, the inland towns of Haría and Máguez have seen a steady decline in population this century. Haría itself has lost 200 residents in 20 years, with just 964 remaining in the town today, while the coastal holiday town of Punta Mujeres took over from Haría as the municipality's most-populated town around ten years ago.



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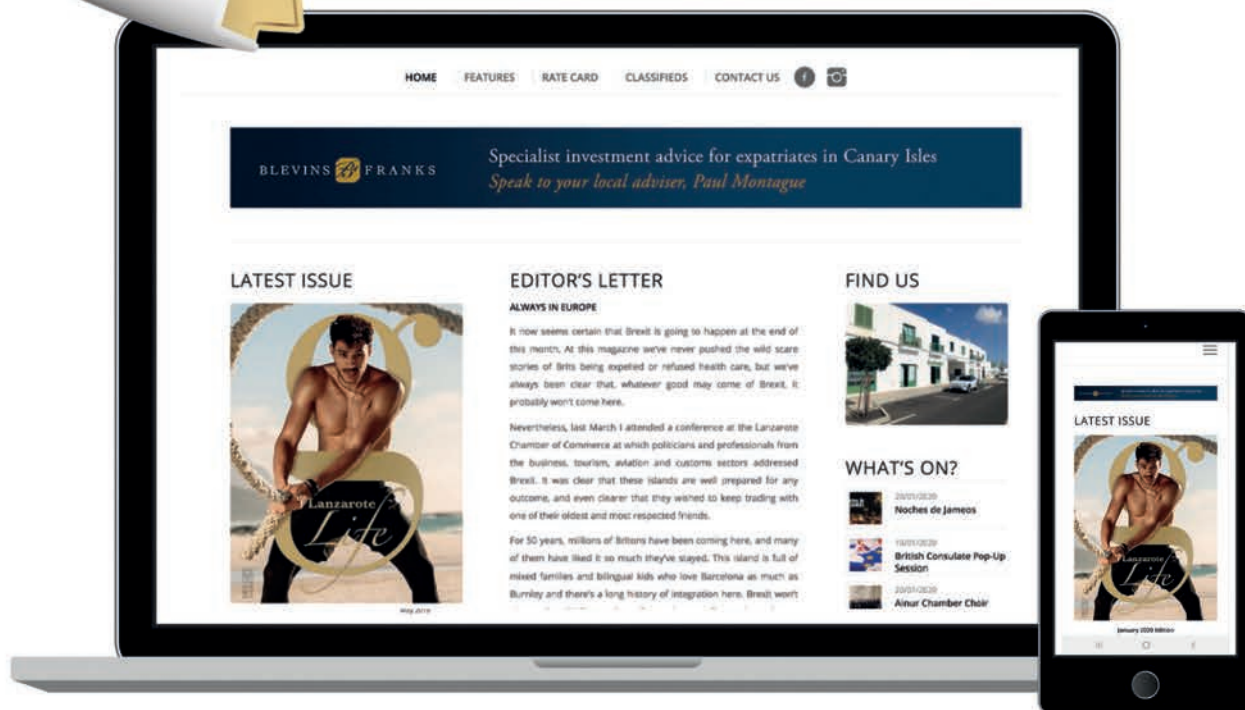


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THE CORONAVIRUS CRISIS AND ITS ECONOMIC IMPACT MEAN THAT, FOR HOMEOWNERS, THIS YEAR IS A TIME TO SIT TIGHT AND HOPE FOR BETTER TIMES. BUT ONCE IT COMES, THE NEW NORMAL IS GOING TO OFFER EXCITING OPPORTUNITIES.

No one was surprised when the lockdown froze the Spanish property market to a complete standstill, and nobody believed that things would magically get back to normal afterwards. However, the UK government's decision to reapply quarantine restrictions on arrivals from Spain came as a real bucket of cold water to a sector that had begun to adjust to the "new normal".

Times are tight, and the sales of second homes had fallen from 12% in 2017 to 9% in 2020 even before the virus hit. A lot of those second homes are bought by foreign buyers, and their figures had already been declining before the lockdown.

Lockdown stopped things dead, closing notaries and making viewings impossible. However, property became a key element of the lockdown as the full extent of Spain's reliance on the rental sector was laid bare. While it was possible to order the banks to grant mortgage relief, the amount of Spaniards who rely on rentals for their income made rent relief prohibitive.

The British government's decision to reintroduce quarantine restrictions on arrivals from Spain has limited any house hunting that was going on, and the property market once again finds itself on hold.

However, the real estate sector is nothing if not optimistic, and many professionals believe that, once the hopefully temporary inconveniences of coronavirus are over, there will be opportunities galore. The current paralysis in the market has been reflected by a paralysis in prices, with many properties still overpriced.

But a new post-Covid landscape will almost see lower prices, a greater volume of transactions and opportunities for those who know where to find them.

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Colour Explosion

On Lanzarote you can leave subtlety, reserve and understatement behind. This is an island where it pays off to make big, bold statements.

Las Palmas is the vivid example of the Canarian love of colour.

Lanzarote's whitewashed exteriors aren't particularly traditional. Before César Manrique approved the colour schemes for the island, homes were painted in all sorts of colours. Take a look at the multicoloured homes spilling down the hills of Las Palmas de Gran Canaria to get an idea of how colourful the Canaries can be.

**"On the Canaries
bright colour is a
way of life."**

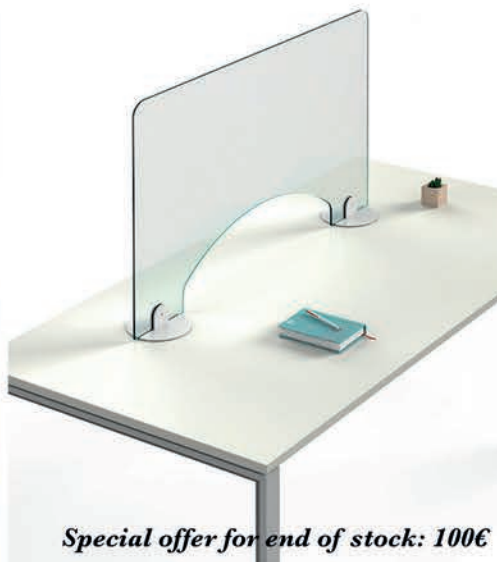
Indoors or on your patio you can use whatever colours you like, and Lanzarote's ebullient atmosphere and in-your-face climate means that shrinking violets need not apply.

This island is just 100 miles away from Morocco, where interiors are often decorated in the richest and most vivid colours and patterns. There are also strong influences from Portugal, especially in the use of brilliant blue tiling. The warm, toasted colours of terracotta and ochre reflect the strong shades of iron and sulphur that can be seen in volcano country, and all you have to do is pop your heads underwater to enter another, brilliantly coloured world.

Then there's a whole modern Spanish aesthetic based around bold, bright colour, from the paintings of Joan Miró which inspired Manrique to the film sets of Pedro Almodóvar and the designs of Agatha Ruiz de la Prada.

Forget about subtle matches and complementary colours – just go for it and embrace the whole paintbox.





Shades and space



We've spent so much time indoors this year that we ought to know our interiors backwards, but it seems as though familiarity often breeds contempt. So brush up on some the basic rules of design and look at your living space again...

Light colours

Widespread on new-builds on Lanzarote and elsewhere, white walls and windows give you an immediate sense of space, reflecting natural light and making us think places are bigger than they are.

Dark colours

Dark colours do the opposite, making spaces seem smaller, cosier and more intimate. You'll often see this in traditional Spanish bedrooms where people go to hide from the midday heat. One of the reasons we repaint nurseries is to address that need for cosy privacy, and even teenagers who paint their room black have picked up on the idea.

Ceiling matters

A darker ceiling will feel lower, and can be used to provide a cosier, more intimate atmosphere. If you already have a low ceiling, you may want

to do the opposite – paint it a lighter colour than the walls to give the illusion of space above.

Playing with space

Painting a back wall and the ceiling will broaden a room, making it feel wider as it stretches out to the light-coloured walls on both sides. Paint those side walls dark and your room is narrower.

A darker coloured back wall will make a space feel shorter, while a lighter one draws eyes to that wall and turns it into a highlight.

Another way of shortening walls is to paint the bottom third of the wall darker.

The power of darkness

All the above advice applies to rooms lit up by natural daylight, but you can create completely different effects with lighting after dark. In fact, darkness itself can be used to give the illusion of almost infinite space outside illuminated areas.





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The straight and the curved

There's a common belief that curves are natural while straight lines and geometric shapes are artificial. Neither is true, but both elements can make all the difference to your outdoor space.



SOLID GEOMETRY

Straight lines are more common in nature than we think, and that's especially true on Lanzarote. First there's a permanent ocean horizon visible from most of the island, just one of many straight lines imposed by the force of gravity.

Other straight lines can be seen in palm leaves, agave plants, the oddly geometric branches of the Canarian pine and on spider's webs. Then there's the symmetry that marks almost every living animal to a greater or lesser extent. Whether it's a human being or an ant, there's an invisible straight line along which both sides of the creature's body are reflected.



Symmetry is one of the easiest ways to spot living things in nature, and geometric shapes also indicate the presence of life, whether it's the triangles, cones and spirals of seashells, the countless examples of spheres and circles found in the natural world or the sharper angles of straight lines calm us and fill us with a sense of order. It's that feeling of organised fulfillment we get when folding a sheet, straightening papers or making a bed. If the lines are nice and straight, something is going right, we think.

A straight line is also the shortest distance between two points, a naturally efficient one-dimensional edge that means no mess, no frills. And it's that which explains why straight lines are so fashionable in today's outdoors furniture.

The trend for sharp edges and straight lines has always been with us, but has been accentuated recently with the rise of infinity pools, decking and other simple, stunning linear elements.

It's also a style that works brilliantly on Lanzarote. This is an island of stark contrasts and vivid colours, both of which lend themselves to the minimal geometrical style.

CURVED

We think curves are natural because curves are what we're made of. They form our earliest subconscious memories and are full of associations that are comforting to us: curves are welcoming, yielding, erotic, fascinating and aesthetically pleasing in a completely different way to sharp edges and straight lines.

And nature is full of curves. Rounded leaves, the swell of a wave, the plume of a cloud, the sleek musculature of fish and animals, the dip of a bird's beak, the bowed stem of a flower.



“Let long lines & curves impose their beauty without interruption.”

USING LINES AND CURVES

The key here is contrast. An exterior where only straight lines are visible will be too austere for many. But just one well-selected curve can throw the whole thing into relief. Similarly, too many curves can feel a bit “beanbaggy” and straight lines are required to bring a bit of discipline and order to a space.

The most important thing of all is to let your lines and curves speak for themselves, and to do that you need to eliminate visual clutter. Keep things as simple as possible, and avoid broken, uneven visual planes. These are fine in a subtle, overgrown rambling garden, but not so much on a Lanzarote poolside.



In our gardens and patios curves can be simply stunning when used correctly. A simple look at the way César Manrique uses rounded shapes at Jameos del Agua or Mirador del Río will show how they can provide a fantastic, space-age atmosphere, but they’re also there in natural lime kilns, windmills and the domed chimneys of San Bartolomé.

The current fashion for wicker furniture is the perfect excuse to put curves in your outdoor space, with this material especially suited to sinuous, undulating shapes. But curves can come in wood, metal, plastic and several other materials, too.



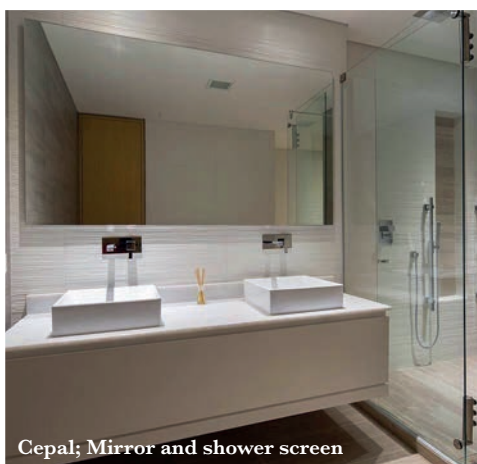
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A proper shower



ON LANZAROTE, HEAT, SWEAT AND DUST ARE CONSTANT COMPANIONS AND WATER IS A PRECIOUS RESOURCE. YOUR SHOWER IS ONE OF THE MOST VITAL FIXTURES IN YOUR HOUSE, SO SHOULDN'T YOU SPEND A LITTLE TIME AND MONEY GETTING IT RIGHT?

On Lanzarote, heat, sweat and dust are constant companions and water is a precious resource. Your shower is one of the most vital fixtures in your house, so shouldn't you spend a little time and money getting it right?

At its most basic, your shower will be a cheap attachment to the taps in your bathtub: At its most luxurious, we're



“On Lanzarote, a decent shower is an absolute godsend.”

looking at high-pressure massage jets in a large wet room. There's a happy medium to suit your budget, of course, but ask yourself a simple question: how many people have you heard complain about spending too much on a decent shower? This is an investment that will delight you every day.

If you're short of space, it's worth asking the question: do I really need a bathtub? If you like a long, luxurious soak (or if you have smaller children) then the answer's clear, but if you prefer the fresh, invigorating blast of a shower, losing your bath in favour of an enclosed shower may be a brilliant choice.

However you develop your shower, you'll need a shower screen or even a cubicle. Made of tempered glass, this is one of those jobs that you shouldn't attempt to DIY – a professional installation will ensure absolute safety, watertightness and elegance.

Showers aren't just for indoors, either. If you have a pool, a hot tub, or just live an active outdoor life, you may want to install one outdoors to allow to rinse off before entering the house. Once again, glass will guarantee the best-looking, longest lasting result.

Fighting damp

Lanzarote's heat and the moisture of a shower can combine to cause ideal conditions for mould, so get into the habit of wiping your shower screen and walls down with a squeegee, and drying off joints with an old towel.



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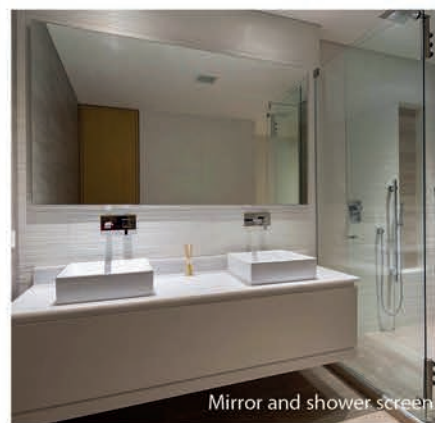
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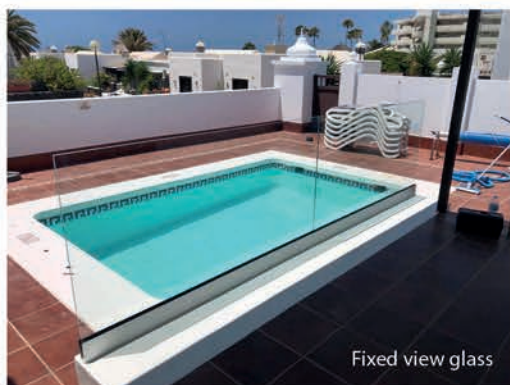


Protection screen



Mirror and shower screen

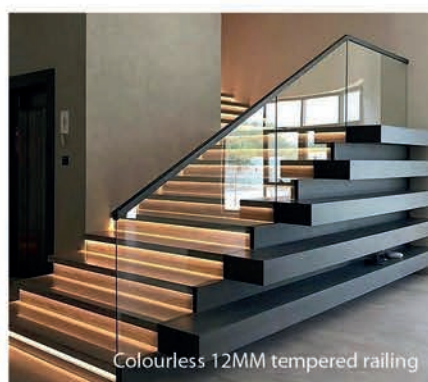
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Caterpillar

As well as flowers and plants, your Lanzarote garden is full of enemies and friends: creatures that can break your heart or save your skin. As you get used to gardening here, you'll get to know many of them, but here are the main friends and enemies you'll encounter.

Enemies

APHIDS

Aphids are greenfly, and also come in several varieties. They all, however, suck sap from plants, damaging buds and weakening plants. Aphids are no defence against aphids – in fact, ants often defend aphids from other predators, as they “milk” their sweet honeydew.

Aphids can be controlled with Bacillus thuringensis pesticides, soap spray, and ladybirds.

WHITEFLY

Whitefly are a widespread pest of tomatoes and courgettes. They suck the sap of plants, weaken them and transmit viruses.

They can be controlled with Bacillus thuringensis pesticides and insecticidal soap.

THRIPS

Small insects that lay their eggs in plants and damage them with their bites. There are several varieties of thrip, and they can be a real pest.

Thrips can be controlled with Neem oil.

CATERPILLARS

Several varieties of caterpillars can be found on Lanzarote, and they attack all types of plants, especially the leaves.

You can pick them off by hand, use Bacillus thuringensis pesticides or apply Neem oil

TOMATO MOTH

The curse of Canarian farmers in recent

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Gecko



to climb walls, and are an undoubted asset in your garden. Unfortunately, if you have a cat you may have to forget about having geckos.

“The Canary gecko is a reliable ally.”

LIZARDS

The local lizards are generally the gardeners friend, eating insect pests. However in dry spells they can also nibble fruits or leaves for moisture. Leave a little water out in a sheltered place for lizards to avoid this.

SPIDERS

Spiders eat flies, but they also eat a wide variety of insect pests. If you see a spider in your garden, leave it alone. It's on your side.

HEDGEHOGS

In rural areas where snails and slugs attack plants, hedgehogs can be a real help. A little cat meat will keep them hanging around.

years, the tomato moth is a new arrival that is incredibly difficult to eliminate. So widespread that many local tomatoes are sold with the dark spots caused by the moth's larva, which people just cut away from the rest of the fruit.

Fortunately, its more likely to go for large crops of tomatoes than individual plants in your garden. By the time you've discovered it, it's usually too late.

MINER FLY

A strange pest that attacks vegetables and ornamental plants, laying eggs in the leaves which are marked with strange “pathways” burrowed by the larva. Leaf miners are hard

to get rid of, as they are hidden inside the leaf, but two or three applications of Spinosad can work.

Friends

LADYBIRDS

Ladybirds are not only beautiful, they're voracious predators whose favourite food is greenfly. Much loved on Lanzarote, where they're known by the delightful word *sarantontón*, ladybirds can occasionally arrive in huge swarms.

GECKOS

These likeable little lizards live under rocks and other covered places, and venture out at night to catch insects. They're famous for their ability

Ladybird









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FOOTBALL

LANZAROTE SHAPE UP FOR 2020/21

51-year-old Josu Uribe will be leading the Rojillos into their 2020/21 campaign, reports Ian Lane.

The veteran manager from the Asturias region of north-east Spain has had many highlights during his 30 years as a coach, most notably in 2002/03 when he led UD Las Palmas to fifth spot in Segunda A (Spain's second tier). However, the following season he went one better, taking unfashionable Madrid side Getafe CF to the promised land, finishing the season in second spot and sealing automatic promotion to La Liga for the first time in the club's history. Getafe have spent just one season out of the top flight since.

The Spanish Football Federation have not yet confirmed when the season will begin. If all goes well, though, mid-October seems to be the unofficial kick-off date.

The club has so far signed 14 players, the last

of which was midfielder Kilián Benítez. The 24-year-old joined the Rojillos last January but because of Covid only managed to play six matches. In every game he impressed the Lanzarote fans, and this has to go down as a super signing for the club.

On an extremely sad note the Lanzarote Ladies team and our Regional Lanzarote B team have had to be sacrificed for the forthcoming season. The sole reason is financial: the club cannot gamble its existence with what has happened this year. Funding has almost dried up, so the club has had to take the decision to withdraw these two teams and hopefully bring them back at a later date, as happened with the B side during the financial crisis.

The club will be introducing its first new shirt in three seasons to commemorate its 50th Anniversary, and this is due to be available in early September from the shop in Costa Tegui together with some new polos and other products. All details can be found on www.lanzarotefootball.com



Kilián Benítez

Official shirts & club merchandise are available from Ian on 0034 649963943, info@mercancialanzarote.com, at www.lanzarotefootball.com or shop at C.C. Nautical 25, Costa Tegui Monday 10 am - 7 pm, Saturday 10 - 1.30. from August 10th.

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GOLF NEWS

HOTEL GRAND TEGUISE PLAYA TROPHY

On 7th August, Las Palmeras Golf Society was sponsored by the Hotel Grand Tegui Playa for a long-awaited tournament that had been postponed twice because of the pandemic. A record number of golfers competed eagerly for two great prizes: a hotel weekend for two, and dinner for two in the Malvasia restaurant. The format of the competition was stableford and because of the high number of players, the Costa Tegui Golf Club allowed teeing off from both the first and the tenth tees. Midsummer is hot and very dry in Lanzarote, but the golf course is still in good shape. Alex, the greenkeeper, and his team are doing an excellent job. Working at dawn and dusk, these workers don't usually get the recognition that they certainly deserve.

The competition was fierce and only a single point separated the top two golfers. Winning

for the second time this year, Anne Rees, from Güime, scored a very good 35 points, playing off 23.2. Her new handicap is now 21.6. Anne joined Las Palmeras Golf Society only recently and with two wins in two months, she has shown that she is a force to be reckoned with! In second place was Ricardo Whitlock with 34 points. The trophies and prizes were presented by Melo Hernandez, the Society's Captain.

*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.***



Winner Anne Rees with Captain Melo Hernandez

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CAR KIT



On Spanish roads, there are four things that all drivers must carry in their cars at all times. After that, there are also several items that it's a good idea to have to hand when you're driving on Lanzarote.

COMPULSORY ITEMS

Documents

It is obligatory to carry the technical documents (green sheet) of the car and the permiso de circular (licence to circulate) at all times. Also, a valid ITV sticker, if applicable, must be visible, and proof of insurance and local car tax must be carried.

Spare wheel

Make sure the tyre is kept inflated and be sure you have a jack and a wheel spanner, too. More recent cars come with

an anti-puncture spray kit, which seals tyres and allows you to briefly inflate them. These are permitted in place of spare wheels, but are no use for blow-outs.



Reflective jacket

Always keep this inside the car where you can reach it, as it is illegal to leave the car without it to fetch it from the boot. It's a good idea to keep at least two jackets to hand, and more if you habitually drive with more passengers.

Warning triangles

Two triangles must be carried, and each one must be placed 50 metres ahead of and behind a stationary vehicle. Spain's Traffic Department plans to phase out triangles in favour of amber flashing lights by 2025.

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RECOMMENDED ITEMS

Spare bulbs for headlights

Since 2010 these are no longer compulsory, but can come in very handy indeed.

Spare glasses or contact lenses

If your vision is impaired, it's a good idea to keep a spare set of specs on hand. It is not, however, obligatory by law.

A petrol canister

A plastic container will be useful if you ever run out of petrol.

Mobile phone

Be sure to have fast access to the numbers of your insurer, a tow-truck firm, your mechanic etc. A smart phone can also be useful as a map, a camera and a torch.



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FERNANDO'S BACK

Spain's greatest motorsport driver, Fernando Alonso, will return to Formula 1 next season. The 38-year-old will partner Frenchman Esteban Ocon at Renault following the announcement of Daniel Ricciardo's departure for McLaren.

Alonso won the F1 Drivers' Championship with Renault twice in 2005 and 2006 and his return after two years of retirement will be eagerly received in Spain, where the working-class lad from Oviedo remains one of the country's most popular sporting heroes.

Nevertheless, he will have his work cut out. Alonso has not been on a podium since 2014 and the Renault team have not ended up on the podium for almost 10 years.



SUBJECT YOUR PET

Spain's RAC has revealed that one in three drivers take their pets in their car on occasions, and 11.5% of them put the animal in the boot space without any restraint as required by law. 1.1% take the animal on the passenger seat.

Over 90% of pets in car are dogs, but several other species were mentioned. The RAC stresses that carrying dogs in car without restraining them with a harness or putting them in a box can be extremely risky both for the pet and the driver.

A correctly restrained pet will not cause damage to the driver or other passengers in the event of a collision or emergency stop; it will be safer and more secure, and it will be less distracting for the driver.



ROAD DEATHS DOWN, BUT CITIES WORSE

The Traffic Department has released statistics showing that road deaths fell by 3% in Spain last year.

53% of deaths were "vulnerable road users" (pedestrians, cyclists and motorcyclists), the first time in history that this group has accounted for more than half of fatalities. A quarter of all deaths are motorcyclists.

Deaths fell on interurban roads but rose in urban areas, with pedestrians over the age of 65 accounting for over 70% of pedestrian fatalities. The deaths in urban centres are the highest proportion of all fatalities ever, suggesting that future road safety campaigns are likely to be focused in towns and cities. In terms of deaths per million citizens, Spain's figure of 37 is identical to Germany's and better than France, Belgium and Italy.



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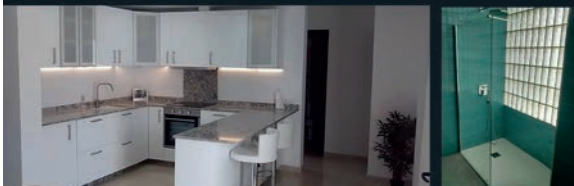


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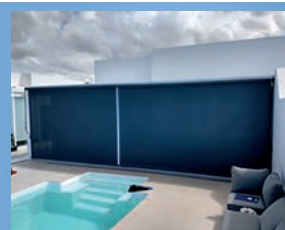
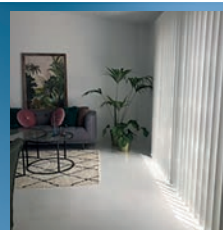
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Need to Know



BACK TO SCHOOL

This strange and bewildering year saw children leave their schools for lockdown in March. Half a year later they'll return to a very different scenario (see our feature on pages 12 and 13, but certain things will remain the same. Here's how to ensure everything's in place for the new school year.

CHECK YOUR CHILD IS REGISTERED

Give the school a buzz and ensure that your children are registered for the new school year. This should have been done before the summer, but there was the little problem of the lockdown then.

MEALS AND TRANSPORT

Find out what provision for school meals and school transport is available early on. There should be room for everyone in the dining room and bus, but you know how it is.

GET UNIFORMS

Find out what uniforms and sports equipment are required. Some schools and some age groups don't need them at all. The school will often provide recommended suppliers, but that doesn't mean you shouldn't shop around elsewhere.

TEXT BOOKS

Spanish schools charge parents for text books and materials. This bill arrives at the start of the first term and will usually account for at least €200. There are grants available for poorer families, but you need to get on that right away.

ACCESSORIES

Spanish schoolkids often resemble wartime refugees, carrying immensely heavy backpacks of books on their shoulders. You'll need a strong, tough bag; and you'll also need to get some tough footwear for kids, especially younger ones. Lanzarote does not go easy on shoe leather at the best of times.

CHECK UPS

Book an appointment with your child's pediatrician to ensure all jabs are up-to-date and the kid's in good health. It's also a great idea to book dentists and optician's appointments.

DAVE BURTON THE LAST FLIGHT HOME



One of the last Easyjet planes arrives.

Dave Burton and his partner were enjoying their holiday on Lanzarote when the lockdown happened, and the couple were among the last departures from Lanzarote before the island went into total lockdown. Shay Rourke spoke to him.

You were holidaying here before the likelihood of a countrywide lockdown was announced. That must have been an uncertain time?

Our feelings changed quite dramatically; we had been apprehensive before the holiday as we dreaded it would have been cancelled due to the virus. But at that time it was a small story.

We had jokingly listed which hotels we could camp in if we had to stay on for a couple of days. However, things suddenly became very real when we were told not to leave our hotel room unless it was for food or exercise.

No one expected the virus to bring the world to a standstill. What was the feeling amongst other holidaymakers?

We all expected it was a minor blip and we'd be back on our way home soon enough, despite the panic in the UK. The feeling from the residents seemed similar. We got talking to a waiter, he seemed to shrug off any concerns saying, "Lanzarote has different laws". He wasn't concerned whatsoever!

One of the photos you've submitted is of a plane taking off. When was this? Was the airport busy at this time?

The picture was taken on the first day of the lockdown, the 14th. The planes just kept coming in. At one point there were six planes taking off one after

another with 2-minute intervals.

Could you see the lockdown beginning to take effect?

There was a feeling of change when I walked down to the seafront, no one on the beaches (apart from a keen swimmer taking his chances), restaurants shutting and local police taping off commercial streets.

When it was your time to fly home, was the airport busy?

It was crammed! The busiest I have ever seen it. The use of masks had started to pick up, but they were still the minority. Other than some tourists choosing to wear masks, there were no safety measures at all. Tensions were high in the queues with plenty of impatient passengers desperate to go home. The airport wasn't short of arguments, that's for sure!

We all had to wait our turn to fly, ours took a very tiring 36 hours. There were three flights with our carrier, and we were on the last one. We were lucky, though. Some flights were being cancelled as we waited in the airport.

Was your flight empty or full?

The flight was around midday and was full. In the end it was just a normal scheduled flight out of Lanzarote, albeit the last one. We were both relieved and saddened to step on onto the plane and watch Lanzarote get smaller as we ascended into the clouds.

Despite all of this, we will continue to come back to Lanzarote year on year. We've got a week booked at the beginning of September and we're keeping our fingers firmly crossed.



Bathing forbidden!

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



Tide Times September 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: 01:34 L: 07:37 H: 13:45 L: 20:04	2.5 0.6 2.8 0.4	17	H: 01:43 L: 07:50 H: 13:59 L: 20:16	2.9 0.2 3.2 0.1
2	H: 02:07 L: 08:10 H: 14:19 L: 20:35	2.6 0.5 2.8 0.4	18	H: 02:23 L: 08:30 H: 14:40 L: 20:57	3.0 0.1 3.2 0.0
3	H: 02:38 L: 08:42 H: 14:50 L: 21:06	2.6 0.5 2.8 0.4	19	H: 03:03 L: 09:11 H: 15:21 L: 21:37	3.0 0.1 3.2 0.1
4	H: 03:08 L: 09:12 H: 15:21 L: 21:35	2.6 0.5 2.8 0.5	20	H: 03:44 L: 09:54 H: 16:04 L: 22:20	3.0 0.2 3.0 0.3
5	H: 03:38 L: 09:43 H: 15:51 L: 22:05	2.6 0.5 2.7 0.6	21	H: 04:27 L: 10:39 H: 16:50 L: 23:05	2.8 0.4 2.8 0.5
6	H: 04:08 L: 10:14 H: 16:23 L: 22:36	2.5 0.6 2.6 0.7	22	H: 05:14 L: 11:29 H: 17:41 L: 23:56	2.6 0.6 2.5 0.8
7	H: 04:40 L: 10:47 H: 16:56 L: 23:09	2.4 0.8 2.4 0.8	23	H: 06:09 L: 12:30 H: 18:45	2.4 0.9 2.2
8	H: 05:14 L: 11:24 H: 17:33 L: 23:47	2.3 0.9 2.2 1.0	24	L: 00:59 H: 07:18 L: 13:51 H: 20:12	1.1 2.2 1.1 2.0
9	H: 05:56 L: 12:10 H: 18:21	2.2 1.1 2.1	25	L: 02:26 H: 08:49 L: 15:29 H: 21:51	1.2 2.1 1.1 2.0
10	L: 00:36 H: 06:51 L: 13:15 H: 19:31	1.2 2.0 1.2 1.9	26	L: 04:00 H: 10:18 L: 16:52 H: 23:08	1.2 2.2 1.0 2.1
11	L: 01:49 H: 08:12 L: 14:46 H: 21:07	1.3 2.0 1.3 1.9	27	L: 05:12 H: 11:23 L: 17:50	1.1 2.4 0.8
12	L: 03:22 H: 09:44 L: 16:16 H: 22:32	1.3 2.0 1.1 2.0	28	H: 00:00 L: 06:02 H: 12:11 L: 18:32	2.3 0.9 2.5 0.7
13	L: 04:42 H: 10:56 L: 17:21 H: 23:32	1.1 2.2 0.9 2.2	29	H: 00:40 L: 06:42 H: 12:49 L: 19:07	2.4 0.8 2.7 0.6
14	L: 05:39 H: 11:50 L: 18:11	0.9 2.5 0.7	30	H: 01:12 L: 07:16 H: 13:22 L: 19:38	2.6 0.6 2.8 0.5
15	H: 00:20 L: 06:26 H: 12:36 L: 18:55	2.5 0.7 2.8 0.4	31		
16	H: 01:02 L: 07:08 H: 13:18 L: 19:36	2.7 0.4 3.0 0.2			

H=High Tide L=Low Tide



September is the month when I take my holidays and here in Lanzarote we usually see the bluest skies, stunning sunsets and plenty of sunshine. The sea temperature is also just lovely as it has had all of summer to soak up the sunshine. I reported last year that both Tropical Storm Gabrielle and Lorenzo made their way across the Atlantic, luckily for us the only side-effect was some warmer weather at the end of the month, thanks to the anticyclone pushing up some

warmer tropical air our way.

Tropical storms and hurricanes do peak in the Atlantic this time of year, mostly starting off the coast of the Cape Verde islands which are situated to the South of us. Usually they follow a trajectory taking them towards the Caribbean and America, and so away from our shores.

Temperatures in September are always pleasant. The trade winds tend to drop away and we can see highs exceeding 30 degrees, particularly if there is a calima. Nights remain warm, often in the low twenties. Last year we saw a little rain - not common at all for September, but we finished with highs of 32 and a real feel of 35 degrees, so here's hoping for a repeat of that.

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

What to Expect in September



Day Time Temps

28°C (Ranges from 25°C to 30°C)



Night Time Temps

Average 21°C (ranges from 19°C to 22°C)



Sunshine Hours

9 hours



Sea Temp

22°C



Rain

0 days



Wind

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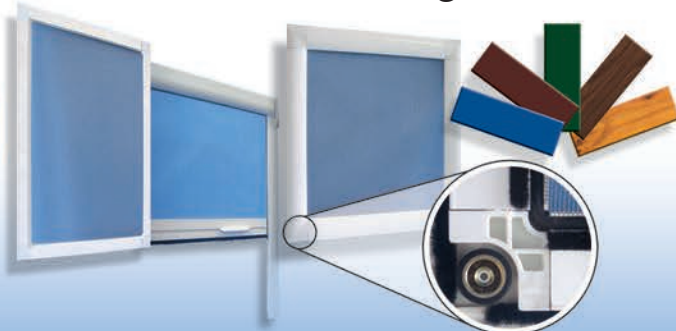


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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM



Aries

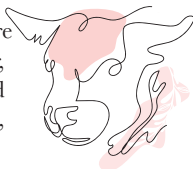
(21 MAR - 19 APR)

Oi, wake up, Aries! Yes you! You've been in a world of your own recently, and while that has been fun and fruitful, now's the time to come back down to Planet Earth. There's loved ones who need attention and a bit of paperwork to sort out.

Taurus

(20 APRIL - 20 MAY)

If you think this month is uneventful, then you're not approaching it correctly, Taurus, look closer, pay attention to detail, think before you speak and be considerate, and you'll reveal a world of small, intense and deeply rewarding pleasures.



Gemini

(21 MAY TO 20 JUNE)

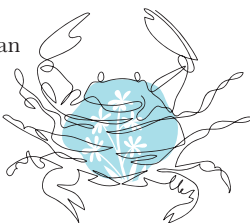
Normally, taking risks works for you, Gemini, but this month it's best not to try anything too daring. Flashy new dance moves may leave you flat on your face, but if you just keep things simple and stick to what you do best, you'll impress.



Cancer

(21 JUNE TO 22 JULY)

You're zinging this month, Cancer, full of an exciting new energy that you don't quite know how to harness. Don't worry – soon you'll find the right opportunity to let it all out, and until then, just enjoy the bubbling sense of potential and anticipation.



Leo

(21 JULY TO 22 AUG)

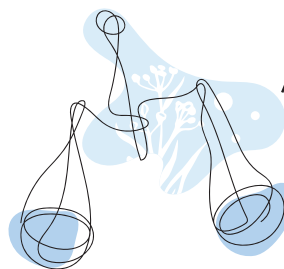
Make sure you get enough sleep this month, Leo. You'll need the energy for a month that will be hectic both personally and professionally. It's going to be a lot of fun, but you need to make sure you're in good shape to deal with all the crazy that comes your way.



Virgo

(23 AUG TO 22 SEPT)

You don't generally work with a broad brush, Virgo, but this month you'll need to skip some of the details if you want to get something done. The good news is that, as you're such a stickler for detail, you'll know which ones you can skip.



Libra

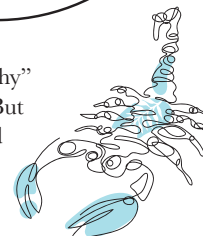
(23 SEPT TO 22 OCT)

Freedom can be every bit as complicated as commitment, Libra. This month, it's time to balance your independence and your desires with the promises you've made. Finding your way forward may be painful, but the pain will heal and you will flourish.

Scorpio

(23 OCT TO 21 NOV)

You've always been more of "once bitten, twice shy" type than an "if at first you don't succeed" type. But this month it will really pay off to give a second chance to a relationship that started off on the wrong foot.



Sagittarius

(22 NOV TO 21 DEC)

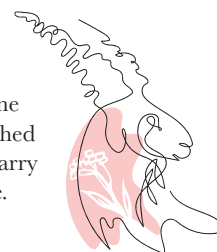
Don't stop doing what you're doing, Sagittarius. The problem is you may not even know you're doing it. Your charm and appeal is immense right now, so don't make any radical changes to your social life and say yes to new opportunities.



Capricorn

(22 DEC TO 19 JAN)

Once in a while it's a good idea to take some time to wallow in the past, Capricorn. Enjoy unabashed nostalgia and look back on those glory days, then carry on recharged and inspired for more glory to come.



Aquarius

(20 JAN - 18 FEB)

If you've ever wondered what a water-carrier does, now you're about to find out, Aquarius. You'll be given responsibility for something incredibly important, and your care and sure-footedness means you'll do the job perfectly. Take a bow.



Pisces

(19 FEB - 20 MAR)

Time flies when you're having fun, Pisces, but the opposite is the case when you stub your toe. This month will drag at the beginning, as you find yourself lumbered with some boring duties, but the pace will pick up as enjoyment multiplies.

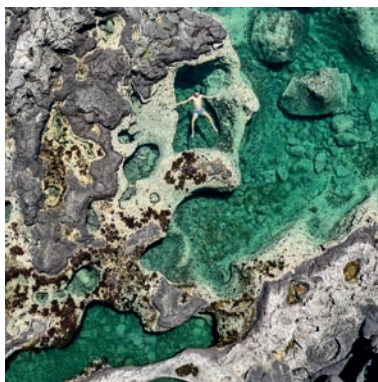


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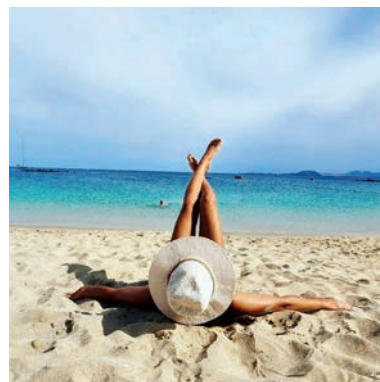
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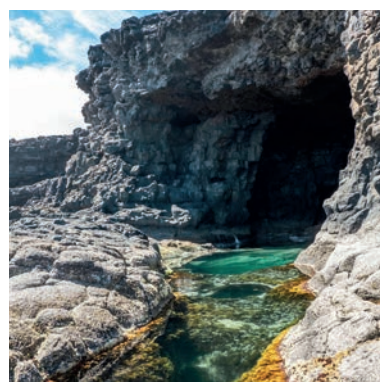
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