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Contents

September 2023

GAZETTE LIFE

SPREADING THE WORD

Ed's letter

Delivering last month's Gazette Life magazine was a challenge, I have to admit. Lugging heavy boxes around the resorts in 40 degree heat is no one's idea of fun, and doing it with relaxed tourists all around doesn't help – that beach and those ice-cold drinks are so near, yet so far...

Then there's the magazines themselves – plenty of people tell us that they're amazed that a glossy, quality product like ours is available for free, but that glossy cover also means they slip and slide around all over the place when you're carrying an armful. If you're a fan of Charlie Chaplin-style slapstick comedy, just follow us on a delivery run.

But delivery is still a part of the job we enjoy - a chance to get outdoors, see friendly faces, maybe catch up a little. And we're always impressed by the welcome we get – the monthly arrival of the new magazine is still an event on Lanzarote, eagerly looked forward to by thousands on the island.

Of course, we've also expanded online, so that people can get even more up-to-date news and information. Our weekly email newsletter has been a big success, and we'll shortly be introducing a more comprehensive version that will be available for a small charge.

We're going great guns on Facebook and Instagram, our website is visited by thousands every week and our online operations are only going to increase. But there'll always be a place for a real magazine, in your hands.

And in all those different ways, we're spreading the word. Letting the world know all about this amazing island, the pleasures it offers, the fantastic businesses that operate here and, above all, the people who make it such a fantastic, welcoming place to live and visit.

This month, we look at how health, fitness and wellness have defined and transformed Lanzarote. We also look at the school year ahead, and have a chat with the only woman Mayor left standing on the island. There's plenty more to keep you occupied, though, so until the next time we come tottering around under a pile of magazines, enjoy!

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WATER WORRIES



The desalination plant between Arrecife and Costa Teguise.

Lanzarote's water situation caused deep concern in August as repeated cuts in the supply affected towns and villages during the hottest time of the year. But despite stopgap measures, the underlying problems facing Lanzarote's water suppliers and consumers are still not being addressed.

Canal Gestión, the private company that provides most of the island's water, and the Lanzarote Water Consortium – a board comprised of politicians – claimed that last month's shortages were due to maximum demand in the island's peak tourist season. This, combined with the damage and repair of a mains pipe serving the north of the island, meant that water reserves were almost exhausted.

Most cuts were experienced in smaller outlying towns and villages, as priority is given to the island's resorts which are the heart of the island's economy, and the capital of Arrecife, where most of the population live.

In mid-August the Cabildo ordered two desalination plants that will produce a further

5,000 square metres of water a day to help deal with the shortages. President Oswaldo Betancort said “This is the only solution to water supply in the short term, and will avoid the unwanted situation of water shortages as well as tackle the absolute neglect of water management on Lanzarote and La Graciosa.”

That neglect goes back years, and is the responsibility of successive Cabildo governments. The contract signed with Canal Gestión in 2013 included requirements for increases in water bills, allowing investment, repair and maintenance of the system. But politicians have kept the price of water constant for eight years, fearful that a price rise might lose votes.

Now, a court has ruled that the Consortium

owes around €15 million to Canal Gestión, and it is likely that this will have to be paid for with price increases that could add up to 25% onto water bills.

In addition, it has been estimated that around €90 million will be required to repair and update the mains water system on Lanzarote, which currently loses 56% of water produced, mainly to leaks. Canal Gestión, which suffered heavy losses because of the pandemic and the increased energy prices following the Ukraine war, is hardly in a position to make such an investment.

Lanzarote's water problems have been brewing for years, first with the mismanagement and corruption in the public water utility Inalsa, then with a hugely controversial privatization, and subsequently with the neglect and inaction of politicians. Now, it seems the chickens are coming home to roost.

LOCAL NEWS

SAVE THE RED TINDERBOX

Ecologists In Action have called for a halt to building works that are taking place between the Monumento al Campesino and La Florida, which they claim are endangering a rare plant that is native to Lanzarote.

Helichrysum monogynum, known as Red Tinderbox, is a small shrub with

reddish cotton-like flowers that only exists in three locations in the world, all of which are on Lanzarote.

Ecologists In Action have called for the area where the plant is found to be protected, with the halting of works and exclusion from classification for agricultural use.



ROMAN REMAINS ON LANZAROTE



Archeologists have discovered evidence of links between the earliest inhabitants of Lanzarote and the Romans.

A site at El Bebedero, near Tiagua, has revealed

headstones and tools made of polished basalt and an almost-complete Roman amphora.

According to Pablo Atoche, head of the team from the University of Las Palmas de Gran Canaria which has been carrying out the excavations, the findings provide important clues to the nature of trade between islanders and the Romans in a time period from the first century BC to the 4th century AD.

Although written accounts show that the Romans knew about the Canaries, evidence of their presence has been limited to a settlement on the Isle of Lobos. This is the first indication that there were closer relations between Lanzarote's natives and the Roman empire.

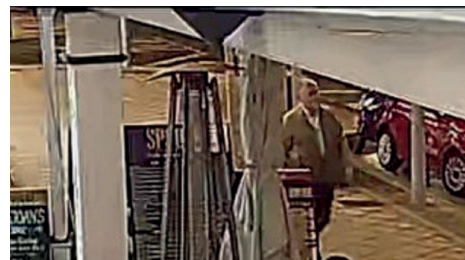
HAVE YOU SEEN THIS MAN?

Police are seeking a man who appeared in newly-released security video footage, who may have information on the disappearance of Gary James Shearer, the Scot who went missing in Puerto del Carmen on St Patrick's Day.

Gary was last seen outside Bar 67 on the Avenida de las Playas on the night of 17th March, but despite various searches, no trace of him has been found.

The new photos show a heavy-set man of around 60 years of age, with a dark complexion, greying hair and a tan sports jacket.

If you can help to identify this person, or have any other information which may be of value, contact the Guardia Civil's Missing Persons and Homicides Unit on 928 32 04 00 (extensions 617063 or 1617061) or email: gc-cmd-palmasgrancanaria-pjpersonas@guardiacivil.org



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CHARCO JETTIES PROPOSAL

The Charco de San Ginés is one of Arrecife's picture postcard locations, with dozens of small boats bobbing haphazardly on the lagoon.



However, a new plan, commissioned by the Cabildo and published by Diario de Lanzarote, suggests that a series of jetties could be installed to reduce littering and free the Charco for other uses.

The plan aims to reduce pollution in the Charco, especially after heavy rainfall. Dredging has been ruled out as it may affect seaweed colonies, and there are also no plans to reopen water access to Puerto Naos, which could bring more pollution.

Regulation of the boats on the Charco has been minimal, and many vessels are unauthorized. The study claims that installing jetties will remove the "tangle of ropes", and allow a cleaner, less cluttered Charco to be used for several activities.

SÁNCHEZ IN HARÍA

Spain's acting President, Pedro Sánchez, took time out from trying to form a new Spanish government to spend a few days on Lanzarote last month.

Sánchez and his family stayed at the "King's House" in Costa Teguise, as he has done on previous vacations to Lanzarote.

During his visit he was seen at the Saturday market in Haría, with the well-known Spanish film director Alejandro Amenábar (director of acclaimed films such as *The Others*, *Mar Adentro*



and *Abre Los Ojos*), who was also holidaying on the island.

LANZA FEELS THE HEAT

Lanzarote suffered an intense heatwave in August, which reached a peak on Saturday 12th, with temperatures over 40 degrees registered in some parts of the island.

A red alert for heat was issued for the Saturday, and outdoor daytime activities were cancelled. No victims of the heatwave have been reported, although a 40-year-old tourist was believed to have died of heatstroke while exercising in the south of Fuerteventura.

KENNEDY IS SPAIN'S CHAMPION

Kennedy Denby became the fastest female 400 metres swimmer in Spain last month, winning Gold at the national championships in Malaga.



A nail-biting final saw Kennedy in second place for almost all of the race, before a final surge saw her win by fractions of a second.

It's an astonishing achievement for the swimmer from Costa

Teguise's Nadamas club, but no surprise to islanders who have seen her smashing record after record.

We'd like to congratulate Kennedy, and proud dad Mark and wish her all the best for the future.

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ISLAND INFO

TO LOS DOLORES!

Lanzarote's biggest fiesta takes place at Tinajo and Mancha Blanca this month, as the island celebrates its only official miracle – the appearance of the Virgin Mary to a young 18th century shepherd girl, which prompted the building of the lovely church at Mancha Blanca.



On 9th September, that church will be the destination for thousands of islanders, many of whom will make the pilgrimage (Romeria) on foot, wearing traditional dress and celebrating on the way.

One week later, the immensely popular Colombian singer Juanes will put on his famous Camisa Negra and perform a big concert on the night of the 16th. Juanes is the biggest performer to appear on Lanzarote for several years, and is also likely to attract huge crowds.

If you plan to go to either weekend event, check road closures carefully and look into the bus services that are laid on from larger towns on the island. And don't forget to wear traditional clothes for the Romería!

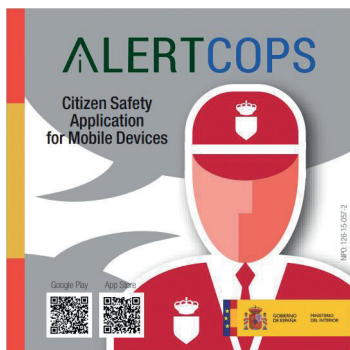
During the week of the fiesta, there'll be several other events and the hugely popular craft fair will be open all week. It's a fantastic event, and we recommend it highly.

ALERTCOPS

The British Embassy has recommended the use of Alertcops, a smartphone app that puts you directly in touch with police and security forces in Spain.

Alertcops is a police and Guardia Civil app that allows you to report crimes, missing persons and other matters directly to the forces involved. To use it, register, open the app and press the specific alert button in its icon menu. This way your position will reach the nearest control center.

You can send images and videos, indicate if the alert has happened to you or you have witnessed it. Your position and your data will be sent to the State Security Forces and Corps. More info: <https://alertcops.ses.mir.es/publico/alertcops/en/>



LICENCE DEADLINE EXPIRES

If you were resident in Spain before 16th March this year, you will no longer be able to drive on a UK-issued licence from 16th September, and must exchange your UK licence for a Spanish one as soon as possible.

Tourists and short-term visitors will be able to use UK licences, and residents who registered after March have six months from the date of registration to exchange their licences.

The Spanish government has confirmed that over-70s with expired licences can exchange their licence on the condition that the licence expired after they became resident in Spain.

For more information, go to the Driving in Spain page on www.gov.uk

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HAPPY ANNIVERSARY, THREADS!

The Gazette would like to congratulate Threads in Puerto del Carmen, who celebrate their 6th anniversary this month.

Threads are one of the only shops on Lanzarote that sell clothing and homewares from well-known UK high street shops such as Next, Matalan, Gap, Dunelm, M&S and many more. Over the years they have made a name for themselves for their quality products and are trusted by residents.

Here's to many more anniversaries!

A SPECIAL DAY FOR MILANO HOME FACTORY

Milano Home Factory, the superb furniture and homeware store next to the Cepsa petrol station on the Arrecife-San Bartolome road, only opened under its new name in 2019, but it's already impressed islanders in search of quality and value.

That's because the shop is just the latest venture by Ainara Muebles, a family business that is currently celebrating its 50th year.

From 1973 to today, Milano has seen it all, doing it all and is still standing strong. Congratulations!



CAT & DOG OF THE MONTH

CAROLINA

Carolina is an absolute sweetheart. This 12 year old Pitbull-mix came into the shelter in a terrible condition a few years ago; covered with scars and other wounds. But this 'abuelita' is so trusting and gentle. Because of some mobility issues she would benefit from going to a property on the ground floor. She is on SARA's PAP scheme, which means the shelter will provide any veterinary care she might need in the future. Find out more about her at www.saraprotectora.org or book an appointment on 928 173 417 (English spoken). Dog walkers welcome from 10.30 13.00 Monday-Saturday (Saturday by appointment only). If it is your first visit, please bring ID.

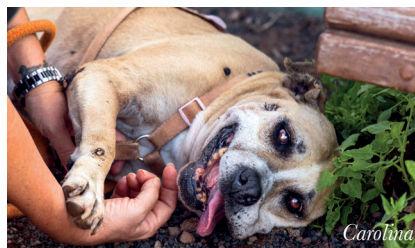
BORA

Bora is a stunning-looking black cat. She is a little shy, but inquisitive and very affectionate with those she knows. Not even 4 years old yet, she has a lot of love to give. Bora is also on the PAP scheme because she needs medication for epilepsy twice a day.



However, all costs are covered and training will be given on administering medication. Find out how to meet her and about adoptions at www.saraprotectora.org.

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



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"MAINTAIN AND IMPROVE"

Tegui's new Mayor, Olivia Duque, has 12 years of experience as a councillor at Tegui Ayuntamiento. During her time as Culture Councillor, she oversaw initiatives such as the Pirate museum, the Noche Blanca and the Timple Museum.

In May's elections, her party colleague in the Coalición Canaria, Oswaldo Betancort, stood down as Tegui Mayor in order to present himself as candidate for the presidency of the Cabildo. This allowed Duque to stand as Mayor.

Although the Socialists won most votes in the election, an agreement between the Coalición Canaria, the PP and Vox has permitted the CC to maintain control of Tegui council. We spoke to the new Mayor at the council office in Costa Tegui last month.

Congratulations on assuming the Mayorship. You're the first woman to do so in Tegui, aren't you?

Yes. Since Astrid Pérez stood down in Arrecife, I'm also the only female

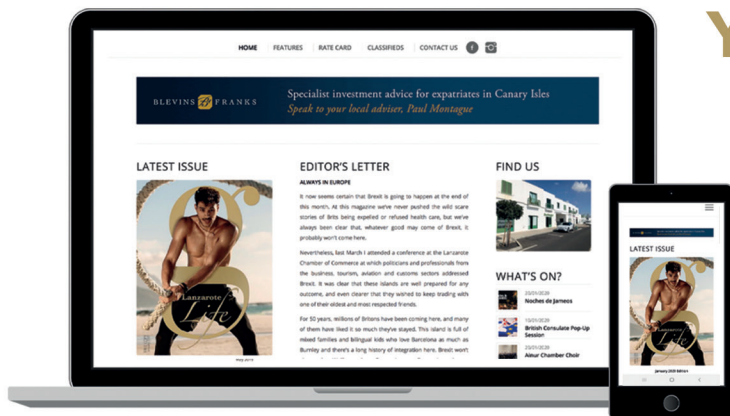
Mayor on Lanzarote. I like to say I'm the best Mayoress on the island!

Was becoming Mayor an ambition of yours?

Not really. I just wanted to continue to do my job well and it made sense.

You've been criticised for accepting the support of the far-right Vox party in order to govern, giving it its first real influence on Lanzarote. What do you say to that?

I'm not a person who bans or vetos. I believe strongly in pluralism and representing as many voters as possible, and I'm well aware that many people in Tegui aren't seeing their votes reflected in the council. But at this local level, what we do is more to do with people than party politics. Ginés, the Vox councillor, is



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a person who has understood that the municipality must improve, and has chosen to join that project.

You can't do anything without stability. We no longer govern with a majority, but I hope we can maintain this stability.

What are your priorities for the next four years?

Our main goals are to maintain and improve what we've got, rather than take on any big projects. Currently, the only large project planned is the Sports pavilion in Costa Tegui.

There's a 15 million Euro cleaning contract coming into effect in September, and we want to make sure that that helps to improve our towns and the resort of Costa Tegui.

What things outside your control would you like to see change?

Housing is one. Building is up to the Canarian Government, and all we can do is offer land for projects,

which we've already done. We have to look at the situation, and perhaps consider aspects such as controlling holiday rentals, but it's important that people can come and find somewhere to live in Tegui, and that it is affordable.

Public transport is another. It's increasingly important for tourism, as well as for local residents, and areas like Tegui, and the smaller towns such as El Mojón, Teseguite also require a better service.

Unlike the last four years, you now have party colleagues from the Coalición Canaria in charge of the Cabildo and the Canarian government. Do you think this will mean Tegui will get more attention?

Yes. We're the biggest municipality on Lanzarote, with the second-highest population, and I'm confident we'll get much more of the things we want.

Is the Food Fair an example of that? Tegui complained



The Food Fair will return to Tegui in November.

bitterly when the last administration removed it from Tegui last year.

Yes. It'll return to La Villa de Tegui, I think in November.

You've been in charge of commerce for a while. How do you see that developing? What has been the response to the decision to remove market stalls from the old town?

The Sunday market remains popular, but more tourists are

visiting us during the week these days, too. That means several shops and restaurants are deciding to open in the week.

We changed the market because we wanted to let people see the historical part of the town better, to enjoy one of the most beautiful towns in Spain. Nevertheless, we have taken the decision to extend stalls to some areas where it doesn't interfere with the charm of the town.

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ROCK OF AGES

A small landslide on the beaches of Papagayo last month did not, fortunately, injure anyone, but it highlights the nature of Lanzarote's geological make-up.

The rockfall at Papagayo



The Famara cliffs, ancient and crumbling



The landslide occurred near the campsite at Playa de Papagayo, with several large rocks tumbling onto an area where witnesses claimed that people had been seen just previously. However, emergency services and a council digger confirmed that no one had been injured in the rock fall.

Landslides on Lanzarote are extremely rare, and there are no records of anyone being injured by a naturally-occurring event. However, erosion is a constant process on all of the Canary Islands, and landslides are one of the natural results of this.

A visit to the western island of La Gomera highlights the issue. This western island is basically an ancient volcano that is gradually crumbling into the sea. Almost all the roads wind between steep crags, and local authorities are continuously clearing small rockslides from the highways. On Lanzarote, you can sometimes see similar small rockfalls on the bendy LZ 10 road leading down to Haría or the LZ 207 to Tabayesco.

On Lanzarote, the areas where erosion is happening most noticeably are the oldest rock formations, such as the cliffs of Famara and the Ajache mountains near Playa Blanca. This is because they are largely made of sedimentary rock that has been raised from the seabed, which is naturally more crumbly than the basalt that forms the more recent volcanoes. In the Ajache mountains, you can even find fossils and shells from ancient beaches that are now hundreds of feet above sea level.

But erosion affects volcanic rocks

too. A recent example is the road near Los Hervideros, which has been closed to traffic for several years since a sinkhole appeared, caused by the endless pounding of the waves.

On Lanzarote, a landslide is probably one of the last things you have to worry about, but to be absolutely safe it's a good idea to avoid steep rocky areas during or immediately after heavy rainfall. It's also wise not to clamber on rocks

— the only example of a serious injury we know of occurred when a tourist climbed an artificial wall in Costa Tegui, dislodging a boulder.

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ANIMAL WELFARE LAW



You will by no doubt be aware that the new Animal Welfare law kicks in from the 29th of this month and one of the requirements of all dog owners is mandatory Public Liability insurance. Given the number of dogs on the island, we have decided that for every Public Liability policy that we write, we will donate €5 to one of the registered dog charities on the island. Each policyholder may decide which charity their contribution will go to if they so wish!



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WALKS: PAPAGAYO TOUR

The stunning beaches of Papagayo are usually accessed by car, but discovering them on foot will give you a much better idea of this mind-blowingly beautiful part of the island, and save you paying the entrance fee, too!

The starting point for this walk is the Playa de las Coloradas, the black sand beach in front of the Sandos Papagayo Hotel. There's plenty of parking around here, or you can catch the Playa Blanca circular bus to the Las Coloradas stop and walk down.

Alternately, the official path starts behind the hotel. It's signposted and is just off Calle Las Palmeras on the road to the hotel.

From the beach, face the sea and head left. You'll immediately need to scramble up a small rise at the end

of the beach, where you'll find yourself on the clifftop.

Whichever route you take, you'll reach the first beach, Playa de las Mujeres, after about 500 metres. Descend to the beach past the remains of an ancient fortification.

If you want, and only if the tide is low and the sea calm, you can scramble around here to explore the Cueva de Agua (Water Cave). It's a small cave with a natural central column, and great for photos, but take care on slippery rocks (you may find it easier to swim or wade round).

Carry on along Playa de las Mujeres, Papagayo's longest beach at 400 metres. There are a couple of coves hidden at the far end, but if you do explore them you'll have to go back to the beach to climb to the clifftop again.

Another 500 metres on you'll go down to Playa del Pozo, passing one of the most important archeological sites on the island to your right.

WALK INFO

Length: 6 kms

Time: 3-4 hours

Terrain: Sandy tracks with a little light scrambling over rocks if you want.

Equipment: Sun protection, water, snacks, swimming costume. We'd recommend a good pair of trainers that can be removed to enjoy walking barefoot or wading.



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'PLAYA DEL POZO IS WHERE THE FIRST CONQUISTADORES LANDED IN 1402.'

This is where the French conquistadores who first put ashore on these beaches in 1402 built a settlement and sunk the storage wells that give the beach its name.

Playa del Pozo is a large beach that's fairly far from the car parks. This means it's often quieter, and it's also the most popular naturist beach at Papagayo. At the end of the beach, you can climb back up the cliff or scramble over rocks at low tide, again taking care. This will reveal two lovely little coves.

The next beach is Playa de la Cera, small and almost always filled with tourists. It's a stunning beach, usually with several sight-seeing boats bobbing offshore.

Carrying on, you can climb up to the headland and enjoy the Mirador de Papagayo, located just along from two beach bars, or chiringuitos, where you can stop for a drink or meal if you like.

The next beach is Playa de Papagayo itself, always popular and protected by a natural reef that makes bathing safe even when waves are pounding other beaches. Although "papagayo" means parrot, it's fairly certain that the beach is named after the colourful parrotfish that inhabit the reef.

From here you can explore the rest of the headland, and Lanzarote's southernmost tip, but apart from the amazing views, there isn't much else to see apart from cliff edges and scrubby desert.

It's definitely worth seeing Playa Caleta del Congrio, though. This is Papagayo's "forgotten beach", tucked away on the opposite side of the headland to Playa de Papagayo. It's always less crowded than the other beaches and is another favourite for naturists.

From here it's just a matter of heading back, pausing to bathe, relax and take all the time you want along this beautiful chain of beaches.



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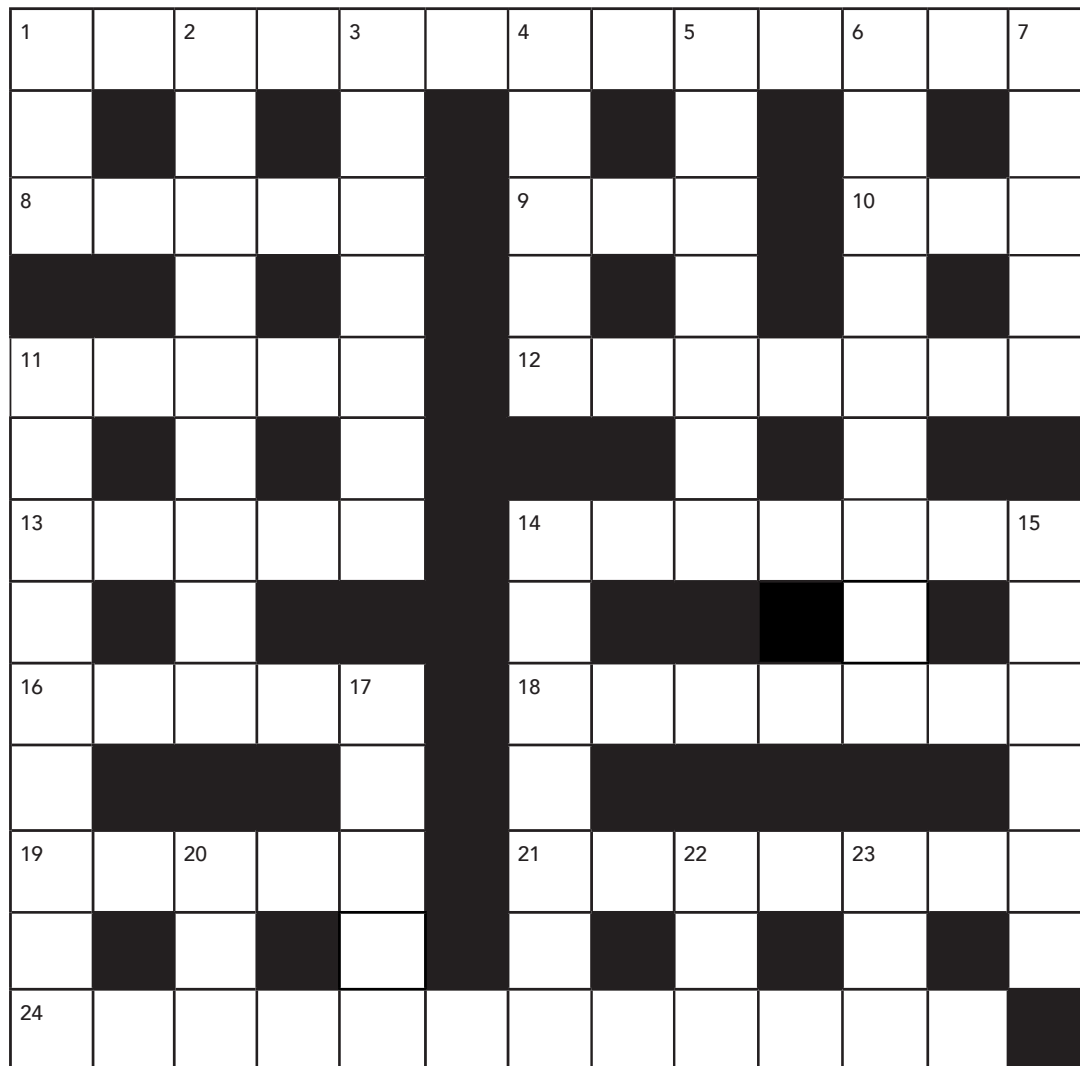
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Prize Crossword



LANZAROTE
DENOMINACIÓN DE ORIGEN



We know how much you like to exercise your brains, so this month's crossword features an extra challenge, with several numbers as well as letters. Once you've completed it send your answers to us at editorial@gazettelife.com (mark email "Crossword" or Whatsapp to 628628083 by the 15th September. One winner gets a bottle of La Geria wine, and another a €10 voucher for Hankey Pankys in CC Montaña Tropical in Puerto del Carmen.

Last month's crossword winners were Nigel from Costa Tegui, who wins a bottle of La Geria's legendary Lanzarote wine; and John Herbert of Tías who gets to sit down at a table at Hankey Pankys.

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

ACROSS

1. English title of Nena's 1983 hit (2,3,8)
8. 2002 film starring Eminem (1,4)
9. Hideous creature in the Lord of The Rings (3)
10. Nickname of Cristiano Ronaldo (1.1.1)
11. Punctuation mark indicating a pause (5)
12. Seven plus eight (7)
13. Requested (5)
14. Selects items for an exhibition; or assistant priests (7)
16. White wading bird seen on Lanzarote (5)
18. Barbie's full name is Millicent Roberts (7)
19. Hangman's knot (5)
21. US highway from Chicago to LA where you get your kicks (5,2)
24. 2004 rom-com with Drew Barrymore and Adam Sandler (2,5,5)

DOWN

1. Most landline telephone numbers in Lanzarote begin with these three numbers (1.1.1)
2. Someone who magically brings business (or wet weather) (9)
3. Action film that shot Bruce Willis to stardom (3,4)
4. Cool, distant, uninvolved (5)
5. Name for Satan that means "morning star" (7)
6. Large group of musicians (9)
7. 1995 thriller with Brad Pitt and Morgan Freeman (careful!) (5)
11. Iconic fragrance worn by Marilyn Monroe in bed (6,2,1)
14. 1972 Bob Fosse film which won 8 Oscars (7)
15. "If The Kids Are United " punk band led by Jimmy Pursey (4,2)
17. Belonging to them (5)
20. Fool, clumsy idiot (3)
22. ... Thurman, Kill Bill actress (3)
23. Adam's partner (3)

Last month's answers Across: 1. Angela Bassett 8. Noisier 9. Quinn 10. Yap 11. Goldeneye 12. I Hear 14. Rascals 16. Ewing 18. Essence 20. Trilogy 21. Tommy 23. Simply The Best
Down: 1. Aunty 2. Glimpse 3. Lying 4. Burglar 5. Sequels 6. Exile 7. Tennessee 12. Ikettes 13. Rag Doll 15. Anna Mae 17. Idiom 18. Egypt 19. Satie 22. Yet

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At the Hispano Británico, your children can truly aspire to greatness.



Anny Weng pulverises the world record for subjects taken with A*, or grade 9 grades this year.

In their dreams - children think that they can become rich and famous by becoming a star of stage, on the Internet, or on the football field, but this invariably remains - in their dreams.

BUT - there are now ways where children, with hard work and a good education, can have their dreams of wealth and fame come true.

Top scientists are regularly paid €250,000 per year, but since 2006, China

has been attracting thousands of scientists from around the world by paying them four times this salary. Last February, Joe Biden became tired of losing all the best brains in the United States and brought in the "Chips and Science Bill", to ensure that their own scientists could obtain the same salary and stop the brain drain.

The salary war is now on and the best scientists throughout the world are suddenly being paid according to their talent and their value to society. These scientists can aspire to salaries of over €1,000,000pa, and for the whole of their lives. Whilst it is almost impossible for the ordinary youngster to become a world class sports person, it is relatively easy to become a top scientist. All you need is the right type of education.

You need a degree from one of the top Science universities around the world:

In spite of what you might read in the published rankings of the top universities, according to UCAS statistics, there are just three universities which will **only** accept students with an ability of grade A* in their Science course subject - and they are all in England. Some twelve universities in the world will **only** accept students with a grade A ability in their Science course subject and they are all in England. Only five universities in the world will **only** accept students with a grade B ability in

their Science course subject and all bar one are in England.

If each of these 20 universities accept on average just 100 students on their course, then only 2,000 students per year will start in a university where everyone has at least a grade B ability in that Science subject. These will all have the possibility later on in life to access the €1,000,000pa career.

With systems of basic education of just ten years and a broad subject based baccalaureate, children from schools in the US, Europe and other developed countries, simply cannot have the acquired knowledge in the course subject to be able to access these universities. No student from the US, or European systems of education has accessed a first degree Science course at Cambridge university in the past three years. The statistics are public - read them for yourselves.

Of the University entrants at the Hispano Británico this year, 66% have obtained at least a grade B in a Science subject.

In our experience, to obtain a grade B in a subject at A Level, one has to have an A*, grade 9, or a minimum grade 8 in the subject at GCSE.



Lara Matuk also passes 17 subjects with grades A*-B.

According to Ofqual statistics, the average number of GCSE subjects taken by sixteen year old students in Britain in 2022 was eight, with only 500 students sitting 12 or more subjects. Of these 500, only 13 obtained grade 9s in all subjects taken.

In 2022, our Daniela Sánchez Pla passed 17 subjects at GCSE, of which 13 were A*, or grade 9. She was just 14 years of age. This year, Anny Weng has passed 17 subjects, 16 of which were at A*, or grade 9.

Over the years, the Hispano Británico has attracted some of the most outstanding teachers, who work to a unique variant of the British system of education. It produces results that are second to none.

Number of GCSEs taken in 2022, by 16-year-olds, in England

Average number of GCSEs taken by 16-year-olds, from 2018 to 2022, England only

Number of GCSEs taken	Number of students*	%
1	8,500	1.4%
2	11,500	1.8%
3	10,000	1.6%
4	10,850	1.7%
5	18,900	3.0%
6	50,300	8.1%
7	106,650	17.1%
8	154,700	24.9%
9	163,050	26.2%
10	75,850	12.2%
11	11,550	1.9%
12 +	500	0.1%
Total	622,350	100%

2018	8.09
2019	7.90
2020	7.84
2021	7.85
2022	7.78

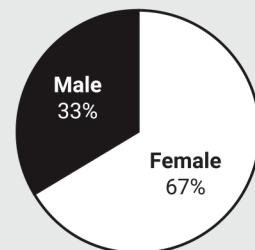
No summer exams in 2020 or 2021

*Numbers of students have been rounded to the nearest 50. Because of rounding percentages may not add up to 100.

ofqual

Students from Lanzarote, pulverize the All grade 9s in all subjects taken in 2022, 16-year-olds, England only

Number of GCSEs taken	Number of students
7	130
8	209
9	708
10	945
11	188
12+	13
Total	2,193



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We are compiling a CHB Alumni section on our Website and we would be delighted if such ex-students could contact us on alumni@chb-online.com

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 (CAIE), Pearson examinations and Trinity examinations. It is a UCAS centre for university entrance, an examinations centre for the Open University and the Goethe Institute. Since 2014 the school has been authorised by the British Government as a Centre for the instruction of teachers in their postgraduate year.

In 2020, authorization was obtained to offer BTEC qualifications up to 2nd year university level.

The school 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.**



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

***Only four of this year's cohort
will 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
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Back to School

September brings the end of the seemingly endless 10-week Spanish summer holiday, as kids once again pack their satchels and rucksacks and head back through the school gates.

Schools will open on Monday the 11th of September, and the island holiday on Friday means it'll be a short week.

For parents, it's a time to get prepared. There'll be uniforms to sort out, bags and stationery to get kitted out with and, a little later, schoolbooks to buy and extra-curricular activities to choose from.

For all these matters, it's advisable to get in contact with the school in question to sort out any doubts. Lanzarote's longstanding multinational community means all schools on Lanzarote are used to receiving children from all over Europe and further afield.

Roger Deign, headmaster of the Colegio Hispano Británico in Puerto del Carmen, will be welcoming 60 to 70 new pupils this month, in addition to the several hundred who will return to learn in 1,200 lessons at 30 separate levels of education every week.

"I always look forward to it," says Roger, "and it's usually a very smooth operation. The parents and children know where to go and what to do."

Health is also a consideration for parents returning their children to school, and schools may ask parents to show their children's vaccine records. Independently

of this, it's always a good idea to get children's eyes tested on a yearly basis.

Lanzarote's children, and the professionals who teach them, do the island proud year after year, and they don't receive nearly enough recognition for their achievements. Even less credit goes to the parents who often make huge sacrifices for their children.

But for most, seeing their young family grow, develop, learn, soak up language, culture and new experiences, all of which will set them on the path to a rewarding future is reward enough. Have a wonderful year!



PLAYA BLANCA



Ed's Postbag



Readers are reminded that views and comments expressed within the Ed's Postbag page are those of the contributors and may not necessarily reflect the opinions or standpoint of our staff. It should also be noted that we are an independent publication free from political persuasion or governmental censorship.

SCOOTER PURGE

Dear Gazette,

My wife and I come to stay in Lanzarote whenever we can, stopping in Puerto del Carmen.

What a difference this last holiday in July not to have to contend with the scooters up and down the Playa!

They have been an absolute menace, I myself was nearly bowled over on the crossing near the Biosfera when three sped past inside vehicles that had stopped for me crossing the road to the clinic there. We both

hope and pray that this situation is permanent and not just an interlude like it's been in my home town Birmingham.

Do you know if they're due to make a return or not? Doubtless we'll find out when we return once again.

Regards Terry & Carol Coates

Ed: Hundreds of scooters have been removed by the authorities, mainly because they have no licence and do not pay taxes, but also because of complaints such as yours. Some authorised scooters are still available, but they are now subject to stricter road traffic laws.

CHARCO SHOCK

Dear Gazette,

I read your Facebook report that there are plans to install jetties in Arrecife's Charco where the little boats can be moored. Are they mad? This would ruin one of the most charming views on the island.

Yours, Neil T.

Ed: It's an idea, not a plan, Neil. The Cabildo commissioned a study into ways as to how to stop littering and mess in the Charco, and this was one of the suggestions. Any future decisions will be taken with the agreement of local businesses and associations, and the tourist appeal of the picture-postcard aspect of the Charco is sure to be a major factor.

TATTOO QUERY

Dear Editor

I'm thinking of getting a tattoo on my shoulder and have seen a couple of Manrique designs I like. Do I need to get permission to use them?

Dana Cox

Ed: Technically, yes. Copyrighted designs and logos are protected by law. In reality, it's extremely unlikely that the Cabildo or FCM would go to the bother of legal action over a tattoo.

CLEAR THE WAY

Dear Editor

Landing at the airport recently, I decided to take the bus. While waiting, three cars parked at the bus stop, leaving their motors running and treating me and five others to lungfuls of the fumes from their exhausts while they waited for their pick-ups. When the bus arrived and sounded its horn to clear the way, one driver even got out and started arguing with the bus driver!

I thought I'd read that private vehicles are banned from the lower concourse. That makes sense, and when I do pick-ups myself, I always park upstairs and rarely pay more than a Euro.

Simon Painter, via email

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A SECOND CHANCE FOR *Rosita*

Justin Kerswell, SARA volunteer photographer



Did you know that SARA - Lanzarote's largest dog and cat sanctuary - has a permanent foster scheme (PAP) to help support difficult-to-place cats and dogs in new homes? Whether it is because of age, disability or special needs, some dogs and cats find it difficult to be adopted.

That's why SARA offers a scheme that provides free healthcare for a select number of animals, to ensure that they spend their final years in a loving home.

A case in point is Rosita, who has such a big personality for a little dog. Found abandoned by a roadside and in a terrible state, she was brought to SARA where she was nursed back to health.

Rosita's teeth were so rotten from neglect that all but four had to be removed. The sanctuary predicted her age to be around 11 years old. She's an 'abuelita' (Spanish for Granny) with attitude - but also with a lot of love to still give.

An instant hit with the staff and volunteers at SARA, Rosita lived in the veterinary office with all the newly-arrived cats at the shelter. Amazingly, she was completely

indifferent to them - and even shared her bed with one once!

That's how she caught our eye. We had already rescued a number of street cats and wanted to introduce a dog that wouldn't upset them. It can vary how long it takes for any animal to acclimatise to a new home, but luckily for us, Rosita fitted right in and has blossomed into a confident and happy little dog.

As with other animals on the PAP scheme, Rosita does have some special needs. She is almost blind and needs to have her eyes cleaned at least once a day. She is very patient and lets us care for her. She adores her walks around The Charco in Arrecife and makes friends wherever she goes.

It is incredibly rewarding to give one of these special animals a

forever home, especially those in their twilight years. The sanctuary provides excellent support and you never have to worry about large veterinary expenses. If you think you might be interested in finding out more or you would like to see which animals are currently on the PAP scheme visit www.saraprotectora.org/en/pap-permanent-foster-plan or phone the office on 928 17 34 17 (English spoken).

A donation to support SARA's vital work would also be very welcome. You can also view which animals are available for adoption and volunteering opportunities for dog walking and cat socialising on their website. The shelter can also be emailed to info@sara-lanzarote.eu.



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That Lanzarote feeling



EVERYONE WHO RECOGNISES THE FEELING OF THAT BLAST OF WARMTH AS YOU LEAVE THE PLANE WILL KNOW THAT LANZAROTE HAS AN IMMEDIATE, GLORIOUS PHYSICAL EFFECT.

But there's more to that Lanzarote feeling than heat. Soon after you arrive, you'll feel as though you can breathe deeper, clear your mind and become who you want to be.

The main business of this island is providing people with holidays, and those precious holidays don't just bring lifetime memories – they are times when you can relax and recharge your batteries, and also stimulate your mind with new sensations and experiences.

The flight to Lanzarote is not just a trip to a beautiful little island in the ocean; it's also a journey within – a way of healing the soul and discovering your physical and mental self.

Health, fitness, wellness, well-being – call it what you like, but the tourist trade on this island has learned that, if it wants to keep customers coming back, it needs to offer more than just sunshine and sand.

That's why Lanzarote is now perhaps the most important sporting destination on the Canaries, and why its hotels and resorts offer a dizzying range of health, beauty and leisure opportunities.

It's why the seafront promenades are always populated by runners and walkers, why the lagoons are full of swimmers, why Famara beach

"BE WHO YOU WANT TO BE"

is a permanent hive of activity, and why the best hotels offer luxurious spas, massages and beauty treatments.

This is a place where you can push yourself to the maximum, straining every sinew of your body as you reach your fullest potential, but also where you can relax intensely, pampering yourself and reaching a state of perfect sensual satisfaction.

And once you find yourself tingling with pleasure, yet utterly calm and tranquil; exhausted yet rejuvenated, once you feel the satisfaction of being entirely yourself, but also at one with nature and your surroundings; then that's when you've perfected that Lanzarote feeling.

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LANZAROTE IS INEXTRICABLY LINKED WITH PHYSICAL WELL-BEING AND PEACE OF MIND, LURING MILLIONS BACK YEAR AFTER YEAR TO THE DESTINATION OF THEIR DREAMS. BUT WHAT IS IT ABOUT THIS SMALL ISLAND THAT SATISFIES BODY AND SOUL SO MUCH?

The most obvious answer is the climate. Here in the sub-tropics, the temperature hardly ever falls below 10 degrees Celsius, even in the coldest months of the year, and there are several hours of daylight all year round.

That means it's a lot easier to get up, get outdoors, and get moving. And unlike other holiday destinations on mainland Spain, Greece or Turkey, the heat is usually manageable, with a constant breeze. Even at the hottest times of year, such as August, you'll usually find that there are times in the morning or evening when it's absolutely perfect for physical activity outside.

There's also the fact that traditional ideas of holidays are changing. There are still plenty of holiday makers who like a fried breakfast a few drinks and a few days lazing by the pool, but there are also plenty of places offering fresh juice, smoothies, healthy meals and exciting physical activities ranging from walking to surfing. According to personal fitness trainer Mitch, who's been working on the island for 20 years, "a lot more people exercise on their holidays nowadays."

That's partly to do with the type of holiday-makers who come here. Lanzarote isn't a wild, youthful rave destination like Magaluf or Ayia Napa. Younger visitors

"FITNESS AND TOURISM GO HAND-IN-HAND."

are often deeply committed to sports and physical activity, and the more mature older tourists are increasingly more aware of health and fitness issues.

Mitch works with a lot of clients over the age of 50 and says "At that age, people want to look after themselves a bit more, and exercise is a big part of that.

You don't need to force yourself – three 20-minute sessions a week will do a lot of good."

The weather is a special attraction for older visitors. It's great for arthritis and joint pains, and, as Mitch points out "You're also getting a free dose of vitamin D every time you go out in the sun."

And when it simply gets too hot, as it did during the heatwave last month, Mitch says "There's always poolwork." The beaches of Lanzarote are the perfect proof that when the going gets hot, the islanders get wet, swimming and bathing in delightfully welcoming 23-degree waters.

ATHLETE'S PARADISE

Around 30 years ago, the work of Kenneth Gasque at Club La Santa started to point Lanzarote in a new direction, and now the island is one of the most

important sporting destinations in Europe, with dozens of innovative endurance events every year.

The effect of this has not just been to increase tourism, but it has also instilled a sporting culture on the island. Thousands of residents have been motivated to sign up for a run or a walk, and there's a whole culture of people talking about their personal fitness goals.

NATURAL HIGH

Lanzarote is a volcanic island located in the middle of the ocean, constantly combed by fresh breezes and surrounded by crystal clear waters. This natural bounty is not only physically beneficial – we know of several people whose hay fever has simply disappeared once they landed on the island – but it is also spiritually inspiring.

Places such as the wild Famara beach, the Timanfaya volcanoes and the unspoiled island of La Graciosa hold an almost mystical fascination for thousands of visitors. They are landscapes that urge you to explore deeper, to really experience the power and splendour of nature.

Lanzarote's stark contrasts highlight any experience on the island, but there are also deeper, hidden subtleties that

take a little longer to appreciate. The island may seem harsh and unforgiving at times, but if you pay attention it will pay you back with gentleness and delicate beauty, too, teaching us lessons about ourselves and the way we see the world.

THE RIGHT DIET

The more you read about recommended diets for longer, healthier life, the more you suspect that Lanzarote could be specially designed for healthy eating.

The shops and supermarkets are full of fresh fruit and crisp, vitamin-packed vegetables all year round; the local cuisine contains plenty of fish and healthy pulses such as chickpeas and lentils, and even locally manufactured products such as gofio and goat's milk cheese are much healthier than the highly processed convenience goods in shops.

And while its traditional culture remains strong, Lanzarote has also adapted rapidly to new trends and currents from

outside, with an increasing amount of options for vegetarians, vegans and other dietary choices or requirements.



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DEEP TREATMENT

Lanzarote's focus on fitness has also brought many specialists to the island, a move that has also been promoted by the huge popularity of spas and beauty treatments. These show that getting fit and de-stressing is not an instant process.

Francis Barbier-Martins, a massage therapist who works under the name Bodykinetik, says "I notice a lot of stress in tourists and residents" and he believes that stress is responsible for at least 50% of the back, neck and shoulder pain he deals with.

Holidays can be stressful themselves. Francis says that some of his clients arrive after two or three days with their family and "just want to escape from the madness and relax". He also points out that on this island tourism is all-year round, with many local residents needing to escape from the stress of busy working lives.

Also in Puerto del Carmen is Amaya Physiotherapy, at Calle Janubio 1. Amaya is another trained professional who offers deep tissue massages, works on trigger points and also offers dry needling techniques.

The presence of excellent professionals such as these on Lanzarote is further evidence of how wellness and health are now a vital part of the island's business fabric.



**"RELAX
AND FEEL
THE STRESS
DRAIN
AWAY."**

LIKE LANZAROTE

Like Lanzarote, each one of us is an island in a constantly changing sea: Like Lanzarote, we receive outside influences, which support us and help us thrive, but which can also damage us.

But here, we can find the calm and tranquillity that we need, and find ourselves naturally in touch with the greatest gifts of all – our bodies and our health. Like Lanzarote, we can be unique and precious.

bodykinetik

**Contact Francis
+34 696 108 732**

Calle Reina Sofía 27 - Puerto del Carmen | www.bodykinetik.com
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- Francis Barbier-Martins

Advertorial *Mas Wellness:* *Intense relaxation*



Alexis Álamo

Excited, newly-arrived holiday makers are sipping champagne as we pass through the opulent foyer of the Jameos Playa Hotel in Puerto del Carmen. Their stress is over, their holiday is just about to begin and just down the broad, curved staircase is a place where they'll be able to relax more than they could ever imagine.



Alexis Álamo has been running the Mas Wellness Spa Centre in the Jameos Playa for over 14 years. A highly-qualified wellness manager and therapist, Alexis offers us a warm welcome to the beauty salón and hairdressers area of the centre.

"Our main aim is to offer absolute relaxation he says," he says. "Massage, for example, won't cure anything, but it will get rid of certain pains, relax you and help prevent against future injuries."

Massage is the part of the job Alexis finds most satisfying. "I've spent a lot of time doing it, and I know what I'm doing, applying correct, defined pressure where its needed." It's this skill that caused one user to describe Alexis's work as "the best anti-stress massage I've ever had in my life."

Alexis also performs deeply pleasurable reflexology foot massages, Scen Tao hot stone massages and offers a special Ironman massage for athletes. But he's not alone: his team includes beauty specialist Romina, therapist Gratzziella and senior hairdresser Délia - all of them experienced and qualified professionals.



Gratzziella



Romina



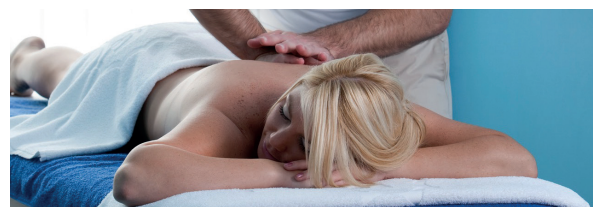
Délia



Mas Wellness also offers a wide range of beauty treatments, including lemon and lavender peels, seaweed, aloe vera and mud wraps and Vitamin C facial treatments. As we watch the high-tech bed used for wraps gently sink into zero-gravity, we can only imagine how amazingly relaxing the experience must be.

Another aspect of Mas Wellness is the spa. "Saunas have to be done right," says Alexis. "It's not a matter of staying inside for as long you can bear it." At Mas Wellness there are three types of sauna – the Finnish, which offers dry heat at 90 degrees Celsius, which is followed by a session in the steam room at 45 degrees. Finally, there's the bio-sauna – a 60 degree combination of steam and dry heat. In between, sauna users dip quickly into a bracing 8 degree plunge pool, or cool off in the sensation shower.

Standing in the beauty therapy centre, where a single banana leaf decorates each bed in a calm, peaceful atmosphere, Alexis tells us that recently, while at work, after a day with many satisfied customers he suddenly realised something : "I thought " We're very good at what we do".



Mas Wellness can be found on the lower floor of the Jameos Playa Hotel in Matagorda, Puerto del Carmen. The centre is open from 10 am to 7.30 pm Monday to Saturday and is available to everyone on the island, although reservations are recommended. To find out more and discover the huge range of treatments on offer, go to www.maswellness.net. To reserve, call or whatsapp (0034) 663896 500.



Get ready!



SEPTEMBER IS A GREAT TIME TO PAY CLOSE ATTENTION TO HEALTH AND FITNESS ON LANZAROTE, SO LISTEN UP AND PREPARE TO GET YOUR BODY AND YOUR MIND IN PEAK CONDITION.

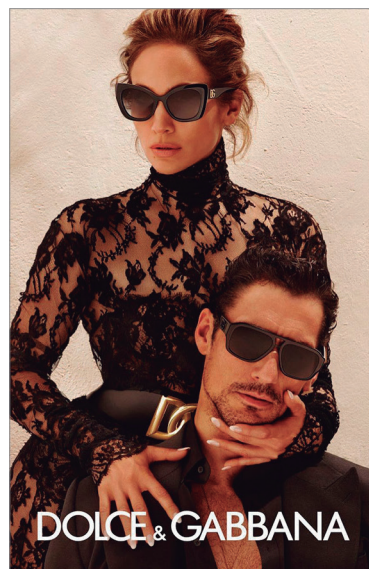
GET ORGANISED!

One of the most important aspects of living on Lanzarote is health coverage. For tourists it's a matter of ensuring that you have the GHIC or EHIC health card which guarantees free medical emergency coverage abroad. Details are available at www.gov.uk.

These cards only cover emergencies, though,

there are certain health costs they do not cover, and repatriation costs are not included. That's why the British Home Office also recommends strongly that travellers take out a private health insurance policy.

For foreign residents on the island, residency applications require evidence of health coverage. This can be private insurance, or in the case of those working legally on the island, registration



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with social security that allows you to access a health card.

There are different agreements for the self-employed and retired, and it is also possible to pay voluntarily into the social security system with the convenio especial. If you're worried about your healthcare situation, we'd strongly advise getting professional help from a gestor.

GET CHECKED UP!

There's a sense of starting anew in September, as the long summer holidays end and work gets back to normal. That means it's a good time to give yourself a check-up to make sure everything's in working order.

Roughly speaking, you should get a check-up once a year if you're over the age of 50, and once every three years before that, but this will depend on your overall state of health in the first place.

You can request a check-up from your doctor, who will decide what tests need to be taken and consult with you afterwards. If you're in good shape, some tests may not be deemed necessary.

Opticians and dentists are a separate matter, and are not covered by the Canarian health services.

Regular check-ups for both your eyes and dental health are recommended.

GET A PLAN!

September is the perfect time to make a fitness plan. This is the time of year when things tend to settle down into a daily routine, and you'll know when you have regular free slots to fit your work-out into.

This is important – the first goal of getting fit should

be making a plan and sticking to it. Whether it's two or seven times a week, whether it's a brisk stroll or a 5K run, the first test will be getting it done.

Some things can help – joining up with a friend or two will give you more motivation and add a social element to the physical work; writing lists and ticking them off is far more effective than you might think, and even getting a dog guarantees regular exercise.

While planning, remember that clocks go back at the end of October, giving you less light in the evening and more in the morning.

GET SIGNED UP!

September is also the start of many organised sporting and fitness activities on Lanzarote. Don't leave signing up to a gym until after Christmas – if you do it now, you'll face the festive season in a lot better shape.

Private fitness instructors will also be taking on new clients around this time, and if you need a little expert guidance, now's the time to get it.

For residents and long-term visitors, it's always worth checking what's on at local sports and

"AN ISLAND
OF INTENSE
OUTDOOR
PLEASURES."

leisure centres, or visiting the Deportes section of your local town hall. You'll find a wealth of activities, some of which you may never have suspected of existing.

GET OUTSIDE!

Let's be honest – how long did you spend outdoors during August's heatwave? Tourists might have braved the heat, but most residents spent the days next to a fan or hunting for an air-conditioned building.

September offers mellow, more tolerable weather, the mornings are cool and refreshing, the evenings delightful and seas are at their warmest. It's glorious out there, so make the most of it!



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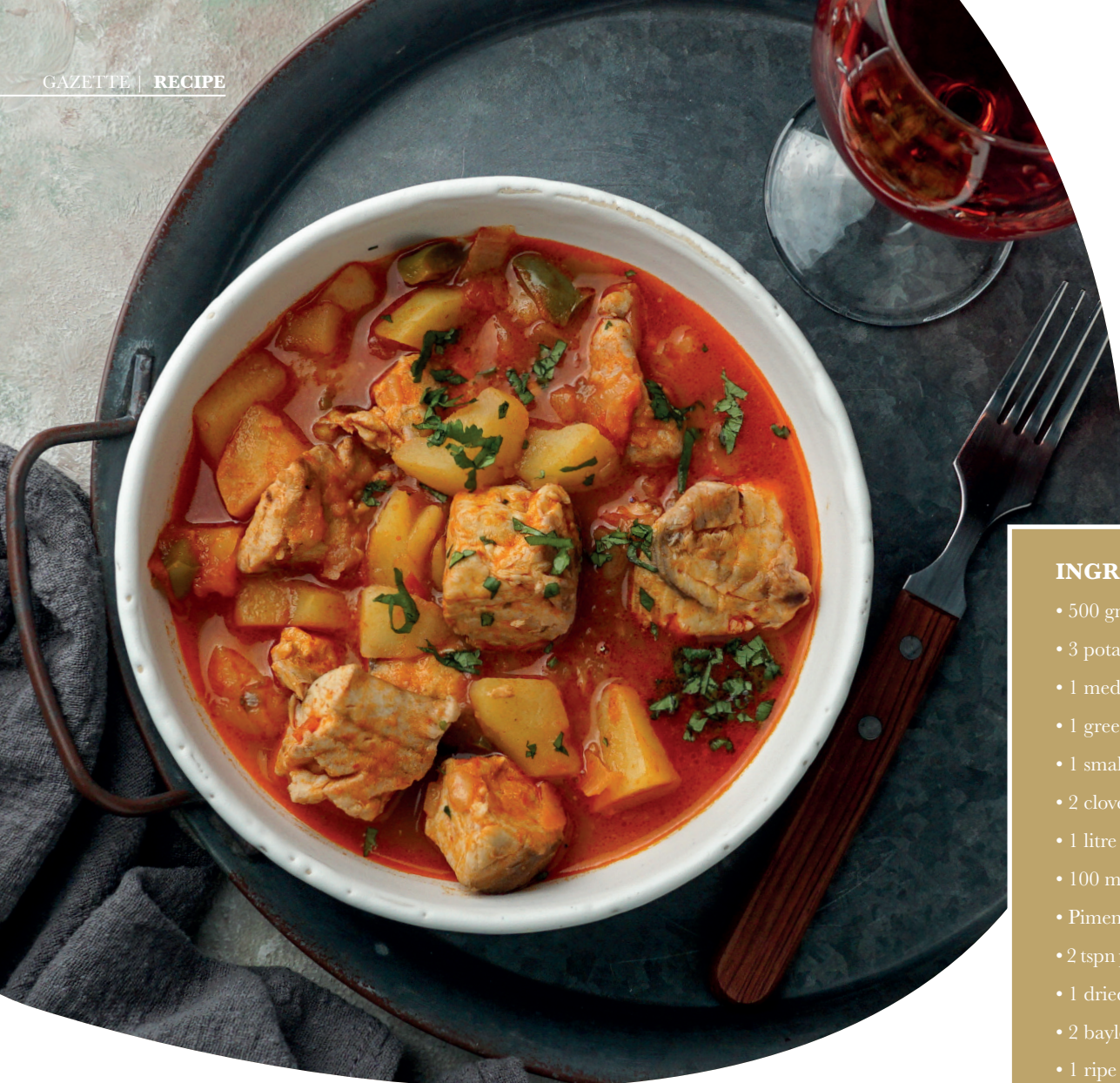
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INGREDIENTS

- 500 gms tuna
- 3 potatoes
- 1 medium onion
- 1 green pepper
- 1 small carrot
- 2 cloves of garlic
- 1 litre fish stock
- 100 mls white wine
- Pimentón dulce
- 2 tspn pimienta choricero
- 1 dried chilli
- 2 bayleaves
- 1 ripe tomato

METHOD

First, prepare the tuna, removing any bones, and cutting into 2 cm cubes. Place in fridge.

Peel and chop the potatoes into bite size chunks (about 2cms).

Prepare the sofrito: Chop the onion and carrot finely, chop the pepper into larger pieces. Fry in olive oil until the onion is soft, adding the chopped garlic half-way through.

Add the wine and cook the alcohol off (3 minutes). Halve the tomato and grate flesh into the sofrito. Add pimentón, pimienta, chilli. Cook for 2 minutes then add the potatoes and the fish stock.

Bring to the boil, then simmer until the potatoes are well-cooked (20 mins).

Turn heat off and add the tuna chunks. They will cook in the remaining heat.

Serve after five minutes, garnished with chopped parsley if you like.

Marmitaka

Make the most of fresh tuna with this hearty Basque fisherman's stew.

Any fresh tuna will give good results, and bonito listado (skipjack) can be very cheap at this time of year. Buy the meat already prepared or choose a fish and ask the fishmonger to prepare it in “cuatro lomos sin piel” - you'll end up with four long, meaty skinless tuna steaks.

The other ingredient that may take a little tracking down is pimienta choricera, the red pepper that is used to flavour the famous chorizo sausage. You can buy these peppers dried in many places, soak them and scrape the pulp from the skins, but larger Spar supermarkets stock ready-prepared pulp in jars. If you can't find it, don't worry too much.

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MELON

Watermelons, galias and canteloupes are available, but the favourite melon on the Canaries is probably the piel de sapo (toadskin), named for its rough, cracked green skin. Press the melon gently at the bottom end to check ripeness – if it gives a little, it should be fine.

Tip: A ripe melon is glorious, but an unripe one is no fun at all. If you open one, think about making a chilled gazpacho soup with it, blending it with oil, garlic, green pepper, cucumber and a little onion. Refreshment guaranteed!

MANGOS

There is probably no other fruit as luxurious and delicious as a ripe mango. On the Canaries, you'll find two types on sale. The ones you probably know as mangos are large, green with a reddish blush and confusingly called mangas. Canarian mangos are smaller, yellow and a little more fibrous, but make up for this with intense flavour.

Tip: Mango, finely chopped with mixed with red onion, red pepper, coriander, chilli and lime juice makes a spectacular Mexican salsa dip to accompany guacamole and tacos.



PARAGUAYOS

These small flattened peaches are fairly recent arrivals to UK shelves, where they're sold as flat, donut or Chinese peaches. They've long been popular in Spain, though, and that's because they're both delicious and consistent – much less prone to be dry than a normal peach. As with all peaches and nectarines, buy the heavier ones, and use your nose to check for ripeness if you're going to be eating them right away.

Tip: Skinned, blended paraguayos make a fantastic and unique tropical cheesecake.

PLUMS

Often the cheapest soft fruit at this time of year, plums are at their sweetest and aren't always available all year round, so make the most of them. There are several varieties, but the deep purple ciruelas rojas are the ones you'll probably be most used, to, while the delicate green Reina Claudias (greengages) are known as the sweetest.

Tip: If plums are cheap, load up and make plum jam. Or add them to gin with sugar to make a sweeter variation of sloe gin.



Fruit fiesta

This is the time of year when fresh fruit is at its very finest on Lanzarote. Here are some of the seasonal fruits that will make your September sing...



Santo



Zumo

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Music, Maestro!



Julie's Live Music Guide

Hopefully September is going to cool down a bit, meaning you can get your dancing shoes out again! This gig guide will give you an idea of where you can go to listen to some amazing music. Whether you want holiday bangers, a mixture of all sorts or a specific genre/group, this is the place to start!

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

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

— REGULAR GIGS —

Monday

COSTA TEGUISE

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

PUERTO DEL CARMEN

6.30pm: Pedro Ruiz, Rory's Corner Bar
8pm: Pete Worthy, Trufarella Restaurant
8.30pm: Dave Bandanna, Rocas Blancas
9pm: Mick Garry, The Good Old Days
Andy King, Marco's Bar, Los Pocillos
9.30pm: Elvis, Maguire's
Adrian Bambrough, Finnegan's Wake
Collie Farrell, Mulligans Bar, Old Town
10pm: Concrete Jungle, Kings

PLAYA BLANCA

8.30pm: Don Parker, Berrugo Bar, Marina Rubicón

Tuesday

COSTA TEGUISE

8.45pm: Gerie B, The Shamrock
9.30pm: John Alan Pick, Tekkers Bar

PUERTO DEL CARMEN

6.30pm: Gayle O'Donovan, Rory's Corner Bar
9pm: Max Santalucia, The Good Old Days
Adrian Bambrough, Golden Corner
9.30pm: Mary Gray, Maguire's
10pm: Collie & Deanne, The Irish Viking
Concrete Jungle, Kings

Wednesday

COSTA TEGUISE

9.30pm: JRaggle Taggle Gypsies, Irelands Eye
SallyAnne Sings, Abbey Road
Gordon McFadden, Tekkers

PUERTO DEL CARMEN

1pm: Collie & Deanne, Rooftop Bar, Biosfera
6.30pm: Conor Sloane, Rory's Corner Bar
7pm: Andres, Las Amigas Rooftop Bar
7.30pm: Gary Mac, Seaview
8pm: Pete Worthy, Trufarella Restaurant
9pm: Nolita, The Good Old Days
9.30pm: Collie Farrell, Mulligans Bar, Old Town
Mick Garry, Maguires
10pm: Gary Mac, De Barras
Betty Boop's Cabaret & Comedy Drag Show
Concrete Jungle, Kings

Thursday

COSTA TEGUISE

5.30pm: The Ska Duo, Decades Bar (from 14th Sept)

PUERTO DEL CARMEN

6.30pm: Martin Kenny, Rory's Corner Bar
8.30pm: Dave Bandanna, Rocas Blancas
9pm: Adrian Bambrough, Golden Corner
Ryan McArthur, The Good Old Days
9.30pm: Mad Mick, Maguire's
10pm: Collie Farrell, The Irish Viking
The Gas Tank Dogs, Tequila Bar
Concrete Jungle, Kings

Friday

COSTA TEGUISE

5pm: Jam session, Tekkers
9.30pm: John Alan Pick, Decades
SallyAnne Sings, The Venue
That Belfast Boy, Tekkers

PUERTO DEL CARMEN

6.30pm: Jackie Brennan, Rory's Corner Bar
Al Murphy, Las Amigas Rooftop Bar
8.30pm: Dave Bandanna, Rocas Blancas
9pm: Nolita, The Good Old Days
Liam Davies, Scotch Corner
9.30pm: Elvis, Maguire's
Collie and Deanne, Mulligans, Old Town
10pm: Gary Mac, De Barras
Concrete Jungle, Kings

PLAYA BLANCA

9.30pm: Andy King & Lorraine McLaughlan, The Old Mill

Saturday

COSTA TEGUISE

9.30pm: Julie H Music, Decades Bar
The Ska Duo, Decades Bar (from 16th Sept)

PUERTO DEL CARMEN

6.30pm: Sarah Finnegan, Rory's Corner Bar
7pm: Marcus Rose, Las Amigas Rooftop Bar
8pm: Pete Worthy, Trufarella Restaurant
9pm: Gerie B, The Good Old Days
Dave Bandanna, Marco's Bar, Los Pocillos
Adrian Bambrough, Corner Café, Matagorda
9.30pm: Mary Gray, Maguire's
Undercover, Spoons
10pm: Jon Gold, Spinnakers Bar, Murphy's Irish Pub
Liam Davies, De Barras

MALA, HARÍA

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

Sunday

COSTA TEGUISE

9.30pm: John Alan Pick, The Venue
Smokin' Barrels, The Lighthouse
Antony on Sax, Decades Bar (from 17th Sept)

PUERTO DEL CARMEN

1pm: Collie Farrell, Rooftop Bar, Biosfera
7pm: Marcus Rose, Las Amigas Rooftop Bar
8.30pm: Dave Bandanna, Rocas Blancas
9pm: Steve Sharp, The Good Old Days
Gary Mac, Scotch Corner
Adrian Bambrough, Golden Corner
9.30pm: Mad Mick & Jordan K, Maguire's
Deanne Farrell, Mulligan's, Old Town
10pm: Collie Farrell, The Irish Viking
Jon Gold, Murphy's Irish Pub
Liam Davies, De Barras
Betty Boop's Cabaret & Comedy Drag Show

SAN BARTOLOMÉ

7.30pm: Spanish & Canarian music, Finca la Florida

PLAYA BLANCA

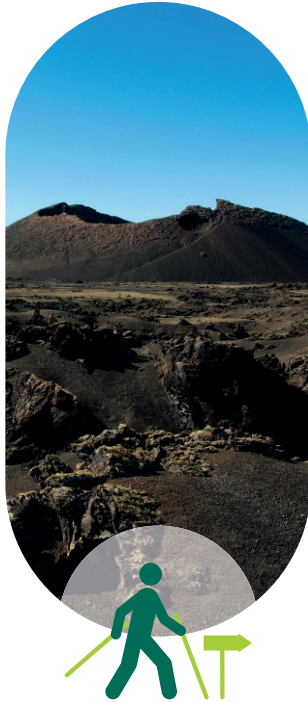
9pm: Don Parker, The Irish Anvil
9.30pm: Andy King, The Old Mill

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

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SIGNALLED
PATHWAYS.**



**LOOK AFTER
GREEN SPACES
AND THE
NATURAL
AREAS THAT
SURROUND US**



**SORT YOUR
RUBBISH
AND PLACE
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CORRECT
CONTAINER**

*Don't forget that your municipality is
your home. Keep it clean*



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LANZAROTE



www.ayuntamientodetias.es

What's On...

Lanzarote's fiesta season comes to a climax with the wild party at Famara and the mass gathering at Mancha Blanca. There's also plenty of music, art and sport on the menu elsewhere...

MUSIC

ANIMALNEUMATICO

September 1st

Gran Canarian industrial-metal band "ANIMALNEUMATICO" will perform in Arrecife this month with the backdrop of the "Selfshit" video exhibition currently on display at the El Almacén. Starting at 8:30pm.

El Almacén, Arrecife. Entrance €5, tickets to be bought online at culturalanzarote.com.

NANINO DÍAZ CUTILLAS

September 8th

Experience the sounds and colours of Canarian musical folklore, with isas, folías and malagueñas; tipples, chácaras, drums and guitars; skirts, hats, sashes and bows.

Mancha Blanca, Tinajo. Entrance free.



PEDRO PASTOR Y LOS LOCOS DESCALZOS

September 8th

Singer-songwriter Pedro Pastor will perform a concert in Lanzarote, accompanied by his band Los Locos Descalzos, as part of his new tour. Starting at 8:30pm.

Teatro "El Salinero", Arrecife. Entrance €20, tickets to be bought online at culturalanzarote.com.



ANNA TRÉA

September 9th

Multi-instrumentalist Anna Tréa comes to Lanzarote this month with her Brazilian and African rhythms. Starting at 8pm.

El Almacén, Arrecife. Entrance €5, tickets to be bought online at culturalanzarote.com.



FIESTAS

CALETA DE FAMARA

September 3rd

Famara celebrates the Virgin of the Sacred Heart with a seaside procession and the famous water party.

NUESTRA SEÑORA DE LOS VOLCANES

September 9th - 15th

Lanzarote's most important fiesta will see islanders in traditional costumes make a pilgrimage to Mancha Blanca on 9th September, followed by a week of concerts and folklore events.

Mancha Blanca, Tinajo

ART

RESONANCIAS DEL OTRO YO

September 1st

An art exhibition from María Marta NV and Emma LLG, of PROTOTEKNÉ, displaying a performative theatre piece. *Starting at 7pm. El Almacén, Arrecife. Entrance free until capacity is reached.*



EL OJO DESARMADO (THE DISARMED EYE)

September 21st - 13th January

This exhibition, curated by Nerea Ubieta, addresses rape culture, shifting the focus from victims to perpetrators and a system that protects violence.

El Almacén, Arrecife. Entrance free.



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SPORT

TINAJO YOU TRAIL 2023

September 2nd

The Tinajo YOU Trail will see athletes take on a 14km race starting from Mancha Blanca.

For more information visit www.tinajoyoutrail.com.

RALLYE ISLA DE LOS VOLCANES 2023

September 1st – 2nd

The Rally Car race will see cars presented in the centre of Arrecife, before taking to the island's dirt tracks to race.

For more information visit rallyeislandelosvolcanes.es.



K10 XTREME YAIZA

September 2nd

The 4th edition of the Bestial Race will take place in Yaiza and will see athletes take on a race through the volcanoes.

For more information visit yaiza.es



FAIRS

MANCHA BLANCA CRAFTS FAIR

September 8th – 15th

The Craft Fair is one of the main attractions during the Fiestas de Los Dolores – the most important of Lanzarote's summer festivals. The Craft Fair is held in a large marquee located next to the church in Mancha Blanca.



MARKETS & FLEA MARKETS

9TH SEPTEMBER

SARA car boot sale

at SARA animal shelter starts 10am ends 12pm.

EVERY TUESDAY & FRIDAY:

Puerto Calero Market

(starts 9am ends 1pm).

EVERY FRIDAY

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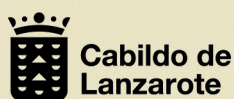
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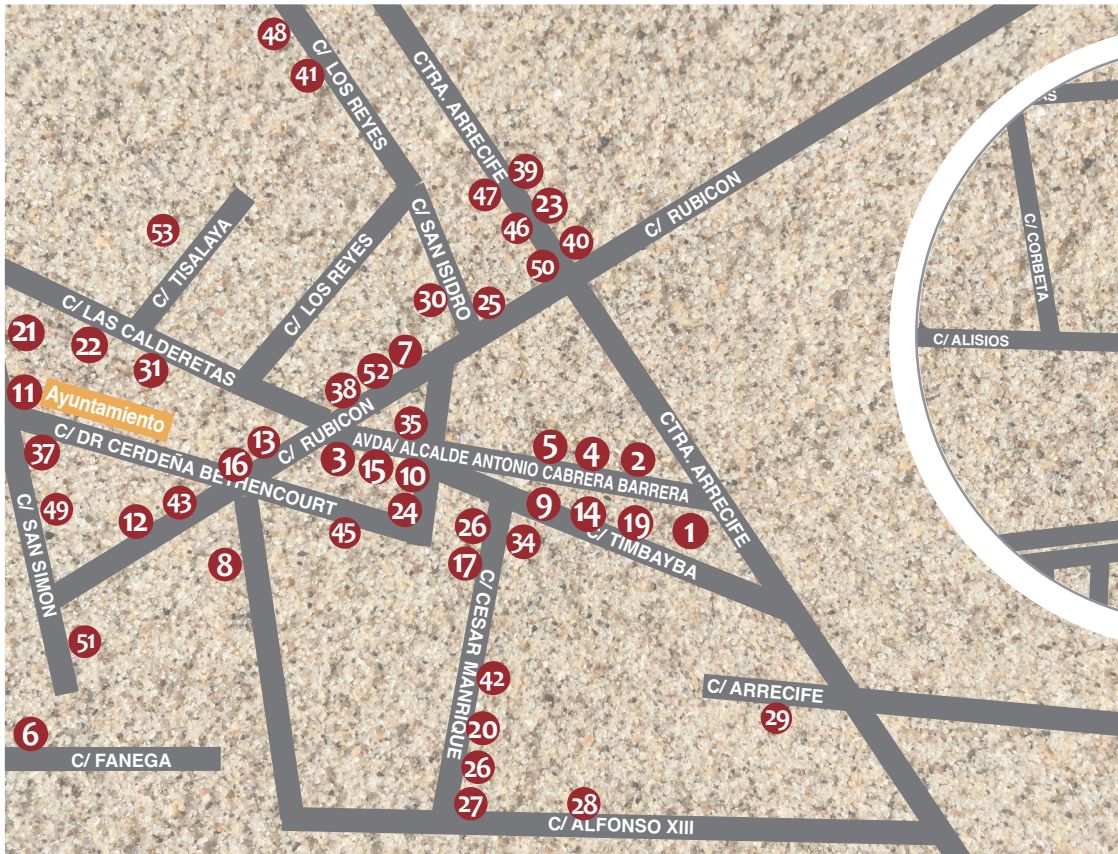
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- 2 Sándalo moda y hoga
- 3 Boutique Elvira
- 4 Endulza2
- 5 Aura Novias y fiesta
- 6 Frambuesa
- 7 Oswaldo Machín
- 8 Uniformes Tile
- 9 El remendón

Restaurants

- 10 Pizzería La Valentina
- 11 Bar La Plaza
- 12 Bar restaurante La Barraca
- 13 Pizzería El Callejón

Coffee Shop

- 14 LLévateLo
- 15 Café Barreto
- 16 Mimos Pastelería
- 17 Capi Blas San Bartolomé

Food to Go / Take-aways

- 19 Bar Avenida
- 20 Autoservicio Raquel y Samuel
- 21 Los postres de Noni
- 22 Autoservicio Calderetas
- 23 Vaya Vaya

Book Shop

- 24 Librería Juncar
- 25 Color Plus

Beauty

- 26 Estética Anaga
- 27 Estética Marga
- 28 Barber Canario
- 29 Peluqueria Sagri
- 30 IR Barber
- 31 Isaura Conde Peluqueria
- 32 Elite peluqueros
- 33 Manoli peluqueros

Health

- 34 Fisiosan
- 35 Optica San Bartolomé
- 36 Clínica Invale
- 37 Centro Multidisciplinar Tagoror
- 38 Adrián Martin Nutrición

Eco Shop

- 39 Biomeco

Leisure

- 40 Más deporte
- 41 Centro deportivo Alma y Cuerpo
- 42 Celia Medina Estudio danza Emocional
- 43 Cosquillitas en la panza
- 44 Yoga con Amba

Chemists

- 45 Farmacia San Bartolomé
- 46 Farmacia Reyes

Hardware Shops

- 47 Ferretería San Bartolomé

Furniture, Decoration & Art

- 48 Estudio Rufina Santana
- 49 Muebles San Simón
- 50 Muebles Rubicón
- 51 Pablo Ramos Baldi Shop & Art
- 52 Muebles Machin

Garden & Pets

- 53 Cordovés y Morales

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- 54 Vaper Tienda

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The image shows a dark blue rectangular area with white and gold text. At the top, 'Roper' is written in a large, bold, white sans-serif font, and 'Properties' is written below it in a large, gold-colored serif font. Below this, 'Estate Agents' is written in a white sans-serif font, followed by 'Since 1984' in the same font. At the bottom of this section, there is a white telephone handset icon followed by the phone number '+34 828 667 472' in a bold white sans-serif font. Below the phone number, the website 'www.roperepropertieslanzarote.com' is written in a smaller white sans-serif font, followed by the operating hours 'Monday to Friday: 9:30AM to 7:00PM' in the same font. To the right of the text, there are two white circular icons containing the numbers '8' and '6' respectively, set against a dark blue background.



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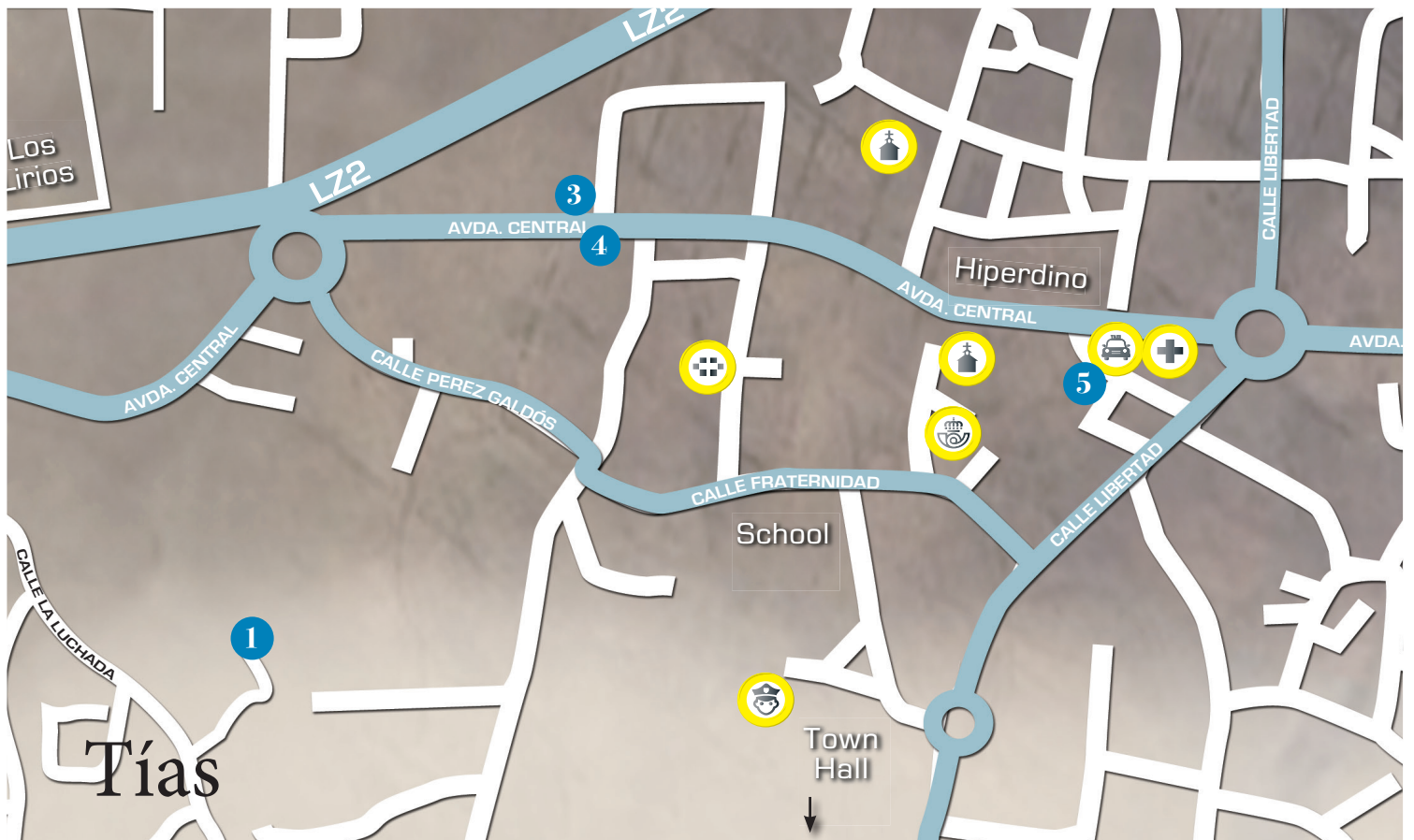
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TAXING TIMES



Late summer is a popular time for local councils to open their property tax payment schedules, so here's a brief beginners' guide to IBI.

A reader recently contacted us to ask about the schedule for IBI payments, worried that they may incur fines for not paying on time. So here's a brief guide to the local property tax.

IBI stands for Impuesto de Bienes Inmuebles, which means "tax on immovable assets", or more simply, property tax. It's a tax that is set and

collected by your local town council (Ayuntamiento), and is used for local maintenance and infrastructure such as roads, street lighting etc.

Its level depends on the value of your property assessed by the Land Registry office. After complaints from many owners who were negatively affected by high valuations that were made before the financial crisis in 2008, assessments take place more regularly nowadays.

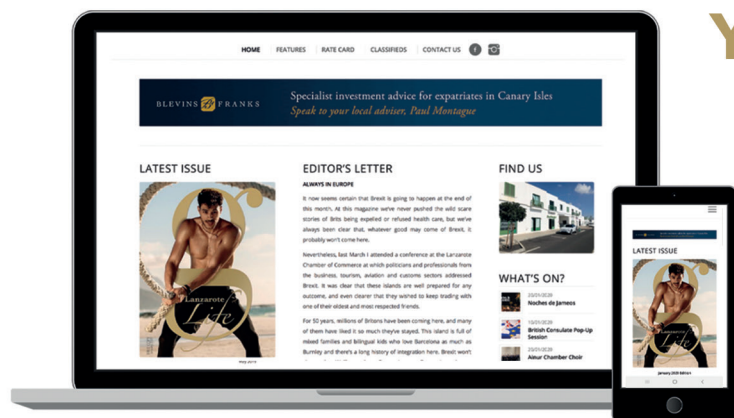
Each council may adopt slightly different rules for the IBI, with several offering discounts for listed buildings, energy-efficient homes and many other factors. You'll find that some rarely change the IBI from year-to-year, while others may even reduce it for electoral advantage.

In any case, it's good to know what you're liable to pay. Householders should receive a letter in the post informing of their IBI bill, but non-delivery is not a defence for not paying. To avoid incurring late payment penalties that can range from 5% to 20%, many householders set up a direct debit with the bank.

The tax may be demanded at different times depending on where you live, although late summer and autumn is favoured by many councils. For example, Yaiza's period for paying this year's IBI demands runs from August to 6th November.

If you have doubts about the payment times, and can't find information online, you should ask at the Oficina de Recaudación of your local Ayuntamiento, which can also offer assistance with direct debit payments.

This is also the sort of thing that a decent gestor or administrator should be able to handle, saving you time, worry and a crash course in Spanish tax vocabulary.



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EES AND ETIAS



The introduction of the EU's new EES and ETIAS schemes is just around the corner. Here's what you'll need to know.

Both schemes will apply to all non-EU residents visiting the Schengen area. Since Brexit, UK citizens also fall under this category, although the scheme itself has nothing to do with Brexit. It is instead intended to tighten up on security and irregular immigration into the EU.

The first stage will be the introduction of the EES (Entry Exit System). This will require

“The new schemes could mean stricter enforcement of the 90-day rule affecting UK owners of second homes in the EU.”

biometric information (facial scans and fingerprints) to be checked at borders. Some passports contain encoded information on their chips, but a UK passport, for example, does not contain fingerprint info, meaning prints may be

taken on entry.

The ultimate aim is to speed up the system, removing the need for passport stamping, and allowing authorities to monitor the length of time people stay within the Schengen zone. This aspect could mean stricter enforcement of the rules on UK nationals who have been limited to spending 90 days in their EU second homes since Brexit.

The ETIAS (European Travel Information and Authorisation System) will come into operation several months after EES, and will require a charge of €7 for all visitors to the Schengen zone. Visitors will also have to fill in a short online form before their visit. The ETIAS will last for three years.

Many details of the schemes are still uncertain: for example, whether British nationals who are resident in Spain will be able to use their TIE card to avoid the requirements.

Even the time when the schemes will come into force has not been finalised, although a deadline of 2024 has been established.

This uncertainty has led to many wild predictions of border delays and online scams, but at the moment we simply can't say what will happen. But EES/ETIAS are almost certainly coming, and you have been warned.



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Lanzarote is defined by colour in a way that few other places in the world are.

When the French mercenary Jean de Bethancort landed on the shores of Papagayo to claim Lanzarote for the Spanish crown in 1402, he was looking for one thing. Bethencort owned dyeing

works in France, and part of his deal with Spain gave him control over the island's supply of orchilla lichen.

Orchilla was sought-after for the rich purple shades it gave to clothing, and the industry lasted for hundreds of years until artificial dyes replaced it. The lichen now grows undisturbed on the Famara cliffs, but some artisans still use it to create gorgeous fabrics.

Another industry defined the appearance of the island. Glasswort is a low-growing plant that is burnt to produce lime ash – a vital ingredient in soaps and white paint. This provided a cheap way of whitewashing houses, protecting them against the elements, reflecting the heat and creating all those little sugar cube buildings that can still be seen on the island.



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*A colourful view
steeped in history*

Whitewash is useful, but it isn't waterproof. So the boats used by the fishermen who sailed to the rich banks off the African coast were usually painted in weatherproof paint that came in nautical shades of blue and green. Leftover paint was used to protect and decorate the window frames, shutters and doorways of houses in the fishermen's neighbourhoods, explaining the current appearance of many of the island's ports and seaside villages.

If Lanzarote was conquered for purple and later made it's living from white, another colour – brilliant red – soon

became it's most important product. The cochineal beetle is a small insect that lives on the lobes of the nopal cacti that arrived on Lanzarote from the Americas.

You can still see the white larvae of the beetles on cacti in Mala and Guatiza – crush one with your finger and you'll release a deep, blood red pigment which was used as the main red food colouring for decades.

Once again, the cochineal industry has fallen victim to artificial pigments, but craftspeople still dye clothes with the vivid dried powder. They also use skins from the sweet, delicious onions that were once the island's main crop – which produce a gorgeous golden yellow colour.

That golden yellow became the selling point of the island in the 1970s and 80s, as brochures showing the beaches of Puerto del Carmen attracted millions of tourists to a tiny island in the Atlantic Ocean. And, of

course, another yellow – that glowing ball of fire in the sky called the sun, is such a vital element of the Canaries that it is part of their flag.

Finally, of course, there is black. Timanfaya is actually a beautiful blend of subtle volcanic colours – cobalt blues, ferric reds and sulphurous yellows – but the underlying shade is the deep black of volcanic basalt. Head to one of Lanzarote's black sand beaches, watch the white surf wet the jet-black sand and you'll see the most deeply satisfying, profound black.



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For well over 50 years, the sofa has been the favourite place for doing one thing – watching TV – and if you look where your own sofa's pointing, you'll probably discover that that hasn't changed. But TV is facing competition from smaller, more portable screens, and family viewing sessions where everyone watches the same thing are becoming a thing of the past.

This is freeing the sofa, allowing it to be more versatile. No longer the place where couch potatoes live, it can go wherever you like in a living room, and even become the focal point of the room itself.

"THE COUCH POTATO IS BECOMING AN ENDANGERED SPECIES."

Many people who live on Lanzarote find that friends and family are keen to visit them, and when they do, they'll need somewhere to rest their heads. That's why sofa-beds are perennially popular on the island.

It's also common for people to stretch out on their sofa for a nap or siesta, and if this is something you like to do, you'll need a sofa large enough to do it comfortably.

While working from home is increasing in popularity, working from your sofa isn't usually a great idea. If you must, get a lap-top table. In fact, complementary furniture is essential if you spend a lot of time on your sofa, especially if you eat, drink or have small children.

If children are using the sofa, then durability and ease of cleaning will be important factors. And if you've got pets, you can multiply that.

Preserving your sofa is important – it's a big investment, and, if possible, it's always worth buying an extra set of spare cushion covers and storing them safely away when you buy a new one. Throws, covers and other fabrics can also offer protection, as well as letting you experiment with new looks and styles.

Once you've decided the type of sofa you want, go looking for it. Take your time, test-drive the ones in the furniture shops for as long as you like and talk to the owners, who may know important information.





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It's easy to look at a busting wardrobe, or set of drawers, and think that the only way to make more room is to part ways with some little-used items of clothing. However, there are neat tricks you can employ to organise your clothes better to allow for more room.

ROLL IT UP

Instead of folding items and laying them flat, try folding them and then rolling them up. Stand them tall in a drawer or

storage box and you'll half the space originally taken up as well as being able to fit in double the number of clothing items.

HANG IT UP

Belts, scarves, and ties will take up a lot of drawer space if they're rolled up and laid flat. Instead, try hanging them on a coat hanger inside a wardrobe. To fit more ties and belts you can buy a tie hanger which holds up to 20 or more items.



POCKETS

Look for hanging pouches and pockets the next time you visit a furniture shop. These can be hung inside a wardrobe – a great solution if you have a wardrobe without drawers and need space to hold smaller clothing items.

OUT OF SIGHT

For clothes that aren't used often (or big coats that take up a lot of room) a set of drawers that fix under a bed frame is a good way to clear the wardrobe of winter clothing as the island hits peak summer temperatures.


Rather than hanging them on the back of the door, pushing them under your bed keeps the room spacious and clear.

BE STRICT

We all have clothes in our wardrobes that are seldom used. It's time to be strict with yourself and have a clear out.

Clothes that are in good condition can be donated to local charities, who will be more than grateful to receive them. Older items are appreciated too, especially old towels and bedding for animal shelters.

If you have any items of clothing that you know will never be worn again (and that are very worn) it's time to bin them. Find out where your local clothes recycling container is and part ways. Your local Punto Limpio will also accept clothes.

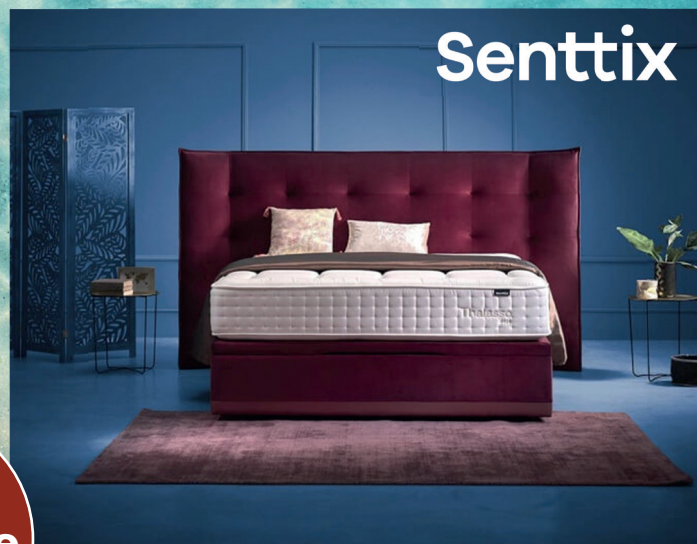
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Lanzarote Pool & Spa Shop in Playa Blanca are well known for their quality products and unmatched service. We chatted with manager Steven Mottershaw about their new shipment of spas.

For years the team at Lanzarote Pool & Spa Shop have provided their services with the utmost care and quality – which hasn't gone unnoticed. Speak to any of their customers, past or present, and they will tell you that the service provided is unmatched.

They have recently received a new shipment of their custom award-winning spas from Superior Wellness. Steven took us on a tour of the showroom and warehouse to show us the latest models and

maintenance chemicals.

SPAS BUILT TO LAST

"Everything about our spas is made for Lanzarote and its climate. We're one of the only companies on the island that work closely with our spa manufacturer, Superior Wellness, to ensure that the models we install will last a very long time", explains Steven.

"We're in regular contact with Superior Wellness and our chemical manufacturer, Piscimar,

to discuss what's working and what could be improved to ensure that our customers get the best of the best."

The spas are designed and engineered for 13 APMs – to account for the low amperage supplied to most Lanzarote properties. Which of course reduces the running costs!

They have a wide selection of residential spas with models that cater up to six people. Your model can be as simple or as feature-rich as you'd like. Whether you'd like a simple spa with bubble and jet controls, or a multi-seater spa with speakers, various jet settings, Bluetooth speaker and controllable LED's, Lanzarote Pool & Spa Shop have you covered.

"We don't just sell spas, but we install them too. We can install a spa within an hour of it being delivered to the property. We'll do all the necessary checks and tests upon installation to make sure the clients spa is in perfect order," Steven continues.

"The spas come with a chemical starter kit included, and we'll walk you through the easy maintenance you need to carry out to keep your spa a sparkling blue."

HOLIDAY SPAS

For holiday rental owners, Superior Wellness spas worked

with Lanzarote Pool & Spa Shop to develop a holiday spa model that is built to resolve many problems that are usually associated with residential spas in rental properties.

The spas are designed to limit the topside controls available to bathers, allowing them access to only the necessary features such as jet control. The other controls have been moved into the spa housing behind a locked panel, which ensures that temperatures and spa cycles remain unchanged.

SPA SERVICING & MAINTENANCE

While other spa suppliers may ask you to wait months for replacement parts to be ordered and delivered to the island, Lanzarote Pool & Spa Shop have all the spare parts in stock.

You won't have to install new parts yourself; their team will remove any broken parts, replace them, and test the spa afterwards to check that everything is working as it should be.

"That's the peace of mind we offer our clients. The spas are installed by us, serviced by us, and will be fixed by us should they need to be down the line. We're also happy to answer any questions that they might have regarding spa care, from protecting the covers and cladding, to checking the chemical balance. We're here to help."

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Jets
24



Power Supply
13A



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5



Dimensions
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Weight
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WORKING WITH *Light*

Poorly planned lighting can ruin the potential of a beautiful room. Lighting can make or break a space and it should be very top of the list when redesigning a room.



After the bedroom, the living room is the most-used space in our homes, which is why it's important to make it a comfortable and inviting space.

If your living room relies on ceiling lights alone, why not enhance the space with new light sources such as floor lamps, candles, and table lamps? Including multiple light sources allows you to adjust the mood of the room at a moment's notice.

LAYERS OF LIGHT

Diversify your living room lighting by adding bookshelf downlighters, standing floor lamps, and candles. Ceiling lights will illuminate the entire room, but remember that they can also

take away the cosiness, removing personality.

Turning on a combination of bookshelf lamps and floor lamps will usher in a relaxed and ambient feel, perfect at night when you're ready to relax.

FOCUS POINTS

Directional lighting can be used to draw attention to particular aspects of the room such as a leather armchair or display cabinet, leaving the surroundings dim.

Backlighting is often used to draw attention to a suspended object such as a flat screen television or artwork frame, pulling your eyes towards it and turning it into a feature piece.



"GETTING LIGHT RIGHT CAN TRANSFORM YOUR HOME MORE THAN ANYTHING ELSE. "

ULTIMATE CONTROL

Dimming light switches allows you to control the brightness of light fixtures rather than simply turning them on or off. They can be dimmed just enough to bring warm lighting to the room from the ceiling down without drawing all the attention to it.

Brighter white lights work better in functional spaces such as the kitchen, a home office, or the washing room. Some studies have shown that cooler lights keep the brain stimulated and promote productivity –

which is why most offices and hospitals use them.

Warm light has the opposite effect and is best suited to our relaxing spots such as the living room, bedrooms, and conservatories.

In recent years, new tablets and most operating systems also come with a "warm light" feature which will dim the blue light of the LED screen at a certain time in the evening, reducing the strain on your eyes and allowing the brain to "switch off".

NATURAL BY DAY

Natural light offers something that artificial light is incapable of emulating. Bringing natural light into your home with a skylight will not only offer ever-changing light levels that support the time of day, but also your natural circadian rhythm (our natural clock that operates on a 24-hour cycle to optimise body functions.)

A skylight can be multi-functional depending on your needs. For example, an atrium roof can help to enlarge a space such as a kitchen, making it appear not just brighter but taller too. Their impact on the design of your home is up to you, whether you choose circular fittings, square fittings or arched fittings.



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Building and construction is, by its nature, made-to measure, and thousands of skilled workers are required to turn raw or pre-prepared materials into homes, shops, offices and beautiful tourist attractions.

Carpenters, metalworkers, glaziers, bricklayers, fitters and dozens more types of specialist workers go to their workplaces every day to build an island that is always improving, always changing.

Jesús Soto was a trained electrician who first lit up the Cueva de los Verde for an archeological expedition in the early 60s. His amazing work sparked the idea of Lanzarote's tourist centres and



the invitation to César Manrique to return home and transform the island.

But Manrique and Soto could never have done it alone. A 2015 documentary titled *Las Manos* pays tribute to the local craftsmen they hired to actually create the centres with their bare hands, and it's a tribute to their skill that much of their work remains visible and operational today.

That tradition continues on the island, and the industrial zones that can be found around the island will hear a symphony of hammering, grinding and machinery, as items are prepared for every corner of the island.

The Cepal Group, for example, employ more than 100 workers in their three sub-companies Estructuras Cepal, Alustudio (aluminium and metal) y Managlass (glass). In 15 years, they have become one of the most trusted and in-demand companies on the island, and have worked on some of the island's most impressive projects during that time.

They're just one of several examples of reliable, skilled and committed service in the sector. On an island this small, word gets around fast and "cowboys" don't last too long.



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HIGH EXCITEMENT AHEAD!

New manager Leonel
"Pipa" Gancedo.



UD LANZAROTE START THEIR SEASON AT HOME ON 10TH SEPTEMBER WITH A NEW MANAGER AND SEVERAL NEW FACES. IAN LANE REPORTS.

There have been many changes in personnel at UD Lanzarote over the summer but none more notable than our new 52 year old Argentinian manager, Leonel "Pipa" Gancedo.

Pipa has had an incredible playing career, making his debut in the top flight of Argentine football with Argentine Juniors at 19 years of age. At 23 he signed for one of the most recognized clubs in world football, River Plate. Pipa spent five incredible years with the Mighty River winning five domestic trophies, including the Copa Libertadores – South America's equivalent to European Champions' League.

The very calm Argentine then moved to Spain and played in La Liga with Osasuna and Real Murcia for four seasons. He continued playing football at a good level until the age of 47 and even watching him in training now it seems that he could still do a job on the pitch.

Undoubtedly, his football pedigree is top class and even in his very short spell in management

he managed to win promotion for his first club in Argentina, C.A.I. Patagonia. Pipa has only been on Lanzarote for a few months but he has, like so many of us, already fallen in love with the island.

There have been many new signings, although four of those players have previously played for the club and have immediately gelled back into the team.

Alongside many of the experienced players, including the league's top scorer Di Renzo and our four club captains, are several Argentine youngsters ranging from 19 to 22 years of

age who were all in the junior sides or B team for River Plate, Boca Juniors or San Lorenzo. These youngsters have been given a gateway into Spanish football and are all eager to impress and further their careers. Exciting times lie ahead!

SEASON TICKETS

Season tickets are available from our shop in Costa Tegui at CC Nautical, Local 25 (up from Decades Bar and behind Cafeteria Oppa) open Mon-Fri 10am to 1pm and also Weds 5-7pm; Davinia at the club in Arrecife at Calle Isleño 4, open Mon - Fri 10 am to noon (also Tues & Thurs 6-8pm). In the Old Town in Puerto Del Carmen David will have them in the Irish Harbour Bar and Brendan in Dicey Reillys both available from 8pm until 2am. Prices are:

Adults 75€ (16-64 yrs). For an extra 20€ become a Socio (member)

Pensioners 50€ (65 yrs+) For an extra 15€ become a Socio (member)

Under 16s Free

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Pensioners 8€ (Residents 5€)

Under 16s Free

For an adult season ticket, the 17 matches work out at 4.41€ per match and for a pensioner just under 3€. Season tickets are available to everyone, residents or not.



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

SEPTEMBER 10TH: LANZAROTE V UD TEROR BALOMPIÉ

SEPTEMBER 24TH: LANZAROTE V SAN BARTOLOMÉ CF (DERBY MATCH)

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



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Pot heads

CONTAINER GARDENING IS PERFECT FOR AN ISLAND WHERE MANY HOMES HAVE LIMITED SPACE, SOIL ISN'T ALWAYS OF THE BEST QUALITY, AND WEATHER CONDITIONS CAN REQUIRE MOBILITY.

And the island's garden centres reflect that, with a huge range of containers of all shapes and sizes. Here are few tips to help you get your pots up and running.

The containers

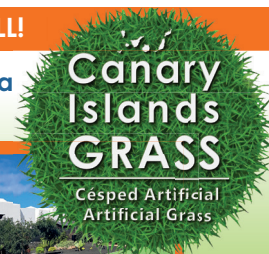
Terracotta pots are the classic container, but take into account that they are porous. This helps drainage in cooler climates, but in hot weather it will also dry your plants out faster. You'll need to step up your watering regime, or choose glazed pots that hold moisture more effectively. If they're going to be in the sun, light colours are preferable, to reflect sunlight and prevent soil heating up.

Window boxes are perfect for planting colourful flowers, herbs, and other edible plants. They're available in many styles, but on



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Lanzarote you'll need to check for wind and sun. South-facing boxes will usually be protected from wind, but will get the full impact of the sun all day.

Hanging baskets are popular in Lanzarote, but you need to plan your watering regime carefully, as they may be difficult to reach and are liable to leak water onto anything below. On Lanzarote they should also be kept well out of the wind.

Plastic pots are cheap and lightweight and hold moisture well, but they're not usually very pretty. Metal planters are also useful and more attractive, but metal heats up a lot in direct sunlight.

Grow bags are best for plants with shallow roots. They can be disguised in larger containers, but they're only really a serious option for vegetable growers who aren't that worried about aesthetics

Preparing your containers

First choose the right-sized container for the plant you need. Roughly, a growing plant requires at least two-thirds more space than it occupies.

Then choose where you're going to place your containers. This will be easier once you've observed how the sun moves across your outdoor space, the shade available and, importantly, areas where draughts and breezes are frequent. Don't worry too much if you don't get it exactly right –



containers are portable.

Buy some good potting soil – tierra preparada (prepared soil) is available from local garden centres, as well as several compost blends. Don't be afraid to add more nutrients depending on what your plants require.

Thriller, filler, spiller

When combining several plants in one large container, start by selecting a “thriller” - a tall, bold plant like a geranium. Next, choose your “filler”—this should be a medium-height, bushy plant to fill out the arrangement, such as verbena, salvia, or lantana. Finally, add a “spiller,” which should cascade over the edge of the container. Spiller options include creeping zinnia, petunia, and sweet potato vine.

Go 3D

Containers offer one advantage that beds cannot compete with – mobility. You can place them at any height, move them around and quickly get a real sense of depth and dynamism.

Think about arranging pots in tiers, or even one above the other. Use larger plants to shelter smaller ones, and save water by placing plants where they'll get moisture that drains from others.

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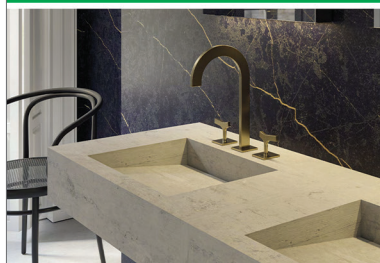


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Tidal force



LANZAROTE AWAITS THE HIGHEST TIDES OF THE YEAR THIS MONTH, REFLECTING THE IMPORTANCE OF THE ENDLESSLY RISING AND FALLING OCEANS THAT SURROUND OUR ISLAND.

If you've ever holidayed in the Mediterranean, you may have noticed that there are hardly any tides. The mostly-landlocked sea usually rises and falls by around half a metre, which is why you never hear of Italians or Greeks getting stranded by rising tides.

Lanzarote, however, is located in the second-largest ocean in the world - the mighty Atlantic - and there's a lot more

water for the moon's gravity to shift. As a result, there's a difference of up to 3 metres between high and low tides, and that's more than enough to make you regret choosing that secluded cove at Papagayo once the tide comes in.

The end of this month will see the highest and lowest tides of the year, as the full moon rises on the 29th after the autumn equinox on the 23rd. In the Canaries, these massive tides are called Las Mareas del Pino (the Pine Tides), as they occur close to the annual Descent of the Virgin of the Pine, one of Gran Canaria's most important religious festivals.

The high tides can be seen best at large, flat beaches such as Los Pocillos or Guacimeta in Playa Honda, where they can form large, shallow tidal pools. Tourists on smaller beaches who are enjoying the late September warmth often find themselves huddling together on a small strip of sand that remains at high tide.

But the high tide always brings an optimistic, buoyant atmosphere to Lanzarote, too. Boats in the marinas and harbours bob merrily, as high as they'll get all year, and everyone knows the tide will leave clean, virgin beaches behind.

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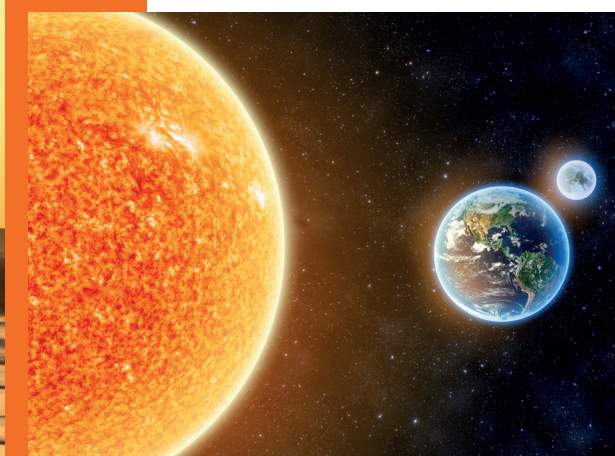
Please contact Lucy on 696 270 282 or Office 928 854 759 - gagcanaries@hotmail.com



The low tides also bring activity. This is the only time of year when parts of the lower seashore are exposed, and that means that shellfish and other creatures are also exposed. As a result, you'll often see locals *marisqueando* (collecting shellfish) at the low tide line. They're usually hunting for lapas – the edible limpets that are a local delicacy, but fishermen also seek soft-shell crabs

for use as bait, and you may see someone heading out with a sharp hook that is used to catch octopus.

This year's tides will not be as high as when the full moon coincides exactly with the equinox, but they will be noticeable, and it's probably not the best day to fall asleep in that isolated cove at Papagayo.



WHY ARE FULL MOON TIDES SO HIGH?

Tides are mainly caused by the gravitational pull of the moon, but the sun also has a smaller effect. That means that when the sun, moon and earth are lined up, solar gravity is added to lunar gravity, creating a stronger pull and higher tides of up to 20%.

That alignment happens during full moons (when the sun is in front of the moon,) and new moons (when it is behind it). When the alignment is precise, you get eclipses.







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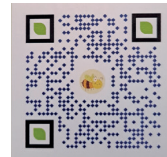
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1	H: 02:43 L: 08:48 H: 14:59 L: 21:18	2.9 0.2 3.2 0.0	17	H: 03:05 L: 09:10 H: 15:18 L: 21:30	2.7 0.5 2.8 0.5
2	H: 03:24 L: 09:30 H: 15:40 L: 21:59	2.9 0.2 3.1 0.1	18	H: 03:33 L: 09:40 H: 15:48 L: 21:59	2.7 0.5 2.7 0.6
3	H: 04:04 L: 10:11 H: 16:22 L: 22:39	2.8 0.3 3.0 0.3	19	H: 04:04 L: 10:12 H: 16:20 L: 22:31	2.6 0.6 2.6 0.7
4	H: 04:45 L: 10:54 H: 17:05 L: 23:21	2.7 0.5 2.7 0.6	20	H: 04:37 L: 10:49 H: 16:58 L: 23:08	2.5 0.8 2.4 0.9
5	H: 05:28 L: 11:40 H: 17:52	2.5 0.7 2.4	21	H: 05:18 L: 11:35 H: 17:45 L: 23:57	2.3 0.9 2.2 1.1
6	L: 00:06 H: 06:18 L: 12:35 H: 18:48	0.9 2.3 1.0 2.1	22	H: 06:13 L: 12:40 H: 18:56	2.2 1.1 2.0
7	L: 01:03 H: 07:21 L: 13:51 H: 20:09	1.1 2.1 1.2 1.9	23	L: 01:10 H: 07:35 L: 14:15 H: 20:39	1.2 2.1 1.2 1.9
8	L: 02:22 H: 08:49 L: 15:32 H: 21:53	1.3 2.0 1.2 1.8	24	L: 02:54 H: 09:18 L: 15:58 H: 22:18	1.3 2.1 1.1 2.1
9	L: 04:01 H: 10:22 L: 16:59 H: 23:14	1.3 2.0 1.1 1.9	25	L: 04:26 H: 10:41 L: 17:11 H: 23:25	1.1 2.3 0.8 2.3
10	L: 05:15 H: 11:28 L: 17:56	1.2 2.2 1.0	26	L: 05:30 H: 11:42 L: 18:05	0.9 2.6 0.5
11	H: 00:05 L: 06:05 H: 12:14 L: 18:36	2.1 1.1 2.4 0.8	27	H: 00:16 L: 06:21 H: 12:30 L: 18:51	2.6 0.6 2.9 0.3
12	H: 00:42 L: 06:43 H: 12:51 L: 19:09	2.3 0.9 2.5 0.7	28	H: 01:00 L: 07:05 H: 13:14 L: 19:33	2.8 0.4 3.1 0.1
13	H: 01:14 L: 07:15 H: 13:22 L: 19:39	2.4 0.7 2.7 0.6	29	H: 01:40 L: 07:46 H: 13:55 L: 20:13	3.0 0.2 3.2 0.1
14	H: 01:42 L: 07:45 H: 13:52 L: 20:07	2.5 0.6 2.8 0.5	30	H: 02:19 L: 08:26 H: 14:35 L: 20:51	3.0 0.2 3.2 0.1
15	H: 02:10 L: 08:13 H: 14:21 L: 20:35	2.6 0.5 2.8 0.4	31		
16	H: 02:37 L: 08:42 H: 14:49 L: 21:02	2.7 0.5 2.8 0.4			

H=High Tide L=Low Tide



September 2023

Weather Watch

Mellow glory

Summer officially ends on the 23rd September, the autumn equinox, although you won't notice it on Lanzarote, which will enjoy some of its most glorious weather of the year.

September and October are spectacular months on Lanzarote: the heat of midsummer becomes a gorgeous, mellow warmth; the strong breezes disappear bringing some of the stillest, most perfect days of the year, and the sea is at its warmest and most inviting.

Sadly, school term times means that many tourist families don't get to enjoy this time of year, but that also means the island is a little quieter, more peaceful and relaxed.

There'll be parties, too, of course. The Romería to Mancha Blanca is the island's most important religious festival, and Famara, Yaiza and Punta Mujeres will also celebrate their unique fiestas.

It's a month when summer winds down gently, everyone gets back to their normal routine, and the island is utterly perfect and beautiful. Count yourself lucky to experience it.

What to Expect in September



Day Time Temps

Average 26°C (ranges from 21°C to 30°C).



Night Time Temps

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



Sunshine Hours

12 hours (8 hours full sun).



Sea Temp

23°C - 24°C degrees.



Rain

0.



Wind

Light N - NE alisios.

Telephone Numbers



AIRPORT

Iberia General Info	901 111500
Aena General Info	928 846000
Flight Information	928 846001

AYUNTAMIENTOS

Arrecife	928 812750
Haria	928 835251
San Bartolome	928 520657
Teguise	928 845001
Tías	928 833619
Tinajo	928 840021
Yaiza	928 836220
Lanzarote Cabildo	928 810100

BRITISH SCHOOLS

British School of Lanzarote	928 810085
Colegio Europeo Daos	928 515818
Colegio Hispano Británico	928 173066
Colegio Arenas	928 590835

CHEMIST

Puerto del Carmen	928 513207
Puerto del Carmen (Old Town)	928 512282
Playa Blanca	928 518942
Costa Teguise (CC Jablillo)	928 826628
Costa Teguise (Islas Canarias)	928 590423

CHURCHES

Anglican Chaplain	928 514241
Family Church	618 186755
Christian Worship Centre	620 309684
Sunday Worship	630 175810
Pastor Norwegian Church	616 407693

CONSULATES

Britain	928 262508
Ireland	928 815262
Germany	928 491880

CREDIT CARDS - LOST OR STOLEN?

4B	902 114400
AMEX	900 814500
Visa International	900 991124

EMERGENCY SERVICES

Police, Fire, Ambulances	112
Spanish Emergency Services	061
Red Cross (Ambulance)	928 812222

FERRIES

Naviera Armas	902 220225
Fred Olsen	928 517266
Líneas Romero	928 842055

FUNERAL SERVICES

Atlantic (Alianza Canaria) 24h	928 800013
Funeraria Arroyo	658 753 941

GAZETTE LIFE

Reception	928 093823
Mobile	621 274473
Website	www.gazettelife.com

MEDICAL AND HEALTH

British Surgery Lanzarote	928 514274
OR FREEPHONE	900 811555
Hospital Arrecife	928 595000
Alcoholics Anonymous	653 840440
Dr. Mager Clinic	928 512611
Hospiten Lanzarote	928 596100
Overeaters Anonymous	662 116415

POLICE

Arrecife	928 811317
Haria	928 835252
San Bartolome	928 520712
Teguise	928 845252
Tías	928 834101
Yaiza	928 830107

POST OFFICES

Costa Teguise	928 827268
Playa Blanca	928 518389
Puerto del Carmen	928 510381

TAXI RANKS

Airport	928 520176
Arrecife	928 800806
Haria	620 315350
Teguise/Costa Teguise	928 524223
Puerto del Carmen/Tías	928 524220
San Bartolomé	928 520176
Tinajo	928 840049
Yaiza/Playa Blanca	928 524222

TELEPHONE (MOVISTAR)

Faults	1002
Directory Enquiries	11811
International Directories	11825

TOURIST INFORMATION - LANZAROTE

Arrecife	928 813174
Costa Teguise	928 592542
Puerto del Carmen	928 513351
Playa Blanca	928 518150

TOURIST INFORMATION - 7 ISLANDS

Lanzarote	928 820704
El Hierro	922 550302
Fuerteventura	928 860604
Gran Canaria	928 771550
La Gomera	922 870281
La Palma	922 423340
Tenerife	928 635192

TRANSPORT

ITV Station (MOT)	928 582555
Intercity Bus	928 811522

UTILITIES

Endesa (Electricity)	800 760909
Canal Gestión (Water)	928 814400
Iberdrola	900 225235

VETS

Jane Burke	928 513895 or 649 910784
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Need to Know

SHOPPING ONLINE

Living on the Canary Islands means that online shopping is never going to be as fast or easy as it is in large countries.



The obvious problem is distance – we're simply further away from many manufacturers and suppliers, and all items are brought in by sea or air.

The Canaries' status as an EU special economic zone, which means that customs declarations are often required and a different VAT system known as IGIC, applies. Brexit hasn't helped those ordering from the UK, either, as many companies have stopped delivering to the EU due to increased paperwork.

The Canarian Government has tried to ease matters by eliminating IGIC on all online purchases under €150 (which accounts for 75% of purchases) but the situation is still far from ideal, with frequent reports of customers paying customs charges that exceed the price of the goods ordered.

When using the most famous suppliers, such as Amazon, eBay or AliExpress, Canarian purchasers have learned that the first thing to check is shipping policy to the Canaries. Many suppliers do not offer this, and prices may vary among those that do. Then there is still the possibility of customs hold-ups.

The choice of carrier can also be a problem, with some requiring pick-ups at depots on the island rather than assuring home delivery.

As a result of this, companies such as Guanxe, Syniva and Banango (previously known as Canarias Prime) have popped up in the Canaries, each offering simplified shipping and VAT, and relatively rapid delivery.

They're worth checking out if you do a lot of online shopping, but until things are improved overall, online shopping here is still likely to be a hit-and-miss affair.

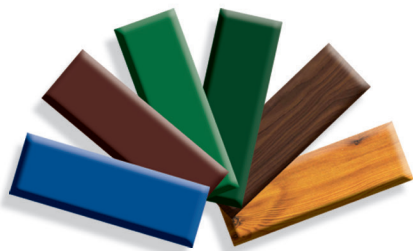
If readers have any tips, advice or recommendations about online shopping, we'd love to hear them. Contact editorial@gazettelife.com

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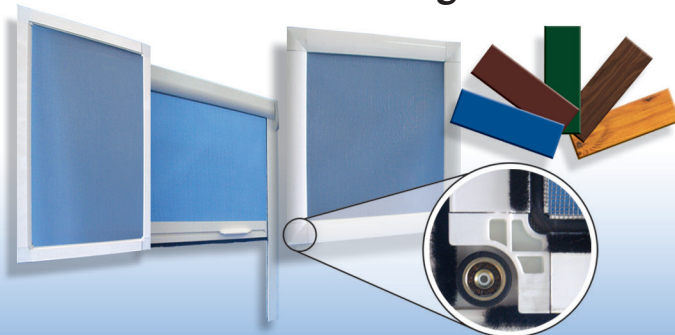


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Horoscopes

BY CLAIRVOYANT SHONA LANGHOLM

Aries

(21 MAR - 19 APR)

You've come a long way this year, Aries, but you can go even further if you have the right contacts. This is a time to network, keep in touch, build connections and use your charm. It'll pay off in all sorts of ways you may never have dreamed of.



Taurus

(20 APRIL - 20 MAY)

This is a month to play it safe, Taurus. You're on a good, rewarding path, and now is not the time to stray or lose your footing. You'll be feeling fitter, more aware and ready

for anything, and romance is promising, but don't make any big moves just yet.



Gemini

(21 MAY TO 20 JUNE)

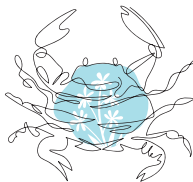
Those days when you wake up full of interest as to what the day might bring are precious, Gemini. Your life is fascinating right now, and you should try and make equal time for yourself and others to get the very best from it.



Cancer

(21 JUNE TO 22 JULY)

A recent disappointment has set you back, Cancer, but it'll pass very soon and new opportunities are just over the horizon. But don't just wait for them – a bit of research, a good chat with a trusted friend and a chance meeting will all help you on your way.



Leo

(23 JULY TO 22 AUG)

Time to let it all out, Leo. You've been quite a tame, well-behaved lion recently, but the call of the wild is getting stronger. Indulge yourself, make a few crazy decisions, get out there with all the other wild animals and let them hear you roar.



Libra

(23 SEPT TO 22 OCT)

Family can cause the greatest joy and the most agonising frustration. There'll be a bit of both this month, Libra, but don't let either distract you from your professional and personal goals. Stay calm, stay cool and deal with it.



Virgo

(23 AUG TO 22 SEPT)

Something big is taking shape in your life, Virgo. You're not sure exactly what it is yet, but you know a change is on the way, and your instinct tells you you want it. Ask yourself some important questions, and make sure you're physically and mentally prepared.



Scorpio

(23 OCT TO 21 NOV)

Try not to rush to judgement this month, Scorpio. The actions of an acquaintance may not be what you initially suspect. In romance, guard against insecurity and try to trust. There's also money to be made if you keep your eyes open.



Sagittarius

(22 NOV TO 21 DEC)

If you've played your cards right you'll be busy as a bee this month, Sagittarius, and the whole month will go with a buzz. If you haven't prepared, it's not too late to make things right but make sure you don't exhaust yourself completely.



Capricorn

(22 DEC TO 19 JAN)

Don't worry about others talking about you behind your back, Capricorn. It's far worse not to be talked about, and there are some things you simply can't do anything about. Be yourself, and people will see exactly who you are and what you offer.



Aquarius

(20 JAN - 18 FEB)

Grab a little down-time this month, Aquarius. Pamper yourself, relax and recharge that battery to 100%. It's not going to be a crazy month, but there'll be plenty to get on with and you'll enjoy it a lot more if you're feeling fit and well.



Pisces

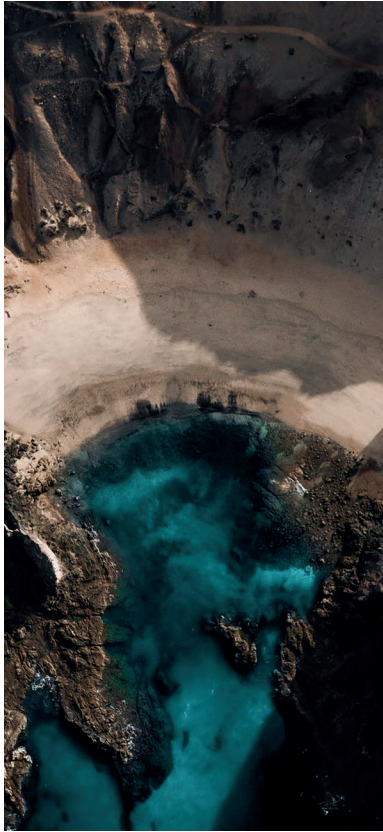
(19 FEB - 20 MAR)

Be sure to respect other people's privacy this month, Pisces. If not, you risk discovering things you'll wish you'd never known and could betray a friend. If you want the real, honest truth, just ask. That will bring respect, wisdom and self-esteem.



Instagram

of the month



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@eomaat7007



@pedroborges7



@ipedrakos



@accoidanhdez.____



@cetidleon



@andrea_sol

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