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Avda Andalucía 1, La Alfoquia 04661, Almería

Age and Disability Related Assistance

There are different types of assistance you may be entitled to; check to see if you fall into any of these categories and we can help you through the process.

Anyone over 65, with residency, is entitled to a pensioner’s card; this can be used to get discounts on buses, trains, entrance fees in various places, some opticians/dentists etc. With just a photograph, copy of residencia, passport and a current pardon certificate we can process this application for you. This is also a requirement for the emergency button service.

If you have medical issues that impair your daily life you may be entitled to a grade of disability. A grade of more than 33% is enough for a disability card to be awarded. This entitles you to apply for the emergency button and offers the possibility of other assistance as well as discount on the annual tax return. To be granted a parking badge the grade of disability needs to be over 65% or at least 7 points in the mobility test that has to be undertaken. To apply for the disability card and parking badge you will need to provide copies of residencia, passport, pardon certificate, medical reports, a photograph and proof of income. It is not a very quick process and does require an assessment in front of a panel of specialists, which for our area is carried out in Almeria. Once the case has been reviewed a letter will be sent and, if you qualify, it will outline any assistance available depending on the disability grade awarded.

If you are in need of assistance with daily jobs such as doing your shopping, helping you cook, dress or shower, you may be entitled to assistance in the home. This can be requested independently of the disability card. To qualify, you have to be a resident in Spain and have been on the padron for over 5 years. To apply, you will need to provide medical reports, residencia, passport, pardon certificate and proof of income. The number of hours of assistance given are decided after a visit to your home. Nursing care is not part of the services or assistance provided.

Once you have been granted the above, an emergency button can be installed at your home. This is a button you can carry/wear while anywhere in the house or garden and calls the emergency services when pushed. You will also receive a weekly call to see how you are. To apply for this you require a landline telephone, letter of grade of disability or home assistance, pensioner’s card, pardon certificate, residencia and passport.

If you would like help or further advice regarding any of this information call or email C.A.T. Services for an appointment.
Spanish Provinces & their Capitals

There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. Our next of Spain’s provincial Capitals takes us to Pamplona, Navarra.

Navarra is a uniprovincial autonomous region in northern Spain. It borders on France to the northeast and, on the Spanish side, on the regions of the Basque Country, Aragón and La Rioja. There is also a small enclave, Peñilla de Aragón, which is situated within the autonomous region of Aragón but which belongs to Navarra.

As a province, Navarra has a unique status within the Spanish system of autonomous regions that are made up of one or more provinces. It is a chartered province; it was given this status in 1841 when it ceased being a kingdom and was ruled by a chartered provincial council under the Spanish crown.

This means that the province is in charge of its own autonomous financing as opposed to almost all the other Spanish autonomous regions whose finances are regulated by the central government. The government of Navarra levy their own taxes and finance their own autonomous institutions and other outgoings.

The highest point in Navarra is in the Pyrenees; it is called Mesa de los Tres Reyes and it reaches 2,438 metres into the sky.

The capital of Navarra is Pamplona. The city of Pamplona is home to 201,653 of Navarra’s 647,554 inhabitants.

Pamplona’s greatest claim to fame is, of course, the running of the bulls during its annual Fiesta de los Sanfermines. The fiesta was cancelled, like so many other events, this year, however, the monument in itself is worth a visit.

Whether or not you agree with this tradition, the monument in itself is worth visiting, a sculpture of running and fallen men closely followed by the enormous bulls; a moment of great movement and emotion frozen in time.

Pamplona was of high strategic importance and one of the only ways for conquerors from the north to access Spain. For this reason it has often been referred to as ‘The Key of Spain’ in historic documents.

Construction of the present city wall was started in 1515; it was to replace the old medieval city wall, and it was five kilometres long. Today it is one of the best preserved and most interesting fortifications in Spain.

The number of inhabitants of Pamplona grew in the 18th century, but because of the city’s strategic importance construction and habitation outside the city walls were prohibited, so the city had to expand vertically.

However, in the 19th century, living quarters became so cramped and conditions so unhealthy that the Pamplona city council repeatedly asked the central government for permission to expand the walls. This was turned down repeatedly until finally, on two occasions in 1915 and 1921 part of the walls was demolished.

During the first decade of the 21st century a great part of the fortifications was reconstructed and restored.

Other outstanding monuments in Pamplona include the ‘Monumento al Encierro’, a monument to the running of the bulls. Whether or not you agree with this tradition, the monument in itself is worth visiting, a sculpture of running and fallen men closely followed by the enormous bulls; a moment of great movement and emotion frozen in time.

The Cathedral of Pamplona is situated on the edge of the Casco Viejo (the Old Quarter), in the same site that the old Roman city of Pompaucio was originally built. The cathedral is Gothic and it houses a large number of historic and artistic relics from the city’s past.

The city of Pamplona is set in the centre of the ‘Pamplona Basin’, a large bowl shaped valley surrounded by high hills and opening out to the south into the Upper Ebro valley.

Navarra has two universities. Universidad de Navarra is a private, non-profit university. It is ranked as Spain’s best private university, and the 8th best university. It is ranked as Spain’s best private university. Universidad de Navarra was founded in 1987 by the government of Navarra. It’s ranked as no. 12 on the list of Spanish universities and more than 10,000 students enrol yearly.

The natural conditions in the Pamplona Basin make it ideal for human occupation and its earliest settlements date back to the first humans on the Iberian Peninsula, some 75,000 years.

A small town was later founded on the site by Roman legionaries under general Cneo Pompeyo Magno in 75 BC. They named it Pompeyo.

From there the city grew over the centuries as the rule changed from Roman to Visigoth and from Muslim to Christian.

Like most other self respecting Spanish cities, Pamplona has its ramparts; these were constructed in the 16th century to surround the city and protect it from the French. The geographical situation of Pamplona was of high strategic importance and one of the only ways for conquerors from the north to access Spain. For this reason it has often been referred to as ‘The Key of Spain’ in historic documents.

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FIRE! Man’s Greatest Invention?

Summer is upon us; in our part of the world, this means extremely high temperatures and virtually no rain. This leaves the countryside and forests very vulnerable to the threat of fire; as you may know, we already had the year’s first fire locally, in Los Cabreras between Turre and Mojácar.

Most of us are completely disgusted at the suggestion that people actually throw lit cigarette butts out of the car window – but nevertheless there are still many who do just that. Be aware, though, that if you are caught in the act it will cost you four points on your driving license and a 200€ fine. Every forest and bush fire is certain death for the animals that live in the affected area, it wipes out years’ growth of trees and bushes and of course adds to the greenhouse effect through the amount of carbon dioxide released and the reduction of the world’s natural lungs. And if that is not enough reason for you to be extra, extra careful – if you are caught causing a forest fire, intentionally or not, it can cost you up to 15 years in prison!

Upon Arrival
- When you arrive at the AquaVera car park leave a free space between your car and the next closest. If this is not possible, avoid entering or leaving the vehicle at the same time as the occupants of the neighboring ones.
- If there is a queue when you arrive at the ticket office, keep the security distance of 2 metres at all times with other people. The water in our swimming pools is constantly disinfected. The security measures regarding COVID are those that you already know: keep the security distance of 2 metres at all times with other users who are not from your family unit or group and avoid crowds.
- Please, always circulate on your right to avoid the crossing of others moving in the opposite direction.
- Try not to touch or lean on the railings or barriers. The water in our swimming pools is constantly disinfected.
- The security measures regarding COVID are those that you already know: keep the security distance of 2 metres at all times with other users who are not from your family unit or group and avoid crowds.
- The management of sanitary waste (masks, gloves) is very important; please put these residues in an exclusive bag. You can discard that bag when you leave, in a container provided that we will provide.

In The Park
- On arrival, please respect all the signs and directions of our staff. They are there to help you.
- You can rent hammocks, floats, safety boxes ... Everything is disinfected several times a day.
- When using pools and slides, it is very important that you shower disinfected several times a day.
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Please take 5 minutes to read this guide to make your stay at AquaVera as fun and safe as possible.

Things to think of before you arrive
- First of all, if you have symptoms or think you have corona virus: Stay home, please!!
- If you purchase tickets in advance on our website (www.aquavera.com) or in our app.
- It is also preferred that the footwear that you are going to use within the AquaVera facilities is different from the footwear that you use to get here.
- In addition, and in order to speed up access, we recommend that you purchase tickets in advance on our website (www.aquavera.com) or in our app.

For more details, see Facebook.
Insect Bites

At this time of year, it is not unusual to wake up in the morning only to find that something has bitten you. Often, we don’t know who the culprit was, so here are some of the possible suspects.

**Mosquitoes** - The mosquito has to be our number one suspect! Its bites leave a small red area with a bubble in the middle. Most mosquito bites are harmless, but should you notice symptoms such as joint pains, temperature or swollen glands, seek the advice of a doctor. Mosquito bite to feed on our blood, mainly at dusk and dawn. They are attracted by sweet smells, light and warm, damp areas.

**Fleas** - Their bites reveal themselves as small red lumps on our skin, often in groups of four. They obviously mainly appear in households that have pets. Their small size and dark colour make them difficult to see. Their bites produce intense itching which is caused by their saliva. They usually bite around the ankles and the lower leg area.

**Bedbugs** - Bedbugs have not been found to transmit any illnesses, but their bites do cause reddening, itching and even inflammation of the skin. It is not easy to distinguish the bedbug’s bite from that of a flea or a mosquito as the reaction varies from person to person.

**Spiders** - Spiders’ bites look different from the previously mentioned as they leave two little holes. Jumping spiders have been known to leave generalised discomfort in the victim, but overall not many spiders have long enough fangs to inflict serious lesions on humans.

**Ticks** - These parasites make their living jumping onto passing humans or animals, attaching themselves and feed on our blood. It can be dangerous to be bitten by a tick as these insects spread diseases such as Lyme disease and tick fever. If you find a tick attached to yourself or your pet, immediately remove it using a pair of tweezers and gently pulling upwards until it lets go. If you have caught anything from the tick it will start manifesting itself within 48 hours in which case seek help immediately.

**Wasps** - Wasp stings are very painful though not usually dangerous. Except for people who are allergic; they should seek help immediately. You can diminish the discomfort caused by the sting by applying white wine vinegar, mud or even toothpaste to the affected area. These are the main culprits of the discomforts we may suffer when we get bitten or stung; it is a good idea to use insect repellent, especially at night!
Summer’s here and like every year we’d like to share a few words of advice with you whether you are a resident or a visitor. And remember to pass it on to everyone you know!

Fire
Fire is our worst enemy this time of year. So much so that it has been given its own article on page 6.

Earth
Spain was native to lots of little creatures that lived here way before any of us arrived, and usually they keep out of our way and we don’t even know they’re there. However, they may not always notice us and get away in time, and many of them take exception to being stepped on and may bite back. Therefore, never walk barefoot outdoors.

Should you get bitten or sting and get a strong reaction, go straight to the pharmacy and show them the affected area, or in extreme cases to A&E.

Air
The air isn’t what it used to be, and when you are here in summer you really do notice that the ozone layer does not protect us from the sunlight like it used to.

Avoid at all costs getting sunburned! Apart from being darned unpleasant, sunburn is accumulative, and every one you have in a lifetime increases the risk of skin cancer.

20 minutes before going out, put sun protection factor 50 on every skin area that is not covered by clothes, and repeat every two hours while you are out and about.

Make sure you get a water resistant sun cream, otherwise you’ll burn while in the water.

And remember, sitting in the shade doesn’t prevent sunburn, the reflection of the glare of the sun will come and find you even in the shade!

Water
The experts reckon that the only truly healthy exercise in the heat of a summer’s day is swimming, the only one that you can do without being in danger of overheating.

However, like all other things swimming has its dangers, and a worrying high number of people have drowned in water parks already this year.

Whether you bathe in the sea, your pool or play in a water park, make sure you follow the usual common sense advice for swimmers: Don’t swim when you are alone, Don’t swim for at least 30 minutes after eating. Don’t swim while under the influence of alcohol – and DON’T LET CHILDREN ANYWHERE NEAR THE WATER UNSUPERVISED!

Follow these simple steps to ensure your summer is not spoilt by accidents that could easily have been avoided.

Why do we wear sunglasses?

According to a survey, nearly 90% of people believe that protecting their eyes is key to overall health. But most people who choose to wear sunglasses do so only to cut down on the sun’s glare.

There are many more reasons why you should wear sunglasses more often, especially when you’re enjoying the outdoors during the summer. Keep reading to find out more.

Prevent Sun-Related Health Problems

Our eyes are sensitive. Prolonged exposure to sun can lead to a variety of ailments. Some are simply painful or irritating, others can be deadly serious. Remembering to wear a pair of high quality sunglasses can help to keep you safe from the sun’s damaging rays.

When choosing, start by looking for sunglasses with 100% UV A and UVB protection. This provides full protection against the sun’s ultraviolet rays. Polarized sunglasses can reduce glare, which is nice if you’re spending a lot of time on the water. Also look for sunglasses that fully cover your eyes. Wrap-around lenses are even better because they block out light and glare from the side, as well as the front.

Diseases and health complications that sunglasses can help protect against are skin cancer around the eye area, cataracts and the worsening symptoms of glaucoma as well as macular degeneration.

Protection from the Elements

The sun isn’t the only thing that can damage your eyes. Spending time outdoors, puts you at additional risk of damage from sand, dust, wind and even snow.

Sand - Getting sand in your eyes can be very painful and dangerous. Tiny grains of sand can actually scratch your eye and can cause permanent damage. Sunglasses that fully cover your eyes are a great way to keep sand out.

Wind & Dust - Spending a lot of time in windy, dusty areas can irritate and damage your eyes. Again, the best way to protect yourself is by wearing sunglasses that keep your eyes safe from the elements.

Snow - You might be surprised to know that spending time in the snow can be very damaging to your eyes. Snow reflects 80% of 1UV rays from the sun and can cause a condition known as snow blindness, where glare from the sun actually burns the cornea.

Continued on page 12.....
Promote Healing & Recovery
If you’ve had surgery to correct your vision, you should be extra sure to wear sunglasses. Your doctor may recommend a pair for you to wear immediately after the procedure, but continuing to wear sunglasses can protect your eyes as they heal and as you adjust to your new vision.
Corrective surgeries are commonplace, but with improper post-surgical care, there can be complications. Avoid them by following your doctor’s orders and wearing sunglasses to protect your newly restored vision.

You’ll See More & Enjoy the Outdoors More
As important as protecting your health is, there are many good reasons to wear sunglasses more often. If you’re spending time outdoors, you’ll really benefit from wearing your sunglasses.
If you enjoy fishing or spending time on the water, with the right sunglasses, you’ll be able to see through the glare on top of the water and notice fish and aquatic life that you never even knew was there!

Fewer Headaches & Migraines: You’ll Be More Comfortable
Bright sunlight can be a trigger for migraines and bad headaches. Wearing sunglasses can help reduce both the frequency and intensity of these painful occurrences. And even if you’re not a headache or migraine sufferer, wearing sunglasses when out in the sun can help reduce eyestrain and fatigue, meaning that you’ll just be more comfortable and enjoy your time outdoors even more.

For Safer Driving & Recovery
Do sunglasses help when driving in the rain? This is a hotly debated issue, but the consensus seems to be that in light rain, during the day, the right sunglasses can improve your vision and help you to drive safer. Of course, when driving into bright sunlight, sunglasses can definitely help you see better and drive more comfortably.

Sunglasses are Stylish!
Sunglasses come in many colours, shapes, and styles and there’s sure to be (at least!) one that you’ll love. You can even have different sunglasses for different activities or to coordinate with different clothing styles!
No matter what look you’re going for, from classically cool to modern and fashionable, there’s a pair of sunglasses that will make you look and feel great.

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**Promote Healing & Recovery**

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Walk Tall

In March, before lockdown, we began to talk about walking as a form of exercise. Regardless of age, shape, or starting-point fitness level, walkers have a span of potential benefits waiting for them. Weight loss, increased flexibility, muscle-toning, a trim appearance, improved cardio-vascular performance - testimonials abound.

Minimum equipment is needed, there are no membership fees, and if you have dogs they love it too. What is there not to like!

Just as in aerobic exercise, correct posture is important in walking as it aids in effective muscle use and reduces chances of injury. Consider the following:

Stand Tall

Think of a pendulum line running from the head down through the spine. Stand relaxed and upright with no tension in the upper body. Now think of that line pulling the head up a few centimetres and stretching the spine.

This is especially useful for those of us who spend long hours at a computer, as it counteracts the tendency to relax into a rounded-back position.

Engage the Core

Even for walking we engage the core. The muscle ‘train of action’ that is initiated when the abdominals are consciously contracted aids in maintaining balance.

Breathe Deep

Shoulders back and relaxed, expand the chest and breathe as deeply as possible. Enjoy how clear the air has become after the lockdown restrictions. With traffic movement greatly reduced, the exhaust emissions rapidly diminished.

Eyes Up

Try to keep vision focused about 3-6 metres ahead. Don’t look down at your feet - it causes stress on the back and neck, and hampers a free stride. If you’re worried about falling, choose level paths and use a pair of walking poles.

Admittedly, when we walked last week we were constantly distracted by the number of rabbits who darted across our path - another positive side-effect of the absence of human movement during quarantine.

Step Out

- Easy, even steps with a smooth heel-to-toe movement.
- Arms relaxed and swinging rhythmically from the shoulders.
- Elbows bent to no more than a ninety degree angle. Unless it’s a cardio-burst there’s no need to pump them.

Always Safe

There’s a brief checklist that we run through before we venture out.

1. Are we in Good Overall Health?
   This assessment comes from knowing ourselves, and from keeping up to date with all the necessary medical checks.

2. Do we have Good Footwear?
   I’m a trekking boot fan, while Amanda is faithful to her trainers. We both take care to look specifically for fit, comfort and suitability.

3. Are we Carrying the Essentials?
   - Water - especially as we move into the hottest days of summer.
   - Cellphone - charged and preloaded with emergency contact numbers.

And we know our way round each other’s phones too. If you’re sitting with a friend who fell down a bank and is unconscious, it’s not the time for an Apple mac devotee to try to understand Android!

- An elementary First Aid kit for on-the-spot action.
- A few euros, an extra mask, and a pair of gloves for a ‘just-in-case’ scenario.

Enjoy!

Here in Almeria, we have beautiful country rambles and ramblas available. Fresh air and those views across hills and valleys are a great incentive to get out into the countryside.

Comments and queries welcome. josnovas@gmail.com Jacey Cánovas is a journalist on a discovery journey about diet and fitness. Amanda Cante is a qualified trainer, nutritionist and competing athlete. This article is © to them. Information and opinions contained in this article should not be used as a substitute for the advice of a licensed health care professional.
Afraid of dentists?  
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Find us on Google maps: “Raimundi Dental Clinic”

Our commitment is to care for our patients and our team.
This is why we are taking all the necessary measures to avoid Covid-19 infections in our clinic.

Make your appointment as soon as possible.
We are open from Monday to Friday from 10 am to 2 pm and from 4 pm to 8 pm.

Clinic Re-Opening!!
I’m absolutely delighted to announce that the Osteo Maestra Osteopathy clinic is NOW OPEN!

It’s been a tough few months for us all, and as we enter the ‘New Normal’ here in Spain, there are going to be some changes to contend with.

Due to the COVID-19 global pandemic, all Osteopathy practices have had to make adaptations to the way they operate.

The focus of these changes is to ensure that Osteopaths practice safely and effectively, whilst optimising patient care.

Like all responsible Osteopathy clinics around the world, Osteo Maestra has:
• Undertaken a risk assessment of the working environment
• Ensured that effective infection prevention and control measures have been put in place and are being followed, including the use of appropriate personal protective equipment (PPE).

ALL of the changes are there to keep both you AND me safe…..and also of course they’re in place to keep all of the other patients I see during my working week safe, some of whom fall into the ‘vulnerable’ category.

We’ll continue to closely follow all developments, ensuring that our regimen remains completely up to date and scientifically sound.

Very best wishes - I hope to see you soon Reel!
Vitamins and Minerals – A to Z

C is for Calcium

What is Calcium and What Does it Do?
A calcium-rich diet (including dairy, nuts, leafy greens and fish) helps to build and protect your bones.

Calcium is a mineral that is necessary for life. In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat. About 99% of the calcium in our bodies is in our bones and teeth.

Every day, we lose calcium through our skin, nails, hair, sweat, urine and feces. Our bodies cannot produce its own calcium. That’s why it’s important to get enough calcium from the food we eat. When we don’t get the calcium our body needs, it is taken from our bones.

This is fine once in a while, but if it happens too often, bones get weak and easier to break.

Sources of Calcium
Calcium-Rich Food Sources
Food is the best source of calcium. Dairy products, such as milk, yogurt, and cheese are high in calcium. Certain green vegetables and other foods contain calcium in smaller amounts. Some juices, breakfast foods, soy milk, cereals, snacks, breads and bottled water have added calcium.

If you drink soy milk or another liquid that is fortified with calcium, be sure to shake the container well as calcium can settle to the bottom.

A simple way to add calcium to many foods is to add a single tablespoon of nonfat powdered milk, which contains about 50 mg of calcium. It is easy to add a few tablespoons to almost any recipe.

Continued on page 20.....
Calcium Supplements

The amount of calcium you need from a supplement depends on how much you get from food. Try to get the daily amount recommended from food and only supplement as needed to make up any shortfall. In general, you shouldn’t take supplements that you don’t need. If you get enough calcium from foods, don’t take a supplement. There is no added benefit to taking more calcium than you need. Doing so may even carry some risks.

Calcium supplements are available without a prescription in a wide range of preparations (including chewable and liquid) and in different amounts. The best supplement is the one that meets your needs for convenience, cost, and availability.

When choosing a supplement, keep the following in mind:

• Choose brand-name supplements with proven reliability. Look for labels that state “purified” or have the USP (United States Pharmacopeia) symbol. The “USP Verified Mark” on the supplement label means that the USP has tested and found the calcium supplement the label means that the USP has tested and found the calcium supplement to meet its standards for purity and quality.

• Read the product label carefully to determine the amount of elemental calcium, which is the actual amount of calcium in the supplement, as well as how many doses or pills you have to take. When reading the label, pay close attention to the “amount per serving” and “serving size.”

• Calcium is absorbed best when taken in amounts of 300 – 600 mg or less. This is the case for both foods and supplements. Try to get your calcium-rich foods and/or supplements in small amounts throughout the day, preferably with a meal. While it’s not recommended, taking your calcium all at once is better than not taking it at all.

• Take (most) calcium supplements with food. Eating food produces stomach acid that helps your body absorb most calcium supplements. The one exception to the rule is calcium citrate, which can absorb well when taken with or without food.

• When starting a new calcium supplement, start with a smaller amount to better tolerate it. When switching supplements, try starting with 200-300 mg every day for a week, and drink an extra 6-8 ounces of water with it. Then gradually add more calcium each week.

• Side effects from calcium supplements, such as gas or constipation may occur. If increasing fluids in your diet does not solve the problem, try another type or brand of calcium. It may require trial and error to find the right supplement for you, but fortunately there are many choices.

• Talk with your healthcare provider or pharmacist about possible interactions between prescription or over-the-counter medications and calcium supplements.

15% DV of calcium equals 150 mg of calcium.
• 15% DV of calcium equals 150 mg of calcium.
• 20% DV of calcium equals 200 mg of calcium.
• 30% DV of calcium equals 300 mg of calcium.

To calculate how much calcium you need, refer to the chart below. Remember to check the nutrition facts label for the daily value (DV). Food labels list calcium as a percentage of the DV. This amount is based on 1,000 mg of calcium per day. For example:

- Choose brand-name supplements with proven reliability. Look for labels that state “purified” or have the USP (United States Pharmacopeia) symbol. The “USP Verified Mark” on the supplement label means that the USP has tested and found the calcium supplement to meet its standards for purity and quality.

- Read the product label carefully to determine the amount of elemental calcium, which is the actual amount of calcium in the supplement, as well as how many doses or pills you have to take. When reading the label, pay close attention to the “amount per serving” and “serving size.”

- Calcium is absorbed best when taken in amounts of 300 – 600 mg or less. This is the case for both foods and supplements. Try to get your calcium-rich foods and/or supplements in small amounts throughout the day, preferably with a meal. While it’s not recommended, taking your calcium all at once is better than not taking it at all.

- Take (most) calcium supplements with food. Eating food produces stomach acid that helps your body absorb most calcium supplements. The one exception to the rule is calcium citrate, which can absorb well when taken with or without food.

- When starting a new calcium supplement, start with a smaller amount to better tolerate it. When switching supplements, try starting with 200-300 mg every day for a week, and drink an extra 6-8 ounces of water with it. Then gradually add more calcium each week.

- Side effects from calcium supplements, such as gas or constipation may occur. If increasing fluids in your diet does not solve the problem, try another type or brand of calcium. It may require trial and error to find the right supplement for you, but fortunately there are many choices.

- Talk with your healthcare provider or pharmacist about possible interactions between prescription or over-the-counter medications and calcium supplements.

To determine how much calcium is in a particular food, check the nutrition facts panel for the daily value (DV). Food labels list calcium as a percentage of the DV. This amount is based on 1,000 mg of calcium per day. For example:

- 30% DV of calcium equals 300 mg of calcium.
- 20% DV of calcium equals 200 mg of calcium.
- 15% DV of calcium equals 150 mg of calcium.

Calcium Supplements

The amount of calcium you need from a supplement depends on how much you get from food. Try to get the daily amount recommended from food and only supplement as needed to make up any shortfall. In general, you shouldn’t take supplements that you don’t need. If you get enough calcium from foods, don’t take a supplement. There is no added benefit to taking more calcium than you need. Doing so may even carry some risks.

Calcium supplements are available without a prescription in a wide range of preparations (including chewable and liquid) and in different amounts. The best supplement is the one that meets your needs for convenience, cost, and availability.

When choosing a supplement, keep the following in mind:

- Choose brand-name supplements with proven reliability. Look for labels that state “purified” or have the USP (United States Pharmacopeia) symbol. The “USP Verified Mark” on the supplement label means that the USP has tested and found the calcium supplement to meet its standards for purity and quality.

- Read the product label carefully to determine the amount of elemental calcium, which is the actual amount of calcium in the supplement, as well as how many doses or pills you have to take. When reading the label, pay close attention to the “amount per serving” and “serving size.”

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- Take (most) calcium supplements with food. Eating food produces stomach acid that helps your body absorb most calcium supplements. The one exception to the rule is calcium citrate, which can absorb well when taken with or without food.

- When starting a new calcium supplement, start with a smaller amount to better tolerate it. When switching supplements, try starting with 200-300 mg every day for a week, and drink an extra 6-8 ounces of water with it. Then gradually add more calcium each week.

- Side effects from calcium supplements, such as gas or constipation may occur. If increasing fluids in your diet does not solve the problem, try another type or brand of calcium. It may require trial and error to find the right supplement for you, but fortunately there are many choices.

- Talk with your healthcare provider or pharmacist about possible interactions between prescription or over-the-counter medications and calcium supplements.

To determine how much calcium is in a particular food, check the nutrition facts panel for the daily value (DV). Food labels list calcium as a percentage of the DV. This amount is based on 1,000 mg of calcium per day. For example:

- 30% DV of calcium equals 300 mg of calcium.
- 20% DV of calcium equals 200 mg of calcium.
- 15% DV of calcium equals 150 mg of calcium.
Valerie continues her fascinating journey through the Mediterranean plant world alphabet...

Everyone has, I’m sure, heard of Mallows that belong to the Malvaceae family which comprises a huge genera containing flowers, shrubs and trees.

Various types of Mallows or Malva are found everywhere here as a “weed” either in gardens or waste ground or by the roadside. The mauve or pink flowers are usually small and inconspicuous although the Tree Mallow has quite large flowers and lots of them. Bees love the flowers, whatever their size.

One of the best cultivated varieties of Malva is Malva sylvestris Mystic Merlin. This perennial makes a bushy plant of up to 2 metres tall and covered in clusters of magenta blooms. I have grown this variety and it really is a stunner. An added bonus is that tortoises like to eat the leaves and the flowers......should you, of course, have a tortoise!

Many of the Mallows growing wild are edible and also used in traditional medicine. Mallows, whatever they are, are usually slimy to some degree or other. If you pick a leaf and rub it between your fingers you will find they are slimy or mucilaginous. The little seed cases can be eaten raw or pickled like capers. The young leaves can be eaten in a salad or fried in oil to make tasty crisps. Medicinally, Mallow has been used to treat a number of complaints such as hair loss, constipation, depression, asthma and stomach-ache to name but a few.

Continued on page 24.....
Another member of this family is the Hollyhock, a traditional cottage garden plant which grows here in Spain equally well. Plant breeding techniques have produced fabulous forms and colours and they can make an exciting member to the flower border. They come in single or double bloom types with colours ranging from blue, pink and red through to black. The choice is up to you.

They are a short-lived perennial but if the stems are cut right back after flowering, this can prolong their life even more. There is even a dwarf variety should you live in a very windy area! Once again, Hollyhock flowers and leaves are enjoyed by tortoises.

Cotton, grown widely here in Southern Andalucia, is also a member of the Mallow family and makes Spain the second largest producer of cotton after Greece.

I may be wrong but I think it is illegal to grow cotton in your garden. It has something to do with the boll weevil, a devastating pest of cotton and keeping it under control so that it doesn’t spread and attack agricultural areas of cotton.

Cotton is the only Mallow with known toxicity. Cotton seed oil, before refining, reduces potassium in the body and causes infertility. Probably the most common Mallow people are used to seeing is the Hibiscus. They really need no introduction as I’m sure everyone is familiar with the large blooms that plant breeders have now managed to breed in an enormous variety of stunning colours. They also come in many other varieties.

Wax Mallows are also grown widely here and probably better known as Turks Cap Mallow although it does go by many other common names as well! The bright red flowers never open fully and resemble a Turks cap. It makes great garden shrub as it is amenable to pruning should it grow too large for its position and its scarlet flowers are on show for most of the year.

Hibiscus flowers are edible but a bit tasteless. They do add a vivid splash of colour to a salad though. Other types of Hibiscus also have edible leaves, both for humans and tortoises!

www.cactusinspain.com
VH1740 Villa Tennis €239,000 CEE TBC

Large, Quality, 4 bed, 3 bath villa of 149m2 with H&C air con, huge 12m x 5m swimming pool, sun terrace and full sized, fenced TENNIS COURT on a walled garden of 1,140m2 with lovely country views. 5 mins drive to Zurgena / La Alfoquia villages with numerous amenities, 10 mins drive to Huercal-Overa and 20 mins drive to the coast at Vera or Mojacar.

VH1739 Villa Indalo €194,950 CEE E36 198

A quality built and immaculately maintained, 130m2, 3 bedroom, 2 bath villa with 8m x 4m swimming pool, H&C air con, sun terrace, garage and amazing country & hillside views on a private garden of 413m2. In the popular area of El Saltador just a 5 minute drive to Huercal-Overa town with numerous shops, restaurants, hospital etc, 20 to 25 min.

NEW LISTING

2. Romans in Andalucia | Rome subdues the Iberians 205 BC to 139 BC

Even though the Second Punic War was to drag on until 201 BC, the action after 205 BC took place outside Hispania Ulterior. With the bulk of the Roman army occupied outside the country, Roman consolidation of their territory in Hispania was limited until after the war.

205 BC – Founding of Italica

Italica was the first purpose-built Roman Colonia in Hispania, dating to 205 BC. It was intended initially for wounded veteran legionaries, following their victory the previous year over the Carthaginians at the battle of Ilipa, now the village of Alcalá del Río, a few kilometres north of Seville. The veterans first occupied the site of a Turdetanian settlement called Cerro de San Antonio. The village was in a strategic position halfway between Hispalis, now the city of Seville, and Ilipa and on the route between the port of Huelva and the mining areas in the Sierra Norte.

Within a few years, Cerro de San Antonio had been Romanised and named Italica. During the reign of Hadrian (117 – 138 AD), whose family came from Italica, the town was granted the status of Colonia, a term that by then denoted a major city. This older part of Italica is mainly beneath the modern town of Santiponce although TENNIS COURTS are tantalising glimpses of it between the more modern buildings including a theatre reached by following signs through the narrow alleys.

Italica developed into a suburb of Hispalis and could be likened to Mayfair as a suburb of London, with large villas, many with elaborate and beautiful mosaics, a grand amphitheatre, wide streets, and luxurious baths, all on a broad rounded cliff overlooking the working town and port of Hispalis. The amphitheatre is one of the best-preserved examples in Spain and the fourth largest known from any part of the Roman Empire. It could seat 40,000 people. The subterranean passages and pits beneath the stage where animals and gladiators were hidden from the sight of the public are all still there.

Hadrian built the grand villas and public buildings you see today during the 1st Century AD. Hadrian’s family included his predecessor, Emperor Trajan (98 – 117 AD) who was also born in Italica. He and Hadrian became the first Roman emperors of provincial origin.

205 BC – Rome builds first fortifications at Malaka and Sexi

Existing cities, particularly those on the coast such as Málaga (Malaka) and Almuñecar (Sexi) that had been developed by the Phoenicians, were particularly prized. The Romans arrived in Malaka in 205 BC and were soon extending the defensive walls. In Sexi the Romans built the Castle of San Miguel with a bridge from the castle to the ‘Puente del Santos’, a large rock outcrop projecting into the bay. The bridge had a 30-metre high arch that survived well into the 19th century AD.

201 BC – 197 BC – Roman Consolidation

It did not take the Romans long to realise the value of the real estate they had just wrested from the Carthaginians. Having ousted the Carthaginians, they now had to contend with the local tribes. The Iberians were the dominant native group in Andalucia and consisted of several tribes primarily the Bastetani who occupied the present-day Almería and Granada regions and the most powerful tribe, the Turdetani, the remnants of the Tartessian civilisation, who were located in the Guadalquivir river valley. On the outskirts of modern-day Andalucia, there were the Lusitani to the north and west and much of present-day Portugal and the Celtiberians to the northeast. These tribes were by no means subdued and would not be for nearly 200 years.

Continued on page 28 .....
Politically and culturally the Iberians were influenced by the Greek and Phoenician cultures they had contact with before the Romans arrived and had one of the two pre-Roman alphabets found in Hispania, the other being the Tartessian alphabet. Unlike the Tartessians, the Iberians never formed one state preferring the monarchy led city-state model of ancient Greece. The armies that these tribes could field consisted of cavalry supported by infantry armed with javelins, slings and dirks and wearing light armour. However, during the Phoenician Greek period of over 600 years before the Romans arrived, the Iberians, Turdetani and the Tartessians before them had enjoyed a trading partnership with the Phoenicians and Greeks, neither of whom attempted to colonise, govern or subdue an area. All that changed with the arrival of the Carthaginians and then the Romans. During the Second Punic War, the native tribes in Hispania had alternatively supported the Carthaginians or the Romans, depending on who at the time was offering the most rewards. Following the Second Punic war in Spain, the native tribes found their territory being increasingly occupied. The occupation was a deliberate act by the Roman Republic to prevent a return of the Carthaginians and then the Romans. During the Second Punic War, the conquered territories came under military rule by whichever commander was there at the time. After 206 BC, when Scipio returned to Rome, two proconsuls were appointed by Rome to command the armies in Hispania. This was an interim measure that was regularised four years after the war. In 197 BC, Hispania was divided into two, Hispania Citerior, that consisted of the conquered territories corresponding to modern-day Valencia, Catalonia and part of Aragón and Hispania Ulterior roughly corresponding to modern-day Andalucia. Each of the two areas was governed by praetors. Just before his departure back to Italy, Scipio had concluded a treaty with the city of Cádiz that allowed the city to be governed by a Roman Centurion as opposed to a prefect or praetor. In 199 BC this agreement was ratified by Rome. The city of Córdoba became the capital of Hispania Ulterior.

197 - 194 BC – Turdetani rebellion
In 197 BC, Scipio’s policy of colonisation caused the Turdetani to rebel. The Turdetani rebellion inspired more tribes in Hispania Citerior to rise against the Romans. In Hispania Ulterior the revolt centred on an area around the Baetis controlled by two chiefs, Culcas and Luxinius. Culcas was supported by no less than fifteen fortified cities and Luxinius by two, Carmona and Bardo (location unknown). Consul Marcus Porcius Cato was sent by Rome to take command of the whole peninsula and successfully put down the revolt returning to Rome in 194 BC leaving a praetor in charge of each of the two provinces. Cato’s procession through Rome included a baggage train that carried his spoils, 25,000 pounds weight of silver, 1,400 pounds weight of gold and 177,000 silver coins. Cato also paid his cavalry 1,610 bronze coins per man and his infantry 270 bronze coins per man. Cato was famously cruel whilst subduing the Turdetani with many accounts of massacres of surrendered victims and Cato himself claiming to have destroyed more towns in Hispania than he had spent days in the country.

189 - 139 BC – Lusitanian rebellion
The Lusitanians were next to take up arms against Rome and managed to penetrate Andalucia as far as the mouth of the Baetis (Guadalquivir) river in 189 BC. At times allied with the Celtiberians, the war, which was really a series of inconclusive skirmishes, dragged on until around 133 BC. Probably the most famous figure to emerge was Viriathus, a Lusitanian shepherd who persuaded 10,000 Lusitanians to fight the Romans. He carried on a guerrilla war against enormous odds for eight years, eventually taking several towns in the Córdoba area. He was killed in 139 BC by one of his friends who had been bribed by the Romans to undertake the dirty deed.

Recolonization in southern Hispania Ulterior during the local rebellions
Following the end of the Second Punic War in 201 BC and despite the skirmishes during the localised rebellions, Roman numbers in Hispania Ulterior, particularly in the more settled southern parts, had been increasing. A more significant Roman presence allowed some of the established native towns, previously ignored, or captured and then abandoned, to be colonised.

Carteia 171 BC
Carteia, just outside San Roque, was a well-established settlement when the Romans captured it from the Carthaginians in 206 BC. The Carthaginians had occupied this Turdetani town since 228 BC. Before that Carteia was a thriving port administered by the Phoenicians. Carteia was resettled in 171 BC by 4,000 sons of Roman legionaries and local women and gained fame in 45 BC when it became one of the last refuges of Pompey. The port exported the local wine to all parts of the empire. Partly because of the wine trade an important amphorae factory was built there.

Córdoba 169 BC
Córdoba (Corduba) is situated on the river Guadalquivir at the upstream limit of navigation. It was to become a major embarkation point for the grain and fruits of the upper Guadalquivir that were exported all over the Roman territories. Conquered in 206 BC, Córdoba was largely ignored until 169 BC when a Roman colony was founded alongside the Iberian settlement. Between 143 and 141 BC, the Lusitanian commander, Viriatus, besieged Córdoba without taking the settlement. As mentioned above, Viriatus was murdered in 139 BC, after which the Lusitanian revolt was effectively over.
Some more thoughts

I have been struggling somewhat this month to find a subject for another article. That’s unusual for me since my head is usually stuffed full of useless information which only becomes useful, sometimes, during pub quizzes. But of course there have been no pub quizzes of late for obvious reasons.

I put my lack of inspiration down to “The Virus” and the social isolation over the last three months. Meeting up with friends often sparks off ideas from conversations and stories and anecdotes, but, again, not been possible. Now and again a TV programme might give me something to think about, but it has been, “now is your chance to see again the repeat of the programme repeat we repeated last week”. …

The TV News frequently triggers something worth researching and writing about but it has been 90% Virus and, like Brexit before it, I am fed up of hearing about it. Is that selfish, when so many unfortunate people have suffered through the pandemic? Until fairly recently, we were not even allowed out of the village but at least we have had the garden which is more than many people who have been trapped, imprisoned, in their apartments in towns and cities.

Apparently we are now moving towards a “new normal” which probably won’t become apparent until we are well into it. But, what is ‘normal’ anyway? Seems to me to be different for everybody. Life will still go on as before, although we may be required to wear masks everywhere we go, a bit like the Japanese do anywhere as part of their ‘normal’, pre-virus lives.

Society does seem to possess a short memory though, particularly for unpleasant things and things we would rather forget about and I just hope that we retain some of the good stuff which has come out of this period of fear and uncertainty.

By that I mean things like looking out for other people, caring for neighbours who, perhaps, we’ve hardly ever spoken to: appreciating our Hospital staff and all the others who have been on the frontline protecting us and providing for us, often at risk to their own health and wellbeing.

Charities have suffered too but maybe, just maybe, we will have learned enough over the last few months that many of the Organisations these charities represent are not just ‘nice to have’ but are essential services to our lives and must have official Government funding and not to have to rely on donations from peoples’ hard earned money. I am thinking about Childrens’ Charities, Cancer Charities, Childrens’ Hospitals and Air Ambulances…. every pound or Euro we give to these is one less which the Government is obligated to provide… (now climbing down from soap box).

I felt quite sorry too for the folk in the UK who were stuck in their homes just at a time when they experienced a lengthy period (for them) of good weather and were not able to take advantage of it, save for the odd BBQ in the back garden.

Having said that, many did ignore the restrictions and ventured out to Seaside towns and Country Parks etc., putting not just themselves at risk, but everyone else as well.

Our family members were either furloughed or had to work from home and the feeling is that this will be their “new normal” in the future, something, I have to say, they are not too upset about.

Unfortunately, one of our granddaughters lost her job having been furloughed when the restaurant she worked in had to work in closed for the lockdown but, sadly, they are not now re-opening and the staff, redundant. However, she has since found a new job and will be moving on as we all must.

There are and will be many companies both large and small in this situation, not just in the UK, but worldwide…the pandemic was global, much like the Spanish flu I wrote about a while ago, where upwards of 50 million people died.

Whatever the following weeks and months bring us, whatever our own “new normal” is, stay safe, abide by whichever rules apply at the time and enjoy the rest of the Summer. We are in the best place and we should make the most of it. It’s so easy to take things for granted…..
why am I here?
This is August in England. Cold, rainy, transport a nightmare. So kids and dogs.
Despite the fact it was already a seething mass of people, luggage, shoved it into the nearest carriage and I had no choice but to follow, was a voluntary activity. In fact a station guard grabbed my case and refreshments zone from the chaos that is the rest of the train. Smooth sliding doors separate me in my comfortable complimentary I had no idea how busy the train would be. And it’s delayed. Only the first place – but after standing for an hour was quite enough in the first place – but after standing for an hour I felt bad for her but was so wrapped up in my own exciting I remember it myself. In the summer of 1988 I went off to school to collect my results with my best friend. Mine were good but hers weren’t and she didn’t get into Exeter uni. Instead of going through clearing and finding a place somewhere else, her father said she might as well stay at home and go into his business. I don’t remember her making a fuss or there being much discussion about it. I felt bad for her but was so wrapped up in my own exciting I thought I was in the most disreputable area. It had a cut above other ‘disreputable’ areas. But La Chanca does still have the charm of its history that makes it a very well-read and well-travelled person, a teacher and university lecturer on education. She said: “You can live in La Chanca because it has its own history and culture, it has active Associations that look to promote the area and its people. It is a special place. You would never have chosen to live in El Puche, for example – another poor place with a bad reputation for drugs.” And of course she was right. I drove through El Puche once, it was a terrible place, grey concrete houses, if you could even call them that, none of the colour and vibrancy of La Chanca. And of course, no view of the Alcazaba and the sea. I think little by little La Chanca will cease to be marginalised, already it is valued by historians, artists, musicians, and the people that live there that want to keep their traditions and way of life alive. I’ve learnt now that someone like me would generally choose to live the other side of the Rambla – that’s where I have to go to teach my pupils, that’s where the previous house owners moved to. But I’m glad I chose this quirky, sometimes frustrating but always interesting ‘barrio’ – and I’m looking forward to spending my first Autumn there.
Flamenco Singing Legend
Camarón de la Isla

He was born in San Fernando in Cádiz in 1950, the second youngest of eight siblings, to a gipsy family of limited means and an unlimited passion for flamenco music.

His given name was José, but he was a skinny kid with unusually light colouring, so his uncle nicknamed him Camarón (shrimp). Later on, when he came to adopt his artistic name, he used his childhood nickname and added de la Isla (from the island) – San Fernando is set on the Island of León.

Many of Andalucía’s great flamenco artists passed through Camarón’s home when he was a young child, and he sang with them from an early age. At the tender age of five, he made his first public performance, and from then on he never looked back.

When Camarón was seven, his father died and the family was struggling financially without its main bread winner. In order to help support his family, the 7-year-old started singing in bars and at the tram station.

When he was twelve he won first prize in the Flamenco competition at the Montilla Festival in Córdoba, and his fame started spreading.

He turned into a professional full-time flamenco artist and he performed at all the biggest fiestas in Andalucia; soon Camarón was discovered by the big promoters and went on tour in both Europe and South America, and he also gave many concerts within Spain.

When he was 16, he moved to Madrid and soon became a fixture of Torres Bermejas, a famous flamenco venue, where he was to work off and on for twelve years, performing with many other famous flamenco artists, notably the outstanding Paco de Lucía, Tomatito and Vicente Amigo.

He recorded a great number of albums solo or with other artists, and in 1989 he recorded ‘Soy Gitano’ with Vicente Amigo, which went on to be the all time best selling flamenco record.

Camarón carried on working in and out of the studio and in 1991 he performed in the prestigious Montreux Jazz Festival with Tomatito.

He was working on the recording of an album with Tomatito and Paco de Lucía in 1991, when his five-packets-a-day smoking habit took its toll and he was diagnosed with lung cancer.

Camerón de la Isla died on 2nd July 1992 at the age of 41.

As one of Spain’s most emblematic flamenco singers, Camarón de la Isla achieved wide fame, both in Spain and abroad, although commercially his success was limited, and he only sold some 361,000 records in his life.
WE HAVE MOVED

Come and visit us at our new front-line office in Arboleas. Opposite the river bed and next door to Bar Palmeras.

The opening of our new front-line office coincides nicely with borders into Spain having re opened and potential buyers are now able to travel and to view properties. Interest has been huge in our area and property over the last few months and our diary for July and August is filling up rapidly with serious buyers from the UK looking to make the move before Brexit and from other European buyers. This is going to be a very busy time and if you are making the move before Brexit and from other European

buyers are now able to travel and to view properties.

with borders into Spain having re opened and potential

Bar Palmeras.

The Barn Swallow
la Golondrina Comun

The barn swallow has a forked tail with the tail feathers longer in the adults than in the youngsters. Its forehead and throat are red-brown with a dark blue line; the stomach is pearly white and the back metallic blue.

It has a quick, characteristic flight with constant changes of direction, sudden and unpredictable.

The swallow has a pleasant chirp which it emits both while flying and sitting still.

There are still many swallows living in deserted rocky valleys far away from human settlements; but in the majority they have adapted to living in close proximity to man. They build their nests in barns and stables and villages; they are less common in the big cities.

It is thought that when the swallow had to leave its original subtropical habitat and move north, it could not survive in the temperate areas without man, so now we live amicably side by side with this agile little flyer.

When the mating season approaches, the unattached males try to impress the females by spreading out their tails. The females prefer males with symmetrical wings and tails. The more symmetrical their wings and tails, the quicker the males find a mate. Asymmetry can be a result of genetic factors, inbreeding or undernourishment, parasites or illness. In other words, males with less symmetry are weaker specimens, and the females select strong, healthy mates.

The barnswallows usually arrive to our area from their winter break under warmer skies in mid April. First the single specimens arrive, followed by the established birds which go back to the same nests and partners as the previous year.

Stables constitute the ideal situation for swallows’ nests. The newly established couples construct their nests from dirt, saliva and a bit of straw. They are always so close to the ceiling that it is impossible to look inside. The swallows bring the dirt in their beaks and turn them into little balls using their saliva. The inside of the nest is made comfortable using feathers, hair and soft plant parts. It takes four to five days to complete.

The breeding season is from May to August during which period each couple usually hatch two lots of chicks; the incubation time is 14 to 16 days and once the chicks have emerged from the eggs they stay in the nest for 20-22 days. Each female usually produces four or five eggs.

Once the young birds are able to fly they line up on a cable or a branch, waiting to be fed. But soon they are off on their own, soaring joyously through the air catching their own food.

After a resting period of a couple of weeks, the parents start their second nest full.

The young birds start reproducing the first spring after their birth, although they do not lay as many eggs as the older birds.

Swallows live from insects they catch in the air, including dragonflies and small butterflies. They are agile flyers, not particularly fast (about 11 to 20 metres per second), and they flap their wings 5-8 times per second. Their agility enables them to catch insects in flight. It’s a treat to watch them racing through the air making their quest for food look like child’s play.
Things are slowly looking up, aircraft are returning to the skies but things are still very quiet.

A tweet from Flight Radar looked at active aircraft on three Mondays at noon. In Europe, on 24th June 2019, they tracked 5,300 aircraft. By 20th April 2020, it had dropped to 900 but had risen to 2,900 on 22nd June 2020.

Last month I wrote that at any one time there were about 20 aircraft active over Spain. A quick look this week found about 70, although a lot of these were private, especially gliders, over the Pyrenees.

We’ll start this month by looking at Spain’s 6th busiest mainland airport, Seville. Like many others, it began life, back in 1914, as a military field although, to be fair, it was first used for an air festival. This inspired the authorities to create a proper aerodrome.

Construction began in 1915 and whilst construction was underway the field was used to train pilots. Commercial flying began in 1919 and gradually developed so that an international service to Morocco began in 1921.

The basic set-up was that the military used one end of the airfield whilst civilian flying took place at the other end. As was often the case with early airfields this one was fairly near the city centre (Tablada) and was obviously incapable of being extended.

No one envisaged how things would develop over a relatively short period of time and by 1929 it was decided to establish a new civilian airport about 10km to the east of the city. The realisation of this plan would take a while though. During the Civil War, the airfield was used as the entry point for African troops whilst Iberia operated a transport service.

Construction on the new “transoceanic airport”, as it was called, began in 1945 and it slowly developed over the following years with various bits added. In 1989 thoughts turned to the fact that Seville was the site of “Expo 92” and a major upgrade was put in place.

Of course flights into southern Spain have continued to grow and further developments were begun in 2019 and are due to be completed next year, but we will see!

In a normal year, Seville would expect to handle about 7 million passengers with about 60,000 aircraft movements. About 18 airlines regularly use the airport, with Ryanair operating the greatest number of routes.

Of the 20 busiest routes, ten are internal, France and Italy have three each, with Belgium, The Netherlands, Portugal and the UK having one each. However, in the case of the UK (which is 5th) flights to Luton, Stanstead and Gatwick are all lumped together under London.

In the week commencing 24th June, there are 63 departures scheduled to 18 airports in 5 different countries, the busiest route being to Barcelona with 9 flights. On the 23rd June, six departures were scheduled of which five actually took to the air!

Continued on page 40 ......
In 1962 Morón became home to a squadron of Boeing KC-135 Stratotankers. These were based on The Boeing 707 airliner and were used to refuel other aircraft in flight. The year 1962 was memorable (amongst other things) for the Cuban missile crisis and with the Cold War at its height, the USA was involved in several operations, one of which was “Chrome Dome”. This involved B52 (Stratofortress) bombers, carrying nuclear weapons, to a point close to the border of the USSR so that the US could make a pre-emptive or retaliatory strike if needed. Three routes were flown, one of which was from the USA, via the Mediterranean to the Adriatic. Hence flying from the heel of Italy to the top of the Adriatic and back down again before returning to the USA.

There were six flights a day along this route. Morón comes into the story because it was obviously impossible to fly all that way without refuelling. So, the Stratotankers took to the air to refuel them on the outward journey and then again on the way back.

The return one took place along the line of the coast in the vicinity of Mojacar. The outward run took place a little further north and further out to sea. At about 10.30 am on Monday, 17th January 1966 this “return” ritual was about to begin when disaster struck. The ensuing moments became enshrined in history as “The Palomares Incident”.

I have been surprised over the past few weeks to discover that many people have never heard of the said “incident”. With the editor’s permission, I will cover this aspect of Spain’s aeronautical history in detail next month.

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At last the summer has arrived .......

to brighten the transition into to our “new normal” lifestyle!

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"BETTER STILL, POP IN AND SEE US!"
I was aware that something was going on, but I was pixilating. Pixilating is a form of exhaustion for us from Notreally, it’s like a state of semi-consciousness, and when it happens we can’t stop it, no matter how hard we try. I could feel Mrs Worsley was worried, but I couldn’t tell her not to.

I heard the car stop, and I felt her pick me up and carry me, and then I could feel Mrs Worsley was worried, but I couldn’t tell her not to.

Pixilating is a form of exhaustion for us from Notreally, it’s like a state of semi-consciousness, and when it happens we can’t stop it, no matter how hard we try.

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The Adventures of Neila
17. An Experience

I was aware that something was going on, but I was pixilating. Pixilating is a form of exhaustion for us from Notreally, it’s like a state of semi-consciousness, and when it happens we can’t stop it, no matter how hard we try. I could feel Mrs Worsley was worried, but I couldn’t tell her not to. I heard the car stop, and I felt her pick me up and carry me, and then I tried to open my eyes, but I was too pixilating to see more than a blur.

I was just going to sip some more when I suddenly felt a cold wet object against my mouth. ‘Drink it slowly. You’ll choke.’

‘Oh, you look better. I was so worried, I thought you were dying. Do you want some more?’

‘No thanks, I’m fine now. I was just tired. It’s been a… a bit of a funny day.’

She laughed. Oh good, she’s not cross with me any more. Then I remembered something. I wriggled round to see if I could feel myself recovering immediately. I was just going to sip some more when I suddenly felt a cold wet object against my mouth. ‘Drink it slowly. You’ll choke.’

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She laughed. Oh good, she’s not cross with me any more. Then I remembered something. I wriggled round to see if I was sitting on it. ‘Where’s my paper from K?’

‘I don’t know. Is it important?’

‘Yes. Very.’

‘Maybe it fell out of the car. I’ll go and look.’ I’ll come too. I’m better now.’

‘Maybe it fell out of the car. I’ll go and look.’ I’ll come too. I’m better now.’

‘Neila, no! You stay indoors. What will the neighbours think if they see a small green person coming out of my house?’

‘I’m not sure what she was getting at, why should it matter what the neighbours think, or whether I’m small and green?’

She picked up my empty glass and left the room. I heard her go into the kitchen, then out again. I saw her go out into the garden, and then I could feel myself recovering immediately. I was just going to sip some more when I suddenly felt a cold wet object against my mouth. ‘Drink it slowly. You’ll choke.’

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She picked up my empty glass and left the room. I heard her go into the kitchen, then out again. I saw her go out into the garden, and then I remembered the Dog.

‘It was a Dog!’

I tried to hide underneath the blanket that was covering me. ‘A dog! It’ll eat me.’

‘Gruff, go away! No, he won’t eat you. Drink some more milk.’

‘Dogs eat people! I saw one outside Tescos, and it tried to eat me.’

‘He won’t eat you, promise. Drink some more milk, and I’ll shut him in the kitchen.’

‘He won’t eat you, promise. Drink some more milk, and I’ll shut him in the kitchen.’

She called the dog and it followed her out of the room. It wasn’t very big, but I’m not sure……

But the time she came back I had drunk all the milk, and I was feeling quite perky.

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PROPERTIES ARE SELLING AGAIN!!!!!...No one in the property business saw the corona virus and the lock down coming. During Jan, Feb and early March many, many property owners happily saw their properties selling and like us a lot of agents experienced a fantastic start to the year. The virus put a hold on the property market but properties are selling again So get your property ready for those buyers to fall in love with it.

As I am writing this the Spanish state of alarm has just finished so now we are hoping everyone will behave regarding social distancing etc as this is vital for getting everyone’s life back on track and getting our clients properties sold. During the lock down most agents were keeping business going by maintaining contact with existing buyers and building relationships with new ones via the phone and emails.

The virus & lock down has actually increased interest and commitment in buying a property in Spain. We lost count of the buyers who said “ As soon as we are allowed to travel to Spain we are coming to buy” and now finally they can.

We opened up on the 11th May and immediately sales & rentals took off again thanks to the many buyers already here in Almeria. Many living or renting here and some were even staying in camper vans etc and were very glad to get out and into their new homes.

Please do not expect a stampede of viewings but enjoy a slow increase as even though people can now travel to Spain many just want to wait for a little longer to see how everything goes.

So now you know we have a healthy property market again here is our advice:-

1. Make sure it is on the market with the agent who is the most dedicated, proactive and successful in your area.
2. Don’t fall for gimmicks, offers or marketing bull. The best agent is the one who is selling most of the properties around you.
3. Make sure your property is realistically priced. If you choose to advertise it at higher than your agent recommends or higher than what your neighbours are selling for then please don’t chastise your agent when they don’t bring many clients no matter how hard they try.
4. Your property is in competition with many others so make sure yours looks the best. Declutter, touch up the paintwork and tidy up that garden.
5. Make sure your property paperwork is correct and up to date to avoid issues once a buyer is found. Ask your estate agent or solicitor for advice.
Pool alarms will alert you if something falls into your pool, including children or even animals. There are a few different types of pool alarms to choose from, including floating pool alarms, wearable, or above ground pool alarms. Floating pool alarms work by detecting when water is displaced in your pool. The alarms measure the disturbance and react to it, causing the alarm to go off.

Pool alarms that are mounted to the swimming pool use sub-surface detection to pick up changes in the water pressure, causing the alarm to sound. These kinds of alarms work best for in-ground pools. If you do choose a pool alarm that is mounted to the deck, make sure to install it in the best place based on the shape and depth of your pool.

Wearable pool alarms simply sound when they get wet, so these can be worn by children so that you know if they have fallen or got into the swimming pool.

So what should you look for in a swimming pool alarm?

Which kind of alarm you choose depends on what you are trying to achieve. If you are trying to keep out intruders, opt for a highly sensitive alarm that is discrete and loud. You will need the alarm to be discrete otherwise an intruder may be able to disarm it.

On the other hand, if you have several small children spending time around your pool, you might want something a little different. If you know your pool alarm is probably going to go off several times a week because children will be jumping in the pool without adult supervision, you’ll want an alarm that is easy to turn on and off but still very loud. Look for alarms with buttons built-in rather than those that you have to use an external key to deactivate. If you have pets who are very young or even very elderly, you might want to consider a water-activated alarm. This way if your dog gets in the water - accidentally on purpose - you will know.

Whatever device you choose, always ensure that children and animals are supervised in the pool.

Stay safe this summer and enjoy your pool.
Having a water feature in your garden can create a relaxing and tranquil atmosphere where you can sit and enjoy your lovely garden. If you are one of those hands on people, who prefer to get the satisfaction of starting from scratch on a project to achieve a sense of accomplishment with the outcome - then creating your own water feature is actually not that tough.

The concept of flowing water transforms the ambience of a garden. It does not really matter where the source of the moving water is coming from this is all personal preference. Whether it is a garden pond or a spectacular flowing cascade water feature, the end result is actually the sight and sound of flowing water that triggers a response of our senses. An important factor to consider is the actual placing of the moving water is not really an issue, whether it is a pond or a spectacular flowing cascade water feature, the end result is all personal preference. Whether it is a garden pond or a spectacular flowing cascade water feature, the end result is all personal preference.

To make a basic garden water feature of your very own the essential building kits consists of:
- A reservoir, which is filled with water, a submersible pond pump (plus attachments if you are creating a fountain effect). Obviously you’ll also need some sort of tools for digging out the hole (if the reservoir is below ground), and a spout with extra hose if the outlet flow is elevated above the reservoir, and a nearby electricity supply.
- A note to remember is that even though the submersible pump recycles water, the reservoir will need topping up every now and then (especially during days of warm or windy weather). Water features generally use pumps which run off low-voltage electricity. Remember though that they all need to be plugged in so always use a residual circuit breaker (RCB).

To construct a raised water feature you will need:
- Medium-sized pump
- Reservoir tank
- Steel mesh
- Fountain head
- Cobbles
- A Length of hose

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In order to construct this kind of water feature the reservoir needs to be big enough/deep enough to hold water feature pump. If free-standing, you could choose an attractive container such as a water tank or large ceramic pot. If not then it can be concealed behind a low wall or behind an arrangement of flowers.

Place the new water feature pump in the tank and attach a long piece of flexible hose to the outlet pipe.

Cover the tank with a piece of steel mesh and thread the hose through it. (Same as before)

Adjust the flow rate so that water sprays/flows into the reservoir.

Cover the steel mesh with a layer of decorative garden pebbles.

Brickwork.

If the water feature is built against a wall, embed it into the brickwork.

Cover the steel mesh with a layer of decorative garden pebbles.

Adjust the flow rate so that water sprays/flows into the reservoir.

Choosing the correct pump really depends on what your intentions are. With such a wide range of water feature pumps available, it will certainly be to your benefit to do a little research on which pump will suit your water feature.

Now all you have to do is sit back, admire your new water feature and relax in your garden with a job well done!
An Introduction to Upcycling

The good thing about upcycling is that there really are no limits to what you can create. It is a sustainable, cost-effective option, and anyone can join the upcycling revolution and undertake a range of projects – no previous skills required.

1. Preparation is key to upcycling. Plan ahead and ensure you have the tools and equipment needed to do the job. Give all furniture a wipe down before you start, otherwise you could get an old cobweb stuck to your paintbrush!

2. Be imaginative when you see old pieces. Old ladders make great places to display plants, and old washing machine drums make great outdoor plant pots. Creative ideas can give a new purpose to places to display plants, and old washing machine drums make something that would have otherwise been discarded.

3. If you see a piece of vintage furniture for sale on the high street that you like, the chances are that you can find something very similar in a charity shop or at a car boot sale… With a bit of paint and some imagination, you can create something beautiful at a fraction of the price.

4. Make sure you match the era of the piece of furniture with the style of upcycling. An old 1950s G-plan sideboard will never look great painted in pastels and then distressed to give a shabby chic coastal effect. Be sympathetic to the original style – for example, a piece that would look great painted in a bold colour.

5. Spend a few extra pennies on good paint brushes. Cheap ones leave bristles in your work and do not give good coverage.

6. Collect old odd socks (clean ones, of course!) as they are great to use to apply wax to furniture, providing they are not too fluffy, as any loose fibres will stick to the wax.

7. Remove old drawer knobs first so you don’t paint around them. Be aware of paint run-off, but do not be afraid to apply very thick coats of paint.

8. New products are launched all of the time which seem to make the impossible, possible. For example, protective outdoor paints and sprays mean that you can be creative with outdoor spaces and create the look of an extra room in the garden quite easily. Once you have finished your pieces, make sure you protect all your hard work with varnish or varnish to give it longevity. After putting so much effort into making something re-loved, give it the respect it deserves by finishing it properly.

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Yeah! Right! We are really good at this aren’t we! Despite our good
and we decided enough was enough.
It takes a lot of time and money to keep them all as you can imagine
over the years, including pigs, chickens, ducks, turkeys and reptiles.
number of animals we have. We have rescued quite a menagerie
For a little while now we had talked about cutting back on the
As the lockdown eased, Spring arrived at Olive Tree Farm albeit a
they have no quack. As ducklings however they
don’t have proper feathers, and at this stage are not waterproof.
A couple of weeks their feathers begin to come through and until they are through, they are not safe to be left on their own in water as they could potentially
drown.
A lot of the farm stores sell chick crumb, usually it is for chickens and
and needs changing all over again. It is not for the feint hearted, trust
Muscovy ducks in case you do not know are quite
different to other breeds of ducks. Their eggs take
longer to hatch, they look quite different when grown and
are a complete delight. We bath them every afternoon, bath them every afternoon, bath them every afternoon,
when they hatch they are little balls of fluff. They do not have
proper feathers, and at this stage are not waterproof.
You have to ask for unmedicated as it can actually kill a duckling.
When you buy for them is not medicated. A
They are also extremely greedy. They can eat an enormous amount
of food in one sitting. If you ever fancied having a go at hatching
and needs changing all over again. It is not for the feint hearted, trust
their own, or were lucky enough to buy ducklings, you must make
sure that the chick crumb that you buy for them is not medicated. A
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You have to ask for unmedicated as it can actually kill a duckling.
As well as being busy with the ducklings, it was the time of year to
shear Mi Mi our sheep. Our local shepherd did tell us never to shear
before June as the evenings would be too cold. Greg usually does
this, but this year Nick took over and did a great job. Mi Mi is such
a delight, she soon settled down half closing her dreamy eyes and let
Nick get to work. It was close to being a whole fleece but not quite.
The problem with only having one sheep is it takes 12 months to have
another practise!
On the veg front we are now harvesting rucula and acelgas on a daily
basis. If you grow these yourself, you do not need to pick out a whole
plant when you need them, you can just remove a few leaves from
around the outside (not the centre) and they can carry on growing and last
for ages. It really is lovely to pop outside and come back in armed
with fresh leaves. We also have peppers looking good, tomato plants
looking good, lots of onions and garlic and hopefully soon squash,
melons and aubergines. Not as many as we have grown in previous
years but still lots to enjoy.
Anyway, enough for this month, lets see what the next few weeks
bring us. Thanks for reading!
You can follow the progress of the family and farm on our Face Book
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email … olivetreefarmalmeria@outlook.com
Hello again. As we emerge into our new World, there are bound to be changes that we could not foresee. I was hoping, this month to be able to return to the humdrum FireStick vs Android Box debate, but could not have imagined that within two days of finishing last month’s article America would erupt in a violent and destructive display of protest and rebellion. In the past we knew of these events would have been controlled by TV companies and Newspapers whereas today we have direct access to these images, videos and commentaries through Social Media.

We are (or should be) aware that TV and Newspapers are not as impartial as they profess to be but they are regulated, monitored and held accountable in a way that the general public is not. It is easy to allow our emotions to sweep us along on a wave of righteous indignation when confronted by a barrage of the powerful imagery supplied by our phones etc. The rapid spread of protests around the world has shown no symptoms at all.

Although there have been cases where it has been proven not to be, Mainstream Media are required to use considerable resources to check and validate their sources of information before broadcasting to us, the general public. Yes, there is usually a bias in how it is delivered; the Daily Mail will tailor it’s output to suit its target audience, as will the Guardian but we know this before we pick it up from the shelf.

Although these articles are designed to be emotive and elicit the desired response (and sell newspapers), they have to (or should) be factually accurate and the facts delivered in the correct context.

Social Media, however has very little to none of these checks in place. We are freely able to post our opinions on Facebook and rely on our peers for accuracy and decency but this only reaches as far as those in your Facebook circle. You will be held accountable for posts that are blatantly offensive or damaging to society in general but in terms of outright accuracy or context there are no checks. What may be funny to you and your friends may be extremely offensive to others. Social media does not make this distinction. It does not understand you, or the context of your opinion. Damaging and inflammatory images and ‘posts’ can be quickly spread and is quite likely to have been a contributing factor in the wholesale destruction of property and lives that has happened in America.

 Rumours were spread quickly enough in the old days but with Social Media becoming a major part of our communication, the phrase ‘going Viral’ is fast becoming ominously accurate.

The end of Spain’s State of Alarm is indeed welcome but not without it’s difficulties. It is highly likely that there will be fresh Covid-19 cases as we start to move out of our enforced hibernation. In the early days of lockdown it was simple. We all knew what to do – stay home and only leave the house if absolutely necessary. With the relaxation of restrictions it has suddenly become a lot more complicated.

Although it is tempting to rub our hands with glee and run off to the beach, is this the right thing to do? Or do we wait a little longer and see how it pans out? The difficulty that we and every Town Hall and Government Agency face is that no-one really knows the answer. We are dealing with a virus that is not fatally aggressive to everyone. Government Agency face is that no-one really knows the answer. We are dealing with a virus that is not fatally aggressive to everyone. Indeed, beside the fatalities that have sadly occurred, there have been no deaths. So far.

With so many unknown quantities in play, it is tempting to cling to the fervour and panic surrounding the early days of Covid-19 should be replaced with a measured and pragmatic approach.

The personal measures introduced by the Spanish Government: the wearing of face masks, washing your hands regularly and social distancing are sensible measures that we must all accept with good grace. By doing so, we will be able to rebuild our lives in a sustainable manner. We should also not allow rumour and hearsay to cloud our judgement and get in the way of facts.

When the fresh Covid cases appear, as they are bound to do so, it is important to remain calm and allow the authorities to do their job (as they have been, admirably under difficult circumstances). Take the necessary precautions by all means and keep everyone informed but stick to the facts, from a reliable source.

We have done the hard part over the last three months. Covid is something that will never go away fully but will be manageable over time.

The World has changed and if we are to learn the lessons given then we must change with it.

Stay Safe & Stay Happy!
The modern day Internet goes back to the late '50s. As a result of those naughty Russians popping up the first satellite, Sputnik, the US became even more paranoid. The Cold War was at its height and President Eisenhower wanted a communications network that could withstand THE BOMB. The Advanced Research Project Agency, ARPA, was set up.

In the mid-'60s, a principle engineer at ARPA, Leonard Kleinrock, set up a network in which various computers, in different locations in the US, were connected together in a sort of matrix. The clever bit here was that the computers could carry on communicating amongst themselves, even if one or more of the links were cut (e.g. by a nuclear strike). This set the corner stone by which today’s internet was built.

Kleinrock continued to develop mathematical models where data would be transmitted between computers in so called “Packets”. A protocol called TCP/IP (Transmission Control Protocol / Internet Protocol) was born… ARPAnet. This is what we now use on a daily basis. It sort of goes like this: Everything we do on the internet, be it Skype calls, video streaming, Zoom, emails, pictures etc. is all converted into data. A series of long streams of logical 1s and 0s (Bits), electrical on and offs. These streams of data are bundled and transported over the internet. This data is then converted back into the backbone infrastructure of the internet.

Your local connection into the Internet is equally as complicated. If you have a wired connection to your telephone line, your router overlays a special signal on top of the phone signal. This gets picked off at the local telephone exchange, re-converted into data and sent into the backbone infrastructure of the internet.

If you have a WiFi router, where you have an antenna on your roof, things are a bit different. The data from your PC is converted into a high frequency radio signal. This is picked up by a multi channel receiver based at the local mast. This signal is then converted back into TCP/IP data and introduced into the Internet network. All takes place in a fraction of a second! Thank the space race for all of this. Repairing in the face of adversity, for you. Seth Pittham. Zeta Services

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**History of the Internet!**

We have been digitally communicating with each other for well over a hundred years. We had Semaphore Watch Towers and Railway Telegraphy where electromagnets energized from far down the line would move indicators in signal boxes. This is as it happened set the path for the all counties of Britain to set their clocks to the same time. Don’t forget Morse code Morse code.

In the mid '60s, a principle engineer at ARPA, Leonard Kleinrock, set up a network in which various computers, in different locations in the US, were connected together in a sort of matrix. The clever bit here was that the computers could communicate amongst themselves, even if one or more of the links were cut (e.g. by a nuclear strike). This set the corner stone by which today’s internet was built.

If you have a WiFi router, where you have an antenna on your roof, things are a bit different. The data from your PC is converted into a high frequency radio signal. This is picked up by a multi channel receiver based at the local mast. This signal is then converted back into TCP/IP data and introduced into the Internet network. All takes place in a fraction of a second! Thank the space race for all of this. Repairing in the face of adversity, for you. Seth Pittham. Zeta Services

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Puzzle Time

Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while ensuring that:
1. No number is repeated in a horizontal row
2. Each number for 1 to 7 are represented in the 7 grey hexagon cells

Samurai Sudoku

Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

Rosetta

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Let’s hear it for the Potato!!

The little old potato has been much maligned in recent years; and it is indeed true that diabetics should go careful on them because of their high content of carbohydrates; as for the rest of us – well, it’s the same old song: Everything in moderation!

Don’t go mad on potatoes, or indeed on any other foodstuff, variety is the spice of life and a good rule to follow when planning your diet. However, there are many benefits to eating potatoes, so if you are a potato fan, read on!

The potato is a good source of dietary fibre, vitamins and minerals – and they do not disappear when we boil it. It contains both Vitamin B and C – the latter more so when the potato is ‘new’ than when it’s been stored for months.

Boil your potatoes with a minimum of water and just long enough to make it tender to preserve as much vitamin as you can.

An Australian study has shown that potatoes are more filling than brown rice, meat, fish or pulses.

Cold potatoes are more filling than warm potatoes because the starch turns into resistant starch during the cooling process. Resistant starch is a type of fibre that is broken down slowly and thus is more filling, and for longer.

Potatoes have fewer calories and carbohydrates than brown rice or wholemeal pasta. In other words, potatoes aren’t fattening! Their bad reputation in slimming contexts is more likely to have been caused by the sauces and gravies that we tend to have with them than by the spuds themselves.

Potato skin is full of antioxidants, so try scrubbing rather than peeling your potatoes to obtain the optimal benefits. If you do peel them, scrub them thoroughly first; after peeling, sprinkle the skins with salt and olive oil and a spice of your choice (cumin, paprika, curry…). Stick them in the oven in an even layer at 200°C for 8-10 minutes for delicious crunchy potato peel chips.

Continued on page 64 .....
The proteins we get from potatoes contain all the amino acids our bodies need. The quality of the proteins is as good as that of animal protein (from meat, eggs and milk). Furthermore, the protein-energy ratio is exactly the same as the ratio at which our bodies need protein and energy, so potatoes actually provide a good dietary base.

So if they are so wonderful, how come they don’t count as one of our daily five? Simply because of the amount of potatoes that goes into one meal; if we allowed them to count we would have all our five portions included in just one foodstuff – and as mentioned above, they have to be eaten with moderation and varied/supplemented with other veggies as well.

It is not easy to keep potatoes in ideal conditions in our part of the world. If they are kept too cold (at less than 3°C) the starch converts into sugar and the flavour becomes sweet and watery. If they are kept too warm (above 4-5ºC) they may sprout… However, rule number one is keep them out of direct sunlight; they turn green in the sun, and the green parts are poisonous; however, if not the whole of the potato is affected you can safely cut off the green part and eat the rest.

Rule number two is make sure your potatoes can breathe, if not potatoes – don’t feel guilty! Just think of all the good things they do for you!

Buen Provecho!
Bon Appétit! I've also thrown in an absolutely amazing and delicious accompanying salad. Often we use our salads to accompany a BBQ, so for good measure I had some jamón serrano I needed to use up, so I threw that in as well. Very tasty!!

**Rocket and Melon Salad**

This is a delicious combination! The sweetness of the melon, the salty parmesan and the slightly bitter rocket combine to a higher unit complemented by the cherry tomatoes and chopped walnuts.

Wonderful!

**Ingredients:**
- 3 tbsp extra virgin olive oil
- 1 tbsp mustard
- 1 tsp honey
- 1 tsp cider vinegar
- Dash of salt and pepper

Pour the dressing over the salad just before serving it. Maybe as a side dish. Or as a light meal accompanied by the rather lovely bread for good measure!

Bon Appétit!

**Potato Salad with Rocket & Cherry Tomatoes**

Let the potatoes cool, then cut them into halves.

Add the rest of the salad ingredients and mix gently.

Mix together the mustard and vinegar and add the rest of the ingredients. Stir until the dressing is uniform and shiny, then pour it over the potato salad.

Leave in the fridge for at least 30 minutes before serving.

**Recipe:**

Combine the 3 first ingredients in a salad bowl.

Sprinkle the parmesan cheese and walnuts over the top.

Shake or whip together the lemon juice, olive oil, salt and pepper and pour it over the salad.

Serve the salad immediately. It goes wonderfully well with a little pork ‘a la plancha’ and some toasted grainy bread.

Simple, light and super delicious!

---

**Ingredients:**

- 500g small new potatoes, scrubbed and boiled
- 100g cherry tomatoes, halved
- 50g rocket, roughly chopped
- 3 tbsp roughly chopped walnuts
- 30g parmesan cheese, shredded
- Juice of one lemon
- 4 tbsp extra virgin olive oil
- 1/2 Cantaloupe or Galia melon cut into cubes or balls
- 1 red onion, finely sliced
- 50g rocket, roughly chopped
- 1 tbsp cider vinegar
- Salt and pepper

**Instructions:**

Let the potatoes cool, then cut them into halves.

Add the rest of the salad ingredients and mix gently.

Mix together the mustard and vinegar and add the rest of the ingredients. Stir until the dressing is uniform and shiny, then pour it over the potato salad.

Leave in the fridge for at least 30 minutes before serving.

---

**Ingredients:**

- Salt and pepper
- 3 tbsp extra virgin olive oil
- 1 tbsp mustard
- 1 tsp honey
- 1 tsp cider vinegar
- Dash of salt and pepper

---

**Ingredients:**

- 1 large avocado, peeled, cut into cubes and sprinkled with lemon juice.
- 8 radishes, thinly sliced
- 20 cherry tomatoes, halved
- 50g rocket
- A few slices jamón serrano, toasted and crumbled into pieces
- Juice of one lemon
- 5-6 tbsp extra virgin olive oil
- Salt and pepper

First make a dressing from the lemon juice you’ve got left after sprinkling the avocado, the olive oil and salt and pepper. Shake or whip the ingredients together.

Mix the radish slices, cherry tomatoes and rocket. Gently turn in the avocado trying not to damage the cubes too much. Sprinkle with chives and jamón serrano, if using.

Pour the dressing over the salad just before serving it. Maybe as a side dish. Or as a light meal accompanied by the rather lovely bread described elsewhere in these scribblings!
Nina’s Greek Salad

I call it Greek because it’s got olives and feta cheese in it… Apart from that it stays in keeping with this month’s theme of rocket and cherry tomatoes.

When I use olives in my salads I happily leave the stones in, I know they’re there and chew my olives carefully. However, my man wants the stones out before the olives get put into the salad – so I’ve told him to get on with it.

So now, whenever I cook with olives, he does the de-stoning and everybody’s happy.

Of course, neither of us would consider buying tins of ready de-stoned olives.

So I’ll just give you a list of the ingredients, and you can decide on your own combination and the size of the salad.

Ingredients:
- Romaine lettuce, shredded
- Rocket
- Cherry tomatoes, quartered
- Red onion, thinly sliced
- Feta cheese in cubes
- Black or green olives, with or without stones
- Extra virgin olive oil
- Salt and pepper

Arrange all the ingredients on a flat salad dish and trickle a few drops of olive oil over the top. Sprinkle with salt and freshly ground pepper.

Serve with wedges of lemon and olive oil for your eaters to add to taste.

The true taste of summer!!

BBQ Bread

This is just the best and easiest and most delicious accompanying bread ever! I use it for many more things than BBQ, and you can bake it in an ordinary oven as well as on the barbecue, so if you want to make it in winter (a long way away, I know!) and don’t want to start up the barbecue, warm up your oven (and your kitchen) and make it indoors.

This recipe will do you a little loaf for four eaters. If there’s only two of you, do it anyway, it’ll freeze or do you a nice sandwich the day after or, if you’re having second day BBQ, slice it and toast it on the barbecue. It’s as volatile as it’s easy and delicious!

Ingredients:
- ½ tsp salt
- 250 g strong white flour
- 8 g fresh yeast
- 250 ml lukewarm water
- Topping of your choice

Dissolve the yeast in the water. Mix the salt and flour. Add the mix to the water together with the oil and stir vigorously for a couple of minutes until you have a uniform, wet dough.

Leave the dough to rise in a warm place for at least an hour.

Preheat your barbecue to 250ºC with the lid closed.

Generously grease a small shallow baking dish. Turn the dough over itself in the bowl 5-6 times then turn it into the baking dish.

Sprinkle olive oil over the top and add a topping of your choice – I always use a combination of salt and herbs, but nothing to stop you from using olives or chopped, dried tomatoes or whatever.

Turn off one of the burners of your barbecue and place the bread on the grill above it. Close the lid and bake the bread in the barbecue at approx. 225ºC for 30-40 minutes, until it starts turning golden.

Using a fine metal skewer or a thin pronged fork, check that the bread is done.

Turn it out onto a wire cooling rack and let it cool for at least half an hour before serving it with your BBQ – or indeed soup or stew or casserole or whatever you made it for!

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By Bill Riley

Cheese is thought to have emerged in, or been discovered by, several different populations in the Mediterranean basin at around the same time, some 12,000 years ago.

Legend has it that the first cheese was made by accident when an Arab shepherds kept his goat milk in a bag made from a sheep’s stomach. He took it with him as he walked home in the sun, and when he came to empty it, the milk had curdled and produced the world’s first cheese.

It could have started like that – ruminant animals have an enzyme in their stomachs called chymosin which is meant to help digest their mother’s milk. When applied to fresh milk the enzyme makes it separate into whey and curds.

The first cheeses were made from goats milk, followed by sheep, camels, cows, buffaloes and even yaks and reindeer.

Ten thousand years ago, nobody knew what happened, it just did. When the milk was left in the sun in ceramic jars or bags made from animal stomach, and was moved about from time to time, cheese emerged.

Historically, simple fresh cheese types are the oldest. Cottage cheese is as close as you can get to the original cheese, whereas the various types of marbled blue cheese are relatively new. Hard cheeses such as Cheddar, Wensleydale, Gloucester and Stilton are mere spring chickens.

At some point a way of drying cheese was discovered and it became a trade object. But of course in order to trade with something you must have some sort of standards and fixed units, and it was the Romans who first started shaping the cheese into units; the soldiers in the Roman legions had dried cheese as a regular part of their rations.

One of the first graphic testimonies of the elaboration of cheese was found in the old Mesopotamia. A Sumerian frieze known as ‘The Dairy’ in the temple of the goddess Ninhursag, mother goddess of the mountains, describes in detail the production of cheese from the milking through the elaboration to the storage.

Continued on page 72 ….

**The History of Cheese**

- **RUBY PORT**: This is the most commonly found style – sweet, rich with a lovely deep red colour.
- **TAWNY PORT**: A lighter style with a slightly brown tint to the colour achieved by longer time spent in oak. Still sweet.
- **WHITE PORT**: Increasingly popular as an aperitif, White Port can be sweet, medium or dry and is made in the same way as other Ports but is produced using white grapes.
- **VINTAGE**: In very good years a producer may declare a vintage. The wine is aged in barrel and then in bottle. While in bottle it will “throw” a sediment thus requiring decanting.
- **LBV**: Stands for Late Bottled Vintage. LBV is aged for longer in barrel and a shorter time in bottle. That means that most of the sediment is produced while in wood – not in glass, thus removing the need to decant.

Port is a protected name in the EU though outside the community there are no regulations. Many of these are British owned – several by the Symington family including Cockburn’s, Graham’s, Dow’s, and Warren’s plus, in Madeira, the Symingtons are partners with Blandy’s and The Madeira Wine Company.

Port has been made since the 1600s and currently around ninety million bottles are produced annually though in recent decades it has declined slightly in popularity (rather like Sherry) but it remains, probably, the best after dinner drink when the senses are already sated but still require that final satisfying touch.

Port comes in several styles with the best known being Ruby, followed by Tawny, White, LBV and Vintage. The grapes for Port come, mainly, from vineyards which cling to the steep valley sides along the River Douro as it wends its peaceful way westward from the Spanish border. The varieties used are mainly Touriga Nacional, Tinto Barroca, Tinto Cao, Touriga Francesco and Tinto Roriz. The grapes are taken to lodges for pressing and fermentation before ageing in oak barrels. Before fermentation is complete, grape spirit is added to the wine which has the effect of stopping the fermentation before all the grape sugar is used up. It also increases the strength of the wine to around the eighteen degree mark. The fortified wine is then aged for a time depending on the style required.

The History of Cheese...
Try our NEW BREAKFAST MENU including homemade scones, English Breakfast, cinnamon with chocolate rolls, crepes. We also have a special range of beautiful teas & coffee.
High temperatures aren’t fun for everyone, especially pets who can be prone to sun burn and heatstroke as much as humans. Here are simple steps you can take to ensure your furry friends stay safe during the hot weather.

Dogs still need regular exercise even when it’s hot but avoid any excessive activity in hot weather. Instead, take advantage of the cooler hours first thing in the morning and evening. If walking during hotter times is unavoidable then make sure the ground is not too hot for the poor dog’s paws. If it is too hot for a human bare foot it will be too hot for your pet too!

If you have a dog, it goes without saying that you should not leave it in a locked space such as a car, caravan or conservatory. They can overheat and, in worst cases, die.

Encourage your dog or cat to stay in shaded areas, away from direct sunlight and make sure cool water is readily accessible. A fountain or trickling water can be fun as well as helpful. In addition to checking the level of coolant fluid in your car, go the extra mile and inspect the state of the hoses and the coolant reservoir. Keep an eye out for leaks, especially at joints and connection points, as well as a hose connects to the engine block. Also, squeeze the hoses (when the engine is cool) every once in a while to make sure they feel firm and not excessively squishy or soft.

Engine Belts
There is usually a serpentine belt that runs between the alternator, power steering and the air conditioner. It needs to be in good condition and at the right amount of tension. If you see cracks in the belt or small pieces missing, it’s time to replace the belt.

Coolant System
Keeping cool is paramount, not just for ourselves but also for our cars. If the thermostat is too high, it can cause the engine to overheat and shut down. If you notice your car is overheating, park it and turn off the engine. Then, check the coolant level in the radiator and add more if necessary. Coolant type varies depending on the vehicle make and model, so it’s important to always use the same coolant type as specified by the manufacturer.

Other Essential Fluids
Speaking of brake fluid, how do the brakes on your car feel in general? Are they lacking in bite? Feeling a bit spongy? If so, new pads and a system bleed might be required. This is the kind of maintenance you should have your mechanic or dealership take care of. It’s always better to be proactive than reactive when it comes to car maintenance.

Continued on page 78....
Air-Conditioning System

Air-conditioning is a summer essential. If the system hasn't been working properly but wasn't really a pressing issue over the winter, now's the time to get serious. If it's an older system, then leaking Freon into the atmosphere is not good. There are plenty of leak-sealing products and refrigerant rechargers available. Remember, if there's not enough refrigerant in the system, you have a leak. Have a qualified mechanic fix the leak before paying to have the air-conditioning system recharged.

Air Filter

The cooler months wind and dust may be clogging up drainage points, windshield-washer nozzles or your car's air filter. Now might be a good time to buy a new one or take the current one out and give it a cleaning. Many modern cars also have pollen filters or cabin filtration systems, so take a look at those, too. Sometimes these cabin filters are easy to change yourself. Like everything else mentioned here: When in doubt, consult a qualified technician.

Tyres

Tyres really need to be checked regularly all year round. Pressures must be correct (consult the manual because sometimes that information is on the inside of the fuel door or the door jam for the driver's door), treads should be free of stones, stray nails and the like, and all four should be in good condition. Good condition means no cracks, no uneven wear (this might be caused by a suspension problem) and plenty of tread depth. Don't forget the spare obviously needs to be usable, too.

Dashboard Sunshade

For those times when you're not driving, but the car is still out in the sun, a cover that goes in the windshield will protect the dashboard against ultraviolet rays and help the cabin stay a little cooler. Some even have solar panels to keep the battery charged. Consider shades for the rear side windows, too, as they'll provide some protection for the kids. This also helps prevent areas such as the rear seats and dashboard from fading over time.

Clean the Car

Those long, balmy evenings when the sun is a huge, orange orb hanging low in a pinky-blue sky sound blissful. But they can also be a hazard, especially when your car's windshield is dirty. Even from the inside, that haze will diffuse the light and make things hard to see. That grime has a tendency to build up over a long period, so we don't really notice it. Things look much sharper after your car has had a good wash, though. Keeping the exterior clean also protects the paintwork from the sun's rays, as well as any damage caused by birds and insects. Finish off the cleaning with a good-quality wax. Car care makes financial sense in the long run.
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Reverse Word Search Puzzle #C455BN

Puzzle solutions on page 82

Each of these circled letters is the first letter of one or more of the words on the given word list.

Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search – horizontally, vertically or diagonally, reading frontwards or backwards.

Remember, any starting letter may be used by more than one word at the same time!

Aired Horns Reeks
Angry Langaors Serial
Cased Leery Sigma
Conduct Liberal Sniff
Contours Madder Squid
Disarms Magnify There
Division Mailmen Thick
Document Melodies Threat
Edict Moping Trudged
Extant Munks Turnouts
Flees Nomad Usurp
Frets Outfit Weary
Furnish Poses Yards
Gapes Priors Yield
Hoists Pyramids Rectors

Each of these circled letters is the first letter of one or more of the words on the given word list.

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Remember, any starting letter may be used by more than one word at the same time!
Formula 1 is finally back after seven months absence but not as we know it. The gates to the grandstands will be firmly shut and only a limited number of key personnel will be allowed within the Formula 1 paddock.

Strict health and safety measures, which include teams being in their own ‘bubbles’, will be in place throughout to try and limit any potential spread of the virus.

But, even with every precaution being taken, Carlos Sainz is worried about the prospect of missing a race because of a positive test result and not being able to race.

"You might have Covid-19 and you don’t even know you have it and don’t even have symptoms or someone in the team doesn’t even have symptoms and they have it and you might miss a race because of that," Sainz stated on a Live chat.

"And after four months of not racing and not having much contact with other people you feel perfect as if you feel now, have Covid-19 in your system and cannot race in Formula 1. It would be a horrible feeling and something that I want to take care of not happening."

Sainz has said the absence of the fans will be felt as soon as the track action gets underway in Austria, but it will not dent the motivation.

He added: “Those moments when you’re doing the drivers parade when you see the full grandstand, those moments when you go into a track and you see everything all lit up and fans supporting you, shouting your name, it fills you with energy and good vibes.

And not having that is going to be sad and for sure different. There’s no lack of motivation. Motivation will be extremely high and we’re going to be ready.”
<table>
<thead>
<tr>
<th>Location</th>
<th>Property Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Residencial Golf Marina:</strong> Spacious ground floor 2 bed apartment with a large front terrace and a smaller terrace at the rear. Easy parking directly outside the property. Low community fees and two decent size swimming pools.</td>
<td>A1380 75.000€</td>
</tr>
<tr>
<td><strong>Bédar</strong></td>
<td><strong>Casa Alea:</strong> This distinctive 8 bed luxury villa is set in the beautiful hills of Bedar with commanding sea and mountain views. It also benefits from a heated swimming pool and two separate apartments.</td>
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<td><strong>Mojácar</strong></td>
<td><strong>Camino del Palmeral:</strong> 3 bed villa in a quiet residential area of Mojacar, a good looking property over two floors. With ample storage, private terraces, air-conditioning, an independent garage &amp; private swimming pool.</td>
<td>DV1497 320.000€</td>
</tr>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Puerto Marina:</strong> Stunning 1 bed corner penthouse apartment with stunning sea and mountain views. With a large 24m² terrace with awnings. Air conditioning throughout, allocated parking plus a communal pool.</td>
<td>A1402 110.995€</td>
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<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Vistamar:</strong> South Facing 2 bed apartment in an elevated position. Stunning sea and mountain views and a huge 42m² wrap-around terrace. Superb swimming pool, allocated parking space and an independent store room.</td>
<td>A1383 159.000€</td>
</tr>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Diego Egea:</strong> A beautifully modernised 2 bed, 1 bath, ground floor apartment in an excellent location for shops, restaurants, bars &amp; beaches. Part furnished.</td>
<td>A1379 99.000€</td>
</tr>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Pueblo Dorado:</strong> Stylish 3 bed, 2 bath apartment with enormous terrace, sea views, underground parking space and a separate storage room. There is also air conditioning throughout. Communal swimming pools &amp; garden area.</td>
<td>A1396 175.000€</td>
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<td><strong>Mojácar</strong></td>
<td><strong>Rincon de la Bahia:</strong> Super 2 bed, 2 bath town house that is centrally located for easy access to the beach, bars, shops &amp; restaurants. On a well presented urbanization with swimming pool, sea views and easy off road parking.</td>
<td>LV773 142.000€</td>
</tr>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Invierno Azul:</strong> Lovely 2 bed town house on a small complex with communal pool and gardens. Sea views and south east facing aspect. Private terrace and BBQ area. In a good location close to the beach &amp; amenities.</td>
<td>LV780 135.000€</td>
</tr>
<tr>
<td><strong>Mojácar</strong></td>
<td><strong>Diego Egea:</strong> A beautifully modernised 2 bed, 1 bath, ground floor apartment in an excellent location for shops, restaurants, bars &amp; beaches. Part furnished.</td>
<td>A1379 99.000€</td>
</tr>
</tbody>
</table>

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