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The all new TIE Cards for Spanish Residents

Since the 6th of July 2020 British nationals can now apply for the new ID card (TIE) due to Brexit. There are different ways to obtain TIE depending on your current legal situation in Spain; if you are new to Spain or already have residencia.

NEW TO SPAIN

If you have never been previously issued residencia you MUST apply for the TIE. When applying for TIE you must prove income and health cover. The initial application is made without you attending the Foreign Office in Almeria with an authentication process done on your behalf. However, you will need to attend further appointments at the Foreign Office as you must be fingerprinted and the card isn’t issued on the same day. You will receive a renewable 5 year TIE card until you are eligible for the 10 year card.

ALREADY HAVE RESIDENCIA

If you have already been issued the green residencia (A4 or small paper card), the Foreign Office in Almeria recommends you exchange it for the TIE. Exchanging is currently simple and straightforward. There are 2 different types of TIE cards you can apply for depending on your situation:

1. If you have had the A4 residencia or small green paper residencia for 5 years or more, with or without “permanente”, you can exchange it for a 10 year card.
2. If you have had the A4 residencia or small green paper residencia for less than 5 years you can exchange it for a 5 year card, which once you have had for 5 years will be exchanged for a 10 year card.

We would recommend you do exchange your residencia while it is still so straightforward, as from experience it won’t be as easy in the future after Brexit. The system is very straightforward and with the correct forms and documents you will not need to take a translator. They are also restricting access due to Covid and they aren’t always letting translators in the building.

Some of us have experienced the process in Almeria first-hand so we will give you a detailed information sheet ensuring you are well prepared when you attend your appointment.

Pros:  
Can be used as ID instead of carrying a passport around with you, as it is mandatory to carry a photo ID in Spain. Also saves having to carrying paper residencia certificates as this will be necessary to prove you are a resident. ID cards for the Spanish (DNI) only last for 5 years and must be renewed. Once you are eligible, your TIE card will last for 10 years before they must be renewed, meaning it will last longer than the Spanish’s own DNI. TIE proves legal residence in Spain, as a biometric card you can return to Spain with it like a passport. Saves queuing at passport control.

The TIE should also be accepted in other EU countries after Brexit. You will not lose your British citizenship.

Cons:  
You get fingerprinted, both index fingers Must make 2 trips, first to be fingerprinted and submit application, second to collect card. Must be renewed 1 month before it runs out. If left too long you will have to reapply from the beginning, proving health cover and income.

Remember that without residencia in Spain British nationals will not be able to stay for more that 90 days in every 180 rolling days. Arrivals and departures will be noted at airports and ferry ports so we are not invisible.

If you would like any further information or help preparing your application do give C.A.T. Services a call to make an appointment.

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Welcome to our August 2020 issue of Almeria Living. Hot, hot, too flipping hot!!! Even my fan seems to be blowing hot air - not complaining honestly but usually do prefer the cooler temperatures and a good night’s sleep!!

Adapting to the new ‘normal’ has proved a challenge in our busy office, shop & post room but I think the girls are doing a sterling job and we are trying our best to attend to as many as possible - unfortunately there are times when a queue forms outside the office - I strongly recommend an appointment if your enquiry is likely to take more than a couple of minutes and then we can help you better.

Can I repeat the request from the Harmony Shop in La Alfoquia - they are selling so much that there is a need for some more summer clothes! If you have a wardrobe tidy please bear them in mind. Also, the Haven Library is open every morning so no excuse for not having something to read - they also appreciate current and good condition book donations.

Many thanks as always to our dedicated scribes who, despite the heat have brought you some interesting and light-hearted reading. If you would like to contribute an article or become a regular feature do drop me a line - I look forward to hearing from you.

We hope you enjoy your read this month and please don’t forget to continue telling our advertisers that you saw them in the Almeria Living. Take care and stay safe. Talk again in September - the magazine
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…….

Orense in Orense

The province of Orense is situated in the south-west of the region of Galicia in north-western Spain. It borders on the provinces of Pontevedra, Lugo, León and Zamora; and to the south it neighbours Portugal. Orense has a surface of 7,273 km² and it is the only Galician province without a coastline.

It is a very mountainous province, although in the western part the mountain peaks rarely surpass a height of 1,000 m. The peaks are higher in the central-eastern part, and in the mountain ranges that constitute the borders to León and Zamora the peaks are often more than 2,000 metres high. The highest point in Orense is Peña Tresvínca at 2,127 m.

Where there are mountains and mountain ranges there are also valleys and rivers, and Orense has a wealth of both. There are three main catchment areas belonging to the large rivers of Miño, Limia and Duero respectively; where these three main rivers and their many smaller, though still important, tributaries make their way through the mountains toward the valleys they have created some of Orense’s most beautiful natural sights and spectacular waterfalls.

The province of Orense has 309,293 inhabitants, more than a third of whom – 105,233 – live in the capital of the same name, which is situated in the north west of the province. It is traversed by three rivers: Miño, Barbaña and Lonia.

Orense has always been on the periphery of history, but it does have a few claims to fame from the middle ages: It was occupied by the Duke of Lancaster who proclaimed himself King of Castile in Orense; it was central to the second Irmandiño revolt; and Cardinal Cisnero received Juana la Loca and Philip the Handsome in the city and managed to calm the waters and persuade them to rule side by side with Juana’s father, Fernando el Católico, as laid out in the last will and testament of her mother, Isabel la Católica.

The city lived through a long dull period over the 17th and 18th centuries, and at the beginning of the 19th century Orense was a small city mainly populated by hidalgos, artisans and clergy.

But the city’s ascend to the status of provincial capital combined with the event of a railway line connecting it to Vigo turned the city’s fortune and saw the birth of a new bourgeoisie; immigration to the city from the rural areas caused a building boom and the industry and construction sectors grew and consolidated.

Today Orense is an administrative centre with a strong commercial sector, connected to the rest of Spain through railways and motorways, with easy access from all directions.

The city is generating an important tourist industry, to a great extent centred round the many thermal spas and bath venues.

Other places worth seeing in Orense include the Millennium Bridge, a modern construction next one down from the Ponte Romana; it has a stunning avant garde design with a pedestrian walkway whose highest point is 22 meters and which then dips down far below the level of the carriageway.

~As Burgas~ are hot springs in the historic center of Orense. They include Burga de Medio, which is infused with gas, Burga de Arriba and a Burga de Abaixo. The waters are similar to those of Carlsbad, and gush from granite rock to the west of the town, almost at boiling point. The hot mineral waters gush at 80 gallons per minute.

Furthermore, the cathedral, Plaza de San Francisco, the historic centre and many more monuments and sights attract thousands of visitors every year.
There comes a time in many people’s lives, where it may become harder to cope with everyday life. Sometimes, all that is needed is little extra assistance, to make life more enjoyable. The Angels can provide that much needed help, with experienced carers and fully qualified English-speaking Nurses.

FREE initial Assessment with Angels Nurse so call now.

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In 1492 the Catholic Kings created the Dukedom of Frias and Don Pedro’s son, Bernabino Fernández de Velasco y Mendoza, could add ‘Duke of Frias’ to his already long row of titles.

During the same period the fortress was adapted to artillery defenses with openings in the walls for cannons.

In 1446 the castle was handed over to Pedro Fernández de Velasco y Solier who carried out extensive restoration works. Up until then the town had been under the direct rule of the Crown, and the townsfolk did not take kindly to having a new ruler. However, after a long siege they had to give in and accept their new lord.

Today, Castillo de los Duques de Frias is by far the most important tourist attraction of Frias.

Twined around La Muela above the bridge over the River Ebro and overlooking the only entry point to the town, the castle dominates the skyline. Its keep rises from a rock separated from the rest of the construction with its own defenses and reservoir.

At the foot of the keep there is a quadrangular area surrounded by tall walls, which was once the parade ground. On top of the walls there are walkways and watch towers.

Castillo de los Duques de Fria is only one of the many magnificent structures that bear witness to Spain’s turbulent history, however it should be on every exacting traveller’s itinerary.

Castillo de Frías

Castillo de Fria, officially called Castillo de los Duques de Fria, or Castillo de los Velasco, can be found above the town of Fria in the north of Burgos province in Castilla y Leon. It is sitting on top of a rock called La Muela with the actual town of Fria wrapping itself around the rock underneath. From its elevated position it overlooks the valley of Tobalina and guards the fortified bridge which crosses the River Ebro at the foot of the town. Historically, one of the main routes joining the high plains of Castilla with the Cantabrian coast passed by Fria.

It is considered one of the most spectacular crag built castles in all of Castilla. The castle in its present form is made up of a mixture of constructions from the 12th, 13th, 15th and 16th centuries. Its masonry construction is well preserved and the interior has remained untouched by the auxiliary constructions that have been made for tourist and leisure activity purposes.

The first known reference to the fortress dates from 867 AD. It was considered a strategically important defense construction to keep the Moors at bay.

In 1201 the wall was completed and the fortress was passed over to the Crown by the Arfourgel family. King Alfonso XIII added more defense works to Castillo de Fria, and it became the most important point of control over the region.

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Watermelon
The World’s Largest Berry

Technically we can consider the watermelon a berry; in botany, a berry is defined as ‘a simple fleshy fruit that usually has many seeds. As a simple fruit, a berry is derived from a single ovary of an individual flower.’

August is the highest of the high season for watermelon. At the moment this wonderfully sweet and refreshing fruit is at its very best, both flavour and health benefit wise.

We all know that watermelon has extremely high water content, in fact it is the most watery fruit there is: 92% of it is water; and 6% is sugar. Don’t be afraid of the sugar content – as fruit goes it is not high at all, and don’t forget that it is natural sugar, not the refined, highly processed sugars we find in sweets and chocolate.

As is the case with all red fruits, watermelon contains lycopene, a naturally occurring carotenoid pigment which protects our bodies from DNA damage when the body’s cells are exposed to oxidisation; oxidisation can lead to cell damage or turn cells cancerous. Lycopene is thought to reduce the risk of certain cancers, including lung, colon, prostate and breast cancer.

Watermelon is one of the fruits with the highest lycopene content. This giant berry contains only 34 kcal per 100 grams and has many health benefits:

- It can reduce high blood pressure in overweight people
- It helps reduce cholesterol
- It has anti-inflammatory qualities
- It improves circulation in people with heart vessel disease
- It can reduce the risk of certain forms of cancer

So get yourself eating watermelon!!

However, like with all fruits and indeed any other foodstuffs, you can have too much, even of a good thing.

As all fruit contains sugar, specialists advise that three to four portions of fruit a day is the optimum. It goes without saying that if you eat lots of sweets or chocolate, it is advisable any day to replace them by fruit, even if it takes you up to a higher than recommended daily fruit consumption.

If watermelons have any disadvantages, it has to be their size! It is often hard to find space in the fridge to accommodate a watermelon. However, until you cut it, it can quite happily live at room temperature for a couple of weeks. But once the skin is broken it must be kept refrigerated. Once cut, it will keep in the fridge for 3-4 days. Always make sure you wrap the cut surface in cling film or aluminium foil to keep the watermelon moist and stop it absorbing flavours from other foods.

We are lucky here in that we are able to buy half or even quarter watermelons at markets and supermarkets; obviously you don’t know how long they have been cut, but you can see whether or not they look fresh.

If you are brave and buy a whole watermelon, knock on it to see if it’s ripe. If it sounds hollow, you know that it will be red, crunchy, sweet and juicy inside, in other words: Irresistible!
A trip down memory lane

By Bill Riley

I recently occurred to me how much British taste and fashion in wine drinking has changed.

Fifty or sixty years ago wine was regularly enjoyed by only a minority of the population – mainly the better off – while the rest of us made do with beer and cider. Then, in the 1960s, things began to change; young people increasingly spending power and an inquisitive nature discovered the delights of Italian restaurants and the inevitable Chianti in wicker covered bottles – so good for holding candles!

Then came that other candle holder, Matuses Rosé (actually a surprisingly well made wine) which was followed by a succession of brands: Blue Nun, Dom Cortez, Mouton Cadet, Hovendelle and Black Tower to name but a few. No doubt the rise in popularity of the package holiday also contributed to this new-found interest in wine.

The height of sophistication at this time to many was a Babycham Tower to name but a few. No doubt the rise in popularity of the brands: Blue Nun, Don Cortez, Mouton Cadet, Hirondelle and Black Blossom Hill and Montana though brands became less important as consumers took to buying wine because they liked a particular grape variety.

Previously unknown, or little known, varieties started to appear on wine shop shelves - Malbec and Vermentino among them. Unlikely producing countries also became commonplace – Argentina, Lebanon and England among them.

In the early 1980s I was at a ‘blind’ wine tasting. One wine was obviously a good Sauvignon Blanc – it is Pouilly Fume or Sancerre I wondered. Wrong! It was from New Zealand! Now N.Z. Sauvignon Blanc and Pinot Noir are rightly recognised as being top quality.

More recently I tried a Chardonnay from another unlikely source - Uruguay and very good it was too.

Nearer home, many English sparkling wines are a match, or even better than, Champagne. So, do not be put off by the country of origin; remember that the vine can survive, indeed thrive, in poor soil and a harsh climate. Tunisia, for example, makes some good red wines – possibly due to the historical French influence.

The quality of Greek wines is on the up (though Retsina is still as foul as ever). Also, I am sure we will see a lot more wine coming from many South American countries. As Balkan and east European countries become better organised it seems probable that they too will export increasing quantities to ‘new’ markets.

So, be brave! Don’t be scared by a strange label from somewhere you have never heard of – you could be missing something special.

© Bill Riley

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What’s On - Aug/Sep 2020
Sat 8th Aug – SOUL BOTS - 7pm onwards
Wed 12th Aug – CAROL GEORGE - 7pm onwards
Sat 15th Aug – JACK LAW - 7pm onwards
Sun 16th Aug – SOUL SENSATION - 3pm onwards
Wed 19th Aug – See Facebook for information
Sat 22nd Aug - ELLA JO - new to the area
Sun 23rd Aug – JACKY DEL MUNDO - 3pm onwards
Wed 26th Aug – CARL LEWIS - 7pm onwards
Sat 29th Aug - SLENDER SOBER - 7pm onwards
Sun 30th Aug – STEVE FISHER (aka Rod Stewart)

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Full Menu available
Steak Tuesday available all day
Curry Wednesday available all day
Take Away Service Still Available

Some of the items featured have been sponsored by local companies.
The word “ali-oli” comes from “Allium”, the Celt word for garlic which contains 8-12 bulbs, known as cloves of garlic. Garlic is thought to have originated in Central Asia. The common garlic is a descendant of a variety that comes from that area, Allium Longeupic, and it spread from India to the Mediterranean basin. As so often in the history of food, we have to go to Ancient Egypt in order to find the first signs of garlic having been used for medicinal purposes. Its curative qualities were such that it was considered to have magic powers.

The pharaohs gave their slaves garlic to eat to keep them healthy and strong, and historians think that garlic even reached divine status; heads of garlic have been found in tombs, and it is thought that they were placed there to keep away malignant spirits.

To the Ancient Egyptians the garlic represented the world: The outer layers symbolised heaven and hell, the cloves the solar system; eating them symbolised the union of man and universe. In Ancient Greece garlic was used as a prevention against a multitude of illnesses, especially typhus and cholera. Their Olympic athletes chewed garlic before participating in the Games.

In the days of the Roman Empire garlic started forming part of everyday eating. It was also given to Greek and Roman troops due to its great antiseptic and energizing qualities; it was known amongst soldiers as ‘smelly roses’.

It was in this era that garlic started being cultivated in the eastern part of the Mediterranean basin and soon it spread to the rest of Europe where it was incorporated into the daily diet. Garlic remained in European cooking and medicine throughout the Middle Ages.

But the history of garlic has not been a history of endless success and popularity. Its strong flavour and the smell subsequent to its ingestion made it unpopular in certain circles.

Thus, Isabel la Católica prohibited its being served at the Court. In the 14th century King Alfonso of Castile could not stand the smell and banned anybody who had ingested garlic from his court for a month.

Don Quijote advised Sancho not to eat garlic.

In France and Portugal’s higher circles garlic was also much maligned, although in certain areas of both countries it was appreciated and used for medical purposes.

Garlic was introduced into Great Britain by the Romans and cultivation started there in 1540. It was known as ‘poor man’s medicine’.

Today Garlic is used and produced all over the world. The total annual production of garlic globally was 26.5 million tons in 2016.

Spain is Europe’s largest producer with 170,000 tons of garlic a year, and it comes in as the world’s number ten. The world’s largest producers are China with over 21 million tons a year and India with 1.4 million tons.

Footnote: Should you wonder why, according to legend, vampires cannot stand garlic, here is a possible explanation:

There is a condition called ‘porphyria’, also known as ‘vampire disease’. It is a group of disorders that result from a build-up of natural chemicals that produce porphyrin in your body. The symptoms of this condition include anaemia and extreme paleness as well as high sensitivity to sunlight. Porphyria sufferers’ teeth acquire a reddish hue and turn fluorescent in ultraviolet light.

The symptoms can be somewhat relieved by blood transfusions, and thus theoretically would also be diminished by the ingestion of blood.

Combine these symptoms with the fact that garlic can worsen the conditions considerably, and we may have a clue to where Bram Stoker found the inspiration to his Dracula!
In the Summer Time, When the Weather Is Hot

August is upon us! July was fairly hot, although I didn’t find it unbearably so. Don’t know what weather August will bring – or should I say, don’t know How Hot it’ll be in August – but seeing as I’ve been going on about watermelon in ‘Buen Provecho’ I thought I’d return some watermelon recipes for you, they are lovely on a hot day.

And I’ve also thrown in a terrific pizza recipe - remember that if you have a lidded gas barbecue you can bake it in there rather than heating up your kitchen with the oven. Just remember to put it on indirect heat…

...... With Fresh Cheese

A delicious combination of leaves, melon and fresh cheese, this constitutes a lovely and fresh starter for four – or a main course for 2-3.

Ingredients:
1 little gem of lettuce
50g Spanish watercress (canónogos)
50g rocket leaves
700g watermelon
700g Galia melon
200g fresh goat’s cheese, or feta for more flavour, cubed
Salt and freshly ground pepper

Dressing:
3 tbsp extra virgin olive oil
1 tbsp white balsamic vinegar
Salt and freshly ground pepper
Toasted pumpkin seeds and chopped fresh mint

Halve the lettuce lengthwise and cut the very bottom off the stem. Finely slice the lettuce lengthwise. Mix with the watercress and rocket leaves.

Cut the rind off the melons and cut the flesh into 2cm chunks. Add to the leaf mixture together with the fresh cheese.

If your ingredients were not cold to begin with, leave the salad to cool in the fridge for a couple of hours.

When it’s nice and cool, whip together the oil, vinegar, salt and pepper and pour the dressing over the salad.

Sprinkle seeds and mint over the top and serve with crusty bread.

...... With Tomatoes

This quick and easy recipe makes you a different and interesting side salad for four which goes well with meat dishes or a BBQ.

Ingredients:
700g water melon, cubed
4 ripe, sweet tomatoes, cut into wedges
1 red onion, very finely sliced
1 clove garlic, very finely sliced
A pinch of chilli powder

Dressing:
1 tbsp balsamic vinegar
1 tbsp extra virgin olive oil
Salt and pepper
Fresh herbs, chopped

Mix all the salad ingredients, then whip up the dressing and pour it over the salad.

Sprinkle it with the fresh herbs and leave it for about 10 minutes before serving.

So simple, so delicious.

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Read more from Cornish Pride on page 37

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14 Almeria Living
American Pizza

I call this wonderful pizza American because I have some idea that a pizza with meatballs must have that nationality. But I suppose it could be any nationality, I just called it that because that was the first thing that came into my mind. I remember I’ve got a gas oven and a loose oven thermometer, and I’m not exactly sure what the electrical thermostat oven equivalent would be.

In my life, I was responsible for taking care of three normal eaters. But I don’t know what the electrical equivalent of the gas oven would be. I always use a gas oven and a loose oven thermometer. And I’m not exactly sure what the electrical thermostat oven equivalent would be.

Please take my oven temperatures and times with a grain of salt – it was.

Ingredients for one pizza (I eat a quarter, my man the rest. But I suppose it could be any nationality, I just called it that because that was the first thing that came into my mind. It came about because I had some mince that had been through the machine twice, a leftover from some stuffed pasta I’d done, and I thought it’d be ideal for tiny meatballs – and it was!

I call this wonderful pizza American because I have some idea that a pizza with meatballs must have that nationality. But I suppose it could be any nationality, I just called it that because that was the first thing that came into my mind.

Meatballs:

- 200g finely minced pork
- 1 tsp onion powder
- 1 egg
- Enough bread crumbs to bind it all together
- Salt and pepper

Mix all the ingredients in a bowl and stick it in the fridge for half an hour.

Bring a large pan of water to the boil, and shaping tiny meatballs with the palms of your hands, dump them into the pot and let them bubble for a few minutes until they have all risen to the surface. I did this in two batches.

Pizza:

- 175g strong white flour
- 25g wholemeal flour
- 12g yeast
- 100 ml lukewarm water
- 1 tbsp olive oil
- ½ tsp salt
- 250g fresh mozzarella, plucked into small pieces
- 3 tbsp tomato frito
- Oregano and garlic powder

Pour the water into a large mixing bowl and add the yeast. Stir until dissolved. Add the rest of the ingredients and turn out onto a floured surface. Knead thoroughly for about 10 minutes until the dough is elastic and pliable.

Put it into an oiled bowl, cover and leave it to rise for about an hour. Heat the oven to 250°C.

With a rolling pin, extend the dough until you have a 35cm diameter disc (approx.).

Spread the tomato frito over the pizza base and sprinkle over half of the mozzarella. Distribute the meatballs and tomato sauce on top and sprinkle over the rest of the cheese.

Give a generous sprinkle with oregano and garlic powder and let your masterpiece rest for 5-10 minutes on top of the hot oven.

When you’re good and ready, slide it onto the upper middle shelf of your oven and leave it to bake for 15-20 minutes until the base has bubbled up and is almost done.

Then move the pizza up one shelf to help the cheese turn golden and leave it there for about 5 minutes until it looks like you want it to.

Retrieve and serve immediately. It’s out of this world!
Fun Facts About Dogs
- Dogs only sweat from the bottoms of their feet, the only way they can discharge heat is by panting.
- Dogs have about 100 different facial expressions, most of them made with the ears.
- Dogs have about 10 vocal sounds.
- Dogs do not have an appendix.
- There are more than 350 different breeds of dogs worldwide.
- Dalmatians are born spotless: at first pure white, their spots develop as they age.
- Contrary to popular belief, dogs aren’t color blind; they can see shades of blue, yellow, green and gray. The color red registers on a grayscale in a dog’s vision.
- Most domestic dogs are capable of reaching speeds up to about 17 miles per hour when running at full speed.
- Using their swiveling ears like radar dishes, experiments have shown that dogs can locate the source of a sound in 6/100ths of a second.
- Domesticated for more than 10,000 years, the dog was one of the first animals domesticated by humans.

Fun Feline Facts
- Cats do not have sweat glands.
- A cat can jump as much as seven times its height.
- Cats have five toes on each front paw, but only four toes on each back paw.
- Cats have over one hundred vocal sounds, while dogs only have about ten.
- A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.
- An adult cat can run about 12 miles per hour, and can sprint at nearly thirty miles per hour.
- A cat’s tongue is scratchy because it’s lined with papillae—tiny elevated backwards hooks that help to hold prey in place.
- The nose pad of each cat has ridges in a unique pattern not unlike a person’s fingerprints.
- Cats’ bodies are extremely flexible; the cat skeleton contains more than 230 bones (a human has about 206), and the pelvis and shoulders loosely attach to the spine.
- This adds to their flexibility and allows them to fit through very small spaces.
- Cats have better memories than dogs.

Tests conducted by the University of Michigan concluded that while a dog’s memory lasts no more than 5 minutes, a cat’s can last as long as 16 hours—exceeding even that of monkeys and orangutans.
Gastronomy

The variety and quality of Mojácar’s cuisine can be enjoyed throughout the year in restaurants and bars in the village and in the beach area. Products of the land and sea, cooked simply, international dishes, along with traditional and very elaborate recipes, are on offer to the most discerning palates.

The Sea

Seventeen kilometres of coastline make Mojácar an ideal place to enjoy its beaches. Many of them have been awarded the F.E.E Blue Flag for quality. Practicing water sports and relaxing in protected coves are possibilities which the municipality offers.

The Town

The beauty of the image of Mojácar, a majestic melting pot of a cluster of white houses, clinging to the very end of the Sierra de Cabrera foothills, surprises us as soon as we arrive. Then, once we enter the maze of narrow and beautiful streets, every corner captivates us and shows us both the privacy of the past and the most beautiful horizons from the viewing points.

Art

Art, in its many forms has a special predilection for this corner of south eastern Almería. Its light, its charm, its landscape and the special atmosphere which comes from a multicultural society, make Mojácar an ideal place for creating. Proof of this is the many artists who have chosen Mojácar in which to live and create. In addition, two major art foundations have been established here.

The People

Since ancient times, many people and cultures have lived in this municipality. Mojácar is an area coveted by all, due to the lookout position of its village, its coast, its mild climate and its current standard of living. The people of Mojácar have an open and friendly character, used to sharing and chatting with visitors, who in many cases end up as neighbours.

Sport

Mojácar offers countless opportunities for practicing sports. It boasts the latest facilities. In Mojácar you can do sport year-round, including hiking, mountain biking, cycling, horse riding, golf, tennis and paddle tennis, soccer, surfing, sailing, swimming, etc.

The Sea

Seventeen kilometres of coastline make Mojácar an ideal place to enjoy its beaches. Many of them have been awarded the F.E.E Blue Flag for quality. Practicing water sports and relaxing in protected coves are possibilities which the municipality offers.

10 Reasons to visit Mojácar

We are delighted to announce the opening of our brand new retail outlet in Plaza Estrella del Cantal on Mojácar Playa.

Taylor’s of Mojácar, specialising in Hats, Caps and Accessories with a stunning collection of over 1,200 Hats and Caps and a range of Harris Tweed handbags, handmade and real leather.

As an example, our Unisex 100% wool Fedora’s in beautiful colours are handmade, packable, crushable, waterproofed in all sizes.

Hand woven Unisex Panama hats direct from Ecuador, South America Genuine Kangaroo leather outback hats from Australasia A wonderful selection of Babies and Children’s summer head wear in beautiful colours and patterns Linen Unisex Caps and Fedora’s and Sun Hats A very large selection of Unisex Summer Hats in Fedora’s and Trilby’s

We look forward to meeting and greeting you to a new shopping experience when it comes to Hats And Caps

Lots of Love

Desiree Taylor

Health Warning

Please be aware that not wearing a head covering in the hot sunshine can lead to skin cancer.

A hat or a cap makes perfect sense and is the safe option.
Indalo Partners at C.A.T. Services:
Indalo Partners will be in the C.A.T. Services offices every Tuesday between 09:30 and 14:30 to provide the following services:
- Spanish Resident & Non-Resident Tax Returns
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- Services at the Tax Office (Agencia Tributaria)
- Low Risk Investments
- Pensions
- UK Double Taxation
- UK Self-Assessment Tax Returns

If you would like to arrange an appointment, please contact Indalo Partners office 950472242 or email: Info@indalo.partners

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- ITV (Vehicle MOT)
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- Modelo 720 (Declaration of worldwide Assets)
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Zen Body and Mind – the Posture Experts!
At Zen our approach to massage centres around posture alignment. That is why, along with a detailed health questionnaire, we undertake a digital posture assessment for all new clients and allocate 90 minutes for the first session (we only charge for 60 minutes, 40€). Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. It helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities including sports. Correct posture:
- Helps us keep bones and joints in correct alignment so that muscles are allowed to work more efficiently, allowing the body to use less energy and reduce muscle fatigue.
- Allows muscles to work more efficiently, allowing the body to use less energy and reduce muscle fatigue.
- Enables us to bring about longer term improvements for improved flexibility, removing build-up of toxins, aligned with increased personal awareness, allows us to bring about longer term improvements for our clients. We look forward to helping you achieve an improved posture soon!
- Prevents back pain
- Maintains proper muscle and joint usage
- Prevents spine from forming into abnormal positions
- Center your balance
- Reduce stress
- Promotes efficiency since muscles, joints and bones are being used optimally
- Encourage confidence and good morale
- Reduces the risk of ligaments holding the spinal joints together, minimizing injury.
- Allows muscles to work more efficiently, allowing the body to use less energy and reduce muscle fatigue.
- Helps prevent muscle strain, oversore disorders, back and muscular pain.

Several factors can contribute to poor posture, such as, stress, obesity, pregnancy, weak postural muscles, tight muscles, and high-heeled shoes! In addition, decreased flexibility, poor work environment, incorrect working posture, sitting and standing habits, often built up over time, can also contribute to poor body positioning.

Focused massage to address acute issues or pains, elongating muscles for improved flexibility, removing build-up of toxins, aligned with increased personal awareness, allows us to bring about longer term improvements for our clients. We look forward to helping you achieve an improved posture soon!

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Don Pascual Artero y Saez (1875 – 1956)

Don Pascual Artero y Saez was a prominent Spanish businessman, rancher and patriarch of the Artero family on Guam. Born in Mojácar, he served with the Spanish military in the western Pacific, married on Yap and settled in Guam at the turn of the 20th century.

With his young family he created two large ranches with pasture lands for cattle in Upi and Toguag (Dededo and Yigo) and provided meat to the island. He also ran a saw mill that provided lumber and wood. Artero built up his wealth during the early naval administration of the island, only to lose most of it during the Japanese occupation of Guam in World War II.

Known as a prayerful, devout Catholic, a generous individual and a man of character, Artero left a legacy for his many descendants of business savvy, a hardworking attitude, a willingness to dream big and a loyalty and devotion to the island and its people.

Early Life

Pascual Artero was born on 28 May 1875 in the village of Mojácar. Although he never knew his father who had died before Artero was born, he was fond of his stepfather. He is not known to have any siblings, but did have numerous close family relations. Although Artero never went to school, his stepfather was a literate man and he was able to teach him the basics of reading and writing at home.

In his autobiography, Artero described himself as a robust and healthy child, mischievous, daring and determined.

At one time, he had a serious accident while taking a mule to graze when the animal slipped and fell on him. His parents believed he would not survive his injuries and dressed him in funeral clothes, but the boy did survive. When he recovered he helped his mother with their farm while his stepfather left Spain to find temporary work in Algeria.

The land was dry and difficult to cultivate. At age 10, Artero persuaded his mother to let him leave their farm to find work in Africa. He found a job clearing land for farming and also as a water boy earning only half of what the men in his work group received. From 1886 to 1888, he would leave home during the planting season to find work in Africa and Iran, clearing land and cultivating grapes, all the while developing his skills in planting, harvesting and reaping. Artero also wanted to learn how to read and write better, so he offered a goat to a friend to teach him. He would write letters to his stepfather, although he was never sure his stepfather could understand his writing. He would send home most of his wages to help his family and save the rest.

When Artero returned home as a young man, he described himself as a “good wheat thrasher” and believed he would continue his life as a peasant farmer in Mojácar.

Military Service

The young man actually entered the military and in May 1895 he was sent to Cartagena to begin his military service. Artero caught on to things quickly and soon was named a provisional corporal. Later he was sent to San Fernando in Cádiz. Eventually he was assigned to the naval infantry and upon reaching the rank of corporal, he was sent again to Cartagena.

An insurrection broke out in the Philippines and Artero received orders to go to San Fernando to join the troops being sent there. However, he did not arrive on time so instead, he was assigned to Ramos Company, which handled military personnel returning from Cuba and was made a quartermaster and placed in charge of the cooks.

Continued on page 26 ....
Building a Life on Guam

Artero remained on Guam for the rest of his life and took to farming, the trade he learned as a boy. He began by sowing seeds and repairing an abandoned house for him and his wife to live. He grew sweet potatoes and eventually sugar cane, too, but looked for other opportunities to earn more money to support his family.

He became a day labourer helping build roads, then on to Winster Company planting coconut trees. He also worked with another Spanish rancher, Baltazar Bordalo, who owned pastures and livestock, helping him oversee the herdsmen. Bordalo paid Artero with one calf for every four born.

When Winster Company were unable to make use of the land in Upi they sold their assets to US Navel officer Captain Bisset. This was one of several purchases he made in the area and so he went on to hire Artero as administrator of all his properties and paid $300 a month for Artero and his workers. In addition to his pay, Artero also made money raising his animals. By 1918 he and Bisset were selling cows to the government.

Surviving World War I and the Flu Epidemic of 1918, Artero continued building up his herd of livestock and was even supplying meat to the government. As an administrator to Bisset’s properties, Artero also ran the meat business successfully until the Japanese took over Winster Company planting coconut trees. He also worked with another Spanish rancher, Baltazar Bordalo, who owned pastures and livestock, helping him oversee the herdsmen. Bordalo paid Artero with one calf for every four born.

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Because of his distinguished character, Artero was often referred to as “Don Pascual” or “Maestro,” or “Master,” as titles of respect. He was well known among the Americans, too, and was frequently sought out to provide information about the land and life on Guam.

By the late 1920s, Asuncion Artero had passed away. Don Pascual Artero married a second time to his sister-in-law, Teresa Martinez Cruz, whom he had also first met in Yap while stationed there. Teresa had never married and had no children. The couple endured the ravages and uncertainties of World War II together, and Teresa accompanied him on his final trip to Spain. She died on 25 September 1950.

World War II

By the time of the Japanese Occupation in 1941, Artero was to lose much of what he had worked the past four decades to acquire for his family. The invasion by Japanese forces on 8 December 1941 marked a turning point in Artero’s life.

With the surrender of the naval government and the establishment of the new order under the Japanese, Artero, along with other island residents, became subjects of Japan and was issued a “passport” — a white cloth to be pinned to the chest.

By 1944 the war turned and the Japanese became more desperate and more brutal. Artero decided he and his family should defy the order to go to the concentration camp, instead they went to hide in a small cave at Pugua.

Although Artero had lost much of his material wealth from the war, including the properties in Upi which were seized for military use (today known as Andersen Air Force Base), he still lived the rest of his life as he always had, dreaming large, and spending time with family. He became the first person from Guam to travel around the world in an airplane as he made his way back to his place of birth one final time before his death.

A full life, Artero was a self-made man. Born into poverty, he travelled the world and found a home in Guam. His survival through three wars, the Spanish-American War, World War I and World War II, he attributed to his faith in God. In his biography, the respected Don Pascual described himself, “Since my arrival in Guam, this has been my country. I am of Spanish blood, American spirit and Chamorro heart.” This sentiment lives on in his descendants today.
Choosing & Caring
Sitting outside and soaking up the sun on your terrace or patio is one of the most relaxing and enjoyable experiences.

Let’s face it, the amount of sunshine we get here is why we have chosen to be in this beautiful part of Spain.

So have a thought for your outside furniture. Whether you’re taking a cool beverage or a siesta, patio furniture is always there waiting.

Did you know, like us, they need a little love and attention to look good and stay healthy?

In order to maintain your furniture in the best condition it is very important that it is kept covered when not in use.

Patio furniture is produced in many different materials. Following are the pros and cons of different materials, as well as caring tips to help you decide which to choose.

Wooden Furniture
Pros: Strong and sturdy, it doesn’t hold the heat from the sun like metals or plastic.
Cons: Most wood is best kept covered, or under cover, during the winter months. Wood can absorb water and rot; but teak can stay outside but will fade in direct sunlight.

Continued on page 30....
Garden & Patio Furniture ……continued from page 29

Caring Tips: Don’t place on grass or dirt. There are many products specific for each type of wooden patio furniture. In general, a light sanding followed by oiling the wood each year will keep it looking like new.

Metal Furniture
Metal Furniture is ideal for those who want to have little or no treatment for the protection of garden furniture. The most popular are steel and aluminium.

Aluminium
Pros: This metal will not fade or rust, and is much lighter than steel.
Cons: Heavy steel can be difficult to move, and chipped covering can lead to rusting.
Caring Tips: Wash with hot soapy water, rinse and towel dry, touch up chips on the outer coating to avoid rusting.

Resin Wicker
Pros: This synthetic material is lightweight and durable.
Cons: Many wicker patio sets take up a lot of space, don’t stack, and sets can be expensive.
Caring Tips: Choose weather resistant sets that can be washed with soapy water and hosed off. To avoid cracking when not in use protect with covers.

Plastic
Pros: Usually costs the least, and is very portable. Some of the products are made from recycled products.
Cons: It is not as long lasting as other materials. Colours fade and it does look like plastic.
Caring Tips: Clean with hot soapy water and scrub clean with a brush if needed. Keep covered when not in use to prolong its short life.

Texteline seat covering avoids the need to buy seat cushions and is good for using poolside (No wet cushions)
Cons: Quality does not come cheap.
Caring Tips: Wash down with hot soapy water and rinse, finish with a coat of car wax to repel water and stains.

Steel
Pros: Tough, durable and cheaper than aluminium. Texteline seat covering avoids the need to buy seat cushions
Cons: Heavy steel can be difficult to move, and chipped covering can lead to rusting.
Caring Tips: Wash with hot soapy water, rinse and towel dry, touch up chips on the outer coating to avoid rusting.

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I finished last month by remarking that I was surprised by the number of people who have not heard of the “Palomares Incident”, so here we go with my take on the events.

The year was 1966, remembered by many English people as the year we won the Football World Cup. It was also a year in which two vultures were heard of outside their immediate vicinity at the start of the year would be on virtually everyone’s lips by the year’s end!

Our story starts early afternoon on 16th January at Seymour Johnson Air Force Base, North Carolina. Major Larry G. Messinger, rolled his B52G Stratofortress down the runway, eased back the stick, climbed away and headed due east out over the Atlantic and made for Spain. Two minutes behind him was another B52, for they always travelled in pairs. He and his six other crew members settled down for a long flight that would take them to the coast of Yugoslavia, before eventually returning home about 27 hours later. Also, on board were four B29’s hydrogen bombs. This was part of “Operation Chrome Dome”. During the “cold war” these flights took place along three routes, two over the Arctic along the northern coasts of the USSR and one into the Adriatic along the coast of Yugoslavia, then a Soviet satellite. The timing of the flights ensured that there was always a nuclear force within striking distance of the Soviet Union.

Such long journeys required refuelling, which was done mid-air. The first of these was done over the Atlantic using tankers based in the Azores. From there he would have headed for northern Spain, crossing the coast near Santander before leaving somewhere near the Azores. From there he would have headed for northern Spain, before eventually returning home about 27 hours later. Also, on board were four B28’s hydrogen bombs. This was part of “Operation Chrome Dome”. During the “cold war” these flights took place along three routes, two over the Arctic along the northern coasts of the USSR and one into the Adriatic along the coast of Yugoslavia, then a Soviet satellite. The timing of the flights ensured that there was always a nuclear force within striking distance of the Soviet Union.

Continued on page 34.....

By Mike Woolnough

Spanish Airports - Part 7b

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Atomic bombs are not dropped in the conventional sense, they are floated down on a parachute. This enables the plane to get as far away as possible before the bomb’s altimeter registers that it is about 500 feet above the ground! Fortunately, the bombs had not been primed! In this case, one floated down and landed virtually intact in a rambla. The parachutes of two others failed to deploy properly and the crash landing caused the high explosive charges to detonate and scatter plutonium over a wide area. Let’s pause for a while and consider how to make an atomic bomb. Now I should add, “don’t try this at home!” Making such a bomb is not difficult if you have access to weapons-grade plutonium. If you have, then you are already on the radar of every secret service around the globe and will have received very tempting offers from all known (and some unknown) terrorist groups! Metals like plutonium are unstable, electrons, protons and neutrons break free from the atom. In the process, they knock similar bits out of nearby atoms, which in turn knock more protons and neutrons break free from the atom. In the process, they react with other atoms, and this can continue at a high rate. This is called a “chain reaction”. If you can force two smaller non-critical masses into a larger critical one very quickly then the reactions in larger amounts very quickly get out of control; such small quantities can be extremely dangerous.

The parachute of number four did deploy, and the wind blew it out to sea. Near to Palomares, the Rio Almanzora enters the sea and at this point and the seafloor drops to a depth of 2000 metres or more. It was into this trench that the bomb came to rest, but no one knew it just yet!

Initially, the US government tried to hush up the accident, but it is difficult to ignore a large plane nearly missing your school, to say nothing of the locals carrying the burned airman to the local health centre and fishermen rescuing the other three from the sea. These things get talked about! When the US military turned up and started waving their Geiger counters about it was pretty obvious that this was something to be swept under the carpet and, of course, there was the little matter of that missing bomb! It was decided to remove the contaminated soil, place it in barrels and ship it back to the USA. Some 6,000 barrels, each containing 250 litres of soil (about one and a half million litres) were sent to the Savannah River Plant in South Carolina for burial. This came from about one square mile of the most seriously contaminated areas. Some less seriously affected areas had the soil ploughed under to a depth of about 30 cms. In difficult to reach areas the contaminated soil was removed with hand tools. None of the US servicemen involved in this clean-up were provided with protective clothing, as a result, there have been a number claims for compensation against the US government in recent years where cancers are believed to be a result of exposure to radioactivity at that time! Towards the end of the clean-up, they became a bit more gung-ho and just dug big trenches and buried the remaining soil in them. (Reminds me of an episode of “Porridge” where they allegedly dug another tunnel to bury the soil from the escape tunnel!) We will return to this laziness in a moment.

But, yet again, we are forgetting bomb number four. Locals admitted seeing it heading out to sea and so a massive hunt began. The US navy was called in and at the height of the search, there were 30 US vessels involved (including subs). I might add there was also a sizeable chunk of the USSR navy to be observed in the vicinity! They searched in vain for several weeks, then along came local fisherman, Francisco Simó Orts, who informed them that he had seen the bomb enter the water and was able to point them in the right direction! Henceforth he became known as “Paco el de la bomba”. We will come back to him later. Hitherto the search had mainly been undertaken by divers, but Paco’s information pointed to very deep water, so the subs were called in. The DSV Alvin located the bomb at a depth of 2,700 feet on 17th March (two months after it was lost)! Unfortunately, when attempting to retrieve it a cable snapped, and it went back to the bottom. Alvin found it again on 2nd April at a depth of 2,800 feet. This time the operation was not rushed, and it was a further five days before they attempted to lift it. Then another subs launched got entangled in the parachute! It was decided to slowly lift both to a depth of 100 feet where divers could secure several lines to them and the bomb was safely lifted on board. (Alvin is still in service, perhaps its finest hour was in 1986 when it located the wreck of the Titanic!) With the bomb safely back in US hands the US Secretary of Defence said how pleased he was as the bomb was worth 2 billion dollars. At this point, Paco’s ears pricked up. Under normal salvage rules, it was usual to pay 1%-2% of the value of the goods recovered, that’s upwards of $20 million! He is said to have settled out of court although he later stated that he hadn’t been paid very much!

There was concern at the time about the safety of the seawater and to allay fears the US ambassador and the Spanish minister of the interior and tourism swam in the waters off Mojácar and Palomares. With the last bomb safely on board the USS Cascade and the soil on its way to the US or hurriedly buried the US military withdrew and Palomares returned to “normal”. Large areas of the village remain cordoned off and recently more land was appropriated after higher than normal levels of radiation were detected. They also found the trenches! (Containing about 7,000 litres of contaminated soil!) Snails in particular are very radioactive and should not be eaten! In 2009 an agreement was signed between the US and Spain that committed the US to come back to finish the clean-up. Unfortunately, the present administration had not signed the agreement. Every year a selection of Palomares residents goes up to Madrid for three days of tests. Friends of mine went and discovered they needed to provide a urine sample, not a problem until they discovered that they had to provide 24 hrs worth and had to carry a container around with them all day!

Since the incident, no plane carrying nuclear weapons has been allowed into Spanish air space. After another incident at Thule airbase in Greenland two years later the US decided that “Chrome Dome” was no longer sustainable and it came to an end. Incidents such as these are called “Broken Arrows”, the US Government admits to 32 such incidents, seems a tad careless to me!

The film “Men of Honor” features the recovery of the missing bomb and a film starring Cliff Richard and the Shadows, “Finders Keepers” is based on the incident, although set elsewhere. It is not their finest film! Oh, and that other village that was on everyone’s lips by the end of 1966! Aberdeen.
La Chanca Life

Former Costa Almeria News reporter Emma Randle embarks on a new adventure in the historic gypsy quarter of Almeria. Faced with the mid-life challenge of job loss and children leaving home, at the start of the year she upped sticks from her comfortable country residence to experience a different way of life. Over the coming months you can follow her journey, as well as learning about what Almeria city has to offer – its bars, attractions and colourful history. Her story continues......

The darker side of La Chanca

September 2019

Things have been a little volatile in La Chanca. A murder and a fracas to be precise.

This was the headline in the local news this week: “Suspected murderer from La Chanca-Pescaderia arrested in Roquetas de Mar.”

They showed a police photo of the suspect, and the story goes that on September 4 a man was found bleeding from the neck in a side street in La Chanca and later died from his injuries. The police mounted a search for the killer and arrested the suspect driving in the nearby town of Roquetas five days later. They said the search was not helped by the “secrecy” that exists among the community.

Of course the first thing I did was check where the street of the murder was. Luckily it’s not in my immediate area but further down, about 200m away. I was on the fringes – and that’s where I intend to stay!

I couldn’t tell very well, but there seemed to be some sort of fight happening on the waste ground at the top of the street, and as well there were a couple of guys hanging around lower down carrying sticks and stones.

Then it suddenly seemed to dissolve – the stone carrying guy threw his rock away over the fence into the animal reserve, and the street went quiet.

Probaby something to do with the arrival of six arms-bearing National Police Officers who marched up the street to the waste ground. I guess they may say about La Chanca, it’s a lively neighbourhood. All we get them, or one of their extended network of family and friends, into trouble. Nobody knows anything.

The same happened here the other day. (Not the murder, the clamming up!) Something went on in the street, a fracas, or fight or disagreement. It was early Sunday evening and I heard a big rumpus outside.

After making sure the front door was locked I nipped up to the roof terrace to see what was going on – along with half the neighbourhood – every roof terrace was occupied with people looking over the edge. I couldn’t tell very well, but there seemed to be some sort of fight happening on the waste ground at the top of the street, and as well there were a couple of guys hanging around lower down carrying sticks and stones.

Then it suddenly seemed to dissolve – the stone carrying guy threw his rock away over the fence into the animal reserve, and the street went quiet.

As my friend and former editor of the Costa Almeria News, Richard Torné, said as he sent me the press report on the murder: “Whatever they may say about La Chanca, it’s a lively neighbourhood. All we ever get is woolly street cleaning services and the odd dead dog.”

Clearly the neighbourhood protects its own, and in some ways that fits within the community. Here no one is going to say anything that could potentially get them, or one of their extended network of family and friends, into trouble. Nobody knows anything.

Finally the police returned and were stopped by a Morroccan couple just outside my house. I heard the woman say her husband needed an ambulance, though he didn’t appear outwardly hurt to me.

As my friend and former editor of the Costa Almeria News, Richard Torné, said as he sent me the press report on the murder: “Whatever they may say about La Chanca, it’s a lively neighbourhood. All we ever get is woolly street cleaning services and the odd dead dog.”

There’s a true journalist for you, hankering after the action!!

But if I were to start asking too many questions….. Well, they might not like that too much.

But just before you all start worrying, I do actually feel perfectly safe here and I live my quiet little life and don’t interfere with the neighbours.

As my friend and former editor of the Costa Almeria News, Richard Torné, said as he sent me the press report on the murder: “Whatever they may say about La Chanca, it’s a lively neighbourhood. All we ever get is woolly street cleaning services and the odd dead dog.”

There’s a true journalist for you, hankering after the action!!

The police in my street after the fracas

By Emma Randle

The National Police photo of the arrested man, released to the press

people had had the tip off from friends lower down.

Finally the police returned and were stopped by a Morroccan couple just outside my house. I heard the woman say her husband needed an ambulance, though he didn’t appear outwardly hurt to me.

The ambulance duly arrived, again at the top of the street, but I didn’t see anyone get into it.

And that was the end of my neighbourhood watch activities for the day!

But the thing is, when Jeanne, visiting a few days later, asked our neighbour what the problem had been, she just said “Nada”. She was clearly uncomfortable and rushed off.

And I remember when I first moved in and asked the previous owners if there was ever any trouble, the wife, a lovely smiley Spanish matriarch, said: “I mind my own business and nobody sticks their nose into mine.”

Clearly the neighbourhood protects its own, and in some ways that could work in my favour. As their ‘vecina’ or neighbour I will be afforded some kind of protection – that’s what Cantalejo our criminal lawyer friend told me too.

But if I were to start asking too many questions….. Well, they might not like that too much.

But just before you all start worrying, I do actually feel perfectly safe here and I live my quiet little life and don’t interfere with the neighbours.

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Mediterranean Plants - N is for Nepeta

I’m sure most people have heard of Nepeta, especially if you are a cat owner. Even if you don’t have a cat Nepeta is a great little plant for either pot or inground planting. They belong to the family Lamiaceae, the same family as Mint and Coleus among others and are an easy to grow perennial, usually with blue or lavender flowers though some species have white flowers. Nepeta’s scientific name is Nepeta cataria and refers to the old Italian city of Nepete where the plant was grown in great quantities in the past and to the reaction the plant has on felines of all shapes and sizes! The Italian for cat is cataria.

Nepeta leaves have many beneficial uses and not only to cats. The leaves can be used to make a tea which helps sleep if one suffers from insomnia but can also act as a diuretic so not a good combination! It is also said to be good for headaches, nausea and toothache amongst other ailments. It can also be used in cooking. Capsules can be bought from health food stores etc. The magic ingredient for cats is Nepetalactone. If eaten by a cat, it produces a sedative effect but if inhaled / sniffed, the cat will be on a high as it then has a stimulating effect!

The happy cat may become hyperactive after sniffing the leaves and may start rolling on the plant to release more scent! If you have a cat and see it enjoying the delights of Catnip you might observe it pulling back its lips as though it were making a face but what it’s actually doing is trying to expose a special scent organ in the roof of its mouth to maximise or enhance the effects. You may have noticed horses and various other species do this as they also have similar sensory organs, but not obviously for Nepeta!!

Not all cats are attracted to Nepeta and it is believed the liking for it is inherited. The to die for ingredient, which is especially attractive to male cats, is a chemical found in the urine of female cats. Even lions, tigers, pumas etc all fall for the charms of Nepeta cataria! If you don’t own a cat then it’s worthwhile knowing that the Nepetalactone in catnip apparently, also acts as a natural repellent to such creatures as flies, mosquitoes and cockroaches etc so worthwhile growing from that point of view. It is also NOT attractive to rabbits but is very attractive to bees.

To grow Nepeta well it needs to be in a sunny spot. It originates from the Mediterranean countries and Africa. If growing from seed, only lightly cover the seeds. It appreciates well drained soil which won’t become waterlogged. It makes a great container plant and is quite drought tolerant. It’s a good idea to cut the whole plant back regularly, especially after flowering which will help a second flush of flowers to appear. Cut right back at the end of autumn.

Due to the chemical effects of the Nepetalacton the plants manufacture, they are also a good choice to plant between other species that may be targeted by insect pests. There are many different varieties of Catnip, growing in many different heights and some with different coloured flowers. The taller varieties are, I think, best avoided as the can fall over and become a sprawling mass, ideal for snails to hide under! The shorter, more compact varieties are best in my opinion.

By Valerie Fuller
The Guadalquivir

When you listen to the Spanish weather reports in summer, it is striking how the Guadalquivir Valley is mentioned almost every day for its noticeably high temperatures, often above 40ºC. But exactly what areas does this valley include?

The Guadalquivir river basin is the catchment area for the River Guadalquivir which covers parts of the provinces of Almería, Jaén, Córdoba, Seville, Huelva, Cádiz, Málaga, Granada, Murcia, Albacete, Ciudad Real and Badajoz.

The actual river originates in the Sierra de Cazorla National Park in Jaén and runs from east to west, but many of its tributaries come from areas to the north and east of this. The river runs into the Atlantic Ocean in a wide estuary between Almonte (Huelva province) and Sanlúcar de Barrameda (Cádiz province).

It passes through Seville, and between Seville and the estuary there are extensive wetlands, the Marshes of the Guadalquivir, part of which are within the Doñana National Park.

It is Spain’s 5th longest river with its 657 km running from Sierra de Cazorla to Sanlúcar; it runs through major cities such as Andújar, Córdoba and Seville as well as numerous smaller towns and villages; it traverses valleys where it provides irrigation to extensive agricultural areas – more than 100,000 hectares of mainly olives and, further down river, rice. The latter covers more than 35,000 hectares.

Guadalquivir over the centuries.

The river was named Baetis or Betis (hence Real Betis FC) by the Romans. When the Moors conquered the area they called it Wad al-Kibir, The Great River. This has been corrupted into the scenery of Seville as well as the beautiful countryside alongside the navigation today is mainly tourist barges and boats, most of them sailing out from Seville. There are tours that cover only Seville as well as longer cruises down as far as Sanlúcar; today this trip takes a mere five and a half hours. Along the route you can enjoy the scenery of Seville as well as the beautiful countryside alongside the river.

Like all other waterways in Spain and beyond, the Guadalquivir’s flora and fauna are threatened by Man and his destructive ways; but the major environmental organizations are keeping a close eye on what is going on in and around the river, and they step in whenever it is threatened to try to preserve this natural treasure for future generations.

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Last month I bemoaned the fact that I had little or nothing to write about due, in the main, to ‘The Virus’. That wasn’t strictly true. In the early days of the lockdown I had come across a couple of amusing stories which I could have included but had half-forgotten them. Uppermost in mine and most people’s minds then was concentrating on staying safe, observing the rules, wearing the gloves and mask, social distancing etc. That’s my excuse anyway.

One of the stories concerns a British Institution, Rolls Royce. However, since they sold off the Car Division to the Germans awhile ago, they are probably now only half a British Institution. For some reason that has always rankled with me….I believe the remaining Aero Division is still doing pretty well.

Anyway, their Engineers were asked by the Aero Industry if they could develop a means of testing Aircraft cockpit windscreens. A major problem for airlines is bird strikes which cause not only untold damage but has led to crashes and fatalities, especially when the birds get sucked into the engines. These usually occur during take-off and landing although some have been recorded at high altitude. Perhaps the most famous occurrence of this in recent times was the ditching of an Airbus A320 into the Hudson River, New York back in 2009. The incident became the subject of a feature film in 2016 called ‘Sully’ which starred Tom Hanks as the Pilot and was directed by Clint Eastwood. Definitely worth a watch…..

Anyway, back to the plot. Rolls Royce successfully developed a special gun which would fire dead chickens at the windscreen of a mock up Aircraft cockpit to test its strength. It’s true, I promise you……

Over in the US, Engineers working on behalf of the US Rail Industry heard about the Rolls Royce gun experiments and requested details. Apparently bird strikes are also a problem for trains, especially the driver cab windscreen, something which had never occurred to me before. Rolls Royce duly complied and sent across a sample of the gun and all the technical data.

Picture the American first test shot. Engineers observing the test were horrified when the chicken smashed the Train cab glass at the windscreen of a mock up Aircraft cockpit to test its strength. It’s true, I promise you……

They immediately sent the data to Rolls Royce for analysis and recommendation. However, the response was not what they were expecting….just one line…’First defrost the chicken’…..

The response from our US cousins is not suitable for printing

The second story I stumbled across is a transcript of an actual radio transmission between the Irish and a British Naval ship off the coast of Kerry…..

Irish: Please divert your course 15 degrees to the South to avoid a collision.
British: Recommend you divert your course 15 degrees to the North to avoid a collision.
Irish: Negative. You will have to divert your course 15 degrees to the South to avoid a collision.
British: This is the captain of a British Navy ship. I say again, divert your course.
Irish: Negative. I say again, you will have to divert your course.
British: This is the Aircraft Carrier HMS Invincible. The second largest ship in the British Atlantic Fleet. We are accompanied by three destroyers, two missile cruisers and numerous support vessels. I demand that you change your course. 15 degrees North, I say again, 15 degrees North or counter measures will be undertaken to ensure the safety of this ship.
Irish: We are a Lighthouse. Your call.

Hope they raise a smile…..stay safe folks!

“A smile a day keeps The Virus away!”

By Vic Davey

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“A smile a day keeps The Virus away!”

By Vic Davey
M any of us had the privilege of enjoying the dolphins’ frolicks close to the shore during lock-down, when they – provisionally, at least – reclaimed what is their rightful playground. The dolphins that live in Spanish waters mostly belong to the Bottlenose family, which covers a wide range of sizes, shapes and colours. Those that live in the Atlantic tend to be bigger than their Mediterranean cousins. They grow up to a length of four metres, and even five metre specimens have been observed in the rivers of Galicia. The Mediterranean specimens measure from 1.5 to 4 metres and weigh between 130 and 300 kilos. Again, the sizes vary according to habitat with the smaller specimens living closer to the coast and the larger, more robust ones making their home further out to sea. The colour of the bottlenose dolphin is quite complex although in most lights it looks some shade of dull grey. Their tummies are white with pink overtones. There is no discernible difference between males and females except that the males tend to be larger than the females. The Iberian and Balearic populations of bottlenose dolphin are no longer as numerous as they used to be, and the groups, known as pods, are smaller and further between. The pods nowadays usually consist of eight to thirty specimens, although the Galician families sometimes count several hundred members. Man is the bottlenose’s worst enemy and has decimated the population through hunting, accidental netting and water pollution. In order to determine a bottlenose dolphin’s sex we need to look under its tail. The male has two long openings, the rear one is the genital cavity. The female has the anus and the forward one the genital cavity. It is not unusual for the female to have small scars around her genital cavity caused by tearing during amorous play. The calves are born after 12 months’ gestation. They are almost a metre long and weigh between 10 and 15 kilos. Their pigmentation is very different and varies from silver with speckles to almost completely black. During the calving the other females stay close by the mother-to-be, observing every movement, ready to help should it be necessary; these maritime midwives are often referred to as aunts. The umbilical cord breaks as the calf leaves the womb and the newborn creature is helped by his mother and aunts to swim to the surface to take his first breaths. For the next week he is closely followed by his mum who makes sure there are no accidents. The calf suckles for 20 months. He gets the milk by pressing on the cavity where the teats are, which leads to the release of a squirt of milk into his mouth. After 6-7 months the calf starts to take solid food in between his milk feedings. He gets the milk by pressing on the mammary glands. Male bottlenose dolphins reach sexual maturity at the age of 12 or 13, the females at 6 or 7. The bottlenose dolphins have lots of teeth both in their upper and lower jaws, but they do not use them for chewing. They grasp their food with their teeth and swallow it whole. Their diet is very varied: hake, bream, sardines, octopus, squid, prawns and many other marine animals. The dolphins also swim alongside fishing boats waiting for the fish waste to be thrown overboard. Bottlenose dolphins are gregarious creatures. They live in large groups, mainly with members of their own species. Sometimes certain specimens decide to separate from its group and swim alone. These loners can actually learn tolerant human company. Dolphins are excellent swimmers and divers, and they can reach a speed of 50 km/h, although their ‘cruising speed’ is at around 30 km/h. They can dive down to 200 metres below the surface, although they don’t usually go beyond 30. The amount of time they can hold their breath depends on how much they are moving, but in complete rest they can go for up to 20 minutes without drawing breath. They only sleep three to four hours a day, normally during the night, being constantly on the move for the rest of the time, either playing, hunting or simply moving from one place to another. They are incredibly loyal and will not leave a wounded or ill comrade. In the event of attack by a larger animal they have group tactics to defend themselves against the aggressor. The eyes of the bottlenose dolphin are placed on either side of the head, which means that they cannot see anything straight ahead; and at beyond 60 meters’ depth in the water there is no light. But this does not worry the dolphin. He has an amazing sonar technique emitting high frequency clicks which, when they hit an rock, a boat or a school of fish will bounce back to the animal who, by the sound of the returned clicks, can tell what is ahead of him. These clicks, which are emitted at a speed of between 30 and one thousand per second, serve not only for hunting, but also for getting to know other dolphins, detecting predators or finding the way through the water. Bottlenose dolphins can live to be 40 years old in the wild, although the males usually perish at the age of about 30 as their existence is usually harder and more dangerous.
What is Happening in the Local Property Market - August 2020?

By Voss Homes Estate Agents - Huércal Overa

Properties are selling again and lots of them!...Well! what a great month July was.

Before I start I just wanted to take a moment to thank all the hardworking and diligent solicitors, conveyancers and notaries who worked hard alongside us throughout lock down to keep their buyers & sellers up to date and their property sales on track.

In May and June we had the pleasure of buyers already here in Almeria and Spain and now the British, Irish, Spanish, Dutch, Belgian, French, German etc buyers are coming back and ready to buy.

It has been great to be back out on the road with buyers and seeing home owners (with social distancing, separate cars and lots of hand sanitiser) and taking on so many new properties. My second thank you is to all those property owners and clients for helping us keep to the Covid 19 rules.

A small amount of sales are being made to buyers who have not even visited the property but due to our videos, emails, phone calls, satellite maps and “walk around live whatsapp video calls” buyers are feeling confident to purchase.

Many buyers have been done a lot of homework during the lock down and have narrowed down their search to particular properties. Then, they have come over and focused on just those or sometimes just one and have and bought it. Our third thank you is to the sellers for presenting your properties so well and let us wonder around your properties with our phone looking like we are talking to ourselves.

As mentioned last month …. Please do not expect a stampede of viewings. There are a lot of people coming but they can’t all come at once. There are a lot of buyers who are still very concerned about the virus so are preferring to wait a little longer to come over.

If you want to get your property sold soon and for the most money -

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 up to date to avoid issues once a buyer is found. Ask your estate agent or solicitor for advice.
**Puzzle Time**

Puzzle solutions on page 82

**Regular Sudoku**

Every Sudoku has a unique solution that can be reached logically. Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

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Medium

**Across**

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8 Artistic
9 Male cow
10 Learned
12 Dissolves
14 Palm fruits
16 Eel
19 And
20 Apertures
22 Miscalculate

**Down**

1 Back
2 Profit
3 Hits
4 Adored
5 Dainty bite
6 Runners, e.g.
11 Following
13 Iterates
15 Less taxing
17 Mystery
18 Blase
21 Grit

Baby Equipment

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WWW.SUDO-X-WORD.COM

The brand new all weather indoor Market is now open at the Longo’s site in Albox. There is a wide selection of stalls all under one roof.

Opening hours are Monday - Saturday 9am to 2pm

Calling all stall holders, this is a fantastic opportunity to run your own small business.

Please contact for further information:

711 06 08 95  Amigosindoormkt@hotmail.com
Amigos market opened its doors in Albox earlier this year and is proving to be a popular marketplace, with that real bustling feeling drawing visitors from both inside and outside of the area. So if you have not yet been to the market why not plan to pay them a visit. While you are in the area you might want to visit some of the local bars and restaurants offering both traditional Spanish and English cuisine.

The market itself boasts many different stalls for you to browse through these include an olde fashioned English Sweet stall, Artists selling bespoke art, landscape, portraits and will even take commissions on request. Jewellery stalls with handcrafted items of jewellery, an Indian, Thai and Asian food store is now open selling all your favourite spices curry powders and pastes. There are also several stalls selling Ladies and Gents clothing of various sizes, house-hold products, pet and cleaning supplies, cakes and pastries, cushions and covers, and even a Florist with fresh cut flowers who will make bouquets or arrangements to order.

For that unique and different gift there are several stallholders making and selling bespoke items and will even personalise a gift for someone or for that special occasion. GBTV supplier and pies and pasties, vape & CBD oil products. All this to and much more ……..

Donnas Hair Salon has just moved from her salon in Albox where she has been for more than 10 years and has relocated her new Salon within the Amigos Market complex and, especially for all the gentlemen out there who prefer to have your hair cut and styled by a professional traditional Barber, you will find Teddy on hand there ready and waiting to trim, cut or style at your request. You will find the market open from and to 9.am to 2pm every day except Sunday.
Vitamin D is a nutrient found in some foods that is needed for health and to maintain strong bones. It does so by helping the body absorb calcium (one of bone’s main building blocks) from food and supplements.

Vitamin D is important to the body in many other ways as well. Muscles need it to move, for example, nerves need it to carry messages between the brain and every body part, and the immune system needs vitamin D to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis. Vitamin D is found in cells throughout the body.

Vitamin D in food
Natural and fortified foods include:

- Fatty fish such as salmon, tuna, and mackerel are among the best sources.
- Beef liver, cheese, and egg yolks provide small amounts.
- Mushrooms, peas, carrots, broccoli, avocado & sweet potato
- Most milk is fortified with vitamin D and so are many of the plant-based alternatives such as soy, almond and oat milk. But foods made from milk, like ice cream, are usually not fortified.
- Vitamin D is added to many breakfast cereals and to some brands from milk, like ice cream, are usually not fortified.
- Vitamin D is added to many breakfast cereals and to some brands

Vitamin D from the sun

The body makes vitamin D when skin is directly exposed to the sun, but covering the skin with clothing should include good sources of vitamin D in their diets or take a supplement. Recommended intakes of vitamin D are set on the assumption of little sun exposure.

Dietary supplements
Vitamin D is found in supplements (and fortified foods) in two different forms: D2 (ergocalciferol) and D3 (cholecalciferol). Both increase vitamin D in the blood.

Lack of vitamin D
People can become deficient in vitamin D because they don’t consume enough or absorb enough from food, their exposure to sunlight is limited, or their kidneys cannot convert vitamin D to its active form in the body. In children, vitamin D deficiency causes rickets, a condition in which the bones become soft and bend. It’s a rare disease but still occurs, especially among African American infants and children. In adults, vitamin D deficiency leads to osteomalacia, causing bone pain and muscle weakness.

Continued on page 56.....
Health effects
Vitamin D is being studied for its possible connections to several diseases and medical problems, including diabetes, hypertension, and autoimmune conditions such as multiple sclerosis.

Bone disorders
As they get older, millions of people (mostly women, but men too) develop, or are at risk of, osteoporosis, condition in which bones become fragile and may fracture if one falls. It is one consequence of not getting enough calcium and vitamin D over the long term. Supplements of both vitamin D3 and calcium have been shown to reduce the risk of bone loss and fractures in people aged 62–85 years.

Cancer
Some studies suggest that vitamin D may protect against colon cancer and perhaps even cancers of the prostate and breast. But higher levels of vitamin D in the blood have also been linked to higher rates of pancreatic cancer. At this time, it’s too early to say whether low vitamin D status increases cancer risk and whether higher levels protect or even increase risk in some people.

Harmful effects
Yes, when amounts in the blood become too high. Signs of toxicity include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. And by raising blood levels of calcium, too much vitamin D can cause confusion, disorientation, and problems with heart rhythm. Excess vitamin D can also damage the kidneys. Excessive sun exposure doesn’t cause vitamin D toxicity because the body limits the amount of this vitamin it produces.

Interactions with vitamin D
Like most dietary supplements, vitamin D may interact or interfere with other medicines or supplements you might be taking. Here are several examples:
Tell your doctor about any dietary supplements and medicines you take.
They can tell you if those dietary supplements might interact or interfere with your prescription or over-the-counter medicines, or if the medicines might interfere with how your body absorbs, uses, or breaks down nutrients.
By Jacey Canovas

Nordic Walking

Skiing photos? In August?
As you may have gathered, Amanda and I are firm supporters of walking, counting it as a cornerstone in our total keep-fit strategy. Aerobic fitness, overall body conditioning, weight loss, and improved flexibility can all be linked in a correctly implemented program. Nordic walking is increasing in popularity worldwide and is rapidly becoming a strong component of our game plan. As a discipline within the wider field of walking for health, it slots well into the panorama of fitness options that are available to everyone.

What is Nordic Walking?
Distinguished by the use of a pair of poles similar to ski-poles, Nordic walking combines a sustained alternate arm movement with a longer walking stride than normal. The poles are placed evenly and firmly in the ground, and the upper body engages to push them down and back. The intensity of a workout can be varied by increasing or decreasing how strongly the pole action is performed.

Side Trip to Scandinavia
Nordic walking finds its roots in the snow-bound Scandinavian countries, where skiing is both a part of everyday life and a focus of high-energy competitive sport. Casual and competitive skiers skilfully skim across frozen surfaces, adapting basic techniques to fit the occasion, whether that be a visit to a neighbour, a downhill speed race or a cross-country endurance trail.

As anyone who has skied knows, propelling the body on those two narrow pieces of waxed wood requires involvement of both the arms and the legs. The legs need to be strong, as they balance and bend with every movement of the skin, whilst a rhythmic forward momentum is maintained by an adroit control of the ski poles.

- Speed skiers move both arms in parallel, boosting their already hurtling pace - Olympic level velocities have been measured in excess of 140 km/hour.
- Cross-country skiers take on terrain that ranges from fairly even through mildly hilly to steep alpine slopes. Their arms may sometimes move in the same parallel mode as the downhill skiers, but more often will alternate in a firm, strong swing, deliberately using the poles as part of the movement.

The Nordic Walking technique draws from this, as it utilises the poles to engage core, upper body and arms every moment of the walk. And it's this movement which enables us, in the hot and arid hills of Almeria, to enjoy the same body benefits as do the keen skiers in distant cool zones.

Next month we'll take a closer look at the Nordic Walking technique and how we adjust to the various terrains encountered while we're out.

Comments and queries welcome. josnovas@gmail.com Jacey Cánovas is a journalist on a discovery journey about diet and fitness. Amanda Cantle 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.
Rosetta

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

Out of Hours Farmacia Time-Table - Aug/Sep

**Albox**

Farmacia Llanos de Los Olíneros
Ctra Albox-Chiviel - 950 434 170
03/06, 03/08, 02/08 – 03/08

Farmacia Parades
Plaza del Pueblo - 950 121 079
11/01 – 17/08, 08/09 – 09/09

Farmacia Esteban Granero
Plaza San Francisco 24 - 950 120 234
18/08 – 24/08

For advice or to book a consultation call 950 169 729 or 663 297 568 or visit www.ukbenefitsinspain.com

Kim Clark

Benefits Consultancy

Do you suffer from mobility problems, breathlessness/pain or falls/stumbles?
Do you need help washing/dressing or supervision?
You could be entitled to extra income by claiming UK sickness/disability benefits while living in Spain

For advice or to book a consultation call 950 169 729 or 663 297 568 or visit www.ukbenefitsinspain.com

UPCYCLING BEAUTY PRODUCTS

Use empty tubs to store homemade facemasks

Empty tubs of moisturizers and creams are perfect for storing a homemade facemask because they have an airtight seal. Making your own facemask is even better for the environment than buying single-use masks that come in unrecyclable sachets. There are so many facemasks that can be made with leftovers!

Make sure to wash and dry the container thoroughly before putting something new into it. Another tip for keeping your mask fresh for as long as possible is to avoid putting wet hands into it. Depending on the ingredients you might have to store it in the fridge.

Use lipstick cartridge to store bobby pins

Empty lipstick or roll up chap stick cartridges are ideal for storing bobby pins! As they close securely, they can be kept in your handbag, without needing to worry about them spilling everywhere. Plus, you’ll always have enough bobby pins when you need them.

Before upcycling your lipstick, make the most out of the product. Just because it can’t twist anymore, doesn’t mean that it’s time to get a new one; if you have a lip brush you can still use the lipstick until it’s completely run out. This will also save you from digging out the rest of the product later on when you do want to upcycle the container.

Are you staying hydrated?

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. Your body uses water to maintain its temperature, remove waste, and lubricate your joints. During the hot summer months, it’s much easier to become dehydrated.

Am I dehydrated?

Your urine can be a useful indicator. If it’s colourless or light yellow, you’re well hydrated. If it’s a dark yellow or amber colour, you may be dehydrated.

Other signs that you may be dehydrated include:
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheadedness

Different people require different amounts of water, but it’s generally accepted that 6 – 8 glasses of water/day is about average to ensure that your body and brain can function normally (if you are extremely active, or have certain health conditions you’ll need more).

Plain water is best for staying hydrated, but you can top up your hydration levels with fruits, vegetables, soups, herbal teas and even regular tea and coffee (…in moderation).

When you go to the toilet always have a quick check of the colour of your urine…..if it’s dark, you need to drink more water!

Natural solutions for any pain problem........
- Low Back Pain
- Sciatica
- Neck & Shoulders
- Knees

Improvement from the first session

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Miguel Angel Navarro Fernández
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Avda. Lepanto, 29
ALBOX
Mov. 629 40 28 52

Sanatura

Out of Hours Farmacia Time-Table - Aug/Sep

Huelcar Overa

Farmacia Jaime Jiménez Gómez - Avda Guillermo Reyna 24 – 950 135 427
05/08, 13/08, 21/08, 24/08, 01/09, 09/09

Farmacia Miguel Ballesta Ballesteros - Avda Guillermo Reyna 7 – 950 470 040
04/08, 12/08, 15/08 – 16/08, 20/08, 28/08, 31/08, 03/09

Farmacia Jose Soto Caparros - Doctor Jimenez Diaz 26 – 950 470 131
06/08, 08/08 – 09/08, 14/08, 17/08, 25/08, 28/08, 02/09, 05/09 – 06/09, 10/09

Farmacia Rocio Bergillos - Plaza Constitucion 14 – 950 470 082
07/08, 10/08, 18/08, 26/08, 29/08 – 30/08, 03/09

Farmacia Ambrosio Bernal Asensio - Plaza Constitucion 5 – 950 470 014
03/08, 11/08, 19/08, 22/08 – 23/08, 27/08, 04/09, 07/09

Information supplied by Junta de Andalucia - Almeria Living are not responsible for any inaccuracies

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Tel. 950 391 987

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04620 Vera – Almeria
Tel. 950 390 884 / 607 705 672

info@tanatoriosdellevantecom

Van Gogh may have put sunflowers on the map in France, but history in Spain tells us that the Spanish brought them back from Mexico and Peru hundreds of years ago. As a major oilseed crop, they are made into margarine, biodiesel fuel, livestock feed, and latex. And, of course, the Spanish love to eat these tiny seeds, cracking the shells between their teeth rather than buying them already shelled.

Los girasoles (sunflowers) follow nature’s orders. When young plants, the buds follow the sun from east to west during the day. When they reach maturity, they all face south. It is quite a sight to behold a field of sunflowers as they all stand to attention in the sunshine.

You will find billions of sunflowers in Andalucia, especially on roads around Seville and Ronda. Also, at the base of the Pyrenees when you head up the A-7 to France.

Concentrated Solar Power (CSP) plants, such as the PS10 plants in Spain (the first in Europe), use arrays of mirrors (or heliostats) to focus a large area of the Sun’s rays onto a small area, where the concentrated light is converted to heat that is used to generate electricity. While CSP has gained popularity in recent years with numerous plants being built around the world, they require a large area to generate the amounts of electricity needed to make them economically viable.

Most current CSP plants see mirrors fanning out from one side or radiating out from a central tower in concentric circles with the rows staggered so that every second row is aligned. However, taking inspiration from the sunflower, researchers have devised a more efficient design that would allow such plants to be constructed on a much smaller area.

One such naturally-occurring pattern is the Fermat spiral, which is found in the spiralling pattern of florets in daisies and sunflowers. By rearranging the mirrors in a sunflower-like spiral pattern with each mirror angled about 137 degrees relative to its neighbour, the researchers found they could reduce the footprint of the mirrors used in the PS10 layout by 20 percent while increasing the plant’s potential energy generation. This is because the more compact sunflower-inspired layout minimizes the shading and blocking of neighbouring mirrors.

Sunflowers - inspiration for Solar Power!
Solar energy is derived from the sun’s radiation. The sun is a powerful energy source, and this energy source can be harnessed by installing solar panels. Did you know that the energy it provides to the Earth for one hour could meet the global energy needs for one year? However, we are able to harness only 0.001 percent of that energy. There is a reason why solar energy has become a trending topic when talking about renewables. While it has been widely criticised for being expensive or not very efficient, solar energy has now proved to be extremely beneficial - not only for the environment but also financially speaking. Additionally, due to the higher demand, the technology has been improved considerably, turning it into a renewable energy source. It can be used for diverse purposes. You can generate electricity your solar system has generated, your energy bills will drop. How much you save on your bill will be dependent on the size of the solar system and your electricity or heat usage.

In order to get the maximum return from your investment, it is important to get your solar system installed by a professional installer. This will ensure that your solar system is installed correctly and will provide the best performance for your needs. Additionally, it is important to choose a reputable solar panel installer who will provide you with a warranty for their work. This will give you peace of mind knowing that your investment is protected.

Advantages of Solar Energy

Renewable Energy Source

Among all the benefits of solar panels, the most important thing is that solar energy is a truly renewable energy source. It can be harnessed in all areas of the world and is available every day. We cannot run out of solar energy, unlike some of the other sources of energy. Solar energy will be accessible as long as we have the sun, therefore sunlight will be available to us for at least 5 billion years when according to scientists the sun is going to die.

Reduces Electricity Bills

Since you will be meeting some of your energy needs with the electricity your solar system has generated, your energy bills will drop. How much you save on your bill will be dependent on the size of the solar system and your electricity or heat usage. Moreover, not only will you be saving on the electricity bill, but if you generate more electricity than you use, the surplus will be exported back to the grid and you will receive bonus payments for that amount (considering that your solar panel system is connected to the grid).

Diverse Applications

Solar energy can be used for diverse purposes. You can generate electricity (photovoltaics) or heat (solar thermal). Solar energy can be used to produce electricity in areas without access to the energy grid, to distill water in regions with limited clean water supplies and to power satellites in space.

Solar energy can also be integrated into the materials used for buildings. Not long ago Sharp introduced transparent solar energy windows.

Low Maintenance Costs

Solar energy systems generally don’t require a lot of maintenance. You only need to keep them relatively clean, so cleaning them a couple of times per year will do the job. In doubt, you can always rely on specialised cleaning companies, which offer this service. Most reliable solar panel manufacturers offer 20-25 years warranty. Also, as there are no moving parts, there is no wear and tear.

The inverter is usually the only part that needs to be changed after 5-10 years because it is continuously working to convert solar energy into electricity (solar PV) and heat (solar thermal). Apart from the inverter, the cables also need maintenance to ensure your solar power system runs at maximum efficiency. Savings can further grow if you sell excess electricity at high rates during the day and then buy electricity from the grid during the evening when the rates are lower.

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So, after covering the initial cost of the solar system, you can expect very little spending on maintenance and repair work.

Technology Development

Technology in the solar power industry is constantly advancing and improvements will increase in the future. Innovations in quantum physics and nanotechnology can potentially increase the effectiveness of solar panels and double, or even triple, the electrical output of the solar power systems.
Olive Tree Farm’s diary continues......

The heat is upon us and Olive Tree Farm is noticeably quiet, in fact the only time any of the animals want to move is at feeding time and even that seems more orderly than the usual scrum!

The upper veg patch looks dreadful and the tomatoes are sparse this year despite regular watering on a daily basis. Everything looks so dire that we even get excited to see a 3” long courgette peeping out from behind exceptionally large leaves. It seems this years attempts have failed, but not to worry, there is always later in the year when we will have a better chance at succeeding!

Our 3 Muscovy ducklings have been our pride and joy this year so far! Blossom, Bubbles and Buttercup have grown at an alarming rate. They also eat at an alarming rate! Their adult feathers are coming through nicely and it is now quite obvious that 2 are male and one is female. We had to move them into a larger cage which has been sat on the patio and we had to find a larger bowl for their daily bath.

They are funny. Once their bath is filled, we let them have a run about, their feet slapping on the floor as they chase each other and then one by one they make their way to the bath and plop themselves in. After around 5 or so minutes, out they get and then the grooming begins. The grooming takes ages and is fascinating to watch as they all mirror each other. As one moves to rearrange tail feathers, the others do the same. One then decides the chest feathers need a bit of work, and the others copy. It takes quite some time until they decide they are looking their best. Another quick top up of food which disappears in seconds and it is time for bed. They make their way back to the cage, snuggle up and that is it for the evening! Much easier than children I have to say, and they don’t answer back!

That is it for this month, thank you for reading!

You can follow the progress of the family and farm on our Face Book page https://www.facebook.com/OliveTreeFarmSpain/

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Tech, TV, Gadgets & Gizmos

Hello all.

As promised, this month’s article will focus on Android boxes vs Amazon Firestick debate. So which is better? To start with, they are both technically Android boxes which are basically stripped-down Mobile Phones in a fancy case. “Android Boxes” are made by a plethora of different companies by varying levels of quality and features. Firesticks are sold by one company (Foxconn). Android is the name given to the operating system used to make these gadgets work. Where Computers use Windows (XP, Vista, 7,8,10), these use variations of Android to make them work. Android is known within tech circles as “Open Source” software, meaning that anyone with the necessary know-how is able to alter and adapt it to their needs (within reason).

There are some pretty heavyweight players in the Android Open Source Project (AOSP); Google, Qualcomm, Broadcom, HTC, Intel, Samsung, Motorola, Sprint, Texas Instruments and Japanese wireless carriers KDDI and NTT DoCoMo. Companies that are conspicuously absent from the member list include Nokia, Symbian, Apple, RIM, Microsoft, Verizon and Cingular. As an open source project, Android’s goal is to avoid any central point of control, which is why it can be somewhat confusing to the end user, as each Android box or device may differ slightly from one another. There are also some players that are not Android but have adapted the system for their products. Samsung & Apple, RIM, Microsoft, Verizon and Cingular.

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Most, if not all android boxes come with at least one USB socket (for a memory stick or wireless mouse and/or keyboard), an HDMI socket and usually an optical digital output (for connecting a surround sound system or digital audio recorder), a 3.5mm jack socket for standard stereo audio & video (for connecting older TVs or a HiFi Amplifier). Depending on the manufacturer, it will come pre-loaded with a variety of popular apps such as YouTube, Netflix and Kodi. The downside to Android Boxes is that there are so many different ones available and the quality of the internals can be lower. Having said that, buy one from a reputable retailer and you can’t go far wrong. Words to look out for in the specification list are: “Quad Core”, “64 Bit”, “4GB Ram”, “Android 9 (or higher)” and hopefully “Dual Channel WiFi”. There are many to choose from on Amazon. Look for “Fulfilled by Amazon” under the “Buy it Now” button – this will be a popular-enough item to be in their warehouse and not shipped via small mail, from China. “Q-PLUS” is a brand that seems to be competitive. I have bought & used several of their 4K, 64-bit boxes and it worked as it should, with very little buffering.

The main benefit of an Android box is it’s build-in flexibility. You can connect an android box to virtually any TV built after 1989. All you need is the right cable. It can also connect to a wide range of other technology, including projector, printers, Video Recorders and Surround Sound Amplifiers (some have a Digital Output). It is also easy to expand an Android Box’s storage capacity via a USB memory stick or to connect a full-size keyboard and mouse and use to browse the Internet.

Android Boxes can also be easily used to stream media from elsewhere on your home network – your PC’s stored Music Library or Film collection for example and this is it’s Ace card. You can still use the box when the “Internet” is down, whereas a Firestick will suck like a two-year-old, without a stable internet connection (it is still possible to open some apps but only those that don’t use internet and even then with some difficulty). Put another way, your €30-€50 Android Box is effectively a Mini Computer and can, with a little fettling, do most of what your Laptop is able to, for a fraction of the price.

So let’s weigh this up…..

Firestick

Pros: Small compact design with easy, tidy installation and a friendly user-interface. Current versions are able to stream in 4K picture quality (however, a connection speed of between 15-25 Mbps is needed for 4K so will easily cope with standard HD. Competitively priced at 50 bucks. Tried & Tested technology and it’s from Amazon so if it goes wrong, you have a fighting chance.

Cons: WiFi-only (unless you want to spend an extra €20 bucks), fixed storage capacity (again, unless you want to flash the cash). You can load non-standard Apps onto it but it’s not straightforward. Spits it’s dummy out when the internet goes down. Apps are restricted to the Amazon store and you will need a valid payment method connected to your account in order to download any Apps (unlike Google Play).

Android Box

Pros: Connects to virtually any TV or HiFi. Most come with at least one high-speed USB socket for adding storage or peripherals. You can easily connect a keyboard or USB Mouse (non-windows). All will connect via WiFi or Ethernet without extra equipment. Adding Apps via Google’s Play Store (or a USB pen drive) is hassle-free and most apps that you’ll need are free (so no bank card to connect).

Cons: Choosing which one to buy can be confusing. Can be pre-loaded with useless or irritating apps. Depending on the manufacturer, the internal components can be of lower quality. Some arrive with all the necessary cabling and some do not – please check before ordering. Some are designed to only work with a specific version of Android and may not be future-proof. Some setup required before use.

In a nutshell: If you just want something to watch box sets and a bit of TV then you can’t go far wrong with a FireStick but if you’d like a few more options then do some research and go “Android box”. Links to information and products will be posted on my “tech Guru” Facebook page. In the meantime, thank you for reading.

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Encrypting Telex was easier. These machines talked to each other by intelligible speech. A similar process was adapted to early facsimile, of audio would be reassembled in the correct order and presented as sending end, using the same KEY for that day let’s say. The blocks at the "lab", with some jiggery pokery, one could easily replicate the original text.

Now comes the more interesting stuff. Let’s say for example, you wanted to monitor a company’s Telex machines. You couldn’t listen in at the Exchange and you didn’t have the Encryption Cipher, if one was being used. These machines printed the text by using small solenoids to punch ink onto the paper. Some had monitor screens as well. With too much in the way of techie gear, sit yourself in a van or building near by, with a sensitive directional aerial aimed at the building, coupled to a modified radio receiver. Now you can detect the spikes of energy given off by the Telex 

machines printing mechanism. You could also receive the signals being generated by the monitor screens. With all this recorded, back at the "lab", with some jiggery pokery, one could easily replicate the original data sent.

So, how did we protect ourselves? Well all the signals used in the above could be encrypted by applying a transformation - encryption or cipher, is a mathematical sequence of changes (algorithm), whose pattern is only known by the two communicating parties. This sequence could be changed by applying a different "key" or set of rules. Let’s take the telephone. We have all heard the term “switch in the scrambler”. An example, was a system that chopper the audio of the phone call into its various frequency blocks. These blocks were all messed up in accordance with the rules of the cipher code algorithm. The rules being determined by the KEY. The resulting audio was then sent over the phone line to the receiving end. Anyone listening into the call would hear a load of garble. However, at the other end, the telephone had a descrambler driven by the same cipher rules as the sending end, using the same KEY for that day let’s say. The blocks of audio would be reassembled in the correct order and presented as intelligible speech. A similar process was adapted to early facsimile, but by nature of the way it worked, the system was more complex.

Encrypting Telex was easier. These machines talked to each other by using short bursts of “characters”, made up from strings of 5 or 8 bits of data, electrical on-offs. Each letter had its own unique data pattern. So, all you had to do was to apply a set of rules that said, “convert letter A to D, S to U” and so on. At the other end, apply the same rules and out pops the original text.

I was talking to a customer the other day about electronic eavesdropping. Interesting days in my earlier working life. I’ll chat about how things have moved on from the 50s to date.

Thinking about how things have changed.

WW1, WW2, throughout the Cold War and later, electronic “overhearing” was a massive business, on all sides. All the Embassies in most countries communicated by telephone, HF radio (which covered long distances), Telex and Facsimile. All these technologies were easily eavesdropped on. Certain departments had teams of ghost G.0.P engineers tapping into known important phone lines, recording 1000s of hours of calls onto reels of tape for close scrutiny.

Radio could be listened into anywhere.

The frequencies used by Embassy officials were well known on all sides and were monitored 24hrs a day. Telex was a system of sending strings of simple text data over dedicated and modified phone lines and so could be intercepted at the Telephone Exchange or at any interconnection box. Early Facsimile used a similar system.

The US and British government introduced a standard that machines used for secure data had to meet to prevent the possibility of “electronic listening in”. This dictated that the electrical emissions of the machine had to fall below certain levels before they would be certified. The standard was known as Tempest.

Listening into conversations in rooms was easy. Small radio transmitters fitted into plug sockets that transmitted low range to the listening party. Or, how about using an infra red beam, aimed at a window of an office from afar? One could detect the small changes in the reflected beam caused by vibrations in the glass as a result of the voices inside the office. A bit of filtering and amplification, there you have it. Crystal clear! The other way of getting your secret information of course, is to "knobble" the boss’s secretary. That’s no fun though.

Modern telephony, mobiles, internet etc. makes a very easy way for the authorities to monitor us. And, they do. More on that in the next issue.

Seth Pitham
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Almería Living
Brazilian GP promoter Tamas Rohonyi warns that the country’s motorsport future will suffer if the event is permanently lost from the Formula 1 schedule.

The race has been a fixture on the calendar since 1973. However, this year’s event – the last on the current Interlagos contract – was cancelled last week due to the COVID-19 crisis.

F1’s CEO Chase Carey is hoping to move the race to a new venue in Rio, but no progress has been made on finalising a deal or on the construction of the circuit. The latter is still subject to approval, as the earmarked land is protected.

Rohonyi says that unless a new deal can be concluded to keep the race at Interlagos, the country’s racing scene could suffer long-term damage.

“A lot of people depend on this, not only in F1, but all the other categories,” Rohonyi told Motorsport.com. “I like to believe it’s an important venue if only because of the tradition we have here. Brazilian drivers have won eight times the World Championship.

“Frankly, I spoke to the president of the Brazilian ASN, and he said to me, ‘If you lose the race, Brazilian motor racing will be dead for the next 40 years.’ Because all these kids who drive karts, they hope one day to go F1. But they will stop.”

A Brazilian driver hasn’t started a Grand Prix since Felipe Massa retired from F1 at the end of 2017.

Rohonyi added: “You know, we had one time a very great tennis player, Gustavo Kuerten, who won the French Open more than once. So when this guy was really sort of the big star at Roland Garros dozens of kids took up tennis. The moment he disappeared, all the kids went to play football again.”
The World of Forgotten Cars

If you’re one of those people who thinks they know their cars, cast your eye over this list and see how many you’re familiar with. All of these automotive cul de sacs sold in tiny numbers and as a result they’re now pretty much forgotten. In some cases that’s entirely deserved but some deserved a better fate:

Volvo P1900 (1956)
No, that’s not a typo. Before the P1800 came the P1900 but just 68 were made. It was a glassfibre-bodied open-topped sportscar, inspired by the plastic Chevrolet Corvette.

Citroen LN (1976)
Nothing more than a rebadged Peugeot 104 with a 2CV engine, the LN was remarkably unremarkable; it was sold only in its home market. But UK consumers were able to buy the LN’s successor, the four-cylinder LNA with Pug 104 power. Few did though.

Paramount 1.5-Litre (1950)
Throughout the 1950s there seemed to be a new low-volume British car maker springing up every week. Paramount was based in Derbyshire and built Ford-engined sporting cars but just 70 or so were made before production ended in 1956.

Monteverdi 375 (1967)
Swiss BMW importer Peter Monteverdi moved into building ultra-exclusive exotica in 1967; over the next decade there would be a string of Chrysler-engined specials including the splendid 7.0-litre 375L High Speed pictured here.

Elva Courier (1958)
Taking its name from the French for ‘she goes’ (elle va), the Courier was Elva’s most successful model. Around 400 examples were made between 1958 and 1961, most powered by an MGA or MGB engine.

Marauder (1950)
George Mackie and Peter Wilks left the Rover Car Company to build their own sportscar in conjunction with Spen King; the Rover P4-based Marauder was the result. All of 15 were made though.

Goliath GP700 (1950)
Despite being blessed with a mere two-cylinder two-stroke 688cc engine, the GP700 was highly innovative with front-wheel drive, full-width styling and from 1952 there was even fuel injection, a production car first.

Goliath GP700 (1950)
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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!
What you need to know before setting off on your Spanish adventure!

Fancy some sun, sand, sea and sangria (when you’re not driving, of course)? A driving holiday in Spain is a great way to see all that the country has to offer beyond the usual package holiday.

Before you set off in your UK registered vehicle though, here are some tips on making sure you’re fully prepared for driving in Spain.

What are the requirements for driving in Spain?

Like other countries in the EU, you can drive in Spain using your full UK driving licence, but you must be at least 18 years old.

If you have an International Driving Permit, take it with you. While it’s not a requirement, IDPs are recognised in Spain.

Here’s a handy checklist of what you should have in the car with you too:

- proof of insurance
- passport as proof of ID
- your V5C certificate
- warning triangle
- GB sticker or Europlates
- headlamp adjustment
- high-vis jacket
- spare pair of glasses (if you wear them, of course)

Just like in France, radar and speed camera detectors are illegal in Spain. But, if your sat nav includes speed camera information as standard, you should be okay.

In fact, the Spanish Transport Department are pretty good at making the public aware of the location of speed cameras. Most cameras are signposted and there’s even an app that shows you where they are.

Spanish rules of the road

Drink-driving

The Spanish drink-drive limit is 0.5 mg/ml of blood, down to 0.3 mg/ml for people with fewer than three years’ driving experience.

Fuel

It’s against the law to carry spare petrol in the car in Spain. But you can also be fined for running out of petrol on certain main roads.

Roundabouts

When you’re driving on a Spanish roundabout, remember that cars already on the roundabout have priority over cars that don’t.

Spanish motorways and tolls

The motorways in Spain – the autopistas – are usually quite light on traffic. This is because the motorways are littered with toll booths, meaning you could rack up quite a bill if you’re travelling a fair distance.

The amount you pay per toll depends on the length of the road and in which area you’re driving. For example, driving from Barcelona to Calella – a distance of 56km – would cost around 7€.

Rather than paying the tolls, many of the locals opt for the back roads, which can get quite busy. If you’re after a fast, smooth but potentially expensive drive, take the autopistas.

It’s worth remembering that you must use your indicators when coming on or off the autopistas. You should also use your indicators whenever you change lanes. If you’re caught not doing so, you could end up with a fine.
I watched from the window as Mrs Worsley opened the door of the car and started to rummage around inside.

After some minutes she changed sides. Then she looked in the back. Then she straightened up and put her hands on her hips. She hasn’t found it, I thought. What am I going to do? I don’t suppose I can go back to the Post Office and ask for another one, not after the trouble caused by the first one.

Then I saw it! It was lying half-way down the drive. I was just going to run to the door and tell her when I saw the Dog, Gruff she calls him, trot out of the door onto the drive.

I watched him, frozen to the spot with fear. He saw my precious piece of paper, sniffed it, picked it up in his mouth, and started to shake it.

‘Gruff!’ she called. ‘You clever dog, you’ve found it!’ She went to take it away from him.

But he hung on. ‘Drop it!’ she sounded very stern, but Gruff wasn’t letting go. They tussled over it while I watched, fear rising up inside me.

Gruff immediately seemed to lose interest, and Mrs Worsley took it from him and brought both halves back into the house.

She showed me the two halves. I felt the coating, which was still intact on the surface.

‘I don’t know.’ I tried to put the two halves back together.

‘We’ll stick it together with Sellotape. I’ve got some in the kitchen in the Everything drawer.’

I followed close behind her, keeping my eye on Gruff.

She pulled open a drawer and took out a round roll of something – it had Sellotape written on it.

I turned it over.

‘There, all securely stuck. Let’s hope it works. What’s it supposed to do?’

‘I don’t know. I just know I need it.’

She looked at me. So did Gruff. ‘Let’s have a cup of tea.’

‘And a jam sandwich?’ I asked.

She smiled. ‘Yes. And Gruff has got something he wants to say to you.’

‘Gruff!’ she called. ‘You clever dog, you’ve found it!’ She went to take it away from him.

But he hung on. ‘Drop it!’ she sounded very stern, but Gruff wasn’t letting go. They tussled over it while I watched, fear rising up inside me.

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She pulled open a drawer and took out a round roll of something – it had Sellotape written on it.

I felt myself going white. Neither of them was going to let go, and as I watched the paper tore in half.

I watched from the window as Mrs Worsley opened the door of the car and started to rummage around inside.
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