Welcome to our September 2020 issue of Almeria Living. Aren’t the cooler nights and early mornings delightful? My favourite time of year.

Many readers queried our feature on page 3 last month about obtaining the new UK National TIE. Unlike some, we are making it clear that this is not compulsory for people already in possession of the green residencia certificates to make the exchange. However, do weigh up the value of such an ID card and the current straightforward application process. Who knows what 2021 will bring.

The Harmony Shop in La Alfoquia will be holding a ‘Flash Sale’ on Friday 18th to make way for the great variety of Autumn & Winter stock they have been donated. Why not go along and grab a bargain! Also, don’t forget 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. We have been joined this month by Jane Barraclough, who has started on pages 12 & 13 - welcome to the team Jane.

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We hope you enjoy your read this month and please don’t forget to continue telling our advertisers that you saw them in We probably won’t see many of these now and certainly if they are early 2000’s who became victims of the extended pension age limit. This was a great bonus for early retirees who came to live here in the 1990’s and unable to obtain it in any other way as described previously. We probably won’t see many of these now and certainly if they are early 2000’s who became victims of the extended pension age limit. This was a great bonus for early retirees who came to live here in the 1990’s and unable to obtain it in any other way as described previously.

It is possible to access the Spanish Health System in a variety of ways.

Temporary Cover

Usually issued to holders of an EHIC for a period of 3 months, this allows the registered person to have appointments at the nominated surgery with both doctor and nurse for prescriptions, treatment of minor ailments, blood tests, after surgery check-ups etc.

If the doctor refers the patient to see a specialist in the hospital this will probably not be covered under their temporary cover unless it is an emergency or life threatening.

This option will cease to be available to non-resident UK Nationals from the 1st January as the EHIC.

S1/E121 Cover - Pensioner

This certificate is provided to pensioners and their dependants and also permanently disabled individuals so that they can access the healthcare system in another country at the expense of the originating country.

The S1 form is obtained from the originating Country’s overseas health department. In some countries the form is still known as E121. Independent forms must be obtained for each eligible applicant.

The applicant and all dependants must have residencia in order to register. It provides full access to the doctor and hospital and they will receive discounts for prescriptions. Pensioners can expect to pay as little as 10% for medication.

S1 or D1 Cover - Insured person

This certificate is provided to those under pensionable age who are in receipt of benefits for work related or accident injuries and disabilities.

Regulations change in all matters concerning residencia. As always it is best to check these with all authorities before moving to Spain, as they are subject to change.

Types of Health Cover

This is divided into three main categories: Worker/Self-Employed, House Clearance Services! Call or WhatsApp: 672184354 / 673608854

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Different Methods of Medical Registration

Worker/Self-Employed

All employers/self-employed people pay a contribution into the state system that allows access to full medical cover for themselves, employees and their dependants. As with any other cover, a dependant may not be accepted without residencia or proof of unity.

Convenio Especial

This is the government operated pay in scheme that allows people access to the state health system. The cost is 60€ per month for those under 65 years of age. It is a popular option for anyone who has pre-existing conditions and is finding it difficult to obtain private health cover.

To be eligible for this, the applicant must provide a padron certificate with an inscription date of at least one year’s duration and a letter from the originating country confirming they will not cover the costs of your health care while living abroad.

Anyone applying should be aware that this scheme does not cover cost of medication, orthopedic prescriptions or non-emergency ambulances.

Residencia issued prior to April 2012

An EU directive was issued allowing anyone who had residency in the country they reside in to obtain free health cover if they were unable to obtain it in any other way as described previously. This was a great bonus for early retirees who came to live here in the early 2000’s who became victims of the extended pension age limit. We probably won’t see many of these now and certainly if they are UK nationals it won’t apply unless there is a reciprocal agreement.

If you would like more information or help with any of these procedures contact us at C.A.T. Services on 627 635 514 or by email info@catservicesinspain.com.
Palencia is one of the 9 provinces that constitute the autonomous region of Castilla y León. It covers a surface of 8,052 m² which places it at number 29 amongst Spain’s 50 provinces. It borders on the provinces of Burgos, León and Valladolid, and to the north the autonomous region of Cantabria, with which Palencia shares the mountain range of Cordillera Cantábrica, whose highest peak, Peña Prieta, reaches 2,533 m into the sky. This summit, however, is on the Cantabria side of the border; the highest point in Palencia is Pico Curavacas. Its peak is at 2,520 MASL.

Palencia is very mountainous in the northernmost quarter of the province, less so in the rest of its territory. This causes big differences in the province’s climate; the northern, mountainous part is classified as oceanic mountain climate, and the annual rainfall is 1,000 mm. The annual rainfall in the southern part of the province comes to 500mm; thus, the vegetations in the two parts are quite different, with oak and beech forests in the north and poplars, holly oak and meadows in the south.

As far as population is concerned, Palencia province occupies number 46 in Spain with its 160,980 inhabitants, 78,892 of which have made their home in the capital of the same name.

The city of Palencia is situated just 235 km from Madrid in the south of the province, and it is an important industrial area in Castilla y León.

In the gastronomy of Palencia, as in all the areas of Castilla y León, meat is an important ingredient, accompanied by some of the many vegetables that abound in this fertile province; Palencia’s potatoes are famous for their high quality, and vegetable stews and ‘pisto’ (the Spanish equivalent to ratatouille) are other much appreciated dishes from the area.

There are different areas for different pursuits, and the most popular zone is ‘El Refugio’ which comprises a bar-restaurant, several municipal swimming pools and a large picnic area. It is also within easy walking distance of a deer reserve.

Back in the city, the most emblematic district is found in the area of the Sotillo de los Canónigos park; crossing one of the branches of the river there is a bridge of Roman origin which was restored in the 16th century, since when it has kept the same design. In the near vicinity is the Cathedral, the San Miguel church, which is known for its characteristic religious-military style tower, and the Episcopal palace.

This is also where you will find the main street, Calle Mayor, which is the city’s main shopping area, and the archaeological museum. It is the city’s oldest quarter and it dates back to the Visigoths.

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Too hot to handle!
By Vic Davye

Perhaps it’s my imagination, but July and August seems to have been hotter this year than in previous Summers? For the last couple of years we’ve tried to escape the heat by getting away for a week or two in search of cooler climes, but Covid has pretty much put paid to that this year. A trip to the UK even has been abandoned since we have nowhere to quarantine.

I looked it up and the average high temperature in Almeria during July is around 30.5 degs with the ‘real feel’ at nearly 34 degs. August, however, is a little higher at 31 degs with a ‘real feel’ again, surprisingly, at nearly 36. Time to discard the thermals then…..

Good job we are nowhere near Death Valley, Utah. Apparently they managed to reach a new World record temperature a week ago, on the 16th, which was measured at an eye-watering 54.4! (That is if your eyes haven’t evaporated by then!) Definitely time to turn off the electric blanket.

It’s incredible if anything can survive in that kind of heat but it appears one species can and is the World’s most heat tolerant multi-cell organism. It is none other than a humble worm which can withstand temperatures above 176 degs!

While I was thinking about all this, I managed to catch a wildlife programme on TV about… wait for it… African Penguins. It shows my general level of ignorance that I thought Penguins were only found in the cold regions of the Artic or Antartica. Wrong again.

There are colonies in Southern Africa and have been called Cape Penguins which gives you some idea of where they are located.

They seem to have adapted to the varying conditions between the cold and hot waters around their habitats, mostly islands. Their feathers insulate them against the cold, while they have a pink gland above their eye through which extra blood is transmitted to cool them down when needed. Could do with one of those myself. I do get the odd pink eye but usually when alcohol is involved.

I also can’t really remember when we had any significant rainfall. We had a few claps of thunder a couple of weeks ago but not much rain with it. Rushing outside to bring in cushions and covers etc. we relished the cool rain and the fact we could forgo watering the plants for that evening.

We have chosen to live in a dry, semi-desert area so we shouldn’t be surprised at the lack of rain. Rainfall in Almeria averages around 230 mm or 9 inches per year, which is peanuts really compared to the UK which, last year, reached over 1400 mm, or 55 inches, hence the flooding which decimated many areas.

Imagine, then, living in the Atacama Desert in South America. There was a period when, in one region, it didn’t rain for 400 years! However, we are Brits and complaining about the weather is almost hardwired into our DNA, wherever we are it is always too hot, too cold, too wet…..

If you are passing you might catch me doing my early morning ritual rain dance which, up `til now has worked just the once … remember September 2012? It worked just a little too well. Maybe I’ll try it with clothes on next time!

Stay cool and stay safe!

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Kim Clark
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Stay cool and stay safe!
The Benefits of Vitamin E

Antioxidant
Vitamin E is an antioxidant. It may help protect your cells from damage. This essential nutrient occurs naturally in many foods. It’s also available as a dietary supplement. Sometimes, it’s in processed foods. Vitamin E is fat-soluble. This means your body stores and uses it as needed.
The term “vitamin E” describes eight different compounds. Alpha-tocopherol is the most active one in humans.

Longer cell life
You’ve probably seen rust on your bike or car. A similar process of oxidation and accelerated aging takes place in your body when cells are exposed to molecules called free radicals. Free radicals weaken and break down healthy cells. These molecules may also contribute to heart disease and cancer.
Free radicals form as a result of normal body processes. They cause damage that shortens the life of your cells. Vitamin E is a powerful antioxidant that may help reduce free radical damage and slow the aging process of your cells, according to the National Institutes of Health (NIH).

More research
Researchers have investigated the use of vitamin E as treatment for a variety of degenerative diseases, including:
- hardening of the arteries
- high blood pressure
- heart disease
- cancer

Studies so far have failed to show a reduction in the incidence of these conditions, according to the Mayo Clinic. There is a lack of proven medical uses for vitamin E aside from treating vitamin E deficiency, which is a rare condition.

Extra protection
Vitamin E may help people with higher environmental or lifestyle risk factors. Free radicals are increased by:
- cigarette smoking
- exposure to air pollution
- high exposure to ultraviolet rays from sunlight
Vitamin E may help repair damaged cells.

It’s difficult to consume too much vitamin E in your regular diet. It’s neither risky nor harmful to obtain vitamin E from food sources.

Continued on page 10 .....
Supplements: Don’t go overboard

While overdosing on food-based vitamin E is unlikely, the NIH reports that taking high doses of this vitamin in supplement form can cause serious side effects. One serious side effect is an increased risk of haemorrhagic stroke.

Dosages shouldn’t exceed 1,000 international units (IUs) per day, if you’re using synthetic supplements. The recommended daily allowance (RDA) for ages 14 and up is 15 milligrams (mg).

The label

The two types of vitamin E available as supplements are the natural form, which is d-alpha-tocopherol and the synthetic form, which is dl-alpha-tocopherol. The natural form is slightly more biologically active. For this reason, the RDA is 22.4 IUs. The RDA of the synthetic form is 33.3 IUs.

Check the label to determine which form of vitamin E you have. Information on the label can help you make sure you’re getting the appropriate dosage.

Ways to get your E

The following foods are good sources of vitamin E:

- dry roasted sunflower seeds, 1 ounce (oz.), which provides 7.4 mg of vitamin E
- dry roasted hazelnuts, 1 oz., which provides 4.3 mg of vitamin E
- dry roasted peanuts, 1 oz., which provides 2.2 mg of vitamin E
- dry roasted almonds, 1 oz., which provides 6.8 mg of vitamin E
- spinach, boiled, 1/2 cup, which provides 1.9 mg of vitamin E
- broccoli, chopped and boiled, 1/2 cup, which provides 1.2 mg of vitamin E
- kiwifruit, 1 medium-sized, which provides 1.1 mg of vitamin E
- mango, sliced, 1/2 cup, which provides 0.7 mg of vitamin E
- raw tomato, 1 medium-sized, which provides 0.7 mg of vitamin E

Extra vitamin E

One easy way to get enough vitamin E in your diet is to add a tablespoon of wheat germ oil to a recipe. Alternatively, you can snack on sunflower seeds. This will provide over 20 mg of vitamin E, which is more than a full day’s requirement. Make a kale or spinach salad and toss in some hazelnuts to get a crunchy boost of vitamin E.

Getting creative will help you reap the many benefits of vitamin E in your diet.
What is yoga and why should we do it?

By Jane Barraclough

What is yoga? Lyrcia clad beauties performing athletic poses on their mats? No, not necessarily. Although, there are venues where this does take place, for those who want it! Yoga is an ancient form of exercise that can be modified to suit anyone.

Yoga originated about 5,000 years ago in India as a series of poses to prepare the body, mind and breathing for meditation. Since then there have been many historic and cultural adaptations. Now yoga is found in many styles in many cultures.

Yoga remains a discipline to prepare ourselves for life, for living, and to be as physically and emotionally well as we can be, in our own way. Yes, in our own way, the way best suited to you. One of my most used phrases when guiding yogis through their practice is, ‘We are not forcing the body into the pose, we are easing the pose into the body’. There have been may studies done on the effectiveness of yoga and there is consensus that regular practice is effective in increasing strength, flexibility and balance. There is also evidence of yoga and there is consensus that regular practice is effective in increasing strength, flexibility and balance.

I began my belief in yoga about 17 years ago when working as a primary school teacher. Having done this very stressful and demanding job for a long time I found it was taking its toll on me physically and especially emotionally. So, I turned to yoga to help me to find my own equilibrium and to have the inner strength for my work. For those who want it for my Friday evening yoga classes I don’t think I would have survived the job for so long. But, I also applied yoga to my classroom teaching in small doses. I taught in a very large primary school in a very deprived area of the UK. Many of the children arrived in the classroom with their own emotional baggage, always so sad to see in young children. I found sneaking a few minutes of yoga breathing and yoga poses into the children’s day gave them a noticeable calmness and ability to remain focused for longer.

Yoga remains for me a journey of physical and emotional wellness; to maintain what I already have, to regain what I find I have lost, and to age with the best balance of physical and emotional wellness that is possible.

I mention that I teach mat, aqua and chair yoga. You might ask, ‘How does that work? Can you do a downward facing dog in the pool?’. Well, yes we can by adapting the pose to a vertical orientation against a wall, instead of a horizontal orientation onto the mat. A similar approach can be applied to chair yoga. In most cases a traditional mat yoga pose can be adopted to water or a chair so allowing many more people access to the benefits and pleasure of yoga.

So why should we do yoga? It doesn’t matter which style of yoga you choose the effects are similar; increased flexibility, increased muscle strength and tone, improved respiration and energy levels, balancing of the metabolism, improved cardio and circulation health, improved balance, emotional calmness, and much more.

In the coming months I will take you through a series of yoga poses and combinations of poses to help you to take full advantage of the class, to offer you support where you need it, and to offer extensions to the poses when you are ready.

Yoga can be very therapeutic, especially aqua yoga and chair yoga. For those with painful conditions, including the range of arthritis conditions, yoga has been shown to enhance mobility whilst promoting pain relief. There has been much research and many articles published describing the benefits.

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683 479 261
Leave a message and I will call you back
5 Top Tips for Successful Rehab of a Total Knee Replacement (TKR)

1. Your main focus should be on increasing FLEXION and EXTENSION of the knee (walking and strengthening will come naturally with time). If you don’t regain these bending and straightening movements, you’ll continue through the rest of your life to struggle to do things such as get up out of a chair. You’ll also develop a permanent limp.

2. Manage your pain with the pain medications prescribed. Take them at the doses and intervals that your consultant advised. If you are in too much pain you won’t be able to do your exercises!

3. Continue to use the walker / crutches until you have almost fully restored knee flexion and extension - Don’t try to use a walking cane too early!

4. Don’t compare yourself to others. Progress is a very individual process!

5. DO NOT stop doing your rehab exercises too soon! Full recovery post - TKR is around 2 years!

Your Osteopath can assist with a full rehab programme, with focussed hands-on treatment, the best home exercises, and advice on things such as sleeping position, managing pain levels and things to avoid - helping you back to full function and movement of your knee.

Poles Apart

A final look at country and Nordic walking as we take a look at terrain and navigating it safely using walking poles.

To get an idea of the options available you only need to watch a group of country walk-ers go by. Some stride out with a stout wooden staff, others keep time with a pair of neat aluminium poles; and scattered among them are those who have the confidence to walk unassisted.

Walking poles assist with balance and stability, and can reduce the load on the lower body. Nordic walking takes this up a notch, to where the poles become an essential component of the whole exercise as they ensure the engagement of arms and upper body.

As a regular walker, I was interested to discover comparisons between the specifically designed Nordic walking poles and the regular trekking poles that I have always used for both tarmac and country.

Top and Tail

It seems the major differences are in the hand-holds and in the base tips.

- My trekking poles have a finger-friendly top with a web loop that slips loosely around the hand. I hold the poles with a lightly closed fist, much as I would hold a single stave.

- Nordic walking poles have a glove-like broad strap which fits firmly around the wrist and is held by a second strap that passes between the thumb and first finger. The pole is held at a definite angle, designed to encourage full upper body engagement with each step.

- The base of my trekking pole is a simple point with a rubber tip, that will handle streets and dirt tracks without sticking.

- The Nordic poles can be fitted with a variety of tips to maximise effective contact on various ground surfaces and so facilitate the correct movement.

Continued on page 16 ....
Those ground surfaces can present us with a challenge. In our area firm ground surface is required.

From the Nordic Walking
- Intense workouts for the upper body as force is deliberately applied to the poles with each step.
- Increased cardio-vascular involvement.
- Resistance that assists in building muscular strength.

From the Country Walking
- The unbeatable joy of open countryside.
- Pauses to smile at hidden gems of wildlife and plants.
- The quiet triumph when we’ve conquered a steep and twisty mountain climb.
- Time to laugh and share as we walk.
Nordic or not, may all your walks be equally filled with friends and fun. Jacey & Amanda.

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 Cánovas is a journalist on a discovery journey about diet and fitness. Amanda Cantle is a qualified trainer, nutritionist and
care. We do more than the simple provision of a service. Our professionalism and understanding provides loved ones with a sense of closeness and humility as we carry out the wishes with sympathy and care. Our phone is always available so that you can count on us 24 hours a day, 365 days a year.

The best part of upcycling is you are helping the environment by reusing things that just fill our landfills up and making your home unique in the process. It’s a win-win for everyone. For those DIY lovers it’s a great creative challenge to see what you can make out of old furniture and home accessories that are laying around the house or that others are giving away or throwing away.

FIVE TIPS FOR UPCYCLE BEGINNERS:
1. Start your first project small.
2. First try sanding and repainting something.
3. Research websites for guidance and ideas.
4. Use things you already have or that are giving away or throwing away.
5. MOST IMPORTANT: Don’t spend a fortune trying to upcycle something.

The idea is to remake something that will add value to your creation and possibly save a few pennies in the process. For those that don’t know what upcycling is, according to the true definition, it’s when you “reuse discarded objects or material in such a way as to create a product of a higher quality or value than the original.” I love taking something that you are going to throw out and turning it into something that is useful and new for your home. You don’t have to be talented in carpentry or design to start upcycling. It can be as simple as turning an old white skinny bookshelf on it’s side, repainting it and adding baskets in the spaces and throwing cushions on top of it, to create useful and new for your home.

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A realistic compromise for us is to mix Nordic walking when we’re on flat terrain with regular country walking when Nordic is not possible. That way we get the best of both worlds.

- Narrow dirt paths winding through lemon groves or wandering off into uncultivated ground.
- Ramblas that vary from fine gravel to soft sand to uneven rocks.
- Tarmac roads that often form part of a trek, whether they are to be crossed or followed.

...Continued from page 15

Surface and Terrain
To truly get into the swing of a Nordic walk, a relatively level and firm ground surface is required.

Upcycling is growing more popular every day in home trends across the globe. Not only are more people loving the rustic, distressed designs in their home but it’s giving us all a chance to salvage trash into treasure and possibly saving a few pennies in the process.

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The idea is to remake something that will add value to your creation and possibly save a few pennies in the process. For those that don’t know what upcycling is, according to the true definition, it’s when you “reuse discarded objects or material in such a way as to create a product of a higher quality or value than the original.” I love taking something that you are going to throw out and turning it into something that is useful and new for your home. You don’t have to be talented in carpentry or design to start upcycling. It can be as simple as turning an old white skinny bookshelf on it’s side, repainting it and adding baskets in the spaces and throwing cushions on top of it, to create useful and simple bench seat under a window. Or go even smaller, take an old wooden chipped frame, sand it down and repaint, add a mirror instead of glass to create an unique mirror for your hallway, or paint the glass with chalk paint and use it as a family calendar, message board or more. Your options, in the upcycling world, are endless.

The best part of upcycling is you are helping the environment by reusing things that just fill our landfills up and making your home unique in the process. It’s a win-win for everyone. For those DIY lovers it’s a great creative challenge to see what you can make out of old furniture and home accessories that are laying around the house or that others are giving away or throwing away.

FIVE TIPS FOR UPCYCLE BEGINNERS:
1. Start your first project small.
2. First try sanding and repainting something.
3. Research websites for guidance and ideas.
4. Use things you already have in your home before you start garage sale hopping, bootfair market jumping and buying from secondhand stores. (that will come in time).
5. MOST IMPORTANT: Don’t spend a fortune trying to upcycle something.

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It was an extremely hot day, so every hour one of us went up to the gate of their pen waiting for breakfast. For the first few days they seemed to already know the drill and made their way to the bath set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk 'bath' set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it.

The cage was carefully placed in the pen, they had food and water close by the open door, and a hole was dug under a tree with their ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it. The geese were first on the scene and checked them out. Their greeting was loud, but it was an interested honk ‘bath’ set within it.

The following morning when it was breakfast time, they seemed to already know the drill and made their way to the gate of their pen waiting for breakfast. For the first few days we gave them the food they had been having, but as that ran out they were fed the same as all the other ducks and chickens and apart from the corn, they ate well despite their new surroundings. Now it is like they have always been there, and they look fantastic!

Now we are waiting for the rains. If you remember last year the gota fria, ‘gota’ Olive Tree Farm. It was Friday 13th and one we will never forget. We suffered a lot of damage and my car was washed away. We are praying that this year, we get plenty of rain but spaced out rather than all in one big hit. We will see!

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

We are slowly adding all the Almeria Living articles to our website. If you would like to catch up, take a look at https://olivetreefarm.es/ and click the ‘Olive Tree Farm Diary’ dropdown boxes.

You can follow the progress of the family and farm on our Face Book page https://www.facebook.com/OliveTreeFarmSpain/ To contact us regarding restoration of your swimming pool, find Olive Tree Farm Pool Services on Face Book https://www.facebook.com/Olive-Tree-Farm-Pool-Services-297410080711334/ or contact us by email … olivetreefarmalmeria@outlook.com
FAKE NEWS

Do I have your attention? Good.

How about those car competitions? Share this photo and win a random and suspect?

with is that not only are the articles fake, but so are some of the users. The problem that Google, Facebook, Twitter etc are trying to deal from a Nigerian Probate “Lawyer” can attest.

emails and bogus websites, as anyone that has received an email their own success and greed. We are (or should be) all aware of scam combat this very problem but in some ways they are the victims of our naturally voyeuristic tendencies or shocking Headlines like these can be entertaining, indulging the realms of possibility.

the last week. It is, thankfully, fake if not beyond

It is highly likely that many of you will have seen a headline similar to this one at some point over the last week. It is, Thankfully, fake if not beyond the realms of possibility.

Headlines like these can be entertaining, indulging our naturally voyeuristic tendencies or shocking.

Fake news, however is not just concerned with money-making tactics. Now that the techniques have been honed, the use of automated social media bots is widespread and that is a real problem. Media manipulation is nothing new but modern society’s need to be entertained and titillated means that the Big Brother approach, postulated by George Orwell in “1984” is now redundant. Governments and organisations are well aware of the power of entertainment as a propaganda tool. Bad news stories can be easily brushed under the carpet by focussing attention elsewhere or releasing so many versions of the story that the truth is lost to the noise. And all at the click of a button, anonymously.

In the “good old days”, robots were called Hal and some had a terrible pain in all the diodes down their left side. Today, some of your Facebook “Friends” may be robots and you wouldn’t even know but as long as it’s entertaining, then it’s OK, isn’t it?

The simple truth is that there is so much internet traffic that it takes quite a jolt to get noticed. The tech companies are understandably reticent to release figures for this problem. One of the issues is that they might not actually know the true values. It is now widely accepted that “bot” traffic on the internet has surpassed that of “real” people. This is a major headache for the tech companies. Google’s advertising placement is based on traffic data but if this data is corrupted by “bots”, busy generating cash for their dark masters then the ads will be in the wrong place.

Worse still, if you have set up a campaign for internet marketing and most of the traffic you generate is made up of “bots” instead of real people, then you’ve just potentially wasted a lot of money. Fake news, however is not just concerned with money-making scams. There have been accusations made against both the Chinese and Russian Governments in recent years regarding interference during elections, specifically regarding misinformation and bias created by bogus “bot” accounts on social Media. It would be foolish, however, to assume that these two Governments are alone in using these tactics.

All you would need to do is create a website that would pass Google’s credential test and it will allow you to host adverts and be paid for people passing through them as they search for your “news”. If you had a fake Trump story that reached 100 million people and you made 0.1c per person, then that’s a lot of cheddar. See why they do it?

I have greatly simplified the process for the purposes of this article but the basic principle remains.

How do they get away with it?

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The Truth is Out There...

So what on Earth is going on?

Unfortunately it mostly comes down to money. Advertising and internet traffic is big business. Advert traffic in the USA alone for 2019 was worth an estimated 100 Billion (that’s just for clicking the link on the advert) and this is where the bad “bots” come into their own. Using our faked Trump story as an example, this would be spread around the internet by bots, using spoof Facebook, Twitter or YouTube accounts. Most stories like this are hosted on a specially-made website. The site may or may not be safe (another issue) but it is the traffic that is important.

Porsche. Maybe you’ve seen an interesting article, clicked on it only to find nothing but “Error 404” displayed on the screen...

Many studies have been undertaken with varying levels of success; a study by The Times newspaper in 2018, found that more than half of all YouTube traffic in 2013 was not human, but internet “bots”.

Bots (or internet robots) are programs written to perform a specific task and are a useful tool. They are used by Google to search for content and place it in an index so that you can easily find it with a Google search.

They are also used on e-commerce sites such as eBay or Amazon to help you shop quicker. Even Alexa, Google’s famous assistant is technically a “bot”.

the purposes of this article but the basic principle remains.

Why do they do it?

Doubtless you’ve heard the joke about the reason that 100 million people would be interested in reading this story. The answer is because you are one of them. And you are being ‘tricked’ for more reasons than you think.

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21Sep '20 21Sep '2020 Almeria Living
Hello. Hope it’s warm enough for you all. In the last issue, I touched on the topic of electronic eavesdropping and so on, post WW2 and into the "70s.

In those years, the listening-in was mainly related to ‘phone lines, telex and latterly fax, along with radio transmissions to and from Foreign Embassies. This was well established and was understood on a gentlemanly basis.

As the Internet developed in the ‘80s and beyond, with emails and on line shopping, a new breed of eavesdropping developed. Most of us at some point have been on the receiving end of email hacking and having various on line accounts broken into with all the inconvenience and financial implications that brings. That’s a topic that could be the subject of many a rant. What is a little more worrying for me, is how the “authorities” have full knowledge of what we are up to.

Take a simple thing like browsing the old National Interweb. You may use convenient search engines provided by, let us say, Google and Yahoo. They are free. But why? Every time you search a topic, all the information you enter is recorded and stored in their huge databases. This can include information relating to your computer, where you are communicating from and lots of other data that can be "sniffed" from your PC. All this data can be sold on to marketing companies to enable them to target you with sales dross, hopefully concerned is that with most mobile devices, iphones, ipads and on line shopping, a new breed of eavesdropping developed. Most of us at some point have been on the receiving end of email hacking and having various on line accounts broken into with all the inconvenience and financial implications that brings. That’s a topic that could be the subject of many a rant. What is a little more worrying for me, is how the “authorities” have full knowledge of what we are up to.

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So, you get a nice email advert, or Facebook link tempting you to search for something related to your interests, that is also kept. It’s how they know what you are interested in, and how they target you.

The implications that brings. What is a little more worrying for me, is how the “authorities” have full knowledge of what we are up to.

Mouse over for more information, please call 634 308 226 or visit our website www.androidman.shop

Part 2 of a 3 part series

Seth Pittham

Who is listening in?
Ana Botín, the World’s Most Powerful Woman

Yes, the most powerful woman in the world is actually Spanish. This is according to Fortune’s Most Powerful Woman International list. She is the president of Banco Santander, the fourth generation of her family to hold this title, and she was returned to the number one spot on the Most Powerful Woman list last year after the bank showed revenue of 48.424 billion euro.

Ana Patricia Botín-Sanz de Sautuola O’Shea, Ana P to her friends, was born on 4th October 1960 in the city of Santander, the eldest of 6 siblings.

Right from she was very young her father, Emilio Botín, prepared her for a life in banking. She studied at Bryn Mawr College in Pennsylvania and she was an economy graduate from Harvard with the additional advantage of being able to speak four languages.

She served her ‘apprenticeship’ with J.P. Morgan between the ages of 21 and 28; in 1985 she was appointed Vice President for Latin America in the same company.

At the age of 23 she married fellow banker Guillermo Morenés y Mariátegui, son of the 9th Marquess of Borghetto, a wealthy landowner. During long periods of their marriage they have had a long-distance relationship, both of them being posted in different countries; in spite of this they have managed to build a family with three sons, Felipe, Javier and Pablo Morenés Botín.

Continued on page 26.....
It looked like she was going to be part of Banco Santander for the rest of her life, but a statement in a newspaper interview, which her father took to imply that she took it for granted that she would follow him as president of the bank, prompted him to ask her to leave.

For the next three years she involved herself with various successful enterprises until February 2002 when she became president of Banco Español de Crédito (Banesto), which had been bought by Banco Santander eight years earlier. This move took her back into the family business, and when Emilio died from a heart attack in 2014, his eldest daughter ascended to the throne.

Under Ana Botín’s leadership the bank has prospered even more.

But Ana P is not only a banker. She is a lover of horses and hunting and goes hunting for deer and wild boar on the family estate ‘El Castaño’ in Montes de Toledo; the couple own a chalet in Gstaad in Switzerland where they go skiing every winter; they also own a six bedroom mansion in London; she is a keen golfer – in fact she was coached by the late Severiano Ballesteros.

Those close to Ana Botín describe her as ‘hard-working, cold, aggressive, authoritarian, hard, persistent – and passionate about her family, especially her three sons, Felipe, Javier and Pablo.’
Having learned last month how to make an atomic bomb we must now return to the more mundane world of airports. But fear not, I do not intend to deal with all the remaining airports one by one! Right now I am going to finish with the local ones in Murcia and Almería.

If you’ve been paying attention you will remember that back in part three I mentioned that in 1915 a seaplane base was opened at Los Alcázares on the Mar Menor and became the Spanish Airforce’s first-ever base. By 1927 the base had moved on to the land to what we came to know as San Javier. Some of the hangers used at this time are still there! For a couple of years, they dabbled with airships but it didn’t last! A principal use of the base was training but during the Civil War, it was used tactically. Following the war, the training school was upgraded to the General Air Academy. Both Kings Juan Carlos I and Felipe VI trained there.

In 1967 it was decided to convert the airfield to dual military/civilian use and it remained that way until 2019 when the civilian traffic was transferred to Corvera and St Javier reverted to sole military use. During its dual-use, the normal pattern of operations was for commercial flights during the morning and evening and military flights in the afternoon. Although, if traffic was light it was not unusual for military flights to be slotted in during the mornings! It was also not unusual for prop-driven trainers to take off from the other shorter runway next to the car park at any time of the day. The Spanish equivalent of the Red Arrows now operates from the base there. At its peak, St Javier’s civilian wing was handling more than 2 million flights per year and was the winner of Best Spanish Airport in the Small Airports Category.

It was around the turn of the millennium that thoughts first turned to a new airport. Paramount was going to build a theme park in the area and there was to be a new AVE railway line serving the airport. In 2008 infrastructure work began and a build/operate contract was awarded to Aeromur with the proposed opening to be late 2011. I do not intend to go into all the comings and goings, but suffice to say that there were major issues with Aeromur and they were ultimately stripped of the contract to operate the airport which was then awarded to Aena. There was then a dispute as to who was actually responsible for the airspace around the airport, with NATO being the prime suspect. Eventually, this and a few other issues were resolved and the airport was opened by King Felipe VI on 15th January 2019 with the last flight out of St Javier being a Ryanair flight to Manchester the night before.

Corvera has struggled to reach its target numbers and is not likely to do so now for some time. Over the seven days commencing 25th August, Murcia Corvera International Airport was scheduled to see 52 departures to 14 airports in 4 different countries, with Stansted seeing the most at nine.

Continued on page 30....
Meanwhile, down the road in Almería…..Like many other places, aeronautical activity began in 1911 with a field for enthusiastic amateurs! Slowly the town hall began to recognise the need for something a bit more official but it was not until the late 1920s that construction began and not until 1932 that it actually opened. Even so, it was mainly used by flying clubs and schools and we have to jump forward to 1947 before the city fathers began to think about a means of easing the city’s isolation and at the same time seeking a means of exporting the area’s agricultural produce. Yet once again the wheels ground exceedingly slowly and it was not until the 6th February 1968 that the new airport was officially opened on its present site in El Alquian. Normal operation was during daylight hours, with night-time flying by request.

The terminal was equipped to deal with domestic, international and cargo traffic. Initially, passenger traffic was sparse with a flight to Madrid operating two or three times a week. Since the plane used could only carry 32 passengers staff were not rushed off their feet. However, things must have picked up fairly rapidly because by April it was operating daily with aircraft capable of carrying three times that number. In November a daily flight to Barcelona was established, calling at Murcia on the way. International routes were not established until July 1970 when a Sundays only flight to Paris was introduced. Shortly afterwards the Barcelona route was extended to Germany and come the winter the flight was re-routed to the UK.

In the summer of 1974 BA began operating a regular service from the airport and a lifeline for the enclave. In November, marking the start of the “package holiday” boom. In 2000 it handled 473 tonnes of freight but by 2017 this had dropped to two tonnes! Over the same period, passenger numbers have gone from 914,312 to 1,007,446 but this ignores a low of 691,240 in 2015 and a high of 1,206 634 in 2007! Interestingly, in 2007 there were just over 20,000 aircraft movements noted giving an average of 60 passengers per “movement”, whereas in 2017 there were just over 12,000 movements giving an average of 82.5. This would seem to suggest either much more efficient aircraft loading or else a dramatic drop in private flights which have distorted the figures. Fellow nerds are invited to investigate further!

Over the seven days commencing 25th August, Almería was scheduled to see 45 flights to 14 airports in 6 different countries.

The passenger terminal was remodelled in 1995, and the new cargo terminal opened in 2002, giving us the airport we see today. Although originally conceived as a means to export the area’s agricultural produce it is now almost exclusively a passenger airport. In 2000 it handled 473 tonnes of freight but by 2017 this had dropped to two tonnes! Over the same period, passenger numbers have gone from 914,312 to 1,007,446 but this ignores a low of 691,240 in 2015 and a high of 1,206 634 in 2007! Interestingly, in 2007 there were just over 20,000 aircraft movements noted giving an average of about 60 passengers per “movement”, whereas in 2017 there were just over 12,000 movements giving an average of 82.5. This would seem to suggest either much more efficient aircraft loading or else a dramatic drop in private flights which have distorted the figures. Fellow nerds are invited to investigate further!

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Rattus Norvegicus - The Common Rat

Even just the name makes many people cringe; it is probably one of the most despised and feared animals about. And rats can indeed spread disease and cause havoc in all sorts of ways, and none of us like to have them living in our environment. But some people do like them, and there are those that even keep them as pets.

Male rats are called bucks; unmated females, does; pregnant or parent females, dams; and infants, kittens or pups. A group of rats is referred to as a mischief.

The common rat has a solid head with large ears covered in fine hairs. If you fold down the ears, they reach down as far as the eyes, which are black, lively and intense.

The fur of a rat is brown-grey on the back and its stomach is a paler grey. His tail is long and furless with fine scales which form rings around it. It is normally shorter than his head and body put together.

The front paws have four fingers each and an almost stunted thumb; the hind paws have five toes.

The size of the rat varies between 17 and 27 cm, discounting the tail which is between 15 and 23 cm. The common rat weighs between 180 and 480g.

The female rat usually has twelve mammary glands: 4 on the chest, 2 on her stomach and 6 in the inguinal region.

A rat’s denture consists of 32 pieces, both in the upper and the lower jaws. They have two incisors that never stop growing and 6 molars but no fangs or premolars.

A rat does not normally live to see its first birthday. Common rats can live in any environment; there are rat populations in buildings, sewers, barns, farms, rubbish tips and hedgerows. They make tunnels some 40-50 cm deep and with a diameter of 5-10 cm; the entrances to the tunnels are usually identified by the small mounts of earth at the entrance. The tunnels are interconnected and have several exits.

Anything will do for their nests, fabric, plastic, paper or straw. They have several exits.

In spring and summer, they eat eggs, chicks, small mammals, insects, frogs, and toads as well.

Rats are nocturnal creatures, although when their habitat is far from humans they can also go out in the daytime. But nightfall is when they become most active; they can swim and dive, and they are excellent climbers with an amazing balance.

Their most important senses are smell and hearing; their vision is not very well developed.

Rat populations vary in size; but each population is divided into ‘protectors’ and ‘protected’; the latter are often divided into subgroups if they are very large.

Evidence that there are rats about includes their droppings; they tend to use the same place, and the droppings are cylindrical and measure 1.2-1.7 cm. They also leave traces of their eating, such as parts of frogs or toads of which they only eat the legs and the entrails.

Rat ‘worst enemy is, of course, man although they also fall prey to foxes, birds of prey, mustelids and cats.
Well, you see Gruff,’ I paused, I didn’t really know where to begin.

‘I don’t like jam. Next time, ask for a sausage sandwich. I like
could hear it in my mind.

He said, except he didn’t say it out loud, he said it in his mind, but I
I remembered. ‘He wants to say he’s sorry for frightening you.’

I became aware of Gruff coming very close to me and staring very
I’d forgotten about Gruff. I had nearly finished my sandwich when
I took my tea and sandwich – I like jam sandwiches. The tea was
gadgets all do stuff, a sure sign of life.

I followed her into the kitchen. It’s room with a table and
chairs in the middle of it, and all sorts of strange gadgets
around the edge. I expect this room is also alive – the

I went back in the living room. I wonder why it is called
a Living Room, I’ve never thought of rooms as being

Just at that moment Mrs Worsley came back. ‘Perhaps
that’s alive? I must ask.

A dog tried to eat me. At Tesco’s.’

‘Gruff won’t eat you. Will you, Gruff?’

‘Nah. You’re green and you look like a giant pea. I don’t
eat vegetables.’

I took a deep breath. ‘My name is Neila, and I come
from Notreally.’ I started.

‘My name is Gruff, and I’ve lived here since I was a
puppy. I can’t remember where I lived before.

‘There – that’s the introductions done.’ Mrs Worsley
said brightly. ‘Now shake hands, both of you.’

‘Oh not that shake hands thing again. Humans think that
is so cute. Embarrassing, I call it. Unless there’s a biscuit in it, of
course.’

He raised one paw. I had no idea why.

Come on, get on with it.’ He waved his paw at me. ‘You’re supposed
to say Hello Gruff, take my paw and tell me I’m a good dog, or
clever, or both. Then you stroke my head, or pat my back. Or both.’

I did all of what he said.

‘There, now we are all friends,’ Mrs Worsley smiled.

‘Dunno about friends. But if you behave yourself I suppose we’ll get
on all right. But don’t you forget, this is my house.’ He backed up a
few paces. ‘You’re weird. How long are you staying?’

‘I don’t know. How long am I staying, Mrs Worsley? Gruff wants
to know.’

Mrs Worsley looked at me. Then she looked at Gruff. She has a
strange look on her face.

How long am I staying? Will Gruff and I be friends? Why is Mrs
Worsley looking at me like that?

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"We have furniture to suit all tastes, whether it be traditional style rattan or something from our sleek aluminium ranges, you can make your outdoor space your own at Inspired!"

INSPIRED IS GOING FROM STRENGTH TO STRENGTH!
OUR EXCLUSIVE AND EXTENSIVE RANGE OF TRADITIONAL, MODERN, RATTAN OR ALUMINIUM GARDEN AND TERRACE FURNITURE WILL BE SURE TO CREATE YOUR IDEAL IMAGE!

Got a special corner of the garden calling out to host a special meal or drinks for two? Well, Inspired has a great choice of Bistro Sets to help create the scene! We have a wide range on display in both rattan and aluminium. And remember you can always add to the range over time for the rest of the garden or terrace!

A number of you have asked if we have smaller dining sets which up until now we haven’t! However it’s our job to listen to your requests and make sure we do our best to deliver. To the right you can see two of our smaller dining sets for that special corner!

As you know we are always adding to our extensive range of garden and terrace furniture and this coming month is bringing something really special! We can’t wait to see this addition to our showroom and hope you will be as wowed as we are! Watch this space next month when all will be revealed.

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Our aim is to always offer you the best service in quality garden and terrace furniture at the best price possible. Look out for our special promotions on our FB page!

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Poligono EL REAL, Antas (same estate as Lopez Ferreteria)
Open: Monday - Friday 10am - 6pm & Saturday 10am - 2pm
I wanted to start again this month with a BIG THANK YOU to all the property sellers and buyers who have gone out of their way to say how much they appreciated the hard work and commitment that their estate agent & legal representatives have put in during the lock down period and subsequent months.

August was a great month in property sales although heading into September it does appear as though some buyers are now delaying their visits due to the quarantine. Many buyers still wanted to come but their flights were cancelled. We are always very optimistic and firmly believe the rest of 2020 will continue to be great as there is still a great demand from all over Europe to buy a property in Spain.

What we have seen is there are less buyers around but the ones who have committed to come are serious buyers with cash in their pockets. This is not their first visit just to get to know the area and see what they can get for their money...they want to buy NOW. In 2018 /19 buyers would usually book their flights etc a month or two in advance and be quite relaxed. If they saw the right property that visit they would buy it but if they didn’t they would book more flights and return another day. However, in 2020 and after the lock down buyers are literally booking their flights etc a week or so before actually coming and are coming well rehearsed and ready to buy....hopefully it is your property they will buy. Therefore, please do not get annoyed with your agent when they ring asking for a short notice viewing. We are really sorry that you had planned to go for a coffee with friends or the house does not look it’s best but we will explain that to the buyers. The buyers will totally understand as they have only probably just gone through the same thing when they sold their own property recently. Your friends will also understand that getting your house sold is more important. What you may not realise is that these potential buyer will have literally just turned up at our office or just telephoned demanding to see your specific property and that they need to see it in the next hour or so because they are moving on to another area or going home tonight. They intend to buy a property so surely it is better to put the coffee meeting off for a few hours, quickly wash the pots, make the bed and let us bring the potential buyers round which hopefully ends up in a sale. This is much better than turning down the viewing and then you find out they bought the property down the road because that seller was prepared to do the viewing at short notice.
Donna’s hair salon has moved, its new location is next to the Amigos indoor market on the Longo’s site.

Donna has been an established hairstylist in the area for 18 years and the new vibrant location blends fantastically with the bang on trend new look salon.

Providing all your hair requirements, specialising in colouring techniques, I also offer holistic hopi ear candling and Reiki.

There are two treatment rooms available to rent, if you are a nail technician or therapist and are interested, give me a call.

Our new opening hours are Tuesday to Saturday 9.00am to 2.00pm
Ever since I moved to La Chanca people have been telling me about the Chanqueñan singer Sensi Falan and last week I finally got to meet her. She is quite a special person. Born into a family of ‘marineros’ she was brought up in La Chanca, and despite becoming pretty well known, still has her home here.

She writes a lot of her own music, and most of her later work has a storytelling style rooted in flamenco, with a Moroccan influence. She is also very popular as a performer of traditional coplas and boleros.

Before the meeting I had of course researched her online, where in most of her latest videos she is a curly haired blonde, so I almost didn’t recognize her when she walked in with straight red hair! She didn’t recognize me either. From the word go, and she proved to be really easy to talk to, ready to tell us all about La Chanca and her music. Truly ‘simpática’ as the Spanish say.

We met in her sister’s bar, El Tintero, named after the historic use of the building for dyeing and mending fishing nets. It is an amazing place, lined with photos of flamenco and football!

The lunch was set up by a mutual friend, Claudia from Lucainena. Claudia is also a mover and shaker, she runs an impressive retreat for Jeanne and I to talk to Sensi about possible music outreach to concerts and alternative therapies. The meeting was really called El Saltador in Lucainena where over the years she has been brought up in La Chanca, and despite becoming pretty well known, still has her home here.

Claudia is also a mover and shaker, she runs an impressive retreat with a colourful history. Her story continues........

Me, Sensi, Claudia & Sensi’s Sister

Meanwhile things have continued to be very busy – that’s why it’s been so long since the last blog.

I had a lovely month of family visits with my mother and then Alex and Ellie coming over. I missed them all so much when the last one (Ellie) flew back to the UK, but daily life takes over so that the whole missing thing just becomes something you live with like having to do the washing up or clean the house. A fact of life.

La Chanca – or I should really say La Hoya, as Sensi confirmed with her.

The same neighbours did however look out for me the other day, after they saw my garage door was open. I had left the house and the garage door must have not closed properly leaving a gap that anyone could have crawled under.

Anyway they pulled the sliding ‘rejas’ (gates) across and telephoned the alarm centre to try to get hold of me (they couldn’t because I was teaching) and as soon as I got back the mother popped out of her door in her habitual dressing gown to tell me everything.

I was really happy they had protected me, and it feels good to know I can trust them, at least where my property is concerned!

The loud music that blares out over the community is apparently one of the types of anti social behaviour they use to keep away anyone that might interfere.

Sensi said the problem we will encounter is that many of the people living here are against change of any kind. They have their way of life, often based on marijuana production and sale, and are wary of anyone that might interfere.

The idea basically is to offer the kids that hang around the streets a chance to do something constructive in a group environment, learning to play an instrument or sing in a choir.

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Well they haven’t succeeded in pushing me out yet, even though the music did become almost intolerable at one point over the summer. Well they haven’t succeeded in pushing me out yet, even though the music did become almost intolerable at one point over the summer.

Now that winter’s here though the cold is keeping people in and the loud music isn’t as much in evidence.

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Always in Season: Organic Food!

There has been, and there still is, a lot of polemic amongst scientists, agriculturists, nutritionists, and consumers whether organic food is better for you than conventionally produced crops and meats. Conventionalists have often dubbed those in favour of organic food ‘snobs’, maintaining that there is no scientific basis for claims that organic food is healthier. However, a study carried out by the Karolinska Institute in Sweden found that organic food is indeed more beneficial for our general physical condition than products that have been grown using insecticides, chemical fertilizers, and antibiotics. Here are some of the advantages from consuming organic foods:

- They reduce the risk of allergies. Pesticides and antibiotics interfere with the development of the immune system. Statistically, people who live on organic farms and those who consume organic products have a lower than average occurrence of allergy.
- They help prevent obesity. Pesticides change the behaviour of the metabolism; some of them even increase obesity in that they increase the appetite and promote the generation of fatty tissue.
- They increase the appetite and promote the generation of fatty tissue. Many pesticides are toxic for the neurons and they increase the risk of developing neurological disorders. Many pesticides are toxic for the neurons and they increase the risk of developing neurological disorders.
- They fight resistant infections. The exaggerated use of antibiotics in conventional animal farming stimulates the apparition of bacteria resistant to medication. In organic animal production antibiotics are only used when strictly unavoidable, thus diminishing the development of antibiotic resistant bacteria.
- Their Vitamin C and antioxidant contents are higher. A two-year study analysed the content of vitamin C; yellow and orange carotenoids and total phenolic compounds in organic and non-organic peppers and found that the vitamin C content was 15% higher and the other compounds 12% higher in the organic peppers. The growing of organic food also stimulates the accumulation of antioxidants in the plants due to the fact that they have to fight microorganisms without the help of pesticides in earth that contains less minerals (nitrogen, phosphorus, and potassium, which form part of the mineral fertilizers used in conventional agriculture).
- They fight resistant infections. The exaggerated use of antibiotics in conventional animal farming stimulates the apparition of bacteria resistant to medication. In organic animal production antibiotics are only used when strictly unavoidable, thus diminishing the development of antibiotic resistant bacteria. Ecological agriculture does not use mineral fertilizers, but compost (from vegetable residue) and manure. So, strike a blow for organic food and help both your body and the environment!

¡Buen Provecho!
When did man first start making pizza? Well, keeping in mind that tomatoes weren’t known in our part of the world until the 16th century and nobody wanted to eat them until the end of the 17th, you might think that the pizza concept is a relatively new one. But if we put the tomato aside, the concept of flat bread with a topping goes back almost as far as the making of bread itself.

In Ancient Greece, the preparation of flat bread was extensive. Dough made from various cereals was flattened like a pizza base or focaccia bread and topped with different ingredients; for example, the ‘plakous’, flat bread topped with aromatic plants, garlic, and onion. The Persian soldiers under the third king of the Achaemenid dynasty, Darius the Great, lived off flat bread. They melted cheese over the top and rounded it off with dates.

Also, Roman soldiers were great consumers of their flat bread with a topping, and in the ruins of Pompeii, after it had been destroyed by the Vesuvius, archaeologists found a flat, round bread cut into eight portions which unavoidably brings pizza to the mind. And Marcus Gavius Apicius, alleged author of the only cookbook surviving from the Roman Empire, described the elaboration of flat bread adorned with ingredients such as parsley, oregano, and olive oil.

However, if by pizza we mean the flat bread topped with tomato and cheese that we know today, we have to take a giant leap in time up to the 18th century, to the poorer areas of Naples in Italy; this is when and where it is thought that the father of the modern pizza was born.

The poor people of Naples already prepared and ate what would today be called ‘white pizza’, and eventually they overcame their fear of that newly fangled red fruit which had arrived in Italy on ships from Spain - and which was surely poisonous!

They started including tomatoes in the preparation of their traditional pizzas which had until then been made with garlic, parsley, olive oil and sometimes cheese. The pioneers in the use of tomatoes in cooking were most likely the spaghetti vendors, and the pizza vendors started copying the practice of including tomatoes in their preparations when they saw the interest the spaghetti vendors attracted; so we’ve got that rivalry to thank for the pizza as we know it today. Alexandre Dumas, the French writer who is probably best known for his book ‘The Three Musketeers’, described in one of his works the ingredients that were beginning to find their way onto the pizzas of the day: ‘In Naples they make them with olive oil, bacon, cheese, tomatoes, and salted anchovies’. And he continued to say that this was what the poor people practically lived off. They had pizza for breakfast, lunch, and dinner.

Then there was the popular Pizza Marinara which was topped with tomatoes, garlic, oregano, and olive oil. This pizza, according to pizza purists, must have a homemade base, no larger than 35 cm in diameter, and be baked in a wood-fired oven at 485°C for 60-90 seconds.

Little by little the pizza started gaining popularity beyond the humblest classes, and the Neapolitans that travelled out into the world took the idea with them and started spreading the word. And when the aristocracy accepted and adopted the pizza, this sealed the foundations of its popularity.

One of the most important immigration destinations amongst Italians was the USA, and in 1902 the Italian bakers in Little Italy in New York started making pizzas. Pizzas were popular in Italian festivities and parties in the States; and at the end of World War II their popularity extended into the rest of the population after US soldiers had acquired the taste for them when stationed in Italy and other parts of Europe; upon their return they went to the Italian parts of the cities looking for pizza, and soon helped the consumption spread to the rest of the population.

The first Pizza Hut opened its doors in Wichita, Kansas in 1958; since then, franchises and chains catering for pizza lovers have spread all over the world, and the pizza is one of the most popular fast foods today.
A Rueda Awakening
By Bill Riley

In the north-west of Spain, in the Province of Castille & Leon, to the south of the River Duero, can be found the wine growing area of Rueda where excellent dry white wines are now made. To the west is Toro and to the east is Ribero del Duero – both wonderful wine areas. The predominant grape in Rueda is the Verdejo which makes a dry, clean, fresh wine with a touch of acidity. It was not always thus.

It is believed that the Verdejo grape was brought to the area in the eleventh century, at the time of King Alfonso V11, from North Africa and it was found suitable for the dry climate – hot in summer but very cold in winter thanks to the elevation of over six hundred metres above sea level. For centuries the wines languished in obscurity until, in 1972 the Marquis de Riscal, a major Rioja producer, realised the potential of the combination of Leon with its geographical position and use of the Verdejo grape variety and decided to invest in the area.

He was soon followed by other Rioja giants including Ramon Bilbao and Bodegas Riojanas who encouraged local farmers who had previously been making dull, Sherry like wines, to move with the times and makes wines similar to the Sauvignon Blanc wines produced in France, New Zealand and South Africa.

In 1980 the improving quality was recognised and the region was granted Denominacion de Origen. It has not looked back.

The Rueda area has nearly seventy wineries producing 97% white wines predominately from the Verdejo grape variety though there is some Sauvignon Blanc grown and even a little Chardonnay.

A typical grower is Juan Fernando who established a vineyard (his third) in Rueda in 2013. With his two daughters he commenced making lovely, dry, slightly acidic wines which go so well with fish. Like many “newcomers” to the area, he brought modern wine making methods with him – picking the grapes at night when they are cool and less inclined to oxidation plus slow fermentation in stainless steel – practices now found in most progressive wineries.

In his other vineyards Señor Fernando is making excellent wines from Tempranillo, Sauvignon Blanc and Syrah grapes but…..if you desire a perfect wine for that grilled fish, you could do a lot worse than a J.Fernando Family Verdejo. Especially as it is available at around three Euros per bottle!

© Bill Riley
Lasagna
The Best Recipe Ever!

In my own modest opinion, that is…

When we once more had been forecast an unbearably hot Saturday (up to 39°C). I got seriously peev’d; too hot to have a BBQ, too hot to cook indoors, too hot to do anything… But also, too boring NOT to do anything. And a weekend without cooking is just not an option!

So I decided to beat the heat and make lasagne: Get up early and do my cooking outdoors while it was still nice out.

No sooner said than done; by 8 o’clock Saturday morning I was in my outdoor kitchen cooking my bolognaise sauce and a batch of chicken stock (for something else); and Sunday morning was dedicated to the cheese sauce, making the pasta and assembling the beast.

And I loved every minute of it! And I enjoyed the eating of it on Sunday night even more!! Mind you, it’s a big beast, and we only had a third and have two portions frozen for another day (when it really is too hot to cook).

Ingredients for 6 eaters:

Bolognaise Sauce:
- Olive oil
- 3 carrots, grated
- 3 sticks celery, finely sliced
- 2 onions, chopped
- 3 cloves garlic, grated
- 3 tbsp tomato purée
- 500g minced beef
- 5 cloves
- 1 twig fresh rosemary or 1-2 tsp dried
- 100ml wine
- 3 tins (400g) tomatoes
- Salt and pepper

Pasta:
- 210g strong flour
- 90g plain flour
- 3 eggs
- 1 tsp salt

Cheese Sauce:
- 45g butter
- 45g flour
- 200ml cream
- 500ml (approx.) milk
- 2-300g cheddar cheese, grated
- Nutmeg
- Salt and white pepper

Topping:
- Grated cheese
- Bread crumbs
- Knob of butter

First cook the bolognaise sauce.

Heat the oil in a large, heavy-bottomed pot. Throw in the vegetables apart from the garlic. Let them simmer slowly until they are soft and transparent, then throw in the garlic. When it becomes aromatic, stir in the tomato purée and three tbsp water. Stir and mix everything thoroughly.

Turn up the heat, push the vegetables to the sides and plonk the meat down in the middle. Cook it, stirring frequently until it is brown all over and separated into ‘crumbs’. Throw in the cloves and rosemary and pour in the wine and then stir all together.

Let it bubble fiercely until the alcohol has evaporated, then add the tomatoes.

Bring back to the boil, season with salt and pepper, cover and leave to simmer slowly, stirring from time to time, for 2-3 hours.

If it starts looking dry (it shouldn’t) add a bit more tomato juice.

At the end of the cooking time, adjust the seasoning, then set the sauce aside, maybe even until the next day.

Next, it’s time for the pasta. Put the flour and salt in a bowl and mix. Make a well in the middle and break in the three eggs. With a wooden spoon gradually stir the eggs and flour together working in circles incorporating the flour little by little.

When the eggs have absorbed as much of the flour as they can, turn it out on a floured surface and knead until you have a uniform dough. Wrap in cling film and stick in the fridge for an hour.

Now make the cheese sauce.

Melt the butter in a saucepan then add the flour and cook, stirring, for a minute.

Add the milk and cream little by little, stirring after each addition to obtain a smooth mass before the next one. When the consistency of the sauce is to your liking, add grated cheese; hold some back for the topping.

Add salt, white pepper and nutmeg to taste. Set aside.

To make the lasagne sheets, retrieve the dough from the fridge and roll it, in portions, into fine sheets of pasta. Make each sheet when you are ready to stick it directly into the dish, that’s the easiest way.

Because the pasta is fresh there’s no need to pre-cook it.

When you are ready to cook your lasagne, generously grease a large, oven proof dish, and stick your knob of butter in the freezer.

This is the order of the layers:


That way you avoid having red meat sauce creeping up to the surface to spoil the look.

Finish off with the topping: sprinkle grated cheese over the lasagne followed by the breadcrumbs.

Stick the lasagne in a hot oven at 200°C and cook it for ¾ to 1 hour until it’s bubbling all over and golden on top.

Et voila! You are ready to serve the world’s best lasagne. It’s quite a lot of work, but lots of fun and well worth the effort!!

Recipe for the pasta:

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**Stuffed Peppers**

**Without a Tomato in Sight!**

I do believe that mince and tomatoes go hand in hand when you make minced meat sauces for pasta or stuffed vegetables; but this time, when we once again had the privilege of helping Mary and Les eat their home grown veggies, I happened to have this lovely red pepper pesto I’d just made, and it worked a treat as the ‘wet’ base of the meat sauce!!

So I decided to compose a tomato-free meat sauce! You can probably buy red pepper pesto readymade, but I’ve included the recipe this month for those who fancy having a go.

**Ingredients for three:**
- 3 large bell peppers, split lengthwise and deseeded
- Olive oil
- 300g minced meat
- ½ bell pepper, cubed
- 1 onion, chopped
- 3 cloves garlic, chopped
- 100 ml white wine
- 3 tbsp red pepper pesto
- 100 ml beef stock
- 3 cloves garlic, chopped
- 1 onion, chopped
- ½ bell pepper, cubed
- 300g minced meat
- Olive oil
- Generously grease an ovenproof dish that will just accommodate the 6 bell pepper halves and fit them snugly (I didn’t have a dish just the right size so filled the gaps with courgette pieces, and they were lovely too!).

**Red Pepper Pesto with Garlic**

I’m not a great pesto fan, at least not when it’s a herbal one such as basil pesto. But this one took my fancy, and the flavour of the roast peppers and garlic is heavenly! It adds an extra dimension to any dish you decide to add it to.

I used it for my pepper stuffing.

**Ingredients:**
- 2 red peppers, halved and deseeded
- Handful of sunflower seeds
- 3 cloves garlic
- 1 ecological lemon, 2 tbsp juice and some finely grated peel
- ½ tsp smoked paprika (Pimentón de la Vera)
- 20g parmesan cheese
- Salt and pepper
- 3 tbsp olive oil

**Steps:**

Quickly toast the sunflower seeds in a frying pan until they start taking colour. Reserve.

**Place the halved peppers on a paper lined baking sheet with the skin side up; place the garlic cloves next to the peppers.**

Put the baking sheet in the oven at 200°C for approx. 20 minutes until the skin turns dark and starts blistering.

Take the peppers and garlic out of the oven and let them cool ever so slightly, until you can place them in a plastic bag without melting it. Close the bag and leave them to cool.

When they are cool enough to handle, take them out of the bag and pull the skin off the peppers and peel the garlic cloves.

Cut the peppers into smaller pieces and place them in a bowl together with the garlic, salt, pepper, lemon and parmesan cheese.

Blitz it all thoroughly with a handheld blender until smooth. Adjust the flavour with the smoked paprika, salt and olive oil.

This delicious pesto will keep in the fridge for 4-5 days and can also be frozen for later use.

**Serve with a fresh salad. If you feel it has to be a tomato salad, all things considered, that’s not a bad idea at all!!**

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**Stuffed Peppers**

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**Tapas - Home Cooked Dishes**

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A flamingo…
…can eat only when its head is upside down.

Birds originally descended from reptiles
The Archaeopteryx is the earliest known bird which lived approximately 147 million years ago. This bird was so different to todays birds, as not only did it have a long bony tail, it also had teeth!

The largest living bird in the world is…
…the Ostrich, which can reach a height of up to 2.7 metres with a wingspan of up to 2 metres (fairly impressive for a bird that can’t fly).

It will come as no surprise that the Ostrich also lays the largest bird eggs, weighing in at up to 1.5 kilograms.

The smallest living bird in the world is…
…the Hummingbird, specifically the Bee Hummingbird, which measures a minute 5.5 centimetres long and weighs no more than 1.9 grams. Another fact about this bird, it also lays the smallest eggs, which are pea-sized.

Brown or white?
A chicken with red earlobes will produce brown eggs, and a chicken with white earlobes will produce white eggs.

Beats per minute
A bird’s heart beats 400 times per minute while resting and up to 1000 beats per minute while flying.

The only known poisonous bird in the world is…
…the Hooded Pittihui of Papua, New Guinea. The poison is found in its skin and feathers.

How high?
Penguins can jump as high as 6 feet in the air.

Flying asleep
An albatross can sleep while it flies. It apparently dozes while cruising at 25 mph.

The most talkative bird in the world is…
…the African Gray Parrot. One parrot could say over 800 words. Most species of parrots can learn only 50.

The rarest bird in the world is…
…a duck called the Madagascar Pochard, it is estimated only 25 of these remain in the wild. (The most common is the domestic chicken).

Owls cannot move their eyes
As their eyeballs that are tubular in shape, because of this they are able to rotate their head 270° which is still further than any other animal. By swivelling its head round 270° it allows the Owl to achieve 360° vision.

A flamingo…
…can eat only when its head is upside down.

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A flamingo…
…can eat only when its head is upside down.
Mojácar is an area that appeals to all types of people; the young, the elderly, singles and families. It has a very nice feel with a good community spirit and is the sort of place where families feel safe making it an ideal holiday location.

Mojácar boasts an array of pristine, quiet beaches, mesmerizing architecture and stunning scenery. If you are looking for a calm and relaxing holiday or one that provides a place to try many different sporting activities then this is a glorious place to call home for a short holiday or to settle permanently.

Mojácar has 2 very distinct areas to enjoy and explore. The many beach areas along the Mojácar coast line offers plenty of choice for bathers and water sport fans. Mojácar sand is pretty dry and dusty and not very golden in colour however the beaches are still awarded at least three Blue European Flag Awards for cleanliness and good facilities. If you do want watersports there is plenty on offer, you can choose from boat trips, scuba diving, snorkelling, windsurfing and fishing. The new Paseos in Mojácar stretches along the coast line and is perfect way to explore the area. It runs for several kilometres from the Hotel Indalo in Ventanicas-el Cantal to the Mercadillo Garrucha in La Parata.

It is flat, and has a wide walkway ideal for pedestrians, with numerous benches along the way to rest your legs and gaze out across the beautiful view of the Mediterranean Sea. The paseo is also suitable for strollers and wheelchairs, and there are also various accesses to the public beach. It is a wonderful, palm tree-lined walk with many different bars and restaurants dotted about along the way.

On the other side of Mojácar you will find the old town Mojácar Pueblo. The old town (or pueblo) of Mojácar is nestled in the hills of Sierra Cabrera at almost 175 meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level. ... A climb to the top of Cabrera at almost 175meters above sea level.

In 2003, the white town of Mojacar was declared one of Spain's prettiest towns. And it is no wonder why. Mojacar, whose name derives from “Monxicar”, meaning Holy Mountain, owns a thousand-year-history, starting from the Prehistory, welcoming Phoenicians, Celts, Greeks and Romans, until the Moorish kingdom.

Regarding the Catholic Reconquest, Mojacar is the protagonist of a peculiar, yet significant, episode. In fact, in 1488, when all the towns of the region had surrendered to the Catholic Monarchs, Alavez, the Moorish ruler of Mojacar, refused to hand the town over.

When asked why he hadn’t shown up at a meeting held at Fuente Mora (the Moorish Fountain of the town), he reportedly said that he was as much Spanish as the Catholic Monarchs and that he never wanted to engage in a war against Christians. He then added that he wanted the inhabitants of Mojacar to be treated as brothers, and not as enemies, thus letting them cultivate the lands and rule the town. King Ferdinand and Queen Isabel agreed and accepted Alavez’s pledge of loyalty and the village kept prospering.

After silver had been discovered in Mojacar at the beginning of the 19th century, the town lived a period of economic prosperity, which, however, didn’t last long. In fact, at the start of the 20th century, the mines got closed, and the town suffered wars, droughts and diseases. The Civil War and the post-war depressions enhanced these problems, leading to a drastic drop in population.

It was only in the 1960s when the mayor of Mojacar began offering lands to those who would commit to restoring the ruined town. In fact, up to then, Mojacar even lacked running water. The mayor’s proposal was extremely appealing to artists, intellectuals, and journalists from every part of the world, who had fallen in love with Mojacar’s location and long-time history. So if you are looking for a beautiful village, steeped in history, vibrant in culture, and quieter than the Costa Del Sol, then Mojacar is the place for you. It’s definitely a must see when you are visiting this area.

Alongside the renovation of Mojacar Pueblo’s houses and streets, new residential areas began to be built on the seashore, thus giving birth to the impressive Mojacar Playa. Nowadays, Mojacar still preserves the Moorish atmosphere, which mixes with the modern and contemporary architecture, providing the pueblo and the playa with a unique environment.
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Puzzle Time
Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

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

Samurai Sudoku

Puzzle solutions on page 74
I’m sure everyone has heard of, if not grown, an Opuntia of some shape or form. Famously not only for incredible spines in some varieties but also for the tiny clusters of brown hairs or glochids, that seem to leap onto your skin if you so much as look at the plant and which are incredibly difficult to remove. There are several hundred species of Opuntia, and it’s the largest genus in the Cactus family. It is found in all of the Americas, even in Canada, as well as Africa, the Galapagos, Asia and the Mediterranean. They range in size from huge, many branched, tree like ones to tiny dwarf varieties that would fit in a teacup. They have long been an important food and medicinal plant, especially the one known as the Prickly Pear. There are many varieties of Prickly Pear, some with different flavoured fruits or tunas as they are known. The pads or nopalies are eaten when young and the fruits of many varieties can also be eaten. Many people refer to the pads as leaves but they are, in fact modified branches or stems while the spines are the actually leaves, heavily modified to withstand desert conditions and severe drought. Prickly Pear or Opuntia Ficus Indica is grown commercially for it’s modified to withstand desert conditions and severe drought. but they are, in fact modified branches or stems while the spines are the actually leaves, heavily modified to withstand desert conditions and severe drought.

Opuntia are pretty easy to grow here in Spain, main requirements being sun and free draining soil. They do well on sloping ground. A plant for the dry garden though. One of the most unusual Opuntia is Opuntia consolea rubescens. This can reach a height of 20 metres and as it ages it forms a sturdy trunk and loses its lower leaves so not a species to grow unless you have the room. You can of course grow this one in a container which will restrict its growth. The most interesting aspect of this particular Opuntia is that the spinesless pads are unusually thin, giving rise to its common name of Roadkill Opuntia! Some pads even bear marks that look like tyre tracks!

For such a large species, the flowers are pretty small, yellow turning orange as the flower matures or vice versa. The fruits however are quite large and edible. I am not a fan of Opuntia fruits!

Another unusual looking Opuntia is Opuntia reticulata. This is unusual in that each pad is criss crossed with brownish lines making it look like snakeskin. It grows in an upright manner and doesn’t get too big so is ideal in a pot. It has little or no spines but does have those evil little glochids so care has to be taken when handling!

Not all Opuntia are grown for food etc but also for their form and colour. Both flowers and pads can show beautiful colours. The Opuntia Santa Rita is grown for its beautiful purple coloured pads. The colour increases in full sun, drought and cold weather. Over watering will cause the purple colour to fade however. It is a bit of a cheat though as the intense purple colour is strongest on young pads, once mature, the pads are more of a blue/green colour, still a great plant for the dry garden though.

Opuntia are pretty easy to grow here in Spain, main requirements being sun and free draining soil. They do well on sloping ground. A good tip to remember if removing a pad to grow on, is to wet the plant down as the tiny glochids can become airborne if a pad is removed from a dry plant but the soaking keeps them on the plant. Garden centres sell a few varieties but for the more unusual species one would have to find a specialist grower or look online. Spanish garden centres often leave a lot to be desired if one is looking for something that bit different.
Mojácar gastronomy

The visitor arriving for the first time in Mojácar will certainly be amazed by the great gastronomic delights of the bars and restaurants. A wide offer for all tastes where you will be able to enjoy both international and national dishes and of course typical Mojácar dishes too.

For dinner you will be able to find a great amount of restaurants, with terraces, spectacular views or more intimate and isolated places to enjoy not only the food but the location too. Mojácar, in spite of being a fishing village, has always incorporated in its dishes the local products from hunting or farmyard meats, as well as vegetables and pastas that in the old days were glorified by the women. The typical dishes in Mojácar have a countryside and Arab essence.

Some of the dishes that you can order if you want to try Almería’s traditional cuisine are:

- ‘Guirillos’ A partridge or rabbit and vegetable stew made with a base of wheat flour dough, olive oil and water.
- ‘Guisos de Pelotas’ (Meatball Stew)
- ‘Caldo de Pimentón’ (Cayenne Broth)
- ‘Migas’ (Bread crumbs)
- Cous-Cous. This Arab dish is product of our Andalusian past.

Mojácar’s close proximity to the sea provides it with fresh fish and seafood that you will be able to eat in any restaurant or beach bar (‘Chiringuito’):

- John Dory fish, which is usually served grilled
- ‘Espetones’, roasted saardines on the spit
- Octopus in vinaigrette
- Prawns from Garrucha
- Other very successful fish in Mojácar are the red mullets and the halibuts.
- Paellas de marisco

The gastronomy in Mojácar is a great tourist attraction, as well as its wines, of which Mojácar has a wide variety imported from areas like Laujar in the Almeria Alpujarras and Lucainena de las Torres.

Traditional recipes in Mojácar include - Mojácar style soup, Mojácar style chicken and Seafood salad

Being typical Spanish, the tapas in Mojácar are a must. You cannot leave without trying those small tasty rations that are normally taken before lunch, although if you have plenty of them they can fill you up enough to even skip lunch.

The tapas originated due to the necessity of the farmers to eat something during their day’s work, the glass or jug of wine was served covered by a slice of cheese or ham to avoid insects droppings in, from there the name of ‘tapa’, as the Spanish verb ‘tapar’ means cover.

Currently the tapas in Mojácar are more varied, and you can order almost anything in shape of a tapa at a very reasonable price and in some bars they even give the tapa for free with the drink.

To whet your appetite on page 65 you will find a couple of typical local recipes.

Mojácar Playa - est. 1986

Ingredients for 4 people
1 handful parsley, chopped
2 cloves of garlic
black pepper or chilies
Saffron powder
2 eggs
Pine nuts or almonds
1 litre of chicken stock
Meat ingredients
125 grams of lean pork
125 grams of salty bacon
125 grams of sausage
1/4 kilo of ground meat
Optional
salt
paprika
Freshly squeezed lemon

Instructions
Cut the garlic very small, chop the parsley and pine nuts, and squeeze lemon.

In a deep platter place together all the chopped ingredients, meat and sausage, garlic, parsley, pine nuts, lemon juice, salt, saffron and black pepper or chilies (if you like spicy)

To set the ingredients add the eggs and bread crumbs. Knead well until blended evenly. Take pieces of the dough and make medium size balls.

Heat 1 litre of chicken stock in a pot. The broth can be the excess of a stew, or can be made from bouillon concentrates.

Add the balls to the broth and let cook about 10 minutes. When broth is warm, noodles can be added, in which case let cook until tender.

(It is sometimes also a Tapa. In the south people usually squeeze lemon on top)

Add some paprika powder while making the balls, it will spice up the broth also.

Caldo de Pimenton

Ingredients
12.95€
1/4 kilo of ground meat
125 grams of sausage
125 grams of pork
125 grams of bacon
125 grams of chicken

Instructions
Melt the butter in a large saucepan over medium heat. Add the onions and cook slowly until translucent. Add the peppers and enough chicken stock to barely cover them. Heat to a low boil, then reduce the heat and simmer until the peppers are tender, 20 to 30 minutes.

Puree the solids in a blender or food processor. Remove the flecks of pepper skin by passing through a fine sieve or by using a food mill.

Refrigerate the soup at least 4 hours or overnight. You may serve this soup cold or reheat it. Taste and adjust the seasoning just before serving.

Garnish:
Creme fraiche and chopped parsley
Garnish each bowl with a tablespoon of creme fraiche and a sprinkling of chopped parsley.

Juan the Butcher

Mojácar Playa - est. 1986

English spoken

Ingredients
10 types of burgers
15 types of sausages
Pork crackling
Roast beef
Roasted ribs
Organic eggs
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There’s nothing like a shared love of cars to bring like-minded people together. So it’s no wonder thousands of petrolheads attend car shows and festivals every year. The events are a great way to get close to incredible cars and bikes, and even take them for a drive. Whether you want classic cars or supercars, motorbikes or motorsport, there’s something here for every enthusiast.

GENEVA MOTOR SHOW

The Geneva Motor Show is one of the largest international motor shows and is the launchpad of many new cars every year. Since it started in 1905, it has grown phenomenally and last year saw 200 exhibitors from 30 countries, as well as 130 car and product premieres. At the 90th international motor show, visitors can see new cars and models, cutting edge supercars and F1 models. Enjoy the famous Hill Climb and supercar run for your dose of speed, and check out the real life replicas of Wacky Races cars.

CARFEST NORTH AND SOUTH

This all-encompassing car show is the brainchild of Chris Evans and has two locations – North in Cheshire and South in Hampshire. It’s a true car festival, with car exhibits and races alongside live music stages, food and drink vendors and fun fair rides. There’s a hill climb track show, car club displays, vintage village and Sporting Bears Dream Rides exhibit. Plus watch the colourful Car-ival Parade.

FRANKFURT MOTOR SHOW

The autumn event sees many carmakers showing their new designs and models to the world. The international motor show is held every two years, alternating with the Paris Motor Show. See highlights from the incredible German automotive industry and explore the latest concept cars and technological ideas.

MOTORCYCLE LIVE

Hop on two wheels for the UK’s largest motorbike show at the NEC Birmingham. See incredible motorbike displays and speak to manufacturers about all your questions. You can also sit on the bikes and try out the best accessories and merchandise. There are five events including stunt displays, a wheel change challenge, show of strength and Question of Bikes quiz.

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Top tips for getting back behind the wheel

If you haven’t driven for a while - whether it’s weeks, months or years - it can take some time to regain your confidence behind the wheel. But fear not; you’ll quickly get the hang of it again. You may just need to ease yourself back into driving.

Here are some tips if you’re returning to the driving seat after a break.

**Brush up on theory**

If it’s been a long time since you did any driving, then be sure to catch up on any changes to the rules. Some rules change every year, so, try and get yourself up to date with the latest driving rules before you head back out onto the roads.

**Plan your route**

If it has been a while since you last drove it, this will not only help you feel more confident behind the wheel, but also help keep you and others on the road safe.

**Get some practice**

Simple, but essential car checks range from making sure your tyres are inflated to the right pressure, to topping up on windscreen wash. A quick test of your brakes is also important.

Don’t forget the paperwork as well. Make sure you are suitably licensed and that your International Licence details are up to date.

**Make your car is ready for the road**

Ensure your car is in good condition before you head off, especially if it has been a while since you last drove it. This will not only help you feel more confident behind the wheel, but also help keep you and other road users safe.

**Get some practice**

If you’re not in the right frame of mind to drive, then consider an alternative, such as walking or cycling. You can always try again when you’re feeling more relaxed.

**Plan an easy journey**

When you feel ready to properly take to the roads, then make life as easy as possible for yourself.

Plan your route - that may mean poring over a map, or simply imagining yourself navigating a well-trodden local route to the shops. If you don’t feel ready for dual carriageways, roundabouts or motorways yet, then choose a route that avoids them. If you have no choice but to take a longer journey, then plan in regular stops so you have time to rest.

Rushing is likely to add to your stress, so, if possible, allow a little extra time to deal with any hold-ups. Also, if you can, avoid driving in the dark, and in bad weather until you feel more confident.

**Concentrate on your driving**

It may sound obvious, but it can really help to try and clear your mind before starting the engine. Safe Driving for Life, an information resource produced in partnership with the Driver and Vehicle Standards Agency (DVSA), recommends taking deep breaths and telling yourself that concentrating on your driving comes above everything else.

Then, once you are driving, focus on the road and other road users around you.

**Don’t let other drivers pressure you**

Don’t be pressurized into driving faster than you feel happy with. Simply ignore drivers who drive too closely behind to make you go faster.

Meanwhile, consider others; they could well feel the same as you. If you’re courteous and give people space, you’ll be calmer and less likely to make poor decisions.

**Relamiliarise yourself with your car**

Take the time to put your seat and mirrors in the proper positions, get reacquainted with important controls like the lights and wipers, and check the dashboard for potential issues like warning lights or low petrol.

**Drive defensively**

Defensive driving is the name given to a series of simple driving techniques that reduce your risk of being involved in an accident. It can help all drivers, including those feeling a little out of practice. Techniques include:

- Keeping a healthy distance between your car and the vehicle in front, giving you plenty of time to react.
- Reducing your speed if the weather is bad, giving you better control of your car.
- Looking ahead and anticipating hazards further up the road, such as merging lanes or a broken down car.
- Regularly checking your mirrors to watch for vehicles approaching from behind.

**Avoid distractions**

The last thing you want if you lack confidence behind the wheel is to face a barrage of distractions. Distractions can cause drivers to make mistakes and potentially lead to accidents.

So, turn off your mobile, avoid fiddling with the radio and give the road your full attention.

If a passenger is being loud, tell them it’s distracting and removing them from the vehicle is the best solution. Alternatively, ask them to adjust their volume settings.

**Relax and take your time**

If you’re not in the right frame of mind to drive, then consider an alternative, such as walking or cycling. You can always try again when you’re feeling more relaxed.

If you pace yourself, prepare and practise, then you’re likely to get the hang of things again soon.
**Reverse Word Search Puzzle #E047RR**

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!

- Acres
- Harmony
- Prove
- Anted
- Haunt
- Resign
- Ashamed
- Hinge
- Retch
- Banning
- Include
- Rouge
- Bridal
- Inspect
- Sauna
- Bucks
- Lease
- Smear
- Cognacs
- Longing
- Soled
- Curtails
- Marries
- Stellar
- Dandier
- Matadors
- Striving
- Edged
- Molting
- Theft
- Erudite
- Neater
- Tripe
- Forewent
- Okays
- Yapped
- Hairdos
- Partial
- Yards
- Hales
- Penances
- Yarns
- Hanger
- Poetry

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In Raspaoil Albox we offer a personalised service focusing on our customers, offering the best services and safety in the fuel refilling industry.
Verstappen found the Belgian Grand Prix ‘pretty boring’ having spent nearly every lap running third as he struggled to take the fight to the Mercedes pair of Lewis Hamilton and Valtteri Bottas ahead.

Verstappen made an earlier than planned switch to the hard compound tyre following an early safety car, forcing him to then conserve the tyre, is very tough.

"You need to have two to three stop races," Horner said. "I think that a variety of strategy options would help spice up proceedings.

"You need to have two to three stop races," Horner said. "I think that a variety of strategy options would help spice up proceedings."

"From then on, at one point with 10 laps to go, I started to have really bad vibrations on the tyres, and then I started to have a lot of understeer.

Then we discussed if we should do a pitstop, and I had Daniel in my stop window, so I said let's go to the end then, and manage it.

It's a shame, it's such an amazing track, and then we can't really push. It was pretty boring, to be honest. It's a shame. I really enjoy driving here.

We did 44 laps, right? I probably spent 38 of them managing a lot. It's not the most exciting [race] today." Red Bull team principal Christian Horner said that one-stop races such as the Belgian Grand Prix were "always boring", and that a variety of strategy options would help spice up proceedings.

"We have to be prepared for anything," he said. "If the disease becomes worse than today, then the race can be done without spectators. At the moment for safety reasons, if we close some sections, about 100,000 spectators will be able to watch the race by following social distancing rules."

Despite Turkey’s aspirations, the final details about the number of fans who will be allowed in to the event has still to be signed off by F1 itself.

With 100,000 seeming to be quite an optimistic target from the organiser, it is understood a more realistic likelihood is somewhere between 60-80,000.

General admission tickets for the event are being priced at £30, with Intercity saying they were more interested in pulling off a successful grand prix than maximising profit.

"Formula 1 normally has certain standards and ticket prices are at a certain level," added Ak.

"However, as Intercity, we do not seek to gain financial advantage from this and the government has encouraged us." Although the Turkish venue has not hosted an F1 race since 2011, Ak said the track condition was still up to standard.

"An official came and looked at the asphalt and the infrastructure and thanked us, saying that almost everything was like the first day," he said.

"However, with only two-and-a-half months to go, a more experienced team will come and see what updates need to be made. We are able to do this because we kept the track ready as if there would be a race every day."
<table>
<thead>
<tr>
<th>Location</th>
<th>Property Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mojacar</td>
<td>Oasis del Mar I: A fabulous soon to be 3 bed front line apartment on this prestigious development. 100% wheelchair friendly. Modern &amp; well maintained, 33m2 terrace with great sea views. Communal pool &amp; parking space.</td>
<td>240.000€</td>
</tr>
<tr>
<td></td>
<td>Los Albaricos: South East facing 3 bed, 2 bath town house offers spacious living accommodation over two levels. With easy off street parking and a good size private terrace. Close to amenities and the beach.</td>
<td>149.500€</td>
</tr>
<tr>
<td></td>
<td>Eagles Nest: Characterful 3 bed, 3 bath villa situated in the Moorish village of Cabrera with stunning mountain views. There is a separate annex, private garden, car port, gas central heating &amp; A/C. Use of the communal pool.</td>
<td>250.000€</td>
</tr>
<tr>
<td></td>
<td>Cabrera Pueblo Dorado: Stylish 3 bed, 2 bath apartment with enormous terrace, sea views, underground parking space and a separate storage room. There is also air conditioning throughout. Communal swimming pools &amp; garden area.</td>
<td>175.000€</td>
</tr>
<tr>
<td></td>
<td>Mojacar El Romeral: Spacious 3 bed South facing town house on a front line gated complex. Allocated parking space &amp; communal pool. A/C &amp; fire place. Close to amenities and the beach.</td>
<td>220.000€</td>
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<td></td>
<td>Calle Jaen: Spacious 4 bed, 3 bath detached villa situated on a corner plot with a double integral garage, private terrace &amp; solarium. Sensational sea views &amp; close to amenities.</td>
<td>369.000€</td>
</tr>
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<td></td>
<td>Camino del Palmeral: 3 bed villa in a quiet residential area of Mojacar, a good looking property over two floors. With ample storage, private terraces, air-conditioning, an independent garage &amp; private swimming pool.</td>
<td>320.000€</td>
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<td></td>
<td>Jardines de Mojacar: Spacious 2 bed, 2 bath, ground floor apartment with sea views, allocated parking and store-room. The property also has built in wardrobes, private garden, and a community pool. To be sold furnished.</td>
<td>149.950€</td>
</tr>
<tr>
<td></td>
<td>Pueblo Dorado: Stylish 3 bed, 2 bath apartment with enormous terrace, sea views, underground parking space and a separate storage room. There is also air conditioning throughout. Communal swimming pools &amp; garden area.</td>
<td>175.000€</td>
</tr>
<tr>
<td></td>
<td>Los Conteros: 2 bed, 2 bath modern, well presented linked bungalow with private terraces a roof solarium &amp; parking. Communal pool and close to amenities and the beach.</td>
<td>149.995€</td>
</tr>
</tbody>
</table>

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