Welcome to our November 2020 issue of Almeria Living.

Firstly, I hope you will join me in welcoming baby Arlo to this world and making our Paulette a very happy grandma - 2020 has brought some good news - congratulations to mum Zoey and all the family.

31st December is edging ever closer and the Brexit bell will toll, taking us all into new rules and regulations, some of which have not even been agreed upon! Many of us are feeling the pressure and worry about achieving all the goals that need to be in place - I think there will be some leeway to help the overwhelmed Foreigner’s Office and Tráfico Departments process the huge amount of applications already in the system. Whenever we hear about this we will update our Facebook page to keep you informed.

Calendars, diaries and christmas cards will be available from the C.A.T. Services gift shop this month. Our stock of christmas crackers, wrapping paper, table decorations etc will follow soon too.

Thank you to my scribes for their valuable contributions - a little light on the ground this month but an amazing amount of reading is within.

Calling all potential scribes - I would love to hear from you if you have a story or two to tell or enjoy a special hobby. Perhaps you would like to tell us about your experiences here or your favourite places to visit in Spain.

We hope you enjoy your read this month and please don’t forget to continue telling our advertisers that you saw them in the Almeria Living.

Take care and stay safe. Talk again in December!! - the magazine will be on the street on Monday 7th.

Karen (Ed)

What’s Inside.......

Regular Articles & Feature Sections

- Spanish Provinces
- Pets Corner
- Travel - Day Trips & Mini Breaks
- ¡Buen Provecho!
- Our Food & Drink section
- Cooking with Nina
- Wine Critic - Bill Riley
- ‘Look Good - Feel Great’
- ‘Trades & Services’
- Tech Guru - Adrian Foster
- ABC plants - Valerie Fuller
- ‘Homes & Gardens’
- ‘Mojácar’
- Puzzles
- ‘Classified’
- ‘Wheels’

Avda Andalucía 1, La Alfoquia
04661, Almería
Office Tel: 950 634 388
Editor: 627 635 514 - Karen
Email: sales@almerialiving.net
Sales Team:
Paulette - 643 681 025
Melanie - 643 059 753 (Español)

Distribution towns & villages include:
Albox, Arboleas, Zurgena, La Alfoquia, Cucaral, Olula del Río, Piedra Amarilla, Huercal Overa, Urcal, Mojacar, Garrucha, Buganvillas, Turre, Palomares, Puerta Rey, Vera Playa, Vera Town, Antas El Real, Los Gallardos, Velez Rubio and many surrounding towns

Depósito Legal: T-0987-11 Printing by Ingrid Offset S.A., Constantí, Tarragona All rights reserved.

View all the classifieds online at www.almerialiving.net

Avda Lepanto, 26, ALBOX - 642 51 06 14

First, once you have moved into your new home you must register on the Padron at your new local town hall. Some town hall require different documents and work by prior appointment, so we recommend you contact them first to save yourself extra trips. Obtaining the new Padron certificate is the most important stage as you will need this certificate to notify your change of address in all the other following cases.

As soon as you have your new Padron certificate, you will need to change your address on your Residencia or TIE Card. This change will only update on their database unless you pay to apply for a new residency or TIE card. With the new Covid restrictions and lockdowns it is vital you have your correct address updated.

Then you must notify the Social Security office and the tax office (Hacienda) of your change of address. Updating your address with the tax office Hacienda is imperative as all government organisations use this address to notify you with all formal letters, bills, fines, etc. Also, taxation varies depending on the autonomous community where you live in Spain. If you are a self-employed autónomo you might also have to update your fiscal address too, speak with your gestor if you are unsure. Make sure you know what address the tax office has for you, even if you haven’t moved - it is possible for them to record both Padron and postal addresses.

The next step is registering with your new local doctor’s surgery. Even if you have only moved a few towns over you will still need to change doctors so that you can benefit from home visits or ambulance collections, for example, if you ever were to need them.

Even though your address doesn’t appear on driving licences or vehicle registration paperwork you will need to notify the DGT. Tráfico of your new address as they will update it on their database.

As soon as you have your new Padron certificate, you will need to notify your bank of your new address and you might also want to try and transfer your account to a closer local branch if possible.

Finally, don’t forget to deregister the utilities at your old address. Some lawyers do this before you move, but others do not.

Most of these changes of address can be modified with a digital signature. If anyone is interested in obtaining a digital signature or require help with changing your address then please contact C.A.T. Services for more information.
Pedestrian Pontevedra – a Model Green City

20 years ago, a city in the northwest corner of the Iberian Peninsula started moving in the opposite direction to the rest of the planet. Pontevedra, a city with 82,000 inhabitants, was like every other city inundated by cars, noise, smog and double parking; however, the local government pushed through a plan to limit vehicle access to the historic centre and the old part of town – which residents and shop keepers alike fought tooth and claw to prevent. Today traffic is only allowed in one quarter of the city, and the inhabitants are asking the council to amplify the restrictions.

The citizens of Pontevedra have discovered that it is possible to escape from the usual noise and pollution of the big cities. The 80,000 vehicles that daily crossed the city centre in the late 90s have been reduced to 7,000; and 1.3 million m2 of streets have been given back to the pedestrians. A spokesman for the local government that implemented the plan emphasizes that it is essential to have an integral plan for how and where the traffic will move before starting to turn a city into a pedestrian precinct.

In Pontevedra they allow only the necessary traffic: Access to garages, loading and unloading, public transport and certain services by private vehicles.

To rid itself of the cars going around in circles looking for a parking space, the local government has prohibited parking in the centre for more than 15 minutes at a time. There are just a few parking spaces that can be used for short errands.

In the accesses to the centre, signposting diverts the traffic towards the bypasses and stops vehicles from entering from the north and exiting to the south via the town centre.

And to dampen drivers’ urge to rush, the speed limit all over the province has been reduced to 7,000; and 1.3 million m2 of streets have been narrowed.

All these measures have resulted in the traffic flowing more fluidly through the city centre in which, as opposed to other city centres, the number of inhabitants and the economic activity are on the up.

The town council has calculated that the CO2 emissions in Pontevedra have gone down by 67%, the equivalent of 500 kg per inhabitant per year.

According to Ecologists in Action, the city’s air quality is well below the maximum pollution levels as recommended by the WHO.

Pontevedra is the place to go if you want to visit a city centre and still breathe clean air and hear the sounds of birds chirping and people talking.
Also, the river Aragón had to be ‘redirected’ to create what then needed containing, and this meant planting trees; lots of trees. To be caused quite an engineering headache. The very frequent avalanches for the new, dual nationality railway cum customs station.

The people of Aragón wanted a direct Madrid – Paris railway of forest engineering. When the tunnel was reopened it was soon buzzing with activity again. By 1943, 1,200 tons of goods passed from one set of tracks to the other every day by the help of rollers or jacks.

When the tunnel and station had first reopened they had been an important escape route for French Jews and La Résistance. This was one reason for the Nazis to get there, but even after their arrival it continued being one of the preferred routes for people trying to escape, and many a spy novel and movie has been set in the 1940’s Canfranc.

Another reason was a very important traffic of metals. Portugal and Spain were selling tungsten to the Nazis, which they used to help reinforce their tanks.

They paid for this with pure gold sent through Switzerland (laundered) from Holland, Belgium and the concentration camps. However, it is thought that much more gold passed through Canfranc than was needed to pay for the tungsten, the excess being shipped off from the Atlantic ports of Portugal and Spain to South America. When WW2 ended, the tunnel and the station stayed open, but could not maintain the busy traffic of the war years.

Business went ever slower and then got to a sudden halt when, in 1970, a freight train got derailed on the French side of the tunnel and, when it fell, demolished the only bridge that gave access.

Shortly after, Renfe abandoned the station and Canfranc’s days as an international train station were over.

The Building

Ever since 1970, when the tunnel was closed, Canfranc Station has only served as a stop for the small local train from Zaragoza, which takes four hours to get there.

The Canfranc Station Building itself is an enormous and stunning construction; in fact, it comes across a bit incongruous where it lies high in the mountains in the middle of nowhere.

It is 241 meters long, 12.5 meters wide; it has 75 doors on either side and, all the way round, 365 windows, one for each day of the year.

The station was built four kilometers from the village, and the central piece was a 241 meter long building. It was the second largest in Europe, only surpassed by the station in Leipzig in Germany.

The place was envisaged bustling with French and Spanish customs officers, Banco de España offices, post office, police station, hotel, restaurant and even a nurses’ station – in short, a place to really impress foreign visitors to Spain.

It was a project of enormous prestige for both countries, and on July 11th 1928, the Spanish king, Alfonso XIII, and his right hand man, general Primo de Rivera, as well as the French president, Gaston Doumergue, travelled to Canfranc for the official opening ceremony.

The line soon became busy with both passenger and goods traffic. There was one rather large hiccup, though: Spanish railway tracks and, all the way round, 365 windows, one for each day of the year.

There are several loading bays for goods transport and an engine shed.

The construction materials are those typical for the era – glass, reinforced concrete and iron.

On the ground floor were the most important areas. The vestibule, situated under the central cupola, was decorated with pilasters, capitals and plaster moldings and here were the ticket and information counters.

Other areas on the ground floor included the Hotel International hotel, restaurant and office of the Spanish and French railway company offices, the customs service and auxiliary services such as telegraph, post and medical attention.

Via a grand wooden staircase you could access the upstairs where the World War II, also known as the Great Depression, was a disaster for the station.

On this floor were used to accommodate the displaced people during World War II, as well as used to accommodate the displaced people during World War II.

When the tunnel was reopened it was soon buzzing with activity again. By 1943, 1,200 tons of goods passed from one set of tracks to the other every day by the help of rollers or jacks.

...
Spain occupies a unique place in history in that she was the vessel through which a fruitful connection between the Arabic and European cultures was created. Spain was ruled by Arabs from 711 to 1492. The Muslims co-existed peacefully with Christians and Jews. The three religions are so closely related that they have more things in common than differences. Jews and Christians soon learned to live peacefully side by side with their Muslim rulers. It was a period during which architecture, art, poetry and science prospered on the peacefully side by side with their Muslim rulers. It was a period during which architecture, art, poetry and science prospered.

Many of the things that we normally consider as Spanish, e.g. Spanish architecture, temperament, music and poetry, and even the language, are a mixture with many elements of the Arab inheritance. Just think of the unique Flamenco rhythms, which are considered the essence of Spanishness. The lyrics are Spanish, but the melancholy melodies were brought to Spain by the Arabs. The flamenco is a fusion of medieval Muslim music and Gipsy song culture.

Another example is the Spanish riding school, which is an institution within dressage. The rider has full control over the horse, which is the essence of the traditions that the Moorish horsemen brought with them. It all started in Arabia in the year 622 AD, when the prophet Mohammad founded the Muslim religion. The new religion led to political unity between the Arabs’ various enclaves and beduin tribes. It spread quickly, and when Mohammad died in 632, all of the Arabian peninsula was Muslim. Soon after Mohammad’s death the expansion started, and this quickly led to the conquest of large areas of land.

In the year 711 the Muslims invaded Spain, and they got as far as Southern France, where they were defeated in the battle of Poitiers in 732 by Charles Martel. So for a time the Pyrenees constituted the border between Christian Europe and Muslim Spain. A century after the birth of Islam, Ummahs were calling to prayer from Minarets all the way from the Atlantic Ocean to the edge of China. By then Muslim rule covered an area almost as big as the Roman empire in its heyday.

The enormous areas that the Arabs conquered were never ‘arabised’ with no supreme central government. It was not a single religious unit either. Islam did not accept idolism with no supreme central government. It was not a single religious unit either. Islam did not accept idolism. The Arab immigrants always constituted a minority relative to the local inhabitants. Also, the area did not appear a single political empire. It was a loosely connected system of caliphatas with no supreme central government. It was not a single religious unit either. Islam did not accept idolism or those who believed in more than one god. But it was tolerant about monotheists, i.e. worshippers of just one god, such as Christians and Jews.

An example of this tolerance is the celebration of services. On Fridays the Muslims went to service, on Saturdays the Jews and on Sundays the Christians. And often all to the same building.

As a whole, the rule of the Moors meant a better economy for the inhabitants of countries dominated by Arabic culture. The Moors left beautiful and interesting buildings behind, and they had a significant influence on Spanish architecture. The Mosque in Córdoba, La Giralda in Seville and the Alhambra palace in Granada are some of the most remarkable landmarks from that era.

At the beginning the Muslims avoided any kind of ornaments on their buildings. The mosques were little more than covered over areas, a practical solution to the simple problem of sheltering the worshippers.

Originally the mosque of Córdoba was a relatively simple building with pillars only in the side that faced Mekka. But over the 900s the rows of pillars were extended several times. This step-by-step extension shows how flexible the plans of the first mosques were. It was possible to quadruple the size of the mosque without deviating from the original pattern. Today the mosque in Córdoba is the same size as one of the mosques of Mekka.

When you visit, you walk through an endless forest of pillars, some 850, made from different materials such as granite, porphyry and several different kinds of marble. The roof of the mosque rests on an intricate system of double arches made from red and white rock. Not many of the great palaces that the Muslim conquerors of Spain constructed have been preserved. But you can still sense the past in the ordinary buildings in, for example, Córdoba.

Córdoba is one of Spain’s hottest cities. The climate is at its best in spring and autumn. The centre of the city is dominated by narrow streets which to a great extent are the same as during Moorish rule. The houses can seem a bit drab, but many of them have balconies laden with an abundance of flowers. Just like the houses of Muslim cities, the Córdoba houses only have small windows with grills and shutters looking out into the street. They gravitate inwards, towards the centre of family life: the patio. This is a small private garden with an open yard in the centre of the building, a safe place for the children to play, a pieceful area with flowers, a herb garden and citrus trees in pots set around a small fountain.

Science blossomed in Muslim Córdoba: Astronomy, philology, philosophy, history, medical science and mathematics, often led by Jewish scientists. It was a city with public teaching, hospitals, baths, paved streets with street lights, libraries and book shops.

Continued on page 10 ....
well defined functions.

At the end of the 13th century, when the larger part of Spain was already Christian, the palace was extended and changed during several construction phases, a time when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah's representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

Surrounded by walls with defence and watch towers, the buildings of Alhambra spread out over an almost ellipse shaped area of the Sabikha hill. Alhambra was not a palace in the usual sense of the word. It was a palace city consisting of districts with separate and well-defined functions.

An area to the west was mainly military, an area to the east contained the service functions, and to the south was the area for aristocrats and civil servants. The prince himself resided in the northern area.

The plan of the palace is simple, but the decorations, on the other hand, are lavish. All interior surfaces have been divided into geometric fields with coloured stucco panels and faience tiles. They are decorated with the classic Islam motifs, such as vines with stylised flowers and fruits. The motifs are either completely flat or in very low relief. The wealth of vegetable matter is due to the Islam image prohibition — according to the Koran it is prohibited to picture humans or animals.

Apart from the many decorative geometric motifs, writing has also been used as an ornament. There are inscriptions citing verses from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.

The beginning of the end for the Arabs in Spain arrived in 1469 when prince Ferdinand of Aragon married princess Isabella of Castile. This marriage unified Spain into one realm. They carried out a systematic crusade against the Arabs in Southern Spain at the same time as harbouring increasing suspicions against Jews and Muslims within their own borders.

In 1480 they started the Spanish Inquisition, and by the time it stopped its activities three hundred years later, thousands of Jews and Muslims had been killed. As a consequence, traders, scientists and artists of Jewish and Muslim origin fled Spain, and many sought refuge in Muslim North Africa. In Andalucía. The Koran quotes in the audience room of Alhambra from the Koran and from Arabic poetry, which reached a zenith in Andalucia. The Koran quotes in the audience room of Alhambra praise the ruler, who saw himself as Allah’s representative on earth, and thus part of the world cosmos.
Research on ginkgo’s antioxidant effects is promising. However, it remains unclear exactly how it works and how effective it may be at treating specific diseases.

**Can Help Fight Inflammation**

Inflammation is part of the body’s natural response to injury or invasion by a foreign substance. In the inflammatory response, various components of the immune system are recruited to fight against the foreign invader or heal the injured area.

Some chronic diseases trigger an inflammatory response even when there is no illness or injury present. Over time, this excessive inflammation can cause permanent damage to the body’s tissues and DNA.

Some specific conditions in which ginkgo extract has shown to reduce inflammation include:

- Arthritis
- Irritable bowel disease (IBD)
- Cancer
- Heart disease
- Stroke

While this data is encouraging, human studies are needed before drawing concrete conclusions about ginkgo’s role in treating these complex diseases.

**Improves Circulation and Heart Health**

In traditional Chinese medicine, ginkgo seeds were used to open “channels” of energy to different organ systems, including the kidneys, liver, brain and lungs.

Ginkgo’s apparent ability to increase blood flow to various parts of the body may be the origin of many of its supposed benefits.

One study in people with heart disease who supplemented with ginkgo revealed an immediate increase in blood flow to multiple parts of the body. This was attributed to a 12% increase in levels of circulating nitric oxide, a compound responsible for dilating blood vessels.

Similarly, another study showed the same effect in older adults who were treated with ginkgo extract.

Additional research also points to ginkgo’s protective effects on heart health, brain health and stroke prevention. There are multiple potential explanations for this, one of which may be the anti-inflammatory compounds present in the plant.

More research is needed to fully understand how ginkgo affects circulation and heart and brain health.

**Can Reduce Anxiety**

Some research indicates that supplementing with ginkgo may reduce symptoms of anxiety.

A handful of animal studies have observed reductions in anxiety symptoms that may be attributed to the antioxidant content of ginkgo.

In one study, 170 people with generalized anxiety were treated with either 240 mg or 480 mg of ginkgo or a placebo. The group treated with the highest dose of ginkgo reported a 45% greater reduction in symptoms of anxiety, compared to the placebo group.

While supplementing with ginkgo may reduce anxiety, it’s still too early to draw any definitive conclusions from the available research.

**Can Treat Headaches and Migraines**

In traditional Chinese medicine, ginkgo is a very popular treatment for headaches and migraines.

Very little research is available on ginkgo’s ability to treat headaches. However, depending on the root cause of the headache, it may help.

For example, it’s well known that ginkgo has anti-inflammatory and antioxidant effects. If a headache or migraine is caused by excessive stress, ginkgo may be useful.

Additionally, if a headache is related to reduced blood flow or constricted blood vessels, ginkgo’s ability to dilate blood vessels may improve symptoms.

If you want to try ginkgo for your migraines, it’s unlikely that it will cause much harm. Just be aware that it may not necessarily help.

In all cases, it is always advisable to consult a doctor before taking any supplements.
Even when you’re happy, your eyes are full of tears. They provide moisture and lubrication to help you see and keep your peepers comfortable.

What is in a tear?
They’re a mix of:
- Water, for moisture
- Oils, for lubrication
- Mucus, for even spreading
- Antibodies and special proteins that keep infection at bay

The ingredients come from special glands around your eye. Dry eyes often mean your tear system is out of whack.

When tears don’t provide enough moisture, you might notice:
- A gritty feeling
- Feeling like there’s something in your eye
- Itching
- Redness
- Blurry vision
- Light sensitivity

Sometimes, dry eyes create too many tears. This confusing condition is called reflex tearing. It happens because the lack of moisture irritates your eye. It sends a distress signal through your nervous system for more lubrication.

Your body sends a flood of tears to try to make up for the dryness. It’s a lot like what happens when you get sand in your eye and it runs. But these tears are mostly water, so they don’t act like normal tears. They can wash debris away, but they can’t coat your eye’s surface.

What Causes Dry Eyes?
Sometimes, there's a lack of balance in your tear-flow system. Or your air conditioner, heater, or other things around you could dry out your tear film.

Other causes include:
- The natural aging process, especially menopause
- Side effects of certain drugs like antihistamines

Continued on page 16....
Diseases that affect your ability to make tears, like Sjogren’s syndrome, rheumatoid arthritis, and collagen vascular diseases, Problems that don’t allow your eyelids to close the way they should.

How Are Dry Eyes Treated?

There are a number of options. Treatments include:

- Artificial tear drops and ointments. This is the most common treatment. Many types of drops are available over the counter. No one product works for everyone, so you might have to try a few to figure out the one that’s right for you. If you have chronic dry eye, you need to use the drops even when your eyes feel fine, or they won’t stay wet enough.

- Lipiflow. This medical device uses heat and pressure to unclog blocked glands on your eyelids. These glands produce the oil in your tears. It keeps your eye moist and prevents your tears from evaporating.

- Testosterone cream. Dry eye can be related to a lack of testosterone in the oil glands on your eyelids. The doctor might give you a testosterone cream that you apply to your eyelids. It can help your oil glands work better.

- Prescription eye drops. You can use steroid eye drops, for short periods, along with long-term measures. Adding fish oil or omega-3 to your diet or can also help.

Lipiflow, a medical device, uses heat and pressure to unclog blocked glands on your eyelids. These glands produce the oil in your tears. It keeps your eye moist and prevents your tears from evaporating.

Temporary punctal occlusion. Your doctor might opt to close the punctum, or duct that drains tears from your eye. He or she might start with a temporary plug designed to dissolve over time. Based on how it works, your doctor will know whether permanent plugs will help.

Non-dissolving punctal plugs and punctal occlusion by cautery (application of heat to tear exit duct). If temporary plugs work well, your doctor may move to longer-lasting ones or may go right to a long-lasting plug. Or he or she could choose a procedure called cautery. You might get a drug that relaxes you, then use a special tool to burn the opening shut. The scar that forms makes a permanent plug. These measures increase your tear level by blocking the “drainpipe” through which tears usually go from your eye to your nose. Tear plugs are easy to remove, but sometimes they come out on their own or fall down the tear drain. They can make your eyes feel better and lower your need for artificial tears.

Lipiflow. This medical device uses heat and pressure to unclog blocked glands on your eyelids. These glands produce the oil in your tears. It keeps your eye moist and prevents your tears from evaporating.

Temporary punctal occlusion. Your doctor might opt to close the punctum, or duct that drains tears from your eye. He or she might start with a temporary plug designed to dissolve over time. Based on how it works, your doctor will know whether permanent plugs will help.

Temporary punctal occlusion. Your doctor might opt to close the punctum, or duct that drains tears from your eye. He or she might start with a temporary plug designed to dissolve over time. Based on how it works, your doctor will know whether permanent plugs will help.

Temporary punctal occlusion. Your doctor might opt to close the punctum, or duct that drains tears from your eye. He or she might start with a temporary plug designed to dissolve over time. Based on how it works, your doctor will know whether permanent plugs will help.
What is Medical Acupuncture?

Medical Acupuncture involves the insertion of fine needles directly into the skin and muscles to decrease pain, improve movement and blood circulation, and aid in post-operative or post-injury rehabilitation.

Osteopaths see huge numbers of people suffering with pain arising from muscles and their connective tissues i.e. fascia. It’s thought that many of these people are suffering with myofascial pain syndrome, which is a condition caused by painful trigger points (TrP’s).

TrP’s are hyper-sensitive areas within bands of tight muscle, which can refer pain to other parts of the body.

TrP’s have been identified in nearly all musculoskeletal conditions, including disc problems, joint dysfunction, whiplash associated neck pain and tendinitis.

Medical acupuncture directly targets TrP’s, stimulating the peripheral and central nervous systems, affecting the way the brain modulates pain signals, initiating the release of endorphins, the body’s natural painkillers, improving blood circulation, and initiating the body’s own healing mechanisms.

Medical acupuncture can:
• Decrease PAIN
• Help tight muscles
• Improve joint movement
• Enhance blood flow
• Release the body’s natural painkillers

...getting you OUT of PAIN and back to doing the things you love to do!

(Ree Hyde, M.Ost, Dip. MA - Osteopath and Medical Acupuncturist)
Let’s look at the top 10 tips for natural ways you can support your immune system to prevent a cold and the flu!

1. Wash Your Hands Frequently and Thoroughly
   This is the number one way to prevent the flu and other respiratory infections. You must scrub your hands thoroughly with soap and water for at least 20 seconds in order to kill viruses. Twenty seconds is about how long it takes to sing the ABC’s one time through. Do not touch your eyes, nose, or mouth without first washing your hands.

2. Repair Your Gut
   The gut is considered the second brain of your body. The health of your gut plays a crucial role in the health of your immune system. A leaky gut can suppress your immune system and make it more difficult for your body to fight off infections, including the flu virus.

3. Reduce Sugar and Alcohol Consumption
   With the abundance of holiday treats out this time of year, sugar cravings can be a real bear. However, consuming too much sugar and alcohol consumption suppresses your immune system, which is key for anyone with autoimmunity.

4. Reduce Your Stress
   Stress is known to suppress your immune system. Consider meditation, yoga, or acupuncture.

5. Get 7-9 Hours of Sleep Every Night
   Your body relies on sleep to recuperate from daily exposure to toxins. Chronic sleep deprivation can significantly reduce immune function.

6. Take an Immune Booster
   Give your immune system an added boost with a supplement containing immunoglobulins and protein. This supplement is a purified form of colostrum, which is the first milk after birth designed to bolster the immune system. The immunoglobulins in colostrum will boost your IgA antibodies – which are your body’s first line of defense. These IgA antibodies are produced by immune cells in your gut and can deactivate and even eliminate harmful pathogens and toxins, such as those that come with seasonal sickness and bacterial imbalances.

This means immune boost will strengthen, not heighten your immune system, which is key for anyone with autoimmunity.

7. Supplement with Glutathione and Turmeric
   Glutathione is the chief antioxidant in your body, responsible for enhancing your immune system and helping your liver with detoxification. Curcumin is the orange pigment in turmeric and a potent free radical scavenger that improves joint health and cardiovascular function.

8. Optimise Vitamin D
   Vitamin D is a powerful immune system modulator, meaning it is key to fighting off infections and regulating autoimmunity. Optimal levels range from 50 to 70 ng/mL, so recommend taking 5,000 IU of a high-quality vitamin D supplement per day and working with a physician to regularly monitor your levels. You will also want to be sure that your vitamin D supplement is paired with vitamin K to ensure that it is safely absorbed and doesn’t lead to artery calcifications.

9. Drink Bone Broth
   You probably remember your mother or grandmother giving you chicken soup when you were sick, and how it always seemed to help you feel better! It’s not just folklore-bone broth is actually extremely beneficial for your immune system.

In fact, a study published in the journal Chest showed that eating chicken soup during a respiratory infection reduced upper respiratory symptoms, as well as the number of white blood cells (the immune cells responsible for cold and flu symptoms). These benefits are thought to be from bone broth’s ability to reduce inflammation, thanks to amino acids such as proline and glycine.

10. Get Plenty of Exercise
   Exercise can boost your immune system by increasing your circulation. Increased circulation allows antibodies to travel throughout your bloodstream faster, making it easier for your immune system to fight off an illness.

Exercise can also enhance your immune system by relieving stress and allowing the release of stress hormones in the body.

Although it is sourced from dairy, it is free of casein (the protein in dairy that most people are sensitive to), and contains such minimal dairy that it will not cause a reaction for the average person.

Cutting Edge Hair and Beauty

By Appointment Only

Contact the salon on 950 633 086 or 664 116 634
Leave a message and I will call you back
Calle Malaga nº 4, Albox

Affinity Beauty

Now a ‘The Gelbottle Inc’ salon
Located in Total entertainment in Turre

Call 076 99 20 93 for appointments
email: affinitybeautyspa@yahoo.com

Kim Clark
Benefits Consultancy

Do you suffer from mobility problems, breathlessness/pain or falls/stumbles?
Do you need help washing/dressing or supervision?

You could be entitled to extra income by claiming UK sickness/disability benefits while living in Spain

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

VIVA CARE

www.vivacarespain.com

We are a bilingual provider of experienced nursing and care services.
We are able to cater for a variety of different needs within the comfort of your own home.
Our close knit team ensures excellent communication and a personalized package to suit your individual needs.
We offer hospital stays, one off visits and even help with hospital transport.
We offer a range of services in Albox, Turre and Almeria.
We are able to cater for a variety of needs within the comfort of your own home.
Your independence, dignity and comfort is at the heart of what we do here at Viva care services.
Now also offer help with Living Wills.

Call or email us for a free initial consultation
641 364 479
vivacarespain@gmail.com

We are a fully legal, registered company here in Spain

AL-ANON FAMILY GROUPS

Help & hope for families and friends of alcoholics
Meetings held every Monday:
4.45 - 5.45 Turre - Evangelical Church
Call in confidence: 698 460 801

Call or email us for a free initial consultation
641 364 479
vivacarespain@gmail.com

We are a fully legal, registered company here in Spain

You can make your own bone broth saving your turkey bones and vegetable scraps, and simply boiling them for about 8 hours (a slow-cooker comes in handy here). Or, if you want the benefits of bone broth without the hassle, you can supplement with collagen or gelatin, both of which act to optimize your immune system and support a healthy gut lining to defend your body against invading pathogens.
Over the last few months we have talked about different ways of up-cycling so this month we are going to show a different up-cycling technique which can be used on its own or combined with the previous painting technique to give your furniture a new lease of life.

How to decorate furniture with wallpaper
Upcycle your furniture, it's no secret, and DIY fans love it: Upcycle your furniture with wallpapers! If you do not want to part with some old favourites which have lost their lustre over the years, you can very effectively give them a new lease of life with patterned wallpapers. Wooden pieces of furniture are as suitable for this upcycling method as are those with plastic or glass surfaces. The transformation can be remarkable, and our instructions will make it easy to have a go yourself!

The possibilities are almost endless: cupboards and wardrobes (both inside and outside), desk doors, drawer fronts, chests of drawers, shelves, room dividers, table tops, and many more objects can all be re-styled beautifully, even with wallpaper cut-offs.

There is one small consideration which you should nevertheless not neglect - Make sure that the colours and patterns of your upcycling project complement the other furniture and decorative elements in the room, otherwise you might create a sense of disharmony and clashing styles, especially if you plan to cover large surface areas with patterned wallpaper. Top Tips - Non-woven wallpapers are particularly suitable for furniture, but you can use paper-based varieties, too.

If you plan to cover larger wooden surfaces like wardrobe doors, sideboard fronts, etc. with patterned wallpapers, it is recommended that you do both the inside as well as the outside. Wood expands slightly when it absorbs the wallpaper paste, and it will shrink again when it dries, which can lead to doors or fronts bending or warping slightly if only one side is wallpapered. Treating both sides will avoid this unwanted effect.

Continued on page 24 ....
Individual Steps
Note: For smaller pieces of furniture, it might be easier to work on the individual part, but there is no need to disassemble larger pieces: you can just work in situ. This is of course much easier, particularly, for say, large wardrobes and desks. You do, however, need to take handles or knobs off before you start.

Sanding down wood or plastic surfaces
To make sure the glue will stick properly, you first need to use sandpaper to roughen wooden or plastic surfaces. Make sure you buy a suitable type of sandpaper for the respective surface.

When working with large pieces of furniture, you might want to use a sanding block to attach the sandpaper to. Its ergonomic shape makes the whole process much more comfortable. Then clean the surface of dust. If you wipe the surface with a damp cloth, make sure it is completely dry before you continue to the next step.

Apply wallpapering paste to the surface
Mix the required amount of paste according to the chosen wallpaper type (e.g. paper/non-woven wallpaper). If you are using non-woven wallpaper, you can spread the paste directly to the area you want to cover with a paste brush or roller.

For paper-based varieties, cut the wallpaper to the required dimensions, apply the paste to the wallpaper, and leave it to soak (see instructions on the packaging).

Pre-Cut wallpaper and apply
Cut the non-woven wallpaper to fit the surface you wish to cover. Make sure your measurements are accurate, as cutting off overlaps from furniture requires a steady hand - otherwise the piece of furniture can easily be damaged in the process.

Align the material (paper-based or non-woven wallpaper) with the surface. Use your brush or roller to smooth out the paper towards the edges, making sure there are no air bubbles or wallpaper paste lumps. For smaller or more delicate/fiddly areas, you can use a plastic squeegee or spatula. When applying the finishing touches with your steam roller or spatula, pay particular attention to edges and corners as it is important that the wallpaper adheres properly to those areas, especially if the piece of furniture is in constant use.

For glass surfaces using double-sided adhesive tape
For glass surfaces, the wallpaper is affixed with double-sided adhesive tape, as wallpaper paste has no adhesive qualities on glass. Make sure that the edges are perfectly aligned with the tape to avoid “air bubbles” in the wallpaper.

When affixing the wallpaper, work gradually, bit by bit, from bottom to top and from right to left, to prevent bubbles and creases.

Treat wallpapered surfaces to protect them from dirt and discolouration
The last step ensures that the wallpaper on the surface is protected from dirt and discolouration and easy to clean. There are two methods of treating the wallpaper to achieve this. You can use high-gloss varnish from craft shops. Apply it to the wallpaper with a large paintbrush. Please note: high-gloss varnish from large DIY stores or specialised shops for painters/decorators is not suitable for this task.

Alternatively, you can use self-adhesive, transparent foil. Cut it to the same dimensions as the wallpaper and apply carefully with a spatula. If there are any blisters or air bubbles, prick them with a small needle and smooth out.
Give your Kitchen a Facelift

Is your kitchen starting to look a little tired or do you just want to freshen it up a bit? Updating your kitchen doesn’t have to cost a fortune, you can improve your kitchen without breaking the bank.

If you’re on a limited budget, but still hankering after a more modern space, here are some clever ideas for quick, easy and affordable updates.

Stick to the existing kitchen layout

This will reduce your costs considerably – moving cupboards, plumbing, walls, electrics and so on starts to get into big money. And the more you can do yourself, the more you’ll save.

Re-use your appliances

If your appliances are still okay, then re-use them, and before you throw the kitchen sink away, give it a good going over with a gentle abrasive cleaner, then spend the money you save on a new tap.

Paint

The simplest way to begin a budget renovation is paint. Instantly throw the kitchen sink away, give it a good going over with a gentle abrasive cleaner, then spend the money you save on a new tap.

Worktops and Splashbacks

If your benchtop and splashback have seen better days, you have the choice to either replace them with simple, open shelving or to start work on the project in 1973. This prototype, the Motorola DynaTAC was a hefty lump of a phone that weighed in at 2.5 pounds and had a 20-minute battery life. It took a decade to bring it to market, but 1983’s DynaTAC started a revolution that eventually led to the release of the Motorola StarTac flip phone in 1996.

This phone has been widely regarded as one of the top ten iconic gadgets and alongside developments in speech-recognition Alexa & Google Translate has allowed Kirk’s communicator with Universal Translator to become Science-Fact. SKYPE video calling has been around since 2005 and we are familiar with FaceTime and WhatsApp video calling on our mobile phones and tablets. The on-demand video calling used by Dr. Heywood Floyd in 2001 – A Space Odyssey was perhaps the best example of Sci-Fi future Tech. He used it to call his Family for the princely sum of $1.70. It wasn’t portrayed as obviously staged and the technology, although far ahead at the time is familiar to us today.

Besides various attempts by AT&T and even the German Post Office, developments in video calling took their time as the technology needed was still in it’s infancy. The early versions were cumbersome machines with limited capabilities. Some used slow-scan TV, some later used data compression (only the sections of the picture that showed movement changed) but they were all limited. BT had been busy upgrading it’s network since 1992. The early work was mostly commercial and it took the upgrading of all telephone exchanges and phone lines, before Broadband was available residually in 2000. It wasn’t until 2003 that the 3G phone network was unveiled in the UK, that the infrastructure completely caught up with the Technology.

Continued on page 28 ....
Those of us with a "Trek" affiliation will know of the "Invention" of transparent aluminium (not AlOonium) by chief Engineer Scott in Star Trek IV - The Voyage Home (1986). In the film, a penniless Scotty bartered the formula with a manufacturer in exchange for sheets of plexiglass.

[Dr. McCoy to Scotty] "Do you realise that by giving him the formula, we're changing the future?"

[Scotty back at him with a sideways glance] "Why? How do we know he didn't invent the thing?"

"Entertaining as it is, there's no way", I hear you say... but you'd be wrong (ish)! This little gem was perhaps one of the few Trek Firsts that actually wasn't.

Research into aluminium Oxynitride or ALON as it is named began in the 1960's and it would have already existed by the time the film was released. 1986. ALON is rated at ~80% transparency, is four times harder than toughened glass and 85% as hard as Sapphire. It is used as bulletproof glass and military armour and would be perfect for iPhones... Sorry Scotty, it's not actually aluminium, it's a ceramic made using Aluminium, Oxygen and Nitrogen.

Who needs a Johnny Cab?

In the 1990 Arnold Schwarzenegger film Total Recall, Arnie (to-wards each other, adapting routes to avoid bottlenecks automatically. The cars would need to be in constant contact with the vehicles around them but would be able to anticipate changes in a way that we cannot. How many times have you followed someone down the street and wondered how they manage to tie their shoelaces in the morning? That would be a thing of the past...

The other side of the argument focuses on employment (no more lorry, bus or taxi drivers) and a natural distrust of handing your safety to a computer. In fact, we already do this every time we board a plane. On average, 90% of the journey is automated (with pilot input), more under foggy conditions where "Autoland" can be used.

Although self-driving cars will take some or all the fun out of driving, the benefits, especially in congested cities will eventually win through.

Electric cars are becoming more feasible and affordable alternatives to the traditional car and that coupled with self-drive will bring enormous benefits once fully adopted. It may even be the next quantum step forward since the inception of the motor car itself. A fully-automated driverless car would allow those who cannot drive, the freedom they need. Would you need a driving license? No more speeding fines and you wouldn't need to sit in your car at an ITV station, trying to understand what is being barked at you in Spanish via a 2-way radio.

Food for thought.

Are you confused by your computer or tablet?

We meet on a Friday morning 10-12 approx in a private room at the rear of the Parilla Hotel in Albox. All are welcome.

More information available from phird@yahoo.co.uk or www.alboxcc.com

---

REPAIR & SERVICE OF ALL ELECTRONIC EQUIPMENT

ZETA Services
Zurgena Electrónica Televisión y Audio

---

If, like me, you are a '50s-'60s ite, you probably remember stacking record cases, an automatic turntable, watching the first drop, being played then another dropping and so on. Sporitly, eat your heart out! Now, various companies made auto-changers (as the Yankcalls them) but, in my book, BSR (Birmingham Sound Reproducers) made the best, at an affordable price and could be repaired with a hammer and coal chisel and a design well thought through. Unlike some of the competition, these machines were easily maintained, as said and worked reliably. Garrard players were well made, cost more. Then, Colloa... Quality made, but never worked even when they left the factory. They were responsible for many a humble engineer turning to hard drugs.

The founder of BSR, Dr. Daniel McDonald was a clever individual. He started out his engineering life working for BTH, British Thomas Huston (Big Thick and Heavy as it should have been known). He saw a market for quality mains and audio output transformers, for use in radio and Public Address gear. In '32, he was making these from a small workshop in Blackheath, the Black Country (that funny Birmingham area). As his transformers were so good, he decided to design and sell his own PA (public address) systems which normally included a record deck for the music element. His first machine was the Ampligram. Fine looking highly polished case, housing a 25 watt amplifier (massive for those days), a microphone and record deck. The adverts were lovely, "designed for halls where 350 couples can dance the night away!"

Daniel always was insistent that, as far as possible, everything should be made in house. He increased his factory to make motors for the record decks, cabinets etc.

Between '47 and 58, BSR became the biggest supplier of turntables. These ranged from single play decks to the famous "Monarch" range which could play a mix of different size records, stacked in any order. The deck used a clever little "finger" which, as the record dropped from the centre spindle, was used to catch the edge of the disc. This set the pickup arm to start playing at the right place. Brilliant to watch in action! Tens of thousands of record players and radiogram manufacturers used this range of decks. Another key item designed was a lightweight pickup (UAB). This was based around a small quartz crystal, which when vibrated by the stylus in the groove, produced enough power to drive only one valve in the record player. This drove down costs. Prior to this, pickups had big magnets and weighed the same as a family car and quickly wore out records. He also established a sales force to target the U.S. Market. There were some battles with Zenith and other companies but product was sold and stood its ground.

Due to massive growth of the business, factories in Northern Ireland were set up and elsewhere in the UK, this had its problems. Daniel was a very hands-on manager and put a lot of store in keeping his staff happy. It was almost a "lifestyle" company. Dances, outings, events were always being held and staff loved working there.

The product range was huge. "Music while you work" systems, office intercoms, Police car loudhailers, to name but only a real few. In some ways this was to be the beginning of the downfall.

A great little tape deck was also part of the portfolio. The TD1,2,4 etc were simple, reliable machines and at a good budget, were bought by every tape recorder manufacturer. This mean the Joe-Public could own their own tape machine to record their best tunes from Two Way family Favourites on a Sunday afternoon, or record Uncle Jack signing down the boozers. Again, to keep things in house, McDonald bought the company who made the tape heads.

By the late '60s – '70s, there had been lots of changes. McDonald had taken a back step and new Whippet-Snapper management had not done a good job of things. New products like 8 track decks were being made and clever electronic record decks that made the coffee as well, were being churned out. With a company jet and other extravagancies, one could see what was going to happen.

By the '80s things were not good. Competition from the Far East, CD players etc. finally closed the doors on what was one of those great British companies. So there we go. If you grew up playing your Lomme Donnig record on your Dansette, please, say a quick thank you to Dr. Daniel McDonald.

Further reading, 50 shades of technology and advice can be found, under the "ARTICLES" link on the award winning Zeta website https://zeta-services.tv/sets/articles/
Local Family
Goes Organic

Olive Tree Farm’s diary continues......

Goes Organic

Olive Tree Farm’s diary continues......

Goes Organic

Olive Tree Farm’s diary continues......

So, on that note, other than gazing at our plumptious olives which are very close to harvesting, that is about it for this month.

Thanks for reading!

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/OliveTree-Farm-Pool-Services-297410080713344/ or contact us by email ... olivetreefarmalmeria@outlook.com

Baby Equipment

HIRE

SALES, INSTALLATIONS AND REPAIRS
OF STOVES, BOILERS, WOOD & PELLET
FIREPLACES

SALES, INSTALLATIONS AND REPAIRS
OF STOVES, BOILERS, WOOD & PELLET
FIREPLACES

SALES, INSTALLATIONS AND REPAIRS
OF STOVES, BOILERS, WOOD & PELLET
FIREPLACES

POL. IND. TERRIDUERIA
PARC.78
JUST DOWN FROM MESON IRENE
04600 ALBOX (ALMERIA)

OFFICE TEL: 950 12 00 77
MOBILE: 625 43 50 50 / 615 39 60 56
email: acarsl@hotmail.com

1st Class Property Services

When only the best will do!

Offering a comprehensive property management service that is tailored to meet individual needs

1. Piece of mind
   Key Holding, Property Checks, Maintenance
2. Cleaning
   Deep clean & sanitisation specialists
   Regular, Seasonal, Changeovers, Laundry
3. Gardens
   Maintenance, Watering, Planting, Clearing
4. Your Guests
   Meet & Greet, Call out Service, Rent Collection

Car Care

We also offer a complete car care service for individuals & companies.

Hand wash and interior valet to the highest standards using top of the range equipment and products including sanitising.

Contact us now to arrange a no-obligation quote or discuss your requirements

Tel: 641 138 586 charlie@1stclasspropertyservices.com

Postal Service

Send & Receive

Worldwide Service
Correos & Courier
Letters & Parcels
Send & Receive

Receive parcels the stress free way!
Let us receive them for you!

A wide selection of items for your visiting baby or toddler
Cat, Car Seat, Buggy, Safety Gate, High Chair, Baby Monitor, Changing Mat, Potty, Toys and so much more

CAT Services

Send & Receive

HIRE

Avda Andaluéa 1, La Alfoquía, 04661
950 634 388 / 627 625 514
OPEN: Monday - Friday 09.30 - 17.00 Saturday & Sunday: 09.30 - 13.00
hire@catservicesinspain.com post@catservicesinspain.com

Sad, it has been decided that Olive Tree Farm needs to reduce the numbers of animals, so over the next couple of weeks we will see a huge difference in the workload and the feed costs.

We have written previously about how quickly the pigs breed. To make it worse they are constantly damaging fences. Having spoken to 2 Spanish brothers who would like to take them on, we decided to bite the bullet and let them take them. We haven’t had any meat off the pigs for a couple of years. Initially we wanted them for food, but to be quite honest, it is so hard to slaughter an animal, we just could not do it any longer. Due to our feelings for animals, we have decided this really isn’t for us. So apart from perhaps an older cockerel or a cockeral that is fighting, no other animals will be destined for the dinner table. We will be keeping Maggie and Penny our 2 eldest pigs, they deserve to live out their life comfortably in pig cottage, plus, with no naughty males around they will be nice and safe.

We all feel a sense relief as you can imagine; we will no longer be looking at over 20 pigs worrying what we will do about them.

As well as the pigs going to a new home, we will also be giving them the 3 goats. We really love the goats, but again there is an amount of work and expense to keep what are basically 3 very large pets. One of the Spanish brothers keep goats for milk. He has a large, very, very large piece of land. He has a nice herd of them and ours will soon become one of that herd. It will be sad to see them go, but it is for the best. Goats like space and they love long walks. With the pool restoration business being so busy we just do not have the time to give them the freedom that they deserve. So again, hopefully, this is for the best. Goats like space and they love long walks. With the pool restoration business being so busy we just do not have the time to give them the freedom that they deserve. So again, hopefully, this weekend, they too will be off on a new adventure.

On a positive, we can now concentrate on the birds. We have our 4 beautiful geese, who earn their keep by being a kind of feathered guard dog. No one walks past the house without the geese alerting us to that fact, so they will be staying. The ducks are also a favourite here. The ducks provide us with plenty of eggs and if you have read this article recently you will know we managed to successfully hatch 3 eggs earlier this year and ended up with 2 males and one female. The problem was, that due to the pigs breaking into the duck pen and stealing eggs, we had to hatch them using the incubator and then look after them ourselves, until they were big enough to join the rest of the gang. Without the pigs, we will now be able to keep them safe and hopefully be able to let nature take its course. So a win win, we are hoping?

We have also been looking into trying a few new bird species. Pheasants and quail are a strong possibility as are Partridge. Once we have got the ‘new’ space organised, we can look into what else we will need. There is nothing definite here, it is all being researched, but if it does go ahead and prove successful, it could be interesting, as you do not often see these for sale. It is strange really, but apart from the geese and ducks of which we are particularly fond of, we are 60K providing our own meat from the birds. Lets see what happens?

So, on that note, other than gazing at our plumptious olives which are very close to harvesting, that is about it for this month.

Thanks for reading!

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/OliveTree-Farm-Pool-Services-297410080713344/ or contact us by email ... olivetreefarmalmeria@outlook.com
This month we are going to focus on the performance trend of a risk based portfolio and its gains and losses over a period of time.

<table>
<thead>
<tr>
<th>PORTFOLIO</th>
<th>Year ended 31/12/15</th>
<th>Year ended 31/12/16</th>
<th>Year ended 31/12/17</th>
<th>Year ended 31/12/18</th>
<th>Year ended 31/12/19</th>
<th>Year to date 31/08/20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adventurous</td>
<td>9.0%</td>
<td>28.6%</td>
<td>15.0%</td>
<td>-6.7%</td>
<td>22.4%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Balanced</td>
<td>10.6%</td>
<td>17.5%</td>
<td>15.8%</td>
<td>-8.6%</td>
<td>18.4%</td>
<td>-3.3%</td>
</tr>
<tr>
<td>Cautious</td>
<td>6.6%</td>
<td>13.3%</td>
<td>11.0%</td>
<td>-6.4%</td>
<td>14.2%</td>
<td>-3.2%</td>
</tr>
</tbody>
</table>

Performance figures rounded to 1 decimal place.

The above are the actual results of a real daily traded fund which is open to daily market movements – up and down. Normally, the more adventurous the risk, the bigger the rises and falls – but not always in the long term as you can see.

This has been a difficult year, however, we are at a lowish point and now is the time to get into the stock market to hopefully achieve some gains as showed in 2015, 2016, 2017 and 2019. In history, previous market falls are followed by several better years, however, there are no guarantees – that’s investing for you! What we can do is make sure you are in the right assets so that it minimises the chances of losses and enables you to access your money without any trouble at any time.

Typically, we would hold the above within a Spanish Compliant Bond for the avoidance of inheritance tax between partners/spouses and for all the income tax and models 720 asset reporting to be done for you. The product allows for penalty free access at anytime – so no tie in. The underlying investment is held in Ireland.

Call me if you are interested!

Meetings can take place in your home or in the offices of Choice Rentals Almeria based in Mojacar at Local 88, 2nd Floor, Parque Commercial, 04638, where I will meet clients on a regular basis and very soon will be giving an informal question and answer session on the following:

- Residency - What are the rules?
- What are my Tax obligations?
- Tax efficient savings and investments.
- What is the Modelo 720 declaration?

INFO OCTOBER 2020

- fixed rate return funds provided by an Investment Product Provider extremely well known to British expats:
  - Growth (Sterling) Fund 3.3% p.a.
  - Cautious (Sterling) Fund 2.4% p.a.
  - Growth (Euro) Fund 2.4% p.a.
  - Cautious (Euro) Fund 1.6% p.a.
  
  (note: 1.2% p.a. more than published rates above for clients invested over 5 years!)

Financial Advice for British and Irish Expats

- Safe investment solutions for cautious & balanced investors
- Pension solutions (QROPS & SIPP)
- Currency Exchange

Having both the skill sets of an accountant and a financial adviser gives me an understanding that not all advisers have.

Tel: 865 751 713
615 607 278
info@daviddiggle.es
www.daviddiggle.es

Pension tax
Inheritance Tax and Succession Law
Please call me to register your interest.

David Diggle C.A.T., DipFA TEL: 615 607 278 / 865 751 713
EMAIL: dave.diggle@blacktowerfm.com
WEBSITE: www.theblacktowergroup.com

The above information was correct at the time of preparation and does not constitute investment advice and you should seek advice from a professional adviser before embarking on any financial planning activity.

This month is a bit tricky! Not so many interesting plants begin with the letter Q that I know about so I may have to double up a bit and add the letter R!

Anyway, the plant I’m going to start with is Quisqualis indica, mainly because I have it growing in my garden as are most of the plants in my articles, if not all. Quisqualis Indica goes by several names including Rangoon Creeper and Red Jasmine. As the last name suggests, it has highly scented flowers.

This super plant is found across the tropical parts of the globe so will not tolerate really low temperatures or frost. It may not die, just lose all its leaves, and hopefully regrow again in spring but then again, it may die!

It’s not a climber per se in that it has no tendrils like a Passionflower for example but although it starts off initially as a shrub, it soon starts to send out vine-like stems that twist round any and all available holds. It also increases by root suckers. It can be planted at the base of a tree where it will scramble up and through the branches or grown on a trellis or fence.

Continued on page 34 ….
In some places it’s considered a pest as it is a quite fast grower but the one I have has never suckered and has behaved perfectly. It is happy in full sun or light shade and would appreciate a good mulch of compost or manure when first planting. Regular watering is preferred although my one rarely gets water! The flowers are the star feature of this creeper. Here, near Cartagena where I live, flowering starts in late summer and continues for several weeks. The flowers consist of sprays of 10 or so small flowers that open white and gradually change to pink then red before fading. They have a beautiful perfume which is more intense in the evening and night-time. As with many plants, worldwide, Quisqualis is poisonous, especially the seeds. However, they rarely seed. Also, as with many tropical plants, it is also valued as a medicinal source. As usual, one of its common uses is as an intestinal wormer as well as being used to treat toothache, rheumatism, headache and a myriad of other ailments using mainly the leaves as well as the seeds. Us normal gardeners of course only want to grow this super vine for its stunningly scented triple coloured flowers and not bother ourselves with its possible use as a vermicide or diarrhoea treatment!! So if you find one anywhere for sale....buy it !

Going on from the letter Q, the letter R warms me to Roselle. I have grown it from seed for the first time this year. I grew it for its distinctive red flowers and stems. It is a member of the Hibiscus family and like many plants in that family it has many medicinal and food uses as well as the fibrous stems being used for rope or cord making. The calyx of the flowers is especially prized for use in cooking and also as a colourant in various recipes, has to be the red flowered Roselle though. The leaves too are used in cooking, especially the young leaves and shoots and are said to taste a bit like rhubarb! I haven’t tried them though. An all-round useful plant. It is a mainly tropical plant found in Africa, India and Asia as well as the US and the Caribbean where it definitely enjoys more humidity than is often found in some parts of Spain. It seems to be doing alright in my garden at the moment here in the dry south. It is an ancient plant that has been cultivated as a food plant for thousands of years. It is unusual in that it only flowers when there are less than ten or eleven hours of daylight so summer flowers would be a no no. It really is a fascinating plant, and I am hoping mine will actually flower as I want to try the tea-like drink made from the calyx of the red flowers. The seeds too can be used, roasted and eaten but they are kind of small, so I won’t be bothering with those. If you want to try growing this multi use plant, start the seed off in spring. It germinates quickly so be ready to have the right spot for the height of the seedlings are likely to grow to!!

usually perennial and grows quite tall so if you do decide to grow some remember it can reach up to four metres tall. Mine are all well staked as this year has been very windy every month. It is an ancient plant that has been cultivated as a food plant for thousands of years. It is unusual in that it only flowers when there are less than ten or eleven hours of daylight so summer flowers would be a no no. It really is a fascinating plant, and I am hoping mine will actually flower as I want to try the tea-like drink made from the calyx of the red flowers. The seeds too can be used, roasted and eaten but they are kind of small, so I won’t be bothering with those. If you want to try growing this multi use plant, start the seed off in spring. It germinates quickly so be ready to have the right spot for the height of the seedlings are likely to grow to!!

We have moved.

1 STOP POOL SHOP
Pool Leisure Products & Services
Longo’s Courtyard - Albox 950 104 345 / 637 582 696
Open: Mon-Fri 09.30-14.00 Sat 10.00-13.30

CALLING ALL SELLERS
PROFESSIONAL 3D INTERACTIVE VIRTUAL PROPERTY TOURS
Our new state of the art technology produces high quality 3D virtual property tours which enable buyers to walk themselves or take an assisted tour around the whole property from wherever they are in the world. These aren’t just 360-degree scan photos but an actual tour enabling the user to see every aspect of the property inside, outside and the surrounding area. It also produces 3D floor plans (Dolls House), professional photographs and a measuring tool which allows the buyer to measure any space in any room.

With the virus spreading worldwide and the possibility of further lock downs this marketing tool is invaluable to both sellers and buyers. It is the future of property presentation.

Despite the world pandemic we are living through property in our region of Spain is still very much sought after. With record sales in August, September and October we are desperately in need of fully legal properties for sale in Arboleas, Zurgena, La Alfoquia, Albox, Partalona and Cantoria areas. If you are looking to sell then get in touch without delay to see how our proactive marketing can help you get moving.

CALLING ALL SELLERS
PROFESSIONAL 3D INTERACTIVE VIRTUAL PROPERTY TOURS
Our new state of the art technology produces high quality 3D virtual property tours which enable buyers to walk themselves or take an assisted tour around the whole property from wherever they are in the world. These aren’t just 360-degree scan photos but an actual tour enabling the user to see every aspect of the property inside, outside and the surrounding area. It also produces 3D floor plans (Dolls House), professional photographs and a measuring tool which allows the buyer to measure any space in any room.

With the virus spreading worldwide and the possibility of further lock downs this marketing tool is invaluable to both sellers and buyers. It is the future of property presentation.

Despite the world pandemic we are living through property in our region of Spain is still very much sought after. With record sales in August, September and October we are desperately in need of fully legal properties for sale in Arboleas, Zurgena, La Alfoquia, Albox, Partalona and Cantoria areas. If you are looking to sell then get in touch without delay to see how our proactive marketing can help you get moving.
On the morning of the 5th March 2011, the residents of Vera awoke to the news that Jesus had been decapitated! Apparently, in the early hours, during a violent thunderstorm, the statue of The Sacred Heart of Jesus, atop the hill overlooking the town, was struck by lightning and the figure’s head was severed and rolled part way down the hill. Having stood there since 1949, I would imagine it had experienced many lightning strikes, but none before of that strength to cause that degree of damage. The head was eventually replaced and the statue was once more complete.

I was reminded of this story recently while reading a book set mostly in Rio de Janeiro, Brazil, with the main theme running through it of the building of the huge figure of Christ the Redeemer on the Corcovado Mountain. The statue is, perhaps, the world’s most famous of its type and was created in Paris by a Paul Landowski, while the face was sculpted by a Romanian, Gheorge Leonida. The whole thing was transported by sea in sections and reconstructed on site on a base which had already been built. The whole concept must have been a massive undertaking and became an inspiration to later similar projects all around the world.

Standing at 30.1 metres it took 5 years to construct between 1926 and 1931. I always thought this was the tallest in the world, but it seems it only comes in at number four on the list. However, it is the oldest and receives, on average, some 6 lightning strikes a year, one of which in 2008 damaged a finger, the head and eyebrows of the figure.

Continued on page 38 ....
Indonesia

This story got me wondering about other similar statues, where they are and how big etc. So I did some digging. It turns out that the tallest at 33 metres is in Poland in a place called Swiebodzin…. no I’ve never heard of it either! It appears to have been and still is an important town in the West of the country. The head of the statue weighs in at an immense 15 tons with the whole thing weighing over 440 tons. It is made in concrete and fibreglass and was completed in 2010. It certainly has the appearance of its counterpart in Rio and is a big tourist attraction. The photo shows the head being attached and gives you some idea of its size when you see the figures of the workmen waiting to receive it.

Another huge statue at 32 metres resides in Vietnam. Apparently there is one which I found a little disturbing but also really interesting in that there is a connection which is much closer to home. It is The Broken Christ, a statue 25 metres in height to be found in a town called Aguascalientes in Mexico. The making of the statue was inspired by the story of a Jesuit priest, Ramon Cue, who wandered into an antique shop in Seville, not long after the Spanish Civil War. He was looking for a crucifix for his chapel and came across one which was badly damaged, missing an arm and leg and head.

I thought at first it had suffered damage from either an earthquake or an explosion of some kind, but its appearance is deliberate and is a skilful piece of work. The sculptor was a local one, Miguel Romo Santini and one Erasmo Aguilar. It was inaugurated in 2006, is made from steel, fibreglass, polythene and bronze and was completed in only 2½ months. The making of the statue was inspired by the story of a Jesuit priest, Ramon Cue, who wandered into an antique shop in Seville, not long after the Spanish Civil War. He was looking for a crucifix for his chapel and came across one which was badly damaged, missing an arm and leg and head.

Mexico

The priest was so moved by its appearance, he bought it and wondered how many other religious relics had been desecrated during the conflict. Sometime later, incredibly, the crucifix spoke to him, lamenting the state of the world and of the Catholic Church and how they should remember the people who are persecuted and whose lives have been similarly broken.

The story obviously got around and found its way across the Atlantic where it inspired the building of the statue in Mexico.

So, next time I am passing Vera town, I’ll take a look across to the hill and to the statue and think of its cousins standing proud and tall right across the world.
VOSS homes

INMOBILIARIA ESTATE AGENT

Main Office: 155a Carretera Estacion, Huércal-Overa, 1km off the A7 motorway at exit 553. 100 metres from Lidl

Please call 0034 950 616 827 / 678 002 006 / 667 891 741 or email info@vosshomesspain.com

LAALFOQUIA OFFICE
OPEN BY APPOINTMENT ONLY

www.vosshomesspain.com

FEATURED PROPERTIES

VH1766 Casa de Sueños €199,950

This is a WOW, immaculately presented villa that “ticks” so many boxes with a large 185m2 approx build including garage / workshop, carport, large front & back conservatories, amazing views 11m x 4m swimming pool, air con throughout and pellet burning fire on an easy to maintain walled & gated garden of approx 693m2. In the popular area of El Cucador, walking distance to a popular restaurant / bar. 5 mins drive to the popular area of El Cucador, walking distance to walled & gated garden of approx 693m2. In the villages of La Alfoquia & Zurgena. 12 mins drive to Huercal-Overa.

VH1758 Casa Alfombra €72,950

Immaculately maintained, homely, spacious, 85m2, 2 bed, 1.5 bath, 2 storey, terrace house with front drive / patio plus a low maintenance back garden with splash pool and use of two large communal large swimming pools & garden (Community fees only €250 pa). Walking distance into the village of La Alfoquia with shops, restaurants, cafes, banks, doctors, vets, bowling green, walking football pitch etc. 12 mins drive to Huercal-Overa.

THE ADVENTURES OF NEILÀ
21. TOILETS AND EXPLANATIONS

‘Right, let’s go then.’ Mrs Worsley started towards the door, then stopped abruptly. She turned towards me, and I could see she was thinking.

‘Before we leave do you need to go to the toilet?’

I had no idea what she was talking about, but I heard Gruff laugh.

‘The what?’

‘The toilet. You’ve been here for several hours, you’ve had something to drink, do you need to…’

She paused.

‘Pee.’ Gruff said.

‘Pee? I don’t know. What’s pee?’

Mrs Worsley rubbed her chin. ‘Er. It’s when you’ve had a drink, you feel the need to’ she paused.

Pee. Urinate. Pass the water. Cock your leg.’

‘Urinate.’ I’d heard the word, but never really understood what it meant. ‘No, I don’t think so. How would I know?’

‘Oh, you’ll know.’

She pressed her hands to her lower abdomen. ‘You’ll feel pressure. Here.’

Now I understood. ‘Oh. No. It’s not necessary, our bodies absorb everything that we eat or drink, there’s no need.’

‘The what? You’ve been here for several hours, you’ve had something to drink, do you need to…’

She paused.

‘Pee.’ Gruff said.

‘Pee? I don’t know. What’s pee?’

Mrs Worsley rubbed her chin. ‘Er. It’s when you’ve had a drink, you feel the need to’ she paused.

‘Pee. Urinate. Pass the water. Cock your leg.’

‘Urinate.’ I’d heard the word, but never really understood what it meant. ‘No, I don’t think so. How would I know?’

‘Oh, you’ll know.’

She pressed her hands to her lower abdomen. ‘You’ll feel pressure. Here.’

Now I understood. ‘Oh. No. It’s not necessary, our bodies absorb everything that we eat or drink, there’s no need.’

Mrs Worsley sighed. ‘How convenient. Let’s go then.’

With that Kevin stropped out of the garage. ‘Hello. Hey, Neila, you look ridiculous.’

‘Kevin! Don’t talk to the customers like that!’ Cyril was still trying not to laugh.

‘Urinate.’ I’d heard the word, but never really understood what it meant. ‘No, I don’t think so. How would I know?’

‘Oh, you’ll know.’

She pressed her hands to her lower abdomen. ‘You’ll feel pressure. Here.’

Now I understood. ‘Oh. No. It’s not necessary, our bodies absorb everything that we eat or drink, there’s no need.’

Mrs Worsley sighed. ‘How convenient. Let’s go then.’

She turned and started down the stairs.

‘Oh! Ask her if I can come.’

‘Gruff wants to know if he can come. He said it sounded like fun.’

She stopped on the second step. ‘OK,’ she said to Gruff. ‘But you’ll have to wear your harness.’

‘D’oh! I hate that harness.’

All three of us went downstairs, I picked up my piece of paper and we went out of the front door. Mrs Worsley locked the door with a key - nothing seems to be doing it telepathically.

We drove into Cyril’s yard, and as we got out of the car Cyril emerged from inside his garage holding a sandwich.

‘Hello, not much news yet, but Kevin has been busy on it.’ Cyril was talking about my spaceship. ‘He’ll be out in a minute, he’s in the toilet.’

‘Ah! Toilet! I’ll try out my knowledge, I thought. ‘Is he peeing?’

Mrs Worsley and Cyril both turned and looked at me. ‘Neila! You don’t ask things like that!’ She remonstrated.

But I could see both of them were trying not to laugh.

With that Kevin stropped out of the garage. ‘Hello. Hey, Neila, you look ridiculous.’

‘Kevin! Don’t talk to the customers like that!’ Cyril was still trying not to laugh.

Oh dear, now we are both in trouble!

I held out my paper. I felt it was time to change the subject.

Will Kevin know who I must give my paper to? Will I ever understand how to keep out of trouble?

WOULD YOU LIKE YOUR PROPERTY HERE?

www.vosshomesspain.com

LOCATION WAREHOUSING S.L.
Calle Mojana 8 & 9, El Real Ind. Est - Antas

REMOVALS & STORAGE
950 391 412
950 528 565

AUCTION HOUSE

Next Auction
Wed 4th Nov - before 12
Viewing Mon 2nd & Tue 3rd
09.30 - 13.30 & morning of Auction
BID VIA PROXY BY 
WEDNESDAY 12PM
Following Auction
Wed 18th November
Viewing 10:30 & 11:30

LocationAuctionsAntas

www.locationwarehousing.com

VIEWING MON 3RD & TUE 4TH NOV - BEFORE 12
WEDNESDAY 12PM
BID VIA PROXY BY WEDNESDAY 12PM
NEXT AUCTION

WEDNESDAY 12PM
BID VIA PROXY BY WEDNESDAY 12PM
On the UNESCO World Heritage Trail

Vizcaya Bridge

Getxo and Portugalete are two neighbouring towns located to the north of Bilbao, on the Bay of Biscay. Although separated by the Nervion River, these sister towns have a very common history. Both of them have been profoundly shaped by maritime professions and more importantly by the heavy industrialization that the northern region of Spain went through starting in the late 1800’s. Today, this can most easily be seen by the structure that physically connects the two towns – the Vizcaya Bridge.

The Vizcaya Bridge was the first bridge of its kind ever constructed and stands as a monumental reminder to the area’s industrial past. This transporter bridge was able to move people and goods back and forth without obstructing the path of ships, something completely new for the time and even a rarity for bridges built today.

The red steel structure is considered to be one of Europe’s most important constructions during the Industrial Revolution and today is listed as a UNESCO World Heritage site. Much of the wealth from this industrial time was brought to Getxo and Portugalete as well. This can be seen in the many fine mansions built in the area. The “Camino de las Grandes Villas” is a path that goes past several prime architectural examples from the time period, before ending at the newly built marina.

The Abra Marina and the Old Port of Algorta are great places to relax and have a meal. One is new and the other old but both offer a distinct option for unwinding.

Getxo is also home to five beaches. They are quite popular since they can be very easily accessed from Bilbao. The Vizcaya Bridge, or Puente Colgante (“Hanging Bridge”) as it is most commonly referred to, is one of the most unique bridges in the world. In the late 1800’s, when this transporter bridge was constructed, the city of Bilbao was going through a period of growth that was fueled mainly by ship building and the mining industry. Ships packed with iron-ore would travel from Bilbao up the Nervion River on their way to England. With all of the ship traffic, building a traditional bridge at the mouth of the bay would have been far too restrictive to their movement and would have caused unwanted delays. A different solution was needed and the idea of the transporter bridge was born.

This first ever transporter bridge is referred to as the “Hanging Bridge” because that’s exactly what it does – it hangs. More specifically, a gondola hangs by cables from a steel structure that towers 61 meters over the Nervion River. In 90 seconds the gondola is able to transport 6 cars and 200 people from one side of the river to the other, all without obstructing the passage of even the largest of ships.

The impressive Vizcaya Bridge is now considered to be one of the most outstanding constructions of the Industrial Revolution in Europe. For this reason, it was listed as a UNESCO World Heritage Site in 2006.

Since its completion in 1893, the Vizcaya Bridge has transported approximately 650 million people, which is equivalent to the population of the European Union and the USA together. On top of that, if you add up all of those trips, the total distance travelled by the gondola is equal to that of 31 trips around the Earth.
Puzzle Time

Rosetta

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.

<table>
<thead>
<tr>
<th>1</th>
<th>4</th>
<th>9</th>
<th>3</th>
<th>2</th>
<th>4</th>
<th>6</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>1</td>
<td>5</td>
<td>2</td>
<td>6</td>
<td>7</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>9</td>
<td>4</td>
<td>8</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>9</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>6</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>9</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>6</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>7</td>
<td>3</td>
<td>6</td>
<td>8</td>
<td>4</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>1</td>
<td>9</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>5</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 coloured hexagon cells
3. Each number between 1 and 7 in no particular order while also ensuring that:

- 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 also ensuring that:
- No number is repeated in a horizontal row.
- Each number for 1 to 7 are represented in the 7 grey coloured hexagon cells.

---

If you are looking to buy or sell a property here in Almeria. Contact us now!

**Almeria Casas**

DUE TO A LOT OF SALES! WE ARE URGENTLY IN NEED OF MORE PROPERTIES!

IF YOU ARE LOOKING TO BUY OR SELL A PROPERTY HERE IN ALMERIA. CONTACT US NOW!

**Pink Palm Services**

GET YOUR GARDEN SUMMER READY!

- Garden Transformations
- Qualified Tree Surgeon
- Garden Maintenance
- One-Off Clear Outs
- Landscaping

Call now for a no-obligation quote

643 563 722

or simply WhatsApp your enquiry to us

Ctra. Baza-Huércal Overa, Km.72 - ALBOX
622 307 990  aftienda@gmail.com

ALMERIACASAS is a multilingual team with many Dutch, Belgian, German, French and British clients looking for all types of properties in different areas

NO SALE, NO FEE! NO UPFRONT PAYMENTS! NO ADVERTISEMENT FEES!

CONTACT US NOW TO GET YOUR PROPERTY SOLD!

www.almeriacasas.com

0034 950 169 680

0044 203 129 1263

info@almeriacasas.com

Avda. Lepanto No24 Local
04800 Albox

(Up road past the front side of Mercadona, after Los Rizos)

---

**UK DIRECT**

Removals / Deliveries / Collections
Storage / Vehicle Transportation

UK +44 7719 118879
Spain 642 099 479
info@ukdirectremovals.com
www.ukdirectremovals.com

45 Nov '20
LET US INTRODUCE THE MALAGA RANGE!

This month we are showcasing our new and extensive Malaga range. This range is aluminium framed and covered in strong grey and white-washed synthetic rattan. Durable and comfortable grey cushions compliment the furniture. The whole range represents great value for money, classy lines and such comfort!

You will also love the versatility of this range. Regardless of the size of your outdoor space there is a set to suit you and your pocket!

Please feel free to come in and browse the full Malaga range, and all our others, for yourself. We carry, probably, the largest choice of garden furniture and accessories, all are exclusive to Inspired, in this area.

There is always a warm welcome for you at Inspired! We pride ourselves on the quality of our customer service from the point of purchase to home delivery, installation and beyond!!

Let us help you to make your home “an Inspired home”

IT’S NOT JUST A HOME ...  ... IT’S AN INSPIRED HOME

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!

"BETTER STILL, POP IN AND SEE US!"

www.inspiredgardenfurniture.com  Facebook: Inspired Garden Furniture

Poligono EL REAL, Antas (same estate as Lopez Ferreteria)
Open: Monday - Friday 10am - 6pm & Saturday 10am - 2pm
Julio José Iglesias de la Cueva, better known as Julio Iglesias, was born in Madrid on 23rd September 1943, the eldest of two brothers. Right from a very young age, Julio had a passion for football and when he was in his teens, he was offered a professional contract as the goalkeeper for Real Madrid’s second team. He accepted with alacrity and combined his football career with university studies, but his aim was to become a full-time professional footballer. However, when he was 20 his dreams were abruptly destroyed by a traffic accident which left him half paralysed. The doctors did not expect him to walk again.

Julio Iglesias spent 18 months in hospital. He was deeply affected by his broken dreams and composed sad, romantic poems. The young nurse who looked after him gave him a guitar, both to help him exercise his hands and to keep him entertained. As Julio learned to play the guitar, he put music to his poems, and turned them into songs.

Through stubborn training and perseverance, Julio managed to start walking again, and by the time he was discharged from hospital he was able to walk completely normally – although he would never play professional football again. He went back to university, and shortly after travelled to England to improve his English. He studied during the week and played covers of famous hits in a pub at the weekends.

He was still writing songs, and when he offered one of them to a record company for someone else to sing, they asked him why he did not sing it himself. ‘Because I’m not a singer,’ he replied. They managed to persuade him to have a go, and that was the beginning of Julio Iglesias’s musical career.

In 1968 he surprised everybody by winning the first prize at the Benidorm Festival with his song ‘La Vida Sigue Igual’ (life stays the same), and he came fourth in the Eurovision Song Contest with ‘Gwendolyne’ in 1969.

In the seventies he published a series of songs which reached the top of the European and Latin American hit lists. US Latinos also took to him, which opened the door for him to the North American market. In the mid seventies he moved to Miami in Florida to finalize the capture of the American market. With the help of his producer and author of some of his songs, Ramón Arcusa, he gained increasing popularity in the USA.

In 1981 he became the first Spanish artist to reach number one in Top of the Pops with his version of Begin the Beguine. His record label, CBS, supported him unconditionally and he recorded songs with great names such as Willie Nelson, Barbra Streisand, Stevie Wonder and Diana Ross.

In 1984 his album, 1,100 Bel Air, sold more than a million copies in the USA in its first week on the market. His duo with Willie Nelson, To All the Girls I’ve Loved Before, reached number three on the Billboard 100 chart, and Julio Iglesias was a regular visitor to the most popular TV shows throughout the 80s.

He became the only Spanish singer who could boast having had the Beach Boys as his back ground singers, and he was mentioned in the Guinness Book of Records for being the artist who has published albums in most languages: Spanish, English, French, Italian, Portuguese, German, Japanese and Mandarin Chinese, amongst others.

In 1995 he became the first foreigner in Chinese history to receive the prestigious Chinese Golden Record Award. One of the most important highlights of his career came in 1997 when he received the Pied Piper Award, the most prestigious award in the United States, given by the ASCAP, as the first ever Latino artist to achieve such honour, and joining such celebrities as Frank Sinatra, Ella Fitzgerald and Barbra Streisand.

In his career, Julio Iglesias has sold more than 300 million copies of his 80 albums worldwide. The albums include original versions in different languages, compilations and live albums. He is the Spanish speaking artist who has sold most albums in history. He has received 2,600 platinum and gold records and performed more than 5,000 concerts in 600 cities all over the world and more than 60 million people have watched him perform live.

According to the Spanish World Encyclopaedia, which is published by the Cervantes Institute, in October 2006 Picasso and Dalí were the most sought Spanish icons online, followed by Julio Iglesias, who had more than 50,000 searches, and Antonio Carreras. Goya came fifth and Miró sixths. Thus, Julio Iglesias was the living Spaniard who had been searched for the most online.

Julio Iglesias had a Spanish tour planned for 2020, which sadly had to be cancelled like so many other events this year due to Covid 19.
By Emma Randle

La Chanca Life
Last year former Costa Almeria News reporter Emma Randle embarked on a new adventure in the historic gypsy quarter of Almeria. Faced with the mid-life challenge of job loss and children leaving home, in January 2019 she upped sticks from her comfortable country residence to experience a different way of life. Over the past few months we have been following her journey, as well as learning about what Almeria city has to offer – its bars, attractions and colourful history.

A Year in La Chanca
New Year’s Eve - 31st December 2019
This is it. The year is up. At the twelfth stroke of midnight will my La Chanca Life turn into a pumpkin or will it be the fairytale ending I was searching for at the start of the year?

In many ways my move to the gypsy heartland of Almeria has been like a fairy story. This time last year I set off to seek my fortune in the city, just like Dick Whittington, but leaving my cat (and the dogs) behind me. My tale has been populated with anecdotes of Moors and Gypsies, my adventures in La Chanca with its romantic view of the castle and sea, and the quest for a new life. But of course, real life is never as black and white as fairytales, and the view in La Chanca is no different.

Much of my mission statement that was my very first blog has been fulfilled. I wrote: “Will I find my dream job, spiritual home or new purpose in life, or will I be desperate to get back to the quiet country life and return to my comfort zone?”

The answer is, yes I do have a new purpose in life, and my new legal business does have the potential to be a dream job. (Teaching does not appear to be my calling but it’s been good to have the opportunity to discover that!)

No, La Chanca is not my spiritual home, but it has a special charm and authenticity and I do love Almeria, with its tree lined avenues, quirky bars and shops and the ever present sea.

I don’t want to return to the country life but I am much more able to appreciate it now. How sad that I wrote a year ago: “I don’t bother to pick my own olives, my oranges fall to the ground uneaten and weeds grow everywhere.” Well right now I am in the middle of the olive harvest and have picked and eaten plenty of oranges! Coming back to my Caraitiz home now is a pleasure.

But I have realized that one year is a very short time when it comes to changing your life. Really, I am just settling into things, and am only at the start of my new working life.

So, my life based in La Chanca will continue for the time being, while I establish myself more in the city and my revived career as a solicitor, and try to build on the experiences I have had this year. That is the fairytale ending – a new beginning.

But this blog is going to be rather more of a pumpkin. Its time is up.

Now that I have recounted the trials and tribulations of my life changing year (aka midlife crisis), the story pretty much continues unchanged, and that doesn’t make for very interesting blog reading.

Consolidation is not the same as adventure, the working life is not the same as the exploring life. But, I am happy. Writing this blog has been an integral part of my journey, and I’m grateful to have reached this point. And it has been a wonderful experience sharing La Chanca Life with all of you, my readers, and receiving your likes and messages of support. Thank you!

So I say goodbye for now to my monthly musings – but never say never to picking up the quill (aka laptop) again in the future!
In 1964 the Junta de Andalucía decided to close the railway line through the Almanzora Valley. This removed one of the two means of moving people and goods up and down the valley forcing it all on to an inadequate road structure. Sixteen years later the Junta decided that, perhaps, closing the railway may not have been such a good idea after all and set about planning a road system better able to cope with the goods traffic in the area, especially the marble from the quarries around Macael.

Despite recognising the need it would be some time before anything actually happened! Plans for the road were first published in 1985 but it was 2005 before work on the first section began. This section was completed four years later and in 2011 another section was added. The third and, to date, final section was completed in 2015. The motorway currently runs from El Cucador for 22km to outside the Consentino works near Fines.

And that was that, for a while. Although the Junta continued to reiterate their intention to complete the road through to the A7/E15 “fine words butter no parsnips”, as they say! To their credit, they backed up their fine words by actually putting money in the budget, but they never actually got around to spending it! Until about two years ago when the next section from El Cucador to La Concepción was put out to tender and on 21st September 2019, the Junta’s president inaugurated the penultimate section. A section that is currently going to end in the middle of nowhere!

The problem is the old one- the wheels grind exceeding slow! This slowness has been made considerably worse by the current pandemic as the Junta seems determined to allow plenty of time for things to get held up in the pipeline! Currently, the situation at Junta level is that they have submitted all the necessary documentation to central government and they await their approval so that the final section can be tendered. (And built!)

The problem on the ground is that work has been progressing much faster than planned. If everything had gone to plan this section would have finished just as the next one was about to start. There is now a serious risk that the current section will be finished well ahead of time and any time gained will be wasted.

On Monday, 5th October our mayor, Luis Díaz, visited the works together with the Minister of Development, Infrastructure and Land Management of the Junta de Andalucía, Marifrán Carazo, the Minister of Agriculture, Livestock, Fisheries and Technological Development, Carmen Crespo; the president of the Almería Provincial Council, Javier Aureliano García; and Domingo Fernández, mayor of Huércal-Overa Overa, along with other local dignitaries all anxious to see how the 25.3 million euros was being spent!

During the visit, they took a special interest in the bridge over the Rio Almanzora, which at over 300 metres is a major structure on the motorway.

In the latest development on Monday 19th October, the existing junction at Cucador was closed off to enable the girders to be lowered onto the shorter bridge over the A1101 and for other construction works to be undertaken. This is expected to last for three months. I assume that when this work is completed it will be necessary to divert traffic through La Alfoquia to enable intersection work to place on the existing motorway.

The Almanzora Motorway

By Mike Woolnough
Photographs by Teresa Harrison

Complete with 18 hole battery & charger
Machine splits to fit in a car boot
FOR SALE
RIDE ON GOLF BUGGIES
For further details and price contact
Kevin Manser
950 634 575 or mobile 650 203 712
Complete with 27 hole battery & charger
Machine splits to fit in a car boot
Located within the town of Albox just next door to Longos Ferretería, Amigos indoor market is home to over 35 independent retailers that sell a wide mixture of products, from gifts and handmade goodies to all the Asian spices you may need. We even have a brilliant barbers, bespoke artists and a masseuse.

With so many unique stalls in the indoor market why not come down and make a day of it? There is hot dogs and milkshakes with a place to sit and enjoy, and don’t miss the chance to try the cakes and pastries freshly baked from around the world!

There really is something for everyone, including ladies and gents clothing, all your pet supplies, your household necessities and bed linen and decorations and even a local florist. We also have a local Avon lady, and we will soon have a dog groomers open too!

We’re driven by the belief that you can only keep discovering if you keep looking... so we are always adding interesting new products and stalls. No two weeks are the same down here so keep checking in to see what’s new!

We are also proud to now have the well established hairdresser Donna with us in her new stylish salon, a well known hairdresser who’s been in the area for over 17 years. The Amigos indoor market is a great place to shop, eat and drink or just take in the atmosphere! We are open Monday to Saturday from 9 am to 2 pm!!

Amigos indoor market is definitely more than just a market. Home to 35 independent traders, it’s a shopping experience and a community under one roof.

**Opening hours MON - SAT 9am - 2pm**

**TABLE TOP BOOT FAIR**

Wednesdays on Front courtyard

Limited Spaces

Book now to reserve your space

Please contact for further information:

711 06 08 95  
Amigosindoormkt@hotmail.com

Amigos indoor market is definitely more than just a market. Home to 35 independent traders, it’s a shopping experience and a community under one roof.

**Opening hours MON - SAT 9am - 2pm**

**TABLE TOP BOOT FAIR**

Wednesdays on Front courtyard

Limited Spaces

Book now to reserve your space

Please contact for further information:

711 06 08 95  
Amigosindoormkt@hotmail.com
What is Happening in the Local Property Market - Nov 2020

By Voss Homes Estate Agents - Huércal Overa

As expected, October was another great month and November & December are expected to be the same. January is usually a quieter month but who knows? Many of our buyers actually already live here in Spain so viewing & buying houses can be done at any time.

Due to the lock down we are finding a lot of local Spanish buyers from the towns are now looking for country or village properties with more outside space.

Some doom merchants believe that after December 31st that British buyers will reduce greatly but we think the opposite. Just because Brexit is looming this will not stop the massive desire of British people to buy a property in Spain. Buyers are just waiting for the right time to buy for them, irrelevant of Brexit.

Remember also that not everyone is buying to live here, many are buying holiday properties. Also, there is great demand from Dutch, Belgian, French, etc buyers.

Therefore, if you are going to put your property on the market get it done asap. If you are already on the market, make sure it is at a realistic price so your agent can get potential buyers through the door.

Kerb appeal - A buyer’s first impression of your property is vital so with the cooler, wetter months coming, so sellers please keep on top of garden & garden wall maintenance.

Paint the wall, oil the gate, trim those plants & trees, pull those weeds and for heavens sake please remove all your garden rubbish and old building materials as your buyers do not want them.

A message for buyers:- Many properties may have been on the market for quite some time and many correctly priced “new to the market” properties are now being snapped up.

If you see a property you want to buy and you have visited numerous times and have got to know the area….then buy it or someone else will.

Also, we know you want to get a bargain, but do not lose a property over a grand or two as someone else may just come along and pay that extra whilst you are quibbling.

---

Losing a house because you procrastinated and didn’t put the offer in on time is the adult version of letting go of a balloon.

---

NOVEMBER SPECIAL!

50% DISCOUNT ON A CHIMNEY SWEEP & INSPECTION WITH EVERY FULL LOAD OF LOGS DELIVERED.

VARIOUS GRADES AND TYPES OF FIREWOOD AVAILABLE
(VALID THROUGH NOVEMBER 2020)

GET YOURSELF READY FOR WINTER AND MAKE SURE YOUR LOG BURNER IS RUNNING AT PEAK EFFICIENCY!

FOR PRICING AND MORE, PLEASE VISIT OUR WEBSITE:
WWW.LOGONTOMMY.COM OR FOLLOW US ON FACEBOOK!

---

Behind Taj Restaurant, just along road past the Corner Shop

GET READY FOR WINTER WITH DS LIGHT

We supply & fit...
- LED LIGHTS
- AIR CONDITIONING
- VIDEO SURVEILLANCE
- ELECTRICAL SUPPLIES
- LIGHTING
- AUTOMATIC DOORS
- CEILING FANS
- SOLAR LIGHTS
- EXTERIOR LIGHTS
- LAMPS

TEL: 681 661 726
LOS ZAMPAS, ALBOX, ALMERIA
Los Raimundos is a hamlet of some 20 houses at the end of the Filabres mountain range between Antas and Bédar. Its origins date back to the end of the 19th century, when D. Raimundo Contreras built his first farmhouse there. It is home to a mix of Spanish and British, only a few of whom (mainly British) live there full time.

A group of British residents got together recently to improve the entrance to the hamlet by landscaping a piece of ground and creating a small garden area. Then one of them found a discarded bed frame by the local basura one day and thought he could turn it into a bench to enhance the planted area. He got to work and, with help from neighbours, the result is now clear to see.

The mayor of Antas, Pedro Zamora, fellow councillors Félix Rodríguez Belmonte and Pedro Rodríguez García, and Lea-Anne Honeyman (acting as interpreter), kindly agreed to attend the unveiling of the new garden area. They were all impressed by what they saw and pleased to see how the community’s efforts had improved the look of the entrance to Los Raimundos. They – and other visitors – will always be welcome in future to rest awhile whenever they are passing through!

Local resident Steve Wise explaining the background to the creation of the new garden area.

Lea-Anne Honeyman and mayor Pedro Zamora unveiling the garden bench.
The Parrot Ravachol

Parrots are obviously well known for their chatty nature, and even those that cannot talk human certainly like the sound of their own voices!

But in Pontevedra in Galicia, at the beginning of the last century, there was a parrot who was so chatty and spot on with his remarks and observations that he became famous all over Spain, and his fame even reached other countries and continents, and it is considered that even today, over 100 years after his death, he is the world’s most famous parrot.

His name was Ravachol.

He was the pet of the pharmacist Perfecto Feijóo. Ravachol’s charisma and cheek turned him into a symbol of the city of Pontevedra. When he died, he was given a loving send-off by the townsfolk, attended by large crowds.

In 1891 Perfecto Feijóo was given the exotic animal by his friend Martin Faves, the conductor of the military band of the Guílar-Tui infantry regiment.

The parrot took a while to settle into his new home. But once he did, he revealed his true character and surprised both his family and strangers with the troublemaking and irreverent character he carried within.

It is not known whether the parrot was given a name when he first came to Pontevedra, but before a year had passed after his arrival to the city he was known to all the inhabitants by the name of a famous French revolutionary. François Ravachol was an anarchist who, apart from the city he was known to all the inhabitants by the name of a famous parrot.

Pontevedra. When he died, he was given a loving send-off by the citizens of Pontevedra. Don Perfecto tried in vain to correct the parrot’s bad behaviour and threatening manner.

When somebody teased him he’d say ‘Se collo a vara’ (I’ll get the stick out).

People who tried to give him sweets were met with the phrase ‘Vai de ahí lambón’ (get out of here, bootlicker!). If the pharmacy was empty and somebody entered he would shout ‘Don Perfeuto, parroquia’ (Don Perfecto, clients!) or ‘Xente na tenda’ (people in the shop).

If somebody with an unfortunate appearance entered the shop he’d proclaim ‘Aquí no se fla’ (we don’t give credit).

Moreover, if a priest entered he’d make the sounds of a crow, and when there was mass in the nearby Santuario de la Peregrina, he’d say prayers and sing hymns and generally bother the faithful, whom he called ‘barbarians’.

He was also said to hit the nail on the head with some of the insults he directed at several famous people, intellectuals and powerful politicians of the era.

But on 26th January 1913 Ravachol died. He is said to have died from indigestion after eating biscuits soaked in wine. The people of Pontevedra were so saddened and pained by the passing of the city’s most emblematic character that his body was embalmed of Pontevedra were so saddened and pained by the passing of the body was embalmed and exhibited in the pharmacy. Don Perfecto received sympathy

rebellious and rambunctious character.

This loveable animal soon learned to identify in which situations to use what phrases, almost always in Gallego, which soon became common sayings amongst the citizens of Pontevedra. Don Perfecto tried in vain to correct the parrot’s bad behaviour and threatening manner.

When somebody teased him he’d say ‘Se collo a vara’ (I’ll get the stick out).

People who tried to give him sweets were met with the phrase ‘Vai de ahí lambón’ (get out of here, bootlicker!). If the pharmacy was empty and somebody entered he would shout ‘Don Perfeuto, parroquia’ (Don Perfecto, clients!) or ‘Xente na tenda’ (people in the shop).

If somebody with an unfortunate appearance entered the shop he’d proclaim ‘Aquí no se fla’ (we don’t give credit).

Moreover, if a priest entered he’d make the sounds of a crow, and when there was mass in the nearby Santuario de la Peregrina, he’d say prayers and sing hymns and generally bother the faithful, whom he called ‘barbarians’.

He was also said to hit the nail on the head with some of the insults he directed at several famous people, intellectuals and powerful politicians of the era.

But on 26th January 1913 Ravachol died. He is said to have died from indigestion after eating biscuits soaked in wine. The people of Pontevedra were so saddened and pained by the passing of the city’s most emblematic character that his body was embalmed and exhibited in the pharmacy. Don Perfecto received sympathy

PARROTS

Birds - Rodents - Reptiles - Hunting & Fishing

Every full groom receives 10% discount with this voucher plus a 10% discount voucher for use at Bar Lepanto

Lulús Peluquería Canina

Professional Dog Grooming Parlour

Over 25 years experience

Más de 25 años de experiencia

Lisa

600 046 557 - 950 952 940

lulús.berros@hotmail.co.uk

ALL BREEDS AND SIZES CATERED FOR!

Every full groom receives 10% discount with this voucher plus a 10% discount voucher for use at Bar Lepanto

You must be barking mad not to advertise in the Almeria Living

agrocentro el molino

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!

Albox: 950 120 070

Mojácar: 950 475 156

albox@ibexinsure.com

mojacar@ibexinsure.com

04368 Mojácar

Local 85 Parque Comercial

639 814 178

Pet insurance

• 3 different levels of cover
• Pay in 3 instalments
• Multi-pet discounts

Find us on Facebook

Agrocentro el Molino S.L.

Protect your furry friends with Ibxes!
Royal Caribbean has released the new itineraries for five cruise ships that were redeployed at the end of September for summer 2021 based on “market research and valuable feedback from guests and travel partners”.

The new itineraries bring variety and options for Caribbean and European sailings and are available to book immediately.

Europe
Adventure of the Seas will sail a mix of new 4 and 5 night Mediterranean itineraries from Barcelona.
Jewel of the Seas will sail from Copenhagen and Stockholm on 7 night cruises calling on Northern Europe ports of call. Get ready to dive deeper into Old World adventures in summer 2021. Rediscover the Med’s greatest hits onboard the Seas, sailing from Barcelona and Rome, or returning favourites Vision and Rhapsody of the Seas. Head north for unforgettable sights in the Baltics and the British Isles onboard Jewel of the Seas. Choose from freed filled thrills in Norway to Mediterranean marvels and everywhere in between onboard Anthem of the Seas, sailing from Southampton — all open to book now.

Caribbean
Independence of the Seas will call Miami her home for the summer season and offer a combination of 6 and 8 night cruises to the Southern and Western Caribbean. Discover more ways to getaway in 2021-22 on bold weekend cruises from Florida to top-rated shores. Take on bucket list thrills or unplag and chill at our private destination. Perfect Day at CocoCay. Soak up the sun in The Bahamas. And discover the most iconic shores of the Eastern and Western Caribbean, from Cozumel to Grand Cayman. All while sailing on Amplified ships filled from bow-to-stern with unforgettable experiences. Vision of the Seas will sail from San Juan, Puerto Rico in summer 2021. She will offer 7 nights Southern Caribbean cruises. Nobody does the tropics like Royal Caribbean - and in 2021 – 2022 we’re going bold in the tropics with all four Oasis Class ships sailing from Florida, plus returning winter season favourites like Vision of the Seas and Rhapsody of the Seas.
You can set sail on epic getaways from Galveston and San Juan. Visit unforgettable ports like Virgin Gorda and St. Lucia. And enjoy more stops at our game-changing private destination. Perfect Day at CocoCay – these adventures are available to book now.
Brilliance of the Seas will remain in Tampa and sail 4, 5 and 7 night cruises to the Caribbean. Discover more ways to getaway in 2021-22 on bold weekend cruises from Florida to top-rated shores, plus epic short escapes from Galveston. Take on bucket list thrills or unplag and chill at our private destination. Perfect Day at CocoCay. Soak up the sun in The Bahamas. And discover the most iconic shores of the Eastern and Western Caribbean, from Cozumel to Grand Cayman.
Royal Caribbean’s other summer 2021 cruises will sail on as planned in the tropics with all four Oasis Class ships sailing from Florida, Alaska, Europe, and Asia-Pacific.
**Variety Is the Spice of Life!**

I have taken heed of that saying and chosen four completely different recipes for this month.

One vegetarian, an amazing chicken dish, some fish and an exciting recipe for your very own, very tasty bagels!

Read on!!

This is definitely my pièce de resistance this month!

The flavour of the marinated chicken combined with the vegetables turns it into an absolute treat that I will do (as my young colleagues say) do it again. And again.

I was a good girl (for once) on this occasion and took the skin off (as they say) do it again. And again.

The flavour of the marinated chicken combined with the vegetables turns it into an absolute treat that I will do (as my young colleagues say) do it again. And again.

I was a good girl (for once) on this occasion and took the skin off (as they say) do it again. And again.

**Käsespätzle with Crispy Onions**

I adore this dish – egg pasta baked in the oven with lots of cheese. I’ve done it for you before, I admit, but worry about those of you that may have lost out the first time I did it, so I’ll do it again.

My excuse? I ran into a recipe that does it with fried onions, so obviously I HAD to try it!

If you can’t be bothered to make your own spätzle (pasta) you can usually get dried it in Lidl nowadays, especially during and after their German/Alpine weeks. It’s very nice, but obviously not as nice as the freshly made.

**Ingredients for four:**
- 350g strong white flour
- 1 tsp Salt
- Freshly grated nutmeg
- 5-6 eggs
- 2 onions, finely sliced
- 1 tsp olive oil
- 300g grated Emmenthaler or Cheddar cheese

Mix the flour with the salt and nutmeg.

Crack in five of the eggs and stir vigorously (a man’s job while the lady of the house relaxes with a glass of chilled white wine) until the mix starts forming large bubbles. Don’t know how else to put it, but you’ll know what I mean when it happens. If the mix feels dry and uncooperative, add the last egg.

Leave it to rest for ten minutes.

Heat the oil in a frying pan and fry the onions, stirring, over a medium heat for 6-8 minutes until they turn golden.

Now it’s time to make the pasta.

Bring a large pan of lightly salted water up to 40 mm from the top to the boil.

Using a spätzle press (potato ricer) or a colander with large holes, add the egg-flour mix to the boiling water one ladle at a time. Leave the pasta to boil for 5 – 10 minutes until it all has risen the surface. Drain thoroughly.

Turn half the pasta into a greased oven proof dish. Repeat the procedure and bake your käsespätzle in the oven at 180ºC for 10 - 15 minutes until the cheese has melted and started to turn golden.

Serve with a leafy or tomato salad.

---

**Marinated Chicken**

Place the chicken legs on top and pour over the marinade.

Roast in the oven at 200ºC for 50 minutes to an hour until the chicken is cooked through (75ºC core temperature) and the vegetables tender and turning golden.

Serve straight from the dish.

What to say now? Words fail me…
Bagels

Serving light lunches & afternoon teas
Groetjes, Team Bar Limaria

I don’t know if any of you still remember my recipe for Laugebrötle, German rolls, which like these bagels are passed through boiling water before being baked in the oven. This makes the crumb more chewy and gives the bagels their characteristic consistency.

I find that this procedure makes an interesting change, so when I realized that bagels are made in a similar fashion, I was immediately ready to roll! (No pun intended)

Ingredients for 8 bagels:
- 25g fresh yeast
- 300 ml lukewarm water
- 1 tsp coarse salt
- 1 tsp sugar
- 2 tbsp olive oil
- 500g strong white flour

For the Topping:
- 1 egg, whipped

Salt flakes, cumin, sesame seeds, poppy seeds, linseeds, nigella seeds – or even something sweet! Whatever takes your fancy.

Dissolve the yeast in the lukewarm water. Add the other ingredients, mix, then turn the dough out onto a floured surface and knead it for 5-10 minutes until it is elastic and pliable. It wants to be fairly firm.

Shape the dough into a ball, place it in a greased bowl with a damp tea towel over the top and leave it to rise for about an hour. Give it another quick knead and leave it for another 15 minutes.

Turn the dough out onto the worktop and divide it into 8 equal parts. I use my kitchen scales for this so that the size does not vary too much.

Shape the pieces into rolls and use your fingers to make a large hole in the middle of each, turning them into thick rings.

Place them on a lined baking sheet and leave to rise for 15 minutes more while you heat your oven to 225ºC.

Bring a large pot of slightly salted water to the boil. Add two or three more while you heat your oven to 225ºC.

Place them on a lined baking sheet and leave to rise for 15 minutes until they turn golden and are baked through.

Sprinkle the topping(s) of your choice over the top before sticking them over and do the same on the other side.

Let them cool on a wire rack before the next exciting step: Deciding to the baking sheet.

When they are all done, brush them with the whipped egg and sprinkle the topping(s) of your choice over the top before sticking them into the middle of the oven. Let them bake for 15-18 minutes until they turn golden and are baked through.

Let them cool on a wire rack before the next exciting step: Deciding what to fill them with!

Ingredients for 8 bagels:
- 25g fresh yeast
- 300 ml lukewarm water
- 1 tsp coarse salt
- 1 tsp sugar
- 2 tbsp olive oil
- 500g strong white flour

For the Topping:
- 1 egg, whipped

Salt flakes, cumin, sesame seeds, poppy seeds, linseeds, nigella seeds – or even something sweet! Whatever takes your fancy.

Dissolve the yeast in the lukewarm water. Add the other ingredients, mix, then turn the dough out onto a floured surface and knead it for 5-10 minutes until it is elastic and pliable. It wants to be fairly firm.

Shape the dough into a ball, place it in a greased bowl with a damp tea towel over the top and leave it to rise for about an hour. Give it another quick knead and leave it for another 15 minutes.

Turn the dough out onto the worktop and divide it into 8 equal parts. I use my kitchen scales for this so that the size does not vary too much.

Shape the pieces into rolls and use your fingers to make a large hole in the middle of each, turning them into thick rings.

Place them on a lined baking sheet and leave to rise for 15 minutes more while you heat your oven to 225ºC.

Bring a large pot of slightly salted water to the boil. Add two or three more while you heat your oven to 225ºC.

Place them on a lined baking sheet and leave to rise for 15 minutes until they turn golden and are baked through.

Sprinkle the topping(s) of your choice over the top before sticking them over and do the same on the other side.

Let them cool on a wire rack before the next exciting step: Deciding what to fill them with!
Pasta with Salmon and Broccoli

I would so, so love to eat more fish, but somehow fish just does not appeal to me when I’ve prepared it myself. I can’t explain why or anything, it’s just one of those things.

But I do occasionally buy a couple of bits of frozen salmon, they are so easy to prepare and so tasty that then even yours truly will eat the fish I’ve cooked.

Ingredients for two:

- 250g broccoli, divided into florets and their stem cubed
- 200g fettuccine
- 250g salmon cut into bite size pieces
- 100ml vegetable or chicken stock
- 150ml cream
- ½ tsp lemon peel
- 1 tbsp lemon juice
- Salt and pepper

Cook the pasta according to the instructions on the packet and throw the broccoli in to cook along for the last four minutes. Drain thoroughly.

Mix stock, cream, lemon peel and juice in a saucepan and bring to the boil. Season to taste with salt and pepper. Turn the pasta and broccoli into the sauce and serve immediately.

Press the fish on to a baking sheet, season with salt and pepper and place in a warm oven. It takes action to ensure that wine was safe and free from anything that could be detrimental to health. Today almost the only additive found in the vast majority of wines is Sulphur Dioxide (SO2) and the quantities are strictly limited. Sulphur Dioxide is used as an anti-oxidant, disinfactant and preservative to keep the wine fresh and in good condition – hence the words “contains sulphites” on the back label (sometimes identified as E220). It is worth mentioning that SO2 is actually good for you and is found in many, many foods and is an important mineral needed for a healthy body. And so little is used that a portion of broccoli contains more SO2 than a glass of wine! The legal limits for wine as dictated by the EU are:

- Red Wine – 150ppm (parts per million)
- Dry White & Rose Wine – 200ppm
- Sparkling Wine – 235ppm
- Sweet Wine – 250ppm
- Very Sweet Wine – 400ppm

There are a few other additives permissible in wine such as Copper Sulphate – removes bad smells but is rarely used. In the vineyard some spraying takes place to reduce the risk of mildew and occasionally approved pesticides are used but in limited quantities. In a poor year with little sunshine, sugar is allowed to be added to wine during fermentation (chaptalisation) thus increasing the alcoholic strength but permission has to be obtained from the relevant authorities and amounts are restricted. Also some wine makers use cultured yeast rather than rely on natural yeasts but these are insignificant additions and wine remains basically a very natural product.

As with most consumables, there is a move to organic wine but even here SO2 is permitted though with lower levels:

- Organic Red Wine – 100ppm
- Organic White & Rose Wine – 150ppm
- Organic Sweet Wine – 220ppm

The new kid on the block is biodynamic wine. The definition of this recent development is described as “the practice of balancing the resonance between vine, man, earth and stars” whatever that means.

I recently came across, and tried, an example of a biodynamic wine; “Cosmologico”, is a wine made from Cabernet Sauvignon grapes by Bodegas Santa Elisa in Otero-Toledo. The wine is made using specific dates for planting, picking and bottling according to the phases of the moon. The wine was pleasant enough (if a tad high in acidity) but I remain sceptical about the benefits of biodynamic wine. However, one can be assured that wine, be it “normal”, organic or biodynamic – it is safe to drink. Thank goodness!

Organic v Non-Organic Wine

When shopping for food in my local supermarket I, whenever possible, choose the organic option. It does not bother me if the carrots are of a shape which would amuse Esther Rantzen – no, I just prefer my food to be as natural as possible with the minimum of additives and to be grown, whenever possible, without the use of artificial fertilizers. An acquaintance recently expressed the opinion that wine is made using “horrid chemicals”. Not so! Wine is one of the most natural products available and it is generally agreed that red wine in particular, in moderation, can actually be good for you – though an excessive amount can lead to a nasty case of falling over. Or so, ahem, I am told.

Tzatziki

Tzatziki is a wonderful thing: Light, refreshing, easy to prepare and a great accompaniment to many dishes!

This is how I make mine:

**Ingredients:**

- 2 small pots of Greek yoghurt
- 1 large clove garlic, grated
- 1 cucumber (or two peeled Spanish), grated
- Salt and pepper
- Drop of olive oil

**Instructions:**

- Place the cucumber in a sieve, sprinkle salt over, mix and then press out as much of the water as you can. If you leave it a couple of minutes when you think you’re finished, you’ll be able to press out more!
- Mix the yoghurt, garlic, cucumber and add salt and pepper to taste.
- Leave in the fridge for at least half an hour; sprinkle the olive oil over the top just as you serve it.
- Easy-peasy!
**Pre Christmas Lunch Menu**

Available Thursday 3rd, 10th & 17th December

<table>
<thead>
<tr>
<th>Starters</th>
<th>Mains</th>
<th>Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli &amp; Stilton soup</td>
<td>Port &amp; Chicken Liver Pate with red onion chutney</td>
<td>Traditional Christmas Pudding with Brandy Sauce</td>
</tr>
<tr>
<td>Seafood Salad</td>
<td>Caprice Salad (mozzarella &amp; tomato) with green pesto</td>
<td>Homemade Apple Crumble with lashings of custard</td>
</tr>
<tr>
<td></td>
<td>Vegetable Meatloaf (also suitable for vegans)</td>
<td>Ice cream</td>
</tr>
<tr>
<td></td>
<td>Served with seasonal vegetables, mash and roast potatoes</td>
<td>Coffee served with mince pies</td>
</tr>
</tbody>
</table>

**Starters**

- Broccoli & Stilton soup
- Seafood Salad
- Port & Chicken Liver Pate with red onion chutney
- Caprice Salad (mozzarella & tomato) with green pesto
- Vegetable Meatloaf (also suitable for vegans)

**Mains**

- Traditional Roast Turkey with pigs in blankets & sage & onion stuffing
- Succulent Roast Beef & Yorkshire pudding
- Honey Roast Gammon
- Pan Fried Salmon with mash & seasonal vegetables.

**Desserts**

- Christmas Pudding with brandy sauce
- Apple Crumble with custard
- Carrot Cake (GF) with ice cream
- Lemon Cheesecake (GF) with ice cream
- Coffee & Mince Pies

**Christmas Day Menu**

- Starters
- Mains
- Desserts

**New Years Eve**

We will be open serving a 3 course menu, pre booked, details to follow

**Terrace & Restaurant open**

**Booking essential**

**Take Away Service Still Available**

See our Facebook page for opening times and more details

---

**Olive Oil – A Pillar of the Mediterranean Diet**

One of the most important of the jewels in the crown of Spanish gastronomy, olive oil in all its varieties has no end of culinary uses.

It has been an important part of the Mediterranean culture for thousands of years and its qualities were already known in the age of the ancient civilizations.

It is 100% pure juice from the olive fruit, and its flavour and aroma are unique. It is a gourmet ingredient which can be used uncooked in vinaigrettes and other dressings, or sprinkled over toast, vegetables, meat or fish. But it is also quite heat resistant and can be used for frying, glazing and stewing, and even for preparing sweets and puddings.

Olive oil is produced by mashing the freshly picked whole fruit with its skin and stone still in place. The resulting mush is then pressed to separate the oil from the solids. All this is done cold, as the fruit loses quality when heated up.

There are different categories of olive oil.

- Aceite de Oliva Virgen Extra, extra virgin olive oil, is the top of the range. 100% pure olive juice extracted mechanically without heating and with no imperfections. It is low in acidity and its flavour and aroma are exceptional. The specific characteristics depend on the type of olive used and whether it is a mixture of varieties or using just one.

- Aceite de Oliva Virgen, virgin olive oil, is also obtained solely from olive juice with no additions. Its flavour and aroma are slightly inferior to those of the extra virgin olive oil.

- Aceite de Oliva, olive oil, is obtained from the crushed olives that are left after the previously described process. This produces an inferior oil which is not fit for direct consumption. Before it reaches the consumer, or industry, it has to be purified in a refinery using a chemical process. The resulting oil is usually mixed with virgin olive oil before being bottled and offered to the consumer. This oil has a higher acidity and is quite inferior. It is solely used for cooking.

Here are some special Extra Virgin olive oils:

- Coupague. Extra virgin olive oil elaborated with different varieties of olives in order to produce a high quality gourmet oil, which differs according to which oil press produced it.

- En Rama. A very pure, unfiltered oil which may contain solids that strengthen the aroma. The solids do not detract from the quality, but the oil has a shorter shelf life.

- Monovarietal. Produced from just one variety of olive. The most used varieties are:

- Arbequina. A green coloured oil, fruity, fresh and mild. It has nuances of banana or apple. Of medium stability so best used raw. It is ideal for medium marinades, emulsion sauces, dressings and in bread and cake making.

- Hojiblanca. A full-bodied oil, golden coloured and with a fresh, mildly spicy flavour and a hint of fresh herbs and almonds. Like the Picual it is of medium stability and best used raw or for short, not too hot, cooking. It is used in salad dressings, emulsions and marinading meat and oily fish. In cooking it is mainly used for sautés.
**Other Oils**

There is more to oil than olives, and there are many other excellent oils in existence, all with their own qualities and uses. Here are some of them:
- **Sunflower Oil.** The most popular oil in Spain after olive oil. It is not as nutritious as olive oil, but it does have lots of essential fatty acids and vitamin E. It can stand very high temperatures, and seeing as it is cheaper than olive oil, a popular choice for frying. Use it in recipes that require a mild flavoured oil.
- **Rapeseed Oil.** One of the world’s most consumed oils it is rich in omega-3 and very good for frying and cooking at high temperatures. Being flavour neutral, it is ideal for dressing and baking sweets and puddings.
- **Linen Oil.** This oil is a great source of healthy fatty acids and popular in vegetarian diets. It is not recommended for cooking, but it adds a pleasant flavour of seeds when sprinkled over salads, sàultes and stews.
- **Coconut Oil.** Solid at room temperature, it contains many saturated fats which are healthy in small quantities. Because of its texture it provides a vegan alternative to butter in cake making. It is also used in Asian cooking, but it has a lower smoke point than olive oil.
- **Peanut Oil.** Much used in Asia for frying and sautéing, it is an oil that withstands high temperatures and provides clean frying. It has a light, well balanced flavour which is also makes it suitable raw in vinaigrettes and sauces. Combine it with a fruity vinegar and a touch of spice to bring out its aromas.
- **Avocado Oil.** A rich source of all the same nutrients as the fruit originates from. It is aromatic and rich in unsaturated fats. It should always be used raw for preparing humus or guacamole, for drizzling over vegetables and fruit or for dressing salads and fish. When you buy any kind of oil, buy just what you need. Although it does not go off, the quality is higher the fresher the oil is.

Oil should be kept outside the fridge, although not at too high a temperature, in a closed container. It should be kept away from sources of heat, humidity, direct sunlight and strong smells.
Abraham Lincoln had the largest feet of all the American Presidents. He took a size 14 shoe. Conversely, Rutherford B Hayes, the 19th President had the smallest at a size 6. I have no idea of the shoe size of the present incumbent but whatever size his feet are, he seems to have found the knack of jumping in with both of them during his short tenure. Especially in his dealings with neighbouring Mexico and his apparent desire to build a wall between them. One hopes it doesn't foment into another American-Mexican war like the one in the mid 19th century.

Perhaps Mexico needs another 'Zorro' to emerge. I guess most people remember the folk hero with the mask and cape dashing around on his steed, righting wrongs, flashing his sword and generally causing mayhem. Many films and TV series have been made recounting his exploits, one of the most recent being those starring Antonio banderas and Anthony Hopkins both very ably buckling their swashes with abandon. 'Zorro' emerged in fiction in around 1919 in the form of Don Diego de la Vega and he has been a popular hero ever since. However, the Zorro character was based somewhat loosely on a real life adventurer.

Joaquin Murrieta was known as the 'Mexican Robin Hood'. He was born in Sonora, Mexico in 1829 and had some success as a gold miner in California in the 1850’s until tragedy struck. His family was attacked and murdered and Joaquin became a kind of vigilante when unable to find justice through the legal system, such as it was. He apparently formed a gang and as a kind of revenge against the injustices, set about horse stealing, attacking settlers and wagon trains and killing pretty well anyone who stood in their way. Not quite the 'Zorro' with whom we are familiar!

Anyway, a troop of California Rangers, veterans of the Mexico-American war, were sent to deal with them and deal with them they did. The Rangers killed most of the band and beheaded Murrieta, preserving his head in a jar of alcohol as proof and in order to claim a reward. It was also put on display in various places across the State. So, not the romantic ending to his story we might have expected or as Hollywood has presented. Mexico, though, has had a very turbulent and violent history, certainly since the Spanish Conquest. In 1845, after many disputes over territories, the US tried to buy the lands of New Mexico and California, offering them $25 million. The offer was refused, so US President Polk mobilised some 4,000 troops and sent them into territory which Mexico claimed as it’s own.

The Mexicans likewise responded with troops and so started the 2 year war between them. The United State’s actions were very controversial and were seen as little more than ‘land grabbing’, Abe Lincoln was one of the most fiercest critics.

So the war rumbled on until, with losses mounting, Mexico called upon an old warrior who was at this time in exile in Cuba, one Antonio Lopez de Santa Anna. You may recall him from ‘The Alamo’, an earlier campaign. He contacted President Polk and promised that if he was returned to Mexico he would bring about the end of the war earlier campaign. He contacted President Polk and promised that if he was returned to Mexico he would bring about the end of the war with terms favourable to the US. Polk evidently agreed which was an old warrior who was at this time in exile in Cuba, one Antonio Lopez de Santa Anna. You may recall him from ‘The Alamo’, an earlier campaign. He contacted President Polk and promised that if he was returned to Mexico he would bring about the end of the war with terms favourable to the US. Polk evidently agreed which was all Santa Anna needed and on his return he immediately double-crossed Polk, took control of the Mexican army and led it into battle! Those actions sound familiar?

Despite suffering heavy casualties and defeat at the battle of Buena Vista in 1847 he somehow, managed to become President of Mexico! That was to last only a few months, however, and in February 1848 the Treaty of Guadaloupe Hidalgo was signed, effectively ending the war and establishing the Rio Grande as the border between the US and Mexico.

As part of the Treaty, Mexico was forced to accept $15 million for lands which had the effect of reducing the size of the country by around one half. This included almost all of California, Utah, Nevada, Arizona, New Mexico, Colorado, Wyoming, Oklahoma and Kansas. An incredible amount of land. Perhaps they should have settled for the original deal.

Continued on page 77.....
INDALO PARTNERS
PERSONAL FINANCE MATTERS

Indalo Partners at C.A.T. Services:
Indalo Partners will be in the C.A.T. Services offices every Tuesday between 09:30 and 14:30 to provide the following services:

- Spanish Resident & Non-Resident Tax Returns
- Modelo 720 Declaration of Worldwide Assets
- Services at the Tax Office (Agencia Tributaria)
- Low Risk Investments
- Pensions
- UK Double Taxation
- UK Self-Assessment Tax Returns

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

Services available from Indalo Partners Mojacar office:

- Residencia
- NIE
- Car & Motorbike transfers
- Social Security
- Driving Licences
- ITV (Vehicle MOT)
- Annual Taxes
- Modelo 720 (Declaration of worldwide Assets)
- Double Taxation
- Wills
- UK Self-Assessment
- Services at the Tax Office (Agencia Tributaria)
- Low risk Investments
- Pensions

Is your bank account giving you 4% interest?
We currently have:

- Low Risk Investments
- Return of 4% - 6% Net

To arrange an appointment please contact the office on 950 472 242 or info@indalo.partners

One of the most interesting stories of this war concerned the forming of the St Patrick’s Battalion. This consisted of around 200 men, Irish Catholics and other immigrants who deserted the US army to fight on the side of Mexico. In some ways this was in revenge for the persecution they suffered by Protestants in the United States.

Their leader was one John Riley, originally a soldier in the British Army and who emigrated to the US. He subsequently enlisted in the US Army. His Battalion became an elite artillery force. Most of them were eventually either killed or captured, with the remaining 50 or 60 court-martialed and hung. Riley, however, escaped the noose but was branded on his cheek with the letter ‘D’, for Deserter.

This would have been enough for most men, but not for our John. He re-enlisted with the Mexican forces and served until retirement on medical grounds in 1850. Although no one is sure of when he died or where he is buried, he is revered by both the Irish and Mexicans. A bronze sculpture was presented to the town of his birth, Clifden, Ireland, as a gift from the Mexican Government. (In addition, a film, ‘One Man’s Hero’ starring Tom Berenger who plays Riley was released in 1999).

The Batallon de San Patricio as they were known are remembered to this day in Mexico: on the 12 September, the anniversary of the executions and 17th March, Saint Patrick’s Day. Many schools, churches and other landmarks take their name from the battalion.

So, it would seem, Mexico does have real-life hero after all to rival and perhaps surpass ‘Zorro’, albeit a very unlikely and unusual one........
Puzzle Time

Reverse Word Search

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!

Areas, Farmland, Spankings
Autos, Glass, Sprig
Basins, Handkerchiefs, Stomachs
Blazes, Icicles, Stranded
Comet, Nurse, Sturdier
Cooed, Past, Terms
Costs, Preens, Trespassers
Dedication, Prods, Trill
Depress, Rosiest, Usage
Depress, Share, Variety
Depress, Share, Sicken
Depth, Sicks, Violent
Dubious, Sinister, Yarns
Exude, Slosh, Snarl

To advertise - call 643 681 025 or
Email: paulette@almerialiving.net

MOJACAR HOMES & VILLAS
are perfectly placed to market your property to realise its full rental potential through our dedicated website, social media and targeted advertising.

Being a sister company to Mojácar Home Improvements you can also be assured that any maintenance work needed will be carried out by experienced professionals.

For more details contact Miranda on 634 330 652
email info@mhvspain.com or call into the office at Mojácar Home Improvements on Mojácar Playa
Drainage Cont...

Storks in Spain

The white stork eats small mammals, insects and worms; frogs, crustaceans, lizards and fish are also acceptable although not the staple diet. When the stork first returns from his winter quarters, he almost exclusively eats worms (about 90% of his diet) after spending the winter subsiding on grass hoppers.

His cousin, the black stork, is another bird altogether, and not nearly as generally popular. His size and shape are similar to the white stork’s, but his plumage is a lustrous black. His underside is white.

His lesser popularity is mainly due to the fact that he is not nearly as visible as the white stork. The black stork thrives in areas far less visible than that of the white stork, but his plumage is a lustrous black. His underside is white.

His lesser popularity is mainly due to the fact that he is not nearly as visible as the white stork. The black stork thrives in areas far less visible than that of the white stork, but his plumage is a lustrous black. His underside is white.

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.

Congratulations Paulette and Zoey!

Seeing as our colleague Paulette has become a granny (again) it seemed topical to write about the stork.
Harmony Charity Shop - quality ladies, gents & childrens clothes, footwear and accessories - also bedding and household items - a charity shop like no other - please visit our new website to see what we can offer you. ... you’ll be surprised!!!

T: 950 930 922 / M: 616 453 813

To advertise call 643 681 025
What to do during curfew

The streets are empty, shops and bars are closed, the only souls on the streets are those of responsible for keeping us all safe. This isn’t a zombie invasion: this is a curfew.

Instead of being glued to your television sets, watching your favourite host reveal new information on the endless events the world is witnessing, there are many more ways to escape the politics and actually enjoy being stuck at home from 10pm each night. So, here are some things we can do to make the most of our long hours spent at home.

Work out at home; now this might not sound like much fun, but this is a great way to get in shape while you have the time! Whether you have an Android or an iPhone, workout apps are available on both, or even just check a few work out videos on youtube. If you’re too lazy to do that, just blast some nice music and dance to it, it may seem like nothing, but it’ll actually release endorphins, which will make you feel better, and you’ll also burn off a few calories!

Adopt a new hobby; whether it’s singing, dancing, writing, playing an instrument, drawing, reading, maybe even just playing video games, hobbies are always a good way to pass the time, you may even find that you are talented with one of your hobbies!

Watch TV series/shows or movies; this is the perfect time to find a new TV series to watch (maybe even multiple if you run out of episodes to watch). TV series and shows are a very good way to get your mind off things, maybe even re-watch an oldie such as Friends! Late night Movies are also a lovely idea to share with family. Pick a few nice movies and make some popcorn, get comfortable on the couch, and enjoy the rest of your night! You won’t even believe how quickly time goes by when you’re watching something.

Learn something new; there are many websites in which you can take online courses! Or you could do it the old fashion way, and get someone to teach you. There are so many new things to learn out there, like languages, culture, arts and crafts, maybe even learn how to play an instrument!

Get an early night sleep; now although some of us aren’t the kind to go to bed at 10, why not give it a try? You will wake up earlier, feeling more refreshed and you will also get to go out for a longer period of time before curfew!

Organise events; although you can’t exactly do these things currently, once the curfew is over, it would be a nice contribution to simply meet up with a few friends and family.

These small things may seem like they won’t do much, but if you sit there waiting for a change it won’t just come, you have to be the one to make it happen.

If you know where he is email: al@almerialiving.net - there is a prize for the lucky winner picked at random from the correct answers.

AL got invited to a Wedding a few weeks ago - and a jolly good time he had as well. Here are just a few photos of his trip.

Everyone knows rare cars are worth a fortune, but that actually holds true for rare toy cars as well - some sell for the same amount as a supercar!

There are lots of great car collections in the world, often with individual vehicles worth millions of dollars. However, there is also a very lucrative market for a very different type of car collection; toy cars.

These tiny recreations can often sell for tens of thousands of dollars at auction. Some are antique toys that are valuable because of their rarity, while others are modern “toys” that have been crafted from expensive materials specifically with collectors in mind.

As with any collectibles, toy cars are always more valuable if you have managed to keep them in mint condition, and if you still have the original box then you can add another zero to the end of that estimate!

Dinky No.505 Flat Truck - $15,000

Dinky was the name brand of a vast range of die-cast metal toy cars and vehicles produced by Meccano Ltd, a company better known for its metal model-building kits.

The company was launched in 1934 and is still making replicas of some of their best-loved original models.

One of the rarest Dinky toys, a maroon No.505 Foden Flat Truck complete with chains from 1952, eventually sold at a toy auction in the UK in 2009. The toy was in almost perfect condition and even came with its original box.

Continued on page 86 .....
Matchbox No.30 Brown 1961 Magirus Deutz Crane - $13,000

Another British toy company, Lesney Products, launched their range of toy cars in 1953 under the name Matchbox – because the toys were sold in boxes that looked similar to those in which matches were sold. One of the rarest Matchbox vehicles ever created was the No.30 Brown 1961 Magirus Deutz Crane with a brown body and a red crane. This combination of colours only featured on a few models, and one such toy was bought for $13,000 in 2004 by Jim Gallegos, the owner of one of the biggest Matchbox collections in the world.

Hot Wheels Enamel White 1968 Camaro - $100,000

In 1968, American toy manufacturers finally got in on the act, and Mattel created their range of miniature die-cast model cars called Hot Wheels. These are still made and sold today, and rare models have become highly sought-after items among the collector community. One of the most expensive toy cars in existence is a Hot Wheels. These are still made and sold today, and rare models have become highly sought-after items among the collector community. One of the most expensive toy cars in existence is a Hot Wheels Enamel White 1968 Camaro - $100,000.

Formula 1 2021

Formula 1 is set to stage a 23-race calendar in 2021, featuring two triple-headers and adding Saudi Arabia as the Dutch Grand Prix moves to an autumn date.

After the 2020 schedule was heavily revised as 13 races were cancelled due to the COVID-19 pandemic, F1 has been clear in its plan to run a calendar next season that is closer to normal. Teams were handed a first draft of the schedule in an F1 Commission meeting on Monday, featuring all 10 competitors as well as officials from F1 and the FIA.

Motorsport.com has learned the provisional calendar for 2021 features 23 races, adding a grand prix in Saudi Arabia to the existing 22 rounds that were planned for this year. The 2021 F1 season is scheduled to start in Australia on 21 March, followed by the Bahrain Grand Prix one week later. A two-week gap will follow before the Chinese Grand Prix on 11 April, with the inaugural Vietnam Grand Prix set to be held two weeks after that.

One of the biggest changes from the planned schedule in 2020 is a shift of the Dutch Grand Prix at Zandvoort to an autumn date slot. The race had been due to open the European season at the start of May this year, but will now form part of a European triple-header with the Belgian Grand Prix and the Italian Grand Prix after the summer break. It means the Spanish Grand Prix returns to its traditional status as the first European race of the year, taking place on 9 May before Monaco on 23 May.

Azerbaijan will maintain its planned switch to a June slot from 2020, pairing up with the Canadian Grand Prix in Montreal, before the regular run of European events in France, Austria, Great Britain and Hungary, the latter hosting the final race before the summer break on 1 August.

The dates for the second half of the calendar remain fluid, but there is set to be a second triple-header formed by the races in Singapore, Russia and Japan. Although the eventual 2020 calendar featured four triple-headers, including a run of nine races in 11 weeks to start the season, teams had warned running races on three straight weekends could not become the norm in the future.

F1 first attempted a triple-header in 2018, running races in France, Austria and Great Britain on consecutive weekends, but had agreement from teams not to do so again due to the pressures it placed on personnel. By forming a triple-header with Singapore, Sochi and Suzuka, F1 has created an extra one-week gap in the calendar for the event in Saudi Arabia to join the schedule, with a street race in Jeddah planned for late in the season.

It will see F1 become the latest major international series to stage an event in Saudi Arabia following similar moves in Formula E - which has hosted its last two season openers in Diriyah - as well as sports such as boxing and football.

The race is set to mark a first move into Saudi Arabia for F1 amid plans to construct a new circuit in Qiddiya on the outskirts of Riyadh in the future.

The Brazilian Grand Prix is set to move to Rio de Janeiro for 2021, although the race is currently subject to pressure from environmental groups over the plans to build the circuit.

Despite concerns about the viability of some events due to the uncertain nature of the ongoing COVID-19 pandemic, F1 has not officially informed teams of any potential back-up races as it hopes to stick to the planned schedule.

Pre-season testing is also set for a shake-up, with at least one test moving from Barcelona to Bahrain next March prior to the season opener in Australia.
Kit cars have been around from the earliest days of the automobile. In 1896 the Englishman Thomas Hyler-White developed a design for a car that could be assembled at home and technical designs were published in a magazine called The English Mechanic. It was not until the 1950s that the idea really took off. Car production had increased considerably and with rust proofing in its infancy many older vehicles were being sent to breaker yards as their workbody was beyond economic repair. An industry grew up supplying new bodies and chassis to take the components from these cars and convert them into new vehicles, particularly into sports cars. Fibre reinforced plastic (aka "GRP," or "fibreglass") was coming into general use and made limited-scale production of automobile body components much more economical.

Also, in the UK up to the mid-1970s, kit cars were sometimes referred to as "re-body", in which a commercially manufactured vehicle has a new (often fiberglass) body put on the running chassis. Most times, the existing drive gear and interior are retained. These kits require less technical knowledge from the builder, and because the chassis and mechanical systems were designed, built, and tested by a major automotive manufacturer, a re-body can lead to a much higher degree of safety and reliability.

The definition of a kit car usually indicates that a manufacturer constructs multiple kits of the same vehicle, each of which it then sells to a third party to build. A kit car should not be confused with a hand built car or special car, as the kits were assessed as components and not vehicles.

Component Cars are distinguished from kit cars as all parts are required to build the car are purchased from a single company. A component car which is a self-assembly car in which 100% of the parts required to build the car are purchased from a single company. Component Cars are distinguished from kit cars as all parts are quality controlled and designed to fit together perfectly. They can be built in significantly less time than a "kit car". Kit cars have been around from the earliest days of the automobile.

A kit car is an automobile that is available as a set of parts that a manufacturer sells and the buyer then assembles into a functioning car. Usually, many of the major mechanical systems such as the engine and transmission are sourced from donor vehicles or purchased new from other vendors.

Kits vary in completeness, consisting of as little as a book of plans, or as much as a complete set with all components to assemble into a fully operational vehicle. There is also a sub-set of the kit car, commonly referred to as a "re-body", in which a commercially manufactured vehicle has a new (often fiberglass) body put on the running chassis. Most times, the existing drive gear and interior are retained. These kits require less technical knowledge from the builder, and because the chassis and mechanical systems were designed, built, and tested by a major automotive manufacturer, a re-body can lead to a much higher degree of safety and reliability.

A kit car should not be confused with a hand built car or special car, as their bodywork was beyond economic repair. An industry grew up supplying new bodies and chassis to take the components from these cars and convert them into new vehicles, particularly into sports cars. Fibre reinforced plastic (aka "GRP," or "fibreglass") was coming into general use and made limited-scale production of automobile body components much more economical.
Replicas of the AC Cobra and the Lotus 7 are particularly popular examples, the right to manufacture the Lotus 7 now being owned by Caterham Cars who bought the rights to the car from Lotus founder Colin Chapman in 1973. Caterham Cars are a “Component Car” and are a continued development of Chapman’s design, whereas all other Lotus 7 style cars are replicas, and are “Kit Cars” costing significantly less and not having the residual values of the Caterham. These Replica kit cars enable enthusiasts to possess a vehicle similar in appearance to a vehicle which because of scarcity they may not be able to afford, and at the same time take advantage of modern technology.

The Sterling Nova Kit originally produced in the UK was the most popular VW based Kits being produced worldwide and licensed under several different names with an estimated 10,000 sold. Many people react sceptically when they first hear about kit cars as it appears to them to be technically impossible to assemble a car at home and license it for public roads. They may also be worried that such a car would not subsequently pass the mandatory quality control (road worthiness test) that is required in most countries.

For example, to obtain permission to use a kit car in Germany, every such vehicle with a speed over 6 km/h without a general operating license (ABE) or an EC type permission (EC-TG) has to undergo, as per the § 21 of Road traffic licensing regulations (STVZO), a technical inspection by an officially recognized expert of a Technical Inspection Authority.

In the United Kingdom it is necessary to meet the requirements of the VVA (Individual vehicle Approval) regulations. In the United States SEMA has gone state by state to set up legal ways for states to register kit cars and specialty vehicles for inspection and plates.

A survey of nearly 600 kit car owners in the US, the UK and Germany, carried out by Dr. Ingo Stüben, showed that typically 100-1,500 hours are required to build a kit car, depending upon the model and the completeness of the kit. However, as the complexity of the kits offered continues to increase, build times have increased as well some running to 5000 hours plus for accurate replica kits. Several sports car producers such as Lotus, Marcos, and TVR started as kit car makers.
Los Llanos II: 1st floor 1 bed, 1 bath, apartment in with A/C, fitted wardrobes, covered terrace, underground parking, community pool and gardens. Low community fees. Excellent location.
A1405 99.000€

Samay: Modern, stylish and very well presented 3 bed town house with sea views, on a well kept community with communal pool and tennis courts. Front & rear private gardens, huge reformed basement, A/C, central heating & alarm system.
LV782 279.000€

LV788 220.000€

Jardines de Mojácar: 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.
A1404 149.950€

Valle Azul: Attractive 1 bed, 1 bath, penthouse of 60m2 with sea & mountain views. South-facing with sunny terraces, A/C, 2 store-rooms & underground parking. Pool.
A1312 115.000€

Calle Jaen: Spacious 4 bed, 3 bath detached villa situated on a corner plot with a double integral garage, private terrace & solarium. Sensational sea views & close to amenities.
DV1494 369.000€