Welcome to the January issue of Almeria Living - the first of 2021!
We wish you all a very Happy New Year and the hopes of a better year ahead - there certainly seems to be some light at the end of the long dark 2020 tunnel, which is reflected in our stunning front page photo.

2021 is not going to be without its challenges though....
Brexit has happened and we are in another unknown - C.A.T. Services will be monitoring the new normal and, as always, are here to help wherever possible. At the time of writing the agreements on residency, licences and matriculation for UK Citizens have not been confirmed so watch this space for future updates, as well as our Facebook page & website.

Covid vaccines have also started to be supplied in Spain and, as above, we will advise you the best we can how this will be administered to you all.
Please try to continue to support your local businesses - we all need you more than ever. With new import and export rules and other restrictions there are likely to be unavoidable price changes.

Once again I thank my scribes for their valiant effort between turkeys and tinsel. There is definitely a feeling of new beginnings and other restrictions there are likely to be unavoidable price changes.

As the vendor it is very important that you get proof that the transfer has taken place. You should ask the buyer to supply you with copies of the sale agreement (which should also be completed in Spanish and signed by both parties)

When Selling or Scraping A Vehicle

As happens every year, several people have received tax bills for vehicles they sold, gave away or scrapped years ago. And they have been told that they are also liable for the tax for the intervening years. Furthermore, they are responsible for the vehicle, so if it is not insured or has had its ITV done, this can all come back to haunt them.

This has prompted Almeria Living to go through the ways that exist of making sure that you will not get a nasty surprise like that.

If you deal with a company when selling or buying a car, they will usually sort out the necessary paperwork. When a private vehicle sale takes place, it is usually the buyer who takes care of the transfer of ownership. He can do that himself or get through a gestoria or a private company that carries out that kind of transaction.

As the vendor it is very important that you get proof that the transfer has taken place. You should ask the buyer to supply you with copies to say that the tax has been paid to the Junta de Andalucía and of the ‘Permisos de Circulación’ in his name. A ‘Convenio’ (bill of sale agreement) should also be completed in Spanish and signed by both parties.

With these two documents there can be no doubt that the transfer has been carried out. Do not accept only a receipt from a mediator, this only states their intent to carry out the operation, but if this is not done, they cannot be held responsible.

If you intend to scrap your car, the Traffic Department demands that you have the scrapping carried out by an authorized scrap yard, a Centro Autorizado de Tratamiento (CAT). It is strictly forbidden to just dump it, you have to prove that it has been properly disposed of.

So again, make sure that you get the supporting documents or at least copies thereof.

Should you now be wondering whether you owe anything on a past vehicle, go to the nearest Oficina de Recaudación, or telephone them for information.

We recommend that you hold on to any such documents at least as long as you intend to stay in Spain or indeed have dealings here to avoid unpleasant surprises.
There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. Our Spanish Provinces & their Capitals

The province of Salamanca is situated in north eastern Spain on the border of Portugal. It is the third largest of the nine provinces in the autonomous community of Castile and León. It borders on Portugal to the west, and on the provinces of Zamora (to the north), Valladolid (to the north east), Ávila (to the east) and Cáceres in Extremadura (to the south). It is a province with enormous height differences: Its highest point is the peak of Canchal de la Cea at 2428 MASL and the lowest is the valley of Salto de Saucelle at 116 MASL. The average height in the province is 823.

The province is traversed by several large rivers, the most important of which are the rivers Duero, Tormes, Águeda, Huebra and Yeltes. Both the province and its capital are famous for the many remains from pre-Roman times, not least the so-called ‘verracos’ (boars), which are stone sculptures of pig- or bull-like creatures that have been left from the times when the Vettones, a Celtic population, inhabited the area.

Salamanca city is home to Spain’s oldest, still functioning university. The University of Salamanca was founded in 1218 by Alfonso IX of León, and it became the first in Europe to be granted the title ‘university’ by royal decree by King Alfonso X in 1252. As a university city, Salamanca can be likened to Oxford with ‘Salamanca Spanish’ being the Iberian answer to ‘Oxford English’. The university has several claims to fame:
- The first ever grammar book of Castellano (Castilian) was written there.
- It accepted the world’s first female university academic, Beatriz Galindo.
- It employed the world’s first female university lecturer, Luisa de Medrano.
- Both Christopher Columbus and Hernán Cortés studied at Salamanca University while preparing for their voyages to the Americas.

Salamanca’s historic centre is full of noteworthy buildings and was declared World Heritage Site by the UN in 1988.

The city of Salamanca was staunchly Republican at the beginning of the Civil War, but was soon defeated by Franco troops who arrested and shot the mayor early in the war. From 1936 to 1937 the Palacio Episcopal in Salamanca was the residence and control centre of General Franco, and the city was home to the Falange organizations and some ministries.

During the Civil War, the Nationalist Faction gathered in Salamanca all the documents they had confiscated in defeated territories and thus created a documentary archive of the war (Archivo General de la Guerra Civil Española). Part of the archive referred to Catalonia, and apart from that there was a wealth of documents that did not refer to this region.

Nonetheless, in 2006 the complete archive was transferred to Barcelona after a bitter dispute between the central government and Salamanca’s city council, and amid widespread popular demonstrations.

As a result of this, the council renamed Gibraltar (a street which had been given its name in homage to the Salamanca troops who helped Alfonso XI in the conquer of Gibraltar), and gave it the name El Expolio – The Plunder.

The climate of Salamanca is cold and wet in winter and warm and dry in summer. It is the Spanish capital with the lowest average minimum temperature. The coldest temperature ever measured in Salamanca city was -12.6°C, and the average number of days with precipitations of more than 1 mm per year is 63.8, 6.8 of which are snowy days. The average maximum temperature in summer is 30°C, and Salamanca boasts some 2,667 hours of sun a year.

Translation Service

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05Jan '21
“A Steamy Start to the Year!!” By Vic Davey

It's that time of year again when folk start making New Years Resolutions, you know the kind of thing, stop smoking, lose weight, join a gym, many of which will be broken by the end of March. I made one a few years ago and, touch wood, have maintained it. It was to not make any New Years Resolutions.

However, I thought I might start a new hobby, something a bit different. Stamp collecting? Nah! Coin collecting? Nah! I did collect matchbox labels when I was a kid, but Nah! How about Snake Charming? Now there's a thought.

I remember seeing a film once many years ago which featured this very skinny Indian chap, wearing just a turban and a loin cloth, sitting cross-legged on the floor in front of a wicker linen basket. He was playing some outlandish tune on what looked like a Recorder so beloved of schoolgirls everywhere. Suddenly the head of this cobra appeared over the top of the basket and started weaving around in time to the music. Fascinating. I mean, how hard can it be?

The more I thought about this the more interested I became. Then reality crept in. I could lay my hands on a Recorder ok, and play or maybe bash out a tune, but the procuring of a snake might be more problematic. So I turned to my copy of 'Belly-Dancing Illustrated' with books and jigsaws

I turned to my copy of 'Belly-Dancing Illustrated' (which I buy for the Travel Supplement) and turned to the ads in the back. Sure enough, there was a teacher. Unfortunately he was in glass jars all carefully labelled. I could go for a new record.

Finding the raw material certainly would not be a problem! Graham Barker is in the Guinness Book of Records for the amount of his own stuff he has accumulated over some 20 years. It is kept in glass jars all carefully labelled. I could go for a new record.

Hang on a minute, if his collection took him 20 years that means I would be a nonagenarian by the time I reach his level. The only way I can do it more quickly, is if I also collected from other people. Mmm...not sure I want to go poking around in other peoples' 'navel' to be honest. Call me fussy, but even accepting donations is not a pleasant thought. Oh, well, try something else.

After much searching, I have found one! I am already something of an expert at this and could take it to the next level, so to speak. EXTREME IRONING.

I do the ironing in our house and with all due modesty, am good at it, duvet covers being a speciality. If there was a Nobel Prize for Duvet Cover Ironing, it would be mine! Apparently it is a sport as well as a hobby. People take their ironing boards to remote locations, set them up and away they go. According to the Extreme Ironing Bureau it "combines the thrills of an extreme outdoor activity with the satisfaction of a well pressed shirt". I mean, what more could I want? Some of the places include a mountainside, in a canoe, underwater and in the middle of the M1 Motorway. (If it was me, I would have chosen the M25, since the lack of movement of traffic would provide minimal disruption). In April 2011 tenor Jason Blair was filmed ironing on the M1 after it was closed due to a fire.

There is, apparently, an Extreme Ironing World Championships in which a British team were awarded Gold and Bronze medals in the first one held in Germany. Unfortunately a breakaway group called Urban Housework tried to form their own hobby based around vacuum cleaning. It is not clear how successful they were or whether the ironers made a clean sweep!

So this is my new hobby. Shortly I will be going for the Rowenta trophy...if I have no pressing engagements....more details to follow...wish me luck.
ALL OVER SPAIN THERE ARE SMALL LOCAL FIESTAS WITH SOME RATHER QUANT TRADITIONS WHOSE ORIGINS ARE USUALLY LOST IN THE MISTS OF TIMES GONE BY. ONE SUCH IS ‘LA FIESTA DE LA VAQUILLA’ (LITTLE COW) WHICH IS CELEBRATED IN FRESNEDILLAS DE LA OLIVA IN THE PROVINCE OF MADRID IN JANUARY EVERY YEAR (WELL MAYBE NOT THIS ONE!). THE FIESTA WAS ORIGINALLY PAGAN, BUT THE FIRST DOCUMENTED REFERENCE TO IT IS FROM THE 16TH CENTURY, AND IT IS THOUGHT THAT THE-rich SYMBOLISM IS A TRIBUTE TO THE ABUNDANCE OF NATURE. THERE ARE VARIOUS PROTAGONISTS IN THIS UNIQUE FIESTA.


WHY NOT TRY OUT SOME OF THESE NEW YEAR’S RESOLUTION IDEAS.

TRY AN EXTREME SPORT – IF YOU ARE GETTING TIRED OF THE SAME OLD SPORTING ACTIVITIES, WHY NOT TRY SOMETHING A LITTLE DIFFERENT BY SIGNING UP FOR AN EXTREME SPORT? WHETHER SKYDIVING, WHITE WATER RAFTING OR EVEN ATTEMPTING A MARATHON, EXTREME SPORTS WILL MAKE YOUR LIFE FEEL EXCITING AND ADVENTUROUS, WHILST TAKING YOUR FITNESS TO ANOTHER LEVEL.

ENJOY REGULAR SPA THERAPIES – WHAT BETTER WAY TO RELAX YOUR BODY AFTER A TOUGH DAY IN THE GYM THAN A SOOTHING SPA SESSION? TREATING YOUR BODY AFTER EXERCISE IS ESSENTIAL IF YOU WANT TO PREVENT INJURIES AND FEEL FRESH THE MORNING AFTER. SO, DO NOT SKIMP ON YOUR DOWN-TIME, MAKE SPA THERAPY A REGULAR HABIT THIS YEAR!

SEEK OUT A MASSAGE THERAPIST – THERE ARE SO MANY BENEFITS OF MASSAGE SUCH AS REDUCED MUSCLE TENSION, IMPROVED CIRCULATION, REDUCTION OF STRESS HORMONES, INCREASED joint mobility AND FLEXIBILITY, IMPROVED SKIN TONE AND OF COURSE JUST PURELY FOR RELAXATION. THERE ARE SO MANY DIFFERENT TYPES OF MASSAGE AVAILABLE TO CHOOSE FROM BUT WHY NOT BOOK AN APPOINTMENT AND MAKE A START TO RELAXATION AND DE-STRESSING THIS YEAR.

USE YOUR FITNESS KNOWLEDGE TO SUPPORT OTHERS – YOU MAY BE A PRIME EXAMPLE OF A HEALTHY ATHLETE BUT THAT DOES NOT MEAN YOU SHOULDN’T SUPPORT OTHERS WHO MIGHT NOT ENJOY THE SAME FITNESS BENEFITS. WHY NOT USE YOUR FITNESS KNOWLEDGE TO ADVISE YOUR FRIENDS AND FAMILY MEMBERS WHO ARE JUST STARTING OUT IN THE WORLD OF HEALTHY LIVING?

YOU MAY BE A LONG-TERM HEALTH AND FITNESS CONVERT, BUT THAT DOESN’T MEAN YOU CAN AFFORD TO REST ON YOUR LAURELS JUST YET! EVEN IF YOU HAVE THE BODY OF A SUPERMODEL OR THE STATURE OF A STALLION, IT COULD BE WELL WORTH ADOPTING SOME OF THESE NEW YEAR IDEAS IF YOU REALLY WANT TO LEAD A FRESH AND VARIED LIFESTYLE.

THE BEST EUROPEAN QUALITY OF THE WORLD OF SLEEP

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How To Eat Healthy Winter Food For Weight Loss

Understand Your Body During Winter

Winter is time spent curled up on the couch, being warm in bed, seasonal parties, and lots more. It is also a time for enjoying delicious food and invariably piking on a few extra pounds. It is hard to resist the temptation of comfort food in the colder months. However, it is not just you. There is a science behind these cravings.

The fat in your body keeps you warm in cold weather, and so you have an increased need to eat fatty foods. Additionally, you tend to stay in and exercise less during these months, so you burn fewer calories and munch a lot more than you should.

The cold weather is a time to pay attention to your diet. Eating the right foods keeps your body warm and all those pesky winter ailments away.

Stay fit and toned by sticking to healthy food options and making smart substitutions to your usual comfort food.

“Eat your vegetables” – your parents have been right all along.

Leafy green veggies like broccoli, spinach, cabbage, etc. are rich in fibre and antioxidants. Eating them in the winter keeps your digestive system healthy. They also provide you with energy, keeping you active, and your weight in check.

Add veggies to your plate instead of the empty carbs and starches in your cold-weather diet.

Try spices or experiment with cooking to make green veggies taste yummy. Winter greens combined with root vegetables give you plenty of variety in your diet and different vitamins, nutrients, and minerals.

Consume protein

A diet rich in protein helps maintain your toned shape in the winter. According to a study done by the University of Washington, increasing your daily protein intake to 30 percent of total calories increases your daily protein intake to 30 percent of total calories reduces your calorie consumption by 440.

Mix in some potatoes

Potatoes have a bad rep. It is a myth that consuming these vegetables adds a lot of fat to the body. Potatoes keep your cholesterol away by filling you up and are full of essential nutrients. Instead of going for greasy, fried potatoes, choose healthier cooking methods, such as boiling, grilling, or baking. Eat them with the skin on for even better results.

Munch on carrots

Rich in nutrients and low in calories, carrots are a delicious and healthy food for those trying to watch their weight. Carrots contain high levels of water and fibre, which keeps hunger at bay and aids in proper digestion.

When you feel like munching on something as you get cozy under the blanket, choose a few slices of carrot with a low-fat dip instead of a bag of chips.

Eat whole grains

Whole grains are good for your health at any time. But they are especially beneficial in the winter because they keep your body warm and increase your metabolism.

Plan to have a bowl of oatmeal for breakfast for both the health benefits and to keep laziness at bay. Add flavouring like cinnamon or citrus fruits to it.

Add barley, brown rice, and quinoa to your diet to increase your overall intake of healthy whole grains.

Get nuts

Are you feeling between-meal hunger pangs? Grab a handful of your favourite nuts to snack the healthy way. For more warmth and better taste, roast them a bit first.

Nuts make you feel fuller, helping you avoid tucking into unhealthy options. They are also cold-weather favourites, particularly the still-warm roasted varieties.

Waldains, almonds, peanuts, cashews – all kinds are healthy, giving you plenty of variety. However, don’t overdo because a handful of nuts is chock full of calories but better than a bag of chips.

Winter is the time when you are likely to indulge in unhealthy snacking. Be smart and keep the right kind of snacks within reach. Load your kitchen shelves and the car with protein-rich snacks like unsalted almonds, fresh seasonal fruits, and vegetables. Also, eat plenty of oranges and apples to keep your immune system healthy.

Kale is an excellent option as the antioxidants in it help detox your system. Kale is an excellent option as the antioxidants in it help detox your system.

In cold weather, the human body goes back to its natural state, needing more sleep and slows down its metabolism.

Aim to go to bed early instead of staying under the covers late when the sun is shining bright and warm outside. Sleeping first means you will be well-rested and fresh to get some sun in the morning.

Remember winter foods can be fun and healthy. With the right choices, you will feel enthused about being slim and full of energy.

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The driver’s vision month

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The Puzzle

Puzzle solutions on page 74

Easy

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Regular Sudoku

Every Sudoku has a unique solution that can be reached logically.

Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

Across
7 Spontaneously
8 Be like
9 Charged atoms
10 Spouse
12 Cooks in oil
14 Assassinate
16 Scorn
19 Magma
20 Going in
22 Tenacity

Down
1 Enormous
2 Instant
3 Talks foolishly
4 Repairs
5 Less taxing
6 Duvets
11 Worked up
13 Gambling
15 Rich
17 Buccaneer
18 Sport groups
21 Midday

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Puzzle compiled by Bianca Morèl

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Easy

Medium
Iodine is an essential mineral commonly found in seafood.

Your thyroid gland uses it to make thyroid hormones, which help control growth, repair damaged cells and support a healthy metabolism.

Unfortunately, up to a third of people worldwide are at risk of an iodine deficiency.

Those at the highest risk include:

- Pregnant women, people who don’t use iodized salt, people who follow a vegetarian or vegan diet and people who live in countries where there is very little iodine in the soil. This includes South Asia, Southeast Asia, New Zealand and European countries.

On the other hand, iodine deficiencies are rare in the U.S., where there are sufficient levels of the mineral in the food supply.

An iodine deficiency can cause uncomfortable and even severe symptoms. They include swelling in the neck, pregnancy-related issues, weight gain and learning difficulties.

- Swelling in the Neck
  Swelling in the front of the neck is the most common symptom of an iodine deficiency.
  This is called a goiter and occurs when the thyroid gland grows too big. The thyroid gland is a small, butterfly-shaped gland in the front of your neck. It makes thyroid hormones upon receiving a signal from the thyroid-stimulating hormone (TSH). When blood levels of TSH rise, the thyroid gland uses iodine to make thyroid hormones. However, when your body is low in iodine, it can’t make enough of them.

- To compensate, the thyroid gland works harder to try to make more. This causes the cells to grow and multiply, eventually leading to a goiter.

Fortunately, most cases can be treated by increasing your iodine intake. However, if a goiter hasn’t been treated for many years, it might cause permanent thyroid damage.

- Unexpected Weight Gain
  It may occur if the body does not have enough iodine to make thyroid hormones.

  This is because thyroid hormones help control the speed of your metabolism, which is the process by which your body converts food into energy and heat.

  When your thyroid hormone levels are low, your body burns fewer calories at rest. Unfortunately, this means more calories from the foods you eat are stored as fat.

- Hair Loss
  If you experience hair loss because of an iodine deficiency, getting enough of this mineral may help correct your thyroid hormone levels and stop hair loss.

Dry, Flaky Skin

Thyroid hormones, which contain iodine, help your skin cells regenerate. When thyroid hormone levels are low, this regeneration doesn’t occur as often, possibly leading to dry, flaky skin.

Additionally, thyroid hormones help the body regulate sweat. People with lower thyroid hormone levels, such as those with an iodine deficiency, tend to sweat less than people with normal thyroid hormone levels.

Given that sweat helps keep your skin moist and hydrated, a lack of sweat may be another reason why dry, flaky skin is a common symptom of iodine deficiency.

- Feeling Colder Than Usual
  Feeling cold is a common symptom of an iodine deficiency. In fact, some studies have found that over 80% of people with low thyroid hormone levels may feel more sensitive to cold temperatures than usual.

Given that thyroid hormones help control the speed of your metabolism, low thyroid hormone levels may cause it to slow down.

A slower metabolism generates less heat, which may cause you to feel colder than usual.

**Continued on page 16 ....**
Changes in Heart Rate

Your heart rate may be affected by your iodine levels. Too little of this mineral could cause your heart to beat slower than usual, while too much of it could cause your heart to beat faster than usual.

A severe iodine deficiency may cause an abnormally slow heart rate. This could make you feel weak, fatigued, dizzy and possibly cause you to faint.

Trouble Learning and Remembering

A study including over 1,000 adults found that those with higher thyroid hormone levels performed better on learning and memory tests, compared to those with lower thyroid hormone levels. Thyroid hormones help your brain grow and develop. That’s why an iodine deficiency, which is required to make thyroid hormones, can reduce brain development.

In fact, studies have found that the hippocampus, the part of the brain that controls long-term memory, appears to be smaller in people with low thyroid hormone levels.

Sources of Iodine

There are very few good sources of iodine in the diet. This is one reason why iodine deficiency is common worldwide. The recommended daily intake (RDI) is 150 mcg per day. This amount should meet the needs of 97–98% of all healthy adults.

The foods below are excellent sources of iodine:

- Seaweed, Cod, Plain Yogurt, Iodized Salt, Shrimp, Egg, Tuna, Dried Prunes
- Seaweed is usually a great source of iodine, but this depends on where it came from. Seaweed from some countries, such as Japan, are rich in iodine.

Smaller amounts of this mineral are also found in a variety of foods like fish, shellfish, beef, chicken, lima and pinto beans, milk and other dairy products.

The best way to get enough iodine is to add iodized salt to your meals. Half a teaspoon (3 grams) over the course of the day is enough to avoid a deficiency.

If you think you have an iodine deficiency, it’s best to consult your doctor. They will check for signs of swelling (a goiter) or take a urine sample to check your iodine levels.

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Out of Hours Farmacia Time-Table - Jan & Feb

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Plaza del Pueblo – 950 121 079
1901 – 2501

Farmacía Esteban Granero
Plaza San Francisco 24 – 950 120 234
0400, 2001 – 0102

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CBD Pain and Joint Cream

Most of us have experienced muscle and joint aches either related to long term health problems or simply from exercise. These aches and pains are usually treated with pharmaceutical pain medication which we are now becoming aware pose a risk to our health especially when taken on a regular basis. In search of safer pain relief and pain management many people are turning to CBD products and it’s changing the lives of many sufferers.

CBD and natural hemp based products can also help to relieve the symptoms of rheumatoid arthritis and osteoarthritis, joint and similar conditions. CBD has been shown to reduce the swelling and pain associated with these conditions. Applying cream or gel to the effected areas can help to reduce swelling and the massaging motion will help to circulate blood flow to the joints.

A regular topical treatment of CBD / natural hemp after an operation or injury can help promote speedy recovery and aid in the repair of muscle, tissue and skin, as well as relieving pain and swelling, something that pharmaceutical pain treatment can not do.

CBD / natural hemp products can be used as often or as little as you like or need, it’s also safe to use in combination with your daily oral CBD treatment, for all ages and skin types.

CBD Naturals Top Picks

With a huge range of topical creams and balms to choose from at CBD Natural, here’s a quick guide to some of the best:

Annabis Menthol Arthro Gel

Particularly suitable for the Spanish lifestyle due to its absorbent cooling formula. Can be used all over the body and extremely effective following physical activities. Especially favoured by bar coolers for over-heating.

Annabis Arthrocann Warming Gel

The instant warming experience is credited to the red hot pepper extract containing capsaican and cinnamon. This gel acts similar in combating pain and inflammation to the pharmaceutical options we may be more familiar with like Voltorol and Ibuprofen but Arthrocann’s natural anti-inflammatory ingredients and gentle warming make this a great natural alternative.

Trompetol Extra CBD Ointment

Our best selling topical cream due to its all round effectiveness of muscle, tissue and skin, as well as reliving pain and swelling, something that pharmaceutical pain treatment can not do.

There’s something else that goes into the DIY and upcycling trend: things are expensive! With more people living paycheck to paycheck than previous generations, it’s no wonder that they’re looking for methods online for hanging your tyre swing, so choose the one that suits you best, and make sure it is safe.

Making a tyre swing

So simple to make, yet so much fun for kids and adults alike, and a great way to use an old tyre (or several) in your garden. Choose an area with a tree featuring strong branches, and make sure there are no obstructions within any potential path of the swing. Pressure wash the tire before you hang it, so it is clean. You will find various methods online for hanging your tyre swing, so choose the one that suits you best, and make sure it is safe.

Contact us on: 950 882 237
www.buy-cbdool.com
or for personal advice call into our shop in Huercal Overa open every weekday.

Make a tyre swing

There’s something else that goes into the DIY and upcycling trend: things are expensive! With more people living paycheck to paycheck than previous generations, it’s no wonder that they’re looking for ways to save a dime while also keeping the planet safe.

If you’re still feeling skeptical, have a few more statistics: the EPA and the Rubber Manufacturers Association estimate that 290 million tyres are disposed of every year in the United States. But there’s some good news: of these, more than 80 percent are reused in some way. Here are several ways that you can do your part.

1. Recycling: Many communities have programs where you can drop off your used tyres for recycling. These programs help to reduce the amount of waste in landfills and also provide new materials for manufacturing.
2. Reuse: Instead of discarding your old tyres, consider using them for creative projects. For example, you can mount them on a wooden frame and use them as a planter or a table.
3. Donate: If you have old tyres that are in good condition, consider donating them to local organizations or charities. Many organizations use old tyres to build playgrounds or to provide safe footwear for children in need.

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Upcycling Car Tyres!

Make a tyre swing

Continued on page 20.....

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• GENERAL BUILDING
• SWIMMING POOLS
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• PATIOS
• AND MORE.....

These days, upcycling is a big trend and for good reason. People are becoming more aware of the ways that our lifestyle causes damage to the planet. The National Geographic Society estimates there are 5.23 trillion tons of plastic waste in the ocean. Of that, 269,000 tons are floating on the surface, endangering sea life and entangling boats. But even more amazingly, plastic trash has made its way to the deep sea, drifting down to where humans themselves haven’t been able to travel.

With all that in mind, people are now aware of what they consume and, even more importantly, how they manage to reuse wasteful materials.
Paint some tyres, pile them up
Make an outdoor bin
Use inside or out. Looking for a footstool, which you can create a hardwearing, beachy-or something similar. This will then wrap the entire thing in rope of your choice, making it to fit in the gap, footstool or ottoman from a car. It's surprisingly easy to make a footstool..... Continued from page 19

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Swimming Pool Cracks And Loose Tiles: Should You Repair Or Fully Renovate?

The first thing you are going to want to do is to take a moment to honestly appraise the state of your grout and tiling. The most common issue that people will have, and the easiest one to fix, is the appearance of discolouration in their grout. Sometimes you will find that grime can build up on your grout, thus causing it to take on an unpleasant colour. This is an easy fix that requires only some elbow grease and grout cleaning material. Unfortunately, this isn’t the end of the line for some people. When your grout needs more than just a simple scrub, you have to start asking yourself: am I going to have to re-grout the entire pool or re-tile it all?

1. Benefits of Re-Grouting - Re-grouting is going to be the easier option of your two choices. Before deciding to re-grout, appraise the status of your tiles and the grout. If there is only minor, superficial, damage then you can go ahead and bust out your tools to refresh your grout. If the damage goes deeper, then keep on reading.

2. Benefits of Re-tiling - Sometimes you can’t simply wash away a problem, and that is often the case with bad grout. When breakdown goes deep into your pool you run the risk of having mould and mildew begin to build up underneath the tiles. In this situation, factors are leading you toward a complete overhaul which will require extensive re-tiling.

If it involves water – we can help!
By the time you are reading this we will be into the New Year again! How time flies even when we have been either in lockdown, or restricted due to the virus! Here at Olive Tree Farm, life went on almost as usual, apart from not being able to travel where and when we wanted to. unless it was for work, as has been the case of the past few weeks!

Our olive harvest finally went ahead, although due to weather, we had to put the date for our own press slot back a few days. We also had to get a document from the press to allow us all to travel to it. The last thing we needed was to get pulled up and get in trouble for being outside our allowed zone. As it happened however, the restriction was lifted just a couple of days before, so thankfully all was OK. It took 2 cars to get them all there.

For anyone new to the olive experience, it seems nice to have your own tree, pick a few olives, take them to the press and come back with a few litres of delicious olive oil. When you have 70 trees and want your own oil back, it is a whole different task!

As a rule of thumb, we have found our olives result in us getting back approximately 1 litre of oil for every 5 kilos of olives. Olive varieties vary though, so not all produce anything like that amount of oil. You can actually pop along to the press with as little as a couple of carrier bags of olives. Your olives are weighed, tested for oil content and you get back community oil, in return. You can also get cash back or, half oil and half cash. The choice is yours.

If you have several trees, you can have your own fruits pressed and get your own oil back, but to do this you need around 500kg. The large amounts needed for this is where the fun is taken out of it, especially as you are working towards a deadline. The reward of bringing back your own oil however, does help towards the satisfaction.

When you take your olives to the press, they are taken up a conveyor belt, cleaned of leaves and any other debris and then weighed. Then they disappear for about an hour. Once pressed, you are called into a room where the huge vats of oil are situated. We buy our own 5 litre bottles and boxes which fit 4 bottles in each box. Crouched down you manually open up the tap and your oil comes through. One by one we fill the bottles, sealing them as each is one is full. As mentioned above we used 2 cars. One was filled with the empty crates once we had tipped them all out, the other came back laden with oil.

We weighed in at 484kg of olives and got back 80 litres of oil, so our oil content was actually quite high and gave us 6 litres of oil per 5kg. For having our own press slot, plus the cost of bottles and boxes, it cost us just over 60€. Still cheaper than buying from the supermarkets, plus we farm organically, but when you consider the cost of irrigation and time, it isn’t exactly a great earner.

On the animal front, all the pigs are still here. Mr and Mrs Turkey are safe, we ordered a fresh Turkey for Christmas day lunch from local British supermarket Sol Supermercado, which was delicious. The geese are safe, they are carrying out their guard duties to an extremely satisfactory level. The ducks are their usual lazy self. The goats are continuing their mission of eating their house which was a shed with a porch; it is now totally ‘porchless’, and they are making headway on the walls of the actual shed. And Mi Mi the sheep looks quite woolly as her winter coat continues to thicken up. As for the chickens, not an egg in sight for around 3 weeks. As the day light hours are now starting to extend, fingers crossed they get back into action, otherwise chicken soup will have to be whispered to them at feeding time to spur them on!

On that note, we would like to wish each and everyone of you a very safe and Happy New Year! Thank you 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/.

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On that note, we would like to wish each and everyone of you a very safe and Happy New Year! Thank you for reading!
Hello, happy New Year and welcome to a post-Brexit edition of the Tech Guru. We made it, sideways in a cloud of tyre smoke and dust. Let’s hope that ’21 brings a return to sanity.

Regardless of your opinion on the matter, it has happened and the ramifications are sure to become evident over the next few months. There is roughly fifty years of integration to unravel. Some of the changes are to be unexpected but the ones that could affect us the most are likely to involve travel and banking. As long as you have Spanish residency, leisure travel to and from the UK shouldn’t be a problem (barring the mandatory Covid testing). But we will have to wait and see what unfolds.

It is unlikely that everything will collapse overnight but as time rolls on and the gap between the UK and Europe widens then there may be some unexpected hurdles...

**UK Mobile Roaming Charges**

Since 2017 there has been a Europe-wide ban on roaming charges, allowing UK residents to visit Spain without having their bank accounts rinsed. Although this agreement still exists (Spanish Telecom companies can choose to reinstate the charges. This will depend on which carrier is used.)

The major UK phone providers have all stated that they “have no plans” to reintroduce roaming charges but the matter is largely out of their hands. You may also find that your Spanish phone incurs roaming charges when you go to the UK.

Only time will tell, but one way to avoid the issue is to buy a Sim card from the Country you are visiting (if your phone is compatible/unlocked) and stick it in your phone, or turn off roaming and use only Wifi connections (problematic).

Some Pan-European companies, such as Vodafone may waive the charges but only if you are connected to their network. Again, only time will tell. There are a few international phone service providers (Lobster is one) that currently offer flat-rate calls across Europe, including to UK numbers. Lobster’s terms & conditions mention roaming charges whilst outside of Spain & Gibraltar but whether or not the inclusive calls to the UK will continue, remains to be seen.

**Netflix and others**

The European digital single market rules meant that pre-Brexit, it was possible to use your UK Netflix subscription in Spain and watch UK shows and films. This was generally for UK residents visiting Europe on a short-term basis. What happens after Brexit?

The UK’s exit from the European Union will most likely see the loss of this benefit. What that means is that Netflix (and Amazon Prime) will again become region-locked and Brits will have to occupy themselves with the Spanish Netflix library following the withdrawal date. Fear not, as a large percentage of the content is multi-language and can be watched in English. It will mean, however that there will also be a fair amount of local content in the mix.

One solution (and it is becoming more advisable, regardless) is to use a VPN connection on your streaming device. A VPN will permit you to circumvent the geographical restrictions and if you are only interested in the free UK tv channels then this will give you the option to use iplayer etc with no issues.

**Bringing your car over from the UK**

The existing procedure for doing this is (in theory) pretty straightforward. A pre-Brexit UK car would have been liable for Registration Tax and the costs involved in registration, light changes and ITV costs. Due to the reciprocal tax agreements in the EU, it would not be liable for IVA as the tax (IVA) would have been already paid. At the moment any vehicle from anywhere in the EU is not charged IVA as this was paid in the EU country of origin. It is therefore conceivable that if VAT was paid when a vehicle was purchased whilst the UK was still a union member it could not be levied here, though it is equally possible that IVA could be charged in Spain and then reclaimed in the UK as presently happens with some brand new cars imported to this country. Customs Duty is presently 10% of value and as this is levied against Norwegian cars for example; unless we remain in the Customs Union it is difficult to see how this would not be applied to UK cars. In a nutshell, it is likely to cost an extra €1000 or so to matriculate the average UK car and the added bureaucracy may make it unfeasible. We will need to see how it pans out.

There are other options if you’re looking to buy a decent cheap car; Germany has a similar second-hand car market to the UK. Prices and quality are similar to the UK, there is no headlight change to deal with and it is highly unlikely that Germany will ever leave the EU!

There will undoubtedly be many post-Brexit changes but these changes will largely affect UK residents and not those of us safely ensconced in the Spanish system. As most consumer electronics are made for the European market as a whole and the UK has adopted these specifications and standards (including TV broadcast signals and matching our mains voltage, from 230v to 250v ac to 230v) then anyone these specifications and standards (including TV broadcast signals) made for the European market as a whole and the UK has adopted these specifications and standards (including TV broadcast signals and matching our mains voltage, from 230v to 250v ac to 230v) then anyone...
**Power cuts or what??!!!**

We all like living in the country side, small villages and towns etc. but the drawback is the angry electric pixies that we use to drive our electrical equipment are delivered mainly by overhead cables. All these pylons look to the sky and demand to be hit by lightning.

The last couple of months have been quite bad with regards to problems with power cuts and outages. When it’s very windy, the overhead cables can sway and touch, debris can be blown across conductors, causing the local distribution nodes to shut down and reconnect. Lightning can cause all kinds of problems. At least, a lightning strike on overhead cables will electrically “saturate” power transformers, causing a “brownout” of power, i.e. a second or so of no electric. In the worst case, it can destroy all equipment in your property. Most pylon networks are linked together at the top with a cable called a longitudinal earth. This cable travels the length of pylon routes. The idea here is that should lightning hit a pylon, the energy is discharged to ground via many pylons, over tens of kilometers, minimising local damage.

Almost every electronic piece of kit we have in the home has some very sensitive circuitry with more computing power than the whole of the UK had in the 1960s. All this stuff runs at very low voltages and currents and can be confused or trashed by a lightning “spike”. I see many a household item needing repair as a result of this. TV sets, satellite boxes, PCs, routers, fridges, sound systems... it goes on.

The short power breaks we get can cause real damage to equipment. The glitch can cause corruption of the computer controlled insides or currents and can be confused or trashed by a lightning “spike”. I see many a household item needing repair as a result of this. TV sets, satellite boxes, PCs, routers, fridges, sound systems... it goes on.

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

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The great thing about living in Spain is the wonderful diversity of plants we can grow, especially if you live in a frost free area and aren’t too high up a mountain!

Our garden is full of cacti and succulents which are well suited to the extremely dry area we live in but we also have a variety of trees apart from 150 olive trees we planted when we first arrived here 20 years ago.

If you want birds in your garden, then trees are a necessity. I have to admit that one or two trees we planted were later found to be not as welcome as I thought! These were several varieties of Eucalyptus I grew from seed.

They were chosen for their flower colour but all have been removed now apart from one red flowered variety that has struggled with its position and hasn’t grown nearly as huge as the others did. They can grow amazingly fast and their roots can get into all kinds of pipework and brickwork etc so be warned.

At the risk of repeating myself, many garden centres here don’t tend to have a very exciting selection of ornamental tree, especially in my area of Murcia. Growing from seed needn’t put you off as once started and growing well, tree seedlings usually run away into growth in the mild weather.

They are best kept out of summer sun until big enough to be planted once started and growing well, tree seedlings usually run away into growth in the mild weather.

They are best kept out of summer sun until big enough to be planted in their permanent spot and try to do this in the autumn so they have a few months to gradually acclimatise to the weather. Most of the trees in our garden were grown from seed.

Continued on page 30 ....
A problem that can arise quite easily is that a tree you may like isn’t suitable for your smallish garden as it may grow too tall. A simple solution is to wait until the tree is at the height you can live with then cut off the main growing tip.

The tree will continue to grow and flower etc but won’t grow to its full height. Trim the side branches occasionally to keep a nice shape and you will be able to enjoy your specimen without blocking light or annoying the neighbours. I did this with a Melia azedarach, also known as Chinaberry or Persian Lilac. The trunk has grown no more than two metres tall which means the beautifully scented flowers are all within nose reach at flowering time. It has lots of branches and is just a perfect tree in miniature. This also works well with the blue flowered Jacaranda. With a smaller tree the beautiful hanging deep blue flower clusters are closer to the eye.

If you are thinking of a specimen tree, one of the most striking has got to be the Chorisia or Ceiba speciosa. It does require a biggish garden though. One of the most striking features of this tree are the large spiney thorns all over the trunk and branches, designed I suppose to keep wildlife from snacking. The trunk, over time, balloons out into a bottle shape. This tree grows quickly in the first few years then gradually slows. It is when this tree flowers that you see what is so special about it. The flowers are like huge pink orchids. The flowering is spread over several months. The one in our garden starts in August and still has a few blooms now mid-December.

Another tree glorious in full flower is the Bottlebrush or Callistemon. Some varieties have violet and yellow flowers instead of the usual scarlet, so it’s worth looking around. Bottlebrush are also very amenable to pruning so suitable for tubs as well as smaller gardens. Albizzia julibrissin is a small, flat topped tree with ferny foliage and pretty, pink, powderpuff flowers, ideal for a sunny small garden. It too can be grown in a tub. These trees are pretty amenable to soil quality. Some types prefer acid soil which is more difficult to accommodate.

Bauhinia is another super garden tree with large flowers. You can choose from pink or white flowered varieties, the large white flowers of Bauhinia variegata are also scented. Trees can be planted at any time really as most are pot grown at point of sale but whether ornamental or citrus, autumn is the best time as it’s usually rainier and definitely cooler. Many garden centre trees are kept in slight shade so can suffer when suddenly transplanted into full summer sun no matter how much water they are given.

There are hundreds of beautiful, flowering trees that grow well here, the choice is mesmerising really! Just another bonus of living in this beautiful country.
NIGHT ON A BARE MOUNTAIN

By Bill Riley

The hut had been built by the Norwegians as a gift to the Tanzanian government some forty years previously. Above it loomed the massive crest of Kilimanjaro, its snow-covered peak gleaming against the starlit night. This was my third night on the mountain, and I was beginning to feel the debilitating effects of altitude sickness. The first night had been spent in rain forest at about seven thousand feet with the noises of Africa serenading me to sleep. Last night we had reached the midway hut at around twelve thousand feet and tiredness had ensured a good night’s rest. Now, at fifteen thousand feet I found sleep impossible; partly due to the shortage of oxygen, partly due to dehydration but mainly because I knew that at midnight my rest would be disturbed by Simon, our guide, who would summon us for the final six hours slog up this magnificent mountain. The night-time climb ensured the scree would be frozen which, the theory went, made climbing easier. It also meant that we would arrive at the summit at daybreak with the rising sun giving the massive crest of Kilimanjaro, its snow-covered peak gleaming against the starlit night. This was my third night on the mountain, and I was beginning to feel the debilitating effects of altitude sickness.

In the early hours of day two I was woken by Simon who advised me to have a quick shower before we set off. I didn’t need reminding. The heat of the day was already intense and I needed to cool down before we set off. Simon explained that we would be using oxygen masks at the higher altitudes to aid our breathing. I belatedly remembered the advice given to me at the start of the climb two days earlier and sipped from my bottle. Another look at my watch. Two hours to go. Would I get some much needed sleep before Simon dragged me kicking and screaming from my pit? God it’s cold. I could hardly move in my sleeping bag due to all the clothes I wore; socks, longjohns, trousers, vest, shirt and sweater and still I shivered.

Would I make it to the top I wondered? I had noticed the stretchers on wheels under the hut and someone had told me that, on average, there is one fatality per month on the mountain. This was where all those hours in the gym would pay off. All those sessions on the stepper and the running machine. Not to mention the walks up Snowdon and Ben Nevis. But the Norwegians decided to donate the huts. Most altruistic of them. I do wish they had installed central heating though.

I wonder why the Norwegians decided to donate the huts. Most altruistic of them. I do wish they had installed central heating though.

© Bill Riley
The Quicksand of Language

By Jos Biggs

Living in Andalucía, South Eastern Spain, and having struggled for many years to master the common speech I realise that language is a dangerous thing, and foreign language is especially dangerous. It is a seductive minefield, full of traps for the unwary, and pitfalls for those who boldly go where their knowledge has never been before. It is bad enough in our own language, where over time the meanings of words change completely; for instance, wicked, cool or gay are all words which had a clearly understood meaning until they were morphed into something entirely different by a younger generation. Not many people these days use forsooth or verily, couples don’t plight their troth any more, although solicitors are still encouraging us to bequeath and bequest our worldly goods – or stuff as modern parlance would have it!

Other words have crept in and assumed an unbecoming importance, such as ‘like’. A humble little word, like has been quietly doing its job providing the link between similarities (she looks like her mother), expressing preference (I like carrots better than Brussels sprouts) or an opinion (It looks like rain again today) for many, many years.

Now, however, this poor innocent little word has been hijacked by an unfeeling mass, that employs it as slave labour, forcing it to take on the meaning of virtually every other descriptive word or sentence uttered by its erstwhile captors – I was like going to the supermarket when I like saw my boyfriend with my like best friend, it was like so awful like…. At this point poor little like expired, done to death by overwork caused by a lack of basic vocabulary.

Take the word intercourse, which is an old-fashioned word for conversation, as any dictionary will tell you. This word caused an elderly Spanish gentleman no embarrassment whatsoever, but covered the lady with whom he was talking with confusion. It happened at an English/Spanish integration evening, where each English person sits with a Spaniard, the idea being that for half an hour Spanish is spoken, then for the ensuing half hour English is spoken.

The Spanish gentleman in question expressed, in English, the desire for a girlfriend, literally translated from Amiga. His opposite number, a lady of refined taste, covered her surprise at his directness by enquiring if he wanted a girlfriend for companionship. ‘Oh no,’ he replied. ‘For intercourse.’

Ah! How tricky a foreign language can be! And how innocent are those who put their faith in old dictionaries!

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The Spanish gentleman in question expressed, in English, the desire for a girlfriend, literally translated from Amiga. His opposite number, a lady of refined taste, covered her surprise at his directness by enquiring if he wanted a girlfriend for companionship. ‘Oh no,’ he replied. ‘For intercourse.’

Ah! How tricky a foreign language can be! And how innocent are those who put their faith in old dictionaries!
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

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- Driving Licences
- ITV (Vehicle MOT)
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- Double Taxation
- Wills
- UK Self-Assessment
- Services at the Tax Office (Agencia Tributaria)
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To arrange an appointment please contact the office on 950 472 242 or info@indalo.partners

We are looking for an administrator

We are looking for the following:
Office work experience with good telephone manner.
Computer skills, knowledge of Microsoft Office and Databases.
Good level of English. Ability to speak Spanish preferable. Own transport.
This role has the potential for the right person to progress within this expanding company.
Interested applicants to contact Aurora at 950 472 242 or email: aurora@indalo.partners

Parque Comercial Mojácar

Located right on Mojácar Playa, you will find the Levante’s First Shopping Centre: The Parque Comercial Mojácar Playa, one of Almeria’s many shopping centres. It offers a unique experience with its Arab styled architecture where you will be treated as if you were at home. The Mojácar Commercial Centre is in one of Mojácar’s best locations and it boasts an environment that will surprise you with its beauty and relaxed atmosphere.

It is home to a wide variety of shops, restaurants, supermarket, gym, lawyers, doctors, veterinarians, hairdressers and much more, a must to visit and an excellent place to relax with your guests as there are many shops offering handmade products, gifts and souvenirs from the local areas. The shopping centre is open between 10am and 8.30pm but remember this is Spain and most of the shops will be closed during siesta.

It is easily accessed just off of the main road that runs the length of the playa. There is a regular bus service along the playa with bus stops immediately outside of the Commercial Park where you will also find taxis ready and waiting to take you to your next destination. The shopping centre is also within walking distance to many of the local hotels, and for those of you who wish to drive you will find plenty of parking nearby.

When you feel like a rest from all the shopping why not sit back and enjoy a relaxing drink and something to eat in one of its many cafes and restaurants.

Come visit us, and you will enjoy an unforgettable experience, the best shopping place in Mojácar!! So don’t forget to stop when you are passing by, you’ll have a great time.

Also situated only 1.9km from the Commercial Park is the village of Mojácar, which is a must to visit while you are so near. Whitewashed facades well maintained, set on some extremely steep slopes. Mojácar village is an absolute jewel of Andalusian villages. A morning or evening walk through the tiny streets will amaze and relax with so many things to find in every tiny nook. There are some shops around the village and when you come to the main square you will find many cafes and bars serving local dishes with a view stretching right across the Mediterranean.

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Happy New Year folks! We hope that 2021 bring us all health, happiness and much more peace of mind than we encountered last year!

By way of welcoming the New Year, the Inspired Team have decided to offer a special weekly deal on two of our bestselling ranges, the Malaga and the Ibiza.

The items in each range will be posted on our Facebook page so make sure you remember to check it out at the beginning of every week through January!

The Inspired Team would like to thank all our clients for your custom and loyalty in the past year, particularly during the difficult trading period we endured. As always we promise to bring you the widest choice of garden furniture and accessories at the best prices all year round.

You can always rely on Inspired to deliver, quality, value for money and first class customer service!!

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

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... 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!

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Inspirado Garden Furniture

Poligono EL REAL, Antas (same estate as Lopez Ferreteria)
Open: Monday - Friday 10am - 6pm & Saturday 10am - 2pm
The Carpenter Bee

Enjoying some New Year sunshine in the garden, I became aware of a loud and heavy drone passing overhead and settling in the jasmine. The Carpenter Bee (Abeja carpintero), a very early visitor this year between cells. The tunnel functions as a nursery for brood and thus they are probably great pollinators, but they do sometimes take short cuts!

Woodpeckers eat carpenter bees, as do various species of birds, such as shrikes and bee-eaters. Woodpeckers are attracted to the noise of the bee larvae and drill holes along the tunnels to feed on them. So don’t be concerned if you are visited by these gentle giants. The deep humming sound and the metallic blue wings reflecting in the sunlight makes them quite mesmerizing to watch. As they are rather large – up to an inch (2.5cm) – they simply can’t squeeze into any available flower. But they do not waste any opportunity and bite a small hole near the stem so they can reach the nectar from outside. Proper little nectar robbers!!

The entrance of their burrow is often a perfectly circular hole measuring about 16 mm (0.63 in) on the underside of a beam, bench, or tree limb. Carpenter bees do not eat wood. They discard the bits of wood, or reuse particles to build partitions between cells. The tunnel functions as a nursery for brood and storage for the pollen/nectar upon which the brood subsists.

A short while after male carpenter bees mate, they die. It won’t take long for the females to die after they lay their eggs and seal up the larvae into the tunnels that they dug out. Carpenter bee larvae are not waste any opportunity and bite a small hole near the stem so they can reach the nectar from outside. Proper little nectar robbers!!

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An important question that people ask is, “how long after the death of one’s partner is it OK to start thinking about entering into a new relationship?” Needless to say, the answer is, “whatever you feel is right for you!” Given that I commented earlier that men grieve for less time than women it will come as no surprise to learn that men will all be grieving at different rates, you might be ready to move on sooner than your partner. Therefore, the way you may feel about the (potential) new person in your life and the love you still feel for the one you may have spent half a century with. More years ago than I care to remember and long before I was married I attended a church youth conference. The theme was something along the lines of “Human Relationships”. In the plenary session, one of the questions asked was how did the speaker feel about remarriage after widowhood? He answered that he would feel it would be a compliment to him if his wife wanted to remarry. That her experience of marriage to him was so good that she would want to try again.

Fortunately, our hearts have an infinite capacity for love. Which is just as well as many of us would have had to tell our firstborn that the amount of love they had been used to was about to be cut in half because they were getting a new brother or sister!

When we were courting the first time around we took our “intended” home to meet our parents and in many cases, we would have needed, not only their approval but, their permission in writing! Now, it is likely to be the other way round, we are likely to want the approval of our children. Now, that is going to be daunting! We have to remember that we are not the only ones mourning our spouse; our children, other members of our family and our friends are too. They will all be grieving at different rates, you might be ready to move on but that is no guarantee that they will be. I am told that daughters who have lost a mother are the ones least likely to accept what they may see as a “replacement”.

These are situations which need to be dealt with delicately and it is perhaps a good idea to discuss with all members of our family and our friends the possibility of a new person in our life before the thought becomes a reality. If, like me, you had discussed these issues with your partner before their death (in my case only a few weeks before their passing) again your friends and family need to be aware of those discussions whilst the subject is still academic. The ideal situation, of course, is that we make sure our families and friends know before either dies!

At the end of the day it is our life, and whilst no one wants to enter into a new relationship and at the same time damage existing and very important ones with other family members we must remember that it is our decision and if we start handing control of our life to other people they are unlikely to hand it back!

Continued on page 44 ....
I want to place our two couples in virtual stately homes. Darcy and Elizabeth in one and Rochester and Jane in the other. Their virtual homes grow and are extended as their marriage and family life develops just as real stately homes develop over the years. Sometimes parts of the house are shut off as they are no longer needed. Eventually, Rochester dies and Jane realises that she needs to inhabit a new virtual home, but she does not want to leave all that she cherishes behind. So, she constructs a virtual annex or granny flat. She can lead an independent life within it, but as it is connected to her old home she can wander back into it anytime and remind herself of all the joys she shared with Rochester. Initially, she will spend a lot of time wandering around it, sometimes having to force herself to return to her new annex. Over time she will spend less time in the old home and more in the new, eventually venturing beyond it and embracing a new life. Meanwhile, Darcy and Elizabeth are in their virtual mansion, but this time it is Elizabeth who dies and Darcy needing to build the annex. His life will follow a similar pattern to Jane’s, and he too will eventually venture outside his annex. Perchance they meet and gradually their lives become entwined. Because they live in virtual homes they, unlike real ones, can move around and we find that the two houses are now close together. As they begin to share more things those two annexes finally touch and the next step is to knock through and join the two together. Darcy and Jane are still free to wander in their former abodes, but now they can be accompanied by their new partners. They can explore each other’s lives together. They need not feel threatened by what they discover there.

There will be some rooms that each will want to keep private, but the more they explore together the greater the bond between them will become. They must be mindful that this is not a game of “Top Trumps” where they try to “out-do” a particular skill or virtue of their new partner’s former spouse. For example, Jane must not try to prove she is a better cook than Elizabeth was. If she is, that’s a bonus, but Darcy, whilst complimenting her on her culinary skills, should not make a direct comparison. They will spend time in each other’s virtual home and share each other’s special dates, like wedding anniversaries, birthdays and most importantly the anniversary of the deaths of each former partner. Darcy must not mind if Jane sometimes calls him Rochester, even in the throes of the deepest passion. He must accept it as a compliment, and she must never (heaven forbid?) compare him as a lover, favourably or otherwise, to Rochester. (And all that applies to Darcy too!)

It is, of course, perfectly OK for Jane and/or Darcy to decide to live completely independent lives, maybe meeting in the street and passing the time of day together with no thought of any further entanglement. We are free to live our lives as we wish and if that involves entering a new special relationship that is up to us. I would like to say that it is nothing to do with anybody else, but the reality is that we do not want to risk alienating our close family and friends. Therefore, we must try to carry them along with us, but in the final analysis, it is our future happiness that is at stake.

In most of this article, I have tried to resist making it about me! But in this paragraph, I want to add a personal perspective. I am still “single” but as my late partner and I had discussed in great detail the possibility of finding someone new if one of us should die and each gave our blessing to the other I am not averse to the possibility of finding happiness again. BUT, and it is a big “but”, I have to ask myself a very important question. Given the incredible pain that I endured when my partner died, do I want to consider the strong possibility of having to endure it once more? But, perhaps more to the point, given that a potential new partner is also likely to be widowed and had also endured pain similar to, or even greater than mine, would I be prepared to ask them to put themselves through it again? The answer to the first question, given my very positive experience of my former marriage, is probably, “yes!” Perhaps, the second question is not for me to answer. However, given that men, on average, die earlier than women it is something they need to seriously ponder because it is not them who are most likely to have to suffer the pain twice!

If you wish to comment on this article, bereavement in general or something more specific you can do so, in the strictest confidence, at this address. bereavement@nlgmail.com (There was a problem with the address given last month!)
Early last year our son and his wife, who live in the UK, put their house on the market; they decided to move. They did all the usual stuff, got an Estate Agent and Solicitor and then along came Covid. Things ground to a halt for a while. Anyway, a couple months ago, good news, they had an offer, which they accepted and they will be moving shortly.

However, about three weeks ago, they received a phone call from the Estate Agent with a rather unusual request. Apparently the people buying their house are Hindus and they asked if our son and daughter-in-law would allow them into the house so they could bless it, before actually moving in. So, being a fairly liberal couple and not a little curious, they agreed.

The Hindus arrived, prayed in the way that they do and left a little votive in the kitchen with a request that it remain there until they take possession. All very strange to our way of thinking but quite touching in some ways. There are some 1.2 billion Hindus across the world with Nepal and India having the largest number, while in the UK, there are around 1 million adherents. And that got me wondering how many, what we would consider ‘unusual’ faiths, were out there.

In a UK census back in 2009 over 400,000 people officially recorded their religion as Jediism. Presumably with them the Force is.

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The Iberian Lynx – the World’s Most Endangered Feline

It is a sad and well known fact that the Iberian lynx, which is endemic to the Iberian Peninsula, is in danger of extinction. The good news is that extensive rescue programmes seem to be slowly turning the tide. The species hit an all-time low at the turn of the millennium with only 100 known specimens alive – and only 25 of these were breeding females!

So what caused this beautiful feline to become almost extinct?

Like all endemic species, the lynx’s requirements of its habitat are quite specific, and its main food source is the European rabbit. The population of the latter species dropped dramatically over the second half of the last century (by approximately 80%) due to an epidemic of myxomatosis (in the ‘50s) and a haemorrhagic virus (in the ‘80s), and although the lynx can also eat small rodents and birds, this decimated the population. And the rest is the same old story of human greed, selfishness and stupidity.

The lynx has been hunted mercilessly for various reasons. Some farmers considered it a vermin and thought it threatened their livestock, although others, more enlightened, realised that the lynx was actually a good ally for keeping the rabbit population from ravaging the crops and the foxes from ravaging small farm animals like chickens.

Another reason for killing the lynx was its spectacular fur, which was a valued trophy for hunters. And thousands of specimens fell victim to illegal poisoning, which ironically was usually directed at other species, but which of course kills fox, wolf and lynx – and all other beings – alike.

The rapid expansion of infrastructures also took its toll with hundreds of lynxes getting killed under the wheels of cars that travelled along new roads which cut through the animals’ habitat. However, it now looks as if environmentalists and ecologists managed to turn the tide in the nick of time. In 2003 an extensive ‘ex situ’ breeding programme was initiated. A population of healthy and genetically viable specimens was held captive to guarantee the breeding of new specimens which would be healthy, strong and apt for being introduced into the wild.

Thanks to extensive protection schemes and the breeding programmes, the lynx population now counts over 850 specimens living in the wild. And not only has the number of individuals risen, the lynx population is slowly spreading from being found exclusively in Andalusia to living also in Castilla-La Mancha, Extremadura and Portugal.

But Andalucia is still home to by far the largest populations of Iberian lynx: A total of 461, divided into four habitats in Seville and Córdoba. The populations in Córdoba are now so extensive that they can be considered one large population, and it is thought that they stretch across the Sierra Morena up to the southernmost populations of Castilla-La-Mancha.

There is still a long way for the Iberian lynx to go before it is out of danger, but on the IUCN (International Union for Conservation of Nature) Red List, its status has changed from ‘Critically Endangered’ to ‘Endangered’.

Thanks to the good works of ecological organizations, the Iberian lynx may still return to its former splendour and inhabit the Iberian Peninsula from north to south.
I am typing this just before Xmas so it is a little difficult to forecast the market for Jan, Feb & March 2021 due to potential travel restrictions. What we do know is that as soon as people can travel to Spain they are coming to buy.

Also remember that there are already plenty of people already here in Spain or buying using live, video viewings so keep your property in great condition in and out for when they come...and stay positive.

There are many possibilities of how estate agency first started or who was the first in the UK.

The term estate agent originally referred to the person responsible for a landed estate – they might also have been known as a steward or “receiver of the rents”. They would have been responsible for the various estates of rich folk.

Back in the 1700 & 1800s home ownership was a rarity among anyone but the elite. If you were poor, working class, middle class or even part of the professional class your chances of home ownership were still very slim until the 20th century arrived and things started to change.

The Origins of Estate Agency in the UK

By Voss Homes Estate Agents - Huércal Overa

London is where there was early history of estate agency. Most of the oldest agents in the UK started life in the capital, with Chestertons dating back to 1805. Felicity I Lord and Chancellors go back to 1807 and high-end London agent Portico (formerly Edmund Cude) has been in business since 1818.

Suffolk-based Flick & Son has been going strong since 1833. Winkworth was established in 1835, Humberts was founded in 1842, Savills first appeared in 1855 and Reeds Rains can date its heritage back to 1868.

Meanwhile, Hamptons’ estate agency business was established in 1890, Mann was formed in 1891, Knight Frank was founded in 1896 and Jackson-Stops started life in Towcester and Bairstow Eves has also been around for more than 100 years.

The 1930s was, too, a busy time for the founding of well-known regional agencies, with Surrey-based agents’ Curchods appearing in 1938, Connells opening its first branch in Luton in 1936, and Dixons, a large estate and letting agency firm in the Midlands, also founded in this decade....and the rest is history.
The journey back from Cyril’s garage would have been quite quiet except for Gruff. He complained about everything, but most of all he complained that I hadn’t asked if he could come out of the car. He was really getting on my nerves, but I thought it better not to answer him.

Suddenly Mrs Worsley turned off the road and parked.

“You stay in the car, Neila. I’m going to that shop over there to get you some clothes to take tomorrow.”

“Which shop?”

“That one there. The one next to where it says Pet Shop.”

“What’s a pet shop. Do you take it home and look after it, like a pet?”

She smiled. ‘No, it’s a shop where you go to buy pets.’ She looked severely at Gruff. ‘Like Gruff, for instance.’

She closed the door and crossed the road. I turned to Gruff.

‘If you don’t shut up, I’ll tell her, and she’ll get another pet. One that doesn’t complain so much.’

He looked at me for a minute, then turned away and put his head down.

‘You won’t tell her, will you? Please.’

I still said nothing, and very soon Mrs Worsley was back with a plastic carrier bag in her hand.

‘This should be good enough for now, until we know what you are going to look like. Then we can get you some nice clothes.’

I peeped in the bag. I think it’s some trousers and a top. It’s grey and sort of wooly, and the label has got Small written on it.

Gruff said absolutely nothing all the way back.
When we got back I took off my Parka. I felt silly in it.

‘We’ll give Gruff his dinner, then we’ll make ours. You can help.’

Gruff’s dinner smelt good. It came out of a tin, and Mrs Worsley tipped it into a bowl and put it on the floor.

Gruff began to eat immediately. He sticks his nose right in and gobbles it up straight from the bowl. He doesn’t pick it up – I wonder, will I be expected to do the same?

‘Is that macaroni cheese?’ I asked.

She laughed. ‘No, that’s dog food. It’s called Chummy. Now let’s make our food.’

She fetched a tin out of the cupboard. The label said Yummy. Sounds very like Chummy, I thought.

She opened the tin; it doesn’t look like Chummy – it’s sort of light yellow with lumps in it.

She took two plates out, tipped half out on one plate and half on the other. Then she put it in a metal box with a glass window and pressed a button. The metal box started to whirr, and the plates went round and round. Then the box went Ting! And stopped.

She put the plates on the table. Oh good! I’ve not got to eat off the floor.

It smelt lovely, much better than Chummy. I was just going to start eating when she gave me a handle with a round bit on the end. ‘Here, use a spoon,’ She said.

What should I do with the spoon? Will I like macaroni cheese? Why does Gruff eat Chummy and not macaroni cheese?
We can also tailor the package to owners needs, including a daily rate for part time owners. The property and signs of entry, flood and damp damage, garden and pool maintenance. This includes IS YOUR PROPERTY EMPTY FOR PERIODS OF TIME – WHILE YOU ARE UNABLE TO GET OVER HERE?

We offer a comprehensive package that includes guaranteed fortnightly checks including security of the property and signs of entry, flood and damp damage, garden and pool maintenance. This includes free checks after adverse weather. Cleaning and laundry service can also be arranged. We can also tailor the package to owners needs, including a daily rate for part time owners.

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

We are a small company with a big heart, and what you will get with us is a 100% of our attention. Your property will be the focus of our advertising plan, not lost in a website full of other properties. With our comprehensive package of services and excellent customer service, why choose anyone else?

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RAMBLA ALJIBE (near Lubrin)
amaris668@hotmail.com

Pheasant Island

In the Basque Country, the river Bidasoa runs into the Bay of Biscay between two towns, the Spanish Honraddibia and the French Hendaye. Three miles upstream, near the city of Irun, there is a small, uninhabited island called Pheasant Island.

The island has a peculiar status: it’s a condominium, in other words a territory that is governed by two or more countries, because it belongs to both Spain and France. The two countries take turn at the ownership and have possession of it for six months at a time, the change-over taking place in January and June every year. Pheasant Island is Spanish for the first six months of the year, and French for the rest. The handover of sovereignty is an official deed accompanied by hymns, salutes and the full works.

Île de l’hôpital, the French call it, whereas the Spanish call it Isla de los Faisanes, Pheasant Island. Nobody knows exactly where these names come from, but it is definitely not because of neither hospitals nor pheasants, as neither exists on the island.

The Basque name for the island is Komantzia, and it is thought that it was named after the meetings that were once held there. The most important of these was the signing of the Treaty of the Pyrenees between kings Philip IV of Spain and Louis XIV of France on 7th November 1659 at the end of the 1645-1659 war between Spain and France, a war that had initially been a part of the wider Thirty Years’ War.

In the centre of the island there is a memorial with an inscription that marks this event. Until the signing of the Treaty of the Pyrenees, Pheasant Island had not belonged to anybody, but the dual possession was included in the treaty as a symbol of peace and cooperation.

After that, the island was used for the exchange of prisoners and marriageable princesses. It has been a long time, though, since any prisoners or marriageable princesses were last seen on the island. A select few have been allowed to pay a visit to the island, amongst prisoners or marriageable princesses were last seen on the island. A

Pheasant Island is the smallest condominium in the world, and probably also the oldest. Sovereignty has changed hands between Spain and France more than 700 times since 1659, and in all that time the island has been a tangible, albeit curious, symbol of peace between the two nations.

The present size of Pheasant Island is 2,000 m². The size varies with the level of the river, which sometimes is so low that you can walk the 50 m to the island. It is easy to get to – but you are not allowed. Only Spanish and French soldiers, from the naval bases of San Sebastián and Bayonne, respectively, can go there. During the periods, that is, that the island belongs to them.

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How to Care for a Canary

The canary is a popular domestic bird in Spain, and its amazing trill song is a source of pleasure to its owners and to by-passers alike. But keeping birds entails just as much maintenance, care and thought as having a dog or a cat. They are not just a colourful, chirpy possession you can keep in a corner and enjoy when you fancy and forget the rest of the time.

The canary requires a nice, large cage, preferably 100x60x80 cm with dark or galvanised bars. For your own ease, keep a paper lined tray at the bottom of the cage to pick up droppings and food bits. Change the paper once or twice a week.

The perches should be of different thickness to help the little fellow exercise his feet, and the canary enjoys playing with small non-toxic twigs and leaves from fruit trees.

The perches should be of different thickness to help the little fellow exercise his feet, and the canary enjoys playing with small non-toxic twigs and leaves from fruit trees.

Like all birds, canaries love a good bath, and they should always have a little bird bath in their cage. It is important to change the water daily, and both the bath and food and water containers should be washed with warm water before being filled and returned.

It is also important to keep the area around the cage clean to avoid dust mites.

And finally, if you spend a lot of time away from home, make sure to treat them to a bit of egg or other soft food together with a millet (fibre) and quercitin, an antioxidant. It is recommended you eat the apple unpeeled taking bites directly as this helps clean your teeth and regulate your bowel transit.

The apple is very good for your health. It is a source of vitamin A and the B group, although the amount of vitamins varies according to the variety. Apart from vitamins, the apple is also rich in pectin (fibre) and quercitin, an antioxidant. It is recommended you eat the apple unpeeled taking bites directly as this helps clean your teeth and regulate your bowel transit.

Mrs. Apple

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Brussels in Cream

Many of us will have Brussels left over from Christmas, and many keep buying them although Christmas is over, simply because they love them. I belong to the latter group.

This recipe is a lovely way of cooking not only Brussel sprouts, but lots of other vegetables as well, and it constitutes a delicious side dish! Give it a whirl, you won’t regret it!

Ingredients for four:
- 500g Brussel, outer leaves removed and sprouts cut in half
- 100 ml milk
- 250 ml cream
- 1 egg
- ½ tsp salt
- ½ tsp grated nutmeg
- A twist or two of pepper
- 1-2 handfuls grated cheese

Place the cleaned, halved Brussel sprouts in a greased oven proof dish.
Mix together the rest of the ingredients and pour them over the sprouts.
Stick them in the oven at about 190ºC and let them cook for 20-25 minutes until done and golden on top.
Serve as a side dish and sit down and wait for the praise to start flowing!

Terraza Lamarlo

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Open every day for group events

Cafe-Bistro ‘aRoma’ Enrico, Thomas and Sue are proud to celebrate their First Anniversary on the 14th January
Thank You to all our loyal customers
Looking forward to seeing you soon
It has certainly been an ‘interesting’ first year!

HAPPY ANNIVERSARY

Welcome - Hola - Benvenuto - Wilkommen

As a small neighbourhood business we are very happy to help raise money for local charities you support us so we are happy to support you. For more information or to make reservations please follow ‘aRoma’ Cafe-Bistro on facebook or pop in and one of our small friendly team will be happy to help.

Don’t keep people in the dark
Advertise in the Almeria Living
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We offer English Breakfasts with a Spanish Twist, Eggs Benedict, Welsh Rarebit Aroma Style, assorted Sandwiches all served with our daily freshly baked bread. Mouthwatering homemade Cakes and Ice Creams to die for in the long hot months. All dishes are freshly prepared to order and we offer Vegetarian, Vegan and Gluten free options. And for those who want a treat our weekly changing Blackboard Menu and High Teas offer something different and special.

From Brighton via Bletchley and British Airways to Arboleas, Enrico and Thomas bring a wealth of experience in the hospitality sector to their latest venture here in Spain. Their International background allows them to bring a continental twist to traditional favourites and some very exciting new recipes.

Terraza Venta Mateo 13
ARBOLEAS

Wishing you a Healthy, Prosperous New Year
Open: Wed-Sat 10am - 4pm
aRoma cafe-bistro
**Migas de Pastor**

Lots of Brits that I talk to have an absolute abhorrence of migas – often without ever having tried it! But try to overcome your prejudice – migas is an absolute delight!

Traditional migas in our corner of Spain is elaborated with flour (you can even buy special migas flour nowadays), but in most other parts of the Iberian Peninsula it is made with fried bread cubes.

I love both, but have never made my own flour migas. However, this wonderful recipe for bread migas is one of my favourites. Seeing as I’m a bit of a pig, I always make sure there’s plenty of meat in my migas, but each to his own. You can reduce the amount – or even add to it if you’re an even bigger pig than me!!

**Ingredients for four:**
- 500g of 2-3 day old bread cut into cubes.
- 300 ml water
- 1 tbsp salt
- 2-3 fresh chorizo sausages, sliced
- 2-3 green peppers, cut into strips lengthwise
- 3 thick slices of pork belly, cut into strips
- 6 cloves of garlic, whole and unpeeled
- Plenty of olive oil

Put the bread in a large bowl and pour over the water. Mix it all gently until all the water is absorbed. The bread is not supposed to become soaked through. Leave it for an hour.

Heat a large frying pan to medium heat and throw in the chorizo. Fry it for a couple of minutes on each side. Reserve.

You can discard all of some of the chorizo fat and fry the pork belly with a bit of salt until it is golden to your liking. Keep moving until you take it out leaving the fat in the frying pan. Reserve the meat with the chorizo.

Now the turn has come for the green pepper strips. Throw them and the garlic cloves into the fat left by the pork belly and fry until they start going golden. Reserve the peppers but leave the garlic in the pan.

Add the bread cubes and fry them over a steady heat for 20-30 minutes, stirring frequently. They are done when they separate and are slightly golden and crisp.

Return the chorizo, pork belly and peppers to the pan and cook, stirring, until everything is heated through.

Serve with a good carafe of country wine and you and your fellow eaters will soon agree that the prejudice against migas is completely unfounded!

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**Leftover Turkey Soup Part II**

This is how we finished last month:

You can now stick your stock and turkey meat in the freezer until the time comes when you fancy a lovely bowl of soup.

This month we will finish the recipe:

**Ingredients for the soup:**
- 1 litre of stock
- 200g carrots, peeled and sliced
- 200g parsnip, peeled and cubed
- 1 small onion, peeled and chopped
- 50g soup pasta (optional - my man insisted)
- Turkey wing meat cut into cubes or pieces
- Oil
- Salt and pepper

Heat the oil in a large pan and cook the vegetables in it for five minutes. Add the stock and bring to the boil. Cover and simmer for 15-20 minutes until the vegetables are done to your liking.

Add the pasta and the meat and cook until the pasta is done (if using) and the meat is hot through. Season to taste and serve with or without bread.

An almost free and absolutely delicious dinner!

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**The Chippy La Alfoquia**

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Last orders taken 15 minutes before closing

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You’ve all heard of the Oscars, the Tonys and the Emmy awards. Well, now it’s time for the first Bill awards.

During 2020 I have tasted numerous wines – some good and some not so good but all tried with the aim of finding and recommending bottles which will give pleasure without breaking the bank.

It would be easy just to suggest only fine, expensive wines but the aim of the “Bills” is to find value for money. It’s hell but someone has to do it!

Of course the following represent only my opinion and if you disagree vehemently or have other suggestions, I would love to hear from you.

RED WINE OF THE YEAR goes to Mar de Uvas Merlot 2019 from Vinas Tridado in the D.O. of Terra Alta in the mountainous province of Tarragona. Vinas Tridado is a young company – only founded in 2006 – making big, fruity, juicy wines with little or no oak. Yes, I have tried better, more refined wines this year but nothing comparable when it comes to value. At the time of writing this wine is available from Mercadona at 2.49 euros. Grab it while you can!

WHITE WINE OF THE YEAR goes to the delightful Verdejo 2019 from the J.Ferrando company in Rueda. This is a family business with father and daughters caring for their vineyards and producing some truly excellent wines. The Verdejo grape is fresh, lively and fragrant and this example has just a hint of spritz which adds to the intensity of flavour. Another bargain at around 3.00 euros in numerous wine shops.

WINE SUPERMARKET OF THE YEAR is awarded to Super-Cash. The range is incredible with some really interesting wines at very sensible prices. Unusually for Spain there are also products from Spain.

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THE WINNER is ........

You find the best wine shop that I have come across anywhere in Spain. The owner is obviously a true wine enthusiast. A visit to Garrucha is recommended – the fish is good too!

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THE WINNER is ........
The beautiful city of Cuenca is situated in Castilla La Mancha between the Júcar and Huécar river canyons. It has a wealth of monuments and its historic centre overlooks rocky canyon walls in the heart of the Cuenca mountains.

Cuenca’s old town has been granted the UNESCO World Heritage designation, and the city spreads out from atop a promontory overlooking the ruins of its Moorish castle, the ancient Kunka fortress. Meanwhile, below, the modern city grows on the Júcar plain.

The old city with its medieval streets that give it its character begins beside the parish church of Nuestra Señora de la Luz, next to the San Antón bridge. Here begins a tour of the hills, steps and viewpoints which provide beautiful views.

The first stop might be the church of San Felipe Neri, a sober and ancient church that is the site of the international Congregation of the same name. Before reaching the Plaza Mayor, you walk through the Plaza de la Mena, where you can see good examples of Cuenca Baroque architecture. The church and convent of La Merced, where you can see good examples of Cuenca Baroque art and a great seminary. Back in urban Cuenca you will find corners full of charm where there are fountains, little arches and narrow streets. Between the Cathedral and the Casas Colgadas we can also visit the Provincial Museum, the Casa del Curato, the Diocesan Museum and the Bishop’s Palace.

On the way to the highest point in the city, interesting religious buildings like the churches of San Miguel, San Nicolás and San Pedro, and the hermitage of Nuestra Señora de las Angustias await. It is worth doing this tour when it is already dark and the whole city is lit up. Another possibility is to walk around the Rondas, paths offering the best views of the gorge and the city, integrated into the natural environment.

Cuenca is only one of many points of interest in the province. Some 30 kilometres from the city you will find the first hills of the Cuenca Mountains, home to the unique landscape of the Enchanted City, made up of weird and wonderful formations, reminiscent of objects, animals and human forms, that water and wind erosion have carved out of the huge limestone rocks. This unusual place is open all year round, from 10am until dusk, and it takes about two hours to see it. Although it is easy to see the similarities, there are notices with the names of each of the rocks: the “Boats”, the “Bogoban”, the “Elephant”, “The Sea of Stone”, the “Diplodocus”.

With its charm and multitude of sights and monuments, Cuenca should be a must on any traveler’s agenda.

How do I insure my car for Spain?

You can take out insurance on a car that is registered in Spain with any Spanish insurance company or a number of foreign companies in Spain, including direct insurance companies that don’t work through agencies. It is worth shopping around and asking for a number of quotations before choosing a plan or provider.

Some car insurers in the UK provide coverage for up to six months a year, after which you are required to register your car with your local traffic department in Spain. A lot of providers only provide around 90 days of cover for international travel so it is worth checking your existing policy or taking this into consideration when choosing a provider. If you plan to become a permanent resident, you should register your vehicle within 30 days of arrival.

If you drive a British-registered car and spend over six months a year on the continent, you will need to register your car with the Spanish authorities. You should either take out a European Insurance Certificate or a Spanish insurance company. Another option is to choose a British insurance company that is based in Spain as EU rules require all vehicles to be insured in their country of registration.

If you bring your British-registered car to Spain, you can insure it through the Spanish branch of a British-based insurance company. However, you will not be able to insure it with a Spanish insurance company. Similarly, if you have a Spanish-registered car, it must be insured with a Spanish insurance company or a foreign insurance company with an office in Spain.

If you are driving a UK registered car in Spain, it is better to carry documentation that proves that you have not been resident in Spain for more than 6 months. This could include an airplane or ferry tickets or recent documents from home.

Types of insurance

The following categories of car insurance are available in Spain:

- **Third-party**: Third-party insurance (responsabilidad civil obligatoria) is the minimum required by law. You should make sure that you fully understand the cover provided for the driver and passengers and that it meets your needs. You can choose to pay an extra premium for additional cover up to a specified or unlimited amount (liabilities), which is highly recommended. Unlimited third-party cover usually costs around €35 extra per year. Note that a driver and his family don’t count as third parties and must be insured separately.

- **Roadside assistance (asistencia en viajes)**: This covers glass breakage (rotura de lunas) and legal expenses (defensa penal) in the event of a court case. It may be included in basic third-party cover or can be added to your policy for a premium.

- **Third-party, Fire & Theft**: Third-party fire and theft insurance (responsabilidad civil obligatoria, incendio y robo) is known in some countries as ‘part comprehensive’ insurance. It includes cover against fire (incendio), natural hazards (e.g. rocks falling on your car), theft (robo), broken glass (rotura de lunas), legal expenses (defensa penal) and occasionally covers damage or theft of contents. In most cases, insurance for a car stereo system can usually only be taken out with the manufacturer.

**Continued on page 68**
Comprehensive: Comprehensive insurance (sometimes called ‘fully comprehensive’) is known in Spain as ‘all risk’ (todos riesgos). It covers all the aforementioned risks under third-party, fire and theft insurance; in addition to insuring you for other damage that you or someone else causes to your vehicle. Note that although some insurance companies do not provide comprehensive cover for vehicles that are more than two or three years old, it’s possible to take out comprehensive cover for vehicles up to ten years old.

Comprehensive insurance may be compulsory for lease and credit purchase contracts. Note that Spanish insurers do not usually provide a courtesy car whilst your car is being repaired after an accident or breakdown.

Driver & Passenger Insurance: Driver and passenger insurance (seguro de ocupantes) is usually optional and can be added to your insurance policy. Driver protection allows the driver of a vehicle that has been involved in an accident to claim for their own bodily injury, including compensation if they are incapable of working. Beneficiaries can be compensated in the case of death. There are usually various levels of driver and passenger accident insurance, coverage ranging from €3,000 up to €30,000 for death and permanent disability.

Premiums

Insurance premiums in Spain are among the lowest in the EU, although they vary considerably according to numerous factors. Premiums in Spain are among the lowest in the EU, although they vary considerably according to numerous factors. Driver protection allows the driver of a vehicle that has been involved in an accident to claim for their own bodily injury, including compensation if they are incapable of working. Beneficiaries can be compensated in the case of death. There are usually various levels of driver and passenger accident insurance, coverage ranging from €3,000 up to €30,000 for death and permanent disability.

The insurance plan and provider.

• The type of car and its use: Cars are divided into eight categories, based on their performance, repair costs, where and how much they’re used. Some premiums are based on the number of kilometer driven each year, and whether the vehicle is used for business or pleasure.

• Age, experience and accident record: Drivers with less than two or three years experience and drivers under a certain age, e.g. 25, usually pay higher premiums. Some insurance companies don’t offer coverage to drivers under 25. Drivers aged over 70 may also pay extra, although some companies offer low-cost policies for experienced older drivers over 50 or 55 with a good record. Other companies give discounts of 10 to 20% for experienced drivers of any age.

• Where you live: Premiums are highest in Madrid and other major cities and are lowest in rural areas.

• If you keep your car in a garage: Some insurance companies give an additional discount (e.g. 5%) if you keep your car in a garage overnight.

Some companies offer short-term policies lasting less than a year, which tend to have high premiums, e.g. 50% of the annual rate for three months or 70% of the annual rate for six months. Value added tax (VAT/ IVA) at 16% is payable on insurance premiums. You can reduce your premium by choosing to pay an excess (francipcia).

If you’re convicted of drunk or dangerous driving, your premium will be increased considerably. In fact, if you’re convicted of drunk driving, your insurance company will probably refuse to pay on a claim!

Insurance companies must give two months’ notice of an increase in premium.

No-claims bonus

An EU no-claims bonus (bonificación bonus-malus) is usually valid in Spain. You need to have had insurance within the last two years and must provide written evidence from your present or previous insurance company - not just an insurance renewal notice. You may need an official Spanish translation. Although it’s on having your no-claims bonus recognised, even if you don’t receive the same discount as in your home country.

Most companies offer a 5% discount for each year of no claims, up to a maximum discount of 60%. Some only offer a maximum of 50%. Foreign insurance companies may offer a more generous no-claims bonus than Spanish companies. If you have an accident, you’re usually required to pay a penalty (multa) or lose your no-claims bonus. You can usually pay an extra premium to protect your no-claims bonus. No-claims bonuses usually apply to a second family car.

Claims

Accident claims are accepted or rejected based on the information provided in accident report forms (declaración de siniestro de automóvil) completed by drivers; reports by insurance company experts and police reports. You must notify your insurance company of a claim within a limited period, e.g. two to five days. Many companies have 24-hour claims helplines in Spain and abroad. If you have an accident, the damage must usually be inspected and its repair authorised by your insurance company’s assessor. In some instances, an independent assessor’s report may be permitted or an inspection may be unnecessary for minor repairs. Note that when a vehicle is written off, Spanish insurance companies usually only pay a percentage of its ‘book’ value, often less than its actual value.

If your car is stolen, you must report it to the local police immediately and submit a copy of the police report with your claim. After you report a stolen car, 30 days must elapse before an insurance company considers the claim.

There’s little communication or cooperation between insurance companies in Spain and trying to recover uninsured losses can be a nightmare.

Cancellation

Spanish insurance companies are forbidden by law to cancel third-party cover after a claim, except in the case of drunk driving or a driver being subsequently disqualified from driving. A company can, however, refuse to renew a policy with 15 days’ notice. Note that if you have an accident whilst breaking the law, e.g. driving under the influence of drugs or alcohol or parking illegally, comprehensive insurance may be automatically downgraded to third-party. This means that you have to pay for your own vehicle repairs and medical expenses.

If you wish to cancel your car insurance at the end of your current term, you must notify your insurance company in writing by registered letter. You are usually required to give two months’ notice. You may cancel your insurance before the term has expired if the premium is increased, the terms are altered, or if your car has been declared a write-off or stolen. If you cancel your valid policy, the insurance company is not required to give you a refund.

Breakdown insurance

If you’re driving to and around Spain, it’s important to have motor breakdown insurance (seguro de asistencia en carretera). This can also include holiday and travel insurance, including repatriation for your family and your car in the event of an accident or breakdown.

Motor breakdown insurance that covers Spain and other European countries is provided by car insurance companies and Spanish motor organisations. 75% of Spanish motorists take out optional accident and breakdown service (asistencia en viaje).

The breakdown service normally covers the policyholder, their spouse, single dependent children and any parents and grandparents living under the same roof. Make sure you keep the 24-hour telephone number of the breakdown service in your vehicle.

If you have an accident or break down, call the breakdown service and tell them your location as accurately as possible - a recovery vehicle will come to your aid. You will be covered anywhere in Spain but must be a certain distance from your home, e.g. 15 or 25km.

The insurance provides transportation in the event of a breakdown or illness. Necessary transportation to hospital and medical treatment are covered up to a limited amount. An interest-free loan and an emergency meal service is normally provided if your car is stolen. The retrieval of your vehicle is also guaranteed within Spain and the EU. If you’re unable to find spare parts locally to repair damage, your insurance company will arrange to have them shipped to you at your expense.

Most foreign breakdown companies have 24/7 call centres with bilingual staff to provide help and advice on motoring, medical, legal and travel matters. Some organisations also provide economical annual motoring policies for those who frequently travel abroad, such as people with holiday homes in Spain.
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 in 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!

Aforesaid Glued Render
Bolder Godly Replace
Considerations Howls Slump
Cradling Inadvertently Specifically
Cubic Itself Spurred
Curly Judge Stress
Curvey Kudos Syrup
Daily Leafy Tamer
Diets Lurching Taper
Districts Nerve Tends
Dither Notch Tonic
Empty Ovens Upset
Fasts Psychic Woody
Flounce Rapid

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Why electronics are key to managing modern engines in motorsports

In modern motorsport, electronics have become king. Where there once were mechanics and technicians letting a car for laptime, the modern-day equivalent features data and software engineers crunching the numbers to run the engine, brakes and other components in the most efficient way possible.

That, allied to the expansion of telemetry with numerous different sensors monitoring everything from a driver’s inputs to component temperatures, means that selecting, installing the right electronic devices for the job has become a key factor between winning and losing.

In both DTM and Super GT500, which ran to Class 1 regulations in the 2020 season, Bosch Motorsport supplies numerous electronic components to all teams running in both categories. This includes the engine management systems, valves and fuel pumps that influence the operation of the powertrains, along with various other ancillary electronics that control sensors, braking, driver displays and all things in between. Bosch has been a partner of DTM since its rebirth in the year 2000 and, since the implementation of a common catalogue of parts is common to both series, and both make use of its MS 7.4 engine control unit within. With the possibility to lose.

Bosch's catalogue of parts is common to both series, and both make use of its MS 7.4 engine control unit within. With the possibility to program to maximise the engine's performance for any given scenario. This is possible through the ECU’s internal amplifiers for injection and ignition, and must be able to work at full load to manage the functions of the engine. It also works with each of the sensors on board the car in tandem, so that any issues can be fed back to the ECU and dealt with accordingly.

The MS 7.4 can be used to govern the application of the throttle by the ECU and dealt with accordingly. It is also part of a complete eco-system consisting of components, circuit boards to manage all of the inputs and outputs necessary. The set-up has to handle everything from data processing, signal filtering to remove any anomalous results generated by noise, along with voltage stabilisers to ensure the ECU is producing the most accurate results possible. It also makes use of a platform module, also developed by Bosch, to manage external components and processors produced elsewhere. The mounting and final testing is executed inhouse at Bosch Motorsport.

The exterior of the ECU is produced from milled aluminium and features an array of fins to ensure that the product does not require any external cooling. This ensures that it can work within the correct temperature range and does not expose any of the internal components to a higher concentration of heat.

Throughout its development, the ECU has become smaller and lighter, while also featuring more modern components to remain relevant in the highly competitive arena of international motorsport. It is also part of a complete eco-system consisting of components, configuration tools and data analytics that can all be used to boost performance. This includes for example the DDU 10 display unit available within road cars, and the engine management systems can be programmed to maximise the engine’s performance for any given scenario.

The modern-day equivalent features data and software engineers crunching the numbers to run the engine, brakes and other components in the most efficient way possible.

Altogether, this provides a basis for the data to be analysed and calibrated according to the engineers’ needs. Over the past 25 to 30 years, motorsport has transitioned from a pursuit led by mechanical tinkering and manual changes to a highly specialised endeavour in which data is king. And if you have the right electronics on board delivering the right numbers to an engineer's laptop, you have everything you need to go out and win races.

To find out more about Bosch's race-winning technology you can visit www.bosch-motorsport.com or follow on Instagram @boschmotorsport.
BREXIT is now here, as the UK officially exit the EU transition period on January 1st, 2021. Once the UK leaves the European Union, if you decide to drive through Spain, you will need to carry some extra documents with you. These are the rules for driving in Spain after Boris Johnson’s Brexit deal.

The UK officially leaves the EU transition period at the start of 2021. After Boris Johnson secured a post-Brexit trade deal with the European Union, here is everything you need to know about driving through Spain.

Johnson confirmed that a deal had been struck on Christmas Eve, just days before the end of the EU transition period.

On January 1st 2021, the UK officially cut its ties with the EU. Despite the UK leaving the EU in January 2020, a year-long transition period was agreed to help businesses adapt to the new rules post-Brexit.

However, as we go into 2021, you will need to carry new documents with you when you travel through Spain.

What are the rules for driving in Spain after Brexit?
The full Brexit deal has not been revealed yet, so there are still some unanswered questions for the public. But there are some documents that you will definitely need to carry with you when driving through Spain.

One of the most important documents you will need is a Green Card. A Green Card is an international certificate of motor insurance, and you may be asked to show it if you are ever stopped by the police.

You can ask your UK insurance provider to give you a Green Card, to prove that if you are involved in an accident, you are fully protected.

But there may be an administrative fee in obtaining your Green Card, and if you are towing a trailer or caravan, you may need to get two of them.

If you know that you will be travelling through Spain, or any other country in the EU, you should contact your insurance provider at least six weeks before you travel to make sure your Green Card arrives in time.

It is also important to remember that if you are travelling in a UK-registered car, you will need to get a GB sticker.

Even if your car has the blue European Union registration plate - that includes the ‘GB’ initials – you will still need a separate GB sticker.

It’s crucial that you also carry your V5C log book, to prove that the vehicle is registered in the UK. If your car is hired or leased, you should take your VE103 documents with you.

Thankfully, you will not need an International Driving Permit (IDP) when driving through Spain post-Brexit.

There were fears that a No-Deal Brexit would cause some EU states to demand an IDP on UK visitors travelling through their countries.

An IDP is a permit that accompanies your driving license, to prove you are eligible to drive. But one of the caveats to the agreed Brexit deal was that IDPs were not necessary for drivers.
**Villaricos**

Los Conteros: 2 bed, 2 bath modern, well presented linked bungalow with private terraces a roof solarium & parking. Communal pool and close to amenities and the beach.
LV785
149.999€

**Cortijo Grande**

Casa Faramondos: Lovely detached 4 bed, 4 bath villa on a plot of 591m2, with a private pool & secure gated entry way, sea & mountain views.
DV1481
380.000€

**Mojácar**

Los Llanos II: 1st floor 1 bed, 1 bath, apartment with A/C, fitted wardrobes, covered terrace, underground parking, community pool and gardens. Low community fees. Excellent location.
A1405
99.995€

**Mojácar**

**Cortijo Grande**

Casa Faramondos: Lovely detached 4 bed, 4 bath villa on a plot of 591m2, with a private pool & secure gated entry way, sea & mountain views.
DV1481
380.000€

**Mojácar**

**Cortijo Grande**

Casa Faramondos: Lovely detached 4 bed, 4 bath villa on a plot of 591m2, with a private pool & secure gated entry way, sea & mountain views.
DV1481
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**Mojácar**

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DV1481
380.000€

**Mojácar**

**Los Albaricos:** South East facing 3 bed, 2 bath town house offers spacious living accommodation over two levels. With easy off street parking and a good size private terrace. Close to amenities and the beach.
LV786
149.500€

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