Welcome to our bumper October 2019 issue of Almeria Living. We bring you 108 feature packed pages this month - something for everyone! I am not sure what our next target will be but watch this space.

Don’t forget to put those clocks back at the end of the month, overnight 26th/27th. In this digital age, it gets very confusing knowing if it will happen automatically or not. The clock in my car gains about 8 minutes between clock changes and doesn’t change automatically! I have no idea why because it is digital too.

While putting the pages together at home, I was visited by a hummingbird moth. It got quite frustrated trying to find nectar in my artificial geranium. I thought it would be interesting to find out more about this moth and learned it is in the same family as the Death-head moth (of Silence of the Lambs fame) - read more on page 7.

As always, I thank all my scribes for their hard work and support, especially Nina who can be accredited for so many articles every month. We welcome our new scribe, Peter, who is writing a series of articles on Belgian Beers (p.32-33).

We celebrate with Huercal Overa, whose Feria is 16th - 21st October (p.9-14). At the time of going to print the programme was not available but it will be published online very soon I am sure!

We love putting the magazine together and we are so pleased to receive positive feedback from you the readers and advertisers too. Someone even mentioned that they have kept every issue too. Most GPs will see you as an emergency without an appointment. But not everybody interprets the word the same way. If you’ve been very poorly but are clearly on the mend, or have almost got over it, asking your GP what it might have been is not considered an emergency. Also, it is your own responsibility to make sure you have enough medication, and having run out does not constitute an emergency.

But sometimes we are so poorly that we cannot even make it to the surgery. Then what?

The Spanish health system is very different from the UK’s NHS, and it can often be difficult to find your way round the system, and although we get very good medical attention here, the administration sadly leaves much to be desired, and that does not make things any easier!

At times it can be difficult to get a quick doctor’s appointment just when you need it, and in best case scenarios you get better before the day of the appointment comes around. In that case, and if you decide not to go, please make sure you cancel it as it can benefit somebody else.

But sometimes you just cannot wait for the appointment, and then what do you do?

Most GPs will see you as an emergency without an appointment. But sometimes we are so poorly that we cannot even make it to the surgery. Then what?

If you live in the same locality as where the surgery is, and the doctor and the nurse will usually do a home visit. They examine you and do for you what they can and decide whether you need an ambulance.

But if your surgery is in a different town from yours, you will not be able to get a home visit. In that case you will need an ambulance. There are two numbers to call.

062 is the actual medical and ambulance service. When you phone you will need to explain what is wrong and where you live, and if you do not speak Spanish that can obviously be a problem.

112 is the general emergency service, and they have staff that speak English, so that is the number you need to call if you do not speak Spanish. The questions are the same, but they will then liaise with the ambulance service for you. An ambulance, usually with a doctor, will come to your home for treatment and/or transfer to the hospital.

As the questions that are asked by either number are very specific to your case, you cannot ask somebody else to phone on your behalf, unless they are in the house with you and can pass on answers and questions.

If you need help with calling an ambulance or translating for the doctor in your home, please contact C.A.T. Services in La Alfoquia to see how we can best help you.
I love guitar music, pretty much all kinds, Spanish Flamenco, Classical, Jazz, Electric. After all, who can forget those amazing riffs from Hendrix?

Back when the world was young I bought myself a cheap Spanish guitar from Argos and taught myself the basics. In those days, my only skill was to play a one note pop tune. I soon realised that there were only so many chords and taught myself the basics. In those days, my only skill was to play a one note pop tune. I soon realised that there were only so many chords and strummed them, not for a living, but as a hobby, although being an accomplished guitarist, also makes difficult these days to negotiate the strings, which is propped up against a wall in a spare room. My stubby fingers find it more spare room. My stubby fingers find it more

I still have a guitar, a nice Fender acoustic which is propped up against a wall in a spare room. My stubby fingers find it more difficult these days to negotiate the strings, but I don’t “fret” about it! I have a very good friend who, as well as being an accomplished guitarist, also makes them, not for a living, but as a hobby, although he does take on the odd commission now and then. Hours, days, weeks spent locked away in his workshop, patiently creating beautiful

This led me to wonder just how much a top of the range guitar would cost to buy these days. I think I paid about 30 quid for mine at the time. I found you could expect to pay upwards of an eye watering £10,000 for an acoustic, but me, I’d be frightened to take it out of the case!

For an electric guitar, probably starting at £2,500 from a well known manufacturer like Fender, Gibson, Ibanez etc. But the prices stand the test of time. A 1968 Hendrix Fender Stratocaster was sold for $2,000,000. But I’m guessing that’s more to do with who owned it rather than the quality of the instrument. While a ‘Reach out for Asia’ Strat was sold at auction for $2.7 million. However, it was for a good cause and was signed by just about anybody who was ever anybody in the guitar world. Definitely one for the collectors.

Guitars have been around for centuries, perhaps 4,000 years in various guises, the Moors bringing their ‘oud’ into Spain and thence into Europe, who then added frets to it and called it a ‘lute’. At present, the oldest known image of a guitar is from a carving on stone in Turkey which, at 3,300 years old, looks remarkably like a modern instrument. The oud

It was the other way around, 6 first then 12. Interestingly, the earliest known music written for the ‘chitarra’ was in Spain in the 16th Century and guitars at this time had 12 strings from which the common 6 string guitars developed. I always thought it was the other way around, 6 first then 12.

The strings were originally made from catgut, the lining of the intestines of cows and sheep. (As were tennis racquet strings). In fact in Shakespeare’s ‘Much Ado About Nothing’ one character says “Is it not strange that sheep’s guts should hale souls out of mens’ bodies.” Strings with metal windings first appeared as early as 1659. Perhaps the most famous guitar maker is better known for his violins, Antonio Stradivari. He and his family made upwards of 1,000 instruments with just a few being guitars. In 1679 he made the ‘Sibonari’ guitar, one of only 5 Stradivarius guitars still in existence and the only one still playable. Apparently it was altered or modified quite a bit during the 19th Century to make it more like the then modern guitar. I think that is verging on sacrilege, messing about with an historic instrument. Imagine if you dropped it or someone trod on it?

However, in 2014 it was restored back to its original form and is now owned by a private collector. A pity in some ways that it is not in a museum, perhaps in Cremona where Stradivari lived and worked. At least it would be on public display.

As mentioned, it is still playable. There is a clip on Youtube of it being played by Rolf Lislevand, a virtuoso of the guitar and it sounds fantastic. I think it was a modern guitar. I think that is verging on sacrilege, messing about with an historic instrument. Imagine if you dropped it or someone trod on it?

However, in 2014 it was restored back to its original form and is now owned by a private collector. A pity in some ways that it is not in a museum, perhaps in Cremona where Stradivari lived and worked. At least it would be on public display.

As mentioned, it is still playable. There is a clip on Youtube of it being played by Rolf Lislevand, a virtuoso of the guitar and it sounds fantastic. He is an expert, of course, and when you watch and listen to some of these guys play, it either inspires you or the opposite. Perhaps I’ll dig out the Fender again and see what these old fingers can do........
The province of León lies in north-western Spain in the autonomous region of Castilla y León. It borders the regions of Asturias and Cantabria to the north, the province of Palencia to the east, Zamora and Valladolid to the south, and to the west Orense and Lugo in Galicia. León is a mountainous province, and in fact more than 50% of the area is at above 1000 meters’ altitude. The highest point in León is Peña Ubilla at 2,417 MASL, situated in the Macizo de Ubilla in the extreme north of the province.

The province consists of two mountain ranges, Cordillera Cantábrica and Macizo Galáico Leónés, and, in the central and southeastern part of the province, a tableland called La Meseta, which is at a height of between 700 and 1,000 meters.

The climate in León is relatively cool, and it is normally only between mid-July and mid-August that the temperature rises to or just above 30°C. The rainfall in the north averages 1,500 mm/m² annually, but in the south, on the La Meseta, it rarely exceeds 500 mm/m². The rain falls almost exclusively in autumn and spring. The province of León covers an area of 15 581 km² has a population of 463,746 (2018), 124,772 (2018) of whom live in the capital of the same name.

The name León is thought to stem from the Latin ‘legion’. The city was founded in its present position by a legion of Roman soldiers in the year 71 BC. In fact, even though the official adjective to describe people and things from León is ‘leonés’ and ‘leonesa’, the name ‘ legionense’ (referring to the legion) is widely accepted.

The symbol of the city was originally a cross, but over time it has changed, and today a lion is depicted on the city’s coat of arms. The Romans dominated León for about four hundred years, and there are still Roman remains in the city. However, the Romans were ousted, and first the Kingdom of the Suebi and then the Visigoths took over. There is very little architectural evidence from this period, and it is thought that the city was partly depopulated. León fell into Muslim hands in 712, but it was soon conquered by Alfonso I. It sunk into oblivion for many years until it was repopulated by King Ordoño II of the Kingdom of Asturias, who turned it into his capital.

This was the start of the Kingdom of León, and, over a period of great prosperity for the city, evidence of which is still very much in place today in the shape of a great richness of architectural pearls from the era.

Some of the greatest examples of this are the Cathedral, Catedral de Santa María de Regla and Panteón de los Reyes, where most of the kings of the Kingdom of León were laid to rest. The arched ceiling of the Pantheon have been called ‘the Sistine Chapel of the Romanic Art’. Other sights of the city are the colourful Museum of Contemporary Art of Castilla y León, the old Town Hall and the former San Marcos Convent and Hospital. The Casa Botines, which was designed by Gaudi and built in 1891-92, was constructed as a residential building with a warehouse. It is a fascinating building with many interesting details on the façade. León’s economy has a wide base distributed between all three sectors. However, the primary sector has diminished over the last few years with the growing city imposing upon the land otherwise available for agriculture and livestock. Industry has grown over the last 20 years due to the improved infrastructures leading to the city, and León has a budding, potentially important technological sector.

The tertiary sector, in the nature of the city being a capital, is mainly based on retail trade and services, but tourism is a growing factor. León’s economy has a wide base distributed between all three sectors. However, the primary sector has diminished over the last few years with the growing city imposing upon the land otherwise available for agriculture and livestock. Industry has grown over the last 20 years due to the improved infrastructures leading to the city, and León has a budding, potentially important technological sector.

The province of León is ‘leonés’ and ‘leonesa’, the name was founded in its present position by a legion of Roman soldiers in the year 463,746 (2018), 124,772 (2018) of whom live in the capital of the same name.

The name León is thought to stem from the Latin ‘legion’. The city was founded in its present position by a legion of Roman soldiers in the year 71 BC. In fact, even though the official adjective to describe people and things from León is ‘leonés’ and ‘leonesa’, the name ‘ legionense’ (referring to the legion) is widely accepted.

The symbol of the city was originally a cross, but over time it has changed, and today a lion is depicted on the city’s coat of arms. The Romans dominated León for about four hundred years, and there are still Roman remains in the city. However, the Romans were ousted, and first the Kingdom of the Suebi and then the Visigoths took over. There is very little architectural evidence from this period, and it is thought that the city was partly depopulated.

León fell into Muslim hands in 712, but it was soon conquered by Alfonso I. It sunk into oblivion for many years until it was repopulated by King Ordoño II of the Kingdom of Asturias, who turned it into his capital.

This was the start of the Kingdom of León, and, over a period of great prosperity for the city, evidence of which is still very much in place today in the shape of a great richness of architectural pearls from the era.

Some of the greatest examples of this are the Cathedral, Catedral de Santa María de Regla and Panteón de los Reyes, where most of the kings of the Kingdom of León were laid to rest. The arched ceiling of the Pantheon have been called ‘the Sistine Chapel of the Romanic Art’.

Other sights of the city are the colourful Museum of Contemporary Art of Castilla y León, the old Town Hall and the former San Marcos Convent and Hospital. The Casa Botines, which was designed by Gaudi and built in 1891-92, was constructed as a residential building with a warehouse. It is a fascinating building with many interesting details on the façade.

León’s economy has a wide base distributed between all three sectors. However, the primary sector has diminished over the last few years with the growing city imposing upon the land otherwise available for agriculture and livestock. Industry has grown over the last 20 years due to the improved infrastructures leading to the city, and León has a budding, potentially important technological sector.

The tertiary sector, in the nature of the city being a capital, is mainly based on retail trade and services, but tourism is a growing factor. León’s economy has a wide base distributed between all three sectors. However, the primary sector has diminished over the last few years with the growing city imposing upon the land otherwise available for agriculture and livestock. Industry has grown over the last 20 years due to the improved infrastructures leading to the city, and León has a budding, potentially important technological sector.

The province of León covers an area of 15 581 km² has a population of 463,746 (2018), 124,772 (2018) of whom live in the capital of the same name.

The name León is thought to stem from the Latin ‘legion’. The city was founded in its present position by a legion of Roman soldiers in the year 71 BC. In fact, even though the official adjective to describe people and things from León is ‘leonés’ and ‘leonesa’, the name ‘ legionense’ (referring to the legion) is widely accepted.

The symbol of the city was originally a cross, but over time it has changed, and today a lion is depicted on the city’s coat of arms. The Romans dominated León for about four hundred years, and there are still Roman remains in the city. However, the Romans were ousted, and first the Kingdom of the Suebi and then the Visigoths took over. There is very little architectural evidence from this period, and it is thought that the city was partly depopulated.

León fell into Muslim hands in 712, but it was soon conquered by Alfonso I. It sunk into oblivion for many years until it was repopulated by King Ordoño II of the Kingdom of Asturias, who turned it into his capital.

This was the start of the Kingdom of León, and, over a period of great prosperity for the city, evidence of which is still very much in place today in the shape of a great richness of architectural pearls from the era.

Some of the greatest examples of this are the Cathedral, Catedral de Santa María de Regla and Panteón de los Reyes, where most of the kings of the Kingdom of León were laid to rest. The arched ceiling of the Pantheon have been called ‘the Sistine Chapel of the Romanic Art’.

Other sights of the city are the colourful Museum of Contemporary Art of Castilla y León, the old Town Hall and the former San Marcos Convent and Hospital. The Casa Botines, which was designed by Gaudi and built in 1891-92, was constructed as a residential building with a warehouse. It is a fascinating building with many interesting details on the façade.

León’s economy has a wide base distributed between all three sectors. However, the primary sector has diminished over the last few years with the growing city imposing upon the land otherwise available for agriculture and livestock. Industry has grown over the last 20 years due to the improved infrastructures leading to the city, and León has a budding, potentially important technological sector.

The tertiary sector, in the nature of the city being a capital, is mainly based on retail trade and services, but tourism is a growing factor due to the city’s rich architectural heritage, and León receives more than 600,000 visitors annually.

There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. Our next of Spain’s provincial Capitals takes us to ……..
SEE GREAT MID WEEK ENTERTAINMENT
At the Renfe, La Alfoquia
and help raise much needed funds for the local schools.

Due to unforeseen circumstances it will now be only a one night on

WEDNESDAY 16TH OCTOBER

Direct from the UK
The award winning vocal personality
MR ENTERTAINMENT HIMSELF
THE MARC BOLTON SHOW

See our main advert on page 46

Chloe Leigh
playing tribute to

CHER

THURSDAY 21ST NOVEMBER
STARTING AT 7.30PM

Together with
Direct from Benidorm

Chloe Leigh

Direct from the UK
The award winning vocal personality
Mr Entertainment Himself
The Marc Bolton Show

See our main advert on page 46

THURSDAY 21ST NOVEMBER
STARTING AT 7.30PM

The Huercal Overa market is held every Monday on the main road leading from the football ground past the schools, park and shops all the way to the Cinema road about. On Thursday’s it is moved to the streets all around the old church square in the centre of town.

It is one of the largest markets in the area and parking is easy. You can buy almost everything from clothes, shoes, pots and pans, bed linen, curtains, rugs, sun glasses and even roast chickens cooked at the market, to take home for lunch. The Fruit and Veg section is always very interesting due to the size, freshness and often unusual local produce available, all reasonably priced. The market usually starts around 9.30am and finishes at approx 1pm. Although the fruit and veg stalls are usually up and running earlier than 9.30am.
There are many restaurants catering for most people’s needs and this is an ideal opportunity to widen your experience of Spanish food, wines and eating habits.

The Andalusian cuisine relies on fragrant herbs, ripe tomatoes, heart healthy olive oil, garlic, and seafood. Húércal de Almería’s cuisine follows these guidelines.

Migas is one of the town’s most popular dishes. Cubes of bread are pan fried in olive oil with chunks of pork or beef and plenty of garlic. It is both filling and satisfying with bursts of garlicky flavour in every bite. Another garlicky dish, Garlic Colorao, is a rich dish full of local produce that is cooked with masses of garlic.

All the local towns and villages have their own celebrations and festivals throughout the year and Húércal Overa is no exception. The main Feria of Húércal Overa takes place over the middle weekend of October. The majority of the whole week becomes one big holiday & celebration. Many things are happening throughout the town, music concerts, bull fighting etc, but the main area of interest is the market place with a huge fair with food, drink and dance marquees are set up and everyone enjoys themselves throughout the day and night.

Húércal Overa is also host to The Medieval Market which takes place the week before christmas in the square next to the Main Church. There are numerous stalls with all the stall holders dressed in medieval costumes selling all sorts of hand made, soaps, cheeses and other foods, toys, metal work and much more.

February hosts Carnaval Week where adults and children alike prepare all year long to parade around the town streets in Fancy costumes.

Húércal Overa is very well know for it’s Semana Santa Procession with religious statues are carried through the town.

Ana Rodriguez
EVERYTHING IN BATHROOMS AND REFORMS

Ana Rodriguez has everything to offer for your bathroom and reform. We are dedicated to all kinds of reforms and we specialise in the sale and installation of tiles, sanitaryware, taps and bathroom furniture also baths showers and much more.

We assess and design all space and furniture to suit your wishes and dreams.

We have a dedicated and professional team who are fully qualified in all aspects such as builders, plumbers, electricians, carpenters, plasterers, painters & decorators and metal carpenters.

We have a superb display of just a fraction of our stock situated in our shop in Húércal Overa, Almeria.

We offer our services to all our neighbouring towns such as Húércal Overa, Cuevas del Almanzora, Pulpí, Arboleas, Zúrgena, Albox, Puerto Lumbreras, Mojacar, Vera, Garrucha and many more.

We do all types of reforms and with record completion time from start to finish leaving your home clean and ready for you to start using. We have over 20 years of experience and language is not a problem.

Come and visit us soon in Calle Ctra. Estación 85-Bajo, Húércal Overa where you will receive a warm welcome from us all.

Tel: 606 784 598
See our main advert on page 47
Andalusian flamenco dress

Few traditional clothes are as easily recognised as the Andalusian flamenco dress. It is the true ambassador of Andalusian culture the world over and this characteristic feature of traditional Spanish festivals has earned a growing number of admirers over the years, carving out a prominent place, even in the competitive world of high fashion.

A Bit of History
Flamenco Dresses

The flamboyant flamenco dress, known in Spain as a “traje de flamenco” (flamenco dress), “traje de Sevilla” (Sevillian dress), “traje de gitana” (gypsy dress) or more rarely “traje de guitarra” (guitar dress), seems to have its origins in Seville.

Towards the middle of the nineteenth century, various agricultural fairs took place around the city of Seville and many gypsy farmers wives began attending these fairs wearing handmade dresses which they had crafted from old, everyday clothes. They were often adorned with ruffles and frills in order to make the simple fabrics more beautiful and aesthetically pleasing.

During the Seville Ibero-American Exposition of 1929, members and representatives of high society attended the event wearing the traje de Sevillana (pronounced tra-hey), and thus, the dress received its first official recognition.

From that time, the popularity of the dress began to spread outside the borders of the region, eventually becoming a truly distinctive element of Andalusian culture. Maintaining its most recognisable features (fitting, cut, and accessories), the dress has accompanied the evolution of the regional flamenco tradition and has spread even further, both nationally and internationally.

Over the years, the dress has naturally been affected by the progressions of different trends in style and detail, often breaking with tradition and following the changes in fashion over the years. Thus, since the miniskirt popularity of the 1960s, knee-length flamenco dresses soon became popular and have remained so until now. These days, you can choose from various cuts and prints, short or long lengths, with sleeves or without, block colours or with the traditional polka dot design - the oldest and most popular. Women can also choose to wear a masculine-cut suit (with a short jacket, trousers, belt and hat), which is the best choice if you decide to attend the Feria on horseback.

Continued on page 14 ....
The flamenco dress is mainly worn during the various Andalusian holidays such as the Ferias of Malaga and Seville, the “Romerias” which are pilgrimages or religious celebrations, or on special occasions such as beauty contests or fashion shows - it’s not usually worn as an everyday dress. It is of course also used during flamenco shows, but the dancers have a specially adapted version of the dress with a train (bata) which emphasises the movements of the “bailaora” or dancer.

Despite the popularity of the flamenco dress giving rise to a thriving manufacturing industry, a substantial number of customers still prefer to make their dresses by hand. It takes about three to four days to make a dress from hand and it can be quite a lot cheaper too.

The price of a new dress can vary quite considerably; from €100 to €1000 depending on the material, design and quality. Prices can even go beyond €1000 for very high quality tailoring. On top of the cost of the dress, the necessary accessories must also be bought and these include: the “mantón de manila” (a fringed shawl which takes its name from the Port of Manila, made of satin or silk and embroidered with flowers and birds), the peineta (a decorative comb worn in the hair, styled in the classical bun), shoes (strictly with heel), earrings (circular style is the most popular), brooches, bracelets and necklaces.

It’s possible to rent a flamenco dress, but there’s also a thriving market for second-hand clothes; if you want to attend the Feria in traditional Andalusian style you will find a number of options to suit all budgets in the specialist Feria shops.
How to light a wood burner

Lighting a log burner isn’t the same as lighting a conventional fireplace. The confined space of the stove can make it a bit tricky, but with our handy tips you will have a cozy fire going in no time.

Firstly, make sure that you are properly prepared and have all the correct materials close at hand. You should never leave the room until the fire has taken, and your wood burner’s door is firmly shut.

What you need to light a wood burner

**Firelighters**

This is your secret weapon. Made from wood by-product, natural firelighters catch alight easily, are odourless and don’t contain any nasty chemicals. If you don’t have firelighters then pieces of newspaper torn into strips will catch alight easily, but you may need quite a few strips as paper burns quickly.

**Kindling**

Kindling consists of small pieces of wood that burn easily. It is used to increase the heat of the fire before adding the main fuel. Kindling should be extremely dry, and it is easier to work with if it is in short evenly-shaped lengths, a bit like over-sized matches.

**Kiln dried logs**

This will be the main fuel for your fire and you should make sure that you only use high quality wood that has been properly dried and cured. Wood with too much moisture in it will be difficult to light and will generate a lot of black smoke and soot that will quickly cover the glass of your beautiful new wood burner with a sticky black residue. It is therefore best to avoid wood from your garden or those cheap netted bundles for sale at the local petrol station. High quality wood is easier to light, burns hotter, and results in less mess to clean up afterwards.

Matches or a lighter

Of course you need a spark to light your fire. You can use a lighter, but to us nothing beats the sound and smell of a freshly struck match.

When lighting a wood burner you should not use petrol or any other combustible liquid as these are very difficult to control and could cause the fire to spread to surrounding areas.

Five steps to building the perfect fire

1. When lighting a fire, air is your friend. Every wood burner has air vents which should be opened completely before you start. They can then be adjusted once the fire has taken.
2. Build a small pyramid-shaped structure in the middle of the stove using the kindling and a couple of firelighters. Make sure that there is space between the items so that air can get in to feed the fire as it gets going.
3. Light the firelighters with a match and then as the kindling takes hold, partially close the door of the stove leaving a gap of about an inch to let in maximum air. You should not leave the room while the door is open.
4. Once the kindling is burning strongly you can add two or three larger logs, being careful not to smother the fire.
5. You can now shut and secure the door of the wood burner. Once the logs are properly alight, you can adjust the air vents to half open or less so that your wood burns for longer. You may need to open them again if the fire dies down, or when adding new logs.

Phil Delivers

**LOGS**

eucalyptus, olive, oak

and **SAND & GRAVEL**

**AT COMPETITIVE PRICES**

Albox & surrounding areas

Tel: 634 328 779

Established since 1993

The warm weather is on its way and the bathing season too, with one of REALCOVERS solar covers you can start bathing in the next coming weeks, getting the most out of your investment of having a pool, gaining an extra 3 to 6 degrees in the water temperature whilst in use. With prices starting from 350€ (basic cover) for an 8 x 4 pool, avoid evaporation and dirt getting in the pool, extend season. Several materials and qualities to choose from. Also, with one of our protection or winter covers, you can seal off the pool and keep the water fresh and clean during the months that the pool is not in use or you are away, as maintenance, chemicals and electricity is not needed during that period.

**Agents Wanted - All Areas**

Contact DANY at realcoversmojacar@gmail.com

**SOLAR COVERS**

Extend your bathing season from 350€ for 8x4

**WINTER COVERS**

from 600€ for 8x4

**Special prices for Community Pools**

Ex-Factory Prices

All areas covered.
when it comes to sharing the heat around. Perform as well as a ducted system or similar located in). So while the heat will radiate out (they are designed to heat the space they are...)

Wood heaters are designed in many different styles and there is always something that will suit the look of your home. Note: It is worth keeping in mind that both wood and pellet stoves are space heaters (they are designed to heat the space they are located in). So while the heat will radiate out into other areas of your home, they will not perform as well as a ducted system or similar when it comes to sharing the heat around.

Choosing a wood stove that is too big will result in the heater being turned down very low most of the time, which in turn leads to the wood fuel being burned inefficiently and costing more in the long run. So which is more efficient? The variables involved in a wood stove mean that giving an exact efficiency number is guesswork at best. The actual heat output is unpredictable and depends on the type of wood fuel used, the amount of air allowed into the fireplace itself as well as numerous other factors.

Pell...
The Great Spanish Tortilla

Upon public request we hereby bring you recipes for the Great Spanish Tortilla!
The traditional potato tortilla is always a sure hit, and if you feel like being adventurous I’ve put another couple of ideas underneath. I always serve my tortillas with a salad, and maybe also a bit of fish or cold meat or croquettes or whatever takes my fancy. The tortillas are all cooked the same way – it is just the filling that changes.

**Potato Tortilla**

This is the basic traditional Spanish tortilla. But even so, there are a couple of small variations: With or without onion? With or without garlic? I’ll use both, then you can leave them in or omit them as you please!

**Ingredients for four:**
- 5 eggs
- 4 medium potatoes, peeled and finely sliced
- Dash of milk
- 1 onion, chopped (optional)
- 3 cloves garlic, sliced (optional)
- Salt and pepper
- Extra virgin olive oil

Heat a good slug of oil in a frying pan and add the potatoes and onion (if using). Fry gently until soft. Throw in the garlic (if using), mix and take the potatoes out of the pan when they are cooked.

From here, the procedure is the same for all the recipes. Make sure nothing is sticking to the bottom of the pan. If it is, clean it thoroughly.

Whisk the eggs, milk and salt and pepper thoroughly until fluffy. Heat two tablespoons of oil in the frying pan, then add the filling. Turn down the heat, then pour in the egg mixture and stir, loosening it from the bottom of the pan, until it starts to set.

As it cooks, neaten the sides with a spatula to build up a deep, straight edge. When it looks firm, invert it onto a plate, then slide it back into the pan to cook the other side. You may need to add a little more oil.

The tortilla is done when it is golden and feels lightly set and firm – it should still be moist in the middle.

Serve hot, warm or cold!

**Country Tortilla**

A lovely and tasty variety!

**Ingredients for two:**
- 1 large potato, peeled and thinly sliced
- 4 cloves garlic, chopped
- 1 small onion, chopped
- 1 small red pepper, diced
- 125g green beans
- 50g Serrano ham or lean bacon
- 1 large potato, peeled and thinly sliced
- 5 eggs
- Salt and pepper
- Extra virgin olive oil

Heat the oil in a frying pan. Add the mushrooms and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Heat 3 tbsp of oil in a frying pan. Gently fry the potato slices until soft. Remove and reserve.

Reheat the oil and add the meat, garlic, onion and red pepper. Fry gently until the mix starts to take colour. Then add beans and peas. When everything is cooked, carry on as in the Plain Tortilla recipe.

**Asparagus Tortilla**

A petite, refined tortilla. This is best served with just a bit of salad, as a starter for 3-4 people.

**Ingredients:**
- 500g thin green fresh asparagus
- 4 eggs
- 2 tbsp extra virgin olive oil
- Salt and pepper

Snap the hard, woody ends off the asparagus and discard. Chop the rest of the asparagus into half-inch lengths.

Warm a tablespoon of the oil in a frying pan. Throw in the asparagus and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Heat the oil in a frying pan. Add the mushrooms and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Heat 3 tbsp of oil in a frying pan. Gently fry the potato slices until soft. Remove and reserve.

Reheat the oil and add the meat, garlic, onion and red pepper. Fry gently until the mix starts to take colour. Then add beans and peas. When everything is cooked, carry on as in the Plain Tortilla recipe.

The tortilla is done when it is golden and feels lightly set and firm – it should still be moist in the middle.

Serve hot, warm or cold!

**Mushroom and Garlic Tortilla**

A sophisticated member of the tortilla family.

**Ingredients for two:**
- 375g mushrooms, wiped and sliced
- 2 cloves garlic, sliced
- 2 large spring onions, sliced
- 4 eggs
- Extra virgin olive oil
- Salt and pepper

Heat the oil in a frying pan. Add the mushrooms and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Add the garlic and spring onions to the oil in the pan. Fry gently until soft, then mix them with the mushrooms.

Carry on as in the Plain Tortilla recipe.

**Asparagus Tortilla**

A petite, refined tortilla. This is best served with just a bit of salad, as a starter for 3-4 people.

**Ingredients:**
- 500g thin green fresh asparagus
- 4 eggs
- 2 tbsp extra virgin olive oil
- Salt and pepper

Snap the hard, woody ends off the asparagus and discard. Chop the rest of the asparagus into half-inch lengths.

Warm a tablespoon of the oil in a frying pan. Throw in the asparagus and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Heat the oil in a frying pan. Add the mushrooms and cook them gently until all the moisture has evaporated and the oil is clear again. Remove and reserve.

Heat 3 tbsp of oil in a frying pan. Gently fry the potato slices until soft. Remove and reserve.

Reheat the oil and add the meat, garlic, onion and red pepper. Fry gently until the mix starts to take colour. Then add beans and peas. When everything is cooked, carry on as in the Plain Tortilla recipe.

Serve hot, warm or cold!
Salt has been a much-demanded commodity throughout history, so much so that it was once known as The White Gold. It is commonly believed that Roman soldiers were at certain times paid with salt. This, however, is a misconception: ‘salary’ derives from the Latin word salārium, meaning money given to soldiers so they could buy salt. The Roman Republic and Empire controlled the price of salt, increasing it to raise money for wars, or lowering it to be sure that the poorest citizens could easily afford this important part of the diet.

Already in the early years of the Roman Republic, with the growth of the city of Rome, roads were built to make transportation of salt to the capital city easier. An example was the Via Salaria (originally a Sabine trail), leading from Rome to the Adriatic Sea. The Adriatic Sea, having a high salinity due to its shallow depth, had more productive solar ponds compared with those of the Tyrrhenian Sea, much closer to Rome.

During the late Roman Empire and throughout the Middle Ages salt was a precious commodity carried along the salt roads into the heartland of the Germanic tribes. Caravans consisting of as many as forty thousand camels traversed four hundred miles of the Sahara bearing salt to inland markets in the Sahel, sometimes trading salt for slaves: Timbuktu was a huge salt and slave market.

Salt created and destroyed empires. The salt mines of Poland led to the formation of the Polish-Lithuanian Commonwealth. In the 19th century, Genovites Christopher Columbus and Giovanni Caboto would later destroy the Mediterranean trade by introducing the New World to sea salt.

Today salt is considered a very modest commodity, and it is hard to believe that it was once such valued merchandise. We see it on supermarket shelves, in delicatessen, health food shops and anywhere to believe that it was once such valued merchandise. We see it on supermarket shelves, in delicatessen, health food shops and anywhere that food is sold, and it is readily available everywhere at reasonable prices. Who would ever think it had such an illustrious history!

Over the next few pages we bring you some interesting articles about the every day commodity - Salt

### Healthy Salt Intake

Believe it or not, we do need it in spite of always being told to avoid it for health reasons.

Yes, it does cause us to retain liquids in our bodies – but we need to. Of course, an exaggerated intake of salt can cause high blood pressure, cardiovascular problems and strokes, so like all other good things, it should be enjoyed in moderation.

The recommended daily intake of salt is 2.3 grams. Researchers have found that reducing the salt intake for groups of patients with a high risk of the mentioned illnesses to 1.5 grams a day actually caused them other health problems without reducing the risk factor. Unfortunately, we are not in control of how much salt we have, and researchers reckon that the average intake is three to four times the recommended amount. This is because some 80% of the salt we have comes from factory-made or processed foods.

This means that even health food products can have high salt contents, so make sure you always check the product description to try to control how much salt you eat.

### A Salty Did You Know...

That in medieval England you could tell a person’s social status by where they were placed in relation to the salt on the dinner table. If you were placed close to the salt, you were a person of consequence, whereas if you were placed at a distance you were of no importance.

---

**Captain's Mojácar**

**Sunday Lunch**

12 noon-5pm

Only **7€** for a main course

**Served with fresh vegetables, roast potatoes & homemade yorkies & crackling**

Starters or Desserts **3€**

**Tapas and a la Carte**

Every day: 12 noon – late

**Children’s meals from 6.00€**

Jon, Mike, Steve, Hind, Zaki & Rita welcome you all

For Bookings call: 617 477 797

**Christmas Day Menu @ 2pm**

- Cava or Bucks Fizz on arrival from 1pm
- Cream of Vegetable Soup or Prawn Cocktail or Moroccan Salad
- Breast of Turkey with Stuffing, Chipolata Sausages and a selection of Fresh Vegetables and Roast Potatoes or Pork Fillet or Poached Salmon
- Christmas Pudding & Home Made Brandy Sauce or Apple Tart or Hot Chocolate Fudge Cake
- Cheeseboard & Mince Pies
- Coffee & Mints

Vegetarian options available – please ask

**40€**

---

**MIMI’S BAR**

**Mark & Julie welcome you**

Open: 10.30 - late 7 days a week

**Bar Snacks**

**Quiz Nights (Wed & Sun)**

**Dish of the Day**

**Mince Pies**

**Open every day - Serving Lunch & Evening Meal**

**Restaurante & Eventos Mojácar**

**The Freshest Fish and Seafood in Mojácar**

**THE FRESHEST FISH AND SEAFOOD IN MOJÁCAR**

**A BEAUTIFUL SETTING ON A BEACH FRONT LOCATION**

**Neptuno**

**Neptuno Restaurante & Eventos Mojácar**

**Captain’s Mojácar**

**Avda Mediterráneo 443, Local 12**

**Mojácar Playa**

**For Bookings call: 617 477 797**

**THE FRESHEST FISH AND SEAFOOD IN MOJÁCAR**

**A BEAUTIFUL SETTING ON A BEACH FRONT LOCATION**

**Neptuno**

**Restaurante & Eventos Mojácar**

**Avda Mediterráneo 443, Local 12**

**Mojácar Playa**

**For Bookings call: 617 477 797**

---

**SALT - the White Gold**

**History**

Salt has been a much-demanded commodity throughout history, so much so that it was once known as The White Gold. It is commonly believed that Roman soldiers were at certain times paid with salt. This, however, is a misconception: ‘salary’ derives from the Latin word salārium, meaning money given to soldiers so they could buy salt. The Roman Republic and Empire controlled the price of salt, increasing it to raise money for wars, or lowering it to be sure that the poorest citizens could easily afford this important part of the diet.

Already in the early years of the Roman Republic, with the growth of the city of Rome, roads were built to make transportation of salt to the capital city easier. An example was the Via Salaria (originally a Sabine trail), leading from Rome to the Adriatic Sea. The Adriatic Sea, having a high salinity due to its shallow depth, had more productive solar ponds compared with those of the Tyrrhenian Sea, much closer to Rome.

During the late Roman Empire and throughout the Middle Ages salt was a precious commodity carried along the salt roads into the heartland of the Germanic tribes. Caravans consisting of as many as forty thousand camels traversed four hundred miles of the Sahara bearing salt to inland markets in the Sahel, sometimes trading salt for slaves: Timbuktu was a huge salt and slave market.

Salt created and destroyed empires. The salt mines of Poland led to the formation of the Polish-Lithuanian Commonwealth. In the 19th century, Genovites Christopher Columbus and Giovanni Caboto would later destroy the Mediterranean trade by introducing the New World to sea salt.

Today salt is considered a very modest commodity, and it is hard to believe that it was once such valued merchandise. We see it on supermarket shelves, in delicatessen, health food shops and anywhere that food is sold, and it is readily available everywhere at reasonable prices. Who would ever think it had such an illustrious history!

---

**Healthy Salt Intake**

Believe it or not, we do need it in spite of always being told to avoid it for health reasons.

Yes, it does cause us to retain liquids in our bodies – but we need to. Of course, an exaggerated intake of salt can cause high blood pressure, cardiovascular problems and strokes, so like all other good things, it should be enjoyed in moderation.

The recommended daily intake of salt is 2.3 grams. Researchers have found that reducing the salt intake for groups of patients with a high risk of the mentioned illnesses to 1.5 grams a day actually caused them other health problems without reducing the risk factor. Unfortunately, we are not in control of how much salt we have, and researchers reckon that the average intake is three to four times the recommended amount. This is because some 80% of the salt we have comes from factory-made or processed foods.

This means that even health food products can have high salt contents, so make sure you always check the product description to try to control how much salt you eat.

---

**A Salty Did You Know...**

That in medieval England you could tell a person’s social status by where they were placed in relation to the salt on the dinner table. If you were placed close to the salt, you were a person of consequence, whereas if you were placed at a distance you were of no importance.
Flavoured Salts

We obviously add salt to our food in order to enhance its flavour. If you would like to use less salt and yet not cut it out completely then mix it with other ingredients which also add flavour, that way you can obtain more flavour with less salt!

Here are a few ideas for flavoured salts; once you get the drift, the only limit to the salts you can produce is your own imagination!

Chilli Salt
If you make this with fresh chilli it will obtain a beautiful salmon pink colour; with dried chilli you get the white salt mixed with red chilli flakes.
1. Cut the stalk off three red chillies.
2. Put them in a food processor together with 250g coarse salt and process until well mixed.
3. Leave it to absorb the smoke for about half an hour, maybe turning it a couple of times as you deem necessary.
4. Cool and put directly into a tight lidded storage jar.

Lemon Salt
You can use this mixed with other spiced salts or on its own. It goes very well with chicken.
1. Cut the yellow rind off an ecological or untreated lemon.
2. Place it in a food processor with 250g coarse salt and chop until the rind has been reduced to small pieces.
3. Spread out the salt on a piece of baking paper and leave it to dry at room temperature for 24 hours.
4. Put it into a tightly lidded storage jar.

Spiced Salt
Use any spices you fancy, this is just one of an endless amount of combinations.
1. Grind 1 tbsp coriander seeds with 1 tbsp cumin seeds.
2. Add ½ tbsp chilli flakes.
3. Mix the spices with 250g coarse salt and place it in a tight storage jar.

Smoked Salt
Smoked salt adds a feel of barbecue or bonfire to your food, and furthermore it has an attractive colour. The easiest way of making it is by using a kettle grill.
1. Make smoke in a kettle grill by using either special wood smoking powder, or wood shavings which have soaked in water for about an hour.
2. Put 500g coarse salt in a aluminium tray with a large surface and place it above the wood, then cover the grill with the lid.
3. Leave it to absorb the smoke for about half an hour, maybe turning it a couple of times as you deem necessary.
4. Cool and put directly into a tight lidded storage jar.

Chilli Salt
If you make this with fresh chilli it will obtain a beautiful salmon pink colour; with dried chilli you get the white salt mixed with red chilli flakes.
1. Cut the stalk off three red chillies.
2. Put them in a food processor together with 250g coarse salt and process until well mixed.
3. Spread out the salt on a piece of baking paper and leave it to dry at room temperature for 24 hours.
4. Put it into a tightly lidded storage jar.

Lemon Salt
You can use this mixed with other spiced salts or on its own. It goes very well with chicken.
1. Cut the yellow rind off an ecological or untreated lemon.
2. Place it in a food processor with 250g coarse salt and chop until the rind has been reduced to small pieces.
3. Spread out the salt on a piece of baking paper and leave it to dry at room temperature for 24 hours.
4. Put it into a tightly lidded storage jar.

Spiced Salt
Use any spices you fancy, this is just one of an endless amount of combinations.
1. Grind 1 tbsp coriander seeds with 1 tbsp cumin seeds.
2. Add ½ tbsp chilli flakes.
3. Mix the spices with 250g coarse salt and place it in a tight storage jar.

Smoked Salt
Smoked salt adds a feel of barbecue or bonfire to your food, and furthermore it has an attractive colour. The easiest way of making it is by using a kettle grill.
1. Make smoke in a kettle grill by using either special wood smoking powder, or wood shavings which have soaked in water for about an hour.
2. Put 500g coarse salt in a aluminium tray with a large surface and place it above the wood, then cover the grill with the lid.
3. Leave it to absorb the smoke for about half an hour, maybe turning it a couple of times as you deem necessary.
4. Cool and put directly into a tight lidded storage jar.
**NEW INDIAN TANDOORI RESTAURANT**

**BAR, RESTAURANT & TAKEAWAY**

Open 12pm-3.30pm & 6pm-11pm

Full Restaurant Menu Available

Plaza Sta. Ana, Local 1, La Alfoquia

Tel: 632 110 888

---

**Römertopf**

Ingredients for 2-3:

- 600g stewing steak cut into pieces, or 2-3 pieces of osso buco
- 200g carrots, thickly sliced
- 1 large onion, cut into wedges
- 2 leeks, cut into finger length pieces
- 500g potatoes, thickly sliced
- 4 tomatoes, quartered
- 250ml beef stock
- 100ml white wine
- Olive oil
- Salt and pepper

Heat the olive oil in a frying pan and throw in the pieces of meat; brown them all over and reserve.

Add the carrots, onion, leeks and potatoes to the pan and turn them well in the hot oil. Add the tomatoes, mix, then pour in the wine. Let it all bubble until the alcohol has evaporated then turn everything together with the meat into the casserole dish. Season generously with salt and pepper.

Pour over the hot stock, cover and cook in the oven for 1½-2 hours. Check from time to time if you need to add more stock. When the meat is completely tender, take out the dish and serve your Römertopf steaming hot - with or without crusty bread!

Here’s to you, mum!

---

**Bar & Restaurant Gemini**

Saturday 12th October

Jacky Del Mundo - Music Around The World

Saturday 19th October

Chri Pottle, Guitarist & Singer

Friday 25th October

Rocky Horror Nite

Saturday 26th October

Sharon Elizabeth Regan

Saturday 2nd November

Dusty Does Dame Edna

---

**The Chippy**

Fully Air-conditioned

Closed: 10th & 11th Oct

Open:

Mon 12-7pm
Tue - Thur 4pm-9pm
Fri 12-10pm
Sat & Sun

Telephone orders welcome

Last orders taken 15 minutes before closing

Tel: 634 32 44 84

---

**Bazar y Comestibles Loli**

We stock a wide selection of British Food

Shoes, Clothes, Make-up

Cleaning materials, Kitchen Equipment and much more

Plaza Virgen del Carmen, 93 - 04661 La Alfoquia (Zurgena)

Tel: 950 449 489

---

**Cooking with Nina**

**Chicken with Garlic**

I actually thought up this recipe before I ever knew about its big brother, Chicken with 40 Cloves of Garlic. It’s a simpler version, and if you ask me, just as tasty!

Ingredients for two:
- 2 whole chicken thighs (cuartos traseros in Spanish)
- 2 tbsp olive oil
- 1 head of garlic divided into cloves but not peeled
- 500g potatoes, peeled and cut into chunks
- 100 ml white wine
- 250 ml hot chicken stock
- Salt and pepper

Heat the olive oil in a frying pan and brown the thighs all over. Sprinkle with salt and pepper and set aside.

In the same pan, add the potatoes and garlic and fry briskly until they take a bit of colour.

Return the chicken legs and pour over the wine. Let it bubble until the alcohol has evaporated.

Transfer to an oven proof dish leaving the thighs on top and pour over the hot chicken stock.

Season, cover and cook in the oven at 200C for 30 minutes.

Remove the cover and cook on for another 30 minutes until the thighs are done all through.

Serve with a green vegetable of your choice. It’s wonderful!

---

**Back on my Perch**

You probably didn’t even notice that I was away, but I just spent two wonderful weeks in Denmark, and as always I ate too much of all the wrong things; and enjoyed every bite!

I’m now trying to get back into my healthier everyday routine, but it’s not that easy!

To help me, this month we’ve got ordinary non-naughty food, but over the next few months I shall probably share some of the wonderful dishes I had in Denmark with you.

---

**Römertopf**

A Römertopf is a German cooking pot made from clay. However, in my childhood home it was also the name of the one and only dish my mum made in hers. And we all loved it!

My mum always used osso buco (one of my favourite cuts of meat), and I do as well; however, on this occasion I used another lovely piece of stewing beef, and apart from missing out on the bone marrow, we enjoyed that just as much.

And I used a casserole dish instead of a Römertopf.
Carrot Rolls with Sesame Seeds

Here’s a bit of baking for those of you that, like me, get withdrawal symptoms when too long passes without me getting my hands in the dough!

Ingredients for 12-15 rolls
25g fresh yeast
250ml warm water
200ml natural yoghurt
200ml oats
100g grated carrot
100ml sesame seeds
1 tsp sunflower oil
1½ tsp salt
200g wholemeal spelt or wheat flour
400g (approx.) strong white flour
Whipped egg and 3-4 tsp sesame seeds for topping

Dissolve the yeast in the warm water. Add the other ingredients and stir everything for five minutes. If you have any technical means of doing this, use it, as it is very heavy. The dough is quite wet and not for kneading - although I did manage to get a bit of kneading in as my dough wasn’t too wet and VERY heavy to stir.

Leave it to rise for about one hour.

Put a bowl of water on the worktop. Using your hand and a spoon, shape the mix into 12 to 15 rolls dipping the spoon and your hand in the water whenever things start getting too sticky.

Place them on a lined baking sheet, cover with a clean tea towel and leave them to rise for 20 minutes. Heat the oven to 225C. Brush the rolls with the egg and sprinkle with sesame seeds.

Bake them in the oven for about 20 minutes until they are golden and baked through.

They are impossibly moist and tasty!
**What’s On**

**October / November**

- **Sunday 6th October** – JACKEY DEL MUNDO – 7pm onwards
- **Wednesday 9th October** – DUSTY - 7pm onwards
- **Saturday 12th October** – STEVE FISHER (aka Rod Stewart) 7pm onwards
- **Sunday 13th October** – JACK LAW - 6pm onwards
- **Wednesday 16th October** – SOUL SENSATION - 7pm onwards
- **Saturday 19th October** – REES - 7pm onwards
- **Sunday 20th October** – MARTIN THE CROONER - 6pm onwards
- **Wednesday 23rd October** – MARILYN SHIPLEY - 7pm onwards
- **Saturday 26th October** – SOUL SENSATION - 7pm onwards
- **Sunday 27th October** – PETER AND SABINA - 6pm onwards

*Outdoor events weather permitting*

See our Facebook page for more details of all future entertainment

---

**Herby Stuffed Frikadelles**

This lovely recipe comes from Germany, and the herbs and the cream cheese filling make the good old frikadelles really quite exotic!

**Ingredients for four:**
- 1 bunch of parsley, stems removed and finely chopped
- 50g dried tomatoes, finely chopped
- 100g cream cheese
- 2 cloves garlic, finely chopped
- 2 shallots, finely chopped
- 2 twigs rosemary, leaves finely chopped
- 2 twigs thyme, leaves finely chopped
- 500g minced pork
- 1 tbsp ketchup
- 1 egg
- 2 tbsp breadcrumbs

First make the cream cheese stuffing: Mix the parsley and dried tomatoes with the cream cheese and reserve.

Heat the butter in a frying pan and throw in the garlic and the shallots. Fry them gently until they are soft, add the rosemary and thyme and take everything off the heat. Leave it to cool down for a few minutes.

Place the mince in a mixing bowl with the herb mixture and ketchup. Mix thoroughly then add the egg and the breadcrumbs. Stir until you obtain a uniform mix.

Using your hand and a spoon, shape 12 - 16 frikadelles. Make a deep dent in each and put a tablespoon filling in the dent. Almost close the frikadelles around the stuffing and fry them in a drop of oil until the meat is cooked and the filling warmed through.

Serve with a potato salad. A wonderful mixture of flavours!!!
Trappist beer is beer that is brewed by Trappists, or monks. It may also be the name Trappist when the beer is brewed by monks of the Cistercian Order. Trappist beer is therefore not a type of beer that many people think of, but as a description of the origin of the beer. The name “Trappist” is derived from La Trappe, one of the founding abbeys of the Trappist order in France.

Trappist beer rules
According to the rules of the International Trappist Association (JVT), the conditions that must be met to bear the name of different Trappist beers must be met. These conditions are laid down in the following points:

- The product must be produced within the walls or in the vicinity of the abbey.
- The product must be produced by or under the supervision of the monks and for the maintenance of the monastery. Whatever remains must be spent on social / social activities.
- The proceeds must be used for the maintenance of the monks and for the maintenance of the monastery. Whatever remains must be spent on social / social activities.
- The product must be produced by or under the supervision of the monks and for the maintenance of the monastery. Whatever remains must be spent on social / social activities.

The six “real” Trappist beers in Belgium are:

- Authentic Trappist Product
  - Chimay, from Notre-Dame de Scourmont Abbey
  - Orval, from Notre-Dame d’Orval Abbey
  - Rochefort, from Notre-Dame de Saint-Rémy Abbey
  - Westmalle, from Westmalle brewery
  - Achel, from the Trappist brewery the Achelse Kluis
  - Westvleteren, from Sint-Sixtus Abbey

We will now describe a Trappist beer and to do this I will choose Westmalle Tripel:

**COMPLEX AND BALANCED TRIPLE**

The Tripel of Westmalle is a clear, golden Trappist beer of 9.5°. The slow brewing process and the secondary fermentation in the bottle yield a complex beer with a fruity scent of ripe banana and a nice, nuanced hop nose.

The soft and creamy taste, with a bitter touch supported by the fruit aroma, has a lot of finesse and elegance. With a most enjoyable and wonderfully long and dry aftertaste.

This beer is usually served from 33cl bottles, exactly the content of the accompanying glass. The Tripel is also available in 75cl bottles. Remarkably, the beer in these larger bottles ages differently. The fruity scent is a bit softer and more mature and the beer has a light vanilla touch.

**ORIGINAL FROM THE BEGINNING**

Brewed for the first time in 1934, the Tripel van Westmalle is sometimes called the “mother of all triples” and was followed by many other breweries as a style. The Tripel van Westmalle was created as a result of the commissioning of the new brewery hall in the abbey. In 1956 the recipe underwent another modification, but it has remained unchanged since then, so for more than 80 years. After the beer is bottled, it may not yet leave the abbey site. At this stage it is still a liquid and it does not yet form a head of foam. That’s why the Tripel has to develop slowly for another three weeks in a special cellar.

The beer is protected from sunlight in this special cellar and ripening warehouse. There are special lamps with a UV filter that emit a soft yellowish light with a low frequency. This is the way we avoid the so-called ‘light taste’ that arises after free radicals bind with sulphur molecules.

The insulation ensures an energy-efficient cellar without temperature fluctuations. The seasons have no influence on it and that is ideal for the maturing process.

The ripening cellar has an ideal re-fermentation temperature between 21 and 23 °C. The yeast cells thereby absorb the oxygen in the vials and form carbon dioxide. This protects the beer against oxidation and ensures a delicious, rich head when pouring out.

Fancy such a nice beer? Then come and taste one or more at...

El Mirador in Albox , Plaza Nueva. (close to the donkey statue)

The next time…..
We go deeper into Beer glasses and beer: A combination that is not just chosen! and of course we describe another beer.
Almost everybody, whether they have any affiliation to Spain or not, has heard of Manchego cheese. But the Manchego is only one of a long list of wonderful Spanish cheeses as you will see.

The Manchego is elaborated from sheep’s milk and has a maturing period of 30 days to 2 years. It is aromatic and full of flavour and has a pleasant texture, the colour sunshine yellow. It is most often enjoyed as a tapa or an aperitif.

Torta del Casar from Caceres is elaborated from raw sheep’s milk. The Torta de Casar has a thin, light rind and its most outstanding feature is its creamy texture. The colour is whitish or ivory and the cheese has an aroma of milk and vegetables. The flavour is intense and well developed.

Idiazabul comes from Navarra and the Basque Country. It is elaborated from milk from Latxa and Carranzana sheep which has not been pasteurized. It matures for a minimum of two months in press. It comes smoked or not smoked in accordance with the tradition of the valley where it is produced.

Cabrales is a blue cheese produced from sheep’s, goat’s or cow’s milk, or a mixture of two or all. It comes from Asturias where they elaborate the cheese on the very farms where the animals live. It is whitish with green or blue patches and veins and has a slightly spicy flavour. The Cabrales is matured for two to four months in natural caves in the mountains. Mahón comes from Menorca and is elaborated from milk from the island’s cows in accordance with a thousand year old tradition. The cheese has an aroma of milk and vegetables. The flavour is intense and distinctive and the business and commenced making Vega Sicilia into one of the world’s great wines.

Attention to detail was, and is, paramount. No fertilizers or herbicides are permitted and only organic compost is used - and that only occasionally. Hundreds of cork trees were planted to ensure availability of the finest cork. A cooperage was established and started in barrels.

In late October the grapes are hand picked with any imperfect fruit discarded. Fermentation takes place in over one hundred stainless steel tanks at a controlled temperature before the ageing process begins in barrels.

Three wines are produced: UNICO RESERVA ESPECIAL does not bear a vintage as it is a blend of several years and can contain wine from barrels of thirty years or older. It is aged in French and American oak and released ten to fifteen years after the vintage. Depending on the vintage, prices of around €300 per bottle can be achieved.

UNICO (unique) is aged in French and American oak and released ten to fifteen years after the vintage. Depending on the vintage, prices of around €300 per bottle can be achieved.

Three wines are produced: VALBUENOS 5 is a blend of Tempranillo, Cabernet Sauvignon and Merlot with a touch of Malbec. It is aged for five years in American oak. It is a current release is 700 – if you can find it!

In 1842, Don Eloy Lecana y Chaves brought some Cabernet Sauvignon, Merlot and Malbec vines from Bordeaux where he had studied viticulture and, with some local Tempranillo vines, planted a vineyard in Ribero del Duero, at an altitude of 700m near the Duero river about 18 miles east of Valladolid. For the next 140 years, and are involved in a joint venture in Rioja, the Pintia vineyard in the C.E.O. of Vega Sicilia, Pablo Alvarez, plans to retire in six years time but the philosophy which has made Vega Sicilia so successful will, undoubtedly, continue.

© Bill Riley

Spain’s Many Cheeses

wind and humidity of the island provide the cheese with its special intense and distinctive flavour. There are many more that are worth mentioning, however space will allow no more.

Sadly, these wonderful cheeses are not always readily available on our supermarket shelves in our local area, but if you go a bit further afield to the big supermarkets you will find at least some of them. But there’s no need to go on a journey just to find good cheese. We’ve got plenty of other lovely cheeses locally, it’s just a question of trying them out to see which ones ‘do it’ for you.

Here’s a few words that might help you find what you are looking for:

Veda Cow
Oveja Sheep
Cabra Goat
Merzela Mix
Tierro Mild
Semi-curado Medium
Curado Mature

Cheeses that started life in a cylindrical shape are cut into wedges when they are sold.

To make a traditional plate of cheese, cut the wedges into thin triangular slices and arrange them on a plate.

¡Viva el queso español!
Olula del Río is a fascinating town full of history. Although in recent years many new buildings have been built on the outskirts, the actual centre of the village remains much the same as it did many years ago. Many of its streets make walking on foot a must, they are steep and winding. From many places in Olula you will see the huge Piedra Ver de Olula which is lit at night and looks quite beautiful. Considered a symbol of Olula the rock stands majestically looking over the town. It is at the foot of this rock where caves have been found along with pieces of pottery dating back many hundreds of years. Legend has it that there is tunnel leading from the top of the rock down to the Macael stream which enabled the Moors to flee their enemies.

Welcome to Olula Del Rio

15th Oct
19th Nov
17€ p/p

La ZENIA Shopping
Located between Cartegena & Alicante
With more than 120 outlets to visit

Mini Breaks 2019
Gibraltar 11-14 November
230€ p/p - Half Board
4* Hotel in La Linea (800m from border)

Mini Breaks 2020
Tell us where you would like to go?
Individuals or Groups
Are you part of an organisation that is planning a trip in the future - we can help you too.
Parra Travel is a legal, fully operational Travel Agency.
We look forward to hearing from you soon

Out and About in Spain
Tickets and further information only available from C.A.T. Services (La Alfoquia)
Total Entertainments in Albox, Arboleas & Turre & Kukis Mojácar (Bar/Restaurant)
950 63 43 88  627 635 514  travel@catservicesinspain.com
Pick-up points vary depending route and demand from Mojácar, Turre, Huércal Overa, La Alfoquia, Arboleas & Albox and more

Murcia
Shopping Trip
Morning in IKEA & Thader Centre
Afternoon at Nueva Condomina
31st Oct 28th Nov

12€ per person

Murcia Christmas Shopping Trip
Morning in IKEA & Thader Centre
Afternoon at Nueva Condomina
Sunday 8th Dec

12€ per person

Medieval Market Caravaca
Visit the largest medieval market in the area. Over 200 stalls plus displays and demonstrations. A great day out.

Asador El Encuentro
Quality Home Cooked Food - Olula Del Rio
FLAME GRILLED MEATS & FISH
TAPAS
MENU DEL DIA
COMBINATION PLATES
DESSERTS

Celebrations & Children’s Parties
catered for!
Open: Monday - Sunday
10am - 12pm
Reservations not required

Publi-Part
Un mundo de posibilidades
TLF: 950 633 165 – 600 531 260
WWW.PUBLI-PART.ES
It has been a busy few weeks in Olula del Río which included being visited by the president of the Junta de Andalucia, Juan Manuel Moreno on two occasions!

His first visit was to take part in the official inauguration of The Woman of Almanzora (La mujer de Almanzora), which was set in place in July. This incredible sculpture, apparently the largest marble sculpture in Spain, can be seen as you drive past Olula in the Baza direction. We have discussed this piece of art previously but in case you missed it, it was made by a man normally more famous for his paintings, Antonio López, although you may not have heard of him, is the greatest living Spanish painter and also the sculptor.

The making of the sculpture constituted a major technical challenge. Its total weight is 180 tons, is made of Macael white marble, and it consists of 82 pieces, each of them proceeding from a different block. Some pieces of the sculpture weigh as much as 3 tons each. Each of the 82 sculpture pieces is different from another and all are solid pieces. The sculpture is hollow from inside and the pieces of marble are held together by a metallic structure installed inside. The entire fabrication process took place over a period of 5 months. It has recently been valued at around 3 million euros.

The second visit for the president, was to attend the official opening of the Olula del Río Health Centre. It was described as “a work that today is a reality, thanks to the collaboration between different administrations”.

The ceremony started early at 9am in the morning, and was attended by the Minister of Health Jesús Aguirre, the president of the Diputación, Javier Aureliano García, the Minister of Agriculture Carmen Crespo, the delegate of the Government Maribel Sánchez Torregrosa, local authorities, counties and numerous neighbours who wanted to accompany Mayor Antonio Martinez Pascual and President Moreno Bonilla.

A marble plaque showing date of the opening day of this “mini hospital”, which covers six municipalities of the region, was also unveiled.

The health centre itself took a few years to be completed. Set at the top of the main high street, it looks quite small from the front, but on entering you realize how big it actually is.

3 floors, each colour coded to help people understand where they need to go, consists of many rooms covering all aspects of health care including doctors and nurses specialising in paediatrics and pregnancy.

Although local patients may still on occasions have to go to one of the main hospitals for treatment, the new centre in Olula is of huge importance and also has an emergency unit on hand and is open 24 hours a day.
 MASSIVE SUPERSTORE
ALL your needs for the family, home and garden

TOP FLOOR – DEPARTMENT STORE
Garden Furniture – Stationary – Car accessories
Men's, Women's, Children's wear & Shoe department

LOWER FLOOR – SUPERMARKET
Fresh fruit & vegetables – Bread, Fish, Butchers
Frozen foods – Beer, wine & spirits
Cleaning products – Dairy goods – Health & Beauty

Thousands of products at LOW PRICES

"Over 2000 M² on 2 floors"

Afterlives  Infant  Psyches
Beefes  Irons  Pumpernickel
Brewed  Jumbos  Soggy
Buses  Managed  Staples
Choir  Mannequin  Stray
Cleans  Merits  Teeth
Curled  Moonbeam  Tinkles
Desks  Murmur  Tones
Dissects  Opportunist  Tossed
Drawl  Painful  Unset
Firmer  Paring  Upper
Flopping  Passive  Veined
Goner  Pocketed  Walls
Grimmest  Profess
Indeterminate  Provides

Copyright © Puzzle Baron September 9, 2019 - Go to www.Printable-Puzzles.com for Hints and Solutions!
Nearly everyone has heard of Frangipani or Plumeria as it’s also known as, that wonderfully scented flowering shrub with large leaves. It’s famous for being used in Hawaii in a lei or flowery necklace to welcome visitors and also used as a wedding flower.

The most commonly known species to be found in garden centres here is Plumeria rubra. With a name like rubra, you would think this means the flowers would be red but, wouldn’t you know, the flowers come in various shades and mixtures of pink, yellow, red and orange as well as white with a yellow eye.

Mixed varieties with various colours on the same plant are known as Fruit salad! This variety also has the most scented flowers.

Frangipani is believed to originate from the tropical areas of South America but is now common and held in high regard in most tropical areas of the world where there is no frost so if planning on adding one to your collection, make sure you don’t get low winter temperatures.

They can of course, be grown in pots which then makes it possible to bring the plant indoors if there is a chance of frost where you are. Like most shrubs, trees etc, they usually grow better in the ground. If potted they like a good free draining soil and don’t like to sit in water, so make sure any water can drain away immediately after watering. A little organic compost added to the potting mix will help feed the plant.

If planted in the ground don’t make a hollow round the stem as this can collect water which may lead to rot. To keep the soil damp longer it’s a good idea to spread some mulch around the base of the plant, whether in a pot or in the ground. It will also keep the hot sun off the base as well. Frangipani lose their leaves at the end of summer and go to sleep til spring so little or no water at this time.

Continued on page 44.....
Grow something from seed. Frangipani seed consists of the seed and a light attachment or wing which helps the seed to float on the wind to a new site to put down roots. When you sow the seed, the wing part has to protrude from the soil surface with the main body of the seed set in the compost.

The compost itself needs to be free draining so a mix of river sand, perlite and peat should give a good free draining base. A slightly shaded spot and not too much water should soon see the seed kickstart itself into growth.

They are also easy to grow from cuttings. They will grow from quite big cuttings as well, just tie the cutting to a length of cane for support until it is rooted. Whatever size cutting you take, remember to leave the cut end to dry and callous over for a few days before inserting in some free draining compost. The end can be dipped in hormone rooting powder if you have any.

Obviously, spring is a good time to take cuttings as the plant will be coming into growth again after being dormant all winter.

Remove and burn all affected leaves then use a fungicide on the rest of the plant.

Apart from their perfume, another bonus to Frangipani is that they are edible and can be added to salads etc or to decorate a luscious dessert. Definitely a plant for everyone!

http://www.cactusinspain.com
The Island of Gomera is the second smallest of the seven that constitute the Canary Islands. It covers an area of 369.76 km² and has a population of 21,136 distributed on six municipalities.

La Gomera is situated in the Atlantic Ocean in the western part of the Canaries. It is part of the province of Santa Cruz de Tenerife. Its capital is San Sebastián de La Gomera where the local government is seated.

La Gomera is famous for its steep volcanic mountains with an extensive network of trails. Its forests grow at a high altitude, dense with bracken and trees covered in moss, in the mists of the Garajonay national park.

The park was constituted in 1981 and was later declared a UNESCO Heritage Site. The park boasts a true gem of nature: a laurel forest from the tertiary period. This subtropical forest consists of several kinds of trees that keep their foliage all year round thanks to the high humidity and the mild temperatures.

The island is home to the giant lizard of La Gomera (gallotia bravoana), a reptile which is on the IUCN red list. It was thought to have become extinct and the only trace anybody had seen of it in living memory was fossils. Until 1999 when scientists found a small population on the cliffs of Mérica. The natural habitat of the lizard is in the Gran Rey Valley, and today there is a rescue centre where the lizards are bred in captivity to be released into the wild to try to recuperate the species. More than 300 specimens have been hatched to date.

Another unique feature of the island of La Gomera is the Gomeran whistle. This is a language used by some of the islanders to communicate across the deep gorges of the island. The whistle transforms the vocal sounds of any human language into whistling sounds that can be recognized over long distances.

The whistle was originally based on the language of the Canary aborigines, but after the Catholic conquest of the Canary Islands in the 16th century it became adapted to Castilian Spanish. The whistle has become increasingly redundant with the modern means of communication available in the 21st century. However, the Canary government instituted whistle classes in the Gomeran schools to preserve the language, which was included in the UNESCO’s list of Intangible Cultural Heritage in 2009.
In each of these series of articles about the flamenco art form, I aim to explore different aspects of what is, in reality, an immense subject.

As has been stated in my previous articles, each province of Andalucia has its own distinctive style of flamenco, both in the music and in the dance. As an events organiser and flamenco dancer I feel it is extremely important to offer the audience the possibility to enjoy and learn to differentiate between the different styles from each area. As anyone who has seen one of our events will know, we only support and offer authentic, spontaneous gypsy flamenco.

Flamenco is the music of the Spanish gypsy community; indeed, if one wishes to investigate the topic in far greater depth, there is a purist school of thought that claims that the word “flamenco” is far too general a description, due to the modern trends towards modification of the authentic art form. These purists believe in the concept of the pure Andalusian gypsy song, “el cante Gitano Andaluz.”

This is an interesting, if somewhat extreme school of thought. What is certain, however, is that a large majority of the Spanish gypsy community consider the flamenco heritage a fundamental essence of their whole existence and being. They consider that the song, the music and the dance defines them and is as important to them as the air and the light of the sun.

Gypsy Children and their Natural Instinct for Flamenco.

Flamenco music is full of intricate, complicated rhythms. These rhythms then have added to them other elements to make them even more elaborate. The distinctive clapping (palmas), which is an art form in itself, is a way of creating and developing further these rhythms. The distinctive clapping (palmas), which is an art form in itself, is a way of creating and developing further these catchy, infectious rhythms in order to bring the song, guitar and dance to life.

D.N.A; their ear for sound and capacity to create rythmical patterns is highly defined. As such, this facilitates with ease their possibilities to develop as participants in “juergas” (authentic flamenco party style get togethers) or indeed as performing artists from an extremely young age.

GRANADA MEETS ALMERÍA

I strive to constantly present new and exciting projects to our multi nationality audience. Our next production, which will take place in the charming, intimate Theatre of Zurgena, will showcase young gypsy talent alongside top, established musicians from Granada.

The aim is to show our audience the best flamenco from each Andalusian province, without the need to incur costs of going to Granada, Seville or Jerez (so far in the past few years we have showcased amazingly talented artists from all of these areas right here in Mojacar, Zurgena and Carboneras).

The new production combines the skill of the gypsy children of La Chanca, Almeria with top musicians from Granada.

Some readers will have already seen the tiny, but powerful little dancer named Estela in action in Zurgena earlier this year, where she stunned our audience whilst performing with musicians from her native Almeria. Now we are going to combine her skills (and the other child and adult dancers) with the powerful voice of the mighty Antonio Heredia of Granada and Granada’s leading guitarist Manuel Fernandez, a quality musician who is often featured on Canal Sur television.

No Rehearsal...pure spontaneity

In true gypsy tradition, we don’t rehearse!!! Indeed, the artists from Almeria will literally meet the musicians from Granada on the evening of the performance.

This is what creates the excitement of the performance. How can we do this you may well ask.

Well, we have a special language between us via our dance moves which indicate to the singer and the guitarist what we want from them. This is the genuine way to perform and is what creates the magic or duende.

This performance should not be missed. For more information about the artists please take a look at the Facebook page “Flamenco Forum For English Speakers” as there will be lots of information about each individual performer on there. We also offer an events mailing list by email ( info@lagitanainglesa.com).

Councillor Jim Simpson at Zurgena Town Hall will be in charge of ticket sales, he can be contacted by phone on 610194260.

Date of performance SUNDAY 18TH NOVEMBER
TIME 8.30PM
PRICE 15 EUROS
Performers:
Dancers:
Estela Santiago
Andrea “La Chata ”
José Tomas Martinez Gomez
Francesca Girone
Granada Performers:
Antonio Heredia singer
Manuel Fernandez guitarist

For a free quote call us on: 950 930 316 or 642 596 701
Email: info@moovit.biz
Facebook: /moovit.biz
Web: www.moovit.biz

We have what you are looking for!!

SEGUNDA MANO
Ahref Companos
600 963 132
Avda 28 de Febrero, 23 (frente Hiperocio) - ALBOX
Our next Round Table meeting is at Bar Solare, Turre from 17:00 on the 17th of October.

Discover how you could benefit from these modern & alternative co-housing lifestyle apartments, & join our monthly non-committal Round Table meetings.

visit www.espadevida.com/news for more info

Mojácar Estates S.L.
Avda. Mediterráneo, 8
Mojácar Playa
Tel: +34 950 478 935
espadevida@mojacarestates.com

EspaDeVIDA APARTMENT GALLERY
LIFESTYLE HOMES WITH A COMMUNITY SPIRIT

THE FIRST OVER 50’S CO-HOUSING DEVELOPMENT IN THE AREA

1-2 bedroom apartments with large communal spaces from €77,000

Apartments available for Purchase, Long Term Rent or Rent-to-Buy

Collectively cultivating a healthy living environment that adapts to your individual needs.

Indoor Pool, Gym & Spa
Communal Lounge/Diner
Roof Terrace
Pool & Lifts

EspaDeVIDA APARTMENT GALLERY

La Parata, Mojácar Playa

REF: ME 2095
PRICE: €395,000
Beautifully presented villa in La Parata. A stunning location surrounded by amazing scenery and views. 3 bed / 2 bath with a large veranda and terracing plus a swimming pool. East facing veranda and terraces. Elevator position allows for level access of the sea and mountains. Built area: 139 m². Plot: 4,900 m².

Mojácar Playa

REF: ME 2086
PRICE: €550,000
Lovely villa in Los Almarchas area. Mojácar within walking distance of the sea and the Red Cross area. There is also a 1 bed / 1 bath independent studio apartment. In total there are 3 bed / 3 bath on 3 floors. Several terraces and patios plus a private pool and pool area with integrated BBQ and a summer kitchen. Built area: 205 m². Plot: 894 m².

Mojácar Playa

REF: ME 2098
PRICE: €189,000
Wonderful apartment on the small, quiet urbanisation of Al Boroke located on Mojacar Playa about 300 m from the sandy beach of Las Ventanicas. 2 bed / 2 bath with an open plan living – dining room – kitchen. Large south facing terrace of 22 m² with unobstructed sea and mountain views. Communal pool. Independent lock-up garage. Lift. Built area: 65 m².

Mojácar Playa

REF: ME 2039
PRICE: €189,000
Lovely town house on an immaculate urbanisation only a short walk to the beach and amenities. 3 bed / 1 bath / 1 cloakroom/WC on 2 floors with 2 terraces and a front garden. Integrated garage and storage areas via an internal staircase. Beautiful gardens and large communal pool. Built area: 115 m².

Mojácar Playa

REF: ME 2041
PRICE: €200,000
Lovely town house on in the stunning Cortijo Grande area with its private pool and amazing views of the valley and mountains. 3 bed / 1 bath / 1 cloakroom/WC distributed on 2 levels. Several terraces to allow the sun at different times of the day. An internal courtyard with bar area. All bedrooms have views. Central heating. Built area: 106 m². Plot: 72 m².

Mojácar Playa

REF: ME 2093
PRICE: €249,500
A modern, comfortable town house on the residential urbanization of Macenas Golf Resort in Mojacar with lovely mountain views and only 500 metres from the beach. 2 bed / 2 bath / 1 cloakroom/WC with a large roof terrace. There are 3 other terraces and a private garden area with access to the street. 2 communal pools and a playground. Built area: 109 m².

Mojácar Playa

REF: ME 2103
PRICE: €349,995
Attractive country house set in 29,000 m² of land near Uleila del Campo. Almeria with impressive vistas of the surrounding countryside. 4 bed / 2 bath with a double height living room and log burner. Large veranda and a private swimming pool with lovely pool area. Private well. Built area: 270 m². Plot: 2.9 hectares.

Mojácar Playa

REF: ME 1699
PRICE: €129,000
Very pretty ground floor apartment in small community with residents parking and less than 150 m to the beach and amenities. 2 bed / 1 bath with open plan sitting – dining room and kitchen. There is a south facing terrace with partial sea views and another back terrace. Built area: 64 m².
The Western Capercaillie

The Latin name for this bird is Tetrao urogallus, in Spanish it is simply called Urogallo. The Capercaillie (pronounced kap-uh-kay-lie) belongs to the grouse family, and it mainly lives in cool regions such as Scandinavia, Russia and the Baltic region. However, there are isolated populations in various mountainous areas of Europe, such as in the Alps, the Pyrenees and in the Cantabrian mountains. There is a very big difference between the appearance of the males and the females. The males are much bigger than the females and measure up to 115 cm and weigh between 3.3 and 6.7 kilos. Their wingspan measures up to 1.2 meters. The base colour of the male varies between dark grey and dark brown with metallic green feathers on the chest. He has feathers under the beak that look like a beard, his tail can be spread out into a fan shape and he has red dots above the eyes.

The female capercaillie weighs only approximately half of what the male weighs and from beak to tail she measures only 54 – 64 cm. She weighs between 1.5 and 2.5 kilos, and her colouring is brown mottled with black on her back and mottled with lighter colours on her belly and chest. Both males and females have feathers covering their feet, especially in the cold seasons. The babies all look like females until they are about three months old. Then the differences start to notice.

The capercaillies live in mountain areas in forests with abundant herbaceous vegetation and water. They usually sleep on horizontal tree branches, so trees with such branches are a requisite for the capercaillie to feel at home. They sustain themselves on a very varied diet consisting of grasses, larve, berries and sprouting leaves on trees according to the time of year.

The mating season goes from March until early May. The male capercaillie emits courting calls from an elevated position at dawn and dusk to attract females. (These cries have given the capercaillie its Spanish name as it used to be said that it was the cries of the ‘uro’, an extinct bovine. ‘Gallo: Cock). He then returns to the ground where he covers a territory of 50 - 100 meters’ diameter, calling and covering several hens in one day. The female lays five or twelve eggs in an indent in the ground, where they sadly make an easy dinner for wild boar, dogs, weasels and birds of prey, and as the mortality in the young chicks is very high for the first couple of weeks, the population grows very slowly.

Or, as is the case in the Cantabrian capercaillie, a subspecies of the Western capercaillie, not at all. The Cantabrian capercaillie used to be found all over the Cantabrian Mountains, from northern Portugal through Galicia, Asturias and León to Cantabria. Now its habitat is limited to the Cantabrian Mountains in the province of León, where it has recently been confirmed that the population is falling rapidly, and is now down to less than 300 specimens. Man and modern living have taken their toll on the habitats, and unless drastic measures are taken immediately, this unique bird will soon follow in the footsteps of the ‘uro’ and the dodo.
NEW RANGE OF
Sofas, Patio Heaters, Home & Garden Accessories

IN STORE NOW!

FREE DELIVERY
Albox & surrounding areas + Mojacar, Garrucha, Vera & San Juan

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

Come & see our beautiful range of Oak, Rattan, Teak & Aluminium Patio furniture, Gazebos, Swings and sunbeds

www.inspiredgardenfurniture.com

Inspired Garden Furniture

Poligono EL REAL, Antas (same estate as Lopez Ferreteria)
Open: Monday - Friday 10am - 6pm & Saturday 10am - 2pm
From our experience and speaking to a number of reputable agents the market is still going great. Voss Homes are looking at another record year. October, November & December will be very busy months and we are already planning for next year. Many buyers are coming from the UK, Spain, Belgium, The Netherlands, France, Germany and Scandinavia etc.

As a sign of our confidence in our abilities and thanks to the support of the local people and businesses our second office in La Alfoquia village (Zurgena) will be open by the end of this year. There is a lot of renovation work to be done so we dare not put a date on it. In the meantime just contact us at our Huercal-Overa office.

Another huge benefit for those agents who advertising extensively in the local newspapers and magazines is having instant access to the massive source of Spanish & Expat property buyers who are already here who want to change location, down size or buy a second property to rent out etc.

Now for the Brexit bit..... For 3 years the Brexit Effect has been excellent for local property sales as many British came over to buy properties. Over the summer months actual property sales stayed high.

However, viewings on average have been down which obviously is a great concern for vendors. However, don’t rush to blame your agent. They should be still working their socks off to sell your property but the following 3 points are partly out of our hands:

1. The summer months can be a little quieter as people concentrate on their family holiday and prefer to wait for the high flight & accommodation prices to reduce after the summer.
2. The current poor exchange rate reducing buyers budgets.
3. Brexit – This on going saga is causing some buyers to delay their buying visits for a few months until they feel more confident.

However, this is still good news but some vendors may have to be a little more patient. The serious buyers are continuing to buy and the buyers who are still a little nervous just feel happier waiting for a few more months before committing to their dream home in the sun...but they are still coming.

Now! To make sure these buyers know your property actually exists:

1. Make sure you are with the agent who is selling the most houses in your area (If your property is not on their books how can they sell it?)
2. Make sure it is not over priced (Act on your agents advice).
3. Make sure it is presented as well as it possible could be. (Buyers have many houses to consider...make yours the best).

What is Happening in the Local Property Market?
By Voss Homes Estate Agents - Huércal Overa

SCREENMASTERS
www.screenmasters.es - info@screenmasters.es - tel: 677 152 911

FERRETERÍA LONGO
No.1 DIY supplier in Albox

Unbeatable Prices...!

Long established
Only the finest products
Never knowingly undersold
Get what you pay for
Outstanding service

English Speaking Tel: 950 523 848

Ctra Lorca - Baza km 73,4000 Albox Almeria

VISIT OUR SHOWROOM ON THE POLIGONO INDUSTRIAL ALJORQUE IN ANTAS
By Mike Woolnough

The Wright Brothers did not invent the airplane, who did is subject to much debate, with no clear answers. Much of the early experimentation had been about increasing engine power, but that was a vicious circle as increased power equals bigger engine equals more weight equals the need for a bigger engine! The brothers realised the key to success was in the way the craft was controlled. They took out a patent on their system and it is still, with modifications by Louis Bleriot, the system in use today.

It seemed that almost overnight interest in flying developed exponentially. Within six years Bleriot had crossed the English Channel and less than 12 years after the first flight Alcock and Brown had flown, non-stop, across the Atlantic. All of this flying called for places to take off and land and since this was usually a flat field the terms “flying field” and “airfield” were coined.

And so to Spain. It will come as no surprise that the first airfield in Spain was in Madrid. It opened in 1911 and was situated 8km SW of the city centre. It was named “Cuatro-Vientos” (Four Winds) and still carries that name to this day.

It was originally a military field and has remained so, although part of it is now used for civil aircraft. Because its runways are relatively short (one is still grass!) it is mainly used by flying schools and helicopters.

In 1919 James Peters was the first person to fly non-stop from London to Madrid, a flight lasting 9 hours. He carried a letter for the Queen of Spain from Mr. Gillow, who had built the plane. On his return to England, Peters named his house “Cuatro-Vientos”.

In recent years the airfield has been used as the venue for Papal Masses. The Museo del Aire, an air and space museum mainly dedicated to the Spanish Air Force, is located on the southern side of the airport.

Madrid’s second airport opened in 1931 and was called Madrid – Barajas Airport. It had a small terminal building designed to deal with 30,000 passengers a year. (It is currently at about 60 million!) The first commercial flights began in 1931 when Lineas Aéreas Postales Españolas began flights to Barcelona. Originally the airfield was a large field, covered in grass and had “Madrid” painted in white in the middle of it. It was not until the 1940’s that it gained concrete runways.

By the end of the decade, it had three runways (none of which exist now) and the airport began operating flights to Latin America and the Philippines. Since then the airport has grown considerably. In terms of area it is the second largest in Europe (after Paris, Charles de Gaulle) and the 6th busiest.

The main runway is the 4th longest in Europe and 26th in the world. It has five terminals, one of which is used for flights within the Schengen area. Terminal 4 is one of the world’s largest terminals at 760,000 square meters (8,180,572 square ft). It has been designed to give passengers a stress-free start to their journey.

Continued on page 60 ….
During the last week of September 2019 there were 4,104 departures to 201 different airports in 71 countries. One hundred and ninety-five of those departures were to Barcelona. Currently Barajas is at 23 in a list of the busiest airports in the world. It is climbing back up the list having slipped from 10th in 2007.

Following the death of former Spanish Prime Minister, Adolfo Suárez, Madrid–Barajas. This renaming seeks recognition for Suárez’s role as the first Prime Minister of Spain after the restoration of democracy and his key participation in the transition to democracy after the dictatorship of Francisco Franco.

In those days it had a grass runway 1,300 metres (4,266ft) in length but the 1953 Pact of Madrid gave the USA bases in Spain and work began to convert the airfield into the US Air Force Torrejón Base.

The runway was concreted and lengthened to 4,084 metres (13,400ft). For the next 30 years it would be the longest runway in Europe, it has since been extended further to 4,818m (15,807ft) but is now only the 3rd longest. (And 9th in the world!).

The base became operational in 1957 and continued to be so until 1987 when the agreement came up for renegotiation. As part of its NATO obligations, Spain had to rely less on the USA presence and after some acrimonious discussions a timetable for withdrawal was drawn up, the US would withdraw before mid-1991.

Fate took a hand though, the 1990-91 Kuwait crisis delayed the withdrawal until 21st May 1992. The military side of the base reverted to Spanish control. Amongst the many units based there are the Royal and VIP flights and the electronic warfare unit. It is also the base of the European Union’s Satellite Centre (EUSC).

In the mid-90s the base became dual military and civilian use and handles charter and executive traffic. It is also used to reduce overcrowding at Barajas.

There is a third airport in Madrid - Madrid–Torrejón Airport. It began life in 1942 as the Spanish Institute of Aeronautics (Instituto Nacional de Técnica Aeronáutica).

In those days it had a grass runway 1,300 metres (4,266ft) in length but the 1953 Pact of Madrid gave the USA bases in Spain and work began to convert the airfield into the US Air Force Torrejón Base.
Is Your Number Up?

Most of us can count to 10 in Spanish, but many falter when they reach the higher numbers. And like in all languages, there is the stumbling block of 11, 12, 13, 14 & 15 to learn by heart before everything becomes regular and easy to pick up.

However, there’s more to the Spanish numbers than just counting. Like everything else in this wonderful language, things have to ‘go together’, to agree in gender and ending – at least in the case of some of the numbers.

The ordinal numbers are thankfully not used too much in Spanish, so I will just give you these numbers up until the 10th and leave them at that for now.

1 uno primero
2 dos segundo
3 tres tercero
4 cuatro cuarto
5 cinco quinto
6 seis sexto
7 siete séptimo
8 ocho octavo
9 nueve noveno
10 diez décimo

Beyond these numbers the ordinal number is often simply substituted for cardinal.

Look at the kings, for example:
Felipe Sexto – Philip VI.
Carlos Quinto – Charles V . But:
Alfonso Trece – Alfonso XIII.

The ordinal numbers change with gender. Furthermore, ‘primero’ loses its final ‘o’ if positioned just before a masculine noun.

Examples:
Mi primera casa My first house
Mi primer coche My first car
La séptima vez The seventh time
Mi quinto gin-tonic My fifth gin and tonic
But: Este coche es mi primero This car is my first

The ordinal numbers are written often in numerals with ‘º’ or ‘ª’ added according to gender. Examples:
El 1º concursante The first competitor
La 6ª edición The sixth edition

The cardinal numbers do not generally change with gender and number, but like all self respecting languages, Spanish has its exceptions!

‘Uno’ does change its ‘o’ to an ‘a’ before feminine nouns, and drops the ‘o’ before a noun. Examples:
Solo tenemos una vida We’ve only got one life
Solo tenemos un bastoncillo We’ve only got one cotton bud
But: Vendi dos cachorros y me quedé con uno I sold two puppies and kept one

Now let’s continue counting:
11 once
12 doce
13 trece
catorce
15 quince
11-15 are almost like French, eh? Use that to help you learn them.

And now we start getting regular, thank God:

16 dieciséis 17 diecisiete
18 dieciocho 19 diecinueve
20 veinte
21 veintiuno (this is a corruption of veinte y uno and is only used in the twenties).

22 veintidós etc.
30 treinta
cuarenta
40 cuarenta y tres
50 cincuenta
cincuenta y cuatro
60 sesenta
cesenta y cinco
70 setenta
sietenta y seis
80 ochenta
ochenta y siete
90 noventa
98 noventa y ocho

When a composite number ends in 1 it changes with its noun just like when it stands alone. Examples:

Tengo noventa y un años I’m 91 years old

Habían treinta y una personas* There were 31 people

*‘Una’ follows the gender of the noun but is not put in plural, as it is plural in its very nature.

Let that suffice for now. You’ve got a month to practice this; I’ll hit you with more numbers next month.

¡Hasta luego!

With many long term clients trusting in Blue Sea Villas, we urgently need your properties now for waiting clients.

Don’t leave your investment empty and unloved, let us place our valued clients in your property, ensuring it is looked after and earning you a monthly return.

The Blue Sea Villas dream team are waiting to hear from you.

Properties on the beautiful Mojacar Playa are always a must, but properties in other areas are also more than welcome.

URGENTLY REQUIRED PROPERTIES FOR LONG-TERM RENTAL
Puzzle Time

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

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

Rosetta

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

---

Puzzle solutions on page 106

---

Satellite TDT & Home Cinema Installations

UK CATCH-UP TV BOX SETS & MOVIES AVAILABLE
ENGLISH, SPANISH, BELGIUM, FRENCH TNT, DUTCH & GERMAN TV systems installed & maintained, including SKY TV, BT Sport, Canal Digital.
Communal systems, TV Aerials & Mobile phone signal boosters installed.
A Professional, SKY trained engineer with 25 years experience.
Established in Spain for the last 14 years. The best knowledge of TV systems around.

Mobile: 0034 620 198 162
Email: gary@mytvcinema.com
Web: www.mytvcinema.com

---

Bedding Center

- More than 25 mattresses to try and choose.
- Professional advice and knowledge.
- We speak English.
- All sizes.
- All prices.

Find us in Arboleas, Next to La Casita restaurant & in front of Mora Oil Petrol Station.
Correos Express doesn’t come here...

And this could be one of the reasons why - my street was completely blocked by lorries delivering building materials twice in one month.

The whole street was out in force checking the overhead electricity cables which had to be lifted over the crane every few yards! I had visitors – Jeanne with her 94-year old father Victor, and his sister Diane. We had I had visitors – Jeanne with her 94-year old father Victor, and his sister Diane. We had I had visitors – Jeanne with her 94-year old father Victor, and his sister Diane. We had I had visitors – Jeanne with her 94-year old father Victor, and his sister Diane. We had visitors – Jeanne with her 94-year old father Victor, and his sister Diane. We had

My excitement was misplaced. For a whole week I received messages every day telling me they had tried to deliver my parcel but I wasn’t in. But they were blatant lies because I was in every time! I would literally be by the door and a message would come through saying they had tried to deliver it one minute ago and I was out!

I checked with my Moroccan neighbours (who are always outside doing some sort of dust-raising demolition activity on their house) and no, they hadn’t seen a delivery van.

I checked with a postman who happened to be passing one of the times, he said it was nothing to do with him.

Finally one of my neighbours, overhearing my discussion with a second postman, said simply: “Correos Express doesn’t come up here”.

I asked why but he just shrugged and said there was no reason why the driver couldn’t have called me and asked me to come down. After all they had my phone number to send me incorrect automated messages that gave me no option to speak to anyone human to sort it out.

So, I kind of wonder if it has anything to do with a welcoming piece of graffiti on the wall at the turning to my neighbourhood: ‘Peligro Joya’ – ‘Danger Joya’ – referring to the area north of the castle where I live, known locally as La Joya/Hoya.

But I do think if I am brave enough to live there, a van driver should be brave enough to bring me my deliveries!

And just so you know, I did finally get my parcel (a juicer in case you are interested) but only after driving to the depot on some industrial estate on the city outskirts where they were not at all apologetic and completely unforthcoming about why it wasn’t delivered.

The guy did make a note to call me in person next time though, so now I need to order something else just to test him out. Maybe a nice new street sign!

For more on La Chanca Life go to www.lachancalife.com

La Chanca Life

By Emma Randle

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

Her story continues......
Mrs Worsley took my hand. ‘Come on dear. You’re looking very pale. Let’s go back to my house, and find you something to eat and a nice cup of tea. Everything will look better when you’ve had a cup of tea.’

She was right, I was pale. ‘I’m so frightened.’ I gulped back another tear. ‘Please may we go to Cyril’s workshop – I want to make sure my spaceship is all right.’

She smiled. She had such a kindly smile. ‘It’ll be fine, don’t you worry. But if it makes you feel better, we’ll call at Cyril’s on our way back home.’

I tried to smile a brave smile. She led me through the lines of transporters – cars, she calls them, until we got to hers. It didn’t make me feel any better; it didn’t look at all streamlined, and it had got wooden bits round its back windows, but Mrs Worsley seemed very proud of it.

‘It’s a Morris Minor Traveller. Cyril keeps it in tip-top condition. It’s sixty years old, and runs better than any of these.’ She waved her hand around at the other cars.

I wasn’t sure how to open it, but I watched Mrs Worsley – I had to pull a handle, no voice command, how strange.

It didn’t look any better from the inside; there was a round ring on one side, and a stick with numbers on it – 1 to 4 and R - I can’t imagine how it is going to get off the ground.

Mrs Worsley sat in the seat behind the round ring. ‘Better put your seatbelt on, dear.’ My what? Seatbelts are for crashing, not for flying! I watched how she did it and copied her, but I’m not looking forward to the crashing bit. Maybe that’s how she stops it?

Apparently you have to poke a pointy thing called a key into a small hole to make it go – again no voice command, so how does it know it is her, and not someone trying to steal it?

I asked her. ‘Nobody can steal it, because I’ve got the key.’

‘But..’ I began, but I suppose she knows.

She smiled. She had such a kindly smile. ‘It’ll be fine, don’t you worry. But if it makes you feel better, we’ll call at Cyril’s on our way back home.’

It began to make a noise. Mrs Worsley jiggled the stick around, pulled a lever I hadn’t noticed before, and we started moving.

It seemed quite hard to drive – Mrs Worsley had to keep hold of the ring – it’s called a steering wheel, and jiggle the stick while stamping on some pedals poking out of the floor, but at least it didn’t crash! So why the seatbelts?

We crawled through the car park to the exit. It must be a vertical take-off, it’ll never get airborne at this speed!

Will the Morris Minor Traveller crash? Or will it even get airborne?
We are happy to announce a Low Risk Investment via our Strategic Investment Partner:

- Well known UK Household name provider
- Investment and Advice Regulated by UK Financial Conduct Authority
- Investment based on your personal Attitude to Investment Risk
- Income available from investment
- Low Charges
- Investment that is recognized and accepted by the Spanish tax authorities
- Tax benefits on withdrawals
- No need to report the policy on Modelo 720 Declaration of Assets
- Institutional type funds can be accessed which would not otherwise be available
- Institutional discounts on purchases and annual management charges
- The assets are considered to be non-Spanish assets due to the fact that the policy is based in Ireland

**Average returns over 5 years:**
- Low Risk 5.79% pa
- Low/Medium Risk 7.12% pa

If you have any questions or would like to arrange an appointment please contact the office on 950 472 242 or info@indalo.partners

---

**IMAGINE RECEIVING A WATERBILL OF 1000€!!!!!** This is what an undetected water leak could cost YOU!

A Water Watch System can provide an early warning leak detection, therefore saving you from receiving that unexpected large water bill. The system is designed to detect water leaks as they happen and can be set to turn off the water to your property automatically. It is suitable for all uses from a holiday home that is infrequently used to a home that is permanently used, whilst still allowing the use of an irrigation system.

The equipment is installed between the water meter and the house and fits neatly inside a standard water meter cabinet and is operated by mains connection or battery.

Water Watch helps to look after all aspects of water usage including swimming pools and outside shower.

Carlos Saliente is your local supplier of this new innovative system. For further detail see the advert below for contact details or visit him at Los Llanos Market every Saturday.

---

**Carlos Saliente**
Plumbing & Heating Services
Fontanería y Calefacción

**General Plumbing**
- Solar Hot Water
- Water Systems
- Home Heating
- Pool Heating
- Bathrooms

** exclusiv supplier & installer**
- of Edil Kamin
- wood burners & pellet stoves

**Telephone:**
- 620 742 954
- carlos.saliente@gmail.com
- www.carlossaliente.com

**Established in Spain since 2004**

**The Metal Works**
GATES • REJAS • STAIRS • ARCHES • RAILINGS • CONCERTINAS

Refurbishment of gates, railings, garden furniture etc

**Telephone:**
- 620 742 954
- info@themetalworks.es
- www.themetalworks.es
- 950 930 520, / 638 900 949

**Established in Spain since 2001**

**The Metal Works**
GATES • REJAS • STAIRS • ARCHES • RAILINGS • CONCERTINAS

Refurbishment of gates, railings, garden furniture etc

**Telephone:**
- 620 742 954
- info@themetalworks.es
- www.themetalworks.es
- 950 930 520, / 638 900 949

**Established in Spain since 2001**

**The Metal Works**
GATES • REJAS • STAIRS • ARCHES • RAILINGS • CONCERTINAS

Refurbishment of gates, railings, garden furniture etc

**Telephone:**
- 620 742 954
- info@themetalworks.es
- www.themetalworks.es
- 950 930 520, / 638 900 949

**Established in Spain since 2001**

**The Metal Works**
GATES • REJAS • STAIRS • ARCHES • RAILINGS • CONCERTINAS

Refurbishment of gates, railings, garden furniture etc

**Telephone:**
- 620 742 954
- info@themetalworks.es
- www.themetalworks.es
- 950 930 520, / 638 900 949

**Established in Spain since 2001**

**The Metal Works**
GATES • REJAS • STAIRS • ARCHES • RAILINGS • CONCERTINAS

Refurbishment of gates, railings, garden furniture etc

**Telephone:**
- 620 742 954
- info@themetalworks.es
- www.themetalworks.es
- 950 930 520, / 638 900 949

**Established in Spain since 2001**
All About Awnings

An awning is a type of supplemental roof or cover that helps control intense sun exposure and heat that occurs both indoors and outdoors. Awnings can be stationary or retractable and made of materials like aluminium, cloth, vinyl, or wood. They also cut down on home energy costs by decreasing the need for air conditioning.

Old vs. New

Remember the Barry Levinson film, Tin Men? Set in Baltimore in the 1950s, Danny DeVito was a door-to-door salesman who sold aluminium siding and awnings. Popular during that era, aluminium awnings had vertical or horizontal slats that could match a house or be designed to create stripes. The competition was tight, and salesmen had elaborate pitches for selling these products to post-war housewives. While you’ll have to see the film to find out if there’s more to it than that, let’s say that awnings have come a long way since that era.

What’s the appeal? They provide a ceiling or shade, like any outdoor roof. The difference is that they are retractable and that retractability has advanced through the years.

Retractable awnings also help protect indoor furniture, upholstery, artwork from fading. With the touch of a button, switch or remote control, an awning moves from partial to full protection. While most are solid colours or patterns, awnings are available in various fabrics and styles to complement the architecture of your home. For those who desire their awnings to stand out, choose bright or contrasting tones to your house’s exterior. If you lean toward subtlety or don’t want the awnings to be a focal point, consider choosing colours that blend in with the colours of your house’s exterior, trim, or accents. Awning extras like contrasting trim, scallops, keyhole valences, and tassels can brighten up an otherwise drab exterior.

Historic awning coverings can be replicated using dyed acrylics and acrylic-coated polyester-cotton blended fabrics. Resembling traditional canvas, these newer materials provide more strength and durability. Since they are woven (rather than colours and stripes or an arbour. Awnings don’t interest you, you can always add gazebos, pergola, MP3 speakers, heaters, sensors, and timing controls. Of course, if styles can be operated manually with a chord or motorized, with a radio, non-radio, or torque-sensing motor. Other options include MP3 speakers, heaters, sensors, and timing controls. Of course, if awnings don’t interest you, you can always add gazebos, pergola, or an arbour.

Types include:

- Patio or deck cover shade cloths or sails
- Retractable freestanding awnings
- Retractable sidearm/drop-arm awnings
- Retractable canopy awnings
- Retractable vertical drop awnings
- Retractable patio cover systems
- Window awnings
- Deck awnings
- Motorized retractable awnings

Extras

Like anything, there are your basic awnings, and then the models with all the bells and whistles. You can get awnings that can resist rain, winds, a certain amount of snow, and even hurricanes. Retractable styles can be operated manually with a chord or motorized, with a radio, non-radio, or torque-sensing motor. Other options include MP3 speakers, heaters, sensors, and timing controls. Of course, if awnings don’t interest you, you can always add gazebos, pergola, or an arbour.

Styles and Types

Not every awning is made alike, and each application is different. Maybe you want to shade a deck that gets intense sun at the end of the day, just as you’re winding down and firing up the grill. Or, you might want awnings over windows or doors that generate extreme heat in the morning hours, requiring the air conditioner to operate nearly all day.

Fabrics

While most are solid colours or patterns, awnings are available in various fabrics and styles to complement the architecture of your home. For those who desire their awnings to stand out, choose bright or contrasting tones to your house’s exterior. If you lean toward subtlety or don’t want the awnings to be a focal point, consider choosing colours that blend in with the colours of your house’s exterior, trim, or accents. Awning extras like contrasting trim, scallops, keyhole valences, and tassels can brighten up an otherwise drab exterior.

Historic awning coverings can be replicated using dyed acrylics and acrylic-coated polyester-cotton blended fabrics. Resembling traditional canvas, these newer materials provide more strength and durability. Since they are woven (rather than colours and stripes painted on the surface), these fabrics are strong and let light to filter through while blocking heat. They also dry quickly, reduce mildew, and contain a UV inhibitor.

Today’s awning’s usually have fixed frames or lateral arms—not a whole lot different than a century ago. Fixed-frame styles are made of aluminium or lightweight galvanized or zine-coated steel pipes, and frames are attached to facades with clamps, clips, or other hardware.
Hello,

In this month’s article I will be discussing Windows 7.

As many of you will be aware, Microsoft have announced that support for this trusted PC operating system will stop on January 14th 2020. I still use Windows 7 myself and would have been willing to pay an annual subscription to keep it going. Microsoft however has other ideas.

What does the change mean for us?

It doesn’t mean that your PC or Laptop will stop working overnight. What it does mean is that Microsoft will stop creating and supplying security and operational updates from this point, unless you are a company that runs a lot of computers (and are willing to pay handomely for the privilege).

Windows 7 has been around since 2009 and has proved to be highly popular due to its familiar layout and stability. It doesn’t mean that your PC computer, it will still work as it did the day before. Fire, Brimstone and Pestilence will not spread throughout the land and bring us wailing to our knees (hopefully).

Doing nothing, however is not really an option. Component manufacturers and Website developers are already focusing on newer versions of Windows. Over time, you will find it increasingly difficult to access certain websites and the hardware in your computer will become incompatible with apps that previously worked fine. How long this takes depends on how many of us doggedly choose to stay with Windows 7. Either way, you are looking at months rather than days. So no need to empty Lidl’s shelves, just in case.

In ANY case, please make sure that your PC is FULLY updated by January 14th 2020. Other options unfortunately involve spending money. You could;

1. If your Copy of Windows is running well, then make good use of its Backup and Restore function. This is a beefed-up version of System Restore with the option (preferred) to include an “Image” of your working system so that it can be replaced in it’s entirety, should the need arise.

You would use this as your “benchmark” system. If it ever becomes unstable, just replace with the backup. Please bear in mind, however that this will be as good as it gets. Also Hackers can be very patient. One hacker targeted a weakness that had been discovered three years earlier.

2. Upgrade your existing PC/Laptop to WINDOWS 8.1 or 10

For those that would rather not flash the cash, there are a couple of things you can do to prolong the life of your Windows 7;

1. Windows installations.

Windows 10 on the other hand, has only managed to spread to 39% of all PC users (as of the last quarter of 2018) Worldwide. Anyone who took advantage of the Beta release of Windows 10 in 2016 could tell you why. Mine is in the Recycle Bin along with U2’s Songs of Innocence album.

Newer offerings have been released (Windows 8, 8.1 and the dreaded 10) but have not engaged us, as quite frankly they were confusing and aimed at a PC touch-screen market that failed to develop. Rather than fork out hundreds for a PC, people bought android and apple tablets instead and saved themselves money.

So, on January 14th 2020, when you turn on your computer, it will still work as it did the day before. Fire, Brimstone and Pestilence will not spread throughout the land and bring us wailing to our knees (hopefully).

WHAT CAN YOU DO?

For those that would rather not flash the cash, there are a couple of things you can do to prolong the life of your Windows 7;

1. If your Copy of Windows is running well, then make good use of its Backup and Restore function. This is a beefed-up version of System Restore with the option (preferred) to include an “Image” of your working system so that it can be replaced in it’s entirety, should the need arise.

You would use this as your “benchmark” system. If it ever becomes unstable, just replace with the backup. Please bear in mind, however that this will be as good as it gets. Also Hackers can be very patient. One hacker targeted a weakness that had been discovered three years earlier.

2. Hope for the best...

As with Brexit, there are quite a few amongst us that will just “wait and see”. Whether this equates to burying your head in the sand whilst whistling Ed Sheeran tunes, as the tide washes in, or not? Only time will tell. As long as you have made an educated choice and are prepared to take the risk, then the best of luck to you.

In ANY case, please make sure that your PC is FULLY updated by January 14th 2020. Other options unfortunately involve spending money. You could;

1. Splash out of a brand new one. If you needed to or really wanted it!

2. Buy a newer PC with Windows 8 (8.1 preferred) or above installed.

3. Upgrade your existing PC/Laptop to WINDOWS 8.1 or 10 (subject to compatibility).

At the end of the day, all this is purely financially-driven. Microsoft spends a small fortune in Research and Development. Money that they need to recoup through sales, and continuing support for a ten year old product that nobody is buying [from them] doesn’t make good sense.

There is one area of concern, however. Security.

Hackers have been in existence as long as computers and a change like this will be a tempting opportunity. Companies that develop Antivirus software will have been working feverishly in advance of the January deadline, but they can only do so much.

Your Windows Operating system (be it 7, 8 or 10) is designed to change and accommodate your requirements. It is this changes (adding a program or function for example) that leave gaps in the structure that can be exploited, hence the need for continual updating (patching).

Hello, 

I still use Windows 7 myself and would have been willing to pay handsomely for the privilege).

There are several to choose from including variations of LINUX (Ubuntu is one). It’s akin to switching from Apple to Android. Slightly confusing at first but worth the effort. I will be adding helpful links to my Facebook page.

Over the next month I will be upgrading a PC from WINDOWS 7 to 8.1 to find out what difference it will make. Other than peace of mind..... I’ll need to do it eventually but sooner rather than later, I guess.

I will be posting a discussion topic on my Facebook Page for this project, along with helpful links.

Until then, stay happy and surf safe!

Adrian.

EXCELLENT CUSTOMER SUPPORT • FREE TRIAL AVAILABLE • LOOK NO FURTHER FOR EXPAT TELEVISION

EVERYTHING YOU NEED FOR UK TELEVISION...

WE HAVE IT ALL

SPORTS • MOVIES

BOX-SETS • CATCH-UP

VOD • ENTERTAINMENT

ADULT & MANY MORE...

PAY MONTHLY OR YEARLY - Prices start from just €12 a month

EXISTING CUSTOMER? - RECOMMEND A FRIEND AND RECEIVE 1 MONTH FREE!

WATCHING UKTV SHOULDN’T BE DIFFICULT

CALL NOW: 950 500 124

or email: info@ezetv.es

www.ezetv.es

Everything you need for UK television...

WE HAVE IT ALL

Sports • Movies

Box-sets • Catch-up

VOD • Entertainment

Adult & many more...

Pay monthly or yearly - Prices start from just €12 a month

Existing customer? - Recommend a friend and receive 1 month free!

Watching UKTV shouldn’t be difficult

Call now: 950 500 124

or email: info@ezetv.es

www.ezetv.es

Colin The Card

Proud of our products. Proud of our prices.

• Huge selection of cards
• Extensive range of gifts and jewellery
• Party products & Helium balloons
• Worldwide postal service
• Send valuable documents securely

Christmas Cards: New In Stock

Open: 09.30-14.00 Monday - Saturday
closed Sunday

Longo - Centro Comercial, Ctra Lorca-baza – km.73 - Albbox
650 600 032 / 950 430 115

norenemiller@hotmail.co.uk

Colin The Card
In the ’50s, Britain started to acquire quite a name in the HiFi world. The war effort had hallowed manufacturing of most domestic radio and record player equipment. A token amount of Utility sets were made to keep moral up, but production was diverted to make radios for aircraft etc. By the mid ’50s things were starting to look a bit rosier, with more money around to be spent. Pre war, Medium Wave radio was the thing, record players were heavy clunky machines with pickups that weighed the same as a sack of Nutty Slack, rather than a few grams, records didn’t last long. Developments in stereo sound reproduction had been well underway in the ’30s, helped along by engineers such as Alan Blumlein at EMI, who had been instrumental in radar development for the RAF. Decca came up with a full range record pickup, lighter and capable of high quality reproduction. By the ’50s, crystal pickups were common place. They were cheap and allowed kids to afford their own record players; A Dansett! Three companies dominated record player manufacturing; BSR (Birmingham Sound Reproducers). The decks were simple manufacturing. BSR (Birmingham Sound Reproducers). The decks were simple. BSR again came up with a budget deck, TD1, used by many tape recorder manufacturers. Apart from the little round toggle spring that used to break, they were great machines. A quick call to BSR’s office, speak in Brunminie and 3 replacement springs would be in the post. If you didn’t mind spending a months’ wages, you could buy a Truvox, Brenell or Ferrograph. Some of these had an extra replay head, allowing you to hear what you had just recorded a split second after. This would give you an echo chamber effect, what fun was had! Recording companies made use of this sort of thing. Collaro also made tape decks…say no more.

Post war amplifiers were becoming more sophisticated. Mullard were producing good valves to cater for this, EL84s and EL34s, still are the preferred valve today in the enthusiasts’ ear. Makers such as Quad, Leak and Rogers were making first class equipment. The designs were normally based around Mullards’ published circuits which were to promote the use of their valves. It was a good move. I suppose it’s good testament to these companies, given that their products costing say £30 in the early 60s now sell for £1,000 plus, and that’s after giving over 50 years of service. By the 70s, many of the names had given up competing with the imported equipment from the Far East. The businesses were sold off and their names used to badge mostly mass produced stuff.

Although there is still plenty of swim time left, unfortunately, winter will soon be upon us. And so, it will be time to prepare your pool for the colder months ahead. A winter cover plays an important part in the closing down process. Not only does a cover protect your pool from the harsher elements, but it also offers a number of other benefits such as:

- Savings In Electricity Consumption
- Less Filtration Time And Extends The Life Of The Filtration System
- Little To No Evaporation
- Reduces Chemical Loss
- Minimizes The Amount Of Dirt And Debris Entering The Pool
- Blocks Sunlight Preventing Algae Growth

GEOBUBBLE SOLAR COVERS
- FOAM THERMAL COVERS FOR POOLS WITH HEATING SYSTEMS

Although there is still plenty of swim time left, unfortunately, winter will soon be upon us. And so, it will be time to prepare your pool for the colder months ahead. A winter cover plays an important part in the closing down process. Not only does a cover protect your pool from the harsher elements, but it also offers a number of other benefits such as:

- Savings in Electricity Consumption
- Less Filtration Time and Extends the Life of the Filtration System
- Little to No Evaporation
- Reduces Chemical Loss
- Minimizes the Amount of Dirt and Debris Entering the Pool
- Blocks Sunlight Preventing Algae Growth

Our covers are made in-house and from heavy-duty PVC material which has been treated to withstand the harsh swimming pool environment. Its durability means our covers are made to last up to 10+ years. Our covers are tailor-made to fit whatever size or shape!

**Offer: Winter Pool Kit from 380€**
Ben dashed outside; it was then we heard an incredible noise. We thought for a second it was the rain, but it was so dark we couldn’t work out what we were listening to. We grabbed the parrot cages and pulled them back from the edge of the patio towards the house wall. A huge section of the patio had crumbled. One of the cages had fallen with all the rubble, but thankfully that one was empty. Ben went down to the gates and looked over the edge of the rambla.

The noise we could hear was not the rain it was the riverbed, which was now a gushing torrent of water. The noise was incredible. It was frightening. We couldn’t work out how deep it was, but it was deep, and it was moving at immense speed.

As Ben shone the torch down the track, he turned around to tell us, the car had gone! We couldn’t believe it. It had actually disappeared. We have a platform a few metres up from the bottom of the rambla as our track gets muddy and slippery when we have rain. This way we don’t get stuck and can always get out if we need to. The platform was still there, but the car had gone.

The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We went back into the house and packed a few things in readiness for our escape. We managed to speak to Lizzies mum who lives about 20 minutes away in Seron. She said as soon as the light came up, she would drive as close as she could to get us. We knew the reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We went back into the house and packed a few things in readiness for our escape. We managed to speak to Lizzies mum who lives about 20 minutes away in Seron. She said as soon as the light came up, she would drive as close as she could to get us. We knew the reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.

We still couldn’t see. If there was a moon that night, it had been totally obliterated by the clouds, it really was pitch black. We knew we needed get out and get Lizzie and 4-year-old grandson Logan to safety. The reason we had parked it there this time however was our daughter in law Lizzie was due to give birth so we needed to make sure we could get out quickly if we needed to. She was already a week over her due date. Her hospital bag had been left on the back seat in readiness. All her new things for both her and baby had gone, and the raging river had totally cut us off.
beautiful, and is doing well. What a tale we will be able to tell him overdue. Weighing 7lb 9oz, Lucas William is healthy, perfect and
Huercal Overa hospital, on Tuesday 16th September at 7pm, 10 days
And last but not least, the baby! Yes, our little grandson arrived at
chorus of frogs and toads has returned.
amount of stones washed down from further up. And the nightly
down. The riverbed is now much higher than it was, due to the
landscape. A lot of the bamboo had been ripped up and washed
As the water subsided, we realised how much the water had changed
time, that doesn't even bear thinking about.
her in such a mess, but thank goodness, no one had been in it at the
badly damaged, after all the years of driving her, it was sad to see
her maiden voyage. She had obviously had quite a journey and was
for work. My car was found a few Km's away in the middle of a
house was levelled back so we could get the car out which we use
in comparison.
So, there you have it. The house didn’t collapse as we had feared. Only part of the patio has collapsed, and none of us, or the animals were injured. The house is slowly drying out and every day we manage to fix something. It took a couple of days before a digger could get into the rambla, but eventually the track we normally drove along was scraped back and usable once more, and our track to the house was levelled back so we could get the car out which we use for work. My car was found a few Km’s away in the middle of a very wide rambla, stuck in mud. She had saled quite a distance for her maiden voyage. She had obviously had quite a journey and was badly damaged, after all the years of driving her, it was sad to see her in such a mess, but thank goodness, no one had been in it at the time, that doesn’t even bear thinking about.
As the water subsided, we realised how much the water had changed the landscape. A lot of the bamboo had been ripped up and washed away. Huge rocks had disappeared, and new rocks had been washed down. The riverbed is now much higher than it was, due to the amount of stones washed down from further up. And the nightly chorus of frogs and toads has returned.

What is now a fun Halloween tradition started out as a way to ward off the devil. Traditions have always played a big part in what defines any holiday. Christmas brings unique traditions like putting up a tree and singing carols for strangers. Thanksgiving typically involves football and more food than should be consumed in one sitting. Independence Day is all about fireworks and backyard cookouts. But Halloween may be richer in tradition than any other holiday. Children dress up in costumes and go house to house, asking for candy handouts with the familiar cry of "trick or treat." There’s another Halloween tradition from Ireland that you can spot on porches all over the United States on Oct. 31 – the jack-o'-lantern.

Like most folklore, the history of the jack-o'-lantern varies a little bit depending on who’s telling the story. But all stories involve a clever drunkard that pulls one over on the devil. Legend has it, in 18th-century Ireland, a foul-mouthed drunk and disreputable miser named Stingy Jack asked the devil to go and have a drink with him. The devil obliged and when the bill came, there was that awkward moment that we're all so familiar with. Jack expected the devil to take care of things, and the devil thought Jack should pony up. Seeing as how Jack had no money anyway, he convinced the devil to turn himself into a six pence coin to pay the bill. The devil fell for it and Jack skipped on the bill and kept the devil at bay by sliding the coin into his pocket to lay at rest beside a silver cross.

The devil was stuck in Jack's pocket, trapped by the cross, but Jack decided to be a good egg and let him out, providing that the devil wouldn't come after Jack for a period of one to 10 years, depending on who you ask. The devil had no choice but to agree and once the coin was removed, he turned himself back into the devil and went on his not-so-merry way. At the end of the agreed upon timeframe, the devil found Jack for a little payback. Somehow, Jack convinced him to climb a tree in search of an apple for Jack before they set off for hell. The horned one once again obliged, only to see Jack carve a cross into the tree trunk, and leaving the beast stranded again.

Jack must have felt bad, because he agreed to let the devil down if he promised to never claim his soul for Hell. The devil was caught between a rock and hard place once again, so he agreed. When Jack died, St. Peter rejected him at the pearly gates because of his suspect credentials. The devil wouldn't and couldn't let Jack into hell, per their agreement at the tree. In the end, Jack was given a lump of burning coal by the devil to light his way through purgatory. Jack carried the coal inside a hollowed out turnip.

Irish families told the tale and began to put carved out turnips in their windows to prevent Stingy Jack and other ghouls from entering the home. Some had scary faces carved into them to frighten away any comrades. Once the tradition hit the United States, Irish immigrants soon realized that the pumpkin, native to the states, was an ideal fruit for carving. That's why you see jack-o'-lanterns on porches around Halloween.

Data recovery
Send and receive
Postal services
Car hire
Car seat
Buggy
Safety gates
High chair
Baby monitors
Changing mats
Potty
Toys
Baby equipment

Send & receive:
Worldwide service
Correos & Courier Letters & parcels
Send & receive:
A wide selection of items for your visiting baby or toddler

A wide selection of items for your visiting baby or toddler

A wide selection of items for your visiting baby or toddler
CORA’S DIARY

One Way or the Other…..

Hi, it’s mee-eee-hee! Cora the Body Builder!

Cirkey, do I have things to tell you! I can’t believe it’s only a month since we last talked. Or rather, that I talked and you patiently listened. Thank you!

On September 19th it was my Happy Birthday! I’m ten now, and everybody except me seems to consider that ripe old age. It’s nothing! I still feel like a large pup!

Except, I have to admit, that every so often things happen to me that wouldn’t have happened, say six years ago. I mean, things that go wrong through no fault of my own, simply because time takes its toll.

So thank God I’ve got Uncle Javier (my Personal Physician) to help me, and mum to pay for it!

Over the summer I have had some trouble around my rear half, and I don’t know why, but whenever I do everyday says OhMyGod… German shepherd… hips… back… shock, horror, panic…

And the worst of them all is mum! Whenever I have the slightest twinge or limp or drag my leg a little, she is all over me and almost something missing…

At home with us and takes us out for long walks. It’s just that there’s nothing I can do about it. But in summer my back legs did go funny, and I couldn’t hide it completely, even though I thought I did. I suppose it was because nowadays mum often keeps me either on the lead or, at least, tells me to stay close, that she had the opportunity to observe me and then noticed that I didn’t walk straight on my back legs, especially the right one. I tried to, but it kept cheating me.

In spite of my efforts she realised that there was something wrong and that it made a sound on the ground that made her look even more. In spite of the fact that I didn’t want to leave me behind but take me with her, so I stopped trying to hide my problem and exaggerated it a bit instead.

She took me straight to Uncle Javier and said that it had to get sorted quickly as she was going away and didn’t want to leave dad with a problem on his hands. (Never mind leaving me when I might be dying, thanks mum!). Uncle Javier said that without an x-ray he couldn’t be sure what the problem was, but to give me some special pain killers that would probably help.

So she did, and it did relieve the problem a little, but not completely. Nevertheless she was going without me. So I quickly developed an ear infection, but even that didn’t stop her – ‘cos Uncle Javier now has a magical potion that she just puts in my ear and then leaves it alone for a week and then the infection goes away.

So I failed. And stayed at home completely alone with dad, Bru, Zulu the Cat and the chickens.

I don’t like it when mum goes, and neither does dad, so that rubs off on Bru as well. So wherever dad goes I follow him and Bru follows me and we all three walk around in a little convoy all over the house and the land.

Mind you, it’s not all doom and gloom when mum’s away ‘cos dad is very free with the treats, gives good portions of food, always stays at home with us and takes us out for long walks. It’s just that there’s something missing…

Never mind, mum came home again like she had promised she would and like she always does, and I didn’t bother trying to hide my problem anymore, so back to Uncle Javier we trundled.

Brutus came along to see if his eyes still needed dripping (we always keep out paws crossed ‘cos dripping means tears). Unfortunately he is now down to one drop in one eye once a day, so that cuts down drastically on the tidbits, and I did tell him off for not making it look worse than it was, but he just said “And how do I do that, smart-Alec?”

Once Uncle Javier had finished with him, dad took him off for a long walk and they left me and mum to face the important part.

Uncle Javier explained that he was going to do an x-ray (it sounded familiar and unpleasant, but I couldn’t quite remember why) and that later that day a Specialist was coming to the clinic and they would look at it together to see what could be done.

First he made me and mum walk slowly while he took a film to show to the Specialist!

Then he, Auntie Dannia and mum lifted me onto a table. I hate being on the table in the clinic, it always reminds me of painful eye examinations, so I did my damndest to get down. Then mum stepped close and hugged me, and I calmed down and let them get on with whatever it was they wanted to do.

They shaved my front leg and gave me an injection, and I started feeling very tired. I kept awake for as long as I possibly could, but eventually I had to give up and lie down, and then I don’t remember anything until I woke up on another table with mum stroking me.

When I first started coming to I didn’t let on ‘cos it was lovely just to lie there dozily being stroked and feeling loved. But eventually Uncle Javier noticed what I was up to and made me wake up properly.

However, although I was awake I still couldn’t quite control my legs, so when dad and Bru came to pick us up, Bru kept laughing and teasing me saying that I was drunk and to walk properly.

I did feel a little hung over, so I just ignored him and concentrated on staying awake on the journey home.

The day after I heard mum telling dad that Uncle Javier and the Specialist had said that there were certain bone problems in my back and my right knee, but that wouldn’t really explain my funny walk.

So they think that there is a problem with something called My private parts and my right knee, but that wouldn’t really explain my funny walk. So they think that there is a problem with something called My Fingers which has to do with the muscle.

I’ve now got a special pill for that to see if they can sort it out like that. If not, they’ll operate. I really hope it won’t come to an operation, I hate that dreadful moment when mum leaves me at the clinic and we both cry. It’s horrible!

So to help the medication I have let myself be subjected to Physiotherapy to build up the muscle. This consists in me lying at the clinic and we both cry. It’s horrible!

So to help the medication I have let myself be subjected to Physiotherapy to build up the muscle. This consists in me lying on my side on the floor while mum sits next to me and stretching my leg. We do that morning and night, and she strokes me while she does it, so often I fall asleep until it starts hurting a bit, then I let her know and she finished soon after.

Continued on page 84…..
Ever Fancied Appearing on Stage

After retirement over here in Spain I made my mind up to start to do some of those things I never had the time for whilst working. I was involved in a few activities and organisations, but had always had a desire to give amateur dramatics a try. Perhaps years spent teaching and in Headship had prepared me for this having made a fool of myself in front of parents and children on numerous occasions.

So began my search, but it was not easy to find a Society and I only did so by word of mouth (one of the reasons I am writing this article). My search led me to The Luvvies Amateur Dramatic Society based in Albox, although I now know members are drawn from a large catchment area.

A little apprehensively I arranged to go to my first meeting. It was a mixture of, what am I letting myself in for and what would everyone be like? There was no need to have worried on either score as I was welcomed into the meeting and made to feel totally at ease by all. I said I wanted to see how plays were selected and how much he did and how much Christie Anthony praised him and how much all the others admired him and how mum had said he was the best dog ever and blah, blah,blah.

When I talk to you next, I will be much better, either through the medicine or an operation. I hope it’ll be the former, but the main thing is that I will be okay again and able to run and play and keep Bru in his place!

Right now I’m off to have some Physio, or Body Building as I like calling it, but I’ll be back in November. Until then, woooof woooof!

Look Good - Feel Great

Are you taking good care of your nails? Here’s what you need to know to keep your fingernails in tip top shape.

Take a close look at your fingernails. Are they strong and healthy looking? Or do you see ridges, dents, or areas of unusual colour or shape?

Many less than desirable nail conditions can be avoided through proper fingernail care. Others might indicate an underlying condition that needs attention.

Fingernails: What’s normal, what’s not

Your fingernails — composed of laminated layers of a protein called keratin — grow from the area at the base of the nail under your cuticle. Healthy fingernails are smooth, without pits or grooves. They’re uniform in colour and consistency and free of spots or discoloration.

Sometimes fingernails develop harmless vertical ridges that run from the cuticle to the tip of the nail. Vertical ridges tend to become more prominent with age. Fingernails can also develop white lines or spots due to injury, but these eventually grow out with the nail.

Not all nail conditions are normal, however. Consult your doctor or dermatologist if you notice:

- Changes in nail colour, such as discoloration of the entire nail or a dark streak under the nail
- Changes in nail shape, such as curved nails

... Continued from page 83
To prevent nail damage, don’t:
• Bite your fingernails or pick at your cuticles. These habits can damage the nail bed. Even a minor cut alongside your fingernail can allow bacteria or fungi to enter and cause an infection.
• License. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
• It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
Fingernail care: Do’s
To keep your fingernails looking their best:
• Keep fingernails dry and clean. This prevents bacteria from growing under your fingernails. Repeated or prolonged contact with water can contribute to split fingernails. Wear cotton-lined rubber gloves when washing dishes, cleaning or using harsh chemicals.
• Practice good nail hygiene. Use a sharp manicure scissors or clippers. Trim your nails straight across, then round the tips in a gentle curve.
• Use moisturizer. When you use hand lotion, rub the lotion into your fingernails and cuticles, too.
• Apply a protective layer. Applying a nail hardener might help strengthen weak or brittle fingernails.
Fingernail care: Don’ts
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
A note about manicures and pedicures
If you rely on manicures or pedicures for healthy-looking nails, keep a few things in mind. Stick to salons that display a current state license. Don’t have your cuticles removed — they act to seal the skin to the nail plate, so removal can lead to nail infection. Also, make sure your nail technician properly sterilizes all tools used during your procedure to prevent the spread of infection. You might also ask how the foot baths are cleaned. Ideally, a bleach solution is used between clients and the filters are cleaned regularly.
It’s easy to neglect your nails — but taking some basic steps can keep your fingernails healthy and strong.
This month we're starting to look at a particular problem area highlighted by many of our correspondents - the upper arm. Whether a person is thin or fat, if there is no muscle tone the upper arms can look flabby. To help counteract this we recommend specific arm toning exercises, combined where needed with overall weight loss.

Working out with a planned program, and using resistance exercises such as those with weights and bands, creates muscle definition which improves the appearance of the arms.

**Muscle Groups**
The muscle groups we are highlighting are:
- the deltoid muscle in the shoulder,
- the biceps and the triceps in the upper arm.

Along with this in the next months we'll be touching on concerns our writers have expressed about excess fat and loose skin on the upper arms.

**Deltoid Muscle**
The deltoid is a rounded-triangular muscle that is wide at its origin in the shoulder and narrows as it joins the upper arm. Made up of three bands of muscle fibres at the front, side and rear, the deltoids are responsible for flexion, rotation and adduction.

In other words, basically all arm movements - forwards, backwards, sideways, upwards, or across the body - originate in or reflect on the deltoids.

**Benefits**
- impacts the overall improvement of the muscles of the upper arm.
- enhances the ability to do other exercises,
- helps with posture,
- the biceps and the triceps in the upper arm.
- the deltoid muscle in the shoulder,

**Exercise - The Lateral Raise**
- Stand with the feet shoulder-width apart.
- With arms straight down, hold a weight in each hand, fingers facing inwards.
- We work with a pair of 1kg or 1½ kg weights. If you don't have gym style weights, use a small bottle of water or even a tin can of whatever's in the pantry. Best is a weight you are comfortable with that that fits easily into your hand.
- With arms straight down, hold a weight in each hand, fingers facing inwards.
- Moving smoothly, and making sure that both arms work equally, raise the arms straight out to the sides until they are at shoulder level. Keep the fingers facing downward.
- Engage the core.
- Engage the core.
- Pause briefly, then lower the weights, equally smoothly, to the starting position.
- Engage the core.
- Repeat 5-10 times - or until you feel like Atlas with the weight of the globe on his shoulders!

**More to follow next month.**

Comments and queries welcome. jooonovis@gmail.com Jacey Cánovas is a journalist on a discovery journey about diet and fitness. Amanda Cantle is a qualified trainer, nutritionist and competing athlete. This article is © to them. Information and opinions contained in this article should not be used as a substitute for the advice of a licensed health care professional.

---

**Atlas Revisited**

By Jacey Canovas

October is International Breast Cancer Awareness month!! Whatever your age, size or shape, it’s time to get Breast Aware ....and that goes for men too!

Though not as common, male breast cancer is typically diagnosed in men over 60, but younger men can also be affected.

A regular check of your breasts means that you can become familiar with what’s ‘normal’ for you, meaning that you’re more likely to notice any changes.

You don’t need to feel your breasts in any special way, but remember to check all parts of your breasts, your armpits, and up to your collarbone.

Check for:-
- changes in breast size or shape
- lumps or areas that feels thicker than the rest of the breast
- changes in skin texture e.g. puckering or dimpling
- redness or rash on the skin and/or around the nipple
- changes in position/shape of the nipple, or an inverted nipple
- liquid coming from the nipple without squeezing
- pain in your breast or your armpit that’s there all or almost all of the time
- swelling in your armpit or around your collarbone

If you notice a change, even if you feel well, it’s important to visit your GP.

---

**Breast Cancer Awareness**

October is International Breast Cancer Awareness month!! Whatever your age, size or shape, it’s time to get Breast Aware ....and that goes for men too!

Though not as common, male breast cancer is typically diagnosed in men over 60, but younger men can also be affected.

A regular check of your breasts means that you can become familiar with what’s ‘normal’ for you, meaning that you’re more likely to notice any changes.

You don’t need to feel your breasts in any special way, but remember to check all parts of your breasts, your armpits, and up to your collarbone.

Check for:-
- changes in breast size or shape
- lumps or areas that feels thicker than the rest of the breast
- changes in skin texture e.g. puckering or dimpling
- redness or rash on the skin and/or around the nipple
- changes in position/shape of the nipple, or an inverted nipple
- liquid coming from the nipple without squeezing
- pain in your breast or your armpit that’s there all or almost all of the time
- swelling in your armpit or around your collarbone

If you notice a change, even if you feel well, it’s important to visit your GP.
The Almost Miraculous Benefits Of Frangipani

Also known as plumeria, semboja and samoja, frangipani is a popular plant which is highly regarded for its exotic, beauty and fragrance as well as its healing properties.

Its flowers look really beautiful but they are often used to decorate the graves. They grow easily and they don't require special treatment though their leaves easily wither.

When a frangipani flower is worn on the left ear, it symbolizes singleness. When it is worn on the right ear, it gives a notion that a woman is married. In the Philippines and Indonesia, frangipani is often used in decorating the graves. In Feng Shui, frangipani symbolizes love.

In India, it defines immortality because of its capacity to bear flowers and leaves even after it has been lifted from the ground. It is considered as the national flower of Laos and it is often planted in the courtyards of Buddhist temples as well as the graveyards.

**Health Benefits of Frangipani**

Research shows that frangipani contains a number of powerful chemicals that are beneficial to the human body. Aside from its essential oil contents, frangipani is also packed with fulvoplumierin compounds which are known for its anti-bacterial effects. Fulvoplumierin are compounds found in the stems, leaves and roots of frangipani plants which are effective in preventing bacterial growth and inflammation of the respiratory organs, fighting hepatitis, preventing diarrhoea and inhibiting the growth TB germs.

According to research, frangipani is also effective in strengthening the immune system and fighting off stress. Frangipani is claimed to be effective in alleviating the symptoms of depression, dry skin, sprain and heart disease.

In India, frangipani is used to relieve cough, fever, diarrhoea and dysentery. It is also used in preventing the occurrence of fainting due to excessive heat, in treating constipation, in addressing the irregular discharge of urine and in obtaining adequate amount of high quality sleep. Its flowers are known to be effective in stopping cough, regulating the shed of urine and in lowering the temperature.

In India, frangipani is used to relieve cough, fever, diarrhoea and dysentery. It is also used in preventing the occurrence of fainting due to excessive heat, in treating constipation, in addressing the irregular discharge of urine and in obtaining adequate amount of high quality sleep. Its flowers are known to be effective in stopping cough, regulating the shed of urine and in lowering the temperature.

Continued on page 92.....
When frangipani flowers are cooked, it creates a savoury flavour which brings about a number of health benefits and therapeutic effects to the body. Frangipani contains chemicals that make excellent toothache drug. Some of its chemical contents are even capable of relieving cracking and swelling on soles. It can even be used to treat ulcers and when taken as tea, it creates a cooling effect which is good for digestion. Some cultures use frangipani to heal sexually transmitted diseases such as gonorrhea.

For centuries, frangipani is widely used in Indian societies because of its healing benefits. Its floral scent is used in aromatherapy as it helps in rejuvenating the mind and body of an individual. The inhalation of the scent promotes deep internal cleansing which refreshes the soul, body and mind of an individual. Aside from its relaxing and de-stressing effects, frangipani is also known to create a calming, spiritual and soothing atmosphere.

It is used in aromatherapy because of its heavy, sweet and green aroma that is found to be alluring and sensual. Its seductive and long lasting fragrance makes it one of the main ingredients in a number of gels, hair packs, conditioners and shampoos.

Aside from its magnificent scent, frangipani is highly regarded for its amazing benefits to the skin and hair. Frangipani can also be used in cosmetics, massage oil, bath and beauty products as it serves as a perfect skin care because of its age defying effects. It helps in revitalizing the skin and hair and gives optimum moisture. It is easily absorbed by the skin thereby making the skin healthier, smoother and softer. It also provides protection against the harmful UV-rays of the sun.

It is even used in terminal care because it creates inner peace and self-awareness as well as in reducing the patient’s stress and reviving their spirit. Furthermore, it creates an aromatic environment that is found to be relaxing, soothing, invigorating and energizing.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.

Frangipani is sometimes used as ingredients in lotions and creams because of its antioxidant and anti-inflammatory properties. In fact, it is featured in many ointments and concoctions due to its anti-inflammatory properties which are effective in relieving back pain, headache, tinnitus and inflammation.
Keeping your hair in tip top condition over winter

When the weather outside is frightful, our hair tends to play along resulting in frizzy, brittle strands that seem to be crying out for moisture. A five minute session with a hair mask can take our hair from limp to luxurious.

DESTINATION HYDRATION
The main point of a hair mask is to give your mop a much needed moisture boost. Some masks are creamy and lotion-like, while others are oil-based. Cream masks can add body and nutrients to flat hair while other products formulated with argan oil will yield high-shine results. No matter which you choose, you can rest assured you’ll be giving your strands a conditioning drink.

Fight the frizz
Wavy, curly, and ethnic hair is especially prone to dryness in the winter, causing shrinkage and tangling. Opt for heavier masks and products with a buttery or balmy base to penetrate deep. Work through gently with your fingertips and rinse well to prevent build up.

BRIGHTEN UP
Color-treated hair loves moisture, and there are a wide variety of masks on the market specially formulated to keep your vibrant dye looking lovely. Masks infused with pineapple, mango, and passion fruit extracts can also be used to zero in on especially damaged areas. If you tend to overprocess your hair, choose a mask with a deep conditioning effect.

FOCUS ON YOUR DAMAGE
Some local car parts distributors offer free installation but if yours doesn’t do this then they are easy to change yourself. You’ll need to follow a few different steps according to your owner’s manual. Wiper blade setups differ quite a bit from car to car, so you may have to follow a few different steps according to your owner’s manual. Lift the blades, as if you were washing your windshield by hand, and remove the old blades.

Pay attention to how the old blades connect to the metal arms.

On most models, you’ll see a tab on the underside of the wiper. Push up to open the follicles. Seal in the moisture

After rinsing out your mask, finish the treatment with a cold water rinse to close the hair follicles and lock the moisture into your strands. Bonus points if you let it air dry.

In trying to live a more frugal life, I’m getting better at handling projects that I used to pay professionals to do. In addition to home improvement projects, I’ve learned that I can save plenty by taking on some auto repairs and maintenance jobs myself.

Trust me, I’m not an auto expert. I’m not even very mechanically inclined. But I’ve found the kinds of repairs that just about anyone can handle quickly and easily, with minimal expenses.

Windshield Wipers
Tools You Need: None

Some local car parts distributors offer free installation but if yours does not do this then they are easy to change yourself. You’ll need new wiper blades after about six months or a year of use. Wiper blade setups differ quite a bit from car to car, so you may have to follow a few different steps according to your owner’s manual.

Lift the blades, as if you were washing your windshield by hand, and remove the old blades.

Pay attention to how the old blades connect to the metal arms.

On most models, you’ll see a tab on the underside of the wiper. Push the tab to remove the old blade.

Attach the new blades, being careful not to bend the wiper arms or scratch your windshield. Line everything up and make sure the new ones are secure and tight.

If you get distracted or just can’t remember exactly how the new blades should fit on the wiper arm, don’t worry. The packaging for the new blades should have a general set of instructions and a helpful diagram.

Spark Plugs
Tools You Need: Ratchet or socket wrench, 12” socket extension, spark plug socket

Most spark plugs need replacing after about 30,000 miles, but check your owner’s manual to see if your vehicle is any different. While changing spark plugs might sound like intense work, it’s a pretty simple process. You should be able to locate your spark plugs fairly easily, because they’re attached to thick rubbery wires.

Continued on page 96 ....
You’ll find either four, six, or eight plugs, depending on how many cylinders your car has. Remove the wire to the first spark plug only. Do not remove all of the wires at once. Your spark plugs are installed in a certain order, which you need to maintain. Use your spark plug socket and extension on your ratchet to remove the first spark plug. Install the new spark plug, screwing it in by hand at first and then tightening it with a wrench for a snug fit. Do not over-tighten. Re-attach the spark plug wire. Repeat these steps for each spark plug, one at a time. If you buy the right plugs, you won’t have to worry about “gapping” the plugs, because they’ll come pre-gapped.

Oil and Oil Filter

Tools You Need: Ratchet, oil filter wrench, oil pan, funnel

Experts say you should change your oil every 3,000 miles, but with better products and cars operating more efficiently, I think you can get away with changing it every 5,000 miles. Whichever benchmark you decide to use, you can save time and money by handling the change yourself. Before you start, keep in mind these precautions: Never change your oil when your engine is hot. Park, wait for it to cool, and then get started. Driving around the block to heat the car will take it. Discard the old oil filter and recycle the old oil (most fuel stations will take it). Go back to your engine and remove the old oil filter with your oil filter wrench. (Be careful, because the oil filter contains some old oil as well.) Lubricate the rubber gasket on the new oil filter with some new motor oil. Fill the new oil filter about two-thirds of the way with new oil. Screw in the new oil filter. Hand-tighten it only. Fill the engine with new oil, using your funnel. With a dip-stick, double check your oil level to be sure you’ve added enough. Changing your oil is one of the dirtiest jobs, but it might be the most rewarding too.

More easy maintenance tips to follow next month.

**Women’s carbon footprint in transport is ‘six trees lower’ than men’s**

WOMEN are more likely than men to use public transport and leave their cars at home, and their carbon footprints – in mobility terms – are 9% lower, according to research carried out by motor manufacturer BMW. The only difference concerning public transport is the metro, or underground metropolitan train lines – 47% of men use them when they are available compared with 39% of women. Females are 2% more likely to use taxis or car-pooling services than males, and 21% of them would jump on the bus for short round-town journeys compared with 18% of men.

Motorcycles are more popular with men than women – 10% would use them as a preference rather than 5% of females – at least for short trips, although for longer treks, 66% of men would take the car whilst 57% of women would.

Women are generally more likely to use round-town public transport (27% compared with 24% of men). Sharing cars by taking and offering lifts is slightly more of a female thing than a male one (11% compared with 9%). Public transport in general now accounts for 39% of travel, according to BMW Group España, and newer forms of personal transport – electric skateboards, hoverboards and segways – make up 5%. Although the ‘gender mobility gap’ is closing, says BMW – meaning that women’s carbon footprint in transport term is ‘six trees’, according to the manufacturer’s research. Women generate 1.14 tonnes of carbon dioxide (CO2) per year per head, compared with men’s 1.25 tonnes – 9% less and the equivalent saving as planting six trees.

Men’s annual ‘carbon cost’ collectively – in Spain at least – is €31,350 per day more than women, meaning being female saves €11.4 million a year in environmental terms, BMW reveals.

The costs of the social and environmental impact of men’s increased CO2 output is just over a quarter of a million a day, the research calculates.

“If all of society behaved the way women do when they travel, the State would save over €90m a year,” BMW’s report claims.
During the months of August, September and October you will receive our premium fuel at normal fuel prices.

Service attended from 6.00 a.m. - 10.00 p.m. with any type of debit or credit card and also our cards.

*After hours, only payments by card or with our card.

In Raspaol Albox we offer a personalised service focusing on our customers, offering the best services and safety in the fuel filling industry.

There are some exceptional motor racing facilities in Andalucía with the most important facilities located in the provinces of Cádiz, Málaga, Granada and Almería.

There is a small, private racing facility. It is mainly used for tyre testing.

RALLY SIERRA DE CADIZ

The is an on road and off road event. The 20th edition took place on the 18th and 19th of September 2015 in el Bosque, Benaoján, Grazalema, Ubrique. A club called Escudería Sur organise this and 12 other events each year in Andalucia. One note worthy is the Subida de Vejer in early October. More info www.escuderiasur.net

MARTÍNEZ Y AVELLANEDA
TALLER DE CHAPA Y PINTURA

SPECIALISTS IN VEHICLE BODYWORK & PAINTWORK

There are some exceptional motor racing facilities in Andalucía with the most important facilities located in the provinces of Cádiz, Málaga, Granada and Almería.

The international circuit at Jerez has held the Spanish Formula 1 Grand Prix, at other times is used for testing and practice by the F1 teams. It holds the Spanish Motorbike Grand Prix each May.

Outside the scenic town of Ronda, is the Ascari racing facilities, club and academy which are named after the famous Alberto Ascari, who was the first world champion to win the Formula 1 race twice. Cars and track can be hired.

In Granada, about 60 kilometres from the capital, near the village of Guadix there is a small, private racing facility.

In Almería, not far from the city is another small private racing facility. It is mainly used for tyre testing.

4X4 VEHICLES

4x4 vehicles have fast become almost ‘de rigueur’ on the Costa del Sol, they can provide the most immense amount of fun and, at times, a truly challenging driving experience. It isn't necessary to travel far afield to make the most of a 4x4 vehicle. A mere 10 or 15 kilometres inland there are tracks, paths and, sometimes, almost-roads deep in forests, across streams, up hillsides, along valleys and dried-up riverbeds.

Most of the roads heading inland from the Costa del Sol will set you on the right track.

Head towards Coin, Ojen, or up the Ronda road. Explore the Parque Natural de las Nieves.

Driving up through Ronda, and taking the road towards Seville for 15 or 20kms, will, for example, take you to an area in which you will find Ubrique, Grazalema, El Bosque, Prado del Rey, Villamartin, and a host of tiny, white villages dotted over some spectacular countryside.

4X4 VEHICLES

4x4 vehicles have fast become almost ‘de rigueur’ on the Costa del Sol, they can provide the most immense amount of fun and, at times, a truly challenging driving experience. It isn't necessary to travel far afield to make the most of a 4x4 vehicle. A mere 10 or 15 kilometres inland there are tracks, paths and, sometimes, almost-roads deep in forests, across streams, up hillsides, along valleys and dried-up riverbeds.

Most of the roads heading inland from the Costa del Sol will set you on the right track.

Head towards Coin, Ojen, or up the Ronda road. Explore the Parque Natural de las Nieves.

Driving up through Ronda, and taking the road towards Seville for 15 or 20kms, will, for example, take you to an area in which you will find Ubrique, Grazalema, El Bosque, Prado del Rey, Villamartin, and a host of tiny, white villages dotted over some spectacular countryside.
month later, on April 29, 1934, while Ruth was helping care for her sister’s sick child, someone stole the prized automobile right out of the Warren’s driveway. When it was returned that August by a federal court, the couple found their car in disarray. The car—theirs—a “swarthy” man and “girl of slight stature,” as she described them to the papers—had put 7,500 miles on the odometer in just 26 days of driving. Stranger still, the once-pristine vehicle was riddled with bullet holes and covered in blood.

Parker and Barrow’s last month on the road, spent crosstown the country and robbing a bank or two along the way, culminated in a deadly firefight that destroyed the stolen Ford Deluxe and killed them both. But the cars they stole helped to cement their status among America’s most desperate outlaws—and made an indelible mark on the history of the getaway car.

At various intervals in their crime spree, Parker and Barrow stole cars, only to desert them in ditches, or leave them in fields when the cops closed in.

After many blurred months of travel in automobiles of various shapes and stripes, the duo must have thought they struck gold in Topeka: a spacious cab, useful for weapons storage, and a brand new V8 engine. What more could two public enemies ask for?

Stranger still, the once-pristine vehicle covered in blood.

Mr. and Mrs. Warren of 2107 S.E. Gabler Street were in search of a new car. In early 1934, the Topeka, Kansas couple went to the Mosby-Mack Motor Company to see the latest automobiles on offer. Outfitted with the most enviable engine on the market—the lean, mass-produced V8 driving machine—her husband, Jesse Warren, liked how it moved. And though the Great Depression was raging, the couple decided the price tag (approximately $700, or about $14,000 in today’s dollars) was alright, too.

Painted a sleek Cordoba Gray and equipped with shapes and stripes, the duo must have thought they struck gold in Topeka: a spacious cab, useful for weapons storage, and a brand new V8 engine. What more could two public enemies ask for?

Like many contemporaneous criminals, the thrill-seeking Barrow was capable of turning almost any car (and, in at least one case, a mule) into a suitable getaway vehicle. Similar to the moonshine runners whose racing habits served as the foundation of NASCAR, Barrow eagerly ran his cars into muddy ditches and sped down winding streets and dirt paths in the dead of night to evade the police. Where a police officer might be tuckered out or forced to turn back at state lines, Burrough wrote in Public Enemies that Barrow “thought nothing of driving a thousand miles in a day, if that’s what it took to outdistance the law.”

On April 10, 1934, mail carriers in Tulsa, Oklahoma processed an envelope that appears to have been mailed by one Clyde Champion Barrow. Addressed to none other than Mr. Henry Ford, the error-riddled letter read:

Dear Sir:
While I still have got breath in my lungs I will tell you what a dandy car you make. I have drove Fords exclusively when I could get away with one. For sustained speed and freedom from trouble the Ford has got every other car skinned, and even if my business hasn’t been strictly legal it don’t hurt anything to tell you what a fine car you got in the V8.
Yours truly
Clyde Champion Barrow


Written by By Eleanor Cummins
Back in August Spain lost one of her most emblematic former top athletes: Blanca Fernández Ochoa, slalom skier par excellence.

She was born in Madrid in 1963, the first daughter in a flock of eight children. Her father was the janitor in the Spanish Skiing School, and his job awakened in the whole family a vivid interest in the sport.

Blanca’s brother Francisco – better known as Paquito – won gold for Spain at the 1972 winter Olympics, the first ever Spaniard to obtain a winter Olympics medal. The Spanish sports authorities turned their eyes to the rest of the siblings, to see if there were any other potential medallists in the flock.

At the age of 11, Blanca was sent off to a skiing camp to try to turn her into top skier. What had up until then been a hobby became a high level and wanted more time for the other things in life. She later married David Fresnedas who would be the father of her two children, Olivia and David. However, once more the marriage did not work out and she separated from her husband on less than amicable terms.

From then on she dedicated her life to her two children who are both successful rugby players; her daughter was on the international girls’ rugby team when she was 7 and is hoping to participate in the 2020 Olympics in this sport.

On 23rd August this year Blanca announced that she was going hiking ‘in the mountains to the north for a few days’ and her family were not to see her alive again.

A few days later her daughter reported her as missing and an extensive search was kicked off. After four days’ search with helicopters, police, volunteers and dogs, the lifeless body of Blanca was found with a bad injury to her head, the consequence of a fall.

She said that she did not like neither skiing nor the cold, but nevertheless she became a skiing champion, partly thanks to her own willingness to do what was required and work hard to reach a goal.

In the winter Olympics in Calgary, Canada, in 1988, she was on the brink of winning the gold medal when she lost control over her inner ski and fell. All of Spain watched her tears of anger and disappointment and cried with her.

However, in 1992 she took revenge against fate and became the first ever Spanish woman to win a medal in the winter Olympics, when she won bronze in Albertville in France.

Shortly after that she announced her retirement from competition sports as she had by then had enough of competing at a high level and wanted more time for the other things in life.

She later married David Fresenedas who would be the father of her two children, Olivia and David. However, once more the marriage did not work out and she separated from her husband on less than amicable terms.

From then on she dedicated her life to her two children who are both successful rugby players; her daughter was on the international girls’ rugby team when she was 7 and is hoping to participate in the 2020 Olympics in this sport.

On 23rd August this year Blanca announced that she was going hiking ‘in the mountains to the north for a few days’ and her family were not to see her alive again.

A few days later her daughter reported her as missing and an extensive search was kicked off. After four days’ search with helicopters, police, volunteers and dogs, the lifeless body of Blanca was found with a bad injury to her head, the consequence of a fall.

A violent death was ruled out at the scene, and the autopsy is yet to determine whether her death was accidental or voluntary.

The death of one of Spain’s darlings was widely lamented, and hundreds of family, friends and fans followed her coffin to the cemetery to offer her a last Adiós.
Is your TV service due for renewal?
Are you looking for a new Supplier?
Call or visit AndroidMan

We have a variety of services to suit your needs

Come and view a free demonstration at any of our locations
Free 24/48 hour trial available on your existing device
Works on Android, Mag and Fire stick

Lobster Mobile
Unlimited calls to UK and Spanish numbers

AndroidMan

---

Albox
Ctra. de la Estación, 7,
(near the Post Office)
Monday to Friday
10 am - 1 pm

Los Llanos Market
Between Albox & Arboleas
next door to Happy Garden
Open every Saturday
10 am - 1 pm

Mojacar
Richard & Belinda's
@ KUKIS
11 am Every 2nd and Last Wednesday of the month

---

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