Welcome to our November issue of Almeria Living. The penultimate and 11th issue of 2019. I am really not sure where the year has gone!

I have been lucky enough to enjoy a few weeks with my parents, who came for a holiday - they helped with the Harmony Fair and a few chores around the house but were rewarded with a lovely trip to Ronda. I don’t own a ‘fihit’ but if I did I think we would have clocked up a huge amount of kilometres. Not certain where to take them next year but thinking Cazda is a good option.

On the subject of travel, my latest adventure, Parra Travel, is finally fully legal and ready to start trading - unfortunately there was no time to bring you some of the great offers that are currently available but watch this space and future publications!

There has been a nasty tummy/cold bug doing the rounds and I was unfortunate enough to catch it last week - being poorly is no laughing matter so I wish all our readers good health or a speedy recovery if you are suffering.

We have an amazing array of Christmas cards, wrapping paper, diaries & calendars, crackers and table accessories in stock at C.A.T. Services - as a special offer, crackers can be purchased by the box or individually!

This issue is packed with great articles and information - my thanks as always to my scribes who help keep our magazine original and unique, even poor suffering Cora, whose contributions over the last 7 years have developed a wide and varied fan club.

If you would like to write for us don’t hesitate to get in touch!

Thought for the month - what will life be like after Brexit - what if you were able to travel as freely as you do now?

Karen (Ed)

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Opening a Criminal Records Certificate in Spain

Certificado de Antecedentes Penales

If you are returning to the UK to work or seeking certain types of employment here in Spain your new employer may ask you to prove you have no criminal record for the period of time that you were living in Spain.

It is interesting to note that this certificate is also required as part of the application for a dangerous dog licence.

These certificates are issued by the Ministerio de Justicia, based in Madrid.

Nowadays it is possible to make the application online with a CLAVE, which is a personal access code, similar to a digital signature. Using this method it only takes a few days for the certificate to be generated and downloaded.

Many of you do not have Claves or digital signatures so we rely on the general postal application process.

The three part application form, Modelo 790, can be downloaded from the Ministry website. This form has several uses so only parts of it need to be completed.

To be valid outside of Spain the certificate that is issued must carry the Hague Apostille and this must be requested on the form at the time of application. It doesn’t cost any more to have this included.

The completed forms need to be taken to the bank to pay the required fee, which currently is 3.74€. This fee can also be paid online via internet banking - just remember that you need the exclusive reference code (NRC) as proof of payment.

If you go along to the Ministry office in person then take your original passport and completed, paid, forms and the certificate may be issued on the day. However, it is also possible to request the certificate by post. To do so you need to send a notorised copy of your passport with the paid Modelo 790 form, and I recommend you include a stamped addressed envelope.

The turnaround for postal applications is usually about three weeks.

Since March 2016, for those seeking work in Spain where the care of children is involved, there is now a different certificate required, which is called Certificado de Deltitos de Naturaleza Sexual and can be obtained in the same way.

As always if you would like further information or assistance with any of this please contact C.A.T. Services in La Alfoquia.

Claus and digital signatures are becoming a regular necessity to be able to access tax office files and other personal information services including doctor/hospital data and to complete personal forms online. Not just in Spain but Worldwide. It is not so difficult to set up and does make life so much easier in this technological era. You may have already given your tax adviser permission to acquire this on your behalf - if so, do ask them for a copy of your key. If you would like help to set up this modern facility contact us at C.A.T. Services - 627 635 514.
Spanish Provinces & their Capitals

There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. Our next of Spain’s provincial Capitals takes us to .......

The province of Lérida is one of Catalonia’s four provinces. Lérida is its name in Castilian, in the Catalan language its name is Lleida, which is also its official name.

It borders on the provinces of Gerona, Barcelona and Tarragona in Catalonia to the east and south, Huesca and Zaragoza in Aragón to the west and south, and to the north, France and Andorra.

One of Lérida’s claims to fame is the Aràn Valley, a district in the Pyrenees where they speak their own language, Aranès.

In the northern part of the province, in the Pyrenees, you will find the Aigu stderres y Lago de San Mauricio national park, which is Catalonia’s only national park and famous for its outstanding beauty.

Lérida has both mountainous areas (its highest mountain is Pico d’Estats which with its 3,143 MASL is one of the highest peaks in the Pyrenees) and flatlands which have both fertile and arid zones. The former are rife with century-old olive trees, fruit trees, meadows and crop fields.

The weather in Lérida gets very hot in summer and cold in winter, and it has a well developed winter sports sector which attracts skiers and their like from all over the world.

Lérida can claim 432,866 (2018) souls as its citizens, 137,856 (2018) of whom call the capital of the same name their home.

Lérida city is situated in the south-western part of the province in the heart of the flatlands. It is Catalonia’s second most populated city after Barcelona. There is evidence of settlements in the area since the Bronze Age.

When it was conquered by the Romans they named it Llerda, and all through the changes of history, from Romans to Visigoths, under the Moors and as part of the Kingdom of Aragon and finally a city in the Kingdom of Spain, that name has hardly changed at all no matter the language spoken in the different periods.

The economy of Lérida is heavily dominated by the service sector, which employs 71.4% of the working population.

The city has become an increasingly visited ‘cultural tourist’ destination, and has also tried to build up a reputation as a congress destination, and has also tried to build up a reputation as a congress destination.

In 2010 an ambitious project, La Lonja de Lérida, which is a destination, and has also tried to build up a reputation as a congress centre, was inaugurated.

The city has become an increasingly visited ‘cultural tourist’ destination, and has also tried to build up a reputation as a congress destination.

In each of these articles I try to examine and support genuine, authentic flamenco. As readers of my previous articles will recognise, I support raw gypsy flamenco, as I acknowledge that the nucleus of this art form belongs to the gypsy community. I would like to clarify that I am not disregarding the merit of other non gypsy artists, I simply believe that one must respect the genuine source of this fascinating art form and acknowledge the natural way this community can manage complicated musical patterns in both dance, song and instruments with an ease that may not come as naturally to a non racial performer.

What is happening to Traditional Flamenco inside and outside of Spain?

As I have referred to in previous articles, genuine, hard core Flamenco is at risk of dying out due to the lack of financial support that the artists are currently receiving.

As an events organiser and flamenco dancer I am privileged to listen to the opinions of “people in the know”. This summer I was informed by an important cultural figure that the Junta de Andalucia, which is the government institution responsible for many important things, (one of which is the financial support of Andalucian culture) has drastically reduced it’s financial support for traditional flamenco. This is a worrying state of affairs indeed. Previously the Junta de Andalucia made a considerable financial contribution in order to provide “circuits ” of flamenco performances in local theatres and auditoriums throughout Andalucia. Quite often these were offered at reduced prices or even free entry, as the costs of the artists, sound technicians, theatre hire etcetera were being paid for by the Junta de Andalucia.

This year the Junta axed this support and cancelled many Flamenco events which had already been programmed. Aside from this worrying trend, the official “Peñas Flamencas” (the traditional bases of flamenco reunions; consisting of a group of fee paying members) are now finding it increasingly difficult to meet the costs of paying high quality artists as these peñas also rely on subsidies and financial support in order to cover their costs.

Many top artists are not receiving the volume of work they previously received in order to make ends meet. I can honestly say that at times I have been astounded when highly prestigious artists have contacted me, via social networks, asking me for work!!! A real sign of the times. These are high calibre artists who previously normally would never have had to go around petitioning events organisers to help them out.

Continued on page 6 ....

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04 Almeria Living

Nov '19 05

FLAMENCO IN IT'S PURE FORM

By FRANCESCA GIRONE

In each of these articles I try to examine and support genuine, authentic flamenco. As readers of my previous articles will recognise, I support raw gypsy flamenco, as I acknowledge that the nucleus of this art form belongs to the gypsy community. I would like to clarify that I am not disregarding the merit of other non gypsy artists, I simply believe that one must respect the genuine source of this fascinating art form and acknowledge the natural way this community can manage complicated musical patterns in both dance, song and instruments with an ease that may not come as naturally to a non racial performer.

continued on page 6 ....
It is very frustrating that such theatre programmers are literally making themselves into “gatekeepers” and are taking a decision on behalf of the British public based on their own personal taste. It is interesting to note that the prestigious Flamenco Festival at Saddlers Wells in London has become more and more contemporary too in recent years, featuring artists such as the controversial dancer Israel galván, who at times has been slated in Spain for abusing the name of flamenco. Years ago, this important Festival feature pure gypsy artists such as Farruquito and grand maestros such as Antonio Canales. In Scotland I noticed recently that there was a group of highly contemporary flamenco fusion (one of whom is actually from Almería) performers being promoted as part of the Edinburgh Festival. In cities such as Leeds there are completely inexperienced people offering flamenco guitar and dance classes and giving students poor quality inferior information. Even the important Instituto Cervantes, which is a cultural arm of the Spanish Embassy and exists in a lot of main cities outside of Spain is now permitting nonqualified people to impart flamenco classes within their institution. This is about as irresponsible as it gets in my personal opinion as such an Institution should be vetting who they permit to teach flamenco there.

Summary.... on a positive note!

On a positive note I would like to remind readers that I organise genuine, pure flamenco events of high quality in and around the province of Almería. Our next production is this month, November, on Sunday the 17th at 8.30pm. It takes place at the intimate Municipal Theatre of Zurgena and as we always receive a predominantly English speaking multi cultural audience there, we will, as always give an explanation in English at the beginning about everything that you will see during the performance. On this occasion we offer a mix of child gypsy dance proteges from Almería mixed with top musical professionals from Granada. There will be 4 dancers in total of various ages, male and female so that our audience can enjoy all the different styles. Tickets are available from the office of Councillor Jim Simpson at Zurgena Town Hall (tel 610914260) and from Mojacar at the Supertienda which is next to Bank Santander in the Parque Comercial Mojacar. For further information please contact me by email at info@lagitanainglesa.com. We have a page on Facebook called Flamenco Forum For English Speakers where various videos etc will be published.
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CORS’S DIARY
An Impatient Patient!

Hoooolaaa, it’s mee-hee: Fed Up Cora!
I never thought I should say that, and I bet you didn’t neither! And okay, maybe it’s a bit exaggerated, ’cos I’m not fed up in general, just with not having got better yet. And if you’re tired of reading about my visits to Uncle Javier (my Personal Physician), believe me, I’m tired of writing about them!

However, whether me and you want to or not, I have to keep you up to speed on my back legs, right?

I must stress (mum asked me to) that my problem seems to be muscular, not joint or bone related like so many of my kind suffer from. When mum tells people about my problems, EVERYBODY asks, How old is she? I must admit I find that a bit rude, what’s that got to do with anything? I’m ten and not even half way through my life!

Anyway, last time we visited Uncle Javier, he was so pleased with my progress from the physiotherapy that he gave mum some new exercises to do as well. These consisted in me standing up (I like better to lie down and have a little snooze) and mum pulling my back legs (one at a time!!) backwards to stretch them in that direction.

She was so keen that she did it immediately we got home – and it felt most uncomfortable. In fact afterwards I couldn’t even put any weight on my right leg, so I hoppled away, a bit miffed I must admit. Mum said it was probably just because it has to hurt before it gets good and she thought we were on the right track. But when she told Auntie Danica, Uncle Javier’s Personal Assistant, she said STOP immediately, so mum reverted back to only the original exercises. And ever since then I’m back to square one, and sometimes seem to drag my foot even more than before – and I’m seriously tired of it!

It involves being kept strictly under control on walks, I’m not to get out of sight ’in case I do something stupid’ mum rudely says, as if I would!

Continued on page 10 ....
However, the other evening when we were out, me and Bru saw a rabbit, and we went for it!

Mum immediately started shouting and whistling and sounding seriously angry, so Bru, the little wimp, went straight back, but me - well it had been so long since I’d had a good rabbit chase, I carried on and got further and further away from the sound of mum’s angry voice and the whistle.

All of a sudden I lost sight of the rabbit, and I stopped and listened and sniffed… No sign of him. Well, never mind, I thought, I’ll go back to mum and Brutus, it was a lovely chase anyway!

So I happily ran back – to find mum standing there with a thunder cloud over her head. She was sooo angry! She said, I know I’m not supposed to tell you off when you come back, but you are clever enough to understand why. (And I did know why she was angry and that it was not because I had come back….)

She roughly attached the lead to my collar and started walking angrily, talking to me at the same time. If you think I spend all that money on your vet visits and treatment for the new physio did, I thought… So I smiled and wagged my tail and pretended everything was fine and tried to ignore Brutus sniggering in the background. He came over to us, and just as he had expected, mum ignored me and praised him again for coming as soon as she had called him. The little git!

Although I haven’t admitted it to Brutus, I did take in what mum said, and have stayed on the straight and narrow since then, staying close to her on our walks and turning back to her the moment she calls me, and the incident has developed into a new, pleasant walk routine.

Of course, Bru had to comment on it. Ooh, I see you have learnt from mum’s ranting the other evening, huh? Walking like a good little girl all attentive and well behaved.

I was having none of that! Now you listen to me, Cassius Brutus! I said. First of all, who was the first to behave like a little Mr. Goody Two Shoes when mum called us?

Second, I’m staying close to mum because I got quite sore from all that wonderful running I did the other evening and I really enjoyed seeing that you missed out on. And third, it just happens that being the more intelligent of us two, I know how to make mum happy both at training and at home to make sure she keeps on loving me more than you.

I had more things to say, but his ears had dropped a little bit more with each point, and I didn’t have the heart to go on. So we left it at that and have since lived in agreeable harmony.

Talking about Bru, Auntie Pia from Denmark sent mum a photo of him from when he was little, it was him and mum in the kitchen. So mum asked dad to take another one last week, five years later, and I’ve agreed to let mum put both photos in my diary.

As you may recall (if you’ve been following my diary for that long), Bru only weighed a kilo when we allowed him into the family five years ago, and mum promised me that he would be a little dog seeing as his paws were tiny. She reckoned he was probably a Jack Russell terrier.

Some Jack Russell terrier is all I can say!

As soon as he was safely in, first his paws then the rest of him started growing, and he put on one and a half kilo a week for over four months before slowing down to gradually grow to the 45 kilos he weighs today.

If I didn’t know him better, I would almost have thought that he had intelligently kept his fingers pressed together to make his paws look small when he first moved in. But I don’t believe he would have had the brains to do that, so it was more probably a case of him just being so very young (about 3 weeks) when he showed up in our lives.

By the way, the last time we were at Uncle Javier’s, Bru’s eyes had got worse again with the less drippng, and he now has to have them dripped twice a day again! Yippeee, we both said when we walked to the car, more drips = more treats!

However did you manage that? I asked him on the way home. Well, he said, looking important, I just sat down and concentrated very hard to make it happen.

Ah… I said. Ehmm… well done, anyway. I didn’t believe that for a minute! Concentrate? Don’t make me laugh! Brutus and concentration is like snow in July: It’s almost impossible that it should happen, and if it really did, it would only last for a few seconds.

Anyway, enough about Bru, after all, this diary is supposed to be about ME! And I’m going back to Uncle Javier on Tuesday, then we’ll see what’s what and what the plan of attack is.

Fed up as I am of not being completely well, I’m enjoying life and autumn so much and looking forward to Christmas, so it’s not all doom and gloom!

And next month - which is THE CHRISTMAS MONTH!!! – I’ll let you know what Uncle Javier said and how we’re going to get me completely better again!

Until then, woorf woorf!
It’s no secret that harsh winter temperatures can wreak havoc on your skin so here are some suggestions for morning and evening routines.

**Hydrate Your Skin In The Morning**

1. Don’t take super-hot (or long) showers. Nothing sounds better than a steaming hot shower on a cold day, but hot water is actually the enemy of dry winter skin. And keep it short. All you need is about 10 minutes. To make your shower even more moisturising, swap parching suds for a cleansing oil with fatty, acid-rich soybean oil to fortify and protect skin’s moisture barrier.

2. Use a thicker moisturiser. If you don’t already, try a face and body balm during the winter. The thicker texture seals moisturising ingredients into dry, cracked, flaking skin, making them adhere for long-term, intense healing. Try using balms and salves with silicone, petrolatum, lanolin, and natural oils.

3. **Moisturise Your Skin Overnight**

   1. Wash your face once a day. In the humid, sticky summer weather, you can wash your face twice a day. But in the winter, switch to one wash at night so you don’t dry out your skin. You can also try swapping face soup with a cleansing oil, which isn’t so harsh.

   2. **Moisturise (again).** Just like you did in the morning, it’s important to lather up before you snooze.

   3. **Humidify.** Don’t go to sleep without one. The heat that keeps you warm in your home is also very dry, and because the windows are closed, it stays trapped inside. Use a humidifier to add moisture back into the air. Investing in a humidifier also clears your sinuses, so it’s a double whammy against dry winter skin.

**6 Easy Remedies for Dry Winter Skin**
How To Apply Your Face Makeup Like A Pro

While there are so many different makeup trends to try this year, no look is complete without the right base. Your face makeup is the blank canvas for your red lips or smoky eyes, so creating a flawless look makes a huge difference.

So, on that note, just how do the pros achieve that flawless look?

STEP 1: PREP
Before applying any sort of makeup to your face, it’s important to prep your skin with the essentials. Use both a face lotion and eye cream for full hydration.

STEP 2: PRIMER
In order to create a smooth base on which to apply your foundation, try applying a primer with a flat foundation brush.

STEP 3: LIQUID FOUNDATION
Now it’s time for your first layer of makeup: foundation. There is a huge range of foundations available, and we probably all have our own favourite. Apply your chosen foundation in thin layers so you can build up if you want more coverage. If you’re looking for even more coverage, apply the product with a beauty sponge.

STEP 5: TRANSLUCENT POWDER
Set your liquid foundation by sweeping on a light, translucent powder. Just apply with a fluffy powder brush.

STEP 6: HIGHLIGHT
Apply a liquid highlighter to your cheekbones and blend up and out using your finger or a fluffy powder brush (yes, you can use a powder brush to blend liquid!).

STEP 7: BRONZER & BLUSH
For an everyday look, try using a bronzer/blush combo. Use a small powder brush to apply it just under your cheekbones and up along your hairline. You can also apply your bronzer first, in the hollows of your cheeks and along your hair and jawline, to create a contour effect. Then layer your blush over it, just under your cheekbones. This application is great for more dressier occasions.

World Diabetes Day
Diabetes is a life-long disease that impacts how the body handles glucose. According to the World Health Organisation, it affects approximately 422 million people worldwide, with nearly 4 million dying of diabetes every year.

Alarmingly, according to the International Diabetes Federation, about 842 million people will have Diabetes by 2040, if everything is to remain as it is today.

World Diabetes Day is observed on November 14th each year, and aims at spreading awareness.

Type I diabetes - little or no insulin is produced by the pancreas. This type of diabetes is common in children and young adults. Patients must take insulin daily.

Type II diabetes - the pancreas makes insulin, but the cells fail to use the insulin the right way. Common in middle-aged and older people, this accounts for about 90% of all World diabetic cases.

Often well managed with diet and lifestyle changes alone, but sometimes medication is required.

Key symptoms:
• Frequent urination
• Increased hunger
• Increased thirst

Also: Blurred vision - Numbness or tingling of feet - Weight loss - Slow healing of wounds.

If you have noticed any of the symptoms above, make sure you get yourself a diabetes check at your local pharmacy or GP.

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Beat the Bat Wings

By Jacey Canovas

What Are Bat Wings?
25 years ago nearly 200 national governments made a commitment to work towards the practical implementation of equality for women worldwide. Since then we have seen great strides with regard to job opportunities, salary scales and political representation.

Regrettably, no legislation can deal with a phenomenon that plagues women far more than men: those all-too-graphically named bat wings (also called bingo wings) - deposits of fat that cause droopy skin under the upper arms.

Research has determined that the placement of these particular deposits is related to testosterone levels, so despite the international mandate, men have a distinct biological advantage here.

Don’t Despair!
Beyond the biology, though, the challenge of shapely arms is not insuperable. It is one more aspect of the overall strategies that include weight control and exercise planning.

Beyond the biology, though, the challenge of shapely arms is not insuperable. It is one more aspect of the overall strategies that include weight control and exercise planning. Swimming is an excellent all-body workout, and the triceps benefit from breaststroke in particular. (More on triceps exercises next month).

Weight Loss and Loose Skin
In an ideal world, losing weight would cause the bat wings to magically disappear. But with age the skin loses some elasticity, and after weight loss there can be times when the skin does not return to its original tautness.

Can anything be done about that loose skin? An encouraging report was published by the New York Times. It concerned a study conducted at McMaster University in Ontario wherein skin samples were taken from volunteers aged 65 or older. On microscopic examination the samples showed the normal cell structure expected from the age group.

The volunteers then exercised twice a week for 30 minutes, at 65% of their aerobic capacity - a level that could be considered moderate exertion.

After 3 months skin samples were again biopsied, and the researchers reported that the samples looked quite different, more like those of 20-40 year olds.

Which just reinforces what we already know: exercise is good for you!

Comments and queries welcome. jossnovas@gmail.com Jacey Canovas is a journalist on a discovery journey about diet and fitness. Amanda Cante 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.

Sudoku

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while ensuring that:

1. No number is repeated in a horizontal row
2. Each number for 1 to 7 are represented in the 7 grey coloured hexagon cells

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.
Some Amazing Health Benefits of Garlic

There is something irresistible about the aroma of roasted garlic. It is so captivating with its powerful notes, that it has long been used as a flavour booster in curries, stir-fries, pizza toppings, pastas, meat preparations, dips - you name it! It has the power to instantly liven up any dish and treat some of the most common ailments. There is something to do with roasted garlic.

1. The Blood Purifier
Tired of covering up those zits with concealer every morning? It’s time to tackle the root cause of acne by purifying your blood from inside to get healthy skin on the outside. Take two cloves of raw garlic with some warm water every day, early in the morning and consume a lot of water the entire day. If you’re looking to shed some pounds, squeeze the juice of half a lemon in a glass of lukewarm water and have it with 2 cloves of garlic in the mornings. Garlic will help to cleanse your system and flush out toxins.

2. Cold and Flu
Garlic is going to provide you relief from that stubborn cold or flu. Taking 2-3 cloves of raw or cooked garlic a day or sipping some garlic tea (with a touch of honey or ginger to lift up the taste) is not only going to relieve a stuffy nose and cure the cold but also build your immunity against these frequent visitors over time.

3. Prevention of Heart Disease
Consuming garlic on a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties of Allicin. It is also immensely beneficial to regulate blood pressure and blood sugar levels. It is essential to remember that the sulphur-containing compound Allicin tends to lose its medicinal properties when garlic is cooked whole. It is imperative to consume garlic raw or semi-cooked to derive any of its benefits.

Continued on page 20 ....

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4. Anti-bacterial and Anti-parasitic
Garlic is one of the best kept medicinal treasures of the past era - it has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years. Studies suggest diluted garlic extract helps children with tapeworm infections. A garlic-based mouthwash may not sound like fresh, minty breath but a very small quantity of its extracts is sufficient to ward off cavity-causing bacteria.

5. Cancer Prevention
Several studies have indicated an association between daily consumption of garlic and prevention of stomach and colorectal cancers. It is said to strengthen the immunity of the body against cancer.

6. For Skin and Hair
The invigorating properties of garlic protect the skin from the effect of free radicals and slow down the depletion of collagen which leads to loss of elasticity in aging skin. Applied topically, garlic does wonders to skin infected with fungal infections and provides relief from skin ailments like eczema.

It is also an effective remedy for fungal infections like athlete’s foot and ringworms. All of us know about the wonders of onion for hair but its brother, garlic is no less of a hero for your thinning mane. Well, its surprise time. Rubbing crushed garlic extract on your scalp or massaging with garlic-infused oil is known to prevent and even reverse hair loss.

7. Splinters
Many of garlic’s astounding uses were forgotten in the folds of time but users (and believers) still vouch for the lesser-known benefits. One of them is against stubborn splinters. Place a piece of cut garlic over the splinter cut and cover with a bandage- and voila! Bye-bye splinter.

Caution
1. Asthma patients are advised not consume garlic as it may have side-effects.
2. Garlic should be avoided before surgeries or medical operations.
3. Do not consume more than 2-3 garlic cloves in a day without consulting a doctor.
Colour Vision Deficiency

Colour blindness is not a form of blindness at all, but a deficiency in the way you see colour. If you are colour-blind, you have difficulty distinguishing certain colours, such as blue and yellow or red and green.

Colour blindness (or, more accurately, colour vision deficiency) is an inherited condition that affects males more frequently than females. According to Prevent Blindness, an estimated 8 percent of males and less than 1 percent of females have colour vision problems. Red-green colour deficiency is the most common form of colour blindness.

Much more rarely, a person may inherit a trait that reduces the ability to see blue and yellow hues. This blue-yellow colour deficiency usually affects men and women equally.

**Colour blindness: Signs and symptoms**

Do you have difficulty telling if colours are blue and yellow? Do other people sometimes inform you that the colour you think you are seeing is wrong?

If so, these are primary signs that you have a colour vision deficiency. Contrary to popular belief, it is rare for a colour-blind person to see only in shades of grey.

Most people who are considered “colour blind” can see colours, but only in shades of grey.

**What causes colour blindness?**

Colour blindness occurs when light-sensitive cells in the retina fail to respond appropriately to variations in wavelengths of light that enable people to see an array of colours. Photoreceptors in the retina are called rods and cones. Rods are more plentiful (there are approximately 100 million rods in the human retina) and they are more sensitive to light, but rods are incapable of perceiving colour.

The 6 to 7 million cones in the human retina are responsible for colour vision, and these photoreceptors are concentrated in the central zone of the retina called the macula.

The centre of the macula is called the fovea, and this tiny (0.3 mm diameter) area contains the highest concentration of cones in the retina and is responsible for our most acute colour vision.

Inherited forms of colour blindness often are related to deficiencies in certain types of cones or outright absence of these cones. Besides differences in genetic makeup, other causes of colour vision defects or loss include:

- Parkinson's disease (PD). Because Parkinson’s disease is a neurological disorder, light-sensitive nerve cells in the retina where vision processing occurs may be damaged and cannot function properly.
- Cataracts. Clouding of the eye's natural lens that occurs with cataracts can “wash out” colour vision, making it much less bright. Fortunately, cataract surgery can restore bright colour vision when the cloudy natural lens is removed and replaced with an artificial intraocular lens.
- Certain medications. For example, an anti-seizure drug called tiagabine has been shown to reduce colour vision in about 41 percent of those taking the drug, although effects do not appear to be permanent.
- Leber's hereditary optic neuropathy (LHON). This type of inherited optic neuropathy can affect even carriers who don't have other symptoms but do have a degree of colour blindness.

Red-green colour vision defects primarily are noted with this condition.

Kallman's syndrome. This inherited condition involves failure of the pituitary gland, which can lead to incomplete or unusual gender-related development such as of sexual organs. Colour blindness can be one symptom of this condition.

Colour blindness also can occur when aging processes damage retinal cells. An injury or damage to areas of the brain where vision processing takes places also can cause colour vision deficiencies.

There is currently no cure for colour blindness.

**Lenses for colour blindness**

Some people use special lenses to enhance colour perception, which are filters available in either contact lens or eyeglass lens form. If you have a colour vision deficiency, see an eye doctor near you to discuss if colour blind glasses are a good choice for you.

Continued on page 24 ....
Red-green colour blindness is the most common inherited form of colour vision deficiency. It is caused by a fairly common X-linked recessive gene.

**Chromosomes**

Mothers have an X-X pairing of chromosomes carrying genetic material, and fathers have an X-Y pairing of chromosomes. A mother and father each contribute chromosomes that determine the sex of their baby. When an X chromosome from one parent pairs with an X chromosome from the other parent, the baby will be a girl. And when an X chromosome from the mother pairs with a Y chromosome from the father, the baby will be a boy.

If you have red-green colour blindness caused by an X-linked recessive gene, your mother will be a carrier of the gene or be colour-deficient herself. Fathers with this inherited form of red-green colour blindness pass the X-linked gene to their daughters but not to their sons, because a son cannot receive X-linked genetic material from his father.

A daughter who inherits the colour-deficient gene from her father will be a carrier of the gene, but she will not be colour-blind unless her mother carries the gene, and she receives a paired colour-deficient gene from her mother as well. If a daughter inherits the X-linked trait from both her father and her mother, then she will be colour-blind.

When a mother passes along this X-linked trait to her son, he will inherit the colour vision deficiency and have trouble distinguishing reds and greens.

Again, a daughter can be a carrier but will have this form of colour blindness herself only when both her father and mother pass along the X-linked gene. This is why more men than women are colour-blind.

We raised 2000€ to go towards good causes.

After a great deal of preparation, the 5th Annual Fair took place on 5th October. The weather couldn’t have been more opposite to last year when we had to cancel because of wind and rain – in fact many said it was too hot!!

The day was enjoyed by lots of visitors, with a mixture of new and familiar faces. As always, there was plenty to see and do and despite the heat, many stayed for most of the day! There were some great entries in the Show and the judges spent a lot of time deciding the winners because the standard was so high. We hope to see many more entries next year. Food and entertainment never fail to draw a crowd and they were not disappointed.

By the afternoon it all got a bit too warm for the dogs but those that took part in the Dog Show did very well and the judging was as difficult as always. Thanks to Chris and her team for organising this for us.

Quite a few of the stall holders reported a good day and have already pre-booked for next year (always a good sign!)

We would like to thank all our Helpers for their support throughout the preparations and on the day. Without you all, it would be impossible to run such a big event.

There are many others who gave their time for free to help us raise money for so many worthy causes: Music Amigos – fabulous live entertainment from Dave Sharp and Dave & Lesley Wilson, (Chippy) Pete & Jan for running the bar, Bradley for the use of Inspired’s van and the ‘boys’ who gave up their time to put up and take down marquees.

Our final thanks go to all the Show sponsors – SleepCentre, Voss Homes, Avalon and Gomez Motors and generous donations for the raffle from so many including our 1st prize voucher worth 200€ from Indalo Partners.

We look forward to seeing you all again next year.

Karen (President) on behalf of the Harmony Board
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Walk for Life Annual Dinner Dance
The annual Walk for Life Dinner Dance at The Overa Hotel on Saturday 5th October was an outstanding success with over 140 guests. The Walk for Life team want to thank everyone for coming and making it a super evening, Jack Law and Harmony for giving their time and their talent free, Overa Hotel Manager, Thomas, and his staff for their help and professionalism which made the planning and organisation so much easier, Lynne Chester and Alan Pearce for making €595 selling raffle tickets and Alan for also being a superb Doorman. We think we photographed everyone who attended. You will find all the photos at https://www.walk4lifearboleas.com/dinner-dance-photos-2/ and you can order your photo by emailing judi@walk4lifearboleas.com. Images by email are free, prints are €5 each just to cover the costs.

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El Teatro has reopened
After a lot of planning and hard work, El Teatro has reopened in Piedra Amarilla. The new “El Teatro Tourist and Community Hub” looks like it is going to be a great success and will serve the Comunidad de Partalo, which incorporates the small villages within the community.

Working in collaboration with local businesses, the tea rooms will be a relaxing place to meet friends, sit and chat, and enjoy a lovely selection of pastries, cakes and sandwiches, plus home made soups and even crumpets for breakfast. A mini shop stocked by British supermarket, Sol Supermercado offers a selection of food essentials, including fresh milk, butter and frozen bread and other frozen goods saving the community from having to travel too far if they need anything. Almeria Living were proud to be invited and will ensure copies will be there every month for visitors to pick up.

The honours of the official opening were hosted by Steve Conroy, the local mayor (Alcalde Pedáno). Following a short speech to all the people who turned up in support, Steve praised the hard work that Debs and Bob Allcock had put into organising the venture.

The Winter opening times are Monday – Friday 10am – 4pm and Saturday – Sunday 10am – 2pm. Call in and see what else they have to offer; you will not be disappointed!
In winter it is usually sunny and warm but sometimes even on bright sunny days we can be surprised by the severe blast of wind and some heavy rain whilst still being bright outside.

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See our main advert on page 3

common window myth busters: wood versus PVC-U

Windows - and the way we dress them - is a fundamental part of how our home looks and feels. But more often than not, we overlook the type of windows to choose, which ones will add the most value and how best to maintain them.

It’s a task that should involve careful research, after all, your windows are viewed both inside and out. So, are you currently thinking about replacing your windows? And how much do you actually know about all the options available to you?

Now you can find out all you need to know thanks to this myth busting guide.

MYTH: If you want double-glazing, you have to have PVC-U windows

TRUTH: People often assume that double-glazed windows have to have PVC-U frames, believing wrongly that wood window frames are only for single glazed windows. This couldn’t be further from the truth. So you can still have beautiful wooden windows that are energy efficient and will keep your home warm and draught-free.

MYTH: Wood will rot quickly, whereas PVC-U windows will last the test of time and won’t discolour

TRUTH: Plastic degrades, whereas well maintained wooden windows have an estimated service life of around 60 years, that’s twice the life of PVC-U windows. Plastic windows can become discoloured and brittle as a result of exposure to the sun and unlike wood framed windows, they can’t be repaired. In fact, once you maintain and repaint wood windows, their lifespan starts all over again. There’s plenty of evidence to suggest that well-maintained, good quality timber windows can last a century or more.

Continued on page 30 .......

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than with other materials. And don’t forget the value that beautiful wood windows can add to your house, particularly if you’re considering selling. Wood windows are a worthwhile investment.

**MYTH:** Redecorating wood windows is hard work

**TRUTH:** Windows often come ready-painted from the factory to save you time. They won’t need redecorating for 8-10 years. And even then, it’s an easy job – just a light sand down, wipe clean and one or two top coats. You won’t need to re-paint the tricky bits as it’s only the faces of the windows that get weathered.

**MYTH:** Wood windows aren’t energy efficient, so it’s hard to save on bills

**TRUTH:** Wood has a very low thermal conductivity, which means it is a good insulator. But the energy efficiency of a window actually has little to do with the frame material and is mostly affected by the specification of the glazing unit, so well-designed windows have similar thermal efficiencies across the board, whatever material the frames are made from.

**MYTH:** Wood windows are less secure than PVC-U double glazing frames are made from.

**TRUTH:** That’s just not the case. There are plenty of security measures you can take to increase security standards for a wide range of applications and products, including wood windows.

**MYTH:** Wood windows are less secure than PVC-U double glazing

**TRUTH:** Because wood windows can last up to 60 years and can be maintained and re-painted, unlike plastic windows, they actually work out less expensive over their lifespan. Due to timber’s inherent strength, triple-glazing is more cost-effective with wood windows.

**MYTH:** PVC-U adds value to your property

**TRUTH:** If you have a period home or a home in a conservation area, ugly PVC-U windows could actually devalue it! A national survey found unsympathetic replacement of windows and doors – particularly plastic and PVC-U – to be the single biggest threat to property values in conservation areas.

**MYTH:** Redecorating wood windows is hard work

**TRUTH:** With wood windows, if you want to change the colour to complement a new design scheme, you can (unlike PVC-u). All you have to do is sand them down with a fine sandpaper and repaint – simple!

**MYTH:** You need to strip your windows completely to change the colour

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**MYTH:** You need to strip your windows completely to change the colour

**TRUTH:** To change the colour of wood windows, all you have to do is sand them down with a fine sandpaper and repaint – simple!
For the purposes of this exercise, I installed the new Operating System on a 7 year old Dell Tower PC that had a factory-installed copy of Windows 7 in place. In most cases you would just install the new Windows system over the top of what is already there but in this case, I wanted to keep my original system intact for testing. The PC in question has two hard drives installed so I created what is known as a dual-boot system. The original Windows 7 is left untouched and the fresh copy of Windows 8 installed on the second hard drive. If your computer has a large enough hard drive (500GB or more) and 30GB of free space, it can be partitioned-off to create the second hard drive. The upshot is that you can use both (but not at the same time) Operating Systems until you’ve made your mind up.

The installation was a breeze, with none of the hit-and-miss driver downloads associated with Windows 7. Windows 8.1 found all the relevant drivers and automatically updated them. You are prompted for some minor information and encouraged to create a Microsoft account (for cloud services and application downloads, etc) but this is not mandatory.

Access to Windows is granted through one of the startup screens. Simply choose Windows 7 or 8.1 and off you go... My software was easy to install and I did not encounter any incompatibility issues. Windows 8.1 has a Compatibility mode for running programs but only with Windows 7...

I didn’t much fancy reinstalling every program as they were set there already. So could I run my old software from within the new Operating System? In short – yes. But not without a little jiggery-pokery.

Although the program (in this case my copy of Photoshop) was correctly installed within Windows 7, my new Windows 8.1 saw it as freshly-installed and promptly demanded the product key. Oops! As I have discovered, we don’t all keep our paperwork. Do we? So how do we get around this little conundrum? Luckily I have a little utility that gives me a full PC report.

I ran it on Windows 7 and extracted the necessary product key. Back to Windows 8.1. I ran the program again (in Windows 7 compatibility mode), entered the product key and bingo! Whether it remains stable or not? Only time will tell, but as it is being run from the new version of Windows 8.1 I have high hopes.

So that works. What about actually using it? Is it any good?

I have to say that the news is good here too. Windows 8.1 offered the new touch-screen-friendly “Metro” user interface as opposed to the familiar Desktop, used since the eighties. This caused much confusion and consternation at the time, but Windows 8.1 has that covered.

It is possible to set it up so that Windows 8.1 boots up directly into the familiar Desktop. In fact it is virtually undistinguishable from the Windows 7 desktop at first glance.

There are some differences though. The shading and drop-shadows have been removed from the “panes” and most of the button animations have been dispensed with altogether. Not only does it look cleaner but the subsequent drop in processor usage (along with other tweaks and nudges) means that it is actually faster in everyday usage than its predecessor.

In a report by Windowsreport.com, Windows 7 is found to out-perform Windows 7 in virtually all areas. Also, integrated security features are pre-installed. Some that were unavailable to Windows 7.

There are items that are not where I’d like them but having familiarised myself with it, I was able to arrange most of what I need into the Taskbar at the bottom of the screen.

What Microsoft have done is to effectively split the Desktop into three sections and once you’ve got the hang of it, it works quite well.

So was it worth it?

Overall, a painless exercise and has actually lead to some improvements of my PC’s performance.

Please be aware that some older machines will not comfortably run Windows 8.1, those with a processor running below 1GHz, but this also affects Windows 7. The full spec list will be published on my page.

Forced change it is, but not all change has to be for the worse (as we are all due to find out by the time this magazine reaches your coffee table). I must, however reluctantly, concede that in this case it works.

If you are looking to move on from Windows 7 then please feel free to contact me at my Tech Guru Facebook page: @techgurualmeria.

Take Care.

Hands up if you don’t like change!

Well that’s agreed. Unfortunately change is a necessary part of life. Whether it be the dreaded Brexit or the onset of Autumn.

With that in mind, I have been waving a fond farewell to Windows 7 this month. And to be fair, it’s not that much of a wrench. As many of you will undoubtedly know, support for Windows 7 ends in January 2020. I was therefore keen to find a suitable and cost-effective alternative. Windows 10 seems to have been plagued with issues from the start; driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes in driver incompatibility, bugs etc. It was rolled out for free, as a Beta (development) version in July 2015 due, partly, to changes 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We have all seen the famous photo of the Beatles walking across the zebra crossing toward Abbey Road Studios. Where did that all begin I hear you frantically ask.

In the 1920s, entertainment mainly revolved around the new BBC radio and records. “The Gramophone” company was responsible for producing the lion’s share of records in Britain. The company had a couple of studios in the West End of London and Hayes in Middlesex. The Gramophone Company merged with its competitor Columbia and in the early 30s, the newly named Merger, Electric Musical Industries (EMI) decided to look for a site where a cutting-edge set of studios could be built. Plots 3 and 5 in St John’s Wood, London were acquired and a 3 studio establishment was built, opening in 1931. Celebration recording was made of the London Symphony Orchestra, conducted by Sir Eddy Elgar himself. Studio 1 was big enough to house a 100 piece orchestra. With a 28 foot ceiling and clever acoustics, the results were fantastic. Studio 2, over the next 30 years saw recordings made of all the big bands, comedy acts such as Peter Sellers, Bernard Cribbins the Goons to name but a few. In June 1962, 4 guys from Liverpool walked into Abbey Road Studios to make a test recording with producer George Martin. That same day, 4 guys from Liverpool walked into Abbey Road Studios to make a test recording with producer George Martin.

June 1962, 4 guys from Liverpool walked into Abbey Road Studios to make a test recording with producer George Martin. The recording session was witnessed by a young secretary, who would later go on to write many, many Beatles songs.

The Beatles recording session was witnessed by a young secretary, who would later go on to write many, many Beatles songs. By today’s standard, the recording mixing consoles were quite basic. Record Engineering Development Department, REDD31, 376 were common use. These were valve based desks, made by EMI’s German division. There were not too many inputs to play with. 4 at the start but expanding to 12 latterly. Initially everything was mono. Recordings were made on EMI designed tape machines called RTR1, 2 (mono) and 3, which was a stereo, wow! They were huge machines, on wheels, about the size of a washing machine. The ½ inch tape used was the same as Joe Public would buy. The machines ran at a speed of 7.5, 15 inches a second, sometimes 30 at a push and special occasions. As time went on, these machines were replaced with Telefunken and Studer machines. An original BTR machine would fetch a lot of money these days. If you have one under the bed, let me know. EMI is on site development and maintenance engineers were responsible for squeezing every drop of performance from the equipment.

Processing the audio to be recorded was very important. This ensured that the sound heard when you played the record at home sounded as near to the original recording as possible. EMI designed a tone control box called a “Curve Bender”. This allowed the audio spectrum to be lifted and cut throughout the frequency range from 33Hz to 18,000Hz. The other “must have”, was the compressor. This machine, in basics, allowed the signals to be managed in relation to the dynamic volume range. The recording systems could not deal with the massive change in volume levels that our ears can hear. A compressor allows the loudest and quietest of passages to be equalized so that when a recording is played back at home, it sounds uniform throughout and “real”. EMI designed their own compressor, RS114. Fairchild 666 (written about previously) was another industry favourite device. These machines would command a very high price today.

EMI came up with lots of innovative techniques, Single Tape Echo, Artificial double tracking and a noise reduction system way before Dolby, more on which I will write about later. But, this invention, AOTC is really sexy. Automatic Transient Overload Control. This system deals with a common problem faced by the cutting of the groove in vinyl records. The groove in the record is modulated in depth and height in sympathy with the recorded signal. A cutting lathe is used in the master record making process. The spacing of the groove on the record is carefully considered. The closer together the grooves, the longer the recording can be. However, during loud passages, such as lots of bass or drums, the sides of the grooves can be bridged, causing the stylus in the record player to jump about. EMI came up with an ingenious system. The recorded material which was on tape, would, as usual be fed to the recording cutting lathe, making the master record. The cutting lathe set up would have been configured to fit the type of music being recorded to disc. But, an additional tape machine was included which read the audio a few seconds before and after the recording lathe. If this signal was deemed to be louder than normally acceptable, it instructed the cutting lathe machine to momentarily increase the spacing of the grooves to allow for the extra width of groove modulation. Brilliant. Not only did your record player pick up not jump off the turntable, you had an extra dimension of dynamic in the sound. Things like this are so good! Seth, Zeta Services.
Puzzle Time
Reverse Word Search

Each of these circled letters is the first letter of one or more of the words on the given word list.
Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search – horizontally, vertically or diagonally, reading frontwards or backwards.
Remember, any starting letter may be used by more than one word at the same time!

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Acing Cripples Meteors
Arsenals Destines Noble
Atomic Doves Noses
Avert Eagle Offers
Awoken Fable Paper
Baron Fanned Passing
Believer Fined Pence
Bredes Flutists Pockets
Bribe Garish Propped
Callous Guitar Railroad
Carrots Hopes Rascals
Ceiling Inferno Shoal
Climbs Kiwis Smith
Cones Lusts Spins
Cortex Meant Sunniest

Puzzle solutions on page 98
Local Family Goes Organic

After all the trauma following the September floods, we are pleased to announce that we are now dry again! Who would imagine that living in a desert could possibly include that amount of rain water? Whoever decided the area was a desert, needs to go back to school! So, on that note, putting rain, water and floods to one side, life carries on. The chilly area was a desert, needs to go back to school!

We can still see what we are doing. Chores are being done much earlier whilst now being lit every evening and the regular nights have returned once more, the fire is floods to one side, life carries on. The chilly So, on that note, putting rain, water and

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floods, we are pleased to announce that we

After all the trauma following the September

Local Family Goes Organic

Visa our office: Ctra de Lorca-Baza (A334), Los Llanos, Arboleas, 04660

The pigs over the past few weeks have been a nightmare. “Get some pigs”, someone said a few years ago. Apparently, they are lovely, cute little animals, friendly, well behaved, funny and easy to keep! Well we have news for you. They are cute and small, whilst young. They are cheap to feed as well. All sounds good doesn’t it? The reality is something else. Pigs are strong! Pigs need exercise! Pigs eat everything in sight if they get out!
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FIREWOOD

SALE OF OLIVE FIREWOOD

<table>
<thead>
<tr>
<th>Product</th>
<th>Price per container</th>
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<tr>
<td>Mixed Olive Wood</td>
<td>320€</td>
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<tr>
<td>Olive Wood without root</td>
<td>400€</td>
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<tr>
<td>Trailer</td>
<td>125€</td>
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<tr>
<td>Mixed Olive Wood</td>
<td>150€</td>
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<tr>
<td>Olive Wood without root</td>
<td>150€</td>
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<td>Small Container</td>
<td>35€</td>
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<td>Big Container</td>
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ENGLISH SPoken

Rocío Jurado – The Greatest

Maria del Rocio Trinidad Mohedano Jurado, better known as Rocío Jurado, was an internationally recognised Spanish singer.

She was born in Chipiona in Cádiz in 1946 into a family of modest economic means, the daughter of a shoemaker. Her mother was a housewife.

Both her parents were dedicated amateur singers; her father Fernando Mohedano, dedicated his free hours to singing flamenco, and her mother an avid singer of Spanish songs.

Rocio made her first public appearance when she was just eight years old in a school play; she sang at Mass in the local church and participated in school festivals.

When she was 15 her father died, and Rocío had to help holding the precarious family economy together, and she worked in her father’s shoe workshop and picking fruit – nevertheless finding time to participate in Radio Seville’s competitions.

She soon earned the nickname ‘La niña de los premios’ – the Girl of the Awards, because she won all the radio contests she entered. In her first competition she won 200 pesetas, a bottle of lemonade and a pair of stockings.

Her mother encouraged her to move to Madrid where a family friend helped her with introductions to people in the business. But it was not until she met the famous flamenco dancer and singer Pastora Imperio that her career took off.

Pastora immediately signed her on to a flamenco show she was running, although Rocio not yet was of age and not permitted by law to participate in live entertainment. When asked she said she was born in 1944, two years earlier than she really was.

This occasioned doubt of her real age throughout her life. Professionally, Rocío Jurado started with a repertoire dominated by the copla genre which had been slowly dying a death, but which she managed to revive with her energetic interpretations of the music.

She also gained popularity in the 60s and early 70s as a television actress before reaching international fame when she widened her repertoire to include romantic ballads with orchestra accompaniments and sported a more ‘European’ look; she alternated her long-tailed flamenco dresses with sumptuous evening dresses, sometimes commented on for their boldness.

Her best known successes were recorded in the 70s and 80s and included titles like ‘Si amanece’, ‘Como una ola’ and ‘Lo siento mi amor’.

Continued on page 42 ....
Although Rocío was equally loved in Spain for her Spanish folklore music and the romantic ballads, it was the latter that brought her international fame, not least in Latin America. Here her music retained its popularity for even longer than in Spain, which probably explains why she included Mexican and Caribbean style music in her repertoire. In spite of her international successes, Rocío never turned her back on her Andalucian roots, and in the 80s and 90s she recorded and performed Flamenco music with some of the greatest names in the genre, amongst others Camarón de la Isla, Tomatito, Manolo Sanluicar and Lola Flores. Rocío Jurado obtained true international recognition for her talent in 2000 when she received the award La Mejor Voz Feminina del Siglo XX (the greatest female voice of the 20th century) in New York. In August 2004 Rocío underwent a complicated operation, and the following month at a press conference she announced that she had an allergic reaction to one of the medications she was given and spent the next two months in and out of intensive care before returning to Spain at the end of March. After a year of professional inactivity Rocío appeared in a TV show called ‘Rocío… Siempre’ (Rocío… Always) in December 2005, and she demonstrated an unexpected amount of showmanship which showed her to be in great shape. However, in January the following year she was admitted into the MD Anderson Hospital in Houston for a simple minor operation, but she never recovered fully after that and on 1st June 2006 at 05.15 near Madrid, finally losing her battle against cancer. Her body was transferred to the Cultural Centre on Plaza Colon in Madrid where a mortuary chapel was installed for her wake. The following day she was moved to the town of her birth, Chipiona, where more than 20,000 mourners attended before her remains were laid to rest at the San José cemetery. Rocío Jurado was loved by all of Spain and by millions abroad, and each year ‘Día Internacional de Rocío Jurado’ is celebrated in her native Chipiona. On June 2nd every year, relatives, friends and fans from all over the world meet to pay tribute to the lady who was universally known as ‘La Más Grande’ – The Greatest. 

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G is for Garlic 

You may have noticed animal feed shops throughout the region currently sell bunches of white garlic for splitting and then planting. It grows away a little then has a sleep before setting off again before harvesting in late spring. Purple garlic or Ajo morada is usually planted in December or later and harvested in early summer. The most famous purple garlic is that grown in Cuenca by the Las Pedronas growers and is a protected brand (IGP) meaning it is a designated crop from that area and is known as Ajo Morado de Las Pedroneras. Garlic (Allium sativum) is a relative of the onion (Allium cepa) and also of leeks and chives etc. It is one of the most widely grown crops in Spain and carries a great deal of tradition and is also very easy to grow in the garden and in containers if you don’t have a garden. The main thing to remember is to never grow garlic in the same piece of ground two years running as you will greatly increase the danger of insect attack. Like everywhere else, there are always wee beasties waiting to demolish our precious growing efforts! Garlic can succumb to various types of Rot, Fungus, Rust and Mosaic not to mention Mites, Onion Maggot, Leaf Miner, Thrips and Nematode so vigilance is key when looking after your crop. Garlic is native to Central Asia and Iran and has been used for centuries as a food and in medicine and in Ancient Egypt, the slaves building the pyramids were fed garlic daily to ensure good health and strength. Many ancient cultures used garlic as they believed it could ward off vampires and cure all sorts of diseases and ailments including the Bubonic Plague (which still exists today in some countries).
It has now travelled the world thanks to explorers and travellers and is used in most every continent these days. There are over five hundred varieties of garlic available today.

You either love it or hate it! Garlic contains some pretty impressive constituents which, as proved by current health bodies worldwide, do actually benefit human medical conditions such as lowering cholesterol, fighting cancer and reducing build up of plaque in blood vessels. Needless to say, research is always ongoing.

Despite the fact that there are hundreds of varieties of garlic, Spain seems to offer very few varieties, the commonest being Spring White, American White, Morados and Violet. All parts of the garlic plant are edible, and the green stems are very tasty added to omelettes or stir fries etc. The growers also remove the flower stalk here whereas in the UK for example, this part of the plant is a valuable addition to the culinary scene.

I think the tendency here is to believe allowing the plant to grow a flower stem with buds attached, or scape, will waste energy that could go into growing the bulb bigger. However, garlic scapes are big business for growers who sell them on to high end restaurants. If the scape is allowed to develop fully it will produce tiny bulbs which can be removed and dried and planted out next planting time.

My local small shops also sell elephant garlic bulbs for planting. This variety isn’t actually a true garlic being more closely related to leeks. It is quite mild so more suitable for people who don’t like the strong taste of true garlic. Another popular variety but possibly not yet available here, is solo garlic. This consists of one single bulb with no individual cloves attached. This variety has been known in China and the Himalayas for centuries.

Again, this is very popular in the UK so maybe it will make its way over here soon although it may be too hot for it here! The flavour is fairly mild. It can be baked whole or sliced and fried. If you want to grow it yourself, it will take a couple of years as you have to let your first crop flower then collect the bulbils and dry and grow them and then you’ll have your own solos.

Then we have the new kid on the block.......Black Garlic! Of course, it’s not new at all, having been used in Korean, Thai and Japanese cookery and medicine for centuries. It is fresh garlic that undergoes a fermentation process consisting of a long cooking time in high humidity and at a fairly high temperature. All sorts of complicated changes occur in the garlic during this process and the resulting product neither looks nor tastes like garlic. I love it and have to stop myself from picking at the sweet, chewy delights throughout the day!

During the fermentation, the allicin in the garlic, which is the chemical that gives the garlic its distinctive taste and aroma, undergoes a change and the finished bulbs become almost sweet and gummy! Yummy! Delicious blended with mayonnaise or olive oil for a dip or a dressing. Black garlic is ace! Mercadona sell little potfuls of it. You can have a go at making your own black garlic, but your electric bill would probably be off the scale at the end of it! www.cactusinspain.com
Although the blue whale cannot be said to be a particularly Spanish beast it does, like us, quite enjoy a visit to the Canary Islands in winter, and it can also occasionally be seen off the coast of Cantabria.

So being a great lover of whales, I have permitted myself to include the blue whale in our monthly fauna feature.

The blue whale (balaenoptera musculus) is the largest living creature on Earth. Some specimens have been observed to be up to 33 meters long, weighing 190 tonnes. However, this was in the 30s, and these enormous creatures did not survive the ruthless whale hunting of times gone past. The largest specimens today measure up to 25 metres, the females being slightly larger than the males.

The blue whale is easily confused with his cousin the fin whale which has a similar shape and size; however, the fin whale’s colouring goes between dark grey and black as opposed to the blue hue of this month’s protagonist.

The stomach of the blue whale often looks grey or yellow-ish due to the algae that adhere to his underside. The upper side of the whale is blue or blue-grey. He has a large, slim head which measures almost a third of his total length with lengthways stripes on his throat. Of all the species of whale, the blue whale has the biggest baleen plates – half a meter wide and one meter long. They are suspended from the upper jaw and are used for filtering the crustaceans that constitute his staple diet.

On top of his head, the blue whale has two blowholes used for breathing. Every so often when the whale breathes out he emits a column of vaporized air which can be up to 9 meters tall.

The individual blue whale specimens can be identified by their dorsal fins which are proportionally small and different in each individual.

When the blue whale is exerting himself his heart rhythm is between 18 and 20 beats by minute as opposed to 120 in humans in the same situation. An adult person could stand straight inside the whale’s widest arteries which measure 1.80m. His heart weighs almost 200 kilos.

In the right circumstances, a blue whale can live up to 90 years.

Blue whales live in all the world’s oceans, and in winter they can be seen around the Canary Islands; they prefer spending the warmer months in Arctic waters.

Blue whales usually live alone or in pairs. In the mating season they all tend to meet up in certain areas and the females often form groups when they bring up their calves, and sometimes even share the babysitting with female fin whales.

The whales’ singing has been much investigated, but even so no firm conclusions have been made. It seems clear that the whales use their singing as a means of communication although what it is for nobody is sure. According to some studies, a large whale’s singing can be heard and understood by another individual at up to 4,000 km’s distance; if this is true, the whales have the oldest and most extensive communication network on earth.

The blue whale is easily confused with his cousin the fin whale which is slightly larger than the males.

The blue whale reaches sexual maturity at the age of five. The female appears to make her decision according to the rituals and the female will always choose the largest male. Until now, however, we have been unable to determine the ‘singing’ ability of the male.

The gestation takes 10-11 months. When the calf is born it measures 6.7 meters and weighs 3 tons. It lives off the mother’s milk for seven months, and it takes two to three years before mum is ready to mate again.

The most important part of the blue whale’s diet is krill. He can eat up to three tonnes a day (2-4% of his weight). He can also eat small fish (sardines, anchovies and herring) depending on where he is and the time of year.

His top speed is 30 km/h, but he usually moves about at less than 10 km/h. The young ones enjoy making spectacular jumps out of the water from time to time.

The blue whale can stay emerged for up to 30 minutes and go down to a depth of 150 meters although he usually only feeds down to a depth of 100 meters.

Normally blue whales live alone or in pairs. In the mating season they all tend to meet up in certain areas and the females often form groups when they bring up their calves, and sometimes even share the babysitting with female fin whales.

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The blue whale’s singing is very slow and monotonous, and only partly distinguishable to the human ear.

The blue whale was almost extinguished through intensive hunting in the 20th century, but thankfully worldwide bans and public awareness have turned the tide, and it is thought that there are between 10,000 and 25,000 blue whales alive in the world’s oceans today.
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Maurice and I were enjoying a large brandy after a particularly good meal we'd had with our wives at one of our favourite restaurants. Without really thinking I asked him how the food had been when he was at sea, sometimes for weeks and months on end.

"Actually, it was very good," he replied.

"Really?" I said, with surprise. I had visions of a diet of hard tack and brackish water.

"You've been watching too many 'Pirates of the Caribbean," he retorted. "No, the Shipping Company gave us first class chefs, so the food was always good. It was important the Officers and crew ate well."

"Did they stay with you for the whole trip, or change at each port?"

"They signed on for the complete voyage, except for one chef, I seem to remember."

"Why, what happened to him?" I asked.

"Well, he wasn't very good...the crew threw him overboard and I had to lower a boat to pull him out! Luckily for him, we were in Port at the time!"

From being the youngest bosun in the Merchant navy it took Maurice the best part of ten years hard work to obtain his Masters Ticket. This was as 'Master Home Trade' which meant that although he was a full Master, he was restricted to command in UK waters.

"You must have been really proud" I remarked.

"I was! I was about 28 or 29 and I'll never forget my first command. It was a small coastal tanker called the 'Vibrant'. I picked her up in Liverpool to deliver her to Harwich Harbour, a 2 ½ day trip round the coast, nothing too difficult you would think. Unfortunately, as we approached Harwich, we ran aground!"

"No, you're joking! How did you manage that?"

"Wasn't actually my fault," said Mo, indignantly. "It was a sandbank which wasn't marked on any charts. There was a hell of a stink though, a Court of Enquiry and everything. They found it was the Cartographer who failed to mark it, so I was in the clear."

"Not the best way to start a new job," I said.

"No, and we had to wait for high tide to float her off."

It was during one shore leave that Maurice met and would eventually marry his first wife. The strain of being away at sea for sometimes months on end led him to give up sea voyages to spend more time at home with his young bride. However, the call of the ocean was too strong for him to abandon it altogether, so he joined Trinity House. This was the charity that was formed in 1514, the time of Henry VIII, that is dedicated to safeguarding shipping and seafarers and is responsible for maintaining Lightships and Lighthouses.

Continued on page 52 ......

Another Conversation with a Friend........

By Vic Davey
Maurice was with Trinity House for around 18 months and during that time also took a Radio Operator's course, which was run by the Post Office, and, of course had other experiences, each with their own story to tell.

However, events were to take an important turn in his life which led to him giving up the sea altogether.... at least for awhile. Maurice's son Caine was born, and he decided it was time to get a 'proper job'.

Unfortunately, the long weeks and months spent away from home took its toll and, eventually, Maurice's marriage failed and they parted. "It was mostly my fault," he says sadly, even to this day, "all the time I was away was just too much. Caine stayed with his mum, but I am still close to him and proud of him."

After years of long sea voyages and many adventures, Maurice banked for something nearer to home and so joined the Cross Post Office, and, of course had other experiences, each with their own story to tell. He even took a Radio Operator's course, which was run by the Post Office.

Maurice joined as a leading seaman, ferrying Pilots to and from ships entering and leaving Port. "Not as easy as you might think," he said, "steering a small tender alongside a much larger vessel and getting them together, often in a strong swell and at the same height in order for the Pilot to get on board without losing him over the side."

"How long did you stick that for?" I asked, laughing at the thought. "2 1/2 weeks!" was the reply. "It just wasn't for me, knocking on doors trying to sell things no one wanted. But I do remember calling at one house and a little old lady came to the door. I did my usual spiel and she said she didn't want anything, until I mentioned she could have a free gift. I bent down to open my case and there was a horrible tearing sound. I apologised to her and said I'd have to come back later when I'd changed. She wouldn't hear of it. 'No, no, she said,' you come in and have a nice cup of tea and I'll sew your trousers up for you'.

"So, you can just picture it, can't you, there was I, sitting in front of her fire, drinking tea dressed in a suit jacket, collar and tie and no trousers! It was a strange 2 1/2 weeks I can tell you, with other amusing stories too."

"But did she buy anything?" I asked

"I can't remember now"........

Eventually, economics played a hand in Maurice returning to his first love, the sea.

"The problem was, I couldn't do anything else. I'd been at sea since I was 15, it was all I knew. We had a mortgage to pay and the money was too good to ignore, so I signed on to a new ship which would take me away for the next 2 1/2 years, and which meant I was able to pay off that mortgage."

Continued from page 51
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Cortijo/Country House Huercal Overa Ref - R02085 119,000€

Cortijo/Country House Huercal Overa Ref - R02124 79,000€

Villa in Huércal Overa Ref - R01947 189,000€ (OFFER)

Villa in Huércal Overa Ref - R02073 149,000€

Lovely villa situated just 10 minutes from Huércal-Overa. Private Pool. Air Conditioning. Beautiful views across the countryside.

Apartment in Vera Playa Ref - R02083 84,000€

Villa in Huércal Overa Ref - R02073 149,000€

OFFER

I had a call one day to say that there were problems in the building of a new ferry in Germany for Townsend Thoresen and could I get over there to sort out the Deck Department. So, I went and spent months at a time there, working on her and other new builds.”

The new ferry was the ‘Herald of Free Enterprise’ which, unbeknown to him, was later to play an important part in Maurice’s life.... the tragic ferry disaster in Zeebrugge in 1987 which claimed so many lives.....

Called there to assist shortly after the tragedy, Maurice was deeply affected by it and, to this day, finds it difficult to talk about. He had to receive counselling for some time afterwards and requested that I don’t include any of the details in his story, out of respect to the families and survivors who just might pick up this magazine and be reminded of what occurred that fateful night.

“Regular jobs were becoming difficult to come by,” he recalled. “I worked for 3 weeks as a baggage handler for Sealink, then as a cleaner at Folkstone for 4 weeks. I was happy to do anything which gave me a pay check.”

It was while working for Sealink that he met the current Mrs Friend.

“There’s always a downside, Mo,” I said, as we finished off our brandies and prepared to leave the restaurant. However, our wives had other ideas and had ordered another round....Maurice continued his story......

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“There’s always a downside, Mo,” I said, as we finished off our brandies and prepared to leave the restaurant. However, our wives had other ideas and had ordered another round....Maurice continued his story......
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### Apartments available for Purchase, Long Term Rent or Rent-to-Buy

- **REF: ME 2117** **PRICE: €249,000** - Beautifully renovated and decorated townhouse on Sunniverse urbanisation with south facing terraces and garden and very centrally located only minutes on foot from all amenities. 3 bed / 2 bath. Less than 50m from the beach. Lovely communal pool & gardens. AC, Garage. Built area: 99 m², Plot: 159 m².
- **REF: ME 2118** **PRICE: €169,000** - Light, ground floor apartment with 3 bed / 2 bath and large lounge – diner. Wood burning stove. Leaky private front garden facing south on a small, quiet complex near the Parque Comercial. AC, Communal pool. Parking space. Built area: 98 m².
- **REF: ME 1424** **PRICE: €148,500** - Lovely apartment on frontline with excellent sea views and within easy walking distance of restaurants, bars and the promenade. 2 bed / 2 bath with open plan lounge-diner. Covered terrace with coastal views. Small complex with very nice community pool & gardens. Underground garage space. Apartment is in immaculate condition. AC. Built area: 79 m².
- **REF: ME 1524** **PRICE: €148,500** - Lovely apartment on frontline with excellent sea views and within easy walking distance of restaurants, bars and the promenade. 2 bed / 2 bath with open plan lounge-diner. Covered terrace with coastal views. Small complex with very nice community pool & gardens. Underground garage space. Apartment is in immaculate condition. AC. Built area: 79 m².
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- **REF: ME 1566** **PRICE: €495,000** - Impressive villa with Moorish features in an elevated position with panoramic views in Mojacar. 3 bed / 3 bath / 1 cloakroom in the main house with sitting room, dining room, office, second lounge, large kitchen and conservatory. Pool. Guest wing with 2 additional bed / 2 bath and living area. Built area: 545 m², Plot: 5,605 m².
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### 1-2 bedroom apartments available for Long Term Rent or Rent-to-Buy

- **REF: ME 1200** **PRICE: €159,000** - Attractive village house on the edge of the pretty market town of Lubrin, on a quiet residential street. 4 bed / 2 bath with a pretty terrace with open views of the mountains in the distance. Built area: 146 m².
- **REF: ME 1210** **PRICE: €295,000** - A unique, stunning apartment on the top floor of Parque Residencial urbanisation with fabulous views of the pool and the sea. 3 bed / 2 bath with open plan kitchen lounge-diner and an east facing terrace. Original marble bathrooms. Includes a garage space and storeroom. Built area: 84 m².
- **REF: ME 1566** **PRICE: €495,000** - Impressive villa with Moorish features in an elevated position with panoramic views in Mojacar. 3 bed / 3 bath / 1 cloakroom in the main house with sitting room, dining room, office, second lounge, large kitchen and conservatory. Pool. Guest wing with 2 additional bed / 2 bath and living area. Built area: 545 m², Plot: 5,605 m².
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Rodalquilar

Rodalquilar is an unpretentious village of approximately 200 inhabitants situated inland in the Cabo de Gata national park between San José and Las Negras.

Even if you have never been there, chances are that you have seen it, as several films have been at least partly set in the area, notably ‘For a Few Dollars More’ with Clint Eastwood and ‘Indiana Jones and the Last Crusade’ with Harrison Ford.

But the village has another past as well, apart from being a film set.

It has been a mining village since time immemorial, mining having been started in the area already in Roman times. The Romans, and later generations, mined for zinc, lead, silver – and especially alum, which was much sought after in the middle ages for dying fabrics.

The mines were valuable and were sacked more than once by pirates, so a tower (Torres de los Alumbres) was constructed in 1508 as a defence against attacks from the sea, and the ruin of it still stands a kilometre from the coast.

In the village of Rodalquilar there is a plaque commemorating its past:

"Rodalquilar is a village of mining origin located in a closed valley and surrounded by mountains rich in gold. In 1930 the extraction of gold began. In the early days the population reached a thousand. In the 1960's the village was abandoned, being a silent witness to the past.

Rodalquilar is known for its semi ruined mines, its romantic church, colonial style housing, school, guard house, stores, and a more than interesting botanic garden of indigenous species, it is a mix of an oasis village and an example of lonely industrial architecture and emerging beauty."

In 1883 gold was discovered in the Las Niñas mine about 1.5 km from the village. However, the gold was embedded in the rock, not readily extracted, so it was exported by ship to Mazarrón and sent on to a foundry where it was treated to obtain ingots consisting of lead and gold. The ingots were sent to Antwerp where the lead and gold were separated.

However, a more interesting find was made in the María Josefa mine in 1915, where not only gold ore was discovered, but also gold lying free in the ground. This led to a veritable gold fever with prospectors coming from near and far, both of Spanish and other nationalities and even representatives of the Spanish government.

Various mining companies were set up, both local, national and international and mining for gold carried on with its ups and downs and even complete stops until 1990 when the last mine was finally and definitely closed. In its heyday Rodalquilar was home to over a thousand souls, now it counts about 200.

Visiting the village today you can still see some of the mining equipment, although it is in ruins. The Denver Plant, which was abandoned in the 1960s, dominates the village from its situation on a nearby hill where you can still see the concrete structure of the processing plant.

The place has not yet been turned into a tourist attraction, so be careful as there are no warning signs or railings. However, Rodalquilar offers an unusual opportunity to see (the leftovers of) a real life mining village with no attempts of glorifying the past.
Royal British Legion in Spain

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Spanish Airports - part 2

Last month we looked at Madrid’s three airports and, fairly predictably, this time we will take a look at Barcelona.

Barcelona’s first airport was opened in 1916 at El Remolar, just to the north of the existing airport. However, it soon became apparent that the site offered little opportunities for expansion so in 1918 the airport was relocated a few hundred metres south to an area covering parts of the municipalities of El Prat de Llobregat, Viladecans, and Sant Boi. It is usually known as Barcelona, El Prat Airport.

Visitors to the airport will have noticed its closeness to the sea. This was good because in the early days of flying, landing on hard ground could be a bit hazardous so landing on the sea seemed a safer option and required less infrastructure! In the early days of the airport, it was home to the seaplanes of the Spanish Military, it was also the base for their Zeppelin fleet. Locating the airport from the air was assisted by the word “PRAT” painted in large letters in the middle of the field.

The first plane to use the field was a flight from Toulouse to Casablanca, stopping en route to refuel. It was not until 1927 that the first commercial flight took off. It was also Iberia’s first flight and, unsurprisingly, to Madrid.

Until 1948 aircraft using the airport had to manage without a proper runway, but as the planes became heavier this was a state of affairs that could not be allowed to continue and what is now known as runway 07L–25R was constructed. It was finished just in time for a Pan-American World Airlines Lockheed Constellation to land and then take off for New York on the first transatlantic flight. It was not until 1970 that this became a regular service, with an intermediate stop in Lisbon. In November of that year, the air shuttle between Barcelona and Madrid was inaugurated. A dedicated terminal was opened for it and until 2008 it was the world’s busiest route. At its peak in 2007, it had 971 flights per week. (As of the last week in October 2019 it is down to 203 each way.)

Continued on page 64 ....
opened most of the traffic was handled there, leaving Terminal 2 standing idle. It was decided to reduce landing charges to encourage low-cost airlines to use the airport. This was highly successful, but there is still spare capacity in the Terminal. Despite the spare capacity it is planned to build a third terminal!

There is a long-running dispute between the Catalan and National Governments over the management of the airport. Currently, it is managed by AENA, a national company. Profits generated by El Prat are therefore used to assist projects at other airports. The Catalan Government would like to see more (or all) of those profits retained within Catalonia.

El Prat is the second-largest and second busiest in Spain and the seventh busiest in Europe. Despite all of that it handles very little traffic beyond Europe. The busiest route is to Gatwick; in a list of the 25 busiest routes the only two outside of Europe are Dubai (16th) and Tel Aviv (24th). Over the course of the year 90 airlines use El Prat and during the last week in October there are 3,381 scheduled departures to 201 different airports in 62 countries.

Vueling carries by far the greatest number of passengers through El Prat, with over 17 million in 2018. (Out of a total of 50million.) Ryanair is in second place with just under 7 million. In fact, Vueling carried more than the next 6 airlines together.

Since 27th February the airport’s full name has been Barcelona-El Prat Josep Tarradellas Airport after a former President of the Generalitat of Catalonia.

As an aside, I will say a little about the naming (or numbering) of runways. Barcelona has 3 runways, one of these is called 02/20. First a plane arriving at El Prat from over the Med will head towards a point that is 20 degrees from north (in a clockwise direction). A plane coming from the north will need to head for compass point 200 degrees from north. The other two runways are parallel to each other and have the same numbers 07/25 (70deg/250deg). To differentiate them they are designated left and right as they are approached so they become 07L/25R and 07R/25L. Obviously left and right are the other way around when approached from the opposite direction! In giving instructions to pilots the numbers are given, for example, as two five rather than twenty-five.
What is Happening in the Local Property Market?
By Voss Homes Estate Agents - Huércal Overa

As expected the market has really picked up in October and early November with buyers coming from the UK, Spain, Belgium, The Netherlands, France, Germany and Scandinavia etc.

At the time of writing we obviously don’t know what Brexit will bring us but as far as we are concerned the end of 2019 will be great and 2020 will be even better.

Right...This month I want to discuss one of my pet hates...OVERVALUING...and why you should not do this or let estate agents do this in an attempt to impress you and get your property on their books.

Obviously, your agents mission is to get the vendor the highest price possible. However, we are estate agents, not magicians. Many vendors falsely believe that if they over value their property they will get a higher selling price.

The truth is that properties initially priced above market value tend to sell for less than they should have done than if they had been priced correctly in the first place.

This is what happens if you over value:-
1. You set a high initial price above market value hoping to attract a high offer.
2. No offers are made so you decide to sit and wait.
3. In the meantime, your overpriced property actually makes more competitively priced property look better value for money – you actually help other properties sell before yours.
4. Finally you make a small reduction. Still nothing happens so you reduce the price again, but it still does not sell.
5. The problem now is that so much time has passed the property been so overexposed to the market and has become a ‘stale listing’. One of the first questions buyers ask is “how long has it been on the market?”.
6. Your property is now possibly in worse condition so harder to sell which means it will attract less interest or lower offers.
7. Buyers start to think “What’s wrong with this property?” – They have lost confidence in your property and continue to stay away.
8. Now to try to generate offers you have to reduce your price below Market Value to counteract the negative stigma now attached to your property.

By Voss Homes Estate Agents - Huércal Overa
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WITH HALLOWEEN BEING SAFELY BEHIND US, IT WOULD BE EASY TO THINK THAT THE PUMPKIN HAS LOST ITS RELEVANCE. FAR FROM IT! THERE IS STILL A MONTH OR TWO LEFT OF ITS SEASON, SO LET US MAKE THE MOST OF IT.

In Spain, pumpkin is actually in season from April to November or December, but seeing as the season in northern Europe goes from October to December, we all tend to look upon it as an autumn and winter vegetable. The pumpkin is an excellent choice for the health conscious: It contains only 18 kcal per 100 g, so you can eat until you are full without piling up too many calories. It also has low carbohydrate content: 4.2 g per 100, so it is not going to make your sugar levels go mad either.

However, it is not very rich in fibre, so if you make a lovely pumpkin soup or salad, you will benefit from enjoying some rustic wholemeal or rye bread with it as long as you haven’t filled the dish with lots of other carbohydrates.

Pumpkin also provides you with folic acid, potassium and vitamins A, B and C.

刷头切下带有一个小的白色蜡状的南瓜。”

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Pumpkin lends itself to many different preparation methods; you can mash, roast, boil, fry or preserve it, and its seeds are excellent for toasting with or without oil and salt, depending on what you are going to use them for.

The most frequently seen pumpkins in this area are butternut squash and the large cucurbita maxima which you see in the vegetable markets. There you ask the stall holder to cut off a piece the size of your choice. On rare occasions you may also stumble over smaller size pumpkins that are actually possible for one family to devour.

A new-ish variety is the so-called spaghetti pumpkin or spaghetti squash, which offers a healthy alternative to our old fashioned spaghetti. You split it in half lengthways and scoop out the seeds. Brush the cut sides with a little neutral oil and roast the pumpkin in the oven at 180ºC for 50-60 minutes cut side down. When the beast is cooked and it is easily pierced with a fork, use the same fork to scrape out the flesh – it comes out in long strings like spaghetti! Serve it with whatever you would normally serve with your pasta.

The best way to store this oversized berry (yes, the pumpkin is actually a berry!) is in a cool, dry place. Damp is the harvested pumpkin's worst enemy, and it does not like to live in the fridge either; there it goes limp, just like cucumbers do.

But kept in the right environment, an 'unopened' pumpkin can keep for over a month.
Three from Lidl

By Bill Riley

First a lovely rich, full red from Bodegas Briego near the village of Fompedraza in the D.O. of Ribero del Duero. SUPERNOVA ROBLE 2017 14% is made from Tempranillo grapes with just a splash of Merlot. The brothers Beneto, Fernando and Javier Hernando-Gaspar established the vineyard, which covers 77 ha (190 acres), in 1998 with the aim of making top quality wine. They have gradually increased production and currently produce 400,000 bottles annually. SUPERNOVA is well balanced, soft, fruity and very quaffable. It is capable of standing up to the heartiest of dishes and is perfect with a beef casserole. 5.99 euros.

JARDINERO SAUVIGNON 2018 12.5% is a white wine made from a blend of Sauvignon Blanc and Muscat grapes. The Muscat softens the more acidic Sauvignon and also adds a hint of sweetness. Jardinero means gardener and the label shows a rather demonic looking individual wielding gardening shears in a less than friendly manner! The wine is produced by Bodegas Cuzares in Valdepeñas. Cuzares are owned by Felix Solis SL, one of the biggest wine companies in Spain who also produce THE GUV’NOR an excellent full bodied Tempranillo available at Mercadona for 2.50 euros. JARDINERO SAUVIGNON is light, aromatic, easy drinking and goes well with pasta or risotto though it probably does not have sufficient acidity for fish dishes. 2.39 euros.

MURVIEDRO EKO 2018 is a delicious full red wine made from Montastrell grapes grown in Alicante but produced at Bodegas Murviedro in Requena to the west of Valencia. MURVIEDRO EKO is an organic wine and has won many awards. Bodegas Murviedro are owned by Bodegas Schenk which was founded in Switzerland in 1893. Since then the company has expanded and now owns wineries in France, Switzerland, Italy, Spain and Germany. MURVIEDRO EKO is a very well made wine with just a hint of oak. I am very pleased to recommend this wine which goes well with most red meat dishes. 2.99 euros.

The three wines above are all available at branches of Lidl and are exceptional value for money. © Bill Riley
Beer from Belgium, our national pride!

When you are in a Belgian pub you notice that every type of beer is poured in a different glass. Every beer has its own type of glass and even every brand of beer has different glasses for every type. So you have a lot of beer glasses.

This article makes it clear to you why there are so many beer glasses. You will also see which beer glass matches which type of beer. For foreigners it is strange that Belgians make a remark if someone pours a beer in the wrong glass.

As each beer type has its own character and taste, it is important that every beer has the space to “wake up” and develop its taste. Each wrong glass.

Even when you drink wine, you ensure the right glass for great taste experience. You would use a different wine glass for white wine than for red wine. An AnDer glass is best suited for red wine, wine glasses connect odors just like beer glasses and ensure that new flavors can develop. Every sip must touch the right taste senses!

AnDer Glass

If you participate in a beer tasting, it is best to use an AnDer glass because there is no better one, you want to be able to smell the hops and malt scents while drinking. Because of this you will need a little space of glass beyond your mouth and nose. A real AnDer glass is the best if you want to taste beer.

Even when you drink wine, you ensure the right glass for a great taste experience. You would use a different wine glass for white

wine for Trappist beers or for beers with a high alcohol percentage. It is recommended for beers with an alcohol percentage higher than 8%, such as the Belgian Tripel, Abbey, Trappist beer and other high fermentation beers such as the Golden Carous.

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Continued on page 74 ....

Flavored beers gradually come out. The foot prevents your hands from overheating the beer while drinking. The tulip glass is very suitable for nuanced types of beer, such as the davel, and other types of beer with a high carbonic content, because the bubbling at the bottom of the glass can take place undisturbed.

The chalice glass:

The chalice has similarities with the tulip glass, but it is lower and wider, while the content is also smaller.

The chalice should be held as a bowl, so that the hands heat the glass and the beer, which brings out the more subtle traits of the beer. You can also turn the beer over to release the flavors that are stuck from below.

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Continued on page 74 ....

Attention: never put your beer glasses in the dishwasher - wash them in lukewarm water with a suitable detergent and rinse them under running cold water. Always pour pilsner beer in a wet fresh glass and other beers in a clean dry glass and remember a clean glass for every beer never pour a new beer in a used glass.
With the chalice, the switch to this month's beer is of course quickly made, namely the Westmalle dark or double.

Westmalle Dubbel:
If you ask for a Trappist in a Belgian pub you will usually get the dark version as opposed to the blonde Trappist - you will ask for this as a triple of ... The dark, red-brown Trappist beer from Westmalle, the Dubbel, contains a rich and complex taste thanks to secondary fermentation in the bottle (7%). It is characterized by notes of caramel, malt and fruity esters reminiscent of ripe banana. The first encounter with the Dubbel van Westmalle is a cream-colored thick foam head. After drinking, it leaves a nice lace in the glass. But the real memory of this balanced Trappist beer with a soft mouthfeel is undoubtedly the long, dry finish.

The Westmalle monks have been brewing a dark Trappist beer since 1856 alongside their existing meal beer. In 1926 they adjusted the recipe and brewed the beer a bit heavier as a triple of ... Westmalle Dubbel is best known in 33 cl bottles. But the Westmalle Dubbel, although many often call it Trappist. That recipe is still the basis for the Westmalle Dubbel that we know today.

Westmalle Dubbel is also tapped in around 150 carefully selected catering establishments from 20, 30 and 50 litre barrels. In these barrels, this living beer evolves slightly differently and acquires a different, slightly sweeter taste than from a bottle.

You can also taste a Dubble from 75 cl bottles, in which the beer matures differently than in a smaller bottle. The softer aftertaste particular stands out.

And if this Westmalle dubbel has awakened your curiosity, you can always come and taste it, one or more at ... El Mirador in Albox, plaza nueva (close to the donkey statue)

Next time I will tell you a little more about the correct pouring of beer.

And about Lambic and fruit beers

Cooking with Nina

Yippeee, Oven Time Again!!!

I thought the cooler weather would never find us again, but thank God we are now getting a little respite from the strong heat!

So what better way of celebrating it than getting into the kitchen and turn on the oven for some serious cooking?

Here are a few ideas of lovely dishes to cook in your oven.

Pear Crumble

Last month’s Buen Provecho product was pears, and I fell for them after researching, so I promptly went out and bought some. However, truth be told, I have never been a great lover of pears, and unfortunately that hadn’t changed with my infatuation.

So I decided to use them for crumble, ‘cos once they are cooked I do appreciate them, and this time was no exception!

Ingredients for four:

4 pears, peeled, core removed and cut into chunks
100ml light muscovado sugar
200 ml oats
100 ml plain white flour
100 ml sunflower seeds
80g butter, melted but not browned

Generously grease an oven proof dish with butter and distribute the pears in it so that they lie very close in one layer.

Mix the rest of the ingredients and stir well to obtain a uniform dough.

Distribute the dough all over the pears and cook the dish in the oven at 200ºC until the topping is golden.

Serve with whipped cream or ice cream. It’s dee-lishus!!
Minced Beef Steaks in the Oven

My sister (and favourite cook) cooked this one for me on my last trip to Copenhagen and I’m mad about it! And because I’m such a nice person, I’ll share it with you. I’ll even share the lovely potato dish she served with it. What more could you ever want?

Ingredients for four:

Meat dish
- 500g minced beef
- Butter and or oil for frying
- 250g mushrooms, wiped and thickly sliced
- 2 bell peppers (red and green look nice), sliced longwise
- 1 large onion, chopped
- 8 slices bacon
- Salt, pepper and paprika

Potato dish
- 800g potatoes, peeled and cut into thin-ish slices
- Approx. 400ml whipping or cooking cream
- ½ leek, rinsed and finely sliced
- Salt and pepper

For the ‘steaks’, shape the meat into 8 equally large ‘steaks’, and season them with salt, pepper and paprika. Heat your butter/oil in a frying pan and quickly brown the meat on both sides. Set the steaks aside in a greased oven proof dish.

Cut the bacon slices in half and arrange them in a cross on top of each steak.

In the same grease as you used for the meat, fry the onion, mushrooms and pepper strips. Add the tomato and a little extra water. Bring to the boil and let it all bubble for about 10 minutes. Pour the vegetable mix over the meat and shake the dish to distribute the vegetables between the steaks.

Stick the dish in the oven and cook it for 30-45 minutes at 200ºC, according to how you like your meat cooked.

For the potatoes, put them in an oven proof dish and distribute the leek slices between the chunks. Season with salt and pepper. Pour over enough cream for you to just see it on the rim of the dish, but do not flood the potatoes.

Cook the potatoes in the oven at 200ºC for about 45 minutes. The cream does tend to bubble and rise during cooking, so pat everything down with a spatula from time to time.

Serve both dishes together and sit down to await everybody’s praise. It’s only a question of seconds before it comes pouring!!!

Ta, Sis xxx
Roast Chicken with Chorizo Butter

I cooked this as a completely traditional roast chicken dinner apart from the little twist of the chorizo butter under the skin of the breast, and it turned out wonderfully moist and tasty!

As every self respecting Brit knows how to do a roast chicken dinner, I shall just concentrate on telling you about the chicken. The rest, do it as you always do.

Ingredients for four:
1 whole chicken, surface padded dry with kitchen roll
1 bunch fresh parsley, washed and dried
40g sliced and chopped chorizo
50g softened butter
1 clove garlic, finely chopped
1 tsp paprika, the smoked de la Vera goes well with this
1 tsp cumin
Salt and freshly ground black pepper

Mix the soft butter with the chorizo, garlic, paprika and cumin. Stir well until you have a smooth paste.

Season the chicken inside with salt and pepper and put in the parsley. Tie together the legs.

Using your fingers, gently separate the skin from the chest (of the chicken!) starting from the neck and working your way all the way down to the top of the thighs,

Spoon in as much butter as you can without breaking the skin and distribute it well by gently pressing the bird’s chest until it is smooth.

If you have any leftover butter, spread it over his lower legs.

Cook it in the oven like you do your normal roast chicken – mine is 20 minutes per pound + 20 minutes more at 180ºC.

Serve with all the usual roast potatoes etc., gravy and trimmings. A nice twist to a good old standard.

Moussaka

When you cook with minced lamb, do yourself a favour and get the butcher to freshly mince you shoulder of lamb or similar.

It may work out more expensive, because frozen minced lamb (and God knows what else is in it) is not even a patch on a patch on it.

Ingredients for six:
150ml good olive oil
450g onions, peeled and chopped
4 cloves garlic, peeled and crushed
1 tbsp parsley, chopped
900g minced lamb
4 tomatoes peeled (if you can be bothered) and quartered
2 tbsp tomato purée
Salt and pepper
150ml stock
900g aubergines, sliced thinly lengthwise
25g flour
2 egg yolks, beaten
400ml béchamel sauce
125g strong cheddar, grated

Heat 1 tbsp of oil in a saucepan and fry onions, garlic, parsley and meat over a steady heat until browned. Add tomatoes, purée, stock and seasoning. Cover and cook gently for 45 minutes.

While the sauce is bubbling, preheat the oven to 180°C.

Place the aubergine slices in a large plastic bag with the flour. Shake well to cover all over.

Heat the remaining oil in a frying pan and brown the aubergine in batches. Leave to drain on kitchen paper.

Grease an oven proof casserole and cover the bottom with aubergine slices. Pour the meat sauce into the middle and cover with aubergines.

Whip the egg yolks and half the cheese in the béchamel sauce and pour this over the aubergines. Sprinkle the remaining cheese over the top.

Put the casserole in a roasting tin with a little water and cook in the oven for 1 hour.

Serve with bread and salad. Unbeatable!
The History of Bread

Bread seems to be one of the many everyday things we all take for granted and have no second thoughts about – and it is indeed almost as old as time. But not quite!

It is considered that bread, wine and oil were the first foods elaborated by man. Up until recently it was thought that the elaboration of bread began 8,000 years ago when the nomadic tribes started establishing fixed abodes; however, a study published in 2018 proved that cereal was used in the primitive humans’ diet 4,000 years before that.

Scientists believe that some form of primitive wheat was the first crop to be planted and harvested by man, and as the human stomach cannot digest untreated cereal, it will have been necessary to grind and boil the grain for it to provide nutrition.

The prevailing theory about the ‘birth’ of bread is that it would have been an accidental discovery, a bowl of gruel having been left near or in a heat source and hardened to produce a hard substance that was quite agreeable to the palate.

The second phase of the history of bread will have been fermentation, but until that started, people made flat breads, various derivations of which can still be found today, such as the Arab ‘lavash’, Greek ‘pita’ or Indian ‘roti’.

Somewhere in the south of Mesopotamia 6,000 years ago, somebody started to elaborate bread the way we do today with two separate phases: kneading and heating. They baked their breads in the ashes from the fire. The Sumarians taught this skill to the Egyptians some 3,000 years later, and these developed and systemized the process until they had achieved a food that became indispensable in their society.

Both in Ancient Egypt, Antique Greece and the Roman Empire bread became an integral part of the stable diet. By then fermentation was widely used; again it is believed that this was discovered accidentally. Dough left in a damp open space could have been invaded by spores in the air, the reproduction of which would start to elaborate the dough.

In the year 30 BC under the reign of Emperor Augustus it is thought that there were 328 bakeries in the city of Rome, and bakers were even organized in a professional association. The demand for bread in the Roman Empire was so great that it prompted the invasion and conquest of Hispania and North Africa in order to control more cereal producing areas to procure bread for the ever growing empire.

During the Middle Ages, rye was the most popular cereal for break making, and bread was considered a food for consumption by the lower classes. However, it is thought that grain was not grown particularly for bread making – but for brewing beer, which constituted an equally important part of the medieval diet.

In this period, from the sixth century onwards, the profession of baker became an established part of the European large cities; at that time working at night was prohibited, but the bakers were exempted from this rule. Also around this time, ovens became an established part of the bread making process although they were not allowed to be situated in the bakeries – medieval construction was mainly done with wood, and the danger of fire great.

During the renaissance years, the elaboration of bread became ever more refined, and products such as croissants, baguettes and pastries were invented. The latter had been developed over a long period of time with the inclusion of ingredients such as butter and sugar – and that there newfangled powder from the New World called cocoa.

In about 1765, John Montagu, 4th Earl of Sandwich, trying to create a way of eating that would enable him to do so while playing at cards without getting his fingers dirty, invented the sandwich.

And in Italy at the end of the 17th century, a new way of preparing the longstanding flat bread, focaccia, by spreading tomato sauce over the surface (tomato still being a newcomer to Europe) became popular, giving birth to our pizza of today.

With the event of the industrial revolution, the production of bread, like that of most other goods, became faster and more centralised. In the USA, the inventor Oliver Evans developed machines that could grind large quantities of cereal in relatively short periods of time.

With the eternal growth of the world’s population, the demand for bread grew non-stop as well, and in Europe the focus was on optimizing the growing of cereal, whereas the States focused on mechanization of the bread making process.

Thus fertilizing was developed and started in Europe, while in the US, harvesting machines were invented that could harvest and process six times as much as a labourer.

In 1859, the French inventor Arago demonstrated the world’s first automatic dough mixer.

Continued on page 82 ....
Another big chapter in the history of bread was the invention by the American Otto Frederick Rohwedder in 1912 of a device which could cut a loaf of bread into slices. This invention was completely ignored by the bread making companies as sliced bread goes stale much faster than a loaf of bread cut, that sliced bread really took off. And did so with a vengeance.

As the 20th century went by, and with no end of additives to enhance its ‘classic flavour’ of bread; also, whole meal and brown bread became more and more popular due to their fibre content. New, small commercial events have now enabled restaurants, supermarkets and even petrol stations to provide bread fresh from frozen dough, and maybe taking us back once again to bread with the ‘classic flavour’ of bread; also, whole meal and brown bread became more and more popular due to their fibre content.

This led to the appearance of artisan bakers in Europe which catered for the emerging group of consumers searching for the ‘classic flavour’ of bread; also, whole meal and brown bread became increasingly popular due to their fibre content.

One way or another, bread is one of our most important foods today, and bread production is the second largest of the world’s foodstuff industries.
Glass bottles v plastic bottles

Once we had drunk the milk we cleaned the bottles, and also change our physical and social infrastructure to deal with it. Up until the early 1990s milk was delivered to your letterboxes in glass bottles. Though heavier and not as robust as plastic, it’s far more sustainable as a material because it can be used in a closed-loop cycle. A bottle filled with wine can be recycled once empty to become another bottle to fill with wine.

It is foreseeable our food industry giants will eventually respond to the almost inevitable public pressure and recalibrate or retool their machinery to use a packaging material that is not plastic. If that move is to glass it will require more plants that recycle it into jars and bottles. It will also require local government infrastructure to facilitate the efficient collection of glass for recycling. This will cost millions, but doesn’t need some breakthrough in technology to achieve.

Unfortunately, that is a level of effort and inconvenience most would be unwilling or unable to incorporate into their lives these days. Even if we really, really want to be the type of person who gets milk at the gate. But glass does look to be a big part of the answer to reducing our reliance on plastic bottles. Though heavier and not as robust as plastic, it’s far more sustainable as a material because it can be used in a closed-loop cycle. A bottle filled with wine can be recycled once empty to become another bottle to fill with wine.

OPINION: Here’s a solid bet. Plastic bottles will follow the plastic bag and become socially, morally and environmentally unacceptable. This cannot happen soon enough. Globally, one million plastic bottles are bought every minute. That’s 1.44 billion a day. Of all these bottles just 9 per cent are recycled. Even if a bottle is recycled that doesn’t make it a guilt-free vessel. With China’s ban on importing plastic for recycling, a huge proportion of “recycled” bottles are now being stockpiled around the world and there is no clear plan of what is to be done with them.

It is obvious we need to move away from single-use plastic bottles and find some alternative, if for no other reason than we will soon run out of places to put them all. This will require us to change how we package our food and drink and also change our physical and social infrastructure to deal with it. There are past examples to look to for ideas.

Up until the early 1990s milk was delivered to your letterboxes in glass bottles. Once we had drunk the milk we cleaned the bottles, put them back at the gate, and swapped them for filled ones again. The milk bottles were used over and over and over again.

The Adventures of Neila - 10. Kevin

Mrs Worsley’s transporter never did take off. I was quite pleased; it gave me a chance to get a look at Earth, which is where I am, I think.

I’ve seen several holomantaries about Earth, but they don’t do it justice – it’s really pretty, but very busy!

‘Here we are.’ Mrs Worsley stopped her transporter – it’s called a car, and got out.

I copied, once I had found out how to undo the seatbelts, and figured out how to open the door.

And there it was! My dear little Inter Planetary 4 Warp Drive, still on top of Cyril’s car for recycling, but…….who was that draped over it?

He was staggering it gently on its dome, and it was purring – a sure sign that it’s happy. My heart gave a little jump of joy and relief, and I ran up to it.

‘Hello, I’m Neila.’ I said to the person who was staggering my spaceship. He unpeeled himself from it; he was very tall, very bony, very thin, and…….

‘Hello Neila. I’m Kevin.’

Then I knew. ‘Hello Kevin. You’re from……. Oh please let me be right. “You’re from Tixif, aren’t you?”

He didn’t say anything, just smiled and turned back to my spaceship. What luck! Tixif is the best planet to go to if anything, especially spacecrafts, need repair. There is nothing that a person from Tixif can’t fix.

‘What do you think? Can you fix it?’

‘Well, I hadn’t had time to have a proper look, but…….’

‘But?’

‘If it’s the Flux Capacitor, no problem. Just have to wait for the weather to be right.’

‘And?’

He ran his hands through his ginger hair. ‘Did you notice a Solar Probe behind you?’

‘Yes. And then it started to lose power. So I landed as soon as I could – I didn’t want to get sucked into the Black Hole machine.’

‘Solar Probes - Tchach!’ He said. That Fixit Local Speak for – I didn’t want to get sucked into the Black Hole machine.’

‘You can fix it, can’t you?’ I was beginning to go pale again.

‘It might be the Atomic Particle Collider – I can fix that, just need a high powered drill and an accelerator. But if the Solar Probe has destroyed your Higgs-Bosun, then that’s a problem. Higgs-Bosuns are very hard to come by – they’re so small, you see.’

‘Now don’t you worry, little Neila.’ I hadn’t noticed Cyril coming up behind me. ‘Kevin can fix anything – anything at all, even spacecrafts.’

‘Particularly spaceships.’ Kevin murmured quietly. I don’t think Cyril heard him.

‘He might talk a lot of gobbledegook, but he’s the best mechanic I’ve ever come across in all my life. A strange lad, but a brilliant mechanic.’ Cyril informed the world in general.

Will Kevin be able to fix it? And where can he get a Higgs-Bosun?
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Local artists from the Almanzora Valley are gathering together to exhibit some of their latest works. The Mayor of Purchena is delighted to host the event in the new Town Hall there which will run from 17th November to 14th December.

“We are so pleased to have found a venue where we can showcase our work and exhibit the skills that exist in the area” says Michele Winsfield, Co-ordinator of Almanzora Artists, the group set up to organise the display. “We hope that this will be the start of a series of events in different venues in the Valley where we can welcome members of the community to come along and take pleasure in the different skills on display. We are very excited about this new opportunity for us”.

The Exhibition will be open daily from 10.00 am to 2.00 pm and 6.00 pm to 9.00 pm daily.

For further information please contact Nina Higgins on 676 587435.
Count On…

Last month we counted up to 99… now let’s continue!

One hundred is ciento when it stands alone. But before a noun, be it masculine or feminine, or an adjective we drop off the ‘o’ and say cien. If it is part of a composite number, it stays intact.

Examples:
- Cien mujeres
- Cien caballos
- Ciento un dálmatas
- Ciento diez excusas

From two to nine hundred, the ending is (obviously) plural and changes according to gender.

Doscientos/as Two hundred
Trescientos/as Three hundred
Cuatrocientos/as Four hundred
Quinientos/as Five hundred
Seiscientos/as Six hundred
Setecientos/as Seven hundred
Ochocientos/as Eight hundred
Novecientos/as Nine hundred

Examples:
- Cuatrocientos hombres feos – four hundred ugly men
- Seiscientos chicas guapas – Six hundred beautiful girls
- Novecientas noventa y nueve secretarias – Nine hundred and ninety-nine secretaries

One thousand is mil, two thousand dos mil etc. until nueve mil, nine thousand. Mil behaves as an adjective, so when we talk about hundreds of thousands, so the hundreds behave like in the examples above.

Examples:
- Cien mil mujeres – One hundred thousand women
- Cuatrocientos mil hombres feos – Four hundred thousand ugly men
- Seiscientos mil chicas guapas – Six hundred thousand beautiful girls

One million is un millón and it is a masculine noun which has ‘es’ added in plural: dos millones – two million, cinco millones – five million.

So, when we talk about hundreds of millions, the hundreds will always end in ‘os’ as in these examples:
- Trescientos millones de euros – Three hundred million euros
- Quinientos millones de libros esterlinas – Five hundred million pounds
- Ochocientos millones de gatos – Eight hundred million kittens

A billion in Spanish is mil millones (one thousand)).

Examples:
- Tengo cientos de pares de zapatos – I’ve got hundreds of pairs of shoes
- Hubo un centenar de invitados – There were about a hundred guests

Ve a un millar de clientes al mes – He sees about a thousand clients a month

Finally, let me just say that talking about what year, you say the whole number in Spanish, i.e. One thousand nine hundred and sixty instead of nineteen sixty.

Examples:
- Naci en mil novecientos ochenta y uno – I was born in nineteen eighty-one

Cristóbal Colón descubrió las Americas en mil cuatrocientos noventa y dos – Christopher Columbus discovered the Americas in fourteen ninety-two

Compré mi coche en dos mil quince – I bought my car in twenty fifteen (or two thousand and fifteen)

I reckon this will keep you out of trouble until next month, so see you in December - ¡Hasta diciembre!

Let’s Talk Spanish

Amanda’s

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RAMBLA ALJIBE (near Lubrin)
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Her story continues........

Almeria city has to offer – its bars, attractions and colourful history

months you can follow her journey, as well as learning about what
residence to experience a different way of life. Over the coming
the mid-life challenge of job loss and children leaving home, at the
new adventure in the historic gypsy quarter of Almeria. Faced with
Former Costa Almeria News reporter Emma Randle embarks on a
But as we moved up the hill we found ourselves on a narrow path
skittish and ran off at our slightest move, plus they didn’t stand out
The goats proved impossible to photograph as they were very

It was quite atmospheric so we decided to explore the mountain for
The day wasn’t a particularly good one – no blue sky or sun – but
photographer with a proper camera.
I went out photo hunting with my friend Toni, who is a keen
used as a tip is not what they are after.
So I’m guessing that a goat eating a plastic bag or a mountainside
areas traditions, popular culture and historical remains.
That and the people- many of the past photos have a kind of ‘dignity
It’s the contrast between the physical beauty of the area – the
photographs by over the years.
The area became famous when Spanish journalist Juan Goytisolo
exposing a shocking level of poverty, such that it was banned from publication in Spain
during Franco’s rule. The images contained in the book, however,
level of poverty, such that it was banned from publication in Spain
by showing her and her friend Marianne a night on the town.
Remember to close the metal clips when you’re done.
First, find your filter under the hood of your car.
It’s in a black rectangular box with metal clips on the side. Check your owner’s manual if you don’t see it as soon as you pop the hood.
Open up the casing, check out how the air filter fits inside it. Make a note of which way the filter faces.
Remove the old air filter, insert the new one exactly how the old one sat.
Remember to close the metal clips when you’re done.

Simple DIY Car Maintenance Tips - part 2

Air Filter Maintenance
Tools You Need: None - Time to Complete: 10 minutes
You need a new air filter for your car every 12 months or 12,000 miles, whichever comes first.
You can pay a mechanic and give up your car for a day, or you can replace your air filter at home in about ten minutes.
First, find your filter under the hood of your car.
It’s in a black rectangular box with metal clips on the side. Check your owner’s manual if you don’t see it as soon as you pop the hood.
Open up the casing, check out how the air filter fits inside it. Make a note of which way the filter faces.
Remove the old air filter, insert the new one exactly how the old one sat.
Remember to close the metal clips when you’re done.

That’s it. For extra savings in the long run, you can extend the life of your new air filter by hitting it with some compressed air to clear out any debris.

Battery Maintenance
Tools You Need: Wrenches, corrosion-removal fluid, wire brush, rags - Time to Complete: 20 minutes
The key to keeping your car running smoothly and efficiently is a good battery connection. Just a few specks of crunchy white residue on the posts can keep your car from starting. A simple visual check of the condition of your battery will tell you when you need to perform this process.
Remove your battery terminals, which should be a fairly straight forward process.

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Check your owner’s manual to find the radiator’s drain plug. Put the radiator yearly or every two years.

Radiator Flush

Tools You Need: Phillips-head screwdriver or wrench, rags, radiator flush solution, coolant, funnel, used coolant receptacle

Time to Complete: 30 minutes

Your car’s radiator and cooling system need to be clean to work efficiently and effectively. With normal wear and tear, your car’s radiator builds up deposits that can disrupt the cooling system. A radiator flush is a quick and inexpensive way to keep your system in good working order. We suggest using a more professional product from your local auto parts store. A dead battery can be one of the most frustrating problems, especially if you’ve had the same battery for a few years. Your battery is a simple problem to fix, but sometimes your car’s electrical system can cause trouble. A few minutes and you can replace your battery terminals. To do so, follow these steps:

1. Turn the car off and wait for the engine to cool completely.
2. Turn on your heater to its hottest position, and let the car run for 10 minutes.
3. Replace the radiator cap.
4. The Tools You Need: Tyre pressure gauge and access to an air compressor. Correct Tyre Pressure can be found in your owner’s manual.

Remember, temperature can impact tire pressure, so check your pressure before you drive. To check the pressure, simply press the end of the tire gauge over the end of the valve, taking care to align it so no air escapes during the reading. Initially, some air might hiss out, but if the gauge is properly aligned and you apply the right pressure, the gauge will seal to the valve stem, and you’ll get an accurate reading.

Drain the contents of the radiator.

Refill the radiator with fresh coolant.

If your tire is under-inflated, you’ll need to add air by pressing the hose of your air compressor over the valve stem in the same way you used your gauge. If your tire is over-inflated, release some air by depressing the centre needle momentarily and re-checking with the gauge until the correct pressure.

Don’t forget to see next month for even more advanced tips.
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Cycling Laws In Spain

In Spain, bicycles are classified as vehicles and hence have to abide by similar rules and regulations that other vehicles on the road have to.

Although many of the cycling rules are self-explanatory, a number of them are a little ambiguous and most definitely open to interpretation.

Bicycle Helmet Laws In Spain

Proposals were made in 2013 that had the intention of making it obligatory for everyone to wear a helmet at all times. However, this met with strong opposition from town halls and a number of cycle hire companies in large cities and the proposals were subsequently dropped.

The current law which was updated in May 2014, states that cyclists under the age of 16 are obliged to wear a helmet at all times, whether cycling in urban or non-urban areas.

Adults over the age of 16 must wear a helmet outside of urban areas, but are exempt when riding up steep hills, or riding during excessive heat or if they are professional cyclists. So does that mean that if you are hot, riding up a hill or a professional cyclist, you are less likely to have an accident?

Cycling Rules In Spain

Below you will find the main rules in Spain when riding a bicycle.

- All cyclists must ride on the right hand side of the road and never ride against the flow of traffic.
- Cyclists must use any designated bicycle lanes and trails and ride at no more than 30 km/h.
- You must not cycle in a bus lane as they are only intended for public transport.
- Using a mobile phone while cycling is prohibited.
- You must keep both hands on the handlebars when cycling other than to signal.
- You must use hand-signals to indicate your intention to turn or change direction.
- You should park your bicycle in designated spaces and must not attach it to trees, benches, traffic lights, street lights and waste bins etc.
- Unauthorised racing is not permitted.

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During the month of November you will receive our premium fuel at normal fuel prices.

Cycling Fines

Any of the above infractions can potentially result in a hefty fine. Below are just a few of the current fines that can be issued. However, it's hard to say how much of a fine you will incur for some of the other infringements listed above.

- No brakes or faulty brakes - 80€
- Not having any lights on between sunset and sunrise - 200€
- Failing to stop at a traffic light - 200€
- Not having a bell - 80€
- Failing to give way - 200€
- Not wearing high visibility clothing - 200€
- Being under the influence of alcohol - 500€

Although it can appear that many of the cycling laws are not enforced here, there are obviously exceptions to this and with the fines being quite severe, it's probably best to err on the side of caution.
From this 3 bed apartment you can walk to the beach in under one minute. Add to this there are lovely sea and mountain views and amenities within striking distance, huge terrace & dressing room.

Rincon de la Bahia: Super 2 bed, 2 bath town house that is centrally located for easy access to the beach, bars, shops & restaurants. On a well presented urbanization with swimming pool, sea views and easy off road parking.

Las Brisas: Well located and beautifully presented 2 bed duplex that has been fully modernized & decorated with a private terrace & off street parking. Very nice communal pool surrounded by grass. Super sea & mountain views.

El Romeral: A spacious 3 bed South facing town house on a front line complex in Mojacar that is just a short stroll to the beach. The community is gated with communal pool & gardens and each property has its own allocated parking space.

Very attractive 3 bed detached property with mature gardens, sea, mountain and village views. There is a large roof solarium with 360º views, a fire place, newly installed kitchen, fly screens & security shutters.

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

Mojácar
Pueblo Diana: Ground floor 3 bed, 2 bath property on this prestigious development. Corner plot with direct access to the lush gardens a large communal pool. Private terrace, A/C, ceiling fans & a 300 litre solar water heater.

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