

February 2025

Issue 142

Almeria Living

A Great Read - Original, Inspiring, Local

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Los Gallardos, Velez Rubio and many surrounding towns

Welcome to the February 2025 issue of Almeria Living.

Wind!!!!!! I hate it!! Why does it get so under my skin, especially at night when things rattle and shake. What will I be like come March. I know we live in a windy corner of Spain but those afternoon breezes are actually not a problem, in fact they are quite welcome on warm summer days.

For all those romantics out there, C.A.T. Services have a great range of Valentine's Cards. We have also got a wide range of cards for all occasions.

All of Parra Travel 2025 mini breaks are now advertised and priced, including Barcelona in September and the ever popular Christmas in Benidorm. We are also now offering a self-drive option! If you fancy a day trip then we have quite a few options for you too. Take a look at pages 8-10 - we look forward to hearing from you.

In this issue...

As always, I offer my grateful thanks to my scribes, who help keep our magazine a great read. If you would like to be considered for a future publication do send me an email.

Many thanks, as always, to our advertisers, who continue to support our magazine and reap the benefits of doing so. Local businesses rely on our trade so please try to use them whenever you can.

We hope you enjoy your read this month. Please don't forget to tell our advertisers that you saw them in the Almeria Living.

Take care and stay safe. Talk again in March.

Karen (Ed)

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Residencia to TIE Exchange & TIE Renewal

Do you know when your TIE is due to expire?

Come July 2025, it will be 5 years since the introduction of the TIE card for UK nationals, who were resident in Spain with either a green A4 or credit card size certificate. It was part of the Brexit withdrawal agreement.

Many people took the opportunity to exchange right away, and these are the people this article is mainly calling out to in the first instance.

A TIE is valid for either 5 or 10 years depending on how long a person had previously held the green paper residencia. Usually, when a 5-year card is renewed it will become valid for 10 years and instead of indicating temporary residencia it will state 'permanente' and like all photo ID it will need to continue to be renewed every 10 years.



The green paper residencia has no expiry date so it has that in its favour however, the benefits of the photo card as a form of ID and for travel purposes far outweighs the pain of having to renew it after 5 or 10 years.

The exchange and renewal processes are the same and require 2 trips to the Foreigner's Office in Almeria or National Police Station in Roquetas de Mar or El Ejido, wherever the appointment can be obtained. For those living outside the Almeria province, there are similar facilities, and they are all listed on the Ministry of Interior's website, which is where the first appointment is obtained.

The process will require a current passport with at least three months of validity so that is the next document to check to see when it expires and get it renewed as soon as possible if necessary.

For the exchange process, the original green residencia must be presented at the appointment. If this has been lost or stolen over the years, then a police report will be required instead.

As well as the passport and residencia/TIE card, it will be necessary to take a Padron certificate and small photo as well as the application form and tax form prepaid at the bank.

Obtaining an appointment is the most crucial element of the process, especially for those renewing their TIE. The key is to get one for about 2 months before expiry so that your current card does not expire while waiting to collect the renewal.

Fingerprint appointments, particularly in Almeria, are not always that easy to obtain so it is a good idea to check the system regularly to see what dates are currently available. In order to do this a digital signature is required or registering with a local company who provide the exchange/renewal service.

The first appointment will require you to have fingerprints taken and all documents handed in. The second appointment, usually some 6-8 weeks later, will be to collect the card. Both appointments must be attended in person with original documents.

Those of you who are here with TIE cards issued as part of the visa programme are not affected by these procedures.

As usual, if you would like any help or advice regarding the renewal or exchange process, please contact the team at C.A.T. Services.

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Spanish Provinces

Spain is divided into 17 regions and the enclaves of Ceuta and Melilla on the African continent, all of which were granted autonomy under the Constitution of 1978. Thus they are now referred to as Comunidades Autónomas (Autonomous Regions) and Ciudades Autónomas (Autonomous Cities) respectively. The majority of these regions are divided into provinces, each with its provincial government (Diputación Provincial), except those regions that consist of only one province, like Murcia for example, where the regional and provincial governments are rolled into one. There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. And so our journey continues



Ávila in Ávila

The province of Ávila is situated in Castilla y León and borders the provinces of Valladolid, Salamanca, Cáceres, Toledo, Segovia and Madrid. The province covers an area of 8,051.15m2 and has a population of 160,463 souls giving it a population density of 19.93 inhabitants per km2. The population of the province constitutes just 0.33% of the total Spanish population.

The province's claim to fame is the fact that it is the province with the highest average altitude in Spain at 1,022.59m.

The capital of the same name boasts a similar distinction: At 1,131 metres above sea level, it is the highest provincial capital in Spain. With its population of 58,111 (2024) and is one of Spain's least populated capitals.

It boasts no less than three titles which were bequeathed by three different kings: Ávila del Rey (king) by King Alfonso VII, Ávila de los Leales (loyal) by King Alfonso VIII and Ávila de los Caballeros (Knights) by King Alfonso X. All three kings had at one time or another been protected and helped in the city against various prosecutors.

Being as high as it is, it is natural that the climate should be quite fresh, and indeed the average temperature for the whole year is a shivery 11°C! The winters are cold and snowy and often the temperature drops below freezing. The summers are warm, though, with daytime temperatures averaging the high twenties, but even that time of year the nights are cool at between 10 and 15°C. Precipitations are usually plentiful from October to April; however, the summers are dry and before proper water supply to the city was secured, droughts in summer were a common occurrence.

One of the city's main sources of income is tourism, and it is a treasure trove of historical and religious buildings, and of course the famous wall that surrounds the whole of the old city is a must see for any visitor – in fact you cannot avoid seeing it as you approach the city! However, probably due to the city's limited size, the average time of overnight stays is just one night.

Archeological findings in Ávila indicate that there were settlements there already in Celtic times, but the first actual fortifications on this hilltop on the Castilian plateau were built by the Romans.

After the Romans left, the city changed between Moorish and Christian rule for centuries, until Alfonso VI finally ousted the Muslims in 1090. He also extended the fortifications, and the wall we see today dates back to the 1100's although it has been extended



and renovated over the centuries.

The wall is 10m high and three meters wide and boasts an impressive 88 towers and rooks. It stretches 2.5 km round the town and there are nine gates leading to the old part of the city.

Inside the wall, the Cathedral of Christ the Saviour dominates the townscape. The apse of the cathedral forms part of the fortification wall, and at the front it has one of the oldest Gothic cathedral façades in Spain.

It is not possible to walk all the way round on top of the wall, but there are two access places that allow you to get up on the wall and walk along for a distance.

In 1884 the wall was declared a National Monument, and since 1985, the old town of Ávila with its wall and the churches of San Vicente, San Pedro, San Andrés and San Segundo have been considered World Heritage by UNESCO.

Of course, there is more to Ávila than history, and a natural follow-

on to the tourism it generates is a very large service sector.

The gastronomy is well worth exploring, and the restaurants of Ávila offer a large variety of warming dishes to help you through the cooler times of the year. One of the famous specialities is the Chuletón (steak) de Ávila, which is actually a T-bone steak, and this one comes from the local beef cattle, the Vaca Avileña Negra Ibérica, and it is superb!

Other specialities include Patatas Revolconas, potatoes mashed with paprika served with meat, Mollejas de Ternera, veal sweetbreads, and Yemas de Avila, small cakes.



Kim Clark
Benefits Consultancy

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8th
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Thursday 27th February

Thursday 27th March

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Afternoon at Nueva Condomina
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Following a very successful choice of destinations during 2024, Parra Travel would like to hear from you about places you would like to visit in Spain.

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So please let us know and we will do our best to make these trips happen.

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Running of the Wine Horses

Caravaca **16€**
per person

2nd May

On this day, locals recreate the legend in which the Knights Templar braved the Moorish armies besieging the castle to bring wine to the thirsty inhabitants, barricaded within. Horses dressed in spectacular embroidered mantels parade during the morning and then run up the hill to the Sanctuary in a race against the clock. There is also a splendid Moors & Christians Parade. Comfortable flat shoes and a packed lunch are highly recommended.

Cuenca

3 Nights
***253€**
per person

12th - 15th May 25

Price Includes:
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Three nights in 4* hotel
Breakfast - days 2, 3 + 4
Visit to Ciudad Encantada

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Central Cuenca

* Price based on 2 people sharing a room
Single supplement upon request

Pick-Ups Possible From:
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Pickup points and timings will vary depending on demand

Segovia & Avila

3 Nights
***330€**
per person

9th - 12th June 25

Price Includes:
Coach travel to Segovia
Three nights in 4* hotel
Breakfast - days 2, 3 + 4
Visit city of Avila

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Single supplement upon request

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Barcelona






3 Nights
***434€**
per person

8th - 11th
September

Price Includes:
Coach travel to Barcelona
Three nights in 3* hotel
Breakfast - days 2, 3 + 4

Staying at:
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Central Barcelona

* Price based on 2 people sharing a room
Single supplement upon request

Pick-Ups Possible From:
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Pickup points and timings will vary depending on demand

Toledo & Aranjuez






3 Nights
***292€**
per person

26th - 29th
October 25

Price Includes:
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Three nights in 4* hotel
Breakfast - days 2, 3 + 4
Visit city of Aranjuez

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Toledo

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Single supplement upon request

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Trades & Services

Heating in Spain

Central heating is essential in winter in northern and central Spain and is useful in some other areas – winters can be chilly everywhere with the exception of the Canaries. If you like a warm home in winter, you will almost certainly miss central heating.

Central heating systems in Spain may be powered by oil, gas, electricity, solid fuel (usually wood) or even solar power. Oil-fired central heating isn't common due to the high cost of heating oil and the problems associated with storage and deliveries.

In rural areas, many houses have open, wood-burning fireplaces and stoves, which may be combined with a central heating system. Whatever form of heating you use, it's important to have good insulation, without which up to 60 per cent of the heat generated is lost through the walls and roof. Many homes, particularly older and cheaper properties, don't have good insulation and even with new homes, builders don't always adhere to current regulations.

Electric

Electric heating isn't common, as it's too expensive and requires good insulation and a permanent system of ventilation. It's advisable to avoid totally electric apartments, as the bills can be astronomical. More economical options include a system of night-storage heaters operating on night tariff and electric radiators (radiador eléctrico) incorporating the latest energy-saving advances.

These radiators, available from DIY and department stores, are filled with a heat-retaining gel or liquid, which means that the radiator stays warm for longer than a conventional radiator. They're easy to install (they require two wall brackets and a socket) and are similar in appearance and size to conventional radiators. However, heating a property by electricity is never cheap and you should expect to pay between €50 and €125 a month during the coldest months, i.e. November to February.

Gas

Stand-alone gas heaters using standard gas bottles (bombonas) cost from €60 to €150 and are an economical way of providing heating in areas that experience mild winters. Gas heaters must be used only in rooms with adequate ventilation, inspected and approved by Repsol Butano, and it can be dangerous to have too large a difference between indoor and outdoor temperatures.

Gas poisoning due to faulty ventilation ducts for gas heaters isn't uncommon in Spain. It's possible to install a central heating system



operating from standard gas bottles, which costs around €2,000 for a small home. The Spanish oil providers Cepsa and Repsol offer good deals on gas central heating, including low-cost financing of the installation. Primus of Sweden is the leading foreign manufacturer. Mains gas central heating is popular in cities and is the cheapest to run.

Solar Energy

The use of solar energy to provide hot water and heating is still rare in Spain, where the amount of energy provided by the sun each year per square metre is equivalent to eleven gas bottles. New homes are usually fitted with a solar power system and the government introduced legislation that required all new homes built from 2007 to have solar powered water heating and (if applicable) central heating.

A solar power system can be used to supply all your energy needs, although it's usually combined with an electric or gas heating system, as it cannot usually be relied upon for year round heating and hot water. If you own a home on Spain's Mediterranean coast (or on the islands), solar energy is a viable option and the authorities (regional and national governments) offer grants and interest-free finance to encourage homeowners to install solar-energy systems.

The main drawback is the high cost of installation, which varies considerably depending on the region and how much energy you require. A 400-litre hot-water system costs around €3,000 (grants and subsidies are available from regional governments and the EU) and must be installed by an expert. The advantages are no running costs; silent, maintenance-free operation; and no (or very small) electricity bills. A system should last 30 years (it's usually guaranteed for ten years) and can be upgraded to provide additional power in the future. It can also be used to heat a swimming pool. A solar power system could also provide electricity in a remote rural home, where the cost of extending mains electricity is prohibitive.






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and 15th - 17th
December '25

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23rd - 27th
December '25

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includes wine and water

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4* Hotel Ambassador Playa I

* Price based on 2 people sharing a room
Single supplement upon request

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THE METAL WORKS





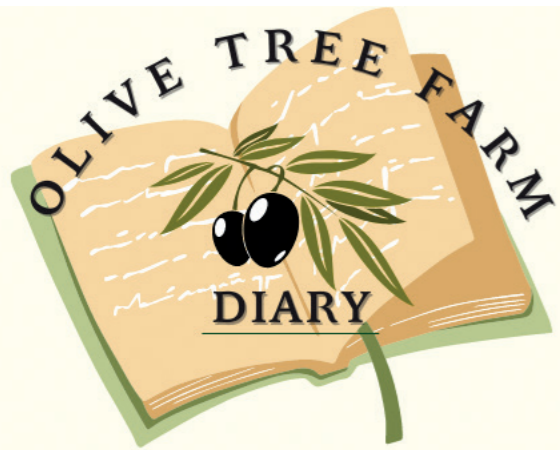

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January had been steady and long here at Olive Tree Farm, never seeming to end, but that gave us a good reason to take things a little slower — as slow as one can with a menagerie on board.

Our experiment leaving a tiny flock of chickens in the aviary has finally seen some success in the egg department – it’s been nice to have a steady flow coming from a smaller area, with no farm drama to ruffle their feathers.

These guys have a big job this year, as they’ll be taking over sections of the garden as Spring and Summer come into play, and help us along with some weeding!

Under some supervision of course, a great excuse to sit by the pond with a glass of wine, to keep the pesky things off the flowers. I’m already envisioning the warmer weather now we’ve finally left the darkest days of the year behind us. We may have some cold spots hitting us on and off, a few wind-battering days trying to get everyone fed and sorted, but the warmer months are finally getting nearer.

If you’ve followed us for a while, then you’ll know what this means... hatching time!

Last month I mentioned Ben’s careful collection and separation of Muscovy duck eggs, building up a nice clutch out of sight of the egg-devouring children.

We placed 24 into the incubator a couple of weeks ago. Some of these were early eggs, as the females have only just reached the right age, so we didn’t expect them all to be fertile. At the moment, around 50% are showing good promise!

As seems to be the way, one of our lovely Muscovy ladies on the farm

has also taken it upon herself to hatch a few with a more personal touch. She’s currently sitting on 12 eggs, and we’re keeping a watchful eye that she gets plenty to eat, while wishing the mama-to-be good luck for her tedious job.

Thankfully, we somehow all timed the incubation process around the same time. So when our house-ducklings hatch, we will be keeping an eye on mum and her small crew — fingers crossed!

We’re thinking of creating a partition of the nesting box she’s using, in the hopes that when the hatching day comes and the little ones find their feet, they aren’t immediately startled by their farmyard neighbours.

Security is hardly a problem, however, as we have our farm cats prowling and keeping an eye on things as we move throughout the farm. They are funny creatures; they won’t be left behind, and we often have the troop behind us, even when we’re leaving. They’re as loyal as dogs, which I’m sure they’d find offensive if we told them so.

The geese have been spending a lot of time together and, as Mrs Duck has shown, the time is clearly ripe for mating season all around.

The male goose has been very attentive to his girl and her calls, but has frequently expressed a little too much fondness for Ben. He won’t leave Ben alone without first receiving a good cuddle and some strokes, but seems to get funny ideas and tries climbing up... Ben sighs every day at this new routine, but we laugh and hope it is a good sign, and that the boy is just as loving with the female when we aren’t around.

We’ll have to wait and see!

Thank you for reading. I hope you join us again next month to see what farm-life antics we get up to!

You can follow the progress of the family and farm on our Facebook page: www.facebook.com/OliveTreeFarmSpain/

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Hello again. I hope the New Year resolutions you made lasted at least a week. Mine didn't, I like chocolate too much!

Anyhow, this month we will be looking (quite literally probably) into one of the universe's contradictions, which I alluded to last month – what is light?

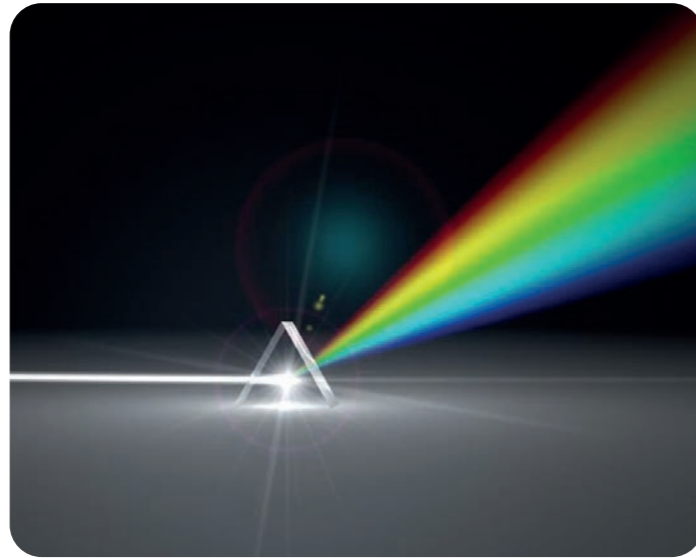
Light or “visible electromagnetic radiation” occupies a narrow section of the electromagnetic spectrum. It is still not completely understood as it displays wave properties (like ripples on a pond) and contains packets of energy without mass (photons).

Try not to think of photons as a thing, more as a process of transferring energy from one point to another. I know, doesn't really make sense, does it? All electromagnetic emissions travel at the speed of light (funnily enough) which, for those of you who want to know is 186,000 miles per second.

The electromagnetic spectrum ranges from radio waves at its lower end all the way up to Gamma and X-Rays which have the shortest wavelength. Visible light sits comfortably somewhere in the middle.

X-Rays have an extremely high frequency (amount of waves per second, inverse to the wavelength: $v=f\lambda$, where v =speed of light, f =frequency and λ =wavelength) and are therefore much more energetic to start with. To explain; transpose the idea to what you can hear. A high frequency whistle can be heard above other noises and can travel quite a distance whilst not taking too much energy to create. To make a low-frequency sound (like a fart – for example) audible at the same distance and intensity would take a lot more effort and most likely a change of underwear at the very least.

Want another contradiction? Why does sunlight from 93 million miles away make you feel warm but a TV mast down the road doesn't? They're both electromagnetic, right?



TV (radio) signals contain a lot less energy per unit than sunlight. Sunlight contains a high amount of infrared light which is high enough in energy to excite/agitate/annoy the electrons in non-conductive materials such as your skin. Radio waves need a conductor (metal aerial and/or copper wire) to enact the transfer of energy.

So how does all this Hogwarts dark magic explain what you see? Or is it all a load of Muggle bunkum?

All objects absorb and reflect light in varying amounts (and to each side too – ultraviolet and infrared). As I covered last month, other species of animal have honed their eyesight to detect frequencies outside of our ability (ultraviolet).

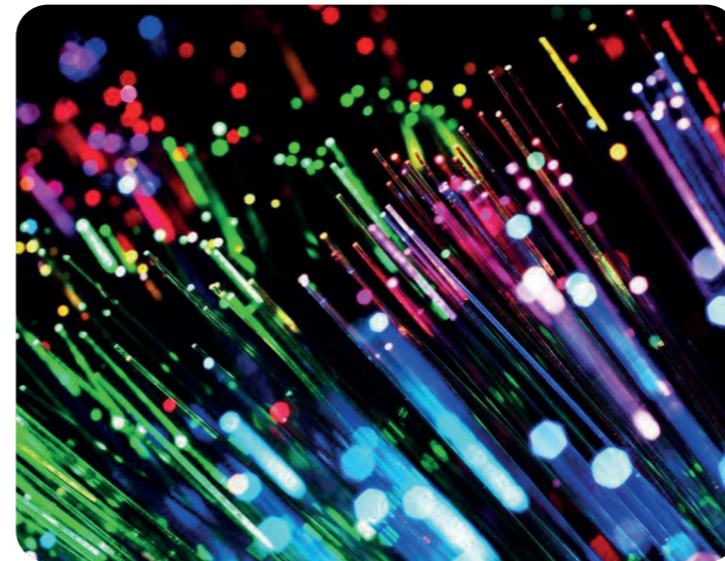
The human eye is capable of detecting ultraviolet light but the lens filters it out, probably to protect the retina from damage. There have been cases, one of which was the impressionist painter Claude Monet who, after having cataract surgery started producing work with a much more bluish hue.

Our eyes have developed so that we are able to detect and organise the photons emitted into an image that our brain can process. The waves of light provide a steady

stream of photons that activate receptors in our eyes, sending the resultant information down the optic nerve. And while we're on this thread, our eyes have developed under “white” light conditions, adapted specifically for this planet.

Several years ago there was something of a hissy cat-fight amongst the scientific community following the release of doctored pictures of the surface of Mars. It is a well-known fact that the surface of Mars is red, right? Although sunlight is white, it is altered by the dust particles in Mars' atmosphere, tilting the colour balance towards the red end of the spectrum.

To the apoplectic horror of the snowflakes (sorry, purists – got to be



fair, do we?), some miscreant decided to publish a photo as if it was taken under Earth-like white light! What a dire liberty! Although the image did reveal more information about the terrain, it was not a purely accurate representation. Shame... (clang!)

So does this all mean that our eyes are basically satellite dishes and our brain a Sky box? The short answer is yes (although I'm not 100% sure where you put the viewing card).

Our eyes are attuned to a specific part of the whole spectrum where the waves interact with special molecules and structures. They also do not require highly-conductive metals to function, relying instead on the intrinsically high energy of the light itself to do the job biomechanically.

Not only that, in order to pick up the lower-frequency radio signals, our eyes would need to be significantly larger than they are. Also, what we perceive as different hues and colours are just our brains making some sort of sense of the information it receives.

As with anything our brain processes, it is no more than a virtual concept of the outside world and could, in all reality be nowhere near to the truth. We all live our lives subjectively and our interactions with the world around us are uniquely personal. There are also aberrations and defects to take into account – colour blindness being just one.

But what about the other way around? Could you broadcast a radio TV signal in the visible spectrum so that people could just watch a TV by closing their eyes? That's a frightening thought. Imagine waking up in the night to find Ant & Dec jumping around in front of you. Or worse (?) Thankfully the answer to that one is a resounding NO! It is theoretically possible to broadcast an electromagnetic signal in the visible part of the spectrum, however there are a few minor issues.

Firstly there is the broadcast wave type to take into account. AM (Amplitude Modulated) work by varying the intensity of the carrier signal by adding the sound or image data.

You may have seen this on TV when a smooth wave pattern is

distorted on an oscilloscope to portray a noise. If this signal was broadcast in the visible spectrum then it would appear as a glow of one colour around the mast that flickered in intensity.

Curiously enough, this technology is already in use (kind of). Anyone that uses an optical fibre internet connection is using visible light to transfer data. In this case, a light is interfaced with the signal at source. Although we can see the light, it will be a meaningless flicker as the coding used in fibre-optic data transfer is equipment-specific. Light is a particularly useful medium for this application but needs to be contained by the fibre strand otherwise it would quickly dissipate into nothing.

FM (Frequency Modulated) light would be much more of a show. The mast would glow with a myriad of colours and intensity as the signal makes it wander around the spectrum.

The visible spectrum is not used for general radio broadcasting for several reasons; the technology required would cost a fortune, the signals would be subject to massive interference and would you really want the sky lit up day & night with light pollution?

Spain is a country that is fortunate enough to have large areas that are not blighted with light pollution. The night sky is a wonder to behold in its infinite and serene majesty. The millions of pinpoints of light it holds each tell a story much more magical and bizarre than anything you can see on TV. Even with Elon Musk's processionary satellites traipsing across the sky.





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When Portable Radios were not as portable!!

Ever since Marconi got fed up with painting his bathroom and decided to popularise the wireless (he didn't invent it remember!), we have wanted to carry one around with us. In the 1920-30's, sets were nice and big, using valves and components that one would find in a normal tabletop set, indeed. Two small differences really; one being that some bright spark had screwed a handle on the top and the other, you needed batteries. Now, to operate the valves, batteries had to be substantial. You required an accumulator cell (big jam jar, like a small lead acid car battery), giving a couple of volts to drive the valve filaments (to make them hot), a high voltage HT (high tension) battery around 90-120 volts and a smaller battery for Grid Bias. Add the lot to a big square frame aerial and a speaker. Chuck this in the back of your Austin 7 or Rover 12, which could just about manage the weight (women had to ask their husbands to lift the wireless in and out the car because in those days ladies weren't very strong you understand, pre-WOKE etc.) and drive off to your picnic. On a good day, you could find a station to listen to, BBCs' 2LO (coming from The Strand in London) or the Home service coming from that strange place called the Midlands. The radio lasted for about an hour and a half before the batteries went flat. When you wanted these recharging, you would take them down to your local bicycle shop, where they would have the charging equipment to do such a job. They were set up for charging motorcycle batteries and so charging radio accumulators was a good money spinner. Because your listening time on the wireless was precious, the conversation in the bicycle shop was all about the best programmes to listen to and who did what in all the afternoon dramas. Real gossip.

In the 50's Mullard created a new range of small 7 pin valves, "D" series, which were designed to use little power. Now we had a radio that was portable, weighing a few pounds, not half a ton. Still had to have batteries, 1.5V dry cell for the filaments, a 90V one for the HT and 1.5V for bias. These batteries cost in today's money about 20€ Who remembers the nice bright blue and red oblong batteries Eveready?! Now you could get a week's use from them



and a bit more if you put the batteries in the oven for 20 minutes with the Sunday roast, when they became flat. Most of the sets had a "mains" option so you could give up the silly portable idea and leave the set indoors. A common design was a mini attaché case style with a lid that opened up. As the lid opened, this normally brought the set to life. The lid also housed an aerial. The battery company Eveready made lots of these sets, along with a round weatherproof set made from saucepans, painted in blue Hammerite paint. These were aimed at the African market, were insect, little finger and spear proof.

By the late 50's and 60's, transistors were used in portables. Sets were now tiny, about the size a large pack of fags, with a little speaker that squawked away, and came with a fake leather carry case. They used a PP3 9V battery which was cheap. Who remembers seeing on the back "Empire Made" and "Made in Hong Kong?" When GB was GB!

A great British company called Roberts made lovely sets. Wooden case, big speaker, tone controls etc. They sounded fantastic, like the big wireless in the corner of Grandma's living room. In the 60's their chief engineer, Mr. Hacker, left Roberts to start his own radio company and called it Hacker, great imagination. No surprise that the resulting sets were solid and perhaps over engineered, sounded great and worked well but being built like a Victorian out-house, were expensive. As time went on, however, competing with the Far East closed the business. Shame.

By the 70's and 80's, most of the UK radio manufacturing had been hived off to China and elsewhere, with just some of the brand names continuing, having been bought by holding companies. Bush, Alba, Murphy and so on. But never fear, we had the Ghetto Blaster, for those with a chip on one shoulder to help keep the balance whilst carrying it on the other.

More reading at www.zeta-services.tv and 10% off repair labour rates with this magazine tucked under your arm. If I am in a good mood.



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Puzzle Time

Puzzle solutions on page 66

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.

6	8					1			6			4	9					
							4	5		9	5	7				8		
	1	2			6	8				8	1	3						
		1	3			6	8		3		4				7	6		
			8	1					8	4	6			1	3			
3	7		2								1	2						
8		6	3		4		9	1	4					3		1	4	2
7	5		2						1	2	3	8				6		
			6		5		1	6		8								3

Samurai Sudoku

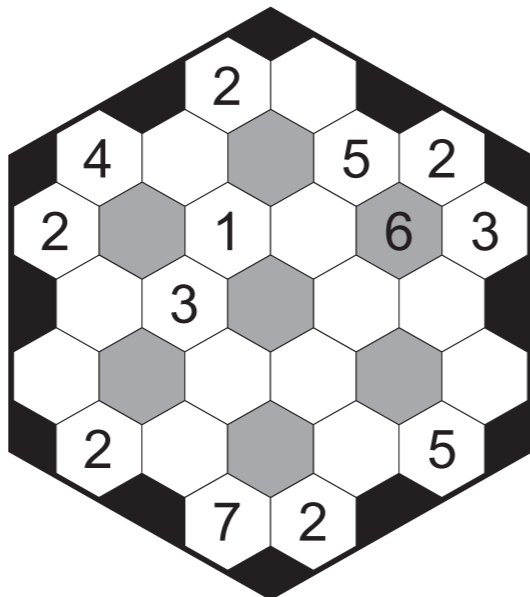
1							5
8							7
	3	2			7	4	8

3	7	2	8		5		6	4	5		8			4	5	6	8		3	
	8		6		7		1	5		6	9	8			2		1	5		
		1	4		9	3	7			4	1	6		9			3			2
6				4						5	1	2							3	
			5		6					7									4	6
	3	2				4				3		5	8							
9	3									9										
					3	4		1		3	6	5							2	7
		7	9		4	8	3	2		8	7									

Rosetta

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

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



Patatas Revolconas from Ávila



I would translate 'Patatas Revolconas' to something like 'Manhandled Potatoes', but the word 'revolcón' is not easy to translate, as it covers a range of more or less brutal ways of treating people or objects, so if you don't like the name Manhandled Potatoes, please feel free to find your own name for them.

The dish is also known as Patatas 'Revueltas' (scrambled), 'Meneadas' (wagged) or 'Removidas' (swirled). A dear child has many names, we say in Denmark, but the sure thing is that these poor potatoes have to suffer through some violent preparation or other before being ready to serve.

Like all Spain's most traditional dishes, Patatas Revolconas is made from very basic ingredients that were usually available to humble country folk. However, today it is mostly seen as a tapa in tapas bars and restaurants, especially in the Castilla y Leon and Extremadura regions.

Isn't it funny how so many plain, traditional, folksy dishes often get the gourmet Michelin treatment these days, and are sold for an

¡Buen Provecho!



amount of money that the old folks could have lived on for a week!

The dish consists of potatoes (obviously) with bacon and paprika. I say bacon, but any part of a pig that comes with fat and skin will do.

To make Patatas Revolconas, you boil your potatoes until they are completely tender. You can peel them before or after boiling them, whichever you prefer, but the skin has to come off sooner or later.

Fry the pieces of bacon, or whatever, in plenty of olive oil until they are nicely golden without being burnt.

Remove them and fry sliced garlic in the same oil until they are just turning brown, then turn off the heat and add both mild and hot (just a small pinch of the hot) smoked paprika.

You then pour the garlic and paprika oil over the potatoes and mash them with a fork until they have absorbed and mixed well with the red oil.

The mash is served with the pieces of bacon on top, and that's all there is to it!

I think it sounds delicious and shall definitely try it at the first opportunity. Having said that, I still haven't tried last month's Bollus Preñáus, so these interesting, unknown recipes are starting to queue up, waiting to be tested!

Buen Provecho!

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Cooking with Nina



Winter At Last!

Yippee, we finally got some fairly cool days and rather cold nights in January!

I took the opportunity to do some slow cooking and warmed up my kitchen nicely at the same time as enjoying the aromas wafting through the house.

It was difficult to choose which ones to share with you; I ended up with two with chicken and two with pork, all of them filled with lovely vegetables.

I'm sure you'll like them as much as I did!

Read, cook and enjoy!

Chicken and Peppers

I've often cooked a chicken leg with potatoes and lots of whole garlic cloves, as a sort of poor man's Chicken with 40 Cloves of Garlic

I fancied a chicken leg, but decided to try something new, so I left out the garlic and oregano and used peppers and paprika instead.

I had bought one of those packets with a red, a green and a yellow pepper (part of) which I used, and I loved it!

Ingredients for 1:

- 1 whole chicken leg
- 2 good sized potatoes, scrubbed and sliced
- Half each of a red, green and yellow pepper, cut into strips
- 150ml chicken stock
- Olive oil
- Paprika, salt and pepper

Heat the oil on a small frying pan and brown the chicken leg on both sides. Sprinkle with paprika (I used smoked), salt and pepper.

In the same oil, quickly brown the potatoes and peppers and place them in an oven proof dish.

Sprinkle with salt, but be careful, the stock is also salty. Place the chicken leg on top.

Pour the stock in the frying pan, bring it to the boil, loosen the sediments from the bottom, and pour it over the vegetables and chicken.

Cook it in the oven at 200°C for 40-45 minutes, until the chicken is cooked through.

I promise you; you have something to look forward to!!



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Vegetable Feta Bake with Chicken Wings

Yet again I found myself with leftovers from various other meals; when you cook for one, this is inevitable, as nobody sells a quarter of an aubergine or cauliflower, or two sticks of celery. And if you use a whole aubergine or a cauliflower for one meal, you won't be able to eat anything else!

I usually make enough for two, though, as the other half comes in handy on dog training nights.

Ingredients for two:

- ½ aubergine, cubed
- ¼ cauliflower, divided into florets
- 2 short sticks celery, sliced
- 8-10 cherry tomatoes
- 75g feta cheese
- Olive oil
- Black pepper
- 8-10 chicken wing pieces, ready marinated

Place all the vegetables in an ovenproof dish. Pour over some olive oil and mix well.

Crumble the feta cheese over the top and give it all a couple of twists of black pepper. No salt necessary as the cheese is quite salty.

Place the chicken wings in a separate dish.

Stick the vegetable dish in the oven at 200°C for a total of 40 minutes. After ten minutes, put the chicken wings in as well and continue cooking for about half an hour.

I put a naan bread in as well for the last couple of minutes, and it went a treat!



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Hot(ish) Paprika Chops in the Oven

I'm not a great one for very spicy food, but I do like it to have a little bite. So I mixed my hot and sweet smoked paprika to my liking – you can change the ratios to suit your own palate.

It is a rather 'wet' dish, so it doesn't manage to look all roasted and toasted although it is made in the oven, but what it lacks in looks, it makes up for in flavours!!

I used, as almost always, the nicely fat marbled 'cabeza de lomo' which I believe translates into shoulder. The fat marbling gives a lovely flavour!

The 'guindillas' are preserved, long, green chilis which are sold in jars in all supermarkets.

Ingredients for two:

- 4 pork chops
- 1 tbsp smoked paprika mixed with
- 1 tsp hot, smoked paprika and
- Salt and pepper
- Olive oil
- ½ aubergine, cut into 1 cm cubes
- 3 tomatoes, cut into wedges
- 1 large onion, cut into wedges
- 150ml stock
- 1 tsp cumin
- 1 tbsp muscovado sugar
- 1 tbsp preserved 'guindillas', chopped



Rub the chops with the paprika mix. Heat the oil in a frying pan and brown them on both sides. Put them into a greased, ovenproof dish.

Place the aubergine cubes and tomato and onion wedges over the meat.

Mix the stock with the rest of the ingredients, and pour it over the vegetables. Season with salt, but be careful as the stock is salty in itself.

Cover and slow cook in the oven at 150°C for one and a half hours. Take off the lid/alu foil, turn the heat up to 200°C and cook on for about 20 minutes.

Check the meat – it should be very tender.

Serve with pita or naan bread.



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Goulash Soup

I've always thought, if you have to put all that time into it anyway, why not make proper goulash rather than just goulash soup? I found a very good reason the other week: I fancied soup more than a casserole dish.

I stumbled over a very attractive recipe, tried it, and found almost nothing to tweak.

I served it with a big dollop of Greek yoghurt and some bread, and the yoghurt added that little bit of je ne sais quoi!

Ingredients for two:

- 300g shoulder of pork, cubed
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- ½ each red and yellow pepper, cubed
- 2 short sticks celery, finely sliced
- Olive oil
- 1 tbsp tomato purée
- ½ tsp paprika
- 1 tin chopped tomatoes
- 400ml stock
- 1 bay leaf
- Salt and pepper

Heat the oil in a smallish soup pot and brown the meat in batches. Reserve. Throw in the vegetables and cook them for a couple of minutes until they take a little colour. Return the meat to the pot.

Add the tomato purée and bay leaf, stir and, once the purée is evenly distributed, add the paprika and chopped tomatoes. Stir, add the stock and bring to the boil.

Cover, and let it simmer for a couple of hours until the meat is very tender.

Serve with Greek yoghurt and warm bread.

Living with Multiple Food Allergies or Intolerances

Shellfish. Peanut. Soy. Lactose. Gluten. Corn. We've heard of all of them and then some, right? If you are someone who faces any or multiple of these food allergies or intolerance issues, it can make everyday life quite challenging.

There is often a deep sense of loss when lifelong favourite foods or restaurants are suddenly off-limits. It can be more difficult for adults to accept the food substitutions since, unlike children, newly diagnosed adults remember what certain foods are supposed to taste like. For example, gluten-free pretzels or brownies might not taste bad, but if you spent your whole life having the gluten version, you're probably going to notice the difference.

What's the difference between a food allergy and food intolerance?

A food allergy is an immune system response to a food protein that triggers an allergic reaction in the body. Symptoms can include hives, itching, swelling, vomiting, diarrhoea and nausea. In some cases, it can cause potentially life-threatening symptoms, either by breathing difficulties (anaphylaxis) or a sudden drop in blood pressure.

Sometimes, food allergies may be less obvious and can be diagnosed by reflux of stomach contents and eczema. Recent studies have found that 40 to 50 percent of eczema cases in young children are triggered by food allergies. There are eight foods that cause 90 percent of allergies: milk, egg, peanuts, tree nuts, fish, shellfish, wheat, and soy. That doesn't mean other foods can't cause reactions as well.

A food intolerance is an adverse reaction to a food that does not involve the immune system. Reactions can be immediate or delayed



up to 24 hours after a food is eaten. Symptoms of intolerance are sometimes elusive and can include a combination of the following: bloating, diarrhoea, nausea, indigestion, aggravation of eczema and/or asthma. Food intolerances can sometimes mimic symptoms of other medical conditions. Most of the suggestions in this article are geared towards food allergies, but it doesn't hurt to practice some of these tips with intolerances as well.

Continued on page 28

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Whether you're dealing with an allergy or an intolerance, read on for a few tips to make the early weeks of life with a newly restricted diet more manageable.

Confirm the Diagnosis

If you have unmistakable food allergy symptoms after eating a certain food, you may be tempted to just not eat that food and avoid the time, expense, and hassle of allergy testing. This is what most do people do nowadays.

Vegan, gluten-free and dairy-free diets are trendy, especially on social media. Being trendy can be fun, but it's not always the best idea when it comes to what foods your body may or may not be able to tolerate.

Symptoms you attribute to what you believe is a dairy allergy may be the more easily treatable lactose intolerance. You might have an allergy to what a food was cooked in or a chemical added to a processed item and not the food itself. That's why it's so important to be tested. You can ask your primary care physician for a recommendation.

Time for a Pantry Cleanup

Clear every item you can't eat from your pantry, refrigerator, and freezer. Why? No sense in keeping them around as unnecessary temptation! It's also a way to avoid cross-contamination.

Be sure to check your cosmetics and toiletries for potentially allergenic ingredients, too, especially if they go near your eyes, hands or mouth.

If you live with roommates or family who eat things you can't, it's ideal to separate your food storage and prep areas and possibly keep some separate cookware and utensils for yourself.



Play with Recipes

You won't necessarily have to give up your favourite recipes when you're diagnosed with an allergy as an adult, but you will need to make substitutions to take advantage of cookbooks and recipes that aren't specifically written for those with food allergies. Focus on learning substitutions for the most common ingredients you have to avoid in the kitchen. There are tons of non-gluten flours, egg substitutions and alternative milks out there nowadays. Create a stash of dependable allergen-free recipes for yourself.

Restaurants Are Not Off-Limits

Eating at restaurants soon after an allergy diagnosis can feel discouraging, so start slow. Depending on where you live, it may be easier or more difficult to find restaurants that will make substitutions or have options that will work for you. Stick to one or two restaurants where the chefs or owners are approachable and accommodating and expand from there. Some chain restaurants actually list the food allergens and additives their dishes may contain, which is also helpful.

Practice Managing Your Stress Levels

It's perfectly normal to feel stressed as you transition into this new lifestyle. There are studies of people living with food allergies that consistently show that they have high levels of stress.

If this diagnosis makes you feel overwhelmed, do whatever possible to simplify other aspects of your life for a while. Find compassionate friends to talk to. Start an exercise or meditation program. Even seeing a professional to talk about your frustrations can positively enhance your overall mental health and wellbeing.

Whether you have a food allergy or a food intolerance, you can take small actionable steps, like the ones mentioned above, towards maintaining a healthy and happy lifestyle!

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Jason's Meat Free Recipe: Chickpea Burgers

These have a long and lovely history for me, prompting many fond memories (the 'incredible, but almost-inedibles', for example, when there was a slight slip on the spicing, creating an inferno), but ones that were always delicious.

This version is spicy and tasty, but without the burn. Should you wish to recreate that of course, just be generous with additional chilli.

I made these two ways – with and without a burger bun. They're both equally good, although without is a bit healthier. It looks like a lot of ingredients but it's all store cupboard stuff or is easily available.

If wanting to stay vegan swap out the butter for coconut oil, the Greek yoghurt for vegan yoghurt and miss the egg out entirely. The flour will still stick to the burger!

Ingredients - makes 4 burgers

- 1 large Jar of cooked chickpeas – drained
- 3 tbsp chickpea/garbanzo flour
- 3 tbsps Greek yogurt
- 1 small red or brown onion – finely chopped
- 1 medium red pepper finely chopped
- 2 small fresh red/green chillies, deseeded and chopped (can add more to taste)
- 2-3 cloves of garlic finely chopped/grated
- Zest and juice of ½ a lemon
- 50g butter
- 1 egg, beaten
- 1 pack fresh coriander
- 1tsp cumin seeds, toasted (ground also works)
- 1 tsp coriander seeds, toasted (ditto)
- 1tsp turmeric
- Salt and pepper to taste

If using coriander and cumin seeds dry roast them in a frying pan, keeping them moving, until they're aromatic. Then take off the heat and crush in a pestle and mortar.

Beat the egg in a shallow bowl and put the flour into a separate shallow bowl.

Using the same frying pan, add the chopped onion and pepper, and stir over a medium heat until there are the first signs of browning, add the spices, chillies and garlic and stir for a minute or so. Remove from the heat.



Tip the drained chickpeas into a food processor (if you don't have one then into a bowl and roughly mash them) with ⅔ of the coriander, and stalks from the remaining ⅓. Keep those leaves for the salsa.

Blend it a bit, but not too much. You don't want hummus, something coarser.

Tip into a bowl and stir in the sauteed onions etc, the lemon juice, zest and yoghurt. Mix it and add some salt and pepper to taste.

Shape into burgers (you can go big or small, and any spare can be frozen).

Dip the burger in the egg on both sides and then dredge through the chickpea flour to lightly coat.

Fry them in some olive or other vegetable oil on a medium high heat for a couple of minutes each side or until they are golden brown and serve.

As above they go well in a bun with the usual burger trimmings or on their own with the salsa and a dollop of the yoghurt.

For the salsa, if you choose to make it, soak half a sliced red onion in cider vinegar (or lemon juice) for an hour or so, just to take the sharpness off the onion, then drain and pat dry with kitchen paper. Mix together with the set aside coriander leaves.



HOMES & GARDENS

The New Brown Waste Bins

At long last our local towns have been blessed with the brown organic waste bins. I say 'at long last' because many cities around Spain have had them for over 18 months.

Not many people seem to be using the bins. Maybe it is because we are uncertain about what to put in the bin and more importantly what do you put the waste in before dropping into the bin.

It is a great initiative, and we can all embrace it very easily. I have purchased a small countertop bin that supports a 6L compostable bag, readily available from shops such as Mercadona, and my household is up and running! It really is that easy!

There is a campaign trying to raise awareness of the benefits in using the brown bins and I have taken all the information directly from their website – it says everything we need to know. So do read on.....

Welcome to "Mandalo Al Marron" (Send it to Brown), our awareness campaign about the brown container: an initiative dedicated to promoting sustainable and responsible practices in the management of organic waste. In a world where environmental preservation is an unavoidable priority, the brown container emerges as a symbol of



commitment to a cleaner and healthier future.

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..... continued from page 31

The brown container is not just another container in our urban landscape, it is an invaluable resource for waste reduction and the promotion of the circular economy. Inside it, we find organic waste, which represents a significant part of our daily trash. From food scraps to garden waste, these materials have great potential to be transformed into useful resources through composting and biogas production.

By educating and motivating our community about the importance of the brown container, we are driving a change towards more sustainable waste management practices. It is not just about separating waste, but about cultivating a mindset of respect for our environment and responsibility towards future generations.

Join us in this campaign to discover the transformative power of the brown container and to make a difference in the preservation of our precious planet. Together, we can make caring for the environment a shared priority and build a greener and more prosperous future for all.

Join us on this journey towards a more sustainable tomorrow with the brown container as our fundamental ally!

So, let's take a look at the frequently asked questions

1. What is a brown container?

A brown container is a container for collecting organic waste. This type of container allows biodegradable waste to be separated for treatment and conversion into compost or biogas.

2. What waste should be deposited in a brown container?

Organic waste should be deposited in a brown container, such as:

- Food waste (fruit, vegetables, meat, fish)
- Egg shells



- Tea bags and coffee grounds
- Plant and flower remains
- Nut shells

3. What waste should not be deposited in a brown container?

The following should not be deposited in a brown container:

- Plastics
- Glass
- Metals
- Paper and cardboard
- Diapers and personal hygiene products
- Hazardous waste (batteries, chemicals)

4. Why is it important to use a brown container?

Using the brown bin is important because it allows for the separation and recycling of organic waste, which helps to:

- Reduce the amount of rubbish that goes to landfills.
- Reduce greenhouse gas emissions.
- Produce high-quality compost to improve soil fertility.
- Generate biogas as a renewable energy source.

5. How should I prepare organic waste before placing it in the brown container?

Organic waste should be free of plastics and other non-biodegradable materials. You can use compostable bags for its collection and, if possible, chop up food scraps to facilitate decomposition.

6. What happens to waste placed in the brown container?

Waste placed in the brown container is transported to composting or anaerobic digestion plants. There, it undergoes controlled decomposition processes to be transformed into compost or biogas.

7. What environmental benefits does composting organic waste have?

Composting organic waste offers several environmental benefits:

- It improves soil quality by adding organic matter and nutrients.
- It reduces the need for chemical fertilizers.
- It helps retain soil moisture, reducing water consumption.
- It reduces methane emissions from landfills.

8. Can I put animal waste in the brown container?

Yes, you can put animal waste, such as meat and fish, in the brown container, as long as it does not contain large amounts of fat or very large bones, as these can hinder the composting process.

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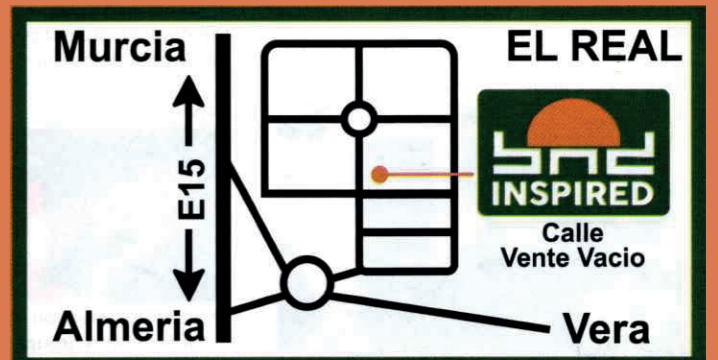




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In the Pink!

Our animal this month is the flamingo, an elegant and easily identified creature with its long legs, neck and wings, beautiful colours, and distinctive beak. The flamingo measures between 1.2 and 1.5 metres.

The male is somewhat larger than the female, and his neck is longer.

Flamingos are gregarious animals, and they live in flocks which can amount to thousands. A flock of flamingos is called a flamboyance. Like humans, flamingos make friends for life.

The plumage is reddish white mixed with orange or pink. The flamingo owes its Latin name (Phoenicopterus roseus) to its colouring. When the flamingo spreads its wings, it shows off an intense red contrasting with black.

The red and pink colouring is due to the carotenoids that are found in the microscopic algae that brine shrimps – part of the flamingo's staple diet – eat.

The flamingo is a filter feeder. Its characteristic beak has evolved to filtrate animals and vegetable matter which pass through its specialised mandibles, very much in the same way a baleen whale does.

Its call is a repeated two-tone sound, not unlike that of geese.

Flamingos live in quiet saltwater lagoons and estuaries, close to the coast where the water is not too deep.

They are present all year round in Spain in Doñana, Malaga, Alicante, Murcia, and the Ebro Delta. They also visit the Balearics in winter.

They breed in colonies and make nests of mud close to their foraging ground.

The mating season spreads over several months. The birds mate any time between April and July and the female lays one single egg about 24 days later only once a year – unless something went wrong with the first egg, then she can lay another. The incubation takes a month, and both male and female sit on the egg.

Once the chick has hatched it leaves the nest after 2-3 days. It is constantly looked after by one of the adults until it's seven to ten days old.



The next step is to go into the kindergarten which holds any number of young flamingos looked after by a flock of adults, all the parents take turns. The parents also come back to feed their chick at intervals.

Flamingos usually stand on one leg with the other tucked beneath the body. The reason for this behaviour is not fully understood. One theory is that standing on one leg allows the birds to conserve more body heat, given that they spend a significant amount of time wading in cold water.

Having said that, flamingos that live in warm water areas also stand on one leg.

Flamingos sleep standing up.

Their life expectancy is 20 to 30 years, and in captivity they can live to be 50.

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DANCING THROUGH TIME

By Evelyn McCrorie

Paula sat in the chic little restaurant in a town she hadn't visited in decades. It was a last minute decision but she knew she was looking her best. Her tailored knee length navy dress reflected her refined taste. And it had been a stroke of genius to combine it with those eye-catching pearl earrings - a gift from someone special long ago.

Up until that moment her life had been a whirlwind of adventure - sailing halfway round the world when young, visiting galleries all over Europe, and setting up home in foreign parts. Now she was seeking a more gentle existence.

Richard adjusted the collar of his grey sweater as he entered the building. Time had been generous to him, in his looks and, bizarrely, financially - his investments had grown beyond his wildest dreams. His decision to be a home bird had certainly paid off.

Paula looked up from her coffee. There he was - tall, silver-haired but unmistakably Richard. Her Richard. The boy who could make a dance hall fall silent, and who had taught her how to foxtrot, even tango, under the stars.

"Paula?" His voice was warm, familiar.

He sat down, and the years seemed to melt away. She spoke of her travels and he shared stories of his philanthropic ventures. They laughed about their younger selves - how he'd stolen the limelight



at every school dance, and she reminded him that nearly every girl had vied to be his partner.

"I haven't danced in years," Richard admitted, a little sheepishly.

A soft melody began to play in the background (was it Moonlight Serenade?) Richard untangled his long legs, stood up and extended a hand. "Dance with me?"

Paula blushed and gave a nervous laugh. But something about the way he looked at her filled her with courage. She placed her hand in his as they joined the other dancers.

As they swayed to the music, their surroundings seemed to float away. His steps were still precise, his movements fluid. Paula found herself smiling as the remembered routine took over.

When the song ended they sat down, a little breathless. That's when Paula pointed to the neighbouring tables decorated with roses, together with heart-shaped balloons suspended from the ceiling.

"I believe it's Valentine's Day!" she whispered. "Funny, I'd given up on that a long time ago."

"Me too," Richard murmured. He was smiling broadly as he reached across the table to take her hand. "But maybe we were saving the best one for now."

As they left, arm in arm, they made a pact - not just to see where the evening took them, but to rediscover the thrill of an adventure together.

After all, life was for living, and they had a lot of dancing to do.



WELCOME TO CORTIJO LA CUEVA

Hola, we're Steve & Jo, we own Cortijo La Cueva, an adult only B&B here in the lovely Spanish village of Arboleas in the Province of Almeria. We have wonderful views overlooking the olive & citrus groves in our part of the Almanzora Valley. We moved into our dilapidated Cortijo from Sheffield in 2019. The huge renovation took us four years to complete, we rescued six cats along the way, and we were filmed for A New Life In The Sun (S7 & S9) which was great fun!

We have three guest rooms all of which are themed around musicians, all have king-size beds, sustainable cotton bedding, contemporary en-suite bathrooms, air con/heating and they are decorated with Jo's up cycled furniture, shutters & beams. The Jimi Hendrix Suite comes with a four-poster bed and lounge with a private terrace. The Janis Joplin and Jim Morrison rooms have direct access to the large saltwater pool and outdoor honesty bar area, where you'll find comfortable sunbeds, plenty of areas to relax in and our sun terrace which has amazing 360-degree views, perfect for either sun rise Yoga or a sundowner drink.

A Continental breakfast is included in the price of each room and whilst enjoying your croissants, fruit salad, homemade marmalade and coffee, we have a free play vintage Jukebox, so there's no need to scramble for change as we scramble your eggs. We also offer home cooked breakfasts, an all-day snack menu and evening meals too.



Our unique sound-proofed Music Room called The 27 Club has vinyl records, CDs, music DVDs, cassettes, musical instruments, books and lots of memorabilia. Steve has designed this space from his memories of a 1970's record shop, have fun whilst playing music and having a cold drink or two.

A quiet space is our Little Book Nook with a lovely window seat, lots of books, magazines and artist materials for sketching, painting or doodling.

You don't need to be a guest to check out our Classic Afternoon Teas (Vegetarian and Gluten Free available) with a delicious selection of sandwiches, savoury pastries, scones with jam, clotted cream and cakes all home baked and served with a glass of Cava for just €24 per person.

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Very Dead

By Aileen Cleeve

She must be dead, lost at sea and hopefully very dead. Totally alone now in a sea of calm blue water, he allowed his exhilaration to surface, and he punched the air in triumph.

Just a couple of hours earlier they had both climbed into the boat, carrying a wicker picnic basket and a cool box, and both taking care to keep their expressions totally devoid of any emotion. He had steered the little craft effortlessly out towards the open sea, cut the engine and sat back to savour the glass of champagne she proffered him.

“We did it! We did it, we can happily toast our success now. To us!”

“Yes, the takeover went smoothly in the end” she replied, but didn’t lift her glass. She allowed a silence to open up between them before speaking again. “

“And now, James, I want a divorce”.

The words sank in slowly. Like hell you do, he thought, over my dead body - or more probably yours.

So taken were they in absorbing this bombshell that neither of them noticed the black clouds rolling in. The storm erupted suddenly and with a breathtaking violence, whipping up the sea into a swirling cauldron, rain falling in a tropical torrent and the black sky ripped asunder by lightning.

She clung desperately to the sides of the boat while he attempted to restart the outboard motor. It refused to cooperate, despite his frantic efforts. With no resistance, the puny craft was tossed hither and thither like an empty matchbox. Now she was clinging to him while he battled to position the oars in a desperate attempt to regain some control. It was useless.

A fierce gust brought a huge wave which lifted her from her feet and, clinging as she was to him, sent them both over the side into the maelstrom. He struggled to free himself from her vice-like grip, while the boat moved farther and farther away. Without the boat they were both finished.



Summoning all his strength, he kicked her away savagely and struck out towards the vanishing boat. The sea was wild, and the waves buffeted him relentlessly but his need to reach the boat was paramount. Her cries for help were quickly carried away on the wind. Somehow, he managed to get a hand on the prow of the boat, he relaxed a little and let the waves and the boat take him where they would. At last, he could inhale and fill his lungs with air, the oxygen flooding his brain and filling him with a premature euphoria.

Now he needed to climb aboard somehow. With barely a warning, the storm was abating, allowing him to pull himself to relative safety. He lay totally spent in the bottom of the boat for God only knows how long, before his brain reconnected and he forced himself to sit up and look back. The sea was empty, nothing to show she had been there desperately struggling just a short time ago.

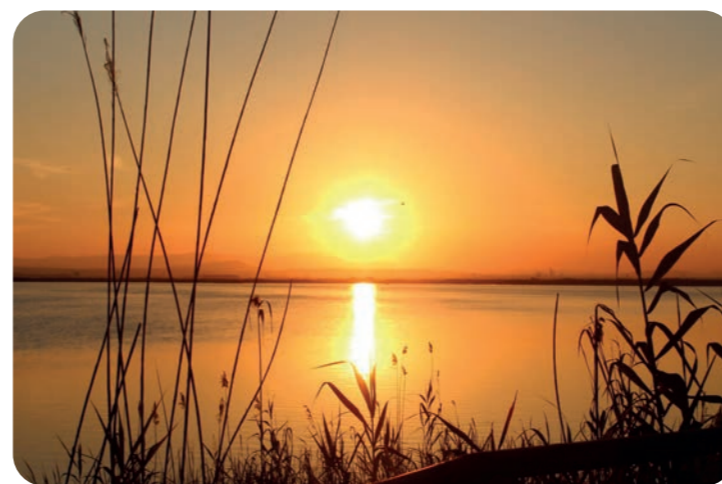
The inquest was today. Her body had been washed up some miles to the south, and he, as the bereaved husband, was here with her son and several other officials. It did not take long to deliver a verdict of accidental death through drowning. Any possibility of foul play was quickly dismissed for lack of motive. Her husband had nothing to gain from her death, indeed a great deal to lose. The deceased had changed her will several weeks prior to the completion of a very lucrative takeover bid. It was solely in favour of her son.

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Albufera Natural Park in Valencia



The Albufera Natural Park is set around and named after Spain’s largest freshwater lake, L’Albufera.

At only 10 km from the city of Valencia the visitor will find pure nature, dream sunsets, boat trips, and perfect chill time.

The lake as we see it today is the result of a geological process; it was once a gulf, but over a few centuries sediments from the sea built up and created a stretch of terra firma which cut off the gulf and turned it into the lake we know today.

This oasis is surrounded by rice fields and woods, and it can be visited by car, bike or motorbike, or on an organised trip that will take you around the park and lake and include whichever worthwhile parts take your fancy.

Some of the most recommended places to visit include El Palmar,

the park’s main town; Puerto de Catarroja, a fishing village; Tancat de la Pipa, a bird observation platform; and many more. There are also several walking routes, both for experienced hikers and for those that are not quite so mobile, beaches, and – we are in Valencia, after all – paella restaurants.

El Palmar is the home to the largest number of restaurants in the area. The town has been built in the marshlands of the park and it has a busy centre and a very impressive parish church. Although the town gets very busy in the daytime, it returns to its natural quiet state once the restaurants close in the evening.

It is surrounded by rice fields, and there are irrigation channels, navigable channels and, as a special curiosity a kind of miniature barracks for the area’s cats. Maybe to accommodate water rat hunters?

Puerto de Catarroja is actually set outside the actual natural park, but it definitely worth a visit. It is a small, traditional fishing town with a charming port where the boats are tied up by the jetty in between fishing trips. The jetty is a charming setting for a stroll any time of day, but maybe especially at nightfall.

At Tancat de la Pipa you can really observe the marine birds, including flamencos, ducks, cormorants, and many other species. If you want to visit, it is necessary to reserve at the Tancat de la Pipa website.

A visit to La Albufera is not complete without a boat trip on the lake. On the organised trips you can contemplate the biodiversity and receive information about how the lake was formed and the importance of the ecosystem both for the animals and the human inhabitants of the area.

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High Noon

High Noon is probably one of the greatest westerns ever made. Starring Gary Cooper & Grace Kelly, it is a movie about a lawman torn between abandoning his town to a bunch of lawless thugs or staying and fighting.

It has all the classic ingredients of a thousand westerns; Hero versus Evil. But this movie was made to the backdrop of one of the most scandalous periods in American History, The McCarthy Communist Witch Hunt trials. Where decent men and women were threatened and used against each other, to give up their husbands, wives, lovers and best friends, as supposed communist agitators.

High Noon won four Academy Awards. It has been acclaimed by the US Library of Congress as a film that is culturally, historically, and aesthetically significant. So, it is hard to believe John Wayne called it an un-American Film. He threatened Gary Cooper, that if he did not pull out of the movie, his career would be ruined.

The problem was the writer, Carl Foreman, who had been a member of the American Communist Party when young but had quit. Not



By Tom Fynes

a good background to have, during the McCarthy witch hunt years. Foreman had written the screenplay as an allegory of what had happened in Europe during the rise of the Nazis. But also, what was happening in the 1950's USA.

The Sheriff, dressed in black, is leaving for a new future with his beautiful new bride, dressed all in white. When word arrives that Frank Miller has been released from jail, and is coming back to the town for revenge.

The Sheriff goes around the town, to gather up the necessary forces to contest the evil that is coming to town. But one by one the town's people backdown giving the usual excuses, they would love to help but..... This leaves the Sheriff on his own, to face the bad guys. One scene shows him writing his 'Last Will & Testament' where, facing certain death, he breaks down and

starts crying.

John Wayne objected to this scene, saying it was against the traditions of the classic western and no western townspeople would have turned their backs on their Sheriff. The pressure on the Producers to remove Carl Foreman from the movie credits was immense. Step forward Gary Cooper, who became that High Noon Sheriff, in real life.

Refusing to bow to Hollywood pressure, Gary Cooper continued to support Carl Foreman all the way. Even though he himself was facing the threat of being blacklisted and his career ruined. Carl Foreman's name remained on the picture credits. But Foreman was forced to flee to England, where he continued his wonderful career. He never forgot the support he received from Gary Cooper. This movie still has as much relevance today as it did when it was released in 1952. And it is worth watching again.




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GOING GREEN

Light Pollution

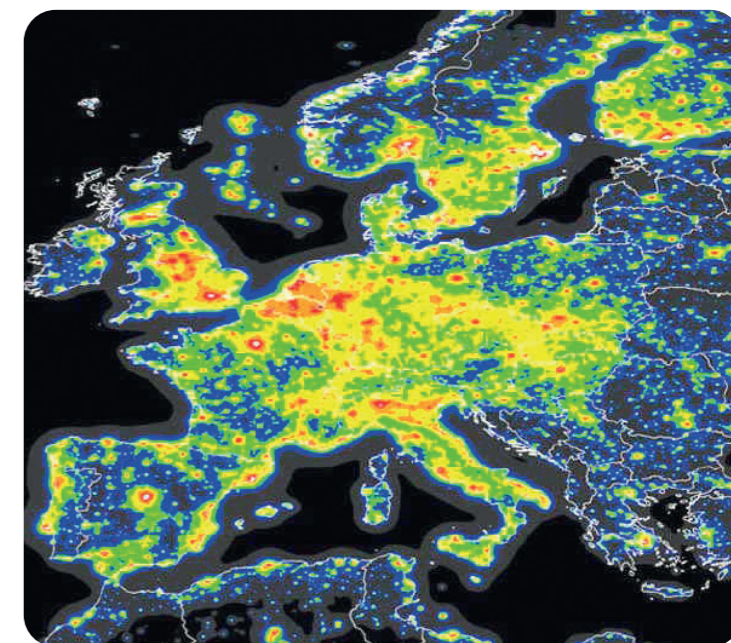
By Jason Lowther

Last month, I wrote about space debris. Portentously it would seem. On January 3 this year a 500kg metal ring from a spacecraft fell from the sky, landing in a remote-ish part of Kenya. Luckily no-one was hurt, and I'm going to start thinking about writing down lottery numbers. This time the focus is, sort of, related in that it considers light pollution. Readers may recall in 1996-97 the arrival of the Hale-Bopp comet. At the time it was visible to the naked eye, and I lived in a flat on the tenth floor of a block in Birmingham. I could see it, as a fuzzy white splodge in the night sky, but it wasn't until a trip to Cornwall that it was visible in all its awesome beauty; by far the biggest thing in the sky and, in the moment, I mused on our ancestors. It is no wonder they believed that celestial anomalies were the portent of something cataclysmic or profound. Sadly, none of us will be around to see it again. Its orbit means that it will next be in the neighbourhood in 4377 (ish), by which time I'm predicting we'll have finally sorted climate change, one way or another.

Excessive, misdirected, or obtrusive artificial light produced by human activities, usually in towns, cities or suburban areas, creates light pollution. Artificial lighting has given us obvious benefits, such as improving visibility and safety, and extending the hours we can enjoy at leisure, but it also presents several significant drawbacks. These range from impacts on our (human) health to difficulties for wildlife, and a far less starry night sky than ever before. While the last one on the list there may seem inconsequential for most of us, culturally we have always been drawn to the stars, for navigation, for calendars and even for our horoscopes. It is so culturally ingrained that it even forms the Royal Airforce motto, 'per ardua ad astra' – through adversity to the stars. It can be a challenge to get out into the real 'dark' though, where the only light comes from the twinkling of stars made millions of years ago. For most of us to get to look at a really dark sky now, it would probably mean planning and perhaps a drive. There are more than aesthetics and glimpses of the Milky Way at play here though.

Artificial light, at times when it should be dark, interferes with the body's production of the hormone melatonin, otherwise known as the sleep hormone. As light fades naturally the body produces melatonin and helps us get off to sleep. Taking it as a supplement can help get over jet lag – although it is banned from over-the-counter sales in the EU and UK. Sleep disorders negatively affect a significant percentage of the population. With our digital lives and artificial light, we often neglect the need to be in the dark and respect our circadian rhythms. There have been numerous studies which have linked light pollution to poor health because of its disruptive effects. Circadian rhythms are natural, internal processes that regulate the sleep-wake cycle and repeat roughly every 24 hours. These rhythms are driven by biological clocks which are present in most living organisms, including humans, animals, plants, and even microorganisms. In short, from the cell to the complex organism, we have evolved to match the cycles of our planet: day/night summer/winter etc.

This means, then, that effects on humans are felt equivalently by wildlife and across ecosystems, and in a number of ways. Of prominence is the fact that many animals rely on natural light cycles for navigation, foraging, and migration. Indeed, for cold-blooded animals, natural light, from the sun, is a source of energy. In Europe, as well as globally, sea turtle populations have been demonstrably affected by artificial light through coastal developments. For adult turtles, navigation to a suitable beach may be compromised, but



should they make it and lay eggs, that is only part of the story. The hatchlings face survival odds of about 1000/1 in optimal conditions, to around 10,000/1, according to the United States' National Oceanic and Atmospheric Organization. They must make it to the ocean quickly or they dehydrate. Most fall short or are eaten by crabs, gulls and other predators (even if they make it to the sea, then they're also eaten by fish). Artificial light near beaches, from roads, developments, etc., adds another existential threat, as the hatchlings can become disoriented (or misoriented) by it, leading them away from the ocean. In the US the DarkSky NGO has produced information to inform local State regulations about keeping beaches dark in turtle season and, where lighting is needed, to make it less obtrusive, by directing it or shading it away from hatcheries. A similar project in northern Europe, Darker Sky, is advocating a similar mix of measures to manage natural areas more effectively.

In Spain, especially with its significant coastal development, the issue has risen up the conservation agenda. A record year in 2023 saw 29 successful nest sites established in the Valencian Community, Catalonia, Murcia, the Balearic Islands and Andalusia. The presence of the nests necessitated action, including a dimming of the lights in places, to create the optimal conditions for the nests' viability. Locally, Aguilas Municipality joined the "Tortugas del Mediterráneo" campaign a few years ago, to raise awareness of the plight of the loggerhead turtles, and last year in Puerto Banús 49 hatchlings from the previous year were released into the sea. Their odds of survival being somewhat boosted by a dogwalker spotting the eggs and contacting the authorities. Lovely to have an optimistic environmental story.

Otherwise, light pollution also has significant impacts on bird and insect species. We're familiar with the moth being drawn to the flame, scientifically known as positive phototaxis. The accepted reasoning is that its navigational sense is being disrupted, and that is likely the same reason for most flying insects. Being drawn to artificial light in this way though is not great. For an insect it can lead to a very increased chance of being gobbled by a night-hunting bird, mammal or reptile. I actually love the walk back home through the village, which is still, relatively 'dark' - and watch the bats feeding around the lamp posts. I'd probably feel less happy if it was me on the menu, though.

Continued on page 46



..... Continued from page 45

The EU has also funded research into the impact that light pollution has on pollinating insects (the Pollinators Initiative) and discovered that it does negatively affect them.

For bird species exhaustion has become a factor and a factor in lower broods. In particularly bright spots in town and cities, there is no darkness, and so no respite. Taken together this sort of disruption to behaviour causes observable changes in ecosystems. It interrupts the dynamic between prey and predator and thereby affects the balance between species. There are also noticeable impacts on plants through subtle changes to their growth cycles.

The amount and type of lighting can make a significant difference too.

Badly designed street lighting or uplighting wastes a lot of energy unnecessarily. Of course, we don't want to be stumbling around in the pitch black, but low saturation lighting, that does the job of lighting one's way efficiently, is a means to cut energy use, cost and greenhouse gas emissions.

Downward facing lighting, or that which is shielded in some way can avoid the 'skyglow' effect that is seen in the airspace over population centres and cut the amount of potentially dazzling glare. Within the EU there is no specific law relating to light pollution, although the Zero Pollution Action Plan, adopted in 2021 as part of



the European Green Deal programme, identifies light pollution as 'a pollutant of emerging concern'. Watch this, preferably dimly-lit, space.

Spanish authorities have acted to curb light pollution through both national and regional legislation, reflecting a commitment to mitigating its environmental, cultural and health impacts.

At national level, Spain has incorporated provisions related to light pollution within broader environmental laws (just as has happened in the UK where light pollution can amount to a statutory nuisance). Law 34/2007 is mostly concerned with air pollution, although it has a separate additional provision specifically targeted towards minimising light pollution by the

promotion of efficiency measures. Otherwise, Spain's Autonomous Community system of regional government has seen certain Communities enact specific laws to tackle light pollution.

Catalonia's law is related to the planning system and is targeted towards the regulation of both exterior and interior lighting installations, in other words it is seeking to cut off the problem at source by urban design. Cantabria's and Navarra's, attempts, in 2006 and 2022 respectively, have their basis in energy efficiency but also refer specifically to the need to reduce the polluting element of artificial lighting.

Finally, the Canary Islands enacted the "Law of the Sky" (Law 31/1988) in the 1980's. Some of the World's great astronomical observatories are situated there, and to ensure that they continue to be effective and unaffected by artificial ambient light, the law places limits on outdoor lighting in order to preserve and ensure dark skies.

January and February this year see a number of alignments of the visible planets (look east after sundown away from ambient light to have the best chance of seeing them). The one on February 28th won't happen again for another 400-plus years. Happy stargazing.

Signing off, on the sunset of the inauguration of the 47th president of the USA, I'm drawn to the phrase "may we live in less interesting times". If even half of his administration's planned environmental 'roll-backs' are made effective, a bit of light pollution, as challenging to some as that may be, will rank amongst the least of the planet's problems.

Mistaken Identity

It was their mother's first day back at work. She leapt up into the bed of the four-x-four buggy and stood impatiently waiting as the farmer drove up to the hill to check the inlamb ewes.

She loved her pups and had cared for them diligently, but she was relieved that the six weeks of enforced inactivity in the pony shed looking after them was now at an end; she would be back working and they would be learning the world.

She'd done her best to educate them in the perils and pleasures of sheepdog life, but it's hard to practise Come Bye and Away within the four walls of a pony shed.

So their knowledge was theoretical. They knew that humans made various noises, which were signals for them to do something relating to sheep.

They knew that sheep were whitish and bigger than them. They knew that it was important to dominate the sheep by staring hard at them. They knew that they had to position themselves so that the sheep went where they were supposed to go, which was herding, and different from chasing, which they must never, ever do, no matter how much fun it might seem.

The three pups tumbled out of the pony shed and cavorted into the yard for their first experience of the world; it was so big, and there was so much to explore.

'Look! Those brown things must be chickens. Let's chase them.' Urged Shep. He was the oldest and boldest and the only dog pup.

'Mum said not to chase.' Jip, his sister, cautioned.

'No, that's sheep. We can chase anything else.'

'I don't think we should chase them. They might be dangerous.' Said Lucky, the youngest and most timid.

'Well, I'm going to chase them.' Shep set off at his puppy gallop, all uncoordinated legs and wildly rotating tail.

'Drat! Puppies!' clucked the Black Jersey matriarch of the chicken flock. 'Just move out of the way, they'll soon get bored.'

'You leave them to me!' the Silkie brood bantam ruffled her white feathers and grizzled. 'I've got a clutch to protect.'

'Best go sit on them then. Don't want the puppies treading on the eggs and breaking them.'

'Oh no! my children!' the bantam rushed off to protect her clutch with her life by sitting on them.

Shep soon found out that chasing the chickens wasn't fair. As soon as he got close they fluttered up over his head and landed behind

By Jos Biggs



him. In fact the chickens were just making fun of him.

He sat down to catch his breath. 'I told you not to chase.' Admonished Lucky. 'You'll be in trouble if Big Ben the farmer finds out. You'll get sold.'

But Shep wasn't listening. 'Look! A sheep! Over there.'

All three pups looked. 'It's a sheep. It's whitish and it's furry. It's a sheep. I'm going to chase it.' Shep scrambled onto his feet and set off across the yard.

'No, don't! you mustn't.....' whined Lucky

Jip pushed Lucky with her nose. 'Don't worry. Watch.'

Shep shambled at top speed across the yard. The white cat stopped and watched him. Shep came to a surprised stop.

'Hsssss.' Said the cat.

'Yip' he said, and once more broke into a sort of gallop.

When he was within range the cat caught him a ferocious right paw across the nose, paused, then sauntered off.

Shep, dripping blood from his scratched nose, cringed back to his sisters, tail between his legs and howling pitifully.

Jip looked at her sister. 'That is a cat. Remember, Mum said always keep away from cats.'

'It's white and furry. I thought it was a sheep.' Shep licked the blood as it ran down his nose.

'No. Mum said sheep are woolly, cats are furry. Remember?' Jip asked

'And Mum said not to chase.' Lucky sat back, satisfied. 'And Mum knows best.'

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What is Happening in the Local Property Market. February 2025

By Voss Homes Estate Agents with offices in Huércal Overa & La Alfoquia

Traditionally, December & January are always quiet months for property sales but both months were amazing for us with both months being the best December & January we have ever had. Buyers are coming from everywhere and all sorts of shapes and sizes and prices of properties are selling. It just seemed there was a mad rush before Christmas to buy which then continued in January. We are writing this near the end of January and our diary is already filling up with buyers for Feb & March.

In this month's issue we would like to talk to the Property Buyers & Sellers about making offers on properties.

It is the job of your estate agent to achieve a price which is agreeable to both buyers & sellers.

Of course, many property prices are "negotiable" but please note there is a difference between a "cheeky offer" to get the ball rolling and a "damn insulting offer."

Most people have seen the "reality" tv programs about buying properties abroad showing people getting unbelievable amounts knocked off the asking prices. Unfortunately, this is why a very small number of buyers are getting confused and cause them to be a little too confident in their negotiations. If you go in too low, then the chances are your offer will not get accepted and you are wasting your time.

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However, the vast majority of buyers who watch these programs are not looking for negotiation tactics and know it is not possible that so many people continually get such huge discounts off the advertised prices. Some people even say that maybe these programmes are not as real as they appear.

We correctly value properties which means when the buyers walk through the door, they can see what an amazing property it is and they offer the asking price, or close to it. Again, this can only happen if the property is advertised at its true market value.

As a seller, if you or your agent has overvalued your property then all you are doing is reducing the amount of interest you will get, and your property will spend far too long on the market until you bring it down to the price it should be. When a property is on the market for too long it puts off potential buyers and will encourage buyers to make low offers. Why not just advertise it at the right price and get your property sold quicker.

A second point to sellers is "If you pay peanuts, you get monkeys. If an agent is offering you a deal on their commission especially if they don't really sell many properties in your area, then what part of their duty needed to sell your property are they not going to do? Reduce their advertising or not even push your property. At the end of the day... "you get what you pay for."



Look Good - Feel Great Home Remedies for Bright and Sparkling Eyes

These home remedies will help to relieve tired eyes and eliminate puffiness. They will soothe your eyes from all kinds of pain. You need to be cautious about using any kind of home remedies around the eyes. It is better to check the remedy on your hand first to know the reaction. In case you experience redness or irritation in that particular area, choose a different remedy. Staying outdoors in the hot sun is unwise and acts as poison to the eyes. Your eyes tend to squint due to the bright sunlight. Make it a habit of wearing sunglasses when outdoors. The common cause for eye strain is inadequate lighting. People tend to strain their eyes to look through the dim light. Let the light fall on the paper or book which you are reading from. Try out these easy beauty tips for eyes and get attractive and sparkling eyes.



Cucumber

Cucumbers are one of the widely known home remedies for dark under eyes. It is considered as the most effective way to brighten your tired eyes. The high-water content in the cucumber is the main ingredient that will help the most. Take an ice-cold cucumber and cut it into thick slices. Relax your head and place these slices on your closed eyes. Keep it on for 10 minutes or till the cucumber slices get warm.

Olive Oil Tea Bags

Green tea and green tea mixed drink are the best option for quick refreshment. Green tea bags is one of the easiest and handy home remedies for under eye dark circles that also helps in relaxing and

soothing tired eyes. Both green tea and black tea contain bioflavonoids. Tea bags will help to reduce bacteria and inflammation. Place wet green tea bags in the freezer to chill. Apply olive oil with a cotton ball on your eyes, while you chill the tea bags. Remove the tea bags from the freezer after a few minutes. Find a place to relax and place these chilled tea bags on your eyes. Leave them on for ten minutes and wash your face. Dry it and moisturize as usual.

Continued on page 50

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Milk Remedy - Buttermilk

Natural clear face tips are incomplete without the inclusion of raw milk into it. Cold milk is one of the most nourishing home remedies for bright eyes that reduces puffiness and tiredness of eyes.

If you feel that you are looking tired these days, try this great milk treatment to soothe and relax your eyes. Take a cup full of ice-cold milk. Throw in a few cotton balls and let them soak for a minute. Lie down in a relaxed position. Place a towel under your head and tightly close your eyes. Place these milk-soaked cotton balls on your eyes for 10 to 15 minutes. Wash your face and moisturize as usual.

Strawberry

Strawberries that are stored in the fridge are a treat on a summer day. It is considered one of the best anti-aging fruits loaded with antioxidants. But most people don't know that strawberries can cure puffy and tired-looking eyes and can give you bright white eyes naturally.

Strawberries will help your eyes appear brighter and healthy. Remove the tops of a few frozen strawberries and cut them into slices. Place these strawberries under your eyes and leave them on for 5 minutes. Wash and moisturize your face after removing them.

Besides removing the swelling, strawberries will also make your skin smoother and younger-looking. This is because strawberries contain alpha-hydroxy, which is the same ingredient found in many facial expensive creams. So now you can have the same ingredient for a lower cost.

Exercise the Eyes

You can try some simple eye exercises to relax your eyes. It works better if you can practice these just before going to bed. Take a pen



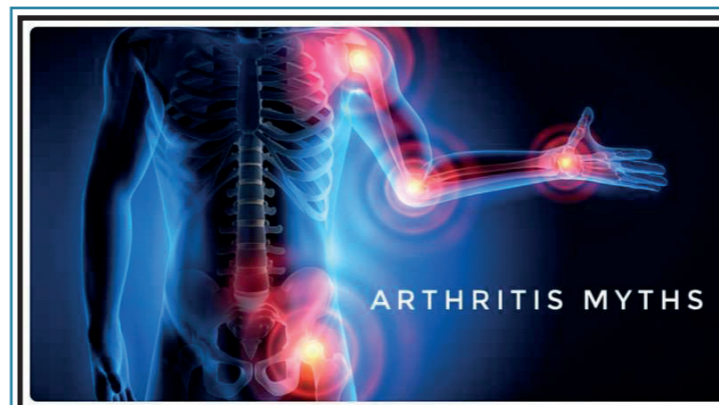
and move it horizontally and vertically in front of your eyes. Try to focus your eyes on the tip of the pen.

Rose Water

Rose water is another effective way to soothe, reduce and heal eye strain and provide you with attractive and sparkling eyes. It has a pleasant fragrance that can benefit the skin in many different ways. It firms, tones and hydrates the skin.

It also prevents stressed skin, acne, wrinkles and sunburns. Rose water is just wonderful for the eyes. It contains antibacterial and antiseptic properties.

Take a small bowl with a few teaspoons of cool rose water. Soak two cotton pads in the rose water and place them on your eyelids. Leave it on for 10 minutes. You will have a soothing experience with this home remedy.



MYTH 1:

If you have arthritis you shouldn't exercise or use your joints.

FACT:

Movement is medicine! Exercise won't cure arthritis, but the stronger your muscles are, the better you and your joints are going to feel.

MYTH 2:

Arthritis is just another part of ageing.

FACT:

Arthritis is increasingly common as we age, but it's not inevitable.

MYTH 3:

Cracking your knuckles leads to arthritis.

FACT:

When we crack our knuckles, it's thought that the nitrogen

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coming in and out of the fluid in our joints causes the noise. Some people may find it annoying, but it's not damaging.

MYTH 4:

If you have joint pain, it must be arthritis.

FACT:

Not necessarily. Lots of things cause joint pain, including the tendons and ligaments around the joint. Increasingly, a lot of people have pain that comes not only from the place that hurts, but also from the pain pathways in their bodies.

If you're suffering with joint pain, or arthritic pain, your Osteopath is trained and qualified to assess and treat you.

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Puzzle Time

Puzzle solutions on page 66

	7		8	3	9
		3	5		7
1	4			7	2
5	8		7		4
	6	8		3	
		9			
		5	3	4	
8		2			9

Easy

Regular Sudoku

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

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

	9			7	
2		3		8	
	1	9			
	4		6		3
6	8				4
		7		8	
					3
9			1	2	6
7					5

Medium

1		2		3	4		5		6		7
			8								
9							10				
11											12
13		14				15					
					16						
	17								18		
19											
20					21						
22									23		

Across

- 1 Compassion
- 3 Ideas
- 9 Serfhood
- 10 Innocent
- 11 Accomplishments
- 13 Rejoices
- 15 Classic sports car
- 17 Decrepit people (6,6)
- 20 Critical
- 21 Loose (2,5)
- 22 Alone
- 23 Be against

Down

- 1 Aisles
- 2 Garbage
- 4 Air constituent
- 5 Despicable
- 6 Cutting
- 7 Grasps
- 8 The transport of people to a new region after disaster
- 12 Expectations
- 14 Strange
- 16 Damage
- 18 Algarroba
- 19 Small islands

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The Almost Miraculous Benefits Of Frangipani

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

Its flowers look really beautiful and they come in a variety of plain and variegated colours. They grow easily and they don't require special treatment although their leaves easily wither.

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

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

Health Benefits of Frangipani

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



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

In India, frangipani is used to relieve coughs, fever, diarrhoea and dysentery. It is also used in preventing the occurrence of fainting due to excessive heat, in treating constipation, in addressing the irregular discharge of urine and in obtaining an adequate amount of high quality sleep. Its flowers are known to be effective in stopping coughs, regulating the shed of urine and in lowering the temperature. Meanwhile, its trunk contains compounds that are useful in regulating bowel movements.



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

For centuries, frangipani is widely used in Indian societies because of its healing benefits. Its floral scent is used in aromatherapy as it helps in rejuvenating the mind and body of an individual. The inhalation of the scent promotes deep internal cleansing which

refreshes the soul, body and mind of an individual. Aside from its relaxing and de-stressing effects, frangipani is also known to create a calming, spiritual and soothing atmosphere.

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

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



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

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

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These rescue dogs can save our lives. Let's have a look at what characterises these furry heroes.

Any breed of dog can be used for rescue work. However, they must have certain traits that make them better equipped for the job.

The kind of dogs that are sought after are playful animals who love to have fun with their toys (the toy is the motivator and reward for working), who have a good hunting instinct (again, for fun, not aggressive), a good sense of smell, as well as the will to work. They must also be very sociable and be able to work without distraction when surrounded by lots of people.

It is a known fact that dogs have great connection and empathy with man and that they can perceive pain and unhappiness. This motivates them even more to rescue people who are suffering. Again, basic socialisation is a must, both for the training period and also once they work in places with throngs of people and other dogs.

Rescue dogs must also be impervious to loud noises such as explosions, earthquakes, volcano eruptions, etc., and never be put off working and playing by anything in their immediate surroundings.

The most common breeds used in rescue work are Belgian Malinois, German Shepherd and some retrievers, such as Labrador and Golden Retriever. These are animals who have the necessary characteristic in their genes and the potential for reinforcing these genes to turn them into good rescue dogs.

Of course, Saint Bernard and Newfoundland dogs are also known as rescue dogs in specific situations, especially in mountainous and snowy regions.

Any other breed can perfectly well become rescue dogs and save lives, the only basic requirement is that they have the special characteristics required for the job.

Continued on page 58



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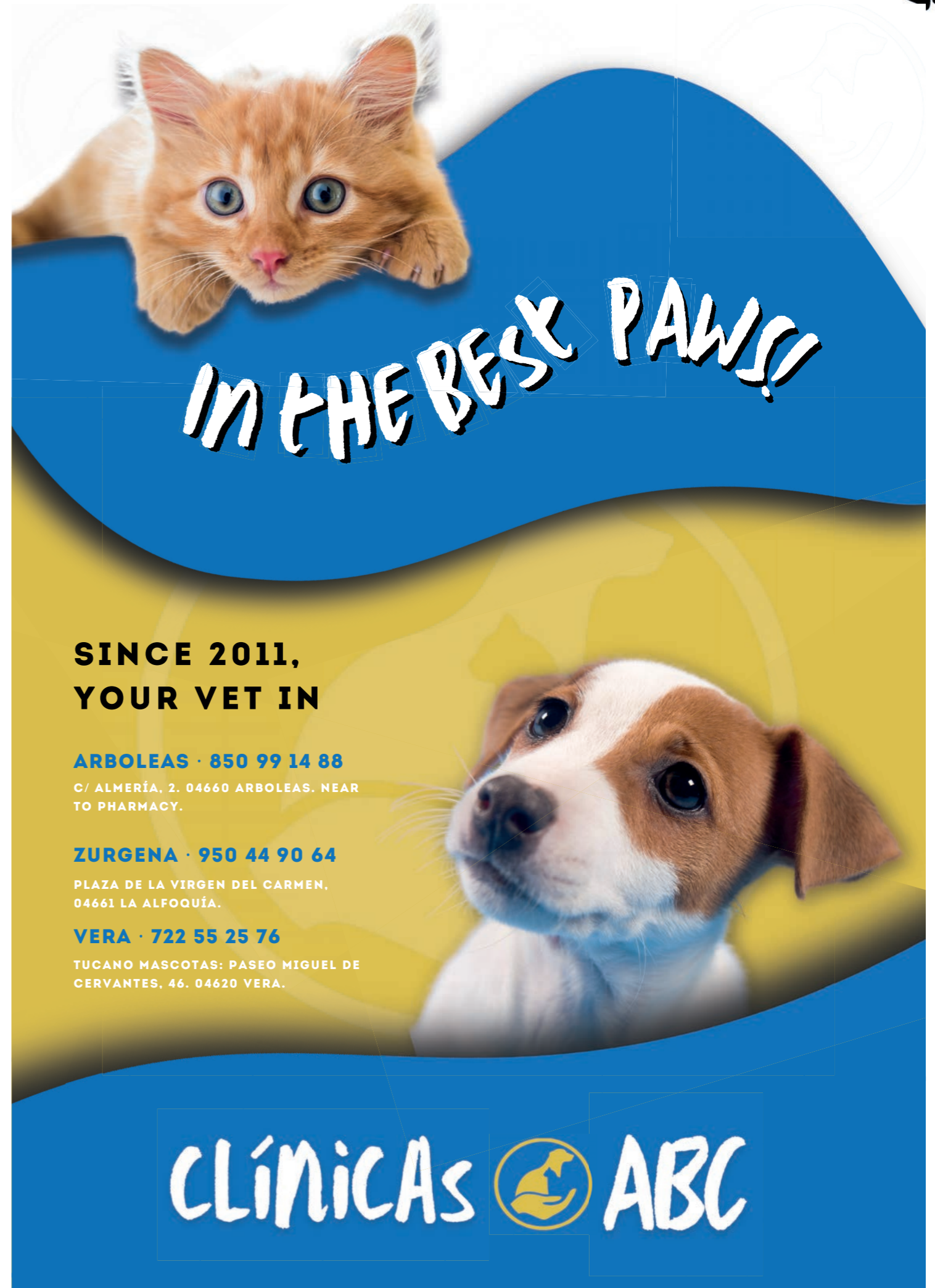
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..... Continued from page 56

And of course, whether or not the dog is a breed that is genetically predisposed for the job, they all need thorough training. From about one year of age, a dog with the right characteristics can start his training, although some are ready earlier, and others may need a bit more time before they are receptive to education.

Training continues throughout the working life of the dog, and he is always accompanied by a handler whom he recognises as his leader. It usually takes one or two years of intense training, both emotional, physical, and to a high standard of discipline – and the training is always done through play.

During training the dog learns to associate finding a victim with a reward (getting to play with his toy), which makes him do his very best to succeed; and eventually the very accomplishment of his task becomes a reward in itself.

Continuous training is essential, as is the exposure to different situations and environments: Landslides, debris, burnt down, aquatic, and subterranean areas amongst others.

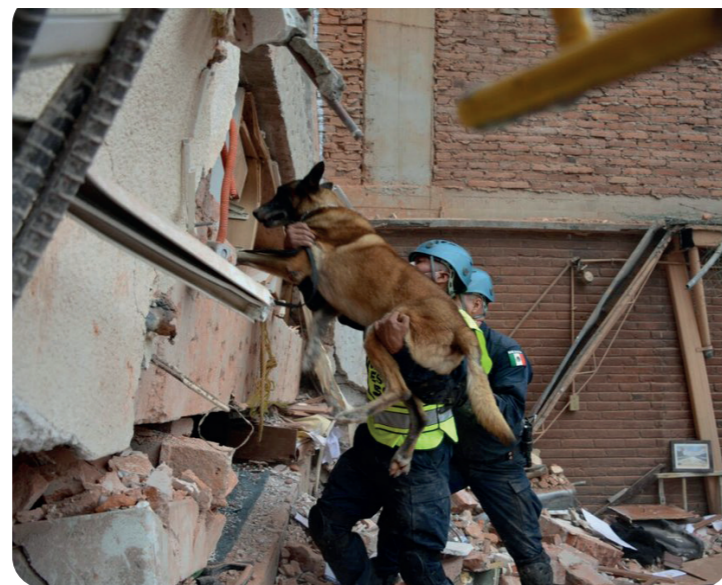
During the whole process the training team works in close collaboration with veterinarians who make sure the dogs are well,

both physically and emotionally, that they enjoy what they are doing, that they do not get wounded, and generally that they are in optimal health.

The training technique consists in teaching the dogs to relate their toy – their motivator – with a person, and every time they are with this person, he will use the same toy. They also learn to relate the smell of human beings with their toy. They are never rewarded with food, the reason being that a rescue dog might ‘mark’ the smell of food under an avalanche or debris rather than the smell of a human being.

Although for a rescue dog working is playing, these brave animals carry out a very hard job with great physical and emotional demands, so they are usually retired between the ages of seven and ten, in accordance with the toll the work has taken on them over the years.

Rescue dogs are true heroes, and they deserve to be able to enjoy their last years in a relaxed environment without physical and emotional demands and pressure.



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The Parrot Ravachol

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

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

His name was Ravachol.

He was the pet of the pharmacist Perfecto Feijóo. Ravachol's charisma and cheek turned him into a symbol of the city of Pontevedra.

When he died, he was given a loving send-off by the townsfolk, attended by large crowds.

In 1891 Perfecto Feijóo was given the exotic animal by his friend Martín Fayes, the conductor of the military band of the Guillarei-Tui infantry regiment.

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

It is not known whether the parrot was given a name when he first came to Pontevedra, but before a year had passed after his arrival to the city he was known to all the inhabitants by the name of a famous French revolutionary. François Ravachol was an anarchist who, apart from his troublemaker tendencies became famous as a much feared terrorist after he had attacked several targets with dynamite. It was Don Perfecto himself that named the parrot Ravachol because of his rebellious and rambunctious character.

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

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

People who tried to give him sweets were met with the phrase 'Vaite de ahí lambón' (get out of here, bootlicker!)

If the pharmacy was empty and somebody entered he would shout 'Don Perfecto, parroquia' (Don Perfecto, clients!) or 'Xente na tenda' (people in the shop).

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



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

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

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

received sympathy telegrams from all over Spain.

So many people came to pay their last respects to Ravachol that the pharmacy soon proved too small, and the local tradesman's guild installed his body in a mortuary chapel. The whole city filed past, including civil authority and military figures; the whole district was shaken.

The funeral of Ravachol was set to 5th February, Ash Wednesday, and the tradesman's guild organised the service. Notices were put up all over the city inviting everybody to attend, each dressed up as they wished and carried a funeral lantern. The procession was headed by twelve men on horseback and amongst the thousands of mourners were musical bands, troupes and floats. In front of a crowded grandstand the parrot was sent off to the sounds of 'Unlucky Soirée', a local funeral song.

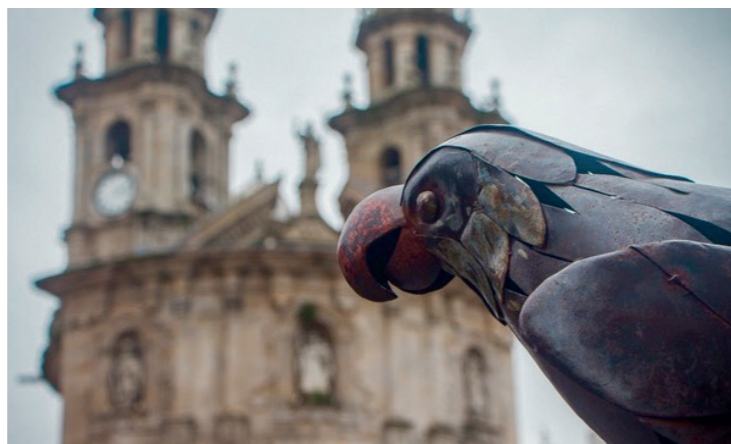
Everybody from the top of society to the lowliest citizens participated in this last goodbye to their beloved Ravachol the Parrot.

In 1985, a group of enterprising citizens and the municipal fiesta commission decided to recreate the funeral of Ravachol the Parrot during the city's carnival.

This first recreation of the funeral of Ravachol was a resounding success and it has since then become one of the most popular acts of many Spanish carnivals, and it is the final act of the extremely lively Pontevedra carnival week.

And Ravachol the Parrot can now even boast dances dedicated to him as well as his own pins and other merchandising.

Moreover, there is a sculpture representing him in the street where the pharmacy used to be, just a stone's throw from the Santuario de la Peregrina, whose worshippers he used to make fun of.



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Is your local market listed?
 If not please let us know



WHEELS

MOTORING SECTION

The hidden story of a true F1 great

By Dan Ripley

When speaking to Formula 1 fans, there are a number of legends of the sport they'll name, no matter what they came in at.

The more modern fans might lean towards Max Verstappen or Lewis Hamilton, and the more seasoned veterans might lean to Michael Schumacher, Ayrton Senna and Alain Prost - even Juan Manuel Fangio - but everyone's got their legends.

Sometimes though there are names that get lost over time as new generations of supporters come along, one of those is David Purley.

Purley had the talent to establish himself as an F1 driver, but he is never remembered much for his results as he only ever finished four races. Among those he is officially classed as 'DNF' is the 1973 Dutch Grand Prix at Zandvoort which was just his second ever race start.

What the British driver did that day was something that was greater than just being an F1 racer, it marked him out as a remarkable human being in an era when driving an F1 car was a life-threatening experience to unthinkable levels compared to today, that has thankfully seen drivers' safety reach greater levels since, even if the



Continued on page 64

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.... Continued from page 63

full dangers are unlikely to ever disappear.



How Purley tried to save Roger Williamson

On lap eight of the race Roger Williamson crashed, pitching him upside down near a barrier with his car on fire. The race continued with just a yellow flag to cover events.

Purley though, having seen the crash and realising the seriousness of the situation, parked his car, leapt out and ran across the track sprinting to the incident to try and overturn Williamson's car and pull him to safety.

Sadly, track marshals very nearby did not have fire overalls on and whether due to the heat, or acting in shock, could only watch Purley's desperate one-man attempt to save Williamson's life.

Purley wrestled a fire extinguisher from a marshal to try and put the flame out, but it proved no use. No other driver stopped, thinking it was just Purley attending to his own car. Race control believed the

same thing, thus the race continued.

The Dutch spectators also tried to help but had the same problem as the marshals in trying to get beyond the intense heat of the fire without proper overalls.

Tragically, Purley could not put out the fire, nor overturn the car and his total visible devastation that his actions could not save the life of Williamson before he was reluctantly led away by a marshal were all caught on camera. It's a very difficult piece of footage to watch.

It took the fire engine eight minutes to get to the scene, navigating race traffic, but by the time it got to Williamson - the British driver had already died of asphyxiation.

Purley's extraordinary bravery on that day led to him being awarded the George Medal by the United Kingdom. He later died in 1985 in a plane crash having previously taken up aerobatics.

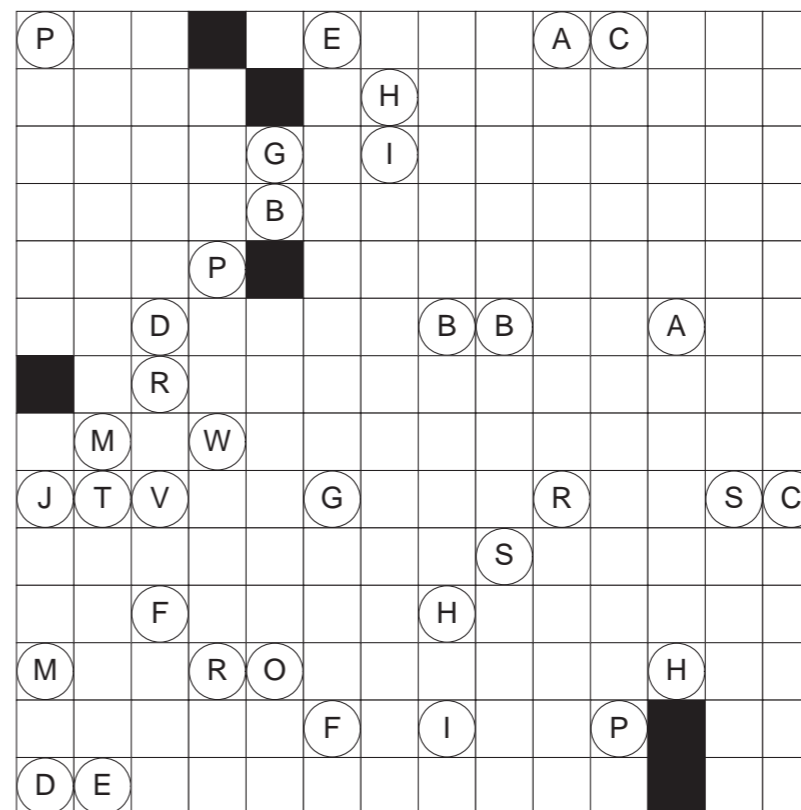
On what would have been his 80th birthday on Sunday 26th January, it's a timely reminder that we should never forget Purley's act of astonishing bravery at Zandvoort that as a human alone puts him up among Formula 1 greats.



Puzzle Time

Puzzle solutions on page 66

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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2025 Race of Champions

Sebastian Vettel is set to return to racing alongside fellow German Mick Schumacher at the 2025 Race of Champions (ROC).

The two former Formula 1 drivers will race together for Germany in the ROC Nations Cup, set to be held in Sydney on March 7-8.

It will mark the four-time world champion's return to a country in which he claimed three of his 53 grands prix victories.

The 2025 ROC will be the first time this prestigious event has ever been hosted in the Southern Hemisphere, with the action taking place at Sydney's Olympic Stadium.

Vettel and Schumacher are headlining what promises to be a star-studded lineup of motorsport legends, competing in identical cars on ROC's iconic 950-metre parallel track, where pure driving skill will determine the winner.

The ROC, renowned for assembling a who's who of motorsport across disciplines like F1, Le Mans, and Nascar, will pit drivers from various racing series against each other in a test of raw talent.

Competitors will race in identical machinery, meaning no team advantages or technical tweaks - just pure driving prowess.

The ROC Nations Cup will see Vettel and Schumacher represent Germany, while Saturday will focus on individual glory, with drivers vying for the title of 'Champion of Champions.'



Vettel, who won the individual ROC in London in 2015 and the Nations Cup title six times alongside Michael Schumacher, is eager to team up with Mick Schumacher once again.

The pair last competed together in 2019, finishing second in the Nations Cup.

"I'm delighted to be coming back to the Race Of Champions and teaming up with Mick again," Vettel said in a statement.

"Sydney is a fantastic venue, and I'm excited for the chance to race in front of Australian fans once more."

25-year-old Schumacher, who currently races in the World Endurance Championship and serves as Mercedes' reserve driver in F1, is equally enthusiastic.

"I look forward to representing Germany with Seb, and of course, we're going for the win in both the Nations Cup and individual events," Schumacher said.

The ROC 2025 is set to provide a spectacular precursor to a packed motorsport calendar.

It will take place just a week before the opening round of the 2025 F1 world championship in Melbourne, and two weeks after the Supercars season opener in Sydney.

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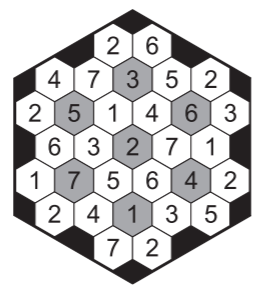
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Puzzle Time Solutions

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