# April 2025 Issue 144 Almeria-Living

A Great Read - Original, Inspiring, Local

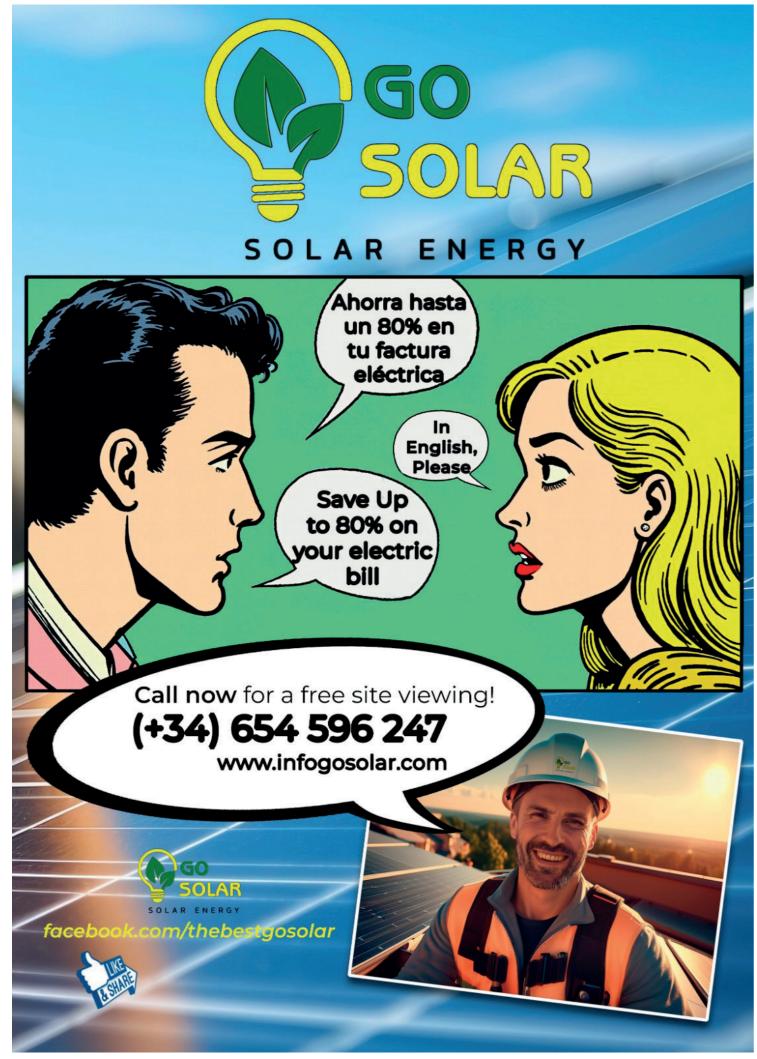
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**02** Almeria Living

Welcome to the April 2025 issue of Almeria Living. The 4th of the year already!!

On the 12th April, C.A.T. Services will be celebrating our 15th anniversary!! I cannot believe it has been such a long time. My pride at this achievement has spilled over on to page 4 (I hope you will forgive the indulgence!).

The March rains have certainly been a great benefit to the countryside. I can't remember a Spring so green and clean. The flowers that have flooded all the fields like a sea of yellow are a sight to make you smile, just like seeing the sunshine after so many overcast days.

I would like to thank Nigel Varney, who after reading the article last month on processionary caterpillers, has written to offer some advice to our readers. He strongly recommends spraying those that get to the ground with hair spray first as it stops the trichomes from becoming airborne. Great tip!

We have our first 2025 Parra Travel mini break this month with a long awaited trip to Ronda - one of my favourite places to visit. Why not write and tell us about your favourite places in Spain - perhaps it will inspire others to take a trip.

In this issue...

Once again, I offer grateful thanks to all my scribes, who have brought us a collection of stories and articles that help keep our magazine a great read.

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 May!!

Karen (Ed)

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# **Celebrating 15 Years Serving the Community**

On the 12th April 2010, I opened the doors for the first time of a business that had been born over a weekend and so the future unfurled.

Despite the recession, Brexit, Covid and lockdown my sheer determination and the commitment of my team, we have continued to prosper. It certainly hasn't been an easy ride all the way and I think that is what makes us so strong together.

The concept of C.A.T. Services was to offer affordable help and support to the local expat community by providing translation services at the doctors & hospital as well as with other language barrier issues and procedures.

Correos didn't deliver to many homes in the area, so our address soon became a postal hub and as the community grew so did our postal services.

With the popularity of Amazon and the arrival of Temu & Shein and many other online shopping networks our ability to store multiple parcels meant we needed to expand!

VM

I was lucky that the building had so much room for us to do just that and today we can expect to receive a minimum of





Come and browse our wide selection of ladies, gents & childrens clothing and accessories. We also have an assortment of household items and soft furnishings.

Figure 4: For worthy causes!



100 parcels a day, delivered to us by more than six courier companies as well as Correos.

Of course, with deliveries, comes the need for returns and we are now agents for Celeritas (mainly Amazon returns) & GLS with more companies accepting us soon.

Despite the consequences of Brexit, our office services continue to thrive, and we are able to offer assistance with numerous procedures including non-lucrative visa applications and EU residencias, driving licence exchange, vehicle change of ownership and matriculation to name just a few.

There are always day-to-day issues with utility companies, townhalls, garages etc so we are on hand for phone calls as well. No day is the same and there are always new challenges to rise up to.

Our shop has a vast array of greeting cards for all occasions plus wrapping paper and bags. We also have a large selection of English and Spanish newspapers, magazines & puzzle books. We offer a selection of jewellery, incense, candles and burners.

Parra Travel has finally picked up since the disruption caused by Covid and the subsequent lockdown. Our various mini-breaks and day trips are proving to be extremely popular. I am always looking for fresh ideas of places to visit and it is great to get feedback and suggestions. We are always on hand to book flights and other forms of travel.

Our services don't stop there as we offer a wide range of baby & toddler equipment for hire and if that wasn't enough, we are also home to a selection of mobility equipment that is hired out by donation to the charity, Harmony.

Last but by no means least, is this very special magazine, Almeria Living, put together each month with pleasure and love. We remain the only publication in the area that has not changed in size or quality since the first issue back in 2012. An achievement that we are all very proud of. It is hard to believe that in 6 months' time I will be producing the 150th edition!!

As always, I would like to thank everyone for the support and custom over the last 15 years and we look forward to being of service in the future.

Karen Revel - proud business owner of all things C.A.T. Services

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# **Spanish Provinces**

There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. In March we journeyed to Badajoz and now our next of Spain's provincial Capitals takes us to one of the most well known ......



The province of Barcelona is one of the four provinces that constitute the autonomous region of Cataluña.

It covers a surface of 7,728.17 m2 and borders the three other Catalonian provinces of Tarragona, Lérida and Gerona and, to the south-east, the Mediterranean Sea.

The Pic de Costa Cabirolera peak is in the Cadí mountain range in the Pyrenean foothills. At 2,604 MASL it is the highest point in Barcelona province.

The name of the coast of the province is Costa del Maresme, but it has been advertised as Costa de Barcelona for tourist purposes. Barcelona has a coastline of 161 km, and it encompasses many wellknown tourist resorts, such as Arenys de Mar, Canet de Mar and Calella.

All these small towns started as fishing villages that slowly became known for their quiet beauty and sandy beaches. Soon the fame extended abroad, more and more people, both Spanish and foreign, visited, and mass tourism was born on Costa del Maresme.

Barcelona province has a high population density, 763.5/km2, and this is interestingly combined with a very high density of trees: 33,000/km2, the second highest of the Spanish provinces, only superseded by neighbouring Gerona.

It is the most populated of the four Catalonian provinces with 5,877,672 inhabitants, 1,636,193 of whom live in its capital of the same name.

Barcelona capital, which is situated on the Mediterranean coast, is the second most populated city in Spain, and comes in 11th in the European Union. It is often referred to as 'La Ciudad Condal' as it was indeed the capital of the County of Barcelona back in the 9th century.

The history of Barcelona goes back 4,000 years, to the Neolithic period, and its population boasts a mixed bloodline of Iberians, Romans, Jews, Visigoths, Muslims and Christians. Over the centuries, Barcelona has grown from a small Roman colony into Spain's second city.

The first notable settlement dates back to the 6th and 7th centuries B.C., created by an Iberian people called the Laietani, and

the Romans conquered it in 218 B.C. In about 15 B.C., once they were well established, the Romans named it Colonia Ivlia Avgvsta Faventia Paterna Barcino.

Barcelona has always been an important city, from being a Roman colony of some 4-8,000 inhabitants to being the capital of the Visigoth kingdom. During the Catholic Reconquest of Spain, the city changed hands a few times and was all but destroyed at one point by the Muslim army of Almanzor.

However, the city was reconstructed and had a new golden era as one of the important Mediterranean trade ports which lasted up until the 15th century, but after that there was a long tumultuous period of ups and downs caused partly by wars and partly by other political conflicts.

With the advent of the Industrial Revolution the city's luck changed again, and apart from the extensive industrialization that took place, Barcelona became an important political, financial and cultural centre, a role which it has retained ever since.

Upon taking charge at the end of the Civil War, General Franco ordered an intensification of Barcelona's industrialization. The resulting demand for labour caused a massive influx of workers





from the poor south, and the demand for housing changed the cityscape as whole new neighbourhoods of working class dwellings were constructed. Also, the public transport network was extended, tramways appeared as an addition to the extensive metro system, and the city as we know it today emerged.

Barcelona's climate is pleasantly Mediterranean with warm summers and cool winters. The annual rainfall averages 600mm, late

summer and early autumn being the wettest seasons. Due to Barcelona's location on the Mediterranean, the humidity is relatively high.

The city has a host of architectural treasures, from all the historical eras, but if there's any one architect that we all associate with Barcelona it has to be Antoni Gaudí. His most outstanding work is, of course, La Sagrada Familia, the construction of which was initiated in 1882 and has still not been finished. Nevertheless, it is one of the most visited tourist attractions of Spain on par with the El Prado museum in Madrid and El Alhambra palace in Granada. Furthermore, it is the second most visited church in Europe after the St. Peter's Basilica in Rome.

Barcelona's economy rests on various pillars, one of the most important of which is tourism. It is Spain's second most visited city





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711 060 132 after Madrid, and its port is one of the more important cruise ports on the Mediterranean.

The city is also great for shopping, beach and/or activity holidays. In the old part of the city some of the streets are so narrow that people can fetch things over their balconies to their neighbours opposite, and it was not unknown up until about 30 years ago for people to keep pigs on their balconies in that area.

The Rambla, the famous pedestrian street stretching from Plaza de Cataluña down to the port, where the 60m tall column topped by Colombus pointing towards Mallorca stands, is considered the heart of Barcelona, and it is never quiet. Natives and tourists wander here around the clock, whether to spend time with friends, do some shopping or visit some of the many bars and restaurants. Or just sit on a bench and watch the street life.

Apart from the city of Barcelona and the Sun and Sea destinations on the province's coasts, there is another place in Barcelona that any visitor to the province should take in: Macizo de Montserrat and its monastery.

At just an hour's drive from the city of Barcelona, a little bit more by train, this impressive massif and its famous monastery attract more than two million visitors every year.

Also known as 'The Magic Mountain', it has been the home of legends and traditions since time immemorial, and a great destination for a pilgrimage both for those who seek spiritual and religious experiences and for those who are looking to enjoy the rugged beauty of the mountains and their surroundings.





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# What is Holy Week, or Santa Semana?

Holy Week is one of the most special times in the Christian calendar, marking Jesus' final days on earth and his ultimate sacrifice for humanity. It is a time of deep spiritual reflection, reminding believers of his journey of love, suffering and redemption.

The week begins with Palm Sunday, celebrating Jesus' triumphant entry into Jerusalem, followed by Maundy Thursday, commemorating the Last Supper where Jesus washed his disciples' feet and shared a final meal with them. Good Friday is a day of reflection, remembering his crucifixion — a sacrifice made to redeem the world.

#### What is the true meaning of Easter?

Holy Week leads to Easter Sunday, a day of hope, celebrating Christ's resurrection and victory over sin and death. Christians in many cultures happily greet each other with phrases such as "Christ is risen," with the response, "He is risen indeed." It is a day of thankfulness and joy and a day that billions around the world celebrate.

Easter is about the love Jesus has for us and the purpose and peace he gives us. He said, "I am the way, the truth and the life, no one comes to the Father except through me."

He died and rose back to life so everyone can have a meaningful relationship with God the Father - the Creator of the Universe.

Sin broke that relationship, but Jesus repaired it. Because of Jesus' victory over death by coming back to life, we too can experience a new, everlasting life in Heaven with God. John 3.16 says "For God



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Christ carrying the cross by Titian

so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Not only does Jesus offer us a promise for the future, he also offers everyone hope and joy for today. When the world causes us stress about the cost of living, health concerns, anxiety, heartache, dissatisfaction, fear and many other crises or negative feelings, Jesus offers us something greater and deeper. He says, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Jesus' life, death and resurrection mean you are deeply loved, you are not alone in your struggles. His promise of peace is steady and everlasting. It's up to us to choose to accept it.

#### Happy Easter amigos!

With thanks to a member of New Life Church who kindly offered this contribution





# Spring-Cleaning Tips for a Top-to-Bottom Home Refresh



Spring-cleaning is the perfect time to tackle those chores you've been avoiding all year long (like dealing with the lovely grime that's coating the stovetop, or the dust blanketing the light fixtures).

Though the term spring-cleaning implies there's just one season when it's worth knocking out big household chores, we all know, in reality this is not the case. For starters, sweeping under big appliances like the fridge should be done at least twice a year."

Other areas, like the blinds, should be dusted weekly to prevent a time-intensive cleaning job once a year. Fabric surfaces, like upholstery, should be refreshed monthly. Here, we have added a few tips for spring cleaning throughout your home.

#### Sprinkle salt in the oven for a quick clean

Try a small area first, scrub the product into the affected area and let it It's always a terrible surprise when spilled butter, oil, or food in the sit until the paste dries, then wash off. If intense spring-cleaning fails oven starts smoking at high temperatures, but here is a simple hack to remove the black mould from grout, you may want to consider for cleaning up the mess: table salt. Pour it over the soiled areas right regrouting. Be sure to seal it, if you do. away for the best results. it immediately stops the smoking, and also







makes it easy to wipe up the mess once the oven has cooled down.

#### Banish food spatters from your dirty microwave

With all the pasta sauce splatters and greasy grime, the microwave is yet another overlooked appliance you should put on your spring-cleaning checklist. Try loosening up the food particles on the microwave walls by placing a bowl of water and using a high setting to boil the water.

Let it all steam up and keep the door closed for a few minutes. Then open it up and you should be able to gently scrub off the food scraps. You can also try the Angry Mama, which works by steaming the microwave with water and white vinegar.

## Deep clean the mattress with steam

For deeply embedded stains and smells, call in reinforcements. If you own a steam cleaner, it's always a good idea to use one on a mattress, or to spray it with white vinegar if you don't. For both cases, be sure to let it dry out completely before making the bed. If you do not own a steam cleaner, maybe call in the professionals who can offer a cleaning service throughout your home.

## Make a DIY drain cleaner

Drain clogs can be tackled with cleaning products you have on hand. Making a DIY cleaning solution with common household items by pouring baking soda down the drain for traction, followed by white vinegar (about a cup) to keep the drains clean and odour-free.

### Beat mould and mildew with bleach

Generally bleach is a solid choice when dealing with mould and mildew on bathroom tiles, and both experts recommend using a toothbrush with a bleach-based product to loosen up spots between tiles.



March certainly marched on by quickly for us here at Olive Tree Farm! So much has happened. If you read last month's events, you may already know that we succeeded in a rescue operation of our mother duck and her hatching ducklings, who are still safely snug and growing very quickly in the aviary.

We did so because all manner of mishaps can happen in farm life. The weather turned against us very quickly after the duck move, the endless rains keeping our attention mainly focused on keeping water out of the house and power on. The farm was fed and watched, but not all night — and even with a window in our bedroom facing the farm, not a sound could be heard over the howling rains.

We didn't realise anything was amiss until the next day, when Ben went up to check and feed everyone. It was then he discovered that all of our ducks, Muscovy and Khaki Campbells alike, were missing. Except for one, Mr Muscovy, and father to the ducklings in the aviary.

ERGY A



We managed to find evidence in the form of two bodies, one of our favourite Muscovy girls who had just started laying, and one of the Khakis.

A fox had gotten in.

We were fortunate that the oldest male survived, and that our chickens stubbornly refuse to use the houses we provide and keep well stocked with straw. They prefer to roost in the trees, which does keep them out of potential harm's way.

But that was a terribly sad day for us. More small notes of positivity, is that we had the babies in the aviary with mum, and we had the two ducklings we had succeeding in hatching. Ben also had stored away another clutch of duck eggs, so they were immediately placed into the incubator. So far, in the last two days, one has hatched, but the timings of the eggs vary so we can still expect more over the next couple of weeks.

In terms of what we're going to do now with the ducks has been a strong point of discussion between ourselves, but with all the





varying ideas and electric fence installation plans, we've settled on giving them a part of the garden and hope to capture and bring down Mr Muscovy to re-join his family. We will be able to keep a better eye on them, and the dogs tend to keep foxes out of the garden itself, so this feels like the best course of action to follow that we can follow through with quickly.

In other news, the goose laid 8 eggs. We decided that our lacking success in goose-hatching was a sign to give up on the idea, which was helped a lot by the fact that the extra cockerels around were probably stressing the female out too much, and that it would be nice to eat them for a change instead. Ben gave two eggs to Rosemary and Greg, his mum and dad, to enjoy, and the family here have been eating them too ... until we realised that Rosemary's egg had been fertile, and then so was the one that Ben cracked. Hmm! So, Ben, full of curiosity, candled the goose eggs (a process of holding an egg to a torch so you can see the development inside it), and saw signs that one of the ones we had left could be fertile.

Into the incubator it went.



We have only candled it once since it went in, and again there was sign of an embryo within. Whether or not it is viable will be proven by the test of time.

In final news, we have successfully captured the chickens we had growing up in the aviary and introduced them to the flock up on the farm, which gave us the space we needed to take the two ducklings we hatched down to acclimate to the outdoor world, in sight of mum duck and her young but not close enough to be in trouble for it until they get used to each other.

They've taken to their larger bedroom quite nicely, even if it is a little breezy compared to the house, but they were just growing far





too big to let them stay in with us any longer!

Thank for you for reading. I hope you enjoyed the news of the month and join us again in the next for all our farm-life updates!

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

You can also find our YouTube channel, just search for Olive Tree Farm! We will be adding new videos soon as we dig into some projects, so subscribe now so you don't miss any.

To contact us regarding the restoration of your swimming pool, find Olive Tree Farm Pool Services on:

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# TECH, TV, GADGETS & GIZMOS

## Hello one and all!

This month's memory dump comes to you just after the spring equinox which just so happens to be my favourite time of year.

For those living at more northerly latitudes it heralds the end to a long winter, summer to come and the rekindling of growth in nature; the snowdrops have been and gone, the daffodils are on the wane, the trees are in blossom and the birds & bees are doing what they do at this time of year.

In southern Spain however, it is a little different. The snow on the Sierra de los

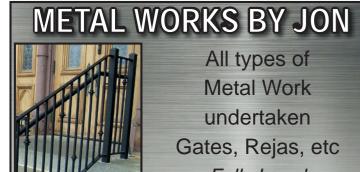
Filabres is receding, the temperatures are into the high teens to low twenties and there are probably the usual suspects already in shorts.

Before I lived permanently in Spain, I couldn't figure out how everyone knew I was a "Tourist". Tourists are those people you see wandering about in vest tops in January with a permanent grin on their face while the rest of us are layered up like astronauts. I will never forget the look of incredulity given to me by a well-wrapped

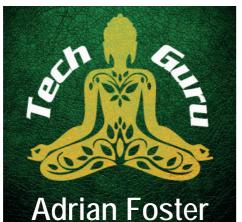
elderly Spanish lady as I lay, topless on the beach getting a suntan in February. It seemed a perfectly reasonable course of action to me but it must have confirmed her suspicions that all guiris are mad. That may be, but as Albert Einstein observed, everything is relative...

Einstein's theory of relativity (sweet little segue there) is perhaps quite pertinent to two people in particular; Suni Williams and Butch Wilmore. Butch & Suni were the astronauts that recently returned to Earth after an unexpectedly long stay on the International Space Station. Their initial eight day visit turned into a 9 month saga due to "technical issues" with the spacecraft.

There has been much finger-pointing for the reasons behind their delayed return, mostly at Boeing, whose ability to carry out missions for NASA has been brought into question. Strangely enough, some of this has come from Space X's Elon Musk, who had supplied



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their ride home. The return journey has, despite accusations to the contrary by the "Orange One", been planned for months. Space X's Dragon capsule had been docked with the Space Station since last September, their return delayed for "operational and budgetary considerations". I'm hoping that Butch & Suni had a say in all that but I doubt it. I am sure, however that they will be well compensated for their troubles.

So how does Relativity feature in all this (Einstein's theory of General Relativity in particular)? You may very well be aware of the Equation E = mc2 (the theory of

> special relativity) which states that the kinetic energy (E) is equal to it's mass (m) multiplied by the square of the speed of light (c). The speed of light has been proven to be constant so it therefore follows that energy and mass have an interchangeable relationship. This was emphatically demonstrated by the development of nuclear weapons.

Also included in this theory is the concept that space and time are interwoven and that an object's speed whilst travelling through space affects its relationship with time. One of Einstein's musings on the subject

is as follows:

One person is standing next to a train track comparing observations of a lightning storm with another person inside the train. And because this is physics, of course, the train is moving at nearly the speed of light.

Einstein imagined the train at a point on the track equally between two trees. If a bolt of lightning hit both trees at the same time, the person beside the track would see simultaneous strikes. But because they are moving toward one lightning bolt and away from the other, the person on the train would see the bolt ahead of the train first, and the bolt behind the train later.

With me so far? I thought so... It is amazing to think that such an innocuous group of letters could represent something so complex and mind-bending. It reminds me of the scene in the film 'The

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Matrix' when Morpheus explains to Neo what the Matrix actually As described by the train metaphor earlier, is - a simple concept that completely alters your understanding of the observed passage of time depends on the speed of the observer. what the universe is and how it works. This is also true in relation to the proximity of a large nearby object (no mother-in-law jokes please). As a general rule of thumb, the To go a step further you will need to apply this to Einstein's next passage of time slows the faster you go (unless you're having fun) great leap, 'General Relativity', which includes the effects of gravity. and also if you are close to a planetary-sized object (again – no!).

Isaac Newton saw gravity as an innate force (regarding movement of objects caused by external variables) with a linear application. Einstein's General Relativity has four dimensions (x,y,z & time). We know how to travel in 3 dimensions but haven't mastered the fourth one yet. It may be that what we think is time, isn't actually that at all. We'll see...

Albert Einstein, in his theory of special relativity, determined that the laws of physics are the same for all non-accelerating observers, and he showed that the speed of light within a vacuum is the same no matter the speed at which an observer travels. As a result, he found that space and time were interwoven into a single continuum known as space-time. And events that occur at the same time for one observer could occur at different times for another. These differences could however be so miniscule as to be virtually unnoticeable.

There is video coverage of the Dragon capsules splashdown off the Florida coast. Did anyone stop to think about how that video was shot? They just happened to be at the exact spot where it landed with a video camera to hand. In the dark ages of the Apollo flights it was a much more haphazard affair. They made the calculations on the back During his work on the theory, Einstein realised that mass had a of a fag packet and hoped that the capsule didn't land on someone's tangible effect on space-time and that very large objects could distort greenhouse. Advances mean that NASA was able to plan where and it, debunking (in part) Newton's theory of gravity. when to land it and be there to film it!

Imagine a trampoline in your garden (lucky you). The surface of an Do you think they could have a word with SEUR? empty trampoline will be flat so that if you rolled a tennis ball across

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e: keith@mksimpson.co.uk



it, the ball would travel in a straight line. Now imagine that you have placed a heavy bowling ball (representing a massive object like the planet Earth) in the middle of it. The tennis ball would travel in an almost straight line if you had it far enough away from the centre but closer and it would be drawn in towards the bowling ball due to it's distortion of the trampoline's surface. The tennis ball is not being pulled directly towards the bowling ball at the centre but diverted due to the resultant distortion of the fabric across which it is rolling.

It has also been proven that as mass and energy are interwoven so are gravity and time. If you have already felt a migraine coming on then please feel free to reach for the Panadol.

This is especially important when you are trying to use satellite navigation and, for example, calculate the return trajectory for two stranded astronauts. See! We got to the point eventually. SatNav works because each satellite is clock-linked to allow for time dilation caused by it's distance from Earth and relative speed (about 14,000 mph). Your location is ascertained by the time it takes for a signal to travel from dozens of known satellite locations to your device. Without the constant recalibration the SatNav would be inaccurate by miles with all the perils that entails.

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# **Bletchley Park The Heroes. 3 part series. Pt.1**

# **GORDON WELCHMAN**

Anyone who reads my ramblings knows that I admire engineers who made a big difference to our lives yet seem to have never made the big press. Gordon Welchman is one such man. You probably have heard about Bletchley Park, the code breaking centre for the war effort and the likes of Alan Turing. The combined efforts from this establishment, in breaking enciphered Morse codes used by the Germans in WW2, is said to have shortened the war by at least 2 years. Little is spoken about Gordon.

In the late 30's, Gordon was a Fellow of mathematics at Cambridge College. By then, it was guessed that WW2 was likely. The boss at the Government Code and Cipher School (Bletchley Park), Alastair Denniston, requested that Welchman join the team which included Alan Turing, Stuart Milner-Barry and Hugh Alexander. These four chaps realised that in order to have the edge over the enemy, signal intelligence, i.e. heads-up knowledge as to what was going on by the Germans was of massive value. Collectively, they wrote to Churchill, setting out the requirements for a huge increase in resources at Bletchley. Churchill reading this, stamped the letter with "Action this day," in other words, do it now or else...

Germany had the Enigma cipher machine. This was a clever electromechanical system which encrypted the alphabet. It looked like a typewriter keyboard but had sets of wheels and lamps. To go into detail would fill the magazine up. To send a secure Morse message, the operator would set the encryption code of the day and type. Letter A would get converted to V for example and so on. The receiving machine, set to the same code, would convert the letter V to A. This was used to send radio Morse to the German Air Force and land army units. As the Morse was sent via radio, anyone could listen, but without knowing the cipher code, it was rubbish.

Welchman looked at the task logically. He knew that in order to listen to what the Germans were saying, the enciphered codes had to be broken very quickly. He organised radio operators to listen to the radio Morse and try to see patterns that were repeated. He saw that there were formal communications between German radio operators, in Morse, which were in "plain" un-enciphered text. These conversations included hints as to their names, locations, military status and settings of the Enigma encryption machines. This sort of detail was incredibly useful. He saw that the cipher codes were changed at midnight every 24 hrs. This information was known as

"Cribs". This meant that if the cipher code could be broken within a few hours, the whole day's traffic could be decrypted... Result, happiness. He also understood the importance of analysing the detail of the way the German radio operators worked. Their nicknames, style of Morse, their common phrases etc. This all added up to help understand what was going on. This was termed "Data Analysis," the fundamentals of which are absolutely used today.

Welchman worked with Turing who

had designed the "Bomb". This was an electro-mechanical machine that could simulate the way in which the enigma machine worked. This machine would be configured using information gained by the Bletchley Park radio listening teams, Morse communications etc. The machine would run a few sentences through hundreds of thousands of possible encrypted codes. If an operator saw some plain 'German speak' coming out, the code for that day was broken and in theory, all German traffic was readable.

Code breaking machines at Bletchley Park continued to become more sophisticated and more efficient. Alan Turing's machine was very much electro-mechanical. A brilliant ex GPO engineer, Tommy Flowers, had been instrumental in designing the first programmable computer using valves. This made processing the cipher codes much quicker. The machine was called Colossus. Again, there we go, Tommy Flowers. He needs to take a bow.

After the war, Gordon went to work at the Massachusetts Institute of Technology (MIT) in the States, teaching groundbreaking computing technology. He then joined MITRE, where his work in cipher analysis put him in the forefront of secure communications.

After retiring in the early 70's, he was retained as a consultant. He wrote a book "Hut Six" which was about his time at Bletchley Park. He thought it was correct that people knew about what had gone on during the war years and how much the work there brought it to a sooner end. He was in ill health and the authorities hounded him, taking away his security status, funding and making his last few years a misery. He passed away in '85.

An unsung hero, brilliant man. And, possibly why I am writing in English, not German.

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# THERE IS ALWAYS A SOLUTION AT REVOLUTION

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# Revolution Technology

# Puzzle Time

Puzzle solutions on page 74

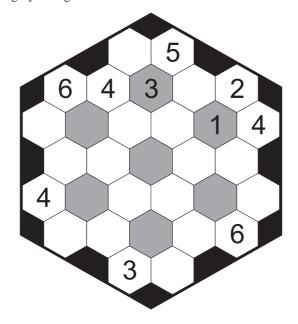
Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

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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



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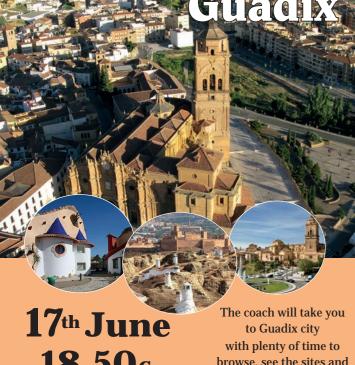
# Cartagena

15<sup>th</sup> April From 19.00€ per person

<u>Pick-Ups Possible From:</u> Albox, Arboleas, La Alfoquía, Hotel Overa & Huércal Overa An opportunity to visit this historic City and Naval Port - so much to see and enjoy. Visit the museums, the Roman Amphitheatre, stroll the promenade or take a boat trip around the busy harbour.



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* 



**18.50**€ per person Pick-Ups Possible From:

Los Gallardos 0800, Hotel Overa 0820, La Alfoquía 0825, Arboleas 0835, Albox 0845 *Return leaves at 1700*  The coach will take you to Guadix city with plenty of time to browse, see the sites and take a leisurely lunch. Why not take a trip to the famous troglodyte caves in Purullena where the locals are more than happy to show you around.



**4\* Hotel Torremangana** Central Cuenca

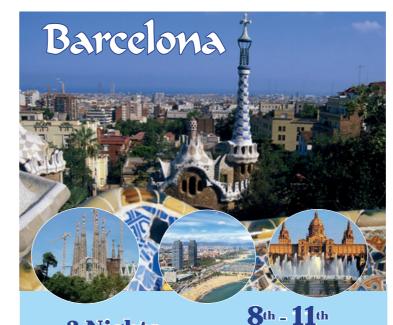
\* Price based on 2 people sharing a room Single supplement upon request

> <u>Pick-Ups Possible From:</u> Mojácar, Turre, Albox, Arboleas, La Alfoquía, Hotel Overa Pickup points and timings will vary depending on demand

Three nights in 4\* hotel

Breakfast - days 2, 3 + 4

Visit to Ciudad Encantada



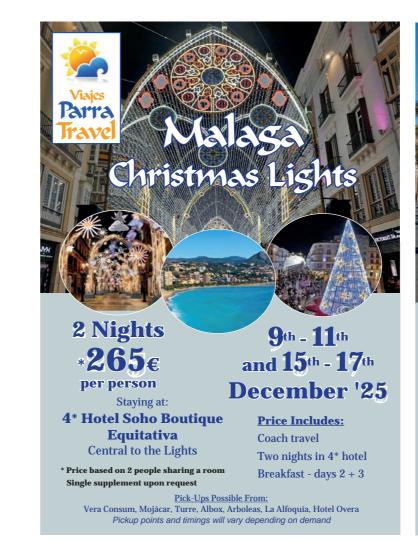
3 Nights \*434€ per person

Staying at: **3\* Hotel Sagrada Familia** Central Barcelona **Price Includes:** Coach travel to Barcelona Three nights in 3\* hotel Breakfast - days 2, 3 + 4

September '25

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

> <u>Pick-Ups Possible From:</u> Mojácar, Turre, Albox, Arboleas, La Alfoquía, Hotel Overa Pickup points and timings will vary depending on demand





Gibraltar



# 4\* Hotel OH Campo

Spain - 800m from border \* Price based on 2 people sharing a room Single supplement upon request 17<sup>th</sup> - 20<sup>th</sup> November '25

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

<u>Pick-Ups Possible From:</u> Vera Consum, Mojácar, Turre, Albox, Arboleas, La Alfoquía, Hotel Overa Pickup points and timings will vary depending on demand





+ Gala Meal on 25th Staving at:

4\* Hotel Presidente or 4\* Hotel Ambassador Playa I \* Price based on 2 people sharing a room Single supplement upon request

23<sup>rd</sup> - 27<sup>th</sup> December '25

> **Price Includes:** Coach travel Four nights in 4\* hotel Full Board *includes wine and water*

<u>Pick-Ups Possible From:</u> Vera Consum, Mojácar, Turre, Albox, Arboleas, La Alfoquía, Hotel Overa Pickup points and timings will vary depending on demand

# \*Pets Corner Dakota – She Is - A Leftist!!



## Or is it me

March was a slightly fraught month for Dakota and me, because I haven't had my own car since the end of December, when a very drunk so-and-so torpedoed me twice from behind and put my car out of the picture for three months.

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Two dear friends of mine helped me out with cars so I could function more or less normally, one I could use for work, the other for dog training. Thank you no end, Karen and Jan!

However, a conspiracy between weather and illness prevented us from going to training for two weeks in March. That was tough for both Dakota and me, 'cos it is (as you may have gathered) something that we both really enjoy.

I started dog training when I was about six or seven, when I was on holiday at my gran's. She bred and trained German shepherds for police work, and she'd let me work with her lovely Cora (for whom my Cora was named) on training nights. As you can imagine, it was more a question of Cora handling and teaching me than the other way round.

Since then, I have always had my dog on the left, which is just the way it's supposed to be.

Until they started messing with that at training! They started a new exercise whereby our dogs had to walk around past our front to the right, turn around and stay there.

As an exercise it was fairly easy - until we had to start walking and working with our dogs on the right. I felt completely lost, like a fish out of water, and felt that if Dakota went for another dog, I'd be unable to control her.

All in my head, of course, but I really did feel uncomfortable. I said to Lidia, one of the instructors, 'I've walked with my dogs on the left for over 50 years, and I'm just not comfortable with this'.

Continued on page 22 .....





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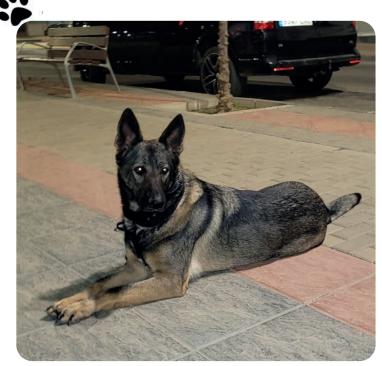


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#### ..... Continued from page 20

She let me off, said just do the changing exercise, then put her back on my left. I was grateful and did just that.

Until I realised that we needed the right-hand stuff for agility!

When you're directing your dog around the agility course, the idea is always for you to move as little as possible, so of course whenever there is a turn, you want to be on the inside. Whether that's right or left!

So, I had to bite the bullet and get used to it.

Now, I don't know whether it's because Dakota can feel my unease, or she's just as used to being on my left as I am to having her there, but we do struggle. And it makes us laugh and creates a lot of messing around.

I try to make her change sides as we walk along, and often she just ends up falling behind so it's easy for her to go to either side when she hears the command. Or she (wantonly or not) chooses the wrong side, and I stop and try to correct her, and she just stands there looking up at me, wagging her tail. So, whom do I move? Her or myself? Then suddenly we both move at once and are back to square one.

And by then we usually decide never mind, let's play instead!

But we must persevere, 'cos I really notice, in agility, how useful it will be once we've got it down pat (in five or six years' time).

The fact that I mix up my rights and lefts doesn't help either, as you

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can imagine! And when we're in the middle of an agility run and I want her to change sides, I know where I want her - but is it called right or left?

So, I'm in double trouble. One, it's a struggle for me to function with her on my right. Two, in the heat of the moment, I suddenly can't remember where it is I want her to be.

But I imagine we'll get there one day.

On a completely different note - it was Dakota's second birthday on 22nd March! What a happy occasion, and we celebrated it with long walks and bones and double sardines for dinner.

Because of the car situation, it was the first time this year I was able to take her out away from our local hills, apart from going to training, and I did expect trouble from her.

But on the contrary, she behaved beautifully as we walked around the bustling streets of Huércal Overa, ignoring noise and distractions, and managed to control herself almost every time she saw another dog.

What a clever birthday girl!

Of course, the occasion also sent me down memory lane, and I went back and looked at all the photos from when she was a baby. What a little charmer!

But like with all puppies I've ever had, cute as they are, I'm grateful and happy she has grown into a responsive and intelligent dog.

And anyway, I may be the only one who can see it, but she is still adorable!





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# THE GREAT FORGOTTEN or **INVISIBLE DOGS** (Podenco Canarios)

One of the oldest breeds of dogs in the world, it is thought the Podenco descends from the ancient Pharoah Hounds of Egypt. In ancient times, these dogs were highly revered by their owners and often seen represented on the tombs of the pharaohs and other artifacts. It was during that period, that one was included in a nobleman's will! Sadly, how times have changed. They are now considered "The Great Forgotten" or "The Invisible Dogs."

When the Spanish government introduced its Spanish Animals Rights in 2023, Podencos (and Galgos) were excluded and are simply viewed as "Tools of the Trade."

The Podenco is used in Spain for short recreational rabbit hunting which usually ends around February each year. Therefore, and very sadly, the Podenco is not considered 'pet worthy' and too often, after the hunting season is over, these beautiful creatures are simply abandoned and left to fend for themselves... or worse. It doesn't bear thinking about the suffering these poor creatures have to endure.

Podencos are high energy dogs but that doesn't mean you have to walk them for hours on end every day (although if that was your thing, they wouldn't object!)

Most are more than happy with a good walk in the morning and then finding their favourite spot to just 'chill' for the rest of the day!

Sleeping positions vary from laying on their backs with all four legs up in the air; often referred to as 'roaching!' Others like being tucked up at night in a nice warm blanket with just their eyes peeking out. And if allowed by their human parents, some like to tunnel themselves under the duvet and snuggle up as close to you as they can get (often referred to as 'velcro dogs')!

Often, after 'siesta time,' they have a mad half hour, razzing around the garden until it's time for 'siesta number 2'! This is double the fun if there is another dog to play with!

They are playful, funny and can sometimes be quite mischievous. Did you know they can 'sing?' Well, perhaps they wouldn't quite get the Golden Buzzer in Britain's Got Talent but when excited they can be hilariously vocal.

They are extremely loyal dogs. They are gentle, sensitive, faithful, very affectionate and very rarely aggressive. They can also be independent creatures and occasionally, be a tad wary of strangers until they feel comfortable and safe. They are usually very good with children.

The inbuilt instinct of most Podencos is to hunt; so, your garden should be fully fenced as they can certainly jump should they spot a rabbit on the other side!

If these beautiful, abandoned dogs are lucky, they will get picked up by a rescue like Maz's Canine Rescue.

That's where you can help our doggie family by Adopting or even Fostering.

# What are the benefits of adopting a dog from Maz's Canine Rescue?

• Adoption is cheaper than buying. Other than the normal adoption fee, your new furry friend will have been: -



· We at Maz's Canine Rescue will provide you with a lifetime of support should you need it.

• By adopting one of our dogs, you are transforming its life for the better.

Although all our rescue dogs receive two square meals a day, regular walks and of course, lots of love and cuddles from staff and volunteers, there really is no place like a real home.

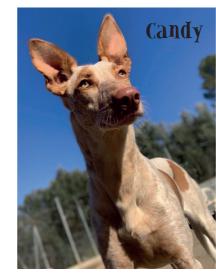
By adopting, you are welcoming an abandoned or unwanted dog into your home .... and into your heart. What could be better than that!

If your circumstances don't allow you to adopt, why not consider fostering? All your costs would be met by Maz's Canine Rescue (food, veterinary bills etc.,) so you just get to enjoy free cuddles and kisses!

All our dogs have their own stories to tell; some of their back stories would break your heart. Amazingly, they are so forgiving and still crave all the love and attention we can give.

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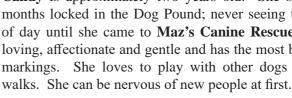
## Meet our beautiful family of Podencos (and the two Galgos), all longing for their forever home.



Penny

Chico

Lucky



Mickey (blue collar) and his brother Jerry (red collar) are Galgo crosses who are now nine months old. By pure chance, they were found abandoned by a staff member near the water pump at Maz's Canine Rescue when they were just babies. They are very gentle and calm boys, loving and affectionate and great with all the other dogs.

Lucky is just over two years old. He was found by a good Samaritan, totally abandoned in a local village and he is what we call a 'velcro dog'! He is never happier than being stuck to the side of his human! Always happy, always smiling, loves a good walk and to play with other dogs.

**Penny** is a two-year old Podenco and was found wandering the streets alone. She is a beautiful happy girl and is always smiling! She loves to play with other dogs, loves her toys and loves her walks. But the thing she enjoys most of all are her kisses and cuddles from the staff and volunteers.

Chico is a three-year-old Podenco who was found alone on the Rambla just over a year ago. He is very excitable on first meeting him and can be a bit wary at first. He loves his toys (look for the recent video of him on Facebook 'rescuing' his toys in the flooded exercise yard!) and loves his walks.

Sonny is an eighteen-month-old Podenco who was rescued by a concerned citizen who witnessed a local villager horse whipping him. He loves his walks but needs basic training as he tends to go from side to side. But despite the cruelty he experienced, he is loving, affectionate and loves to play with his toys.

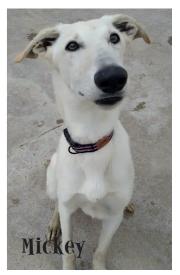
Dinky Dora is a Podenco X (possibly crossed with a Chihuahua!) and is so very tiny. She is only eight months old and before coming to Maz's Canine Rescue, she had been homeless with her best friend, Lady the Pointer. She is so affectionate and loving, loves to play with her toys and is great on her lead. She loves the company of other dogs and more than that, she is a true lap dog who just loves to sit on your knee.

If you feel you can offer one of our Podencos their 'Happy Ever After,' please WhatsApp Sarah, Kennel Manager on: 643 71 88 81. She will be more than happy to arrange a 'meet and greet' with our beautiful Podencos and give you the low down on each of their personalities.

Together, we can try and change the narrative. No more 'The Great Forgotten' or 'The Invisible Dog' but 'The Chosen Ones' sounds a much more fitting way to describe this beautiful breed of dog.

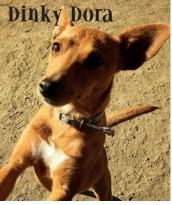
All dogs deserve to be showered with love and affection but for this breed of dog, it's especially so.

**Candy** is approximately two years old. She spent six months locked in the Dog Pound; never seeing the light of day until she came to Maz's Canine Rescue. She is loving, affectionate and gentle and has the most beautiful markings. She loves to play with other dogs and her









# Sniffers!

Dogs' sense of smell is so amazingly well developed that humans have difficulty appreciating exactly how much a dog can do with his nose. For humans, the most important sense is our sight; the sense of smell is to a dog what sight is to us.

The average dog has about 200 million smell sensors; humans have about 5 or 6 million. Furthermore, the dog's nose leads the smells directly to his brain, whereas with humans, the smells have to travel far before getting to the part of the brain where we identify them.

::

The part of the dog's brain that identifies smells is about 40 times larger than ours, and it is estimated that a dog's sense of smell is up to 3 million times better than a human's.

This does not mean that a smell seems 3 million stronger to a dog than to a human being; it means that a dog can perceive a substance in a concentration 3 million times weaker than we can.

A dog's nose is always working. He does not, like humans, inhale through the nose in order to smell something. Just moving round, he automatically receives thousands of smells. When he exhales, a vacuum is created in the nose which automatically draws in the smells which move to the back and top of his nose, which is where the smell sensors are.

When a dog is actively sniffing to 'look' for something, he sniffs rapidly, about 6 sniffs per second; after 20-35 of these rapid sniffs he takes a normal breath before continuing. This is very hard work, and the reason why a sniffer dog can only work for about 30 minutes before he needs a break.

But dogs are not only good at finding things with their noses. They can differentiate up to 2,000 smells at a time. As an example, when humans walk past a pizza restaurant, we can smell pizza. Yum! But your dog can smell flour, yeast, oil, tomato, cheese, pepperoni, oregano... Need I continue? The dog's nose allows him to distinguish each and every ingredient that go into all the pizzas on offer.

He can also differentiate the falling number of molecules in a scent

and that way decide which way a person or animal has gone. This ability saves his wild cousin, the wolf, from running around looking for the prey whose scent he just picked up – he can follow the direction the animal has taken.

Dogs and wolves can also smell whether an animal or a person is unwell, which again helps the wolf chasing the weaker specimens



thus helping to keep the population of prey animals healthy. The same ability has helped humans train dogs to sniff out certain illnesses, an ability that researchers and dog trainers are working actively to maximise.

As you may have noticed, dogs and humans do not agree on the criteria for an attractive smell! When your dog has had a good roll in something that he absolutely adores, you are most likely to wrinkle your nose (to put it mildly) and give him a good bath to get rid of the smell.

And as soon as you let him out of the bathroom, he runs outside and rubs himself on the ground to try to get some decent smell back into his fur. You may think he smells nice after a bath with a perfumed shampoo, but you have robbed the poor guy of his identity.

It is thought that humans like the smell of flowers because that smell led the cave man to fruit - in other words, food. The same goes for a dog - to him, a nice, rotten carcass smells like something that could lead him to a nice meal.

Everything around us has a smell which wafts through the air in the shape of molecules – much in the same way as we can see cigarette smoke moving through the air. And just like you can't stop smoke from making its way out through the most microscopic gap, smell molecules will come out eventually.

This, combined with the dog's ability to differentiate smells, enables sniffer dogs to find, for example, drugs hidden in the middle of containers otherwise filled with onions, or humans buried under mountains of rubble.

The dog's sense of smell has helped humans since time immemorial and will continue to do so while we find ever new ways for Man's Best Friend to assist us in a field where he is far superior to us.





Easter is probably the most important religious event in Spain - it is celebrated and anticipated more than even Christmas.

Every year during Easter Week, floats are carried in processions around towns and villages, in a spirit of religious adulation mixed with the usual Spanish enjoyment of a good celebration.

Every town has (at least) three brotherhoods, each with their own float: Paso Morado (Purple Float), Paso Blanco (White Float) and Paso Negro (Black Float). Most households 'support' one of the colours and mark their affinity by



hanging a purple, white or black flag from their balcony.

and when they are carried in procession through town at night they are a mighty and impressive sight, well worth a night out. The streets In this area, one of the most famous Easter processions is in Huércal are lined with benches and seats and the whole town is out to watch Overa. It was awarded the prestigious 'National Touristic Interest' and enjoy the spectacle. The lucky ones have apartments along the status in 1983, and people travel from near and far to experience it. floats' routes and can sit in windows or on balconies and follow the The Huércal-Overan brotherhoods were all established several proceedings.

hundred years ago, Paso Morado in 1740 and Paso Negro in 1664. Be prepared for a late night, though, the processions don't usually As far as Paso Blanco is concerned, it is also known to have been start until about 10.30 pm and go on until well after midnight. established back in the 17th or 18th century, however, the first written



**26** Almeria Living

# HOMES & GARDENS

testimony of it existing is from 1890, so that is their official 'year of birth'.

All the floats have some depiction of Jesus and the cross, and in the weeks up to Easter Week, you can see the floats being carried around town for practice purposes. The floats can weigh over a thousand kilos, and the people who carry them (costaleros) each carry up to 50 kilos on their shoulders for hours at a time. However, it is considered an honour to carry the floats, so nobody complains.

During Easter Week itself, the floats are adorned with fresh flowers and candles,

# The Hood in the Easter Processions



One of the most iconic images of the Spanish Easter Processions is the tall, pointed hood worn by some of the participants, which tends to send a thrilled shiver through us.

Most of us wonder what their origin is, and what may be their connection to the disgusting Ku Klux Klan of the United States.

The answer to the latter is simple: The resemblance is purely coincidental; the KKK hood, like the rest of their outfits, was simply chosen to terrorize black folks with their eerie ghost-like look.

However, the Spanish Easter outfit, which is worn by the so-called Nazarenes in the processions, comes from a long tradition, and has its origins in the Inquisition.



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The grim, tall figures take to the streets in towns and villages during the Easter celebrations. The penitents, or Nazarenes, wear their typical outfits as they accompany the processions and they always wear that most emblematic item: the hood.

The hood is cone shaped and is normally made from card masked with plenty of cloth which covers the face, chest and part of the back of the penitent in order to safeguard his anonymity.

The hood is known as Capirote, Capuz or Capuchón and used in the Spanish Inquisition between 1481 and 1821.

According to historic chronicles, those who had been condemned by the tribunals of the Inquisition were sentenced to wear, as punishment and for a period of time (which could sometimes be for life) a large piece of cloth which covered their chest and back, called a Sambenito (blessed sack)

For repentant sinners the Sambenito was yellow and was sometimes adorned with a symbol which made reference to the crime committed. Once the sentence had been completed the Sambenito would be exhibited in the sinner's local church to remind everybody of his sin.

If the sinner had been sentenced to lashing they wore a noose around their neck with a knot for every hundred lashes he was to receive.

Unrepentant sinners who were sentenced to death had to wear a black Sambenito 'adorned' with flames, demons, dragons and snakes to symbolize the inferno that was awaiting them.

But apart from the Sambenito, those who had been sentenced by the Holy Office of the Inquisition had to wear an elongated hood of paper and paste on which were painted illustrations of their crimes. The hood was yellow for repentant sinners and red for the unrepentant.

This conic hood is the origin, because of its penitential meaning, of the hoods that penitents, Nazarenes and Brotherhoods have been wearing in the Easter Processions for hundreds of years, since the tradition was first adopted by the Sevillian processions in the 17th century.

The pointed hood is supposed to symbolize the approach by the penitent to Heaven, and the fabric, in which there are two simple holes for the eyes, serves to hide the identity of the sinner.



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# Paloma. Paloma

When the weather is nice and the skies are clear in the evenings between September and June, flocks of brightly painted male pigeons take wing, each pursuing a lone female.

Not once but thrice has this captivated me on my terrace in a tree nearby, especially as the birds are trailed by numerous owners and spectators in cars, willfully abandoned, creating haphazard and chaotic parades.

The event is all part of a sport called Colombicultura that dates to the late 1700's and remains popular in provinces like Valencia, Murcia, Alicante and Almería.

Training begins when the male pigeon reaches sexual maturity at three months. First, he will fly individually with a female, learning to recognise the scent that will later be his sonar on his route to possible championship status. After a few flights he is joined by other male trainees and begins to learn the courtship routines necessary for success in competitions to come.

Eventually, the best of the flock are selected to take part in the first level of competitions, the comarca, which lead finally to the Spanish championships - at least for the best of them.

With as many as 90 pigeons chasing one female, the race is not about speed, but attraction. After two hours, the winning pigeon is the one that spent the most time closest to the female. It's a test of gallantry for the one with the greatest persistence and reproductive instinct.

Owners paint their pigeons in personalised colours in order to tell them apart, but also to add to the pageantry. Just like horse owners, colours are registered and cannot be copied.

So, as you know now the competition takes place around a tree. No





particular tree of course just one that is preferably with quite dense foliage where the female can hide when she needs a rest. At each event the birds are released from a trailer in different locations so the female flies wherever she wants.

A particularly clever male can make extra points by finding her and settling down to a bit of private billing and cooing while his rivals tire themselves out flapping around elsewhere. This flapping and vying for attention becomes very load but also colourful as a flash of wing appears here and there amongst the branches.

The event takes place over six consecutive days and points are awarded for the time the male stays in the air with the female and for time spent in the courtship routine on the ground. Extra points can be gained for the elegance of his flight and courtliness of his attentions to the lady.

Colombicultura is not a national pastime, but participants take it very seriously. Federations govern the competitions. There is real money involved, too. There are entry fees and sometimes high cash prizes. Prize birds can be worth thousands of euros, and so can the hets

To determine which bird spends the most time consorting with the female, an official referee keeps a ledger that lists the pigeons and their colours. As in other sports, the referee is respected but also scorned if there's a disagreement over a call.

The pigeons have grandiose names. There are birds named "Messi" after Lionel Messi, the Argentinian who plays for FC Barcelona, and birds with names like "El burro" or "the donkey," a reference to the pigeon's character. Others have equestrian sounding names like "No mas lagrimas" or "no more tears."

The female bird wears a radio transmitter, so she doesn't get lost. The birds are trained to stay within a certain geographic area, but sometimes things go awry. Once, a female pigeon landed on a boat headed for the island of Mallorca and took several male pigeons with her. Apparently, the owners called friends in the area and eventually got their birds back.

# **APRIL FOOL**

In the rather old-fashioned solicitors' office, April Fools' Day was a sacred tradition. That year, the youngest office assistant, Sharon, bright and eager with a penchant for gardening, was the target. When she had casually mentioned she had ordered a kit to grow mushrooms at home, her older colleagues saw the perfect opportunity to weave a light-hearted prank. Armed with their legal expertise and flair for detail, they concocted a cunning plan.

Their scheme began with the fabrication of a completely fake "mushroom-growing kit". With the precision of seasoned legal minds, and some seeds mixed with finely milled talcum powder, they created an official-looking packet of "mushroom spores". The packet was accompanied by a meticulously typed set of growing instructions, written in the sort of overly elaborate legal jargon only solicitors could muster.



The instructions included plausible-sounding tasks, such as soaking the "spores" in a mixture of boiled rainwater and "organic essences", burying them exactly 7.3 centimetres deep in soil sourced from a "shaded forest floor", and checking the temperature of the soil thrice daily with a thermometer. To Sharon's credit, and to their delight, she diligently followed every step without question.

Each day, her colleagues would eagerly inquire about the progress of The joke, it seemed, had come full circle. Both parties walked away her mushrooms. "How are the spores coming along?" asked Eileen, with a story to tell - and an unspoken understanding that the best feigning curiosity. "Any signs of fruiting bodies yet?" Rita would pranks are those that end with everyone smiling. add with a perfectly straight face. The young woman, undeterred by the slow progress, would update them on her meticulous efforts. However, she did look a bit downcast during the second week and な DM CONSTRUCCIÓN soon.





## By Evelyn McCrorie

today, so here's your chance."

Eileen, not long out of bed, pretended to be delighted, but was inwardly quaking.

Whether this was subtle revenge or an inspired act of kindness, no one could quite tell. The older woman hesitated for a moment before mounting the horse, laughing nervously. Sharon, standing to the side, held the reins with the same precision and focus she had once dedicated to planting her "mushroom spores".

# **Driving South Again!**

It's April and Easter is looming large on the horizon as is the twenty second anniversary of our life here in the Almanzora valley.

It was the week before Semana Santa. 2003, and we were about to take possession of our sparkling new villa. Our excitement knew no bounds. A year had passed since we had bought the land, chosen the style of villa and commenced our memorable journey towards a Spanish life.

Back in the UK during that intervening year we quickly became organised, more to my husband's credit than mine, efficiency not being high on my list of desirable attributes!

At that time, still in the EU as we were, there was no question of moving out permanently, it was to be a holiday home, at least till our retirement some years hence. It had to be furnished and from what we had seen of Spanish furniture at that time, we were not impressed. So, we assigned our dining room to house all our many purchases, and set out to scour the second-hand shops, antique markets and charity shops, the latter still a relatively new phenomenon then.

This was all before Ikea had coerced us into throwing out our chintz, and my taste had always leaned towards period style, though not the very heavy, dark pieces then favoured by Spaniards.

Soon our dining room began to fill. We had a very comfortable sofa



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and two armchairs in a light cream-coloured material, we had a dining table and six dining chairs, bookcases and a very pretty break front display cabinet. I already had enough crockery and cutlery to host a banquet so that presented no problems.

We had two single beds for the smallest bedroom and two doubles for the others, the doubles being without mattresses. We'd buy the mattresses in Spain as we would the white goods for the kitchen. It being a holiday home, whilst wanting it to look good, I didn't feel the need to agonise over style and colour as I would for something I would be living with constantly.

One of our favourite bargains was the huge quantity of Egyptian cotton bed linen we acquired from a local four-star hotel. The hotel was contracting out its laundry requirements and no longer needed an in-house supply. Some of those top-quality sheets I still have today.

What a fun year that was! So much to do, so much to research and so much to look forward to.

A removal company was booked, the delivery date timed to sync with our completion. We had flights into Alicante because we were starting our holiday in our flat in Punta Prima, hiring a car and driving down to Almeria. We had had the flat for some 12 years, so we already had a bank account and the ever-important NIE, Foreign Identification Number.

Our children were excited for us, but all three were at the age when their own lives were all absorbing. Both our girls were recently married and very engrossed in their own homes, and our son, having just finished university, was heading out to South Korea to work. However, they were all going to join us for the inaugural visit to the





tiny village of Arboleas.

We had tweaked their interest by telling them of the mules still being used to travel between the mountain villages and of the single lane access bridge into the village across the rambla, frequently creating a Mexican stand-off.

I know the vast majority of my readers will have enjoyed similar experiences and will empathise with the mix of feelings I had, driving down the Carretera de Mediterraneo from Torrevieja watching with some degree of nervousness as the coast disappeared and we were swallowed up by low slung, undulating mountain ranges, at times gently green, at times starkly free of any

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## **By Aileen Cleave**



vegetation, almost brutal.

My husband loves to relate the story of when we first pulled into our new drive and saw our freshly painted, yellow villa for the first time.

My first reaction was that the darker painted marker surrounding the windows was the wrong shade. He was expecting me to exclaim in delight at the ten mature olive trees he'd bought for our anniversary. In my defence, the trees had been ferociously pruned to enable successful transplanting so were not as immediately obvious marching up the length of our drive as they would later be when in full and glorious leaf.



By some amazing act of sublime providence our removal van arrived two hours later and so began the delightful business of re-acquainting ourselves with our purchases and the not so delightful job of assembling beds.

And so began our life here in this Spanish backwater, where I've been privileged to witness the village of Arboleas grow and prosper, becoming truly multi-cultural and diverse but maintaining a peace and tranquillity, two virtues seemingly more and more precious as the world hurtles towards darker more turbulent times.

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# St. George's Day – Día de San Jorge – Diada de Sant Jordi



23rd April is an important day for at least two reasons: It is World Book Day and St. George's Day. The latter probably the more important in most of our readers' minds!

But if you thought that St. George's Day is strictly an English celebration, you were wrong.

St. George is celebrated in many places in the Christian world; 23rd April is the day he was decapitated by the Romans for refusing to renounce his Christian faith. This is supposed to have happened in the year 287 AD.

In most of Spain he is known as San Jorge, in Catalonia Sant Jordi.

The Spanish legend of St. George follows along the same lines as the English:



The Kingdom of Aragon was besieged by a dragon. In an attempt to appease it and satisfy its hunger, the people decided to give it two lambs every day; however, when the livestock was getting scarce, the decision was made to send a lamb and a person; this person was chosen by drawing lots, and his family was rewarded with huge riches.

However, when a princess was chosen and she had to face death by dragon, St. George appeared before her, slayed the dragon, and saved her.

On the spot where the dragon's blood seeped into the ground, a beautiful rosebush sprouted, and St. George picked one and gave it to the princess.

San Jorge is the patron saint of Aragon, and 23rd April is, apart from Día de San Jorge, also Día de Aragón and a holiday.





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According to another legend, during a particularly hard battle between the Christian soldiers of Sancho I of Aragon and the Moors in 1096, San Jorge descended from Heaven on his charger, holding a garnet red cross. This sight so cheered the Christian soldiers that they fought with renewed strength and vigour. The Moors, astonished by what was happening, lost heart and soon fled.

In Catalonia St. George is also the patron saint - here known as Sant Jordi. However, although it is a very big day in Catalonia, it is not a holiday.

Here, in the 15th century, women who went to Mass in the chapel of Sant Jordi on 23rd April were given a rose. This tradition developed into a Catalonian version of St. Valentine's Day where men gave their sweethearts a rose on Diada de Sant Jordi.

23rd April is also the (official) day that Miguel de Cervantes and Shakespeare died, which led to it becoming the day of 'Fiesta del Libro Español' in 1929. Read more about these 2 gentlemen on page 41.

This was when girls and women started giving their sweethearts a book when they received a rose.

Both the rose tradition and the book tradition have carried on up to the present day, although it is not only an exchange between lovers; friends and relatives also regale each other, and it is no longer gender determined – it is just as common now for a woman to give a rose or a man to give a book.

Now it has also become World Book Day (instigated by UNESCO) in 1995, Diada de Sant Jordi has turned into a huge event in Barcelona where Las Ramblas and many other of the main tourist and shopping streets become alive with a happy mixture of rose and book stalls.

which are sold, on this occasion, in signed editions), buying roses, and generally taking in the ambiance and enjoying the atmosphere, and the city fills with a heady mixture of love and culture. Punters are thronging the streets, browsing through books (many of



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'The longbow's story is, in large part, England's story, and Robert Hardy tells it wonderfully.' BERNARD CORNWELL

weapon that could be quickly learned and then dispatched to the battlefield.

The training for using the Longbow started at childhood and resulted in larger arm bones and over-developed shoulder muscles due to the intense force needed to draw the bowstring.

The two most famous battles, where the English Longbow decimated the French, were Crécy & Agincourt.

There stood 69 years between the Battle of Crécy in 1346 and the Battle of Agincourt in 1415. Both were fought during the Hundred Years' between England War,

and France, but involved different generations of soldiers and commanders.

One would have thought the French had learnt their lesson. But no. At Agincourt on St. Crispin's day, they got decimated yet again by Henry's use of the Longbow. Helped along by the incredible stupidity of the French Knights and their leadership on the day.

There is an Agincourt Museum there now (County of Saint-Pol, now Pas-de-Calais). Placed up a quiet back residential street as if the French are ashamed of this blight on their battlefield progress.

It has been said, if the battle of Agincourt was re-fought, 99.99 times the result would always have to be a resounding French victory.

The French outnumbered the English. The English army was riddled with sickness and was close to total collapse. And yet Henry's speech seemed to galvanise his troops. And the Longbow once again had its day in the sun.

> "We few, we happy few, we band of brothers; For he to-day that sheds his blood with me Shall be my brother; be he ne'er so vile, This day shall gentle his condition. "And gentlemen in England now a-bed Shall think themselves accurs'd they were not here, And hold their manhoods cheap whiles any speaks That fought with us upon Saint Crispin's day."

A big thank you to Robert Hardy, for the two fine books that cover the evolution of the Longbow.

And of course, a big thanks to William Shakespeare, for the rousing Henry V speech, that set the theatrical scene for victory on the day.



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Robert Hardy was famous in the UK for many of his acting roles.

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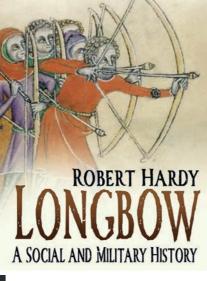
Farnon, in James Herriot's All Creatures Great and Small.

medieval warfare, particularly the Longbow.

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# The Barn Swallow la Golondrina Común

The barn swallow has a forked tail with the tail feathers longer in the adults than in the youngsters. Its forehead and throat are redbrown with a dark blue line; the stomach is pearly white and the back metallic blue.

It has a quick, characteristic flight with constant changes of direction, sudden and unpredictable.

The swallow has a pleasant chirp which it emits both while flying and sitting still.

There are still many swallows living in deserted rocky valleys far away from human settlements; but in the majority they have adapted to living in close proximity to man. They build their nests in barns and stables and villages; they are less common in the big cities.

It is thought that when the swallow had to leave its original subtropical habitat and move north, it could not survive in the branch, waiting to be fed. But soon they are off on their own, soaring temperate areas without man, so now we live amicably side by side joyously through the air catching their own food. with this agile little flyer.



When the mating season approaches, the unattached males try to impress the females by spreading out their tails. The females prefer males with symmetrical wings and tails. The more symmetrical their wings and tails, the quicker the males find a mate. Asymmetry can be a result of genetic factors, inbreeding or undernourishment, parasites or illness. In other words, males with less symmetry are weaker specimens, and the females select strong, healthy mates.

The swallows usually arrive to our area from their winter break under warmer skies in mid April. First the single specimens arrive, followed by the established birds which go back to the same nests and partners as the previous year.

Stables constitute the ideal situation for swallows' nests. The newly established couples construct their nests from dirt, saliva and a bit of straw. They are always so close to the ceiling that it is impossible to look inside. The swallows bring the dirt in their beaks and turn them into little balls using their saliva. The inside of the nest is made comfortable using feathers, hair and soft plant parts. It takes four to five days to complete.

The breeding season is from May to August during which period each couple usually hatches two lots of chicks; the incubation time is 14 to 16 days and once the chicks have emerged from the eggs they stay in the nest for 20-22 days. Each female usually produces four or five eggs.

Once the young birds are able to fly they line up on a cable or a



After a resting period of a couple of weeks, the parents start their second nest full.

The young birds start reproducing the first spring after their birth, although they do not lay as many eggs as the older birds.

Swallows live from insects they catch in the air, including dragonflies and small butterflies. They are agile flyers, not particularly fast (about 11 to 20 metres per second), and they flap their wings 5-8 times per second. Their agility enables them to catch insects in flight. It's a treat to watch them racing through the air making their quest for food look like child's play.



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# Non-Sticky Situation

In 1968 in Saint Paul, Minnesota, the door of the 3M building Meeting Room opened and the Development Team drifted out in dribs and drabs and disappeared back to their individual desks, glad to have got yet another boring meeting out of the way.

Except one. 'Hey, Spence.' It was Graham, who had been tasked with getting the latest marketing idea under way.

'You're the go-to man for adhesives, aren't you?'

'Erm.....' Spencer Silver searched hastily for anything that would dispute that fact, but he was too slow.

'Boss wants a really, really sticky glue inventing. You're just the man for that, aren't you? As soon as poss, yeah?'

Graham sauntered off. Spencer sighed, picked up pen and paper and headed off to the lab.

In due course he invented his really, really sticky glue, the only snag was that it was really, really not very sticky.

In fact it was pretty useless for sticking things together on a permanent basis, but it was quite fun to stick two bits of paper together and then pull them apart again, a sort of anti-stress office therapy.

Thus Spencer's non-sticky sticky stuff hung around as a sort of joke until 1974.

It was one Sunday in 1974 that Art Fry, who was new to the company,



🖸 639 814 178 🛛 606 894 594



lost his place in his hymn book. It was quite dark in the church, and he riffled through the pages desperately, leaving a large and obvious silence in the baritone section of the choir.

To make matters worse when he did eventually find his place again he came in at the wrong verse.

But that incident triggered a light bulb moment in his mind. First thing on Monday he trotted round to Spencer's desk.

'Hey, Spencer, you know your not-very-sticky stuff? Well, I've had an idea for it.'

Art perched himself on the edge of the desk, and recounted his embarrassing experience in the choir.

'So?' Spencer queried.

'Perfect for place markers, like in books or office minutes. Easy to stick in, and when you're done you can peel it off and leave no mark or stickiness behind.'

Spencer looked up. Their eyes met. 'We'll make some and hand them out. See how people like them. We'll call them Press n' Peel.'

People loved them. In fact they loved them so much that in 1977 3M went into production of Press n' Peel. And on April 6th 1980 the brand was rolled out under the name Post-it Notes.

And nowadays we'd be lost without Spencer Silver's muffed invention and Art Fry's hymn book incident!

Funny how things turn out, isn't it?

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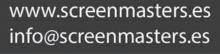
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# By Jos Biggs



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# A hand on the shoulder



Fact can be stranger than fiction, or so they say. This story is indeed fact. It happened to me, and a lad nicknamed Geordie while I was serving in the Royal Air Force in the early seventies. The location? Well, it is just an operational RAF station somewhere in Lincolnshire.

We used to do duties about once every two months. We'd go into the station workshops about four thirty to collect the keys and logbooks, be briefed by the Chiefie and then make our way to seven hangar, where the cabin was. I'd better explain. Station workshops were always built in the shape of an H. One of the uprights was the fitters' bay, the other was the leccies bay, that's ground electricians. Between the two, in the cross bit were the offices. You went in through the front door, up a short corridor and into a corridor which ran between the fitters and leccies bays. If you turned to the right, there was the Squadron Leader's office. Turn to the left and you had two offices, the first was the Warrant Officer's, and through that was

# **By Charles Roberts**

the Flight Lieutenants' office. Opposite the Warrant Officers' office door there was a door through to the blacksmiths and metal bashers workshop.

In seven hangar we had the cabin. Here we could make a brew, sit and read, occasionally someone would take a small telly up there and we'd watch that, but we'd mostly sit and talk. At the other end of the cabin was a small workshop with a work bench and vice. Toolkits were always stood on the workbench at the ready just in case we were called to do some work.

We had to stay in the cabin all the time they were flying, but if we needed any parts then we'd have to go down to the station workshops and get them. The duty lasted a week, and during that week we would be on call from five, when the day people went home, until eight, when the day people started. We had to be in the cabin until they stopped flying which could be midnight, then we could go to bed but be ready to be called out.





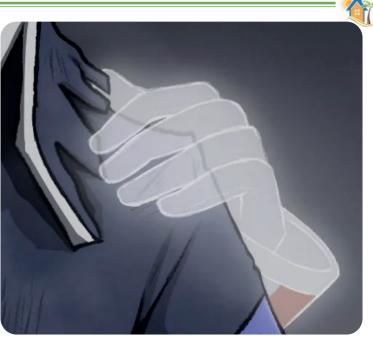
I was on duty this week; I think that it was June or July. I know that I was in my shirt sleeves, so it must have been warm. I couldn't drive at that time so if I needed to go down to the station workshops then either someone had to drive me there on a tractor, or I cycled, or walked. It was about three quarters of a mile. This particular evening, I needed something from station workshops so I cycled down there, I know that it was dark so it must have been after ten at night. I opened the front door and went in not bothering to turn the lights on, walked up the short corridor and turned left to go into the leccies bay. I had just passed the Warrant Officers' door when the corridor turned cold, really cold. I could see my breath in the torch light, the hair on the back of my neck stood on end and a shiver ran down my spine. I ran to the door into the leccies bay, and through it, once in the bay the temperature returned to normal, and I smoothed my hair down.

After getting what I wanted I went out through the small door at the end of the leccies bay and into the street. Walked round to the front door, locked it then rode back to the cabin. I came in for a lot of ribbing when I told my tale on my return to the cabin. That is one I didn't live down for a long time, until one night some two or three months later. One fitter, Geordie, had taken the mickey out of me

Then he felt a hand on his shoulder. He turned and ran out of the front since I'd told of my encounter in the workshop. door, jumped onto the tractor and drove round to the hangar as fast as This one evening, it must have been about nine thirty or so, it was he could. Geordie ran into the cabin and slammed the door putting dark, that much I do remember. He was called out to a generating his back against it and spreading his arms out as if to stop anyone trolley on the aircraft hardstanding. Geordie drove the tractor out opening it. He was as white as a sheet and shaking uncontrollably, of the hangar and round to the 'Pan', that's what the hardstanding while sweat trickled down the side of his face. We managed to calm is known as. He fixed the trolley but went to station workshops him down, but it was about half an hour before he'd tell us what had to replace the part that he'd used. He let himself in the front door, happened. I rode my bicycle down to the workshops and locked the walked up the short corridor to the main one, and turned right. He front door as well as collecting Geordie's torch, which he'd dropped said that he was just passing the Squadron Leader's office door when when whatever, had grabbed his shoulder. the corridor turned icy cold, he hadn't turned the lights on, he could



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see his breath in the torch light and his hair stood on end.

Geordie refused to go into station workshops alone after that night.

# What is Happening in the Local Property Market. April 2025

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

Well! 2025 just keeps getting better and better with our best Jan, Feb and March ever. Buyers are coming from everywhere; property prices have been rising and now is a great time to get your property on the market.

There is demand for all shapes and sizes and prices of properties. It does not matter whether it is land, ruins, apartments, country, town or village houses and villas, they are all selling.

This month here are our top tips for property vendors:-

1. First impressions are essential. This time of year, the weeds are pushing through so please keep on top of your gardens and pull those weeds and get rid of your garden waste. Paint those walls and varnish those doors etc.

2. If your property does not sell within the first few weeks, please do not get upset or think there is something wrong with your property or that your agent is not pushing your property enough. Some properties do sell within the first few weeks, but this is NOT the norm.

As long as owners follow our advice regarding the correct advertised price and how best to present their property then typically, we should find a buyer within 6 months. However, sometimes some properties do take longer to sell. Please relax and remain positive as the right buyer will come along when you least expect it.



3. Estate agents are not qualified or experienced enough to give you property or personal tax advice. Agents also are not experts in local town hall taxes. Neither is your neighbour, the bloke down the bar or Facebook. The only people sellers should be speaking with for tax advice or local town hall costs is your solicitor, conveyancer or accountant. If you ignore this advice and you get hit with a big bill, please don't blame anyone else.

4. Go Exclusive/Sole Agency - By putting your property up with multiple agents you may think you will get lots

of agents all fighting over each other to sell your property but the opposite is true.

What you actually get is lots of agents now with no interest at all in selling your property. Why ...? Each agent now thinks that one of the other agents is going to sell it and get the commission... So, they think why put all their time and money into trying to sell it?

5. Be realistic with your asking price - If an agent is telling you they will sell your property for much more than other agents could then please be sceptical. Maybe they are giving you a high valuation just to get your property on their books as a "trophy". If you go with the high valuation, you are just about to waste the next 6 months of your life. Trust your instincts and chose the agent who is actually selling all the properties in your area because they are giving truthful, achievable valuations.

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# **Butifarra from** Catalonia



I first met this lovely Catalonian sausage many years ago when I was travelling down the Costa Brava; and being a passionate lover of all sausages (almost), I fell hard.

But you don't have to use Spanish recipes for your butifarra. You can also use it in all your usual favourite sausage dishes rather than When I settled here in Almería, I looked for it in vain for many going to the expense of buying imported British sausages. And it years. You could get butifarra negra, a black variety obviously made certainly comes into its own if you use it in a sausage sandwich with blood, which is also very nice indeed, but not the 'butifarra where there are no strong flavours to distract your palate from the blanca' I had enjoyed up north. exquisite taste of this Catalonian wonder!

Until they finally started selling them in Mercadona and Lidl. I haven't looked back since.

The name 'butifarra' is Catalan for 'embutido', the Castilian word for sausage. Basically, in Spain all minced meat products, where the meat is introduced into a natural or synthetic skin through a funnel (embudo), go under the description 'embutido'.

Like all sausages, butifarra is not exactly the best choice for healthy eating, and it should be enjoyed in moderation. Even compared to other 'embutidos' it is at the top end for fat contents and cholesterol. This is probably the reason why it tastes so wonderful!

In Catalonia, the butifarra dates back more than 700 years, and



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although it is now available almost all over Spain, Catalonia can definitely boast it as a local product.

Of course, there are as many ways of combining dishes with butifarra as there are housewives and husbands in Spain, but one that takes my fancy because of its extreme simplicity is 'Butifarra con Seques' which also tickles me because it is basically good old sausages and beans.

Not baked beans, I hasten to add, but a slightly healthier preparation.

You fry your butifarra sausages until they are golden and done, remove them from the pan and throw cooked, white beans into the fat from the sausages.

Stir, then add parsley, garlic, salt and pepper which you have previously smashed to a paste in a mortar. Cook until the beans start taking colour, return the butifarra to the pan, et voilà, your Catalonian sausages and beans are done!



**Buen Provecho!** 





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# **March Showers, April Flowers!**

I know I'm bringing things forward here, but ain't it true, though?

You know, spring always used to be like this here, everything green and wildflowers everywhere, but it is a long time since I saw it like that, and I'm loving it!

All that lovely rain in March, of course, brought on lots of cooking (what else to do on a rainy afternoon?) and somehow a pigs' cheek recipe slipped into the April issue although it is, strictly speaking, a winter dish.

But as you know, I've never been too fussy about that; I cook and eat what I want when I want. And then I just throw it at you, too...

Apart from that - pasta! Three lovely and different pasta dishes which I hope you'll enjoy as much as I did.

Read, cook and enjoy!

# Pasta Bake

I'm afraid I'm gonna bore you yet again with one of my 'just what I happened to have in the fridge' recipes. As always, there's nothing that cannot be replaced with whatever you happen to have in the fridge at the time - in cooking, the sky is our limit!! (And our budgets...)

Ingredients for two: 150g short pasta 1 leek, thinly sliced <sup>1</sup>/<sub>2</sub> red pepper, chopped Olive oil 150ml cream 100ml white wine 1 tbsp Dijon mustard Salt Dried tarragon 100ml grated cheese

Cook the pasta according to the instructions, drain and put into two greased portion size oven proof dishes.

Heat the oil in a frying pan and throw in the leek and pepper. Cook gently until it softens.

Whip together the rest of the ingredients, bar the cheese, and pour half into each oven dish.

Shake them to distribute the sauce, then sprinkle the cheese over the top.

Cover with aluminium foil and bake in the oven at 180°C for 20 minutes, then turn the oven up to 200°C, remove the alu foil and keep cooking until golden brown on top.

Serve with something green, and enjoy!!







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# **Aubergine Mince Sauce**

This meat sauce is something else; the aubergine gives it a thick, creamy texture and a wonderful flavour!

I made a whole batch for four, 'cos I always like having stuff like that in the freezer for dog training nights.

I had the first lot with pasta, the second I used for stuffing a large half green pepper. I found a piece of blue cheese in the fridge, and I crumbled that over the top. The rest is in the freezer.

Both were equally delicious, and of course you could also serve it with rice or as stuffing for a jacket potato or any other vegetable... The long and the short of it is that it is delicious and lends itself to anything!

Ingredients for four:

- 300g minced beef
- Olive oil
- 300g aubergine, finely cubed or roughly grated
- 1 carrot, grated
- 2 cloves garlic, finely grated
- 1 tin chopped tomatoes
- 250ml beef stock
- 2 tbsp tomato purée
- 1 tbsp red wine vinegar
- 2 tsp dried oregano
- 1 tsp dried rosemary
- 2 bay leaves
- Salt and pepper
- 100ml Parmesan cheese, grated

Heat a tbsp olive oil in a frying pan and cook the meat until it is nicely brown. Set aside.

Heat one or two tbsp oil in the pan and fry the aubergine until it starts taking a little colour. Add more oil if you feel it necessary.

Add the carrot and garlic and mix, then return the meat to the pan.

Pour in the tomato, stock and vinegar, stir, then add the herbs.

Stir well, then cover and leave to bubble, stirring from time to time, for about 25 minutes until the sauce has thickened. If it gets too thick, add a little more stock or water. Season to taste.

Stir in the parmesan just before serving this amazing culinary masterpiece in just the way that does it for you!



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# **Tuscan Chicken (Nuggets)**

Most Tuscan chicken recipes are made with cream, however, this one is just mainly tomato.

Normally in Tuscan chicken recipes you cook the chicken in the sauce, but I had just bought a very interesting bread crumb mix that I was raring to try, so I cooked the chicken as nuggets on the side.

It was very nice indeed!

However, I'll give you the recipe with the chicken in the sauce then you can use the chicken for nuggets instead if you so wish!

Ingredients for two:

300g chicken breast, cubed

Olive oil

Salt and pepper

1 onion, cut into wedges

1 clove garlic, finely chopped

1 tbsp tomato purée

1 tin chopped tomatoes

1 chicken stock cube

Good handful black olives, pitted if you prefer

Heat the olive oil in a sauté pan and quickly brown the chicken all over. Season with salt and pepper and set aside.

In the same pan, heat a little more oil and fry the onion and garlic until they soften.

Add the tomato purée and cook for a minute while stirring.

Add the tomatoes and stock cube, bring to the boil and let it simmer for 20 to 25 minutes. If it feels too dry, add a drop of water.

Put the chicken back in the pan and let it cook for another five minutes or so until it is cooked through but not dry inside.

Add the olives, heat through and season with salt and pepper Serve with pasta and sprinkle with parmesan if you like. Very tasty!!









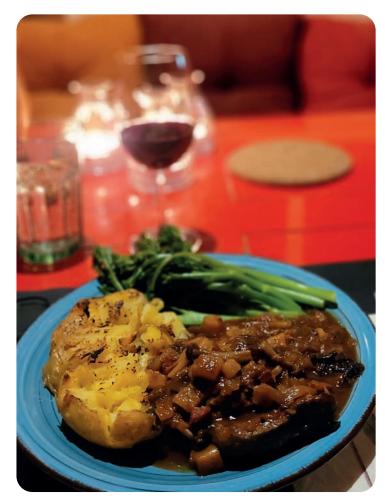




# **Pigs' Cheeks in Stout**

Every so often I just cannot help myself and just have to have pigs' cheeks.

It's such lovely, tender, tasty meat that you can hardly go wrong, and all the recipes I've ever tried were lovely. And nonetheless, I can't resist trying a new recipe almost every time.





This one was extremely tasty and one I may, in fact, very well repeat another day...

Ingredients for four:

- 800g pigs' cheeks
- Olive oil
- 2 onions, cut into wedges
- 150g bacon, coarsely chopped
- 5 parsnips, coarsely chopped
- 1 tbsp tomato purée
- 500ml stout
- 3-500ml meat stock
- 150g mushrooms, coarsely chopped
- 15 prunes
- 1<sup>1</sup>/<sub>2</sub> tsp dried thyme
- 5 bay leaves

Heat some olive oil in a heavy based or cast-iron casserole pan and throw in the pigs' cheeks. Fry on all sides until they are brown all over.

Add the onion, bacon and parsnips and let them fry along for a few minutes, stirring from time to time.

Add the tomato purée and let it fry a little, stirring, before adding the stout. Bring to the boil and allow the alcohol to evaporate before adding the stock, mushrooms and prunes, together with the thyme and bay leaves.

Cover and leave to bubble gently for about an hour and a half until the meat virtually falls off the bone.

Check from time to time that there is still sufficient liquid, if not, add a little more stock.

When the meat is tender, adjust the taste with salt and pepper to your liking, and if the liquid is a little too thin, turn up the heat and let it reduce.

Serve with rice or potatoes cooked as you prefer, and a green vegetable.

Delectable!











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Sunday Closed

I recommend that you get these buns in your oven asap, they are just as soft and yummy as burger bar buns, except nicer and guaranteed healthier, and you know exactly what's gone in them!

Ingredients for 12 -14 buns (They freeze very well):

500ml tepid water	25g sugar
25g fresh yeast	1 tbsp coarse salt
800g strong white flour	75g butter, softened
100g wholemeal flour	Sesame seeds

Pour the tepid water in a bowl and dissolve the yeast. Add white and wholemeal flour, sugar and salt and knead to incorporate all the ingredients in the dough. Add the softened butter, keep kneading for 8-10 minutes until it's elastic and pliable without sticking to your hands.

Leave the dough to rise in a warm spot for an hour.

Turn it out onto a floured surface and divide it into two equal portions. Roll each to make a sausage and cut each sausage into 6-7 equal portions. I find it worth-while to use my kitchen scales to make all the rolls the same size.

Roll the portions to form balls, flatten them and put them onto lined baking sheets. Brush them with water and sprinkle with sesame seeds. Let them rise for another half hour.

Heat the oven up to 220°C and bake the buns for 15-20 minutes until they are baked through and turning golden.

If you are going to freeze some of them, pack them in freezer bags while they are still a bit warm, but don't put them in the freezer until completely cooled down.

Once you've tried these, you'll never want to buy ready-made burger buns again!



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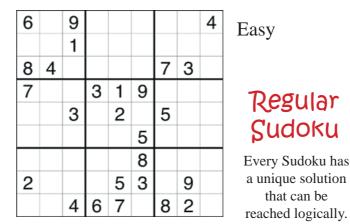
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# Puzzle Time

Puzzle solutions on page 74



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5 4	6		4	1			8 2	3x3 box contains the numbers 1 to 9.
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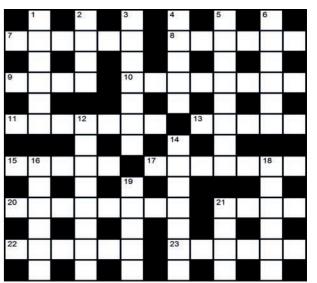
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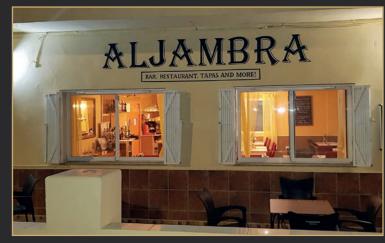
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- 1 Castle
- 2 Glazier's item
- 3 Counselled
- 4 Overhangs
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- 21 Slight



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We are excited to announce that all our dessert options will now be available with the locally made FUGLY's ICE CREAM - mmm...delicious!

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# **Cooking with Wine**

Wine has three main uses in the kitchen - as a marinade ingredient, as a cooking liquid, and as a flavouring in a finished dish. The function of wine in cooking is to intensify, enhance and accent the flavour and aroma of food - not to mask the flavour of what you are cooking but rather to fortify it.

As with any seasoning used in cooking, care should be taken in the amount of wine used - too little is inconsequential and too much will be overpowering. Neither extreme is desirable. A small quantity of wine will enhance the flavour of the dish.

The alcohol in the wine evaporates while the food is cooking, and only the flavour remains. Boiling down wine concentrates the flavour, including acidity and sweetness. Be careful not to use too much wine as the flavour could overpower your dish.

For best results, wine should not be added to a dish just before serving. The wine should simmer with the food, or sauce, to enhance the flavour of the dish. If added late in the preparation,







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it could impart a harsh quality. As the wine cooks, it reduces and becomes an extract which flavours. A wine needs time to impart its flavour in your dish. Wait 10 minutes or more to taste before adding more wine.

Remember that wine does not belong in every dish. More than one wine-based sauce in a single meal can be monotonous. Use wine in cooking only when it has something to contribute to the finished dish.

Traditional formula for pairing wine with cooking:

Young, full bodied red wine Red meat, red meat dishes

Young, full bodied, robust red wine Red sauces

Earthy red, full bodied red wine *Soups with root veg and/or beef stock* 

Dry white wine or dry fortified wine *Light/cream sauces* 

Dry white wine or dry fortified wine Fish/shellfish/seafood, poultry, pork, veal

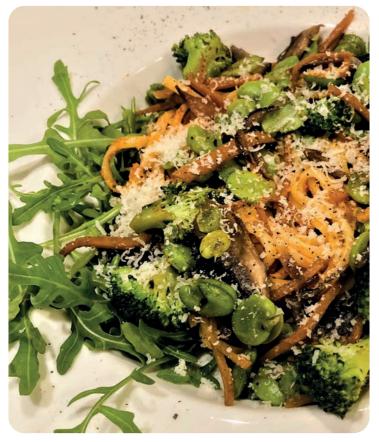
Crisp, dry white wine Seafood soups, bouillabaisse

Sweet white wine or sweet fortified wine Sweet desserts

Dry, fortified wine (i.e. sherry) Consommé, poultry, vegetable soups

Regional cuisine Regional wine

# Jason's Meat Free Recipe: Pasta Primavera



This month's offering is inspired by broad beans: 'tis the season! They're a great source of protein and so they're the star of this version on a classic pasta dish. I've also swapped out the traditional butter



and fromage-frais/cream sauce for pesto, a bit lighter and healthier. The only real 'work' in this is shelling and skinning the beans, which you can do hours before you make it without affecting the taste.

#### Ingredients – for two

1 small red onion halved and finely sliced

- 1 small carrot, finely sliced
- 1 small head of broccoli, cut into small florets
- 500g broad beans (pods on)

1 clove of garlic

- 2-3 mushrooms thinly sliced (optional)
- Half a pack of rocket (optional)
- Half a jar of green/red pesto

150g long pasta (I used linguini here)

Seasoning to taste

Vegetarian parmesan (or similar hard cheese, finely grated)

There are no 'rules' here – swap out vegetables...or add some more. Peas, fresh or frozen, always work well and keep up the protein content. Adding some fresh basil and flat leaf parsley at the point of plating-up is a nice touch as well and adds a little extra zing. With some warm bread, garlic or otherwise, it is hard to beat as a quick and easy supper. A note on Parmesan cheese. The traditionally-made version with a D.O.P. is made with animal rennet. Vegetarian versions are available, but a lot of hard Spanish ewes'milk cheeses, especially the aged, 'curado/semi-curado' ones, are a great alternative.

First up, shell the beans. Put them in a small saucepan and cover with boiling water. Simmer for about 1-2 minutes and then drain them and put into a bowl of cold water for a couple of minutes. The skins will crinkle up a bit. Drain them and with a small sharp (or serrated) knife just nick down one of the long sides and squeeze out the bright green bean inside. Might just be me, but I find it therapeutic! Either put them in the fridge if you're prepping ahead or then move onto the rest of the dish.

Put a large pan of water on and add a half a teaspoon of salt, when it gets to a rolling boil add the pasta and cook to 1 minute under the instructions on the packet. In the meantime, get a couple of bowls and divide the rocket (if using) between them, add the onion, carrot and broccoli to a pan and sauté for five minutes or so. Add the garlic and the mushrooms and cook for another couple of minutes. Reduce the heat and add the broad beans. By now the pasta should be ready. Drain it and put it back in the saucepan add the pesto, stir through and then add the vegetables. Divide the pasta between the bowls and add some seasoning and finely grated cheese



# 

What do you value most when it comes to your skin?

Is it a short list of ingredients you can pronounce, multi-use products you can use for your body and face? Are you interested in products that clear and prevent acne, soothe irritated skin, and smooth fine lines and wrinkles?

Skincare needs change as you get older—what you put in your body is just as important to as what you put on it.

## **Essential Oils in the Shower**

After a long day or an intense workout, create your own luxurious, healing steam room by adding a few drops of your favourite essential oils to shower gels. Essential oils are potent, liquid plant extracts that are used for many health, wellness and beauty purposes. Eucalyptus, lavender or peppermint oil allow you to breathe deeper to calm your nerves and soothe muscles before settling in for a good night's sleep. A little goes a long way—5-10 drops is all you need to relax.

# **DIY Sugar Scrub**

Sugar is a natural humectant that draws moisture from the environment to help hydrate the skin. Sugar scrubs are used as topical exfoliants to gently scrub away dead skin to reveal the healthier and younger looking skin underneath.

This is a simple DIY sugar scrub recipe:

1 cup organic granulated sugar (Brown sugar is softer than white sugar. Use white sugar to make the scrub for your feet, and brown

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sugar for a total body scrub.)

- <sup>1</sup>/<sub>2</sub> cup oil (Some online recipes recommend coconut oil or olive oil, but use sweet almond oil for the scent and lightweight texture.)
- 20+ drops of essential oils of your choice (tea tree oil for the antifungal properties, especially when making a sugar scrub for feet.)
- Store what you don't use in a wide-mouth glass jar.
- Continued on page 62 .....



## ....Continued from page 61

## **Epsom Salt Foot Soak**

Epsom salt is a magnesium-based salt that is most often used with warm water as a soak for sore and tired muscles.

Among its many benefits, the magnesium in Epsom salt helps promote restful sleep, maintain a healthy blood pressure, promote bone health and muscle strength.

Magnesium has very minimal reaction to cold water; mix with warm water to achieve the full benefits of the soak.

# Aloe Vera Gel as a Skin Moisturizer

The medicinal properties of aloe vera gel-the substance obtained



from the cells in the centre of the plant's leaves-have been used for thousands of years.

Aloe vera absorbs quickly without leaving a sticky film, heals dry skin, soothes sunburns, psoriasis and cold sores.

The anti-inflammatory and cooling properties of the gel provide a protective layer to retain the skin's moisture.

Mix a few pumps of 100% clear, fragrance-free gel with fragrancefree Alba lotion, and apply it to the entire body, paying extra attention to hands and feet. It's lightweight and can be worn yearround without clogging pores or worsening acne.

# Jojoba oil as A Deep Conditioner

Jojoba oil is an oil-like wax extracted from the seeds of the jojoba plant.

It is rich in vitamins and minerals that nourish hair, including vitamin C, B vitamins, vitamin E, copper, and zinc to prevent hair loss and promote thickness.

Use as a weekly hair moisturizer by massaging a few drops into wet hair and scalp and then shampooing and applying a leave-in conditioner to seal in the moisture.

By using jojoba oil, hair retains moisture longer between washes and keeps a healthy shine

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You can add jojoba oil to your shampoos and conditioners for extra moisture and shine.



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# **Oil Cleansing**

Researchers are starting to uncover the many benefits of washing your skin with Almond or Jojoba oil and water.

And speak to your dermatologist if you're experiencing chronic skin Oil cleansing removes makeup, dead skin cells and dirt, lifts excess oil and cleans whiteheads and blackheads. Do some research to find issues. out which type of oil is best for you based on your skin type.

Try using this method every day for 1 week until your skin stops responding (it may start looking dull) and then use monthly as needed, primarily in the summer.

# Vitamin E for Dark Spot Removal

Black skin is more prone to dark spots and scarring due to the higher levels of melanin as compared to other complexions.

Use a few drops of vitamin E oil on those spots at night to help lighten and soften them over time. This sticky, fragrance-free oil also helps smooth and hydrate skin, lighten stretch marks and reduce pain and inflammation for newly forming breakouts.

Use it at night (because of its super sticky texture) and rinse thoroughly with warm water before applying your favourite moisturizer in the morning.

# **Finding What Works for You**

The beauty industry is largely unregulated and new products are introduced every day.

It's easy to get swept up in the desire for skin that looks good, but what matters most is the health of your skin and finding a skincare routine that is easy, affordable and fits with your lifestyle.

Before you spend big on products you might not need, research your skin type and consider trying natural remedies that are less likely to





worsen any conditions you're trying to address.

Try a sample of anything new on one section of your inner arm to see how it reacts before using it all over your face or body.



# Puzzle Time

# **Reverse Word Search**

| PR  |   |   |   |                             |   |   |   |   |   | T |
|-----|---|---|---|-----------------------------|---|---|---|---|---|---|
| S P |   |   | S | $\left( \mathbf{I} \right)$ |   |   |   |   |   |   |
| D   |   |   |   |                             |   |   |   |   |   | L |
| В   |   |   |   |                             |   |   | M |   |   |   |
|     |   | S | ) |                             | D |   |   |   |   |   |
| R   |   |   |   |                             |   |   |   |   |   |   |
|     | H |   |   |                             |   |   |   |   |   |   |
| MR  |   | S | ) |                             |   | W |   |   | C |   |
|     |   |   |   |                             |   |   |   | T |   |   |
| 0   |   |   |   | S                           |   |   |   |   | R |   |
|     | M |   | P |                             |   |   |   | W |   | S |
| M   |   |   |   |                             |   |   |   |   |   |   |
|     |   |   |   |                             |   |   |   |   |   |   |
| LR  | С |   |   | D                           |   |   |   |   |   |   |

Puzzle solutions on page 74

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!

| Bliss          | Macho          | Saddle     |
|----------------|----------------|------------|
| Caped          | Melts          | Scrawl     |
| Culprit        | Meteorologists | Seize      |
| Decry          | Miner          | Silly      |
| Diocese        | Mopping        | Spews      |
| Dissolve       | Oaths          | Stigmas    |
| Dread          | Polios         | Stool      |
| Harshest       | Poorer         | Tells      |
| Impressionable | Preen          | Theorem    |
| Insider        | Raise          | Truncation |
| Introductory   | Recap          | Withe      |
| Itchy          | Relic          | Wries      |
| Limbo          | Resist         |            |
| Limousine      | Rinks          |            |



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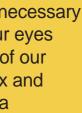
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# Herbs and Spices for Brain Health

Research suggests that a number of herbs and spices may help improve your brain health, and some of them may be already sitting in your fridge. Several of these herbs and spices have been studied for their effects on Alzheimer's disease, while others have been tested for their overall effects on cognition.

**Sage** - A spice known for its pungent scent, sage may possess memory-enhancing properties, according to a small study published in Pharmacology, Biochemistry, and Behaviour in 2003.

A research review published in Evidence-Based Complementary and Alternative Medicine identified sage as one of the several herbs that may be beneficial to Alzheimer's patients.

Try adding sage to butternut squash, roasted chicken, turkey, tomato sauce, or in a white bean soup. Sage can also be consumed in tea form.

**Turmeric** - Turmeric contains a compound called curcumin, which has antioxidant and anti-inflammatory effects (two factors that may benefit brain health and overall health).

Preliminary research suggests that turmeric may boost brain health and stave off Alzheimer's disease by clearing the brain of betaamyloid (a protein fragment). The build up of beta-amyloid is known to form Alzheimer's-related brain plaques.

In addition, turmeric may shield brain health by inhibiting the breakdown of nerve cells in the brain.

Turmeric is a key ingredient in curry powder, which typically also includes such spices as coriander and cumin. To increase your intake of turmeric, try adding curry powder or turmeric to stir-fries, soups,



and vegetable dishes. Include a couple dashes of black pepper to enhance the absorption of turmeric.

**Lemon Balm** - A herb often taken in tea form and frequently used to ease anxiety and insomnia, lemon balm may help improve cognitive function.

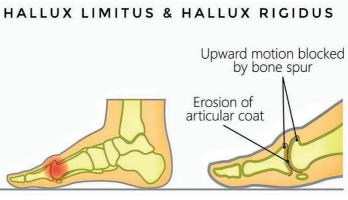
For a study published in the Journal of Neurology, Neurosurgery, and Psychiatry in 2003, 42 patients with mild to moderate Alzheimer's disease took either a placebo or lemon balm extract for four months. At the end of the study, those given lemon balm showed a significantly greater improvement in cognitive function (compared to those given the placebo).

**Ginseng -** One the most popular plants in herbal medicine, ginseng contains anti-inflammatory chemicals called ginsenosides. In preliminary studies, scientists have observed that ginsenosides may help reduce brain levels of beta-amyloid. It's also sometimes taken to fight Alzheimer's disease.



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Hallux Limitus and Hallux Rigidus are 2 stages of degeneration of the first joint of the big toe i.e. the metatarsophalangeal (MTP) joint.

*Hallux Limitus* - reduced flexibility of the big toe, which can be painful and limit daily activities.

The condition often starts subtly, but can gradually worsen if left untreated.

*Hallux Rigidus* - the big toe becomes almost entirely immobile resulting in severe pain, inflammation & swelling, impacting a person's ability to perform normal everyday tasks.

The joint may appear enlarged or deformed.

## Importance of Early Diagnosis of Hallux Limitus

Early recognition and intervention can make a significant difference in slowing down joint deterioration, improving mobility, and preventing Hallux Limitus evolving into



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Hallux Rigidus.

## The Osteopathic Approach to Hallux Limitus

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April 2025 67

# The Bard and the One-Armed from Lepanto

As previously mentioned on page 33 in our celebration of San Jorge, every year on 23rd April we celebrate World Book Day. This day is a celebration of books and literature all over the world, and in Spain there are numerous Book Fairs in the cities with stalls in parks and streets where you can browse, read and buy books.

And why April 23rd? Because on this day, in 1616, two of literatures greatest creators passed away: Spain's Miguel de Cervantes and Britain's William Shakespeare.

Paradoxically, though, they didn't actually draw their last breath on the same day, there were ten days between their final moments.

What had happened was that Pope Gregorio XII had put the calendar forward in 1582 so that 5th October became 15th October. Spain. Italy and France conformed immediately, but England didn't adopt the Gregorian calendar until 1752. So William Shakespeare's death on 23rd April was according to



the Julian calendar which Britain still adhered to. According to the Gregorian calendar, Shakespeare died on May 3rd.

But never mind, there are lots of other similarities between literature's two greats - and also lots of differences, of course.

Cervantes was a novelist, Shakespeare a playwright. Cervantes was a soldier, Shakespeare an actor. Cervantes is mainly known for one very famous work, Shakespeare produced dozens.

Although both achieved a certain amount of fame in their lifetimes, nobody actually knows what either of them looked like, as they never had their likeness taken while they were alive. We always see Cervantes with his long, pointed nose, high forehead and distinctive moustache. And Shakespeare with his dark, curly hair and ear ring. But all portraits painted of either were based on hearsay and descriptions, so there is no accurate record of their appearance.

Cervantes and Shakespeare are both still points of reference for their respective languages. Cervantes's most well-known work, Don Quixote, is considered the first modern novel and one of the most important works in literature. Only the Bible has been translated into more languages than Don Quixote. And of course Shakespeare was the father of more than 1,700 phrases and hundreds of expressions that revolutionised the English language.

There is a portion of both their lives that we know nothing about.

We do know that Cervantes was a soldier and that he was shot in the hand during the battle of Lepanto. His hand was badly damaged, and that was how he earned the name 'The One-Armed from Lepanto'. However, he didn't lose his hand or arm.

At one point, during a voyage back from the Americas, the ship he travelled on was attacked by pirates, and he was taken prisoner. He was taken to Algiers where he lived in slavery for more than five years before his family was able to pay the ransom of 500 ducados. We know nothing about the years he spent in Algeria.

Shakespeare's 'unknown period' was his life before he arrived in London. He was born in Stratford-upon-Avon, son of a wealthy merchant. That much we do know. But we do not know why he went



to London in the first place. One theory has him fleeing the local law because he had been caught poaching deer. Another simply claims that he went to London for work purposes, maybe with a travelling theatre company that had passed through his home town.

Today, more than four hundred years after their deaths, they are still amongst the most important literary personages of all times. No one novel has been made into a film as many times as Don Quixote. The first Don Quixote film ever to hit the big screen was the French company Gaumont's version in 1898. Over the years, more than 150 film versions have been rolled in many languages, such as the Russian-Bulgarian 'Don Kikhot vozvrashchayetsya' from 1996 or the Chinese Tang Ji Je De in which Don Quixote has super powers and confronts Evil.

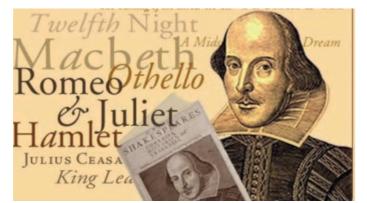
And of course the works of Shakespeare are the most interpreted plays ever! If we were to do a Top Ten most produced plays in the world, there's no doubt that Shakespeare's masterpieces, such as Romeo and Juliet, Hamlet or A Midsummer Night's Dream, would be right at the top. It is thought that some of them are actually reproduced six times a day, every day, all over the world!

When Cervantes died he was buried, as he had requested, in the Madrid Convent of Barefoot Trinitarians. His coffin was lost during the restoration of the convent late in the 17th century, placed and forgotten in an old crypt. It was re-discovered in 2015 and Cervantes's remains now rest in the same church, as was his wish, and his grave has become a popular pilgrim destination.

Shakespeare also rests with the Trinitarians: in the Holy Trinity Church in Stratford-upon-Avon.

He must have known that his grave would also be much visited, and to keep away grave souvenir robbers he had the following inscribed on his coffin:

> Good friend, for Jesus' sake forbear, To dig the dust enclosed here. Blessed be the man that spares these stones, And cursed be he that moves my bones





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# A Tribute to Eddie Jordan

Eddie Jordan, who has passed away, aged 76, was one of the most flamboyant Formula 1 team bosses in the sport's history.

Rising to wealth and notoriety at a time when motorsport was a kind of Wild West featuring many chancers and deal-makers, Jordan's outspoken, over-the-top personality stood out.

He was a rogue who was sometimes loveable, sometimes dodgy, and occasionally both at the same time.

Jordan's arrival in a location would commonly be marked by hearing a Dublin accent yelling across a crowd at someone, launching an expletive-laden rant full of insults, backed by a smile. The worse it sounded, the more it was an indication of his respect for the recipient.

In his early days, he sold salmon out of the back of a van in the Irish capital. The fast, witty sales talk he mastered there stood him in good stead throughout a motor racing career that had its share of success but was all too often a struggle to survive.

Many are the people who have complaints about business dealings with Jordan along the way. But somehow his flaws were largely







indulged, and he was generally regarded with affection Continued on page 72 .....

## 

..... Continued from page 71

Even when behaving badly, he had a warmth and humour that made it hard not to like him.

In between the banter, Jordan was kind and supportive, and working with him, whether as journalist and team owner or broadcasting colleagues, was always a pleasure.

#### Drummer, bank clerk, kart champion, team owner

There was also a rock 'n' roll aspect to his character. He played the drums in a band and had many associates in the music industry including John Lydon, better known as Johnny Rotten of the Sex Pistols and Public Image Ltd, and Boyzone's Shane Lynch.

He founded a Formula 1 team out of nothing, built it to win races, and even in one heady year challenged for the championship. But he could not survive for long in the rarefied air at the summit of the sport, and the team sank even quicker than it rose.

Of course, when it was on its last legs and he sold it on, he made himself a fortune. He was always a canny businessman with an eye for a deal.

Perhaps that is what attracted the eye of Bernie Ecclestone, F1's commercial boss throughout Jordan's career. Ecclestone, a former second-hand car dealer, recognised a kindred spirit and was a kind of guardian angel at times as Jordan navigated the choppy waters of being a privateer team owner.

Jordan first encountered motor racing on Guernsey, where he spent the summer of 1970 when a banking strike in Dublin meant he could not work in his job as a clerk. On his return to Ireland, he bought a kart, and won the Irish championship at his first attempt in 1971.

He moved up into motor racing in 1974, first into Formula Ford and then Formula 3, only to suffer a nasty accident at Mallory Park in

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1976 and badly breaking a leg.

In hospital, his hair fell out. On seeing this, his mother Eileen - by all accounts, a formidable woman - procured him a wig, and demanded he wear it.

He never appeared without one again. Although there was the odd time in the early days when future grand prix driver Gerhard Berger, a renowned practical joker, would sneak up behind Jordan with a high-pressure air line, and blow the hairpiece off his head.

Jordan resumed his career, but by 1979 he was struggling to find money to pursue it, and he turned to team ownership.

Eddie Jordan Racing achieved considerable success in F3 and F3000 through the 1980s. And he helped launch the career of many toplevel drivers including Eddie Irvine, Johnny Herbert, Jean Alesi, Martin Brundle and Damon Hill.

By the end of the decade, he had his sights on F1. He hired engineer Gary Anderson to create the car, and he and his small team produced the Jordan 191, an elegant design now regarded as one of the most beautiful grand prix cars in history.

Despite having two journeyman drivers in Italian veteran Andrea de Cesaris and Belgian novice Bertrand Gachot, the team immediately punched above their weight with a series of eye-catching performances. But the defining moment of the year came at the Belgian Grand Prix.

Jordan needed a replacement for Gachot, who had been sent to jail in the UK for using CS gas in an altercation with a London taxi driver. Mercedes offered him £150,000 to field their protege Michael Schumacher. The German was an immediate sensation.





Jordan earned himself a tidy packet by selling Irvine to Ferrari to Spa-Francorchamps is regarded as one of the world's most demanding join Schumacher at the end of 1995, and soon a series of dominoes circuits, and Schumacher had never driven around it before. Yet he started to fall that made Jordan major contenders for a while. qualified the car seventh - four places and more than 0.7 seconds ahead of De Cesaris.

Jordan had taken works Peugeot engines for 1995 when they were cast off by McLaren after just one season. That helped them attract A clutch failure on the first lap caused Schumacher's retirement, but a major title sponsorship from tobacco company Benson & Hedges. Jordan left Spa optimistic about what could be for his team with this Funding changed from being desperately sought to something that brilliant young driver in the cockpit. could be used for investment.

The problem was, Jordan had not tied down Schumacher properly, For 1997, Jordan wanted Hill, after he was dumped by Williams and the rival Benetton team swooped, with a little help from despite winning the world title at the end of 1996. Hill demurred, Ecclestone - who knew about Jordan's financial difficulties as they and made the error of joining Arrows instead. navigated their first season, and wanted this obvious new star in a more successful, stable and secure environment. By the next race, Continued on page 74 .....





#### the Italian Grand Prix, Schumacher was a Benetton driver

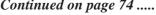
In desperate need of a cash injection, Jordan switched from his offthe-shelf Cosworth engine to a factory deal with Yamaha for its V12 for 1992. However, the engine was heavy, thirsty and unreliable, and a difficult season followed before Jordan ditched the Yamaha for a privateer Hart engine.

Rubens Barrichello became a fixture in the cockpit, as the Brazilian brought a handy budget along with his obvious talent. For 1994, he was joined by Northern Ireland's Irvine, who had made a headlinegrabbing debut in Japan at the end of 1993.

Irvine's outspoken, insouciant character fitted well with the team. In Suzuka, he had un-lapped himself on race leader Ayrton Senna's McLaren while the pair battled Hill's Williams in the wet.

And Irvine's lippy dismissiveness when confronted by Senna complaining about the incident after the race led the three-time champion to punch him.

#### When Jordan were in title contention



## ..... Continued from page 73

But he did sign for 1998, replacing Giancarlo Fisichella as the teammate of Ralf Schumacher, younger brother of Michael, with whom Hill had fought tense title battles in 1994 and 1995.

Along with Hill, Jordan had also secured a supply of Mugen Honda engines, more powerful and reliable than the Peugeots, and the services of highly regarded designer Mike Gascoyne.

At a wet Belgian Grand Prix, after Michael Schumacher crashed out in his Ferrari after colliding with David Coulthard's McLaren, the Jordan drivers found themselves running one-two, Hill in the lead. Jordan avoided a potential on-track drama by telling them to hold position, but created an off-track one.

The decision led to a visit from an unhappy Michael Schumacher to tell Jordan he had been unfair not to let his brother race for the win - ironic, considering the German's status as Ferrari's number one.

For 1999, Ralf Schumacher was tempted away by Williams, and their driver Heinz-Harald Frentzen went the other way. It became Jordan's most successful season. Frentzen won two races and emerged as an unlikely title contender, but a bizarre retirement when leading the European Grand Prix at the Nurburgring ended their hopes.

The team had found a clever, and dubious, way to use anti-stall as launch control. But Frentzen forgot to turn off the system as he left the pits from his stop for fuel and tyres, and that triggered a safety system that cut the engine. Jordan were never to be so competitive again.

#### How Jordan made one last big deal

Over the succeeding years, Anderson rejoined, drivers came and went, there were fights over engine supply, and the money began to dry up. But there was one more win - for Fisichella in the chaotically wet Brazilian Grand Prix of 2003.

McLaren's Kimi Raikkonen was declared the winner after a massive crash brought the race to a halt, but the officials had missed that Fischella had actually been leading at the crucial point - and the trophy was handed over at a ceremony at the following race in Imola.

Financial troubles worsened in 2004 and late in the year Ecclestone introduced Jordan to the Canadian businessman Alex Shnaider. Six



weeks later, in January 2005, the team was sold for \$60m. The deal made Jordan secure for life.

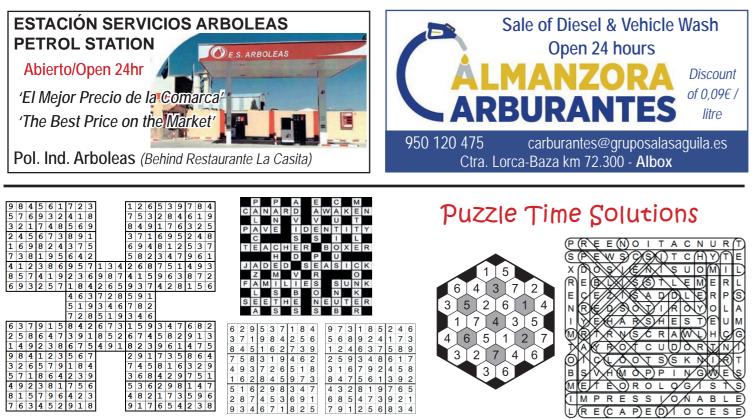
Four years later, Jordan was back on the scene as an outspoken television pundit for BBC Sport, after the corporation won back the rights to F1, and he developed a reputation for being involved in breaking big stories. These included Michael Schumacher's return to F1 with Mercedes in 2010, and that Lewis Hamilton was bound for the same team for 2013.

He stayed on board as coverage switched to Channel 4 from 2016, albeit appearing with decreasing regularity. But, deal-maker as ever, Jordan was always working behind the scenes, and in 2024 he pulled his last master deal.

Now acting as the manager of his friend Newey, Jordan negotiated an exit from Red Bull for F1's greatest ever designer, and a five-year deal with Aston Martin for a salary that could reach £30m with addons and bonuses.

Not long after the Newey deal was sealed, Jordan revealed in December 2024 that he was being treated for aggressive prostate cancer, though that did not stop him heading a consortium which bought London Irish rugby club in early 2025.

He is survived by his wife Marie, and their four children, Zoe, Miki, Zak and Kyle.





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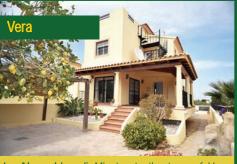


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