

June 2025

Issue 146

Almeria Living

A Great Read - Original, Inspiring, Local

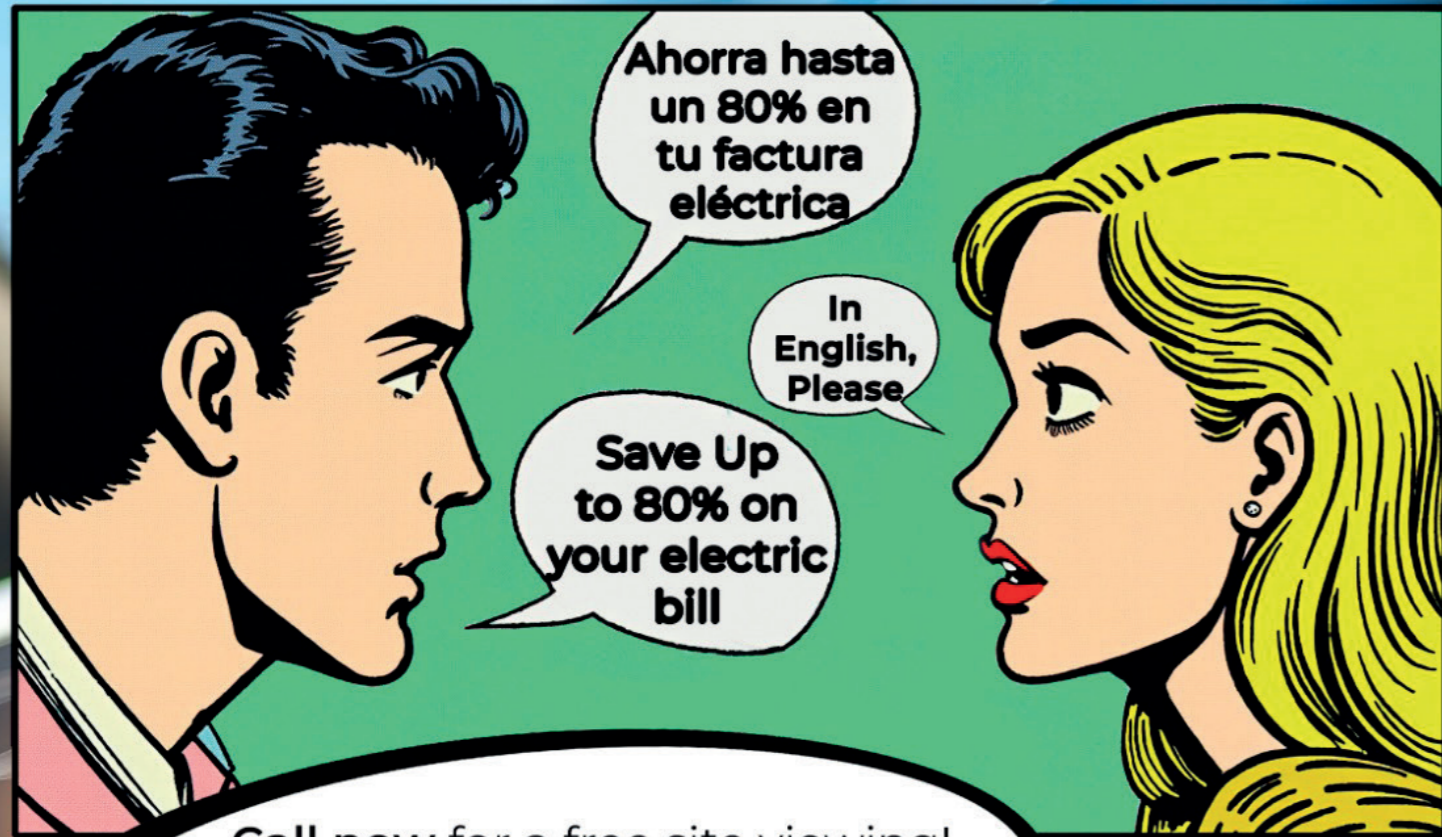
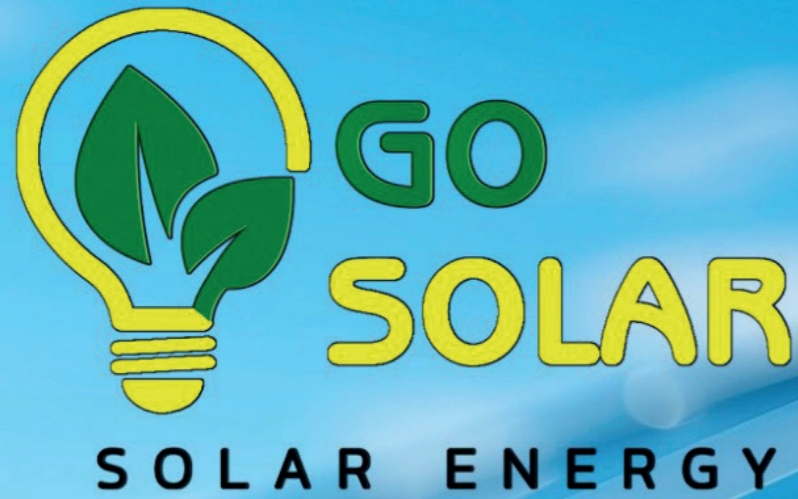
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Almeria Living

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Welcome to the June 2025 issue of Almeria Living - the 6th one of the year already!!!

We often do a feature and remember to thank all the Mums out there every April but we seem to neglect all our wonderful Dads on their special day in June. I am one of the very lucky ones to have both my parents around to help and guide me so, it is with much love I send my Dad a very Happy Father's day message and best wishes to all the other Dads too!

I say it every year, simply because it is so important! Please remind your summer visitors about the dangers of sun over exposure - using plenty of sunscreen is vital, drinking plenty of water and finding shady areas with a cooling drink and a good book are a must.

This point has already come to the news this week, please don't leave little ones unattended if there is a pool nearby - we read the tragic stories every year.

Then there are the fire hazards - make sure cigarettes are extinguished safely and bottles and glass are disposed of properly.

In this issue...

Once again, I offer grateful thanks to all my scribes, who once again 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 everyone. Talk again in July!

Karen (Ed)

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There are different types of assistance you may be entitled to; check to see if you fall into any of these categories and we can help you through the process.

Anyone over 65, with residencia, is entitled to a **pensioner's card**; this can be used to get discounts on buses, trains, entrance fees in various places, some opticians/dentists etc. With just a photograph, copy of residencia, passport and a current padron certificate we can process this application for you. This is also a requirement for the emergency button service.

If you have medical issues that impair your daily life you may be entitled to a grade of disability. A grade of more than 33% is enough for a **disability card** to be awarded. This entitles you to apply for the emergency button and offers the possibility of other assistance as

If you are in need of assistance with daily jobs such as doing your shopping, helping you cook, dress or shower, you may be entitled to **assistance in the home**. This can be requested independently of the disability card. To qualify, you have to be a resident in Spain and have been on the padron for over 5 years. To apply, you will need to provide medical reports, residencia, passport, padron certificate and proof of income. The number of hours of assistance given are decided after a visit to your home. Nursing care is not part of the services or assistance provided.



Once you have been granted the above, an **emergency button** can be installed at your home. This is a button you can carry/wear while anywhere in the house or garden and calls the emergency services when pushed. You will also receive a weekly call or visit to see how you are. To apply for this requires a landline telephone, letter of grade of disability or home assistance, pensioner's card, padron certificate, residencia and passport.

If you would like help or further advice regarding any of this information then call or email C.A.T. Services for an appointment.

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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 May we journeyed to Burgos and now our next of Spain's provincial Capitals takes us towards Portugal

Cáceres in Cáceres



The province of Cáceres is Spain's second most extensive province, surpassed only by the other province with which it constitutes the autonomic region of Extremadura, Badajoz. Cáceres covers a total of 19,868 km², and it is the Spanish province with the largest area of forest: 9,440 km², almost half its total area.

The rich flora and fauna of the north of the province has been turned into a National Park.

Parque Nacional de Monfragüe was declared a Natural Park in 1979, Extremadura's first protected area. It has a surface area of 18,396 hectares.

It boasts Europe's largest and best-preserved single expanse of Mediterranean wilderness and scrubland. This fact occasioned the status of the park to be augmented to National Park in 2007, the highest level of protection of a natural space in Spain.

The rich and unique fauna in Monfragüe, the many different plant formations, and the spectacular landscape with its geomorphological value all contribute to the outstanding natural and cultural heritage of this corner of Extremadura.

The province is divided in two from east to west by the river Tagus, and it is traversed by several mountain ranges. The highest point in Cáceres is Pico de Calvitero at 2,399m.

Cáceres lies to the north of Badajoz, and apart from bordering this

province it also borders Toledo in Castilla-La Mancha, Ávila and Salamanca in Castilla y León and, to the west, Portugal.

The province has 388.652 inhabitants, 96.441 of which live in its capital of the same name.

Covering 1,750.33 km², the city of Cáceres is Spain's largest city as far as area is concerned, and it contains one of the World's most complete and best-preserved urban areas: La Ciudad Vieja de Cáceres, which was declared a World Heritage Site by UNESCO in 1986. It consists of buildings from the Middle Ages and the Renaissance.

The city wall divides The Old Quarter into two main areas: Intramuros, inside the walls, and Extramuros, outside the walls. The majority of the most well-known buildings and monuments are to be found inside the city walls, notably the Cathedral of Santa María and the Palacio de las Veletas.

In the 14th century, when the area inside the city walls could accommodate no more buildings, it was decided to start construction outside. This area, although less ancient, is also full of beautiful and historic buildings.

Sites of old Stone Age settlements and cave paintings have been found near Cáceres, but the city in its present location was founded in 34 BC by the Roman Gaius Norbanus Flaccus and given the name Norba Caesarina. Sadly, there are almost no Roman remains in Cáceres, as later on the Almohads used the Roman foundations for their own constructions.

Barbarian hords managed to defeat the Romans in Norba Caeserina and take over the colony in 411 AD, but 8 years later the Visigoths conquered the city and stayed in power for 300 years, causing a steady decline until the Moors invaded it in 711.

The city started thriving again and was an important stronghold for the Moors, just on the border to the expanding Catholic kingdoms. The Moors managed to hold on to it (on and off) for more than 500 years, until the final Reconquista by the Catholic Kings in 1229. In



fact, the final battle was fought and won by the Catholics on 23rd April, St George's Day, or San Jorge as he is called in Spanish, who then became the city's patron saint.

Up through the centuries, Cáceres's economy was mainly based on agriculture and livestock, and although the city has since become an important administrative centre with services such as tourism and construction being the cornerstones of the economy, times gone past have put their definite mark on the traditional gastronomy, which is firmly based on meat, especially lamb.

The weather shows dramatic changes between summer and winter, with January temperatures usually being below 10°C with the occasional frost and snow, and the average temperature in July lying at 33°C and often going above 40°C.

The sun shines for 2,891 hours a year, with the maximum in July, 370 hours (half the hours of the month), and the minimum in January, 123 hours. The average rainfall is 523 mm a year, the majority of which falls in December (87 mm) and the minimum in July (7 mm).

On the culture front, May is the most important month of the year, as this is the month when Cáceres hosts the international WOMAD festival (World of Music, Art and Dance) every year, and the city's



own fiesta, Feria de Mayo, which Alfonso IX of León launched in 1896.

On these two occasions the city is a hubbub of people from all over Spain and the rest of the world, who come to take part in these great events celebrated in an amazing setting.

But there are many other beautiful and interesting towns and villages in Cáceres.

Barely 120 kilometres from Cáceres, you will find a place full of legends, The Royal Monastery of Santa María de Guadalupe. The founding legend of Guadalupe says that, towards the end of the 12th century, a shepherd called Gil Cordero discovered a statue of the Virgin Mary in the River Guadalupe and instantly set about building a shrine to her on that spot.

Continued on page 8

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..... Continued from page 7

Over the years, this shrine turned into the extravagant Royal Monastery of Santa María de Guadalupe, and the adjacent village you can see today. It is an authentic pilgrimage site, one of the most famous after Santiago de Compostela, and it contains more than one treasure. This monastery and its church are full of history, including the occasion when the Catholic Monarchs met with Christopher Columbus before his famous voyage to the Americas. It is said that Columbus asked the Virgin Mary for protection here before embarking.

The building you can see today was built at the beginning of the 15th century. What is noticeable at first glance is the mix of architectural styles it contains: gothic, Mudéjar, renaissance, baroque, and neoclassical. It is an exceptional architectural work dedicated to housing the image of the Virgin of Guadalupe, a wooden Romanesque



statue carved towards the end of the 12th century.

And a hundred kilometres to the north of Cáceres you will find an unusual tourist attraction: A ghost town! It is called Granadilla.

This beautiful walled town in the north-east of the province has seen the ebb and flow of cultures since the 9th century, but today it is completely uninhabited and has been for the past 60 years.

It is not without inhabitants because it is an unattractive place, by any means, but simply because the government at the time chose to build a reservoir nearby and forced the inhabitants to move elsewhere. In 1980, what remained of Granadilla was declared a Historical and Artistic Site of Importance, and the council set about renovating the town's monuments, such as its castle, which had fallen into disrepair long before. Thankfully, the splendour of this town has been restored, and today you can walk its quiet streets and marvel at Cáceres' only ghost town.

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Wow, this is just the greenest, lushest spring I have experienced in my 34 years in Spain!

It used to be green and lush every spring, back when you could predict the weather from its usual pattern, before climate change came and spoiled it all. But never quite this lush!

It goes without saying that Dakota and I are enjoying this abundance of vegetation on our frequent mountain walks, and she runs amongst

Dakota – She Is – A Flower Child! And a seedling...

the wildflowers and the tall grasses, head held high to see above it all, ever scouting for rabbits.

And when she manages to stir one, it's off with Dakota hot on its heels! The tall vegetation is obviously to the rabbit's advantage, as he runs right down on the ground, well hidden and camouflaged by bushes and flowers.

So off he runs, flat out, with Dakota close behind. But soon she loses him from sight, and she jumps high to look over the top of the grasses to see if she can spot him. When she performs these amazing leaps, she has her front legs neatly folded in front of her, and she looks for the world like the leaping deer on the road signs – except, of course, from the antlers. Maybe I should put one of those headbands with antlers on her.

Sadly, my camera, which takes very good, sharp photos of still objects, is useless when it comes to catching a moving object, so I shall never manage to get a photo of those gazelle leaps to share with you, but I do enjoy watching them and will save the picture in my memory.

When she finally realises that that one got away (like all the others), she happily continues her run, looking for her next victim – the one that she definitely WILL catch! Ha-ha.

When we come back from these walks, she often has a few yellow flowers prettily scattered about her person or some petals on her face. Sometimes.

But she's INVARIABLY covered in grass seeds, and they very quickly make their way into her soft, downy undercoat, where they burrow right down to the skin and become almost impossible to extricate.

God knows I've picked countless seeds out of dogs' fur over the years, but this has to be the most prolific year ever! Whenever



I cuddle her or ruffle her coat, I feel them right next to her skin, especially on her soft, sensitive tummy. Then the cuddle session turns into a seed-hunting expedition.

She likes to have them removed, but if I pull at the small hairs too many times, or touch the seed in a way that makes it prick her, she gets tired of it and changes position, and the offending seed is left until next time I come upon it.

None of my combs or brushes seems to help me get the seeds out; if anybody knows of a magical tool or method that'll do it without pulling too hard on the small hairs, please let me know!

On a Saturday morning, we always take our favourite walk, up to the foot of the mountain.

There's an old track that goes from my house all the way up there and then peters out. It has been getting unpassable for vehicles after years of disuse, and this year you can hardly see it for grasses and flowers! Dakota and I know it well, though, and find our way no



problem because we know it's there. Mind you, she doesn't use it much at all, she's far too busy with her off-track activities, but it serves me well.

Where it peters out, we cross a flat area which is usually just earth and stones and a few dead bushes, to get over to my rock where I sit and serve water for us both and have a little break and a meditation before we go back down. This year, the flat, stony area is a sea of vegetation, and when I got to my rock a couple of weeks ago, my leggings looked like hedgehogs, they were completely covered in spiky seeds.

Oh my God, I thought, imagine what Dakota's fur will be like when we get home! And I was right...

Although most of the spikes had broken off, the stubborn seeds were still stuck in her fur, and I spent about an hour chasing, finding and removing seeds.

I reckoned I'd got them all, but I kept finding more every time I cuddled her. I could have sown a field of grass with what she brought home!

The next day I was not in the mood for a repeat performance, so I decided we'd drive to somewhere civilised and take a good long walk on the lead on paved and dirt roads. Which we did, and made it back home without a seed in sight.

I let her out of the car and went over to unlock the gate. But when I called her in, she'd gone! The little madam had decided that walking for miles was all very well, but not a substitute for a good run in the grass.

So when she came back, old Muggins here spent yet another day chasing seeds, Dakota on her back enjoying the attention. Exactly who is in charge here...?



I Tawt I Taw a Puddy Tat

I once read about a quite tame budgie that had been found in London. It had obviously belonged to somebody, but it was impossible to find out who the owner was.

The finder took the budgie home and installed him in a cage.

To the finder's astonishment, every time the telephone rang, the budgie spewed out a series of numbers. She tried to dial the number, and Presto! The phone was picked up on the other end by the bird's real owner.

But how to teach a budgie to talk? Well, there's not sufficient time or space here to go into every detail, but I can give you a couple of tips, and if you want more, I'm sure you will be able to find something on the internet.

All budgies should be able to learn to talk, and according to science the gender should be of no importance.

The number one condition for your bird to learn to talk is that he must feel safe, loved, and comfortable in his life.

Some bird trainers believe in holding the budgie on their index finger close to their mouth for him to see the lip movements, others say that it should be done while the bird is in his cage. If you go for the latter, it is a good idea to drape a plain, slightly transparent piece of gauze over the cage to avoid distractions.



Remove the feeder one hour before starting the class and replace it immediately afterwards.

Start by saying just one word again and again for about 15 minutes with no change of intonation. Use a slightly higher tone than your usual speaking tone. That is the only word you tell him until he has learnt it. Other members of the household can also repeat it around him, but always with the same intonation as you use. And no one else is to introduce another word.

Once he has learnt the word, you can build a short phrase around it and teach him that. But always repeat the whole phrase. If he starts repeating and gets one word wrong, repeat the whole phrase, not just the word he got wrong.

When you have put him to bed at night and his night cover is on, keep repeating your word/phrase every time you pass his cage – budgies are supposed to be able to learn well while they sleep.

Just like with people, young budgies find it easier to learn to talk than older specimens, so if you fancy having a young bird, here's your excuse!

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MINI BREAKS

Following a very successful choice of destinations during 2025, Parra Travel would like to hear from you about places you would like to visit in Spain.

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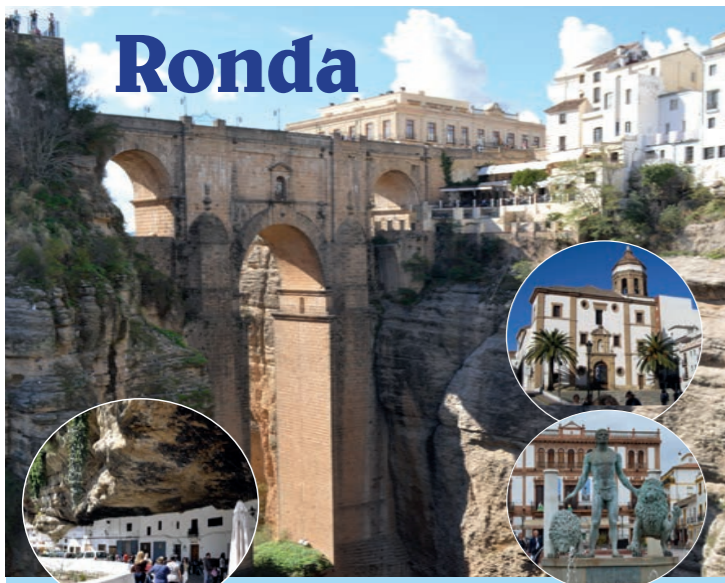
* Price based on 2 people sharing a room
Single supplement upon request

23rd - 27th
December '25

Price Includes:

Coach travel
Four nights in 4* hotel
Full Board
includes wine and water

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



Ronda



3 Nights
*tbc€
per person

15th - 18th Jun 26
or
14th - 17th Sep 26

Staying at:
4* Hotel Maestranza
central city

Price Includes:
Coach travel to Ronda
Three nights in 4* hotel
Breakfast - days 2, 3 + 4
Visit Setenil de las Bodegas

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

Pick-Ups Possible From:
Mojácar, Turre, Albox, Arboleas, La Alfoquia, Hotel Overa
Pickup points and timings will vary depending on demand



Cordoba



3 Nights
*tbc€
per person

8th - 11th
June 26

Staying at:
4* Hotel Hesperia
Cordoba centre

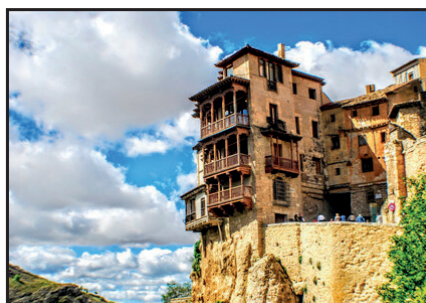
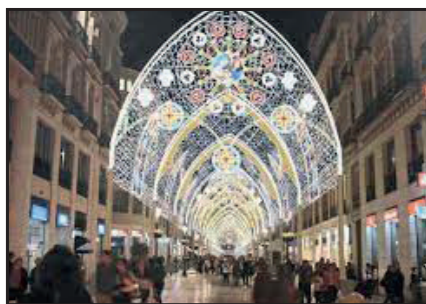
Price Includes:
Coach travel
Three nights in 4* hotel
Breakfast - days 2, 3 + 4

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

Pick-Ups Possible From:
Mojácar, Turre, Albox, Arboleas, La Alfoquia, Hotel Overa
Pickup points and timings will vary depending on demand

Proposed Mini Breaks 2026

Here are the proposed mini breaks being arranged by Parra Travel for 2026



- Granada ~ March
- Merida ~ April
- Cadiz/Jerez ~ May
- Cordoba & Ronda ~ June
- Ronda ~ September
- Sevilla ~ October
- Gibraltar ~ November
- Malaga (Christmas Lights) ~ December
- Benidorm ~ Christmas

At the time of going to print no fixed dates or prices have been confirmed



Let us introduce the new Colin..... Or should we say Lee!!

Lee, his wife Tracy and their 5 year old son Jack are the very proud new owners of Colin The Card in Albox.

We met them recently as they wanted to introduce themselves.

Lee and Tracy moved to Albox in 2018 from the UK and Jack was born the next year to complete their family. They worked with greetings cards before they moved to Spain and it was their dream to continue this. That dream came true this year when they had the opportunity to buy Colin The Card.

The business has been open for 19 years and has a very loyal customer base. Lee and Tracy have improved the flow of the shop however they have kept many of the original services such as selling the largest selection of greetings cards in the area, gifts, a worldwide postal service, helium balloons, they have also introduced new gift types and are looking forward to selling a new range of handmade soaps and skin care, including candles and generally delicious smelling goodies sourced locally and made with 100% pure essential oils starting this month.

Why not visit Colin The Card, meet Lee, Tracy and Viv who has remained as part of the Colin The Card family.

You'll find them in Longos Courtyard, Albox Monday to Saturday (yes they are now open every Saturday!) from 9.30am until 2pm.

Pop along and say hi to the new Colin and his family.



COLIN THE CARD

Opening hours
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Longo - Centro Comercial
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If you have any questions or queries, please do not hesitate to contact George or myself.

tim.taplin@adviserplatform.com

george.forsyth@adviserplatform.com

Tel: 950 472 242 or 647 866 371

Tim Taplin Financial Services

Parque Comercial Local 101 Mojácar 04638 Almería Spain

Tim Taplin is an Introducer for Adviser Platform Lda.

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Patatera from Cáceres



The patatera is one of the most emblematic products of Cáceres. It is a cured sausage much in the style of morcilla and chorizo. What makes it different from other traditional cured sausages – in Spanish known as ‘embutidos’ - is the fact that it is made with potato. The traditional non-meat elements in cured sausages are rice and or onion, but here they have been substituted for potato. Hence the name.

The province of Cáceres is known for its Iberian pigs, and it is also home to the district of La Vera, where the lovely smoked paprika comes from; so obviously these products are an integral part of the traditional patatera's make-up.

Thanks to the potato, the patatera is softer than other embutidos, and it can be eaten in slices or spread on bread.

The patatera's history goes back to the end of the 18th century.

One year, there was a shortage of rice and onions at the time of the ‘matanza’ (the traditional killing of the pig which usually takes place around December). There was plenty, however, of this newfangled tuber the conquerors had brought back from the New World, and some bright and openminded soul came up with the idea of using

¡Buen Provecho!



potatoes instead of rice and onions.

In 1798, the Presbytery Joaquín Mínguez wrote, ‘At the matanza, when there were scarce onions and rice, it was decided to use cooked potatoes, and walnuts were ground to flour. These were used for making the morcillas, and although it was considered an eccentricity to be laughed at, the sausages were so delicate and delicious that many followed the example, and it has been said that they stay fresh and soft for several months, which is not the case with the traditional embutidos.’

The patatera is considered the most indigenous of all embutidos in Cáceres, and ever since it was first produced, it became an integral part of the diet of country folk, giving them the necessary energy and strength for their daily hard work.

In a village about 10 km from Cáceres capital, in Malpartida de Cáceres, the patatera has been part of the carnival tradition for many years. On Shrove Tuesday every year, they celebrate the ‘Begging for the Patatera’. This tradition goes right back to end of the 19th century when the army conscripts, the day before Ash Wednesday, walked around the streets begging for food; they were often given patatera. This has today turned into an annual multi-generational urban pilgrimage, where 1,000 kilos of patatera is distributed amongst hungry souls. Even if they have no intention whatsoever of fasting for the next 24 hours!

Buen Provecho!

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Cooking with Nina



Happy Birthday to Me!

June is my favourite month. My birthday always falls in June, and it has done ever since I was a little girl.

I usually manage to stretch it out over a couple of weeks, so it will have started by the time you read this, but it won't have finished yet!

I suppose I should have done a Birthday Menu for this month, but instead I've chosen a few easy and delicious dishes, perfect for summer cooking!

I've done you another hake recipe, a German sandwich, lovely chicken nuggets and a rather special burger!

Read, cook and enjoy!

Strammer Max

Seeing as I shall, at long last, be going back to Berlin in July, I thought, let's celebrate it with a nice German lunch dish.

A sandwich, in fact. And a very simple one at that!

Strammer Max literally translates into 'Tighter Max', although popular translations include 'Strapping Max' and 'Stiff Max'. The implication being that it is such a hearty and filling sandwich that it'll put hairs on your chest and lead in your pencil.

Ingredients for one:

- 1 thick slice sourdough bread
- Butter
- 50g cooked, sliced ham
- 1 egg
- Small gherkins

Toast the bread and spread it with the butter.

Put the ham on top. Fry the egg, leaving the yolk runny.

Place on top of the ham – and it's done!!

Serve it with gherkins. This is traditional (and compulsory in my opinion) and adds an extra dimension to the flavours.

In this ever-greeder world it comes as no surprise that there are now 'Mixed Strammer Max' recipes which add cheese to this already very lovely and sufficient sandwich.

Mind you, I'm not one to speak, as I couldn't resist putting a bed of baby spinach on the bread before the ham, and that's defo not traditional either!! But very nice. Try it!



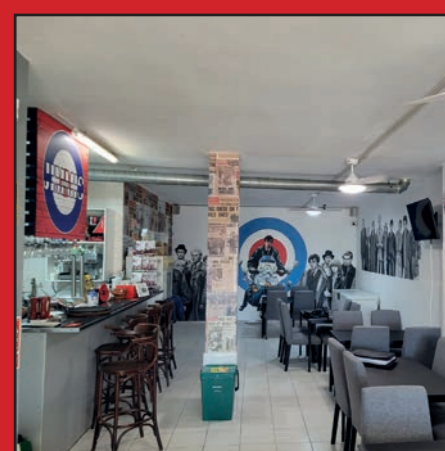
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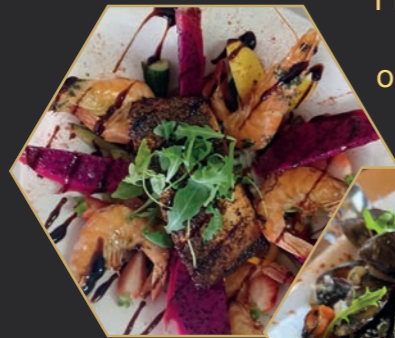
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Chicken Nuggets

I love chicken Nuggets – as long as they're homemade and you know exactly what's gone into them. I have more than once in the past tried some ready-bought, frozen 100% chicken variety only to find that it tastes as if it's got ground bonemeal in it. And I suppose ground bones do count as chicken, but I'd rather not eat them.

So get your own chicken breasts, cut them into chunks and prepare to enjoy!

Ingredients for four:

- 600g chicken breast, cut into chunks
- 50ml water
- 50ml olive oil
- 75ml wheat flour
- 1 tbsp tomato purée
- 1 tbsp dark muscovado sugar
- 1 tsp cumin, ground
- ½ tsp chili powder
- Salt and pepper
- 250ml breadcrumbs
- 100ml oil for frying

Place the chicken pieces in a bowl.

Combine the next 8 ingredients and pour the mixture over the chicken. Leave in the fridge for at least an hour. Retrieve the chicken. Place the breadcrumbs in a bowl. Turn the chicken pieces in the breadcrumbs, one at a time, pressing lightly to make them stick.



Heat the oil in a deep frying pan and fry the chicken pieces, a few at a time, for 3-4 minutes on each side until they are done through and crisp.

Let them drain for a minute on a piece of kitchen roll before serving with a leafy green salad.

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Another Hake in The Oven

When I say another hake in the oven, I mean another recipe for hake in the oven.

Seeing as I ate last month's hake, it goes without saying that it's another hake.

Sorry if you think I'm being too repetitive, but I bought a packet of frozen hake fillets a couple of months ago, and they need using up.

Anyway, you'll like this one, it has a lovely, tasty sauce, and the cauliflower really does something special.

Ingredients for two:

- 50g baby spinach
- 200g small cauliflower florets
- 300g hake fillets without skin
- 2 tbsp lemon juice
- Salt and pepper

Mustard Sauce:

- 1 large shallot, finely chopped
- 15g butter
- 1 large tbsp flour
- 250ml fish stock
- 75ml white wine
- 1 tbsp Dijon mustard
- Cream

Grease an oven proof dish and distribute the spinach and cauliflower over the bottom. Place the fish on top and drizzle with lemon juice and season with salt and pepper.

For the sauce, melt the butter in a saucepan and fry the shallot until it softens without letting it turn brown. Add the flour and let it toast gently for a minute. Add the hot stock in batches, stirring to incorporate after each addition.

Add the white wine and mustard, bring back to the boil and let the sauce bubble very gently, stirring from time to time, for 10-15 minutes until all the flavours are well amalgamated. Add the cream until you have the right consistency (for you) and add salt and pepper to taste. Pour the sauce over the fish.

Place the dish in the oven at 225°C for 20-25 minutes until the fish is done.

Serve with boiled potatoes and maybe some green beans or peas.

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On 20th June, Peter and Janice will be retiring from The Chippy. Amanda will be taking over from 2nd July. We would like to thank all our customers for their support over the last 11 years.



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Paraje Los Calares, ARBOLEAS









Hamburger with Blue Cheese and Bacon

These beef burgers are for real men and women and definitely constitute a whole meal!

I've always fancied making blue cheese burgers, but all the recipes I have ever seen say to cook them on the barbecue, so I have never done it as I can easily imagine the mess it would make if some of the cheese leaked out of the burger!

But then I had a brain wave: Do it on the plancha!

And no sooner said than done. And just as well I did it like that, 'coz the lovely cheese mixture just oozed out of my tasty burgers! To no detriment for their flavour, I hasten to add!

Ingredients for four burgers:

- 100g blue cheese (I used gorgonzola)
- 100g cream cheese
- 800g minced beef
- Salt and pepper
- 150g smoked streaky bacon in thin rashers
- 4 burger buns
- Rocket leaves or others of your choice
- 1 red onion, sliced
- Ketchup and mayonnaise (optional)

Mash the two cheeses together and season with salt and pepper. Divide the meat into 8 equal portions and shape each to a very flat patty.

Distribute the cheese mix on top of four of the patties and place the other four on top. Close the edges as best you can to avoid too much cheese spilling.

Fry the burgers on a very hot plancha for 15-20 minutes until they are browned on the outside and the cheese inside has melted. At the same time, warm up the buns.

Quickly fry your bacon to make it crisp.

Cut open the buns and put a handful of leaves on the bottom halves. Place the burgers on top followed by the streaky bacon and finish off with the red onion.

Serve the burgers like that with the lid on the side and ketchup and mayonnaise for those who wish it.

A burger fit for a king!

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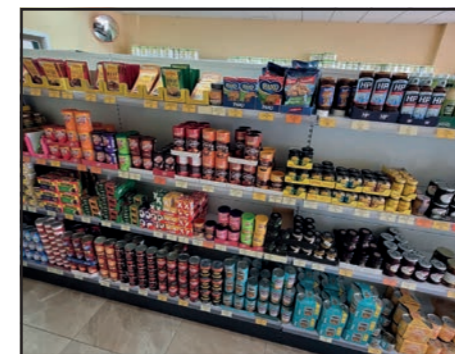
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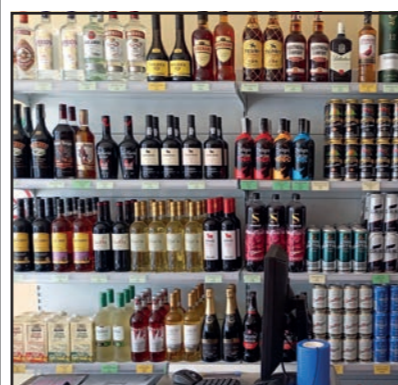
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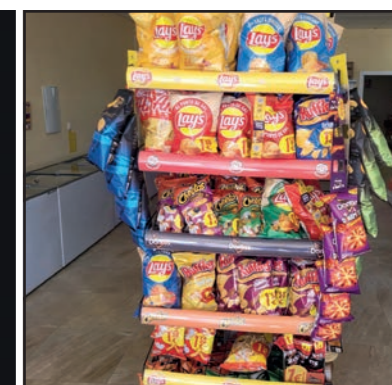
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Jason's Meat Free Recipe: Green Lasagne

I've gone a bit bigger with this recipe as I think it benefits from the scale. It's easily divided and frozen, or whatever you don't use will keep in the fridge for a few days and is fine to be reheated.

This is one of my wife's creations, but I've relentlessly taste-tested it, well that's my excuse and I'm sticking to it, and it gets a big thumbs up from me, especially with a cold, crisp white wine.

Ingredients for 4

- 3 (about 400g) leeks – halve lengthways, wash and slice
- 300g chopped kale – thick stems removed
- 30-40g grated Italian cheese ('real' Parmesan isn't veggie, but there are plenty of alternatives that are)
- 1-2 cloves garlic, according to taste, crushed or finely chopped
- 30g roughly chopped nuts (pecans and/or walnuts work well)
- 350g ricotta
- 1 tbsp olive oil
- 150ml vegetable stock
- 3-4 tbsp (a jar basically) green pesto
- 6-8 sheets dried lasagne

Lightly oil a medium, rectangular, ovenproof dish, around 18 x 25cm and heat the oven to 200c/fan, 180c/ gas 6.

While it's getting warm, bring a pan of salted water to the boil and drop in the kale and simmer for around 5 minutes. Drain and pat dry when it's cooled a bit.

Dry roast the nuts in a frying pan until they are golden (avoid burning them). Tip out and set aside.

Add the olive oil to the frying pan with the leeks and a good pinch of salt. Cook gently for around 8-10 minutes or until soft.

Add the garlic and cook for 2-3 minutes more. Add the drained kale. Set aside 4tbsp of the ricotta then stir the remainder into the leeks and kale, mixing well.

Slowly add a little of the vegetable stock, stirring – keep adding until you have a sauce texture but avoid making it too watery (you are likely to have some of the stock left and can use that later). Add salt and ground black pepper to taste.

Take the pan off the heat. Roughly chop the nuts and add to the leek and kale mixture.

Spoon around one third of the leek and kale mixture into the ovenproof dish and spread evenly across the base.

Take around 1tbsp of the pesto and spread it across the top. Then take your sheets of lasagne and cover the mixture.

Repeat this process another 2 times, (or more depending on the size of the dish) making sure you end with lasagne sheets and leave a small gap at the top of the dish.

Get the remainder of the ricotta and slowly stir in some vegetable stock, mixing well until you have a creamy texture and enough to spread over the top layer of your lasagne.

Scatter over the 'Parmesan' and bake in the oven for around 20 minutes until golden and bubbling.

Leave to cool slightly before serving. Serve with a crisp salad and some olives.

Puzzle Time

Puzzle solutions on page 82

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

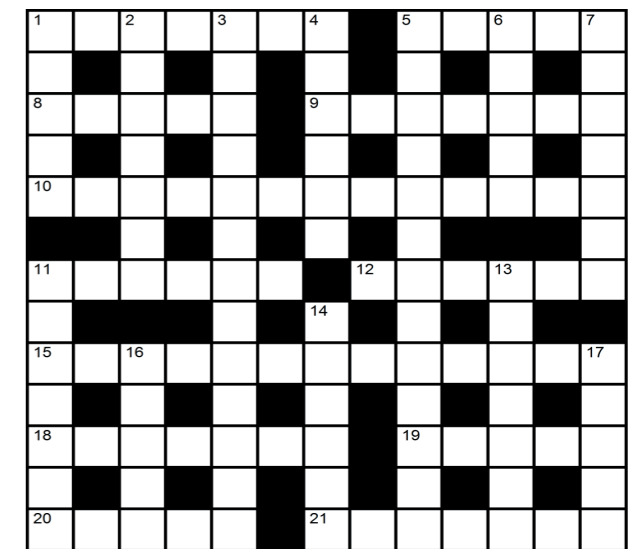
Regular Sudoku

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

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

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

Medium



Across

- 1 Vintage
- 5 Yachts
- 8 A Muse
- 9 Consulate
- 10 Inland sea
- 11 Tropical fruit
- 12 Hurls
- 15 Amusement
- 18 Picked up
- 19 Impressive
- 20 Happening place
- 21 Asses

Down

- 1 Best part
- 2 Desert
- 3 Firearm training ground (8,5)
- 4 Cocktail garnish
- 5 Sten gun, e.g. (10,3)
- 6 Edition
- 7 Idioms
- 11 Old VW's
- 13 Run
- 14 Came to earth
- 16 Rag
- 17 Ebbs & flows

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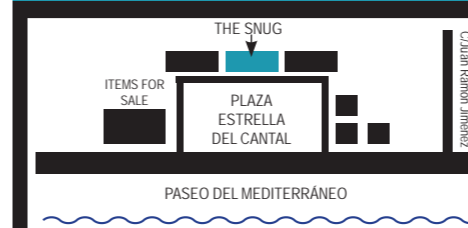
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 **The Snug Mojácar**



June Fiesta ~ Batalle del Vino – Battle of Wine

In the northwest of the region of La Rioja there is a small town of just over 11,000 inhabitants called Haro.

In this town they celebrate an annual fiesta called 'Batalla del vino' – Battle of wine. It's a very suitable name, and there's no other way of describing it!

It all started when San Felices de Bilibio died in the middle of the 6th century. The inhabitants of the area started visiting a nearby cave in an area called Riscos de Bilibio where his remains had been laid to rest.

This pilgrimage continued for centuries and people came from further and further afield. Of course, back then travelling was dangerous and the unforeseen obstacles numerous, so the whole affair was disorganized, each made his own way.

However, over time the pilgrimage became so popular that in the 15th century the Haro Council encouraged the townsfolk to organize an official pilgrimage to Riscos de Bilibio. There are records from the middle of the 15th century that suggest that already then there were festivities in connection with the pilgrimage around San Juan (Midsummer's Day).

In the 18th century the first chapel was constructed and this was probably at this time that the inhabitants of Haro and nearby



towns started celebrating the pilgrimage as being in honour of San Pedro who would later become the town's patron saint.

At the end of the 19th century the first 'Baptisms of wine' as they were called, were celebrated. This actually meant soaking each other with wine.

And this is how the religious and the pagan celebrations were united forever in Haro. One journalist of the Diario de La Rioja newspaper wrote on the 29th of June 1898:

When this issue reaches my dear readers, the famous pilgrimage of Bilibio will already have taken place; we will have a few barrels

of wine less in the cellars and some more between our bodies and our clothes...

The wine was used as ammunition and thus became the essence of the fiesta. People ate and drank in unison, and sang and laughed until they collapsed. And as there is never any shortage of wine in those regions, the tradition of the battle of wine continued until the present.

These are the rules of the battle:

1. Dress in white and wear the traditional red scarf.
2. Soak the person next to you as quickly as you can
3. Use approved weapons such as wine skins, bottles (not of glass), sprayers, saucepans, water pistols and any other containers that can hold liquid.
4. Do not stop laughing and singing during the whole battle.
5. If you see somebody who is only partly soaked, he or she becomes your prime target.
6. Do not trust anybody, your friends will be your worst enemies.
7. The brass band will not stop playing as long as there is any wine left.
8. If you see people sitting down eating snails or chops it is because the battle is over and the meal has started.

Personally I have never felt the compulsion to participate in the Fiesta de la Tomatina in Valencia, but I must admit that this one tickles my fancy!



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These celebrations relive the bloody and historic battles that took place through hundreds of years during the re-conquest of Spain by the Catholics after the Moors had invaded and occupied all but a few square kilometres of the Peninsula.

The parades and shows are not only interesting and spectacular because of the sheer amount of participants (usually in their thousands), but also because history, culture, and revelry fill the streets of the towns where they are celebrated.

The Moors started the invasion of the Iberian Peninsula in 722 AD, and the re-conquest started already ten years later and was to continue over more than 700 years.

Continued on page 32



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..... Continued from page 31

Each town has its own special historic event that is acted out during the festival.

The costumes, which are perfectly suited to evoke the atmosphere of the era, are allowed complete artistic license and are, though not authentic, spectacular and they allow spectators and participants alike to intensely relive one of the most important periods of Spanish history.

Moors and Christians festivals have been celebrated since the 17th

century, mainly in the eastern part of Spain. For centuries the celebrations were occasional, something that was done in connection with some major event such as an aristocratic wedding or the visit of a foreign dignitary. It was not until after the Spanish Civil War that most of the celebrations became an annual event.

The epicentre of the Moors and Christians festivals is in the province of Alicante and the south of the province of Valencia although, as we all know, there are large and spectacular festivals celebrated in many towns and cities outside this area.

Probably the most important of all these events is that of Alcoy in Alicante. The sheer size and the spectacular nature of it has earned it the prestigious 'Fiesta de Interés Nacional' label.

It represents a battle that took place in 1276 between the followers of the Arab warlord Al Azraq, who were trying to conquer the town, and its inhabitants who fought to defend it.

The festival also pays homage to St. George, Alcoy's patron saint who, according to legend, appeared in the middle of the battle and helped the Christians to a victorious outcome.

The festival is celebrated in the month of May, and various homages and parades representing both armies take place. On the third day, a representation takes place of the battle and the assault by the Muslims on the castle, and the re-conquest by the Christians.

To finish off the celebrations, St. George fires several arrows from the tower during the night.

That is but one of the many parades that are celebrated throughout Eastern Spain. Nobody should miss out on these spectacular events that so vividly represent the essence and origin of all things Spanish

The history of Mojácar has deep roots in a rich and varied cultural inheritance which has left its indelible mark on the character of its inhabitants and the physiognomy of the village. This goes right back to the early 8th century when the southeast of the Iberian Peninsula was invaded by Muslims. This was the beginning of the long Muslim era of Spain's history.

In 1488, the leaders of all the towns and villages in the area joined to surrender to the Catholic Kings. However, the warden of Mojácar refused to do this, so the Christians sent a Captain Garcilaso de la Vega to negotiate with Alabez, the warden of Mojácar.

They met by the spring in Mojácar and Alabez explained his reasons for not surrendering.

A treaty was negotiated whereby it was agreed that Muslims, Jews, and Christians were all to be allowed to live peacefully side by side in the village.

From this comes the mantra of the Mojácar festival: There are no winners and no losers.

The **Mojácar Moors and Christians festival** is unique in Spain in that it is not only the great procession that takes place, but also for a wealth of other activities which keeps the village, its inhabitants and its visitors entertained and overwhelmed by stunning sights and events for three full days.

Continued on page 34

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..... Continued from page 32

The festivities start on Friday 5th June at midday when the streets of the village are turned into a Medieval market with a wealth of stalls, all of which sell artisan products, as well as drinks and food.

In the evening the keys to the town are handed over. This starts when the riflemen gather at the bottom of the village. At 7.30 pm all the troops regroup for the actual handing over of the keys by the spring. Once this has been accomplished, the troops go up to the village accompanied by music, fireworks, and rifle salutes.

Upon their arrival at Plaza Nueva, the proclamation of intent is made, and the barracks are officially opened to offer food, drink, and music until the wee hours of the morning.

On Saturday, the Medieval market and the barracks stay open for

business, but the coast takes over as main situ for events. Late in the afternoon, the riflemen gather on the beach opposite Pueblo Indalo. At six there is a dressage exhibition at the same time as shots are being fired from the sea and land, as the Moorish reinforcement troops land on the beach.

This is followed by a Medieval tournament in which knights from both sides gallop under a row of handkerchiefs, given by the ladies, to try to catch as many as they can.

When the tournament is over, the troops march along the seafront to the commercial centre.

Again, the night is spent in the barracks with food, drink, and general revelry.

On Sunday, there is the chance of a lie-in until late morning. At 12 noon there is a barrage of riflemen, both Moor and Christian, on the beach.

At 2 pm the Medieval market closes in order for the town to prepare for the festival's main event: The great procession.

Hundreds of participants, all dressed in beautiful costumes that evoke the atmosphere of this long-gone era, ride, dance, and walk through the streets, which are lined by thousands of admiring onlookers who drink in the atmosphere, the sounds, and the sights.

The procession starts at 6.30 pm, and the participants will parade through the streets in their gala clothes accompanied by music bands and fanfares.

When the last of the participants have completed the long walk, this signals the end of the festivities. Until next year.

El Noche de San Juan The night of ritual and bonfires

San Juan is a festival celebrated on June 23rd, a magical night that welcomes the summer season.

The celebration takes place during the shortest night of the year; during the summer solstice. It is a celebration that is usually held on the beach with roaring bonfires, drinks, food and friends. Legends, tradition and magical rituals are connected by the common elements: fire and water.

Some mystical people believe that on this magical night paranormal events can occur because ancient pagan gods get closer to humans. For this reason many magical rituals are celebrated. Young people jump over fires which according to legend, gives more strength to the sun, which loses hours of light during the summer.

It is also a night full of Superstition. If you want to be lucky for the next 12 months you may want to:

- Jump over a bonfire.

- Burn a piece of paper with your lovers name on it.
- Burn something old and personal to leave behind bad spirits from the past and start a new phase.



- Swim in the sea after midnight to purify the soul and body.

A rare occurrence as Pagan and Religious tradition meet in this awesome celebration. Every region in Spain also has different local traditions.

Depending where you experience San Juan, you might find yourself almost entranced by the spectacle. In some places, hundreds upon hundreds of fires dot the coastline. The smell of smoke permeates the air and there is a feeling of

camaraderie that crosses age, culture, and background.

So welcome to the magical night of San Juan. It is about changes. It is about night to day; it is about fire to water. Fire purifies and water recuperates, refreshes, and rejuvenates.

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Stonehenge Explained

By Jos Biggs



There is no doubt that the Spanish have an obsession with roundabouts - they insert them into the road network wherever possible, and often for no apparent reason other than it gives them an excuse to erect some sort of edifice on the top; for instance a scale model of the Saliente Monastery, an antique lorry, or sundry items from a long-forgotten mining past.

I like roundabouts, especially Spanish roundabouts, which are round. They are not like some of the blob-shaped apologies I've seen in the UK. In fact I like them so much that sometimes I go round them twice, just for the fun of it!

It was while circumnavigating the roundabout outside Lidl's for the

second time that I fell to thinking of that most ancient and famous roundabout: Stonehenge.

Reams have been written about Stonehenge by the learned, but some questions have remained unanswered; in fact some have remained unasked.

Here is one of those questions:

Stonehenge was started in 3,100BC, but it wasn't until 2,500BC that they got round to putting up the standing stones.

What took them so long?

My speculation: Planning permission. I don't believe that a group of Neolithic men out for a pleasant morning stroll on Marlborough Downs just happened across some pretty large stones lying about at random, looked at each other and said 'Hey, let's stand these on end and see what they look like.' No, I think the Elders got involved, and originated the immortal phrase 'You can't build that here!'

So by the time the Elders, the Environmentalists, the Council for the Appreciation of Really Nice Views, the Society for the Preservation of the Lesser Snogwort, the Woadgrowers Union, the Butterfly Lovers Society, the Worshipful Company of Ropemakers, Wilfrith the Stronge and Wilfrith the Stronge's even stronger wife had had their say 600 years had gone by, and the site had been moved from the Marlborough Downs to Salisbury Plain.

Another slight hiccup might have been the Sarsen stones, a big feature in Stonehenge. Although there were lots of them lying around on Marlborough Downs, they belonged to Urgoeth the Silente. Now Urgoeth the Silente was the brother of Wilfrith the Stronge's even stronger wife, and so between them they did a deal with Foeldum the Slie, who got the stones cut-price on condition that Hepsleid the Dimme, who had 6 oxen and who was married to Foeldum's cousin Tracey, a local beauty who had expensive tastes in woadwear and body piercing, got the job of shifting them to Salisbury Plain.

Yup, I think that would just about explain it!

And then along came the Romans, took a good look at it and said 'Funny round thing. Wonder what it was used for?' Upon which Foeldum's many-times-great-grandson Delboy the Quicke said 'Be a good spot for a bit of chariot racing. It just so happens that I've taken delivery of a team of really good chariot horses, all the way from Barbarian Scotland's even more Barbarian Shetland Isles. Yeah, I know they look a bit small at the moment, but they'll grow, honest. Now would I lie to you?'

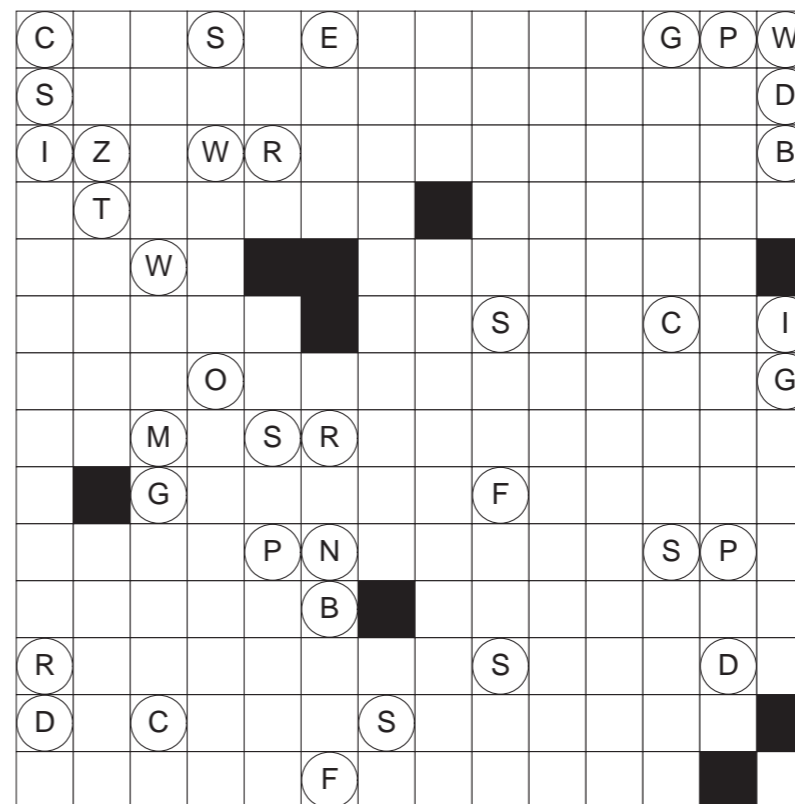
He did lie to them. Shetland ponies are the smallest breed of pony in the British Isles. But the Romans didn't know that!



Puzzle Time

Puzzle solutions on page 82

Reverse Word Search



Each of these circled letters is the first letter of one or more of the words on the given word list.

Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search - horizontally, vertically or diagonally, reading frontwards or backwards.

Remember, any starting letter may be used by more than one word at the same time!

- | | | |
|----------|----------|----------|
| Banded | Gargles | Slapping |
| Budded | Grains | Solids |
| Chaste | Grips | Spars |
| Chess | Ignores | Stool |
| Comas | Infect | Sunken |
| Dearer | Midwife | Sweets |
| Deport | Naivety | Swipe |
| Disagree | Outright | Teeth |
| Driest | Pates | Tinge |
| Dwindle | Piques | Warrant |
| Eddying | Prove | Wishes |
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The Flying Stag

That's the Spanish name for the stag beetle: ciervo volante.

This beetle is the largest in Europe. The males can grow up to nine centimetres long, the females rarely get longer than five.

The impressive 'antlers' which can be up to three centimetres long and have given the beetle its name, are a male adornment that the females do not boast. If food is scarce or insufficient, even the male may not develop the 'antlers' in which case it can be difficult to tell the difference between the two genders.

The 'antlers' are in fact a hyper development of the upper jaw, and due to its large size, it is no longer any good for chewing; however, the beetles use them for fighting other males.

Stag beetles live in forests, and they are only found in the northern half of the Iberian Peninsula, mainly in oak forests; their favourite trees are oaks, and the older the better.

The female selects an old tree or a stub where to lay her eggs. When a male finds her ready to nest, he gets rid of all the competition in the area and takes possession of the territory together with the female. They stay together for several days, and do not move until the eggs have been fertilized. The female then deposits them in the rotten wood.

It takes three to five years for the larvae to develop, depending on



the temperature and the available food. If the food is abundant, the larvae can obtain a length of ten centimetres; they live of decomposing wood on the forest floor. As they are dependent on finding decomposing organic material, they are not commonly found in urban areas.

They have a huge appetite, and a larva which weighs only one gram can devour more than 22 cm³ of wood a day.

When the larvae approach metamorphosis, they make themselves a cradle where they rest until they leave it in autumn. They stay out of sight throughout the winter and do not start flying until the following summer.

The females live off tree bark, especially oak. They gnaw the bark with their strong jaws. The males, on the other hand, live off sap as their overdeveloped jaws prevent them from gnawing like the females.

In summer you can see the males flying in the direction of the trees where they intend to feed. If there is already another male in the tree, they fight for the territory, locking horns and not stopping until one manages to throw the other out of the tree.

The females cannot fly.

As the males are dependent on tree 'wounds' in order to suck out the sap, or juice from ripe fruit, it is difficult for them to find alimentionation, and they live for only a few weeks after reaching maturity.

The females live for a couple of months.

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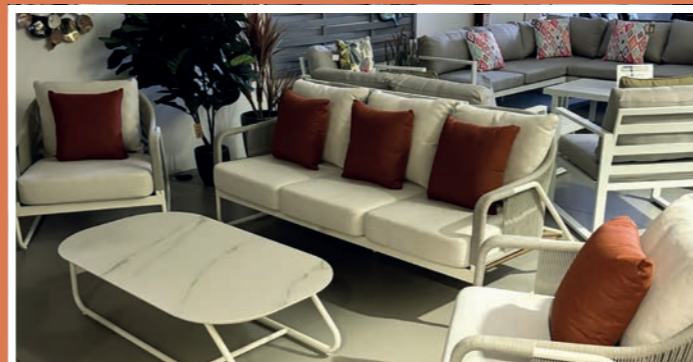
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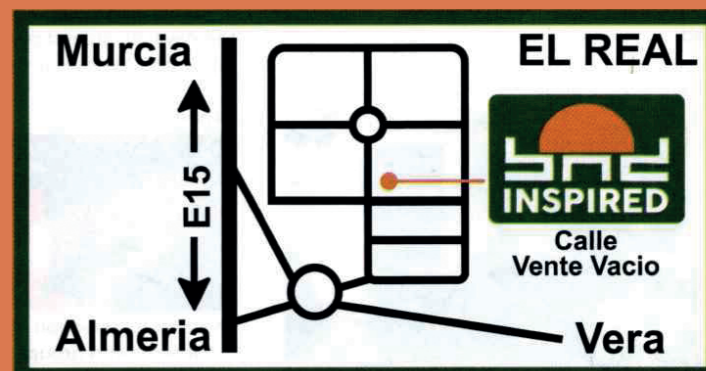
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Summer Visitors The Bee-Eaters

The European bee-eater is unmistakable with its mahogany head, blue chest turning turquoise on its tummy, yellow neck and the black mask around its eyes. We usually see them in pairs in springtime, sitting on telephone lines eyeing their surroundings, looking for prey.

They live in semi-desert areas and dry grassy plains, near dried-out riverbeds where the ground is clayey with the wide cracks that are characteristic for that kind of soil.

Bee-eaters can often be seen foraging in areas inhabited by humans, but not too densely, as they are attracted by the bees that visit our gardens.

They build their nests on the embankments of the ramblas. They can be found all over the dry areas of Spain; they need embankments with soft earth to construct their nesting tunnels.

Normally, bee-eaters have breeding colonies which can consist of more than a hundred specimens, although the odd sole couple can be seen sometimes.

The actual excavation of the tunnel can be hard on the birds' beaks, but they grow again when they have been worn down.

The bee-eaters tailor the nest hole exactly to fit their body size, so it is a snug fit. They enter head/bill first and have to reverse out of the tunnel during the construction phase. However, once the burrow is finished, they can then turn around within the nest chamber.

The nest chamber is at the end of the empty tunnel which is about two metres deep. There is no construction material or lining. The tunnel is straight, so it is possible for the birds to look outside directly from the chamber. The chick's excrements are not discarded, so when a nest has been used for several years, it becomes a festering heap of indigestible insect remains.

The mating season starts in early May when the males court the females by catching and bringing them insects.

The eggs are laid in May, and after about three weeks, they hatch. Some three weeks later, the chicks start appearing at the entrance to the tunnel, and they start flying when they are four weeks old.

As their name indicates, the bee-eaters' preferred prey is – wait for it –



bees! Their presence can cause real havoc amongst bee populations, which has caused them to be persecuted by honey farmers. If need be, they will also eat dragon flies and the odd beetle. These agile birds catch their prey while swooping through the air.

Although their numbers seem to have been rising over the last few years, and new colonies are seen in areas where the bird used to be seen only occasionally, the progressive descent in the bee populations is a worry, not only because of the pollination they perform, but also for the survival of one of its most important predators, such as the bee-eater.

The bee-eater has a life expectancy of five to ten years.



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WHO TURNED THE LIGHTS OFF?

By Evelyn McCrorie

Jan had just been to consult her podiatrist - nice man - he always complimented her on her feet, and always shook her hand on the way out.

She was glad to be home. Her breathing had been a bit laboured as she walked to her daughter's car, parked too far away from his surgery, now that the holiday makers had returned.

Her faithful stairlift was waiting at home. But she had just reached the top of the stairs when boom! disaster struck. No electricity!

Twenty four hours later and still no electricity, Jan took time to ponder how much everyone owed to the gentleman who invented the light bulb. What was his name? And, hey hoe, she couldn't look him up on the Internet!

She wondered what had caused the outage. But she couldn't even tune into "LBC" to hear the inevitable conspiracy theories. Maybe she would get some enlightenment at the hairdresser's tomorrow. All she needed was a wet cut, so no electricity involved. But that would mean negotiating those stairs unaided - though hopefully power would be restored by then.

Her morning routine had gone to pot. No welcome coffee from her daughter at 7am. No scrambled eggs on toast at around 9. And her chair exercises for the Over 60s (she was well over) had to be performed from memory without the aid of that industrious young man Tom on YouTube.



It was now 10am. She had used the last of the hot water in the shower and was now dressed and ready to go. About to put on her rechargeable hearing aids and hang her emergency alarm round her neck, she laughed out loud with frustration. She wasn't laughing when she realised she couldn't even play her (electric) piano, let alone operate her electronic armchair. And she couldn't drown out the infernal barking of the dog next door with some very loud music. Mahler was a favourite for that.

As her mother used to say "This too will pass!" She couldn't wait!

She decided to look on the bright side.

At least the man with the electric saw had been silenced. And the sun was shining!

Then at 10.30 am the lights were, miraculously, back on!

The bright morning sun cast a more golden light, melodious bird song evoked a greater sense of peace, and the sky became an even more flawless expanse of cerulean blue.

The television sprang to life, and Jan felt back in control again. (She learned from Google it was Thomas Edison who invented the light bulb). And when she heard of the terrible experiences of people from all over Spain, Portugal and France, folk trapped in tower block lifts and in trains, of passengers abandoned at airports, and sadly, several fatalities, she realised how minor her worries had been.

Her mother had been right. This too had come to pass.

The Strange Case of Alfred Burtoo

By Tom Fynes

Alfred Burtoo was all set for some night fishing on the Basingstoke Canal. Alfred was ex-Army, having served in the Hampshire Regiment during WW2. He was well known as a local historian and had lived and survived in the Canadian outback, hunting bears and fighting off wolves. He often said he was afraid of nothing but on this canal fishing trip he would encounter something that would terrify most men.

He set off from his house in North Town, Aldershot, around 15 Minutes after Midnight on the 12 August 1983 and he encountered an MOD Policeman on his beat. Alfred set up shop on a pitch north of the Gasworks Bridge on Government Road. He took out his rods and pushed his fishing umbrella into the ground and tied his dog to it. The gong at Bullers Barracks struck 01:00am. He cast out his tackle and sat down to watch for fish movements. He was having a cup of tea when he spotted a bright light coming toward him from the South. The bright light went out, but Alfred could still see a light through the boughs of the trees.

He lit a cigarette and was puffing away when his dog started growling at something. He turned and saw two forms coming towards him. Alfred ordered the dog to stop growling as he studied these strangers. They were about four foot tall, dressed in pale green overalls and they had green helmets on with black visors. One of them beckoned him to follow them, which he did, one in front of him and one behind. They went down the footpath. Going around a slight bend he saw a large object, parked on the towpath, about 45 feet across. Alfred was shocked as he had no idea what this craft was.

He followed the creatures up the steps into the craft, which had portholes and rested on two ski-type runners. After being led into an octagonal room he heard a sliding door opening. The walls and the ceiling were all black and looked like unfinished metal. The outside looked like burnished aluminium.

There was a shaft about four feet in diameter that rose from the floor to the ceiling. On either side stood two more creatures. A voice said in English, "Come and stand under the amber light." Alfred stood under this for five minutes then a voice asked, "What is your age?" Alfred said, 78 years old. After another five minutes a voice said, "You can go, you are too old and infirm for our purpose." He then left the craft but noted the Dome of the object looked like an oversized chimney cowl and it was revolving anti-clockwise.

Alfred went back to his dog and drank some tea. He then heard a whining sound, like an electric generator was starting up and the craft lifted off. It was so bright it lit up everything around him. It then flew off at a very high speed to the west. The time was around



02:00am.

Alfred continued fishing until 10:00am, when he told some MOD mounted police what had happened, but they did not seem that surprised. He eventually went home and told his wife and a friend about his encounter with a UFO. He didn't tell his wife about being taken on board as he was afraid, she would stop him from going fishing.

Alfred's encounter made the headlines in the local paper, The Aldershot News. His amazing story also appeared in the National Enquirer. His wife said, after he died, "my husband was not a man who believed in fantasies or hallucinated."

The Alfred Burtoo Case is registered as a Close Encounter of the Third Kind and was featured in Arthur C. Clarke's Mysterious World. What would you do if you encountered a craft from another galaxy? Panic, run for the hills, or do what Alfred did? Had a cup of tea and went on with his fishing.

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The Long Straight



Mark loved this stretch of road. He'd usually take the motorway which cut about half an hour off his journey, but he tried to drive this road at least once a month. He turned off the main road and took the left-hand bend which began the series of fast curves.

He had to be careful in the autumn because of the wet leaves on the road. He was surprised that there hadn't been more accidents on that road because no one stuck to the speed limit.

He put his foot down and saw the speedometer needle moving round from forty to fifty, sixty, seventy. He took the first of the right handers at sixty, accelerated out of it, up to seventy, then a left hander, holding her at seventy for the next right hander, the trees flashing past on both sides of the road.

He reached eighty as he went by the abandoned farmhouse on his left and into the next left hander and onto the straight, this was two and a half miles long, there was a very slight right curve just after the airfield, which was about halfway down, it was here the police liked to put their speed trap.

He'd once reached a hundred and forty down here, but he'd frightened himself a little, so he kept it down to about a hundred to a hundred and ten. On the right the trees stopped and on the left the rusty old fence started, that denoted the start of the old airfield. It was now when Mark saw him, standing at the right side of the

By Charles Roberts

road, he was holding something which was slung over his right shoulder and Mark could just make out the lump on the man's back. "Stay where you are," Mark said. "Please don't move! Stay where you are." He lifted his foot off the accelerator pedal.

Mark had his eyes glued to the man, he'd been coming down this road at least once a month for about nine years and this was the first time he had seen anyone, except the police, that is.

He glanced down at his speedometer, fifty-five, he was fast approaching the man, four hundred yards, three hundred yards, "Stay where you are," two hundred yards, "Don't move!" one hundred yards. Mark felt the bump as the car hit something and felt it veer slightly to the right; the man had come from standing at the side of the road to the opposite side so quickly Mark

didn't have a chance.

He hit him! He hit the man with the right front corner of the car, smoke billowed from the tyres, as Mark was almost standing on the pedal trying to stop the car. It snaked from side to side as Mark fought to bring it to a halt. When he had stopped Mark threw off the seat belt and jumped out to race back down the road. He reached the rear of the car, but the road was clear. "My god where is he?" He ran back up the road to where he thought that he'd hit the man and looked on the grass verge.

Mark then ran back to his car and looked at the front right corner where he'd seen the man hit, but there wasn't any damage, the car was as clean as when he'd reversed out of the garage that morning. As he was looking under the car, to make sure the man wasn't there, he heard a car slowing down.

He looked up to see a police car coming to a stop just behind him. The policeman got out of his car and put his hat on as he approached Mark.

"Do you have a problem Sir?" he asked as Mark stood.

"I don't know," he started, "I was coming down here and saw a man standing at the side of the road, he didn't look, he just stepped straight out in front of me. I swerved but I couldn't miss him, I hit



him in fact, but he's disappeared."

"People don't just disappear Sir."

"But there's no damage to the car, I must have been doing forty or fifty when I hit him, but there's not a mark on the car."

"Whereabouts was this man when he stepped out in front of you. Can you show me the exact spot?"

"I'll try," he said feeling a little faint with the shock. Mark led the policeman to where he thought he'd hit the man, and they looked on the verge but couldn't see anything. No footprints in the verge, no body, no bag on the road or anywhere else for that matter, just the rubber marks on the road surface where Mark had hit the brakes and locked the wheels.

"Are you sure you saw this man Sir?"

"I'm beginning to have doubts now officer, but..... No! I definitely saw him. He was standing there looking across the road at the old airfield and then when I got within a hundred yards of him, he stepped out in front of me. I slammed the brakes on and swerved, but I hit him. I heard and felt the thump as the car hit him."

"Then where's the body Sir?" the policeman asked.

"I wish I knew."

"Are you alright? You've gone as white as a sheet."

"Shock, I think. I've never driven into anyone before."

They heard the noise of an old car coming down the road, it pulled up in front of Mark's car with a squeal of brakes and an old man got out from behind the wheel.

"Need a hand?" he asked approaching. "Is he alright?" he said looking at Mark who was now leaning against his car.

"I'm fine!" he said a bit too sharply.

"I'm only asking young man," he said, a little put out.

"This gentleman was driving down the road here and says that he saw a man standing at the side of the road, then he stepped out in front of him."

"That would be about a hundred yards up there," the newcomer asked, "don't worry yourself lad," he said, "that's Willy Chambers, he was a pilot here during the war.

One evening they were going out on a raid over Germany, he managed to get the old Manchester, (the fore-runner of the Lancaster), into the air but one of his two engines failed and she came

down about three hundred yards in that direction," he said pointing towards the woods, "They never recovered the bodies, just put a wooden cross at the side of the hole, said a few prayers and left.

He comes out of the woods occasionally to go back to his squadron dispersal hut. You're not the first to see him lad and you won't be the last."

"Can I ask who you are Sir?" the constable asked.

"I own the farm just up there," he said as he walked back to his still running car and drove off. Mark and the policeman watched as it drove down the road slowly disappearing.

Just a footnote to the story 'the long straight'

It is a story based on truth. The 'ghost' was called Lindholm Willy and was seen a lot of times standing looking across the road at the airfield.

In the mid-eighties they were harvesting peat, from the peat bogs, at the east end of the airfield and came across human remains at an aircraft crash sight. They were carefully removed, and they were found to be of a polish pilot whose aircraft had crashed on take-off.

He was given a full military funeral in the churchyard at Fingleton, just down the road, and Lindholm Willy has not been seen since.

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A Grave in Huelva

This article originally appeared in September 2017. In it I mention the book and film, "The Man Who Never Was". The film released in 2021, "Operation Mincemeat" was based on the much more accurate book of the same name written by Ben Macintyre. I thought it might be an idea to reprint this article now that the new film is available to watch. It is a great film which also includes some delightful romantic interludes, where the creation of the fictitious romance between Bill and Pam spills over into the real lives of the conspirators. (I wish I could write love letters like Hester Leggett!) We also see where Ian Fleming first came across 'M' and 'Q'! There are some incidents mentioned in my article which do not appear in the film, but are in the book!

But the film's director, John Madden, has summed it up far better than I could: "In the context of WW2 narratives, the story of 'Operation Mincemeat' is unique - a bizarre and seductive cinematic blend of high-level espionage and ingenious fiction, where the stakes could hardly be higher. Michelle Ashford's script fuses multiple strands and moods: tense, romantic, thrilling, unexpectedly funny, and endlessly surprising. It tells a richly human story of the soldiers we seldom see, who fight a different kind of war in shadows and deception, haunted by the knowledge that certainty and guarantee of success are nowhere to be found."

Whether or not you are one of those people who find cemeteries fascinating, should you ever find yourself in Huelva a visit to the Nuestra Señora de Soledad cemetery might prove interesting.

For there, on 4th May 1943, Captain (Acting Major) William Martin of the Royal Marines was buried with full military honours in grave No. 1886 in the San Marco section of the cemetery. There the grave remained lovingly cared for by the Commonwealth War Graves Commission until 1997 when the British Government broke its silence and added another plaque: "Glyndwr Michael served as Major William Martin, RN"

This subtle admission revealed the truth behind an operation which changed the face of WWII. Concocted by three members of Naval Intelligence, one of whom was Ian Fleming, the plan, code named Operation Mincemeat, was to "dump" a body carrying top secret documents off the Spanish coast. Some Spanish, though neutral, were known to be sympathetic towards the Nazis; therefore it was hoped that the papers would find their way to Berlin.

The first problem was to find a body that could conceivably have died from drowning; eventually the St Pancras Coroner, informed MI5 that he had the body of Glyndwr Michael, a vagrant who had died from ingesting rat poison. All efforts to locate next of kin had failed. They now had to create a false identity for him! He became Captain, Acting Major, William Martin because his rank was high enough to be entrusted with the task of carrying the documents but not so high that German Intelligence might have heard of him. As a Marine officer he would come under the Navy and it was easier to control Naval intelligence than the Army's or RAF's! He could also wear battledress rather than Naval uniform which would have had to be specially made for him and they could not have a tailor measure the corpse! A private life was created for him and his pockets contained a bill from a jeweller for a diamond ring for his equally non-existent girlfriend, Pam. Letters from her were actually written by a senior secretary, Hester Leggett, after ones written by younger members of the department were rejected! Amongst the paraphernalia were ticket stubs for a west-end show, bus tickets, postage stamps, letters from his bank about his overdraft and a bill from his club. Getting him clothed was relatively easy except for underwear which was hard to come by during the war and no one was prepared to donate theirs. The problem was solved by the Master of New College Oxford, Herbert Fisher,

By Mike Woolnough



having been run over by a lorry, he "donated" his to the cause!

The official documents indicated that following success in North Africa the Allies would invade Greece and Sardinia and not Sicily which was indeed the plan. All the letters were actually written by the senior officers concerned and then addressed by one secretary to avoid too many sets of fingerprints. There were also personal letters from one senior officer to another, one deploring the Americans awarding "Purple Hearts" to British soldiers. This was considered too sensitive to send through normal channels. All of the official documents were placed in a briefcase to be chained to the corpse just before it was placed in the water. When it came to finally preparing the body for its mission there was one final problem – it had been kept in cold storage and they could not get the boots on so they had to thaw his feet out. The corpse was placed in a sealed and insulated container full of carbon dioxide and transported to HMS Seraph, an S class submarine. (In the earlier film this submarine reprised its role!)

Early on 30th April the submarine's officers took Major Martin from the canister, fitted him with a life jacket, attached the case and placed him in the sea after reading a few words from Psalm 39. They also released a life raft so he appeared to be the victim of an air crash. Their attempt to sink the canister in deep water was less successful and they finally had to blow it up, which was not in the plan because it gave away their position, but it is possible that the noise and flash were subsequently assumed to be the plane crashing!

The body was picked up by José Antonio Rey Mariá, a Spanish fisherman, and taken to Punta Umbria. What was not in the plan was that an honest and efficient Spanish official would promptly hand the briefcase back to the British authorities! It had to be gently suggested to him that he should clear it with his superiors first!

As we now know the plan was a success, Hitler diverted forces to Greece (an un-planned benefit was that he weakened the Eastern Front as a result) and even two weeks after the invasion of Sicily he was still convinced the main attack was to be in Greece! The deception was to have long lasting benefits; during the D Day landings and again during the invasion of the Netherlands, top secret documents were accidentally left where the Germans were able to find them. Hitler assumed these were further "Mincemeat" type hoaxes and ignored them!

The story of Operation Mincemeat was the subject of the book and film "The Man Who Never Was" although much of the story was altered because of restrictions imposed by the Official Secrets' Act.

The grave is no longer maintained by the Commonwealth War Graves Commission but by a strange twist of fate it is cared for by the German Consulate in Huelva! Every year in April, a British woman from Huelva lays flowers on the grave.



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WOMAD in Cáceres

WOMAD (World of Music, Art and Dance) is an international festival which was founded in 1980 by Peter Gabriel with the following ethos:

“To be embracing but non-definitive, inspiring and outward looking; and more than anything, enthusiastic about a world that has no boundaries in its ability to communicate through music and movement.”

The first festival was held in 1982 and was a financial flop due to lack of advertising and bad access to the site of the festival. However, the promoters learned from their mistakes and the festival was on again the following year, and over the years it has gone from strength to strength.

As can be deduced from the name, the festival is not just about music and concerts; the musicians take on other roles as well. For example, some of them cook a dish from their home country in front of an audience, and others head workshops for adults which involve dance, musical instruments and discussions. The children have not been forgotten either, there are workshops for them too which involve painting, circus skills, graffiti, storytelling and more.

Right from the start, the WOMAD Festival travelled all over the world, and it first arrived in Spain in 1992. The venue was Cáceres in Extremadura, and the event has returned to the same place annually ever since.

The festival in Cáceres is unique compared to other festivals all over the world due to its setting. WOMAD Cáceres is set right in the Old Quarter of the city with the concerts being held on the squares, open workshops in the streets and closed workshops inside the old palaces.

The festival has become one of the most popular in Spain. It is held



every year in May and visitors come from all over the world. This year the WOMAD Festival attracted more than 160,000 visitors, and next year's figure is expected to exceed that!

However, the fact that the festival was held in the centre of town did become a nuisance to the inhabitants. Festivals mean loads of alcohol, and when the morning came, all the scenic and beautiful old streets would be littered with rubbish and sleeping revellers, with the smell of urine and other unpleasant substances permeating the air.

The local authorities tried to iron out these problems to avoid having to move the festival outside the walls of the city, thus losing the one thing that makes the Cáceres WOMAD so unique.

In 2024, the concert venues were, thanks to the lobbying of the locals, enclosed and private security added to the Local Police. It was prohibited to bring alcohol into the enclosures, and drinks were sold with reusable glasses. Also, the chemical toilets were cleaned regularly throughout the festival. These measures led to WOMAD now being received with enthusiasm by visitors and locals alike.

San Juan and the Cavall Menorquí

The fiesta of San Juan – Summer Solstice – is celebrated every year all over Spain.

One of the most emblematic celebrations takes place in Ciudadela on the island of Menorca in the Balearics.

The main character of this annual celebration is the horse – more accurately the Menorquí horse, Cavall Menorquí

On the morning of San Juan the riders, all dressed in black and white, ride their horses through the streets of the city until they all congregate when Mass is over to start the traditional celebration, known as ‘el jaleo’.

They ride into the main square, which is crowded with revellers, and show off their horsemanship making their horses jump to the rhythm of the traditional music which is always played by a local band.

The boisterous crowd make the horses rear as a symbol of their power and grandeur.

This happens for two days running at the Fiesta de San Juan, and once the ‘jaleo’ is over, the authorities serve free drinks and the horses enter the square for one final time, rear and show off their nobleness before they take their final bow.

The music and celebrations continue long into the night, and the drinks flow freely – mainly in the shape of Menorca gin and lemonade, the traditional drink of the fiesta.

Apart from being the main character at the Fiesta de San Juan, the Menorquí horse is



one of the most famous symbols of the island.

It is a native breed to Menorca which has been bred there since time immemorial. Genetic studies show that its forefathers came from southern Spain, and it is a close cousin to the Mallorquí and the (now extinct) Catalá breeds.

Thanks to the annual Fiesta de San Juan in Menorca, the Menorquí horse, which was originally used for work in the fields, is now famous far beyond the borders of Spain. And it is a unique breed indeed.

The Menorquí is a very calm and obedient horse, which is furthermore strong and stalwart. All the specimens are black, they have a low tail and medium size ears.

They are ideal for riding and suit any kind of rider – they even have patience for the inexperienced tourist riders who wish to experience the island from horseback.

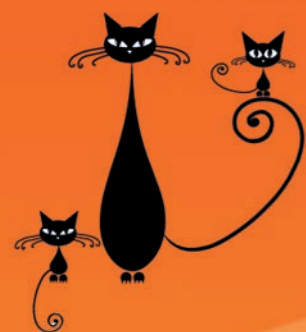
They are well suited for classic dressage but also have their own school, the Menorcan school of dressage.

This school differs from classic dressage with certain different movements, and the fact that the rider holds both reins in one hand.

The Menorquí horse was recognised as a separate breed in 1988 and today there are more than 3,000 specimens of the breed registered by the Association of Breeders and Owners of Menorquí Horses.



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The Potential of Pots

By Jeff Goundrill

Growing plants in pots and containers is the one activity most of us over here share. It doesn't matter if your garden is large or small, patio or soil, we can all use them. No empty space is wasted and any opportunity to brighten up an area should be taken.

Choosing Containers

It is possible to use anything that holds any amount of soil, so long as it has drainage holes. You gain the best effect from suiting a container to its site and the job it must do.

In a past life we ran a garden centre at a prison I worked in. As a feature, I built a flower pot man using old plastic flower pots of varying sizes, larger for the body and head, getting smaller for arms, legs and feet. I used threaded metal bar with nuts and washers to shape the features.

He was about 6 feet tall. I attached his hands to a wheelbarrow, shaping arms and legs to assume a pushing position. When he was in position, we filled the barrow with soil and planted it up with a bright selection of bedding plants.

I did make sure the barrow had drainage holes first. This became a great feature for children visiting the centre and was a good use for old pots.

On another occasion, as a feature for one of our gardens at the Chelsea flower show, we built a seating area with a central metal frame in the shape of an umbrella. All the spines of the central frame had a hook.

We attached hanging baskets to each hook, all at different levels. We threaded plastic tubing along the spines, letting us connect to a watering system. The bright array of bedding plants from the baskets gave a massive hit of colour and was quite a talking point. I think our idea was adopted by manufacturers, unfortunately didn't get any patenting rights!

You do not need to spend a fortune on suitable pots. Sometimes just look around your garden or shed, it is surprising what you have laying around. The second-hand shops are a great place to find things. Look with an open mind, with a lick of paint, its surprising of the effect you can make. The garden centres have a vast range of pots and they are not overly expensive, just look around for best buys.

If you are feeling creative, inexpensive plastic containers are easily transformed with a coat of matt-finish acrylic paint to give a splash of colour. If the plant you intend to grow in the container is flowery, decorate the pot more discreetly with sponging. If you want to go all out, you could use stencilling.

Sponging: - Put on the base coat of paint and allow it to dry completely. Dip a sponge into the second colour you want to use and dab the pot to give an even lite covering.

Stencilling: - Cut out a simple repeated



motif from card. Tape it in place and paint over the holes. Remove the card carefully to avoid smears.

Plants most suited to different types of containers

Movable containers such as an old wheelbarrow could have *Argyranthemum frutescens*, pink pelargoniums, brilliant yellow *caccolaria* and trails of ivy foliage to set off the display.

Suitable for old sinks, or similar containers could be Alpines or other dwarf plants. These would be lost elsewhere in the garden. Set among fern fronds of *Dryopteris*, *Aquilegia bertolonii* and *Iris graminea*.

More elegant containers such as a stone urn can look amazing with the simplest of planting. Variegated ivy appears almost golden in the sunshine, maintaining its good looks throughout the year with almost no attention or effort on your part. (Sounds like me!!)

On a personal note, I have very little soil in the garden, mainly tiles and gravel.

To give the planting different heights and interest, I have raised some pots on old railway sleepers, putting climbing plants towards the back to climb up the fence.

Then more colourful plants such as geraniums and sorbus *reducta* interspersed with different coloured grasses. Grouping them like this helps to stop them drying out too much and gives a bit more interest around the back of the pool.

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What is Happening in the Local Property Market. June 2025

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

This year each month keeps getting better. As always buyers are coming from all over. The rest of the year is looking very positive indeed.

This month we want to highlight the down sides of property sellers going “multi-agency” rather than doing the best thing and making just one agent your exclusive/sole agents. Some sellers go “multi-agency” because they think it will give them a wider audience of buyers and increase their chances of selling... Well, I am sorry, this is the best way of actually REDUCING the chances of selling.

By going “multi-agency,” you are now over-advertising and downgrading your property and throwing it in the “bargain bin” and no one wants to buy the property no one else wants to buy.

Remember; each agent will or should be advertising their properties on websites like Rightmove, A Place in the Sun, Kyero etc. When buyers do their property searches on the internet, the first websites they will probably visit will be these. If you have gone multi-agency then your property will appear 2,3,4, 5, 6 or more times right next to each other on the same page. If YOU were looking for a property and you saw this, what would you think of that property?

Yes, you would automatically think there must be something wrong with it and would probably not even bother to enquire.

These websites also show how long a property has been on the

market. If your property has been for sale for a year or more, you then are just further giving potential buyers the impression that there may be something wrong.

Some agents also share their properties with other agents without telling you so your property will appear even more times on Rightmove etc.

Most of our properties are exclusive to us at the seller’s request but some are also with other agents. Too often we get very negative questions from potential buyers about these “multi-agency” properties.

The main question is, “I’ve seen this property on lots of websites... What’s wrong with it?”

Even if a potential buyer did decide to view your property, they will be assuming you must be desperate to sell and make ridiculously low offers.

Lastly, by going multi agency do you really think all these agents will be fighting over each other to sell your property? Sorry, the answer is NO! What you end up with is lots of agents who can’t be bothered to sell your property because they think “Why should we put the effort into selling this property when it will probably be one of the other agents that sells it and they get the commission”.

Go exclusive and watch your property sell quicker and for possibly more money.



Look Good - Feel Great

The Vitamin B Family

Of the 13 vitamins that your body needs to stay healthy and well, the B vitamins make up more than half of them.

They’re a group of eight vitamins that occur naturally in a range of different foods, but some of us may not be getting an adequate intake of every single B vitamin from our diets.

Find out how to avoid falling into that category, and why your health will benefit, when you do.

What are the types of vitamin B?

While the eight B vitamins are often grouped together, they all have individual names, too:

- Vitamin B1 - thiamine
- Vitamin B2 - riboflavin
- Vitamin B3 - niacin
- Vitamin B5 - pantothenic acid
- Vitamin B6 - pyridoxine
- Vitamin B9 - folate
- Vitamin B12 - cyanocobalamin
- Vitamin H (B7) - biotin

Each B vitamin plays an individual, unique role in the body. But as a group they’re most well-known for helping the body unlock the energy it needs to function well, from nutrients like carbohydrates, fat and protein. The B-group vitamins have also been linked to helping



to improve stress levels.

Continued on page 60

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..... Continued from page 59

B vitamins including vitamin B1, B2 B5, and B6 play a role in cellular energy production.

Vitamin B12 helps support normal blood production and vitamin B3 is involved in DNA repair and supports skin health.

Vitamins B1, B2 and B6 help support the healthy functioning of the nervous system.

Vitamin B6 may also help to relieve symptoms of PMS and biotin may help to support strong nails.

Maintaining adequate folate levels pre-pregnancy may help to reduce the risk of some birth defects if taken daily for one month before conception and during pregnancy.

B vitamin foods

The good news is that there are plenty of vitamin B sources, as they are found in a variety of foods.

Even though finding one food that delivers a hit of all eight at once can be tricky, it's relatively simple to create a meal that fulfils that brief. Plus, many foods contain more than one, and even multiple B vitamins.

Generally speaking, good sources of the B-group vitamins include wholegrain cereals, meat, poultry, eggs, nuts, fish, milk, legumes and fresh vegetables. As well, mushrooms, fruit and seeds are often rich in specific types of B vitamins.

But, while making a conscious effort to eat a wide variety of wholefoods will help to ensure you are meeting your B-vitamin requirements, it pays to remember that all eight B vitamins are water soluble and delicate, which means they're easily destroyed or washed out during food storage, processing and preparation methods.



To reduce vitamin loss, take care to refrigerate fresh produce, keep milk and grains away from harsh, strong light and keep any cooking water from vegetables to use in soups and stocks.

How much vitamin B do you need?

Because there are eight different B vitamins, there's no single daily 'dose' of vitamin B that you should strive for.

Instead, every single one of the eight B vitamins has its own recommended dietary intake, the amount of which will vary by age, gender and life stage – such as pregnancy.

The main thing to remember is that, with the exception of folate and B12, the body has a limited capacity to store the six remaining B vitamins.

It's a fact that means, in order to maintain optimal levels of B vitamins, you need to regularly 'top up' your body's supply, by making a habit of eating vitamin B rich foods every day.

Who's at risk of vitamin B deficiency?

Eating a poor, unbalanced diet over an extended period may result in an inadequate intake of B vitamins, but there are other things that can increase your risk of experiencing lower than optimal levels, even if your diet isn't lacking in vitamin B rich foods.

Drinking too much alcohol, taking the contraceptive pill, and getting older can increase the risk of becoming deficient in certain B vitamins, including vitamin B6, thiamine, riboflavin and niacin.

Plus, because the main sources of vitamin B12 are animal-based foods, people following vegan and vegetarian diets may find it a challenge to get enough of that particular B vitamin from diet alone.

Should I take a vitamin B supplement?

Requirements for B vitamins are generally met by eating a healthy, balanced diet day to day, however there may be times where supplementation may be needed.

You may benefit from a vitamin B supplement during times of stress, or at times when your dietary intake isn't quite up to par.

If you're regularly hitting the gym or getting out for a daily run, swim or other workout of choice, you may be in need of a top up of vitamin B to help support your body while you are exercising.

Women planning a pregnancy, as well as pregnant women, will benefit from folic acid supplementation to help reduce the risk of neural tube defects, while vegans and vegetarians may require vitamin B12 supplementation to help meet their daily requirements.

Before taking a supplement, check in with your healthcare professional for advice, as B vitamin supplements can sometimes mask deficiencies of other vitamins and other minerals.



It has arrived! The warm weather that most of us were so desperately longing for during the impossibly long, cool and windy winter and spring. And now we suddenly remember why it was we were gasping for it to be over and done with last October...

Of course, nowadays almost everybody has air conditioning both in their houses and their cars, and all public buildings and shops too, but many people find that it causes them more bother with breathing, nose and throat problems than it's worth.

If you are one of them, don't panic, it is actually possible to live with the heat and make it bearable just following some simple, scientifically logical steps.

1. Open and close your house doors and windows at the right times. Do not indiscriminately throw open all doors and windows when you feel it gets too hot indoors. Keep those windows, doors and

shutters closed that are situated on the hot and sunny side of the house, as opening them will only let in hot air and heat up your home.

You may feel that the air that comes in through an open window is a relief. However, it is only a thermal sensation, not a drop in the temperature indoors. And when the breeze stops, the temperature in the house will be higher than before.

You should only have doors and windows open at night, when the temperature drops.

2. No amount of sun screens in our car windows will keep our cars cool when they are parked in the sun.

However, if you open one of the rear windows and then open and shut the driver's door repeatedly for a minute, this will force the hot air out of the open window, and the temperature inside your car will drop by up to 5 °C and make the beginning of your journey less fraught.

3. Already the ancient Egyptians knew that water was a good ally against the heat. They soaked their sheets in the stuff before going to bed.

The amount of heat that is needed to raise water temperature is much larger than what is needed to heat the air. In other words, when we are wet we feel cooler because the water absorbs our body heat to warm up. Thus, a cold shower without drying, or indeed a water spray for your exposed parts will help cool you down.

4. Hot air rises, so if you have more than one storey, stay downstairs, and if you have a basement, even better!

And if you have a dog watch where he sleeps and put your mattress there at night – he's bound to have found the coolest, draughtiest place in the house.

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Puzzle Time

Puzzle solutions on page 82

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.

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

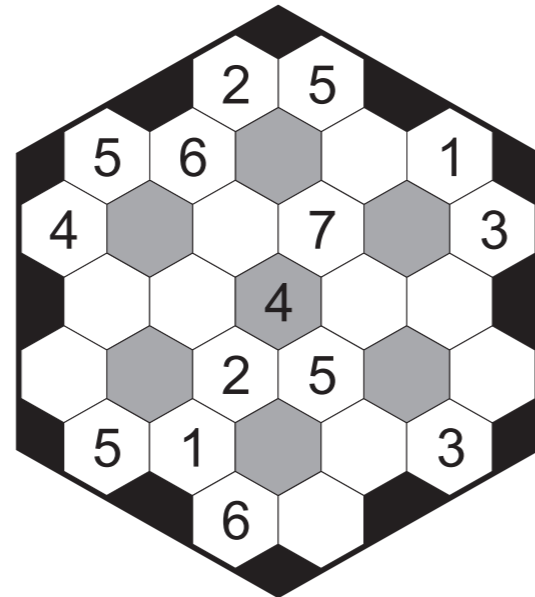
Samurai Sudoku

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

Rosetta

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

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



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Stay Well in the Heat!

Every summer hundreds of people die from heat stroke – and every year there will be more as global warming makes itself felt. A heat stroke is the sudden internal crisis of your body when your temperature reaches 40°C or more, and it can be fatal. Even for young people.

Apart from the obvious things we can do to try to avoid such a dire fate – avoid going out in the heat of the day, avoid strenuous exercise, using sun hats etc. – what we eat and drink can also help us stay on the right track.

Rule number one is always: Drink lots of water! Doctors reckon that in summer we should drink 3 litres of water a day.

However, many people do not actually like drinking water, and then what to do?

Eating fruit with high water content will help top up your water intake. Water melons and strawberries are 95% water and 5% matter, and other melons 80-85% water depending on the kind. Other fruits also have a high water contents and it is always a good idea to add fruit to your diet.

Vegetables have high water content; stuff like lettuce, cucumber, celery and radishes contain 95% water and the humble tomato 94%. All are good ingredients for a nice, refreshing salad, or indeed that wonderful Spanish summer tradition: Gazpacho!

I always refer to Gazpacho as liquid salad, and a large glass provides you not only with water but also with many of the natural salts and minerals you lose when you sweat.

Hot drinks may be the last thing you fancy on a sweltering summer's



day, but a mug of hot tea or decaf coffee will make your body feel just hot enough for it to start sweating; as air reaches the sweat on your skin it helps cool you down. Provided, of course, that you wear cool, loose clothing.

Another way to help your body sweat is eating hot, spicy food. The spices stimulate the thermo sensors in your mouth, and they make your body feel hot and encourage it to produce sweat. When the sweat evaporates it cools you down.

As far as things to be avoided are concerned, it will come as no surprise that alcoholic drinks are top of the list.

Alcohol makes you pee and dehydrates you; this is not to say we can't have a couple of beers on a hot summer's day (in the shade), but excessive consumption of alcohol can be dangerous.

Use A Teaspoon To Prevent Sunburn This Summer



According to a new study from King's College London, sunbathers are risking skin cancer by failing to put on enough sunscreen and should be using the 'teaspoon method' to ensure adequate protection and to save you from painful burns, tan lines and skin cancer..

Scientists have found that people are actually getting less than half the sun protection they think from their sunscreen because they apply such thin layer.

So, how much cream are we meant to be applying?

Well, the Telegraph reports sunscreen manufacturers calculate SPF protection layers based on 2mg of cream per cm² of skin. However, the majority of people use just 0.8mg for the same area which is equal to 40 per cent of what they should be using.

As a result, scientists suggest we should apply at least half a teaspoon

(3ml) to each arm, the face and neck. A full teaspoon (6ml) should then be applied to each leg, and the front and back of the body.

Author of the report Anthony Young, Professor of Experimental Photobiology at KCL, said that an average-sized woman wearing a bikini in the sun should be applying sunscreen at least three times a day. As a result, she should be going through one 100ml bottle of lotion per day.


'Most people who use an SPF 20 sunscreen will actually be getting something like SPF 4 because they aren't applying enough,' claims Professor Young. 'They overestimate the protection they are getting and they stay out in the sun too long and get burned.'


Professor Young also suggested that as people don't use sunscreen in the same way they're tested by manufacturers, people should use 'a much higher SPF than they think is necessary'.

The scientists' study involved separating 16 volunteers into two groups of eight. The first cohort were exposed to ultra violet radiation to simulate sunlight over one day, while wearing sunscreen of varying thickness. The second group received exposure over five days to mimic sunbathing conditions on holiday.

Researchers found sunburn was reduced by 40 per cent when cream was applied correctly. Skin biopsies also showed that proper sun cream application lowered sun damage 7.5 times compared to using no sun protection.

So, when it comes to applying sunscreen this summer, it's not just about what SPF you're applying, but how much and how often.





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Cervicogenic Dizziness



Cervicogenic Dizziness (CD) is dizziness triggered by specific head postures or movements, and is commonly associated with pain or tension in the neck. In fact, a recent study has found that CD is present in 35 - 40% of all patients affected by neck pain.

CD is also often accompanied by headaches, and restricted range of motion (ROM) of the neck, with symptoms appearing episodically, lasting from minutes to several hours.

CD accounts for 7.5% of all dizziness episodes, and affects a diverse range of individuals across different age groups, genders, and social circumstances. It is in fact one of the most common reasons to visit a GP,

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impacting 15–35% of the general population and 50 % of individuals over the age of 65, with the condition being especially prevalent among patients older than 75.

According to a recent systematic review, it was concluded that manual therapy (such as Osteopathic care) is effective in reducing dizziness intensity, improving ROM of the neck, and reducing pain.

Your Osteopath is qualified to assess and treat Cervicogenic Dizziness associated with neck pain and restriction, and with degenerative changes associated with ageing, such as spondylosis and arthritis.



Trades & Services

Tips to have your pool ready for the summer

As we are entering the month of June and by now many of you will already have your pools ready for the summer. However, it is advisable to check that your installation has everything you need to enjoy some good dips, which allow us to combat the approaching high temperatures.

Here are just four basic tips that you must not lose sight of to have a clean and refreshing pool.

Cleaning, a basic aspect

To prevent dirt and larger elements from entering the circuit, you must remove with the mesh net leaves and insects that are floating on the surface, preferably once a day to prevent them from sinking and making it more difficult to recover.

Those objects that have sunk and are smaller must be removed with the vacuum cleaner, which serves both to clean the floor and the walls, by using a pool brush to brush the surface and lift the algae and the sticky green it will help the vacuum cleaner.

Empty baskets and dirt deposits at least once a week, also rinsing them with a little water. This will prevent bacteria and other undesirable elements from accumulating, and will maintain good hygiene.

To facilitate this point, it is recommended not to place trees or plants that can release leaves in the pool.

Chemical balance

Another aspect that must be controlled, and also linked to hygiene, are the chemical levels in the pool. It is necessary to measure the pH every week to make sure that the acidity and alkalinity are in the correct ranges. To do this, you can use measuring strips.

Chlorine helps us keep bacteria colonies under control, creating a film called biofilm to protect itself from water and the elements that can attack it. To prevent them from proliferating, we must maintain the adequate amount of chlorine, since an excess can end up discolouring your hair or our swimsuits.

It is convenient to make sure that our pool has the correct relationship between pH and chlorine so that hygiene is adequate.

Some pool owners find balancing the chemicals very tricky and prefer to seek the advice or employ a professional pool cleaner to do this for them. Much less hassle and leaves you with more time to sit



back, relax and enjoy.

Keep the filter at its best performance

The filter is a tank through which the water circulates, and where the dirt particles are retained, to then return the water to the clean and crystalline pool. The water passes through a filter medium, traditionally composed of silica sand but which has usually been followed by glass sand, much more efficient and long-living. Once the filter has reached its maximum particle retention capacity, it is necessary to apply a backwash, reversing the valve position. This causes the water to circulate in the opposite direction and expel the retained particles.

The right amount of water

Due to the high temperatures, it is common for us to see how the water level drops over the days. It is not a neighbour coming in to steal your water at night, but the effect that evaporation from the pool has on the water. To make sure we maintain the proper level, it should be slightly above the mesh, which is the pool's water inlet. In case it is low, just fill it up a little more with a garden hose.

Hopefully these simple tips will help keep your pool clean and sparkling through the summer months, and if you find yourself too busy entertaining your guests and friends, why not just call out the professionals, who will be happy to offer their services.

Have fun this summer and keep cool.

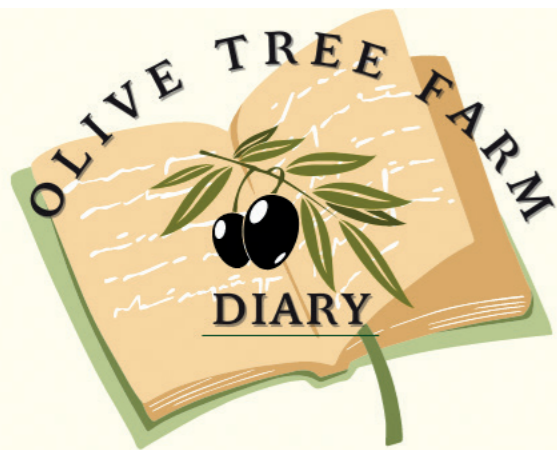
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May came and went very quickly here at Olive Tree Farm! The first news I have to share is that only 3 eggs hatched from our last run of chicken eggs in the incubator; we gathered maybe some of them had been fresher than others — so hard to tell at times when they find a new hiding spot to lay in, and we uncover a stash!

We also wound up pulling a clutch of eggs away from Mrs Goose, who was adamant on not giving up on hatching something this year, but in the end we really had to intervene. There was enough of a smell to her nesting box that told us all we needed to know.

Curiosity never really subsiding, we did decide to candle them. Mainly for a bit of a laugh, really, as neither our nor Mrs Goose's attempts at incubating have gone very well in the past, and we discovered that some of the eggs had actually been fertile! One or two a little more underdeveloped than the others, but something had clearly happened and they didn't survive the full process. During the period of her sitting, we did have a few storms, and the change in air pressure can separate the membrane from the shell, causing the embryo inside to suffocate. We'd seen it happen before ourselves, using the incubator.

Perhaps she will have one last go, or call it quits until next breeding season. I think we're leaning towards leaving the geese to it for now, keeping our involvement on their little love life to a minimum unless something major happens.

In final news, Ben cleared out one of the pens and secured it, giving us a nice decent space for the ducks where we hope they'll be safe. We will be looking into electrifying that particular pen for added precaution.

Mr Duck was absolutely thrilled when we brought mum duck back. He was shaken during the attack that had taken all the others, and been rather quiet and solitary on the farm since, but as soon as he saw Mum appear he was gasping in that loud hissy Muscovy way.



We took her over to the newly cleaned out pen, and Mr Duck swiftly followed us, and approached her as soon as we set her down so he could set to preening her. It was a wonderful reunion.

You should have seen his surprise when we brought the other eight up from the aviary!

Almost fully-grown, the young ducks settled in to their new home rather well, and took the meeting with big old Mr Duck very well. It has been wonderful seeing them all together, and the girls have already started laying in the box! So good to know they're settling in quickly.

The budgies and finches, back in the garden, are also very pleased to have their little corners of the world back. The visitors did make a bit of a mess, but thankfully we've been able to get everything dried out without issue.

The weather has also been pretty good, once that second spat of rain passed by, and it gave a wonderful excuse to get the pond topped up and the pump cleaned out. The reeds were getting a little wild, so Ben stripped them down to a manageable size and bundled up a load of greens for the animals on the farm.

There's very little waste here when it comes to clearing up the outdoor areas, and the Springtime certainly delivers a lot of greens to share.



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!

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TECH, TV, GADGETS & GIZMOS

I thought that this month I might cover a subject that is special to many of you – Formula 1 or the Grand Prix, whichever takes your fancy.

Incidentally – the term “Grand Prix” harks all the way back to 1906 when the Automobile Club de France held its first race at Le Mans. This was a continuation of the American Gordon Bennett Cup (bet you’ve heard of him?) and ascribes it as an elite sport.

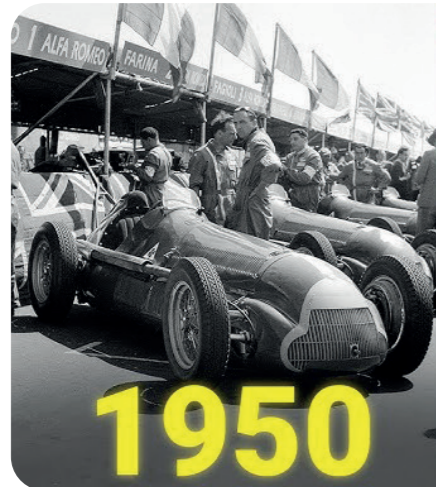
To be fair, just owning a car in 1906 was the preserve of the rich and famous. To put that into perspective, a Ford Model T cost a mighty \$825 in 1908. With compound inflation, that equates to roughly \$33,000 today or a mid-range VW Golf. That being said, the Golf is a masterpiece of engineering (Nanny-State “eco tips” aside) whereas the Model T is little more than a motorised cart.

Formula 1 in the ownership and vice-like grip of Bernie Ecclestone (since 1970) has carved itself a global niche in motor racing. It heralds itself as the pinnacle of race engineering and innovation and I have to admit that it has/had a point.

Just as NASA has brought us memory foam and microwave ovens, F1 manufacturers have used their track cars as test beds for their road-going offerings. Many of these innovations we now take for granted but the genius and expertise expended is immense.

Without F1 we wouldn’t have traction control and ABS brakes, active suspension and widespread down force aerodynamics. Those plastic panels under your car aren’t just there to catch leaking oil but help to smooth and channel the airflow, pulling the car on to the road. This may be limited to mundane add-ons for the likes of Peugeot, Honda & Ford but teams like Ferrari and McLaren have taken this development to the next level.

Advancements in engine, suspension and aerodynamic technology



are passed on to the road-going cars, sometimes barely changed. The finest example of this must be 1987’s Ferrari F-40 which pretty much rewrote the rule book. Its groundbreaking chassis & body shell, made from a mix of tubular steel and carbon fibre made for a raw and not completely comfortable experience. The attention to detail was immense – it had fabric door pulls instead of handles and was barely painted. Many car manufacturers try these tricks today but it has more to do with hiding shonky practices and corner-cutting than enhancing performance.

While we’re on that subject, if you’re thinking of buying a car with an “EcoBoost” engine – don’t. It has a wet belt system that is prone to early and catastrophic failure.

My work colleague has a steady stream of replacement engines passing through his bay, awaiting fitting. Ford seems to have allowed accountants to make engineering decisions and the results have been legendarily bad. They have

designed an engine which is otherwise excellent but uses a standard cambelt inside the engine instead of outside where it belongs!

Traditionally this would have been either a chain or (if you’re American) pushrods that could withstand the changes in temperature and more importantly not soak up engine oil and disintegrate. Sadly, Ford is not the only manufacturer to adopt this ticking time bomb but the message is slowly getting through. Look up EcoBoost failure on YouTube...

Most modern supercars use lighter composite unitary body shells rather than a chassis & frame but only because the science has moved on.

Formula 1 has given us many of our most memorable characters and memories. Names like Stirling Moss, Ayrton Senna, Michael



Schumacher, Niki Lauda and Juan Manuel Fangio are as much part of folklore as Robin Hood and Don Quixote.

It is their gladiatorial spirit and apparent lack of any kind of self-preservation that encouraged us to take them to our hearts. True, they were not all as inspiring off-track (as anyone who’s seen an interview with Nigel Mansell will confirm) but it was thrilling to watch. Was.

Formula 1 is not imaginatively named. The format is based on a set of rules and regulations; length and weight of the car, engine size etc and it is then left to the individual teams to “interpret” them to the best of their ability. If you ask Ferrari then that means all the other teams are cheating but the reality is that they are all at it.

Over time, the rules have been tightened to such a degree that it has begun to stifle creativity. The argument for this is that a team with a blank chequebook would be able to trounce the competition. Outfits like Hesketh and Ross Brawn’s ex-Honda team (remember that season?) wouldn’t get a look-in. It is a war of attrition. The manufacturers, frantically trying to squeeze every ounce of performance from the car are corralled by F1 in response.

Every now-and-then someone manages to find a game changing loophole. Renault did it in 1977 with the RS-01, equipped with a 1.5l V6 Turbocharged engine. For the uninitiated; turbo charging places a fan in the engine’s exhaust system. The fast-flowing exhaust gases turn the fan which is connected by a shaft to another, smaller fan in the engine’s air intake system. This then forces air into the engine at a faster rate than normal.

More air means that more fuel can be burned. More fuel = more power. In an average road car, adding a basic turbocharger will increase

power output by roughly 50%. Not enough for Renault. Their 1977 1.5 litre engine produced (pauses for effect) 550bhp. The results however were not overly successful. The early engines suffered from regular failure, earning the cars the nickname “Yellow Teapot”, only getting it together in the 1979/80 seasons. Alain Prost joined them in 1981, getting use of upwards of 650bhp with some success but by then the other teams were catching up.

In the “good old days” it was as entertaining to catch up on team developments and the behind-the-scenes shenanigans as the racing itself. Yes, safety is a concern (as Niki Lauda tried to point out) but it has now got to the point that the regulations are stifling the racing and it risks becoming dull.

For me, a crucial point was the removal of completely slick tyres, replacing them with grooved units.

Putting grooves in tyres reduces the contact area, meaning that the cars have to go slower around corners!!?

Not only that but the tracks have been redesigned to make overtaking harder. I’m sorry but I thought the idea of racing was to go as fast as you can and be as entertaining as possible. America may have lost its way slightly of late but it knows the value of a spectator sport. Nascar racing is full-on and because it is on an oval track, you can see all of the action all of the time. They nudge and barge each other, crash occasionally and even have punch-ups. F1 cars by comparison are so fragile that they probably need counselling after every race. I bet Lightning McQueen has never even heard of Sigmund Freud.

If it was up to me, I’d give them all the same engine & gearbox, the exterior dimensions of the car and let them have at it. I’d also redesign the circuits, making them wider, shorter and interesting. How about banked corners 10 metres high or a loop-the-loop? You know what? Why not give it to Mattel and call it the Hot Wheels Cup!

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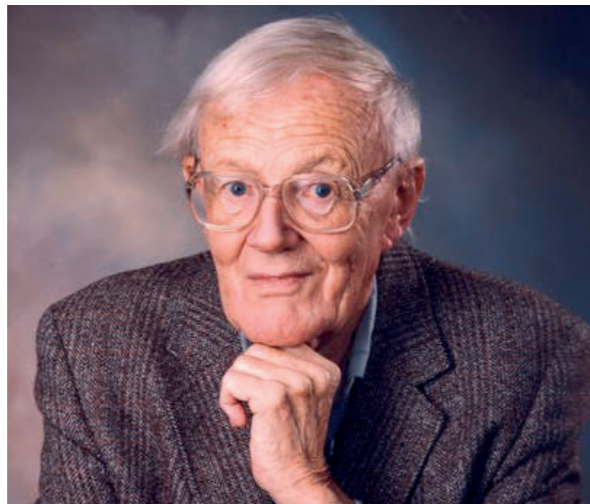
Bletchley Park The Heroes. 3 part series. Pt.3

WILLIAM 'BILL' TUTTE

Those of you who read the last two articles, will appreciate that I have a passion for vintage electronics, engineers who have stamped their mark on our lives and who have gone somewhat unsung. The last two articles were about a couple of heroes of the WW2 code breaking establishment Bletchley Park, Tommy Flowers and Gordon Welchman. Bill Tutte is another good example.

During the first few years of WW2, Bletchley Park concentrated on breaking the encryption codes generated by the Enigma machine. This was used to encode the German Morse Code sent via H.F. radio. The Germans realised that using this system was a slow and a man-intensive way of communicating. At the sending end, you had the machine operator, someone to read out the message to be sent and a radio guy. A similar set up at the receiving end. Six men all-in-all to send a message.

The German High Command, around '41, started to use the recently invented Teleprinter machine to communicate with strategic outposts around Europe. The Teleprinter was similar to an electric typewriter. Each character, key, pressed was sent and received as a unique "set" of closely timed five pulses. This was known as a Baudot code. These machines could send and receive 100's of characters a minute, far quicker than Morse and using one operator. This signal was sent via a radio network to the various German Command centres around occupied Europe. Unlike Morse, each set of characters were used to frequency modulate the radio signal. A bit like our early fax machines. To scramble



this signal, a machine called a Lorenz SZ40 was used. This was like an Enigma machine but on Speed and fed Cocaine. Bletchley Park nicknamed this Tunny. The encoded message was generated in the form of a paper strip where the holes representing the characters were punched. A fast and very secure way of encrypting this signal. Or was it?

Bletchley Park started hearing this new radio signal and soon realised it was a sophisticated automatic system. A senior codebreaker at Bletchley, John Tiltman, a cipher genius, soon worked out that the transmission was encoded Teleprinter characters and was based on the Vernam cipher system. B.P had acquired a Lorenz machine, but without knowing the initial settings of the machine prior to sending a message, cracking the code was impossible. Tiltman did work out that each new message was proceeded by a 12-character set of information, details as to how to set the code of the machine for that day's work. This tied up with the 12 encoding wheels within the Lorenz SZ40. Luck struck B.P. one day when two

transmissions were intercepted, one after the other. The receiving station sent a reply message to the sender saying "Nicht bloody gut", German for no good. The sender committed a sin which is said to have shortened the war. He resent the message, without changing the wheel settings (encryption code) on the Lorenz machine. From a mathematical point of view, this gave B.P. a huge insight as to how the Lorenz worked. This was known as a "Fish."

The job of working out the encryption platform was given to a brilliant mathematician called Bill Tutte. Cutting a long story short, saving this magazine's paper, Tutte visualised a reoccurring pattern in the way the scrambled message appeared. This gave him an idea that there was a flaw in the way the Lorenz worked. All he had to do now was to number crunch, broadly speaking. But this needed computer power. B.P had developed a machine called Robinson (named after the mad inventor Heath Robinson), which could be programmed to sort through and apply encryption codes to received messages. It worked by reading the paper tapes generated by the Teleprinters. However, it was unreliable, used electromechanical relays and slow for what was now required of it. Tutte started to work closely with a G.P.O engineer, Tommy Flowers (see previous article). Flowers knew the only way to create a machine fast enough and reliable enough was to use valves in place of slow relays. Tutte and Flowers had a real battle with their superiors at B.P. Flowers was told that valves were not reliable and as there was a war on, they were in short supply.

Continued on page 74

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..... Continued from page 72

This didn't stop Flowers and Tutte. In fact, Flowers spent his own money on second-hand valves to create the first programmable computer (over 1,500 valves in all!) Once set up with Tutte's encryption formulas let's say and after many hours of tweaking, Colossus as it became known, started to reliably decipher coded transmissions. By today's standard, the machine was fast, reading paper tapes and 1000 characters a second.

The decrypted information was used carefully so as to not alert the Germans as to their High Command Teleprinter traffic being read. I guess there was a

fundamental flaw in the German's thinking, in that they believed that the Lorenz machine could not be cracked. Hitler's world did not allow free thinkers, people whose minds operated in ways that didn't comply and so on. The sort of people that made up B.P.



Hitler thought the Lorenz machine was it and that was that. I have very much over simplified this snapshot of technology!

It is said that Tutte and his team at B.P. probably shortened WW2 by two years, saving over 20 million souls. Were these guys ever recognised by Great Britain? No, not really. Tutte went to work at a couple of Universities in Canada where he was recognised and received awards for advances in statistical maths.

Flowers was given £1,000 to cover his cost in buying valves because funding was not available at the time. It didn't cover the costs at all. He did get an O.B.E. and a road, in his London East End, named after him, but that was in 1990. 45 years after the war! It is awful that many of the B.P. workers struggled in later life. You were shackled by the Official Secrets Act. If you went for a job interview you couldn't even mention the clever stuff you had done.

So I say thanks to all those at B.P. who worked behind closed doors, giving us the freedom we have today and saving countless lives.

I will also thank my Granddad, George Parker. He was a fireman in the war, he saved lives too! And, he enthused me in electronics.

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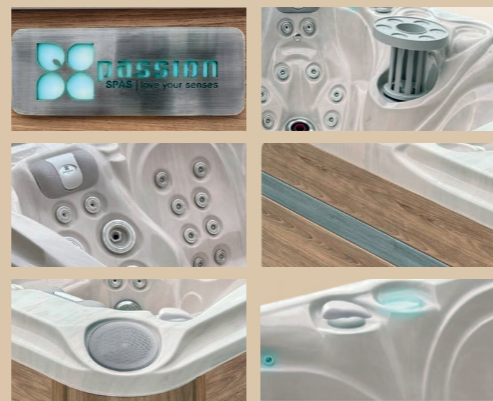
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Life Threatening	061	Antas	950 619 015
All Other Health Emergencies	902 505 061	Arboleas	950 449 430
		Cuevas d. Almanzora	950 456 488
POLICE		Huércal Overa	950 134 900
Guardia Civil	062	Los Gallardos	950 469 000
Local Police	092	Garrucha	950 460 058
Coast Guard	900 202 202	Mojacar	950 615 009
		Oria	950 122 736
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Albox	950 023 216	Vera	950 393 016
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Cuevas Almanzora	950 456 502		
Huercal Overa	950 451 505	TRAVEL	
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MARKET REPORT
 Where & When

Monday Antas, Huércal Overa	Thursday Cuevas del Almanzora, Olula Del Río
Tuesday Albox, Los Gallardos, Cuevas del Almanzora	Friday Garrucha, Turre, Zurgena
Wednesday Bédar, Mojácar, Lubrín Cantoria	Saturday Águilas, Arboleas, Vera
	Sunday Fines, Villaricos

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



WHEELS

MOTORING SECTION

Safe Journey, Pet!

We've all long been used to travelling short and long distances with our pets in the car, but it is only in the last decade or two that it has become the norm rather than the exception for our Spanish fellow citizens.

Pet-friendly hotels are popping up all over the place in Spain (and the rest of Europe), and it is becoming increasingly common to take your pet with you on holiday.

This has led to a strict policy on how our little and large loved ones should be transported; both for their own safety, for ours, and for the traffic safety in general. Not complying can lead to heavy fines.

The Spanish Law on Traffic and Road Safety establishes that the driver of a vehicle must have a free field of vision and complete freedom of movement in order to minimize the risk of accidents and injury. This means that objects and animals must be transported without interfering with these two requirements.

Cats and other small pets are always best transported in a transport box with plenty of space to move on long journeys. The transport



box must be safely fixed on the back seat or, for even greater safety for both man and beast, on the floor behind the front seats.

This method of travel is also acceptable with small dogs.

Continued on page 79

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..... Continued from page 77

Another way of transporting small and medium dogs is on a safety harness clipped into the safety belt socket or fastened around the seat belt. The harness should ideally have two straps attached to two different sockets or seat belts to maximise safety.

When you buy the harness, remember to take the length of the straps into consideration. The dog must not be able to reach the front of the car.

The straps should be fastened to your dogs back rather than to his neck.

If you have a minivan or an estate car, a wire grid separating the back from the seating is a good solution for all sizes of dog. This way your dog has his own travelling space which does not interfere with yours.

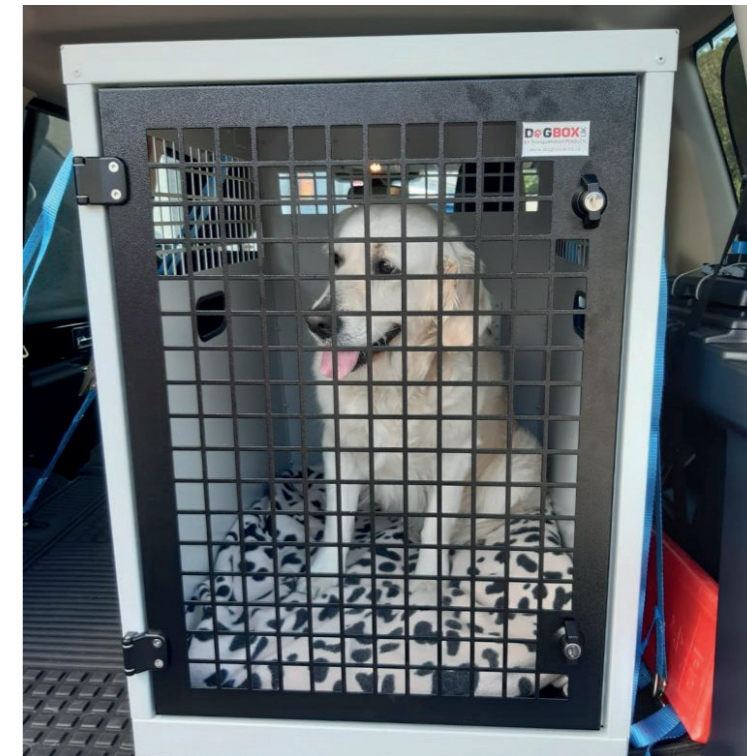
The grate is best mounted from the ceiling of the vehicle to the bottom and comply with DIN 75410-2 standards.

The disadvantage of this system is that your dog can get badly injured in case of an accident. If he is loose in the back and the car crashes he will get thrown against the grid at high speed.

So the ideal solution for medium and large dogs is a transport cage placed in a transversal position in the back behind and as close to the wire grid as possible.

As mentioned earlier, it is important that the enclosure is of adequate size. The dog must be able to stand, sit, lie down, and turn in the cage. Make sure that there are no loose articles about that can hurt the animal in case of an emergency brake.

It is recommended that you avoid feeding your pet just before going off on or indeed during a journey. At least two hours should pass between the last feeding and the start of the journey.



Plan your stops in advance. Your dog should be allowed a chance to get out, have some fresh air, stretch his legs, do his business, and drink without hurry. When you make a stop, do not leave your pet in the car – especially not in summer!

If you are going abroad, remember your pet's passport. The animal must be microchipped and be vaccinated against rabies. Check each country you are going to visit to see if they require any special vaccines that your dog may not have had yet.

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What Colour?

Did you know that all drivers contemplating buying a new car instinctively choose three colours?

People's choice of car colour depends on their personality, the climate they live in, present trends, and even their religion.

Which colour would you choose if you were buying a new car?

For many years, white has been Europe's most favoured car colour – 33% of car buyers go for this colour. It is the most practical colour in that small bumps and scratches are harder to spot the lighter the colour, and also, they absorb less heat.

Just like black clothes, black cars tend to heat up much more than light colours, especially in summer. Therefore, those that live in cooler climates appreciate the pre-heating on a cold day, whereas people in our part of Spain suffer from this effect.

As opposed to the whole of Europe, the Spanish have white as only their second choice at 18.37%. Here, the favourite is grey, which is the choice of 33% of car owners in Spain. Other popular colours are black at 11.58%, Green at 8.29% and red at only 7.5%.

Statistics show that maroon is chosen by 3.26% of car buyers, yellow 1.02% and beige 0.79%. At the bottom of the scale are brown – 0.61%, Corinth (dark, reddish purple) – 0.1%, and purple 0.06%.

The colour of the Spanish car fleet follows the variations in society and culture a study shows, and often the owner's personality steers him towards a particular colour.

It is considered that grey cars appeal to practical people, blue indicate elegance, and white is an expression of joy. Insurance companies have done their own statistics about drivers of red cars, the exact details of which we shall not reveal here; suffice it to say that red cars are often considered a larger risk than other colours.



But of course, nothing is written in stone, and there is always room for innovation. Apart from the classic colours, there are now new, challenging and more irreverent colours.

PPG Industries, world leader in car finish products, offer four palettes with 64 colours to car producers. The palettes go by the names The Retreater, The Commoner, Dream Weaver and The Brave. These have been developed to respond to the new demands.

The Retreater uses earthy browns, stone grey tones, blue and even yellows to suggest inwardness, concern with spiritual or philosophical matters rather than externalities.

The Commoner offers a mix of almost-primary colours, basic white, red and blue mixed with earthy browns and greens to create a basic and unpretentious spirit.

Dream Weaver uses red colours that tend towards pinks, as well as intense red and green colours.

The Brave offers brooding and edgy moods; jewel tones, elegant browns, and military grey.

These new ranges have led to a transformation of the way we choose colours, and each car buyer can now find a colour which exactly reflects his personality – or the personality he would like to project. The colour has become a major consideration in the choice of a new car.

On a practical front, the visibility of a car is also dependent on its colour. The distance at which a car can be perceived by other vehicles is as follows:

Black: 70m in the morning, 130m at midday and 30m in the evening. Grey is a bit more visible. It can be seen at 120m, 220m and 100m respectively.

White is the star in this context: 140m in the morning, 230m at midday and 90m in the evening.

When a car has the lights on it can be seen at 240m regardless of its colour.

When is a car not a car?!

When purchasing a car in Spain it is important to pay heed to the vehicle classification because it has possible unforeseen implications. I am talking generally about vehicles such as the Ford Tourneo or Citroen Berlingo, which are very popular as they are very roomy and adaptable on the interior.

The word adaptable is the key because it is possible that the vehicle has been registered as a semi-commercial vehicle rather than a Turismo, which is the car classification. **The actual classification to watch out for is 3100 Mixta Adaptable.** When a vehicle is newly registered, if certain criteria applies, it can take this category and the purchaser is exempt from paying the commercial tax registration fee.

So, what are the implications? Firstly, if registered in this way, there are speed limit restrictions to take note of! Whilst a car can travel at 120km on a motorway, the same vehicle, with mixta adaptable registration cannot exceed 100km. Restrictions can apply on other main roads.

Secondly, there is the ITV to consider. A Turismo has the first ITV at 4 years then every other year until it is 10 when it becomes an annual event. A Mixta Adaptable has the first ITV when 2 years old then every other year until it is 6 when it becomes annual until 10 years old. After that the ITV must be carried out every six months! There is a hefty fine for vehicles on the road without a current ITV.

In many cases this classification can be changed but not before the vehicle is 4 years old otherwise the original exempted tax must be paid!



An authorised main dealer needs to produce a certificate stating it can be a Turismo vehicle. This will take about a month and cost between 80-120€

With this certificate it is then possible for the ITV station to issue a new Technical Ficha with the amended classification. This will cost about 50€

Finally, all relevant documents must be presented to Trafico, who, for a small charge, will change the details in their system and the car really is then a car!

If you would like help with this or require further information call or visit the offices of C.A.T. Services.

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The Guardia Civil: 180 Years of Serving and Protecting



To many of us the Guardia Civil is nothing but an annoying bunch of highwaymen whose sole purpose in life is hassling innocent traffic offenders.

But there is actually another side to Spain's largest police force, and they do far more than traffic policing.

The members of the Guardia Civil are classed as military career officers, and they have to be of Spanish nationality.

Their moral code calls for loyalty, sacrifice, austerity, discipline, self-denial and a charitable personality. Their motto is 'El honor es mi divisa' which translates into 'Honour is my currency'.

Today, the Guardia Civil consists of over 76,000 officers and superiors nationwide; only 7%, just over 5,500 of them are women.

The Guardia Civil celebrates its 181st anniversary in 2025. It was formed by Francisco Javier Girón y Ezpeleta, II Duque de Ahumada in 1844.

After the end of the 1st Carlist War the highways and the Spanish countryside was a free-for-all for all kinds of robbers, violent attackers and other villains, and people were fed up with not being able to travel safely around the country.

On 13th May 1844 Isabel II issued a royal decree which founded a military police corps to deal with the unacceptable amount of highway crime: the Guardia Civil. This is considered their official birthday, and the first time the corps was seen by the public was on September 1st of the same year.

The 2nd Duke of Ahumada's idea behind the Guardia Civil was that '5,000 good men offer a better guarantee of order than the 15,000

not bad, but mediocre men'. The original corps consisted of 14 commanders, 232 officers and 5,769 agents.

They soon won the respect and gratitude of the Spanish civil population for the good job they did in tidying up the highways and making travel safe again.

In 1929 the corps was granted the Gran Cruz de la Orden Civil de Beneficencia; this earned them the nickname 'Benemérita' (praiseworthy), which has stayed with them up to the present day.

During the Spanish Civil War the Guardia Civil divided into two almost equally big fractions, and the corps lost 2,714 agents (7.83% of the workforce); over 4,000 were wounded. 83% of the fallen were loyal to the republican side.

When Franco had won the Civil War he proceeded to completely reorganize the State, and his original idea was to dismantle the Guardia Civil; however, he was persuaded to change his mind, and instead he let them continue as a law enforcement agency and he widened their zone of competence to include guarding the coasts and borders as well as combatting fraud and contraband.

Today, these are integral areas of the Guardia Civil's action sphere together with a wide range of other competences including gender violence, the war against terrorism, the environment, weapon control and, as most of us know to our peril, traffic control.

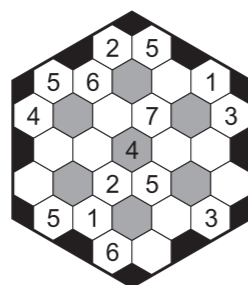


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Puzzle Time Solutions



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182.000€

Mojácar



Calle Cordoba: Corner Property on one level. Lovely Garden with room for a pool. 2 Beds. 1 Bath. Extra Room that could be converted. East Facing. Sea Views. Roof Solarium.

LV859

265.000€

Mojácar



Large 4-storey Villa with Private Pool. Excellent Sea Views. Spacious Accommodation. Plenty of Parking. Lots of extras.

DV1552

750.000€

Vera



La Algarrabina: 5 Minutes to the town of Vera. Charming Detached Villa with a 10 x 5 Swimming Pool. 4/5 Bedrooms and 3 Bathrooms. Lots of Outside Space. Car Port & Garage. AC/H.

DV1570

340.000€

Mojácar



Villa with Private Pool. Super Location in a quiet residential area. 3 Beds. 3 Baths. Short stroll to the Beaches, Bars & Restaurants. Good size plot with mature Gardens. Lots of Terraces. Options to extend.

SDV1578

569.950€

Call us today +34 950 478 915 / 678 315 638

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