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## Going down

### Owners of killer dogs sued

By Linda Hall

The family of Jose Selles are taking legal action against the owners of the six dogs who killed him.

They were not entered on the Dangerous Animals Register and their owners had neither licences nor civil liability insurance for them, the family claimed.

The Boxer-American Staffordshire crosses set upon the frail 74-year-old as he pruned vines at his home in El Faldar, Pinoso last October. He died later in hospital of shock and the severity of his wounds.

Selles's family as well as a neighbour who was bitten by the dogs on a previous occasion and the vet in charge of the animals immediately after the attacks have now made statements to an investigating judge in Novelda.

At first the animals were confined to their enclosure on their owner's property where they were kept under surveillance by the Local Police. They were later taken to a local vet and finally to an animal shelter where they were put down in January.



**KILLER DOGS: Put down in January.**

### We've got the buzz

THE EWN MEDIA GROUP'S (EWNMG) rapid expansion continues with the inclusion of another English-language media brand.

Benidorm-based Buzz Newspapers has now been added to the group's portfolio, bringing the overall number of publications to 13 weekly and two fortnightly titles. In addition to the Buzz, the EWNMG also includes the Euro Weekly News, RTN and Sol Times, placing the company in a unique position within the sector in Spain.

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THE EWN MEDIA GROUP'S (EWNMG) phenomenal recent expansion on the Costa Blanca continues.

Yesterday (Wednesday) Buzz Newspapers, the Benidorm-based newspaper brand formed four years ago and producing two free fortnightly English-language tabloid titles, joined the EWNMG stable.

Michel and Steven Euesden who head EWNMG plan to immediately stamp their mark on the newly acquired publications - their first exposure to fortnightly rather than weekly newspaper publishing - by increasing local coverage and printing more *Buzz* copies, a formula that has proved a win-win policy for both readers and advertisers throughout the EWNMG empire.

"We are really excited by this latest collaboration and the added potential it offers," Michel said.

"While many newspapers struggle globally in the ever-changing media world, our own EWNMG ethos for hard work to constantly and professionally provide local readers and advertisers with free easily-available and up-to-date local newspapers remains.

"We look forward to further strengthening the service we as a publishing company offer with the *Buzz* titles now added to our previous three different brands."

Over the last three months the



Michel with Steven (left) and Marco displaying some of the EWNMG brands.

# EWNMG expands Buzz joins winning team

EWNMG has expanded from publishing six weekly editions of the *Euro Weekly News* to now owning four brands including *Buzz*, in total representing 13 weekly newspa-

pers and two fortnightly publications.

The brands in addition to *Buzz* are the founding *Euro Weekly News*, plus the recently acquired

*RTN* and *Sol Times*, each with various editions circulated widely from the Costa Blanca down to the Costa del Sol.

Marco Baiardo, founder of *Buzz*

newspapers, spelled out that the agreement took place after long consideration, and admitted that the change in ownership provides the *Buzz* title "to reach another level by using the skills and experience of EWNMG.

"In addition I will head the *Buzz* sales team for North Costa Blanca and will therefore be able to offer new and existing clients the benefit of three EWNMG newspaper editions through *EWN*, *RTN* and *Buzz*.

Baiardo said he looked long and hard at the long term picture before agreeing to join forces with Michel and Steven.

"The *Buzz* newspaper has been growing but it has been tough, with myself and my son Marco Jr working incredibly hard and without doubt more than ever before in my life.

"But now is the time to join hands with Michel and Steven and to look ahead to an exciting, challenging and successful future."

EWNMG, with its head office in Benalmadena, was founded more than 20 years ago by Michel and Steven. The first editions of *Buzz* under the new ownership will appear next Wednesday.

Michel Euesden confirmed that further expansion this year is "a distinct likelihood."



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## Drugs den closed down

NATIONAL POLICE have closed down an illicit drugs den in Oliva where hash and cocaine were being sold to a string of customers.

A 53-year-old Spaniard was arrested following a police probe after reports the address was linked to drugs trafficking.

When the premises were raided last week, more than a kilo of hashish was seized along with 58g of cocaine, €1,500 in cash and two precision scales.

## Artist drowns

RUBEN FRESNADA, an artist from Alcoy, has drowned while swimming at the Paradis beach in Villajoyosa.

The 29-year-old found himself in difficulties on a day with a high wind and a strong swell. A group of swimmers who went to his aid succeeded in bringing him ashore and one of them practised first aid until an ambulance arrived.

Despite their efforts Fresnada was pronounced dead 40 minutes later.

## Tough justice

ALICANTE'S Public Prosecutor recommended a 20-year sentence for an Alcoy woman who stabbed and killed her newborn son.

According to investigators, no-one in the young woman's family even realised she was pregnant. She gave birth in the bathroom at the family home before stabbing the infant with a kitchen knife and placing the body in a plastic bag before throwing it into a rubbish container.

## Gypsies clash

THE Guardia Civil swooped on Villena's troubled San Francisco district following a shooting.

No-one was wounded but a man was later arrested, with sources close to the case revealing the failed shooting was a settling of accounts.

This was the second shooting between San Francisco's gypsy clans since the beginning of May although different families were involved the first time.

## Strangle hold

A MAN grabbed a pregnant woman by the neck following a disagreement on

## SPANISH FACTS OF LIFE...14

With mountainous terrain and long coastlines, Spain has plenty to offer adrenaline junkies seeking an extreme sports thrill, with some of the best offerings in Europe you just need to choose your challenge!

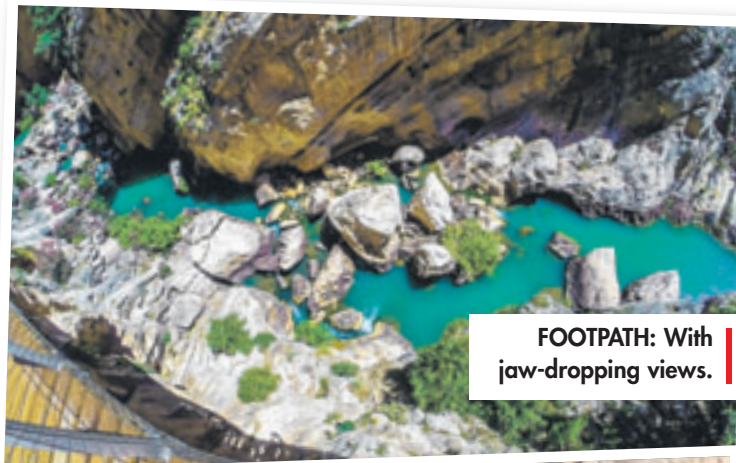
### Are you brave enough?

THE Caminito del Rey in Ardales, Malaga, which has been dubbed the world's most dangerous trail, recently celebrated its second anniversary after reopening to the public following a multi-million Euro investment.

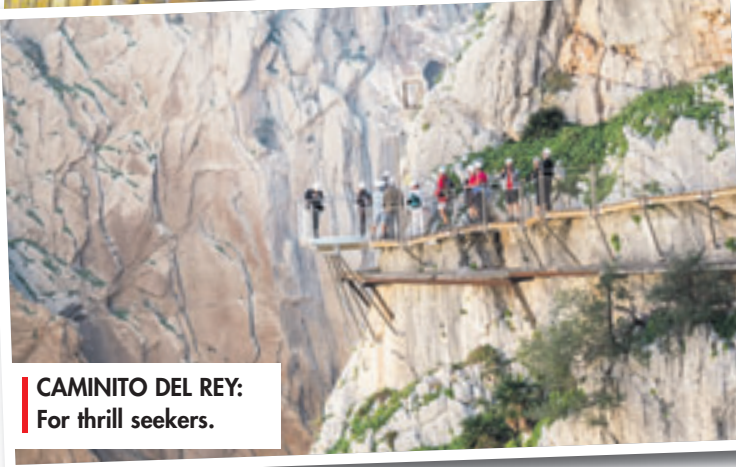
The jaw-dropping footpath which at points rises almost 330ft above the river below, was originally built in 2001 as part of King Alfonso XIII's hydroelectric project to harness the power of three rivers, but swiftly fell into disrepair.

It later became a magnet for extreme climbers, but was closed by authorities after five people plunged to their deaths between 1999 and 2000.

A new walkway with a raft of added safety features opened in 2015 and is now among Spain's most popular tourist attractions, with 600,000 thrill seekers having braved the route.



**FOOTPATH:** With jaw-dropping views.



**CAMINITO DEL REY:** For thrill seekers.

## From air to sea to snow

IN Sanlucar de Guadiana, Huelva, visitors can take a death-defying 720-metre, 80 km/h zip line across the border from Spain to Portugal.

As they cross the Guadiana River they literally fly though time as they gain an hour due to the time zone difference between the countries.

Lying at the extreme southern tip

of Spain, Tarifa is the kite surf capital of Europe with its notorious strong winds. With plenty of kite surf schools and some of the best-qualified instructors on the planet, it is the ideal destination to throw out some tricks.

For a real extreme adventure, head to Baqueira in the Pyrenees Moun-

tains, where a number of heliskiing companies operate.

Spain is one of the few countries in Europe where it is legal to jump out of a helicopter onto off-piste slopes of virgin powder snow, although with dangers including avalanches and tree wells, this is not one for the beginner.

Monday morning in a Javea supermarket. The woman fainted and was taken to Hospital de Denia-MarinaSalud.

The man, stood in front of the woman, is said to have started looking at other items near the checkout when the woman pushed in front of him in the queue.

### Pampered pooches

LA VILA now has three parks for dogs. The first was inaugurated six months ago near the banks of the River Amado-

rio, followed by another in Censal park not long afterwards.

The latest opened recently in La Cala de Villajoyosa, in response to frequent requests from the local population, said Pedro Alemany, Villajoyosa's Environment councillor.

### Fishy catch

MORE than 180 kilos of illegally-caught fish and lobsters were impounded at Altea's habourside fish market.

The fish and shellfish were spotted during a routine inspection by the Guardia Civil's Nature Protection unit, Seprona. The fish included octopus, whiting and monkfish that would have been sold throughout Alicante Province, Seprona stated afterwards.

### Ancient signs

A PRELIMINARY report on the archaeological excavations undertaken at the controversial central market site in Elche reveals evidence of an Islamic settlement from 10 centuries ago.

Reconstruction began last year, but the work has now been put on hold.

## Inspections 'not cherry nice'

ONE HUNDRED cherry growers demonstrated outside the headquarters of the Origin-Protected Regulatory Council in Vall de Gallinera.

The cherry season is at its height and the growers were protesting about constant visits from Work Inspectors, checking that all the hands bringing in and processing the cherries were on contracts.

The inspections were abusive and disproportionate and made them harassed and pursued, complained the growers.

Like the nispero tradition in the Marina Baja, cherry-growing is often a family concern and the situation was especially vexing in view of this year's 'disastrous' campaign, said the president of the ASAJA agricultural union Eladio Aniorte.

They faced the prospect of a 50 per cent reduction in the crop and Aniorte called for a better sense of proportion from the inspectors and asked them to stop hounding the Montaña area. He drew attention to the growers' hard work on behalf of the environment and their maintenance of the ecosystem.

## INSIDE VIEW

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The total number of news and features appearing in last week's Euro Weekly News Costa Blanca North edition, with 66 local stories.



## Kiwi touch down

NEW ZEALAND'S all-conquering All Blacks have another trophy for the cabinet after winning Spain's top sporting prize for being an 'example of racial and cultural integration.'

The world champions bagged this year's Princess of Asturias Award for Sports, and according to a statement "having become an icon of the sport worldwide, the New Zealand team is also considered an example of racial and cultural integration, conveying values of unity, friendship, solidarity and sportsmanship."

## Messi situation

BARCELONA and Argentina football star Lionel Messi has seen his 21-month jail sentence for tax fraud upheld by Spain's Supreme Court.

The five-time world footballer of the year and his father Jorge, who manages his finances, were both convicted last year of defrauding Spain of €4.1 million in a scam involving the star's image rights.

It is unlikely either will serve time, however.

## EU intel share

EUROPEAN Union member states must rack up intelligence sharing to help prevent terrorist attacks like the Manchester atrocity which killed 22 people including children and injured 64.

Spain's Foreign Minister Alfonso Dastis said everyone had to

# Eye on SPAIN

*Around the nation in 7 stories*

## Postcard from Valls



Grilled onions.

THE Catalan city of Valls is famous for its calcots - a type of scallion or green onion - and the tradition of building human towers, known as castells. With a population of 24,285, it is capital of the Alt Camp comarca and lies 69km from Barcelona and 26km from regional capital Tarragona.

The feasting on calcots is known as a Calcotada. The large sweet-flavoured green onion is barbecued and dipped into a special sauce. The traditional meal continues with the onion being served with meat and sausages grilled over the same coals, washed down with locally produced wines.

Calcots are available December to May and people travel from Barcelona to sample the crop. Grown locally, the vegetable has a protected geographical status in the same way as many wines.

Valls is also the birthplace of castells, a tradition of human tower building that has spread across Catalonia. Historically a small tower was made at the end of a traditional dance but because of the rivalry of different groups taking part - known as colles - the constructions became higher and more complicated.

The festival of Sant Joan in June is the start of the human tower season and the first Sunday after Santa Ursula's Day on October 21 in Placa del Blat there is perhaps the most important exhibition of castells.

Valls is the birthplace of composer Robert Gerhard, 1896-1970, and visitors can enjoy exploring an old town and its historic churches, chapels and the Call Jueu, the Jewish ghetto near the gothic church of San Joan.

work together to end "once and for all this wretched scourge."

He said some countries were wary of sharing hard-won secrets; but added they must establish a level of trust to "pool the information we have."

## Fonsi is cool

A SPANISH-LANGUAGE song has topped the US singles charts more than 20 years after the Macarena sensation, with Puerto Rican singer Luis Fonsi's Despacito.

The tune which features Justin Bieber and rapper Daddy Yankee hit number one on the Billboard Hot 100 chart after being watched 1.5 billion times on YouTube.

## Catalan ban

SPAIN'S Prime Minister Mariano Rajoy has accused separatist leaders in Catalonia of "threats and blackmail" over reports they would declare independence unless Madrid agreed to a referendum vote on secession.

The country's leader said the move was "intolerable" and would rupture everything the country stood for as he reacted to an article in *El Pais*.

## White lines

AN Austrian fashion model has been arrested in Ibiza after allegedly crashing a €450,000 vintage Ferrari while high on cocaine before attempting to flee on her boyfriend's private jet.

Elif Aksu, 25, was detained at a private airport after reportedly careering into a lorry while behind the wheel of a Ferrari Dino.

## Birthdays

### • Heidi Klum (44) June 1, Model

A German supermodel who appeared on the cover of Sports Illustrated, the swimsuit issue and became 'Victoria's Secret Angel.' She is also a business-woman, fashion designer, singer, author, actress and TV personality, having appeared as host on America's Got Talent.

• Sergio Aguero (29) June 2, Footballer  
Argentinian professional footballer who joined the National team in 2006, then was signed up to play for Manchester City in 2011 after he scored 74 goals in 175 games, when playing for Atletico Madrid, between 2006 and 2011. He contributed to Argentina winning an Olympic Gold Medal at the 2008 Beijing games.

### • Michelle Keegan (30) June 3, Soap Opera Actress

English actress most well-known for playing the part of Tina McIntyre, in the long-established soap opera, Coronation Street. Before becoming an actress, she worked in a department store then pursued an acting career and has been voted FHM's sexiest woman in the world.

### • Angelina Jolie (42) June 4, Movie Actress

American actress who has won an Academy Award for Best Supporting Actress for her role in *Girl Interrupted* in 1999. She became famous for playing Lara Croft in the *Tomb Raider* and other films include *Maleficent* and *By the Sea*. She is currently better known for her roles as a filmmaker, philanthropist and humanitarian.



### • Liam Neeson (65) June 7, Movie Actor

This actor has had an extremely successful career, receiving so much critical acclaim for his role in *Schindler's List*, that in 2009 he was made a US citizen. Other films include *Taken* and *Star Wars*. Queen Elizabeth II, appointed him an Officer of the Order of the British Empire.

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THE Valencian Community's Upper Court of Justice (TSJCV) suspended the regional Education department's programme for multilingual teaching in state schools.

The TSJCV ruling is a precautionary measure while the tribunal examines the Alicante Province Diputacion's appeal against the new system.

Regional Education chief Vicent Marza intends that classes in state schools will eventually be taught in different combinations of Spanish, Valenciano and English. The scheme is due to start with reception classes in September and should be fully in place by 2020.

Preference clearly goes to Valenciano as schools can choose their level of each language, but those opting for more classes taught in Spanish than Valenciano lose out on English.

"This is a triumph for the Diputacion's defence of the interests and identity of Alicante province," said its president Cesar Sanchez following the court decision.

"Society cannot be built by only focusing on what separates us, but by looking at what unites us and what we have in com-

# Spanish-Valenciano rift is put on hold

mon," he added.

"Nor could this be achieved by attacking the sociological reality that Alicante Province speaks both Spanish and Valenciano," Sanchez continued.

As reported recently in the *Euro Weekly News*, many parents and parents' associations

are now demonstrating against the multilingual programme.

Resistance to the regional government's plans is particularly noticeable in zones where little Valenciano is spoken but exists even where it is more often heard than Spanish.

Many foreign residents feel

that Valenciano is being foisted on them, but Spanish residents feel the same, especially those from outside the region now living and working in the Valencian Community.

Marza has lodged a counter appeal against the suspension. He called for calm, declaring

that he was confident the multilingual teaching system would go ahead as planned in September.

**VICENT MARZA:**  
Confident multilingual programme will go ahead.



Photo by Edicions La Veu del Pais Valencia

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# Fun in the sun Cruise control

SOME lost their luggage while jetting in, but being deprived of their clothes failed to dampen the spirits as UK reality TV stars swooped into Marbella.

TOWIE's Amber Turner caused a stir after sharing an Instagram photo of Celebrity Big Brother star Jamie O'Hara with the caption 'My fwendsss' during her trip, prompting the ex-Premier League footballer's fashion model girlfriend Elizabeth-Jayne Tierney to respond 'Errrrr no. Remove.'

The Essex siren later left little to the imagination as she showed off her tan in a series of revealing bikinis.

Irish model Vogue Williams, 31, put on a leggy display as she attended the launch of La Sala's new project Mahiki Beach. The winner of Bear Grylls: Mission Survive rocked a black mini dress and nude stilettos stepping out in style.

Also attending the event were veteran reality star Callum Best, former TOWIE heartthrob Mark Wright, and Made in Chelsea bombshell Lottie Moss.

While Callum, 36, kept a low profile, 30-year-old Mark was seen chatting to a bevy of women during an afternoon DJ set.

Meanwhile, 19-year-old Lottie sported a series of skimpy bikinis while puffing on cigarettes and sharing a series of selfies.

She had earlier taken to Twitter to complain about British Airways, as she penned: "Just arrived in Marbella and no luggage, such poor service from Gatwick airport."

Former Made In Chelsea star Ashley James was also a victim of the weekend travel chaos, as she shared a titillating snap of herself naked in the bath with friend and fellow DJ Charlotte de Carle.



Mark Wright

HE'S a Hollywood heavyweight who has recently been busy shooting heart-stopping scenes for the sixth Mission: Impossible movie in Paris.

But 54-year-old actor Tom Cruise displayed a more relaxed side as he hit the red carpet at the Mummy premiere in Madrid alongside co-stars Annabelle Wallis and Sofia Boutella.



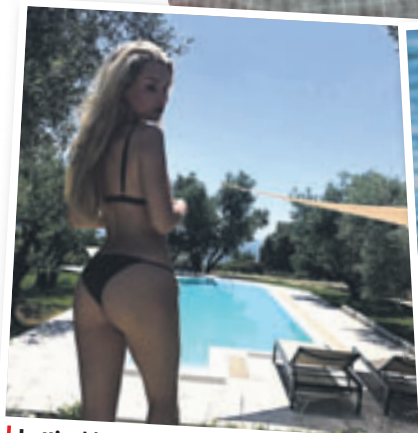
TOM CRUISE: In Madrid.

Sporting a sleek blue suit, the star was all smiles at the first screening of the supernatural horror blockbuster since the London premiere was axed in the wake of the Manchester attack.

He even stretched out a hand to help Annabelle down some steps as she struggled with her long

black and gold gown, before the pair lined up alongside Sofia, who sported a plunging silver number.

The Mummy is a reboot of the 1990s franchise which originally starred Rachel Weisz and Brendan Fraser.



Lottie Moss



Katie McGlynn

## Tangerine dream

SHE became famous for her role as frumpish machinist Sinead Tinker in much-loved ITV soap Coronation Street. But Katie McGlynn, 23, showed her outgoing side as she paraded her curves after slipping into a barely-there orange bikini in Mallorca.

The actress seemed keen to show off her newly slender physique as she splashed in the crystal clear shallows, having suffered a gruelling weight-loss regime earlier this year.

Her on screen boyfriend Daniel recently pushed dad Ken Barlow down the stairs after an argument about her, and the stunner certainly stepped up to the mark as she lost two stone after making changes to her diet and fitness schedule.



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Photo by Joanbarrio

DOCTOR PESET: Teaching hospital in Valencia City.

## Disappearing drugs mystery

ANAESTHETICS and drugs used during operations disappeared for years from the pharmacy of a Valencia City hospital.

The shortfall at the Doctor Peset teaching hospital was so conspicuous that Health department inspectors alerted the Public Prosecution's anti-drug section to the need for an in-depth investigation.

"A considerable quantity of opiates were dispensed without therapeutic justification or a personalised doctor's prescription as required by standard practice," the inspectors reported.

Investigators have now spent months trying to discover who took thousands of doses of fentanyl, pethidine and morphine dispensed for the Anaesthetics and Recovery department and why they were taken.

Over the last few weeks a Valencia City court has been taking statements from those in charge of the hospital departments involved.

According to sources quoted in the national daily *El Mundo* they put the disappearances down to defective record-keeping and labelling.

"A considerable number of documents do not correspond to actual prescriptions," investigators found.

Double prescriptions, missing prescriptions and in some cases prescriptions with very high doses were incorrectly dated, making the mystery still harder to unravel. Many were not administered to patients and added together they exceeded the pharmacy's stock of opiates.

macy's stock of opiates.

One line of enquiry believes there could be a connection between the missing drugs and the death of a hospital doctor. He was under investigation for "drug abuse" and committed suicide in 2014.

Asked to comment by *El Mundo* the hospital said it preferred not to make declarations until the enquiry was over.

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# Inland wells are running dry

By Linda Hall

THE Villena-Benejama aquifers supplying Alto and Medio Vinalopo towns will begin to run dry by 2031.

Some urban areas along the Alicante coast and Marina Baja

municipalities also use this subterranean water but the state of the interconnected and over-exploited wells is no longer worrying but 'alarming.'

Experts from the Central Committee of Vinalopo, L'Alacanti and Marina Baja Users

said that levels at these vital wells would start to descend in 2031. By 2040 they will have fallen so much that they will no longer supply water fit for human consumption or irrigation purposes, they predicted.

Each year their levels drop by 10 metres and although abundant rain and snow last winter provided some respite, the experts dismissed this as "a fleeting mirage."

The Central Committee presented these statistics to the Valencian Community's parliament, Les Cortes, warning the different public administrations involved of the critical situation that will face inland towns unless significant and urgent steps are taken.

"To guarantee the recovery of these wells, it is necessary to stop extracting water for agriculture which consumes huge amounts of water. This could easily be substituted with water from the Júcar," said regional MP David Cerdan.

The politician also suggested a restriction on water extracted for urban use.

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## OUR VIEW

# Don't ignore your vote

THIS year, a number of British councils have been efficient in sending out ballot papers to those abroad eligible to vote in the General Election.

If you are one of those who registered to vote by May 22 as you have not been out of the UK for more than 15 years, then once you have received your ballot paper don't forget about voting.

For many expatriates who expected to be able to vote in the next election - following promises in the Conservative manifesto - this has added to the disappointment of missing out on the Brexit Referendum and now this snap General Election.

If you aren't able to appoint a proxy and wish to vote, there is still time to return your ballot paper since the poll doesn't close until 10pm next Thursday, but you might wish to play safe sending it by registered post.

The Conservative and Labour parties have released their manifestos offering very different social policies but both agree that Brexit should proceed, although they differ on terms of negotiations.

The LibDems are offering a second referendum to allow people to vote on the Brexit agreement while the Scottish Nationalists want to remain in Europe.

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## NEWS EXTRA

### Last minute

CALLOSA'S municipal library has allocated a separate room where students can revise for end-of-year exams. It will open from 9am to 10pm until June 30.

### Short stay

A NEW visitors' book for climbers who reach the top of La Mola in Elda was stolen within 48 hours of being placed there in a metal box.

### New JP

FOLLOWING the death of San Juan's Justice of the Peace, nine people applied for the post. After choosing Carlos Octavio Seva Garcia, the town hall now awaits council ratification.

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**BREXIT PAGE**

By Jack Troughton

BRITISH Consul Sarah-Jane Morris remains "optimistic" Britain and its former European Union partners will quickly strike a deal over expats rights after Brexit.

She was visiting Calpe and told a meeting all parties were "keen" to protect the interests of UK citizens living in Europe and EU citi-

# Optimism for po

zens living in Britain.

"We in both the British government and members of the EU are very keen to get a result on citizens' rights as soon as possible; I am optimistic we will find something out in the next few months," said Mrs Morris.

"They will probably fall out over fishing rights for some years to come but on citizens' rights, everyone is on the same page."

"For European citizens who are not living in their home countries, their rights will be respected; I am confident their position will not change; although we do not know what the final deal will look like yet."

Mrs Morris and Calpe Councillor Carole Saunders were guests of Calpe's Association of Foreign Property Owners; the consul returning to speak about Brexit after last joining AF-

PO in October.

She said the consulate network in Spain would continue to look at numbers of British nationals living in the country, where they were living and what their situation was; feeding information back to the government's Department for Leaving the EU.

"I listen to your concerns, go back and speak to the ambassador; concerns I pick up and the mood on the street, and what specific issues come up, some were flagged up right at the beginning," said Mrs Morris.

And she said there were a number of pressure groups that had launched after last year's referendum aimed at protecting expats' rights in Europe, such as the Madrid-based Eurocitizens and ECREU.

"If you do have concerns, you might want

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Carole  
Saunders (left)  
and Consul  
Sarah-Jane  
Morris.



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# Post-Brexit expats



to look at some of these groups and make sure your local council, certainly the Costa Blanca councils, are aware of what the Brexit implications might be," she added.

Mrs Morris said if people picked up things "on the rumour mill" and were concerned; they should contact the consulate or visit the official 'gov.uk' website.

She said health, pensions, education, and property rights were among the top concerns and would be addressed.

"It is in Spain's interest to get as many Brits to stay here as possible; you are helping keep these local towns afloat; it is in Spain's interest that you don't go anywhere," she said.

And Mrs Morris said the UK's close relationship with Spain dated back to

before Spain became a member of the EU. "I think common sense will prevail, that's just my take but I

would like to think people are in a similar position; people will want to carry on with the current position be-

cause it works very well."

Mrs Saunders said Calpe Mayor Cesar Sanchez was also the president of the provincial government and it was estimated there were between 250,000 and 300,000 British citizens in Alicante.

"Everyone I meet says 'don't worry' we will get it organised," she said. "I think

they know we are important.

"The amount of British people coming on holiday to the Costa Blanca is still rising; there was a boom in house sales in the last year, it has gone down but only because people are doubtful about the future. Please don't worry. They cannot do without us and they know it."

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**Firefighting at Granadella.**



## NEWS EXTRA

### Lights, camera...

PACO SOTO will film his new police comedy film *Rural Cops* in Benitachell. Filming starts in September and the film will feature Ramon Langa, Pablo Pinedo and Javier Bodalo.

### Bad fall

**A 70-YEAR-OLD man who fell two metres from a public road in Benissa was taken to Hospital de Denia-Marina Salud last week, suffering brain damage amongst other injuries.**

### Close call

*A RUSSIAN couple crashed their brand new car into the Manuel Bru de Benissa school last week, just five minutes before students left for the day as they arrived to collect their son.*

### Good news

SCOTT GORDON and Andres Contreras, two of the six Javea cyclists who fell victim to the drunk and drugged driver on the N332 some three weeks ago have now been released from intensive care.



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# Back to nature

AN AID package of almost €400,000 has been pledged to a Marina Alta town hit by a devastating forest fire last September.

The Valencia regional government and the provincial council of Alicante will commit the cash to help recovery of a fragile eco-system and help prevent a repeat of the natural disaster which hit Javea's Granadella.

Javea Town Hall hosted a meeting of local councillors, The Generalitat Valenciana, the Diputacion de Alicante, and a number of advisors to

discuss the recovery of the protected land.

The local authority has already earmarked €200,000 to the rehabilitation of the area; work so far has involved the felling and removal of burnt trees and strengthening of historic terraces to help prevent erosion.

And biologists Jaume Soler and Ignasi Astor remain optimistic about the recovery of the forest because of the quality of the soil and sufficient rainfall; however, they advise against the return to the previous pine woods and the density of the trees.

They hope to see typical Mediterranean species replanted, recreating a unique character and helping guard against a repetition of similar fire sweeping across the area.

Mr Soler said a forest fire on Javea's La Plana September 2014 – the other side of

the municipality – had proved to be a “laboratory” for regeneration and had shown “very positive” recovery.

Valencia has promised around €150,000 to helping the landscape recover, the continued removal of fire debris and preventing harmful erosion through storms and wind.

Alicante will add another €200,000 to help protect the unique urban-forest areas of southern Javea, also taking in Cansalades. A further €42,000 will be spent in areas escaping the fire, thinning out woodland to reduce the density of the trees, encouraging other fauna, and helping prevent a similar disaster.

A series of meetings with residents has also taken place as part of an inclusive fire prevention scheme designed to help protect the countryside and private and public property.



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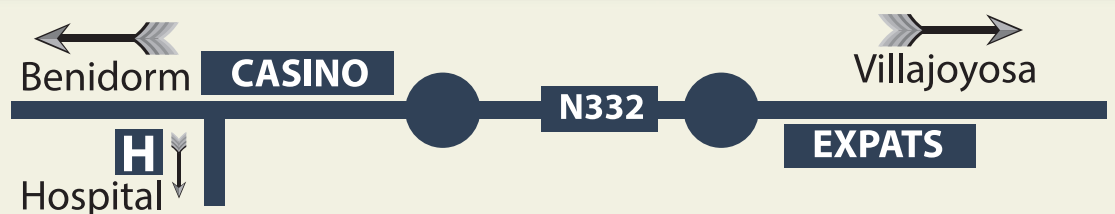
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## Benidorm school tender



**SCHOOL:** Work needs to begin for improvements, as four classrooms have been closed due to cracks.

BENIDORM City Council has released details of a tender, asking interested parties to bid for reconstruction work at the Vasco Nuñez de Balboa school.

The work is to include repairing of cracks which have forced the closure of four classrooms, demolition of an office, and the replacement of wooden flooring in the gymnasium.

In December 2015, the council committed a figure of €300,000 for improvements to be made at the school, but this is the first sign of any work taking place.

Closing date for tender bids is Friday June 3 and the council have set a maximum figure of €34,500 for the completed work.

## A new skyscraper for Benidorm beachfront

A CONSTRUCTION company is planning to build an ambitious frontline tower block, the first one to be built on the Poniente beachfront of La Cala de Benidorm.

Goya Real Estate revealed the plans to opposition members of the city council last week, having already received approval from the ruling PP party.

The company has purchased a plot of land previously belonging to the Gran Hotel Delfin at the end of Poniente beach immediately on the beach.

They are looking for unanimous backing from all parties within the city council before they can submit a design for the construction, as they currently do not even have the authorisation to complete the segregation of the land from the hotel.

They are proposing a single, tall, candle-shaped tower, similar in design to the famous 'W' hotel in Barcelona, with 22 floors, housing around 44 apartments, although plans are subject to changes depending on approval.

They envisage the 140 square metre, luxury apartments will have a price tag in the region of €700,000, in line with the cost of similar homes in the Intiempo and Sunset Drive developments, close by, but further back from the beach.

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# Nearer the bus stop



**SAN JUAN:** Main entrance is now more user-friendly.

THE bus stop at San Juan hospital will return to its original site outside the main entrance within days.

The road in front of the hospital was in such bad condition that drivers and pedestrians were at risk, said the Local Police who recommended closing it until repairs were carried out.

The hospital management complied, spending €120,000 on improving the road while re-locating the bus-stop.

This was moved to the Centro de Transfusiones and complaints have flooded in since the change. The hospital serves not only San Juan but also the L'Alacanti area and patients

and visitors who use the bus to reach the hospital objected that the new stop was particularly inconvenient for those with reduced mobility.

After talks between the hospital management, San Juan Town Hall and the regional government, it was agreed the stop could return to its old site.

All that now remains is to reach agreement with the regional government over who is responsible for the upkeep of the road.

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# Storm over port



**PUERTO BLANCO:** The harbour has been closed for safety reasons.

CALPE Town Hall is demanding to know the future of its second harbour Puerto Blanco; closed more than a year ago by the government.

Calpe councillor Ana Sala has written to the Director General of Ports to ask for information about the future of the marina, closed in February 2016.

The entrance was sealed and the harbour closed for safety reasons after complaints about the general condition of the marina and the deterioration of its sea wall and breakwater; the concession to run the facility

had also expired.

The local authority is concerned that after 12 months it is not aware of any progress towards the beginning of a work programme that would allow the reopening of Puerto Blanco; and believes as time passes the condition of the marina worsens.

And the town hall said the apparent state of "total abandonment" was also concerning local neighbours and the town's residents in general, worried about the affect the condition of Puerto Blanco - which is situated next

to one of Calpe's smaller beaches, was having "on the image" of the community.

The local authority is seeking information regarding the tender for repairs, a start date, and a timetable for the necessary work; and if the government will also offer a new concession to run the port facility.

Calpe complains the closure of Puerto Blanco hit the number of mooring places it was able to offer; especially at a time it was advertising the town as a first class destination for tourism and sports.

## NEWS EXTRA

### Trainee doctors

THE Department of Health of Denia has extended its offering for trainee doctors in 2017 after the 11 training places that were offered in 2016 have increased to 13 training places this year.

### Visit Calpe

THE Department of Tourism of Calpe has launched a campaign aimed at residents in Madrid, Valencia, Murcia and surrounding cities to promote national tourism to the city.

### Poo patrol

AS Pedreguer City Council launches its campaign to encourage pet owners to pick up after their furry friends, plain clothed police officers will patrol the municipality ensuring adherence.

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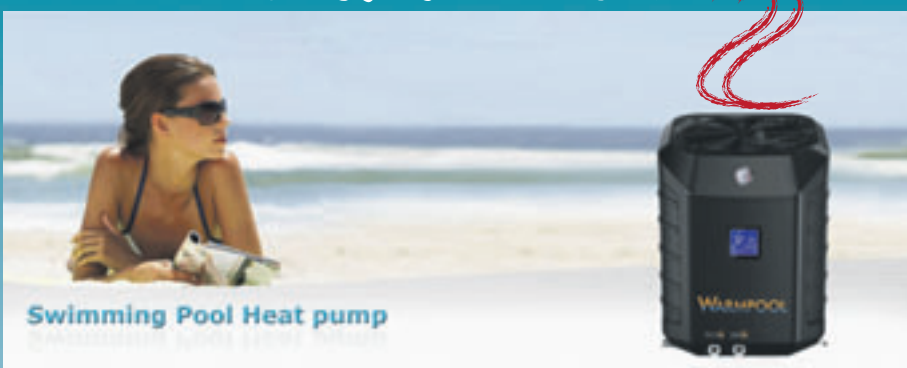
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**WILDLIFE RESERVE:** The Senillar wetland is one of the most precious ecosystems.

## Positive test results for works in the wetland

THE Environmental Protection office began work in the Senillar wetland a few weeks ago now and in correspondence with the continuous study of scientists of Valencia University, they recently tested the possibility of increasing the wetland's water level.

A provisional dam of natural

stones and soil from the Senillar was built, allowing the environmental protection office to test whether the water could be held and the flow reduced to increase the water level.

The test results were positive and work will start soon.

The provisional dam will be removed and pre-fabricated

structures will be used.

The current studies show that a low water level is less damaging and doesn't cause as many alterations of the natural characteristics of the Senillar, as ph levels and conductivity do.

The Senillar wetland is regarded as one of the most precious ecosystems on the Marina Alta coast and has been under protection since 2014 when it was declared as a wildlife reserve by the Environmental Protection office.

### Numbers in the news

**3,500** people in Spain have the HIV virus. An estimated 40 per cent more are undiagnosed.



## IS THERE A WAY TO INVEST SENSIBLY AND SECURELY IN SPAIN?

By Sam Kelly, Managing Partner, Chorus Financial



I see more and more 'guaranteed return' investments offered here in Spain. I always ask myself 2 questions: 1) How are these returns achieved 'risk free' when interest rates are near zero? 2) Why do these companies not include information about how and where they are regulated and exactly who it is guaranteeing these returns, as would be the legal requirement in the UK?

These so called 'guaranteed' returns actually rely on complicated underlying investment scenarios, which often result in capital being tied up for many years, and investors making absolutely no growth on their original deposit.

I'm not denying it can be difficult knowing where to turn to in Spain – out here the products we're used to can create major problems: ISAs are frozen and NOT tax free, UK Bonds offer no tax efficiency (not even the 5% a year your UK IFA may have told you about) and require complicated accountancy at the end of each tax year, as does simply holding stocks and shares.

My advice if you're looking for decent, steady returns, is to turn to global institutions you know and trust, rather than risking your money on promises that sound too good to be true. Two providers who have proved incredibly popular with my clients here in Spain are The Prudential & Old Mutual. These FTSE 100 companies have a combined 40 million clients worldwide and have set up solutions specifically for Expats in Spain.

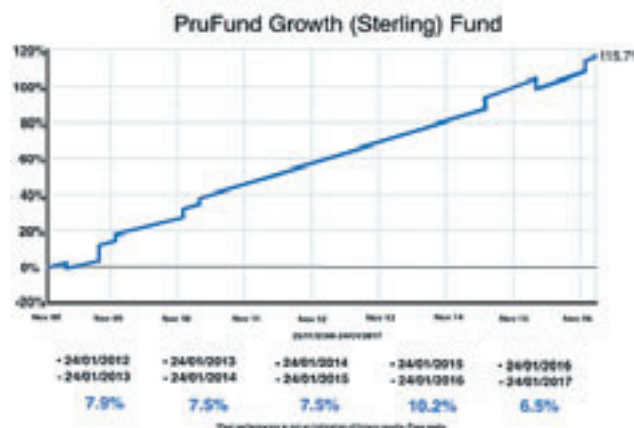
They both offer plans designed for Spanish residents which I like to call our 'Spanish ISA' due to their tax efficiency and no requirement for any complex annual accountancy.

With The Prudential, you can invest in one of the World's oldest, largest and most diversified funds for steady annual returns.

Old Mutual offer a perfect option for those with an existing portfolio they wish to move out of an inappropriate 'UK' bond or ISA, into a product designed for Spanish residents.

If you get the right, properly regulated advice, there really is no need to take aggressive financial risks to get good, long term returns here in Spain.

If you have any questions about these products or their suitability for you then please contact me today on **664 398 702** or email **s.kelly@chorusfinancial.es** to arrange a free consultation.



Investment contracts are intended as medium to long term investments, and all investments have some level of risk. Figures in this article are examples of what can be achieved, and cannot be guaranteed; the value of your investments can go down as well as up. Fees and charges can vary and will be fully explained to you before any advice can take place. This article should not be considered as investment advice or a recommendation of any particular product.

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**NEWS EXTRA****Power savings**

LED lighting in Ibi streets and a new gas generator at the heated municipal pool have cost the town hall €167,673. This will be offset by savings on energy bills.

**What's up?**

ALFAZ can now receive a daily town hall bulletin via WhatsApp. If you add 638 449 840 to contacts and send a WhatsApp with ALTA followed by your name and surname.

**No damage**

A FIRE in an unoccupied apartment in Villajoyosa was controlled within minutes without evacuating the building. It originated on the terrace for reasons that are now being investigated.

**Pedro fans**

ALICANTE Province socialists chose the 22 delegates who will represent them at the PSOE party conference in Madrid. The majority support newly elected secretary general Pedro Sanchez.

**Cut price**

CAMPELLO'S municipal nursery in Villa Marco produces 9,000 plants and hundreds of trees each year. Savings on just 200 nettle trees amounted to around €20,000 each year.

**Fenced in**

SAN JUAN property owners must fence empty plots or face fines of up to €3,000. These areas attract litter, generate bad smells and pose health risks, the town hall said.

# Old bangers are needing replaced

VEHICLES used by San Juan Town Hall's maintenance employees are scratched and dented.

Not only do the municipal vehicles present an unattractive image but almost all municipal vehicles need repairs.

Torn upholstery, non-functioning air-conditioning and visible cables are some

of the problems that the eight-strong maintenance team have to contend with.

The town hall has only one breakdown truck, acquired in 2015, and the two vans and a car now in use need urgent replacements. So far this year, the town hall has spent €5,500 of the €7,000 allocation for vehicle maintenance

while it would cost another €3,000 to repair the unusable car which has been parked for three months.

The opposition party on San Juan Council claimed that the state of the cars was adversely affecting local services and criticised the town's mayor Jaime Albero for lacking foresight.

Maintenance councillor Sergio Agueitos responded that the vehicles were in bad condition when they were inherited from the previous council – now in Opposition – in 2015.

"A lot was spent on showy projects but nothing on upkeep and maintenance," Agueitos said.

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# Mouth swabs to prevent accidents

MUCHAMIEL'S Local Police have undergone specialised training to carry out drugs tests on drivers.

Using specifically-designed mouth swabs, officers will be able to detect the presence of cannabis, cocaine, methamphetamines and LSD. Initial results will later be confirmed by a second saliva sample sent for an analysis to an authorised laboratory.

When drugs are found to be present, the least that drivers can expect is a €1,000 fine and losing six points off their driving licences.

In cases where testing positive involves a criminal offence, this could involve a prison sentence.

The Muchamiel force hopes in this way to put an end to local traffic accidents where drugs have played a part. According to a recent police survey, controls show that drivers who test positive for drugs now double the number of those over the drink-driving limit.

It has also been shown that drugs were present in the bodies of 16 per cent of the drivers who died in road accidents in the last four years.

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# More protection for gender violence victims

CAMPELLO has joined the Vio Gen protection programme for gender violence victims.

This will enable the Local Police to access the Ministry of the Interior's Gender Violence Monitoring System and provide essential help in tackling abuse, said Campello mayor, Benjami Soler.

Vio Gen sets out to analyse and prevent the risks that each of the women faces while following up changes in the circumstances of both the victims and their aggressors.

A total of 363 Spanish municipalities in 14 autonomous communities belong to the programme, including 18 towns and cities in the Valencian Community. Vio Gen was first introduced 10 years ago and

each case is treated individually, explained Jose Antonio Nieto, junior minister at the Ministry of the Interior.

At present the programme is available to almost 40,000 users from public bodies and institutions that include the National Police, Guardia Civil, Spain's Prison Service, Local Police forces, judges, public prosecutors, social services and regional governments' Equality departments.

The system is being constantly updated by incorporating the latest technology, Nieto said. This provides all the bodies involved in Vio Gen to detect the risk factors and markers threatening both victims and their children, while sending out warning signals in real time.



SIGNING UP: Benjami Soler with Jose Antonio Nieto.

Photo by Campello town hall

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# Temporary solution to erosion

DREDGING the mouth of the Club Nautico in Campello has now concluded.

Three thousand cubic metres of sand removed from the marina entrance is now drying out in Clot de l'illot. This will then be used to regenerate

ate Carrerlamar beach and counteract erosion that worsened during the winter storms.

The port, which was badly silted, was in urgent need of dredging as larger craft were having problems getting

through the entrance. When the yacht club suggested regenerating Carrerlamar beach with sand from the marina, the coastal authority Costas rejected the proposal after analyses detected contamination.

More recent analyses showed that the inner harbour sand was still unsuitable, but samples taken from the marina entrance were found to be of optimum quality and safe to use.

Work continues inside the marina but the removed sand and any from the entrance that is not needed for Carrerlamar will be dumped six nautical miles (approximately 11 kilometres) out to sea.

So far there have been none of the bad smells that dredging produced 10 years ago when plans to regenerate the Almadrava beach were abandoned owing to the unbearable stench.



**CARRERLAMAR BEACH:** Sand is constantly shifting.

Both the Generalitat and Campello Town Hall are nevertheless aware that regenerating Carrerlamar beach with the Club Nautico sand is a stopgap solution.

Sea currents and an artificial reef installed in 2003 shift sand from the centre of the beach to the outer wall of the harbour, widening this end of the beach and accumulating sand at the marina entrance.

They must still find a definitive answer, the local and regional governments agree.

## NEWS EXTRA

### Lesson learnt

THE regional government backtracked over plans to charge police officers for Valenciano lessons. The Education department will instead pay for the obligatory courses.

### Peak rescue

A 50-YEAR-OLD Norwegian woman was airlifted from Puig Campana after twisting her ankle while hiking. On landing in Benidorm she was taken by ambulance to Villajoyosa hospital.

### Un-herd of

FARMERS and growers in the Montnegre area near Muchamiel complained that Barbary sheep were ruining their crops. They called on the regional government to allow a cull.

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### Numbers in the news

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## Did you lose money in an off-plan property purchase?

According to the ruling of December 21, 2015 number 733/2015 issued by the Supreme Court, banks have an obligation to respond to the amounts advanced to developers or builders by purchasers of homes that have not been entered into an account Special or endorsed by the promoter.

This is great news for thousands of affected families.....

**However, please be aware of the following:**

- If you paid money to a builder for your off-plan property and won the court case but he has no money...what do you do?
- If you paid money to your builder for your off-plan property, but he did not pay for the insurance ...what do you do?
- Who has an obligation to pay you?  
The bank has an obligation and will almost always be seen as responsible
- Will the bank contest this?  
Yes...almost all cases that go through the courts are contested.
- How can I guarantee a win? Nobody could guarantee a win. Make sure you use a solicitor you can trust and who has experience in winning court cases in claiming back money on off-plan properties.
- Ask for proof of cases that have gone to court and been won, Pellicer & Heredia has won many cases, not just in recent months, but also during the boom years.



If you were affected by this subject it is of the utmost importance that you ask for legal advice. You need to provide your lawyer with all the relevant documentation regarding the payments and the property in order to study the case and start the claim process.

To receive more information about this or any other matter, please do not hesitate to contact our team of specialists.

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#### Advertising feature

## Reclaims for the refund of deposits paid off plan - New success in Almanzora Country Club

IN today's article we would like to remind all the buyers who bought property off plan in Spain, where the developer failed to hand over the property to them; according to Spanish Law 57/68, the banks who hold the bank account of the developer into which the money was paid, are liable to refund the money to the buyers, if the money was not guaranteed by means of an insurance policy or a bank guarantee.

In accordance with the law 57/68 regarding the bank that prepared the account into which the purchaser paid their deposit; they should have taken the responsibility of making sure that the developer had secured in place, the guarantees for the money. If these measures have not taken place, then the bank is liable for the damages caused to the purchaser, regarding the monies that were paid, including the cost of legal interest.

**It is better to claim before the 1st of January 2018**

As per the Law 20/2015 that came into effect on the 1/1/2016, the new deadline to claim for this kind of legal action is two years. This probably does not apply to contracts and money paid before 2016, as per the Legal Principle and general

rule of non-retroactivity of the laws, foreseen in the Spanish Legal System.

In any case, if you or someone you know have lost the money in a purchase of an off plan property in Spain, our advice is to claim if possible before 1/1/2018, two years after the legal changes came into effect.

**What are the cases where it could be more difficult to get the money back?**

Although now the court precedents and interpretation of the law 57/68 is clear, this does not mean that all court cases will be won, as there are some cases, where it could be more difficult to get the money back, for example when:

- the purchaser is not a consumer: ie is a company or an individual speculating.
- when it is not possible for the bank to know that the money paid, was part of an off plan purchase in some particular cases.
- when the money paid to the developer was in cash.

In these and other cases, the case must be studied with more detail and the claim presented more carefully.

**Huma Mediterraneo ( Almanzora Country Club) New Success**

We want to share more good news for

those that were affected in the complex of the Almanzora Country Club, promoted by Huma Mediterraneo, for whom this law firm has represented in court, and has recently obtained the following judicial decisions:

The court decision from the first instance court number two of Totana, number 52/2017, granted on April 24 2017; accepted 100 per cent of our claim petition, and asked the bank to pay to Mr P €68,477, plus €16 for legal interest, from when the money was paid, plus the legal costs of the court case.

Also, in previous court cases that were won, there have been payments made by the bank, that amount to €98,012, paid to Mr and Mrs F, and €89,519.62 to Mr W.

**Contact us and we will help you.**

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

**Carlos Baos, Abogado / Lawyer**  
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Company Director,  
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Spanish Inheritance Tax can be a very misleading subject due to the varying advice and “solutions” spoken and written about in Spain. Wincham have been providing professional, friendly and informative advice to our clients to successfully and legally protect their loved ones from the gigantic burden that is Spanish Inheritance Tax.

The Wincham solution to Spanish IHT is for the owner/s to invest or purchase their future Spanish property into a UK Limited Company that Wincham can supply. Wincham are the market leaders in helping Clients purchase and own Spanish property within a UK Limited Company structure and manage over 500 UK Companies that own Spanish property. Other benefits include:

- Saving of Spanish Property Purchase Tax (6-10%)
- Spanish Inheritance and Wealth Tax Savings
- No Spanish Will/Spanish Probate required
- Reductions of Capital Gains Tax
- No Off-Shore Company Tax

The Wincham team consists of qualified Lawyers, Tax Consultants, Chartered Accountants, Gestores (Qualified Legal assistants) and Economistas. Whatever your requirements, Wincham are here to expertly and efficiently supply you with the best advice and service on all Spanish property matters. We recognise that every customer property requirement is different and this is why our experienced team listen carefully so that we can deliver an excellent and precise bespoke service to help generate the results you wish to achieve. Other Wincham services include:

- UK and Spanish Probate
- Estate Agents
- Property Legal Advice and Conveyancing
- Accountancy & Tax Services
- Off the Shelf Corporate Solutions
- UK Buy to Let Property Advice

Wincham are delighted to announce that during the month of June we will be hosting our “Tea on the Terrace” events in Calpe, Altea, and Javea. Offering complimentary one to one appointments with our consultants, giving you the opportunity to discuss your individual circumstances regarding your Spanish property.

Appointments are available between 10am and 5pm

#### Venue

Diamante Beach Hotel, Calpe  
SH Hotel Villa Gadea, Altea  
Parador de Jávea, Javea

#### Date

Thursday 8th June 2017  
Friday 9th June 2017  
Saturday 10th June 2017

For details of the “Tea on the Terrace” events please call Wincham on **0034 965 830 991** or **0044 (0) 1260 299 700**.

For more information about UK Limited Company off the shelf solutions including Purchase Tax savings of 6-10% on re-sale property, please go to [www.winchamukcompany.com](http://www.winchamukcompany.com)

Alternatively please visit [www.winchamiht.com](http://www.winchamiht.com) to make your appointment with one of our Tax Consultants where you will be provided with a complimentary Spanish Inheritance Tax Illustration.

If Wincham International can assist with any other matters including Legal, Accountancy, Probate, Buying or Selling, then please complete the enquiry form to make an appointment at [www.wincham.com](http://www.wincham.com)



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**Book an appointment today to meet with one of our Consultants at our “Tea on the Terrace” events in June.**



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## What is public liability in regard to home insurance?

If someone slips or falls and suffers an injury whilst on your property, they could make a claim against you for damages. Public liability insurance will cover you against these types of potential third party claims. Here are some examples so you can better understand the risks involved if you fail to protect yourself against third party liability, also known as public liability.

### TYPES OF THIRD PARTY OR PUBLIC LIABILITY

If you own a swimming pool, paddle court or if you are renting out your property as a holiday home, anyone visiting your property could potentially make a claim against you for injury if they hurt themselves. You could be held liable even if it was their fault entirely. This also includes tradesmen entering your property in order to maintain it, such as gardeners, electricians, and swimming pool or boiler maintenance. Public liability insurance will cover you against any potential third party claim resulting from an injury happening on your property. You will need to check which types of third party cover you require for your property and take out a specific policy to cover, for example, medical claims or negligence.

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### CAUSED TO THIRD PARTY PROPERTY

Should the structure of your property cause any material damage to another property (through explosion, water, or fire damage), you will be held responsible for any costly repairs. To avoid having to foot the repair bill you must take out a home insurance with public liability.

### WHAT DOES PUBLIC LIABILITY INSURANCE COVER?

Should a third party injure themselves on your property, they could make a claim against you for medical costs to cover their treatment. This can be expensive, especially if they have private medical insurance. You may also have to pay for any legal costs incurred should the claim require legal representation or court settlement.

*Línea Directa can provide you with advice on how to check how much public liability insurance you currently have and provide you with options on how to adequately cover yourself and your family.*

*We hope the information provided in this article is of interest.*

*If you would like to contact Línea Directa please call 902 123 309  
More information about Línea Directa online at [www.lineadirecta.com](http://www.lineadirecta.com)*







JAVEA ART: Marc Meyer gave a talk on the artist, Joaquin Sorolla.

## Anglo-Spanish group talk art

ON Monday May 22 members and guests of the Anglo-Spanish Association met at the Parador in Javea for their bi-monthly meeting.

This month the guest speaker was Marc Meyer. Originally from Antwerp in Belgium, Marc is a Javea-based artist who paints in the style of Joaquin Sorolla.

Marc gave the group a fascinating talk on the life and work of Sorolla and especially of the time Sorolla spent in Javea, where he found the diffusion of the light particularly

conducive to his style of painting.

Following Marc's talk and questions from the audience, everyone decamped to the nearby restaurant Amarre 152 where they enjoyed an excellent dinner.

The Anglo-Spanish Association meets bi-monthly throughout the year, usually for talks on subjects of local interest followed by dinner at a Javea restaurant. New members are always welcomed.

For more information, please see the webpage: [www.anglospanish.org](http://www.anglospanish.org).

## Quarter of a century for market

ON Saturday June 3 Jalon will celebrate 25 years of the Rastro market and four years of the Mercat de la Terra. At around 11am the Banda Juvenil will play, marching from the Farmers' Market to the Rastro and back.

“

Rastro market started out with only 14 stalls.

The Rastro was started 25 years ago by Monika Buchholz, with only 14 stalls, but has now become a tourist attraction that reaches far beyond the limits of the county.

Every Saturday morning it attracts thousands of visitors and collectors who hope to find a treasure or souvenir from more than 250 stalls along the Jalon river bed.



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**CONCERT:** The choir being conducted by Aileen.

## HELP thanks Valley Voices for the music

A SELL-OUT concert featuring the hits of pop sensations Abba was a winner for Jalon Valley HELP, raising €650.

Such was the popularity of Valley Voices Sing Abba for Jalon Valley HELP; the tickets were snapped up even before the show was advertised.

The evening at Pepe's Restaurant in Al-

calali was attended by an audience of 82, enthusiastically welcoming the choir conducted by Aileen Lightfoot and accompanied on the piano by Kirsty Glen.

Valley Voices sang all the well-known hits including *Knowing Me Knowing You*, *Dancing Queen*, *Fernando*, *Winner Takes it All* and concluded with a rousing rendi-

tion of *Thank You for the Music*.

Everyone enjoyed the restaurant's three-course meal and the hard work of the choir for an outstanding performance.

The next Jalon Valley HELP event is the 25th Anniversary Celebration Party at Salón Canor, Teulada on June 9. Find details on the JVH Facebook page and website.

## Make A Smile receive €3,000 for Emaus

AN Open Day was held last Sunday and 25 members of the Original Charity Shop and Library took the opportunity to visit the Self Sufficiency Project in Relleu.

Tony Grande and the Make a Smile team were pleased to welcome us and we were given lots of information on how the project works to help feed the children. On a tour of the farm we saw some of the 200 chickens and lots of other animals before visiting the huge greenhouses where they grow all kinds of plants.

They also have about 1,000 olive trees and make their own olive oil. We had the opportunity to buy from a large selection of home grown products such as vegetables, garden plants, olive oil and eggs. This was followed by a delicious lunch of salad, a choice of fish, meat or vegetarian Paella and a home-made flan.



**OPEN DAY:** Smiles at cheque to help keep children fed.

President Georgie Harvey presented a delighted Tony Grande with a cheque for a further €3,000 (Girl Power team had already raised €3,100).

However much more is needed to cover running costs and help keep the children fed. Please see [www.makeasmile.es](http://www.makeasmile.es) for more details about the Relleu projects and the Open

Days. You can also sponsor and name a chicken or sponsor an olive tree! Please help Make a Smile and make a difference to these children's lives!

The Original Charity Shop is situated on Avenida Fontana 14, the Library is in Javea Park. It is open Monday to Saturday from 10am to 1pm. See also [www.charityshoplibrary.com](http://www.charityshoplibrary.com).

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**ALBUFERA:** A vast freshwater lagoon and nature reserve.

## U3A Oliva visits Albufera

FORTY members of Oliva U3A had a memorable day visiting the Albufera, a vast freshwater lagoon and nature reserve near Valencia, where the rice paddies stretch as far as the eye can see.

After a visit to a traditional fisherman's hut, made of clay and reeds, they enjoyed a long boat trip around the lagoon,

admiring the scenery and the bird life, followed by lunch. Tourism is becoming increasingly important in this region and they had a choice of many excellent restaurants.

After lunch they moved on to Cuenca to visit a chocolate factory, a family business based in a beautiful town-house, where chocolate is still

being made from original recipes from the 19th century.

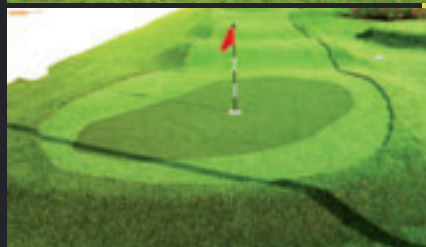
A tour of the factory and a history of chocolate making were enhanced by many samples, and the opportunity to buy a variety of products. It was encouraging to learn that chocolate is really very good for you, providing it is at least 70 per cent cocoa.

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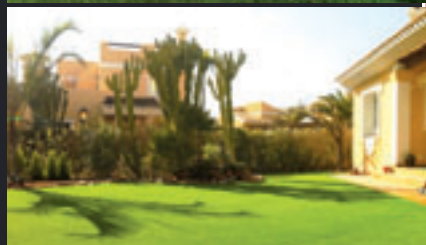
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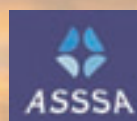
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## Grant a Wish host a night of 80's music

CHILDRENS' Charity Grant a Wish is to hold a fundraising evening at Moo Steakhouse Bar and Grill on Avenida Arenal in Javea on June 3 from 7.30pm.

Featuring live music from 80's cover band Back to the Future, all of the profits will go to charity.

A full menu will be available, and it is recommended to book in advance. Call 966 937 524 for more information.

MEMBERS of the wine tasting groups of U3A Vall del Pop and U3A Moriara set off on a wine tasting trip to the Bodegas Cerda, in Hondon de las Nieves, near Elche.

A total of 29 people representing the two associations keenly anticipated tasting a selection of wines on offer and learning how the family business was run.

Bodegas Cerda was founded in 1885 and has two bodegas in the village; the one U3A were visiting produces the premium wines and the other the standard house wines.

The guide for the tour of the museum, the wine production facilities and for the wine tasting was Carolina Cerda, the great granddaughter of the

# Grape expectations



BODEGAS CERDA: Members enjoy wine tasting.

founder.

Grapes for the red wines are grown locally and the vines pruned to maximise the sugar content and minimise the water, by experienced Spanish work-

ers who control the growth to produce some 2-3kg of grapes to each low growing vine.

The grapes are picked in September and October, with the wines then stored in French

or American oak or cherry wood barrels before bottling and corking, with corks coming from Northern Spain.

However, the grapes used for their white wines are grown in the Toledo where the climate is wetter.

Four excellent wines were tasted, two white, a Chardonnay 2016 and an Albarino, and two reds, a Tempranillo and a Monastrell. The tasting was completed with a dessert wine, Pedro Ximenez, another excellent choice.

For further information about U3A Vall del Pop, visit <http://u3avallpop.com>.

## Coffee, cake and more...

THE El Campello Christian Community will be hosting an event on Saturday June 10 at 11.00am. Visitors attending will pay only €3 a ticket, for coffee, cake and pastries.

The proceeds from the event will be donated to Tearfund, which is an international organisation working in different countries of the world that help to release people from extreme poverty. Tearfund also intervenes when disasters hit and works in many places trying to prevent the trafficking of children.

The event will take place at 35 San Bartolomé (next door to Mercadona). Contact Sue on 693 048 200 or by email [campellocc@gmail.com](mailto:campellocc@gmail.com) for the tickets. Find more information on website [www.elcampellochristiancommunity.org](http://www.elcampellochristiancommunity.org) or more information about Tearfund on their website [www.tearfund.org](http://www.tearfund.org).

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## Concert by Music Unlimited

## Choir sings from cave



**SINGERS:** Good friends and music.

FOUNDED in April 2012 by its Musical Director Joanna Baldwin, 'Music Unlimited' is a small but carefully selected group of singers who meet on Saturday mornings to learn and sing beautiful music, which they then share with others through concerts, special events and celebrations.

As their name suggests, their repertoire is extremely varied and ranges from 15th and 16th century polyphony, motets and madrigals, through sacred anthems, folk music, spirituals and close harmony, to modern pop songs.

The singers, now firm friends who enjoy sharing each other's company as well as making music together, would like to feel that no song or style of music should be

overlooked or excluded.

They have given numerous concerts in a range of churches including Rafol d'Almunia, Alcalali, Pedreguer and the churches of La Vall de Laguar, (the Musical Director's home turf), and have also sung at weddings, first communions and other special events, such as the Pedreguer Organ Festival.

On Saturday June 17 at 7pm, the choir will present a short concert, 'More Champagne for the Soul,' in the Ermita del Popul. This beautiful little church is located at the KM4 marker on the Javea to Jesus Pobre road, CV-735. The programme will include a variety of musical styles and the concert will be followed by a cava and canapés reception al fresco.

A donation of €10 will reserve a seat for this special event and all proceeds will go to support the work of the Anglican Chaplaincy on the Costa Blanca.

For reservations and information, please contact Gill Atkinson on 965 757 489. For more information on the Costa Blanca Chaplaincy, go to website [www.costablanca-anglicanchaplaincy.org](http://www.costablanca-anglicanchaplaincy.org).

THE popular Costa Blanca Male Voice Choir is holding a concert at the Cueva de las Calaveras in Benidoleig on June 30. The audience will be seated in the open air on what is hoped will be a lovely, warm evening, whilst the choir will sing in the wonderfully acoustic entrance to this historic cave.

The choir's Marketing and Publicity Officer, Vernon Pearce, who lives in nearby Orba said, "We are very excited about experiencing the acoustics of the cave and looking forward to bringing our popular songs to a new audience from the Orba valley and surrounding area."

"We are also dedicating the concert to the memory of one of our choir members, Terry Setford, who sadly passed away earlier this year. We are very grateful to Paco, manager of the Cueva de las Calaveras, and to the Benidoleig Council for helping us to arrange this unique concert."

Tickets for the concert, which starts at 8.00pm, are €10 and proceeds will be donated to the



**ENTRANCE:** The entrance of the Cueva de las Calaveras.

locally-based, single-parent charity Guardian Angels and Proteccion Civil, Benidoleig. For reservations, please call 965 744 577 or email [cbmalevoicechoir@gmail.com](mailto:cbmalevoicechoir@gmail.com). Early booking is recommended, as seating

space, which will be in the open air, is limited. The El Cid Restaurant, near the cave, will be open between 6.00pm-10.00pm, but reservations are essential - tel. 966 404 560 or email [elcidspain@gmail.com](mailto:elcidspain@gmail.com).



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AFTER the outstanding success of the Melody Makers' International Andrew Lloyd Webber concerts in January the prestigious choir has another excellent concert scheduled for Saturday June 24.

The concert will pay tribute to some of the all-time best loved musicals that have graced the London and international stages.

The music from Les Misérables, My Fair Lady, Oliver, and West Side Story have provided some really great all-time favourite songs and the MMI choir under the baton of Nigel Hopkins will perform some great arrangements.

Nigel always manages to get the very best performances out of all the choir members. The choir is also very fortunate to have a number of truly talented

**CHOIR:** Professionals.

soloists, some of who are making a big name for themselves as professional performers. The Sound of Musicals concert promises to be even better than the Andrew Lloyd Webber concert.

Melody Makers International concerts are always accompanied by a live band.

Matthew Hopkins and two other members of the band fly from the UK to accompany the choir, adding that something

special to the MMI concert.

Matthew is Director of Music at Nottingham Trent University and has established a national and international reputation as a choral and orchestral conductor, with many acclaimed performances across the UK and Europe.

He has directed choral performances at some of the finest venues in Europe, including St. Thomas in Leipzig, Barcelona Cathedral, Montserrat Abbey

in Spain, Lichfield Cathedral, Amsterdam Cathedral, Symphony Hall Birmingham and the Nieuwe Kerk in Delft.

The concert will take place at the Orihuela Costa Resort on Saturday June 24, at 2pm and 8pm. Tickets are available from La Ponderosa Gift Shop at La Zenia, the Card Place at Punta Prima and Benimar, also members of the choir. The concert supports Orihuela Costa Community Care Charity.

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# ALFAZ DEL PI / ALBIR **NEWS**

## Cabbies driven crazy

ALFAZ will ask the Generalitat to be excluded from the Marina Baja's joint taxi platform.

"From the outset it objected to the scheme when this was created in July 2012," said the town hall spokesman Toni Such. Mayor Vicente Arques suggested at the time that plans should be put on hold until Benidorm also belonged to the service.

"The platform was created without the consent of Alfaz's taxi drivers who have repeatedly expressed opposition to the scheme," Such continued.

"This was the regional government's responsibility and from the outset we have passed on the sector's opposition and asked successive administrations for the town to be excluded."

The Generalitat's latest response to Alfaz came from its Transport department last March, stating that at present there were no plans to modify the Marina Baja joint service.

"Should the regional government turn down this latest request, the council will then authorise the town hall to start legal proceedings to protect municipal interests," Such added.

## Recycling is made easier

ALBIR has new recycling points on Bulevar dels Musics near the Paseo de las Estrellas on the beach.

The three containers for paper and cardboard, glass and plastic are now in place as the town hall continues to promote its policy of recycling and selective rubbish collection.

The town hall intends to create 10 recycling points in both Albir and Alfaz, announced Technical Services councillor Oscar Perez. Ten existing points will receive

additional containers, delivered recently, thanks to the increase in the town's recycling figures. This brings a total of 20 points for light containers and 10 for paper.

"It is not only the environment that benefits from recycling," Perez said recently. "Recycling rubbish also has a positive effect on the local economy," the councillor explained. "The town hall must pay for each kilo of rubbish that the population produces but at the same time it re-



Photo by Alfaz town hall

**RECYCLING:** Oscar Perez with rubbish-collection chiefs.

ceives payment for each kilo that is recycled."

The amount of recycled glass and plastic containers increased by 10 per cent last year, while paper and cardboard collection rose by 5.5 per cent, Perez announced.

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## Sweet antidote to bitter experiences

PAQUI GOMEZ, vice-president of Sweetie, recently met Alfaz mayor Vicente Arques, to keep him informed about the association's forthcoming programme.

Collectives councillor Marisa Cortes was also present at the working meeting as Gomez explained the association's principal objective of protecting minors from physical, sexual or psychological abuse.

Sweetie is working to ensure that the European Union project, La Regla de Kiko (Kiko's rule), is introduced to all Valencian Community schools. This simple guide helps parents and teachers explain to their children what constitutes sexual abuse, how to react to it and where to seek help should it occur.

The EU project, which has already been adopted by Benidorm schools, spurred the creation Sweetie Gomez explained. "The project now based in Alfaz, is widening its radius of action and will also organise workshops for parents and teachers," she said.

## Fire quickly doused

THE municipal Social Centre in Albir was evacuated after fire broke out there.

The building was filled with thick smoke after a deep-fat fryer burst into flames in the Centre's cafeteria shortly before 9.30am.

Workers and members of the public who

were present were evacuated as three fire brigade vehicles that were called to the scene fought the blaze.

There were no casualties and the fire was extinguished within 45 minutes, the Provincial Consortium of Fire Brigades later confirmed.

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## Teulada-Moraira extends toiletry collection for people in need

AS Teulada-Moraira continues in its celebrations of European Day, the municipality has extended its collection of toiletries for the Red Cross for people in need.

Anyone wishing to donate toiletries can visit the town hall in Teulada, the Espai La Senieta in Moraira or the Red Cross offices in Teulada any time before Friday June 9.

The President of the Red Cross, Pau Buigues, expresses his greatest thanks to the members of the Lions club who have already donated €200 worth of toiletries to the campaign.

## Freemasons are right to celebrate Ladies Night

ON Saturday May 25, the local Freemasons from Arenal Deportiva Lodge No 65 celebrated their annual Ladies Night in style at Satari's restaurant in Moraira.

Arriving for a cava and canape reception, at 7.15pm, almost 70 Masons, ladies and guests arrived to a glorious summer evening and chatted among the flowers and bougainvilleas of the restaurant.

At 8.00pm they entered the restaurant and enjoyed a

four-course meal, prepared by the owner, Abi Satari, which included a wide selection of well-prepared cooked food, including a delicious starter consisting of Persian specialities.

During the meal, the guests were entertained with music by the internationally renowned, and always popular, Ian Henry who played a wide variety of tunes on the piano and sang beautifully.

Later, after dinner, many of the guests danced to more

music and thoroughly enjoyed themselves. There were gifts and flowers for all of the Ladies as a small thank you for all the support they have given over the past year.

The President of the Festival, WBro Bob Bullingham and his lovely wife Avril hosted the evening. This was a great chance for Bob and all the Masons of the Lodge to relax after a hard year's work. This is Bob's last formal



**PRESIDENT: WBro Bob Bullingham and his wife Avril hosted the evening.**

event as Master of the Lodge as very soon at the beginning of June he will be installing his successor, WBro Ian Brown to take his place.

A great evening was had by all and judging by the comments made, it was a great success. Many thanks to all involved in organising the event.



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# The real wild ones

FREE spirits Rose Oldham and daughter Dee Hamilton enjoyed a two-hour tour of the Marina Alta, each perched on the pillion of a powerful Harley Davidson motorcycle.

Rose, 83, and Dee, 58, from Moraira, could have visited the weekly market, chilled out on the beach, or hung out by the pool at home; instead they took up an invitation to be the guests of the Free Spirits Harley Davidson Enthusiasts Club and go for a spin.

Both enjoyed a taste of life in the fast lane, touring the countryside and getting a



**ROSE AND DEE:** Ladies that love to be heading along the highway on a Harley Davidson.

very different view of the sights.

Pictured at a stop for coffee at the cave of Benidoleig are

(from left) Peter Emmett, Rose, Dee, and Nigel Webb.

The Free Spirits group was launched two years ago by

Harley owners living in the area. For more information about the group, contact Barry Haylor at [freespiritshd@gmail.com](mailto:freespiritshd@gmail.com).

## The Masonic Home of Valencia Association's €5,000 gift to Emaus



**MEMBERS:** Presenting the charity with a cheque.

ON Thursday May 25, The Masonic Home of Valencia Association presented a cheque for €5,000 to the Children of Emaus charity fund outside their Charity Shop in Moraira. The presentation was made by the Treasurer of the Association, Hugh Parker, to Carole Saunders the Emaus representative.

Also present were Kath Taylor, the hard-working manager of the shop, and Brian Imber, the Vice President of the Masonic Homes of Valencia Association plus several of the shop volunteers. These good folk put in a lot of time, and hard work, staffing the shop and helping in many ways to raise money for such worthy causes.

Next Wednesday another presentation will take place at El Cid Car Park in Benidoleig of a second specially adapted four wheel drive vehicle for the Proteccion Civil.

For information on donations and of the work done by Freemasons in this area please contact the email address [prensa@glpvalencia.com](mailto:prensa@glpvalencia.com).

## It's time for tapas

TRADE COUNCILLORS of Teulada-Moraira, Benissa and Calpe presented last week the second edition of the annual tapas event '#BCTM.'

A total of 39 establishments throughout the three municipalities will take part in the event, which will see a 'tapas route' created, with bars and restaurants offering their specialities for only €2.

The event aims to publicise the gastronomic offering of the three municipalities and boost the hospitality industry.

In Teulada-Moraira, the route will be held from June 23 to July 7 and Nieves Rodriguez, Teulada-Moraira's Mayor of Commerce invites the whole region to participate, highlighting the 'importance of municipalities joining forces' at the presentation.

For more information and a list of establishments taking part in the event, please contact the Tourist Offices in Teulada-Moraira, Benissa or Calpe.

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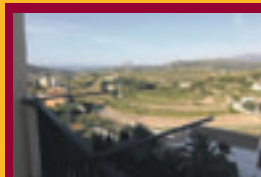
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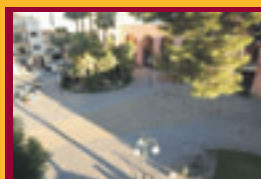
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## Javea U3A May Ball

MORE than 200 partygoers enjoyed Javea U3A's big annual May Ball, held at Salon Canor in Teulada last Thursday.

The most prestigious event of the association's calendar was organised by events coordinator Shirley King assisted by her band of willing helpers.

Guests were treated to a cava and canapes reception in the attractive sunny gardens before moving inside for a slap-up meal. This was followed by dancing to live music by Buddy Holly tribute

band Woody and the Peckers as well as popular local singer Matt Curtis.

The event proved a massive success, many agreeing it was one of the best Javea U3A balls they had attended, and it was also a big fundraiser, with a grand total of over €1,000 being collected for Make A Smile, the organisation's charity of the year.

U3A president Eric Atkins welcomed members to the ball and handed out thank-you gifts to organiser Shirley and her team.

The next event is a Hog



Roast at Quo Vadis in Javea on Thursday July 6.

For full details of this and other events, as well as details of group activities and trips, visit [www.u3ajavea.org](http://www.u3ajavea.org).

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## success



Photo by Ian Rogerson/Javea U3A

**GUESTS at the reception in the gardens of El Canor.**



**CHEQUE:** For €1,765 was given to local dog shelter.

## APASA do charity proud

FOLLOWING a recent charity golf match, APASA were delighted to present Javea dog shelter with a cheque worth €1,765.

APASA is grateful to the following sponsors: Kosta, Maxim and Sataris restaurants, Inn on the Green, Trosset garden centre, Simply Beautiful. Graeme Loughlin and all the other numerous, generous helpers.

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# Going al fresco



**BBQ: Not a morsel was left.**

MEMBERS of the congregation of Ermita del Popul Church, Javea, together with friends and members of other churches within the Costa Blanca Anglican Chaplaincy, gathered together for an 'al fresco' BBQ.

The weather was absolutely wonderful; as was the meal at the home of Andrew and Judi Ramsay.

The chefs, Andrew Ramsay and Mike Harvey, prepared a delightful assortment of meat and members of the Ermita Church helped in the preparation and presentation of the salads and desserts; not a morsel was wasted, with the odd 'doggy-bag' being given to members as they left.

A big vote of thanks was afforded to all

who helped in such a successful event for the church, including barman, Terry Ewers, former warden of Gandia Church, who made sure that glasses were kept replenished.

As usual with church events such as this there was a cava draw and raffle, the proceeds of which, together with the profits from the meal, came to €550 for church funds. Grateful thanks were extended to Andrew and Judi for their hospitality.

Anyone who would like more information on the Costa Blanca Anglican Chaplaincy, and its seven churches should visit [www.costablancachaplaincy.org](http://www.costablancachaplaincy.org) and a warm welcome is extended at all services.


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# Javea Masons' summer bash

ON Sunday May 28 at Casa de la Pizza in Costa Nova local Freemasons Lodge Puerto de Xabia held their summer party.

This was a great chance to let their hair down after a long year of work and fund-raising to raise money for worthwhile causes.

More than 40 Masons along with wives and guests assembled to enjoy a great afternoon with friends, including a quiz, raffle and a fantastic BBQ. Entertainment was by popular local singer 'Irish Des.'

Des has played at several of these events and is becoming more and more popular. He has a great repertoire of songs ranging from pop, 60's, country and Irish songs if requested.



**SUMMER PARTY:** A great afternoon with friends.

A quiz was held which everyone seemed to think was pretty difficult, especially as there were two different question papers handed out!

However, order finally broke out and everyone enjoyed it, especially the winners.

There was also a charity raffle with several prizes.

This raised €220 which will be added to other money raised throughout the year and distributed to local charities at a later date.

Worshipful Master Nick Coates thanked everyone for taking part in the quiz.

He said: "It is always nice to be able to give away money and this is one of the best parts of the job."

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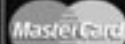
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# Nocturnal rhythms



**MUSICAL REVUE:** Will include many well-known classics from famous shows.

SOUNDS FAMILIAR are happy to announce that another night has been added to their show Music of the Night. They will be performing their musical theatre revue at the Auditori Municipal in Ondara on Friday July 7 and also at the Centre Polivalent in Murla on Friday July 14.

The evening will include many well-known classics from shows such as the

King & I, Fiddler on the Roof, Jesus Christ Superstar and Oliver to name just a few. With a wide range of musical theatre styles and shows in the programme there is sure to be something for everyone, whether you like the melodrama of the Phantom of the Opera or the lighter tone of the Sound of Music.

A portion of the ticket sales from each show will

be donated to charity. The Ondara performance will help to raise money for the Costa Blanca Anglican Chaplaincy, and the Murla show will raise funds for Jalon Valley Help. Both shows start at 8pm with the doors opening at 7.30pm.

Tickets are priced at €12 and are available on 96 558 1483, or online at [www.philipashley.com/boxoffice.php](http://www.philipashley.com/boxoffice.php).

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## The big disruption

DIETRICH is the German friend of Chris and Nikki. They have invited him to stay with them for a short holiday and Chris is meeting him off his plane and that is the cause of the big disruption where Dietrich finds himself becoming 'a pain in the behind' through absolutely no fault of his own.

The fault is the complete inability of the two ladies to communicate with one another and a contraption of the 1980s called an answerphone. In spite of a truly heroic effort to rescue poor Dietrich, Nikki's mother only succeeds in making the big disruption bigger.

If you are sitting comfortably in the Casa de Cultura having enjoyed an al fresco tapas meal with a glass or two of wine in the lovely Plaza Baix, you will find this big disruption extremely amusing. This short play is a hoot and the perfect hors d'oeuvre for the second production in their Summer Show, 'Departures' by Stephen Smith.

'Departure' is also set

in the 1980s and the action takes place in the departure lounge of Gatwick airport where we meet four holidaymakers dealing in their different ways with the delay of their flight to Majorca.

Javea Players' Summer Show - al fresco tapas meal with wine in the lovely Plaza Baix followed by the two laughter-packed plays, 'Arrivals' and 'Departures,' directed by Mike Harvey runs from Monday June 26 to Saturday July 1. Tapas will be served at 7.00pm. The inclusive price is €17.50. Book on the Javea Players' website, [www.javeaplayers.com](http://www.javeaplayers.com).



JAVEA PLAYERS: Summer show. I

## A case of 'money is no object'

U3A MARINA Baixa heard press officer Colin Butterworth give an interesting and entertaining presentation of his years working on special projects with Rolls Royce and Bentley Motor Cars.

Between 1992 and 1999, a total of 337 cars - 228 of which were unique - were built, generating over £200 million for the company.

Colin said on one occasion a representative from Saudi Arabia ordered 12 black Rolls Royce touring limousines and

10 Bentley touring limousines.

He said in 1991 at the Geneva Motor Show the same person offered half a million pounds for the Bentley Continental R prototype on display but was refused. The customer continued to discuss price and finally offered £2 million.

Colin said in addition to this; he had to pay for a team of tradesmen to fly out with the vehicle to complete it on site and to pay for a replacement development vehicle. It was a

case of "money no object."

On one of Colin's secondments to Brunei, he discovered all the limousines built the previous year parked up on the many roads within the Palace grounds in temperatures exceeding 45 degrees.

He expressed his concern over the damage being caused to the vehicles in such high temperatures and the following year five large showrooms had been built on two levels to accommodate 300 vehicles.

Colin said again, it was "money no object." In addition to the numerous cars owned by the Sultan of Brunei and his family, who all lived in separate palaces, each had a coach and racing boat in their own colour scheme.

A team of workers washed and polished the boats every day but they never reached the water in the eight years that Colin was there.

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**NORWAY****Safety first**

ORGANISERS of a Bruno Mars concert in Oslo have met with police and reassured the public that appropriate safety measures are in place. The meeting came following the terrorist attack at a music concert in Manchester.

**Foreign trade**

NORWAY is close to making a deal with China over its salmon. Despite some political differences, normal fish exportations could resume following a visit to Beijing by Norway's fisheries minister.



**BRUNO MARS: In concert in Oslo.**

**Wrong side**

A FORMER police officer faces 21 years in prison for allowing almost 14 tonnes of hashish to be smuggled into the country. The now 60-year-old was in charge of fighting organised crime but is accused of being involved with an infamous drug trafficker.

**Hyperloop train**

THE year 2037 is still a long way off but this is the date the Green party says it wants to see a futuristic vacuum train up and running between Oslo and Copenhagen.

**NETHERLANDS****Varying figures**

RESEARCHERS claim the economic benefits of tourism in Amsterdam may have been exaggerated as much of the profit goes to just a few large firms. Estimates of jobs created also varies from 154,000 to 61,000.

**Red tape**

AMSTERDAM is making it compulsory for all those renting their home out to register it with the city authorities. Rental portal Airbnb, objects to the plans and is urging its landlords to protest it saying it is creating unnecessary red tape.

**Jobs cut**

MORE than 12,000 jobs in the financial sector are set to be lost this year and next according to the government jobs agency. However there are currently some 26,000 vacancies for those with degrees.

**DNA screening**

A MASS DNA screening could take place in a bid to find the killer of an 11-year-old boy who was taken whilst at a summer camp in 1998.

**GERMANY****Mumbling Harry**

COMPLAINTS have been made in Germany about an English exam for 16-year-olds which students and teachers said was too difficult as it included a poor recording of Prince Harry 'mumbling' in a speech.

by German prosecutors investigating possible fraudulent emissions data. It comes following the Volkswagen scandal. Daimler, which owns Mercedes-Benz said it was co-operating.

through every scenario" during the Protestant Reformation celebrations, which include a visit by former US president Barack Obama.

**Emissions enquiry**

DAIMLER offices have been searched

**High security**

SECURITY has been increased in Berlin as police say they have "thought

**Beer line**

A BEER pipeline is being constructed in northern Germany to serve revellers at the Wacken Open Air festival.

**DENMARK****Going green**

MILLIONS has been approved to be spent on planting almost 28,000 new trees in Copenhagen. The city aims to plant some 100,000 trees by 2025.

**Renewable energy**

A DANISH energy company has financed and installed renewable energy technologies on the Azores island of Graciosa to provide around 70 per cent of the island's power.

**No rise**

PLANS to increase the country's retirement age will be dropped after the government failed to obtain an overall parliamentary majority on the plans to increase the age of retirement by six months to 67.5 years.

**Grant failure**

OVER 100 public schools were eligible to apply for a grant from the government to help struggling students, but just 19 registered, the result "disappointing and worrying."

**FRANCE****Finally accepted**

FORMER TV host and popular environmentalist, Nicolas Hulot has joined president Emmanuel Macron's team heading the Ministry of Environment.

**Student fire**

A STUDENT remains fighting for his life following a fire at a student dorm outside the city of Rennes. Most of the injured students suffered from smoke inhalation in the blaze.

**Emergency extension**

FRANCE plans to extend the state of emergency it put in place after the country's November 2015 attacks, in wake of the terrorist attack in Manchester.

**Going organic**

FRENCH buyers are going more organic. Consumption of organic products in 2016 has risen nearly 22 per cent compared to 2015, bringing in €7.1 billion.

**BELGIUM****Slowly slowly**

A FORMER basketball player who was badly wounded in the suicide bomb attack on a Brussels airport last year, has advised all those affected by the Manchester terror attacks to take recovery one step at a time.

**Keeping watch**

FOLLOWING the attack in Manchester, concert halls in Brussels are keeping current reinforced security measures in place for the immediate future.

**Flying visit**

PRESIDENT of the US, Donald Trump, spent a short 30 hours in Brussels as he attended a special meeting of the 28 NATO member countries. He then left for Sicily.

**Cancer fight**

A FIFTH of all new oncology medicines and therapies being trialled in Europe are taking place in Belgium.

**SWEDEN****Airport threat**

AN airport, just outside Gothenburg was evacuated after a left bag was shown to contain traces of explosives following a scan.

**Search suspended**

POLICE in New Zealand have suspended the search for a missing Swedish man who disappeared two weeks ago from near Fox Glacier, on the South Island's West Coast. His sleeping bag was found but there is no trace of the 27-year-old.

**Mercy attack**

TWO people have been killed and one kidnapped as gunmen stormed a guest house run by Swedish charity Operation Mercy in Kabul. It is the latest in a series of attacks on aid workers in Afghanistan.

**No deportation**

CHANGES to the migration laws will mean that immigrant workers in Sweden will no longer be deported for administrative errors made by their previous employers.







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# Billionaire's battle online

■ TYCOON Alisher Usmanov, a shareholder in Arsenal, released an online video ranting about Putin critic and anti-corruption campaigner Alexei Navalny. Earlier this year Navalny accused Usmanov, the 37th richest man in the world, of bribing prime minister Medvedev. He ended the 12-minute video saying "I spit on you Navalny."

**USMANOV: A billionaire but definitely not a happy camper.**

## Gay purge

■ MOSCOW has bowed to international pressure and began investigating reports of a murderous purge against Chechnya's gay community. It is the first time Moscow has interfered with the domestic politics of the extremely conservative region. Human rights groups believe homosexuals have been rounded up in concentration camps.

## Mercedes molotov

■ A MOLOTOV cocktail was thrown at a luxury Mercedes parked in central Moscow, causing damage as the driver quickly sped away. Police are investigating the incident, which comes as the city is on high alert following a series of protests. Molotovs are often used as a symbolic

weapon against corruption.

## Family legacy

■ STALIN'S grandson, Alexander Burdonsky, has died at the age of 76. Burdonsky was one of the former Soviet leader's 12 grandchildren and a director at Moscow's Red Army Theatre. His father was Vasily, Stalin's second son, who was once jailed as a political prisoner.

## Flash priest

■ AN Orthodox bishop raised eyebrows in Oryol when he accepted a Land Cruiser worth six million rubles (€100,000) as a gift. Bishop Nektary said he reckoned Jesus would have accepted it so felt compelled to do so himself, despite Patriarch Kirill urging clergy to reject donations of luxury cars.

## Theatre trouble

■ A TOP contemporary theatre famous among Moscow's culture vultures was raided by police in a corruption investigation. The Gogol Centre was swarmed with officers, who also searched the home of director, Kirill Serebrennikov, whose avant-garde films have appeared at Cannes and other major film festivals.



## Foreign talent

■ FOREIGN footballers should be prevented from joining Russia's top teams according to some Kremlin officials. A spokesman for the President said he disagreed with the notion but admitted that the country had trouble developing homegrown talent. League champions Spartak Moscow's current squad has three South Americans.



■ SPARTAK MOSCOW: Squad has three South Americans.



# Aena achieves record share

By John Smith

THANKS to purchases made by mainly American banks and investment houses, shares in Aena hit a record €170 on the Spanish stock exchange.

When large corporations such as Goldman Sachs, Charles Schwab and JP Morgan invest in a company's shares, many other speculators follow suit even when company profits obtained are not that high.

Analysts suggest however that with the weakness of the Brazilian

and Chinese economies as well as problems in the US and the UK, sensible money has headed to a safe haven such as Aena which manages airports in Spain and overseas.

Recently, one of the world's largest credit ratings firms, Fitch up-graded Aena's rating to A and the

company continues to turn in increased revenue figures and forecast profits every quarter so whilst other analysts suggest that the shares are over-valued, such a suggestion is being ignored by the large corporate investors.

Latest valuation based on share

**€80.9 million**

*is the profit reported by Aena for the first quarter of 2017.*

## Bid for renewable energy projects

ALERT to the fact Spain needs to increase its production of renewable energy in order to meet EU requirements, new suppliers are being sought.

The government will hold an auction to receive bids for new wind and other renewable projects shortly according to Prime Minister Mariano Rajoy. He made it clear one of the stipulations for the award of any contract would be consumers would not have to pay more for the electricity produced as development costs would be for the winning bidders.

The government hopes that by 2020 renewable projects will account for 10 per cent of Spanish energy production.

### Quote of the Week

"Euro area banks are less likely overall to grant loans than they have been on average since 2003," Mario Draghi, President of the European Central Bank speaking in Madrid.



Photo Credit: UK in Spain flickr

**Ambassador Simon Manley promoting British business.**

### » BUSINESS EXTRA

## Foreign owners

DESPITE fears over Brexit, Britons purchase more properties in Spain than any other foreign group. Figures have fallen in the last 12 months but are still significant as far as property sales are concerned.

## Gas price

THE cost of an orange butane gas canister has increased by 5 per cent to €14.18. The last increase was in January and the price is set by central government, although gas in silver canisters is not controlled.

## Pay TV

IT is reported that more Spaniards are considering pay TV. Sky has indicated that it expects to enter the market. With plans to offer services towards the end of this year, it will be unable to offer Premier League football.

# A hard Brexit is scaring majority

ACCORDING to the British Chamber of Commerce in Spain, more than two thirds of its members are now more sceptical about the results of Brexit.

What worries them most is the possibility of a hard Brexit with 82 per cent saying that the consequences of this, especially the shielding of migratory flows or access to the common market, as well as the establishment of tariff barriers to imports and exports of goods, could negatively affect

their businesses.

They are however more optimistic about the option of a soft exit as more than half believe that it would have no effect or could even be positive for their business.

Importantly however almost all the companies consulted agree that Brexit will have negative consequences on the Spanish economy as it may be more difficult for British companies to invest or want to invest in Spain.

# Roam free throughout Europe

TELECOMS group Telefonica has advised its Movistar customers that from June 15 they will be able to use their mobile phones within Europe free of roaming charges. Other mobile phone companies have already implemented this change in or-

der to comply with European Union directives following some 10 years of negotiation between member states and telecoms companies.

Apart from all EU states, this change will also apply in Iceland, Liechtenstein and Norway.

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Anglo American	1,047.75	-4.75	-0.45	14,853.61
Associated British Foods	2,925.00	-25.00	-0.85	23,504.81
Admiral Group	1,905.00	-101.00	-5.03	5,741.21
Ashtead Group	1,545.50	-24.50	-1.56	7,777.94
Antofagasta	801.50	-23.00	-2.79	8,138.25
Aviva	524.50	-2.00	-0.38	21,603.20
AstraZeneca	5,189.00	-38.00	-0.73	65,925.22
BAE Systems	663.00	-2.50	-0.38	20,848.96
Babcock International Group	919.00	-22.50	-2.39	4,805.70
Bardays	211.13	-0.52	-0.25	36,345.12
British American Tobacco	5,515.00	-76.00	-1.36	102,447.64
Barratt Developments	597.25	-3.75	-0.62	6,112.30
British Land Co	629.50	-2.00	-0.32	6,497.84
BHP Billiton	1,198.00	-7.00	-0.58	25,545.51
Bunzl	2,419.50	-17.50	-0.72	8,189.39
BP	469.78	-4.77	-1.01	93,111.14
Burberry Group	1,739.50	-38.50	-2.17	7,772.48
BT Group	312.00	-1.80	-0.57	31,216.01
Coca-Cola HBC	2,269.00	-2.19	-0.10	8,248.17
Carnival	4,600.00	-335.00	-6.79	10,419.45
Centrica	202.60	-0.60	-0.30	11,292.38
Compass Group	1,616.50	-26.50	-1.61	26,638.66
Croda International	3,922.50	-39.50	-1.00	5,172.47
CRH	2,790.00	-14.74	-0.53	23,185.25
ConvaTec Group	292.55	-32.45	-9.98	6,264.23
DCC	7,290.00	-94.26	-1.27	6,581.29
Diageo	2,324.00	-13.00	-0.56	58,512.44
Direct Line Insurance Group	344.80	-0.60	-0.17	4,798.75
Experian	1,621.00	-20.00	-1.22	15,525.36
easyJet	1,335.50	-50.50	-3.64	5,481.47
Fresnillo	1,528.00	-53.00	-3.35	11,613.44
GKN	329.75	-24.75	-6.98	6,000.20
Glencore	288.75	-3.75	-1.28	41,946.28
GlaxoSmithKline	1,628.00	-15.50	-0.94	79,561.91
Hikma Pharmaceuticals	1,667.00	-25.00	-1.48	3,995.65
Hargreaves Lansdown	1,390.00	-12.68	-0.90	6,664.18
Hammerson	578.25	-2.75	-0.47	4,600.50
HSBC Holdings	670.50	-4.50	-0.67	134,129.99
International Consldt Airlines Gr	587.25	-26.75	-4.36	13,000.22
InterContinental Hotels Grp	4,337.50	-19.50	-0.45	8,635.86
3i Group	857.50	-11.00	-1.27	8,478.03
Imperial Brands	3,650.25	-30.25	-0.82	35,064.85
Informa	680.25	-8.25	-1.20	5,360.15
Intu Properties	265.90	-3.80	-1.41	3,638.28
Intertek Group	4,295.00	-22.20	-0.51	6,962.39
ITV	197.20	-3.00	-1.50	8,010.56
Johnson Matthey	3,175.00	76.15	2.46	5,989.86
Kingfisher	325.45	-2.85	-0.87	7,398.25
Land Securities Group	1,038.00	-37.00	-3.44	8,468.93
Legal & General Group	242.65	-7.65	-3.06	15,012.99

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	71.14	-0.60	-0.84	52,237.24
London Stock Exchange Grp	3,345.50	-45.50	-1.34	11,906.23
Micro Focus International	2,310.00	-108.00	-4.47	5,530.12
Mediclinic International	787.50	-28.50	-3.49	5,960.62
Merlin Entertainments	514.00	-4.50	-0.87	5,256.81
Marks & Spencer Group	370.70	-15.60	-4.04	6,325.07
Mondi	1,957.00	-54.00	-2.69	9,749.92
Morrison (Wm) Supermarkets	242.30	-5.10	-2.06	5,731.58
National Grid	1,085.50	-5.50	-0.50	40,667.27
Next	4,372.00	-12.00	-0.27	6,473.43
Old Mutual Group	194.40	-2.20	-1.12	9,623.30
Provident Financial	3,088.50	-37.52	-1.20	4,642.03
Paddy Power Betfair	8,315.00	-16.80	-0.20	6,988.59
Prudential	1,734.75	-14.25	-0.81	45,054.76
Persimmon	2,382.00	-61.00	-2.50	7,597.39
Pearson	689.50	-9.50	-1.36	5,675.85
Reckitt Benckiser Group	7,715.00	-154.00	-1.96	54,625.39
Royal Bank of Scotland Group	258.30	-3.30	-1.26	31,500.71
Royal Dutch Shell	2,088.25	-29.75	-1.40	94,525.43
Royal Dutch Shell	2,154.00	-12.50	-0.58	80,939.97
RELX	1,647.50	-6.50	-0.39	17,615.22
Rio Tinto	3,145.00	-45.00	-1.41	43,788.70
Royal Mail	429.65	-9.25	-2.11	4,381.00
Rolls-Royce Group	836.75	-36.25	-4.15	15,668.74
Randgold Resources	6,810.00	-390.00	-5.42	6,668.19
RSA Insurance Group	620.00	-2.23	-0.36	6,340.49
Rentokil Initial	242.85	-21.85	-8.25	4,830.35
Sainsbury (J)	269.45	-12.25	-4.35	6,097.56
Schroders	3,125.50	-39.50	-1.25	7,162.65
Sage Group (The)	710.25	-3.25	-0.46	7,717.34
Shire	4,631.25	-20.25	-0.44	42,959.66
Smurfit Kappa Group	2,089.00	-89.00	-4.09	5,107.94
Sky	861.50	-135.50	-13.59	17,207.36
Standard Life	379.75	-4.15	-1.08	7,693.49
Smiths Group	1,569.50	-12.50	-0.79	6,248.13
Scottish Mortgage Investment Trust	395.50	-4.50	-1.13	5,348.92
Smith & Nephew	1,273.00	-78.00	-5.77	11,743.27
SSE	1,512.50	-6.50	-0.43	15,599.41
Standard Chartered	724.30	-9.20	-1.25	23,914.24
St James's Place	1,120.00	-52.00	-4.44	6,218.83
Severn Trent	2,534.00	-12.14	-0.48	5,996.55
Tesco	183.93	-2.87	-1.54	15,266.89
TUI AG	1,135.50	-33.50	-2.87	6,827.25
Taylor Wimpey	198.45	-1.25	-0.63	6,562.99
Unilever	4,256.75	-53.75	-1.25	54,797.30
United Utilities Group	1,027.50	-7.50	-0.72	7,187.10
Vodafone Group	230.13	-0.07	-0.03	60,724.96
Wolseley	4,605.00	-383.00	-7.68	12,423.87
Worldpay Group	307.40	-10.10	-3.18	6,420.00
WPP Group	1,719.00	-18.00	-1.04	21,881.57
Whitbread	4,025.00	-217.00	-5.12	7,789.75

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CLOSING PRICES MAY 29

COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	200,670	+0,57%	1,130	119M
AMERICAN EXPRESS	77,4600	+0,03%	0,0200	69M
APPLE	153,610	-0,17%	-0,260	800M
BOEING CO	186,590	-0,26%	-0,480	112M
CATERPILLAR	105,660	+0,61%	0,640	62M
CHEVRON	104,72	-0,37%	-0,39	198M
CISCO SYSTEMS	31,500	+0,19%	0,060	157M
COCA-COLA	45,39	-0,04%	-0,02	193M
DU PONT(EI) DE NMR	77,8500	+0,59%	0,4600	67M
EXXON MOBIL	81,55	-0,24%	-0,20	345M
GENERAL ELECTRIC	27,4500	-0,15%	-0,0400	238M
GOLDMAN SACHS	223,53	+0,48%	1,06	87M
HOME DEPOT	154,9000	-1,00%	-1,5600	185M
IBM	152,49	-0,46%	-0,71	143M
INTEL CORP	36,2600	+0,00%	0,0000	170M
J.P.MORGAN CHASE	85,3600	+0,01%	0,0100	303M
JOHNSON & JOHNSON	126,9200	-0,48%	-0,6100	341M
MC DONALD'S CORP	149,8600	+0,05%	0,0800	122M
MERCK AND CO. NEW	64,92	-0,18%	-0,12	177M
MICROSOFT	69,960	+0,49%	0,340	540M
NIKE	52,59	+0,46%	0,24	69M
PFIZER	32,1400	-0,06%	-0,0200	191M
PROCTER AND GAMBLE	87,250	+0,45%	0,390	223M
TRAVELERS CIES	123,66	-0,05%	-0,06	34M
UNITED TECHNOLOGIE	121,85	-0,33%	-0,40	97M
UNITEDHEALTH GROUP	177,50	-0,31%	-0,55	171M
VERIZON COMMS	45,32	+0,02%	0,01	184M
VISA	94,67	-0,39%	-0,37	174M
WAL-MART STORES	78,1300	-0,23%	-0,1800	236M
WALT DISNEY CO	108,4100	+1,06%	1,1400	169M

NASDAQ

CLOSING PRICES MAY 29

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Cerus Corporation	\$ 2.35	0.33 ▲ 16.34%
Appian Corporation	\$ 17.11	2.10 ▲ 13.99%
Cellular Biomedicine Group, Inc.	\$ 6.20	0.70 ▲ 12.73%
AmTrust Financial Services, Inc.	\$ 14	1.55 ▲ 12.45%
Nutanix, Inc.	\$ 19.59	2.02 ▲ 11.50%
Sears Holdings Corporation	\$ 2.55	0.25 ▲ 10.87%
Amphastar Pharmaceuticals, Inc.	\$ 16.97	1.50 ▲ 9.70%
Trupanion, Inc.	\$ 18.83	1.65 ▲ 9.60%
Xcel Brands, Inc	\$ 2.40	0.20 ▲ 9.09%
Web.com Group, Inc.	\$ 23.10	1.90 ▲ 8.96%
Infinera Corporation	\$ 10.35	0.84 ▲ 8.83%
Most Declined		
BioCryst Pharmaceuticals, Inc.	\$ 5.77	0.96 ▼ 14.26%
NantKwest, Inc.	\$ 3.775	0.405 ▼ 9.69%
National Research Corporation	\$ 44.71	4.58 ▼ 9.29%
Juno Therapeutics, Inc.	\$ 23.30	2.22 ▼ 8.70%
NeuroDerm Ltd.	\$ 21.30	1.95 ▼ 8.39%
Sears Holdings Corporation	\$ 7.78	0.70 ▼ 8.25%
Gridsum Holding Inc.	\$ 11.85	1.05 ▼ 8.14%
Lion Biotechnologies, Inc.	\$ 5.65	0.50 ▼ 8.13%
Geron Corporation	\$ 2.77	0.24 ▼ 7.97%
Ardelyx, Inc.	\$ 4.60	0.35 ▼ 7.07%
Sangamo Therapeutics, Inc.	\$ 7.25	0.55 ▼ 7.05%

Distributing Funds

EUR Fixed Income B

Sterling Fixed Income B

DEALING PRICE

Price Movement

€0.9513 .....

-€0.0021

£0.9497 .....

£0.0001

Accumulating Funds

GBP Currency B

EUR Currency B

Multi Asset Conservative B GBP

Multi Asset Conservative B EUR

Multi Asset Balanced B GBP

Multi Asset Balanced B EUR

Multi Asset Growth B GBP

Multi Asset Growth B EUR

DEALING PRICE

Price Movement

£0.9837.....

-£0.0002

€0.9615.....

-€0.0002

£1.1489.....

£0.0031

£1.0760.....

£0.0029

£1.2889.....

£0.0054

£1.1960.....

£0.0050

£1.4173.....

£0.0084

£1.3226.....

£0.0077

.....

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#### Paul

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# GBP, EUR exchange rates react to political news in May

## Ask the expert

Peter Loveday



Currency Direct

Contact me at euroweekly@currenciessdirect.com

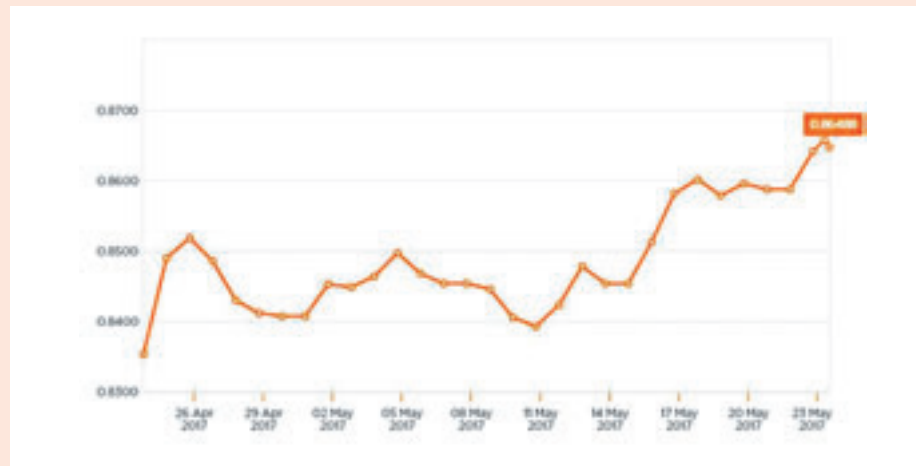
### WHAT'S been happening?

The falling odds of the Bank of England (BoE) increasing interest rates in the near future saw the pound drop away from its recent multi-month highs against the US, Australian, New Zealand and Canadian dollars.

Over the past four weeks the GBP/EUR exchange rate has fluctuated between €1.1723 and €1.1990 (a difference of over two cents per pound) while GBP/USD has recovered from a low of \$1.2520 to hit highs of \$1.2985 (a difference of four cents per pound).

Although the news that centrist Emmanuel Macron won the second round of the French Presidential election (beating far-right Marine Le Pen) gave the euro a little boost, the currency's gains weren't as impressive as some had expected.

Concerns the European Central Bank (ECB) plans to keep monetary policy accommodative for some time to come kept the euro under pressure. That being said, the past month has seen



**PAST MONTH: The GBP/EUR exchange rate has fluctuated.**

EUR/USD see a surge of four cents per euro. The EUR/GBP has recovered from a low, with an improvement of about one penny per euro.

Meanwhile, over in the US President Donald Trump lived up to his reputation for making rash and unexpected decisions by unceremoniously sacking the director of the FBI. Trump's decision raised serious concerns about his leadership and weakened demand for the US dollar, leaving the USD/EUR exchange rate weaker.

#### What do you need to look out for?

Without doubt, the main pound-moving event

on the horizon over the next four weeks is the UK's general election. The British public will be taking to the polls again on June 8 and as the outcome of the election could significantly change the shape of the UK's Brexit negotiations, considerable GBP exchange rate volatility can be expected.

A Conservative win is expected to be the most pound-positive outcome, while a Labour victory or coalition outcome may send Sterling spiralling lower.

Political motivations will remain one of the

main causes of EUR fluctuations in the weeks ahead as the French legislative elections take place in June. Macron's 'Republic on the Move' party will need to gain support if the new President hopes to push through some of his planned policy changes.

Signs that Macron will struggle to enact change would be euro-negative. Any reports which support the ECB's current plans to leave monetary policy unchanged would also weigh on EUR exchange rates.

The Federal Reserve's hotly-anticipated June interest rate decision on the 14th could also cause euro movement. If the Fed does increase interest rates the US dollar could surge, sending the euro lower in the process. However, if rates remain unaltered or if the central bank indicates that the June rate adjustment could be the last one of 2017, EUR exchange rates may jump as the US dollar falls.

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# Ryanair and Air Europa form new partnership

By John Smith

TWO airlines, Ryanair and Air Europa are forming a new flight partnership to offer Air Europa long haul flights through the Ryanair website.

With immediate effect customers can browse and book Air Europa flights on 20 long haul routes from Madrid to 16 countries in North, Central and South America, including Argentina, Brazil, Cuba, Mexico and the United States.

The second phase of this Air Europa partnership will be launched later in the year and will allow Ryanair customers to connect onto Air Europa long haul flights through Madrid.

Ryanair is continuing its discussions with a number of other long haul airlines on potential feed and connecting flight partnerships.

In Madrid, Ryanair CEO Michael



Photo by Ryanair

O'Leary said "We are pleased to announce this exciting partnership with Air Europa ...

Ryanair operates over 50 short haul routes to/from Madrid and now our customers can book flights on Air Europa long haul routes to destinations including Buenos Aires, Havana and New York."

Globalia Group - which owns Air Europa - CEO, Javier Hidalgo said "This partnership with Ryanair gives us great satisfaction, and it puts us at the forefront of business and allows us to strengthen our competitiveness. With this agreement Air Europa doubles its connectivity with the European continent adding 53 European cities."

**ANNOUNCEMENT of the partnership.**

## Storage wars as police investigate possible scam

AN investigation into fraudulent pension schemes is being undertaken by the British and Spanish authorities with at least €148 million thought to have been lost.

The investigation has been mounted by the Serious Fraud Office of the Metropolitan Police into at least four UK based companies who have targeted investors overseas, many in Spain, persuading them to buy long leases on rooms in storage houses between 2011 and 2017.

The proposal to these investors was that if they rented at one price, they could then sub-let at a higher price but in most cases this was not possible and often the only beneficiary was the investment company.

A number of companies promoting this type of scheme were made insolvent in 2016 and one adviser has been banned from being a director of a company for nine years after 300 of his clients lost €14 million in a similar scheme.

The investigation will decide whether individuals, many of them pensioners, were deliberately misled and if so, those responsible may well be prosecuted.



# Have work will travel for Spanish youths seeking jobs in the US

WITH the lack of work for youngsters in Spain, many have decided, like past generations that they will need to look for work elsewhere.

The stereotype 'Manuel' the good hearted but almost unintelligible waiter in Fawlty Towers reflected the fact that in the early second half of the 20th century, huge numbers of Spaniards who could barely speak English found their way to the UK looking for a better life.

Many returned home to enjoy their retirement but there is now a large new breed of well-educated younger people looking to find work and a career outside of Spain and with the uncertainty of future options in the UK, the USA is becoming a very attractive option.

Despite the fact that there has been a serious division in American society with the presidential election results, a recent Mintel survey suggests that a high percentage of Americans believe that they represent a vibrant middle class and at the end of each month have paid their bills and have cash to spare.

The Spanish language is the second most spoken in the USA and at least 41 million people



Photo Credit: byvalet shutterstock

## THE USA: Welcome to the land of opportunity.

ple count Spanish as their primary language and as there is some perceived conflict between Anglo-Saxons and Mexicans within the country, educated Spaniards who speak both English and Spanish are often able to find work.

There are immigration requirements to be overcome but those qualified in Spain and currently with little hope of long term employment here are certainly eyeing up 'the land of opportunity.'

## Two troubled banks all set to merge

THE first steps to amalgamate Bankia and Banco Mare Nostrum (BMN), two troubled banks owned by the Spanish government are underway.

BMN was created in 2010 by merging four regional savings banks whilst Bankia was saved by the government as it was crippled by billions of euros of debt.

It is believed by the Fund for Orderly Banking Restructuring (FROB) that merging the two operations will make it easier for the repayment of at least some of the funds pumped into them during the banking crisis although the path to unification will be long.

The first step is for due diligence to be undertaken to ensure that there are no financial restrictions or hidden losses in either organisation now and each will be undertaken by a different set of international accounting firms.

Assuming all proves to be in order the first stage is expected to be confirmed within two weeks and completion should take place by end of 2017.

# Losing mental capacity whilst living abroad

**by Stone King**

Charlotte Macdonald

Contact me at [international@stoneking.co.uk](mailto:international@stoneking.co.uk)



MANY UK expatriates living in Spain own properties in the UK and have pensions and investments in the UK. They rely on their UK assets to maintain their lifestyles (and those of their families) in Spain. If they can no longer manage their affairs in the UK due to a loss of mental capacity, it can cause many difficulties.

**“ You can choose a person or people, who you trust, to act for you when you are no longer able.**

The best way to avoid the legal and practical difficulties that can occur with the loss of mental capacity is to plan for it in advance by drawing up a document called a 'Lasting Power of Attorney' ('LPA').



## An LPA must be made while you have full mental capacity.

### What is an LPA?

An LPA is a legal document that enables you to appoint one or more attor-

neys to act for you when you are no longer able to act for yourself.

Your attorney can be a professional,

such as a solicitor or a family member or friend.

There are two types of LPA: 'Health and Welfare' or 'Property and Financial Affairs'

An LPA must be made while you have full mental capacity. It is therefore important to make one while you are in good health.

### Why should you get an LPA?

You can choose a person or people, who you trust, to act for you when you are no longer able.

If you lose your mental capacity and do not have an LPA, then your family (or the authorities) will have no choice but to make an application to the Court of Protection to appoint a 'deputy' to look after your affairs, which can be time consuming and costly.

### Will my LPA be recognised in Spain?

Unfortunately there is no international type of LPA which is guaranteed to work in both the UK and Spain.

The advice we give to our clients at Stone King, is that if you have assets in both Spain and the UK, your only safe option is to appoint attorneys in both jurisdictions.





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# WOMEN *IN BUSINESS*

“As a woman I have no country. As a woman my country is the whole world.”

Virginia Woolf

## Successful Spanish women

*SPAIN has its own list of some highly powerful and successful women, here are some of them at the top of their game.*

### ■ Queen Letizia

Perhaps none are more successful than Letizia Ortiz, now Queen of Spain.

She was a successful journalist in her own right, completing a masters degree in audiovisual journalism before working in Mexico and then returning to Spain to work for the Spanish version of the Bloomberg channel. She went on to work for TVE and was anchor of the evening news programme Telediario 2, one of the most watched news programmes in Spain.

She has reported from America on the presidential elections and following the 9/11 attacks in New York. But it was per-

haps her marriage to the heir of the throne, Prince Felipe, in 2004 that catapulted her from a 'commoner' to one of the most famous women in the world. She became Queen in 2014 when Prince Felipe ascended to the throne after the abdication of his father, Juan Carlos.

As Queen consort she shares her husband's social rank and status, representing Spain and the monarchy worldwide. Her first overseas trip as monarch and consort was to meet Pope Francis in the Apostolic Palace.

In 2015, she was named Special Ambassador for Nutrition for the UN Food and Agriculture Organisation.

### ■ Penelope Cruz

Now a famed Hollywood actress, some would say Penelope Cruz is one of the most recognisable Spaniards in the world.

Born in 1974, she began her career at a young age. She was signed by an agent at the age of 15 and made her acting debut on television at the age of 16. She has gone on to have an enviable CV of starring movie roles and was the first Spaniard ever to be nominated for a best actress Oscar for her role in 2006 film *Volver*. She went on to be the first Spanish actress to win an Oscar for *Vicky Cristina Barcelona* in 2008.

The year 2001 was also a year that firmly fixed her on Hollywood's A-list, achieving recognition for her lead roles in the films *Vanilla Sky*, *All the Pretty Horses*, *Captain Corelli's Mandolin* and *Blow*.

Cruz has modelled for Mango, Ralph Lauren and L'Oréal. Known for humanitarian work, it is reported she donated her salary from film *The Hi-Lo Country* to help fund the late Mother Teresa's mission in Uganda and India.

### ■ Margarita Salas

Margarita Salas, or the 1st Marquise of Canero, as is her official title, is a

well-known scientist in the fields of biochemistry and molecular genetics.

She was born in Canero, Asturias, in 1938 and graduated in chemistry at the Complutense University of Madrid and obtained a PhD degree in 1961. She later went to the USA with her husband, to work with Severo Ochoa, a Spanish physician and biochemist, and joint winner of the 1959 Nobel Prize in Physiology or Medicine.

Salas and her husband have been responsible for promoting Spanish research in the field of biochemistry and molecular biology and she has published over 200 scientific articles. She won the L'Oréal-UNESCO Awards for Women in Science in 2000 and received numerous awards for her contributions to science ever since. She is a member of Spanish Royal Academy of Sciences, European Academy of Sciences and Arts and the American Academy of Arts and Sciences, among others.

She still works at the Autonomous University of Madrid.



QUEEN LETIZIA: A successful journalist.



PENELOPE CRUZ: Famed actress.



MARGARITA SALAS: Well-known scientist.



“If one is lucky, a solitary fantasy can totally transform one million realities.”

Maya Angelou, author

# Dream big and work hard



VICTORIA BECKHAM:  
A positive role model.

WHEN she first burst onto the scene with the Spice Girls in 1994 it is unlikely that Victoria Beckham, or Victoria Adams as she was then, could have imagined that 23 years later she would be one of the world's most successful fashion designers and businesswomen.

Very early on in the band's career Victoria became accustomed to wearing designer outfits and was seldom seen without a pair of high-heels. She wasn't nicknamed 'posh spice' for no reason! Her love of fashion was something that she seemed to throw herself into after the Spice Girls split in 2000.

Before long her hard work began to pay off and she began to earn praise from fashion magazines and fashion lovers around the globe. Many celebrities have worn her creations including Beyonce, Cameron Diaz, Naomi Campbell and Nicole Kidman.

In 2011, and then again in 2014, her label simply named Victoria Beckham won the Brand of the Year title at the British Fashion Awards. It is estimated that Victoria's net worth, in her own right, is around £240million (€285million). She would certainly seem to have good business acumen and her hard work is definitely paying off.

Having recently celebrated her 43rd birthday on April 17 and received an OBE from Prince William two days later for her contributions to the fashion industry, things continue to look rosy for this dedicated follower of fashion.

Whether you like her or not no one can deny that she is a positive role model for women in business and in her own words, "If you dream big and work hard you can accomplish great things."

## The most powerful women in the world

ACCORDING to website [www.forbes.com](http://www.forbes.com) their 2016 list of the most powerful women last year saw business leaders, entrepreneurs, CEOs and investors making their mark in the world.

Topping the Forbes list, and for the sixth year running, was German Chancellor Angela Merkel. She was closely followed by the US presidential candidate Hillary Clinton at number two. Federal Reserve chair Janet Yellen; philanthropist Melinda Gates; General Motors GM CEO Mary Barra. International Monetary Fund managing director Christine Lagarde; Facebook COO Sheryl Sandberg; YouTube CEO Susan Wojcicki; Meg Whitman, the CEO of HP and Spaniard Ana Patricia Botín, the chair of

Banco Santander, all made the top 10.

Forbes look at four factors when compiling the list. This includes money (either net worth, company revenues, or GDP); media presence; spheres of influence; and impact, analysed both within the context of each woman's field and outside of it.

With more and more women heading up major businesses and even becoming heads of states (in the past year alone, Taiwan, Myanmar, Nepal, Croatia, Mauritius, and Lithuania have elected or re-elected female leaders to office) the list notably saw fewer 'celebrities' making the cut with Ellen DeGeneres, Taylor Swift and Angelina Jolie, all coming off the top 100 list.

MELANIE KUNZ - AMASVISTA GLASS

# We are qualified specialists

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MELANIE was born and bred in Germany. Working in a job she was fond of and surrounded by her family and friends, it was her husband Siegfried's idea to move to Spain. They were curious to discover something new as their life was slowing down a bit and they admit they were becoming despondent with the attitudes in Germany: "People were envious when you were successful in work and in private life, everything was too superficial for us."

Making the bold decision that they could lose nothing but money, they decided in 2009 to move to Spain, "a country we love and visited a lot of times before." Eight years on and Melanie admits she would never move back to Germany, although Spain's mañana culture can still be a little frustrating as she retains some of her German virtues that have gone on to be one of the things many of their customers love such as their punctuality.

Melanie said: "You have to work harder for your money here in Spain, but the quality of life outside the job is

more relaxed in many ways. If you are working on your integration and learn their language the Spanish people will let you know that you are on the right way. Even if you speak their language with many mistakes, I was warmly welcomed."

Running a business in Spain, they are fully legal and it is a pet peeve of Melanie's that many people aren't: "There are a lot of people who work without tax registration. They only earn money and pay for nothing. The only thing that the government is really doing is to increase taxes and the contributions to the social security (autónomos). Small companies with employees have to pay more and more. You can open a business without any experience and all this hurts the Spanish economy."

Melanie, her husband and his partner Pedro, found a gap in the market and used their values of quality and service to build up a successful company: "We have seen a lot of bad work and frustrated people. It is not only the

high-quality the clients pay for, it is also the service for example after the installation. If there is any problem or question we try to solve it as quick as we can. We are qualified specialists and know our job."

"A lot of companies on the market are non-specialists and do not know a lot about structure engineering, structure and behaviour of materials (like aluminium, steel, etc) but we do."

Melanie continued: "Every order is a small achievement so doing a job well and then seeing the satisfaction of our clients after we have installed our products and knowing it will be there for years to come is the best achievement we can have."

What would you say to others wanting to set up their own business? "If you want to start a business than you have to do it with your body and your soul. All your energy has to be concentrated on it and speak Spanish. Without language skills you cannot reach the whole market and your business cannot grow."



MELANIE:  
"Every order is a small achievement."



“ I think the girl who is able to earn her own living and pay her own way should be as happy as anybody on earth.  
The sense of independence and security is very sweet.”  
Susan B Anthony, Activist in the women's suffrage movement

## AMASVISTA GLASS

# Transform your home with Amasvista Glass

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Both Sunflex and Markilux are high quality products made in Germany. Markilux is one of the largest German brand names in awnings and for more than a quarter of a century have been offering protection from the sun. Every bifold door system is also expertly crafted from Sunflex in Germany, with over 30 years of experience in design and manufacturing.

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home giving it an open, modern feel. Whatever your requirements, Amasvista Glass offer a fully professional and personal service, tailor making products in their workshop to client's needs and measurements.

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This dedication to detail and to providing a high customer service, is the ethos of Siegfried Kunz, one of the owners. He is the German licensed technician and is responsible for planning and assembly. His partner Pedro Vázquez is the salesman. He is responsible for quotes and is the first stop for your all your technical questions. Melanie Kunz, the wife of Siegfried, is responsible for accounting and all the other office work. She is quietly working in the background to ensure everything runs smoothly.

This formidable trio is a top team, so contact them now for more information or to arrange an on-site visit and ask about any current special prices or discounts.

The office is open Monday to Friday from 9am-6pm. Call 966 457 878 or email [info@amasvista.com](mailto:info@amasvista.com) or visit [www.amasvista.com](http://www.amasvista.com)



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“Do not wait for leaders; do it alone, person to person. Be faithful in small things because it is in them that your strength lies.”

Mother Teresa, Religious sister

# A bright future

By Sally Underwood

CATH KIDSTON, the brainchild behind some of Britain's brightest and most cheerful designs, has built up an empire worth an estimated £250 million.

Influenced by her idyllic upbringing in the Hampshire countryside, Kidston says, “I’ve always been interested in houses and homes. From my earliest memories, I’ve liked re-arranging my room and was one of those children who was always restyling my bedroom.” She adds, “I always loved to play shop, I loved trading, drawing and doing all the stuff I love to do today.”

The former shop assistant turned her passion into a business when she opened her first shop in Holland Park 1993, selling hand embroidered tea towels and shabby-chic furniture. Her inspiration for selling products came after making an ironing board cover for her own flat. She explains, “I thought it would be the perfect product, because there I was, at home, doing my ironing on a grey ironing board. My flat was quite small and I had it hanging on the back of the door. I thought it was a really good idea.”

Subsidising her first venture, which she describes as a “glorified junk shop,” with interior design, Kidston decided to focus solely on selling her own creations after surviving cancer at 37. She explains the ordeal, “changed my attitude to risk within a business. It was a really positive turning point. It really helped me think, ‘I’m just going to make the most of it and get on’.”

Her passion paid off and her designs are

now sold in over 200 shops across 16 countries.

With an MBE for Services to Business for her name, Kidston, who has also raised large sums of money for cancer charities, has now sold the majority stake in her company. She says “having a business is a bit like having a child. As they grow up, you don’t want them to be too reliant on you, but you want to remain on very good terms with them.”

NOSTALGIC DESIGNS:  
Roses feature heavily in  
Kidston's products.



## Top tips for setting up your own business

OUR ‘Women In Business’ have been sharing their advice on setting up in business in Spain. Here are more tips:

### Follow your heart

Working is something you have to do day in and day, so make sure it's something you enjoy doing. Having passion for what you are selling or the service you are offering, is the best way to start as this will be your driving force.

### Do your research

Whilst passion is great for your business idea, you need to make sure what you are offering is what people want to buy. Taking some time out to do market research could pay off in the long run.

### Start small

You need to get the cash flow going as soon as possible, but do not overstretch

yourself to start with. Focus on getting your product right and treat those first customers as kings and queens; their experience of your company could make or break you.

### Ask for help

There is nothing wrong with admitting you may be new to the business game and could benefit from some help and advice. Try getting a business coach or mentor who can guide you.

### Be legal

Selling a few handmade crafts from a Facebook page is one thing, but to be a true business, you need to be legal. Whether working from home or setting up an office or shop, always check with your local town hall and lawyer about how to run your own business.

LISA TURNER - PMR SPAIN

## Your dreams can become reality

LISA is proud of the success of PMR and wouldn't change anything

WITH many years experience selling property in the UK and Spain, Lisa Turner set up PMR Property Management and Rental 10 years ago.

Having spent many happy times visiting the Spanish mainland and Canary Islands on holiday, she had an interest in learning the Spanish language and moved to Spain in 2005 when she was given the opportunity by a large international construction company to promote and sell Spanish homes to overseas buyers. This gave Lisa an ideal opportunity to increase her knowledge of the Spanish culture and language.

She said: “I sold to buyers from all over the world who had purchased a Spanish property as an investment or to earn an income from renting or simply for personal holiday use.” Lisa continued: “I soon became aware of their need for someone to look after that investment for them, with regard to security, cleaning and maintenance since they could not do it themselves from overseas.”

So, in January 2007, PMR Property Management and Rental was born and located in Alfaz del Pi. It has now grown into a team of dedicated professionals and become the leading property management and rental specialist on the Costa Blanca.

Lisa cites her biggest achievement as setting up a business in a foreign country with all the problems associated with bureaucracy and language which has now grown and developed and standing the test of time: “Tourism is changing all over the world for obvious reasons; some favourite tourism spots have now become no-go areas and more and more holidaymakers are shunning these countries because they feel safer coming to Spain. This can only be good for the holiday rental business” and despite Brexit, Lisa does not see any reason why this trend will not continue and PMR is ready.

Lisa loves the endless sunshine, white beaches and the relaxed way of life Spain offers. As she sips a coffee

and watches the world go by, she's proud she now has the ability to help others enjoy the same idyllic lifestyle and help them overcome the small frustrations of living in the country: “We are all very familiar with the word ‘mañana’ and sometimes the delay in getting decisions or paperwork released is something that is considered standard practice by many, however, my biggest concern is the lack of customer service generally, in shops, banks and public offices and I have to accept that this is how things are and probably always will be.”

Lisa is rightly so proud of the success of PMR and wouldn't change anything if she had to do it all again, but what advice does she give to others? “Do not for one minute think that the sun always shines. Everyone has to work and often goals are never achieved in the way they were planned, but with dedication long hours and commitment your dreams will become reality.”



LISA TURNER: Loves the endless sunshine.



“ I was taught to strive not because there were any guarantees of success but because the act of striving is in itself the only way to keep faith with life.”

Madeleine Albright, First female US Secretary of State



**PMR TEAM:** Are experts in the field of property management and rental.

## PMR SPAIN

THE staff of PMR are experts in the field of property management and rental. Based in Alfaz del Pi, the company is currently celebrating its 10th anniversary year, marking a decade in providing quality services to their Costa Blanca customers.

In addition to its extensive portfolio of rental properties, PMR also offer comprehensive management services to owners by providing everything they could want to look after the safety and security of their investment.

The company will provide owners with regular property inspections while keeping them fully informed of everything by email. For this, PMR offer three levels of management service starting with a bronze package costing just €395 per year.

Incorporated within the management services are regular checks of household appliances, sanitary and plumbing equipment and TV and satellite

connections. This service also includes acting as official key holder and point of contact for owners who have an alarm system installed. The PMR team will provide garden and pool maintenance and check water meters to confirm there are no leaks. They will thoroughly ventilate all rooms and carry out pest and vermin checks and even water house plants. So, if it's your holiday home, you can rest assured there will be no nasty surprises awaiting for you whenever you return.

For owners looking to let their property for long term and holiday rental, PMR will provide online and newspaper advertising worldwide. For long

term rental PMR will carry out tenant reference checks, preparation of all contract documents, handling of deposits, transfer of utility bills if required, rental collection and regular tenant contact.

PMR offers all these services and much more within the various management packages so there is always a sensible choice for homeowners.

By focusing solely on the rental industry PMR know they can provide their clients with a better service than they would get from an inmobiliaria.

They have a portfolio of properties situated between San Juan and Calpe, but most are situated in the tourist areas and inland of Benidorm, Albir,

Altea La Nucia and Villajoyosa.

In addition to its property service, PMR provides a one-stop shop to help process all the Spanish documents expats may need. These include NIE or residencia applications, driving licences or vehicle registration. The friendly bilingual staff can also provide a translation service, debt management assistance or help with any community issues.

The PMR office is open Monday to Friday from 10am-6pm and Saturdays from 10am-1pm. Alternatively, call 966 260 877 or from the UK on their local call number 0044 0203 411 7758. Email [pmr@pmrspain.com](mailto:pmr@pmrspain.com) and visit [www.pmrspain.com](http://www.pmrspain.com).

# PMR

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“Leadership is a series of behaviours rather than a role for heroes.

Margaret Wheatley, writer

# She's not just a pretty face

TODAY, a generation of Hollywood's top female actresses are earning millions per film, but are now turning their back on the limelight and using their high profiles to form successful businesses, promote charities and philanthropy work.

## • Jessica Alba

Inspired in 2008 by the birth of her daughter and her own history of childhood illnesses, Golden Globe nominated actress Jessica Alba went on to create The Honest Company.

The ethos was to provide natural baby products and promote non-toxic household products. Since launching The Honest Company the company is now valued at over \$1 billion and in 2016 Alba was listed at number 42 on Forbes' 'America's Self-Made Women' list.

The company is also reported to have a strong charitable mission, regularly donating products, revenues and labour to good causes. The Honest Company is based in the USA but plans are already afoot to bring the products to England, Australia and China.

## • Gwyneth Paltrow

Born in 1972, Gwyneth Paltrow is a multi-million dollar actress, food writer and owner of a lifestyle company.

Launched in 2008, Goop was originally conceived as a weekly email publication, that has evolved into a website with regular updates that, according to the site, 'hopes to surface the very best experiences, recipes, products, and advice.'

Despite setting up the brand and website, Paltrow last year said her aim was to take a step away from the company to allow it to continue growing under its own esteem.

Paltrow is also a Save the Children ambassador and she is on the board of the Robin Hood Foundation, a charitable organisation that works to alleviate poverty in New York City.

## • Charlize Theron

The actress grew up in South Africa before moving to Europe at 16 to pursue modelling. Moving to the USA she fell in to the world of films and is best known for critically acclaimed roles in films such as Monster, which won her an Oscar for 'best actress' in 2004, Mighty Joe Young, The Devil's Advocate and Mad Max.

Now, still acting, she is also a UN Messenger of Peace. In his citation, Secretary General of the United Nations, Ban Ki-Moon said of Theron: "You have consistently dedicated yourself to improving the lives of women and children in South Africa, and to preventing and stopping violence against women and girls."

It is reported that she has supported 36 charities and foundations over the years in various roles and is also the founder of the Charlize Theron Africa Outreach Project.

36

charities and foundations have been supported by Charlize Theron over the years.

## LUCY GRANDE - THE BED CENTRE

# Customer service is important

WORK hard, don't take any short cuts and learn the language

LUCY GRANDE moved to Spain over 30 years ago and has never looked back.

Moving to the Costa Blanca in 1981 it was a very different Spain back then, which she has seen grow and develop ever since. Lucy began her working life in Spain making leather handbags and belts before teaching English to children and basic Spanish to private pupils.

She then started an import business importing goods for a UK catalogue company to serve the ever growing expat market. As the devaluation of the peseta hit the business hard, Lucy went on to work in the Calpe Bed Centre before taking over the business in 2006.

She jumped at the chance and has created the popular store it is today.

Whilst beds are clearly Lucy's day job, her other passion is the 'Make a Smile' charity which dominates Lucy's spare time.

Lucy is the president and founded the charity with her husband Tony. It

started when, through The Bed Centre, she was asked to donate four cheap or second hand mattresses to a children's home in Benissa.

This introduced Lucy and Tony to another world, a world of struggle and inequality that was right on their doorstep. This led to a strong working relationship with the Emaus group as, through Make a Smile, they work to help provide for the children in the Emaus group at the homes which are severely underfunded and for mentally handicapped youngsters.

For every project they are involved with, they ask the advice of the children's carers about what the home and the youngsters need and every cent donated goes to the cause.

Whilst Lucy dedicates every spare moment she can to the charity, she recognises it is thanks to the help of the community and the many fundraisers who provide important funds for the projects. The volunteers from up and down the coast

give up their valuable time to run coffee mornings, parties in bars, dancing marathons and hold stalls at large fairs to get the word out and sell donated items.

One of the projects they are most proud of is the Relieu Self-Sufficiency project for the centre for mentally challenged youngsters in Relieu. Using existing land and equipment Make A Smile has created a farm. This provides occupational therapy for the youngsters in residence there and is run by volunteers.

The farm now produces 750 eggs a week from 220 chickens that have been sponsored by the public and sells these in their popular weekly veggie bags. It grows olive trees and once the olives are harvested, turns them into olive oil that the homes use and sells the surplus. The farm also has 1,000 olive trees at various stages of growth that are available for an annual sponsorship to help with running costs. These trees are proving popular as a gift or in mem-

ory of a lost loved one.

Lucy has a lot to rightly be proud of but what advice would she give to others looking at setting up a business on the Costa Blanca? "Work hard, don't take any short cuts and learn the language. Most important of all is customer service. This must always be the focus."

For more information on the charity visit [www.makeasmile.es](http://www.makeasmile.es) or search Make a Smile on Facebook.

**LUCY GRANDE:**  
Owner of The Bed Centre and co-founder and president of Make a Smile.



“Many women live like it’s a dress rehearsal. Ladies, the curtain is up and you’re on.” *Mikki Taylor, Essence magazine*

## THE BED CENTRE

# Sleep easy with The Bed Centre

ONE of the things that many British expats say they miss most when moving to Spain is the comfort of a solid, quality, great British bed. But this is where The Bed Centre comes in.

With over 20 years of trading in beds on the Costa Blanca, The Bed Centre in Calpe is the leading supplier of British beds and linen in the area.

Owned and run by Lucy Grande, she knows a thing or two about beds and is happy to help you find the perfect one for you allowing you to get the best night’s sleep possible.

The beds themselves range from budget through to luxury and everything in between with singles, to super king, bunk beds, divans and bedsteads, all available from leading manufacturers such as Hypnos, Burgess, Loren Williams, Serene and Swanglen. Headboards, duvets, duvet covers, pillows and mattress protectors are also available in the sizes and



LUCY: With her husband Tony and Jessica Wall.

quality you are used to at home in the UK and even hard to find off-sizes are available.

As well as a wide choice of bedding with linen from the UK and Portugal, which is renowned for its excellent quality and is well suited to the Iberian climate, there are home furnishings such as decorative cushions also in store.

With your new bed chosen, cus-

tomers can benefit from free delivery from Gandia to Alicante (please ask for a quotation outside these areas) and they aim to offer the best possible customer service and will fit in with your plans so will work delivery times around your preference.

All beds are assembled in your home and they will remove your old bed if required. As part of the after care service they will even visit you to turn your mattress if you find it a struggle yourself.

So for peace of mind in knowing you are getting a quality product and customer service, choose The Bed Centre and invest in a good night’s sleep.

The Bed Centre is in the Biblos Commercial Centre on the Calpe to Moraira road, parking is available. Call 965 836 814, visit [www.thebedcentre.com](http://www.thebedcentre.com) or email [info@thebedcentre.com](mailto:info@thebedcentre.com)

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FREE DELIVERY FROM ALICANTE TO GANDIA



“I learned to always take on things I'd never done before. Growth and comfort do not coexist.”

Ginni Rometty, IBM

By Sally Underwood

# Naturally beautiful

ONE of her products is sold every minute worldwide, but Liz Earle, the creator of the eponymous natural skin-care range, says her passion is for giving back rather than making a fortune.

Growing up in the English countryside, the entrepreneur inherited her love of nature early on, saying “my father was an admiral in the Navy, and if he wasn't at sea, he was in the garden where I followed him everywhere.”

She goes on, “one Christmas I was given the Vogue Natural Health and Beauty Book by Bronwen Meredith, which was all about making your own rose water and face packs, and I was totally hooked and spent the next few years driving my parents mad and mixing up potions and lotions of my own.”

Inspired by her passion for natural skincare, Liz worked as a beauty journalist for several years before creating her own line at the suggestion of her friend, Kim Buckland, who at the time was working in PR for John Frieda.

Kim pointed out that well-known hairdressers were launching their own products but no one from the skin care world was doing the same. The two women teamed up and in 1995 the Liz

Earle Beauty Company was born.

By a stroke of luck, a friend of Liz's worked at QVC and asked to see products from her range, which at the time only extended to five creams. Within 24 hours, QVC had offered to stock her products and her first appearance on the channel saw her range sell out in 20 minutes.

Rapid success meant the company was able to open its first store on the Isle of Wight in 2001, with a large shop in London's Chelsea opening in 2007. Liz's products are now sold in 82 countries.

Although she sold the company to Avon in 2011 for undisclosed millions, Earle remains a consultant on the stipulation she still gets all her own beauty products for free.

After selling her company, however, Liz immediately launched herself into her true passion; charity work - describing her beauty business as “a 15-year sidetrack from what I really love.”

A Christian and a mother of five, she said that when she sold up, ‘I realised there would be a large sum of money coming in and it just felt right to

give some of it to somebody else’ and so immediately set up a respite home for disabled children.

She has now set her

charitable sights further afield, launching the LiveTwice foundation, an organisation which supports projects across the UK, Africa and Middle East.

She is a best-selling author and has an MBE. Having gone from strength to strength, Liz puts her success down to being “completely passionate” about what she does and says its important to have some fun along the way too!”

LIZ EARLE:  
Is completely  
passionate about  
what she does.



EMMA QUANTRILL - GOLDEN LEAVES

## Be positive, be yourself and set goals

EMMA says she wouldn't change a thing, because the 'knocks' have made her what she is today

EMMA'S parents moved to Spain in 2006 and it was a year later that she decided to join them. She had no strong ties in the UK at the time and felt that she was ready for the challenge of obtaining a new job, in a new country. She was also excited at the prospect of being successful in a new environment. She was originally trained and worked in the Financial Services sector in the UK and in Spain she was first employed in a direct sales capacity selling funeral plans, which led to her having the confidence to start her own business.

Her favourite thing about Spain is the laid back way of life commenting that “the Spanish people appear to realise that there is a balance between a work life and a home life.” She also likes the fact that the overall culture appears to be family orientated. It goes without saying, that they love a ‘party’ and she has never seen so many firework displays.

There isn't much she doesn't like about Spain, but she wishes there wasn't always so much form filling for such simple requests and the standard of driving is a bit

questionable.

Emma has a positive outlook and looks forward to the future, and understands that there may be a few knockbacks, but she is confident that the future is bright. The great unknown for all of us this year is of course Brexit, but she says that she has great belief that common sense will prevail and we will look back at it all and wonder what all the fuss was about.

E m -

ma thinks her success comes from setting personal goals and she finds that this approach helps to keep her on track and on course for the objectives she wants to achieve. It is through this approach and a secret ingredient, which has led to her

success, eventually admitting that this ‘secret ingredient’ is hard work!

Emma is rightly proud of the things she has achieved, which range from obtaining her first swimming certificate to being placed in her current position. However, she adds that the main achievements she is most proud of are the ones that have been obtained by the collective power of the team and she is delighted to be leading them.

She admits that if she could go back, she wouldn't change a thing, because the ‘knocks’ have made her what she is today. However she added that the theorist would argue that you could always review a situation and do it differently to obtain a better result.

On other women starting their own business in Spain, Emma said she wasn't arrogant enough to think that she had the ideal business model, but her advice would be to “be positive; be yourself; set goals; work hard; be the leader and don't be afraid to get things wrong. Oh and be lucky and get your timing right!”

EMMA  
QUANTRILL:  
Providing  
valuable services  
to the expat  
community.







None of us can know what we are capable of until we are tested."

Elizabeth Blackwell, First woman to graduate from medical school in the US

## GOLDEN LEAVES

# Have protection and peace of mind with Golden Leaves

GOLDEN LEAVES INTERNATIONAL provides a range of services for expats, including funeral plans, health insurance, general insurance, legal services, currency, wealth management, wills and inheritance tax advice. International Operations Director Emma Quantrill runs the company from the head office in Alicante and another in Almeria.

Amongst the services available is the popular funeral plan, which is a pre-paid plan designed to help customers avoid the rising costs of funerals. It also takes away the emotional stress of organising a funeral from their loved ones.

The health insurance provides private healthcare for expats who have moved to Spain wanting private healthcare or do not

qualify for the state health system. It also has the advantage of providing improved health services for people who do qualify for the state health system in Spain.

General insurance is for expats who wish to cover their possessions such as houses, vehicles or pets. They also offer travel insurance on either a single trip or annual basis. These are offered at very competitive prices and there is an excellent after sales service.

Legal services include legal advice in all areas, such as probate, divorce, selling of property, and more.

Golden Leaves International also provide a currency exchange service which gives the best possible price when transferring funds from the UK to Spain or vice versa. There is

wealth management and advice on equity release schemes and on the best places to invest money.

Emma says that the service is special because they have been in the funeral planning business for more than 25 years and have been providing services for expats for a number of those years. The company prides itself on being a one-stop shop for the expat community, giving attention to every customer's individual needs.

Golden Leaves International covers the areas of mainland Spain, United Kingdom, Cyprus, Canary and Balearic Islands, Portugal, and it must be noted that the funeral plans have global portability.

There will be a 'summer incentive offer,'

where customers can buy a funeral plan between June and September and receive a €75 discount. A new offer this year it includes the opportunity to buy two plans during this period and receive a €200 discount. For more information, contact 966 493 082 or free phone 800 098 309.

The office hours are Monday to Friday, from 9am-5.30pm. Golden Leaves International has its Head Office in Avenida de la pla 123-125, Edificio Caribe, Javea, with a second office in Turre, Almeria. Visit [www.goldenleavesinternational.com](http://www.goldenleavesinternational.com) or email [info@goldenleavesinternational.com](mailto:info@goldenleavesinternational.com) for more information about the services available or pop into one of the two offices for a chat and a coffee.



## Golden Leaves International Expatriate Services

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Emma



“I don't believe in guilt, I believe in living on impulse as long as you never intentionally hurt another person, and don't judge people in your life. I think you should live completely free.”

Angelina Jolie, Actress/Philanthropist

# An office of inspiration

MANY hours of the day are spent in the office; therefore it's a good idea to create an environment that will inspire.

Appealing to the senses is a good place to start by thinking about what you would like to see, hear, smell and touch. Our senses are bombarded every day; for some of us it's the sound of birds singing and for others, it's the sound of traffic with the added bonus of fumes that can affect our mood.

Therefore, it makes sense to take some time over thinking about how your surroundings can have a more positive effect.

The office, being a place of work is generally not thought of as an interesting space, but one that's plain and functional. If you use a bit of imagination, it can be transformed into a place you'll want to be and will in the long run, improve your performance.

Everything we see around us has an effect; a photo or painting that inspires creativity or even just makes you feel happy is a step in the right direction.

To appeal to the sense of smell, freshly cut flowers can be placed on your desk or an invigorating scented air freshener.

An untidy desk can make you want to run away, so organise your paperwork into colourful files and update your desk accessories to add more interest.



INSPIRE CREATIVITY: By appealing to your senses.

## Clothes that mean business

CLOTHES say a great deal about people, so if you are in the 'world of business' and want to give clients the impression that you're a professional, then it's worth investing in a wardrobe that's specifically tailored to your working life.

The standard international business attire can be tailored dresses, skirts or trousers with a blouse and jacket.

The colours that are normally worn are grey, navy and black; and shoes should be comfortable, as days can be long in a pair of stilettos.

The look can be finished with understated jewellery and subtle perfume.



WORK ATTIRE: Should be smart.

BUSINESS WOMAN: Alexandra Simonovic runs a successful supermarket in Spain.



ALEXANDRA SIMONOVIC - SUPERMERCADO DIFERENTE

## I'm enjoying the journey

WE are going on an adventure and don't know the road ahead

ALEXANDRA SIMONOVIC was born in Holland and is a true entrepreneur, having run her own businesses since she was 21. She worked in the beauty industry in Holland before discovering the delights of Javea. Arriving on holiday, she loved the area and decided it was a great place to bring up her two young children, so the move was made.

Continuing with her entrepreneurial values, which are so clearly in her blood, her first venture as a 'woman in business' in Spain was in the furniture business, importing Dutch furniture, but she found it was difficult to sell to the Spanish and there was little interest and it was a rude awakening into business in Spain: "The Spanish people are very nice but on a business level it was very difficult" admits Alexandra.

"I am very motivated to work hard and succeed but I found everything very slow here. It is a different mentality and sometimes being a woman I felt I was treated

“Use the locals. They know the ways, the systems and how to get things done, so you will get it right in the end.”

differently. They would rather speak to my partner than me even though I was the owner of the business. It's a cultural thing and we have to adapt to their ways to a certain extent to make it." However, thankfully, Alexandra found there were more things to be thankful for in Spain, believing her children are enjoying a wonderful life in Spain.

Moving away from the furniture business, it was a meeting with a Dutch lady who simply suggested she should open a Dutch supermarket, that led to the creation of Supermercado Diferente. She researched

the idea and after much blood, sweat and tears, Supermercado Diferente is going strong. But despite her initial business idea not turning out how she had hoped, does Alexandra have any regrets? No.

Neither, does she look too far into the future, unaware of what is around the corner: "We are going on an adventure and we don't know the road ahead, but I'm enjoying the journey." But she has no plans of being anywhere else right now: "I'm happy and my kids are happy. I have learnt to overcome a lot and we have adapted to the different ways."

Her biggest advice to others setting up business in Spain is to stay local: "Use the locals. They know the ways, the systems and how to get things done." She adds: "I think to come into a Spanish area and to give work and jobs to local residents is also welcomed and is appreciated and it helps you get accepted. A Spanish gestor or lawyer knows the laws and the processes so whilst it seems difficult and slow, spending that money on the initial research and checks means you will get it right and end up saving you money in the long term."



“The question isn't who is going to let me; it's who is going to stop me.”

Ayn Rand, Novelist/Philosopher

## SUPERMERCADO DIFERENTE

# Try something different at Supermercado Diferente

THERE are always favourite food items we miss from home, wherever 'home' may be, but that is where Supermercado Diferente comes in. A supermarket with a difference, it aims to bring a little bit of home to your new home in Spain.

Based in Pedreguer on the Poligono Industrial Estate by the Sunday market, this supermarket has been providing Dutch products to local residents and holidaymakers for over four years now. Whilst predominately used and loved by the Dutch community, it is becoming ever popular with the wider international residents, with English, Spanish and German all regular customers.

The 250 square metre store itself is well designed and carefully laid out leaving plenty of room in each aisle so the products can be seen clearly while leaving room for other shoppers. There is a fresh food area as well as freezer space. Owner Alexandra Simonovic said the Dutch love their cheeses so naturally, they have a wide choice in store and are soon hoping to offer a fresh cheese counter.

Further developing the store to what clients were asking for, around 18 months ago Supermercado Diferente opened their very own bakery, allowing fresh bread to be produced which is proving a hit with customers, particularly their granary cereal loaf which

Alexandra describes as “fresh and soft on the inside and crispy on the outside.”

All products are imported from Holland, including its fresh stock, such as kale, the popular vegetable common in Holland, but

is rarely seen in Spain. Deliveries are made weekly ensuring the shelves are always fully stocked and means you should never miss any of your favourite groceries. Should there be something you are after in particular, Alexandra will work hard to source it and get it in stock for you and the friendly staff will be only too happy to help you with anything you need. Tel: 966 455 303.



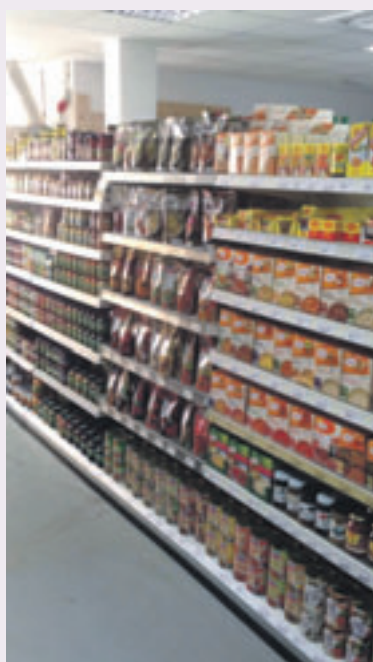
**SUPERMERCADO DIFERENTE:** Providing quality Dutch products in Pedreguer.



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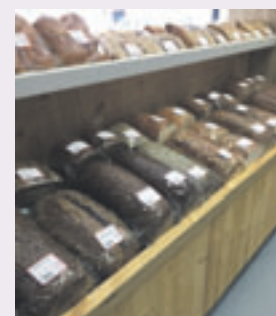
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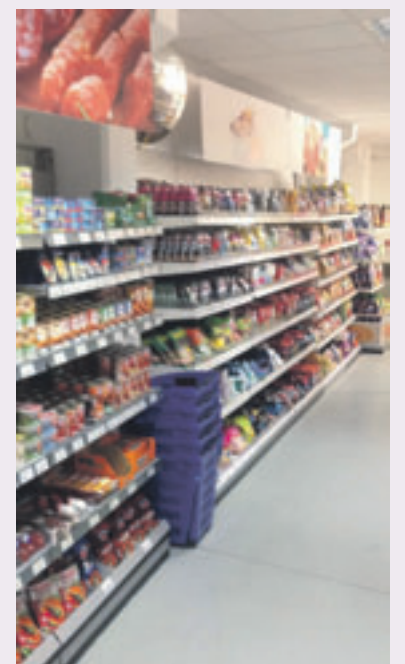
De Ruijter, famous on bread



Drop (liquorice)



Daily fresh bread and pastries in our bakery



Dutch most sold biscuit  
The 'Stroopwafel'



Krentenbollen  
(raisin buns)



Herring fish



“I always did something I was a little not ready to do. I think that’s how you grow. When there’s that moment of ‘Wow, I’m not really sure I can do this,’ and you push through those moments, that’s when you have a breakthrough.”  
Marissa Mayer, Yahoo

# If at first you don’t succeed...

**THINK you’re a failure? Career hasn’t gone to plan? Business enterprise didn’t make the millions you’d hoped? Well failure in one area doesn’t mean you can’t and won’t succeed later on. Many women who are now household names and top of their fields struggled to get where they are today, with many starting on a totally different path, but they have gone on to prove success can happen...**

## Oprah Winfrey

THE American talk show host, actress, producer, and philanthropist had a rocky start to life. She was brought up in a low-income family and admitted she was once sexually abused. She became pregnant at the age of 14 but lost the baby and went to live with her father. She was fired from her first job on a local television station, but has since gone on to become one of the most popular, influential and wealthiest women in media with television shows and even her own TV channel. In 2013, she was awarded the Presidential Medal of Freedom by President Barack Obama. Forbes state her net wealth as around \$2.9 billion (€2.7 billion).



“What I know is, is that if you do work that you love, and the work fulfils you, the rest will come.”  
OPRAH WINFREY

## J K Rowling

THE woman behind the most famous wizard of all time, Harry Potter, has said she believed she was a failure before penning the novels. She was a single, divorced mother suffering from depression and struggling to make ends meet in Edinburgh. In 1995 all major publishers rejected the Harry Potter script. But a year later a small publishing house, Bloomsbury, accepted it and in 1997, the book was published but with only 1,000 copies. Today, Harry Potter is a multi-million franchise with books, films and even a West End show and J K Rowling is now considered to be the most successful female author in the UK. Her net worth is said to be around \$1.1 billion (€1.02 billion).



“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.”  
J K ROWLING

## FIDELMA MATTHEWS - SOLAR IN SPAIN

# We are energy consultants

**FIDELMA'S** advice is stick to your goals and what you believe in

FIDELMA MATTHEWS is the female force behind Solar in Spain, the successful solar company she formed with her husband. Whilst he had a background in heating and has a Masters degree in renewable energy, the move into running their own solar business was a little more unique for Fidelma, having previously held positions in airline management working at both Heathrow and Schiphol airport.

The family had a holiday home in Oliva that prompted them to make the permanent move to Spain after Fidelma took redundancy. Like many other successful companies, theirs was born out of their own frustrations at the difficulties they faced wanting to harness the natural power of the sun, something that was so abundant on the Costa Blanca: “To us, using solar was the obvious choice but 16 years ago there were few companies around and very little information.”

They did their own research and gained the necessary qualifications and licences required and Solar in Spain was launched and they have gone on to provide thousands of solar systems ever since. But whilst seem-

ingly such an obvious choice to provide solar, Fidelma admits it wasn’t all fun in the sun: “Hardly anyone really knew what solar was back then so it was quite difficult to sell. We also had to do a lot of work with the Department of Industry and Endesa & Iberdrola to make sure everything is fully legal and authorised so things took time.”

But Solar in Spain promise to do what they do best; fit and install solar systems, so whilst they battle the paperwork and legislation behind the scenes, customers simply enjoy a hassle free installation with everything done for them.

But Fidelma says it isn’t all bad. Running a business is hard work, as it is in every country, but Spain has numerous benefits to enjoy: “I love the weather and that children can be children for longer. There is a real sense of community and it has been so good for us.”

The businesses has developed better than she could ever hope, they now employ a team of professional staff and supply equipment worldwide: “That was never part of the plan but we see ourselves as energy consultants.”

Part of that success has largely been down to learning the language. Stressing the importance both personally and professionally, Fidelma added: “We went to classes and all staff in the office are bilingual and that is so important when running a company in Spain. You have to be able to speak the language, it also helps with the integration.

“We started in Oliva but then moved to Pedreguer and we were made very welcome. We also employed Spanish professionals so we knew what we were letting ourselves in for.

“Our lawyer has been with us for 16 years and that’s important advice I would give to anyone. Find good staff and work to keep them.” Other advice she would give is to “stick to your goals and what you believe in. Treat people how you’d like to be treated.”

FIDELMA MATTHEWS:  
A woman in the solar  
business in Spain.





“Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else.”

Sara Blakely, Spanx

## SOLAR IN SPAIN

# Invest in the future, invest in solar

ELECTRICITY bills have increased substantially over the years and the cost is likely to carry on increasing over the next few years. But there are ways to reduce your costs through a solar energy grid-connected electricity system. But how do they work? Solar in Spain, based on the Costa Blanca and Costa del Sol, explains:

“Solar electricity systems capture the sun's energy using photovoltaic (PV) cells. When light shines on the cell it creates an electric field. The PV modules generate DC electricity (Direct Current) sending it to an inverter. The inverter transforms the electricity from DC to AC (Alternating Current) for ordinary household needs. This system allows the solar electricity to be used as it is being generated.”

Solar in Spain are experts in renewable energy, designing and installing a range of systems providing solar electricity, solar hot water, solar pool heating, solar ventilation and biomass space heating that will drastically reduce your fuel bills by using free renewable energy.

All their energy systems are backed by guarantees of up to 25 years and can be installed with 100 per cent interest-free finance.



**SOLAR IN SPAIN: For all your renewable energy needs.**

This family-run company recognises that each home is different and each home owner has different requirements, so the in-house engineering team will custom design your solar system based on our home's architecture and your family's projected electrical needs. From design to completion they will oversee your entire solar panel in-

stallation project including the completion of permit applications with Endesa/Iberdrola and the Ministerio de Industria, Energía y Turismo.

They also provide a single point of contact and accountability throughout the life of your system and with over 16 years of experience, customers can rest assured Solar in Spain are here to stay.

Their experience is such that they are now part of Solmate Solar SL, a leading solar energy consultancy and their products and services are now available throughout Europe and the Middle East through Solmate Solar.

So to invest in the environment and make real savings on your energy bills, contact Solar in Spain for honest and expert advice.

For more information visit the office and showroom on the Pedreguer Industrial Estate, just off the N-332, or call 962 854 488. Visit [www.solarinspain.com](http://www.solarinspain.com) or email [info@solarinspain.com](mailto:info@solarinspain.com).

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“It is our choices, that show what we truly are, far more than our abilities.”

J K Rowling, Author

## Business scents

WITH no formal training in perfumery, Jo Malone, the nose behind two world-famous fragrance lines, Jo Malone and Jo Loves, is proof that natural talent and determined self-belief can win out.

Severely dyslexic, the now 53-year-old, dropped out of school at 15 and started work at a beauty salon her mother inherited. Moving to her own premises, she became a facialist with an exclusive client list, such as Sarah Ferguson.

It was while working there she experimented with scents. Making a body lotion and oil for her most loyal clients, she realised she had a passion for perfume and set about creating her first line, Jo Malone.

Serving up innovative scents such as Nutmeg & Ginger and Lime, Basil & Mandarin, Jo tapped into an emerging market of cool, wealthy

young professionals looking for something different. Initially with a mostly London client base, the brand grew exponentially when Oprah Winfrey interviewed her in the mid-90's, giving Jo global appeal.

Expanding her range to include lotions, bath oils and candles, Ms Malone caught the attention of Estee Lauder, who bought the brand for 'undisclosed millions' in 1999.

Jo stayed on as the company's Creative Director, taking the range even further with face products and exfoliators before leaving in 2011.

Jo describes fragrance as like a 'best friend.'

She then created her next line, Jo Loves, a smaller offering, featuring limited edition scents like Fresh Sweet Peas.

Her new line is sold in her shop in Chelsea's chic Elizabeth Street.

# In good company

By Sally Underwood

WHEN Chrissie Rucker, owner and founder of upmarket furnishings chain, The White Company, left school at 16, she could hardly have known she would one day become one of Britain's most successful businesswomen.

Even several years after leaving school, following stints in PR and journalism, Chrissie was still looking for direction in her life. It was only after she first moved in with her now-husband, Chris Wheeler, founder of shirt store Charles Tyrwhitt, and started to decorate his flat, that she noticed a niche in the market for quality white linens and furnishings. Thus The White Company was born.

Starting out in 1993 with a £6,000 inheritance from her grandmother and a small government grant, Chrissy first produced white bedding and tableware, advertising it in a 12-page catalogue printed on her boyfriend's computer.

Working 16 hour days and delivering goods in her Mini, Chrissie sent out her first catalogue to 500

people and promoted it with a press release she wrote herself. Her hard work paid off and she turned over £80,000 that first year.

It was only after six years that The White Company opened its first store, which Chrissie credits with securing the brand's identity.

Over the ensuing years, her business grew stratospherically. The White Company now has 53 stores in the UK and sells adults' and children's clothes, as well as furnishings. It has also recently launched in America and now ships worldwide.

The chain has lived through four recessions and Chrissie says this has helped her hone the brand's identity, ensuring it was different to other stores.

She explains "it's crucial to have a clear brand vision so you have something to stick to when times are hard."

Still owning 99 per cent of her company, the other 1 per cent belonging to her husband after she gifted it to him as a wedding present, Ms Rucker is believed to have paid herself £6.5 million in 2015.

The White Company now has around 1,000 employees and Chrissie received an MBE in 2010 for services to retail.

CHRISSIE RUCKER: Received an MBE.

BETTINA SUMMERS DE LA CRUZ - PHYSIOTHERAPY CLINIC

# Patients have confidence in her abilities

HER advice is to be clear about the kind of business you want to go into and be passionate about it

BETTINA was born in Lima in 1980 and came to Spain with her parents in 1991, the main reason being terrorism. Her father had an important position there and at that time, the threats of the terrorist group called 'Sendero Luminoso' was the order of the day.

Her father decided it was better for the safety of his family, to change his life and move to Spain; joining her mother's family who had already lived here for many years.

Bettina has been in Spain for 16 years and feels very much at home, but hasn't forgotten her native country, Lima, which she says is beautiful and tries to get time to visit often. She has made her life in Spain, studying and taking a career in physiotherapy and gained a postgraduate degree in osteopathy.

She says that having been raised here, her favourite aspects of Spanish life are the tranquillity, security and the freedom to stroll through the streets safely. She also enjoys sitting out on the terrace having a coffee, in a sunny climate, while watching the ocean and of course, loves the Spanish food.

Although there are many good aspects to life in Spain, Bettina doesn't like the stress that people are put

under in working many hours to get ahead in their careers, the small wages and lack of financial support from the state. She also says that it's even harder for a woman and entrepreneur, especially for a

ternity leave where there is not as much support given as in other European companies.

In the future she is hoping to improve as a physiotherapist, in expanding her business with new techniques and new services that she already has in mind. Most of all she is looking to create a team of fully qualified physiotherapists, in whom she can trust to take on managerial roles.

Bettina believes that her success in the business for the past 10 years has a great deal to do with their patients. They have become part of the family and have been returning, because the company knows them all individually.

She is proud that she has been able to create the company, with the help of her parents and a loan from the bank and happy that patients have confidence in her abilities and with the results they receive and therefore feel encouraged to spread the word to others.

Her advice to other women is to be clear about the kind of business you want to go into, be passionate about it, because others will notice and this for Bettina, is the key to success.



BETTINA: Proud she has been able to create the company.



“ I used to walk down the street like I was a super star... I want people to walk around delusional about how great they can be – and then to fight so hard for it every day that the lie becomes the truth.”  
Lady Gaga, Singer /Songwriter

## PHYSIOTHERAPY CLINIC

# The Physiotherapy Clinic for better health in Altea

THE health clinic is a centre that specialises in physiotherapy and osteopathy using the most advanced techniques, the most effective treatments and the latest in technology. It is owned by Bettina Summers.

Physiotherapy at the clinic is much more than 'massage.' It is a comprehensive range of therapeutic techniques that reach further. The therapists can treat paediatric diseases, neurological disorders, trauma, rheumatic, respiratory, sports and even urinary tract and sexual dysfunction.

The company strives to maintain a continuous training programme, including awareness of scientific advances, new innovative techniques and

methods within the field; guaranteeing safety, reliability and efficiency.

Its speciality is its focus on treating the patient as an individual, and tailoring treatment that is unique and highly personalised. All patients come to the centre with different types of injury.

The goal is to improve the quality of patients' lives and focus on treating the causes of the pain. The human body is intelligent and pain is a sign that there is a manifestation of something in the body that is not moving correctly. The specialists seek to find the source of the pain and treat it, including any other conditions that have evolved as a result of the injury.

The therapeutic approach consists of numerous programmes and physiotherapy techniques, including dry needling; which helps eliminate contractures, three times faster than with conventional massage. In addition, it has the most advanced technology in the world of rehabilitation that helps speed up the process of healing, including T-CARE, which is currently used by teams such as Real Madrid and Barcelona Football Club.

At the clinic patients are provided with multiple solutions to their health problems, currently focusing on traumatic injury, rheumatology, vascular and sports injuries, with great attention and

care in reducing the period of recovery.

Harmony of the human body is the main objective, which requires assessment and treatment of the patient using a global approach, as an injury is always accompanied by other complications. The therapists at the clinic treat the patients in a personal way. The same injury in two different people may not have similar symptoms and causes. The most important role is to listen to the patients carefully and interpret their symptoms.



For more information, contact Clinica Fisioterapia + Salud, Plaza La Pau, 6 – 1st , 03590 Altea. Telephone 966 883 209 or mobile 687 746 098  
Email [hola@fisioterapiamassalud.es](mailto:hola@fisioterapiamassalud.es) or visit [www.fisioterapiamassalud.es](http://www.fisioterapiamassalud.es).

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Leadership is not about men in suits. It is a way of life for those who know who they are and are willing to be their best to create the life they want to live."

Kathleen Schafer, Leadership Connection



HIGH PRIORITY: Finding a comfortable temperature at work.

## I'm hot get me out of here

THE woman in business will know that relationships with employees are crucial to the success of any company and ensuring that they are comfortable in the workplace should be high on the list of priorities.

To maintain a stable temperature in the workplace that's comfortable for everyone could be challenging, especially when the weather is constantly changing. People are also different in the way they

are affected by certain temperature levels.

Men, prefer to work in cooler temperatures, as their metabolic rate is higher than that of women who are most likely to prefer warmer conditions. The reaction to temperature can also depend on the age of employees and what they are wearing.

When it's feeling too hot in the office, there are a few things that employees could do to help themselves which in-

clude the use of a desk fan, wearing cotton and loose clothing and drinking plenty of fluids.

There may be a solution to this in the future, with the possibility of installing smart ventilated office chairs that contain fans and heaters that can be controlled by their occupant.

The topic of comfort in the workplace should be taken seriously, as it will keep employees happy and productive.

## Healthy eating while you are at work

FOR a big part of the day, most businesswomen are sat at a desk, which is not the healthiest of options, but a necessary part of the job.

There are many ways to improve the daily routine, by making sure that healthy options are adapted into the working day. When it's time for a break, there's an opportunity to get outside the office and stretch your legs while getting some vitamin D from the sun, which is good for metabolism and mood.

It is important to take nutrient-rich meals and snacks to work, in order to maintain maximum energy levels. The best way to prepare your fuel for the day is to combine slow-release wholegrain carbohydrates with lean protein every two to three hours.

Try some thick yoghurt with fruit, lean-meat sandwiches, low-fat cheese and crackers, nut-based snacks, sushi or wraps. There is also salad, vegetables and soup, which are easy to prepare.

The most important of all is to rehydrate, by drinking at least three litres of water each day and limiting caffeine to two to three coffees a day.

At break times, try to exercise and keep circulation going by taking a short brisk walk.

ANN EMERY - SAFOR PROPERTY SERVICES

## Work hard and know your business

WE are positive about the future, the quality of life in Spain is definitely getting better

ANN EMERY and Wendy Noble are the female force behind the successful Safor Property Services.

Wendy's family have lived and bought houses in Spain for the last 30 years, so it was perhaps inevitable that she would come to Spain to live when her daughter was old enough and indeed she did. Having had her house in Oliva since 2007, she made the move permanently three years ago from Holland.

Ann came to Spain 30 years ago with her family and made a life here. She was the one who initially set up the company as she wanted to impart her years of wisdom on Spanish life to others wishing to make the move and purchase a holiday or permanent home in Spain.

Both love the outdoor life that Spain's climate permits with

Wendy able to spend every day with her horse on the beach or in the mountains and Ann loves the sociability of life here. However, like many others, the 'mañana' attitude and the sheer amount of paperwork needed for everything can take some getting used to.

Having been established for so long, surviving the good times and the bad, what do they think about the future? "We are very positive about our futures in Spain, there is money being spent on development; you can genuinely see a difference in the area, with construction, updating and upkeep of local areas. The quality of life in Spain is definitely getting better."

They believe they have been so successful as

SAFOR PROPERTY: Ann and Wendy from Safor Property Services will help you with everything related to buying in Spain.



they "keep working hard and driving forward, giving support to all our clients." They continue: "The after service is excellent and when clients buy a house with us we help them with all their problems, not only their house problems!"

For Wendy, she is most proud that she has found lovely people to work with in a team without problems and Ann is proud that they have many happy clients who continue to recommend them.

But would they change anything? "No" said Wendy who admits she has been happier in her work and life in general whilst living in Oliva.

So what would their advice be to other women who want to start their own business in Spain? "Work hard, know your business and keep driving forward."



“If you are successful, it is because somewhere, sometime, someone gave you a life or an idea that started you in the right direction. Remember also that you are indebted to life until you help some less fortunate person, just as you were helped.” Melinda, Gates Philanthropist

Melinda, Gates Philanthropist

## SAFOR PROPERTY SERVICES

# Property experts since 1996

SAFOR PROPERTY SERVICES has been selling property in and around the La Safor area of Valencia since 1996.

Based in Oliva and covering areas such as Denia and Gandia as well as inland as far as Alcoy and Xativa, Safor Property Services are experts in homes in Spain and in the local area, so whether you are looking for a beach-side base, luxury golf course apartment, a townhouse in the heart of a traditional village or a sprawling countryside finca, it can help you find the home of your dreams.

Run by Ann Emery and Wendy Noble, who both have more than 20 years experience in the business, with Ann setting up the company in Oliva after she moved to the area in 1989. She set up Safor Property Services with the view of helping other foreigners discover and settle in this beautiful part of coastal and inland Spain and help them realise all it has to offer.

Wendy has 25 years of experience in advertising in different countries and has a good understanding of marketing and development and spe-

cialises in making sure all properties are marketed to the best of their abilities and owners can receive a quick sale.

Safor Property Services prides itself on its excellent after sales. The company's reputation has been built on a good understanding of its clients' needs and above all honesty; both with buyers and sellers. However, with the property sold, its service does not

stop there as it ensures all the legalities are completed and the new owners have all they need to make the most of their home in the sun. Safor Property Services will always be on hand offering help and advice, from maintaining gardens to how to get residencia.

The company always has some properties under special promotion with discounted prices available for a short-term period only to ensure a quick sale and increase interest on certain properties.

So to help find your next home, or to list your home for sale with friendly professionals, contact Safor Property Services now. The office, in Paseo Antonio Salelles 7 in Oliva, is open Monday to Friday from 9.30am-1.30pm. Wendy and Ann are available 24/7 for listings and viewings. Call 633 631 016, visit [www.lasafor.com](http://www.lasafor.com) or follow Safor Property Services on Facebook.



**ANN & WENDY: Have more than 20 years experience.**

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We look forward to introducing you to this lesser known area of Spain, pop in and see us to have a chat.

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**Padre Antonio Salelles, 7. 46780. Oliva (Valencia)**

**www.lasafor.com**

**Wendy Noble** Tel: 0034 633631016 email: [wendy@lasafor.com](mailto:wendy@lasafor.com)

**Ann Emery** Tel: 0034 616450440 email: lasafor@hotmail.com



“Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it.”  
Diane Sawyer, ABC/World News/Disney

## On track to become the UK's highest earning female

HOLLY WILLOUGHBY is a force to be reckoned with. Not just a pretty face, her girl-next-door image, coupled with a serious business brain, has led to recent reports that she is now one of the highest earning females in British television.

It is reported she already boasts an £11 million fortune thanks to her presenting rolls such as her daily appearance on ITV's This Morning and hosting the comeback of Surprise Surprise, but it is her other side projects that have also boosted her bank balance such as contracts with Garnier and her homeware and clothing design projects as well as her book deals.

Earlier this year it was announced that the 35 year-old has plans to go into the interior design business with the wife of Dragon's Den star

Peter Jones, which could be worth a further £10 million, making her the wealthiest female present ahead of Davina McCall and Mary Berry.

This diversification is a clever move, attracting and appealing to all markets. She has a wholesome, family image which make women relate and being seen on a sofa every day on This Morning, can easily allow herself to be associated with interiors and lifestyle brands, making it a natural fit.

So with 2017 looking extremely bright for Ms Willoughby, where did it all start and how did it all go so right?

Born to a sales manager and an air stewardess, Willoughby's career started somewhat with luck and chance as she was spotted in

1995, at the age of 14, by talent scouts at The Clothes Show Live exhibition and she was soon signed up as a model appearing in teen magazines.

It was in 2000 that she ventured into television, winning an audition for a show on CITV called S Club TV before going on to host several other children's shows, but it was perhaps in 2004 when she was chosen as the presenter of Ministry of Mayhem on Saturday mornings, that brought her name to the forefront, being a popular choice with the young viewers and their parents.

It was on the show that she met her now husband, producer Dan Baldwin and the couple now have three children together. He also presents several of the shows she stars in which perhaps

doesn't hurt in keeping the work coming in.

Prime Time television came in 2006 as she presented Dancing on Ice with Philip Schofield, whom, it is reported, was instrumental in getting her the gig next to him on the sofa on This Morning in 2009 when his co-star Fern Britton announced she was leaving.

With so many projects underway, juggling work and family life, Holly Willoughby is a good example of a young successful woman in the UK, proving that perhaps, you can have it all...

**HOLLY WILLOUGHBY:**  
One of the highest  
earning females in  
British television.



VIVIENNE OLVER - MOLINO VILLAS

## You are in control of your destiny

**SUCCESS** is down to dedicated and talented staff who worked as a team to build the business

VIVIENNE OLVER, director of Molino Villas, bought her property in Javea in 1987 to use for holidays and soon fell in love with the area. Realising there was more to life than travelling along the Central Line in London every day, she decided to sell up and find a better life, and she did.

Now being full time on the Costa Blanca since 1994, she loves waking up most days to bright blue skies, tasting the Spanish delicacies and exploring the different wines. Vivienne admits it is also the stark contrasts to London life that she loves, such as being able to park cheaply and easily, except for Easter and in the summer: "I enjoy time in my garden and seeing things grow... so satisfying. In fact, I love everything about Spain."

Whilst encouraging everyone to be tolerant of the Spanish way of doing things, the paperwork can be a little frustrating until you realise that to go to a government department or office, you have to take every piece of paper concerning the property/car/yourself and have photocopied them.

But Molino Villas does go against Spanish tradition in that it opens throughout the



**VIVIENNE OLVER:**  
Views the  
future with  
optimism.

day without closing for a siesta: "We work through the day so that our clients can continue viewing or at least whilst day light allows."

Vivienne views the future with optimism: "Many people from all different countries

are looking for a safer, brighter, warmer existence and Spain fits the bill. For most people it is a two to three hours plane journey for family and friends to visit and they can relax and enjoy a relatively trouble free life or holiday." She continued: "Brexit will

change some paperwork but we have continued to see not only enquiries from Britain, but more also from France, Scandinavia, Holland, Belgium... all looking to change their lives."

Established for over 17 years, Vivienne is rightly so proud of being the director of a well-established and reputable estate agents. Continuing for so long, they have been successful as they understand their clients' concerns and work to go the extra mile for them with many going on to become friends. Their success is also down to dedicated and talented staff who all work as a team to help build a good, solid, reliable business.

So what advice would Vivienne give to others looking at setting up their own business in Spain? "I believe that you are in control of your destiny, so do it, but be prepared for a difficult couple of years to start with. My advice would be to find a niche market or look at your competition and network as much as possible. Molino Villas are proud to be a member of the CBBA business association and through that we are happy to recommend other professionals and tradesman to our clients."



“No one can make you feel inferior without your consent.”

Eleanor Roosevelt

## MOLINO VILLAS

# Providing the best service for customers

MOLINO VILLAS are your one stop property shop for all your property needs. They have been based in their Moraira office, in Centro Commercial Kristal Mar, since 1999 where the small, friendly team have over 25 years of experience in the Spanish property market.

Providing the best service for buyers and sellers of property on the Costa Blanca, Molino Villas are a totally independent company that are not tied to any particular developer, therefore offer a completely impartial service, working only in the best interests of their buyers and sellers as they work to provide a fully personalised and unique service for each customer.

From the first contact, the team endeavour to obtain as much information as possible on the type of property and location required.

Whether you are looking for an apartment to lock up and leave, or a large villa for all the family, they will provide you with property information that is relevant to your specific criteria and within your budget, as well as sharing their wealth of knowledge on living and the lifestyle in Spain.

Where possible, the same representative will remain with you throughout the whole process, so there is only one name to remember for all those queries and questions that will arise along the way. The service doesn't stop once you have chosen your property. It continues on until you are settled into your new home and lifestyle in Spain, giving that additional reassurance needed when making such an important and expensive decision.

For clients looking to sell their properties, they offer a full valuation and advice service. Your property will be advertised on various well-known international websites, as well as their own



MOLINO VILLAS: One stop property shop.

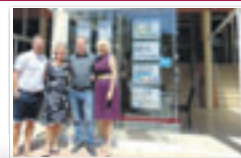
to ensure that your property receives as much attention as possible, to enable it to be sold as quickly as possible.

With resales and new builds available on individual plots allowing you to customise the home of your dreams, Molino Villas can help every step of the way.

Call into the office to speak with a team member, open Monday to Friday from 9.30am-6pm and Saturdays from 10am-1pm, or call 966 492 335 or 600 541 452. Visit [www.molinovillas.com](http://www.molinovillas.com) or email [info@molinovillas.com](mailto:info@molinovillas.com)

Combining modern effective marketing with a more traditional and caring approach

# molino



List your property today  
**FREE EPC Certificate**  
When we sell your property



## VENDORS' COMMENTS about us!!!!



Yes they do exist in Spain!!  
A real estate agent that listens to your requirements and learns from your comments during viewings.  
Thanks **TEAM** at Molino's for finding me my dream house, all due to your friendly and professional help.  
M.

A friendly family business that helped us every step of the way to a successful conclusion in the sale of our bungalow at Castellans Vida. The **TEAM** assisted us, not only with marketing, but also with Spanish red tape without the need for us to seek further legal advice. We would have no hesitation, based on our personal experience, in recommending Molino Villas.

Posted By: L.W

We would like to thank the **TEAM** at Molino Villas for their supreme efforts in the sale of our Finca during what was a difficult market. Of the 5 agents we engaged, Molino brought over 90% of the viewers. They have a "never give up" attitude and we would strongly recommend them to anyone. Thank you again Vivienne, Angela & Paul  
Best Wishes P & C.  
Posted By: Phil & Christine

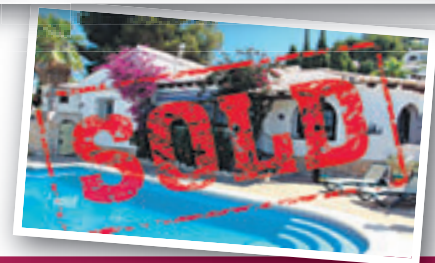


After attempting to sell privately, we placed our apartment with Molino Villas and achieved a sale in a relatively short period being updated by the team at Molino after each viewing.

Vivienne and her **TEAM** advised us of the all documentation required and helped with the process all the way through to the final visit at the notary office to complete the sale.

After experiencing the efficient and friendly service from Molino, we recommended them to our friends and they have completed the sale of their apartment too.

Many thanks to Vivienne, Paul and Angela. Highly recommended.



## OUR MOTTO:

# TEAM WORK, BY THE TEAM THAT WORKS!

If you are looking to buy or sell call in at Molino Villa's offices in Moraira for a chat.  
We are always looking for new properties to sell and buyers to buy!!

CC Kristal Mar 24E, Ctra Moraira-Calpe 0.2km 03724 MORAIRA (in front of the Friday Market)

[www.molinovillas.com](http://www.molinovillas.com)

Tel: +34 966 492 335 | Mob: +34 600 541 452 | [info@molinovillas.com](mailto:info@molinovillas.com)





*A woman is like a tea bag - you can't tell how strong she is until you put her in hot water."*

Eleanor Roosevelt

# Where's best for women?

WE'VE heard of the women who beat all the odds to become top of their game and highly successful in their own right, from overcoming poor education and childhood problems to fighting against male dominance. But for those looking for a head start which countries are best for women in terms of gender equality? Well according to the 2016 report by the World Economic Forum, Iceland took the top spot.

The 'Global Gender Gap' report looked at 144 economies and found that, for the eighth consecutive year, Iceland was the best for women, based on how well they use the female workforce. The report looked at a number of economic, educational, health-based and political indicators, comparing them with statistics from the World Economic Forum, UNESCO Institute of Statistics and the Organisation for Economic Cooperation and Development (OECD).

The Nordic states appear to be the best countries for women, continually coming in the top spots since the report was first produced in 2006. Finland came in second spot in the 2016 report, overtaking Norway in third and Sweden was in fourth place for the eighth year running. Rwanda has closed the gender gap coming in fifth. Meanwhile the UK dropped to 20th place and the USA dropped 17 places to 45.

Yemen was the worst country for gender equality.

The full report can be found at [www3.weforum.org](http://www3.weforum.org).

ICELAND: Was found to be the best place for women.

VANESSA SANCHIS - CLINICA VETERINARIA EL PORT

## Passionate about being a vet

DO things with passion and hard work and you will find the success



VANESSA SANCHIS:  
"I am most proud of being able to do what I always dreamt of."

ONE of the dedicated veterinary experts at Clinica Veterinaria El Port is Vanessa Sanchis Hernandez who has worked at the practice since 2013.

This local lass was born in Benidorm close to Altea and so naturally admits she loves all aspects of life in Spain: "I like all the Spanish food, our style of life and our weather. Although I would say my pet peeve about Spanish life is the little awareness there is about animal rights sometimes. But I would also say it's getting better and better."

Vanessa is passionate about being a vet, something she has always wanted to do, and simply achieving this dream when many others don't is something she appreciates every day: "I am most proud of being able to do what I always dreamt about and what I like most in life."

"I'm very proud to become one of the animal doctors of this clinic, which provides me the opportunity to improve and enhance my personal



*I am proud to be part of a team which provides the most excellent treatments."*

passion in veterinary medicine.

"I am proud to be part of a team which provides the most excellent treatments and offers at the same time a friendly and personal treatment to our clients, where most of them become our friends." She added: "I wouldn't change anything of this aspect of my life. It's wonderful to feel you're helping animals and also people every day and all of the members of El Port's veterinary team feel this way."

So what advice would she give to others wanting to set upon a career in Spain? "My advice would be to do things with passion and hard work and you will find the success."



“Women are the real architects of society.”

Harriet Beecher Stowe, American author and abolitionist

## CLINICA VETERINARIA EL PORT



EL PORT: Veterinary excellence for Altea and surrounding areas

# Expert animal care from El Port

BASED in Altea, Clínica Veterinaria El Port offers complete care and attention for your pet. But El Port is more than just a vets with each member of staff passionate about animals and what they do. The team are all fully trained and treat your pet like their own caring for smaller animals, especially dogs and cats, but are also able to treat some exotic animals like birds, rabbits and reptiles.

When you walk into El Port there is a small, but well stocked store offering everything you need to care for your pet. There are well-known pet food brands such as Royal Canin, of which they have a wide range. There are also accessories and nutritional supplements.

As well as treatment for the animals, El Port can provide all your vaccines and chipping requirements. There is a groomer available and even behavioural problems can be assisted to with a specialist

in animal trauma. De-worming, fleas and other pests that your animal may have acquired can all also be treated.


For those who have brought their pet over from the UK, or are looking at taking a pet abroad, El Port will assist you in every step of the process to meet the necessary requirements.

For clinical emergencies, traumas and more complex cases, El Port has its own X-ray room, laboratory, two consultancy rooms for animals, a treatment and operation suite plus a recovery room, with everything being state of the art to ensure the best possible treatment for your pet is available. Such treatments include diagnostic imaging and ultrasound; internal medicine, soft tissue surgery and traumatology; physiotherapy, acupuncture, recovery and personalised healing touch; ophthalmology; dentistry and dental surgery; as well as reproduction, obstetrics and inseminations.


Their slogan for many years has been 'in search of veterinary excellence' and this is part of their mission, a mission they continually seem to be succeeding out caring for animals day in, day out.

Clinica El Port, often has special promotions including vaccination discounts during the rabies campaign and discounted blood tests during certain times of the year.

For those looking for someone who will take as much care over their pet as they do, contact Clínica El Port. The vets is situated in Calle La Mar 159 along the N-332 running through Altea. They are open 10am-8pm Monday to Friday and Saturdays 10am-2pm. Call 966 880 612 or email: [clinaelport@gmail.com](mailto:clinaelport@gmail.com). They also have a Facebook page, search 'Clínica Veterinaria El Port' where you can also read some of the testimonials from a few of their many happy customers praising their skills, service and commitment.



**CLÍNICA VETERINARIA**  
C/La Mar, 159 • 03590 ALTEA- ALICANTE  
[clinaelport@gmail.com](mailto:clinaelport@gmail.com)  
Tel 966 880 612  
Emergencies 617 544 396



- Diagnostic imaging and ultrasound Rx
- Clinical tests and serological tests, internal medicine, parasitology
- Soft Tissue Surgery and Traumatology
- Ethology, behavioural disorders and animal behaviour
- Physiotherapy, acupuncture, custom recovery and Healing touch
- Ophthalmology
- Dentistry and dental surgery
- Reproduction, obstetrics and inseminations
- Vaccinations, identification, management of customs and export processing
- Exotic, guinea pigs, rodents, reptiles and birds
- Issuance of veterinary certificates and clinical reports
- Animal nutrition and feed
- Hygiene and deworming plans
- Animal hairdresser and beauty
- Hospitalisation and childcare

### This is the team specialists of Veterinary Clinic Port

**Director:** Dr. Toni Sanchis Candela

**Internal medicine and surgery centre management and administration:** Dr. Irene Perez Esplá

**Dentistry and dental surgery:** Dr. Vidal Angeles Vañó

**Reproduction and Obstetrics, Internal Medicine:**

Dr. Vanessa Hernandez Sanchis. Col. 1525

**Surgery and traumatology:** Dr. Rafael Tudela Espí. Cabbage

**Endoscopy:** Ignacio Dr. Jose French

**Physiotherapy, acupuncture and rehabilitation:**

Dr. Nuria Chiral Palanca

**Ethology and animal behaviour:** Dr. Ana Ferrando Ferrando

**Exotic:** Dr. Chema López Cerezuela



“When I’m hungry, I eat. When I’m thirsty, I drink. When I feel like saying something, I say it.”

Madonna, American entertainer and first female billionaire of pop music

# Larger than life Dolly

THIS lady from Tennessee has been around for some time now and is still getting up early in the mornings to embrace another day of business. She has been an inspiration to many people; in the way she has built a successful career.

It is common knowledge amongst most people that she came from a very poor family, but she hasn’t left her past behind, regenerating the economy of her home town, Sevierville, with the opening of her ‘Dollywood’ theme park.

She had a great talent for song writing and decided where she wanted to go making sacrifices along the way and achieved her dreams of success.

In addition to her musical career she is also famous for being a shrewd businesswoman and attributes this to her father who couldn’t read or write, but he knew about money.

She also started a charity, inspired by her father, called ‘Imagination Library,’ to foster a love of reading amongst children.

Dolly recently launched the ‘My People Fund,’ which is

“Dolly is also famous for being a shrewd businesswoman and attributes this to her father who couldn’t read or write, but he knew about money.”

giving support to families left homeless after a wildfire in the Great Smoky Mountains destroyed their homes. She promised the families that they would always have a shoulder to lean on.

Dolly is another example of a woman in business that has not forgotten where she comes from and is giving something back. Her success in business has enabled her to fulfil the dreams of other people.



**DOLLY PARTON:**  
Fulfils the dreams of other people.

SHARON NILSSON - NILSSON CHIROPRACTIC CENTRE

## Genuinely interested in helping people

SHARON is hoping that once she has her Masters it will make them a specialist centre for children

SHARON NILSSON is the female face behind Nilsson Chiropractic Centre. She moved to Orba in 1976 with her parents when she was just nine years old after they hoped the warmer climate would ease her mother’s debilitating arthritic pains, which it did!

Having been here 40 years, paperwork and driving habits are still a pet peeve but she largely loves her life in Spain: “We live in a small village 20 minutes from Alfaz del Pi, inland from Villajoyosa, and this allows us to enjoy the beautiful nature and tranquillity or choose a Friday night out to see an original language film at the cinema, or have a Michelin star experience up the coast.”

Having a business after 25 years in the same town is a massive achievement for anyone but why does Sharon think they have been so successful? “I speak fluent Spanish and have multiple Spanish friends, some from childhood and others that I have met over the years, therefore I am able to connect with the culture in a way that oth-

ers may not. Having said that, in my core I still feel very British and can resonate with the northern Europeans, and give them a northern European service.

“I love to help people and am genuinely interested in wanting them to get better. My husband, Johan is my biggest support and any success that I may have is entirely due to him.”

She is extremely proud of the fact she went back to University in the UK at the

age of 38 to study a Bachelor of Science degree in Chiropractic for five years and now she is in the second year of a Master of Science in Chiropractic Paediatrics, which will make them a specialist

centre for children on the Costa Blanca.

She continued: “If I had to do it all again, I would worry less. It all works out and worry just makes you stressed and gets in the way!”

For others wanting to set up a business in Spain she advises: “Visualise what you want, write down your questions for the town hall and other authorities before you go in, so you have a good chance of coming out with what you want! Spain still has a reputation for being male chauvinistic in its ways. Only we women can change that by ignoring those attitudes and doing even better and being even more successful. Learn Spanish so you can defend yourself.”

With a Masters on the way, Sharon is ever hopeful that her next 40 years in Spain will be just as good as the first: “I feel there is a new hub of expat energy in the area, which excites me, as they are families with young children. They bring new ideas and energy to the Costa Blanca. The mood is changing and people are enjoying life again.”



**SHARON NILSSON:** A great woman in business.



“The most effective way to do it, is to do it.”

Amelia Earhart

## NILSSON CHIROPRACTIC CENTRE

# Go with a gentle touch

At Nilsson Chiropractic Centre, Gentle Touch Chiropractic, its aim is to help you improve your health and general movement and function through chiropractic care.

The centre, in Alfaz del Pi, has been open for 25 years, run by husband and wife team Johan and Sharon Nilsson, accompanied by their talented and professional team.

The largest natural health profession in the world, chiropractic care offers a natural option to take care of your health and improve your quality of life. Chiropractors are primary healthcare practitioners, registered in more than 70 countries and practising in over 100 countries.

A chiropractic treatment works on the neurophysiological function to help restore the communication network between the brain and the body, by adjusting the vertebrae back into place, taking pressure off the nervous system.

At Nilsson Chiropractic Centre they use 10 different techniques, which means they can find a technique which will suit your specific needs. McTimoney Chiropractic is an especially gentle technique, which is only taught in the UK, but is used at the centre. It allows people with osteo-



**GREAT TEAM:** Johan Nilsson; Chiropractor and husband, Melba; Office Manager, Kenia; Chiropractic Assistant, Pepa; GP Homeopath, Montse; Acupuncturist.

porosis and other bone disorders to receive chiropractic care. There are only three other practices in the whole of Spain who work with this technique, the closest being Valencia.

The team has a wealth of experience and professionalism in the field. Johan came to Spain from Sweden directly after finishing his studies. He has been on two chiropractic mission trips in Tobago in 2005 and 2007 providing chiropractic care in clinics, schools and government offices. In 2014 he went to Germany for three months to help a friend set up a practice and to do this he

had to register in Germany. He is also registered with the General Chiropractic Council in UK and is registered with the Swedish Ministry of Health.

Sharon graduated from the University of Wales and McTimoney College of Chiropractic in 2010 and has been working full-time in Alfaz del Pi and Benidorm since then. She is also registered with both the General Chiropractic Council in the UK and the Swedish Ministry of Health and both belong to the United Chiropractic Association (UK) and the International Chiropractic

Paediatric Association in the USA. As well as successfully running the clinic and improving the lives of patients, both are currently finishing their Masters of Science in Chiropractic Paediatrics, a specialisation that requires a very gentle touch and a lot of patience.

They receive patients from across the Costa Blanca and, working with a good network of Doctors of Chiropractic throughout Spain and Europe, they frequently receive patients from other countries such as UK, Sweden, Norway, Holland and Germany.

If you feel you could benefit from the healing hands of Nilsson Chiropractic Centre, the clinic is open Monday to Thursday from 9am-1pm and 5-7.30pm and Fridays 9am-1pm. Call 965 889 303 or 692 611 475 or visit [www.centroquiropRACTICONILSSON.COM](http://www.centroquiropRACTICONILSSON.COM). Quote 1895 and receive a 50 per cent discount on the initial visit until June 15 2017.

## Nilsson Chiropractic Centres

### HOW THE BODY WORKS Nervous System Word Find

Directions: Print out the word find. See how many words you can find from the list below



S	V	N	M	C	L	A	R	B	E	R	E	C	U	S
E	B	K	E	E	C	Y	S	F	Y	Z	E	G	V	P
G	W	R	F	R	T	U	T	U	E	N	M	V	N	E
A	X	U	K	E	V	S	J	O	M	W	W	X	C	C
S	V	H	V	B	P	E	R	C	C	A	R	P	E	L
S	U	E	U	E	Z	F	X	E	Q	N	L	R	H	B
E	S	R	N	L	I	R	P	L	M	J	E	A	R	G
M	C	J	A	L	U	L	A	L	A	B	E	A	H	V
R	D	R	L	U	A	N	X	S	R	B	I	Z	H	T
S	D	S	V	M	I	I	Z	U	I	N	N	T	C	X
H	J	B	A	P	I	A	M	T	E	J	R	Y	K	J
B	Z	C	S	C	O	R	T	E	X	B	T	Q	H	O
M	H	Y	X	P	O	Q	O	T	W	K	K	D	L	Y
D	R	O	C	K	M	L	Y	O	U	O	U	Z	N	
K	L	Y	I	J	S	T	D	K	P	I	W	W	X	A

BRAIN  
CELLS  
CEREBELLUM  
CEREBRAL  
CEREBRUM  
CORD  
CORTEX  
MESSAGES  
NERVE  
SPINAL  
STEM  
THALMUS

**Chiropractic** is one of the things you can do to help keep your body working properly by removing any interference between your brain and your body. Your brain and nerves tell your body what to do and make sure it is all happening as it should. Interference means you just don't work right. Getting checked by your chiropractor can help you get, and stay, healthy and well.

**Gentle Touch Chiropractic - Nilsson Chiropractic Centre**

**Alfaz del Pi**  
alfas@centroquiropRACTICONILSSON.COM

@KiroNilsson

**Tel: 965 889 303 Mob: 692 611 475**  
**www.centroquiropRACTICONILSSON.COM**



“Define success on your own terms, achieve it by your own rules and build a life you’re proud to live.”

Anne Sweeney, American businesswoman

# Women start ups on the increase

IT is the age old question; can women have it all? Juggling a career and perhaps the hardest job of them all, being a full time mother, is not easy. Many women report having to give up their jobs as it was simply not viable to work around child care, particularly in Spain as summer holidays can be almost 12 weeks long.

So it comes as no surprise to read reports of business being blooming for female start ups. By setting up their own business, women are able to be their own boss and juggle the demands of work and family a little bit easier.

According to the BBC, new research from Oxford Economics shows that one in 170 people in the UK now works for a small creative business, making and selling unique products or gifts. The report was commissioned by notonthehighstreet.com which now has more than 5,700 creative entrepreneurs and partners using its services to sell their products and some 89 per cent of these are owned by women.

But this is going a step further than simply crafting things part time and selling them on Facebook to friends and family as real money can be made. Simon Belsham, chief executive of notonthehighstreet.com told the BBC that last year more than 20 businesses made more than £1 million in sales: “It’s a genuine way to make a living.”



**OWN BUSINESS:** Being able to juggle family life and work.

Workingmums.co.uk is a site offering part time and full time jobs to working mums. It also gives women wanting to get back into the work place guidance and advice on home work-

ing, flexible working, maternity and parental leave as well as childcare and benefits.

It noted a report on flexible working which was being offered more to try and retain women in the workplace, being particularly suitable for those wanting to work after childbirth. According to the report by Dr Heejung Chung from the University of Kent however, it found that home working is not such an easy solution for working mothers. The study did find that it reduced the likelihood of women dropping out of work but it also found that remote workers were more likely than others to worry about work when they are not at work and are more likely to work in their free time and also did more overtime. This was speculated that it could be in part due to the stigma still attached to working from home with home workers feeling the need to work harder to compensate for this.

It comes as last month the UK marked Work Wise Week which culminated with National Work from Home Day. Workingmum.co.uk’s recent employer survey found that most think flexible working will increase in the future with more in favour of home working which can only mean a good thing for those looking at juggling work and home life.

VITA DE LA FUENTE - IL GIARDINO

## You have to believe in yourself

**BE** consistent and do what you really like to feel fulfilled as a person



**VITA DE LA FUENTE SHENTSOVA:** A woman, wife and mother.

WOMAN in business Vita de la Fuente Shentsova has been in Spain just five years, but in that time she has, along with her husband, headed up the popular and much-loved Ristorante Il Giardino Nova Bussola restaurant in Altea.

The couple left Switzerland for Spain with a view to firmly establish themselves within the Spanish community and to give their daughter a good, solid, education.

Like most people moving to Spain and setting up their own business, bureaucracy, paperwork and the ‘unbearable mañana’ is the most frustrating aspect about Spain, but Vita is also quite positive about everything: “I always try to be reasonably pragmatic and take advantage of every situation and opportunity. In Spain there are as many or more opportunities as problems and obstacles.”

When asked about the future she said: “I am of the opinion that the future has to seek and provoke itself with projects, illusions and dreams, although it also may be true that each one has a thousand projects for himself and only one chance. I go ahead, I plan it and when possible I take the lead.”

In order to be successful, Vita always “seeks perfection in the daily and in the details” and be-

lieves that by doing so, success will come, although understands that ‘success’ is different for everyone and lies in family life as well as in work and having the free time to enjoy it.

Vita confides: “My pride, apart from being a woman, is to always try to do things well in my work, to be kind, friendly and fair to others and to do everything for my family and to make us reasonably happy.”

She seems to have been considerably successful in achieving this but if she could do it all over again would she change anything? “I am a woman, wife and mother. I have to work and I like what I do although in this profession we all know how difficult it often is, but there is plenty of room for women, as much, if not more, than for a man. If something changed, would the results be more positive? Maybe, maybe not.”

Do you have any advice for other women who want to start their own business in Spain? “I started from the beginning with my husband, always helping and collaborating. You have to believe in yourself, never be discouraged, be intelligent enough to change what does not work at all or does not do well. Be consistent and do what you really like to feel fulfilled as a person and as a woman.”



“ I never dreamed about success. I worked for it.”

Estee Lauder

## IL GIARDINO

# No need to head for Italy when you can go to Altea

FOR those who love Italian food, then Ristorante Il Giardino Nova Bussola, is the place to be. The restaurant, on Partida la foya 21, in Altea, welcomes customers of all nationalities, including British, Belgian, Dutch, Russian and French, all expecting, and receiving, high quality customer service and outstanding food.

The reviews say it all; “great place, fantastic crew, service and atmosphere and most importantly, wonderful food.” Another adds: “Excellent! Eat here regularly and we are never disappointed. The food and service are both superb and prices are reasonable given the quality.”

Amongst customer favourites are the surprisingly simple sounding spaghetti parmesan. The freshly cooked spaghetti is perfectly

mixed with parmigiano cheese and butter offering a melt in the mouth, to die for dish. Osso Bucco is another favourite, a Milanese speciality of veal, vegetables and a white wine sauce and of course pizza lovers will never be disappointed with their range of fresh home cooked pizzas.

There is a large range of pasta dishes as well as salads, starters and steaks and a wide range of mouth-watering Italian desserts such as tiramisu.

Ristorante Il Giardino Nova Bussola is a beautiful venue with diners promised a real treat. It combines a dynamic and creative team which provide a modern touch to the richness of Italian cuisine and culture.

Nova Bussola is run by husband and wife team Mariano and Vita.



BEAUTIFUL VENUE: Diners are promised a real treat.

Vita married into a family with extensive experience of running Italian restaurants and cooking Italian dishes. Mariano himself has 37 years of experience cooking and preparing Italian food and this certainly shows, with Mariano's family having been running restaurants for over 20 years.

If you haven't yet visited the delight that is Ristorante Il Giardino Nova Bussola, book a table now. Large groups and special occasions are also welcomed and catered for.

The restaurant is closed Tuesdays but is open every other day from 1-3.30pm and from 7-11pm. For more information call 965 845 839 or 673 287 598 or email [vita.mariano@hotmail.com](mailto:vita.mariano@hotmail.com).

You can also visit their Facebook page by searching for Ristorante Il Giardino Nova Bussola.

## RISTORANTE il Giardino Nova Bussola



*Il Giardino Nova Bussola. Traditional Italian cuisine interpreted in a contemporary way in a game of contrasts, flavours, colours and textures. All this in an elegant, cosy and cosmopolitan setting in the famous and mythical "Giardino" of Altea la Vella.*



Pda. La Foya, 21

• 03599 Altea la Vella / Alicante

RESERVATIONS

 GiardinoNovaBussola

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“If you follow your heart, if you listen to your gut, and if you extend your hand to help another, not for any agenda, but for the sake of humanity, you are going to find the truth.”

Erin Brockovich, Environmental activist

EURO WEEKLY

# Female leadership in

MICHEL EUESDEN of the EWN Media Group knows that true leadership is inspiring hope and positivity in your family and community. She also knows that it is impossible to change the world without first changing yourself.

Already this year EWN has been through some tremendous changes, maturing as people, evolving as a business. All so we can become a better, stronger friend to our loyal and growing network of clients and readers.

As the leading English language media group in Spain, EWN is a rare gem in the industry. It is one of the very few media enterprises to be led by a woman, Michel Euesden, not only in Spain but in history. Rising to the very top in this hugely competitive industry is no easy task. But there is business success and the other kind of impact, which strengthens her passion each and every day.

Leading EWN means knowing that you are making a difference. Michel helps local expat businesses put food on the table, quite literally making their dreams of a life abroad come true. With an unparalleled advertising reach across Spain and online, her clients know they can count on EWN week in, week out to make their success a reality.

4,000

distribution points  
throughout Spain.

Being head of the EWN family means giving incredible publicity to local charities, many of which are struggling to have their voice heard in tough economic times. With access to the pages of the *Euro Weekly News*, *RTN* and *Sol Times*, hundreds of charities across Spain are now thriving and making a wonderful, essential contribution to their communities.

Then there's the one offs. Those tragic yet beautiful times that Michel has urged all the staff at EWN to drop what they're doing and become a voice for lost causes. It warms our hearts to know that there are so many Spanish families who have benefited from our influence in the expat community.

Take the case of Leo the Lion, a young boy with cancer for whom our readers, big hearted expats with little to give, managed to raise hundreds of thousands of euros to send him to the United States for therapy. Or the thousands raised for Positively Pink and women suffering from abuse.

## They are figures that speak for themselves:

- Six editions: Costa Blanca North, Costa Blanca South, Costa del Sol, Axarquia, Almeria and Mallorca.
- Each edition proves the group's superiority over free local rivals for the number of news stories, making our newspapers the best read out there.
- 134,000 copies distributed every week, 52 weeks a year. We never miss an edition and can substantiate our print run.
- More than 4,000 distribution points in expatriate hotspots, meaning you never have too far to go to pick up an issue.
- 10 offices across the Costas and Mallorca with another office opening soon and breaking into new territories means we are at the heart of the expatriate community in Spain.
- The best English language news website in Spain.
- The newest brightest and best business directory in Spain – EWNGetsit.com

Each and every week Michel handles dozens if not hundreds of cases directly and channels her uniquely powerful passion into transforming them into worthy causes. Every day our team handle countless phone calls from readers asking where they can donate.

Today you are reading our Costa del Sol Women in Business Special. In a few weeks it may be our Success Special, or Property Supplement. Every word written under Michel's guidance is designed to help local businesses get their message across to half a million readers each week. At the same time EWN helps encourage future generations of leaders, find people homes and keep our communities bubbling with news and information.

Leading EWN means that every day is a campaign. Michel connects people with services, shines a light on domestic violence, loneliness and other expat issues others prefer to ignore.

In the early hours she can be found raising

money to help repatriate an expat who has passed, helping his widow with banking bureaucracy, publicising a new charity and, every day, every hour, putting people together who would never normally meet.

That is why Michel and the EWN family decided that 2017 is the year to consolidate and become one powerful media group, a true force for all expat issues. Today, with two sister newspapers - *RTN* and the *Sol Times* - she knows we can make even more of a difference to our clients and readers, who are growing rapidly with each passing day.

Under the proud and inspired leadership of Michel and Steven Euesden, the EWN Media Group is thrilled to begin this new chapter in what has proven a very exciting life. Never before has expat media had such a powerful voice, whether in Spain or abroad.

Michel intends to use this voice to bring success to all our communities in southern Spain,

## Best Free Publication 2017



AEEPP AWARDS: Steven and Michel Euesden accept the award for Best Free Publication in Spain.

“Each member of the EWN family is fiercely committed.”

Mallorca and beyond. She will fight tooth and nail to give our advertisers the biggest platform and opportunities for success. We will keep our readers updated every day with the very best local and life changing news. And we will continue doing it completely free.

We want to thank all of our readers and clients for their unending loyalty and commitment to EWN despite difficult recent times in Spain. We will repay that trust tenfold by bringing you the brightest, biggest and best news and advertising platform catered to any English speaking community anywhere.



“Do not be afraid to make decisions. Do not be afraid to make mistakes.”  
Carly Fiorina, first female CEO of a Fortune 20 company

MEDIA GROUP

# our community

EWN online  
in numbers...

**948,473**

Hits on the website this year  
(352,035 more than last year  
same period)

**36.63%**

increase

**24.06%**

of our readers use a tablet

**20,041**

likes on Facebook



Facebook's top  
post was seen by

**84,027**

people!

**10,303**

Twitter followers



Bounce rate 2017

**1.49%**

**46.26%**

use their phone to check our site

**29.68%**

desktop

WORKING TOGETHER:  
With the community  
for the community.



**ew media group**





“A woman is the full circle. Within her is the power to create, nurture and transform.”

Diane Mariechild

# Women who make a difference

EVERY business is likely to consume every waking moment of the person that runs it and assuming that they organise the time efficiently enough to be able to relax and spend time with family, it would not be expected that they do any more than that.

However, for some people, they have something extra special about them, in the way they can find the time in their busy day; but also more importantly, the space in their heart to be kind and giving to strangers.

The woman that has managed to achieve this is Melinda McRostie, who runs 'The Captain's Table,' a restaurant on the Greek island of Lesbos, along with her husband and family.

She is originally from Australia, but her mother brought her and her sister to Greece in 1968 for a holiday and they ended up staying and their mother married a Greek man. They later opened a restaurant called 'Melinda's.'

As Melinda got older she later met Theo, her husband and opened up a restaurant called 'The Captain's



MELINDA MCROSTIE: Didn't let anything stand in her way.

Table' in the harbour of Molyvos, which serve Greek and international food.

After being on the island for many years, Melinda and her family became well known through the restaurant and for some volunteering work.

In 2015 when refugees arrived in the port of Molyvos for asylum, the

coastguard contacted her, asking if she could provide them with food and clothing and she found somewhere for them to live, which was on a piece of rented land behind the restaurant, which can accommodate 180 people.

Melinda was able to provide them with food and supplies, due to donations from locals, tourists and people

from all over the world.

Melinda recently attended the 'Women who transformed the World' conference in Segovia, on March 20, where she talked about the experience of helping so many refugees and the Starfish foundation that was set up by volunteers to continue helping them.

In September 2015, the foundation

opened a transit site 'OXY,' for refugees arriving in the north of the island, which prepared them for the journey to the south where they could register. Over 130,000 passed through the site that met international humanitarian standards. They have also worked closely with the Red Cross, UNHCR and the International Rescue Committee.

Melinda is the perfect example of someone who can multi-task as she cooks in the restaurant and is also ready to take calls concerning any new refugees. She is an inspiration to us all and didn't let anything stand in the way of her helping the refugees. It was a job that had to be done and it was possible and made easier by putting the bureaucracy of Greece on hold for a while and dealing with the paperwork later.

Melinda shows us it is possible to be successful in business and make time for those less fortunate. She shows us we have a responsibility and owe it to ourselves to help others, as this is the true meaning of success.

“

Both Christine and Lynn are office based, so are always on hand for clients and ready to sort out any problems immediately.

LYNN BLOFELD AND CHRISTINE IRVING - VACATION VILLAS

## Provide a personal service

THEY are proud of being in business for 18 years



BOTH owners, Lynn Blofeld and Christine Irving, had decided separately to move to Spain from the UK to start a new life with their families over 18 years ago.

Christine has a sales background and Lynn worked in the rental section for several years in Javea, before they joined forces and opened Vacation Villas. Being established from the same office for so many years has helped them become a permanent and favourite fixture in the local area as they use their extensive local knowl-

edge in helping hundreds of clients.

They believe that by offering the best service possible and putting their clients first has led to their success. By staying small and offering clients value for money, they have been able to offer a personalised, dedicated service and this has sustained them through a few recessions. Both Christine and Lynn are based in the office and as their rental properties are all within the local area, they are always on hand for clients and to sort out any problem immediately.

Saying they love all aspects of Spanish life, with the weather of course being a major factor, they do admit the daily 'siesta' can be somewhat frustrating, particularly for holidaymakers wanting to carrying on

shopping throughout the day. This is one of the reasons they decided to keep the office open all day and not close for lunch, so they are always on hand.

The ladies are optimistic about the future: "Spain has always been a popular place, especially this area. With sunshine and easy flights we cannot see this changing."

Being established for 18 years is a great achievement and one they are most proud of: "When businesses were collapsing during the several recessions, we managed to still keep all of our clients and even get new ones."

So what advice would they have for other women who want to start their own business in Spain?

"Learn Spanish or choose a partner in business that does. This is essential. Keep costs to a minimum until you have an idea of how the business is going and have a legal advisor."

CHRISTINE & LYNN: Love all aspects of Spanish life and are optimistic about the future.



“Nothing is impossible; the word itself says ‘I’m possible!’”

Audrey Hepburn

## VACATION VILLAS

# Finding clients the perfect vacation villa

VACATION VILLAS, based in the small village of La Xara, just outside of Denia near the La Marina Hospitals, has been offering property sales and rentals for 18 years.

Owners Lynn Blofeld and Christine Irving pride themselves on their professional and friendly approach and are pleased to give you the benefit of their experience of living on the Costa Blanca as they help you find your perfect ‘vacation villa’ in Spain.

Offering luxury apartment and villa rentals from Easter until October, they are happy to advise and guide clients to help them find the best property for their holiday depending on their requirements, guiding them on the best beaches and restaurants, places to entertain younger members of the family, local markets, fiestas, golf and sports facilities. Once you make your booking you’ll have the peace of mind that your holiday will be safe in our hands. You can rest assured that you’ve booked with a reputable company.

They offer a discount for return clients renting properties and are ready and welcome to greet holidaymakers, ensuring they have a hassle-free holiday to remember.

Their properties range from modern and stylish to traditional Spanish with many character features. Whatever type of holiday property you’re looking for in or around the popular towns of Javea or Denia, they are sure to have something to suit you, with all properties coming fully equipped. They



**VACATION VILLAS: Lynn and Christine are ready and waiting to offer you their professional and personal expertise.**

also offer a range of optional extras from cots and high-chairs, extra beds for children, welcome packs and airport transfers, to flowers and Champagne for special events.

All rental properties are personally selected by Lynn and Christine so they know each one well and are always on hand. As a small company they listen to their clients, and make improvements to the villas based on the feedback and recommendations of clients. All rental properties are registered with the Valencian Tourist Board, the Spanish Estate Agents Association (AEGAI) and the mercantile register in Alicante.

They also have an extensive range of properties for sale in and around Javea and Denia and specialise in old country houses.

They are the leading property professionals in the area, and have a wide knowledge of the different property laws in the region, which is so important when purchasing a property in Spain. If you are selling your property, Vacation Villas promise a professional marketing service to help you find a buyer for your home as quickly as possible. They are also flexible in their commission on sales depending on the sale itself, so speak to Lynn or Christine now about how they could help you and market your property to its full potential.

The office is open Monday to Friday from 10am-5pm and all day Saturdays in the summer. The office is on the main street in La Xara near to the church. Call 966 424 505 or email [info@vacationvillaspain.com](mailto:info@vacationvillaspain.com) or visit [www.vacationvillaspain.com](http://www.vacationvillaspain.com)



### VV 198

A wonderful traditional finca style property close to the old town of Javea in the sought after residential area of Tossals, set within very private, enclosed grounds with established, mature gardens and ample off street parking. Access is via a beautiful 60m2 covered terrace. The lounge is charming with a wood burning stove for cosy winter evenings.



### VV 138

A stunning villa at the foot of the Montgo mountain in Javea, a wonderful location. On 3 levels with a lift from the parking /garage up to the first and second level, making it easy for shopping and luggage. The grounds are enclosed with an electric gate, there is a large swimming pool (10 x 5)m. This has a joining jacuzzi, overlooking the gardens. The garden has many shrubs and fruit trees.

**We are looking for country style villas to sell. If you have an old Spanish house you wish to sell, please contact us.**

**We will visit you without obligation. If you are in La Xara, pop into our office for a chat with Lynn and Christine.**

**We specialise in old country fincas in the region of Denia, Javea, Moraira, Jalon and Benissa.**



## NEW DEDICATED FINCA WEBSITE

LET US SELL YOUR COUNTRY PROPERTY - CLIENTS WAITING TO BUY

**fincascostablanca.com**



OFFICE: Avenida del Oeste, 8, 03709, La Xara, Denia (Alicante) | EMAIL: [info@fincascostablanca.com](mailto:info@fincascostablanca.com)  
TEL: (+34) 96 642 4505 | MOBILE: (+34) 609 512 745 · (+34) 669 386 710



“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”

Oprah Winfrey, media proprietor

# Women in business

THE phrase ‘women in business’ covers the history of women taking leadership roles in commerce.

In 1972 Katharine Graham became the CEO of *The Washington Post* newspaper in the USA, making her the first female CEO of a Fortune 500 company as she somewhat paved the way for fellow women to follow her into business. But it wasn't all easy sailing. In her memoir she highlighted personal struggles she faced which left her often looking for reassurance from male colleagues.

Ursula Burns was named CEO of Xerox in 2009. It was previously run by Anne Mulcahy and it was the first time a female CEO had chosen another female to take over.

Burns was also reported as the first black female to be heading a Fortune 500 company and told Leanin.org it was a great achieve-

ment: “Many people told me I had three strikes against me: I was black. I was a girl. I was poor.”

Despite a growing number of females holding top positions there is little discrimination against today's female society, or is there? As of 2016, Wikipedia reported that women only account for around 20 per cent of all S&P 500 company directors, which are companies listed on the American stock market, despite making up 47 per cent of the US workforce.

As of 2014, nearly 60 per cent of 22,000 global firms had no females on the board and less than 5 per cent had a female CEO.

However for females looking to succeed, try Norway, Latvia, Bulgaria and Slovenia as it is reported that in these countries there is at least 20 per cent female representation on boards and in senior positions.



URSULA BURNS: The first black female to be heading a Fortune 500 company.

“I had three strikes against me: I was black. I was a girl. I was poor.”

## A helping hand

THE number of female business owners is growing at unprecedented rates across the globe, thanks to new funds and sites encouraging women to start or expand a business.

Investment in these funds doesn't just benefit women. According to Forbes ‘about \$60 billion worth of impact investment assets are under management... in sectors ranging from agriculture to education. Some of the big-gest returns lie with women.’

Websites such as Kiva.org and shared-interest.com allow individuals to provide loans to specific businesses or projects while Forbes has suggested some of the most effective ways to invest in female-owned businesses.

According to Forbes, farmers in Third World countries are typically male but there are some crops favoured by

women because they both feed their own families and can be sold for profit, providing women in some of the most impoverished places with their own income.

Marianne Haahr, director of the Global Opportunity Network said “crops like maize, cassava and millet are popular among female farmers” and “some women form cooperatives so they can market their produce at better prices. This gives rural women a stronger voice locally.”

Forbes also explains for those around the world who rely on agriculture for their income, one of the most useful types of investment is micro-insurance which protects against crop loss due to bad weather or pestilence. Several sites allow investors to choose from many individual projects benefiting women.

ADELA LLOBELL - CBT CONSTRUCCIONES INMOBILIARIA

# A professional yet friendly service

**HARD** work and dedication make CBT the success it is today

CBT Construcciones Inmobiliaria, is a family business working hard to provide a professional yet friendly service.

Adela Llobell is one of the partners along with her husband Pascual. Together they have extensive experience in both construction and real estate sector in the area, from Calpe to Javea and inland.

Adela was born and bred in Benitachell and still lives there today, so she is very much a ‘local’ with local knowledge that provides customers, particularly foreign buyers, with valuable information about the area. This passion for the Marina Alta is evident in her work, helping others to find or build the property of their dreams so they can also settle to a life in this beautiful area of Spain.

She studied business administration and then qualified as an ADPI (adviser of the real estate property), giving her recognised knowledge and professionalism within the property industry.

Adela is very much the face of the business and is likely to be the person you speak with first when contacting

“Adela is a modern woman, juggling running a busy and successful business with her husband, and being a full-time mum at home to their three children.”

CBT. She focuses on the office-based side of the business and speaks Spanish, Valenciano and English. She is very much a modern woman, juggling running a busy and successful business with her husband, and being a full-time mum at home to their three children.

When asked about what makes CBT a

successful business, Adela said it is really very simple: “All our clients come back!” She added: “Repeat business is the lifeblood of a business like ours. If you do things right first time and really listen to the customer they will come back to you in the future and recommend you to other people.”

Hard work, dedication and professionalism also make CBT the success it is today. To find out more, speak with Adela now.



ADELA LLOBELL: Is very much a ‘local’ with local knowledge.





Whatever you do, be different - that was the advice my mother gave me, and I can't think of better advice for an entrepreneur. If you're different, you will stand out."

Anita Roddick, Founder of The Body Shop

## CBT CONSTRUCCIONES INMOBILIARIA

# Building and buying with CBT

ESTABLISHED since 2001, CBT Construcciones Inmobiliaria, are leading real estate agents and constructors in the Moraira area.

This family-run business has extensive experience in both the construction and real estate sector in Spain. Selling properties from Calpe to Javea and inland, it has an extensive range of properties for sale to suit all budgets and requirements, from small apartments offering excellent investment and rental opportunities, to large detached villas with pools.

CBT will work to find you the perfect home, even if you are unsure of what that is, they will talk you through all the options and properties available to help find that dream home. The company handles every aspect in buying and selling property and will assist in the necessary financial and legal advice to ensure your experience of



**CBT CONSTRUCCIONES: A family-run business since 2001.**

purchasing or selling a property in Spain is straightforward and stress free.

If you can't find exactly the right property for you, then CBT Construcciones can help you build your own, unique home. It has a range of new build projects available, but with its architectural team, it works with the owners directly to help design and build the home you are looking for, in the style to suit you, whether that be rustic and traditional or modern.

They will help source and secure the plot of land and carry out all the necessary legal paperwork to

commence your build. All new build work has a reassuring 10-year guarantee for the structural work and two years for any machinery and electrical components.

If you find a resale property you like, but realise it is not to your taste, then you can be rest assured CBT will be available for all minor or major renovations, from adding a pool or extension, to knocking down a few walls. One advantage as a buyer choosing CBT is that if you want to purchase a house but know changes need to be made, you can carry out the whole process with one company, getting the all important advice and quotes from the construction team before going ahead with the purchase so there will be no nasty surprises.

For more information contact CBT now. The office is Avenida del Portet, Moraira. Call 966 491 392, visit [www.cbt-inmocons.com](http://www.cbt-inmocons.com) or email: [info@cbt-inmocons.com](mailto:info@cbt-inmocons.com).



**Avda. del Portet, 24B, 03724 Moraira - Teulada**  
**Tel. 966 491 392 • Fax. 966 491 392**  
**[www.cbt-inmocons.com](http://www.cbt-inmocons.com) • [info@cbt-inmocons.com](mailto:info@cbt-inmocons.com)**



**REF 00795 - Teulada**  
 Spacious partment in Teulada.  
 Close to services.  
 4 bedrooms,  
 2 bathrooms.  
 Cons. 115.25m<sup>2</sup>  
**150,000€**



**REF 00801 - Benissa**  
 Villa with sea views in Benissa.  
 Very quiet area.  
 4 bedrooms,  
 3 bathrooms.  
 Cons. 225m<sup>2</sup> Pl. 821m<sup>2</sup>  
**349,000€**



**REF 00818 - Javea**  
 Villa in Pinosol, Javea.  
 Excellent location.  
 5 bedrooms, 3 bathrooms  
 Cons. 267m<sup>2</sup> Pl. 1,019m<sup>2</sup>  
**399,000€**



**REF 00603 - Benissa**  
 New construction in Moraira.  
 Located in a quiet area.  
 5 bedrooms, 4 bathrooms.  
 Cons. 200m<sup>2</sup> Pl. 875m<sup>2</sup>  
**460,000€**



**REF 00745- Moraira**  
 Villa in Cap Blanc, Moraira.  
 South facing.  
 3 bedrooms, 2 bathrooms.  
 Cons. 138m<sup>2</sup> Pl. 800m<sup>2</sup>  
**470,000€**



**REF 00813 - Orba**  
 Luxury villa in Orba  
 overlooking the valley.  
 7 bedrooms, 4 bathrooms.  
 Cons. 300m<sup>2</sup> Pl. 5,727m<sup>2</sup>  
**750,000€**



“My best successes came on the heels of failures.”

Barbara Corcoran, Businesswoman

# Potty for pottery

CREATING her business in 1985 with just £450 in savings, Emma Bridgewater, the famous ceramics designer whose mugs and plates are sold in their millions across the UK, now turns over £14 million each year.

Growing up in a large, Bohemian household in North Oxford, Bridgewater, now 56, says it was trying to find a birthday present for her mother Charlotte that sparked the idea for her hugely successful company. She says, “I was looking for a really special cup and saucer, but everything was either too formal or too clunky.”

Hugely ambitious, Emma had been looking for a business idea which could turn over a lot of money quickly. Having failed to find the right gift for her mum, she explains, “that was my eureka moment. I realised there was a gap in the market for pottery that was beautiful and practical.”

Creating a prototype at the Potteries in Staffordshire, Bridgewater started decorating her first mugs with sponge-applied designs. She began by selling the end product in Covent Garden, where buyers lapped up her informal designs, such as Toast & Marmalade.

After a few years happily married to Matthew Rice, now the company’s CEO, Emma says she put the business on a back-burner, just making enough to live. When four children came along, however, she says she quickly had to earn more money, explaining, “I had to get back into the saddle or else

the roof would have fallen in.”

A sad twist of fate increased her resolve even further when her mother suffered a brain injury after falling whilst horse-riding in 1991. She says the sudden responsibility of caring for her mother, as well as her own young family, spurred her on, adding “unhappiness is a great driver.”

After several years building up the business, commuting miles each week between Stoke-on-Trent, London and Norfolk, Emma realised she needed to slow down when diagnosed with arthritis at 31. She says she was advised to “take the stress out of my life” and decided to hand the company over to her husband, an experienced businessman who helped David Linley found his furniture company.

She says the transition was initially difficult, explaining, “it was hard to relinquish the reigns of my ‘business baby,’ but it was the right decision. I could focus on my health, my children, and the creative side of the business.”

Her instinct paid off and Matthew Rice has helped to in-



QUINTESENTIALLY BRITISH: Bridgewater’s unique and informal designs.

crease the businesses productivity to 25,000 pieces of ceramics a week.

Now happily focusing more on the design side of the business, Emma received a CBE in 2013 for Services to Industry and explains, “I design china to fit into your life, not to try to make your life more like mine.” She adds, “Emma Bridgewater is really every woman’s story.”

LINDA GARWOOD - SELECT VILLAS

# Still loving the Spanish lifestyle

THINK every aspect through, not just through your own eyes, but those of your potential clients too

LINDA GARWOOD, has been visiting Moraira since the early 1980s. During that time she perhaps never imagined it would become her home, but fast forward a few years and she is loving life in Spain, running her successful company SELECT Villas with husband Chris. But what was it that brought the couple to the Costa Blanca?

“We were fed up with the lousy weather, the politics, the silly political correctness gone mad, the overcrowded roads etc etc. Whilst we kept a yacht in Turkey during the 1990s, we decided Spain was much closer and cheaper to reach, enjoyed the perfect lifestyle and climate, had all the services and infrastructure we needed and was politically stable.” As a result Linda and Chris moved to Moraira in late 2001: “We drove down, through France to Moraira with our two Hungarian Vizslas (gun dogs) found our property, then flew the cat over.”

During this time she admits even today the weather and lifestyle is still her favourite aspect of Spanish life, something that hit home recently following a trip back to the UK: “We returned to Sussex to celebrate a friend’s 80th birthday party. We were so shocked to see that most of his friends (most in their 70s) were so old and pasty looking and suffering major ailments. This was in stark contrast to friends



here, of a similar age.”

However living the dream does come with its downsides: “Our pet peeve has to be the petty bureaucracy: local authorities, tax offices, temporary parking bans, and the groups of cyclists with their support vehicle!” However it is a somewhat small price to pay as SELECT Villas continues to go from strength from strength helping others find their little piece

LINDA GARWOOD:  
“Remember the customer is king.”

of paradise in the sunshine. Linda said: “We look forward to further growth and development, as we get older we shall have to put in place succession plans for the business. Meanwhile we are very happy doing what we do, for as long as we are able.”

So what does Linda credit for them being so successful? “We have been successful here, as we were in our businesses in the UK, with the application of much hard work, determination, a sound partnership and a little luck. The success of Select Villas is also thanks to assembling the great team of staff we now have, together with our hard earned reputation for honesty and integrity. Also our three grown up daughters, granddaughters and grandson.”

Having being caught out in the early days by some staff members and other agents who they thought they could trust, Linda advises anyone thinking of setting up a business in Spain to “think every aspect through thoroughly.” She continued: “Not just through your own eyes, but those of your potential clients, too. Try to find ways of doing what you intend to offer that are better than the competition. Know your clients needs and how best to serve them, if you do it right your good reputation will follow! Remember the customer is king.”



“Perseverance is failing nineteen times and succeeding the twentieth.”

Julie Andrews, Actress, singer, author

## SELECT VILLAS

# 70th birthday, and still working hard!

**MATCHING** buyers worldwide, to their ideal property in and around Moraira

SELECT VILLAS of Moraira celebrate their 11th anniversary this year, together with their 11th year record of continued sales growth! The business was created by Linda and husband Chris in 2006, who are fully cognisant of the fact that traditional values such as honesty, efficiency, integrity and professionalism continue to be valued by their buyer and vendor clients, alike.

Linda and Chris have been visiting Moraira since 1983, and it was love at first sight for them with this delightful resort on the Marina Alta coast of northern Costa Blanca. They inevitably concluded that they would like to ultimately move to Moraira and retire however; they did not have the best experience when searching for their own property and found the whole process strewn with pitfalls and 'dodgy' middle men serving 'dodgy' agents!

Having spent most of their working lives in service industries of one kind or other, they really felt they could do much better with a totally fresh



**SELECT VILLAS: Are proud of the quality of the current team of staff.**

approach, based on customer service and listening carefully to client's needs and requirements.

Regarding the town itself Linda said "Moraira hasn't been allowed to become over-developed

the way other similar resorts have, especially when it comes to high-rise development. This ensures that Moraira continues to maintain the village feel of its origins, that we loved so much

when we first visited." Beyond Moraira itself, SELECT Villas cover the neighbouring areas of El Portet, Benitachell, Benissa, Jalon Valley and in to Javea and Calpe. They specialise purely in sales, but can recommend several tried and tested rental agencies, for clients seeking that option.

Their long-standing knowledge of Moraira and the surrounding area is a great asset when it comes to helping both vendors and buyers. Linda very much believes in the people side of the business (she is a qualified Psychologist) which helps with dealing with both clients and staff.

They are very proud of the quality of their current team of staff, who between them represent well in excess of 100 years of living in this wonderful part of Spain, and between them speak English, Spanish, French, German, Italian and Arabic. The team are very able and capable to market and deal with virtually all eventualities and enquiries, worldwide.

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“When there’s that moment of ‘wow, I’m not really sure I can do this’ and you push through those moments, that’s when you have a breakthrough.”

Marissa Mayer, CEO of Yahoo

# The top job

## WOMEN are taking politics by storm

FROM Brexit to Donald Trump as President of the United States, it might feel like the world is currently in a state of flux.

But if there is a wave of change making its way around the globe, one positive has certainly come out of it; the rise of women in politics.

Since Indira Gandhi became India’s first and only female prime minister in 1966, women have increasingly been filling the top roles in government. Of the last 50 years, Iceland has had female premiers for 20 of those, and in Rwanda 62 per cent of all representatives in the government’s lower house are women.

Closer to home, women are taking politics by storm, with Germany’s Chancellor, Angela Merkel, leading her country for 12 years. And in the UK, five of the major political parties, from all corners of the map, are led by women.

Take Nicola Sturgeon, the first female leader of the Scottish National Party, as well as the first woman to become Scotland’s First Minister, who led her party to an incredible victory in the 2015 General Election,

winning 56 out of 59 seats; far more than her predecessor, Alex Salmond. Known for being tough and straight-talking, Sturgeon was named as BBC Radio 4 Woman’s Hour’s most powerful woman in the UK in 2015.

In Northern Ireland, Arlene Foster is the 46-year-old leader of the Democratic Unionist Party. Foster, who has been a politician since 2003, got involved after her father, a Royal Ulster Constabulary member, was the subject of an assassination attempt, and later when a school bus she was travelling on was bombed by the IRA.

She eventually became the first female First Minister of Northern Ireland, winning the election with a comfortable margin in 2016, before resigning in January 2017.

Leanne Wood, Plaid Cymru’s leader since 2012, is another female politician at the top of her field. The Rhondda born 45-year-old, who was formerly a probation officer, has campaigned for Wales’ criminal justice system to be reformed as well as for the regeneration of former coal-field areas. She also used Freedom of

“In the UK, five of the major political parties, from all corners of the map, are led by women.”

Information laws to reveal that thousands of Welsh workers were paid less than the minimum wage.

The Green Party have also earned their equality stripes, with New Zealand-born Natalie Bennett as one of its two co-leaders, while UKIP briefly flirted with female leadership when Diane James led the party for 18 days last year.

The UK’s top job too has been occupied by a woman since 13 July 2016, when Maidenhead MP, Theresa May, took the role. Fifty-nine-



MS MERKEL: The Chancellor has led Germany for 12 years.

year-old Ms May was the UK’s second longest serving Home Secretary from 2010 to 2016 under David Cameron. Considered formidable, May lowered crime levels, deported hate cleric Abu Qatada and stopped the extradition of autistic computer hacker, Gary McKinnon, to the United

States, while Home Secretary.

Now leading the United Kingdom through arguably one of its toughest and most uncertain times in recent history, the self-confessed feminist joins a raft of other female politicians levelling the playing field for women across the globe.

## It’s a woman’s world

JAMES BROWN might have sung that it was a man’s world, but with increasing numbers of woman taking over traditionally male professions, now more than ever, he could not have been more wrong.

From the beginnings of higher education onwards, women now often outnumber their male counterparts. In the 2010 to 2011 academic year in the UK, 55 per cent of university students were female, with the highest proportion of women studying subjects such as veterinary science and medicine.

And it seems the trend extends to those qualifying for professional roles too, including accountancy, which in the US is made up of 61.8 per cent women, stretching to 73.8 per cent in the case of tax examiners.

Women in the UK now make up 51 per cent of all qualifying doctors, and in law the figures are even more surprising, with 62.8 per cent of solicitor training schemes taken by women, to 37.2 per cent of men. In the US, 54.7 per cent of financial managers are also now women.

But why the sudden change? Some put it down to the rise in flexible working hours and decreasing pay gap, meaning women are increasingly taking advantage of the high wages attached to jobs in the financial, legal and medical sectors.

Large firms such as Price Waterhouse Cooper and Allen and Overy are also now making it easier for women to take on senior roles after having children, with innovations such as emergency child care facilities and mentoring for women going on maternity leave.

Women are also putting off having children until later in life, allowing them to climb further up the professional ladder before potentially taking a career break for maternity leave. The average first-time mother in the UK is nearing 28, while for university graduates that figure leaps to 35-years-old. The rising costs of housing also means more mothers are continuing in their careers after having children.

There is still room for improvement though, with only 8 per cent of engineers being women.

The figures are similar for scientists at 12.8 per cent. Women are also more likely to be given zero-hours contracts than men and suffer the consequences of economic downturns; during the recession in 2009, 53,000 of women left full-time work, compared to only 36,000 men.

The good news is that these gaps are growing, however. The number of female scientists increased by 11 per cent between 2001 and 2010, while the number of journalists and editors increased by 14.8 per cent in the same period. And while men generally out earn women for the same roles, the gap is as low as 0.2 per cent for some professions, and women earn more than their male counterparts in others.

Female social workers benefit the most, typically getting paid 7.8 per cent more than men doing the same job. In traditionally male roles too, such as medicine, men are now only out earning women by 0.6 per cent in senior roles.

All of which can only mean one thing; there has never been a better time to be ‘a woman or a girl.’

## In figures

AS of June 2016, 23.3 per cent of all parliamentarians around the world were women, compared to just 11.3 per cent in 1995. Scandinavian countries have the highest proportion of women in parliament at 41.7 per cent.

The first woman elected to the UK Parliament was Constance Markievicz in 1918, although as a member of Sinn Féin she did not take her seat. Nancy Astor became the first to sit in the House of Commons the following year.

In the world’s smallest country, Vatican City, women still cannot vote.

It took until 1928 for woman to be afforded the same voting rights as men in the UK.

In January 2017, nine women were heading up their governments around the world.

Rwanda has the highest proportion of female parliamentarians of any country.

Pacific countries have the lowest proportion at 15 per cent.



“Option A is not available. So let's kick the sh\*\* out of option B.”

Sheryl Sandberg, COO of Facebook

# Sexism via the backdoor

IT is 2017. Women are running multi-billion pound businesses, leading countries and increasingly making their mark in traditionally male-orientated professions.

Gone are the 1960s 'Mad Men' days of blatant sexual harassment or chauvinism. No longer would any man find it acceptable to, for example, call a woman 'baby' in an office environment. But does that mean sexism is truly dead?

While perhaps not as barefaced as it once was, growing numbers of women in different sectors are now speaking out about rising 'backdoor' sexism.

As Jessica Williams, head of Sidekicks recruitment agency says, "I believe that the secretarial industry harbours one of the last bastions of 'acceptable' sexism. A lot of agencies like to pretend this doesn't exist any more, it does."

She says it is not uncommon for employers seeking secretaries or receptionists to automatically call prospective hires 'she' before even learning their gender, or even to specify what

colour hair they would like their employee to have.

Even high-profile companies under the full glare of public scrutiny can come unstuck. Take PriceWaterhouseCooper, one of the world's biggest accountancy firms, which in December 2015 attracted criticism around the globe for sending home a receptionist from its London office for not wearing high heels.

The 27-year-old worker, Nicola Thorp, had her pay withheld after refusing to buy and wear two-inch heels for the role, prompting a debate in the House of Commons about ensuring employers comply with equality laws.

And while at the time it was argued that male employees are also required to dress smartly, why should it be true that high heels are considered

'smarter' than flat shoes? Is requiring female employees to wear shoes which lengthen the legs and look feminine but are often impractical and difficult to walk in really necessary or do they simply perpetuate a 'sexy secretary' ideal from a bygone era?

Even the language commonly used in offices suggests that sexism, while improving, is still alive and well. As writer Mark Peters says, phrases referencing men often denote something positive, such as right-hand man, poster boy and wingman. 'In comparison, those citing women are often negative; take, prima donna, drama queen or mean girl.

Daniel Godsall, founder of WOMBA (Work, Me and the Baby), a business supporting mothers in the workplace, claims the problem is even wider spread, with employers still holding women back by refusing to help working mothers. He explains of the women he had spoken to, "without any

formal con-

“Even high-profile companies under the full glare of public scrutiny can come unstuck.”

sideration, some had been primed that requests for flexible working were unlikely to be granted. And when one asked for a four-day week, she was told that it would damage her career and instead she should just work from home on her 'day off.'

From women earning an average of 9.4 per cent less than men, to being interrupted by male colleagues, having credit taken for their ideas, or being

asked to make the coffee every time, there are a multitude of examples of backdoor sexism, and it is too often up to individuals to fight their own corner.

So what is the solution? Businesses such as Daniel's are increasingly hitting back, helping women stand up for their rights. He claims the initiative is a success, saying, "I am particularly proud that we have recently supported two women in achieving promotion during maternity leave."

But perhaps Jessica Williams' tactic at Sidekicks is best when she questions employers' stereotypes, simply asking "why?" She says the approach works, claiming, "it forces clients to question whether their prejudices are out of date. Finally, they begin to grasp just how embarrassing and unprofessional those prejudices are."

**SECRETARIAL INDUSTRY:** Harbours the last bastions of 'acceptable' sexism.





“My best successes came on the heels of failures.”

Barbara Corcoran, Businesswoman

# A brave new world

WARIS DIRIE is a shining example of a woman who has triumphed over adversity in what for her was very much a man's world in which decisions were made on her behalf whether she agreed with them or not.

At the tender age of just five years old she was subjected to the dreadful and inhumane practice of female genital mutilation (FGM). Then at the age of 13 her father told her that he had arranged for her to be married. Not only was this to a man whom she had never met before, the man was also old enough to be her grandfather.

This was the turning point for Waris who decided that this was not what she wanted for herself so she fled her family and the small village in the Somali desert where she had lived. At first her father pursued her and so she ran, and ran, and ran until she could no longer see him.

After a few weeks she managed to

“Waris is an exemplary role model of how women can fight and win in an often male-dominated society.”

make it to her aunt's house, her mother's sister, and it was whilst living there that an opportunity arose which took her to London. Waris overheard the Somali Ambassador for London, who was married to another of Waris' aunts, saying that he needed to find a servant for his four-year diplomatic appointment in London. Having volunteered herself Waris found herself

working for him in London.

Waris had managed to turn her life around for the better and that was only the start. At the age of 18 she was discovered by Terence Donovan, a famous British photographer, and became a model. She became one of the first African supermodels and moved from London to New York and appeared on the front pages of all the major magazines.

In 1997 Waris gave an interview to *Marie Claire* magazine in which she bravely decided to open up to the world about her own experience of FGM. There was a huge outcry of sympathy for her after this appeared in the magazine and it also resulted in worldwide protests against FGM.

Waris was then invited by the United Nations Population Fund to join the fight to stop FGM. UN Secretary Kofi Annan appointed her as the goodwill ambassador in the fight against FGM

and she now travels around the world in her role as ambassador.

In 2010 Waris started the Waris Dirie Foundation in her fight against FGM. Now known as the Desert Flower Foundation, Waris' name means desert flower, the organisation aims to raise awareness of gender equality, human rights and FGM and works hard to prevent and protect young girls in Africa from having an FGM procedure carried out against their will. It also tries to help and support victims of FGM.

Waris is an exemplary role model of how women can fight and win in an often male dominated society and that change can and will happen. She is an unstoppable woman who is using her own experience and passion to make a difference to the lives of others and who surely offers hope and courage to young girls and women around the world.

## Planet superstar

BEAUTY pageant contestants are rarely noted for their medical expertise or business acumen but Debbye Turner bucked that trend in true pioneering style.

The Hawaiian won Miss America in 1990, becoming just the third black woman to do so, and the following year was awarded a doctorate in veterinary medicine, going on to have a successful career as a vet and becoming a spokeswoman for Purina.

Featuring on *Animal Planet* and being a respected news anchor and television veterinary expert, Turner is also a pianist, singer and percussionist. Today she continues to work with animals and is a motivational speaker and Christian minister.

DIANE HALLETT - SG HAULAGE LTD

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DIANE believes in providing a superior service

DIANE HALLETT and her partner Stephen Gaunt who owns SG Haulage Ltd have been together for 18 years now and have expanded their business from three lorries to over 25 and 50 trailers.

It is a family-run business with Steve's son and daughter and her daughter who also drives for them.

Diane hasn't got a business background but has learnt a great deal about the trade from Steve and his parents; his dad used to drive and his mother worked in the office.

They have developed the business through sheer hard work and determination, working long hours, weekends and having to sacrifice holidays.

They are now starting to reap the benefits of their hard work, as they have recently started to take holidays in Spain. They have also noticed that there may be a niche in the transport market, moving cars, motorhomes, caravans, boats, plant and machinery.

Diane said "the haulage industry is still a very male dominated industry with more women entering into it, even my 21-year-old daughter now drives a 44-ton truck!"

"You just need to have a thick skin, don't take any nonsense and they soon listen to you. I now have a good relationship with the

drivers."

Even though Diane doesn't actually own the business, she has worked as if it was her own. She believes success comes from being 100 per cent committed



DIANE & STEVE: Have developed the business through sheer hard work.

to the needs of customers, by putting money back into the business, to enable it to develop.

Their work comes from recommendations and word of mouth. The key to their success is the passion and dedication for the business that drives them to provide a superior service.

Safety is paramount in the haulage industry and they are CPS; NPORS and ALLMI accredited.

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“The key to their success is the passion and dedication for the business.”

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“I just want you to be yourself. Be a bigger yourself.”

Tyra Banks, Model, media personality, actress, entrepreneur

# Clean living goddess

By Sally Underwood

WHILE it cannot be said that Gwyneth Paltrow came from the humblest of beginnings, one thing is for sure; she's made the best of what she's got.

With a movie star mum and a producer dad, Paltrow had natural good looks, wealth and access to some of the world's best directors and actors at her fingertips. The daughter of Blythe Danner, the actress best known for her roles in *Meet the Parents* and *Will & Grace*, Paltrow broke onto the big screen in 1995, starring in film *Seven*, where she also met her sometime fiancée, Brad Pitt.

With acclaimed roles in films *Emma*, *Sliding Doors* and *Great Expectations*, the golden girl of Hollywood re-

ceived an Oscar in 1999 at the age of 26 for her role in *Shakespeare in Love*.

For all her obvious acting ability then, it is curious that Ms Paltrow's greatest strength has turned out to be her business sense, founding lifestyle website, GOOP, in 2008.

Eager to know the effects of food and lifestyle on our health after the death of her father, Bruce Paltrow, at the age of just 58 to cancer and pneumonia, Paltrow has been on a wellness mission ever since. Already famed for her love of macrobiotic diets, also favoured by Madonna, Paltrow's quest to live longer, better and more youthfully, has seen her share everything she's learned with subscribers to her website.



GWYNETH PALTROW: The actress is on a clean living mission.

Paltrow describes the site as a forum for “her unbiased travel recommendations, health-

centric recipes, and shopping discoveries for friends,” in which she shares information

on, “health, fitness, and the psyche.”

Started in Paltrow's kitchen, GOOP has grown from its original weekly newsletter and now has a shop, full-time staff of content writers and web designers, and even its own organic skin care range. The site also offers guides to the best hotels, restaurants and attractions around the globe, as well as recipes and tips on making the best cocktails. From yoga lessons to investment tips, there is advice for the modern woman trying to have it all.

And while some of the website's suggestions (such as lessons on the correct way to yawn) have attracted scorn, and in some cases outright criticism from the medical community,

GOOP has certainly gone from strength to strength, outperforming similar lifestyle sites.

The now 44-year-old mother of two, to the imaginatively named Moses and Apple, has just been announced CFO to the site, which in 2016 raised between \$15 and \$20 million in venture capital.

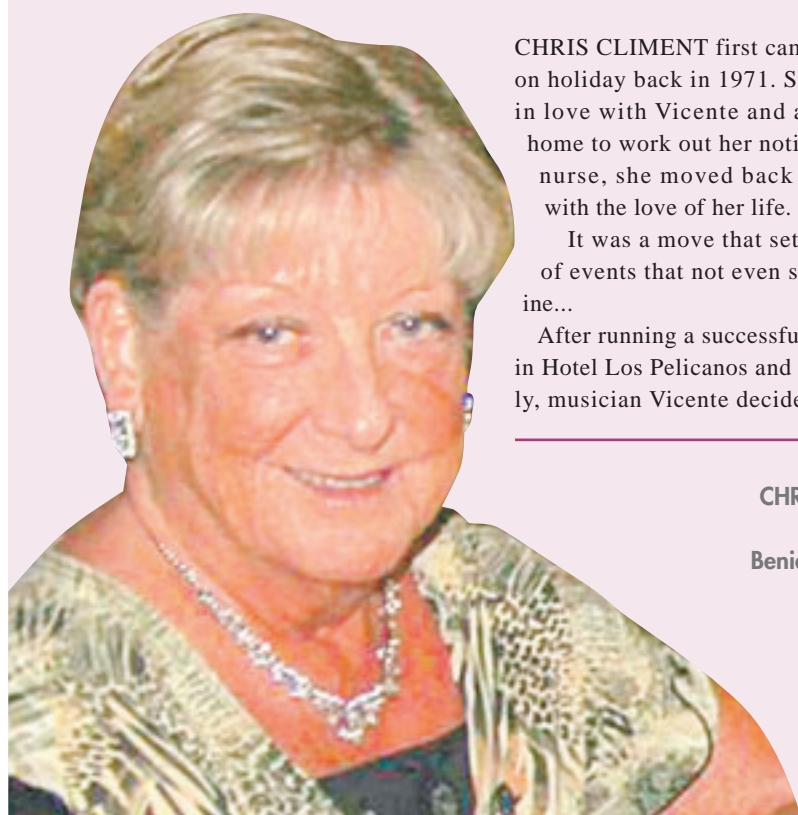
The site has also now launched a quarterly magazine, also titled GOOP, which will be published by Conde Nast, and is branching out into selling vitamins (a \$36 billion dollar business in America).

So as her lifestyle brand goes from strength to strength, Paltrow demonstrates you really can have your macrobiotic cake and eat it. As she says, “I grew up in an acting family... but right now, I just like this better.”

CHRIS CLIMENT - BENIDORM PALACE

## Women should stand strong in business

CHRIS is proud of what they have achieved and still gets a buzz when looking out at a packed house



CHRIS CLIMENT: Putting the Benidorm Palace on the map.

CHRIS CLIMENT first came to Benidorm on holiday back in 1971. She met and fell in love with Vicente and after returning home to work out her notice as a nursery nurse, she moved back to Spain to be with the love of her life.

It was a move that set her on a chain of events that not even she could imagine...

After running a successful souvenir shop in Hotel Los Pelicanos and starting a family, musician Vicente decided to take early

retirement in his early 40's. But retirement was short lived. A chance meeting with the owners of the Benidorm Palace led them to learn that the owners wanted to raze it to the ground after permission to change it into a hotel or supermarket had always been refused. Chris was horrified and said they couldn't pull down such a beautiful club to which the owner's response was that if she felt so strongly about it she should take it on. And she did.

A deal was done and they took over on August 1, 1990. With just 30 bookings on opening night, of which Chris joked there were more people on the stage, they worked hard to overcome its previously bad reputation and within 12 months things were on the up. They were featured on BBC programme 'Escape to the Sun' which also helped put it on the map and start building it as the formidable, fantastic dinner show it is now.

But Chris said in those early days it was like trying to break down a brick wall. Not

only were they new owners, but one of them was a woman, and a foreigner to boot. One day Chris even overheard a member of staff referring to her as 'Thatcher' to which she responded "Great! Then I can't be doing a bad job." That broke the ice and her hard work and dedication began to be respected and recognised.

The ethos of the Palace is that everyone looks after each other and this comes from the top, making them one big family. Chris says she is always fair with people to the best of her ability and helps them when she can, but equally advises women to stand strong in business: "Be yourself and don't be scared of anybody. Don't stand in awe of men or anybody else. Do what you firmly believe is the right thing to do."

Chris is rightly proud of what they have achieved and admits that even now she still gets a buzz when she looks out to a packed house and sees the happy faces of the guests.



“In all realms of life it takes courage to stretch your limits, express your power, and fulfill your potential.”

Suze Orman, Financial advisor, author, motivational speaker, and television host

## BENIDORM PALACE

# There is no place like the Palace

THE date was July 12, 1977, the night that the Benidorm Palace opened its doors for the first time and over 1,500 people arrived for its opening spectacular. Since then, thousands more have come through the doors looking to be entertained for a few hours in a way that no other venue on the Costa Blanca can offer.

In 1990, the new and current owners of Benidorm Palace took over and took the shows to the next level, investing in big shows and productions. Kitchens were also established allowing the venue to be able to offer a full dinner and show experience.

In 2005, the Benidorm Palace carried out its latest great refurbishment inside and outside the premises. The new façade turned the building into one of the most admired and photographed buildings in Benidorm. The light and sound equipment was updated and the number of social events was multiplied to support organisations, entities and companies who saw Benidorm Palace as the ideal place for carrying out their business events.

Today, the Benidorm Palace continues to

offer a show that could easily make you think you were in Las Vegas, such is the quality of the acts, costumes, lighting and sound and the food and service. With all seating offering great views of the stage, diners can enjoy a three-course meal with wine and cava as you enjoy the cabaret show, or there are just show only options for tickets.

# 1,500

people arrived on July 12  
in 1977 for the opening  
spectacular.

The Benidorm Palace has just completed its I-CONS show with a talented cast of 40 artists presenting a colourful and fast paced show representing pop idols and icons over the last 60 years from the likes of The Beatles and Elvis, to Britney Spears, Beyonce and even Star Wars. Now, it is proudly pre-

senting the new show ‘Ruby’ which launched to great reviews last month.

‘Ruby’ has been the biggest investment ever in a show at the Benidorm Palace with the most artists involved and a real helicopter even appears on stage. There is also an award-winning costume that is a spectacular 4m in height and 3m wide.

The Benidorm Palace is also a leader in event organisation, both at the Palace as well as other venues such as the Plaza de Toros or the Guillermo Amor Stadium. They have organised concerts for a great number of renowned artists, including David Bisbal, Sweet California, Julio Iglesias, The Platters and UB40.

Benidorm Palace is proud to welcome acclaimed international artists throughout the year, as well as their own show. In April they hosted the Benidorm Elvis Fiesta and Heather Small from M-People and on June 24, they host the Benidorm Darts Masters.

*For more information on forthcoming events, seating and menu plans and to book, visit [www.benidormpalace.com](http://www.benidormpalace.com) or call 965 851 660.*



**CHRIS CLIMENT:**  
Proud to welcome international artists.

# BENIDORM PALACE



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“Passion is energy. Feel the power that comes from focusing on what excites you.”

Oprah Winfrey

IF you are looking to expand, but struggling to find the right candidates for the role, you may feel like the pool of talent just is not out there. But it could be that you could benefit from simply rethinking your hiring processes.

While the right employee in the right position can vastly boost your business's commercial success, hiring the wrong person can be an expensive, time consuming and, occasionally, emotionally fraught mistake.

According to David K Williams, writing for Forbes, the cost to a

# You're hired!

business of employing the wrong candidate can be \$25,000 to \$50,000, taking into account HR resources, job adverts, time taken out of work for interviews, trial days and training, as well as additional office equipment used. So how do you avoid

making an expensive mistake?

Thebalance.com says it is possible to fall at the first hurdle unless businesses carry out a proper analysis of what roles really need filling. They say employers should spend longer thinking about the “duties, responsibilities, necessary skills and outcomes,” they

are lacking before putting together a job description of any new hire, which in turn will form the job advert.

Once you know exactly what you are looking for, you can start receiving applications. As the resumé's pour in, Thebalance.com suggests

it is time to start thinking

about a checklist of skills and attributes against which you can assess interviewees. It may be that the candidate whose sense of humour shines in interview is not the right person for the role when you start ticking off their qualifications only to find they are not near-

ly as skilled as other potentials.

Lastly, when you have a candidate who has all the attributes you are looking for, Forbes recommends making sure they will fit in to your existing team.

If you have a dynamic office, full of youthful, creative types, it may be that a more reserved candidate may not feel comfortable, whereas a more free-wheeling employee may have plenty of good ideas, but might not shine in a more conservative office.



**RIGHT EMPLOYEE:** Make sure they will fit in to your existing team.

JACQUELINE MIRALLES - VIVA ESPAÑA

## If we are open, I will be working there

**THE** person in charge should always be around

JACQUELINE MIRALLES, or Jacquie as she is known, was born in Johannesburg, South Africa, to Spanish parents who had moved there in 1966 and later went on to open the first Viva España in the country.

The family however decided to move back to Spain to help care for Jacquie's grandparents and in 1988 Viva España Oliva was opened on the same site it sits on now, just outside the town.

This truly family-run business saw Jacquie's father sing at the restaurant and often to finish off the entertainment programme Jacquie and her sister would go on stage to perform a flamenco dance even though Jacquie jokes “we would still be in our clothes from the kitchen!” However the idea stuck: “We convinced our father to let us dance in proper flamenco outfits as this segment of the evening was becoming very popular.” The now renowned Viva España's Flamenco Show was born from this and classically trained Jacquie was the obvious choice to be lead dancer and her troupe of dancers soon became the heart and soul of the business.

In 2015 Jacquie took over the running of the restaurant after her father became ill. It was around this time that she experienced her own

“Evenings are for my family and daytime is for the restaurant, so I can commit 100 per cent to both.”

trauma of being badly burned when a bottle of alcohol that had been heated exploded. Jacquie was in a specialist burns unit for a month but, if anything, this difficult time gave her the impetus to restore the restaurant to its former glory.

One of the most important steps has been for Jacquie to ensure that she is always there as the proprietor admitting that, no matter how tiring or difficult it may be, “if we are open, I will be working there.”

She added: “The person in overall charge should always be around to see things are being done the way they should be.” Jacquie has two daughters and whilst it can be hard being a working mum, she said: “Evenings are for my family and daytime is for the restaurant so I can commit 100 per cent to both.”

**JACQUE MIRALLES:** Heading up the family.





“Success isn't about how much money you make, it's about the difference you make in people's lives.”

Michelle Obama

## VIVA ESPAÑA

# Viva España!

'DUENDE' is a Spanish word that Jacqueline Miralles uses to describe the Viva España experience.

It is a uniquely Spanish word used to describe 'passion,' 'inspiration' or 'spirit.' These traits are best illustrated by the authentic Flamenco Show that Viva España holds every Sunday lunch time. However you can also see it in the care and attention to detail within the restaurant itself, the spotless décor, the great food and attentive service.

Established in 1977 by a Valencian family along with their two daughters following their return to Spain from South Africa, Viva España is the perfect setting for a cosy meal or a fun outing with friends and family.

Daughter Jacque took over the front of house side of Viva España in 2015 at which time she decided

to give it a new lease of life, admitting things were looking a little tired: "We'd done the same thing for over 25 years and although we did it all very well maybe it was becoming a bit stale."

As a result, the restaurant was refurbished and the result is a vibrant, modern restaurant serving excellent food at surprisingly reasonable prices. Menu del Dia costs just €9.50 available Monday to Friday lunchtime and every Saturday they have a dine and dance night with a Spanish band and a three-course menu for just €15.

They also serve tapas, salads, rice dishes, meat and fish as well as light bites and even an English breakfast. Every Sunday lunchtime sees their renowned Flamenco dance troupe performing with food and drink included and in the

evening there is a buffet.

Other events will take place throughout the summer such as regular appearances by the beautiful Andalucian horses show. The next horses show is on June 25, followed by summer dates of July 14 and 28 and August 4, 11, 18 and 25 and September 24. There are also two dates in October with the horses performing on October 1 and 15.

In creating Viva España their aim was to give their customers the best in quality food and entertainment in a relaxed and comfortable environment and they succeeded, so much so that now, some 40

years later, the restaurant is more popular than ever. So for a true taste of Spain, both at your table and with the entertainment on offer, make Viva España your first and only stop.



VIVA ESPAÑA: Open since 1977

The restaurant is located on the N-332 just outside Oliva with easy access from the AP-7 motorway. Call 962 851 931 for more information or to book. Reservations are essential for the shows to avoid disappointment.

## Restaurante Viva España oliva

Ctra. Valencia-Alicante  
km 216 - Oliva  
www.viva-espana.net  
viva-espana@viva-espana.net



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Call Jacqueline for details on 695 161 207, 962 850 018 or 962 851 931



“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default.”

JK Rowling

WHILE office life can be trying at the best of times, juggling meetings, business deals and deadlines in the scorching Spanish heat only makes life more difficult.

Here we have put together some suggestions on how you can beat the heat at work this summer, ensuring you stay cool, calm and collected in the office this season.

Feed your brain. You might have heard it a thousand times before but keeping your fluids up is one of the number one ways you can look after yourself. When you overheat, your body produces sweat which cools the skin as it evaporates. If your fluid levels are not high enough, this task becomes much harder. If you can't face the thought of chugging endless glasses of water, why not try eating some watermelon or cucumber, both of which are full of H<sub>2</sub>O?

Cool and classy. We all have to look appropriate at work but the Spanish sun can be simply too hot for normal office attire. If you normally wear a suit, why not switch to a linen one? In place of shirts, keep cool by exposing the arms with a sleeveless alternative or even a chiffon equivalent; a thinner fabric which will allow more air to reach your skin. Go for lighter shades too, such as white or pastels as these block out infrared rays which heat you up. If you have to wear closed-toe shoes for work, make sure they are made from a breathable fabric such as leather to avoid hot toes!

No more patches. Is there anything worse than walking into a work meeting over-hot and worried it shows with dreaded under arm sweat patches? Natural fabrics, such as cotton, bamboo or linen, breath, allowing more air to come into contact with the skin, will keep you cooler. Most pharmacies in Spain also stock medicated antiperspirants which work for between 24 and 48 hours, allowing you to feel a little more confident meeting a new client in the heat.

Cool car. Make sure you are not travelling to and from the office or meetings in a stifling car by placing a foil screen across your windscreen and use a Japanese trick to cool down your vehicle before you get in by opening a window and wafting the opposite door several

# Beating the heat

**COOL BREEZE:**  
Consider a small fan.

times, allowing cooler air to circulate.

Nice shades. Once you are in the office, keep any shades or blinds you have closed, blocking out up to 40 per cent of the heat that might otherwise get in. To introduce a breeze, open up as many windows as you can and consider a small desk fan, even cheap models can be fixed to your computer and angled for the optimum position.

Go green. On your lunch break, stay cool by finding a spot of grass in the shade to eat on, Stan Cox, a plant breeder at the Land Institute in Salina, Kansas, says plants not only block out the sun but also provide “evaporative cooling” by taking up moisture from the ground and “exhaling” through their leaves, meaning that patch of grass will cool you down.

Cool breeze. Finally, if you can, switch on that air conditioning. It may not be great for the environment but you can lessen your carbon footprint by only turning it on when there is a certain number of people in the office and by keeping it on a higher setting for longer. Using it in conjunction with a fan will also increase its efficiency and use less energy than keeping your air conditioning on at arctic temperatures.



KIM WILLIAMS - DAVID'S FISH AND CHIPS

## Kim loves the way of life in Spain

**GRATEFUL** to be happy in her job

KIM WILLIAMS is the powerful force behind David's Fish and Chip Diner and Takeaway. This hard working entrepreneur and mother moved to Spain following in the footsteps of her parents who had already made the move.

They had corner shops in the UK so Kim has grown up knowing the trials and tribulations of running your own business and has always worked in public service. Moving to Spain she managed a restaurant for five years before buying David's, seeing its potential and keen to be back in charge and control of her own future and that of her family.

Kim's success is perhaps even more impressive as she is largely the main chef in the restaurant, something that has all been self taught. Going on her own instincts of what she would like to

eat and mixed with the obvious natural talent she has in the kitchen, it has been a winning combination, but of course it is not easy: “It is hard, especially in the winter, but the hours in the summer are equally hard, but I love the way of life here and I couldn't imagine bringing up my son in the UK even though it is difficult with the language.”

Kim's son is a budding young talent on the football pitch training with Hercules in Alicante three times a week so Kim is just as dedicated to being a football mum as she is to running her own business, joking that she can either be found on the football pitch or behind the fryer!

Clearly not afraid of hard work, she admits



**KIM WILLIAMS:**  
The talent in the kitchen.

the one thing that does annoy her is the amount of paperwork: “It's very hard here and everything seems to take such a long time.” But aside from this she is grateful to be “happy in my job and my best friend now also works for me so that is nice.”

With her bestie by her side, Kim has the drive, talent and dedication to continue making David's Fish and Chip Diner and Takeaway one of the most popular establishments in Moraira, but what advice would she give to other women wanting to run their own business in Spain?

“Just go for it. But look into everything before you sign anything as there are lots of hidden costs many people don't realise, but it is worth it if you are prepared to work hard, oh and forget about your social life,” she jokes.



“Don't follow the crowd, let the crowd follow you.”

Margaret Thatcher

## DAVID'S FISH AND CHIPS

# So much more than just fish and chips

FOR traditional fish and chips, pies and so much more, visit David's Fish and Chip Diner and Takeaway. Situated in Moraira, David's was taken over by Kim Williams and her family eight years ago. The business was already well established, but Kim has since further expanded the menu and extended the premises, building more terraces and creating a more welcoming environment for the many diners who were flocking to enjoy a quality, fresh, homely meal and it is this authenticity that Kim is now so proud of, and rightly so: "We aim to do everything home-made, from our chilli to lasagne, it is all freshly prepared and cooked on the premises."

More than just a 'chippie' there is a welcoming selection of dishes to suit all tastes. They currently have a selection of lunch and vegetarian dishes served daily costing just €5.50 including a drink, with the likes of tandoori cod goujons; Thai cod and prawn curry; chilli; lasagne; fishcakes; goats cheese and caramelised red onion frittata; blue cheese, leek and mushroom lasagne and mushroom, spinach and chickpea balti curry.

Kim also prepares regular different pasta dishes such as the popular and traditional carbonara and the more unusual spinach, chorizo, blue cheese and walnut pasta salad.



DAVID'S: So much more than just fish and chips.

But of course a restaurant with 'fish and chips' in its name wouldn't be complete without some good quality fish and chips and David's is no different. For those looking for a great fish dish that doesn't break the bank, try the cod special served every Sunday from 12-6pm, with cod, chips, mushy peas, bread and butter with a drink, small beer, glass of wine, tea/coffee or soft drink costing just €6.50. The fish and chip special is also

served daily from 4-6pm. For those looking for an early start a small breakfast costs just €3.25 and now the temperatures are rising a wide range of lighter dishes and salads are also served.

Younger diners have their own menu and for those with a sweet tooth there is a tempting range of desserts. David's Fish and Chip Diner and Takeaway serve vegetarian options and can cater for those with allergies, such as providing a gluten free batter for their fish.

With modern surroundings and décor and views over the Mediterranean what better way to while away the day or night accompanied by good food and friendly service.

David's Fish and Chip

Diner and Takeaway can be found on the Moraira to Calpe road just outside Moraira. Call 966 498 395 or search 'David's fish and chip diner' on Facebook.



## DAVID'S FISH & CHIP DINER

### Breakfasts

Served daily until 3pm

Small - 3.25€ | Large - 5.20€

### Home-made lunch menu

Served Mon-Sat 12-3pm

Meal and a small beer, wine or soft drink - 5.50€

Large variety of vegetarian dishes available as well as fresh pasta salads for summer

Opening Times: Monday - Saturday: 09:00 - 22:00

Open Sundays: 10:00 to 21:00 - Moraira

Call: 96 649 8395

### Evening special

Served every day 4-6pm

Cod, chips, mushy peas, bread and butter and a small beer, wine or soft drink  
**6.50€**

Also available large variety of home-made curries, lasagne, chilli, pies and desserts made daily



“Until you're ready to look foolish, you'll never have the possibility of being great.”

*Cher, Recording artist, Emmy Award-winning television personality, award-winning actress, director, record producer and philanthropist*

## 25 years of vegetarianism and animal rights

WHEN the late first lady of Rockocracy Linda McCartney launched her vegetarian and vegan food brand in 1991, few could have predicted its impact, as it kick-started a revolution of choice in the food industry, with many more vegetarian products widely available seemingly overnight.

Linda became vegetarian in the 1980s, after she and husband Paul spotted some young sheep frolicking in the sun as they were tucking into a plate of lamb, and following the runaway success of her vegetarian cookbooks she signed a deal with a frozen food company, since she had always wanted to provide an easy alternative.

The introduction of the brand contributed greatly to bringing vegetarianism into vogue, and within a year of its debut, it was bringing in more money than her



EARLY DAYS: Paul and Linda in 1976.

husband's music.

Such was Linda's impact on

meat-free eating, in 1995, Paul and Linda were invited to make

a guest appearance on The Simpsons in an episode entitled 'Lisa

The Vegetarian.'

The McCartneys were happy to oblige with one condition; Lisa must always maintain a vegetarian diet.

The company was sold to Heinz in 2000, before being bought by the Hain Celestial Group, although the McCartney family are still involved in its development, with husband Paul pledging to keep it free of genetically modified ingredients.

As a strong advocate for animal rights, Linda also lent her support to many organisations such as People for the Ethical Treatment of Animals (PETA), for whom she narrated a TV advert, in which she said: "Have you ever seen a fish gasping for breath when you take it out of the water? They're saying, 'Thanks a lot for killing me. It feels great, you know.' No! It hurts!"

“Ada has successfully created her own business, helping others overcome illness and ailments through her bio-resonance therapy.”

ADA STOPPELENBURG - PRACTICAL LA MEDICINA XALUD

## Chase your dreams

GO out and meet people, talk to them and network

ADA STOPPELENBURG is a delightful force to be reckoned with. She has proved that you can change your life around at any age! Originally from the Netherlands, Ada moved to Spain three years ago at the age of 56.

Getting over a divorce and recovering from a minor stroke, this friendly and extremely positive mother of two and grandmother of three, said she decided to move to her holiday home on the Costa Blanca on a permanent basis, and she hasn't looked back since.

She has gone on to successfully create her own business, helping others overcome illness and ailments through her bio-resonance therapy.

Ada was 51 years old when she went back to school to

study the treatments and do training in clinical psychology and allergies. Previously working as a dental assistant in her younger work life, the medical field has always fascinated and inspired her as she admits she has always wanted to be a doctor.

She has her 'A' status qualification in the Netherlands which means she has the same level of qualifications as a paramedic, just below that of a doctor.

For Ada, as with many others, she admits all the paperwork needed in Spain can be frustrating, but says moving to the country has given her a new lease of life, finding something that she never expected; love. With the care and support of a fellow Dutchman now in her life, she is even more successful than ever, helping dozens of

patients overcome illness and begin their step to having a new lease of life also.

Ada also thanks the Dutch Business Club for assisting and supporting her over the years, giving her vital information, advice and a network of like-minded business people to turn to and she would advise anyone else setting up a business to find a similar club as a way of getting advice and airing frustrations.

But what other advice would she give? "Make a plan but expect it to be broken," she jokes: "You also have to chase your dreams, nothing comes to you if you are sitting on your bum all day. Go out and meet people, talk to them, network."

For more information contact Ada on 634 638 952 or email [medicinaxalud@gmail.com](mailto:medicinaxalud@gmail.com)

ADA STOPPELENBURG: Ready to get your health back on track.



“Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.”  
Ella Fitzgerald, Jazz and song vocalist

## PRACTICAL LA MEDICINA XALUD

# Practical La Medicina Xalud; another look at medicine

BIO-RESONANCE therapy was created in Germany in 1977. It is believed to be able to detect a variety of diseases and problems in the body which practitioners can then treat by 're-tuning' the body's frequency like tuning in a radio, changing the bio-resonance in the cells and reversing the change caused by the disease.

One such practitioner is Ada Stoppeleburg. Ada has been specialising in bio-resonance therapy for eight years, having studied in the Netherlands before moving to Spain and forming Practical La Medicina Xalud in Albir. Ada welcomes patients from across the Costa Blanca, including some who are referred to her by their doctors who believed their symptoms could be eased and in many cases cured.

Ada also admits that many come to her as a last resort, with their doctors unable to pinpoint the exact cause of their problems. Through a two-hour body scan, she is able to measure the frequencies and vibrations within the body, before being retuned to ease the problem. It can detect everything from bacteria to a virus to heart problems. With the problem spotted, the bio-resonance therapy can then work on the harmonisation of the frequencies to support and aid healing.

Bio-resonance can also assist in losing weight and it works with the body's metabolism. Available with personal coaching from Ada, supported with a special programme and body scan, you can soon see the weight falling off.

Its special flu programme has also

seen many patients last winter get over the flu and be back up on their feet within days.

For more information or to make an appointment, contact Ada on 634 638 952. Bio-resonance is a fast and effective method to detect problems in the body and some private health insurance companies reimburse the cost, depending on

your level of insurance.

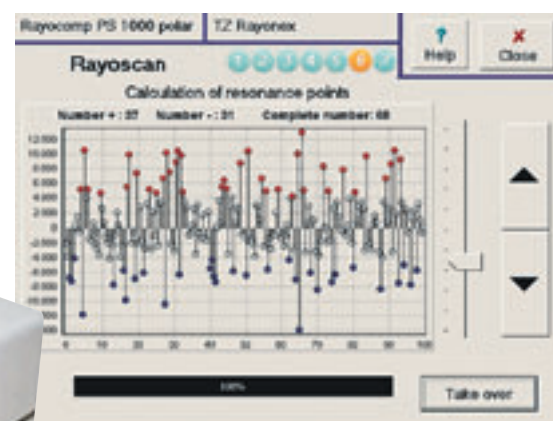
However, this is not the only area of expertise for Ada. She works at the Centro Medico in Alfaz del Pi in co-operation with the aesthetic medical team. Here she uses Intense Pulsed Light, or IPL therapy, to help treat skin conditions such as moles, skin lesions and pigmentation, thread veins and sun damage.

It can also be used for general skin rejuvenation, acne and scar treat-

ments, skin analysis, eczema and hair removal both on the body and face.

The technology uses a high-powered handheld computer controlled device that delivers an intense pulse of light, in a similar way to laser treatments. However, these use a single wavelength, but with IPL they use a broad spectrum which allows it to be used to treat several conditions.

For more information, call the Centro Medico Alfaz on 634 638 952.



**BIO-RESONANCE: Retune your body's frequencies with Practical La Medicina Xalud.**

## Practical la medicina Xalud

### When should I turn to Bioresonance?

- With all sorts of medical problems
- Allergies
- Mental health problems
- When your doctor cannot help you immediately
- As a second opinion
- When you have questions about bacteria, fungi, virus and parasites
- To combine with other treatments
- To improve the quality of your life
- Support with geriatric problems
- When you suffer chronic tiredness
- Pre-pregnancy
- Rheumatic conditions (arthritis, osteoarthritis, fibromyalgia)
- Skin problems



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“Don't let being a woman hold you back from the leader that you're destined to be.”

Jamie Farsnel, Due

# Mind the gap

By Sally Underwood

THE UK'S gender pay gap may be closing, but there is still a long way to go. Make sure you are earning the same as your male counterparts with the suggestions below on how to ensure you are paid your true worth.

**Be seen.** Before you even ask for a rise, make sure you are being seen and heard, and therefore valued, in the office. In meetings, sit at the middle of the table and speak up if you want to make a point.

Women can also sometimes be instinctively being asked to take on more of the 'traditional' secretarial roles, including organising meetings or taking notes. Unless this is your specific role, be conscious about whether you end up doing more of this than your male counterparts, and do not be afraid to step back if you think the balance is unfair.

**Pick your moment.** When you know you want a rise, make sure you are given a quiet moment with your boss, without

other workplace distractions. Ask for a face-to-face meeting by email, making it clear you would like to talk about pay. That way the ice is already broken when you get in.

**Do your homework.** Research what those in similar roles are paid using websites like Glassdoor, PayScale and LinkedIn, or online job adverts. This gives you facts to back up your position if you are under-paid. Also make a list of your achievements and duties in the company to demonstrate what you bring to the business.

**Princess charming.** While it is important to be firm, Deepak Malhotra, the author of *Negotiating the Impossible*, says it is also vital not to "underestimate the importance of likeability." He says it is about balance, explaining, "this is about more than being polite; it's about managing some inevitable tensions in negotiation, such as asking for what you deserve without seeming greedy, pointing out deficiencies in the offer without seeming petty,

and being persistent without being a nuisance."

**Survey the scene.** If you work for a small business, or even a large company, you may not get what you want or deserve if the financial environment is not right. If the company is currently going through cut-backs or you know it is struggling, pick a time when things are looking more positive financially if you can. When you do have the discussion, you can always point out that you were mindful enough of the business to wait for the right time.

If you really cannot wait, or you feel a pay rise may not be forthcoming, consider asking for other benefits instead, such as increased annual leave, childcare or working from home some days.

**And finally.** If you do not get what you want and feel you deserve, be gracious, email your boss to thank them for their time and use the chance to restate your position. It may just be that they need more time to think about what you have proposed.

## Power to the people

EVA LONGORIA. An actress, producer, director, activist, but also a businesswoman.

The 42 year-old once said she sees herself first and foremost as a businesswoman and has a fair share of experience whether its running her foundation which aims to give Latino women a brighter future, or being a judge on Chivas Regal's The Venture competition; something similar to Dragons' Den but with social entrepreneurs where they can win a share of \$1 million in funding.

The Eva Longoria Foundation was formed in 2012 as she established she wanted to help the Latino community which she is from. She told the *Huffington Post*: "I knew I wanted to help women because I think women are multiplying factors. If you help a woman she helps her family. If she helps her family it will help her community."

Longoria has worked with some of the biggest names in philanthropy, including Howard Buffet, who she takes great inspiration from believing that businesses have a duty to be socially responsible and can have the greatest impact when it comes to solving some of the world's major problems.



Eva Longoria.

## HAMILTONS ESTATE AGENTS

# A truly international team, but one family

IN this column, we generally focus on one incredible businesswoman. But sometimes, there's a team of women who between them deliver continued success. One such team is the girls from Hamiltons Estate Agents in Moraira and Javea (see photo).

To get a team working together for a common goal, whilst ensuring everyone does their bit in harmony with each other, is a tall order.

It's no wonder that Office Manager Helen considers the Hamiltons Girls more a family than a team. "It's been quite a journey to get to the point where we have a team that works well and shares the same values. In fact, sharing the same values is the key. It's so much more than being able to do the job, it's being able to relate to each other, to pull together, to cover for each other and to recognise that we all have our individual strengths and to play to them. I have a lot of experience managing large teams and it's so clear to me that too many teams spend - or more accurately mis-spend - their energy focusing on weaknesses. It does no good for the efficiency of the team, and more importantly, the customer suffers."

The family attitude is probably helped by the fact that many of the team are in fact working mothers, or at least have grown up children. The team has learned - as mothers do - how to navigate the rocky road of negotiating with what can seem tough demands. It



HAMILTONS' GIRLS: More a family than a team.

makes them more people oriented, straight but fair. But it's not all mums, there are two younger career women (Patricia and Marine) in their 20s, just starting out on their careers here in Spain. In the photo, we see the team.

■ **Carol Brown**, who is responsible for long-term and winter rentals.

■ **Lisa Charman**, who is the first person

customers see when they walk in and is the first smile of Hamiltons.

■ **Jackie King**, who takes care of all the business admin, the first point of contact for all English clients looking to purchase in the area.

■ **Patricia Verdonck**, from Belgium and unsurprisingly responsible for viewings and listings with all French, German and Dutch

clients.

■ **Christine Valerie Pinaud**, from France who deals with Admin and is the first point of contact for English, French and Spanish clients.

■ **Helen Charman**, office manager.

With such a large and dynamic team, it's hard to get all the girls together at the same time. Missing from the photo due to customer viewings is...

■ **Becky Charlesworth**, responsible for viewings and listings with all the British clients.

■ **Marine Gonzalez**, from Belgium who deals with admin and is the first point of contact for English, French, German and Dutch clients

It's truly an international team, but one family. Of course, there are a few 'blokes' at Hamiltons, but the bias towards a predominantly female team is no accident. Nick Coleman (owner) recognises that 'a woman's touch' is one of the key ingredients to the ongoing success of Hamiltons.

However, the final words go to Helen "we love what we do and we love doing it together, it makes such a difference to know you're going to go to work, achieve what we want, and do it in a caring family environment!"

Tel: Moraira - 966 491 883 /  
Javea - 965 790 803



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“Now, get out there and kick ass!”

Stella McCartney, Fashion designer

## INTEROPTICS

# Choose the local eye experts

INTEROPTICS are your local eye care specialists based in Alfaz del Pi.

Believing that quality and professional eye care should be open and available to everyone, they offer free eye tests. These are comprehensive examinations that will not only look for common visual problems such as myopia and far-sightedness as well as strabismus and ambliopia (lazy eye) in children, but will also look to detect more serious diseases such as glaucoma, diabetes screening and retinal problems, which in some cases can cause irreversible loss of vision.

The optometrist will also ask several questions about your lifestyle, habits, possible diseases that may affect your eyesight, ocular histology and your family history of eye diseases. This information is vital to know the special needs of each patient and to offer a fully per-

sonalised and individual service.

Should you require glasses, Interoptics have a large range of products starting from top quality glasses, sunglasses, lenses and contact lenses, as well as work wear, sports glasses and children's glasses, all at the best prices guaranteed.

They have many offers and promotions on glasses, varifocals, sunglasses, polarised glasses and contact lenses, with the most popular currently being two for one on single vision lenses from €89 and two for one on varifocal lenses from €279. Buy any brand sunglasses from €49 and get your prescription lenses for only €20 extra.

So put your eye sight in the hands of the professionals and make your appointment now by calling 965 033 038 or visit [www.interoptics.es](http://www.interoptics.es). They are situated next to the medical centre in Calle Princes d'Espanya 17.

FAY GALLAGHER is the professional, friendly face behind Interoptics, putting your eyesight first.

Born in Sheffield in 1987, she came to live in Spain in 1996, when she was nine. After annual holidays in the area, her parents decided to sell up and move to the sunshine with their three children. As she settled in Alfaz del Pi, the place that soon became 'home,' Fay admits she's very "grateful for their decision."

Fay studied Optics and Optometry at the University of Alicante and during this time worked in one of the busiest opticians in Benidorm. She said: "After I graduated from university, I worked in an eye clinic in Tenerife with one of the best optometrists on the island. It gave me so much experience and I was able to specialise in children's optics, along with anterior and posterior eye pathologies."

After returning home and working for a short time in Specsavers Benidorm, an opportunity arose and she was able to open her own optician in Alfaz del Pi with her partner Juan Carlos Mera Sanchez.

Fay is building an ever more successful business day by day thanks to her hard work and dedication, but it is her solidarity project she is starting in Africa that she is most proud of: "We travel every year with other doctors to provide eye care and medical attention to people in need. I love it, it makes me very happy and it changes me every time we go."

Faye confesses she is not a person who is always looking to the future, preferring the here and now, but always works to taking steps forward and advises any other woman in business in Spain to learn the language and "be sure of what you want and go for it."

EXPERT CARE:  
Sisters Fay and  
Amy will take  
excellent care  
of your eyes  
and hair.



# Look after yourself

WORK can be great. It gives us an income and mental stimulation, teaches us new skills and introduces us to a series of people we may never otherwise meet.

But sitting at a desk all day can also take its toll on our physical and mental well-being unless we look after ourselves.

Compiled here is a series of simple changes and suggestions to keep your body and mind in peak condition to tackle the business world head-on.

The right start. When you've had a bad night's sleep, an 8am meeting and the school run to do, the last thing you want to think about may be food, but breakfast gives us the energy we need to set us up for the day.

Complex carbohydrates such as those found in wholegrain bread will give you an energy burst for

several hours, as will lean proteins like those found in boiled eggs.

Little and often. Bring in easy-to-snack-on treats such as dried apricots or hummus, as well as plenty of water, to give you some much needed brain food throughout the day, keep your hydration levels up and keep you away from that vending machine.

Keep moving. Get your circulation going by getting up from your desk at periodic intervals and moving around the office. This will increase your blood flow, bringing more oxygen to your brain and help to destress.

Taking your mind off a difficult task for a minute may also give you the perspective you need to find the right solution.

Bounce, baby. If you are really serious about actively improving your health while at the office,

you could consider changing your chair for an exercise ball. Fans claim the practice will improve posture, stability and core muscles, but it is always important to consult a doctor before taking up any new exercise regime. If you don't fancy all that balancing, you could try a standing desk instead, which lessens strain on the back and burns more calories than sitting in a chair.

Take advantage. If your office has a gym on-site or one nearby, why not sign up and take part in a lunchtime yoga class? Benefits are said to include increased flexibility, strength and energy levels, and stepping out of the office for 45 minutes will certainly help to clear your mind. If you have a bike, you could also try going for a quick cycle in your break and achieve the same benefits.

A hard day's night. Finally, at the end of your day, try to create the right environment to get the sleep your body needs to process your day and set you up for challenges ahead. Sleep is vital to our health and is shown to 'wash' our brain cells, helping to consolidate what we have learned throughout the day. Try

moving the TV to another room, changing lighting to a softer wattage, putting on some crisp, clean bedding and position a lavender plant next to the bed to create a restful atmosphere.

## Business woman of the year

DID you know that your favourite bottle of the bubbly stuff was headed by a woman? Barbe-Nicole Clicquot inherited her husband's business interests in banking, wool trading and Champagne production in 1804 after he passed away.

Veuve (the French for widow) Clicquot was developed along with the technique called riddling, which is still used today, to clarify the sparkling wine and produce the first vintage Champagne. Known by her peers as 'La Grande Dame de la Champagne' she died in 1866, but the Champagne brand remains strong.

In 1972 as a tribute to Madame Clicquot the Veuve Clicquot Business Woman Award was developed to honour other successful women.

Previous winners have included Debbie Moore, founder of Pineapple Dance Studios and Anita Roddick, founder of The Body Shop.

This year, Alison Brittain has been named Veuve Clicquot Business Woman of 2017.

She is chief executive of Whitbread which owns Premier Inn, Brewers Fayre and Beefeater Grill restaurants as well as Costa Coffee. The panel said she was a role model for those women wanting to reach the top of large organisations.

As part of her prize, she will visit Veuve Clicquot in France and have a vine named after her.



VEUVE CLICQUOT: First vintage Champagne.



“How many cares one loses when one decides not to be something but to be someone.” *Coco Chanel, Founder of Chanel*

## ARTE PELUQUERIA

# Get a new look at Arte Peluqueria



AMY GALLAGHER is the woman transforming the look of those in Albir. As Fay's sister, this pair is a formidable force in business. Whilst she is also grateful to her parents for making the move to Spain 21 years ago, she has forged a great life for herself believing it is the best place to bring up her two small children, of which rightly so, she is most proud of: "They have such a wonderful life; the beach, the pool, healthy eating... it is wonderful for them." Although not so wonderful for Amy is the "paper work, paper work and paper work." She adds: "It's difficult enough working, raising kids and looking after a home without having a week's work of paper work to do."

*"You must know your business and your clients, know who you are aiming at, that's really important and go for it."*

Admitting both her and Fay would struggle to run their businesses without the support of their partners, Amy said hard work is the key to any success: "I still take training courses to keep up with the latest techniques and products. You must know your business and your clients, know who you are aiming at, that's really important and go for it."

SITUATED on the main street in Albir is Arte Peluqueria; hairdressers, colour, cut and styling specialists.

The salon is run by Amy Gallagher who has been cutting, colouring and styling hair for 15 years. After finishing her three years of training at Lasvi College in Spain, Amy wanted to use her skills and see more of the world so spent a short time working on cruise ships.

After working in a few different salons in the area she joined Sinda at Arte. It was Sinda who first opened the salon 20 years ago and after a decade of working together, Amy took over the salon when Sinda retired, but they remain close friends today.

Amy remains passionate about her business and the salon, continually attending courses to stay ahead of the game and updated

with the latest fashions and techniques which proves popular with clients as they welcome them from Polop, La Nucia, Alfaz del Pi and of course Albir, as well as international clients from Norway, Holland and Germany.

Expansion for Arte Peluqueria is also being planned as Amy explained: "We have a beauty cabin and nail station that is not in use. The hairdressing side is just too busy, but I want to get these open but its very difficult finding the right staff."

All staff at the salon are fully qualified and they only use Wella and L'Oreal products. With cuts starting from just €10 and colours from €22, there has never been a more affordable time to refresh your look. The salon is open from 9am-5pm Tuesday to Friday and Saturdays 9am-2pm.

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“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

Anais Nin, Author

# What women want and need

By Sally Underwood

FOUNDING one of the world's most famous shoe brands at the tender age of 27, British-born Tamara Mellon, now 49, has learned a thing or two about the rise and fall of a business empire.

It was in 1996 that Tamara, then an accessories editor for Vogue, teamed up with Jimmy Choo, an East End cobbler she often used to create one-off shoes for fashion shoots. Saying she realised, “I was never going to earn the money I wanted to earn,” by writing, she approached Choo to set up their own company.

Luckily for Tamara, an entrepreneurial streak was in her nature; her father Tom Yeardye was a founder of Vidal Sassoon as well as a restaurateur. Miss Mellon put together a business-plan which caught her dad's eye, encouraging him to invest £15,000, which she and Choo used to order their first series of shoes from Italy.

The company went from strength to strength, selling thousands of pairs to the world's well-heeled and featuring prominently on cult shows like *Sex and the City*. Other investors soon took note and in 2001 the company was taken over by a private equity firm.

15,000

pounds was her original investment

\$135 million

amount received when she resigned

51 per cent

is the golden rule

Choo sold his shares while Mellon rolled hers into the new deal. Three further takeovers followed, which Tamara explains led to her eventual resignation, saying she felt unsupported; “in the end I left. There were no women in private equity. I never had women on my board. There was no one who really understood the product... After the

fourth deal I was burned out.”

Some good did come from the move, though; when Mellon left in 2011, she was reportedly paid \$135 million. “Too young to retire,” she immediately went about setting up her own company, Tamara Mellon, in 2013, selling shoes and clothing which she designed herself in Los Angeles. While big retailers such as Neiman Marcus stocked her

products, the venture ultimately failed,

filing for bankruptcy after only two years and losing Mellon \$10 million personally.

Not discouraged, she jumped straight back on the horse, training up shoe factories in Italy to create designs to her exacting standards, and then selling them directly to her customers online, costing the consumer half what they would normally pay for high-end shoes.

Tamara's new venture now has never-say-die, feminist vibe, in which she describes herself as knowing “what women want and need.” She markets her shoes as being for, “leaning in, climbing ladders, shattering ceilings, walking out, school dropoffs, making an entrance, and re-writing rules.”

Older and wiser, Mellon says she has learned it is important to never give up control of her company, stating, “you can bring in partners but 51 per cent is the golden rule.” She adds, “make sure you have a team that understands your vision and believes in it.”

Considering herself a feminist, Tamara, now says it is important to give other women a hand up and encouragement, saying the most important thing in business is, “you need resilience and perseverance and you need not to give up.”

HIGH IDEAS: Jimmy Choos are known for their height.

FIONA DEPPE - FIONA'S FLOWERPOWER

## Know your business and do research

IT is Fiona's caring and friendly persona that has helped her become so successful quickly

FLOWERS are in the blood of Fiona Deppe. Growing up with her family in Germany, her mum was a florist so she grew up surrounded by the beautiful blooms and fragrant florals and it was perhaps only natural that she would follow in her footsteps.

The family moved to Spain when Fiona was 12 and they opened a florists in Javea, which Fiona's father still runs today. Having spent years working there, and in a local garden centre, Fiona gained the vital knowledge of the local industry she needed.

It had always been a dream to have her own creative licence in a shop of her own, so with the encouragement and support of her husband and young son, it was time to spread her wings and she sourced the perfect location in the CC Moravít and opened Fiona's Flowerpower.

For many, branching away from the comfort of familiar surroundings is enough to be proud of, but for Fiona, she admits the reaction she is

getting from customers is her biggest achievement: “Everyone has been so positive and the feedback has been lovely and it is so nice to have customers come into the shop and spend time talking to them as they choose what they want and tell me about the occasion.”

It is this caring and friendly persona that has also helped Fiona's Flowerpower become so successful in such a short space of time. So how can others become as successful? “Know your business” advises Fiona, who had years of experience before setting up on her own “and do your research to make sure it is a viable product you are offering.”

Whilst she loves the quality of life she enjoys with her family, spending more free time outside in the fresh air, she said Spain can make it difficult for those wanting to

run a business: “Being autonomo is very difficult, you get little help from the State so you have to work hard to live.” So what other advice would she give to others inspired into going it alone? “Do your homework and get good advice before you set up so you are prepared and know what to expect and speak Spanish.”

FIONA DEPPE: It had always been her dream to have her own creative licence in a shop of her own.





“Can anything be sadder than work left unfinished? Yes; work never begun.”

Christina Rossetti, Author

## FIONA'S FLOWERPOWER

# Fragrant florals from Fiona's Flowerpower

FROM rich red roses, to gorgeous gardenias and fragrant freesias, Fiona's Flowerpower has it all.

There is little that owner Fiona doesn't know about floristry as her delightful store brings beautiful blooms to life every day.

Situated in CC Moravít on the Moraira to Calpe road, Fiona's Flowerpower has been open for 18 months. Branching out on her own after working in the family's flower shop in Javea, Fiona took on the challenge of being her own boss, finding there was a real need for fresh flowers and plants in the Moraira area.

She fills this niche and more, offering bouquets, individual stems and plants as well as gifts, trinkets and cards in store.

In fact, it is pretty much a one-stop shop for those looking to treat someone special in their life, whether that's looking for a birthday or anniversary gift, or something to simply say 'thank you' or 'I love you,' Fiona can help you find the right gift for you and your budget.

Flowers are delivered in-store fresh from local wholesalers daily so there is always something new to choose from. Fiona also doesn't believe in refrigeration units within the shops: "Many people use these to extend the

life of the flowers" said Fiona "but I want to continually use only fresh flowers and I find if a stem has been kept in a refrigeration unit, when you take it home it wilts sooner than it would normally as it is then not used to the warm temperatures."

Fiona always ensures she has some seasonal blooms in store ready for those looking for a quick pick me up, but will also make hand tied bouquets to customer's orders as they wait, allowing them to literally pick which flowers they want as Fiona works her magic. You can purchase a simple stem or a whole bloom, the choice is yours.

For those looking for something in particular, Fiona's Flowerpower can order stems from the Valencia flower market which will then be delivered the next morning ready for collection in store or delivery, when pre-booked, in the Calpe to Javea area.

Fiona's Flowerpower is also proud to regularly be chosen to provide the floral displays and bouquets at weddings with brides seemingly loving Fiona's expertise and creative flair as well as her attention to detail. Nothing is too much trouble for Fiona's Flowerpower who aim to cheer up your day with a fragrant and fresh flower display.

FIONA'S FLOWERPOWER:  
From rich red roses to gorgeous gardenias.



The store is open Monday to Friday from 9.45am-6pm and Saturdays from 10am-2pm and on Sundays for special occasions such as

Mother's Day. Call 696 149 618 or visit the Facebook page 'Fiona's Flowerpower.'

I offer flowers for Birthdays, Weddings, Christenings, Parties, or just like that to treat yourself, to put a smile on your face or brighten up the day, and also for the not so nice occasions like Funerals.



In my little shop apart from flowers I also have a good selection of indoor and outdoor plants, decorative pots, cards, vases, silk flowers, deco pices, jewellery and on request Helium Ballons.

I offer a service to go to client's houses or offices to help them to find the right plant, sometimes people don't know what to put where, and how to look after them, and that is what I help them with.

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“ I hope that people will finally realise that there is only one ‘race’ the human race - and that we are all members of it.”

Margaret Atwood, Author



**SAUDI WOMEN:** Rely on personal savings to fund their businesses.

# More in the driver's seat

RANKED near the very bottom of the Global Gender Gap Index, Saudi Arabia has never exactly been viewed as a bastion of female independence, but could the trend be changing?

Women under 30 are not allowed to drive, and even then they cannot wear make-up in their car, or drive after 8pm. They are expected to wear full robes and head scarves in public and cannot work, travel, marry and divorce or have elective surgery without permission from their wali; a related male guardian.

But while Saudi Arabian women may not legally be able to get behind the wheel, they are increasingly in the driver's seat when it comes to business.

Bit by bit this ultra-conservative country is allowing its female citizens more rights, and many women are turning this to their advantage. Since December 2015 women have the right to vote and stand in municipal elections, while women have been allowed to practise as lawyers since 2013.

A total of 15 per cent of all women in the sovereign state are now employed, and this growing freedom is even being reflected in female fashion. While women are mostly expected to wear heavy opaque, black

robes, known as abayas, these garments are increasingly being sold in other colours, patterns or a closer fit. One Saudi news reporter even appeared on the Al Ekhbariya state television channel in 2014 without her headscarf.

Now increasing access to mobile phones and social media has opened up a whole new avenue for women, with 63 per cent of them starting up their own business, according to Facebook, which has taken note of the phenomenon and is planning to train 10,000 women entrepreneurs in the Middle East.

According to Abeer Mohammed, one of Saudi Arabia's growing number of female business owners, “the traditional attitudes toward females starting their own businesses have changed for the better, and society is becoming very welcoming to us now.” She says, “starting a handmade jewellery business with the help of social media while bringing up two children was not an easy task at first. But with my gradual increase in customers and the setting of a schedule for myself, I can now manage both of these tasks confidently. Several local accessories businesses even want to collaborate with me these days.”

Commenting on the growing trend, business consultant, Noor Khaled, explains,

**30**

Women under this age cannot drive

**63**

per cent of women started their own business

**14,000**

Saudi women signed a petition

“Saudi businesswomen rely on personal savings to fund their businesses and do not seek external financing to start and manage their endeavours, which shows that it's not only about deploying money alone, but about taking an interest in nurturing a business with efficient management.”

Some women have faced opposition however, with interior designer, Haya Sohail, commenting, “when I told my family members that I wanted to start a business they were all against it for several reasons like the fact that the job required meeting strangers. They questioned why I would want to do such work for the sake of money. But gradually people understood that the reason behind the idea was so that I could take my hobbies and excellent skills to the next level.”

But despite criticism from some quarters, it seems the number of women starting their own businesses in Saudi Arabia will continue to grow, with Safiah Alaquil, a fashion designer, explaining, “things have changed now for women in the Kingdom. They are given the chance to be at the forefront in every sector. Besides, the idea of entrepreneurship has grasped the attention of everyone and is catching on like a fever!”

This change can only be a good thing; according to research carried out by McKinsey & Co, “\$12 trillion could be added to global GDP by 2025 by advancing women's equality,” so for each Saudi woman gaining some financial independence, the rest of the globe benefits too.

But with women in the Kingdom still confined to female quarters in their own homes, ‘family sections’ in restaurants, and even women-only banks when it comes to their finances, the sovereign state still has a very long way to go before women are afforded the same equality as in most Western countries.

In September 2016, over 14,000 Saudi women signed a petition calling on the government to end the practice of male guardians. Let's hope those in power take note.



“You are only as great as the opportunities that are given to you.”

Charlize Theron

# Getting the right support

**SARA'S** advice is “believe in your idea, trust your instincts, and don't be afraid to fail”

SARA BLAKELY, the brain behind world-famous body shapewear, Spanx, became the world's youngest self-made billionaire in history using just \$5,000 of her own savings.

Born in Clearwater, Florida, to an attorney father and artist mother, Blakely was a fax-machine saleswoman, wearing tights daily for work when she realised there was a gap in the market for the hosiery that offered support without having to actually cover the whole leg.

Believing firmly in her idea, the then 27-year-old moved to Atlanta, Georgia, and wrote a patent herself after discovering it would cost between \$3,000 and \$5,000 to hire a lawyer. She then drove to the heart of hosiery company in North Carolina and pitched her idea. She was turned down by every mill, which were all male-run and did not believe there was a market for her product.

Arriving home though, she was contacted by one owner who had shared the idea with his daughters and had seen sense. Over the next year, she created a prototype using herself, friends and families as models. On finishing her product, Blakeley chose bold colours and pictures of different-sized models to set herself apart from the beige packaging available on the market. After a year and a half of development, though, she was still struggling to find the right name and, believing that ‘k’ sounds, used by mega-brands, Coca-Cola and Kodak, resonated with consumers, she thought up the

name Spanx while in her car.

Setting up a meeting with buyers from Neiman Marcus, she modelled the product

herself, demonstrating its shaping

properties, and securing a deal in seven of its stores. Soon after, she also sold her shapewear

in Saks, Bergdorf Goodman and Bloomingdales and before long Spanx was named by Oprah Winfrey as one of her “favourite things.”

With sales skyrocketing, Blakeley's company turned over \$4 million in its first year and \$10 million the following year. When the product launched on QVC in 2001, 8,000 pairs were sold in the first six minutes of the show.

With Spanx now worn by celebrities all over the globe, Gillian Anderson to Eva Longoria, Blakeley's magic pants have become a staple in many wardrobes. Gwyneth Paltrow even admitted to wearing two pairs to a red-carpet event after giving birth.

Now a philanthropist, encouraging other women to start their own businesses, Blakely says one of the most important tools she used to succeed was the ability to fail. She explains her father used to ask his children every day what they had failed at, in order to show them mistakes were something to be moved on from.

She also claims visualising where you want your product or company to be is vital, saying she could see herself on Oprah Winfrey's couch 15 years before it ever happened. She also advises keeping fledgling to oneself until they are less “fragile.” She says, though well-meaning, criticism can easily put people off a brilliant idea. Her final advice? “believe in your idea, trust your instincts, and don't be afraid to fail.”



# If you can't stand the heat...

**DESPITE** a lack of support, a rising number of female chefs are taking the industry by storm

GORDON RAMSAY. Jamie Oliver. Rick Stein. The list of world-famous male chefs is seemingly endless. But how many of their female counterparts could you name?

Of the UK's 250,000 chefs, a mere 18.5 per cent are female. In terms of Michelin stars, women are even worse represented, with only 10 of the UK's 172 Michelin Starred restaurants being headed by a female chef.

But why is this the case when historically women have done so much of the cooking, particularly in a domestic setting? Some put the discrepancy down to the long, unsociable hours - sometimes 70 hour weeks - worked by chefs.

Or perhaps it is comments from famed male chefs, such as Gordon Ramsey who said, “there are a huge number of women who know how to mix cocktails, but can't cook to save their lives,” that are responsible for putting off more women going into the profession. Worse still, renowned French chef, Fernand Point, claimed in the 1950s, “only men have the technique, discipline and passion that makes cooking consistently an art.”

Despite a distinct lack of support from some corners though, it is not all bad news and a rising number of female chefs are taking the industry by storm.

Clare Smyth is now the first

woman in the UK to obtain three Michelin stars, while Helen Darroze at the Connaught Hotel, has two. Meanwhile London's Savoy Grill is headed up by Kim Woodward, after she was discovered on Masterchef.

Further afield, Karen Keynaert, the Flemish-speaking head chef at A'Qi, which has an all-female staff, was offered a Michelin star but turned it down, believing the system is outdated.

An increasing number of female chefs are also now opening their own restaurants. Such as Monica Galetti, head chef at Mere, a New Zealand inspired eatery which she runs alongside her husband. Or

French-born, Anne-Sophie Pic, the chef patron at the London Four Seasons' Le Dame De Pic. Anne-Sophie, who has no formal training, is France's only female chef to have three Michelin stars.

Perhaps most impressive is 28-year-old Elizabeth Allen, who won a Michelin star after just one year at East London restaurant, Pidgin, and is now head chef at restaurant Shibui, an East meets West fusion venture.

It seems the playing field is finally levelling out, therefore, and female chefs are finally receiving recognition. The editor of the Michelin guides, Rebecca Burr, puts the development down to im-

provements in the workplace. She explains, “there is now a move for businesses to improve working conditions, whether that's condensed working hours, reducing bookings, increased pay or closing on certain days.”

She adds, “split shifts are becoming a thing of yesteryear and instead working in restaurants is becoming more appealing where staff can be more flexible and may start earlier, but finish at a more reasonable time and can have three consecutive days off and are able to have a more balanced life.” A change which can only be good news for both the industry and foodies alike.



“Whenever you see a successful woman look out for the three men who are going out of their way to try to block her.”  
Yulia Tymoshenko, Ukrainian politician

# Management styles

BEING the boss has its perks, but it is possible to work your way to the top without ever having been given formal training in management.

From dictatorial managers to the more laid back, there are various ways of managing others, and each has its bonuses and drawbacks. While a lot of people are comfortable in leadership positions, others find it can be a daunting task. Here we have put together a guide to the most common management techniques and styles.

Interviewed by *The Guardian*, Stephen Archer, Director of Spring Partnerships, a communications and leadership firm, claimed there are 10 top ways to manage a team.

**Lead from the outset.** Stephen says “people develop their perceptions of you” in the first few weeks, so you should “set the tone of your leadership style from the outset.” He recommends taking others’ input on board and creating respectful relationships, explaining, “remember to listen... work hard to earn their trust.”

**Goal time.** Archer says it is vital to set “bold goals,” but advises they need to be “specific enough that everyone in the organisation understands them, buys into them and is willing to work together to achieve them.”

**Mistakes are ok.** Too many managers try to “rescue” their staff, according to Stephen, “wrapping them in cotton wool,” which he says is stunting staff growth. We all had to start at the beginning so allowing your staff to learn for themselves will empower them, and enable them to progress.

**Innovate to accumulate.** Archer explains it is important to give employees space to “come up with new ideas,” which, as well as creating a larger pool of innovations and solutions, will again empower staff, and improve creativity in an office.

**Time to trust.** Stephen explains it is important to trust others to take on and make a success of tasks. He says “great leaders... surround themselves with talented individuals who can offer their own solutions.” He explains the best way to achieve this is to “communicate the vision for the future and if things need changing, tell people and involve them in making the changes.”

**Let’s stay together.** Archer explains sometimes “employees feel distant from senior management.” He says it is important to avoid this, allowing staff to feel valued and able to communicate honestly with their managers.

**Remember your roots.** Businesses may progress, but there will always be a core value



DECISION TIME: Be confident.

from the time of its creation which will still be relevant today. Archer says this will help to “instil a sense of pride across the organisation.”

**Decision time.** “Being indecisive can undermine confidence and trust,” according to Archer. He claims this is vital to instilling confidence amongst staff; even if your decision turns out to be the wrong one. He advises, “make a decision based on the facts to hand,” that way you can always be confident you took the right course of action, even if the outcome is not what you wanted.

**Act quickly.** The world is so fast-paced now that

it is vital to move quickly when the time is right, according to Stephen. He says, “playing it safe is never a good business rule,” and leaders should be prepared to take action on a new idea or deal if they feel it is right to stay ahead of the competition.

**Passion project.** Lastly, Archer claims if you want to inspire your staff, you should be “passionate, enthusiastic and proud,” and “practice what you preach.” While largely inspiring, work can be a grind unless you enjoy what you do and this rubs off on your employees. Take time to show you love what you do and create an office atmosphere which promotes creativity.

NATHALIE AMAND - CENTRE QORISALUD

# Have a clear vision of your project

IT is important to network and share information with other women and help each other

DO you feel stressed, exhausted, depressed? Are you lacking self-esteem or suffering from what society calls ADHD ‘hyperactivity’? If so, then Centre QoriSalud could help.

The retreat is owned and run by Nathalie Amand who aims to get people on the right track to total well-being.

Nathalie has an extensive background in a range of treatments and therapies including two years of studying psychology, four years working with a doctor, becoming a qualified and certified practitioner in NLP, bio-resonance therapy, Reiki therapy and lymphatic drainage amongst others, as well as spending six years as a therapist at the Sha Wellness Clinic in Albir.

Originally from Belgium, Nathalie fell in love with Spain 20 years ago after discovering the delights of the Costa Blanca when her parents bought a house in Altea. Realising how much her health and happiness improved when in Spain she stayed and has now been here 19 years enjoying the nature and being in peace with her animals. She admits the relaxed attitude goes with her well-being beliefs and is one of the things she loves most about Spain.

“In Belgium, the mentality is more ‘formal’ more cold maybe, like the weather. In this part



NATHALIE AMAND: Helping everyone get on the right path to great well-being.

of Spain, days seem to be longer than in Belgium because we are often enjoying being outside, walking, meeting friends. However I don’t like the lack of punctuality many people have.”

Having been a successful therapist and now running her own retreat, Nathalie believes the

Energy is guiding her: “There is still a lot to learn, a lot to learn from life, from my patients, and them from me. Positive attitude and self confidence is important to evolve and grow and a positive attitude and power of mind are important.” It is with these beliefs that she hopes

Centre QoriSalud will expand and be ever more successful in helping others, but for her, success involves success of mankind and in more people waking up to the importance of environmental issues: “The situation on earth is very bad, and the awareness of it is so weak; it is essential to wake up and stop the destruction of nature, animals and the planet.”

She continued: “I am very happy about the way I have fused different ‘elements’; therapies, methods, beliefs, teachings, experiences, feelings and energetic empathy, together with the nature and animals, to guide the guests towards their inner power, their inner healing and emotional well-being, but I wish to work more and more with the Energy to continue to ‘guide’ my guests, and be more and more in contact with nature and animals.”

What advice would Nathalie have for other women who want to start their own business in Spain?

“Have a clear vision of the project, in heart and soul. Get the resources to make the vision happen, do a good marketing plan, focus and feed the vision. It is also very important to network and share information with other women and help each other.”



“Never give up, for that is just the place and time that the tide will turn.”

Harriet Beecher Stowe, American author and abolitionist

## CENTRE QORISALUD

# Be at one with yourself and nature

THE Centre QoriSalud in Polop is a unique and welcoming retreat; a place of peace and harmony where you can truly be yourself and experience integral health in an inspiring and peaceful environment.

Nathalie Amand is a well-being therapist who accompanies you as you reconnect with yourself with a range of well-being programmes that work by connecting nature and animals. At Centre QoriSalud she has created a range of treatments and activities adapted to your needs and aspirations, including: wellness therapies, Oberon bio-resonance therapy with treatments, well-being coaching with horses, lymphatic drainage, raindrop therapy with essential oils, mineral hair analysis, neuro-linguistic programming (NLP), free creativity and activities and workshops to enhance inner healing power and physical, emotional and spiritual well-being.

During your free initial well-being consultation, Centro QoriSalud invites guests to tell them all about your current complaints, be they physical, emotional or psychological,

and the goals you want to achieve. Based on your current situation, they will propose a programme of well-being just for you using therapies and activities that they believe to be the most appropriate for reaching the desired outcome.

At Centre QoriSalud they consider each person as unique, so the programme and recommendations are always adapted to the needs, wishes, aspirations and actual situation of the guest, paying attention to the physical, emotional, spiritual, mental and energetic well-being.

This combination and fusion between therapies and all the elements of nature, animals and free creativity offer the guests the opportunity to be close to their inner healing and increase their own healing power.

Through their programmes, guests will be more and more

CENTRE QORISALUD: A fully inclusive retreat experience.



connected with themselves and their own power and their own leadership.

Centre QoriSalud currently has a number of offers available to guests and visitors including free energy cleansing with all Radiesthesia Therapies, also known as Pendulum Therapy. There is a free well-being consultation of 30 minutes or a free well-being consultation online and for those wanting to enhance their overall well-being and reconnect with themselves, a one week well-being programme (six days from 10am-2pm) is currently €420 including well-being therapies, bio-resonance therapies, coaching, coaching with horses, organic art, relaxation-meditation in the teepee and creative activities.

Accommodation can also be arranged on site in one of the teepees for a fully inclusive retreat experience, or in nearby rural lodgings. Discounts are also available on monthly programmes.

For more information call 639 028 934, visit: [www.qorisalud.com](http://www.qorisalud.com) or email [finca.qorichaska@gmail.com](mailto:finca.qorichaska@gmail.com).



**QORISALUD in Polop, Centre for Holistic Well-being**  
**Well-being therapies, Nature, Creativity and horses**

*At QoriSalud, Centre for Energetic Well-being situated in full nature in Polop (Alicante), we work together to restore your overall inner balance. Feel inspired by our mix of treatments and activities adapted to your individual needs and aspirations.*

Allow yourself to feel good, balanced and at peace

At QoriSalud Centre, Nathalie Amand as Well-being therapist accompanies you on a return to Source, a reconnection with yourself, through well-being programmes and connection with your creativity, nature and animals. Feel inspired by our mix of energetic treatments and activities adapted to your individual needs and aspirations!



- Energy Therapy «La Nueva Terapia», method by Philippe Schwiderski
- Therapeutic radiesthesia (pendulum), Clearing/harmonization of your energies
- QoriAura Therapy, Aura cleansing with pink quartz
- Oberon bioresonance check-up and treatments
- Well-being Coaching and ayurvedic recommendations
- Relaxation and Coaching with horses
- Ayurvedic (Indian) massages, lymph drainage, Raindrop massage with essential oils
- Well-being Retreats on demand (accommodation in old town of Polop)
- Creative activities, Organic Art, Intuitive painting, dance etc...

Nathalie Amand, the beating heart of the Centre QoriSalud, is also available for off- and on-site energetic cleansing of homes and offices.

**In QoriSalud, we know YOU ARE UNIQUE!**

Centre QoriSalud in Polop de la Marina

Web: [www.qorisalud.com](http://www.qorisalud.com) email: [finca.qorichaska@gmail.com](mailto:finca.qorichaska@gmail.com)

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“Ask for what you want and be prepared to get it.” - Maya Angelou, author of 'Why the Caged Bird Sings.'

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# The secrets of successful women in business

THE many women that have gained successful careers have not achieved them by the work itself, but also by managing a successful way of living.

There has always been the preconceived notion amongst all of us, that to achieve great success, it is necessary to be working 'all hours that god sends,' eating whatever is at hand and sacrificing everything else in life. This philosophy of sacrifice to achieve goals and dreams at the expense of other areas of life has been a reality for many people that have made it and are now reaping the rewards, but for some it has meant burning themselves out from lack of attention to their lifestyle.

It's true that sacrifices have to be made to a certain extent, but there are ways of managing time, where harmony can be restored. Most successful women in business tend to focus on a healthy lifestyle and realise the importance of taking care of themselves; after all, who is going to run the business if they get ill. They find time to relax with their family, eat a healthy diet and keep fit. It may take some time to organise the routine, but it will be worth it for every aspect of a working life.

It is also important to pay attention to mental fitness. Lisa Bloom, the bestselling author of 'Think and Swagger' says, "Books get our minds out there in the world of ideas and where our brains go, our bodies follow." This makes reading sound as if it's a miracle potion for achieving great things; however, studies have shown that reading is

a pastime that makes people happier and is good for general well-being. It's a great workout for the brain.

“Books get our minds out there in the world of ideas and where our brains go, our bodies follow.”

Successful women in business commit themselves to continuous professional development, involving research, reading and keeping up with current news and trends. It's also important to be aware of relationships within business and to treat people with

politeness and develop relationships in business, by following them up.

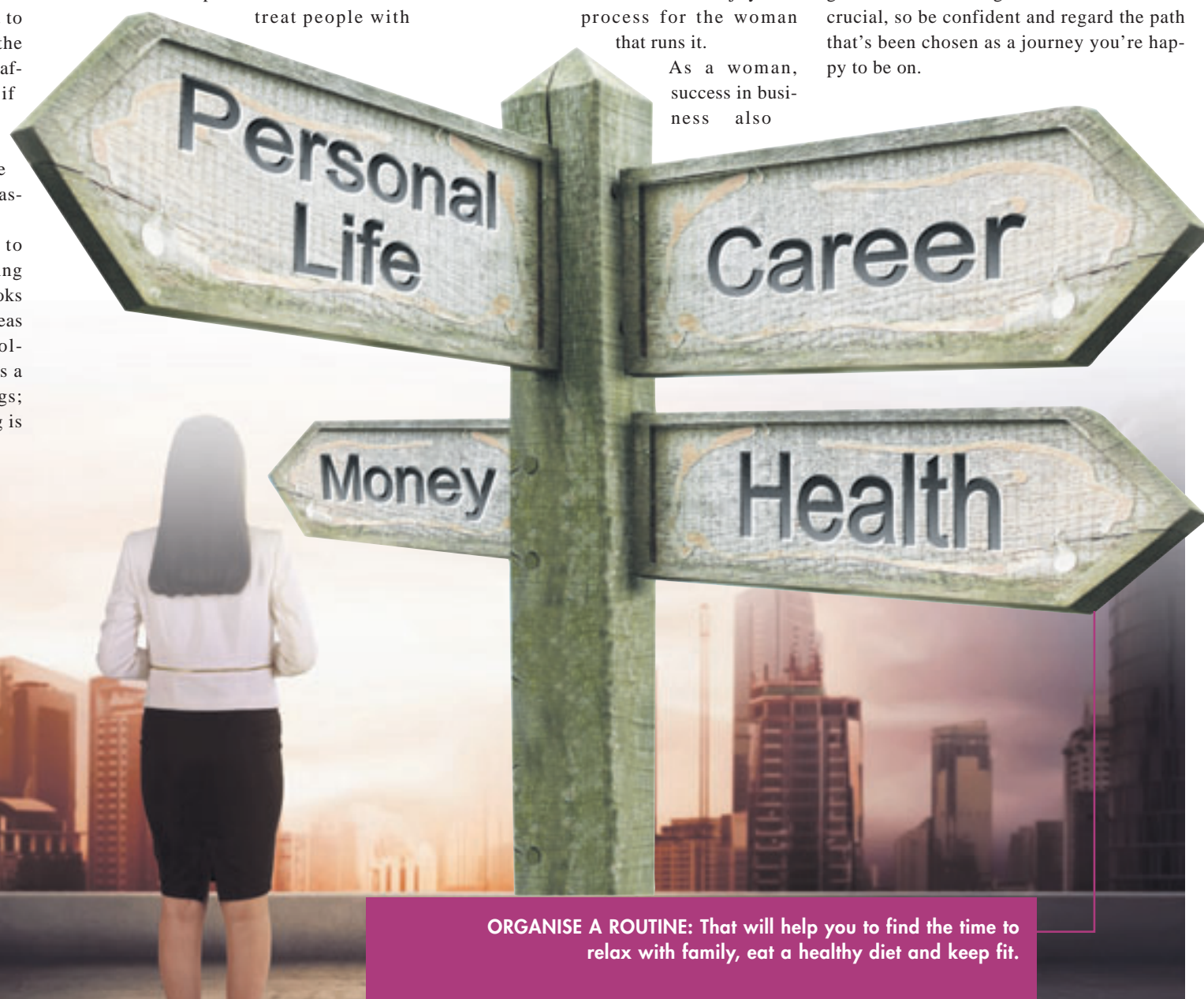
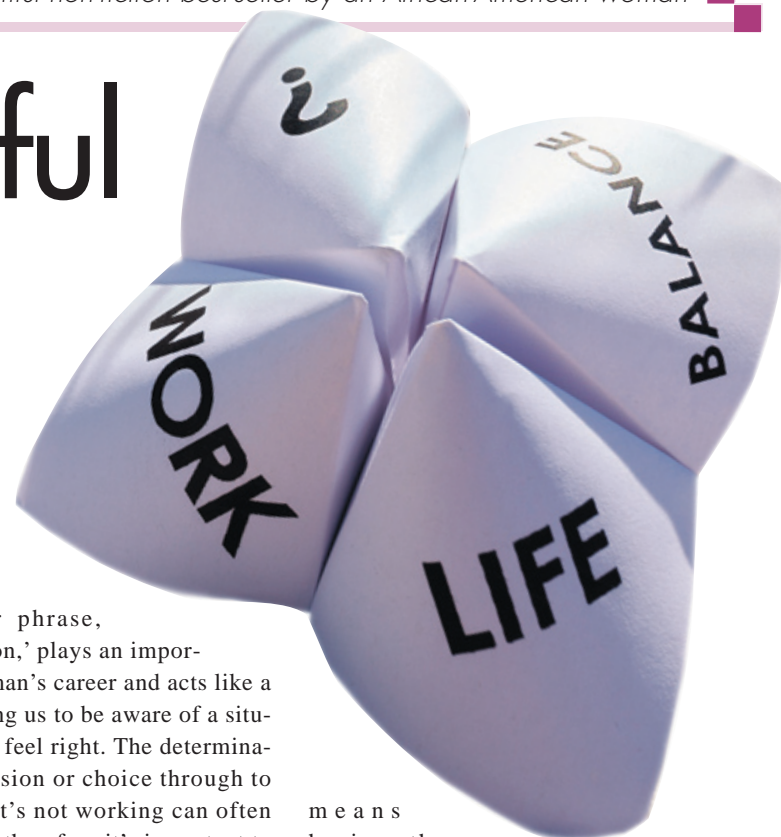
That familiar phrase, 'women's intuition,' plays an important role in a woman's career and acts like a compass in alerting us to be aware of a situation that doesn't feel right. The determination to see a decision or choice through to the end, even if it's not working can often cloud judgement; therefore it's important to take a risk and change the track you're on.

A successful career is one that rewards financially, but most importantly it's the passion and drive behind the business and the satisfaction that comes from knowing it's beneficial to others and an enjoyable process for the woman that runs it.

As a woman, success in business also

means having the courage to stand your ground in the world that's dominated by men and to have no fear in your abilities and in knowing that the job will get done.

If mistakes are made, they are to be regarded as a learning curve. Self-belief is crucial, so be confident and regard the path that's been chosen as a journey you're happy to be on.



**ORGANISE A ROUTINE:** That will help you to find the time to relax with family, eat a healthy diet and keep fit.



# Have the dissenters gone quiet?

LEAPY LEE SAYS IT  
OTHERS THINK IT



I REALLY am so damn tired. Tired of being labelled a racist, tired of being accused of ranting alarmism, and even tired of being consistently exonerated. At the risk of now being accused of being a monotonous bore, I will once again reiterate that, some 30 years ago, I warned that there was an enemy festering within Western communities.

I also stated that if it was not recognised and dealt with sooner rather than later, it would all be too late. Well, I'm afraid it is now far too late. Actually it's been too late for the last 20 years. With this latest Manchester atrocity the situation is now critical.

My other prophecy, that parts of the UK could one day resemble Beirut, is drawing closer by each alarming minute. Make no mistake, despite the admirable 'don't look back in anger' attitude of many good



**TOO LATE:** With the latest atrocity in Manchester, the situation is now critical.

people, there are others sitting astride tinder boxes of seething anger and highly dangerous frustration. In short, before it all erupts into unthinkable violence and mayhem; something really must be done.

Although I am reticent to expose myself to even more abuse, and although the politicians are also undeniably at fault, the main 'something'

has to emanate from the Muslim communities. It is no longer sufficient for 'moderate' Muslims to say how appalled they are with these atrocities, or that it's 'not happening in their name.'

They simply have to take action that lends some credence to their statements. They need to show they really do want to integrate into

Western cultures and traditions. I'm not saying they should convert from their chosen beliefs, but I am certainly saying they should cease trying to convert Westerners into theirs.

They need to; desist from referring to non-Muslims as 'Infidels.' Stop calling for Sharia law. Stop public flagellation and other alien culture rituals. Call a halt to all

marches and inflammatory banner waving and stop the wearing of the despised full Burka.

All these actions are designed to provoke and intimidate. They must also do more to root out the hate preachers, who teach their brethren that dying in the pursuit of Jihad will result in travelling to some mythical, virgin drenched Shangri La.

All these moves could go a long way to depressurising the cauldron of resentment and anger, which is reaching explosive proportions. If the lid finally blows, it will be an unprecedented disaster for everyone.

In the name of intelligence, sanity and reason, let us really see an effort to integrate, before it all completely disintegrates into a carnage of violence and mayhem, which will lead us all to heaven only knows where.

I await more accusations of ranting alarmism with my usual anticipation. Or have the dissenters now all gone a bit quiet!?

*Keep the faith*

*Love Leapy.*

*leapylee2002@gmail.com.*



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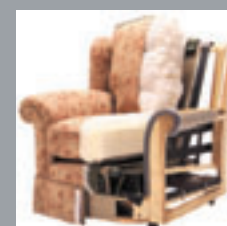
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# Snubs, flops & fashion fiascos

**Nora Johnson**

*Breaking Views*

Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to [www.euroweeklynews.com/3.0.15/nora-johnson](http://www.euroweeklynews.com/3.0.15/nora-johnson)



IF you could see inside my head, you'd find some profoundly insightful thoughts about the EU's Brexit negotiation tactics. Before you got there, though, you'd find the following: are Theresa May's 'Legs-it' skirts too short (shorter even than Jeremy Corbyn's defence pledges) and should she have posed for Vogue (and, on a previous occasion, in those 'Trousergate' leather trousers)? But like or loathe her, she's weaponised her wardrobe for the battle ahead, with all hems blazing.

Tim Bell, the advertising guru, was asked to compare the PM with his former boss. "Well I don't think Thatcher would have posed for Vogue," he claimed, snubbing Mrs May. Wrong! Mrs T did four shoots for Vogue, with David Bailey and Mario Testino, including one interview (when Bell worked as her adviser) that began: "I am passionately interested in fashion." But Thatcher didn't dally (or do selfies/belfies like today's slebs) in front of the mirror, and was good to go in four minutes flat.

As for slebs, remember that most of the time we see them, they'll be benefiting from designer clothes, fashion stylists, flattering lighting etc. Clearly, most (though not all) are good-looking, but it'd be hard not to look fabulous when you have a team of professionals (celebrity make-up artists, hair stylists, photographers) whose job it is to do just that.

A friend who used to work in the fashion industry in Paris claims that many models look relatively ordinary in 'real life' (except for their height), but spend an hour in hair and make-up, stand in front of a camera and wind machine, and they're stunners.

And a final rant: all those 'beach ready' articles everywhere now. Why do we let ourselves be exposed to such body-shaming propaganda? It reminds me of the splendid put-down about relationships by Blanche, Deirdre Barlow's mother in Coronation Street. "Good looks are a curse," she reassured her daughter. "You and Kenneth should count yourselves lucky."

So, do excuse me, won't you, while I totter off to get my body 'beach ready' - modelled loosely on that of the occasional whale washed-up here on Spain's beaches...

*Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in paperback/eBook (€0.99;£0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.*



**| Margaret Thatcher poses for Vogue in 1984.**

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**BBC one**

7:00am	Breakfast
10:15am	Countryfile Spring Diaries
11:00am	Homes Under the Hammer
12:00pm	Rip Off Britain
12:45pm	Close Calls: On Camera
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	!Mpossible
4:00pm	Escape to the Country
4:45pm	Yes Chef
5:30pm	Put Your Money Where Your Mouth Is
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Kat and Alfie: Redwater
10:00pm	Frank Skinner on Muhammad Ali
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week
1:35am	Weather for the Week Ahead

**BBC TWO**

7:00am	Emergency Rescue Down Under
7:30am	Rip Off Britain
8:15am	Yes Chef
9:00am	Bake Off Crème de la Crème
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Family Finders
3:15pm	Red Rock
4:00pm	The Hairy Bikers' Best of British
4:45pm	Elephant Diaries
5:15pm	Pilgrimage with Simon Reeve
6:15pm	Antiques Road Trip
7:00pm	Debatable
7:45pm	Celebrity Eggheads
8:30pm	Great British Menu
9:00pm	Springwatch
10:00pm	Paula
11:00pm	QI
11:30pm	Election Spy
11:35pm	Newsnight
	<i>In-depth investigation and analysis of the stories behind the day's headlines with Evan Davis.</i>
12:20am	Cricket

**BBC FOUR**

8:00pm	100 Days+
8:30pm	Sounds of the Eighties
	<i>Serious and sincere they may have been, never cracking a smile where a tortured, artistic look would do, but this tranche of 80's pop stars know how to make that look work.</i>
9:00pm	Fossil Wonderlands: Nature's Hidden Treasures
10:00pm	The Great Village Green Crusade
11:30pm	Engineering Giants
12:30am	Catching History's Criminals: The Forensics Story
	<i>Series in which surgeon Gabriel Weston explores the history and development of forensic science.</i>
1:30am	Sound of Cinema: The Music that Made the Movies
2:30am	Arena: American Epic

**CHANNEL 4**

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	Party Election Broadcast
9:00pm	The Supervet
10:00pm	Catching a Killer
11:45pm	One Killer Punch
12:45am	First Dates
1:45am	Bizarre ER

**CHANNEL 5**

9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Mofy
9:50am	Wissper
10:00am	Wanda and the Alien
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News Lunchtime
1:15pm	Can't Pay? We'll Take it Away!
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS: Los Angeles
4:15pm	Alone in the Wild: Deadly Survival
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
7:55pm	Party Election Broadcast on Behalf of the UK Independence Party
8:00pm	Secrets of Great British Castles
9:00pm	The Great Fire
10:00pm	Nightmare Tenants, Slum Landlords
11:00pm	Extraordinary People
12:05am	Restless Legs
	<i>Syndrome: Desperate for Help</i>
1:00am	Super Casino

**4**

10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	New Girl
6:30pm	New Girl
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	Kevin Can Wait
10:00pm	Brooklyn Nine-Nine
10:30pm	New Girl
11:00pm	The Inbetweeners
11:35pm	The Inbetweeners
12:05am	The Big Bang Theory

**sky SPORTS 1**

9:00am	Good Morning Sports Fans
10:00am	Barclays Premier League World
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	The Gibraltar Darts Trophy 2017
2:00pm	Great Sporting Moments
2:15pm	Great Sporting Moments
2:30pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	The Gibraltar Darts Trophy 2017
5:00pm	Football's Greatest
5:30pm	Football's Greatest
6:00pm	WDC Final Gold
6:30pm	WDC Final Gold
7:00pm	The Gibraltar Darts Trophy 2017
8:00pm	Live World Cup of Darts
12:00am	Nz Lions Documentary

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
	<i>Studio courtroom show in which criminal barrister Robert Rinder rules on real life cases.</i>
4:00pm	Masterpiece with Alan Titchmarsh
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:25pm	Party Election Broadcast by the UK Independence Party
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Britain's Got Talent
10:00pm	Coronation Street
10:30pm	Britain's Got Talent
11:00pm	ITV News at Ten and Weather
11:45pm	ITV News London
11:55pm	Car Wars UK
12:55am	Tipping Point

**itv2**

7:00am	You've Been Framed!
7:25am	The Cube
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
10:35am	Scorpion
11:25am	Britain's Got Talent
12:55pm	Britain's Got Talent
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Britain's Got Talent
7:30pm	Britain's Got Talent
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	The Keith and Paddy Picture Show
10:30pm	Family Guy
11:00pm	Britain's Got More Talent
12:00am	Family Guy
12:30am	Family Guy
1:00am	American Dad!
1:30am	American Dad!

**itv3**

7:00am	Judge Judy
7:20am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Judge Judy
11:55am	Road to Avonlea
12:55pm	The Casebook of Sherlock Holmes
2:05pm	Heartbeat
	<i>Nostalgic police drama series set in a Yorkshire village in the 1960s.</i>
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	On the Buses
5:50pm	On the Buses
6:20pm	In Loving Memory
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Marple
11:00pm	Endeavour
	<i>Crime drama series about the young Detective Constable Endeavour Morse.</i>
12:55am	Wycliffe
2:00am	The Knock
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

**itv4**

7:00am	Minder
8:00am	The Chase
9:00am	Pawn Stars
9:30am	Isle of Man TT: My Greatest Moment
10:30am	French Open: Roland-Garros Live
4:30pm	French Open: Roland-Garros Live
	<i>John Inverdale presents live coverage from Paris as the second round of the 2017 French Open concludes, with expert analysis from Marion Bartoli, Jim Courier, Mark Petchey, Fabrice Santoro and Sam Smith.</i>
10:00pm	Isle of Man TT
11:00pm	TT Blues
12:00am	Halloween H2O: 20 Years Later
1:05am	FYI Daily
	<i>The latest entertainment news.</i>
1:10am	Halloween H2O: 20 Years Later
1:50am	Isle of Man TT
2:50am	River Monsters
3:50am	ITV4 Nightscreen

**sky CINEMA ACTION & ADVENTURE**

10:40am	In the Heart of the Sea
12:45pm	The Martian
3:10pm	The Scorpion King
4:50pm	Rocky
6:55pm	In the Heart of the Sea
9:00pm	Batman v Superman: Dawn of Justice
11:35pm	The Martian
2:00am	Con Air

**sky CINEMA COMEDY**

8:25am	Billy Madison
10:00am	License to Drive
11:35am	Norbit
1:25pm	Dad's Army
3:10pm	Magic Mike XXL
	<i>Magic Mike reunites with the Kings of Tampa for one last blow-out performance in Myrtle Beach.</i>
5:10pm	Zoolander 2
7:00pm	Four Weddings and a Funeral
9:00pm	Dad's Army
10:45pm	Zoolander 2
12:35am	Welcome to Me

**sky CINEMA PREMIERE**

8:30am	Last Cab to Darwin
10:45am	Ice Age: Collision Course
12:35pm	Desierto
2:15pm	Refuge
3:55pm	Rabbit School: Guardians of the Golden Egg
	<i>When the Easter rabbit school comes under threat from a family of foxes plotting to steal the legendary golden egg, it's up to young Max to save the day.</i>
5:25pm	Ice Age: Collision Course
	<i>When a cosmic blunder leaves Earth in the path of an asteroid, it's up to Sid the sloth and pals Manny and Diego to save the day.</i>
7:15pm	Absolutely Fabulous: The Movie
9:00pm	Desierto
10:40pm	Refuge
12:15am	Absolutely Fabulous: The Movie

**sky SPORTS 2**

7:00am	WWE SmackDown!
8:00am	History of the Champions Trophy
9:00am	History of the Champions Trophy
10:00am	Who are Your ICC Champions?
11:00am	Live ICC Champions Trophy Cricket
	<i>ICC Champions Trophy - England v Bangladesh (Group A).</i>
7:30pm	Beneath the Black: A Journey Through New Zealand Rugby
8:30pm	World Rugby
9:00pm	ICC Champions Trophy Highlights
10:00pm	Beneath the Black: A Journey Through New Zealand Rugby
11:00pm	Lions 2009: Living with the Pride
	<i>Get the exclusive behind-the-scenes story of the 2009 British and Irish Lions Tour to South Africa.</i>
1:30am	World Rugby
2:00am	Cricket World Cup Classics



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BBC one

10:15am	Countryfile Spring Diaries
11:00am	Homes Under the Hammer
12:00pm	Rip Off Britain
12:45pm	Close Calls: On Camera
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	!Mpossible
4:00pm	Escape to the Country
4:45pm	Yes Chef
5:30pm	Put Your Money Where Your Mouth Is
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
9:00pm	EastEnders
9:30pm	Question Time: Leaders Special
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Sliding Doors
2:00am	Weather for the Week Ahead

BBC TWO

7:30am	Rip Off Britain
8:15am	Yes Chef
9:00am	The World According to Kids
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Family Finders
3:15pm	Red Rock
4:00pm	The Hairy Bikers' Best of British
4:45pm	Elephant Diaries
5:15pm	The Tea Trail with Simon Reeve
6:15pm	Antiques Road Trip
7:00pm	Debatable
7:45pm	Celebrity Eggheads
8:30pm	Great British Menu
9:00pm	Gardeners' World
10:00pm	Versailles
11:00pm	Have I Got News for You
11:30pm	Election Spy
11:35pm	Newsnight
12:20am	Later... with Jools Holland
1:20am	Cricket
2:10am	Rio Ferdinand: Being Mum and Dad
3:10am	Doctor Who

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Sounds of the Eighties
9:00pm	The Good Old Days
9:50pm	Sounds of the Seventies
10:00pm	Top of the Pops
11:00pm	Top of the Pops
12:00am	Arena <i>Legendary country music singer-songwriter Loretta Lynn is loved by fans from across the world.</i>
1:30am	Top of the Pops <i>1984 sees Top of the Pops at the height of its 80's pomp - the year of big hair and big tunes.</i>
2:30am	Top of the Pops
3:30am	Arena
5:00am	This is BBC Four

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	Party Election Broadcast
9:00pm	Posh Pawn
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	The Fake News Show

CHANNEL 5

9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Mofy
9:50am	Wissper
10:00am	Wanda and the Alien
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News Lunchtime
1:15pm	Can't Pay? We'll Take it Away!
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS: Los Angeles
4:20pm	Justice for Natalee Holloway
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
7:55pm	Party Election Broadcast on Behalf of the Liberal Democrats
8:00pm	The Gadget Show
9:00pm	The Great Fire
10:00pm	The Secret Life of the Long-Haul Flight
11:30pm	Hijacked
12:30am	Car Crime UK: Caught on Camera

4

7:00am	Hollyoaks
7:30am	Coach Trip
8:00am	Baby Daddy
9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	New Girl
6:30pm	New Girl
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Brooklyn Nine-Nine
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The A-Team
12:30am	The Big Bang Theory

sky SPORTS 1

7:00am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Premier League Legends
9:30am	Live Super Rugby
11:35am	Darts Gold
11:45am	Darts Gold
12:00pm	Football's Greatest
12:30pm	Football's Greatest
1:00pm	WDC Final Gold
1:30pm	Football
3:35pm	Football Gold
3:45pm	Football Gold
4:00pm	Beneath the Black: A Journey Through New Zealand Rugby
5:00pm	Football's Greatest
5:30pm	Football's Greatest
6:00pm	WDC Final Gold
6:30pm	WDC Final Gold
7:00pm	Darts Gold
7:30pm	Darts Gold
8:00pm	Live World Cup of Darts
12:00am	Lions Tour Preview
1:00am	Premier League 100 Club
1:30am	Premier League 100 Club

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:25pm	ITV News London
2:30pm	ITV Racing Live
6:00pm	The Chase
7:00pm	ITV News London
7:25pm	Party Election Broadcast by the Liberal Democrats
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Britain's Got Talent
10:00pm	Coronation Street
10:30pm	Britain's Got Talent
11:00pm	ITV News at Ten and Weather
11:45pm	ITV News London
11:55pm	The Keith and Paddy Picture Show
12:25am	Benidorm
1:25am	Sports Life Stories
2:20am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV Nightscreen

itv2

7:00am	You've Been Framed!
7:25am	The Cube
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
10:35am	Scorpion
11:25am	Britain's Got Talent
12:55pm	Britain's Got Talent
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Britain's Got Talent
7:30pm	Britain's Got Talent
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	The Keith and Paddy Picture Show
10:30pm	Family Guy
11:00pm	Britain's Got More Talent
12:00am	Family Guy

itv3

7:00am	Judge Judy
7:20am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Road to Avonlea
12:55pm	The Casebook of Sherlock Holmes
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	On the Buses
5:50pm	On the Buses
6:25pm	In Loving Memory
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Marple
11:00pm	Endeavour
1:00am	Wycliffe
2:05am	The Knock
3:00am	Wycliffe
3:55am	Long Lost Family
4:45am	Million Dollar Princesses
5:40am	In Loving Memory

itv4

7:00am	Minder
8:00am	The Chase
9:00am	Pawn Stars
9:30am	Isle of Man TT
10:30am	French Open: Roland-Garros Live
4:30pm	French Open: Roland-Garros Live
10:00pm	Isle of Man TT
11:00pm	TT Blues
12:00am	Last Man Standing
1:00am	FYI Daily
1:05am	Last Man Standing
2:05am	Isle of Man TT
3:10am	Tommy Cooper <i>Comedy and magic from comedian Tommy Cooper. Guests include horror film superstar Vincent Price.</i>
3:45am	British Touring Car Crashes and Smashes <i>Motor sports short film.</i>
3:55am	ITV4 Nightscreen <i>Text-based information service.</i>
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:25am	Arthur and Merlin
9:25am	I Am Legend
11:10am	Suicide Squad
1:20pm	Lawrence of Arabia
4:55pm	Rocky II
7:00pm	Twister
9:00pm	Suicide Squad
11:05pm	Spy
1:20am	Ant-Man
3:20am	San Andreas
5:25am	A Shot in the Dark

sky CINEMA COMEDY

7:45am	Back to the Future
9:45am	Back to the Future Part II
11:40am	Back to the Future Part III
1:40pm	The Intern
3:45pm	Sadie's Last Days on Earth
5:25pm	Get a Job
6:55pm	The Intern
9:00pm	The Simpsons Movie
10:30pm	Ride Along 2
12:25am	Two Night Stand
2:00am	Bachelor Party

sky CINEMA PREMIERE

7:00am	Rabbit School: Guardians of the Golden Egg
8:25am	Desierto
10:05am	Last Cab to Darwin
12:15pm	Ice Age: Collision Course
2:00pm	Jack Reacher: Never Go Back
4:05pm	Rabbit School: Guardians of the Golden Egg
5:30pm	Ice Age: Collision Course
7:15pm	Absolutely Fabulous: The Movie
9:00pm	Jack Reacher: Never Go Back
11:10pm	Desierto
12:50am	Refuge
2:25am	Absolutely Fabulous: The Movie
4:05am	The Top Ten Show 2017
4:20am	Fishing Without Nets

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE Main Event
9:00am	Cricket Classics
10:00am	ICC Champions Trophy Highlights
11:00am	Live ICC Champions Trophy Cricket
7:30pm	Lions Tour Preview
8:30pm	ICC Cricket
9:00pm	ICC Champions Trophy Highlights
10:00pm	Beneath the Black: A Journey Through New Zealand Rugby
11:00pm	Lions 2013: Raw Great Sporting Moments
1:15am	ICC Cricket
1:30am	ICC Cricket
2:00am	Lions 2013: Raw Great Sporting Moments
4:15am	ICC Cricket
4:30am	ICC Cricket
5:00am	ICC Champions Trophy Highlights <i>Australia and New Zealand meet at Edgbaston in Group A of the ICC Champions Trophy.</i>



## LEGALLY SPEAKING

### Nothing to hide, nothing to fear

**AS** part of a new series, we answer some common driving questions, kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



**CHECKPOINTS:**  
Do not be alarmed.

REGULAR checkpoints are often carried out on roads as part of routine operations such as combating drink driving, or vehicle inspections. Sometimes they are part of an increase in security and sometimes, although very rarely, they are directly related to a specific threat.

Whilst safe and careful drivers have nothing to worry about, these checkpoints can seem daunting as you approach but remember, they are being conducted for your safety. They are there to catch criminals and those risking road safety, but if you have nothing to hide, you have nothing to fear. But what should you do when approaching such a checkpoint?

Firstly, stay calm. Listen to the instructions given to you by the officers. They may usher your vehicle to a chosen place, ask you to exit the vehicle and they may want to check the contents of your vehicle as well as your docu-

mentation. Allowing them to get on with their duties will have you getting on your way as soon as possible.

Secondly, do not share the checkpoint information with others. Posting this information on social media can alert those who have done wrong about the presence of the checkpoint allowing them to get away.

Finally, do not be overly alarmed. The presence of additional security teams on the streets is not a direct indication of an increase in the threat level. The Spanish Interior Ministry publishes the details of the current threat level on their website [www.interior.gob.es](http://www.interior.gob.es). On the right of the web page is a green box marked NAA, or Nivel de Alerta Aniterrorista. Click on this to see the current status level. The level has been a stage four 'high' alert for some time, since June 2015, but all the information is listed on the page.

For more news and articles visit [www.n332.es](http://www.n332.es) or search N332 on Facebook.

### Plusvalia tax – What next?

**Q.** On May 11 the Spanish Supreme Court ruled that it is illegal for town halls to collect the Plusvalia municipal tax on transfer of properties when a sale is

actually made at a loss. Sellers have four years to reclaim the tax paid. We have received a number of queries about the best course of action.

**A.** The basic rule is to pay the tax now and reclaim it later. However, some municipalities, like Malaga City, have already stopped collecting the tax on new sales.

This saves legal expenses for the town hall in later cases. Malaga is even setting up a system for sellers

**David Searl**  
You and the Law  
in Spain

to claim back the tax in a simple process without going to court. But most municipalities have not changed anything. They

continue to collect the tax and wait for the claims to come in. You need to check with your own town hall.

It may take a long time before the Spanish government actually changes the law to make it conform to the Court decision. Until then each town hall can set its own programme.

Send your questions for David Searl through lawyers Ubeda-Retana & Associates in Fuengirola at [Ask@lawtaxspain.com](mailto:Ask@lawtaxspain.com), or call 952 667 090.

## It's all a load of nonsense!

**Mike Senker**

*In my opinion*

*Views of a Grumpy Old Man*



I GET a letter from the hospital telling me I have an appointment for June 17 and that I need a blood test beforehand. So I go to the clinic to sort it and am told I can't have a blood test until the 19th which, of course, is two days after my hospital appointment.

I try my hardest to explain that is no good but, of course, it doesn't matter. The receptionist tells me to go to the Costa del Sol hospital and try for an appointment there. I said, 'I didn't know you could do that. Why didn't you tell me this before?' Of course, I was told it was because I didn't ask! I then asked if I could go to any hospital or local clinic and they said 'of course' so I went to Las Lagunas and got an appointment straight away. So, the message is, ask if you want to know anything and don't expect any information over and above the answer to the initial question.

On the subject of information I found out something this week which is very interesting. I had to cancel a flight and on telling my pal he asked if I claimed the tax back. I didn't know what he was talking about. As you know, when you book a flight a proportion of

it is tax so if you don't use that flight you are entitled to a tax refund. Now, of course, no-one tells you this and believe me it's not easy getting it back and, of course, there is a service charge but it's worth doing.

I have been watching the UK election build up and, as usual, the interviews fascinate me. These politicians are just incredible how they manage to sit there and not directly answer any question. I saw May being interviewed by Andrew Marr and she was asked the same question three times and she just would not give an answer.

Corbyn is just as bad and on top of that if they do answer it's usually a pack of lies. Just take May's promise when she took over as PM. She insisted there would be no snap election. This, to anyone with any sense, could not be true as she didn't have her own mandate. I'm glad I don't live there anymore.

I certainly do not profess to understand politics at all but I know bullshit when I hear it and listening to all of them I've heard it all before. Student fees will be abolished by the Lib Dems and when they had a chance to try and get it done when they were in a coalition with the Tories they never ever mentioned it again. Now Labour is promising to abolish these fees. But what good is that to the kids that are already £30k in debt?

Email me [mikesenker@gmail.com](mailto:mikesenker@gmail.com)



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BBC one		BBC TWO		BBC FOUR		CHANNEL 4		CHANNEL 5		4		sky SPORTS 1	
7:00am	Breakfast	7:45am	Never a Dull Moment	8:00pm	Saints and Sinners: Britain's Millennium of Monasteries	8:40am	Everybody Loves Raymond	7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>	7:00am	Couples Come Dine with Me	7:00am	Football Gold
11:00am	Saturday Kitchen	9:10am	Goodbye, Mr Chips	9:00pm	The Search for Alfred the Great	9:05am	Everybody Loves Raymond	7:50am	Couples Come Dine with Me	7:50am	Couples Come Dine with Me	7:15am	Football Gold
12:30pm	Raymond Blanc: How to Cook Well	11:00am	Monty Halls' Great Hebridean Escape	10:00pm	Cardinal	9:30am	Frasier	8:50am	Made in Chelsea	8:50am	Made in Chelsea	7:30am	Premier League 100 Club
1:00pm	Bargain Hunt	12:00pm	Homes Under the Hammer	10:40pm	Cardinal	10:00am	Frasier	9:55am	Postman Pat: The Movie	9:55am	Postman Pat: The Movie	8:00am	Lions Tour Preview
2:00pm	BBC News		<i>Property experts visit three properties before they go up for auction.</i>	11:25pm	Sounds of the Eighties	10:30am	Frasier	11:35am	The Goldbergs	11:35am	The Goldbergs	9:00am	Live British and Irish Lions Tour
2:10pm	Weather			11:50pm	Sounds of the Eighties	11:00am	The Big Bang Theory	12:10pm	The Goldbergs	12:10pm	The Goldbergs		<i>The British and Irish Lions tour begins as Warren Gatland's side face the New Zealand Provincial Barbarians at Toll Stadium in Whangarei.</i>
2:15pm	Escape to the Country	1:00pm	Great British Menu	12:20am	Lionel Richie: Dancing on the Ceiling	11:30am	The Big Bang Theory	12:40pm	The Goldbergs	12:40pm	The Goldbergs		
3:15pm	Money for Nothing	1:30pm	Great British Menu	1:25pm	The Simpsons	11:55am	The Big Bang Theory	1:10pm	The Goldbergs	1:10pm	The Goldbergs		
4:15pm	How to Train Your Dragon	2:00pm	Talking Pictures	1:55pm	Come Dine with Me	12:25pm	The Simpsons	1:40pm	The Goldbergs	1:40pm	The Goldbergs		
5:40pm	Pointless	2:30pm	Ivanhoe	2:25pm	Come Dine with Me	2:55pm	The Simpsons	2:10pm	Rude(Ish) Tube Shorts	2:10pm	Rude(Ish) Tube Shorts		
6:30pm	BBC News	4:15pm	Natural World	3:30pm	Come Dine with Me	4:00pm	Come Dine with Me	2:20pm	A Turtle's Tale: Sammy's Adventures	2:20pm	A Turtle's Tale: Sammy's Adventures		
6:40pm	Regional News	5:00pm	Flog It!	4:35pm	Come Dine with Me	5:35pm	Big House, Little House	4:05pm	Mr. Popper's Penguins	4:05pm	Mr. Popper's Penguins		
6:45pm	Weather	6:00pm	Gardeners' World	5:35pm	Location, Location, Location	6:35pm	Location, Location, Location	6:00pm	The Big Bang Theory	6:00pm	The Big Bang Theory		
6:50pm	Raiders of the Lost Ark	7:00pm	Grow Your Own	7:30pm	Channel 4 News	7:30pm	Channel 4 News	6:30pm	The Big Bang Theory	6:30pm	The Big Bang Theory		
8:35pm	Doctor Who	8:30pm	The Lake District: A Wild Year	8:00pm	The Restoration Man	8:00pm	The Restoration Man	7:00pm	The Big Bang Theory	7:00pm	The Big Bang Theory		
9:25pm	Casualty	9:30pm	Dad's Army	9:00pm	Walks with My Dog	9:00pm	Walks with My Dog	7:30pm	The Big Bang Theory	7:30pm	The Big Bang Theory		
10:15pm	Mrs. Brown's Boys	10:00pm	Sgt Pepper's Musical Revolution - With Howard Goodall	10:00pm	Legend	10:00pm	Legend	8:00pm	The Big Bang Theory	8:00pm	The Big Bang Theory		
10:45pm	BBC News	12:40am	Cricket	12:35am	Tinker Tailor Soldier Spy	12:35am	Tinker Tailor Soldier Spy	8:30pm	The Big Bang Theory	8:30pm	The Big Bang Theory		
	<i>The latest national and international news stories, followed by Weather.</i>							9:30pm	The Big Bang Theory	9:30pm	The Big Bang Theory		
11:00pm	Weather	1:30am	Versailles	3:25am	Top of the Pops	2:50am	The Last Leg	10:00pm	Tower Heist	10:00pm	Tower Heist		
11:05pm	Clique	2:30am	Miss Bala					12:05am	Gogglebox	12:05am	Gogglebox		
11:50pm	Clique							12:55am	Gogglebox	12:55am	Gogglebox		
12:35am	The Spectacular Now							2:00am	Rude Tube	2:00am	Rude Tube		
								3:05am	Tattoo Fixers	3:05am	Tattoo Fixers		
itv		itv2		itv3		itv4		sky CINEMA ACTION & ADVENTURE		sky CINEMA PREMIERE		sky SPORTS 2	
7:00am	CITV	7:00am	The Hot Desk	7:00am	On the Buses	7:00am	Tommy Cooper	9:30am	Tarzan	7:00am	Refuge	7:00am	Cricket Classics
9:25am	ITV News	7:10am	Emmerdale Omnibus		<i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>	7:30am	Motorsport UK	11:25am	Jason Bourne	8:40am	Absolutely Fabulous: The Movie	8:00am	Cricket's Greatest
9:30am	Weekend	9:30am	Coronation Street Omnibus	7:25am	On the Buses	8:30am	Isle of Man TT Qualifying Highlights.	1:35pm	The Lord of the Rings: The Return of the King	10:20am	Ice Age: Collision Course	8:30am	Cricket's Greatest
10:25am	ITV Racing: The Opening Show	11:55am	Britain's Got Talent	7:55am	Murder, She Wrote	9:30am	Brdc British F3 Championship Highlights	4:55pm	The Mummy	12:05pm	Rabbit School: Guardians of the Golden Egg	9:00am	ICC Champions Trophy Highlights
11:20am	Judge Rinder	1:25pm	Britain's Got Talent		<i>Drama series about a sleuthing writer who solves murder mysteries.</i>	10:30am	French Open Tennis Action from the French Open Tennis tournament.	7:05pm	Tarzan	12:05pm	Rabbit School: Guardians of the Golden Egg	10:00am	Cricket Classics
12:20pm	Tipping Point	1:55pm	Take Me Out	8:55am	Murder, She Wrote			9:00pm	Jason Bourne	1:35pm	Jack Reacher: Never Go Back	11:00am	Live ICC Champions Trophy Cricket
1:20pm	ITV News and Weather	3:10pm	Take Me Out: The Gossip	10:00am	Murder, She Wrote	10:00pm	Isle of Man TT	11:10pm	The Lord of the Rings: The Return of the King	3:45pm	Lights Out		<i>ICC Champions Trophy - Sri Lanka v South Africa (Group B).</i>
1:25pm	Bigheads	4:10pm	Best of You've Been Framed! Gold	11:00am	Carry on Don't Lose Your Head	11:00pm	Joey: The Man Who Conquered the TT	2:30am	The Scorpion King		<i>A troubled family discover that there is every reason to be afraid of the dark.</i>	7:30pm	British and Irish Lions Tour Highlights
2:30pm	ITV Racing Live	5:10pm	Cats and Dogs: The Revenge of Kitty Galore	12:05pm	FYI Daily	12:30am	Hard Target				<i>Nightmarish supernatural horror.</i>	8:30pm	Cricket Classics
6:00pm	You've Been Framed!	6:10pm	FYI Daily	12:10pm	Carry on Don't Lose Your Head							9:30pm	Cricket's Greatest
7:00pm	Local News and Weather	6:15pm	Cats and Dogs: The Revenge of Kitty Galore	12:55pm	Columbo							10:00pm	British and Irish Lions Tour Highlights
7:10pm	ITV News and Weather	6:55pm	Happy Feet	2:35pm	Wycliffe							11:00pm	Sporting Rivalries
7:30pm	Take Me Out	7:55pm	FYI Daily	3:45pm	A Touch of Frost								<i>Series profiling the most iconic sporting rivalries of all time.</i>
9:00pm	The British Soap Awards Live 2017	8:00pm	Happy Feet	5:50pm	Agatha Christie's Marple								
	<i>Live coverage of the British Soap Awards 2017.</i>	9:00pm	Take Me Out: The Gossip	7:50pm	Endeavour								
11:00pm	The Keith and Paddy Picture Show	10:00pm	The Fast and the Furious	10:00pm	Foyle's War								
11:30pm	ITV News and Weather	11:00pm	FYI Daily	12:10am	A Touch of Frost								
11:45pm	UEFA Champions League Final Highlights	11:05pm	The Fast and the Furious	2:20am	Wycliffe								
12:45am	The Chase	12:10am	Family Guy	3:15am	ITV3 Nightscreen								
		12:40am	Family Guy	3:30am	Teleshopping								



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BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5	4	sky SPORTS 1
<div>7:00am Breakfast</div> <div>10:00am The Andrew Marr Show</div> <div>11:00am Pentecost Live</div> <div>12:00pm Sunday Politics</div> <div>1:15pm Bargain Hunt</div> <div>2:00pm BBC News</div> <div>2:10pm Weather for the Week Ahead</div> <div>2:15pm Homes Under the Hammer</div> <div>3:15pm Money for Nothing</div> <div>4:00pm Shop Well for Less</div> <div>5:00pm Escape to the Country</div> <div>5:45pm Points of View</div> <div>6:00pm Songs of Praise</div> <div>6:35pm BBC News</div> <div>6:50pm Regional News</div> <div>6:55pm Weather</div> <div>7:00pm Question Time</div> <div>Leaders Special</div> <div>8:00pm Countryfile</div> <div>9:00pm Antiques Roadshow</div> <div>10:00pm Planet Earth II</div> <div>11:00pm BBC News</div> <div>11:25pm Regional News</div> <div>11:30pm Weather</div> <div>11:35pm Election Questions</div> <div>1:05am The Women's Football Show</div>	<div>7:00am A to Z of TV Gardening</div> <div>7:45am The Instant Gardener</div> <div>8:30am Gardeners' World</div> <div>9:30am The Beechgrove Garden</div> <div>10:00am Countryfile</div> <div>11:00am Saturday Kitchen</div> <div>Best Bites</div> <div>12:30pm Great British Menu</div> <div>1:00pm Great British Menu</div> <div>1:30pm Great British Menu</div> <div>2:00pm Talking Pictures</div> <div>2:30pm Pride and Prejudice</div> <div>5:10pm Giraffes: Africa's Gentle Giants: Natural World</div> <div>6:10pm Flog It!</div> <div>7:00pm Tribes, Predators and Me</div> <div>8:00pm Dragons' Den</div> <div>9:00pm The Life Swap</div> <div>Adventure</div> <div>10:00pm Paul Hollywood's Big Continental Road Trip</div> <div>11:00pm White Gold</div> <div>11:30pm Dara O'briain Crowd</div> <div>Tickler</div> <div>12:30am Cricket</div> <div>1:20am Salvage</div>	<div>8:00pm Yo-Yo Ma and the Silk Road Ensemble</div> <div>9:30pm Egypt's Lost Cities</div> <div>11:00pm Arena</div> <div>12:00am Southern Rock at the BBC</div> <div>1:00am Koko: The Gorilla Who Talks to People</div> <div>Documentary telling the extraordinary story of the only 'talking' gorilla in the world.</div> <div>2:00am Bridging the Gap</div> <div>3:00am Engineering Giants</div> <div>Engineer turned comedian Tom Wrigglesworth and Rob Bell, rising star of mechanical engineering, tell the story as an entire North Sea Gas installation, the Lima Platform, is pulled from the sea by floating cranes, brought back to Newcastle, and then torn into tiny pieces for recycling.</div>	<div>7:20am 3rd Rock from the Sun</div> <div>7:45am Everybody Loves Raymond</div> <div>8:10am Everybody Loves Raymond</div> <div>8:35am Everybody Loves Raymond</div> <div>9:00am Frasier</div> <div>10:00am Eating Well with Hemsley and Hemsley</div> <div>10:30am Sunday Brunch</div> <div>1:30pm Eat the Week with Iceland</div> <div>2:30pm The Devil Wears Prada</div> <div>4:40pm George Clarke's Amazing Spaces</div> <div>5:40pm A Place in the Sun: Winter Sun</div> <div>6:40pm Homes by the Sea</div> <div>7:35pm Channel 4 News</div> <div>8:00pm The Supervet</div> <div>9:00pm Cabins in the Wild with Dick Strawbridge</div> <div>10:00pm The Handmaid's Tale</div> <div>11:00pm Gogglebox</div> <div>12:05am Micky Flanagan's Out Out Tour</div>	<div>7:00am Milkshake!</div> <div>10:50am The Fairly Odd Parents</div> <div>11:25am The Gadget Show</div> <div>12:15pm Police Interceptors</div> <div>2:15pm One Chance</div> <div>4:05pm 13 Going on 30</div> <div>5:55pm Dirty Dancing</div> <div>8:25pm 5 News</div> <div>8:30pm 2012</div> <div>11:00pm The Expendables 2</div> <div>12:50am Greatest Disaster</div> <div>Movies</div> <div>2:15am Super Casino</div> <div>Live interactive gaming featuring roulette and autowheel.</div> <div>4:10am Top 20 Funniest</div> <div>5:00am World's Most Pampered Pets</div> <div>Entertaining documentary about the most glamorous and luxuriously kept pets in the world.</div> <div>5:50am House Doctor</div> <div>Home improvement series that works its magic on neglected homes.</div>	<div>9:00am Hollyoaks Omnibus</div> <div>11:30am Made in Chelsea</div> <div>12:30pm The Goldbergs</div> <div>12:55pm The Goldbergs</div> <div>1:25pm Black-ish</div> <div>1:55pm Baby Daddy</div> <div>2:25pm Kevin Can Wait</div> <div>2:55pm Brooklyn Nine-Nine</div> <div>3:25pm New Girl</div> <div>3:55pm The Core</div> <div>6:30pm The Big Bang Theory</div> <div>7:00pm The Big Bang Theory</div> <div>7:30pm The Big Bang Theory</div> <div>8:00pm The Big Bang Theory</div> <div>8:30pm The Big Bang Theory</div> <div>9:00pm The Big Bang Theory</div> <div>9:30pm The Big Bang Theory</div> <div>10:00pm Marvel's Agents of S.H.I.E.L.D.</div> <div>11:00pm Rude Tube</div> <div>12:00am 8 Out of 10 Cats</div> <div>12:50am Tattoo Fixers</div> <div>1:50am Tattoo Fixers</div> <div>2:50am First Dates</div> <div>3:45am Marvel's Agents of S.H.I.E.L.D.</div> <div>4:35am Hollyoaks Omnibus</div> <div>A chance to catch up with all of the events and developments in Hollyoaks this week.</div>	<div>7:00am Football Gold</div> <div>7:15am Football Gold</div> <div>7:30am Football Gold</div> <div>7:45am Football Gold</div> <div>8:00am Premier League Legends</div> <div>8:30am Premier League Legends</div> <div>9:00am Premier League 100 Club</div> <div>9:30am Premier League 100 Club</div> <div>10:00am Premier League 100 Club</div> <div>10:30am Premier League 100 Club</div> <div>11:00am The Premier League Years</div> <div>1:00pm British and Irish Lions Highlights</div> <div>2:00pm Live World Cup of Darts</div> <div>6:00pm British and Irish Lions Highlights</div> <div>7:00pm Darts Gold</div> <div>7:15pm Darts Gold</div> <div>7:30pm Darts Gold</div> <div>7:45pm Darts Gold</div> <div>8:00pm Live World Cup of Darts</div> <div>12:00am Premier League Legends</div>
itv	itv2	itv3	itv4	sky CINEMA ACTION & ADVENTURE	sky CINEMA PREMIERE	sky SPORTS 2
<div>7:00am CITV</div> <div>9:25am ITV News</div> <div>9:30am Weekend</div> <div>10:25am Julia Bradbury's Best Walks</div> <div>11:00am Peston on Sunday</div> <div>12:00pm Judge Rinder</div> <div>1:05pm ITV News and Weather</div> <div>1:20pm The Queen</div> <div>3:25pm Tipping Point</div> <div>4:25pm Michael Carrick Testimonial</div> <div>7:15pm Local News and Weather</div> <div>All the very latest local news and weather.</div> <div>7:25pm ITV News and Weather</div> <div>7:45pm Catchphrase</div> <div>8:30pm Britain's Got Talent</div> <div>11:00pm ITV News and Weather</div> <div>11:20pm Peston on Sunday</div> <div>12:25am Unbelievable</div> <div>Moments Caught on Camera</div> <div>1:25am Jackpot247</div> <div>4:00am Motorsport</div>	<div>7:00am Totally Bonkers</div> <div>Guinness World Records</div> <div>7:20am You've Been Framed!</div> <div>7:45am Emmerdale Omnibus</div> <div>10:15am Coronation Street</div> <div>12:40pm Take Me Out</div> <div>2:10pm Take Me Out: The Gossip</div> <div>3:10pm What a Girl Wants</div> <div>4:10pm FYI Daily</div> <div>4:15pm What a Girl Wants</div> <div>5:15pm Despicable Me</div> <div>6:15pm FYI Daily</div> <div>6:20pm Despicable Me</div> <div>7:30pm The Lord of the Rings: The Fellowship of the Ring</div> <div>8:30pm FYI Daily</div> <div>8:35pm The Lord of the Rings: The Fellowship of the Ring</div> <div>11:00pm Britain's Got More Talent</div> <div>12:00am Family Guy</div> <div>12:30am Family Guy</div> <div>1:00am Family Guy</div> <div>1:25am American Dad!</div> <div>1:50am American Dad!</div>	<div>7:00am Carry on Don't Lose Your Head</div> <div>8:00am FYI Daily</div> <div>8:05am Carry on Don't Lose Your Head</div> <div>8:40am Heartbeat</div> <div>9:45am Heartbeat</div> <div>10:50am Murder, She Wrote</div> <div>11:50am The Nun's Story</div> <div>12:55pm FYI Daily</div> <div>1:00pm The Nun's Story</div> <div>2:50pm Agatha Christie's Marple</div> <div>4:50pm Foyle's War</div> <div>7:00pm Agatha Christie's Marple</div> <div>9:00pm Midsomer Murders</div> <div>11:00pm Tommy Cooper: Not Like That, Like This</div> <div>1:05am A Touch of Frost</div> <div>3:15am Heartbeat</div> <div>Drama, set in the North Yorkshire moors in the 1960's.</div> <div>4:05am May the Best House Win</div> <div>4:55am May the Best House Win</div> <div>5:45am On the Buses</div>	<div>7:00am Tommy Cooper Minder</div> <div>7:30am Modern-day re-imagining on the classic comedy-drama.</div> <div>8:30am World Superbike Highlights 2017</div> <div>9:30am Isle of Man TT Superbike TT Race.</div> <div>10:30am French Open Tennis</div> <div>Action from the French Open Tennis tournament.</div> <div>10:00pm Isle of Man TT</div> <div>11:00pm Cycling</div> <div>Coverage of a cycling event.</div> <div>12:00am World Rugby U20 Championship Highlights</div> <div>1:00am Brdc British F3 Championship Highlights</div> <div>2:05am Isle of Man TT</div> <div>Sidcar TT Race 1.</div> <div>3:10am Tommy Cooper</div> <div>3:40am ITV4 Nightscreen</div> <div>4:00am Teleshopping</div>	<div>7:05am The Chronicles of Riddick</div> <div>9:15am Ant-Man</div> <div>11:15am Warcraft</div> <div>1:25pm The Great Escape</div> <div>4:20pm The Mummy Returns</div> <div>6:40pm Enemy of the State</div> <div>9:00pm Warcraft</div> <div>11:10pm Hitman</div> <div>12:50am Face/Off</div> <div>3:15am King Arthur</div> <div>8:20am Hot Pursuit</div> <div>10:00am The First Wives Club</div> <div>11:50am Talladega Nights: The Ballad of Ricky Bobby</div> <div>1:55pm Robin Hood: Men in Tights</div> <div>3:45pm Ghostbusters</div> <div>5:45pm Grandma</div> <div>7:15pm Dodgeball: A True Underdog Story</div> <div>9:00pm Ghostbusters</div> <div>11:00pm Vacation</div> <div>12:45am Fun with Dick and Jane</div>	<div>7:00am Desierto</div> <div>8:40am King Arthur: Legend of the Sword - Behind the Scenes</div> <div>9:10am Ice Age: Collision Course</div> <div>10:55am Jack Reacher: Never Go Back</div> <div>1:00pm Absolutely Fabulous: The Movie</div> <div>2:35pm Lights Out</div> <div>4:05pm Rabbit School: Guardians of the Golden Egg</div> <div>5:30pm Ice Age: Collision Course</div> <div>7:15pm Spaceman</div> <div>9:00pm Jack Reacher: Never Go Back</div> <div>11:10pm Lights Out</div> <div>12:40am Refuge</div> <div>2:10am Spaceman</div> <div>3:55am Desierto</div> <div>5:40am Rabbit School: Guardians of the Golden Egg</div>	<div>7:00am Cricket Classics</div> <div>8:00am Cricket's Greatest</div> <div>8:30am Super League Gold</div> <div>8:45am Sporting Triumphs</div> <div>9:00am ICC Champions Trophy Highlights</div> <div>10:00am Cricket Writers on TV</div> <div>11:00am Live ICC Champions Trophy Cricket</div> <div>7:30pm Sporting Triumphs</div> <div>7:45pm Sporting Triumphs</div> <div>8:00pm Cricket Gold</div> <div>8:10pm Cricket Gold</div> <div>8:20pm Cricket Gold</div> <div>8:30pm Live Top 14 Final</div> <div>11:00pm Super League Gold</div> <div>11:15pm Sporting Triumphs</div> <div>11:30pm ICC Champions Trophy Highlights</div> <div>12:30am Cricket Classics</div> <div>1:30am Cricket's Greatest</div> <div>2:00am ICC Champions Trophy Highlights</div> <div>3:00am Sporting Rivalries</div> <div>3:30am Sporting Rivalries</div> <div>4:00am ICC Champions Trophy Highlights</div> <div>5:00am Cricket's Greatest</div> <div>5:30am Cricket's Greatest</div>



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**GOOD NEWS FOR YOUR CAR 902 123 309****BBC one**

11:00am	Homes Under the Hammer
12:00pm	Rip Off Britain
12:45pm	Close Calls: On Camera
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	!Mpossible
4:00pm	Escape to the Country
4:45pm	Yes Chef
5:30pm	Put Your Money Where Your Mouth Is
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Suzi Perry's Queens of the Road
9:00pm	EastEnders
9:30pm	Would I Lie to You?
10:00pm	Doctor in the House
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got a Bit More News for You
12:30am	The Graham Norton Show

**BBC TWO**

7:30am	Rip Off Britain
8:15am	Yes Chef
9:00am	Antiques Roadshow
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Family Finders
3:15pm	Red Rock
4:00pm	The Hairy Bikers' Best of British
4:45pm	Elephant Diaries
5:15pm	The Coffee Trail with Simon Reeve
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Springwatch
8:00pm	Great Continental Railway Journeys
8:30pm	Great British Menu
9:00pm	Springwatch
10:00pm	Cosby
11:00pm	Detectorists
11:30pm	Election Spy
11:35pm	Newsnight
12:15am	Weather
12:20am	Syria
12:45am	Paul Hollywood's Big Continental Road Trip
1:45am	Cricket

**BBC FOUR**

8:30pm	Great British Railway Journeys
	<i>On the last leg of his journey across Scotland from west to east, Michael Portillo pays homage to the birthplace of golf at St Andrews. In Dunfermline, Michael discovers the poor beginnings of one of the world's wealthiest men, a remarkable philanthropist who worked on the railroads before making his fortune in steel.</i>
9:00pm	The Fairytale Castles of King Ludwig II with Dan Cruickshank
10:00pm	The Medici: Makers of Modern Art
11:00pm	Francesco's Italy
12:00am	Mothers, Murderers and Mistresses: Empresses of Ancient Rome

**CHANNEL 4**

7:45am	Will and Grace
8:35am	Everybody Loves Raymond
9:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	Party Election Broadcast
9:00pm	Food Unwrapped
	Diet Special
10:00pm	24 Hours in Police Custody
11:00pm	Loaded
11:45pm	8 Out of 10 Cats
	Does Countdown
12:45am	Catching a Killer
2:20am	Bodysockers

**CHANNEL 5**

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News
1:15pm	Can't Pay? We'll Take it Away!
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Stolen From the Womb
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
7:55pm	Party Election Broadcast
8:00pm	MotoGP
9:00pm	Police Interceptors
10:00pm	Big Brother
12:00am	Big Brother's Bit on the Side
1:00am	Big Brother
2:00am	Super Casino
4:10am	Gotham
5:00am	Now That's Funny! Comedy series showcasing the very best videos online.
5:45am	House Doctor

**4**

7:00am	Hollyoaks
7:30am	Coach Trip
8:00am	Baby Daddy
8:30am	Baby Daddy
9:00am	Rules of Engagement
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	2 Broke Girls
6:30pm	2 Broke Girls
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Baby Daddy
9:00pm	Star Trek
11:30pm	The Big Bang Theory
12:00am	The Big Bang Theory
12:30am	Googlebox

**sky SPORTS 1**

7:00am	Good Morning Sports Fans
10:00am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Football's Greatest
2:00pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	Football Gold
5:00pm	Football's Greatest
6:00pm	Premier League 100 Club
6:30pm	Premier League 100 Club
7:00pm	Premier League Legends
7:30pm	Soccer AM: The Best Bits 2016/17
8:00pm	The Premier League Years
10:00pm	F1: Grand Prix Highlights
11:00pm	Soccer AM: The Best Bits 2016/17
11:30pm	Boxing Gold
12:00am	Premier League Legends

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder's Crime Stories
4:00pm	Masterpiece
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Tonight: The Leader Interviews
9:30pm	Coronation Street
10:00pm	Lord Lucan: My Husband, the Truth
11:00pm	ITV News
11:50pm	Captain Corelli's Mandolin
2:10am	Jackpot247
4:00am	Tonight: The Leader Interviews
4:25am	Nightscreen

**itv2**

7:00am	Planet's Funniest Animals
7:25am	The Cube
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
10:35am	Scorpion
11:25am	Below Deck
12:25pm	Vanderpump Rules
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Love Island
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!

**itv3**

7:00am	On the Buses
7:30am	Heartbeat
8:30am	Where the Heart is
9:30am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Road to Avonlea
12:55pm	The Casebook of Sherlock Holmes
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	Man About the House
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
12:00am	Wycliffe
1:10am	The Bletchley Circle
2:10am	The Knock
3:05am	ITV3 Nightscreen
3:30am	Teleshopping
	<i>Innovative, value-for-money products brought directly to you at home.</i>

**itv4**

7:00am	Minder
8:00am	The Chase
9:00am	Tommy Cooper
9:30am	Isle of Man TT
10:30am	French Open Tennis
	<i>Action from the French Open Tennis tournament.</i>
10:00pm	Isle of Man TT
11:00pm	Cycling
	<i>Coverage of a cycling event.</i>
12:05am	Halloween H2O: 20 Years Later
1:05am	FYI Daily
1:10am	Halloween H2O: 20 Years Later
1:50am	Motorsport UK
2:50am	Isle of Man TT Supersport TT Race 1.
3:50am	ITV4 Nightscreen
4:00am	Teleshopping
	<i>Innovative, value-for-money products brought directly to you at home.</i>

**sky CINEMA ACTION & ADVENTURE**

11:00am	Hitman: Agent 47
12:50pm	Pirates of the Caribbean: The Curse of the Black Pearl
3:15pm	Behind Enemy Lines
5:05pm	Charlie's Angels
6:50pm	The Sum of All Fears
9:00pm	Pirates of the Caribbean: The Curse of the Black Pearl
11:25pm	Hitman: Agent 47
1:05am	Collateral Damage

**sky CINEMA COMEDY**

8:00am	Spud
10:00am	Valentine's Day
12:10pm	How to be Single
2:10pm	Billy Madison
3:50pm	Galaxy Quest
5:40pm	Mistress America
7:10pm	Rock the Kasbah
9:00pm	How to be Single
11:00pm	Police Academy
12:45am	Dope
2:35am	The Sweetest Thing
4:15am	Alien Autopsy

**sky CINEMA PREMIERE**

10:25am	Lights Out
12:00pm	Flirting with Love
1:30pm	Jack Reacher: Never Go Back
3:35pm	Last Cab to Darwin
5:45pm	Ice Age: Collision Course
7:30pm	Flirting with Love
9:00pm	Jack Reacher: Never Go Back
11:10pm	Spaceman
12:55am	Lights Out
	<i>A troubled family discover that there is every reason to be afraid of the dark.</i>
2:25am	Desierto
4:00am	Refuge
5:35am	Rabbit School: Guardians of the Golden Egg
	<i>When the Easter rabbit school comes under threat from a family of foxes plotting to steal the legendary golden egg, it's up to young Max to save the day. Animated adventure.</i>

**sky SPORTS 2**

7:00am	Cricket Classics
8:00am	WWE Raw
9:00am	ICC Champions Trophy Highlights
10:00am	Cricket Classics
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
2:00pm	Cricket's Greatest
2:25pm	Live ICC Champions Trophy Cricket
10:30pm	Sporting Triumphs
10:45pm	Sporting Triumphs
11:00pm	Super League Fulltime 2017
11:30pm	Super League Gold
11:45pm	Super League Gold
12:00am	ICC Champions Trophy Highlights
1:00am	Super League Gold
1:15am	Super League Gold
1:30am	Super League Fulltime 2017



# Edwards European Moving

## Our removals: what we do and how we do it

A smiling couple, a man and a woman, are standing in a room filled with cardboard boxes, suggesting a new home. The man is holding a large potted plant, and the woman is holding a set of keys. They are both wearing plaid shirts. The room is filled with stacks of cardboard boxes, some of which are open, and a ladder is visible in the background. The overall atmosphere is bright and positive.



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<div><div>BBCone</div><div><div>7:00am</div><div>Breakfast</div></div><div><div>10:15am</div><div>The Secret Life of the Hospital Bed</div></div><div><div>11:00am</div><div>Homes Under the Hammer</div></div><div><div>12:00pm</div><div>Rip Off Britain</div></div><div><div>12:45pm</div><div>Close Calls: On Camera</div></div><div><div>1:15pm</div><div>Bargain Hunt</div></div><div><div>2:00pm</div><div>BBC News</div></div><div><div>2:30pm</div><div>Regional News</div></div><div><div>2:45pm</div><div>Doctors</div></div><div><div>3:15pm</div><div>!Mpossible</div></div><div><div>4:00pm</div><div>Escape to the Country</div></div><div><div>4:45pm</div><div>Yes Chef</div></div><div><div>5:30pm</div><div>Put Your Money Where Your Mouth Is</div></div><div><div>6:15pm</div><div>Pointless</div></div><div><div>7:00pm</div><div>BBC News</div></div><div><div>7:30pm</div><div>Regional News</div></div><div><div>8:00pm</div><div>The One Show</div></div><div><div>8:30pm</div><div>EastEnders</div></div><div><div>9:00pm</div><div>Holby City</div></div><div><div>10:00pm</div><div>Broken</div></div><div><div>11:00pm</div><div>BBC News</div></div><div><div>11:30pm</div><div>Regional News</div></div><div><div>11:40pm</div><div>Weather</div></div><div><div>11:45pm</div><div>Newsbeat</div></div><div><div>1:15am</div><div>Weather for the Week Ahead</div></div></div>	<div><div>BBC TWO</div><div><div>7:00am</div><div>Emergency Rescue</div></div><div><div>7:30am</div><div>Down Under</div></div><div><div>7:30am</div><div>Rip Off Britain</div></div><div><div>8:15am</div><div>Yes Chef</div></div><div><div>9:00am</div><div>Great American Railroad Journeys</div></div><div><div>10:00am</div><div>Victoria Derbyshire</div></div><div><div>12:00pm</div><div>BBC Newsroom Live</div></div><div><div>1:00pm</div><div>The Daily Politics</div></div><div><div>2:00pm</div><div>Super League Show</div></div><div><div>2:45pm</div><div>Coast</div></div><div><div>3:15pm</div><div>Red Rock</div></div><div><div>4:00pm</div><div>The Hairy Bikers' Best of British</div></div><div><div>4:45pm</div><div>Elephant Diaries</div></div><div><div>5:15pm</div><div>Atlantic: The Wildest Ocean on Earth</div></div><div><div>6:15pm</div><div>Antiques Road Trip</div></div><div><div>7:00pm</div><div>Eggheads</div></div><div><div>7:30pm</div><div>Springwatch</div></div><div><div>8:00pm</div><div>Great Continental Railway Journeys</div></div><div><div>8:30pm</div><div>Great British Menu</div></div><div><div>9:00pm</div><div>Springwatch</div></div><div><div>10:00pm</div><div>The Chillenden Murders</div></div><div><div>11:00pm</div><div>Live at the Apollo</div></div><div><div>11:30pm</div><div>Election Spy</div></div><div><div>11:35pm</div><div>Newsnight</div></div><div><div>12:15am</div><div>Weather</div></div><div><div>12:20am</div><div>Cricket</div></div></div>	<div><div>BBC FOUR</div><div><div>8:00pm</div><div>100 Days +</div></div><div><div>8:30pm</div><div>Great British Railway Journeys</div></div><div><div>9:00pm</div><div>The First Georgians: The German Kings who Made Britain</div></div><div><div>10:00pm</div><div>Time Shift</div></div><div><div>11:00pm</div><div>Timeshift looks at how post-war Britain went from a place where eating out was more of a chore than a pleasure to a nation of food adventurers, now spending up to a third of our food budget on restaurant meals.</div></div><div><div>12:00am</div><div>The Secret History of My Family</div></div><div><div>1:00am</div><div>Storm Troupers: The Fight to Forecast the Weather</div></div><div><div>1:00am</div><div>Inside Einstein's Mind: The Enigma of Space and Time</div></div><div><div>2:00am</div><div>Bearwalker of the Northwoods</div></div><div><div>3:00am</div><div>The Secret History of My Family</div></div></div>	<div><div>CHANNEL 4</div><div><div>9:00am</div><div>Everybody Loves Raymond</div></div><div><div>9:35am</div><div>Frasier</div></div><div><div>10:05am</div><div>Frasier</div></div><div><div>10:35am</div><div>Frasier</div></div><div><div>11:05am</div><div>Ramsay's Kitchen Nightmares USA</div></div><div><div>12:00pm</div><div>A Place in the Sun: Winter Sun</div></div><div><div>1:00pm</div><div>Channel 4 News</div></div><div><div>1:05pm</div><div>Couples Come Dine with Me</div></div><div><div>2:05pm</div><div>Posh Pawnbrokers</div></div><div><div>3:10pm</div><div>Countdown</div></div><div><div>4:00pm</div><div>Fifteen to One</div></div><div><div>5:00pm</div><div>Coast v Country</div></div><div><div>6:00pm</div><div>Four in a Bed</div></div><div><div>6:30pm</div><div>Come Dine with Me</div></div><div><div>7:00pm</div><div>The Simpsons</div></div><div><div>7:30pm</div><div>Hollyoaks</div></div><div><div>8:00pm</div><div>Channel 4 News</div></div><div><div>8:55pm</div><div>Party Election Broadcast</div></div><div><div>9:00pm</div><div>Tried and Tasted with Michel Roux</div></div><div><div>9:30pm</div><div>Supershoppers</div></div><div><div>10:00pm</div><div>One Born Every Minute</div></div><div><div>11:00pm</div><div>First Dates</div></div><div><div>12:05am</div><div>24 Hours in A and E</div></div></div>	<div><div>CHANNEL 5</div><div><div>7:00am</div><div>Milkshake!</div></div><div><div>10:15am</div><div>Programming aimed at children aged two to seven years old.</div></div><div><div>10:15am</div><div>The Wright Stuff</div></div><div><div>12:15pm</div><div>Lively magazine show in which Matthew Wright and guests discuss the topical issues of the day.</div></div><div><div>12:15pm</div><div>Big Brother</div></div><div><div>2:10pm</div><div>5 News</div></div><div><div>2:15pm</div><div>Home and Away</div></div><div><div>2:45pm</div><div>Neighbours</div></div><div><div>3:20pm</div><div>NCIS: Los Angeles</div></div><div><div>4:15pm</div><div>Framed for Murder</div></div><div><div>6:00pm</div><div>5 News</div></div><div><div>6:30pm</div><div>The latest news coverage.</div></div><div><div>7:00pm</div><div>Neighbours</div></div><div><div>7:30pm</div><div>Home and Away</div></div><div><div>7:55pm</div><div>Party Election Broadcast</div></div><div><div>8:00pm</div><div>MotoGP</div></div><div><div>9:00pm</div><div>The Yorkshire Vet</div></div><div><div>10:00pm</div><div>My Dream Hotel</div></div><div><div>11:00pm</div><div>Big Brother</div></div><div><div>12:00am</div><div>Big Brother's Bit on the Side</div></div></div>	<div><div>4</div><div><div>10:30am</div><div>Melissa and Joey</div></div><div><div>11:00am</div><div>Baby Daddy</div></div><div><div>11:30am</div><div>Baby Daddy</div></div><div><div>12:00pm</div><div>How I Met Your Mother</div></div><div><div>12:30pm</div><div>How I Met Your Mother</div></div><div><div>1:00pm</div><div>New Girl</div></div><div><div>1:30pm</div><div>New Girl</div></div><div><div>2:00pm</div><div>Brooklyn Nine-Nine</div></div><div><div>2:30pm</div><div>Brooklyn Nine-Nine</div></div><div><div>3:00pm</div><div>The Big Bang Theory</div></div><div><div>3:30pm</div><div>The Big Bang Theory</div></div><div><div>4:00pm</div><div>How I Met Your Mother</div></div><div><div>4:30pm</div><div>How I Met Your Mother</div></div><div><div>5:00pm</div><div>New Girl</div></div><div><div>5:30pm</div><div>New Girl</div></div><div><div>6:00pm</div><div>2 Broke Girls</div></div><div><div>6:30pm</div><div>2 Broke Girls</div></div><div><div>7:00pm</div><div>The Big Bang Theory</div></div><div><div>7:30pm</div><div>The Big Bang Theory</div></div><div><div>8:00pm</div><div>Hollyoaks</div></div><div><div>8:30pm</div><div>Black-ish</div></div><div><div>9:00pm</div><div>The Big Bang Theory</div></div><div><div>9:30pm</div><div>The Big Bang Theory</div></div><div><div>10:00pm</div><div>Rude Tube</div></div><div><div>11:00pm</div><div>8 Out of 10 Cats</div></div><div><div>11:50pm</div><div>The Big Bang Theory</div></div><div><div>12:20am</div><div>The Big Bang Theory</div></div></div>	<div><div>sky SPORTS 1</div><div><div>1:30pm</div><div>Football's Greatest</div></div><div><div>2:00pm</div><div>Great Sporting Moments</div></div><div><div>2:15pm</div><div>Great Sporting Moments</div></div><div><div>2:30pm</div><div>Great Sporting Moments</div></div><div><div>2:45pm</div><div>Great Sporting Moments</div></div><div><div>3:00pm</div><div>Premier League Legends</div></div><div><div>3:30pm</div><div>Premier League Legends</div></div><div><div>4:00pm</div><div>Spanish Football Gold</div></div><div><div>4:15pm</div><div>Spanish Football Gold</div></div><div><div>4:30pm</div><div>Football Gold</div></div><div><div>4:45pm</div><div>Football Gold</div></div><div><div>5:00pm</div><div>Football's Greatest</div></div><div><div>5:30pm</div><div>Football's Greatest</div></div><div><div>6:00pm</div><div>Premier League 100 Club</div></div><div><div>6:30pm</div><div>Premier League 100 Club</div></div><div><div>7:00pm</div><div>Premier League Legends</div></div><div><div>7:30pm</div><div>Football's Greatest Teams</div></div><div><div>8:00pm</div><div>Info not available</div></div><div><div>10:00pm</div><div>Fight Night</div></div><div><div>12:00am</div><div>Premier League</div></div></div>
<div><div>itv</div><div><div>7:00am</div><div>Good Morning Britain</div></div><div><div>9:30am</div><div>Lorraine</div></div><div><div>10:25am</div><div>The Jeremy Kyle Show</div></div><div><div>11:30am</div><div>This Morning</div></div><div><div>1:30pm</div><div>The popular morning lifestyle magazine show with advice, chat and competitions.</div></div><div><div>2:30pm</div><div>Loose Women</div></div><div><div>3:00pm</div><div>ITV Lunchtime News</div></div><div><div>4:00pm</div><div>Judge Rinder's Crime Stories</div></div><div><div>5:00pm</div><div>Masterpiece</div></div><div><div>6:00pm</div><div>Tipping Point</div></div><div><div>7:00pm</div><div>The Chase</div></div><div><div>7:30pm</div><div>Local News and Weather</div></div><div><div>8:00pm</div><div>ITV Evening News</div></div><div><div>8:30pm</div><div>Emmerdale</div></div><div><div>9:00pm</div><div>Tonight</div></div><div><div>11:00pm</div><div>Midsomer Murders</div></div><div><div>11:50pm</div><div>ITV News</div></div><div><div>12:50am</div><div>Lord Lucan: My Husband, the Truth</div></div><div><div>1:35am</div><div>The Cube</div></div><div><div>Jackpot247</div></div></div>	<div><div>itv2</div><div><div>7:35am</div><div>Vanderpump Rules</div></div><div><div>8:20am</div><div>The Ellen DeGeneres Show</div></div><div><div>9:00am</div><div>Emmerdale</div></div><div><div>9:30am</div><div>Coronation Street</div></div><div><div>10:00am</div><div>Coronation Street</div></div><div><div>10:35am</div><div>Scorpion</div></div><div><div>11:25am</div><div>Below Deck</div></div><div><div>12:25pm</div><div>Vanderpump Rules</div></div><div><div>1:25pm</div><div>Emmerdale</div></div><div><div>1:55pm</div><div>Coronation Street</div></div><div><div>2:30pm</div><div>Coronation Street</div></div><div><div>3:00pm</div><div>The Ellen DeGeneres Show</div></div><div><div>3:50pm</div><div>The Jeremy Kyle Show</div></div><div><div>4:55pm</div><div>The Jeremy Kyle Show</div></div><div><div>6:00pm</div><div>Judge Rinder</div></div><div><div>7:00pm</div><div>You've Been Framed!</div></div><div><div>7:30pm</div><div>You've Been Framed!</div></div><div><div>8:00pm</div><div>You've Been Framed!</div></div><div><div>8:30pm</div><div>You've Been Framed!</div></div><div><div>9:00pm</div><div>Two and a Half Men</div></div><div><div>9:30pm</div><div>Two and a Half Men</div></div><div><div>10:00pm</div><div>Love Island</div></div><div><div>11:00pm</div><div>Family Guy</div></div><div><div>11:30pm</div><div>Family Guy</div></div><div><div>12:00am</div><div>Family Guy</div></div><div><div>12:30am</div><div>Family Guy</div></div></div>	<div><div>itv3</div><div><div>7:00am</div><div>Man About the House</div></div><div><div>7:25am</div><div>Heartbeat</div></div><div><div>8:30am</div><div>Where the Heart is</div></div><div><div>9:30am</div><div>Wild at Heart</div></div><div><div>10:35am</div><div>Judge Judy</div></div><div><div>11:05am</div><div>Judge Judy</div></div><div><div>11:35am</div><div>Judge Judy</div></div><div><div>12:00pm</div><div>Road to Avonlea</div></div><div><div>1:00pm</div><div>The Casebook of Sherlock Holmes</div></div><div><div>2:10pm</div><div>Heartbeat</div></div><div><div>3:10pm</div><div>The Royal</div></div><div><div>4:15pm</div><div>Wild at Heart</div></div><div><div>5:20pm</div><div>Man About the House</div></div><div><div>5:55pm</div><div>Rising Damp</div></div><div><div>6:20pm</div><div>George and Mildred</div></div><div><div>6:55pm</div><div>Comedy series following George and Mildred Roper.</div></div><div><div>8:00pm</div><div>Heartbeat</div></div><div><div>8:00pm</div><div>Murder, She Wrote</div></div><div><div>9:00pm</div><div>Long Lost Family</div></div><div><div>10:00pm</div><div>It'll be Alright on the Night</div></div><div><div>11:00pm</div><div>Law and Order: UK</div></div><div><div>12:00am</div><div>A Touch of Frost</div></div><div><div>2:00am</div><div>The Knock</div></div><div><div>3:00am</div><div>ITV3 Nightscreen</div></div></div>	<div><div>itv4</div><div><div>7:00am</div><div>Hat-Trick Heroes</div></div><div><div>7:20am</div><div>Minder</div></div><div><div>8:20am</div><div>Modern-day re-imagineering on the classic comedy-drama.</div></div><div><div>9:25am</div><div>The Chase</div></div><div><div>10:25am</div><div>The Motorbike Show</div></div><div><div>11:25am</div><div>The Motorbike Show</div></div><div><div>12:25pm</div><div>Isle of Man TT Supersport TT Race 1.</div></div><div><div>1:30pm</div><div>River Monsters</div></div><div><div>1:30pm</div><div>French Open Tennis</div></div><div><div>9:00pm</div><div>Action from the French Open Tennis tournament.</div></div><div><div>9:00pm</div><div>Superbikes</div></div><div><div>10:00pm</div><div>When Britian Ruled the World.</div></div><div><div>10:00pm</div><div>Isle of Man TT</div></div><div><div>11:00pm</div><div>Cycling Coverage of a cycling event.</div></div><div><div>12:05am</div><div>Death Wish 4: The Crackdown</div></div><div><div>1:05am</div><div>FYI Daily</div></div><div><div>1:10am</div><div>Death Wish 4: The Crackdown</div></div><div><div>2:10am</div><div>Isle of Man TT</div></div></div>	<div><div>sky CINEMA ACTION &amp; ADVENTURE</div><div><div>7:00am</div><div>Colt .45</div></div><div><div>8:30am</div><div>Backdraft</div></div><div><div>10:50am</div><div>X-Men: Apocalypse</div></div><div><div>1:20pm</div><div>Smokey and the Bandit</div></div><div><div>3:05pm</div><div>The Magnificent Seven</div></div><div><div>5:15pm</div><div>The Scorpion King</div></div><div><div>6:55pm</div><div>Rocky II</div></div><div><div>9:00pm</div><div>X-Men: Apocalypse</div></div><div><div>11:30pm</div><div>The Mummy</div></div><div><div>1:40am</div><div>Ninja Assassin</div></div><div><div>10:00am</div><div>The Naked Gun 2 1/2: The Smell of Fear</div></div><div><div>11:35am</div><div>Keanu</div></div><div><div>1:20pm</div><div>Sausage Party</div></div><div><div>3:00pm</div><div>Back to the Future Part II</div></div><div><div>5:00pm</div><div>Back to the Future Part III</div></div><div><div>7:00pm</div><div>Back to the Future</div></div><div><div>9:00pm</div><div>Keanu</div></div><div><div>10:45pm</div><div>Sausage Party</div></div><div><div>12:25am</div><div>Scouts Guide to the Zombie Apocalypse</div></div></div>	<div><div>sky CINEMA PREMIERE</div><div><div>7:00am</div><div>Last Cab to Darwin</div></div><div><div>9:15am</div><div>Flirting with Love</div></div><div><div>10:40am</div><div>Rabbit School: Guardians of the Golden Egg</div></div><div><div>12:10pm</div><div>It's Already Tomorrow in Hong Kong</div></div><div><div>1:50pm</div><div>The Top Ten Show 2017</div></div><div><div>2:05pm</div><div>Jack Reacher: Never Go Back</div></div><div><div>4:10pm</div><div>Lights Out</div></div><div><div>5:40pm</div><div>Spaceman</div></div><div><div>7:25pm</div><div>Baseball biopic about Bill 'Spaceman' Lee, the Major League pitcher whose loose-cannon ways get him released from the Montreal Expos.</div></div><div><div>9:00pm</div><div>It's Already Tomorrow in Hong Kong</div></div><div><div>9:00pm</div><div>Jack Reacher: Never Go Back</div></div><div><div>11:10pm</div><div>Lights Out</div></div><div><div>12:40am</div><div>Flirting with Love</div></div></div>	<div><div>sky SPORTS 2</div><div><div>7:00am</div><div>Cricket Classics</div></div><div><div>8:00am</div><div>WWE SmackDown!</div></div><div><div>9:00am</div><div>ICC Champions Trophy Highlights</div></div><div><div>10:00am</div><div>Super League Fulltime 2017</div></div><div><div>10:30am</div><div>Cricket's Greatest</div></div><div><div>11:00am</div><div>Live ICC Champions Trophy Cricket</div></div><div><div>11:00am</div><div>ICC Champions Trophy - England v New Zealand (Group A).</div></div><div><div>7:30pm</div><div>Sporting Triumphs</div></div><div><div>7:45pm</div><div>Sporting Triumphs</div></div><div><div>8:00pm</div><div>Cricket Gold</div></div><div><div>8:10pm</div><div>Cricket Gold</div></div><div><div>8:20pm</div><div>Cricket Gold</div></div><div><div>8:30pm</div><div>Cricket's Greatest</div></div><div><div>9:00pm</div><div>ICC Champions Trophy Highlights</div></div><div><div>10:00pm</div><div>Top 14 Highlights</div></div><div><div>10:30pm</div><div>A round-up of all the latest news, tries and action from the French Top 14.</div></div><div><div>10:30pm</div><div>Cricket's Greatest</div></div><div><div>11:00pm</div><div>ICC Champions Trophy Highlights</div></div><div><div>12:00am</div><div>Top 14 Highlights</div></div></div>



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Max speed: 13km/h



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mobility scooter,  
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max speed: 13km/h



**Nico 48 & Nico 48A**  
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max speed: 15km/h



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**BBC one**

7:00am	Breakfast
10:15am	The Secret Life of the Hospital Bed
11:00am	Homes Under the Hammer
12:00pm	Rip Off Britain
12:45pm	Close Calls: On Camera
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	!Mpossible
4:00pm	Escape to the Country
4:45pm	Yes Chef
5:30pm	Put Your Money Where Your Mouth Is
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
9:00pm	Eat Well for Less
10:00pm	The Met: Policing London
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Room 101
12:25am	Doctor in the House
1:25am	Weather for the Week Ahead
1:30am	BBC News

**BBC TWO**

7:00am	Emergency Rescue
	Down Under
7:30am	Rip Off Britain
8:15am	Yes Chef
9:00am	See Hear Magazine programme for the deaf community.
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Family Finders
3:15pm	Red Rock
4:00pm	The Hairy Bikers' Best of British
4:45pm	Elephant Diaries
5:15pm	Atlantic: The Wildest Ocean on Earth
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Springwatch
8:00pm	Great Continental Railway Journeys
8:30pm	Great British Menu
9:00pm	Springwatch
10:00pm	Horizon
11:00pm	White Gold
11:30pm	Election Spy
11:35pm	Newsnight
12:35am	Cosby
1:40am	Cricket
2:30am	Countryfile

**BBC FOUR**

8:00pm	100 Days +
8:30pm	Great British Railway Journeys
9:00pm	The Men Who Built the Liners
10:00pm	Kenneth Williams - Fantabulosa!
11:20pm	Parkinson The king of chat talks to the hottest names in show business and brings you live performances from the world of entertainment.
12:00am	Locomotion: Dan Snow's History of Railways Dan Snow examines the development of the railways.
1:00am	Soup Cans and Superstars: How Pop Art Changed the World
2:30am	Decadence and Downfall: The Shah of Iran's Ultimate Party
3:45am	The Men Who Built the Liners

**CHANNEL 4**

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Ackley Bridge
10:00pm	24 Hours in A and E
11:00pm	Fargo
12:05am	24 Hours in Police Custody
1:10am	Naked Attraction

**CHANNEL 5**

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News The latest news coverage.
1:15pm	Big Brother Access
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Deadly Affair
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Police Interceptors Documentary series profiling the work of a high-speed police interception unit in Essex.
9:00pm	GPS: Behind Closed Doors Documentary taking a look at what goes on in the consultation room.
10:00pm	Can't Pay? We'll Take it Away!
11:00pm	Big Brother
12:00am	Big Brother's Bit on the Side

**4**

9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	2 Broke Girls
6:30pm	2 Broke Girls
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Black-ish
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The 100
11:00pm	Supernatural
12:00am	The Big Bang Theory

**sky SPORTS 1**

8:00am	Good Morning Sports Fans
9:00am	Live British and Irish Lions Tour
12:00pm	Rugby Union Gold
12:10pm	Rugby Union Gold
12:20pm	Rugby Union Gold
12:30pm	Premier League Legends
1:00pm	Football's Greatest
1:30pm	Football's Greatest
2:00pm	British and Irish Lions Tour Highlights
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	British and Irish Lions Tour Highlights
5:00pm	Football's Greatest
5:30pm	Football's Greatest
6:00pm	British and Irish Lions Tour Highlights
7:00pm	British and Irish Lions Tour Highlights
8:00pm	Info not available
10:00pm	British and Irish Lions Tour Highlights
11:00pm	Barclays Premier League World
11:30pm	Boxing Gold
11:45pm	Boxing Gold
12:00am	Premier League Legends

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder's Crime Stories Documentary in which the judge takes on real-life criminal cases.
4:00pm	Masterpiece
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather All the very latest local news and weather.
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Tonight at the London Palladium
10:00pm	Holiday Horrors: Caught on Camera
11:00pm	ITV News
11:50pm	On Assignment
12:25am	Elizabeth: The Golden Age

**itv2**

7:00am	The Hot Desk
7:10am	Planet's Funniest Animals
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	The Cube
10:35am	Scorpion
11:25am	Below Deck
12:25pm	Vanderpump Rules
1:25pm	Emmerdale
1:55pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	Best of You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Love Island
11:00pm	The Keith and Paddy Picture Show
11:30pm	Family Guy
12:00am	Family Guy
12:30am	Family Guy
1:00am	American Dad!

**itv3**

7:00am	Man About the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Judge Judy
11:55am	Road to Avonlea
12:55pm	The Memoirs of Sherlock Holmes
2:05pm	Heartbeat Drama, set in the North Yorkshire moors in the 1960's.
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	Man About the House
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Lewis
11:00pm	Law and Order: UK Crime drama based on the hit US series Law and Order.
12:00am	Inspector Morse
2:15am	The Knock
3:10am	ITV3 Nightscreen
3:30am	Teleshopping

**itv4**

7:00am	Minder Modern-day re-imagining on the classic comedy-drama.
8:00am	Tommy Cooper
8:35am	The Chase
9:30am	The Motorbike Show
10:35am	Isle of Man TT
11:30am	River Monsters Extreme angler Jeremy Wade goes to extraordinary lengths in his mission to come face to race with real monsters of the river.
12:30pm	River Monsters
1:30pm	French Open Tennis Action from the French Open Tennis tournament.
9:00pm	The Unrideables
10:00pm	Isle of Man TT
11:00pm	Cycling Coverage of a cycling event.
12:05am	Cycling
1:05am	Superbikes
2:05am	Isle of Man TT
3:10am	Tommy Cooper
3:45am	ITV4 Nightscreen

**sky CINEMA ACTION & ADVENTURE**

10:50am	Hyena Road
1:05pm	Independence Day: Resurgence
3:10pm	Déjà Vu
5:20pm	Hitman
7:00pm	Twister
9:00pm	Independence Day: Resurgence
11:00pm	The Mummy Returns
1:15am	Rocky III
3:00am	Rocky IV

**sky CINEMA COMEDY**

8:00am	King Arthur: Legend of the Sword - Behind the Scenes
8:20am	Spud 3: Learning to Fly
9:55am	The Naked Gun 3 1/3: The Final Insult
11:25am	Notting Hill
1:35pm	Hot Pursuit
3:15pm	Bad Neighbours 2
5:00pm	Barbershop: The Next Cut
7:00pm	Hitch
9:00pm	Bad Neighbours 2
10:40pm	Barbershop: The Next Cut
12:40am	50 First Dates

**sky CINEMA PREMIERE**

7:00am	It's Already Tomorrow in Hong Kong Sparks fly when a toy designer visiting Hong Kong gets talking to an expat American businessman.
8:40am	Last Cab to Darwin
10:50am	Spaceman
12:40pm	Refuge
2:20pm	Jack Reacher: Never Go Back
4:25pm	Flirting with Love
5:55pm	It's Already Tomorrow in Hong Kong
7:30pm	Lights Out
9:00pm	Jack Reacher: Never Go Back When the commander of his old military unit is arrested on trumped-up spy charges, it's time for vigilante Jack Reacher to go to work.
11:00pm	Night Fare
12:25am	Spaceman
2:05am	Lights Out

**sky SPORTS 2**

7:00am	Cricket Classics
8:00am	WWE Experience
9:00am	ICC Champions Trophy Highlights
10:00am	Cricket Classics
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
1:55pm	Cricket's Greatest
2:25pm	Live ICC Champions Trophy Cricket ICC Champions Trophy - Pakistan v South Africa (Group B).
10:30pm	Sporting Triumphs
10:45pm	Sporting Triumphs
11:00pm	Cricket's Greatest
11:30pm	Cricket's Greatest
12:00am	ICC Champions Trophy Highlights
1:00am	Sporting Rivalries
1:30am	Sporting Rivalries
2:00am	Cricket World Cup Classics
3:00am	Sporting Rivalries



# The runaway train

## Enemies united

CATALAN president Carles Puigdemont announced that if Cataluña can't have a referendum it will declare independence anyway.

If he and his government had a clear mandate they might be forgiven for assuming that all Catalans coincide with their own hunger and thirst for independence.

But as the now defunct CiU party galloped ever faster down the independence route a comfortable overall majority dwindled and its successor now needs the support of anarchists to remain in government.

Outside the 'historic' autonomies there is a tendency to interpret nationalism as a desire for independence. Inside Cataluña its current crop of politicians interpret nationalism as permission for it.

The situation gets uglier by the minute, but fortunately this is 2017 and not 1936.

### Take a seat

PEDRO SANCHEZ, re-enthroned as

the PSOE secretary general, trotted out the required platitudes after his victory in the primaries.

"The PSOE won, not me," he declared with triumphant and insincere modesty. The primaries vote was a victory for him and for the 73,000 or so paid-up party members who wanted him as secretary general and, presumably, as the PSOE's next presidential candidate.

He and they got what they wanted and now of course, Sanchez will have to find himself a parliamentary seat. Since the two he occupied in the past were his by default and not fought for in a general election, presumably he will benefit in the same way once again. Good at winning primaries, our Pedro, but less nifty when it comes to elections.

### Danger from within

CRISTINA CIFUENTES, regional president of the Madrid Community

had better look out.

Dirt has been dug and now she has been tenuously linked to a minor but dodgy contract awarded years ago when she was regional vice-president.

It's easy to see where the mud was coming from. Cifuentes refused to cover up when she took over from her predecessor Ignacio Gonzalez, remanded for the money-laundering and misappropriation of public funds that are now habitual amongst Partido Popular politicians.

Cifuentes is well-regarded inside the PP and seen as a viable successor to Mariano Rajoy in the unlikely event of his ever resigning.

"I feel as though I'm a victim of friendly fire," Cifuentes said recently.

She's wrong about that: it's undeniably fire and it's palpably unfriendly.

Photo by Wikimedia



Carles Puigdemont. |

FRANCE'S newly-elected president Emmanuel Macron formed a government that has united socialists, conservatives, liberals and ecologists. In Spain that would always be hard to achieve but even more so now that PSOE politicians are having trouble fraternising amongst themselves, let alone with anyone else.

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## LETTERS

## YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters for Your Say should be emailed to [yoursay@euroweeklynews.com](mailto:yoursay@euroweeklynews.com) or make your comments straight on our website: [www.euroweeklynews.com](http://www.euroweeklynews.com)

# Learning about religion

IT was so good to read the item on Shavuot.

This is a most important festival in the Hebrew Calendar and is certainly enjoyable.

Estepona and District Jewish Community will be hearing about the importance of the date and will enjoy an Afternoon Tea with cheesecake of course.

It is good that we all learn facts about all religions and we thank you for this inclusion.

All good wishes and continued success.

*Gerry Crest  
Estepona and District Jewish  
Community*

## SG Haulage

IN this day and age of average or poor service, it is good to be able to recommend SG Haulage who advertise in this paper.

I wanted a Saab estate car taken back to the UK from Castalla near Alicante. They gave me a price and organised a suitable date and time.

The truck was at the meeting point near my home on time and without any hassle loaded up, then transported the car back to their depot near Lincoln.

Also, they had no problem with me not collecting the vehicle for three weeks, without further charges.

I duly arrived from Scotland at their depot with a trailer. They jump-started the car, helped me load it and tied it down; at no extra cost. I was most impressed.

If anyone is thinking of transporting a car, motorhome, van or boat, from Spain to the UK or vice versa, contact them.

You won't be disappointed.

*Ian Smith, Alicante*

» Photographs for possible publication should be sent by email with a full caption to: [photonews@euroweeklynews.com](mailto:photonews@euroweeklynews.com)

“HI Garry,  
Read your column with my usual interest as a 'foodie.' I find it great to see the other side of the trade, to that of customer.

I have found that the hardest thing for a restaurant to achieve is consistency, nothing more embarrassing than having a great meal, great service etc, all value for money. You then take friends there having found this 'gem' and the evening is awful, it may be poor food quality, poor service, or whatever but you end up feeling disappointed and bit of a fool. No doubt we have all have had this experience.

But there is no excuse for a lazy or incompetent chef/cook, I have had duck breast, that on the menu states it will be cooked 'pink' unless ordered different, then get an overcooked and dry portion. Now I appreciate that in a busy kitchen a piece of meat may be left too long and therefore not cooked as required, OK.

But when the said breast is sliced it is then obvious that a mistake has occurred, if this is ignored it either means the chef/cook, does not care or cannot see what he has allowed to happen,

## Key is training



either way the problem is unacceptable, now whilst you can send it back and get a replacement, that is not always desirable if the rest of the party have their food and want to eat it, You either wait until they have finished before you eat, or they wait for you.

I am blessed here in Mojacar, there has been somewhat of a revolution in many of our restaurants recently. There is now a cluster of adjacent businesses that have cracked it! Waiting staff, all trained, dressed in smart clean uniforms (black outfits) service is swift, drinks and orders dealt with quickly, and delivered all with a smile.

The menus all offer a reasonable three-course meal at a very

acceptable price €12/13, the menu choices are amazing, catering for all tastes, drinks are not expensive (surprisingly) house wine around the €10 mark.

The greatest benefit is the consistency, of service, prices, menu offerings, portion size, quality and atmosphere.

Long may it continue. The key seems to be TRAINING!

These places are busy summer and winter, the winter being the testing time, when resident expats are picky and only leave warm villas for value and quality.

Love your column, as an ex marketing guy I appreciate your process.

*Regards,  
James from Turre*

## COMMENTS from EWN Online

### » Football most important says Spanish TV presenter

THIS stupid, Antonio Jiménez, is a typical representative of the ultra-fascist 13 TV television network and blatantly supports all performances of the government party, including corruption acts.

He is immoral, unworthy to appear before the public. As a Spaniard, I am ashamed of 'compatriots' like this.

My condolences to the British people.

*Un Español*

IF this had happened in Spain and he was unsure of the location I wonder if he would have had the same view. Perhaps he cannot remember the Madrid train bomb.

*Adrian Brooks*

### » Giant bear-huggers

SPAIN, like all European countries must wise up and start the deportation of immigrant criminals immediately. Spain owe it to the citizens and holiday-makers.

Spain relies on a lot of tourism and the tourists and Spanish citizens need priority protection because they pay the taxes and in this case didn't commit any crimes, other than believing Spanish authorities would look out for them. Europe needs to take a hardline stance on criminal immigrant criminals.

Theft, rapes, assaults and murders are becoming the normality. This isn't the Europe I grew up in, this isn't the Europe we want for our children.

*Voice of reason*

### » Hotels crack down on fraudsters

THE Brits abroad continue to shame us with their behaviour. I've watched news items about this problem and it is ONLY Brits who do it. It's shameful and embarrassing.

*Pamela Howlett*

### » Man arrested six times in one week

GIVE the guy his money back and put him on a plane to London that's where all the other kranks and undesirables end up, and are welcomed with open arms and an emergency giro, oh and emergency housing.

*James Boyle*

### » Eight injured after drunk driver hits pedestrians

ISN'T it about time there was a zero tolerance policy here for drinking and driving.

*Gillian York*

JUST so sad. Bloody idiots. Hope they get the book thrown at them. The roads are bad enough, without idiots getting pissed up, then thinking it's OK to get in a car and drive. Scum!

*Sandra Christina Furlong*

### » Brexit Taskforce

I await the UK's reciprocal response for the many more British people living in Spain.

*Annie*

## HAVE YOUR SAY

All letters, whether by email or post, should carry the writer's postal address, NIE and contact number though only the name and town will be published. Letters may also be edited.

Readers who have missed earlier correspondence can see all letters posted on: [www.euroweeklynews.com](http://www.euroweeklynews.com)



# This could be a time of great inspiration

## Sally Trotman

www.sallytrotman.com

Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.



### ASTROLOGY: Reach for the stars!

**Sun in Gemini:** This month the sun is influenced by the airy sign of Gemini. This zodiac sign is symbolised by the twins, a playful and creative influence on your life.

Gemini helps to put others at ease with their friendly communication and flexible nature, so this is a good time to practise loving kindness towards yourself and others. Look for the good in all situations and keep your thoughts positive. Gemini is an air sign, which influences the mind, giving you the opportunity to create more of what you want by keeping your focus positive.

Get in tune with the moon : The new moon in Gemini on May 25 could be a time of great inspiration! Notice the ideas which come to you around this time and share your ideas with others.

Gemini is a sociable sign so accept invitations to meet new people and network as you may just meet the person you need to help you implement your new ideas. The full moon on June 9 is in the adventurous sign of Sagittarius! This fire sign gives you the courage and confidence to take action. Book a holiday to a far flung destination or visit friends overseas to bring new energy into your life.

### Numerology: Practice makes perfect

**Number 6:** Numbers are symbols which carry energy. This number helps you to focus on detail. Check contracts, tidy up ac-

counts, shred old paperwork and get organised! This number encourages you to perfect new skills, so practise anything new with enthusiasm and regularity. To help you relax, spend time in nature, gardening, walking and enjoying the spring sunshine.

On June 21, summer begins. This is a time of great growth so it is worth developing regular routines now to keep you balanced as the busy summer period approaches.

### The Tarot: Decision time!

**The lovers:** The sixth card in the major arcana deck is the card of the lovers. Are you at a fork in the road? Is there a choice you need to make? The month of



**GEMINI: Listen to your heart when making decisions.**

Gemini can present many different opportunities, so listen to your heart when making decisions. Know what it is that you

need in every aspect of your life and don't compromise. By acknowledging and acting on your deepest needs you will feel better about yourself, and will also be a shining example to others.

## Advertising feature

# Get protected, get insured

FOR complete peace of mind, get protected. There is nothing better you can do for yourself, your belongings and your family, than make sure you are insured. With Sunbay Insurance, based in Aguas Nuevas in Torrevieja, you can make sure you are fully protected in all areas. From car and home insurance, to health and funeral plans, Monica from Sunbay offers a wide range of insurance cover giving you the best products available for your needs, at the best price and giving you complete peace of mind.

Using only a select group of reputable insurance companies, Sunbay offers high quality and affordable car insurance, with a fully comprehensive premium starting from just €235 a year with basic cover from €135. International roadside assistance is included in policies as well as legal assistance and windscreens.

Funeral plans means you will not be leaving your loved ones with the heartache and financial burden of paying for your funeral after you have passed. With prices from just €76.23 per year, you can have cover of €7,350. Repatriation can also be included. Monica said with the average cost of a funeral in this area being €4,400 this policy will even leave some cash left over to help with any other expenses.

When choosing funeral insurance or a life in-



**SUNBAY: For all your insurance needs.**

urance policy, it is also important to consider your budget and the needs of your loved ones, but Sunbay have made the process very simple and easy to understand. Simply email them your date of birth and they will send you all the information.

With the Brexit process now pending, many British expats are concerned about their medical care and feel in limbo over their future health cover with their SIP card, but Sunbay Insurance provides quality health plans, including

co-payment plans, from just €29 a month.

House insurance is available as well as travel, business, boat, legal defence, mobile home and dog insurance.

The company you want to do business with are those that stand the test of time and Sunbay's insurers have been keeping promises to their customers since 1942 and all are fully Spanish registered. The insurer you select should offer a fair price and deliver the quality you require. Sunbay believes



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that each of their clients have unique needs when it comes to claims and there is 24hr English international assistance "because we know how difficult it is for our foreign customers to get instant help when needed if they have to do it in Spanish," said Monica, who has worked for one of the biggest brokers on the coast for over 10 years.

For more information or for a simple, free, non-obligation quote, call Monica at Sunbay on 965 063 483 or pop into the office in Aguas Nuevas Monday to Friday from 9am-5pm.

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# Kakuro

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.

## LAST WEEK'S SOLUTION

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

# MADDOCKS' VIEW ON LIFE



'BE ASSURED THAT ALL BAGGAGE WILL FOLLOW AS SOON AS  
OUR COMPUTER SYSTEMS ARE BACK!'

# Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word MUST CONTAIN THE CENTRE LETTER (in this case T) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.

L	N	A
U	T	O
I	A	D

TARGET:

• Average: 8 • Good: 11

• Very good: 15 • Excellent: 20

## LAST WEEK'S SOLUTION

anew ewer lawn newt twee twin wail wain  
wait wale wane want ware warn wart weal  
wean wear ween weir welt went were wile  
wilt wine wire wren writ newel newer  
renew trawl twain twee twine swirl waler  
water write twiner wailer waiter want  
welter winter renewal tawnier tinware  
WATERLINE

# LOTTERY

UK NATIONAL  
LOTTERY

Saturday May 27

20	22	31	BONUS BALL
39	41	54	33

IRISH LOTTO

Saturday May 27

2	5	12	BONUS BALL
34	41	47	29

EURO MILLIONS

Tuesday May 23

8	15	25	BONUS BALL
27	42	4	4

Friday May 26

5	7	26	BONUS BALL
36	39	10	2

LA PRIMITIVA

Saturday May 27

18	25	26	BONUS BALL
29	30	39	5

EL GORDO DE  
LA PRIMITIVA

Sunday May 28

1	11	13	BONUS BALL
50	53	1	1

# YOUR STARS FOR 7 DAYS

## CANCER ♋ (June 22 - July 23)

After a hectic start to the week, things seem to have slowed down. Look carefully at what has happened, but remember that there is no point in worrying over something that you cannot change. Sitting tight and waiting for this period to pass could be the best solution. Certainly, it will prove less stressful than fighting a losing corner.

## LEO ♌ (July 24 - August 23)

Money is good and this can make you over-confident. Beware bank managers offering loans in large amounts. Nothing is for free and you need to look carefully at interest rates right now. Another, more personal, investment also needs looking at right now. Are things going exactly the way you want them to?

## VIRGO ♍ (August 24 - September 23)

Aim a bit higher than usual and you may be surprised at your success. When seeing the bigger picture, you realise that it is not so daunting after all. If one person can do it, then so can another. It is a matter of how you approach it. What you have to ask yourself this week is why you should accept the minimum when the maximum is so close by.

## LIBRA ♎ (September 24 - October 23)

This should be a great time for your finances. Any glitch is likely to be because you have overspent. Even if things still need close attention, you can win if you concentrate. A bit of plotting and planning can work wonders at the moment. Most of your big expenses are behind you and if you can just tighten that belt a wee bit more.

## GEMINI ♊ (May 22 - June 21)

Partnerships see you leap ahead on something that was a bit stuck in the mud. A leap in your bank balance follows. Some quick decisions may be called for so it is better to share responsibilities, whatever the outcome. You have a chance to show just how clever you can be, but do it because it gives you personal satisfaction rather than to impress.

## SCORPIO ♏ (October 24 - November 22)

Although things seem fine, this is not a time to overstretch your finances. Spending a lot this week without thought is problematic later. This is a week of shifting and changing and that certainly means your finances. The other area is your social circle, where people come and go, sometimes without warning.

## SAGITTARIUS ♐ (November 23 - December 21)

This is not a particularly lucky week for you, so I would certainly advise caution. Gambling is not recommended. Being clever with money is as much about not spending it as about how you spend it.

## CAPRICORN ♑ (December 22 - January 20)

Look at the long-term picture when considering money matters. What seems like a good deal now may not be so a few years down the line. Someone who appears to be telling a lie may simply have either misunderstood or have the wrong information.

## AQUARIUS ♒ (January 21 - February 19)

This is a time to consider finances and keep your options open. Someone who tries to get a fast decision out of you by pushing you into a corner is doing you no favours. You will decide what (if

anything) needs to be done when you are good and ready.

## PISCES ♓ (February 20 - March 20)

Keep things simple. Getting involved in other people's problems is not for you at the moment. It may be necessary to delay a decision to give yourself time to think. Could you manage a few days away somewhere? Maybe you could stay with a friend or relative. You need some peace and quiet on your own.

## ARIES ♈ (March 21 - April 20)

Although things are going pretty well, there are some things that could be just a little better organised. The time and money that this saves could be small, but it's the ongoing positive attitude that counts. There have been times recently when you have wondered if your progress on a certain matter would ever start up again.

## TAURUS ♉ (April 21 - May 21)

It is better if you don't get involved in any high profile, high risk business deals. Success is not assured. This is a time for financial consolidation. Count your pennies and see the pounds collecting in the future. On a cold winter's night it can give a pleasant glow to realise your action during the summer is keeping you warm.

# Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

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

## LAST WEEK'S SOLUTION

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

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## Crossword

page

Enjoy filling in the following puzzles and check the answers  
in next week's edition

LAST WEEK'S SOLUTIONS

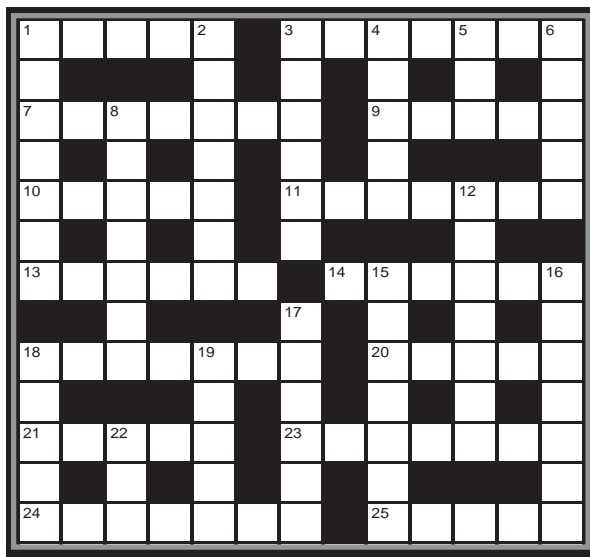
### Cryptic

#### Across

- 1 Search thoroughly to find first bit of custard in tart (5)  
3 Father secures footwear for royal residences (7)  
7 Snub potential fur sale (7)  
9 A topless specimen is quite enough (5)  
10 Professor or contributor (5)  
11 Harmony for a musical performance (7)  
13 One trading from a basement, by the sound of it (6)  
14 Obstructs city buildings (6)  
18 Shoe repairer's dessert (7)  
20 Open wide to swallow first of red fruit (5)  
21 A different thing at the end of the day (5)  
23 Phoney art Cher destroyed (7)  
24 Watches The Seekers (7)  
25 Many keen to see a Biblical hero (5)

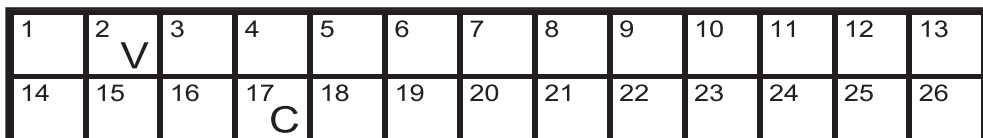
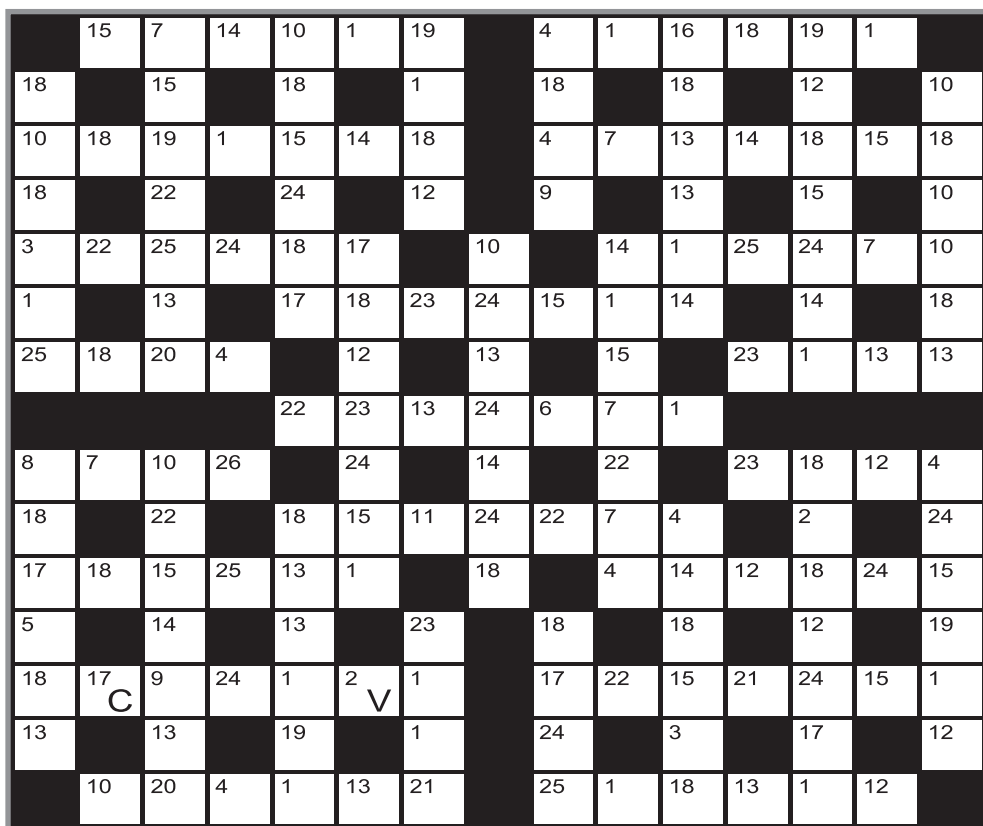
#### Down

- 1 Steps into one's trousers (7)  
2 Earmark book (7)  
3 In Napoli, certainly, a force (6)  
4 Pick up king, then knight (5)  
5 Top Hat (3)  
6 We are in a group that is mellifluous (5)  
8 A group of supporters went off Flu C ban (3,4)  
12 Dancing can then charm (7)



- 15 Fat around a horse will result in a dawdler (7)  
16 Becomes angry when eccentric reseeds (4,3)  
17 Quarrel about a scarf (6)  
18 Note the measure is a sure bet (5)  
19 Turner is delayed outside hospital (5)  
22 Machine found in original condition (3)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 2 represents V and 17 represents C, so fill in V every time the figure 2 appears and C every time the figure 17 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



### Quick

#### Across

- 1 Easy and not involved or complicated (6)  
3 Lacking intelligence (6)  
8 Pieces of a chain (5)  
10 Lacking substance or significance (7)  
11 Watch attentively (7)  
12 Selected (5)  
13 Feeling or showing pleasure or contentment (5)  
15 Keen (5)  
20 Fire-raising (5)  
22 Easily broken (7)  
24 Extreme greed for material wealth (7)  
25 One skilled in caring for young children or the sick (5)  
26 Refuses to accept or believe (6)  
27 Act on (6)

#### Down

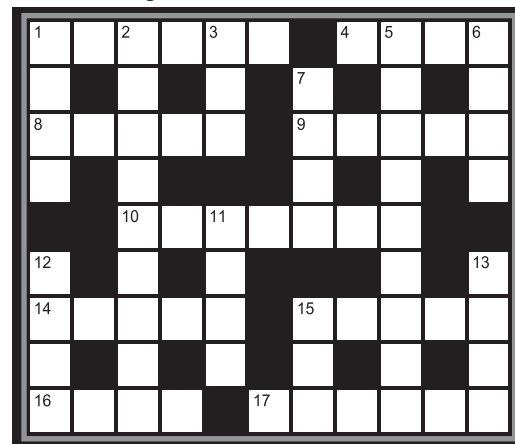
- 1 Not often (6)

#### 2 With subtraction of (5)

- 4 Close-fitting soldier's or police officer's jacket (5)  
5 Present for consideration, examination, criticism, etc (7)  
6 Force to go away (6)  
7 Alloy of iron with small amounts of carbon (5)  
9 Small fragment (5)  
14 Choose not to consume (7)  
16 Of or relating to birds (5)  
17 Source of danger (6)  
18 Monastery ruled by an abbot (5)  
19 Of the immediate past or just previous to the present time (6)  
21 Marked by or showing unaffected simplicity and lack of guile or worldly experience (5)  
23 Brief and to the point (5)

### English - Spanish

The clues are mixed, some clues are in Spanish and some are in English.



#### Across

- 1 Kind (nice) (6)  
4 Useful (information, advice, tool) (4)  
8 Pencil (5)  
9 Otra vez (5)  
10 Enamel (7)  
14 Abril (5)  
15 Flea (5)  
16 Talón (de pie, calcetín, zapato) (4)  
17 Zanahoria (6)

#### Down

- 1 Classroom (4)  
2 Manzano (5-4)  
3 Light (not darkness) (3)  
5 Viajero (9)  
6 Wool (4)  
7 Cola (de animal, avión, cometa) (4)  
11 Leche (de mamífero, planta) (4)  
12 Lavado (4)  
13 Último (final) (4)  
15 Guisante (3)

### CRYPTIC

#### Across:

- 1 Fusspot, 5 Canal, 8 Dingo,  
9 Chicago, 10 Passive, 11 Drama,  
12 Sashes, 14 Aghast, 17 Preen,  
19 Curator, 21 Netball, 22 Torch,  
24 Seems, 25 Residue.

#### Down:

- 1 Fad, 2 Sands, 3 Profile, 4 Ticker,  
5 Cried, 6 Niagara, 7 Look after,  
10 Postpones, 13 Sheathe,  
15 Gyrate, 16 Ocular, 18 Nears,  
20 Tired, 23 Hue.

### QUICK

#### Across:

- 1 Chaotic, 5 Speed, 8 Terms,  
9 Sincere, 10 Dull, 11 Hatstand,  
13 Laptop, 15 Gender, 18 Cardigan,  
19 Bits, 22 Another, 23 Ahead,  
24 Minus, 25 Surplus.

#### Down:

- 1 Citadel, 2 April, 3 Task, 4 Casual,  
5 Sinister, 6 Emerald, 7 Dread,  
12 Polishes, 14 Purloin,  
16 Resides, 17 Walrus, 18 Claim,  
20 Ideal, 21 Fair.

### ENGLISH-SPANISH

#### Across:

- 1 Calabacin, 6 Edges, 7 Mosca,  
9 Ahi, 10 Crab, 11 Sand,  
13 Use, 15 Snore, 16 Trigo,  
17 Translate.

#### Down:

- 1 Caer, 2 Lagarto, 3 Bisabuela,  
4 Camisetas, 5 Lead,  
8 Sonrisa, 12 Osos, 14 Bone.

### CODE BREAKER



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**Advertising feature**

# Get the royal treatment

WITH more than two decades of experience, the Royal Aesthetic Clinic in El Albir provides a wide range of plastic surgery procedures and cosmetic and anaesthetic medicine. It is also the first clinic to have an Advanced Obesity Unit. This unit aims to be a leading reference in the treatment of obesity using the most advanced techniques and medical protocols for losing weight.

It involves a group of professionals including nutritionists, dieticians, psychologists, physiotherapists and physicians, as well as anaesthetists and surgeons to help the patient. Treating obesity as

a disease, they offer the latest techniques available from diet advice, to minimally invasive treatment and more complex procedures such as gastric bypass surgery and lipobanding, a procedure patented by Royal Aesthetic Clinic's very own Dr Francisco Javier Martin Espinosa.

He has more than 20 years of experience, positioning himself as a reference in the field of medical aesthetics and surgery for using effective treatments and innovative aesthetic surgeries both for the face and body.

Plastic surgery is not just about creating a new appearance, it can completely transform a patient's life and with this in mind, the Royal Aesthetic Clinic treats each patient with the most care and attention as possible, listening to what your desired look will be and your reasons for wanting surgery. All the techniques used are intended for the 'enhancement' of their patients, from functional problems, to people concerned with maintaining their normal appearance, restoring it, or just improving it to feel better with themselves.

They provide facial surgeries such as facelifts, rhinoplasty, eyelid surgery, etc and body surgeries such as liposuctions, tummy tucks, breast augmentation or reduction and buttock implants.

At Royal Aesthetic Clinic they also provide a wide range of effective treatments without surgery that also produce excellent results, such as skin fillers, medical peeling, pigmented lesions, varicose veins, buttock lift thread, dermabrasion, chin surgery, ear reshaping, PRP dracula treatment, or even one of the greatest revolutions in aesthetic medicine; the facelift without surgery, of which the professional, talented team at Royal Aesthetic Clinic have been pioneers in implementing it in Spain.

The clinic currently has a number of special offers available until June 30, 2017. These include vaginal rejuvenation from €1,200; liposuction without surgery €1,250 and facial mini-lifting with threads from €1,450.

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**Royal Aesthetic Clinic**

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Visit [www.royalaesthetic.com](http://www.royalaesthetic.com)

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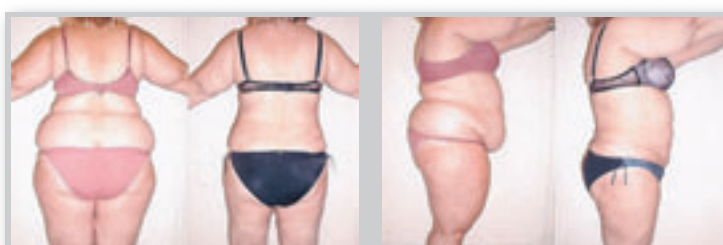
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## Ask The Doctor

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### What is arthritis?



**SPECIALIST: Doctor Luis Perez Belmonte.**

ARTHRITIS is a common condition that causes pain and inflammation in a person's joints with the most common types being osteoarthritis and rheumatoid arthritis.

#### What is the difference between the two?

Osteoarthritis initially affects the smooth cartilage lining of the joint, making movement more difficult than usual and leading to pain and stiffness.

Once the cartilage lining starts to thin out, the tendons and ligaments have to work harder, causing swelling and the formation of bony spurs.

Severe loss of cartilage can lead to bone rubbing on bone, which can alter the shape of the joint and force bones out of their normal position.

Rheumatoid arthritis occurs when the body's immune system targets affected joints, leading to pain and swelling. The outer covering of the joint, known as the synovium, is the first place affected, causing further swelling and a change in the joint's shape. This can cause the bone and cartilage to break down.

#### What are the symptoms?

The symptoms of arthritis can vary depending on the type, so it is important to get

an accurate diagnosis if you have any of the following: Joint pain, tenderness and stiffness. Inflammation in and around the joints. Restricted movement of the joints. Warm red skin over the affected joint or weakness and muscle wasting.

#### Who are most likely to suffer from arthritis?

Osteoarthritis most often develops in adults who are in their late 40's or older, and is more common in women and people with a family history of the condition.

Rheumatoid arthritis often starts when a person is between 40 and 50 years old, and women are three times more likely to be affected than men.

#### How do you treat it?

Although there is no cure for arthritis, there are many treatments to help slow down the condition. For osteoarthritis, painkillers, corticosteroids and non-steroidal anti-inflammatory drugs can be used to manage symptoms. In extreme cases, surgery such as joint replacement can be used.

Treatments for rheumatoid arthritis aim to slow down the condition's progress and minimise joint swelling. Analgesics, physiotherapy and regular exercise all can help.

If you have any questions for Dr Perez Belmonte, please send them to:  
jefemedico@helicopterossanitarios.com

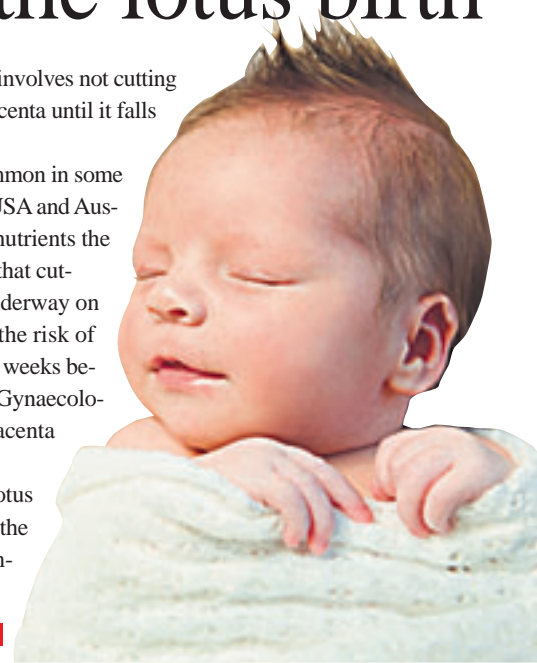
## Growing trend of the lotus birth

A LOTUS birth, is an increasingly popular trend amongst new mothers. It involves not cutting the umbilical cord after the baby is born and leaving it attached to the placenta until it falls off on its own.

This method is seen by many as a natural and spiritual option and is common in some cultures such as in Bali before the idea was introduced in the 1980s in the USA and Australia. Followers believe it allows the baby to continue obtaining all the nutrients the placenta has to offer, such as stem cells, before the placenta dries up and that cutting the cord can be traumatic for the infant. However studies are still underway on any potential benefits of the placenta and now experts have warned of the risk of leaving the placenta attached. With some leaving it attached for up to two weeks before it drops off naturally, the British Royal College of Obstetricians and Gynaecologists warns about the risks of infection and bacteria developing in the placenta and spreading to the baby.

With a growing number of women in the UK reportedly opting for a lotus birth, the British Royal College of Obstetricians and Gynaecologists said the placenta is particularly prone to infection as it contains blood and recommends that babies be monitored carefully for any signs of infection.

**PLACENTA: Is prone to infection. |**



### Be flexible to get the most out of workers

SPENDING a lot of time commuting to work is more likely to lead to depression.

A study of more than 34,000 British adults found that commuters, either by train or in the car, of more than half an hour are damaging the nation's health, but are also affecting their productivity at work. Those with commutes of more than an hour each way fared the worst mentally as they were 33 per cent more likely to suffer from depression and 12 per cent more likely to report work-related stress.

These longer commutes also meant many workers were having to skip sleep which was affecting their mental state.

In a bid to reduce the impact of long commutes, employers are now increasingly introducing the idea of flexible working hours and allowing them to spend some time working at home.

The study showed that this flexible working has a positive impact on both employees' physical and mental health and their productivity, with them less likely to be stressed or depressed. These employees also had an additional five productive days each year compared to those with no flexible working arrangements.

The study was carried out by VitalityHealth in partnership with the University of Cambridge, across all industries in the UK.

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**SPANIARDS:** Despite a healthy lifestyle, many don't consider their health to be good.

# Few Spaniards claim to be in good health

## 50

*years or over was the age of people in the study*

SPANIARDS are amongst the most medicated in Europe. Despite many claims it boasts one of the healthiest lifestyles in the world, it seems this health isn't transmitting to much of the population as it has been reported as being one of the countries with the lowest percentage of people aged 50 or over who considers their health status to be 'good.'

This is the conclusion of the report 'Health in adult life and its relation to healthy ageing: current trends, opportunities and future challenges in Spain' carried out by the Mapre Founda-

tion to determine the health status perceived by those aged over 50. It found that many didn't perceive their health to be particularly good with women giving a worse assessment of their physical, cognitive and emotional health compared to men.

According to experts, the way in which citizens perceive their health is an "excellent indicator of the general level of health of the people."

Those who claimed to have better health were speaking in relation to their physical nature, such as not having limitations on being able to perform daily activities or not suffering from illness or pain or anxiety.

In order to produce the report, an international comparison was made that found in Scandinavian and western European countries, the proportion of those over 50 who declare themselves to be in 'good' health is significantly higher than of the countries of south and eastern Europe.

In contrast, Estonia and Italy are the ones with the highest proportion of this population that considered their state of health to be 'bad.'



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## Instagram comes out worst for mental health

INSTAGRAM is the social network with the greatest negative effect on mental health and well-being, according to a recent survey of 1,500 teens and young adults. Five social networks were included in the research, with YouTube the only site to achieve a net positive score. Twitter finished second followed by Facebook and Snapchat, with Instagram fifth.

Although the photo-sharing platform received positive marks for self-expression and self-identity, it was also linked to high anxiety levels, depression, bullying and 'a fear of missing out.'

The survey, designed by the UK's Royal Society for Public Health posed questions about how social media affected 14 issues related to mental and physical health.

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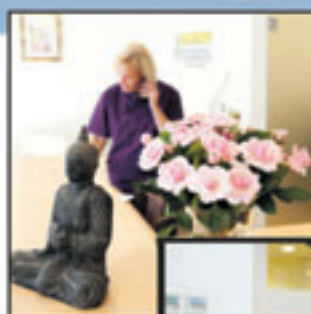
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# New base for nutritional pyramid

**FOOD PYRAMID:**  
Shows lifestyle is  
directly related to  
healthy conditions.

TO mark National Nutrition Day, the Spanish Society of Community Nutrition (SENC) has made a series of recommendations based on a new nutritional pyramid which offers a more holistic vision of food.

It presents an approach focused not only on

food, but also takes into account emotional, social, and economic implications, which are important and related to eating habits.

Whilst the food pyramid cites what foods we should be consuming in greater and lesser quantities, the base of the food pyramid now shows that lifestyle is directly related to healthy conditions:

First, it requires a moderate daily physical activity of about 60 minutes, or walking

“

**It is important  
to adapt physical  
exercise to our diet.**

10,000 steps would be equivalent. It also alludes to emotional balance. There is a close relationship between obesity and eating to reduce the negative effect of an emotion.

The balance of energy is another key when it comes to having healthy lifestyles. It is important to adapt physical exercise to our diet, and vice versa to help maintain a healthy weight and look at how food is cooked to reduce calories such as grilling and steaming rather than frying.

Finally, hydration is taken into account as another of the fundamental pillars in the nutritional pyramid. The daily recommended amount, which is set at 2.5 litres for men and at two litres for women, should be increased if it is hot, if sports are performed or for diseases that require a greater consumption of water.



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**Tamara Sneep**  
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# A very sporty summer

By Linda Hall

MUCHAMIEL has now announced its sports programme for this summer.

There are 1,700 places available, said Rafael Pastor, the councillor responsible for sport.

Of these 670 are for water sports because, as Pastor pointed out, the demand for swimming and other pool-linked activities increases each year.

Other sports offers this summer include Latin Aerobics, based on Latin American rhythms and aerobic exercise, as well as pilates, yoga, Aero Gap, step-classes and paddle tennis amongst other activities.

For the over-65s there is keep-fit, muscle definition and swimming, while for the young swimming lessons start at six months.

All those interested can put



Muchamiel town hall

**MUNICIPAL POOL:**  
Swimming programme for this summer.

their names down until May 31 at the Muchamiel social centre. From June 1 onwards, they should do this at the Els Oms

municipal sports office.

Classes begin on July 3 and will be held at the Els Oms sports complex, the Casal de la

Tercera Edad, the Bonalba social centre, the Rio Park social centre and the La Huerta social centre.

For more information, contact Oficina Deportiva Municipal, Els Homs Polideportivo s/n or ring 965 952 328.

## Guerrilla knitters bring colour to local town

URBAN KNITTING - also known as Yarn bombing, Guerrilla Knitting and Urban Crochet - has arrived in Gorga.

The movement born in 2005 in Houston (Texas) has spread worldwide as groups of knitters worldwide adorn trees and street furniture with their handiwork.

Valencia, Castellon, Sevilla, Madrid and other Spanish cities have already been yarn-bombed and now it is the turn of the El Comtat town of Gorga (population 267).

The idea came from Ani Pascual, a retired teacher. "I suggested the project to the town hall and once the council agreed, we explained it to the rest of the town."

The initiative proved very popular, Ani continued. "It seemed a good way for the women - and any men who



Mark Ahma

**URBAN KNITTING:**  
Trend has spread worldwide.

wanted to join us - to get together and amuse ourselves, particularly in the winter."

But the project was also intended to decorate and bring colour to the town with skills passed on from

generation to generation.

It also demonstrated to young people that knitting and crochet need not be restricted to elderly abuelitas, Ani said.

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La Nucia town hall

**LA NUCIA: Time out for carers.**

## Chance to disconnect

TWENTY La Nucia residents are participating in Programa Respiro, specially created for people with a dependent in their care.

The programme consists of free workshops and activities that allow them temporary respite with the chance of disconnecting and taking a breather from their daily commitment.

This is the second edition of the Respite Programme organised by La Nucia's Social Welfare department.

The six sessions are held on Thursday afternoons at 5pm in May and June at the La Casilla Tercera Edad (Third Age) Centre as well as the El Calvari Social Centre. An exception is the talk on Autonomia Personal

(Self-help) on June 15 which starts at 4.30pm in the Day Centre.

The only requirement for taking part is prior registration at either of the centres and at the time of going to press, there were still vacancies.

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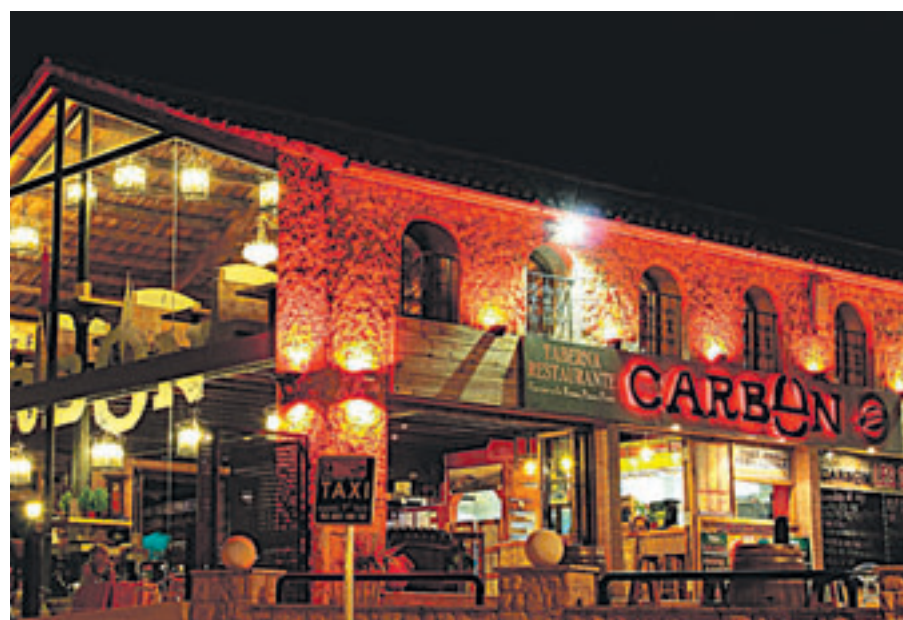


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Benny Davis

MOONLIGHT SERENADE: The Rommy Baker Big Band.

## Hottest night of the year

MONDAY June 5 brings the chance to dance as though no-one is watching except the moon and the stars above.

"Or just relax, sip your cold drink and listen to the music of the Rommy Baker Big band," said Pamela Dawson Tasker, president of the Alfaz branch of the Spanish National Cancer Association (AECC).

From 8.30pm the band will be playing all the old swing-time favourites in a Moonlight Serenade on the Casa de Cul-

tura esplanade.

For added entertainment the Swingtet will also be there and the Swing Peaks dancers will show how it should be done.

The AECC will benefit from this event and raffle and there will be a special donation for the Voluntariado Social which runs the Food Bank for families in need.

Tickets are €10, and there will be a raffle ticket with the chance of winning an original painting donated by the fa-

mous artist, Goyo Perez.

Tickets in advance from the Casa de Cultura cafeteria, the Albir Tourist Office, Forum Mare Nostrum, the Cancer Research Charity Shops in Alfaz and Albir, Companians Social Club and Alfaz's Amas de Casa.

Tickets can also be reserved through Pam on 966 860 735 or email [pdawson802t@cv.gva.es](mailto:pdawson802t@cv.gva.es).

NB Tables can be reserved for group bookings.

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# When the going gets tough....

**GOOD FOOD,  
GOOD WINE AND  
GOOD FRIENDS**  
WITH  
**GARRY WAITE**



**The Modern 'Room at the Inn' Manchester.**

**I** DON'T WANT TO JUMP ON THE band wagon regarding the dreadful atrocity that was the Manchester bombing. Nor do I wish to get involved with the political and emotional battles that are going on.

If I voiced my opinion I would probably make my esteemed colleague Leapy Lee look live a liver-lilled-liberalist! I would instead like to talk about the good things that happen in the face of such occurrences. Whether it's the 'Dunkirk' spirit or something built into the British DNA that makes otherwise normal people do extraordinary things, I don't know.

Apart from those people who rushed in to the arena to help the injured while others were rushing out, there were of course all the amazing emergency services such as Paramedics who helped those with the most horrific injuries. From this emerges the usu-

al human interest stories such as the man that cradled the little eight-year-old, Saffie-Rose Rousos, as she was dying and asking for her 'mum' and the two homeless men that rushed from their nocturnal resting place, away from the blast, but then returned to care for the fallen.

Those two have been rewarded. One has found his long lost mother and the other became a subject of a 'go fund' giving page on the internet that has raised so many thousands for homeless people.

And then there was the Hospitality Industry. In the early hours of Tuesday morning, Manchester hotels and staff were using the

hashtag #RoomForManchester to offer rooms to anyone displaced by the attack. Hotels around the arena including the nearby Holiday Inn Express, opened their doors to those that were frightened and alone, offering accommodation and refreshment as did McDonald's and other bars and restaurants in the immediate area. The Mancunians are a hardy lot but just like great toffee sweets, have a soft centre.

What really does concern me is a recent admission that there are 3,000 known jihadists in Britain under observation, 500 of which are under constant watch but a further 20,000 that are known, but considered low risk.

Where was the scum bag in Manchester in the pecking order? Yes, in the 20,000 along with the maniac on Westminster Bridge.

Maybe the only sensible thing Jeremy Corbyn has said in a while is that we have to accept the fact we are not winning the war against terrorism. Is Colonel Mike Kemp right? If they don't have British passports, deport them! And for those against whom there is insufficient evidence to prosecute - intern them without trial! Their families too!

Just as well that most of us are not in a position to make such decisions, let's hope our elected leaders - worldwide - are able to sort out the huge problem.

**“** About 20 per cent of the population believe themselves to have a food allergy and only about 5 per cent actually do.  
*John Warner*

**ALLERGIES - LOVE 'EM OR HATE 'EM** they are now part of our lives! When we were younger, I can't remember anyone having food allergies can you? But then I suppose children died from anaphylactic shock without anyone knowing.

What some people considered 'fads' are now being recognised as healthy options. We all know people allergic to nuts for instance. I have a friend that suffered from an allergy to pine-nuts. Not any other, just them. More women than men go gluten free. Celiacs have different sorts of reactions from what they consume than others. Lactose intolerant is another. I had a friend who was allergic to garlic. He only had to smell it and he would come out in a rash.

He's in good company, my friend and colleague, wine aficionado Pancho Campo reacts to garlic and onions. Difficult for a man that loves the Mediterranean diet!! Thankfully he is not allergic to wine!! However a wine merchant friend of mine loves red wine but it gives her an unpleasant reaction so she has to avoid it.

Is there a difference between an allergy and an intolerance? Of course there is. After all we do not refer to Gluten free or Lactose intolerant as allergies, people are just better off without the things that cause them problems. Restaurants are aware of this now, more than ever before. Sandwich group Pret a Manger has seen sales grow 15 per cent to £776.2m, they claim driven by sales in dairy and gluten-free ranges. They introduced a number of dairy-free products in 2016, including a dairy-free, gluten-free soup range all under 250 calories. This recent offering increased UK soup sales by 16 per cent like-for-like. Their dairy-free, coconut porridge, accounts for one in five porridge sales in the UK, and now coconut milk sales exceed soya milk. (Never did understand that stuff!!)

In this day and age, any restaurant worth its salt grinder has now got allergy symbols on their menus. But is it the responsibility of restaurateurs to inform the clients of ingredients in every dish? It's good that the symbols reflect certain allergies and intolerances, Celiac, Lactose, nuts etc. but I know someone who is allergic - yes allergic - to coriander. But not to flat parsley, which is the same family!! And just because it says 'Nut Free,' my dear friend with the pine-nut allergy had to always inform the restaurant that, and sometimes they still used to put 'Pesto' on his dish!!

So while the restaurant has to legally be responsible for allergy training with their staff, they can't do anything without the client informing them. So, no matter how obvious your allergy maybe to you, please inform the restaurant.

Now, I have to admit, that after all my years, I have developed an allergy. After months of a dry hacking cough, I went to my doctor who had allergy tests done on me and - wait for it - I have a dust allergy!! Who would ever have thought? "Excuse me waiter, I am allergic to dust, was it the coco powder on the chocolate cake or the gold dust on the fish, the crushed rhino horn - or have you just not vacuumed in a while?"

**ON THAT NOTE** I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good Friends.

**DEBIT CARDS WILL OVERTAKE CASH** as Britain's most frequently used method of payment by 2018 thanks to the rise in contactless cards. Many years ago I can remember being told that this would soon become the norm. However with people's love of the 'folding' I can't see it disappearing!! I mean imagine a window cleaner or gardener whipping out his contact credit card machine. I don't think so!

Worldpay, which handles 40 per cent of all UK card transactions, said that spending on all forms of contactless systems now accounts for 28 per cent of all non-cash transactions in the UK, with total spend exceeding £10b for the year in 2016. They processed over £1.5b in contactless payments in December alone, with shoppers spending an average of £10.39 per transaction.

Today one in five of us will use the technology at least once a day, rising to a third of people in London. Already more than half of UK shoppers say they'd happily leave their wallet at home and pay for everything on their smartphone instead. It's bad enough to lose your phone at the moment. How often do you hear people say, "my whole life is in that phone," Imagine, "I've got no money - it was all in my phone"!!

**The future of all transactions?**



But that wonderful activity 'survey' shows that

- A quarter of UK consumers claim they've started avoiding shops that don't take cards, while a third (30 per cent) say they only use cash if absolutely necessary.
- Two-thirds (60 per cent) of 24-34 year olds say they would prefer not to carry cash.
- One in 10 small and independent retailers are still refusing to accept card payments, whilst a further 10 per cent impose a lower limit on non-cash payments.

*(information courtesy of Worldpay)*

Now, where's my wallet? Ooops! Forgot to plug it in last night!!

**SPEAKING OF CREDIT CARD PAYMENTS**, according to new data from Barclay-

card. Spending in pubs and restaurants held up strongly during the month of April, despite a fall in consumer confidence around household finances, The 5.5 per cent increase in overall consumer spending during the month was driven by

inflation on essential goods and a late Easter, while meals out during the bank holiday led to a 20.4 per cent and 16.5 per cent rise in spending in pubs and restaurants respectively despite the interest charges levied by credit card companies.

One of the reasons given is that of a warmer climate during that period and a late Easter. But the increase can also be associated with higher prices generally. Food and entertainment spending overall has risen. Which proves that when things are good people comfort eat and drown their sorrows while when things are good people celebrate by wining and dining. It's a win win!!

*Garry Waite is a well-known foodie and restaurateur as well as a Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on [garrywaite@euroweeklynews.com](mailto:garrywaite@euroweeklynews.com).*



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## Thinking about building a new home? Steps to guide you

ARE you considering building the house of your dreams, but do not know the necessary steps when making such a big decision? Here is a small guide that will help you through the process and take away the fear factor, as you will see in the end that it is not as complicated as you thought.

### 1. Find a trustworthy builder

Building a property from scratch is something that happens at least once throughout your lifetime. It is not something that you will find yourself doing each year. That's why it should be done alongside a builder who you can trust to make every step of the process manageable, and comfortable.

### 2. Find the perfect plot for your construction

It is essential to consider various factors of the plot such as its views, its location, its surroundings, etc. The possibilities are endless and so you should have your priorities and needs in mind.

### 3. Architectural project

This is the moment where you get

to lay your ideas upon a real plan. At Construcciones Marva they work with some of the best architects in the area, who have no problems when it comes to placing your ideas into the project that will eventually be your future home.

It is necessary to put together some information about your lifestyle and needs. Here you have to question all of the necessary points and assess any doubts that may arise in the future.

Would you like to have an ecological styled house? Or would you prefer a more conventional property? How many square metres would be appropriate? It is essential that you do this calmly, and without rushing into anything, as it is almost like creating a plan for your life.

The best way is to develop a list of needs and present this to their team of professionals early on. After this, they will work with their architects to create the house you are imagining.

### 4. Licences and permissions

You have the plot and the project,



**DREAM HOME: Use a builder you can trust.**

now it is time to request the building licence from the town hall. You will not have to worry about this step as at Construcciones Marva they will do this for you. Here, you have to understand that building licences can take anywhere between one and three months.

Being professionals of the sector, they will do their best to speed up the process so that you can begin to enjoy your new house as soon as possible.

### 5. Time to build!

Always in line with budgets and

timelines, the construction will begin. The best materials will be chosen to meet your tastes and needs. The climate conditions of the area or the usage within certain rooms in the house, such as the kitchen and bathroom, will be important when selecting your materials. It is very important that the period stated for the construction is met.

### 6. Enjoy your new house!

Finally, you can now enjoy the property you have been imagining, created exclusively for you, meeting

your needs and tastes. At Construcciones Marva they are always more than happy to keep in touch with their clients once the construction has been completed.

They offer you custody of keys services, as well as cleaning, gardening, and pool cleaning services, etc. This way you will only come to your house to enjoy your holidays and to relax. Everything and anything you need so that your property still shines like it did on your first day.

Do not hesitate to take the step! They will be by your side throughout the whole construction process. It is much simpler than you think.

Ask them for further information with no obligation. They are here to resolve your doubts.

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# Buying a house, useful knowledge on requirements, taxes and costs

## BUYING A PROPERTY: Important considerations.



IN this article, the second of a series I hope to be publishing in *Euro Weekly News*, we are going to cover some important considerations on buying or selling a property.

After spending some time in La Marina Alta it may be that you are considering buying a property. As you start visiting properties for sale, on your own or assisted by a professional, you should consider some of the following information:

**Taxes:** Sales entail taxes for both the buyer and for the seller. Buyers have to pay the onerous Transfer Tax currently 10 per cent of the selling price. The real price paid may be lower than the Tax value, leading to a complementary Tax reclaim (see below).

The deadline is one month from the signing of the deed. Several qualified professionals can as-

sist you over this task.

Sellers pay Plus Valía, a capital gains tax which varies depending on the cadastral value of the house and the year you bought it. When sellers are non-resident, they also have to pay an additional tax over non-resident incomes, at 3 per cent of the price received. Even though this obligation relies on the sellers, normally it's the buyers who fulfil it, retaining the amount from the paid price.

Not to be confused with the above taxes is property tax, paid by the owner of the house the first of January of the current year, at 1 per cent over the cadastral value of the house.

**Price:** Obtaining a low price, below market, is always good news. Nevertheless, as seen before, when the paid price is lower than tax value, you might receive a tax reclaim. The way to avoid it is to prove tax value is higher than

market value; your lawyer will help you with this task.

**Charges and encumbrances:** Before signing the deed, a Notary will check that the house is free of charges and encumbrances, so the buyers always know what they are buying, being aware if there are any charges over the house, such as access easements, mortgages or third party rights.

**Community expenses and property tax:** Your Notary will also ensure that association expenses and property tax are up to date.

**After-signature arrangements:** Once you have already bought the house, having paid the seller their price, there are still some arrangements left to fulfil, such as tax payment or land registration. Either the Notary or your assessor can complete these tasks for you.

If you want to suggest a topic or an issue please feel free to contact me on [fbelda@notariado.org](mailto:fbelda@notariado.org).



# Nation of homeowners

SPAIN is a nation of homeowners. New data from a report on the 2017 housing market found that 84 per cent of the population owns at least one home. The figures include couples and adult children who live in the family home.

The figures show a growing property divide with 16 per cent of people owning no home, and another 16 per cent owning multiple homes. One out of every 100 people owns three homes or more. The average number of homes owned by Spanish residents is 1.03.

In the past year 4 per cent of homeowners have purchased a new property. Meanwhile another 4 per cent of properties are owned but unoccupied by families who neither live there, nor rent it out. Eight out of 10 Spaniards live in mortgaged or

owned property, compared to the two in 10 who now rent.

With growing numbers of renters and landlords, three of out 10 Spaniards now have a direct relationship with the real estate sector. Demand for rented flats now exceeds demand for purchase as younger people leave the parental nest but can't afford to buy.

Roughly 7 per cent of homeowners want to buy again in the next two years, while 34 per cent are considering a long term purchase. Those looking to buy in the short term are, on average, a middle class married couple aged around 43.

The survey also found that four in 10 Spaniards believe property is the best way to hand over wealth to their children. Similar numbers

consider buying property to be extremely profitable.

**SPANIARDS BELIEVE:**  
Property is best way  
to hand over wealth.



A SWEEPING analysis of the Spanish property scene found that prices have recovered to the same levels seen in 2004. The news is the latest milestone in the country's property recovery, which gathers strength with each passing day.

A thorough analysis from the Real Estate Review Report 2017 said the upward trend in property prices seen in the last few years 'can be sustained,' which is terrific news for homeowners and those interested in engaging with the property market.

The report cites the continued strength of second-hand housing over new builds, noting that for every new home sold, another eight old ones change hands. It also noted that the number of transactions taking place is roughly half that seen in 2004, figures which are in line with today's market's more sustainable characteristics.

Spain's 'two-speed' market continues to be a significant issue when trying to generate averages across the country. Runaway property success is being seen in Barcelona, Madrid and Spain's Mediterranean coastal hotspots, favoured by foreign buyers, while the interior progresses less quickly.

Still, overall experts have described Spain's property market as having reached a comfortable cruising speed that, with care and attention, can be maintained for long term prosperity.

## Sustainable success




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With over 35 years of experience, this popular and highly respected company has custom made, supplied and installed thousands upon thousands of awnings and sun protection units, be it for private homes or businesses.

From their 2,000 square metre production centre in the Los Moras industrial estate, San Fulgencio, they can create the sun protection you need, using the latest technology in the manufacture of awnings. There is also a large showroom exhibition area designed to make your visit a unique experience and a chance to view some of the exclusive products.

Working with offices in Calpe and Holland, they have a commercial network of over 700 employees, exporting their products to countries in Europe and North Africa. They have invested in a quality technical team, creating a group of specialised and motivated professionals, to ensure that the next



35 years are as successful as the last.

But aside from their quality products, Toldos Guardamar also prides itself on their customer service.

They created in recent years the Toldos Guardamar initiatives; Care, Experience and Green; a series of projects, beliefs and aims that takes them well beyond any other awning company. They recently hosted their 35th anniversary celebrations at Hotel La Laguna in Rojales and their first mini-golf

tournament. They also host annual events at the Toldos Guardamar showroom with live music and gastronomic delights to thank customers past and present for their continued support over the years and to welcome new customers.

It all shows that when you buy an awning from Toldos Guardamar, as well as buying a quality product, you are buying part of a 35-year-long legacy and a philosophy of customer care and efficient protection for your family as you become part of the Toldos Guardamar family.



**TOLDOS GUARDAMAR: Leading the way for 35 years.**

For more information contact them now on 966 726 258 or visit [www.toldosguardamar.com](http://www.toldosguardamar.com)

To mark the start of summer there are also some great offers currently available so speak to the team now and enhance your property with a Toldos Guardamar awning.

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Advertising feature

# Quality wood at quality prices

WOOD experts BricoMaderWood, have been trading on the Costa Blanca for more than a decade, providing clients with quality, unique wooden products to transform and enhance their home.

Based in Ondara, this Dutch-run company prides itself on the high quality products at very competitive prices.

Manager Richard Lentz, explains how the wood is sourced directly from Norway, Sweden, Finland and the Baltic countries where there is an important timber industry. Having worked in the house building trade in Norway, Sweden and England, Richard is an expert in this field.

You can purchase most types of wood at the store at very reasonable prices. The store has ready-cut lengths of timber available or you can



**BRIOCOMADERWOOD: Transform your indoor and outdoor space.**

have it cut to the size you require at no extra cost. In fact, you'll find everything you need from simple shelves to terrace decking and even complete kits for elegant pergolas.

BricoMaderWood also provides a delivery service from

Valencia down to Torrevieja and they can arrange to send skilled carpenters along to assemble the woodwork if you don't want the hassle of 'doing-it-yourself.'

Richard explains that buying wood in Spain can sometimes be hit and miss because



**QUALITY CONSTRUCTION: Get the gazebo of your dreams with BricoMaderWood.**

it is not always durable, but BricoMaderWood supplies resilient timber (available in green or brown), which is specially treated to Scandinavian standards to withstand the elements and destructive pests.

But it is not just the out-

side you can transform. Are you fed up with seeing boring cement walls and tiled floors? Wood panelling and parquet flooring look stunning and are quite simple to install; Richard will offer his expertise and professionalism to assist you in helping you

find what you are looking for.

Gazebos can really make your garden or terrace a more usable and attractive space. BricoMaderWood offer a 3x3m gazebo for only €1,600 including IVA and fully assembled on site.

There are some amazing possibilities which can add to the quality of your life and the value of your home from just €500 so check out BricoMaderWood for yourself. The store is easily located just off the A-7 motorway. Take the exit to Denia and follow the road signs to Ondara. BricoMaderWood is located on Avenida Alicante (not far from shopping centre La Marina Ondara).

**BricoMaderWood**  
Avenida Alacant 67, Ondara,  
Tel: 618 056 650

Email:  
info@bricomaderwood.com

## Abandoned quarry wins top gong

A DESIGN based on an abandoned Maltese quarry has won 'Best in Show' at this year's Chelsea Flower Show.

The installation, which featured limestone slabs between which were planted evergreens, perennials and ground cover, was designed by James Basson.

It aimed to show the interaction between humans and nature on the island, highlighting a need to

maintain balance, and judges called it "flawless."

"I am absolutely thrilled to have won Best in Show for the first time," Basson said. "It is an incredible feeling and a testimony to the hard work of the whole team."

The designer travelled to Malta to obtain inspiration, and stressed it was "not supposed to be pretty. It is stark and monumentally brutal."



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We speak Wir sprechen



Advertising feature

# Decor Denia's auction June 29

DECOR DENIA'S next sale is scheduled for Thursday June 29. Already consigned is a collection of silver, porcelain impressive crystal chandeliers, nautical artefacts and decorative furnishings.

Due into the consignment shop over the next few weeks and preceding the auction will be three major Estates from Valencia City. Furthermore, the arrival of furnishings and collectibles direct from France and the UK. The business is open daily Monday- Saturday 10-2pm and is always looking for a variety of good quality antiques and decorative arts to be incorporated in its next sale.

Sales take place direct from the shop, auction events or online. Recent sales attracted bidding from across Spain, France, Netherlands, Belgium, Germany, Norway, UK, USA and Russia. Clients are requested to consign entries during early June.

“

**Sales takes place direct from the shop, auction events or online.**

In order to meet current local and International demand for the sleek and contemporary furnishings a new shipment of contemporary mid-century furniture will arrive mid-June suitable for new builds and fashion orientated interiors. Speak to the owners Philip, Lydia or Mark for information and the arrival date.

We require good quality entries to feed the current and growing demand for antiques, art, jewellery and quality furnishings. The consignment shop is open daily but closed Sundays. Bring your items direct or arrange a viewing. Tel: 645 310 470/629 649 259.

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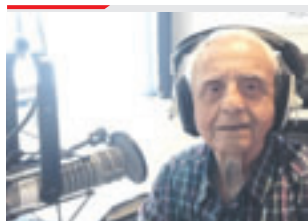
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(Denia to Valencia) 95.3fm  
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WITH more and more people owning properties in Spain and spending a large part of their year here, pet travel has increased dramatically with owners preferring to bring their animals with them rather than leave them at home for any length of time.

Pets accompanying their owners on a trip to Spain can be accepted as luggage when the corresponding excess baggage

tariff has been paid (regardless of the class in which the passenger is to fly).

As a general rule, these animals must be checked in and loaded into the hold of the aircraft, where they will be placed in a container (which some airlines can provide) but to be on the safe side it is worth purchasing your own carrier which is IATA approved (and will have a sticker or label stating this).

As only certain airlines and airports in the UK have the facilities to transport pets (BA and Monarch being the main carriers), when making a booking for you and your pet check first that the necessary transport can be arranged.

Animals must carry the correct documentation, either with a pet passport or veterinary certificate (in some countries with an evaluation of antibodies). All animals are identified by a mi-

crochip, and you need the correct documentation for this. Preparing pets for travel can be a lengthy business, with all the health checks, documentation and pet passport. So if you are thinking about bringing your pet into Spain make sure you leave plenty of time to make the necessary arrangements.

You can find more information on the Pets Travel Scheme (PETS) for the UK at [www.defra.co.uk](http://www.defra.co.uk).

Guide dogs trained to accompany a passenger with a disability will usually travel in the cabin, unless prohibited by national regulations or the airlines. The dog's transport, whether in the hold or in the cabin, will not be chargeable.

It is not necessary to carry out any special procedure, but the dog must wear a muzzle, collar and lead. If the dog is to travel in the cabin, it will be placed next to the passenger in a place indicated by the crew.



**LUQUE: Was shot.**

## Disabled dog seeks loving home

A BRITISH expatriate couple have launched a desperate appeal seeking a new owner for Luque, an unfortunate 11-month old German shepherd.

Christine McMahon, 77, and her husband Philip, 79, are unable to care for him themselves after he was shot in Fuente-Alamo, Murcia, leaving his back legs paralysed.

He is currently undergoing several types of therapy in order to repair the damage to his nerves, and it is thought that he will be able to walk again with the necessary love and care.

If you are interested in taking Luque on please call 634 324 262.



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### Gizmo

Gizmo was born about the beginning of June 2016, and has been hand reared due to the fact that he was found in a rubbish bin. He is a real character, loves other cats and is fine with dogs. Gizmo loves playing and is quite talkative. He is short haired despite being fluffy when he was younger.

Gizmo would make someone a fantastic companion.

Call Alan/Bev if you would like to adopt this little fellow, or any of our other cats/dogs.

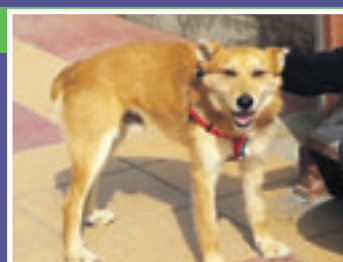
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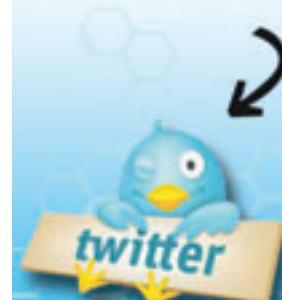
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**Clarkson  
Quote of the Week**



*This is the new Maserati 4x4: It's called the Kubang. Which is probably also the sound it'll make when the warranty expires."*

*Some might say...*



**Motoring shorts**

## The glory of Goodwood

MAJOR details regarding the highlights and lineup of the iconic Goodwood Festival of Speed have been announced. The 2017 festival at the grand Chichester estate runs from June 29 to July 2 this year.

It will feature rally cars from the past four decades competing in the Forest Rally Stage. There will be two main celebrations, one over the 20-year anniversary of the latest world rally car regulations, and the other showcasing the 'game changers' of motorsport.

Vintage rally cars will include an MG Metro 6R4, Audi Quattro, and even a Citroen 2CV Bibip Dakar from the 1960s.

A new drift stage will see top stars including Vaughn Gittin Jr, James Deane and Dean Kearney compete for Goodwood glory.

# Chinese take over Lotus

By Matthew Elliott

CHINESE corporations are making major advances into the global motoring industry. Giant car manufacturer Geely has just announced that it will take over both Proton and Lotus. The multinational based in Hangzhou already owns Volvo and the London Taxi Company.

Geely is taking over the parent company of British sports car maker Lotus and Malaysian-based Proton, DRB-Hicom. The Chinese firm beat off stiff competition from Peugeot and saw its shares skyrocket on the Hong Kong Stock Exchange.

The expansion gives Geely a major name in Lotus which, despite making substantial losses in recent years, retains a giant reputation in the motoring world. It also gives Geely control of a huge Proton-owned production plant in Malaysia with capacity to produce

## 13th

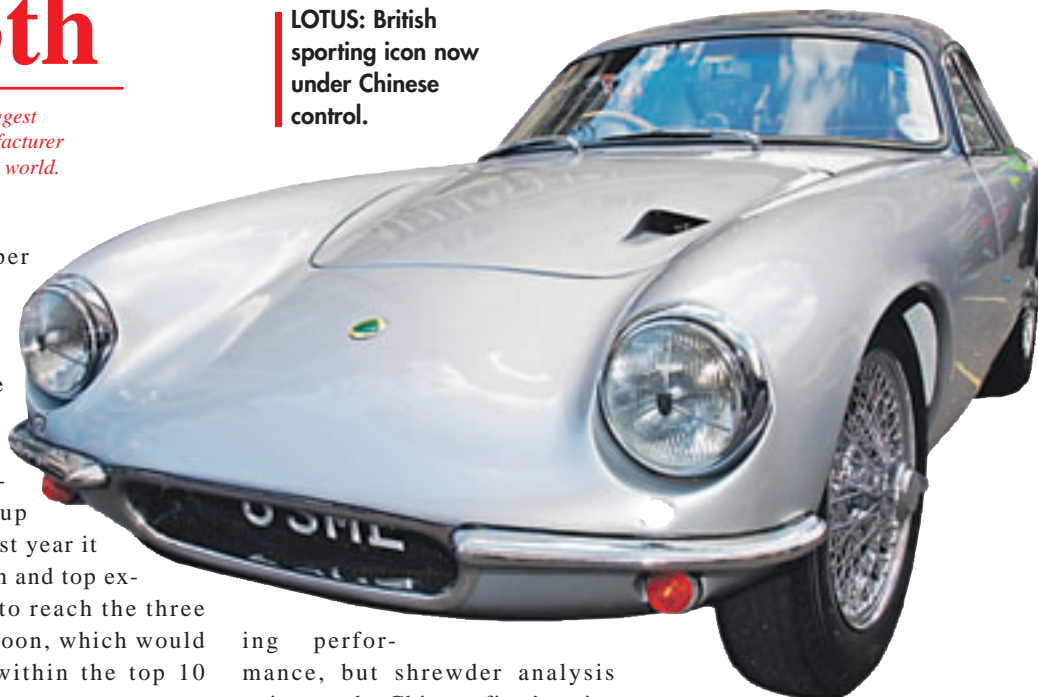
*biggest manufacturer in the world.*

150,000 cars per year.

Now the 13th biggest manufacturer in the world, Geely sold roughly 300,000 cars before linking up with Volvo. Last year it sold 1.3 million and top executives plan to reach the three million mark soon, which would easily put it within the top 10 worldwide.

There is debate over whether Geely can transform Proton's flailing

**LOTUS:** British sporting icon now under Chinese control.



performance, but shrewder analysis points to the Chinese firm's gaining a major position in the lucrative south-east Asian trading mar-

ket with stronger links to India's billion plus population.

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**ROAD TEST** by Nick Fletcher

THE Jeep brand dates back more than 70 years, and is widely known as 'the American legend.' While these days Jeep is owned by the Fiat Group, the marque still retains its tough formidable image.

The Cherokee may be the best-known name in the Jeep line-up, but the smaller Renegade, a compact crossover model, is making its mark, appealing to those who want a cool street image yet when necessary, genuine four-wheel drive capability.

Many models in the SUV/Crossover sector have either two-wheel drive or a rather limited 4WD system which cannot cope with difficult terrain. All Jeep 4x4 models can calibrate the differential to maximise grip and control in snow, mud or on rough rocky terrain.

But though the Renegade is a rough-stuff mud-plugger, its distinctive visual cachet means you can still park outside a trendy cafe and make a style statement.

Renegade prices start at €21,050 (£18,250), with petrol

# Jeep Renegade

and diesel options and 2WD or 4WD. Many buyers opt for upper range versions laden with extra kit, and Limited models start at €27,998 (£24,265).

My test model was a Limited in 4WD form with auto transmission and with the 138 hp 2.0 litre diesel engine, and that combination costs €33,507 (£29,050).

For that you get a comprehensive spec which includes touchscreen infotainment cen-

tre, DAB radio, Bluetooth and sat-nav, plus alloy wheels, heated leather seats, front and rear parking sensors and plenty of safety features including lane departure and front-collision warnings.

The Renegade's styling is unmistakable - a plus-point in a sector which is quite image-conscious, and while it loves being off road, it is pleasant to drive on the tarmac, at least if the surface is smooth. The firm suspension does jolt in potholes but otherwise, the ride quality

town driving is quite acceptable.

The overall driving refinement is not as good as rivals such as the Skoda Yeti, Nissan Juke or Mini Countryman but you have to weigh that against the Jeep's superior off-road ability and its charismatic look.

The 2.0 litre diesel engine pulls well, giving a nippy 0-100 kph time of 9.9 seconds and top speed of 182 kph (113 mph). Fuel economy is 17.2 kpl (48.7 mpg). The nine-speed auto gearbox is excellent, giving smooth and fluid shifts.

The cabin has a stand-out radically-styled dashboard, unlike anything else in the class. There is a logical layout of instruments and the touchscreen is quick to respond.

There is space for four adults in comfort. Boot space is adequate at 351 litres and expands to 1,297 litres if the rear seats are folded. Only downsides - a deep load lip and the rear seat doesn't go fully flat.

**RENEGADE:**  
A distinctive visual cachet.



*Model tested is UK-specification and equipment levels and prices may vary in other markets.*

## Most popular sports car

AFTER storming into the European market, the Ford Mustang is now officially the most popular sports car on the planet. Last year more than 150,000 Mustangs were sold across the world, well ahead

of major rivals Ferrari and Porsche.

The Mustang's surprisingly late entry to European markets made all the difference with sales outside the US leaping by more than 100 per cent. It

was also the most popular 250hp plus sports car in the UK with almost 5,000 shifted in 2016.

Sales this year are continuing the trend, bolstered by rave reviews of the latest edition of the iconic model, which debuted in 1962. The 2018 model is due for release in North America this autumn, and in Europe by next spring. British buyers are opting for the full Mustang shebang.

Seven in every 10 UK sales are for the V8 5.0 GT Mustang option as buyers demand the biggest bang for their buck.

Mustang was also the best selling sports car in Poland, France, Finland, Sweden and Greece. In other words Europeans love the American sports behemoth.

Ford is also performing well when it comes to the best selling cars of 2017 so far. Its F-Series shifted almost a quarter of a million vehicles worldwide in just the first four months of the year, more than any other model.

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# Congratulations to Cup winners Arsenal, Barcelona, Celtic and Manchester United

## Tony Matthews

International Sports

A former player, Tony is now the world's most prolific author of football books with 150 published since 1975. He has also been a PE teacher and a policeman, and is now a quiz-organiser, fund-raiser, for various charities, and sports correspondent for Spectrum Radio.

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### Forthcoming Events

- Starting with football and on Saturday in Cardiff, we have the Champions League final between Italian giants Juventus and Spain's La Liga winners Real Madrid who will be aiming to become the first team to retain the coveted trophy since its introduction in 1992 when it replaced the European Cup.
- The Oaks (tomorrow) and the Derby (Saturday) take place at Epsom and my each-way choices are Natavia (in the former) and Yucatan (latter). See my Derby Preview elsewhere.
- Today, England's cricketers, fresh from their ODI series triumph over South Africa which included a dramatic two-run victory in the second encounter at Southampton last Saturday, play Bangladesh in their first 2017 Champions Trophy tournament at The Oval. It's Australia-New Zealand tomorrow, Sri Lanka-South Africa on Saturday and India-Pakistan on Sunday; Eng-

land's second match is against New Zealand next Tuesday.

- The French Open Grand Slam tennis tournament continues at Roland Garros - where women's top seed Angelique Kerber suffered a first round exit, as did GB's Dan Evans, while Petra Kvitova has returned to action 25 weeks after a knife stabbing which threatened her career.

### ROUND UP

- Last Saturday, Arsenal deservedly won the FA Cup for a record 13th time, beating 10-man and out-of-sorts double-chasing Chelsea 2-1 in the final... Celtic, unbeaten in all domestic matches in 2016-17, claimed a historic treble by lifting the Scottish Cup with a 2-1 victory over Aberdeen... and Barcelona overcame Alaves 3-1 in the Copa del Rey final... all this after Manchester United had earlier won in Europa League final with a 2-0 win over Ajax.
- After their play-off finals, Huddersfield or Reading will play in the Premiership next season... Blackpool will be in League One... and Hamilton Academical will compete in the SPL.
- Around 37,000 fans saw Sebastian Vettel, Kimi

Raikkonen (stitched up) and Daniel Ricciardo finish 1-2-3 in last Sunday's F1 Monaco Grand Prix in Monte Carlo where Jensen Button returned for one more race! Lewis Hamilton came seventh and now trails Vettel by 25 points in the driver's championship. The next race is in Montreal, Canada on Sunday, June 11.

- In the Indianapolis 500 in the USA, Spain's Fernando Alonso failed to finish in his first drive in the race due to engine failure.

- In Rugby Union, Exeter Chiefs beat Wasps 23-20 in the Premiership final, Northampton edged out Stade Francais 23-22 in the Champions Cup final and Scarlets lifted the Pro12 trophy with a 46-22 victory over Munster. And two England players suffered irritating injuries in their international friendly win over the Barbarians at Twickenham.

- In boxing, GB's Kell Brook lost his IBF Welterweight world title after an 11th round stoppage against Errol Spence Jnr but George Groves is, at last, the WBA super-middleweight champion after beating Fedor Chudinov.

- In athletics, Sir Mo Farah won the 5,000m at the recent Diamond League meeting in Oregon and Holly Bradshaw (pole vault) and Greg Rutherford (long jump) were victors at the Manchester Games which attracted over 100,000 spectators despite the recent bombing which killed 22 people, young and old. Tirunesh Dibaba from Ethiopia won the Great Manchester City Run (marathon) for the fourth time.

- Tom Dumoulin won the 100th Giro d'Italia cycle race by 31 seconds from Nairo Quintana. Adam Yates was the best placed

British rider, finishing a creditable ninth.

- Over the last 12 days, managers David Moyes left Sunderland, Gary Monk walked away from Leeds, Marco Silva quit at Hull and Walter Maserati bid farewell to Watford, replaced by the aforementioned Silva.

- And Italian football international Francesco Totti has retired from top-class football after 25 years.

ers have so far scored 100 or more Premiership goals: Alan Shearer, Wayne Rooney, Andy Cole, Frank Lampard, Robbie Fowler, Jermain Defoe, Michael Owen, Les Ferdinand, Teddy Sheringham, Steven Gerrard, Ian Wright, Dion Dublin, Emile Heskey, Paul Scholes, Darren Bent, Peter Crouch and Matt Le Tissier. Harry Kane (78) will be the next.

### MOVING ON!

Senior footballers John Terry and Pablo Zabaleta will have new clubs in 2017-18 and don't be surprised if the following also move on during the summer: Diego Costa, David de Gea, Jordan Pickford (from Sunderland), Michael Keane (Burnley), Romelu Lukaku, the Leicester duo of Riyad Mahrez and Kasper Schmeichel, Virgil Van Dijk and even Kyle Walker, Wayne Rooney, Ross Barkley, Daniel Sturridge and Yaya Toure! We'll see.

**FA CUP WINNERS:**  
Aaron Ramsey and  
Rob Holding of Arsenal.

**EXETER CHIEFS:**  
Beat the Wasps in the  
Premiership final.

## DID YOU KNOW?

Overall, from TV fees, place money, sponsorship, Chelsea received £153.2m for winning the Premiership title. Second-placed Spurs received £148.5m, while relegated Sunderland got just £99.9m. Manchester United collected £2.4m when they won the first PL title back in 1993... how times have changed!



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# Pego Golf Society

THE members of Pego Golf Society and their guests (Michael Marshall, Jason Webb and Mick Connolly) played a Texas Scramble in Oliva Nova.

The weather was great and the course, while it was a bit sandy after hollow coring, was in very good condition.

There was only one 'two' today and the honour went to Colin Davies, while nearest the pin on hole 3 was Colin Foster at 2.55 metres and on hole 16 Roger Brown at one metre.

The winners were Ian Robertson and Paul Trigwell with net 68. Second were Mal-



**MEMBERS:** Played a Texas Scramble at Oliva Nova.

colm Wise, Terry Oram and Dave Philips, while third place was taken by Stella Fox and Colin Foster.

If you would like to join the society for a round you can contact us through the website [www.pegogolfsociety.com](http://www.pegogolfsociety.com).

## Calpe bowled over



**U3A CALPE:** The end of another year.

IT was all white on the night for the members of U3A Calpe Bowls Club as the group posed for a photograph to mark the end of another successful year.

The sport - which can be highly competitive on the green - still allows interested people a try out and a warm wel-

come from the friendly group.

Bowls is just an example of the many opportunities available within U3A Calpe. Membership is €10 a year. For more information about the association and how to make the most of joining, visit [u3acalpe.org](http://u3acalpe.org).

## Sporting Alfas Cricket Club beat Levante C C taking 18 points

SPORTING ALFAS won the toss and asked Levante CC to set a score. Garvey and Pickford walked in and looked slightly worried by new player Liaqat's pace, with his first six overs for SACC only costing 14 runs.

Hamza (1-45-6) from the other end was a little costly but gained the breakthrough when Garvey (10) nicked one behind to Bhatti.

Morgan entered the play and lived a charmed life for a few balls before getting to grips with the surrounds, reaching a very stylish 27 before nicking one from Spanish and Club captain Muñoz again well taken by Bhatti.

Pickford on 72 also fell to Muñoz this time well caught by the bowler who took the ball over the stumps at his own end when it returned from visiting the Moon. Just 15 runs later and the guile of Taylor did for Hunt (26) when over stretching and lofting the ball to Alger in the midwicket region.

Ravinshanker danced down the track a few times before being snaffled by Laundon at short mid wicket again Taylor doing the damage.

Muqal became Muñoz's third victim well caught by Liaqat diving forwards at silly mid on. Murphy hung around with Abbas whilst he went on the rampage hitting a mighty 78 which included three maximums and nine fours.

Murphy was bowled by Liaqat's last ball of his second spell, finishing with 1-43-9. Burchill stood and watched Abbas spank the ball to all corners and gently put the ball in a gap to keep the hitter on strike. The final score was 276 with full bonus points, SACC only gaining three points in the first half.

In the end Alger reaching 44 and Bhatti 54 to give SACC another victory over the Valencian team. The club took 18 points with only six for the visitors who must have thought today was the change in fortune they had desired.

Next Saturday brings the other format to Albir with the T20 league opener against old rivals Pinatar Pirates. The fun begins at 1pm with the second match scheduled for 4.30pm.

Come down and enjoy the carnage in this exciting form of the game.



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+34 966 265 072   [moraira@currenciesdirect.com](mailto:moraira@currenciesdirect.com)   [currenciesdirect.com/ewn](http://currenciesdirect.com/ewn)  
[javea@currenciesdirect.com](mailto:javea@currenciesdirect.com)

\*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).  
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