



Newsletter March 2016



Welcome to the March edition of your LBRA newsletter.

Well yet another month has whizzed past and what a busy one it was for us. March looks like being even busier as we have many meetings arranged, possibly a spot of island hopping and we are going to be out and about making our Vblogs, so if you see us please give us a wave. It is also our AGM this month and there is more about that in the newsletter. Remember the clocks move forward this month so we shall soon be having an extra hour of Lanzarote sunshine. We also have the Easter break this month as well as St David's Day and St Patrick's Day, so lots of reasons to celebrate. You may have noticed that we now include lots of links, and many of our members have commented that they prefer this as it gives them the option to read more if they want to.

We hope you enjoy this edition of the newsletter and as always would welcome your comments and suggestions, and if you have any news, celebrations or events you would like to share with other members then please let us know.

Members Coffee Morning

We held our first members meeting in February and what a delightful event it was. It was unfortunately not hugely supported but those who attended had a fabulous time. It was great to be able to get together and celebrate the associations 8th birthday with some of our members. As well as enjoying coffee and cakes we were able to catch up on the latest association and island news, make new friends and generally have a good time with plenty of laughs. A very special thanks to Eimear, Chris and their team from Kristian's Restaurant in Puerto del Carmen for providing the venue, coffee and an amazing display of scones, cakes, pastries and cookies, to say everyone was overwhelmed is an understatement, great hospitality and service, thanks guys you were incredible.



Health Centre Appointments



There is now a new link if you wish to make, view and cancel appointments on line at your local health centre. It now allows you to make appointments with a nurse as well as the doctor. In addition it has latest health news and there is even an App that you can download to use on your phone. It's a fast and easy service just follow the link and enter your medical number.

<http://www.gobiernodecanarias.org/citasalud>

If you live in Spain and want to renew your EHIC, if you have a registered S1 form (you will know if you do!), you can renew your UK issued EHIC by calling: [+44 191 279 0575](tel:+441912790575). If, like most people, you simply have Spanish healthcare (excluding the 'covenio especial') you should apply through your local INSS office. For answers to your EHIC questions, please click here <http://goo.gl/bhHQaK>

Let's get cooking



You may not know that Chris from Kristian's Restaurant is apart from being an award winning chef a published author. He has written a book which contains many of his and his customers favourite dishes, and it also gives an interesting insight into his life and how he ended up with his wife Eimear living and owning a business in Lanzarote. Chris is seen here singing copies of his book. If you would like a copy then pop into Kristian's or contact Eimear King on facebook. Kristian's Restaurant is located in the old town in Puerto del Carmen; Kristians restaurant and wine bar

Calle teide 8

Old town

Puerto del Carmen Lanzarote

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Member Interview

This Month's interview is with Paul Cardwell Hounam who owns and runs Lavaflow Surf, Rookie Lifeguard and Swim Lanzarote. We have been trying to interview Paul for the last two years, but due to his busy life have not been able to so it was great to be finally able to sit him down and have a chat. (Paul is pictured on the left below)



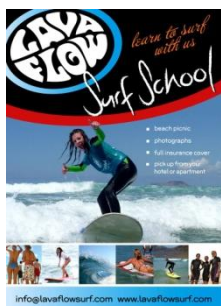
LBRA. Hi Paul thanks for taking the time to meet us as we know how busy you are. Now you live here with your wife Borgie and son who is now almost 5 how long have you actually lived in Lanzarote and why Lanzarote?

Paul. I arrived on the 6th Jan 91 with a view to becoming involved in water sports, Back home I worked in a swimming pool and did the pool lifeguard thing from the age of 14. Lanzarote is amazing, for me summer in the UK was a really hard time suffering from hay- fever, my parents are amazed to see how much time I spend out in the garden when all I did at home was hide away rubbing my eyes and sneezing lol. I love the natural contrasts of Lanzarote, the Lava, the fauna, I love the Ocean here and the way my work is I would really find it hard to do the same work all year round anywhere else. Lanzarote is more of a friendly Island with some amazing and interesting people. The climate here is wonderful I don't know about other people here but we love to grow fruit and veg and it thrives here, we recently took a slice of a nice tomato and planted it from it we have around 7 plants growing. Top tip give it a try lol.

LBRA. Has Lanzarote met your expectations?

Paul. Lanzarote has not only met my expectations but has given me a massive amount of freedom to work and to dream big.

LBRA. Now we know you own Lavaflow Surf, how difficult did you find it to start the business, what advice would you give to others?



Paul. To start the business and to navigate through the channels was not so easy. I think it is so very important to block out the noise of advice and to find someone honest to deal with someone who can help you to miss the pitfalls which others tend to make their living from. I remember in the early days paying the equivalent of 1000 pounds to get a residencia, which I now know is absurd. This miss information was given to finance someone's private pension. LBRA have helped and continue to help and support us in so many areas and help us progress with minimal fuss and a reasonable fee. I think what is so important for us is to know we have a voice, and that we are strong together.

LBRA. In addition to Lavaflow you run Rookie Lifeguard and now Swim Lanzarote can you tell us more about those?

Paul. We have been running the RLSS UK rookie lifeguard scheme for around 4 years now, helping the younger generation to stay safe in and around the water but also to help in the case of an emergency. The Lanzarote Rookie Lifeguards have learnt so much and continue to do so, from beach flags and signals to Phonetic alphabet, telephony skills and Life support including CPR, casualty handling, It is so important to us that these kids and young adults get some recognition as the skills they learn will benefit us all. We have had a lot of success with the Lanzarote rookies featuring many times in the RLSS UK lifesaving magazine. One of our original rookies Jinke went from our first session to now a fully qualified beach lifeguard, AED operator, rookie instructor and Youth leadership tutor and all by the age of 17. Within our Lanzarote lifeguard program we also hold advanced awards for the older members of the family, with survive and save scheme and more advanced again Life support 3 qualifications and National beach lifeguard courses. An added advantage to the rookie scheme is the fact parents have some piece of mind knowing their children know what to do in an emergency. The course is also stage 2 of the UK national curriculum for teaching swimming. Our sessions are from 8 years to 100 years every Saturday from 10.00 – 12.00



Swim Lanzarote is an absolute joy, we are providing open water swim sessions and learn to swim courses for people of all levels, we meet every Sunday, Tuesday and Thursday morning on playa grande at 09:00 for 1 hour then off for breakfast it's a real social feel and a great way to stay fit, lose weight and meet some amazing people. We have all levels from beginner swimmers and recreational swimmers to Ironman triathletes and long distance swimmers. We have some great guest speakers coming to our breakfast meetings including Ironman race director and owner of Ocean lava Kenneth Gasque, and One of the top 3 triathlon coaches in the UK.

Our swimmers have achieved so much in such a short period. We also have 2 pool sessions per week Tuesday and Thursday at the Costa Calero 40m pool they start at 17:30 for 1 hour, we also provide advanced video analysis to keep you on your game. We recently included swim cards so people can purchase a block of 12 swims.



LBRA. You have a young son, are you happy with the schools and facilities provided for youngsters on the island?

Paul. Yes we have an amazing little boy who goes to the Hispano Britannico where we feel he has excelled so much. Very small class groups of 10 students, with a multinational feel with kids from Croatia, India, Spain, UK, Scandinavia and Italy in his class so really a great chance for him to learn about other cultures and customs. There is a great deal to do on the island if you like sport and culture even for the very youngest members of the family there are meetings going on, bouncy castles and events it seems every weekend. The hard thing sometimes is finding out about them before it's all over

LBRA. What if any changes would you like to see in Lanzarote?

Paul. Lanzarote has come a long way since I arrived in January 91 the service industry has really upped its game, with people acknowledging you when you walk in and actually asking to help. However the politics here is a bit less accommodating. The national bodies for Spain and the Canaries make it hard to reach agreements regarding legislation and often implement change that only benefits a small portion of the community and certainly not the expat side of things, I would like to see more use of public spaces for everyone, many people have some great ideas regarding how to engage tourists and locals but unfortunately these opportunities are lost due to paper work or ridiculous laws. But hey it is getting better.



LBRA. Best things about living in Lanzarote?

Paul. The obvious answer from me is always going to be the Ocean, The coast and waters around Lanzarote has been my playground for around 25 years at the age of 45 I am still playing there and loving every minute. I love the north of the island with the contrasting landscape; I love to eat out and to meet and discover new things about the island, It's really amazing I feel I know the island like the back of my hand then I find out something new. I love the climate here its perfect for me beautiful days and a little cooler in the evenings.

LBRA. Is there anything you miss from your previous lifestyle in the UK?

Paul. I used to think I missed a lot, but I did try to move back some time ago and just tried to recreate my Life in Lanzarote in Scotland, It didn't work and I came back very reassured I wouldn't do that again. The thing with home is that it's my holiday resort now so you can get caught up in the holiday romance of home but once back I know where I need to be and I am do lucky to do jobs I love so much. So I guess that's I only miss family and friends but do see them often.

LBRA. How do you like to relax, sports, hobbies etc?

Paul. I love to Swim, Surf, Climb, Cycle, Run, Hill walk, Stand up paddle, eat out but most of all I love to spend time with my amazing family either on the beach, or outside at home enjoying the warm evenings with friends.

LBRA. Anything about you that would surprise people?

Paul. I have to say never been famous but I was the first foreigner to have a convalidation between the RLSS UK and the FESS (Spanish federation of lifesaving which is still marked as part of history) For me and what surprises people is when I mention Cancer, 6 years ago I was diagnosed with testicular cancer and after an op and chemo and a lot of love from family and friends got through an ordeal that many people I know here on the island go through with not so much good luck as I have had. It has always been really important to me to speak openly about cancer as it is such a big part of my life and I strive to get everyone I speak with to realise cancer can be spoken about and knowledge is wealth.

Recently I made a pathetic effort to grow a 70s tash for movember and when people asked me how much money I raised my answer was nothing. I didn't do it for the cash but for the publicity. After publishing a few dodgy photos on Facebook I was in awe and shocked to speak the following morning with so many people who have been through or and are going through cancer but never want to chat about it. All I can say is get the message out there.

LBRA. 5 words to describe Lanzarote?

Paul. Magical, inspiring, captivating, beautiful, breath-taking.

LBRA. And your plans for the future?

Paul. I have so many plans all of the time, it drives my wife insane. Our plan is to develop a state of the art open water training facility so we can provide a stunning location for foreign visitors and locals to learn about the water and how to have fun but stay safe, to promote swimming here on the Island and add to the popularity of Lanzarote with athletes from all over the world.

We would really like to set up a very professional beach safety service to highlight problem areas and maybe one day run the beaches on the island to a top standard cutting down on unnecessary drowning.

Right now we are in the process of planning a swim the length of Lanzarote to be done over a week with stages of around 13 km per day. So all very exciting stuff I can't wait....

Paul many thanks, I think we can say you are truly inspiring and we wish you every success with your future projects.

If you would like to contact Paul regarding any of his groups or would like more information then please email lavaflowsurflanzarote@gmail.com



Underwater Museum

We are sure that by now you all know about Europe's first underwater museum that has opened in Playa Blanca. Created by British artist Jason deCaires Taylor the museum will be a major tourist attraction for the island and an achievement for Lanzarote that we should all feel proud of. If you want to know more you can read the article that was published in El Pais, just click on the link http://elpais.com/elpais/2016/02/22/inenglish/1456150873_347433.html?id_externo_rsoc=FB_CM



Presidents Visit

We were delighted to be invited to attend a meeting on Wednesday 3rd March with the president of the Canary Islands Fernando Clavijo, he explained how additional money they received for each island will as from this year be used for infrastructure and projects to develop employment plans etc. Many dignitaries were in attendance and it was a good opportunity to discuss business matters and concerns. A further private meeting has been planned and we shall keep you updated. Pictured on the left of the photo is Fernando Clavijo, president and David de la Hoz, vice presidente primero del Parlamento de Canarias is on the right.



<http://www.diariodelanzarote.com/noticia/clavijo-presenta-el-%E2%80%9Cmayor%E2%80%9D-plan-de-desarrollo-%E2%80%9Cclanzarote-tiene-proyecto-de-isla%E2%80%9C>

Tourism News



Last year tourism in Lanzarote generated more than 2,664 million, and interestingly as stated in a recent report the majority of visitors arrived on low cost budget airlines. (This was something that was predicted by LBRA President Danny a long time ago, when he commenced his campaign to support and encourage budget airlines) The study concludes that females spend less? If you would like to read more as published in Lavoze then click the following link

<http://www.lavozdelanzarote.com/articulo/economia/turistas-mas-gastaron-isla-2015-llegaron-vuelos-coste/20160223155704104900.html>

Flights



More good news, budget Airline Ryan Air have just announced that they have added a new route to their winter 2016 schedule, from Newcastle to Lanzarote and they have also announced new flights from Belfast that include Lanzarote. <http://www.independent.ie/life/travel/travel-news/ryanair-announces-seven-new-routes-from-belfast-airport-34508476.html>

<http://www.chroniclive.co.uk/news/north-east-news/budget-airline-announces-new-routes-10979278#ICID=FB-Chron-main>

Another airline is now providing flights between Manchester and Lanzarote. In February Condor commenced its flights making it the sixth Airline Company operating this route. For further details follow the link.

<http://www.anna.aero/2016/02/15/condor-joins-highly-competitive-manchester-lanzarote-sector/>

New Guided Walks for Tegui

Tegui Ayuntamiento have a new FREE service for visitors and residents, this is a new tourist and cultural initiative that will take place every Wednesday and Sunday, during March, April, May and June. Meeting point: Casa Museo del Timple, located in the Spinola Palace opposite the Plaza de San Miguel. Visit time: 1 hour and a half.



Guided Tours:

Wednesday's "Historical Tegui":

A guided tour through time gone by, visiting the historical old town of Tegui walking through its traditional streets and picturesque alleyways with its marvellous architecture gives you a real flavour of the island and its people.

Sunday's "Tegui and its surroundings":

A guided tour through the heart of Tegui, discovering streets and passage ways, and in particular viewing the traditional architecture such as ovens made from limestone, and visiting El Jable and the San Rafael Chapel.

Duration: 10:00 to 11:30

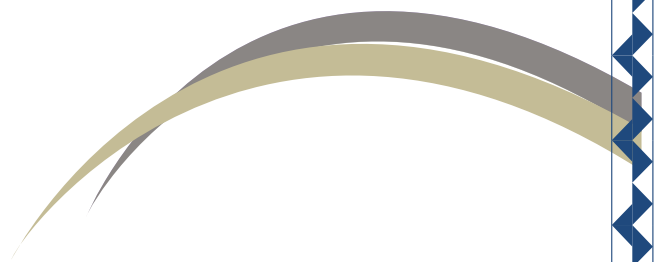
Difficulty: Easy.

Languages: Spanish and English.

Recommendations: Comfortable walking shoes and clothing (jacket).

Improvements for Costa Tegui

It has been announced that Tegui Ayuntamiento has allocated a initial budget of almost four million euros, which could increase to six million over 6 years. The money is to be spent improving the infrastructure, maintenance, gardens and parklands in Costa Tegui. It is recognised that the general area needs to be upgraded and work will commence in July, please click the link for the full report. <http://www.diariodelanzarote.com/noticia/tegui-destinar%C3%A1-seis-millones-al-nuevo-servicio-de-mantenimiento-de-jardines>



Annual General Meeting

The 2016 AGM will take place on Wednesday 30th March, following comments from past AGM's it has been agreed that this one will be concise, follow a strict agenda and should only last for approximately one hour. The final budget and expenditure will be sent to members prior to the meeting for approval.

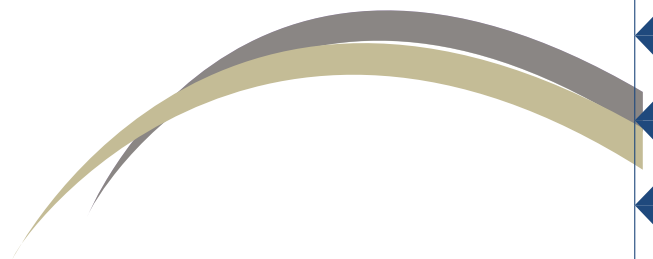
Date: Wednesday 30th March 2016
Fondeadero Civic Centre, old town harbour
Puerto del Carmen
Time:
11.30 Registration
12.00 Meeting Commences

Friends of Costa Teguisse

In February we were delighted to attend the "Friends of Costa Teguisse" cocktail reception. It gave us a great opportunity to meet with local business members and hoteliers as well as hearing about the current plans and proposal from Teguisse Mayor Oswaldo Betancort.

Social Media

A number of our members attended the free social media meeting that was held on Friday 4th March and hosted by John Beckley.





John's presentation

We hope you have enjoyed this edition and as always would welcome your comments and suggestions.

Best wishes

Danny, Silvia, Rita and the LBRA Team



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