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ISSUE 45
AUG 2020
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inside...

South Town

Cartagena

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Top 9

most spectacular squares in Spain

Wine Article

Let's Talk Wine



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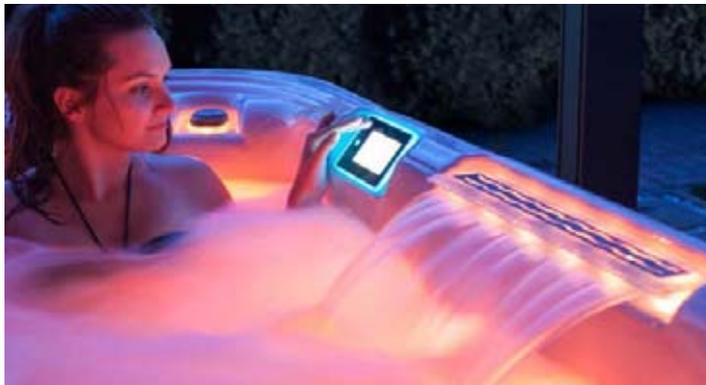
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A Life in SPAIN

Welcome to the August edition of ALIS.

What a year this is. In 10 years time I will know all of the answers in a pub quiz. From what year was the 6 nations postponed to when did President Trump tell us to put a light up our bottoms. :)

So what's in this edition....

Spanish Recipes. continues with one of my favourites. Spare ribs with aletrias. Definitely worth a try.

Whilst page 19 has an article on Spain's most spectacular squares. Time to get your next trip organised.

Page 6 has an interesting feature on the town of Corvera. A lovely town that has now been made famous by the airport.

Enjoy!

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A photograph of a woman in a black suit, smiling and pointing towards the text.

Places to visit in a day:



Corvera is one of the largest districts in the Municipality of Murcia and was, for centuries even larger and more important when it included the localities of Lobosillo and Valladolises.

It is now set to re-establish it's prominence in the area due to the opening of the Corvera airport.

There is a lack of a focal water source though in the region so the first real sign of habitation evidence can be found dating back to the late Iberian and later Roman epochs, the latter totally dominant following the invasion of Cartagena in 209BC. By 50BC Iberian culture had all but disappeared but even roman settlements were sparse. (Nobody had told them that an airport was coming).

After the decline of the Romans, the area was occupied by the Visigoths and then by the Moors who invaded Spain in the early 8th century. For the next 500 years the Moors farmed the land until 1243 when Alfonso X of Castile gained Murcia as part of his kingdom. Although Moorish settlers were allowed to remain, they rebelled in 1266 and were largely expelled leaving empty territories which were distributed amongst noble families.

It was a difficult task to repopulate the area with

Christians in the 13th 14th and 15th centuries and as an area on the frontier close to the last Moorish kingdom, Granada, it was far from safe. It was subject to constant attacks from the Moors and from the Berber pirates of North Africa. After the Moorish kingdom fell, Corvera continued to flourish.

The main Fiesta in Corvera is in honour of the Virgen del Rosario on the 7th October. It lasts nearly two weeks and follows the patterns of many other local fiestas which include the election of a Fiesta queen and her maids of honour with sporting events, special days for children, ladies and gentlemen, musical events and religious processions etc.

There is a nice small market on Sunday mornings and a stroll around the town will reveal lots of good bars and restaurants and the church is well worth a visit. Parking is no problem. Just watch Corvera expand over the coming years!

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RESALES. NEW BUILD. DESIGN

Why rosé is so enjoyable??

Wine can be intimidating, let's face it. Which to pick? How to pair with food, what price is acceptable, is this bottle "good"? We can't all be sommeliers... But In la Diligente, yes we are sommeliers!

To make rosé wine, red grapes are lightly crushed and left to macerate with the skins on for a few hours or just a few days; at which point the juice is strained out and fermented. The longer the grapes skin is left to sit in the wine, the darker the colour. The longer the skins are left in is actually what determines the color of wine; white, pink, or red. Most rosés are blends of multiple grapes; the most common of which are the European-style of rosé consisting of Grenache, Sangiovese, Syrah, Mourvèdre, Carignan, Cinsault, and Pinot Noir. So now that you understand that a pink wine is not the sugary evil step sister to your favorite pinot, let's move on to how to choose your next rosé.

What's great about your new favorite pink wine, is that it does not get better with age so there is no shame in drinking that bottle right away. No need to hoard these bottles for a special occasion. They are perfect already just as they are. The most important thing, in my humble opinion of course, to look for when choosing your rosé is the element of dry. Dry = not sweet. You want a wine that is crisp, fresh, and acidic without the sugary element that buries the flavors you crave. "Old world" rosé from Europe will typically be more dry and "new world" rosé from anywhere but Europe will be less dry.

There are always exceptions to the rule as I know there are California rosés out there that are delicious and super dry, (*cough cough Napa* – because Napa Valley can do no wrong). Sticking to the "old world" vs "new world" rule is just a helpful guideline to help you get started on your rosé journey.

Seven reasons to love Rose Wines!

1. It's cheap and delicious. This is worth saying again, and especially since we're seeing so much rose that costs 20€ or more. It's almost impossible to buy a bottle of 10€ rose that isn't worth drinking. In this, the pricier roses usually aren't that much better – just more expensive.
2. It usually has a screwcap, (new world).
3. It will pair with almost anything, be it any food, warm weather, a barbecue, or just sitting on the porch and contemplating a summer afternoon.
4. It makes the wine snobs crazy. First, they lumped rose with white zinfandel, and sneered at all pink wine. Today, they're falling all over themselves to love rose – and since they can't bring themselves to buy cheap wine, they're overpaying for it.
5. Great rose is made in every part of the world, whether it's around the corner or in the world's greatest wine regions. Even California, which has so much difficulty making quality wine that most of us can afford to buy, makes it.
6. It makes producers crazy. I get releases all the time from companies big and small, expensive and otherwise, who never cared about pink wine before, but know they have to make it or suffer financially.
7. And did I mention that it's cheap and delicious?



So how best to drink rosé?

Like white wine, rosé is best served in a medium-sized glass so that the fresh and fruity characteristics gather towards the top. You should treat it just as you would a white wine, not too cold that you can't taste anything, but certainly chilled.

If in doubt, follow the 20:20 rule. The idea being that you should take your white or rosé out the fridge 20 minutes before serving, while reds should go in to the fridge 20 minutes before serving.

My best personally-opinionated advice:

Reach for something from Navarra (garnacha) when picking your rosé. It's virtually impossible to go wrong if you do.



ROSÉ WINE COLOR GUIDE

Based on common flavors in Rosé Wine
from light to dark

Source: winefolly.com/



Wine of the month

UMEA ROSADO 2019

Grape variety: 100% Garnacha. DO Navarra

Caudalia has a cellar from the early 20th century full of concrete tanks and barrels of different capacities. They have carried out an important and costly work to recover their 10 hectares of vineyards located in low mountain areas, with heights ranging from 500 to 700 meters of altitude.

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Delicate fresh strawberry scents predominate the nose, along with hints of juicy plum. The palate is crisp and refreshing with strawberry flavors and touches of watermelon and river stones. The finish is lively and thirst quenching with soft notes of strawberry and melon.



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A Taste of
SPAIN 09

Spanish Recipes

Spain has some of the most varied cuisine in Europe. We are going to try to guide you through some recipes for you to try at home.
Good luck and enjoy.

Spare ribs with aletrias



Ingredients:

Ingredients for 4 people:

- 250g of aletrias (large noodles)
- 400g of spare ribs
- 1½ ripe tomatoes
- ½ l poultry stock (or a chicken stock cube)
- 50g of grated cheese (any kind)
- 1 spoonful of butter
- 1 small glass of oil
- 1 onion
- salt
- a pinch of sugar

Method:

Cook the noodles for 15 minutes in a pan with plenty of boiling water and a dash of oil.

At the end of this time, dry the pasta without running it under the water, and reserve it.

Put the small glass of oil in an earthenware dish and place on a medium heat

when it is hot, add the spare ribs and the finely chopped onion.

Meanwhile, peel and chop the tomatoes

when the contents of the dish turn brown, add the peeled tomatoes together with a pinch of sugar.

Leave on a low heat for 15 minutes.

Once this time has elapsed, add liquid to the stew in the form of poultry stock

after 3 minutes, add the cooked noodles.

At the same time, mix the butter and the cheese. Put this mixture into the dish, stir it, and let it boil for another 3 minutes.

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Let's Learn Spanish

Travel

Phrases

Please could you tell me how to get to the bank?	¿Me puedes decir cómo llegar al banco?	Meh pwed es day see yahkomo yea gar al ban ko
Where do you live?	¿Dónde vives?	Dondayveeviz
I live on an urbanisation	Vivo en una urbanización	Veevohennoo nah er ban knee sah thee yon
Is this a toll road?	¿Es una autopista de peaje?	day lah ow toe peastah
Take the 2nd street on the left	Coja la segunda calle a la izquierda	Es oo nah ow toe peastah day pay yah hey
Take the 1st road on the right	Coja la primera carretera a la derecha	Coh hah lah say goon dah cai yeh ah laheeth key air dah
Take the last exit at this roundabout	Coja la última salida de esta redonda	Coh hah lah pre mare rah ka ray t air rah ah lah day retch ah Cohhah lahool tea mahsallee dah day esstah ray don dah

Vocab

Path	Una senda	Oo nah send ah
Pavement	Una acera	Oo nah ah therra
Track	Un camino	Oon ca mean oh
Street	Una calle	Oo nah cai yeh
Avenue	Una Avenida	Oonahaven ee dah
Main road	Una carretera	Oonahka ray t airrah
Dual carriageway	Una autovía	Oo nah ow toe vee yah
Motorway	Una autopista	Oo nah ow toe peastah
Countryside	El campo	El kampo
Place	Un lugar	Oon loo gar
Town / Village	Un pueblo	Oonpwelbow
City	Una ciudad	Oonah sea youdad



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South Town...



CARTAGENA

Cartagena is one of the regions most historic towns. Here we are going to take a look at some of what has helped to make this town what we see today.

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The town was originally named Mastia. Possessing one of the best harbors in the Western Mediterranean, it was re-founded by the Carthaginian general Hasdrubal in 228 BC as Qart Hadasht ("New City"), identically named to Carthage, for the purpose of serving as a stepping-off point for the conquest of Spain.

The Roman general Scipio Africanus conquered it in 209 BC and renamed it as Carthago Nova (literally "New New City") to distinguish it from the mother city. Julius Caesar gave the town Latin Rights, and Octavian renamed it in his honor as the colony Colonia Victrix Iulia Nova Carthago or Colonia Vrbs Iulia Nova Carthago (C. V. I. N. C.) depending on the source. The city was very relevant both in the Carthaginian and the Roman conquest of the Iberian Peninsula. In 298 AD, Diocletian constituted a new Roman province in Hispania called Carthaginensis and settled the capital in this city. It remained important until it was sacked by the Vandals in 435 AD.

During the Roman period, it was the site of major silver mines, yielding a daily revenue of 25,000 drachmae. It was known also for the production of garum, a fermented fish sauce, and for esparto grass which granted it a new name, Cartago Spartaria.

Middle Ages

The demise and fall of the Western Roman sovereignty caused the city to go into decline. It was occupied successively by the Vandals (409–425), the Visigoths (425–551 and 624–714) and the Eastern Romans (551–624), who made it the capital of Spania (the Byzantine Empire's westernmost province). Cartagena was re-conquered by the Visigoths, who held it until the Muslim conquest in 714 AD, when it was called Qartayannat-al-Halfa.

It was subsequently ruled by the Umayyads (714–756), the Caliphate of Cordova (756–1031), the Taifa of Denia (1031–1076), the Taifa of Saragossa (1076–1081), the Taifa of Tortosa (1081–1092), the Almoravids (1092–1145), the Almohads (1145–1229) and the Taifa of Murcia (1229–1245). King Alfonso X of Castile (Alfonso the Wise) conquered Cartagena in 1245; he re-established Christian rule and the Bishopric of Cartagena. In 1270, Alfonso created the Order of Santa María de España for the naval defense of the Crown of Castile and established its headquarters in Cartagena. In 1296, Cartagena was annexed to the Kingdom of Aragon as the Reconquista focused on the remaining Muslim kingdom, Granada, which fell

in 1492. Cartagena entered a period of great decadence and decay, despite a short economic revival in the 16th century, because Spain's colonial activities used ports to the west. Cartagena didn't fully recover until the 18th century, when it became a leading naval port in the Mediterranean.

Modern history

On 3 September 1643, the French led by Grand Admiral Jean Armand de Maillé-Brézé defeated most of Spain's fleet here.

In 1728, Cartagena became the capital of the Spanish Navy's Maritime Department of the Mediterranean and the city was heavily fortified with the construction of a modern Castle in the place of a former Moorish Kasbah, several barracks and a huge arsenal. In a relatively short period of time, the population of the city grew from around 10,000 to 50,000 inhabitants.

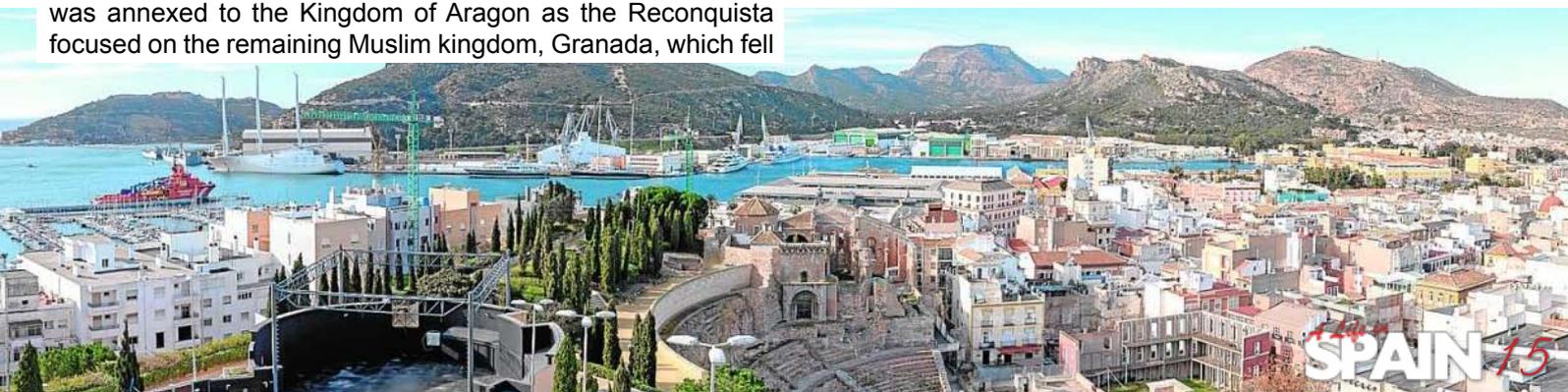
In 1757, during the Seven Years' War, a French naval force was forced to take shelter in the port. A squadron under Duquesne sent to reinforce them was attacked and defeated by a British squadron under Henry Osborn at the Battle of Cartagena.

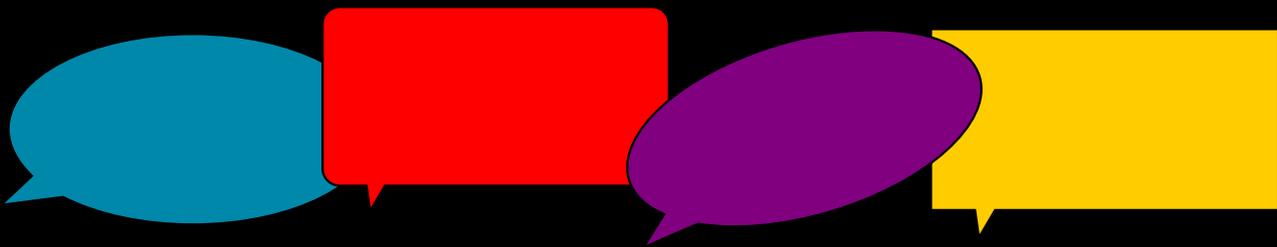
In 1873, the city established a self-governing government and become the centre of the Cantonal Revolution. Governmental forces besieged the city for several months until they surrendered.

During the Spanish Civil War (1936–1939), Cartagena was the main base of the Spanish Republican Navy and one of the primary strongholds of the Republican Government. It held out against the forces of General Francisco Franco longer than any other city in Spain, being the last of its cities to surrender. The city saw its industrial activity increased during the 1950s, resulting in more prosperity and this trend continued until a general decline in manufacturing throughout Europe in the late 1980s and early 1990s.

Present

At the moment, Cartagena comprises part of the autonomous community of the Region of Murcia, and is the seat of the Regional Assembly of Murcia. It is also capital of the maritime province of Cartagena, which was granted by the Royal Decree of 5 October 1607 under the reign of Philip III.





Inés García Pérez

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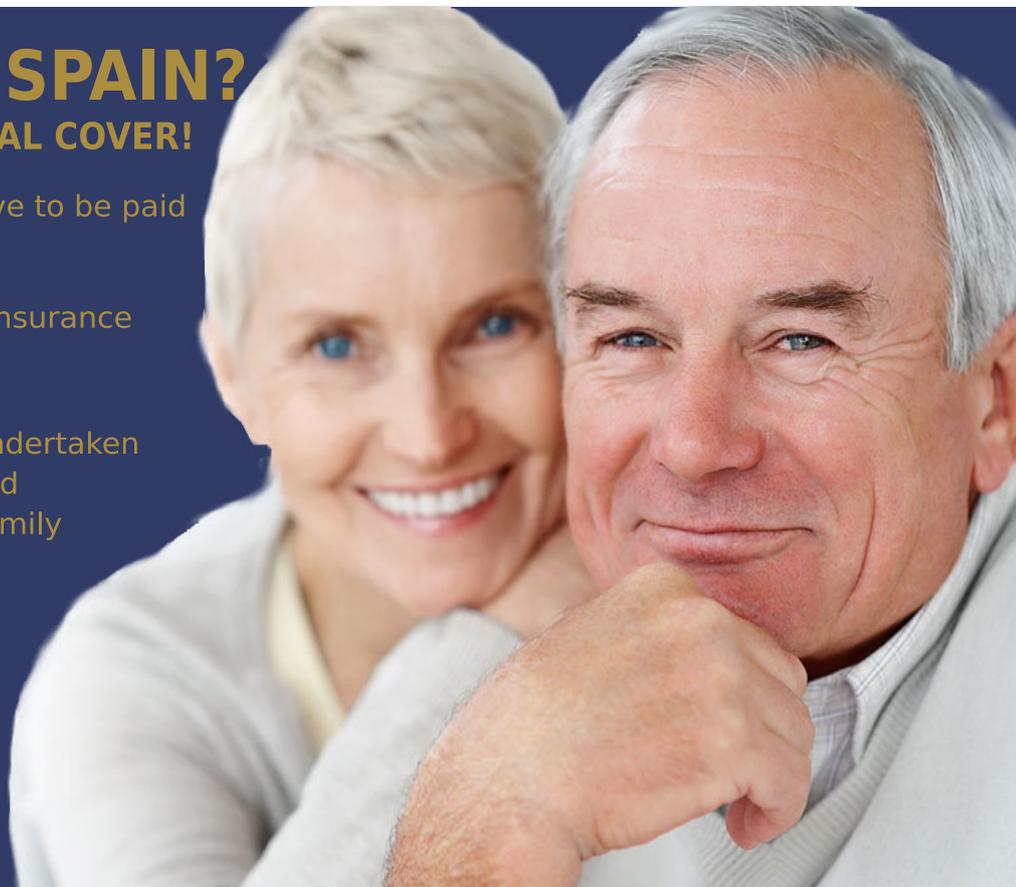
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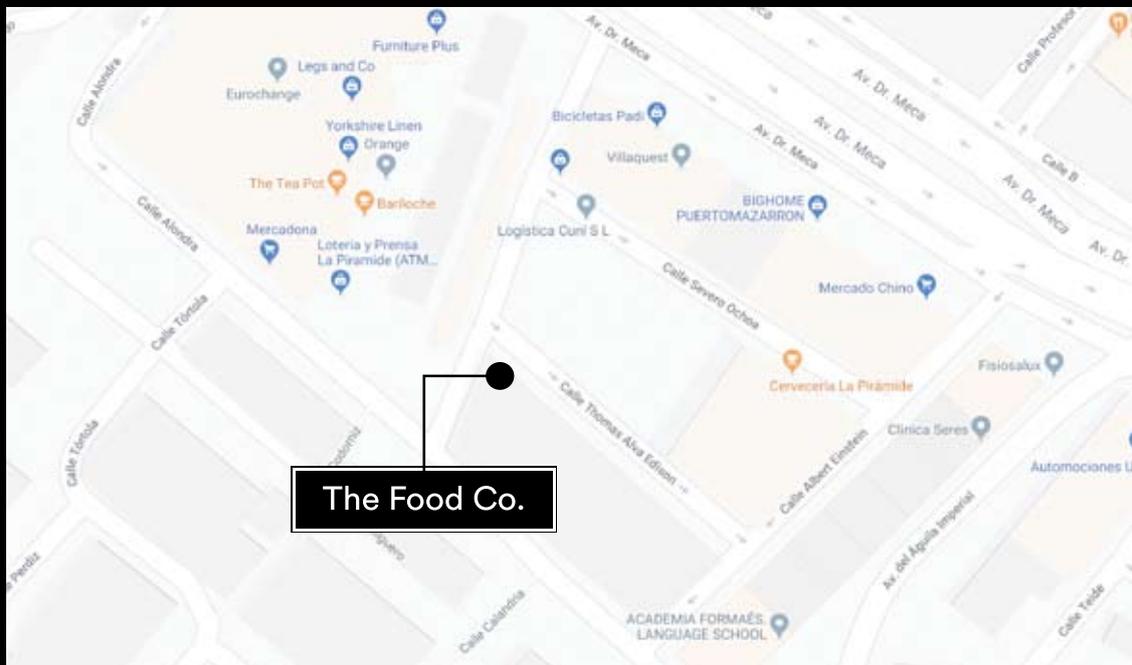
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Top 9 most spectacular squares in Spain

There are many cities in Spain with spectacular squares. Either by its architecture styles, the arched patio or holding a cathedral, squares in Spain are worth visiting. However, do not miss the opportunity of visiting some of the most spectacular squares in Spanish towns.

Plaza Mayor de Salamanca

The Plaza Mayor in Salamanca must appear among the most spectacular squares in Spain. It is the nerve centre of the city and a very striking Baroque building. Moreover, it is a very beautiful square, specially when it lights up at night.

Dating back from the 18th century, it was designed by architect Alberto Churriguera. However, some alterations took place at the beginning of the 19th century .

Its 88 round arches on which three-storey buildings and more than 400 balconies stand, call everybody attention. The arches are alternated with representations of popular people from history of Spain. The square holds the City Council and the Royal Pavilion.

Plaza Alta, Badajoz

The alignment of styles in the square make a special composition. Recently restored, it is believed that the square was built on some old islamic houses located near the Alcazaba wall. The market was settled there during Middle Ages. The Jewish quarter was in the vicinity. Its Mudejar arches and its bright colours stand out.

It is one of the most spectacular squares in Spain where two different areas can be observed. On one hand, on the north is the oldest part, influenced by the Medieval. On the other hand, on the south is the more modern part.



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Plaza de Nuestra Señora del Pilar, Zaragoza

Also known as Plaza del Pilar, the Plaza de Nuestra Señora del Pilar is one of the most crowded spaces in Zaragoza. There is located the Catedral-Basílica de Nuestra Señora del Pilar, one of the most important Marian temples in the world. The most outstanding characteristic of the interior is the chapel of Nuestra Señora del Pilar, as it is one of the best examples of Baroque architecture in Spain.

However, the square holds two cathedrals, Nuestra Señora del Pilar and the Cathedral of Salvador o La Seo. It is a representative building of Mudejar in Aragón. Therefore the square sometimes received the name of Plaza de las Catedrales (Cathedrals square). The City Council, the Lonja, the monument to Goya, the Fountain of La Hispanidad and several courts are also located in this square.

Plaza Mayor de Madrid

In the heart of Madrid, a few meters from the Puerta del Sol, is the monumental Plaza Mayor. Thanks to its 129 metres long by 94 wide, it is not surprising that it is one of the most spectacular squares in Spain. Nevertheless, it has not always had that name.

It holds several outstanding elements. Firstly, the Statue of Philip III. It was built in 1616 as a gift from the Duquis of Florence to the Spanish King. It was moved at the middle of the 19th century from Casa de Campo, where it was located until that time.

Plaza del Obradoiro de Santiago de Compostela

The Plaza del Obradoiro is a must-see in Santiago de Compostela. It is believed that its Galician name comes from the workshops of the stonemasons who worked on the construction of the Cathedral's facade. Thus, the Santiago Cathedral stands as a temple that greets the more than 320 thousand pilgrims who walk the Way to Santiago every year.

Thus, the buildings and monuments surrounding the square are a sample of different architectural styles that have occurred in its more than 700 years of construction. This gives the Plaza del Obradoiro a particular charm.

The Romanique Cathedral, the Gothic-Renaissance Cloister of the Cathedral, the Late Gothic and early Renaissance Hostel of the Catholic Monarchs, the Renaissance Colegio de San Xermoe with its Late Gothic facade and the Neoclassical Raxoi Palace. Moreover, the Medieval towers of the facade have Gothic finishings.



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Plaza de la Corredera, Córdoba

The rectangular patio of the Plaza de la Corredera in Córdoba stands out for its length and its positioning with three level buildings. This type of construction is unique in Andalusia, as it is usually more typical of Castile.

Its function has changed over the years and since its construction in the 17th century. At the beginning it was used as bullring, then a place for religious events. It was even a place where the executions took place during the French invasion. Then, it became the current square.

Plaza de Alfonso II el Casto, Oviedo

The Plaza Alfonso II El Casto, also known as Plaza de la Catedral (Cathedral square), is one of the most beautiful squares in Oviedo. It is home to the Gothic Cathedral of San Salvador.

The Garden of the warrior-kings and the Baroque Palace of Valdecarzana and Heredia (declared a Historic Artistic Site). The Palace was built in 1627, although it was later renovated. There lived the marquisis of Valdecarzana-Heredia, as it is proven by the coat of arms placed in the central part of the facade.



Plaza del Rey, Barcelona

Located in the Gothic neighbourhood, the Plaza del Rey is one of the squares that could easily be classified as a gem. Its Gothic and Renaissance style make it stunning. Most of the buildings there are part of the Palacio Real Mayor (Grand Royal Palace), the former residence of the Counts of Barcelona as well as the Kings of Aragón.

Thus, there is the Salón de Tinell, on which the tower of the view point of King Martin was built. Although the Gothic style predominates, at the base of the building there are Roman and Visigothic remains.

Plaza del Ayuntamiento, Toledo

The Plaza del Ayuntamiento is one of the most significant spaces, where three of the most relevant buildings in the city are located. They are Town Hall, the seat of the city council, the Cathedral and the Archbishop's Palace. The construction of the City Hall had the aim of establishing a relationship with the most representative buildings, it was not a coincidence. In order to find out about the origin of this square, we must go back to the year 1339.

Although the layout of the square is irregular, the buildings there are impressive. Firstly, there is the beautiful Cathedral of Toledo, a jewel of the Gothic. However, from the square only a part of the temple can be seen, specifically a tower composed of eight bells that dates from the 15th century. The Archbishop's Palace, on the other hand, has an elaborate facade dating from the Renaissance, although it was renovated in the 18th century.



Courtesy of fascinatingSpain.com

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The resort offers several bars and restaurants as well as a 5 star hotel. Alongside the 18 hole, Dave Thomas designed golf course, there is also a 6 hole academy course, pitching, putting and a drive range to help you perfect your game before taking on the challenges of the 18 hole course. There are also numerous swimming pools, tennis, paddle, football pitch, bowls green and much more on offer.

It is a very safe place for children and families, with large green areas to play and enjoy the countryside together with many playgrounds for the younger children. It also has a supermarket. It is about 2 kilometer to Fuente Alamo town which offers restaurants, bars and great fiestas during the summer. And of course the golf course itself is one of the best and most popular 18 hole Championship



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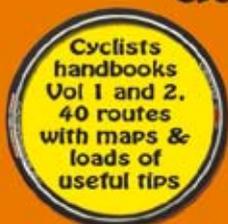
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Spain

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Spanish way of life

To discover Spanish society through the Spanish fashion, popular festivals and Spanish holidays, famous Spaniards, Spanish customs and food it is best to immerse yourself into a smaller Spanish village.

The Spanish society has a very particular way of living life. Spaniards love to enjoy their fiestas and mid-day siestas, dressing up in the latest fashion, enjoying tapas in the numerous bars that are located throughout the city or dining on traditional Spanish food with friends and family. The phrase "Spain is different" is commonly heard and reflects the laidback attitude and passion for enjoying all that life has to offer that is a defining characteristic of Spanish culture.

Spaniards cherish their free time and social lives along with their particular Spanish customs and traditions which represent a key part of the Spanish culture. Spanish people often meet with friends in big groups to enjoy the good weather while sipping on their favorite beverage or walking just strolling around while chatting about everything; football, politics, family life, work, Spanish fashion, celebrities or television.

Family life is also one of the most important aspects of Spanish society. Spanish families normally eat lunch or dinner together daily and those who no longer live at home normally return on the weekends for a big family meal. Traditional Spanish food and Spanish recipes are served and the weekend family gathering can last for several hours.

These aspects of Spanish society and Spanish customs can be surprising to many visitors, but once you have experienced it, you will surely love Spanish life!

'Source: murciaturistica.es'



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Take a look at the stylish restaurants opening up around the resort. New astronomic eateries are growing in number all the time. Plus there's a marvelous selection of quality shops and boutiques.

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Yes - Benidorm is a world of family fun, sun and these days luxury! Whatever type of holiday you're looking for

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Guadalest

El Castell de Guadalest, known usually as Guadalest, is a small town in Valencia, in a mountainous part of the comarca of Marina Baixa, in the province of Alicante, Spain. Guadalest covers an area of 16 sq km, and has a population of around 200 inhabitants. Guadalest is approximately 25 kilometres inland from Benidorm along CV-70 road.

From a tourist or sightseeing point of view, Guadalest is made up of 3 main areas. These are, the village, the reservoir, and the waterfalls. All 3 of these areas are a must see, and having visited for the first time recently, I can personally confirm that Guadalest is definitely up there on the bucket list. There's something for everyone, and one trip is not really enough

The village.

As you can imagine, like all tourist towns, this is geared towards the tourist trade with a square full of quaint shops, bars and museums. which mingle with the main sightseeing attractions. Official parking is plentiful and cheap at only 2€ for a full day. Here are a few of the main historic buildings worth looking at

Guadalest Church / Nuestra Señora de la Asunción. The baroque village church dates back to 1753 when it was finished. It stands on the ground of a former 13th century chapel which was built after the Christian Re-conquest. During the Spanish Civil War, it was damaged and only rebuilt in 1962.

Orduña House / Casa Orduña.

With many museums of doubtful character, which do not deserve their name, the best one is named Casa Orduña and was the residence of the Orduña family which ruled the place for many centuries.

It was built in 1644 on the grounds of the former Alcozaiba Castle which was destroyed by an earthquake in the same year. The house shows reconstructed rooms, including the library, bedchambers and the private lodge from which the Orduñas see in the neighbouring church. Some rooms are used for art exhibitions so that it is likely to see some paintings and drawings from local artists. Casa Orduña house is also the entry to the castles which is described in a separate tip.

Viewpoints.

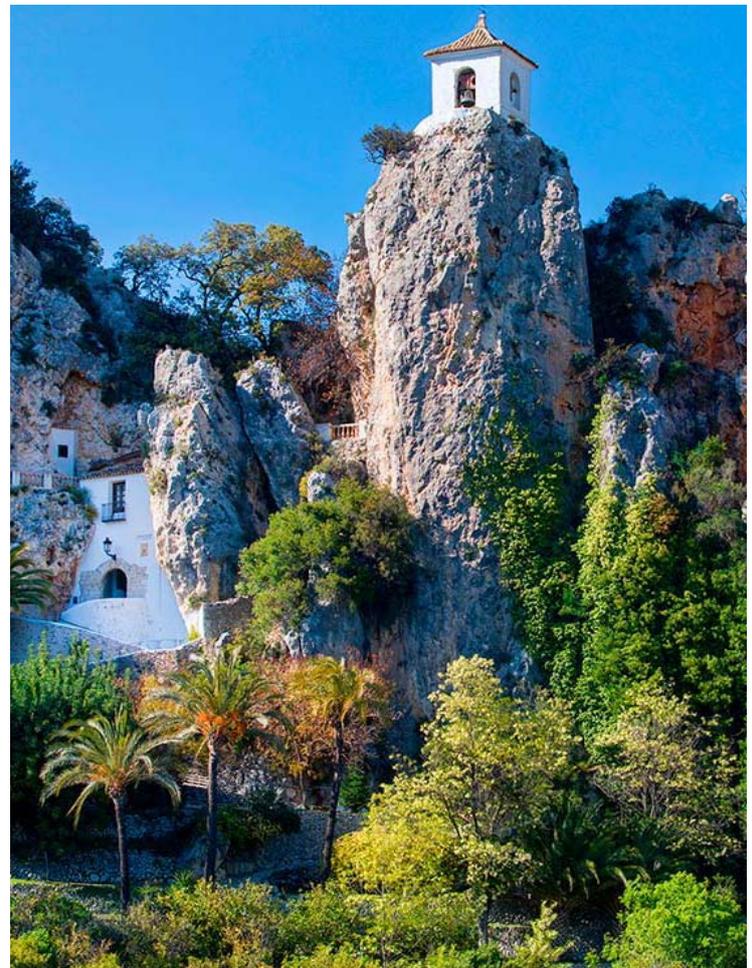
With Guadalest being on top of a rock, you have a wonderful view onto the surrounding area. There is the blue Guadalest reservoir to the north and Benimantell Castle to the west. The best point of view is from San José Castle, but you will have to pay the

entry fee (See Orduña House and Castles) to get up there. The three viewpoints close to San Gregorio Square are however not bad either.

Castles.



As only ruins remain of the castles, it is difficult to see that there are actually two of them in Guadalest. Alcozaiba Castle is the one built by the Arabs in the 11th century to the north of the main street in the old town. This castle was destroyed by the 1644 earthquake. Afterwards, it was decided only to rebuild San José Castle. From Alcozaiba Castle, only a tower was reconstructed which is now used as a belltower. This Castle is closed to the public.



The Reservoir.

The emerald green waters of the Guadalest Reservoir always amaze visitors to the area. The green colour is caused by tiny particles of silt suspended in the water. It is perfectly safe to swim in, although it is certainly not suitable for small children or poor swimmers as the water soon gets very deep.

The best access for swimming is from the car parking area at the dam. Go through the gates (where it says dangerous swimming "peligro de baño") and after a minute you will find some access paths down to the shore. From June through to October you probably don't need a wetsuit. In mid summer it is the perfect temperature for a dip!

The dam was built across the Guadalest River between 1953 and 1964 and is 73 meters high, 270 meters long and supplies water to many towns and villages in the area, including Benidorm.

There is a good walk around the Lake, on minor roads and paths. about 10km in length. The Guadalest dam is a great place for fresh water fishing, but you'll need a licence.

You can drive across the dam and along the North side of the lake by taking the turning marked "Embalse de Guadalest" on the road from Guadalest to Callosa. It is also just 5kms by a minor road from Abdet. Follow the (camino rural) road from the bottom of the village all the way to the bridge on the West side of the lake. You could park near here and walk around the lake.

The Waterfalls

Now relax and enjoy the Algar Waterfalls in a peaceful setting and dip your toes in one of the many pools. For the more adventurous, there are areas designated for diving. Or just simply sit and gaze at the amazing power of nature's water.

It was the inclusion of the waterfalls in one of the episodes of ITV's hit series Benidorm that made the attraction famous. Unfortunately this doesn't always have a positive effect. There is a public car park situated a short distance away from the entrance to the waterfall area. There are also numerous restaurants with car parks exclusive to customers. These car parks are very busy and so arrive early or book in advance with a restaurant.

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Approx. tee interval 10 min.

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10 Health Benefits of Olive oil

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Heart Disease

Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins.

Oxidante Stress

Olive oil is rich in anti-oxidants, especially Vitamin E, which is long thought to minimize the risk of cancer. Among plant oils, olive oil is the highest in mono-unsaturated fat, which doesn't oxidize in the body and also because it is low in polyunsaturated fat - which is the kind that does oxidize within the body.

Blood Pressure

Recent studies indicate that regular consumption of olive oil can help decrease both systolic and diastolic blood pressure.

Diabetes

It has been demonstrated that a diet that is rich in olive oil, low in saturated fats, moderately rich in carbohydrates and soluble fibre from fruit, vegetables, pulses and grains is the most effective approach for diabetics. It helps lower "bad" low-density lipoproteins while improving blood sugar control and enhances insulin sensitivity.

Obesity

Although high in calories, olive oil has shown to help reduce levels of obesity.

Rheumatoid Arthritis

Although the reasons are still not fully clear, recent studies have proved that people with diets containing high levels of olive oil are less likely to develop rheumatoid arthritis.

Osteoporosis

A high consumption of olive oil appears to improve bone mineralisation and calcification. It helps calcium absorption and so plays an important role in aiding sufferers and in preventing the onset of Osteoporosis.

Keeping the Heart Young

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The Journey - Vintage Pilgrim

By Carol Hughes

Arrived

16th April

We are going back to look at the Mercedes again. Even though it is more money and I should imagine greedy on petrol. I have sat in it again, I'm in love with it, Is that possible for a car? Not sure Charlie likes it he can't jump in, well he is not used to 4x4's. It's like a spaceship has all the bells and whistles but have this nag in my head I am being silly. So, we are going for a coffee to have a chat about it.

While sitting having a coffee we have spotted another car, a Silver Jeep Cherokee 3.0 the right age and the right Price. not as pretty obviously! But a nice car. I think we have found a car; Chris is going to test drive it providing it drives ok I think we will buy it.

Yes, we have bought it, Paid a deposit. I had to go to the bank across the road and withdraw our card daily limit from the machine €300.00, and we are picking it up tomorrow. We have also done a deal that we will leave Chris's Mercedes there, and they will put it through ITV (Spanish MOT, I know I thought the same, what has TV got to do with cars). They will also transfer it to Spanish plates, so it is registered in Spain.

The Jeep is lovely, but I would still have loved the Silver Blue Merc it was so shiny!

17th April

Ok, so we have picked up the Jeep. Although it wasn't as straight forward as it seemed they wanted cash! they do not take card. I had to go across the road to the bank and withdraw cash. Which is not straightforward, the bank wasn't happy doing it as they will not release more that €3,000 a day! You have to pre order the money. Anyway after a few phone calls to my branch, and a big smile they eventually told me to come back at 2pm. When the bank was closing, and I could have it then. This was strange, totally alien to me. Turning up at a bank as it closes and having to sit and wait in a closed bank, while they opened the safe to get me my money. Spanish banks are very different to UK banks. This is not the first time I have had trouble withdrawing money, everyone wants cash. I had arranged one of my cards limits to cover the cost of the car prior to collecting the car. Never imagined they would ask for cash.

20th April

The weather really has taken a turn we have a gota fria (Cold Drop). We now know where all the leaks are. We went to bed last night after I had placed a bucket under a drip in the utility room. The bucket was full and had over flowed. Then there is the water that had come under the door !!! water, water everywhere its horrendous. I am sure everyone told me Spanish weather was perfect! It's not! they lied.

What is a Gota Fria you ask? It's the name Spain give to a meteorological phenomenon which can cause devastating flooding. Seemingly it is normal to get a Gota Fria in Spring and Autumn, as is caused by cold air travelling along the jet

stream meeting warm air from Spain. People have likened a Gota fria to standing under a power shower. It is high winds and like standing in a waterfall is the only way I can describe it. It drops phenomenal amounts of water in a very short period of time. Which fill the riverbeds and turn roads in to fast moving rivers. A Gota Fria can go on for days not just hours. Bet you think I am intelligent! I googled it, lol. This is a great test for the house. I have to say apart from a few leaks it has done well, no real damage. The road outside leading to the village has turned into a dirt track, now you know why we needed a 4x4.

The UK is having beautiful weather! what is that all about? erm excuse me this is Spain! bring the sunshine back. Charlie is unimpressed he doesn't like rain, well water in general! Every time he goes out for a pee, he comes in looking like a drowned rat.

21st April

The local carpenter has arrived he is fixing the centre window panel in the door that Chris broke the first time he locked us out of the house. He has measured up and is making us a new panel, but it will take a few weeks as a whole new panel has to be made.

Well the house is 100 years old so wouldn't expect anything to be a standard size. Nothing in this house is straightforward. But I still love it, it's my little finca its cosy and has a lovely feel to it. Pepe and Nicole who owned the house before us lived in it for 25 years. Happy and content from what I have been told. She was French he was Spanish. They were married in a little church on a hill around the corner. Everyone knew them around here and they all say they were a lovely happy couple always having parties. And people used to come from all over, to visit and party with them.

22nd April

Power cut Argh!! Something else to get used to in Spain the Power cuts

Stay tuned for the next part



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