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April 2023 • Issue 281

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DEAR READERS

Once again we have managed to get the current magazine distributed before the first of the month as many businesses are not open over the weekend of 1st & 2nd April. This gives our advertisers over a month of advertising to maximise their potential.

There is so much going on in April with **Easter** celebrations. Check out the **Area News** sections and **What's On** to find out what is going on in your region. **Easter** is one of the main fiestas in Spain and the parades and processions will be spectacular, so if you are going to see any of these, take your camera/phone with you and send us your favourite photo. We will choose the best photos to put in the May magazine. The deadline for entries is Monday 17th April.

It has been a busy month covering all our areas and we would like to **Welcome/Welcome Back** the following advertisers:

- Construcciones Nino
- Currencias Direct, Mojácar
- Don Tecnico Technology Shop
- Levante Polyester Pools
- Multiservices (Building Services)

**Outlet Hogar
Real Covers & Premium Grass**

For those who have not managed to change their UK driving licences to Spanish ones so have not been able to legally drive in Spain for a while, read the article from the **British Embassy** (page 26) on the updated time limit to change your licence to be driving legally here.

It is with great sadness that we have to say that Lynda Newman from **Welcome House**, Cehegin passed away very suddenly on 21st March. Lynda and Derek became well known for opening up their home for music and quiz nights and Lynda, who was incredibly talented, ran carding classes each month for a group of ladies from the area. Our thoughts are with Derek and his family.

From all of us at the **Costa Cálida Chronicle and Beyond**.

**THANK YOU
TO OUR
CONTRIBUTORS**

**Adrian & Dawn Leyland Bridge
- History Snippets**

Ashlí Miréla - Health & Wellness

Car Registrations Spain - Driving in Spain

Jane Cronin - Learning Spanish

Martin O'Hanlon - Birding in Murcia

Rainbow Satellites - TV News

Sara Millbank - Ma Millbank

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CONTACT US

Sales & Marketing - 619 199 407
 Eva - Sales Representative - 651 659 109

Patti Benn - Editor - 646 005 017

Graphic Design
 - costacalidachronicle@gmail.com

Martine Shindler - Office Manager
 & Customer Services - 680 588 377

costacalidachronicle@gmail.com
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Our office address is:

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Office Opening hours:

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 Thursday 10am-12pm (by appointment
 only)

Payments can also be made in our office
 on

Monday-Friday 10am - 4pm

If you would like to place an advertisement
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 Costa Cálida Chronicle, then please send it
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To our advertisers.

If you have sent an email to the CCC and
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 you can assume that we have not received
 it.

In line with our customer service policy we
 always reply to every email even if it is just
 a short note to say "got it".



Costa Calida Chronicle

Price List - All Prices are excluding IVA

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Full Colour	250,00€	135,00€	85,00€	75,00€	45,00€	40,00€

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Business News

If you are an existing customer and you have some Business News that you would like to share with our readers then why not email it to us to be included on our Business News page. Please keep your news to about 100 words and send us an email by 15th of the month, to costacalidachronicle@gmail.com with Business News in the subject box.

Levante Polyester Pools (Piscinas Poliéster Levante) are a company dedicated to the construction of polyester pools.

They take care of everything from the excavation to the electrical and plumbing installation.

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Veritas Homes Property Group in Mojácar have been busy doing what they love - finding people their dream home! They have also been on the move! You can now find them at Calle El Arenal, Multicentro Playa Local 31, Mojácar Playa. Pay them a visit in their new 'home' to say "Hi" and let them help you with all your property needs.

Tel **950 472 430**

Natalia Filbee can help exchange your UK Driving Licence to a Spanish licence. No exams needed!

If you are a Spanish Resident and still have a UK licence, contact Natalia for all the information you need. She is on Camposol in the mornings and Puerto de Mazarrón in the afternoons.

WhatsApp **669 075 157**

Kwik Fix auto services service and repair all makes of vehicles. They can get your car ready for the ITV and take it for you, saving you the possible language barrier and time.

Kwik Fix has all the latest equipment, including Computer Diagnostics and re-gassing for your air conditioning, etc.

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The sun is shining! Warm weather means more outside living! Make sure your garden/outside terraces look their best and are bright and colourful.

Jardineria El Milagro at Bolnuevo have a great and varied choice of bedding plants/shrubs as well as decorative pots/wall art.

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There are several colours and fixtures to choose from.

A pool cover increases child and pet safety, reduces maintenance, keeps out leaves and dirt, saves on pool chemicals, prevents algae growth, reduces evaporation and saves water. Most important is the reduction on energy bills.

In 2019 the team of **REALCOVERS** created **PREMIUM GRASS**.

They offer the sale and installation of top quality Artificial Grass, with prices starting at 18€/sqmtr fully installed. There are many qualities to choose from.

Please get in touch to discuss your requirements and receive a free no-obligation quotation.

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REPAIRIT and NATE

But it was working yesterday!!!

We are all living with a tight budget in today's economy and the last thing you need to add to the struggle is to unexpectedly have to replace a tool or equipment or some item you rely on which was working yesterday, but for

some reason has decided not to work today. In the real world, nothing is designed to go on forever and we do,



unfortunately, live in a throw-away society and have become quite influenced by that mind-set, but for many items it is worth paying for a repair, or at least considering that option before just spending money and replacing it with new.

Chain Saws, Circular Saws, Reclining Chairs, Swivel Chairs and Rocking Chairs, Jewellery boxes and all sorts of general tools.

Nate is Ken's son who works more with building materials, including blocking, rendering and various wall finishes. Combining our experience and skills, all sorts of projects can be tackled, from simple wall repairs to rendering or bathroom refits, plumbing and electrics. We are also experts in repairs to terraces and other tiled areas, as well as window fitting and door resizing. Whole property refurbishments can be undertaken and many of our customers have simply added to our repair list as they discover the extent of our services. We have years of experience in helping clients sell their house, as in today's competitive market any property for sale needs to stand-out with everything working as it should.



Ken has over 45 years experience in repairs to machinery and equipment which many would have considered doomed to the scrap heap. With a background of vehicle and property restorations, recent repairs have included Washing Machines, Food Mixers,

For a chat about anything broken that needs fixing or any renovation project, please call **646 705 403** or **665 186 901** Messenger or WhatsApp as well!

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Ken can help you with...Property repairs, small engines, furniture repairs, welding, solar, electrics, pools, plumbing and one-off solutions to problems in Construction, Electrical and Mechanical systems.

Also... Nate can help you with small building works, wall rendering and repairs as well as plastering and generally getting block work and walls sorted.

...Ken and Nate are both fully Legal in Spain...

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The warm weather is on its way and the bathing season too, with one of REALCOVERS solar covers you can start bathing in the coming weeks, getting the most out of your investment

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With one of our protection or winter covers, you can seal off the pool and keep the water fresh and clean during the months that the pool is not in use or when you are away.

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EDITORIAL



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Not All Insurance Is The Same

We all know how difficult it can be to find the right **Insurance** policy. There is a lot to be made from commission and companies will jostle each other for your custom. No matter how carefully you read through the small print your policy can still turn out to be a disappointment when you do need to make a claim.

However, **Insurance** is something that we have no alternative but to take. You cannot do without **Car** or **Home Insurance** and no matter how frustrating and expensive, finding the right **Insurance** is perhaps one of the most important financial decisions you make.

Now there is another hazard to be aware of. As the banks in Spain have seen income drop from mortgages and other high return activities, they have been looking for new

ways of boosting their income and they seem to have found it - **Home Insurance**.

No account is sacred

Some banks are taking a good look at your Spanish **Insurance** arrangements even though they are not allowed to use your person data from your Spanish bank account. They are checking the premiums you pay, who the **Insurance Company** is and when the renewal day is approaching. Perhaps a 'problem occurs' with your direct debit, a payment isn't made and the bank calls you in. At this point they take the opportunity of introducing you to their own **Insurance**. They will suggest that you might like to take up a particularly good, 'promotional offer'. Of course it will be a cheaper premium that you have been paying. After all, they know what that is already.



Don't be deceived

Not only is this practice highly unprofessional, you also risk being sold an inferior **Insurance** policy. Knowing what your premium is, the bank will undercut the cost of your current **Insurance** and offer you something cheaper. What they may not inform you of is the difference in the actual level of **Insurance** they are offering for the price. It is highly likely that it is not only cheaper, but inferior in some form too.

What should you do?

You might try to establish as clearly as possible the reason why your direct debit was not paid. You could also ask whether the bank has used information from your account, although they are unlikely to admit that they have.

You need to rectify the missed payment. It is likely that your **Insurance** company in Spain will request it from your bank again. However, it might be wise to be cautious and contact them yourself so you can explain the situation and ensure that payments continue to be made.

(Written by Glenn Unwin Insurance agent from Albox)



Natalia Filbee
Liberty Insurance Agent
Tlf: 669 075 157
Avda. Costa Cálida
Pto. De Mazarrón
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Historic Vehicles

What Is An Historic Vehicle?

In Spain an historic or classic vehicle has to be a minimum of 30 years old or of special interest culturally. To qualify, the vehicle must not have been substantially modified from its original state and be in a good condition that is in keeping with its original design and manufacture.

Benefits Of Owning An Historic Vehicle

There are several benefits to owning an **Historic Vehicle** in Spain, including:
Insurance - cheaper insurance (although kilometres per year may be limited)
Road Tax - exemption from road tax in most municipalities

Low Emissions Zones - Historic Vehicles are permitted to enter most ZBE's
ITV - longer intervals between ITV tests

ITV Testing

As noted above, **Historic Vehicles** also benefit from a longer interval between ITV tests as follows:

Vehicles Under 40 years old - ITV test every 2 years

Vehicles From 40 to 45 years old - ITV test every 3 years

Vehicles Over 45 years old - ITV test every 4 years

Additionally, **Historic Vehicles** are not required to have certain elements that are mandatory for modern vehicles if the vehicle wasn't equipped with those elements when it was manufactured.

Driving Rules For Historic Vehicles

As you would expect, all the normal driving rules apply when travelling on Spanish roads including having adequate insurance in place and keeping your ITV up to date and you must also abide by any special rules that are included on the vehicle technical documentation (ficha técnica).

Speed Limits For Historic Vehicles

Many **Historic Vehicles** have limited top speeds and those that cannot achieve 60 km/hr cannot be driven on dual carriageways nor motorways.

Lighting Rules

If your **Historic Vehicle** isn't fitted with adequate lighting that complies with modern

regulations its use will be restricted and you will not be able to circulate between sunset and sunrise.

Registration

Registering or importing an **Historic Vehicle** can be a complicated and time consuming process, so we definitely recommend that you contact a competent vehicle registration agency who will be able to manage the registration process for you.

Car Registrations Spain SL provides the leading vehicle registration service of pre-registered foreign vehicles in Spain. If you have a foreign registered vehicle that you would like to register onto Spanish plates or think we can be of service, please don't hesitate to get in touch with a member of our team.

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Health and Beauty Section



EDITORIAL

Verdiana
Tel: 610 030 635



Kale

This variety of cabbage belonging to the Brassica family is very popular in the colder regions of Europe, especially in Germany and the Netherlands.

Thanks to its properties it has gained considerable popularity all over the world. It is a first cousin to broccoli, cauliflower and cabbage, as well as having its own varieties: **curly-leaf kale**, **flat-leaf kale** (a bit more bitter), **Russian red kale**, **Tuscan kale**, **dinosaur kale**. All of them have an intense colour, crisp and fibrous leaves and a unique flavour.

Vitamins and minerals per 100g:

- Vitamin A, C and K
- Vitamin B3 and B9 (Folic Acid)
- Potassium (491 mg)
- Calcium (150 mg)
- Phosphorus (92 mg)
- Magnesium (47 mg)
- Sodium (38 mg)
- Iron (1.47 mg)
- Zinc (0.56 mg)
- Chlorophyll, Carotenoids, Lutein

Properties:

- Antacids, Anti-inflammatory
- Antioxidants, Anticancer
- Detoxifying and diuretic

Therapeutic uses and digestive and bone health:

From a medicinal or therapeutic point of view, the calcium content of **Kale** juice serves as a natural antacid in the treatment of stomach and duodenal ulcers, as well as to treat intestinal inflammation. This calcium is better absorbed and fixed than that of milk thanks to the rest of the micronutrients it provides such as phosphorus and magnesium, (essential

perfect for those who tend to suffer from anaemia.

Detoxifying power:

The high levels of potassium and sodium cause a diuretic effect that helps eliminate accumulated fluids in the body, making it very convenient in the treatment of diabetes, obesity, uric acid and related heart diseases. It is a useful vegetable when it comes to lowering high cholesterol levels, preventing heart disease and helping us take care of our cardiovascular system.

How to take it:

After reading all the benefits of Kale you must be thinking about how to add it to your diet! You can add it to salads, in strips and sautéed in a wok or steamed with a squeeze of lemon, but the most delicious way is Green Superpower Juice.

Get your **Kale** from **Verdiana**, situated in the indoor market of Puerto de Mazarrón. It comes fresh from our own land and free from any chemicals.

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for good calcium absorption), which is why it is very important for bone health and prevention of osteoporosis.

Antioxidants to prevent cancer and care of eyesight:

Lutein and carotenoids have a very important function as antioxidants against free radicals, in addition to acting as a natural sun filter located in the back of the eye. It protects the eyes from the damaging effects of the sun and prevents visual loss that usually occurs naturally over time. **Kale** is closely related to the prevention of cancer (especially colon cancer, lung cancer and those with hormonal origin) and the development of tumours thanks to Vitamin K.



More Iron than a steak:

The incredible combination of Vitamin C and Iron favours the absorption of this mineral, making it



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Aromatherapy Essential Oils – Spotlight on Cinnamon
From the *Apothecary of the Enchanted Forest*.

Cinnamon Oil is best known for its skin-soothing effects, but it also contains powerful antiseptic, anti-inflammatory and stimulating properties. The thermal effect of its heat-generating properties helps relieve sore muscles and joints and relieves tired legs.

Cinnamon Oil History

Thought to be one of the world's oldest and most valuable spices, **Cinnamon** has been around since the time of the Ancient Egyptians. For thousands of years, use has continued, even becoming a staple in Ayurvedic and Traditional Chinese medicine. Today it is used in the forms of herbs, spices, teas and powders to address physical and emotional ailments, such as weight gain and depression.

Uses of Cinnamon Oil

- Eases fatigue
- Boosts circulation aiding in soothing muscles joints, rheumatism, arthritis & sports injuries
- Aids with debilitated nervous system and stress related conditions
- Supports immune response for colds & infectious diseases
- Boosts sluggish digestive system
- Alleviates menstrual pain and aids with menopausal symptoms



Aromatherapy Uses

Cinnamon's scent can be diffused to address irritability, lethargy, unhealthy cravings, and a tendency to overindulge when eating and can aid in the sensation of feeling full. It is known to relieve symptoms of severe coughs, colds and sneezing. Add a few drops of cinnamon essential oil to a diffuser or a steam inhalation.



Topical Uses

In medicinal applications, **Cinnamon Oil's** warming properties make it ideal for sore and tender muscles and for soothing skin. It can be included in an anti-septic massage blend to address bronchitis, chills, flu, cold, arthritis, diarrhoea, indigestion, spasms, nausea, and infection. For a pain-relieving massage blend, dilute 3 drops of **Cinnamon Essential Oil** in 2 tablespoons of a carrier oil such as olive oil and massage it into the affected area.

It can be used in cosmetic applications as it is known for soothing dry skin. For a therapeutic and rejuvenating moisturizer, add 1 drop of **Cinnamon Oil** into a regular

face cream and massage a small amount of the mixture into the skin before bedtime.

In The Home

Cinnamon Oil can be used in a diffuser to ward away insects.

Plant family: Lauraceae

Botanical name: Cinnamomum verum / Cinnamomum zeylanicum

Origin: Native to Sri Lanka, Madagascar, the Comoro Islands, South India, Burma and Indochina

Aromatic characteristics: Peppery, earthy, spicy, sweetly woody essence and tends to be warming, stimulating and energizing.

Therapeutic properties:

- Anti-parasitic • Analgesic • Anti-Inflammatory • Antioxidant • Anti-viral • Immune-Boosting • Anti-bacterial • Anti-fungal • Anti-microbial • Astringent • Anti-septic • Anti-spasmodic • Anti-Rheumatic • Carminative • Detoxifying • Emmenagogue • Immunostimulant • Stomachic • Tonic • Vermifuge

All the essential oils highlighted in this column are available at **The Emporium of the Enchanted Forest** (inside the **VaVa Yoga Studio**), and you can explore our Apothecary and discuss any questions you may have with Ashli.

Ashli Miréla

BCompMed. mFENACO/Naturopath. S.E.N (SANC). DipNut. DipAdv DTM. DipAdv MYO, DipArom. YTTC.

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Possible skin sensitivity. The information from *The Apothecary* is provided for informational purposes only. It is not intended to be substituted for the advice provided by your doctor or other health care professional. If you rely upon any programmes or techniques, or use any of the products and services made available by or through the use of our shop or website for decision making, without obtaining the advice of a physician or other health care professional, you do so at your own risk. The information in our shop and on our website is not intended to cure, diagnose or treat medical conditions, nor is it a substitute for medical advice. We strongly advise you to consult with your medical doctor or a knowledgeable health practitioner before using any essential oils internally to ensure a safe and optimal programme for your individual body and do not attempt to self-diagnose or prescribe any natural substances for health conditions that require professional attention.

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If using a carrier, it should be placed on the floor or back of the vehicle, so that if there is an impact their energy is absorbed quickly, greatly reducing any danger. If the pet is large, a carrier in the luggage compartment should be used.

A dividing grill should be placed between the pillars of the car's structure, separating the seating area from the boot. This allows the pet to move freely without disturbing the driver, but a restraining lead or carrier should also be used so that the animal is not thrown out in the event of an accident.



The use of a two-point harness will prevent your dog or cat from moving forward if you have to brake suddenly.



Never travel with an animal loose in the passenger compartment as there are significant risks to the animal and other occupants. It may also pose a danger to rescue teams in the event of an accident.

Animals are never permitted on the front passenger seat. The DGT can fine you up to €500, even if the pet is in its carrier. If the animal is loose in the vehicle, penalties are €80-€200, but there would be no points deducted from your driving licence. The same applies if you use a safety device that is not approved.

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Well, here we are in April already. Where is this year going!?

2023 has, yet again, been a busy one for our dedicated team of listeners, although the number of calls is down on the last couple of years. A huge thank you to all of our Listeners who are based far and wide throughout Spain. They continue to work extremely hard to ensure that this invaluable service endures.

Our charity shop in the Punta Marina Mall in Punta Prima has seen a steady month with our dedicated Shop Volunteers continuing to provide their time to allow the organisation to function. We could not do it without you all.

Thank you to all our wonderful volunteers.

Our training packages are continuing to run, which is great news for us as it increases our pool of Listeners. In the picture we have two of our experienced listeners, Jilly Hodges and Jane Jewson, presenting certificates to two newly qualified listeners, Spencer Smith and Ashleigh Holmes, who are both in the Granada area.



If you would like to join us as either a Listener, a Shop Volunteer or as a Trustee, please do not hesitate to contact our Secretary on secretary.spainsams@gmail.com. We are constantly recruiting.

If you think off-loading would help you, or if you know someone who needs to offload, **Samaritans in Spain** lines are open from 10am-10pm every day of the year and our fully trained Listeners are available if you need to talk.

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INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge
dalbridge21@outlook.com



Saint Isidore of Seville by Bartoleme Murillo c.1655 (c) Cathedral of Seville

Isidore: Murcia's Surfing Saint

Isidore of Seville was born in around 560 CE in Cartagena, to a distinguished Romano-Hispanic noble family who exercised considerable power in Murcia and throughout the Iberian Peninsula. **Isidore**, his siblings and parents, (Severianus and Theodora), lived in a time when Murcia and much of the Iberian Peninsula formed part of the Visigothic Empire, which included chunks of southwestern France as well as Spain. The Kingdom of the Goths was in its prime between the 5th and 8th Centuries CE and the Goths were originally a Germanic tribe, who had pushed south into France and Iberia at the time of the dissolution of the Roman Empire.



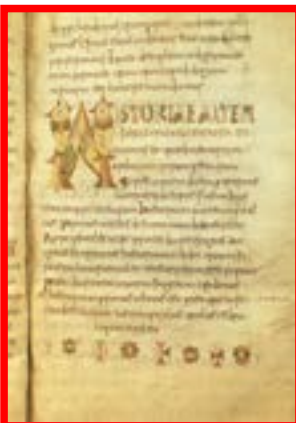
Leander of Seville by Bartoleme Murillo c.1655 (c) Cathedral of Seville

Isidore and his Cartagena siblings achieved great power in the Church at a time when religious and political influence were closely intertwined. Leander was **Isidore's** elder brother and as Archbishop of Seville, he was instrumental in converting leading Visigoths

to the Catholic religion. **Isidore** carried on this policy of trying to bring together Gothic and Roman influences so that Spain could be a more united country. **Isidore** succeeded his elder brother, Leander, as Archbishop of Seville, between 600-601 CE and stayed in this post until his death in 636 CE.

Isidore's younger brother, Fulgentius and his sister Florentia, were also influential figures in Murcia and Spain as a whole. Fulgentius became the Bishop of Eciija, a city some 85km east of Seville, while Florentia of Cartagena became a senior female religious figure, controlling perhaps as many as 40 convents and over a thousand consecrated women. **Isidore** and all his siblings were later elevated to the status of being saints, by the Roman Catholic Church, which gives some indication of the power and influence of this 7th century Murcian noble family.

Isidore is the best-remembered member of this ancient Murcian family, not really because of the religious councils and reforms in doctrine he brought about, but more because of his role as a teacher, educator and writer. **Isidore** was really the greatest



A page of the Etymologiae (c) Royal Library of Belgium

teacher of the age in Spain and amongst other things, he introduced the teaching of Aristotle into Spanish seminaries long before the Ancient Greek's philosophical writings were brought to Spain by the Moors. In particular, **Isidore** is remembered for his vast series of books called the Etymologiae – sometimes referred to as the Origines – which was a huge work comprising 20 volumes subdivided into 448 chapters. The Etymologiae was an ambitious attempt at writing a book (or series of books) which contained a summary of the knowledge acquired in the world at large about everything. It was really an ancient attempt at compiling what in modern terms would be referred to as an encyclopaedia – a book which contained 'universal knowledge' about everything – from theology, furniture, medicine, grammar and law, to languages, geography, agriculture, fashion and food.

Isidore began to write his Etymologiae in about 600 CE, encouraged by his great friend Braulio, Bishop of Zaragoza, who said that the books would contain "practically everything that it is necessary to know" in life, which was high praise indeed! The Etymologiae contains quotes from 475 works and 200 different authors. Many of the classical authors and works quoted by **Isidore** have since been lost and would never have been known about had it not been for the Etymologiae. As a result, **Isidore's** Etymologiae achieved considerable fame and was a widely used text in Europe

throughout the Middle Ages. Indeed, the work was cited by Dante and quoted by Geoffrey Chaucer in his Canterbury Tales. **Isidore's** Etymologiae has even influenced the modern information-filled world of the internet. The 7th century attempt at writing down a 'universal knowledge' of everything has an obvious parallel with modern times, when data on everything is available at the touch of a PC button.



Braulio (left) & Isidore (right) from the York Project 2002

An Irish Independent newspaper survey of June 2000 indicated that probably a quarter of all internet users across the world sometimes accessed the web for religious purposes. When a US religious site carried out a world-wide online poll, in the same month, as to who should be the first patron saint of Cyberspace, the Murcian **Saint Isidore** came in second place, just behind the Archangel Gabriel, bearer of messages from God. Since then, various Catholic Church organisations across the globe have venerated **Saint Isidore**, from Cartagena, as the Patron Saint of the internet, which is ironic given the fact that the Saint died some 1,400 years before computers became commonplace. Even so, it was perhaps very sensible to invoke the help of a venerated saint in these very modern proceedings:

As a British newspaper pointed out, rather pithily, in June 1999, it was indeed extremely advantageous to have a Murcian-born saint "helping millions of users around the world to pray for a quicker service".

Aside from the internet, the vastly important Murcian saint who wrote about everything, remains a great figure from Spain's distant past. He is the Patron Saint of some widely differing causes and people, from epileptics to beekeepers and in 1722 he was made a Doctor of the Church by Pope Innocent XIII.

Isidore's remains were initially interred in Seville, but now lie at rest in Murcia Cathedral, along with relics from his younger brother Fulgentius, and his sister Florentia.

(Many thanks for the assistance of Fr. Octavio Carpena, of El Saladillo, in writing this article).

Adrian & Dawn L. Bridge
February 2023





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This immaculately presented Rebecca style property on the final phase of Camposol, is offered in excellent order throughout and comes fully furnished.

The property comprises a spacious lounge, two double bedrooms, and a fully tiled bathroom. Both bedrooms have fitted wardrobes.

The kitchen is fully fitted with all white goods, electric hob, fridge freezer etc included.

To the rear of the property is a terrace which is an excellent sun trap in the summer and leads to the solarium which offers great views of the surrounding mountains.

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NORTHWEST MURCIA

Including Caravaca, Calasparra, Cieza, Moratalla, Cehegin, Bullas and Mula

RELIGION

The Rockin' Vicar

Tel: 634 386 179 Email: ahrea2@yahoo.co.uk

Hello. Recently I had both eyes operated on for cataracts; left eye first and later the right. Now I see as through a searchlight, like a switch has been thrown and everything is bathed in light. So before, I guess, I was seeing darkly. It makes me think of life in all its abundance, but we only see what we want to see.



I came across these words the other day; Once a man was asked, "What did you gain by

regularly praying to God?" The man replied, "Nothing... but let me tell you what I lost; anger, ego, greed, depression, insecurity, and fear of death." Sometimes the answer to our prayers is not gaining but losing; which ultimately is the gain.

During the season of Lent we may have been thinking of the loss - the journey to the Cross - loss in the eyes of mankind, but gain in the eyes of the believer. Good Friday is blasted away by Resurrection Morn.


Do you remember the film *Bruce Almighty*? Jim Carrey as Bruce Nolan, the down-on-his luck reporter, complains to God (played by Morgan Freeman) that he is not doing his job correctly and is offered the chance to try being God himself for one week. Utter chaos ensues. Bruce can't cope with all the emails he receives. I sometimes think God must be overwhelmed with all the prayer requests he receives but I know He isn't. He values every one.

Jesus teaches us how to pray in The Lord's Prayer. This is often rushed through, but if we really think about what we are saying and mean each word, it is a beautiful prayer which says it all.

I am always happy to hear from you and please don't forget to look at 'chatsparkbench'. Just type 'chatsparkbench' when you are in YouTube. There are two old guys chatting on a park bench about Christianity and its possible meaning. I am never amazed how narrowly some folk view their faith and I seek to open things up with my short videos with my friend Gerry from Ireland; hopefully to see things through a different lens.

'Bye for now. Happy Easter and God bless you.

Rev Andrew



The Essential Guide to the Costa Cálida Issue 2

More Information

More Photos

More Colour

Available from the following places:

- Time 4 A Change, Los Alcazares
- Best Wishes, Camposol B
- Casa Pepolino, Isla Plana
- Costa Cálida Chronicle Office, inside Another World Properties, Camposol B
- The Tech Shop, Camposol A

If you are unable to obtain a copy, please call 619 199 407



NEWS

Northwest Murcia News

We receive information from the Northwest Murcia region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc,

by checking the blog www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/

Including: Bullas, Calasparra, Caravaca, Cehegin, Jumilla, Moratalla, Mula, Murcia & Yecla

There will be various parades and processions over the Easter period. Check at your local Tourist Office for full details of Events

The **Via Verde** is a Green Way for walkers and cyclists.

BULLAS

www.bullas.es

Tel: **968 652 244 Market Tues**

Sunday 2nd April - El Zacatan Artisan/ Medieval Market 9am-2pm

Saturday 29th & Sunday 30th April - Fiesta de San Marcos

XXXV Villa de Bullas Folklore Festival

Free games etc for children at La Rafa Camping 12pm-2pm & 4pm-8pm

Tapas @ La Rafa 1€

Folk Dancing in Calle Tirso de Molino 12pm

Equestrian Show @ La Rafa 4.30pm

Folk Dancing @ Parraquia del Rosario

Salto del Usero, in Bullas, is the 5th Natural Monument in the Region of Murcia. It includes 1.7-hectares of beauty and rarity with geological formations, making this area deserving of special protection. Other Natural Monuments include: Las Gredas de Bolnuevo, Mazarrón; the Black Cape, Caravaca de la Cruz; Mount Arabí, Yecla and the Sima de la Higuera, Pliego.

Visit **Casa-Museo Don Pepe Marsilla**. Guided tours (in English) for only 2 people (5€ pp) or there is an audio guide system in English. **Museo del Vino** has a shop with bodega prices. To visit either/info, tel **968 657 211**, Tourist Office, or email casamuseodonpepe@bullas.es

CALASPARRA

www.turismocalasparra.es

Tel: **968 745 325 Market Mon**

**La Ruta del Comercio
Support Local Businesses**

This initiative began in March and will continue until 30th April.

See the leaflets in shops and businesses around the town for details of who is participating. You have the chance of winning up to 150€ in cash vouchers by getting tickets after purchasing items from 6 different businesses.

Department of Sport

Various activities have been organised by the Town Hall at 19€/month

Tennis - Beginners, Medium and Advanced (from 16 years)

Maintenance Gym

Yoga

Functional Training

Gym For Older People (9.50€ for pensioners)

There will also be sessions at the OAPs Club on Mon, Tues & Thurs

For more information and registering, go to the Town Hall for a copy of the full programme, the **Ayuntamiento de Calasparra** Facebook

page, or Calasparra.org webpage

3km Walk of Calasparra begins at the Casa Granero Building which was originally the house of the family of the Counts of the San Juan Valley, but later became a cereal barn, from which it owes its current name.

Underground Caves - 700 metres of accessible areas and 9km of areas of stalactites and stalagmites made from the Upper Cretaceous. The reception centre has a café, a multipurpose room for conferences, an interpretive room, terraces for activities, parking and a caving centre.

Jota Casinello Open Theatre is located next to the Castle of Calasparra and it offers wonderful views of the town and the rice fields. You can wander round the gardens and in summer it becomes the scene of night concerts.

CARAVANCA

www.turismocaravaca.org

Tel: **968 702 424 Market Mon**

Sunday 16th April - Artisan Market

Monday 1st May - Wednesday 3rd May - Caravaca Wine Horse Festival

Legend has it that the Castle of Caravaca was besieged by Muslim troops.

Food began to be scarce and they decided to go in search of food finding wine near Lorca. Upon arrival at the Sanctuary they found a large Muslim fence avoiding the enemy defence by running up the wineskins loaded on a horse.

The first documentary references appear in the 17th century. Since then they have evolved to the point where they are currently taking part in a 3 day contest full of strength, beauty and emotion: the bareback horse, the harnessing and the race. The spectacular aspect of the wine horses is their harness, dressed in pieces embroidered with silk, precious stones and gold and silver beads, made to measure for each horse.

The party begins on May 1st with the bareback contest when the equine morphology is rewarded in its pure state.

May 2nd is the big day of the **Wine Horse Festival**. At noon, on the way up to the castle, the legendary **Wine Horse Race** takes place. The participation of the young ones takes place on May 3rd. This constitutes one of the most emotional and friendly moments of this unique festival.

A **Museum** gem explores Caravaca's history of skilled craftsmanship and remarkable engineering. An amazing collection of miniatures portray these skills, including Caravaca's manufacture/export of espadrilles. Located at Calle Puentequilla No 3, Bajo. Tel **968 795 620** for opening times.

The Carlos Blanco Fadol Museum of Ethnic Instruments in Barranda has 5% of a 4,000-piece collection which rotates in the space available. 3€ (reduced 2€/child 1€). Check opening times with Tourist Office.

CEHEGÍN

www.turismocehegin.es

Tel: **968 723 550 Market Wed**

Sunday 23rd April - Artisan Market

The **Archaeological Site of Begastri** opens Saturdays & Sundays for tours: 10am-2pm. A video presentation is followed by a guided tour to see the remains of the Iberian culture before the IV century BC. 2€ pp.

Eco Park 'Coto de las Maravillas' for family activities including **zip lines, archery, nature walks** and many other organised outdoor activities. They can host any type of event. Campsite, **BBQ area** and **kiosk-bar** offering a great menu – and you can book. Open weekends 10am-5pm; week days prior booking.

Tel **968 069 202** Mon-Fri 9am-3pm

Email info@conexioncultura.es

www.cotodelasmavillas.com

JUMILLA

www.jumilla.org

Tel: **968 780 237 Market Tues**

Wine Exhibition @ Wine Museum (until end of May)

Monday 3rd April - Semana Santa Concert
@ Teatro Vico 9pm from 4€

Saturday 22nd April - Children's Folk Music & Dance Festival @ Teatro Vico 6pm from 3€. Proceeds to **AEC Cancer Charity**.

Sunday 23rd April - Annual Festival de Bandas at Teatro Vico 12pm 6€. Proceeds to **AEC Cancer Charity**.

Sunday 30th April - Guided Tour of the Historic Centre. Visit the main sights by foot in this interesting and informative tour. 2€ 10.30am. Book by calling **663 300 779**

Continued on page24

CAFETERIA



PLAZA

BREAKFAST

TAPAS

SANDWICHES

C/. Gran Via, 18 - Bajo
30400 Caravaca de la Cruz
(Murcia)
Tel: 968 705 406
Mobile: 646 924 969



Continued from page 23

Lovers of art should visit the **Saorin Painting Museum**, a small museum of works by the local artist, Jesus Lozano Saorin and others from the area. Includes sculptures and canvases. Reserve guided visit on **660 959 631**.

The **Convent of Santa Ana del Monte** in the mountains South of Jumilla is worth a visit for the history and stunning views over the town and landscape. Follow the RM-714 South-West and signposted – 5km from town centre. Check with Tourist Office for opening times.

Check out the **Archaeological Museum** (Tel **968 757 379**) and the **Ethnography and Natural Sciences Museum** (Tel **968 780 740**) which also offer various workshops for all the family at various times.

MORATALLA
www.ayuntamientomoratalla.net
Tel: **968 730 208 Market Sat**

Tours to the **Rock Art of Moratalla** are available encapsulating prehistoric to medieval styles and is worthy of its UNESCO World Heritage status. There are several routes and modes of transport – details on www.turismomoratalla.com, info@turismomoratalla.com, or tel **696 807 037**

MULA
www.mula.es
Tel: **968 661 501 Market Sat**

Sunday 9th April – Artisan Market

El Cigarralejo Museum and **Casa Pinatada** with relatively new exhibitions may have escaped your attention to-date – info from Tourist Office.

MURCIA
www.turismodemurcia.es
Tel: **968 358 749**

The Largest Ice Rink In Murcia Opens All Year Round!

Enjoy fun on ice at the Thader Shopping Centre, Murcia. The rink is open every day from 5.15pm-9.15pm. On Saturdays and fiesta days it will be open from 12pm-9.15pm. 30 minutes for 8€
It is obligatory to wear gloves.

Discover the contemporary arts centre **Centro Parraga** in the city centre.
Tel **968 351 410**
info@centroparraga.com

YECLA
www.turismo.yecla.es
Tel: **968 754 104 Market Weds**

LEISURE 

WARM - Walkers Around the Region of Murcia

Email: warm2005@gmail.com

I would usually be writing this article in my house in Casas Nuevas, looking across the blossom of the almond trees towards the Sierra Espuña. Instead I am 11,075 km away (as the crow flies) in Puerto Madryn, Northern Patagonia, Argentina looking out on the South Atlantic Ocean. It's definitely not walking weather. It's southern hemisphere summer and tomorrow will be 35°C. It also means I haven't done any of the **WARM** walks, so I will be relying on our group members who have posted on Facebook.



Group shot

It has been a pretty lean month with

SPRING QUIZ AFTERNOON

BLOW THE COBWEBS AWAY, BIT OF FRESH AIR
TEST YOUR KNOWLEDGE & HAVE SOME FUN.

TUESDAY 11th APRIL 2023

2 - 2.30 START

AT THE ALANDALUS

VALLE DEL SOL, CALASPARGA

PLUS A RAFFLE

DONATIONS OF ITEMS - FOOD, DRINK, CLOUZY TOY - GRATEFULLY RECEIVED

TEAMS OF 4 - SWEEP PER PERSON

PICTURE QUIZ - JEWS PER PERSON

cancellations due to weather, illness and important appointments. The weather seems to be improving as is the Achilles tendon of one of our walk leaders. In fact there were no **SWARM** walks and **WARM** managed two, both starting in different parts of Cehegin.

On an entirely different note, the minds of some of our members are turning to slightly different challenges. One person is thinking about the camino from Orihuela to Caravaca de la Cruz in Murcia (118km). Someone else is thinking about another; the Camino Ingles from Ferrol to Santiago de Compostela; definitely not in Murcia. Meanwhile Chris, my husband and I are doing the Camino Ingles (118km too) and we start walking on 25th April and should arrive in Santiago on his 70th birthday. Wish us luck. Buen camino.

Back to the walks. The 25th February was the day Patricio and Daishin led a walk along the northern slope to the summit of Peña Rubia. It started and finished on the Via Verde. We use a scale for walks and this one was Effort 4, Agility 3, Vertigo 3. 5 is the hardest. You can see from the photos that the effort was worth it. Patricio does like to get people to really stretch their legs.



Peña Rubia

On 11th March the team of Allen, Sue and Jane came to the rescue again, filling a gap in the programme. In contrast this was,

on paper, a more gentle walk, but as the temperatures hit 26°C, the shade of the pine trees was very welcome. Our members back in the UK were very envious, as many of them had woken up to snow. This walk was originally our first of the season back in September, but had to be quickly rerouted due to heavy rain. This walking season has had us walking in some crazy conditions.



Snack time

The season is drawing to a close with April's walks highlighted below. For people who do the **WARM** walks, there are some challenging and interesting and new walks to finish the programme, including Monte Arabi up near Yecla. A visit to a winery could be on the cards. I'm not allowed to advertise, but discovered a very nice wine recently. The organic Monastrell is very tasty and we discovered it at a **SWARM** walk earlier in the season.

April Walks
WARM

- Saturday 1st La Facarola
- Saturday 8th Salmerón
- Saturday 15th El Valle
- Saturday 22nd Rio Chicamo
- Saturday 29th Monte Arabi

SWARM

- Wednesday 19th Bullas
- Wednesday 26th Cehegin

If you would like details of our walks please email warm2005@gmail.com



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WhatsApp 621 262 544 | Phone 968 171 144

www.grupotelecable.es

We are looking for a person to strengthen our sales team in the Camposol area.

Requirements:

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- Live in the area.
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EDITORIAL



- * **Golf Delux** is situated in the industrial area of Los Alcazares and is more than just a minigolf. This is one of the biggest 'minigolf' complexes in Europe. (It's a sort of putting golf). It is made of high quality artificial grass and very well laid out.
- * **Golf Delux** has 18 holes and is not an easy course, but it is not impossible to get a 'hole in one', so keep practising and maybe you can use your skills you didn't know you had, on the course. It gives a really good test of putting skill for the better golfer and golfers of all standards. It also encourages those whose interest and expertise in golf and putting has yet to be revealed! Anyone can putt, but it is a real skill to master. It is great fun at **Golf Delux** for all people, young and old, friends and family, so why not organise your own competition? There are special offers and discounts for groups.



- * **Golf Delux** is open every day all year round and they invite groups, families and individuals to come and

enjoy the various golf-based games. Parties for any age can be catered for, whether you are wanting to book a children's birthday party, or celebrate an adult birthday or special event! Private functions can be arranged for team-building events and **Charity Fundraising** days can also be arranged.

A round of golf is only 11€ and every day you can have a round of golf with food included for 19€ (children up to 10 years 15€).



Golf Delux provides the perfect setting to sit back and relax during the day. With a wide range of drinks, food and snacks, you can grab a quick bite to eat or enjoy a full meal with drinks. There are many different dishes to choose from and everything is freshly prepared. The staff are very friendly and helpful! They speak many languages

including Swedish, Norwegian, Danish, German, Spanish and English. Why not bring your pooch with you, we allow all kind of dogs! We are also wheelchair friendly!

If you don't fancy a game, why not just come and watch people enjoy themselves whilst having a coffee, drink or a meal and maybe we can tempt you with one of our delicious cocktails.



Free WIFI.

Open every day from 10am.

Please see our main advert for directions. Tel **968 584 221** or email info@golfdelux.com for bookings or more information.

NEWS

British Embassy Madrid



The UK and Spain Reach Agreement Over Driving Licence Exchange For UK Licence Holders Living In Spain

From 16th March, UK licence holders have been able to exchange their UK licence for a Spanish one without having to take a driving test.

For six months, UK licence holders resident in Spain will be able to legally drive again on their valid UK licence whilst they complete

the exchange process. Please see information from the **Dirección General de Tráfico** for more detail on the process to follow.

The Governments of the UK and Spain have reached a deal on driving licence negotiations, so that holders of a valid UK licence are able to exchange it for a Spanish one without having to take a practical or theory test. The agreement was passed by the Consejo de Ministros, followed by a formal exchange

of notes on and the agreement applies from immediate effect. UK licence holders can drive for six months on their UK licence, during which time the Embassy is urging them to exchange it for a Spanish one as soon as possible. Remember that it is possible to exchange a licence anywhere in Spain, not only where you live.

I know this process has taken a lot longer than we all would have liked and has been very difficult for those affected. I am grateful to them for their patience and forbearance.

You can find information on the process from **the DGT** and we will be posting answers to some of your most frequently asked questions on our Facebook page."

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www.spanish-number-plates.com
info@spanish-number-plates.com

HMA Hugh Elliott said "I am delighted that these negotiations have come to an end and UK licence holders will now be able to exchange their UK licence for a Spanish one without having to take a driving test.

HMA Hugh Elliott updated UK licence holders in a video message after the agreement was approved by the Consejo de Ministros. Please share this link on your networks.

For further information on living in Spain, including driving rules, visit: gov.uk/livinginspain



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www.golfdelux.com



EDITORIAL



Health Insurance With and Without Copayments

We live in a time when the **Health Care** has become a priority. In this situation, **Health Insurances** play a crucial role and when it comes to choosing a policy, attention should focus on all terms and conditions of the contract, especially if it has **Copayments** or not.

When we talk about **Copayments**, we refer to the amount that has to be paid by the policyholder each time he/she makes use of the medical services included in the policy. This amount is independent of the premium paid by the insurance.

Health Insurance With Copayments

Copayment is usually applied to the GP and specialist consultations, diagnostic and therapeutic tests and even to hospitalisations and emergencies. It can therefore result in an important increase in the insurance cost.

The price of the **Copayment** may vary depending on the medical service and the terms and conditions of the contract. Hospitalisations and advanced diagnostic

tests normally involve a high **Copayment**.

Health Insurance Without Copayments

Only the insurance premium has to be paid, thus giving peace of mind, as no additional payments are requested to have access to the benefits and services guaranteed by the policy. In case the private medical insurance is needed to get the residence permit in Spain, having a policy without **Copayments** is essential, as it is one of the requirements to get it.



ASSSA Health Insurance policies have no **Copayments**, thus no extra payments have to be done, after having paid the premium, to have access to all benefits included in the policy. Moreover, they have medical, surgical and hospital coverage.

ASSSA Health Insurance is the best

investment for your health, as it is a policy without **Copayments** and with lifetime guarantee of no cancellation and no premium increase due to age.



Puerto de Mazarrón
 Av. Dr. Meca, 109
 C.C. La Pirámide - Local 9
 Tel. 968 153 396
 mazarron@asssa.es

Los Alcázares
 Urb. Oasis
 c/ Penélope, 110 - Los Narejos
 Tel. 968 574 459
 losalczares@asssa.es

asssa.es

EDITORIAL



Throughout the region, **Workking** has established an enviable reputation for providing some of the best quality Heating and Solar installations available. Having been founded by UK nationals 16 years ago, **Workking** has become one of the favourite suppliers of these services among the expat population and holiday home owners and is going from strength to strength.

Joel, the owner of **Workking**, loves new ideas and doing something no-one else does; from designer radiators in your heating system, to ordering unique tiles made



to order for your bathroom. He loves a challenge! Joel says "I take pride in my work and all our projects. I thrive to be different and leave something in every project that would make client's friends and family want to order from my company again."

Taking advantage of some of the best products on the Spanish market, **Workking** aim to guarantee the best possible results for their clients whilst embracing the latest

technological innovations. They specialize in heating, solar power, kitchens and bathrooms and ensure that all products and workmanship are of the very highest quality without breaking the bank. They offer their expertise throughout the Costa Cálida, Costa Blanca and Costa Almería.



All **Workking** installers are licensed and trained in Spain. They are Spanish and English speaking and are Solar and Heating specialists.

They only work with the best manufacturers, who are also licensed engineers for supplying you with extended guarantees etc, and have extreme OCD for perfection



on all installations.

Renovating a complete home and updating central heating, air-conditioning, pipework, floors and kitchen and bathroom furniture and fittings is a huge task, especially when the language barrier is added into the equation, but **Workking** remove all the obstacles whilst guaranteeing quality and top workmanship at all stages. In this day and age it goes without saying that the products and installations include solar power and cost-saving technology at all stages, helping you to realize your dream of making your older home in the south of Spain feel brand new.

Workking supply Gas, Oil and Renewable Energy Heating Systems and Solar, with or without batteries, with the option to sell back to grid as well.

Workking also install swimming pool heating units, water softeners and underfloor heating.

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More info:


- Los Alcázares - 968 574 459 - losalczares@asssa.es
Urb. Oasis - c/ Penélope, 110

- Puerto de Mazarrón - 968 153 396 - mazarron@asssa.es
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INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com

After travelling slowly down the Eastern Andes it was time to make our way to the Napo Wildlife Centre in the **Ecuadorian Amazon Rainforest**. It was the most amazing place situated on the side of a lagoon in the middle of the jungle. The facilities are owned by the Kichwa indigenous people, but are managed by nature and tourism professionals. All the profits are re-invested into community projects such as renewable energy, education and health care for the Kichwa Añangu people. It is situated in the Yasuni National Park which boasts an area of 2.5 million acres and just over 600 bird species!

To get there from Wild Sumaco Lodge we travelled by car for one and a half hours to Coca, the 70,000 population capital of this **Amazonian** region. Here we took a high powered canoe down the Napo River for two hours; a fascinating journey on a huge river that was up to 1km wide in much of the 70km we travelled. The river is 1,075km long, drains an area of 40,000 square miles and is a tributary of the **Amazon**.



The Lodge

After two hours we finally arrived at a small riverside dock in the jungle where we transferred onto a tiny canoe for four people with Jessica, me and two other people paddling. This final part of the journey took two hours along this tributary, surrounded by dense jungle, until we reached a beautiful lagoon with the eco-lodge on the water's edge.

We were more than happy with our spacious lodge that had a huge bed, a living area and bathroom. On the rear terrace was a Jacuzzi and the front terrace had table and chairs overlooking the stunning lagoon in front of us. The service by the staff was impeccable so we were more than happy.



Anaconda

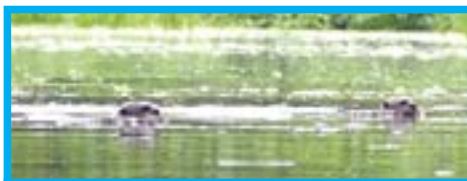
Our first excursion by canoe was around the lagoon and the highlights weren't

birds, but reptiles and mammals. The big surprise was seeing a stationary 6-metre-long **Anaconda** curled up on a grass bank. It was sleeping off the effort of digesting its latest victim! As it began to wake up and move around, we made a strategic withdrawal. It did look pretty scary!



Caiman

As we paddled across the lagoon, we kept on seeing what appeared to be the odd floating log that turned out to be large **Caimans**! We could now understand the warning about swimming in the lagoon! Our final surprise was watching a family of **Giant Otters** calmly swimming past us in the direction of one of several small creeks. It was a beautiful and peaceful start to our Napo Lodge experience.



Giant otters

As we chilled on our front terrace we were suitably entertained by **White Winged Swallows** (*Tachycineta Albiventris*) continuously flying past our lodge. They are delicate and pretty birds and occasionally one would perch on a post nearby to have a rest. The kids were continually harassing them for food. I'm sure they were quite cheesed off at times, as the youngsters certainly looked old enough to look after themselves, but you know what teenagers are like!



White winged swallow

This was the calm before the storm! We were allocated our own personal guide for our stay; a hyperactive, energetic and knowledgeable bird guide. We started normally at 4.30am, or 5.30am if he was feeling kind! We were also out in the jungle

after dark, which was certainly not normal and were absolutely shattered after four days of manic birding and quite surprised, as I always thought it was a peaceful and relaxing hobby! It has been a disconcerting habit of tour firms allocating us hyperactive guides instead of the laid back ones! In fairness, he was an excellent guide and found us plenty of exotic and interesting birds. However, as we made frequent night time detours off-piste into the jungle, (usually because he had heard some bird faintly calling some 70 or 80 metres away up in the canopy), it put us on guard. We blindly followed him, as the alternative was standing by ourselves on a dark path in the middle of the jungle without any clue over our whereabouts. We were always relieved and grateful to finally arrive back at the lodge and were normally late for our evening meal. Unsurprisingly, he was very well known by his fellow guides in the Amazon and even those further afield. We only had to mention his name to receive knowing looks from other birders.



Hoatzin

One of the fascinating birds which we commonly saw was a **Hoatzin** (*Opisthocomus Hoatzin*). A strange name for a very strange prehistoric-looking large bird. We always saw them in pairs or family groups. Our guide was very dismissive about what he called the 'stinky birds'. Evidently, they have four stomachs like cows and do have a strange odour accompanying them. However, we are rather fond of them, because of their strange looks and their constant visibility. They normally sit on branches at eye level. It was more fun watching them than continuously searching the canopy for little active birds that required a great deal of patience and a very sore neck to see them properly.

As we slowly paddled along a small creek, we spotted a fairly large darkish bird of prey perched up on a tree about 20 metres in front of us. Surprisingly, it stayed where it was and allowed us time to study it better. It was a **Snail Kite** (*Rosthramus Sociabilis*), a bird not uncommon in these parts and a welcome distraction. Evidently, these birds feed almost entirely on a species of snail, the **Apple Snail**,

Continued on page 32





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Continued from page 30

but will also hunt small crustaceans and mammals. The highly specialised **Snail Kite** flies on broad wings over tropical wetlands as it hunts large freshwater snails. They are handsome grey and black raptors which have a delicate and strongly curved bill that fits inside the snail shells to pull out the juicy prey. Unlike most other raptors, **Snail Kites** nest in colonies and roost communally, sometimes among other water birds such as **Heron**s and **Anhingas**. They are common in Central and South America, but anything we saw was special for us as we were first time visitors to the Amazon.



Snail Kite

When we were sitting on our front terrace, (we did occasionally have some free time!), we were entertained by several different birds that were happy to share our company. One of the frequent visitors was quite a pretty bird called a **Tropical Kingbird** (*Tyrannus Melancholicus*), which is a large Flycatcher. Their behaviour is typical of Flycatchers the world over as they like to perch in the open and foray from their perch to catch passing flies or flying insects.

We also had quite an interesting excursion to a birding tower that could take you up to the canopy of the jungle 70-80 metres high. Jessica enjoyed it tremendously; both the views and the natural history. Meanwhile I



Tropical kingbird

stayed with my feet firmly planted on the ground! Unfortunately I suffer from vertigo and this tower was at least 75 metres too high for me! Thankfully, Jessica took her camera with her and kindly donated her photo of a **Yellow-Tufted Woodpecker** (*Melanerpes Cruentatus*). Unusually, this **Woodpecker** is particularly partial to feeding on papaya and bananas, besides various invertebrates.

Whilst Jessica was enjoying her aerial perch and the views this afforded her, I was walking the jungle trails looking for mammals and birds of course. It was fairly quiet, but we eventually came across a troupe of highly entertaining and very noisy **Howler Monkeys**; a small reward for staying on Terra Firma.

Having escaped climbing the tower, we got back for dinner in the lodge just after sunset. Our guide rewarded us by telling us we had to be ready for a 4.30am departure the next morning. We were going to visit a couple of clay licks by the Napo River. Evidently, many of the **Amazonian Parrots** lack essential nutrients in their diet. This is harmful to them and would probably lead to their deaths. To counteract this lack of nutrients, they visit clay licks each day to eat the moist clay, which contains the

nutrients they lack. They can travel up to 40kms each day to visit a clay lick. We arrived early in the morning and sat very quietly for one hour and twenty minutes until the first arrivals. There seemed to be a size hierarchy, as the first to arrive are the large **Scarlet Macaws** (*Are Macao*), followed by the smaller **Orange-Cheeked Parrots** (*Pyrilia Barrabandi*) and finally the even smaller **Dusky-Headed Parakeets** (*Aratinga Wedellii*). I have to admit that we witnessed one of nature's true spectacles with the number of birds and the amazing kaleidoscope of colours arrayed before us.



Yellow-tufted Woodpecker

Our final avian treat (?) was a night time walk in the pitch black jungle to find a **Crested Owl** (*Lophostix Crostata*). After much clambering over trees and bushes, we obtained our reward as a juvenile **Crested Owl** kindly posed for us on a nearby tree. After achieving our quest we were very relieved to get back to the lights of the lodge and our evening meal. Jungles are scary at night!

After leaving the **Amazon** and before going to the **Galapagos Islands**, we went to a very nice hotel in the Northern Andes called La Hacienda de la Zuleta. It is the family home of two ex-Ecuadorian Presidents. This was for a bit of R & R. However, we did visit an **Andean Condor** (*Vultur Gryphus*) breeding facility in the extensive grounds. There are only 150 birds left in the country and this was a captive breeding centre, which hoped to eventually release birds back into the wild. It can take 15 or 16 years together before a pair will breed, so it is a long-term project. Whilst we were there a wild juvenile male **Condor** landed on the roof of the large aviary that held three captive birds. They have a wingspan of 3 metres, so this bird was a pretty impressive sight! We were very lucky to see it! (My wingspan is 1.75 metres!).

If you have any comments or queries please do not hesitate to contact me on antrimbirder@gmail.com

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RELIGION

St Nicholas Ecumenical Church

Rev Bill Coyle Tel 634 143 260
<https://stnicholas.es>

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 Sector D20 Camposol



Man Killed For Telling The Truth

If you had read these headlines in your daily paper, I'm sure you would want to find out just what this story was all about. It would be the first item on the Six O'clock News and probably be all over the media sites, but seeing that this did not happen recently, but almost 2,000 years ago, who cares?

Well, millions upon millions of people over the intervening years have cared. In fact, cared enough not only to want to know everything concerning this extraordinary event, but have even died to make sure that others know the greatest story ever told.

It is the death of Jesus Christ on the cross, on **Good Friday**, without doubt the most important time in the Christian Church. We remember how our Saviour gave His life for all mankind, to bring salvation to the world, but many do not

even recognise this day. Oh yes, they love the celebrations that take place at **Christmas** when we remember His birth, but are they only an excuse for a good time to some folk?

Unfortunately **Good Friday**, for many, is just another day, with the added bonus of hot cross buns for tea!

What will you be doing on **Easter Sunday**? Will you be in Church celebrating the wonder of the Risen Lord, or will you be thinking of those cuddly **Easter** bunnies and fluffy **Easter** chicks, whilst eating your fill of chocolate eggs?

Good Friday and **Easter Sunday** are so often overlooked by the world these days, but if you want to know more and would like to share in our celebrations, then please accept our warm invitation to share in our services this year.

Oh yes! What did those headlines mean? Why, Jesus simply told the truth; that He was and is and will always be the Son of God.

All services in English are at 11am each Sunday, whilst those in German are at 4pm on the 2nd and 4th Sundays.

April Services

- 2nd - **Songs of Praise**
- 7th - **Good Friday**
- 9th - **Holy Communion for Easter**
- 16th - **Morning Prayer**
- 23rd - **Holy Communion**
- 30th - **5th Sunday Service**

We look forward to welcoming you to our services this month.

Blessings and love
 Rev Mo

LEISURE

f Expat in Mazarrón

Camposol Explorers



Shaun runs the **Expat in Mazarrón** YouTube channel since arriving here in Spain in 2015. It's all about living in Spain, where he lives on Camposol, places of interest, property, going out walking and many more things about Spain. He also set up a group called **Camposol Explorers** which is about going out exploring once a month in the Murcia Region and beyond.

Unfortunately Shaun has had to cancel the outings as he is due a hip operation in the next couple of months



and then he will have to recover. Once he is up again walking, the outings will start later this year; hopefully by the summer. In the meantime, Shaun will be posting some interesting locations, not far from Camposol, that you can visit.



Alhama de Murcia

Not far from Camposol is the lovely town of **Alhama de Murcia** with its castle ruin high on the hill, located in the Guadalentín Valley, sheltered by the Sierras de Espuña and Sierra de la Muela. The town that the Arabs and Romans came and settled in, with thermal waters that flowed from the mountains, is what gave the town its name, since Alhama means thermal bath. Visit the Roman baths, converted into an archaeological museum, which is free to visit. The baths date back to the 1st Century.



Open times:
 Tuesday to Saturday 10am-2pm and 4.30pm-7:30pm
 Sundays 10am-2pm.

What you will notice, looking over the town, are the remains of the Arab Castle built in the 11th Century. Between the 13th and 14th Centuries, the castle ceased to belong to the Muslims and became part of some members of the crown of Castile. Nobles like Juan García Villamayor or the

Fajardo family were the owners of the castle for a long time.

Another treat is visiting the market on a Tuesday morning, from 8am until 2pm. Enjoy a coffee/drink at one of the many bars, or sit in the gardens to shelter from the heat during the summer time.



Remember to visit the Tourist Information Office in the centre of the town. They are very helpful and will provide a map of the town, also here you can pick up our Costa Calida Chronicle and Beyond magazine.

Next month, Shaun will show you another interesting place not far from Camposol.

For **Camposol Explorers**, please check out YouTube **Camposol Explorers** or join Facebook **Expat in Mazarrón** for information and places to explore.



CHARITY



FORGET ME NOT

Community Respite Care for the Mazarrón Area

Dee: 603 121 416
Diane: 711 028 693

Forget Me Not is a charity group run by volunteers for anyone with an illness that requires a Carer to look after them. Sessions are held at the Social Centre Camposol B on Monday and Thursday mornings 10.15am-1.15pm thereby providing respite to the Carer. We have a trained nurse at every meeting as well as, skilled volunteers. **Forget Me Not** 'Cares for the Carer' and knows how valuable our sessions are, freeing up quality time for the Carer who is constantly in demand looking after their loved ones' every need. **Forget Me Not** meetings provide tea, coffee and biscuits with a free lunch for clients. We pride ourselves to always be there for the Carer, with help, advice or just a sympathetic ear.

volunteers enjoy participating in the exercise sessions and we have a lot of fun. Exercise is very important in both physical and psychological well-being. The comradery of engaging in a group activity can lift the spirits of our clients. The specific exercises are all demonstrated by myself (a qualified Occupational Therapist with extensive experience working in the rehabilitation of older people). I aim to encourage hand-eye coordination, flexibility and gentle strengthening within the exercises. Participation in regular exercise can help to improve stamina and maintain muscle strength. Exercise can also reduce symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being, through the production of endorphins, whilst maintaining healthy bones, muscles and joint flexibility. As we age, it's normal to have reduced stamina and agility we enjoyed in younger years. But getting older doesn't mean you have to be a couch potato! Gentle participation in basic seated exercise can increase energy levels and enable self-confidence to complete daily activities and maintain an active lifestyle within your limitations. Therefore overall improving mobility, enhancing balance and coordination. In conclusion, regular participation in physical exercise can improve physical, mental and social engagement in older people, improving their quality of life and promoting healthy ageing. In addition, it can improve some cognitive function, encouraging positive attitudes and happiness through social interaction whilst maintaining physical strength and flexibility.



Forget Me Not is holding an **Easter Raffle** and you can win one of two fabulous Easter baskets. Both are packed with Easter eggs, chocolate bunnies, numerous other delicious goodies and a fabulous meal voucher. Raffle tickets are available at the Black Bull, Camposol B, at €2 a strip or 3 for €5. The draw will be held on Good Friday April 7th between 5pm and 7pm at the Black Bull, so be sure to get your tickets and good luck.



At every meeting we have a craft session, the men enjoy games of dominoes and we have just resumed our gentle seated group exercise sessions. The clients and



RELIGION

Mass in English

Tel: 676 219 445 or email: ocarpena@slsonline.org



Roman Catholic Church:

We are in St Joseph's Church (El Saladillo), near Camposol and Mazarrón Country Club urbanizations (exit 17, RM3 motorway).

Schedule of Mass in English:

Saturday: Mass at St Joseph's, El Saladillo, near Mazarrón Country Club @ 4.30pm

Schedule of Confessions: One hour before Masses. (Also on request.) Call **676 219 445** or email ocarpena@slsonline.org

Holy Week Schedule
2nd April - Palm Sunday
9th April - Easter Sunday

For more information please call **676 219 445**, or email ocarpena@slsonline.org

Sermons of the Cure of Ars - Saint John Maria Vianney

Consider now my dear brethren, the good works you have done. Have you done them for God alone, so that

there was nothing worldly in them and so that you had no regrets when people sometimes proved ungrateful? Have you ever congratulated yourselves inwardly on the good you have done your neighbour? If you have done that, either you have done nothing, or you may as well count it as nothing, since you have already lost your reward for it.

Do you know, my dear brethren, the decision you have to make? If you have done nothing, or if what you have done has been fruitless because it was done for a human motive, begin immediately to do good works so that at death you will be able to find something to offer to Jesus Christ in order that He may give you eternal life.

Perhaps you will say to me: "I have done nothing but evil all my whole life. I am just a bad tree which cannot bring forth good fruit."

My dear brethren, that can very well be, as I am going to show you. Change this tree,

moisten it with different water, treat it with some other fertiliser and you will see that it will bear good fruit, even though it has been bearing bad fruit up to the present. If this tree, which is yourself, has been fruitful in pride, in avarice and in impurity, you can, with the grace of God, see to it that these fruits become abundant in humility, in charity and in purity.



GROUPS



Humanists of Murcia

Tel: 669 338 885
 humanistsofmurcia@gmail.com
 www.humanistsofmurcia.com

Darwinian Gardeners

The first events of the year for the **Darwinian Gardeners** were two visits to the Goat Farm and Cheese Factory in Tallante. We had to have two visits as the event was very popular and the Factory could only accommodate a maximum of 22 people.



We met at the Restaurant Buen Descanso for a cup of coffee and then walked over to the farm. Alfonso greeted us cordially and explained that we would have to wear shoe protectors in order to avoid introducing any foreign bacteria to the farm. We walked to the large shed where 300 beautiful black goats and some kids were housed. Alfonso explained the life cycle of the goats, the meaning of the bracelets which some of the goats were wearing and the significance of the coloured collars which they all wore.

We then moved to the milking parlour, where

we learnt that the goats are creatures of habit and know exactly the order in which they should enter. Alfonso told us how computerised milking machine works, recognising any deviations from normal. Lastly we visited the cheese factory, having changed our foot protectors for new ones and put on white coats and hair covers. Here we were shown how to make the various types of cheese and then there was a tasting. The cheeses were delicious and most of us bought more than one to take home. We then went to the Restaurant Venta D'Paso in Molinos Marfagones for an excellent Menu del Día.



The next event was a visit to a nursery to buy bedding plants at the end of March.



Humanists of Murcia Walking Group

On Wednesday 8th March, Jim led a group of 20 walkers along the beach from Blanca's Restaurant towards Isla Plana and back again. It was a beautiful day and a 3 of us were wearing shorts for the first time this year. The others wished they were as well. The walk was followed by an excellent lunch at the Casa NoNo.



If you would like to join us for walks, gardening outings, games' evenings and lots of lunches you can get in touch in the following way: see our Facebook page, call **603 205 649** or email humanistsofmurcia@gmail.com or darwiniangardeners@gmail.com

For personalized weddings, funerals and naming ceremonies without religion, please contact the celebrant on **634 025 711**

RELIGION

www.wellspringvictorychurch.com

WELLSPRING VICTORY CHURCH

"How does the thief on the cross fit into your theology? No baptism, no communion, no confirmation, no speaking in tongues, no mission trip, no volunteerism, no financial gifts and no Church clothes. He couldn't even bend his knees to pray. He didn't say the sinner's prayer and among other things, he was a thief. Jesus didn't take away his pain, heal his body, or smite his scoffers, yet, it was a thief who walked into paradise the same hour as Jesus, simply by believing. He had nothing more to offer other than his belief that Jesus was who He said He was: No spin from brilliant theologians. No ego or arrogance. No shiny lights, skinny jeans, or crafty words. No haze machine, donuts, or coffee in the lobby. Just a naked dying man on a cross unable to even fold his hands to pray.

"For God so loved the world that He gave His only Son so that WHOEVER believes in Him will not perish but have everlasting life. That is Gospel (Good News). Complex, but that simple!

We all have a view about **Easter** in one way or another. On the one extreme you have the atheist and the agnostic doubting or denying the very existence of God and on the other hand you have devout Christians each believing in their own way the importance of **Easter** and how it should be celebrated. There are even differences of opinion on which Sunday is **Easter Day**.

However you believe **Easter** should be celebrated, be it in robes with great ceremony, with great parades as they do here in Spain, or in a simple and uplifted manner there is, but one simple truth – on a day almost 2000 years ago Jesus Christ the Son of God was taken by Roman Soldiers and Jewish officials to a place called Golgotha and was nailed to a wooden cross and left to die. This callous act was barbarous in the extreme, but it was the Roman way and once the trial was concluded there was no other way for Jesus to die but on a cross.

Why did He have to die? The death of Jesus is seen by God as the substitution for you and me. The Bible tells us that all have sinned and fall short of the glory of God. Now there is redemption in the blood of Jesus. Our sins are forgiven – past, present and future, by the act of us accepting Jesus into our lives, just like the thief on the cross we can be forgiven. A simple prayer is all it takes to find peace with God and to enter into a new life with Christ.

On **Good Friday**, 7 April, we will be holding our traditional service around the theme of Hymns and Hot Cross buns. This will start at 11am at The Diner, Camposol B.

Do you know Jesus as your personal saviour? If so, why not come and join in the celebration with us? If you don't yet know Jesus, but want to know more, come along and join in the singing of some well-known **Easter Hymns**

and ask all the questions you want to people who know Jesus.

We will celebrate the resurrection of Jesus on **Easter Sunday** at 11am in the Event Room above Trevi Bar, Camposol B.



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 11 am at Trevi Bar Camposol B

We invite you to join us any Sunday morning

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For further help call 607 382 033



GROUPS

Ladies' Chatterbox

Email: onlyforsue23@gmail.com



Hello everyone
I hope you are all doing well.

Do you think 2023 is progressing at a rate of knots? **Easter** is just around the corner - it only seems a short while ago we were wishing everyone a **Happy New Year!**



At our second monthly meeting, we have a speaker to come along and tell us about the things they do, whether as a volunteer or as an employee or employer. They will be explaining why they moved to Spain, what they have been involved with previously and anything else they feel may be of interest to us. Recent speakers were Richard and Jill Moss from the Camposol Community Shopping Bag, which is run by a group of volunteers who provide free food products and essential everyday items for those who find themselves in financial difficulties for whatever the reason. This is a completely confidential service to any Camposol Resident who is in need. Currently 21 adults and 7 children of different nationalities are being supported. Further details can be found on their Facebook page.

As a group, **Chatterbox** ladies enjoy days out, lunches, guest speakers and raffles to name some of the events held. We are not a charity. However, due to funds raised - following payment - for each event, we are able to donate to local charities.

Friday 21st April - Garrucha market and lunch in Bedar.

Thursday 27th April - Brilliant guest speaker - Joe from Just Joe's Hair and Beauty in Bolnuevo. He should be fabulous.



With nicer weather on the horizon, we have some fabulous trips planned. We are starting with a round of Crazy Golf at **Golf Delux** near Los Alcázares!! This should be a fun-packed day with lots of laughing and you never know, a few holes in one! Will let you know how it went next month.

In the meantime, take care of yourselves and ... be kind ... it means so much and costs nothing.

With love
Sue

CHARITY



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Port shop: 602 624 521

Camposol shop: 711 016 236

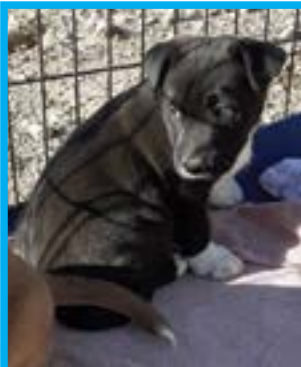


Bernie

Bernie is a chunky little boy aged 12 weeks. He was abandoned with his Mum and brother. **Bernie** looks to be medium in size like his Mum. He has started his vaccinations.

Carlos is **Bernie's** brother and quite different to look at. He is like his Mum. He has also started his vaccinations.

Snoopy is cuteness overload, but still looking for his forever home.



Carlos

He is around 7 months old and mixes well with other dogs. He would dearly love a forever home of his own. He is house and lead trained. **Snoopy** is fully vaccinated.



Snoopy

Benji, a gorgeous little dog is in foster. He is used to being in a home and is toilet trained. He loves his walks and spending time

in the garden. If you would like to meet **Benji**, he will be in the **Noah's ARC** shop on Camposol B on Wednesdays and Saturdays. You won't be disappointed. **Benji** is neutered and fully vaccinated.

All adoptions and fosters will be home checked. All puppies as part of the adoption agreement will have to be neutered or spayed when they are old enough.

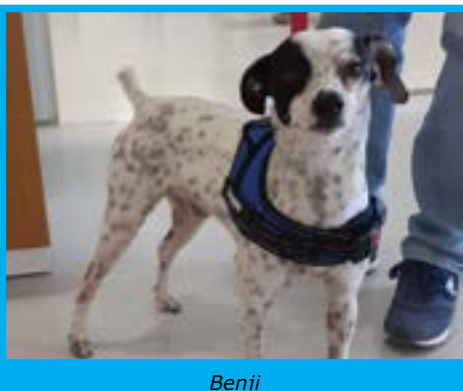
If you would like to meet any of these lovely puppies, please contact Jane either by phone on **602 653 639** or email janenahoming@gmail.com

We also need **Foster Homes** which are a really great way in getting the dogs into new homes, teaching them how to live in a home with lead training etc.

For donations our PayPal address is: NA1Treasurer@gmail.com

With spring around the corner if you are having a clear out, we are always grateful for donations to sell in our shops; clothes, bric-a-brac and furniture. We can collect heavy items. Please call **711 016 236** to arrange.

Please check out our Facebook page [NoahsArc Mazarron](https://www.facebook.com/NoahsArcMazarron) to see more of our lovely dogs looking for loving homes.



Benji



CHARITY ANDREA'S ANIMAL RESCUE & THE HENRIETTA FOUNDATION

TEL: 690 906 565
andreasanimalrescuemurcia@hotmail.com

CHARITY No. 9.980/1a
www.andreasanimalrescue.com



The months are just whizzing by. With the Easter Holidays looming we are excited to see what the summer will bring.

We were absolutely gutted to lose **Harold**. He presented us with a rectal prolapse one Sunday morning, so straight to hospital he went where they managed to shrink it and re-place it. We thought 'fantastic', he will be ok. No he wasn't that lucky. He developed an infection after 2 days and went downhill. Despite all the brilliant vets at the hospital giving him the best care, he couldn't be saved. Everyone we lose takes a piece of our heart with them. RIP sweetheart you left us far too soon.



Our darling boy Harold

We have survived another winter up at our Sanctuary. Boy it's been cold with temperatures down to -5°. Spectacular views, but flipping heck it was cold! Over the last 3 years we have bought around 50 rugs, so we rugged up as many as possible. With very kind donations we have just ordered another 15 for December/January/February next year. We won't have enough to kit out all our 110 Donks, but 'poco a poco' as they say. Our gorgeous girl **Lottie** has now moved to the Sanctuary. She's definitely a hit with the boys. I'm so glad they are all castrated!

We are already thinking of fly masks. I'm sure

we will have enough this year thanks to all our wonderful supporters who bought them last year for us. The donkeys will be very grateful when the pesky fly season starts.

Our shops have been so, so quiet, Mazarrón especially. I don't know where our customers are, but please come back as we really do need support. It's not just about donating items. We

need to sell them as well. Our summer stock is starting to fill the rails in both shops. Most items are just €1. That must be a bargain!!! Dresses are €3; again a bargain. Pop in with your bag and fill it up

Still no luck with our puppies. I keep taking them to Camposol and bringing them back .. hahaha!! The right person just hasn't come along yet - a few time wasters as always. Surley I'm not meant



One of our lovely sponsors Karen, telling Enrique next year he will have a rug that fits



Lots of rugs as you can see, just not enough yet

to keep all 4!!

Benidorm Trip - Wednesday 12th April
Wednesday is market day! We always have a great time. Some tickets still available. Pick up from Puerto de Mazarrón and Camposol. To reserve tickets call **690 906 565**

If you would like to donate to help care for the 110 donkeys please message/WhatsApp **690 906 565**
Email andreasanimalrescuemurcia@hotmail.com

Sponsorship Scheme

Sponsor a donkey or two as a birthday gift, anniversary, or any other celebration.

Donations

Paypal
https://www.paypal.me/AARHF?locale.x=en_ES

Bank Andrea's Animal Rescue and the Henrietta Foundation

Bank Caja Rural, IBAN: ES 9830185740682015846617
BIC: bcoeesmm018

Every Monday we will be in the car park on the roundabout of Camposol B where you can drop donations off between 11.30am-1.30pm. Larger items can be collected by prior arrangement. Items can also be dropped off at our shops in Roldán or Mazarrón from between 10.30am-1.30pm

Regards
Andrea

GROUPS



Puerto de Mazarrón Ladies' Circle

 Puerto de Mazarrón Ladies Circle

Hello Ladies

We had a busy February getting back together after our break and enjoying the various activities, including a very interesting and informative talk from Betty Hill on Prison Life; not only Betty and her husband Stewart, but also family members have frequented various prisons around the United Kingdom, but only in a working capacity, (just in case anyone should get the wrong idea!)

The **Bring and Buy** afternoon followed by **Bingo** was entertaining and the winners went home happy and richer.



March so far has been a lovely month weather-wise as we got to bask in the sun. Hopefully it will continue into Easter and the rest of April.

New members are always welcome to come along on a Thursday afternoon to the Playa Grande, to see what we are about and have a chat. Keep well all and look forward to seeing you each week.



We had a great first trip to IKEA and then onto the Nueva Condomina where we were left to sort out our own lunch arrangements at one of the many restaurants. We spent our time happily shopping at the different venues before our homeward journey.

Then we had a visit from Oasis Fashions from Mojácar who brought us a great selection of Spring/Summer clothing, jewellery and accessories. Many of us spent a lovely afternoon trying on various items of clothing before purchasing them. Thanks to the staff for all their assistance.

April Events

Thursday 6th - Maundy Thursday Easter Celebrations
Bring a cake and decorated eggs prizes for the best ones

Thursday 13th - Talk by Irene Curtis 'My life in the Police Force'

Thursday 20th - Talk from a speaker from one of the Children's Charities

Thursday 27th - Trip to Lorca - visit to the market and then the town



ENTERTAINMENT

CAMPOSOL COUNTRY AND WESTERN

Email: tapeb2205@gmail.com



For all you **Country & Western** fans; after an absence of over 3 years the **Country and Western Night** at Mariano's, on Camposol A is back!



We are here every last Thursday of the month, with DJ Eddie B, so if it is Line Dancing you enjoy, or you would just like to sit and listen to Country Music then come on up to Mariano's every last Thursday of the month at 8pm. We would love to see you.

For more details email tapeb2205@gmail.com

CHARITY

FRIENDS OF MAZARRÓN ANIMALS

fma.murcia@gmail.com

+34 711 032 574



www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/

FMA would like to wish all their friends and supporters a **Very Happy Easter**. The weather is definitely warming up and with this in mind, FMA have lots of enjoyable fundraising events to fill your days and nights.

April is set to be a lovely month and we are pleased to welcome back two very popular acts:

Friday April 7th -Tribute to the amazing Adele

Saturday April 22nd - 'Robbie' a superb and charismatic tribute to the great Robbie Williams.

Both of these acts are taking place in the Bar Restaurant Buenavista in El Alamillo and will be sell-outs, so please book now to avoid disappointment. The venue, in front of the Mediterranean Sea, is very intimate, which will contribute to an exciting and excellent experience. More information can be found on the posters.

Please keep following our Fb page for

information on more fund raising events, such as our very popular markets and where they will be popping up next.

We would like to take this opportunity to thank Camposol Golf Club for making us their chosen charity this year and for organising an amazing **Easter Raffle** for us. For just 5€ you can win a multitude of prizes including: a stay at The Oasis, Bolnuevo, a round of golf, Sunday lunch, a cut colour and blow dry at Just Joe's Hair and Beauty and an array of other goodies. Further information on the poster. Thank you to everyone in advance who contributed to this amazing fund raiser. The winning ticket will be drawn on April 9th. Tickets can be purchased at Camposol Golf club.

Posters show some of the lovely doggies we have available for adoption. Please look at our album on our Fb page and share our posts to give all these dogs a helping hand. We work very closely with the dogs and cats in the Mazarrón Perrera, pictures of which can also be found on our page.

As usual we would like to thank all our friends and supporters for all you do for us and the animals in our care. If you would like to be involved with FMA we are always looking for volunteers. Please contact the team at FMA for more information.

Tel **+34 711 032 574** (WhatsApp/Message) Spanish and English

Private message
<https://www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/>

Join our teaming group. Donate just 1€ per month.

<https://www.teaming.net/friendsofmazarronanimals>

Donations
PAYPAL fma.murcia@gmail.com

Bank Account
ES39 **3058 0206 9227 2050 7854**
BIC **CCRIES2AXXX**

The Volunteers of FMA music event

Adele
The Tribute

Friday 7th April
Cafe Buena Vista Social Club
Entrance 10 euros
Doors open at 7.30
Fabulous raffle prizes

Support your local FMA on Facebook page or on WhatsApp +34 711 032 574

Easter raffle

Camposol Golf Club
EASTER RAFFLE

In aid of Friends of Mazarrón Animals
To be drawn on Sunday 9th April at 1330

The prize includes -
2 nights for 2 people at Oasis
100 euros worth of golf for 10 people
Children's Sunday lunch for 10 people
Cut, colour and blow dry at Just Joe's
Hair, Beauty, and more
Essential items
Tobacco
Flowers, drinks, and more

Tickets are available at the Golf Club bar - 5 euros

The Volunteers of FMA music event

Robbie Williams
The Tribute

Saturday 22nd April
Cafe Buena Vista Social Club
Entrance 12 euros
Doors open 7.30pm
Fabulous raffle prizes

Support your local FMA on Facebook page or on WhatsApp +34 711 032 574



GROUPS



B CLEAN' GARDENING GROUP

Facebook: "B Clean" Community Gardening
 bcleangardening@gmail.com

The new rest area created by B Clean (with the welcome assistance of some residents and members of the other gardening groups at the start) is coming along nicely. The initial load of 26 tonnes of gravel didn't quite cover the 400+ square metre area that had been cleared of scrub and dumped rubbish so another 10 tonnes made an appearance.

Our small band of volunteers got that lot spread over the remainder of the site thus allowing the start of the next stage. Oleanders for the hedging had already been planted with some lavenders appearing shortly after, appropriate as one of the roads into the junction where the new garden is being created is B Sector's Calle Lavanda. Other plants will follow including some trees to supply some welcome shade as the temperatures increase.

As part of the continuing efforts to improve our sector, arrangements have been made for the repainting of the pedestrian ramp and metal railings at the commercial centre and this work has already been completed. We're hoping that the amount of trolley damage is significantly less than that caused after the last redecoration.



As always, we do need more volunteers to try and enable the group to continue to maintain and improve the sector so, if you can spare some time on Tuesday mornings, you'll be very welcome. It will come as no surprise to Camposol residents that Colin Thackwell is still pedalling away outside Consum so please donate as our projects and maintenance all cost money and the group is reliant upon donations and membership subscriptions.

CHARITY

MABS Mazarrón

Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



Patient Drivers and Van Workers

Patient Drivers

First an urgent shout out for help. We are desperately short of volunteer drivers to take patients to their appointments. Due to an unprecedented number of new patients, we are struggling to meet the demand for our **Patient Transport Services**. We desperately need more drivers to ensure all of our patients get to their vital appointments. Agreed 'out of pocket expenses' are paid for all trips to the hospitals.

Van Workers

We are also short of volunteers for our van, so if you fancy saving on gym fees and have some spare time please help. Our van currently runs Mondays, Wednesdays and Thursdays from our **Respite Home** on Camposol B collecting and delivering furniture etc.

If you would like to help in any capacity please phone **634 362 954** or email mazvolunteers@mabscancerfoundation.org

Volunteers

We always need more volunteers to help out in other roles:
 'Manning' reception in our **Respite Home**
 Helping in our shop in Totana (car share available from Camposol B) - general sales staff, till operators and floor walkers, sorters, checking donations as they arrive and preparing them for sale (washing etc.) and ironers.

Helpline

As a Cancer Support Fundación, **MABS** is available to anyone of any nationality who needs help as a result of:
 Being diagnosed with cancer.
 Affected by a spouse or partner having cancer.
 Bereavement due to cancer.

Needs respite from spouse or partner with cancer.



Remember We Can Provide:

- Transport with driver to take patients to and from hospitals.
- Translators to ensure the diagnosis is fully understood.
- Home Carers to provide additional care when needed.
- Respite and Hospice Care in our **Respite Home**.
- Medical equipment on loan to patients.

1-2-1 counsellors.
 If you need our help just phone our Helpline **620 42 24 10**

Upcoming Events

- Friday 7th April** and every first Friday of the month **MABS Craft Stall** at The Diner, Camposol B
- Friday 21st April - Murder Mystery** by Golden Stars Amateur Theatre Group at Platform One, El Pareton with raffle in aid of **MABS**. Who dunnit?
- Wednesday 3rd May - Quiz** at The Diner, Camposol B
- Saturday 13th May - MABS Golf Day** at Camposol Golf

Recent Fundraising and Donations

February Quiz at The Diner, Camposol B raised a fabulous 270€.

February Show of the Month with Carolyn May at Mariano's, Camposol A raised over 200€

MABS International Women's Day event raised a fantastic 975.45€!

We always need donations of furniture, bric-a-brac, linen, books etc. for our shop in Totana (bookcases in Alley Palais, Camposol B)
 We have donation points for smaller items at: The Clubhouse, Camposol C, **MABS Respite Home** and Alley Palais, Camposol B.
 Collections: Furniture and larger items? Please message **MABS Charity Shop** Totana Facebook or Phone **634 313 478** to arrange collection.

BRIAN JONES
 Property Maintenance
 Replace and install door locks
 Install and repair of Persianas (Window Blinds)
 Security Improvements
 Plumbing Works
 Including Boiler Supply, Repairs & Maintenance
 Whole house Water Filter Systems
 Windows, Doors & Conservatories
 Pergolas
Tel 646 703 011
 email bjworks@hotmail.co.uk
 www.bjmaintenance.com
 All Areas Covered, Monday to Saturday,
 Free no obligation quotes and security advice.



CHARITY



committee@fast2016.org
www.fast2016.org

FAST is your First Aid Support Team in Camposol/El Saladillo. We are a team of dedicated volunteers trained and certified to deliver first aid in the critical period between an ambulance being called and the arrival of the emergency services.

If you require our assistance in the event of a medical emergency please call **112 (using the 112 Region de Murcia App if you have it)** and then call **FAST** on **868 487 015**

The **112 Region de Murcia App** is a huge leap forward in communication as, once correctly set up, it will enable an ambulance to be summoned with the phone passing on precise location, medical history and other necessary information automatically. The App also has a function which enables a call to be made even in the circumstances when you cannot speak. Critically the App can be set up to send a message automatically when **112** is called, to a telephone number of your choice - which, if you live in Camposol, could be the **FAST** telephone number. All public service announcements (eg flood, earthquake, severe weather warnings) are also sent automatically through this App. If you need any assistance to set up the App please see our **FAST Camposol** Facebook

page or speak to our Responder at the **FAST** desk outside The Diner, Camposol B Commercial Centre on a Friday morning.

If you are a regular reader of our articles in the **Costa Cálida Chronicle and Beyond**, you will know that we are always on the lookout for new volunteer Responders - and this hasn't changed. We are planning a full level 3 Responder Course in early May, so if you are interested in joining us, please be in touch for further details at recruitment@fast2016.org or join us at one of our regular Tuesday morning training sessions at the Social Centre, Camposol B, (from 10am). Our ability to maintain 24/7 cover for the Camposol community is entirely dependent upon having a sufficient number of trained responders.

Please consider joining us!

We offer:

- Free training delivered by fully accredited tutors/instructors with all certificates approved by Murcia Health Authority, EMS and European Resuscitation Council.
- Car and all necessary equipment whilst on duty.
- Weekly training sessions.
- Membership of a fun society with social events and trips.

What we need from you:

- No previous medical/first aid background necessary.
- Living in Camposol either full time or for extended periods.
- Current driving licence (manual transmission), valid in Spain.
- Commitment to provide a quality service to the people of Camposol (shifts are chosen by you and are 6/12/24 hours in length covering day and night)
- Enthusiasm!



If you are unable to join us as a Responder, you might consider assisting with our fund raising either by volunteering to carry out one of our weekly collections on a Monday morning or joining us on one of our day trips or music events. Details of forthcoming events are included in our programme on Page 41 of this magazine or on our **FAST Fun Team** Camposol Facebook page. Sign up to be the first to find out about our varied events and excursions.

GROUPS



Great Teamwork

A packed month for the **D Gardening Teams** saw the completion of the stepped gardens leading off Calle Piteras, the bin areas by the garden and Calle Babinas/Fresnos and refurbishment of the petanca court/sitting area at the bottom of Calle Esparraguera.

team is in place to maintain the area on an



creating a concrete plinth for the large bins on Babinas. The purpose is to create bin areas that can be cleaned easily.

Dates for your diary

D Street Clean - the morning of 10th May will see teams of volunteers litter-picking, cleaning the bin areas and weed clearance. To volunteer please see the D Community Face Book page or website. This is your opportunity to spruce up the sector by giving D a spring clean.

Paella Party - the first **D Community** social event of 2023 will be held on Sunday 30th April, starting at 1.30pm. The venue will be Calle Salvias D34, tickets cost 10€ and can be booked and reserved at dsecevents@gamil.com

The event will have a Spanish theme with paella and background music.



The picture above shows a happy **Grounds Maintenance Team**, after completing the last of the stepped gardens. Lots of pruning, weeding and tidying up of paths and gravelled areas. All that hard work but what an outcome!

ongoing basis.

Following some delays, the bin refurbishment project was completed. The picture to the right shows the **Project Team** collecting decorative rocks to align with the look and feel of the lone garden, whilst



Costa Cálida Chronicle
Contact Sales on
619 199 407
Web: www.costacalidachronicle.com
Email: costacalidachronicle@gmail.com
Remember deadline 15th of the month!!!



CHARITY

Cavalli Foundation
 "Helping Horses Help People"

Charity N°: G73786279

Call 636 172 198 or info@cavallifoundation.org



As always, we have kept quite busy this past month!

We were contacted by a nearby Town Hall to rescue two equines. As many may know, we are full at **Cavalli**, so we have been looking for other charities or families to take them in. One is a stallion and the other a female donkey who were left in a field. The stallion caught his back hoof in a sharp tin and had been treated by the vets who then contacted us for help.



Donkeys left in a field

children become successful adults' and she explained "Success doesn't just depend on the goals we reach or achieve, but in making sure those goals are fulfilling to us." She also talked about 'the importance of Emotional Intelligence during childhood and how animal-assisted activities in nature can help children develop it and therefore become more successful adults.'



Talk on how to help your children become successful adults

be very gratefully received:
 Bank Transfer **ES26 1491 0001 2720 5929 3726**

Swift Code **TRIOESMMXXX**
 Go to our website or FB page and press the 'donate' button for PayPal or make a telephone donation via Bizum **636 172 198**

Become one of our Teamers for just 1€/month.

Search '**Cavalli**' on the group browser on www.teaming.net



School visit

Another emotional rescue for us was a little goat. Kristin contacted us through Happy Pets for help when she found what she described a baby lamb whilst she was walking her dog near Mazarrón Country Club. We went to search for her with no luck, but we did go to a nearby farm to ask if they were missing a lamb. We went to rescue a lamb but instead we rescued a little goat that had been rejected by her mother. The shepherd asked us if we could try and save her so we couldn't say no!

It has been quite hectic organising 3 different school visits this month. We think it's great that children can come, meet our rescued animals and get to know what we do on a daily basis at the **Foundation**. It's a way to prevent animal cruelty, as these children will become the adults of the future and it will be them that will have to ensure that all animals are treated respectfully.



Rescuing a baby goat

We are getting ready for our **Easter** activities such as Pony Club mornings and camp. For more information about what we do, keep your eyes on our FB page and Instagram, WhatsApp or call **0034 636 172 198** Visit our website www.cavallifoundation.org Email info@cavallifoundation.org

Please contact us if you would like to be a **Cavalli Foundation** Volunteer or if you would like to support one of our Therapeutic Programmes. We and all the animals would be very grateful for your help and generosity.

We have now sterilised the 2 female cats that were gaining some weight and recovering from a virus. Our 10 other bundles of feline fur have also been sterilised.

Reina has been organising several talks in Alhama de Murcia. She shared many tips with parents on 'How to help our

Any donations will

F.A.S.T. For Fun!
 Email Us: trips@fast2016.org - or > Social Events!
 Trips!
 Get Out and About With Us While Raising Funds for **F.A.S.T.**

Calendar of Events already under way or planned for this year, so far!

Sun 16 th April	Coach Trips El Zoco Market – €15 per person
Weds 19 th April	FAST Raffle Quiz @ The Diner (Starts 1730)
Tues 2 nd May	Coach Trips Caravaca – Running of The Wine Horses – €18 per person
Sat 6 th May	FAST Party King Charlie Coronation Celebration Party @ The Diner, Camposol B. Trad. Buffet, Music from Byron G. 7.30pm-Late. Tickets €12.50 per person
Fri 26 th May	FAST Music An evening with Bazz Norton & Moya Rushkin , in The Trey Lounge, Camposol. Includes a Spring Buffet meal. Tickets €20 per person
Fri 2 nd June	FAST Music GlamJam at Mariano's (rear terrace – in the open air) – 8:00 to 11:00 pm – €5 per person
Fri 7 th July	FAST Music Rufus y los Bandidos at Mariano's (rear terrace – in the open air) – 8pm-11pm – €5 per person
Sat 29 th July	FAST Music Still In The Groove at Mariano's (rear terrace – in the open air) – 8pm-11pm – €5 per person
Sun 8 th October	FAST FEST at Hotel Bahía, Puerto de Mazarrón 7 Hours of Music - In the Open Air! - 4pm-11pm €6 per person
Sat 21 st October	FAST Golf Day at Camposol Golf Club Details to follow

Link to our Facebook page!



GROUPS



Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



Happy Easter from the **Green Fingers Group**

It's so nice to finally see the temperature going in the right direction. Our volunteers certainly are thankful for the heat as they turn out on Wednesday mornings to continue the work of maintaining the plants as you enter Sector C. In recent weeks they have continued to weed the Rambla Road and bottom of the Dual Carriageway. Also trimming the yuccas and palms along the Rambla Road. They have also started to plant new plants.

Welcome wall at the entrance to Sector C on Wednesdays.

Maintenance Scheme

The streets on lower Sector C benefit from the work of the **Green Fingers Maintenance Team**. They ensure the streets are clean and weed-free. Contrary to what some believe, Mazarrón Council do not do this work; it's down to our team. However, in order to cover the costs, we ask those home owners (whether permanent or holiday home) to contribute to the costs. All we ask is that you contribute €5 per month. If you are interested in details, please contact John, our Chairman and he will gladly tell you more about what is involved. Contact him on **634 325 427**.

Coronation Street Party

The **Coronation** of King Charles III takes place on Saturday May 6th, so we are arranging a **Street Party** on Sunday 7th May to celebrate. The party will be held on Calle Jimena on Lower C from 4pm. There will be music and Carl Thomas, from Total Star Radio, will DJ for us. There will be a BBQ with a choice of burger or sausage bap at a cost of €6, but you can bring your own food and drink. If you will be having food from the BBQ we need to know your requirements when you book. Tickets are €5 and children under 12 go free, so come along and celebrate the **Coronation** of UK's new King.



3 of our team went to give **Camposol B Clean** a hand to lay 28 tons of gravel during February.

We have had an average of 6 volunteers, but will still give a warm welcome to anyone wanting to join. Just turn up at the



Tickets are available either by text or emailing John Osborne
Text: **634 325 427**
Email: **osbornej43@gmail.com**
Check at the bucket points on Wednesday mornings.

CHARITY

Making a Difference

TEL 603 389 006



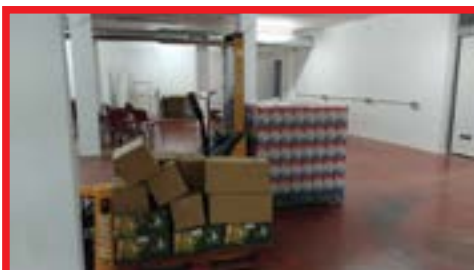
We are now into Spring and we have changed our clothing on our rails to summer garments.

We have continued with donating 1,000€ worth of food to **Caritas** who operate a Food Bank in the **San Jose Church** in Puerto de Mazarrón.

We will be closed on Saturday 8th April as it is Easter Saturday.



Kevin McAlister our President



Donation of food for foodbank

We are making an appeal for more furniture as we have now lost our regular supply by Furniture Plus who have recently closed. Our van will be on Camposol A Commercial Centre every Tuesday between 10.30am-12pm for any bagged donations. Our shop in Puerto de Mazarrón is open on Tuesdays, Thursdays and Saturdays between 10am-1pm.

We would like to thank all our supporters for their continued support with donations, as without these items we would not be able to help those in need in our area.

We would also like to thank all our volunteers who give their time and effort to enable us to continue our Charity work in the community. We would especially like to thank both Sue and Terry Clarke who have recently resigned from the Charity. Terry has been our President and has done a splendid job. He was also one of our van drivers picking up and delivering bought items. Sue has been organizing the sorting of all donations we receive, so we would like to thank her and Terry for their effort over the past 7 years and wish them well for the future. They will be missed.

We were able to find a replacement President in Kevin McAlister and we thank him for stepping in and taking that responsibility.



GROUPS



Camposol 2025
What do you want it to be?

Town Hall Meeting

Following the presentation by the Town Hall at Mariano's in February, a meeting was arranged by this group between Mazarrón Council and Camposol residents to gather more information about the council plans for Camposol. It has now been announced by Mazarrón Council that Licences of First Occupation are to be offered to owners whose properties meet the stipulated requirements, as outlined by the Councillor for Urbanismo (Urban Planning), Ginés Campillo, at the meeting on March 9th. It is expected that further meetings will take place in the coming weeks. For more information see https://camposoltoday.com/camposol_homeowners_to_be_offered_documentation_to_legalise_their_homes_by_mazarra_n_council_2048071-a.html

Solar Lighting Project

The plan was to install 20 solar lights on Sector D residential roads. In fact we are installing 44 lights. Thank you to all the residents and CoOs for purchasing the lights. The lights will make a big difference to residents on each poligono in terms of added security, easier public visibility and

a cheaper option to public street lighting. I think you will agree that this is a successful outcome and demonstrates the benefits of communities working together.

Info Hub

CoO - A series of meetings has been held to discuss the activation of the Community of Owners that exist in Poligonos on Camposol. Other meetings are planned and there is momentum growing to create more CoO's. See 2025 FaceBook page for more details. With the Ayuntamiento planning to create an Entity then CoOs can provide a unified voice to influence the entity.

D Spring Clean - do you want to help clean and tidy up D Sector? Join the volunteers on Wednesday 10th May. The plan is to clean and tidy up the household waste areas, streets and common areas. Litter-picking equipment, bags etc will be provided. Full details on how to volunteer will be posted on the **D Community and Gardening** FaceBook site.

Walking Football - as the weather improves, why not join the gang?

Camposol Free Community Sports run 3 mixed (male and females) sessions on a Monday, Thursday and Friday. The sessions are held at the football pitch on Camposol D. For more details see **CFCS** FaceBook page.

Camposol Dog Park

Dog owners wait in anticipation as work starts on the runner-up proposal in the Mazarrón Council Budget Participation Competition. The proposal to install a dog park on the Camposol development came second to a proposal for an exercise area to be added to the football pitch on Sector D and it is expected that the dog park will be similar to the one opened in Puerto de Mazarrón in October last year.

2025 focuses on identifying, coordinating and delivering projects for the community. It is not another association. It is a team of volunteers who want Camposol to develop and flourish.

RELIGION



OPEN DOOR
Get Together

We encourage and embrace Unity.
Open Door, where all Christians and non Christians can come together to understand and learn about God, and what He can do for YOU.
Ken 646 705 403 or Carol 665 186 901
Email: opendoorgettogether@gmail.com

Whisky and Water

Friends who used to work in the Brewing industry tell us that it is important to add water to Whisky in order to savour its true taste. For some of us who are partial to a 'wee dram', this might seem like spoiling an otherwise excellent drink!

In Scotland recently a Brewing company accidentally spilt 6,600 litres of Whisky into the local river and was fined £12,000. Talk about crying over spilt milk! Even at a modest £10 per bottle we are talking about £80,000 in lost Whisky. The employee who pulled the wrong lever has never been found, probably because wasting Whisky in Scotland is a capital offence.

Diluting something can take away its taste or impact. We do this and can often dilute some behaviour by arguing that everyone does it; from theft of office stationery, or more seriously speeding or drink driving, losing our temper and so on. We have diluted the offence to reduce its impact.

When Jesus was crucified and his body was put in a tomb, the authorities thought that was the end of it. **Easter** reminds us that Jesus rose from the dead and the tomb was empty. There was no doubt that the body had gone, but in an attempt to

dilute the impact of that fact, the Religious Leaders spread the story that the disciples had stolen the body. If enough people believed this lie then the consequences of a person they saw die coming back to life and being raised from the dead would be diluted. How foolish ... but how human!

Don't let the trappings of **Easter** bunnies and eggs and so on dilute the message... 'He is not here; He has risen, just as He said. Come and see the place where He lay.' Matthew 28v 6



REMEMBER

We are now **HYBRID!**
You can join us on Zoom on any Sunday Morning At 11am Spanish time and 10am UK time, or come along to our house and join us there in person. We are just 20 minutes from Camposol, Alhama, Fuente Alamo and 30 minutes from Puerto de

Mazarrón. Give Ken a call for directions on **646 705 403**
A worship service with a difference.

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SAVE THE DATE
Saturday April 15th 2023
Garden Picnic
2pm start
Chris Milner
All Welcome
Join us in our garden and relax to the amazing voice of renowned **FOLK Singer Chris Milner**
All the way from UK
2pm start
Bring your own picnic
Bring your own Drinks
In Our Garden at Los Almagros
Bring your Friends
Inside or outside depending on the weather



NEWS

South Murcia News

We receive information from the South Murcia region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc, by checking the blog www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/

Including: Alhama de Murcia, Fuente Alamo, Mazarrón & Totana
There will be various parades and processions over the **Easter** period. Check at your local Tourist Office for full details of events.

Alhama de Murcia
<http://turismo.alhamademurcia.es/>
Tel **968 633 51** – Tues Market

Exhibition @ Baños Archeological Museum until April 12th
Murcian born painter Juan Antono Cortez Abellán demonstrates his talents during the exhibition.
Open Tues-Sat 10am-2pm & 4.30pm-7.30pm
Sundays 10am-2pm.
You will also find his displays at Casa Cultura on weekdays between 10am-2pm.

Tuesday 4th April - Free Guided Tour in English of Los Baños Thermal Baths & Museum. 11am

Saturday 22nd April - Guided Tour of Alhama Centre in English. 3€ (2€ under 12's) 11am.
Book at Tourist Information Centre

Sport and Leisure organised by the Town Hall
Complejo Deportivo Guadalentín (athletics, gymnasium, football pitch, 7-a-side pitch, sauna, summer pool)
Weekdays: 8.15am-2.45pm and 3.30pm-11.30pm
Weekends: 9am-10pm
Telephone and bookings 659 682359
Polideportivo El Praico (frontón, tennis, paddle tennis, multi-sports facilities)
Weekdays: 9.15am-1.45pm and 4pm-11pm. Telephone and bookings **609 319 670**
Pabellón Sierra Espuña (multi-sports facilities)

Weekdays 4pm-10.30pm
Telephone and bookings **968 633 243**
Pabellón Adolfo Suárez (multi-sports, rock climbing, tatami, sauna)
Weekdays 8.30am-2.30pm and 4.30pm-11pm
Telephone and bookings **968 639 757**, ext 5
Indoor Swimming Pool
Weekdays 8am-10pm
Saturdays 9am-2pm
Telephone **968 639 757** ext 1

There are some fabulous walks in the **Sierra Espuña National Park**.
Go to <http://turismo.alhamademurcia.es> and click on **Paths of Sierra Espuña**. You will find full details of all walks available and a map that you can download.

Fuente Alamo Sat Market

Wednesday 19th April - Hawaiian Fiesta
@ Casa Cultura Las Palas 5.30pm

Saturday 22nd April & Monday 1st May - Taller Ceramica Anti-Stress @ Museo Fuente Alamo 10.30am-1.30pm

Every Wednesday - Hacienda del Alamo Women's Association Coffee Morning @ The Club House 10am-12pm

Mazarrón
www.mazarron.es
Tel **968 594 426** – Sat Market

III Pet Carnival
On Saturday 5th February a fun contest was held by the Department of Animal Welfare in collaboration with APROAMA (Mazarrón Animal Protection Association for pets and owners). Prizes were awarded for 'Most Original Costume', 'Most Elaborate Costume' and 'Best Owner and Pet Costume'.
Owners and pets enjoyed a fun morning in

elaborate canine costumes. The pets were paraded in front of a jury who determined the winners.

Easter Celebrations
Saturday 1st April - Drums and Cornets in Plaza del Convento 6.30pm

Sunday 2nd April - Palm Procession @ Isla Plana 11am

Sunday 2nd April - Blessing Of The Palms followed by the **Procession of Palms** from Santuario de la Purisima, Mazarrón 11.15am

Sunday 2nd April - Blessing Of The Palms followed by the **Procession of Palms** from the Church of San Isidro, Pto de Mazarrón, 12pm

Thursday 6th April - Procesión del Prendimiento 9pm from Santuario de la Purisima, Mazarrón

Friday 7th April - Via Crucis, a silent procession 6.30am from Plaza del Convento, Mazarrón

Friday 7th April - Procesión del Santo Entierro, a somber procession from Plaza del Convento, Mazarrón & Pto de Mazarrón 8pm

Sunday 9th April - Procesión del Resucitado from Plaza del Convento, Mazarrón 11.15am

Further events in April

Sunday 23rd April - Kynkarace Obstacle Test

This is the first time this obstacle course will take place in the natural environment of Bolnuevo Erosions, testing physical and mental strength, balance, dexterity and resistance. There will be two tests; one with

Continued to page 45

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Continued from page 44

an 8km route and another of 500mtr for the little ones.

Registration is limited at www.dorsal21.com

Free Guided Tours in Mazarrón area and free **Guided Walks**.

Check for more details at the Tourist Office Call **968 594 426** to book.

Totana

www.totana.es

Tel **968 418 153** – **Wed Market/Fri in El Pareton**

Easter in Totana

Sunday 2nd April - Blessing of The Palms Procession from Plaza de la Constitución and another from Ermita de San Roque 10.45am.

Monday 3rd April - Musical Concert in the Church of Santiago El Mayor with the Penitential Procession 9pm from the Convento de las Tres Avemárias

Tuesday 4th April - Procession leaving Plaza de la Constitución 10pm

Wednesday 5th April - Silent Procession 10pm from Plaza de la Constitución

Thursday 6th - Procession of The Last Supper 9pm from Plaza de la Constitución

Friday 7th April - 2 Processions 10.30am & 9pm from Plaza de la Constitución.

Sunday 9th April - 2 processions 11am from Plaza de la Constitución and Glorieta del Convento. Both processions meet at 12pm in Plaza de la Constitución for a joint procession.

Further events during April

1st, 7th, 8th, 14th, 15th, 21st, 22nd, 28th, 29th April & 5th, 6th May - Youth Workshops for 12-17 yrs. Play ping-pong or badminton, sing karaoke or dance, play cards or a board games, have a snack or dinner, but above all, have a good time in an ideal space to share and interact. At Espacio Joven Munuera y Abadía. 7pm-

12am

agendamunicipaltotana@gmail.com

Saturday 1st, 15th, 22nd, 29th April & 6th May - Visit Al Museo De La Torre De Santiago 2€ adults (children free) 10am-11.30am

Every Saturday until July. (Minimum 10 persons/máximum 20)

Saturdays & Sundays in April - Guided Visit to La Bastida 3.40€ (2.50€ disc) 10am/12pm. Book at Tourist Office.

Saturdays in April - Guided Visit Museum of The Tower of Santiago

The first level hosts the chapter house that refers to the lands of Totana; the Order of Santiago. The second level is the choir of the church, which shows the Mudejar coffered ceiling of the temple and the explanation of its chapels. The next level is known as 'the bride's room', which was the old house of the bell ringer. The fourth level cannot be visited as it contains the current clock. The last level is the bell tower, where the second oldest bell of the Diocese is located, dating from 1470. 10am

CHARITY



MAMAS - Mazarrón Animal Medi-Aid

Tel 666 186 037 mazarronanimalmedi_aid@zoho.com
Registered charity No 9537/1a



Hi to our regular followers or anyone that reads this.

Would you be so kind as to go to Facebook page and like us, if you don't mind? <https://www.facebook.com/profile.php?id=10007770510099>

We are getting many Spanish people and hardly any Expats. We are wondering if you remember us! We understand times are hard for all our lovely charities, but we do need support to stay open!!

Have you a pet we have helped? Let us know how he or she is. Keep us updated. We often wonder how this dog or that cat got on.

On the downside, we are having to limit awards for spaying and neutering due to high demand and insufficient donations to cover vets bills. **MAMAS** has been going for 15 years and has helped a lot of people with their beloved pets. Please support us. We need to stay on the map!

Talking about beloved pets, this is teeny **Miku** who fell ill with what was initially thought to be a urinary infection. However she didn't improve and eventually it was discovered she had stones. She must have been in so much pain, if what people tell us is any indication. She's a Spanish-owned dog so we won't hear how she is unfortunately.

All that said, we gave a lot of money for a big poorly dog and wished him and his besotted owner good luck. The owner came back so heartbroken as the dog had died. That news really shook us. We like good news really.

Do come and visit our shop. The furniture is replaced regularly, so there's always something new. The summer clothes

donations are bursting to be unpacked in the next few days now that the warmer weather seems to be here, but we can't survive without the usual plea for a nice volunteer or two. Jean and Richard work 7 days a week, so some help would be brilliant.

The **MAMAS** Shop is near Consum in Puerto de Mazarrón. Take the turning after Consum on the left. We are 3 streets up, left again into Calle San Juan.

Have a great Easter. See you soon.



Miku

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info@legalview.es



INFORMATION

Easter Week in Spain



Easter Week in Spain

Easter is celebrated in March or April, because the dates change every year. Spain transforms over these days. Everybody turns out to experience one of Spain's most traditional events to the full. You will experience truly special moments and a totally different atmosphere. If you have never visited Spain during **Easter Week** then you are in for a fabulous time. Each region of Spain has its own way of celebrating **Easter** (or **Holy Week**) with a great deal of emotion. All day and night the streets are filled with the beat of the drums (tamboras), masses of colourful flowers and the consummate art of religious sculpture, all combining to produce a highly moving atmosphere.



During **Easter Week in Seville** you will see how the 'cofradías' (lay brotherhoods) bear the colossal weight of elaborately decorated statues of the Virgin Mary and Jesus as they parade through the narrow streets of the old town.

Easter Week in Malaga includes the ritual privilege of the freeing of a prisoner and one of the most moving moments of all is when the figure of Jesus 'El Rico' blesses the convict.



During **Easter Week in Cuenca** you can enjoy concerts in the **Religious Music Week Festival**, which take place in historic buildings such as the Cathedral.

If you go to **Easter Week in León**, you will find one of the highlights is the encounter between Saint John and the Virgin Mary in the Plaza Mayor square, which marks the end of the Ronda and the Procession of the Pasos (processional sculptures).

During **Easter Week in Zamora**, the sound of Gregorian chants provides an incredible atmosphere for the nocturnal processions.

The **Easter Week processions in Valladolid** are ones to look closely at for the religious statues, some by San Juan de Juni or Gregorio Fernández, and all priceless works of Baroque art.

Easter Week in Salamanca is spectacular thanks to the backdrop of the city's stunning built heritage.

Holy Week in Murcia - Baroque Holy Week

Holy Week is characterised by the Nazarenes in their tunics of many colours and their giant 'bellies', which are actually large bags attached with a tight rope, filled with candies, biscuits, hard-boiled eggs

and even beans, which are handed out to friends and family along the procession route.

There are more sombre processions in which no sweets are handed out, such as the Refuge, the Rescue, Health, the Return or the Recumbent Christ. One of the most impressive processions is the Silence procession held on the Thursday.

The most important procession is the Salzillo, held on **Good Friday** at 7am with the first ray of sun, called 'the kiss', which must light the standard of the Fraternity of Our Father Jesus of Nazareth, or the face of the 'Dolorosa'. There will be some interesting floats including The Supper, The Prayer in the Garden, The Capture, The Lashes, Veronica, The Fall, Our Father Jesus of Nazareth (not the Salzillo), St John or the 'Dolorosa'. On Friday evening there will be the processions of the Merciful Christ, one from the Church of St Stephen, the Holy Sepulchre and St Bartholomew. They will pass in procession along Trapería Street.

Visitors will experience **Easter** in a completely different way in each city and village of Murcia. Drums, silence and cornets, hoods, sweets and the typical scent of flowers and incense transform the streets of our Region. This is how **Holy Week** breaks the everyday routine and replaces it with Passion... or rather, passions. One of the things that most strikes visitors is that the **Easter** experience is completely different in each city and village of Murcia

The **Palm Sunday Procession in Elche** features the customary palm leaves and is one of the most beautiful of any held in Spain.

During **Easter Week in Cartagena**, the culmination of the processions is especially moving, with thousands of people joining their voices in song to intone the "Salve Maria" to the Virgin Mary.

Easter Week in Lorca is especially unusual - the processions include figures and scenes from the Bible and ancient civilisations.

In the province of Albacete, the crowning moment in **Easter Week in Hellín** is the **Tamborada**, when the sound of up to 20,000 drums invades the town.

Easter Week in Cáceres is unique for its 'cofradías' dating from the 15th Century.

Easter Week in Murcia includes breath-taking moments, such as on **Easter Saturday** when you will see the procession of the Recumbent Christ, from the Church of St Domingo, with one of the most impressive moments in **Murcia's Holy Week**: passing under the Arch of St Domingo.



World-Famous Spanish Fiestas

Easter Week is celebrated in every city, town and village in Spain. Nevertheless, there are some fiestas that are especially well known for their uniqueness and beauty, and have received the International Tourist Interest designation.



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*Sausage, Egg & Chips



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PUZZLE

PAGE



SUPER SUDOKU

Each column and row must contain all of the numbers 0-9 and letters A-F and no two numbers or letters in the same column or row of a Sudoku puzzle can be the same

0						6	B				9					
5	4	6			C	F				E	0					
					1	2	E		3	5						
					8		7			A	1	3			F	
		8	D					B	0		6	E	F			
			9		E		2	B					A		C	
6			F						8					3	B	
2			1					A			F	4				
9	6							F				2		3	8	
		3					7				D			C	0	
	7		0			1	5				3			D	9	
	C		8		9						E			4	1	5
	8				5	9			1	A				C		
5	B	6	7											8		
1		A			D			2		E		B				
4					7			E	5			C			D	0

Boggle

Make up words from letters that are touching. You cannot use a letter more than once. Using all the letters, try and make up a 9 letter word

G	I	L
T	E	D
O	N	U

73 words of 3 letters or more.

Wordsearch

Translate the words below from English into Spanish

- BASKET
- BONNET
- CANDLES
- CELEBRATION
- CHICKEN
- CHOCOLATE
- CHURCH
- CROSS
- DAFFODIL
- DRUM
- EASTER
- EGG
- FOOD
- GIFTS
- HUNT
- LAMB
- MUSIC
- PALM TREE
- PARADE
- PRAY
- PRAYER
- RABBIT
- SPRING
- SUNDAY

V	W	T	Y	Y	V	F	Q	U	Q	L	M	X	T	A	M	B	O	R	A	X
B	Y	W	Z	P	D	T	M	K	A	D	J	I	T	I	Y	I	Z	G	K	I
Q	G	F	H	U	B	R	G	U	N	X	B	Y	Q	H	B	N	N	N	A	Q
B	N	O	I	C	A	R	B	E	L	E	C	K	I	Y	V	M	O	X	Z	W
C	O	N	E	J	O	M	S	D	N	Q	Q	O	K	S	Q	I	R	U	A	C
B	G	Q	M	F	I	J	D	B	W	U	L	A	Q	I	C	Y	I	I	C	K
U	X	F	F	N	R	A	G	L	J	F	I	P	K	A	O	W	S	O	A	D
S	L	P	E	N	P	S	L	V	I	S	B	A	R	P	H	Q	C	J	G	W
X	W	V	S	Y	A	L	Y	W	E	A	Y	O	A	L	M	Y	T	C	I	U
P	C	O	D	E	S	F	I	L	E	W	U	C	Q	K	M	U	A	R	C	I
Z	H	L	G	D	C	S	G	C	F	E	Z	V	R	E	L	T	T	A	R	Q
A	O	L	H	N	U	I	U	Z	J	K	I	X	Y	W	O	S	M	U	N	
R	C	O	P	L	A	F	N	A	C	I	S	U	M	G	R	K	E	B	Z	B
E	O	P	A	Q	M	L	R	T	H	H	V	G	N	A	I	Y	C	X	L	D
V	L	J	L	W	W	D	I	U	I	X	S	I	R	S	V	O	H	X	Q	J
A	A	V	M	E	W	Q	E	M	R	S	M	T	O	I	R	G	C	J	C	N
M	T	Z	E	O	F	V	Z	S	E	O	B	L	M	E	K	M	U	N	P	R
I	E	I	R	L	O	X	P	S	D	N	A	G	D	T	S	W	I	O	L	E
R	O	P	A	E	A	P	E	B	Z	G	T	R	T	N	A	R	C	I	S	O
P	I	E	U	R	T	S	C	G	E	L	O	O	G	W	J	J	A	A	J	W
S	O	W	Q	K	R	Q	A	R	T	C	U	E	L	H	U	H	T	N	W	I

Answers on page 78



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The coloured film that Colour Glass Window Tint provides stops up to 99% of all UV light which helps to protect your art pieces and furniture from fading and it also stops the glare of sunlight entering the rooms of your property.

Very importantly, over the course of the year, the colour window tint on your windows will reduce the price of your utility bills; in the summer months it will help to keep cool air in and decreases the use of air conditioning and in the few winter months it helps keep the warmth in.

As owners of your own home in Spain, you can appreciate the beautiful colours of your homes. The different colours of film Colour Glass Window Tint brings more style and colour to your homes, so why not put some class to your glass today?



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GROUPS

Lodge Luz de Murcia N°91



In Murcia, nearly 30,000 people depend on food banks for their daily needs and their number is increasing.



Javier Pacheco, Social Services Los Alcazares; Peter Horne and David Curley from Luz de Murcia Lodge; Terence Pierce Provincial Grand Master

through the local Social Services Department.

Luz de Murcia Lodge #91, who meet in Los Alcazares, have just donated 1,000 € worth of food and grocery items to assist social services of Los Alcazares in keeping their stocks up.



Between March and July 2022, 850,000kg of basic foodstuffs was distributed in the Murcia Region, an increase of nearly 40% on the amount required the previous year. That increase is ongoing.

As Murcia is the home for 145 **Freemasons** spread over 6 Lodges, the Provincial Grand Master, Terence Pierce, has opened an initiative to give support to the community

RELIGION



Salt Church Mar Menor @ THE HUB

Email: andy.neale@saltchurch.es
Facebook: @saltchurchmarmenor
Website: www.marmenorchurch.com



Have we lost the art of communication? We live in a day and age where it is very easy to keep in touch and make contact, with one another. Long gone are the days when you had to sit down and write a letter. Even making a traditional telephone call is somewhat 'old school' now. Indeed, there are so many social media platforms and I have never heard of half of them!

Yes, it is so much easier to keep in touch in ways that are quick, easy and relatively inexpensive. However, just how many words, phrases and sentences that find their way out there into cyberspace (whatever that is), are wholesome, uplifting, accurate and true?

Have we become a society that simply 'reacts' rather than takes time to 'respond'? There is a subtle but significant difference. Yes, technology has made it easier to keep in touch but have we lost the art of communication?

We have a God who has taken great effort and much care to communicate with us. He has revealed His character, His plans & purposes and our place in the great drama that is life itself.

Do we though, turn away from Him preferring to spend our time trawling through trivia?

Have we turned our back because we reject on what the Bible says, as religious claptrap, myth of legend?

Might we reject what He has to say because it does not suit my point of view or align with my priorities, or simply, do we find it all too much bother, too difficult and involving too much time and effort to really hear what He has to say?

For sure, we live in a day and age where technology has made it much easier to keep in touch, but have we lost the art of communication?

I don't know what you reckon, but it's worth a thought...

To find out more about us at **Salt Church Mar Menor** and where we are coming from, simply scan the QR code which will take you through to our website.

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Pastor Andy Neale

Watch us on You Tube: **Salt Church Mar Menor You Tube**

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CHARITY

P.A.P.S.

Email: animalesperrosdelsol@hotmail.com



As a charity, **PAPS** always needs donations to keep helping all the poor abandoned dogs and one lovely way for people to help is to sponsor a dog (or more!) which will directly help towards that dog's upkeep and care. It is really easy to do! The cost is a **minimum** of €5 (no upper limit!) per month, per dog. Payment should be made via monthly bank transfer into the **PAPS** bank account:

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Iban: ES62 0019 0412 5940 1002 5531
bic: DEUTESBBXXX

Please write **'Sponsorship'** in the reference box.

Prospective sponsors can email animalesperrosdelsol@hotmail.com letting us know which dog/s they would like to support and their request will be forwarded to our Sponsorship Volunteer. Once the payment has been received, a certificate of sponsorship will



homeless dog that really needs your support?!!

This month's baby looking for a home is sweet **Clyde**. Holy Moly!! Is he a cutie-pie or what?! Little **Clyde** would love someone to give him a loving home - GS-X, approx 7-8 months old. He is a great young lad who is learning how to get on with dogs and people.

Email animalesperrosdelsol@hotmail.com for further information.

As always, if anyone has a few hours free during the week and would like to volunteer to help homeless dogs, our dogs would be guaranteed to welcome them, showing them their full appreciation! All enquiries should be referred to

animalesperrosdelsol@hotmail.com

be sent to the sponsor with a biography of the dog to follow. Thereafter, an update will be sent on how the dog is doing and will include the latest photos. Easy peasy, so what's stopping you from helping a



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We receive information from the South East Murcia region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc.

by checking the blog www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/

Including: Cabo de Palos, Cartagena, La Union, Los Alcazares, San Javier, Santiago de Ribera, San Pedro del Pinatar & Torre Pacheco

There will be many parades and procesions for Easter in all areas. Check at your local Tourist Office for full details of Events

**Cabo de Palos
Market Sun**

Thursday 6th April - Procesion del Cristo de los Pescadores. An unusual yet interesting procession revolving around the sea, fishermen and sailors. 8.30pm from Santa Maria del Mar Church.

**Cartagena
www.cartagena.es
Tel 968 128 800 – Market Wed**

Sunday 2nd April - Educational Rock Concert @ The Ambigú, New Circus Theater of Cartagena
The ChimPamPunk Musicians bring us the best adapted Rock repertoire for the little ones to enjoy as a family while they learn. Children 5€ Adults free

Exhibition - The Shining Lights of Rome @ Archaeological Museum until 23rd April
Over 200 Lanterns and Lamps from more than 2000 years ago are displayed.
Open: Tues-Fri 10am-2pm & 5pm-8pm
Weekends 11am-2pm

Easter Celebrations
Saturday 1st April - The figure of **Nuestro Padre Jesús Nazareno** is taken from Santo Domingo Church at 6pm to the Church of Santiago Apóstle, arriving there at approx. 7.25pm
The figure of **Nuestro Padre Jesús de Medinaceli** departs the Church of Santa Maria de Gracia at 7pm to arrive at approx. 7.50pm at the former Marine Hospital (ETS Campus)
The start of the procession **Penitential Via Crucis** leaves at 7.30pm from the Church of Santa Maria de Gracia.
At 8pm the figure of **Santisimo Cristo de la Agonia** departs from Colegia de Sagrado Corazón de Jesús to the Snta Maria de Gracia Church.
At 8.45pm the figure of **Santisimo Cristo de la Sentencia** heads from Calle Cristo de la Sentencia to Calle Carmen.
At 9pm the figure of **Virgen de la Vuelta al Calvario** departs from Parque de Artillería to

Puertas de Murcia

Sunday 2nd April - The Roman Soldiers of the Cofradia parade through Cartagena City Centre.

The **Jerusalem Procession**, with many children taking part, leaves Santa Maria de Gracia Church at 5pm.

Monday 3rd April - Procesion de las Promesas de la Santísima Virgen de la Piedad 9pm from Calle Aire

Tuesday 4th April - Processions highlighting the military element of three apostles depart from different military buildings at around 8.45pm.

San Juan leaves Antiguo Parque de Artillería in Plaza de Lopez Pinto.

Santiago leaves the naval headquarters in Muralla del Mar.

San Pedro leaves from the Military Arsenal. All three meet at Plaza San Sebastian around 9.50pm to continue their parade to the Church of Santa Maria de Gracia.

Wednesday 5th April - Dramatized Performance of The Trial of Christ @ Playa del Ayuntamiento at 5.45pm
Procesion of the Prendimiento from the Santa Maria de Gracia church 9pm

Thursday 6th April - Procesion del Silencio is a moving procession, in silence and in darkness starting from Santa Maria de Gracia Church 9pm

Friday 7th April - Procesion de la Mujer Veronica leaves the church at 2am!
Further processions take place until 8am. More information from Tourist Office.
Procesion of the Holy Burial 8pm

Saturday 8th April - Procesion de la Vera Cruz lit by candles. 7pm from the Church, returning to departure point.

Sunday 9th April - Procesion of the Resurrection starting and finishing at the Church.10.30am

Monday 10th April - The final procession of **Semana Santa**, commemorating the first ever procession featuring the California Brotherhood in 1748. 8pm from the Church and returning to the same place

Further events in April

Sunday 16th April - V Mar Menor Cycling Tour 'Memorial for Juan Vera'

9am from the Palacio de Deportes
Organized by the CC Cartagena and with the collaboration of the Cartagena City Hall.

XXV Edition of the Regional Classical Music Contest, Entre Cuerdas y Metales, with the registration of 221 musicians from all over the Region

including from the Superior School of Dramatic Art of Murcia started in March but continues through April. It will be held in the Assembly Hall of the Fundación Mediterráneo de Cartagena (C/ Mayor, nº11) at 6pm.

Wednesday 12th April - Final of Wood Wind

Thursday 13th April - Final of Vocal

Friday 14th April - Final of Cuerda Pucada

Saturday 15th April - Piano Final

Tuesday 18th April - String Final

Wednesday 19th April - Percussion Final

Friday 21st April - Brass Final

Saturday 22nd April - Chamber Music Final

Admission to the auditions is free until full capacity.

Classics in the Museums @ The Archeological Museum 8pm

Wednesday 19th April - Trío Meyerbeer

Thursday 20th April - Proferores y Alumnos del Conservatoriode Musica de Cartagena

Friday 21st April - Duo Scaramouche

Wednesday 26th April - Beaux Arts String Trío

Saturday 15th, 22nd & 29th April - The Mysteries Of The Holmes Brothers 12pm

The Holmes brothers have arrived at the Civil War Refuge-Museum to solve a mysterious case. Sherlock and his sister Enola need young spies to discover hidden messages, secret codes and encrypted communications to defeat the evil Moriarty. More Information: **968 500 093**

Free Guided Tour of Roman Amphitheatre @ Cartagena 11am/12.30pm. Bookings at https://www.cartagena.es/s/agenda_ciudad_detalle.asp?id=2409

XLIX Floral Games of the Campo de Cartagena in La Palma & XXVIII National Youth Poetry Contest

Single prize of €1,300 and a Natural Flower will be awarded to the best poetic composition on the single theme 'El Viaje' with a minimum length of 75 verses and a maximum of 175.

12-14 years old - a diploma and 400€.

15-18 years old - a diploma and 600€.

The texts presented, of a creative nature, must be strictly original and unpublished and in Spanish. The theme will be free, with a minimum length of 14 verses and a maximum of 100.

The winning authors will attend a ceremony on 13th May and the winner of each category will read the winning work.

Roman and Mediterranean Cartagena Guided Tour 2½ hrs

7.50€/13€/15€ Spanish & English

More information: **968 500 093**

With the help of an audio guide, explore the centre and history of Cartagena at your leisure, visiting the two main archaeological

Continued on page 53

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Continued from page 52

sites of the city, the Roman Theatre Museum and the Molinete Roman Forum Museum, as well as enjoying the beautiful examples of modernism or the military past.
Route: Museum of the Roman Theatre, Calle del Aire, Plaza San Francisco, Museum Roman Forum Molinete, Calle Mayor, Naval Museum, port and Plaza del Ayuntamiento.
Beginning: Museum of the Roman Theatre. In addition to the route, there is the option of renting audio guides at each museum and site in several languages.

Saturday 15th, 22nd & 29th April - Esparto Workshop @ Los Puertos de Santa Bárbara Ethnographic Museum 10.30am-12.30pm
 May: 6th, 13th, 20th, 27th
 Booking essential - up.cartagena.es

Free Guided Tour of Carmen Conde-Antonio Oliver Museum @ Ramón Alonso Luzzy Cultural Centre 11.30am
 Booking essential at the tourists office
 Carmen Conde ordered in her will the donation, in favour of Cartagena City Council, of furniture and decorative objects in the living room-hall and office from her house at C/Ferraz, 67 in Madrid. This heritage has now been reproduced, trying to reconstruct the environment in which Carmen Conde and Antonio Oliver created as part of their important work. This exhibition will be opening on April 28th.

La Union
www.ayto-launion.com
 Tel 868 049 941/692 925 970 - **Market Tues**

Los Alcazares
Market Tues & Sat (Los Narejos)

Thursday 6th - Sunday 9th April - XXII In-cursiones Berberiscas en El Mar Menor

Every Saturday - Open Market from 10am
 40 stalls selling a variety of goods on Paseo Real de la Feria and Calle Los Luisos.

Every Tuesday - Sonrisas Harmony meet every Tuesday @ the Estribor Function Room, Los Alcazares. 10.30am-1.30pm

Every Thursday - Spangles Ladies A Capella Chorus Rehearsals @ Los Narejos 10am-1pm

San Javier
www.murciaturistica.es/en/san_javier/
 Tel 968 172 041 - **Market Wed & Thurs**

Saturday 22nd April - Free Classical Music Concert @ The New Winter Theatre 7.30pm

Saturday 6th May - Free Classical Music Concert @ The New Winter Theatre 7.30pm

Every Monday - HAH Help at Home Table Top Sale @ La Zona Bar 10am-1pm

Every Monday - Friendship Group @ The Garden Bar & Lounge 11am

Every Tuesday & Thursday - San Javier Squalos Rugby @ Rugby field, PDM Sports Ground. 12-18 year olds 7.30-9pm. Men 8.30-10.30pm. Women 10-11.30pm.

Every Thursday - San Javier Squalos Rugby @ Rugby field, PDM Sports Ground. 6-10 year olds. 6-7pm

Every Saturday - San Javier Squalos Rugby @ Rugby field, PDM Sports Ground. 6-10 year olds. 10-11am

Aeronautical Museum - Visit this museum with photographs and videos showing various items relating to the Spanish Military Air Force.
 Entrance free.
 Open 10am-2pm
 Call **968 582 107** to arrange group visits

Santiago de Ribera
 Tel **968 571 704** - **Market Wed**
 On 1st & 2nd S u n d a y s every month - **Artesan Market Mar Menor** in the Explanada de Barnuevo 10am-2pm.



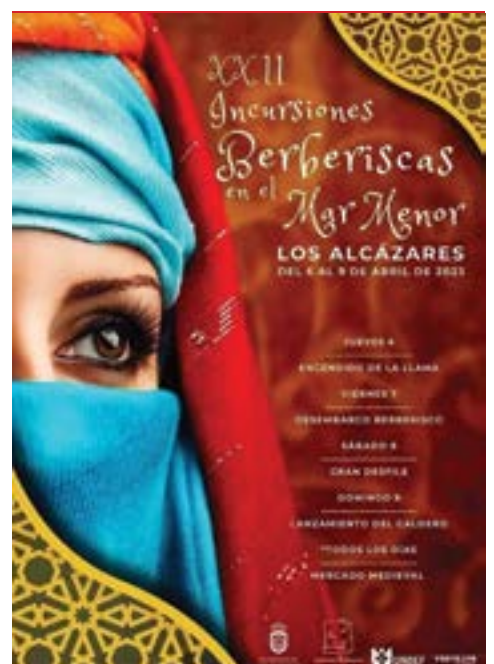
San Pedro del Pinatar
www.sanpedroturismo.com
 Tel **968 182 301** - **Market Mon & Thurs (Lo Pagan)**

Torre Pacheco
www.torrepacheco.es
 Tel **968 579 937** - **Market Thurs (Balsicas) & Sat (Dolores)**

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 Remember deadline 15th of the month!!!

MABS EVENTS SAN JAVIER

DATE	EVENTS
21 APRIL	Meal @ Jesus Hernandez @ Las Claras Los Alcazares
04 MAY	Fashion Show @ Marias Sucina
06 MAY	Coronation Celebration Buffet @ Franco-Locche Sucina
20 MAY	Start of Summer Party Meal @ La Zona Terraza Los Alcazares
15 JUNE	Quiz @ Meal @ Route 66 @ Mar Menor Boulevard
24 JUNE	Summer @ B @ Q @ La Zona Terraza Los Alcazares



RELIGION

DID YOU KNOW?

Tel: 602 466 534



Trinity (Part 1)

Did you know that the word '**Trinity**' is not mentioned in the Scripture? Where did **Trinity** originate from?

Why do so many Christians believe in the **Trinity**?

When did Christianity adopt the **Trinity** teaching?

Why do so many world religions (non-Christians/Paganism) believe in the **Trinity**?

Why is it so important to understand where this teaching of the **Trinity** came from?

What is the truth about the **Trinity**?

Let us now take a closer look at this.

Many describe the **Trinity** as **God the father, God the son and God the Holy Spirit**. (God in 3 distinct, but equal persons). Others just say the **Trinity** is made up of **the Father, the Son and the Holy Spirit** (3 persons, but 1 God).

The Scripture was written over a period of 1500 years (and there is a gap of 400 years between the Old and New Testament). The New Testament was completed up to 100 years after the death and resurrection of Yeshua (Jesus). Yeshua only quoted from the Old Testament because that was all that existed in His lifetime on earth. The **Trinity** teaching came into the Church many years after the last of the apostles of the New Testament died.

A Church father by the name of Tertullian was one of the first to use the term **Trinity** in reference to God, between 165AD and 225AD. (Although **Trinity** is not in the Scriptures, this term was used to describe the triune God - three coexistent, co-eternal Persons who are God). **Trinity** is a Latin name which means Triad. There were many ongoing discussions and meetings trying to explain who God was and the nature and divinity of Yeshua.

In May 325AD, Emperor Constantine convened a meeting at the Council of Nicea. (The Ecumenical or World Wide Council at Nicea or Nicaea, present day Turkey). He summoned numerous Bishops to this meeting. There was division in beliefs. Arius was a Bishop from Egypt, who believed that Yeshua was the Son of God, who was begotten by God the Father. Arius believed in the divinity of Yeshua. Opposing Arius's

belief was Athanasius, from Alexandria. Athanasius believed in the **Trinity**, Father, Son and Holy Spirit being one, but each distinct from each other.

Due to the differing beliefs in the Church, there was much confusion. Constantine needed stability and unity in the Roman Empire, therefore it was necessary to decide which of the two beliefs was correct. **The purpose of the meeting was to decide and vote on a definition for the divinity of God**. The motives of Constantine for calling this meeting were purely political. It was important to unify the Empire in order to secure his throne, thereby needing the support of the Christians. (In exchange for their support he would grant them favours). **At this meeting Constantine declared Christianity the official religion of Rome for the sake of unity.**

Some believed that Constantine had converted to Christianity, but many had their doubts. He worshipped the Sun, but was supposedly converted whilst on a military mission. He exercised his influence in convincing the council to accept the **Trinity**. **Those who refused to accept the Trinity were exiled**. The doctrine or teaching of the **Trinity** took some three centuries after the death and resurrection of Yeshua to be introduced into the Church.

In 337AD when Constantine died, there remained disagreements in the Church. Constantius II, his son, took over as Emperor and tried to nullify the Nicene Creed. All those who continued to follow the Nicene Creed would be exiled (Athanasius left to reside in Rome). Around 355AD, Constantius II became the sole Emperor and was able to extend the Arian belief (Arius belief). Many other councils or meetings took place over the years to debate the Creed and come to some conclusion on the matter.

In 361AD Constantius II died and Emperor Julian took over. Julian worshipped Rome's pagan gods. He did not take sides when it came to Church beliefs, so the Church more or less took matters into their own hands (this resulted in many Christians dying for their beliefs). Many stated that Arius believed that Yeshua was created, but apparently this was not true. (They tried to destroy Arius written work outlining what he believed). He believed in the divinity of Yeshua. (Those who agreed with Arius were called the followers of the Arian movement).

Arius was taught by Lucian of Antioch. Lucian was the one responsible for producing the Textus

Receptus, which was used to make up the New Testament of the King James Version of the scriptures (KJV). Lucian taught Arius to love and obey God's word and not to allow man made traditions to enter.

It was whilst they were teaching the people in Antioch that the name Christians was assigned to the followers of Yeshua the Messiah (Jesus Christ). In Acts chapter 11, verses 25 & 26 it says "Then departed Barnabas to Tarsus, for to seek Saul (also known as Paul). When he had found him, he brought him unto Antioch. It came to pass, that for a whole year they assembled themselves with the Church and taught them much. *And the disciples were called Christians first in Antioch.*"

Athanasius (who believed in the **Trinity**) was influenced by Origen, a Greek philosopher and theologian. Origen devised and understood Christian doctrine through Plato. Origen was taught in the humanistic philosophies of Plato, Aristotle and Ammonius. Origen was also under Clement of Alexandria, who mixed Greek philosophy with Christianity. Plato believed in the Triad Deities which were worshipped by other ancient religions (Trinitarians). This was why he felt he could define God.

It was in 381AD that the Council of Constantinople confirmed the divinity of the Holy Spirit as a **being**, like the Father and the Son. This led to the official acceptance of the **Trinity** in the Church to date. The **Trinity** teaching became popular for the first time in history. Theodosius, the Emperor, made it compulsory for all Christians to believe in the **Trinity** and those who failed to comply, would be punished. The Church implemented a doctrine which was based on the beliefs of Plato (Greek philosophy). The early Church never taught this doctrine. Nowhere in the Scriptures does it mention that the Holy Spirit is a **being**, like the Father and the Son, as decided by the council in 381AD. **The Trinity was never taught by Yeshua, or his apostles and other scriptural writers.**

The majority of Christians believe in the **Trinity**, but are unaware of its root origin. Some say it is not important, as it does not affect their salvation. It is necessary to search the Scriptures for yourself and verify all teachings. It is not enough to accept what is the popular view. In 2nd Timothy Chapter 2, verse 15 it states "Study to show thyself approved unto God, a workman that needeth not be ashamed, rightly dividing the word of truth."

I hope you have learned more about the Scriptures. Next month I will continue with Part 2 of the **Trinity**.

If you would like to know more, please contact Sandra on **602 466 534**

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FOOD AND DRINK

Ma Millbank's Kitchen



I have 6 chickens now and love to boil or poach their eggs which are so fresh and delicious. We built the coop in lock down in 2020 and haven't bought an egg since then, sharing the surplus with my friends. Where would we be without eggs for cooking? Breakfast, lunch and evening meals are dominated by eggs, either using them as the main meal, or adding to other parts of the meal. Below are a few recipes and although I normally try to stick to easy recipes, I couldn't resist adding my favourite breakfast recipe - **Eggs Benedict!** The **Hollandaise Sauce** does take a little more effort to make, but it is well worth it and something to surprise your guests with when they come to stay. Pancakes or crêpes can be made anytime of the year, not just in February and any fruit goes well with them or sweet sauce. Buen Apetito

Cook the rice in a large saucepan of boiling salted water for 10 minutes. Drain, rinse with boiling water, then drain again and set aside. Beat the eggs and set aside. Heat oil in a non-stick wok or large frying pan. Crush garlic and stir-fry for 1 minute, add rice and cook for a further minute. Pour in eggs and stir fry for about 2 minutes or until eggs are almost set. Add Soy Sauce to taste and salt and pepper. Serve while hot.

Apple Pancakes

- 1 tbsp soft butter
- 1 tbsp sugar
- 2 eggs beaten
- 1½ cups plain flour
- 1 tsp baking powder
- 1 cup apples finely chopped
- Cinnamon
- Milk

Cream the butter and sugar. Add the beaten eggs, the flour, baking powder and cinnamon. Add chopped apple to the mixture. Gradually add the milk to make a medium soft batter. Cook as for ordinary pancakes and serve either as a savoury dish or with a main course such as pork chops. Cooked apple or apple sauce can be used in the batter in same way.

Vegetable and Ham Omelette

- 2 courgettes
- 1 small red pepper
- 1 small green pepper
- 3 shallots or small onions
- 100g thick ham
- 2 tbsp olive oil
- 1 tbsp cornflour
- 4 tbsp milk
- 6 eggs
- Salt and pepper
- Grated nutmeg

Cut courgettes, peppers and onions into small cubes and dice the ham. Heat the oil and sauté the onions and peppers for 5 minutes. Add the courgettes and sauté for a further 2 minutes. Stir in the ham and then spoon mixture into an oven dish. Mix together the cornflour with some of the milk to make a paste. Beat the eggs and the remaining milk and season. Pour over vegetables and sprinkle nutmeg on top. Bake in the centre of the oven (180°C/350°F) for 30 minutes and then allow to cool.

Eggs Benedict

- 4 slices of bread
- 8 slices of smoked salmon
- Salt
- 1-2 tbsp vinegar
- 4 eggs

Hollandaise Sauce

- 100g butter
- 2 egg yolks
- 2-4 tsp lemon juice
- 2 tsp white vinegar
- Pinch cayenne pepper
- Salt and pepper

To make the **Hollandaise Sauce**, take a large bowl, mix egg yolks, half the lemon juice and vinegar. Place over a pan of hot water which is just simmering. Beat mixture until frothy with a whisk. Add butter gradually and then add seasoning. As sauce thickens add the remaining lemon juice. Add remaining vinegar to water and poach eggs in simmering water. Toast bread and cut into circles. Spread a small amount of **Hollandaise Sauce** on the toast and then lay 2 slices of smoked salmon on each slice. Carefully lift poached eggs out of water and place on top of salmon. Pour remaining sauce on top of eggs.

Aubergine Tortilla

- 700g aubergines
- ½ bunch parsley
- 2 onions
- 2 tbsp olive oil
- Salt and pepper
- 6 eggs

Wash and dice aubergines. Finely chop parsley and peel and dice onions. Heat 1 tbsp oil in a large frying pan. Add onions and cook slowly for 5 minutes until transparent. Remove onions and add remaining oil and cook aubergine cubes for 5 minutes and season with salt and pepper. Beat the eggs for two minutes, add onions to the aubergines and stir gently. Pour the egg evenly over the vegetables. Cook the tortilla on a very low heat for 5 minutes or until underneath is golden brown. Place a plate the size of the frying pan over the mixture and turn over, sliding the tortilla back into the frying pan to cook the other side. Slide onto a plate and sprinkle with parsley. Serve hot or cold.



Egg Fried Rice

- 225g long grain rice
- 1 clove garlic
- 2 eggs
- 2 tbsp sunflower oil
- 2 tbsp light Soy Sauce

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Los Bandidos

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Los Bandidos Out In Force

26 **Los Bandidos** runners went to Carboneras to take part in the III Carrera Marcha Solidaria de la Mujer on Sunday 26th February.

and age group prize)

Winner: 19:42
First female: 23:57
182 finishers

the first person over the line. It was a very warm day, but water and food, donated by the Town Council and **Red Cross**, were plentiful, including a giant paella.

Full results

<https://www.cruzandolameta.es/clasificaciones/v2/resultados/iii-carrera-de-la-mujer-carboneras---1772/5151/>



The race was advertised as 5k but was just short of 6k. It started and finished in front of the castle in perfect conditions. The sun was shining and there was a gentle breeze, especially along the Paseo. There was great support along the route and a giant paella for everyone to share afterwards.



Los Bandidos was set up in June 2018 with a small group running the 5k Mojácar Paseo, and now has road cycling, sea swimming and triathlon groups. All ages, nationalities and speeds are welcome, whether permanent residents or holiday makers.

Trophies won:

Gail Colville (1st F)
Akvile Lissauskaite (2nd F)
Jan Murton (2nd E-F)
Catherine Kingswood (3rd E-F)
Judith Chambers (3rd D-F)
All competitors received a commemorative pink t-shirt.
Los Bandidos results (position, name, time

International Women's Day 2023

In partnership with Mojácar Town Hall, DCM and Platino Gym and **Los Bandidos**, a run, jog and walk was organized along the Paseo in Mojácar. 280 registered to run, jog and walk. The event raised 897€ for the local branch of the **Red Cross** in Mojácar. Trophies were awarded to the top three in the male and female categories. Steve Murton, representing **Los Bandidos**, was

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9. J. GARCÍA - 14:45:00 (14:45:00)	9. J. GARCÍA - 14:45:00 (14:45:00)
10. J. GARCÍA - 15:00:00 (15:00:00)	10. J. GARCÍA - 15:00:00 (15:00:00)

DESCRIBCIÓN DE LA ACTIVIDAD

SÍGUENOS EN REDES








RELIGION

Living Water Church Mojácar

www.facebook.com/LivingWaterChurchMojacar
www.livingwaterchurchmojacar.com

Living Water Church Mojácar is an English-speaking local Church that exists for the benefit of the community. We are a friendly Christian Evangelical Church on the Costa Cálida and Costa Almería. We seek to be relevant and flexible to all Christians, regardless of denominational background.

The Church offers:

A place of Christian worship that is open and informal.

Teaching from the Bible that will encourage and develop people in their relationship with God.

A sense of community for individuals and families.

A support structure for those in need, in particular the elderly.

We want people to know that the Church is a place where they can find support through prayer and practical help; a place where friendships and relationships are formed.

Those who are part of **Living Water Church Mojácar** testify of how a personal faith in the Lord Jesus Christ has changed and fulfilled their lives, giving them purpose and hope for the future.

There can be no greater joy for Christians than to see others committing their lives to follow Christ and in so doing discovering a new life free from condemnation, guilt and fear.

Sunday services are from 11am-1pm
 The service is designed to give choice and be

flexible for both residents and visitors alike. Bible Study is on Tuesdays from 10am-12pm. Prayer meetings are on Tuesdays from 2pm-4pm.

On Thursdays we have a coffee morning from 11am at a local restaurant.

Living Water Church is located on the Mojácar Playa at the Red Cross Centre roundabout, opposite the pharmacy, under the Hotel Virgen del Mar at street level. There is a lot of car parking in the area. The sermons are usually recorded and can be viewed on our YouTube channel, @ **livingwaterchurchmojacar**

We can also be found on Facebook or on our website www.livingwaterchurchmojacar.com

CHARITY

Catnip

www.catniptnr.org
 Email: babs@catniptnr.org
 Email: richard@catniptnr.org

A New Approach To Our Feral Friends by Chrissie Cremore

Dedicated animal lovers Babs Williams and Richard Brotherston-Barnett met by chance at an animal shelter in Spain. Their shared passions for helping animals in need, creating healthy and manageable feral cat populations, together with educating young people about animal welfare ignited an idea which has now evolved into a ground-breaking scheme in our region. Two years of turning ideas into action and creating effective local partnerships has resulted in a new non-profit organisation **CatnipTNR** being launched with its base in the UK, but with a global mission. The organisation is excited to have Dinah Ashley-Cooper, Countess of Shaftesbury as its patron who is herself a worldwide advocate for animal welfare.



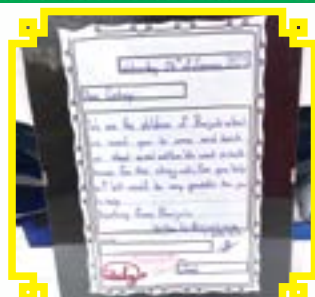
The children being educated about the project

developed an exciting educational programme for schools which encourages both learning in the classroom, but is also designed to include families and communities to ensure the message is spread far and wide. The aim is to ensure future generations are informed from an early age about animal welfare, combined with working with local communities to Trap, Neuter and Return (TNR) feral animals. This ensures that colonies can remain as healthy and manageable as possible. A feral cat can have up to 8 kittens with 2-3 litters a year. Over a period of 5 years one un-neutered cat and its own un-neutered offspring can result in 12,000 unnecessary kittens being born! This naturally places a huge amount of strain on animal shelters, veterinary services and local communities.



FOUNDERS OF CatnipTNR with local Town Hall representatives and teachers

welfare, nutrition, healthcare, pet ownership/adoption, the work of rescue shelters and learning about potential careers in the field. The Head of the school, together with officials from Cuevas Del Amanzora Ayuntamiento, have given the scheme their full backing from the outset and are delighted to collaborate with this innovative and radical new venture. Babs reported "Taking the Cat Hotel and giving our initial presentation to the school was an incredible moment. The children are so eager and excited to be taking part in this and have written 'thank you' letters in English and designed amazing art work which adorns the classrooms. Their questions and thirst for learning more is just inspiring!"



A special letter written by the children in English

With the assistance of Victoria Merino Machuca, a school teacher, Burjúlú **CatnipTNR** has

The school in Burjúlú has had a feral colony of cats living alongside it for many years and the children, under supervision, have provided food for the animals and taken an active interest in the colony. Victoria heard about **CatnipTNR** establishing a base in nearby Vera and got in touch with the team to bring the idea of creating a permanent shelter for the cats (a Cat Hotel) and to develop the education programme. The curriculum, initially aimed at 6-12 year olds, incorporates learning about animal

CatnipTNR has widened the content to include information about caring for puppies and adult dogs given that much of the fundamental principles are the same. Richard added "This is our flagship project and we are absolutely thrilled to have such a positive response from all of the local partners here in Andalusia. Our intention is to raise funds to build many more Cat Hotels across the region and to be able to extend this essential programme as far as possible."

To find out more about the project and to enquire about volunteering or to donate to this amazing cause please visit their website: www.catniptnr.org email: babs@catniptnr.org or richard@catniptnr.org

CHOICE RENTALS ALMERIA
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 Telephone: 950 784 778
 Email: info@choicereentalsalmeria.com
www.choicereentalsalmeria.com



II Certamen de Cortometrajes

28-29 Abril 2023

Ciudad de Mojácar

10K · MOJACAR · DE · LUZ

10K (Homologado) · 5k · MEDIA MARATÓN PATINES · CARRERA DE NIÑOS

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info@veritashomes.co.uk
www.veritashomes.co.uk

Ref 2633: Mojácar Playa: 1 bed / 1 bath Apartment on Level 7

Unrestricted sea views of Mojácar Playa and a private southeast facing terrace, storeroom and designated underground parking space. The development is extremely well kept and benefits from lifts, a heated indoor swimming pool (open during the autumn and winter), an outdoor pool for the spring and summer and beautifully landscaped gardens. An ideal location with Marina de la Torre Golf literally across the road. Mojácar's commercial centre and Garrucha are both a short drive away from the property

€125,000

Ref 2540: 2 bed / 2 bath villa in the heart of Cabrera

Secluded villa with amazing views of the mountains and distant coastal views. The property is being sold with a share in the Oasis pool just a stroll from the property and within easy walking distance to all three restaurants in Cabrera. This characterful property offers beautiful outside space with a front garden and BBQ area with spectacular views and a partly covered original Andalusian patio which could be used as an extra room. This is a must view property for those who are looking for something that is truly special.

€160,000

Ref 2618: 3 bed / 2 bath ground floor apartment

Excellent 3 bed / 2 bath ground floor apartment with private parking and store room in a modern building with a lift and within a short walking distance to the sea and all the services and amenities on the playa. The apartment offers a terrace with sea views, private underground parking, a store room, communal pool and gardens.

€182,000

Ref 2520: End of terrace 4 bed townhouse Mojácar Playa

4 bed / 2.1/2 bath townhouse with solarium, private garden and underground parking in Mojácar Playa. The property is on a well-kept urbanization with communal pool and garden. The property also benefits from east and west facing terraces and a south facing garden with awning and built in BBQ on the ground floor and an east facing terrace on the first floor. The roof terrace, accessed by external stairs offers 360° views.

€210,000

NEWS

South West News

We receive information from the South West region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc, by checking the blog www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/

Including: Aguilas, Garrucha, Lorca, Los Gallardos, Mojácar, Puerto Lumbreras & Vera

There will be various events and processions during **Easter** so check at your local Tourist Office for full details of events

Aguilas
www.aguilas.org
Tel 968 493 285 – Sat Market

Saturday 1st April - 2hr Visit to the Historical Centre of Águilas in Spanish. (Accessible route for people with reduced mobility)
Visit the Carnival Monument, Plaza de España, Church, Archaeological Museum, Roman Baths (subject to availability) and Carnival Museum. Departure from Tourist Office 11am. Max 30 people.

Saturday 8th April - Ay, Carmela theatre performance at Auditoria Infanta Doña Elena 8€. 8.30pm

Sunday 9th April - Encanto - children's theatre/musical performance at Auditoria Infanta Doña Elena from 10€. 12.30pm

Sunday 16th April - Free Walking Tour of Marina de Cope. Departs from El Mocico Restaurant in La Marina de Cope at 9.30am. The route is approx. 4.7km with an estimated duration of 2 and a half hours. Bookings through Tourist Information Centre

Sunday 16th April - Sopla - circus style show Auditoria Infanta Doña Elena from 10€. 12.30pm. From 6€. 6pm

Saturday 22nd April - Los Santos Inocentes (classic Spanish drama) at Auditoria Infanta Doña Elena. From 20€. 8.30pm

Sunday 23rd April - Lion King Musical at Auditoria Infanta Doña Elena 16€. 5pm

Sunday 23rd April - Free Guided Tour of Aguilas Railway's History in English. 11am. Book with Tourist Information Centre

Every Saturday - Antique & Collectable Market near the Railway Station. From 10am

Every Monday until May - Free Self Defence Workshops for Women @ Calle Progreso. (Register by calling 968 446 633) 11am

Every Monday until May - Free Pilates Workshops for Women @ Paseo de la Constitucion 25. 7pm. (Register by calling 968 446 633)

Every Wednesday during April - Free Wellness Dance Class for Women @ Calle Aire 83. 11am. (Register by calling 968 446 633)

Every Thursday until May - Free Art & Re-Cycling Workshop for Women @ Calle Aire 83. 10am. (Register by calling 968 446 633)

Contemporáneos de Coronado Permanent Art Exhibition @ Auditorio Doña Elena, Thur-Sun 7pm-10pm

Carnival Museum @ the Francisco Rabal Cultural House.
See some of the amazing carnival costumes which are changed each year to show those from the most recent carnival festival.
Open Tues-Sat 9am-2pm & 4-9pm

Easter Celebrations
Sunday 2nd April - Procession of the Palms from the Iglesia del Carmen 10.30am

Wednesday 5th April - Procesión del Prendimiento. At 7.30pm the first procession leaves the Church of San José. A second procession leaves at 8pm from Calle Robles. Both processions meet and then start their joint procession from Iglesia Del Carmen at 8.30pm

Thursday 6th April - Silent Procession at midnight departing from Casa de la Hermandad.

Friday 7th April - Various Processions starting at 7am and culminating in the final one at 8.15pm. Contact Tourist Information Office for detailed information

Sunday 9th April - The Procesión del Santísimo Cristo Resucitado. A joyful and cheerful procession from Iglesia del Carmen at 11am

Garrucha Fri Market

Los Bandidos Sea Swimming Club @ Boracay Beach 1.15pm

Huércal Overa

Tel 678 798 688 Mon Market

Lorca
www.lorcatourismo.es
Tel 968 441 914 – Thurs Market

Saturday 1st April - 75 min Theatrical Visit Myths & Legends Of Lorca
For families with children - The old town of Lorca hides a lot of history. Get ready for a fun visit full of surprises with your family every 1st Saturday of the month at 5pm March-May and October-December; 8pm June-September.

Saturday 1st April - Procession of Soledad. An hour long procession through the streets of Lorca departing from the Church of Santiago 9.45pm

Sunday 2nd April - Procession Of The Palms, (blessed at 11.30am in the square by Calle Nogalte and again at midday in the Church of San Cristóbal). The route starts from and ends at Plaza de España. 7.30pm Seats 5€

Tuesday 4th April - The figure of Cristo de la Sangre leaves San Diego Church at 9.15pm and sees Our Lord Jesus of Penance depart San Cristóbal Church. At 9.30pm Santísima Virgen de la Soledad leaves to make its way to Plaza de la Estrella to start the 10pm procession.

Wednesday 5th April - The figure of Christ is carried by the Brothers of Socorro from the Misericordia Church to the Church of del Carmen where the procession is lit by torches. 11am

Thursday 6th April - The Procession of Forgiveness departs from Del Carmen Church at 7.30pm arriving at the stands at Juan Carlos 1 around 8pm. Then returns to its departure point.

The Procession of Silence commences at 11.30pm from the Church of San Cristóbal passing through the main streets of Lorca. This is a very silent and strictly religious

Continued on page 61



PAWS-PATAS SPRING FETE
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Tickets from: Zoe Pyatt +34 668 660 051
www.lionsvera.com
0163 662520



Continued on page 60

procession with only a single voice singing at various points along the route. At midnight a candlelit procession starts from Colegio de San Francisco

Friday 7th April - The oldest procession in Lorca **The Penitential Procession of the Via Crucis** 10.30am from Colegio de San Francisco, followed by hundreds of penitents in purple cloaks with crosses on their chests. 7.30pm sees the spectacular and main procession start from Capilla del Rosario. All cloaks, robes and shawls are hand embroidered and spectacular horse drawn carriages race up the street.

Saturday 8th April - Procession of the Virgen de la Encarnacion from San Patricio Church heading for her overnight stay at Santa Maria la Mayor Church. This day also sees the straw figure of Judas being burnt in Plaza de España. 9pm

Sunday 9th April - Procession of The Risen One leaves San Patricio Church for its one and a half hour route. 11.30am

Saturday 22nd April - Free Arts & Crafts Tour of Cento de Artesnaia and Casa del Artesano. 11am. Book at Tourist Information Centre

Further events in April

Saturday 22nd April - Spring Musical Festival @ IFELOR featuring 5 artistes. From 25€. 9.15pm

Saturday 1st & Sunday 2nd April & 1st May - 2 hour Guided Tour of Historic Lorca. The tour includes a free visit to one of the Embroidery Museums which exhibits items worn during Semana Santa processions. 2€. 11.30am. (Book by calling **968 441 914**)

Lorca Castle - general entry 6€. **Guided Tours** available in English for 4€ on Thursdays at 10.30am (22€ to include lunch), with special packages on Sundays. Check at Tourist Office for full details.

Los Gallardos
Tel **950 469 000** - **Tues Market**

Sunday 16th April - Paws & Patas Spring Fayre @ Oasis Bar from 2pm. **Live Music, Food Available, Stalls, Raffles** and more!

Mojácar

www.mojacar.es

Tel **950 615 025** - **Wed Market**

San Valentín never goes un-noticed in the charming village of Mojácar. There were plenty of photo opportunities with the ornate dis-

plays and restaurants opened their doors with special romantic menus. Residents and visitors were keen to get that perfect photo in order to enter 'The Road of Love' photo competition. There were 3 great prizes of overnight stays in hotels, romantic dinners and lunches, spa circuits, tickets to La Canana Museum and vouchers for jewellery and gift stores.

The winners have been announced for **The Road of Love** competition which took place to celebrate Valentine's Day. The winner was María Luisa Piñero. (photo)

Día de Andalucía on 28th February started with the traditional flag raising at 11.30am and a performance by Mojácar Municipal Music Band. This was followed by giant paella. A superb flamenco performance accompanied by Guillermo Fernández on guitar ended the festivities.

APRIL EVENTS

Tuesdays - Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am

Wednesdays - Los Bandidos Run/Walk/Jog Meeting from Best Indalo Hotel Mojácar Paseo 8.55am

Thursdays - Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am

Thursdays - TSB Golf Society Competition. Call in to see Dez @ Alice's Bar in Turre

Saturdays - Los Bandidos Run/Walk/Jog Meeting from Best Indalo Hotel Mojácar Paseo 8.55am

Sundays - Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am

Sundays - Every Sunday - Rastro Market @ Centro Multiusos, Mojácar Pueblo

Saturday 22nd April - 10K running trial on a RFEA approved circuit with a practically flat and very fast circuit at sea level of 2 laps. There will also be a **half marathon** for skating as well as a **5k race for children.** 5pm

Friday 28th & Saturday 29th April - II Mojácar Short Film Competition @ Multi-Uses Centre.

There will be screenings of short films and meetings between their directors and sector professionals with the participation of the public, who will be an active part of this contest.

Two awards; one for the best short film voted by the public and another for the best short film, voted for by a professional jury.

Puerto Lumbreras
Tel **968 436 153** - **Fri Market**

Saturdays in April (check dates at Tourist Office) - **1hr Night Visit to the Cabezo de la Jara Astronomical Observatory**

Get closer to the stars with the astronomical activities that take place around the Astronomical Observatory. Prior reservation required. Starting point: Astronomical Observatory. 7pm. (2.50€. Children under 10yrs free)

Discover the historical and patrimonial wealth of Puerto Lumbreras through **Medina Nogalte** visiting its cave-houses and the Nogalte Castle. From Craftsman workshop cave house, reception of Medina Nogalte. 7pm. 3€ (under 10's free). Payment due 2 days prior to visit @ ES 12 3058 0204 15 2732000020-City Hall of Puerto Lumbreras. Please check availability as some of the evenings are already fully booked.

Vera
Tel **615 423 287** - **Sat Market**

EASTER CELEBRATIONS IN MOJACAR PUEBLO

Further events during April

Saturday 1st April - Family Magic & Humour Show @ Plaza del Fronton 6pm

Sunday 2nd April - Blessing of the Palms/ Procession of Borriquilla 11am

Monday 3rd April - Concert of Sacred Music @ Santa Maria Church 8.30pm

Tuesday 4th April - Design Mojacar in 3D (8-14 year olds) @ Centro de Usos Múltiples 10am-1pm (677 959 093 to register)

Tuesday 4th April - Painting Exhibition Inauguration @ La Fuente Arts centre 7pm (open until 29th)

Tuesday 4th April - Way of the Cross Procession from Santa Maria Church 9.30pm

Thursday 6th April - Procession of Our Lord Jesus Christ, Nazarene and The Virgin of Sorrows 10.30pm

Friday 7th April - Procession at 12pm and at 10.30pm Procession of the Holy Burial

Sunday 9th April - Procession of The Risen Christ 11am

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EDUCATION

Jane Cronin's Step by Step Spanish

www.janecronin.eu

Past Simple Tense - Translation of text. Last month I promised you a translation of a short text. I hope you are not expecting too much as it isn't very exciting. I will translate it first and make a few comments at the end.

"Ayer me desperté a las siete como siempre. Era un día de trabajo y tuve que levantarme para llevar a mis hijos al instituto. No pude despertar a la menor enseguida porque dormía muy profundamente y no quiso levantarse. Mi otra hija se levantó más fácilmente y se fue a la cocina para desayunar. Yo me duché, me vestí y desayuné también y después fuimos en coche al instituto, leyendo justo a tiempo.

Al volver a casa leí mi correo electrónico y los titulares de los periódicos en internet. Hablé con dos o tres personas por teléfono y tomé un té con leche al estilo inglés. Después de varias otras tareas domésticas y profesionales, como poner la lavadora y preparar fotocopias, cogí mis cosas y me fui a trabajar en Torrevieja.

Después del trabajo comí también en Torrevieja y me relajé un poco. Por la tarde hice las compras y al volver a casa guardé todo en la cocina. Mi hija me llamó para decirme donde estaba y luego me senté otra vez con el ordenador a trabajar. Más tarde salí para hacer algunos recados y después de cenar en casa vi mi programa favorito en la tele. Me acosté sobre las doce y me dormí enseguida."

Yesterday I woke up at seven o'clock as usual. It was a working day and I had to get up to take my children to (secondary) school. I couldn't wake the younger one up straightaway because she was sleeping deeply and didn't want to get up. My other daughter got up more easily and went off to the kitchen to have breakfast. I had a shower, got dressed and had breakfast as well and then we went to school by car, arriving just on time.

When I got back home I read my emails and the newspaper headlines on the Internet. I spoke to two or three people on the phone and had an English-style cup of tea with milk. After various other domestic and professional tasks, like putting on the washing machine and preparing photocopies, I picked up my things and went to work in Torrevieja.

After work I had lunch, also in Torrevieja and relaxed a bit. In the afternoon I did the shopping and when I got home, put it all away in the kitchen. My daughter phoned me to tell me where she was and then I sat down again at my computer to work. Later I went out on a few errands and after supper at home I watched my favourite programme on television. I went to bed about twelve o'clock and fell asleep straightaway.

Well I hope you managed to overcome the excitement and got to the end. The

main reason for the text is to provide a framework for the use of the **Past Simple Tense**, which also contrasts with the **Past Continuous Tense** and the use of the **Infinitive** as I mentioned last month. You might be interested to notice how many **Reflexive Verbs** there are and also how they work in various sentences.

When the **Reflexive Verb** has an ending change, the **Reflexive Pronoun** goes in front (*me desperté, me duché, se levantó* etc.), but when the **Reflexive Verb** is in the **Infinitive Form**, it is usual (although not obligatory) to tack the **Reflexive Pronoun** on to the end of the verb (*tuve que levantarme, no quiso levantarse* etc.) It is also possible to separate the **Reflexive Pronoun** from the **Infinitive** (*me tuve que levantar, no se quiso levantar*). This is perhaps slightly less common but equally valid. You often find this word order in songs if it fits it better with the rhythm. The songs are usually about more interesting things than getting up in the morning, although, believe it or not, an emblematic song of the eighties in Spain is entitled "*Hoy no me puedo levantar*" - honestly!

See you next month.
Jane

Jane Cronin's '**Step by Step Spanish**' articles are available as E-books at www.janecronin.eu where you can also obtain Jane's '**Step by Step Internet Spanish Course**'.

ADITORIAL



Tel: 968 595 684
Email: info@bluemedinvest.com
www.bluemedinvest.com

New Build Beachfront Project In Popular Bolnuevo.

Blue Med Invest has launched a new build project, only 20 metres to Bolnuevo's sandy beaches.

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There are 2 Townhouses in contemporary design, with fantastic sea views from Bedrooms & Solarium. It is very rare to find beachfront developments in Murcia.

Building started in April and will be completed by February 2024.

See **Blue Med Invest** advert on the back page of the **Costa Cálida Chronicle and Beyond**.

If you are interested in this project, please make sure you contact the team at **Blue**



What's On

What To Do, Where To Go

RED – Entertainment
ORANGE – Special menus
PURPLE – Market, exhibitions, leisure & meetings

GREEN – Charity & non-profit making events
BLACK – Fiestas & important events

Please refer to the relevant advert or editorial for more details of events

April is the time for many processions in Towns, Villages and Cities. There are far too many to include in this section but please refer to our North West, South East, South and South West & Beyond for dates and times.

Every Day

Exhibition - The Shining Lights of Rome @ Archaeological Museum, Cartagena (**until 23rd**)
Contemporáneos de Coronado Permanent Art Exhibition @ Aguilas (Thurs-Sun 7-10pm)
Carnival Museum @ Aguilas (Tues-Sat 9am-2pm & 4pm-9pm)

Breakfast @ **The Old Market Tavern**, Pto de Mazarrón (closed Mon)
Menu del Día @ **The Old Market Tavern**, Pto de Mazarrón 12€ (closed Mon)
Menu del Día @ **Viggos**, Pto de Mazarrón 14€ Mon/Wed/Thur/Fri 15€ Sat all inc a drink
Menu del Día @ **La Herradura Argentinian Grill**, Cartagena
 14.90€/9.50€ under 12's (Tues-Fri)

Easy Horse Rescue Open Day @ Rojales (by prior booking) 5€ children, 10€ adults 12pm

Every Mon

Los Palacios Garden & Community Group Working Party @ Camposol A 9am
Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am
Camposol Free Community Sports Walking Football Game @ Camposol D7 10am
Free Self Defence Workshop for Women @ Aguilas 11am (until May)
Friendship Group @ Los Alcazares 11am
Free Pilates Workshop for Women @ Aguilas 7pm (until May)

FAST Nurses @ Camposol B
Age Concern Knitting & Sewing Group @ Camposol C 10am-1pm
HAAH Help at Home Table Top Sale @ La Zona Bar 10am-1pm
Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am-1.15pm
Andrea's Animal Rescue Collection @ Car Park, Camposol B 11.30am-1.30pm

Every Tue

Camposol Golf Association Ladies' Game @ Camposol C 9am
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Sonrisas Harmony Ladies' Chorus Rehearsals @ Los Alcazares 10.30am
Bible Study @ **Living Water Church**, Mojacár 11am
Camposol Free Community Sports Cards/Games/Dominoes @ Camposol A 1pm
Prayer Meetings @ **Living Water Church**, Mojacár 2pm
San Javier Squalos Rugby @ San Javier (12-18 yrs 7.30pm)
San Javier Squalos Rugby @ San Javier (Men 8.30pm)
San Javier Squalos Rugby @ San Javier (Women 10pm)

Helping the Perrera Dogs Walk @ Mazarrón (between Camposol & MCC) 9am-11am
FAST Training Session @ The Social Centre, Camposol B 10am
Age Concern Vintage Shop Open @ Camposol C 10am-1pm

Every Wed

Camposol Golf Association Mens' Game @ Camposol C 8.30am
Los Bandidos Run/Walk/Jog Meeting from Best Indalo Hotel Mojácar Paseo 8.55am
Camposol C Gardening Group Clean Up @ Camposol C 9am
Camposol D Gardening Team Work 9am-11.30am
HDA Women's Coffee Morning @ Hacienda del Alamo 10am-12pm
Camposol Free Community Sports Table Tennis @ Mazarrón Pavilion 10am
Los Bandidos Sea Swimming Club @ Boracay Beach, Garrucha 1.15pm
Camposol Free Community Sports Walking Netball @ Condado de Alhama 4pm

Age Concern Mindfulness Session @ Camposol C 10am-1pm

Every Thurs

TSB Golf Society Competition (Mojacar area)
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am
Art & Re-Cycling Workshop for Women @ Aguilas 10am
Camposol Free Community Sports Walking Football Game @ Camposol D7 10am
Spangles Ladies' A Capella Chorus Rehearsals @ Los Narejos 10.30am-1pm
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12pm
Guided Visit to Lorca Castle 10.15am 4€ (22€ inc lunch)
Living Water Church Coffee Morning @ Mojacár 11am
Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm
Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)
San Javier Squalos Rugby @ San Javier (6-10 years 6pm)
San Javier Squalos Rugby @ San Javier (12-18 years 7.30pm)
San Javier Squalos Rugby @ San Javier (Men 8.30pm)
San Javier Squalos Rugby @ San Javier (Women 10pm)



Every Fri

Camposol D Bucket Collection @ The Hut 9.30am-12pm
Los Palacios Gardening/Community Group Book Stall @ Camposol A 10am-12.30pm
Camposol Free Community Sports Walking Football @ Camposol D7 10.15am
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A Farmacia 10.30am-11.30am
Camposol Free Community Sports Petanca @ Camposol D26 1pm

Fish & Chips @ Viggos, Pto de Mazarrón

Helping the Perrera Dogs Walk @ Mazarrón (between Camposol & MCC) 9am-11am
Age Concern 'Men Only' Morning @ Camposol C 10am-1pm
FAST Desk Available @ Camposol B 10.30am-12.30pm

Every Sat

Los Bandidos Run/Walk/Jog Meeting from Best Indalo Hotel Mojácar Paseo 8.55am
Antique & Collectable Market @ Aguilas 10am
San Javier Squalos Rugby @ San Javier (6-10 yrs 10am)
Guided Visit Museum of The Tower Of Santiago, Totana 10am
Eco Park 'Coto de las Maravillas' open @ Cehegín 10am-5pm
Guided Visit to La Bastida, Totana 3.40€ (2.50€ disc) 10am/12pm
Archaeological See of Begastri @ Cehegín 10am-2pm
Camposol Free Community Sports Walking Netball @ Condado de Alhama 10am
2½hr Free Guided Tour of Historic Aguilas 11am
Harlequin Rock Choir Rehearsals @ Social Centre, Camposol B 1.30pm

Every Sunday

Antique and Second Hand Market @ Cañadas del Romero 8am-1pm
Rastro Market @ Centro Multiusos, Mojácar Pueblo
Dog Club Bolnuevo Beach @ 9am Bring your dog to socialise with other dogs/owners
Car Boot Sale @ Camposol A
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Guided Visit to La Bastida, Totana 3.40€ (2.50€ disc) 10am/12pm
Archaeological See of Begastri @ Cehegín 10am-2pm
Eco Park 'Coto de las Maravillas' open @ Cehegín 10am-5pm
Free Guided Tour of Castle of San Juan, Aguilas 11am

Sunday Lunch @ The Old Market Tavern, Pto de Mazarrón 13€

APRIL

Saturday 1

WARM Walk at La Facarola
2 hour Guided Tour of Historic Lorca free visit to one of the Embroidery Museums.
 2€ 11.30am
Theatrical Visit Myths & Legends Of Lorca. Fun for all the family 5pm

Helping Hands Take That Tribute @ Camposol B 20€ incl food, 8pm

Sunday 2

Artisan Market @ Bullas 9am-2pm
SAMM Race Day @ CAR Centre, Los Narejos from 10am
2 hour Guided Tour of Historic Lorca free visit to one of the Embroidery Museums. 2€ 11.30am

Educational Rock Concert @ The Ambigú, New Circus Theatre of Cartagena

Monday 3

Los Amigos Golf Society Competition
Semana Santa Concert @ Teatro Vico, Jumilla 9pm from 4€

Tuesday 4

SAMM Golf Society Competition
Free Guided Tour in English of Los Baños Thermal Baths & Museum 11am
Monthly 'B' Clean Meeting @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm

Thursday 6

Jueves Santo (Maundy Thursday)
XXII IncurSIONes Berberiscas en El Mar Menor until 9th
Ladies' Circle Pto de Mazarrón Easter Celebration @ Pto de Mazarrón

Los Inhumanos @ Los Alcazares 12am

Friday 7

Viernes Santo (Good Friday) National Holiday




Wellspring Victory Church Service Hymns/Hot Cross Buns @ Camposol B 11am

La Mundial @ Los Alcazares 12am

MABS Craft Fayre @ Camposol B

Forget Me Not Prize Draw @ Camposol B 5-7pm

Friends of Mazarrón Animals Adele Tribute @ Pto de Mazarrón 10€ 7.30pm



Saturday 8 WARM Walk at Salmerón

Ay, Carmela theatre performance @ Auditoria Infanta Doña Elena, Aguilas 8€. 8.30pm

Celtas Cortos @ Los Alcazares 12am

Sunday 9 Artisan Market @ Mula

Encanto - Children's Theatre/Musical Performance

@ Auditoria Infanta Doña Elena, Aguilas from 10€. 12.30pm



Monday 10 Bando de la Huerta, Murcia

Fiestas de Primavera, Blanca

Los Reyes Golf Society Competition

Tuesday 11 MABS Quiz @ Calasparra 2pm

Wednesday 12 Andrea's Animal Rescue Trip to Benidorm

Thursday 13 Ladies' Circle Pto de Mazarrón Meeting with Guest Speaker @ Pto de Mazarrón

Friday 14 CGA Golf Away Day 10.30am

Saturday 15 Artisan Market @ Paseo de las Comunidades Autónomas, Pto de Mazarrón 10am-2pm

Esparto Workshop @ Cartagena 10.30am-12.30pm

WARM Walk at El Valle

The Mysteries Of The Holmes Brothers Theatre Performance @ Cartagena 12pm

Garden Picnic/Chris Milner @ Open Door, Los Almagros, Fuente Alamo 2pm



Sunday 16 Artisan Market @ Caravaca

V Mar Menor Cycling Tour 'Memorial for Juan Vera' from Palacio de Deportes, Cartagena 9am

'Ruta del Ferrocarril' (Railway Route) with Aguilas Tourist Information Centre 11am

Free Walking Tour of Marina de Cope. 9.30am from El Mocico Restaurant in

La Marina de Cope. Approx. 4.7km and 2½ hours. Book at Tourist Office

Artisan Market @ Sanctuary de la Esperanza, Calasparra 10am-6pm

Sopla - Circus Style Show at Auditoria Infanta Doña Elena, Aguilas from

10€. 12.30pm. from 6€. 6pm

FAST Trip to El Zoco Market 15€

Paws & Patas Spring Fayre/Live Music/Food/Stalls @ Los Gallardos 2pm



Wednesday 19 SWARM Walk at Bullas

Hawaiian Fiesta @ Casa Cultura, Las Palas 5.30pm

Trío Meyeerbeer @ Cartagena Archaeological Museum 8pm

FAST Quiz/Raffle @ Camposol B 5.30pm

Thursday 20 Ladies' Circle Pto de Mazarrón Meeting with Guest Speaker @ Pto de Mazarrón

Classics In The Museums Concert @ Cartagena Archaeological Museum 8pm

Friday 21 Ladies' Chatterbox Trip to Garrucha Market/Lunch in Bedar

Golden Stars Murder Mystery Performance @ El Pareton incl Raffle for MABS

Duo Scaramouche @ Cartagena Archaeological Museum 8pm

MABS San Javier Meal/Jesus Hernandez @ Los Alcazares

MABS & FAST Fun Quiz by Camposol Golf Association @ Camposol B 7.30pm



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Saturday 22

WARM Walk at Rio Chicamo
Esparto Workshop @ Cartagena 10.30am-12.30pm
Guided Tour of Alhama Centre in English 3€ (2€ under 12's) 11am
Ceramic Workshop Anti Stress @ Museo Fuente Alamo 10.30am-1.30pm
Free Arts & Crafts Tour of Cento de Artesnaia and Casa del Artesano in Lorca 11am
The Mysteries Of The Holmes Brothers Theatre Performance @ Cartagena 12pm
10k Race/Half Marathon for Skaters/5k Children's Race @ Mojácar 5pm

Children's Folk Music & Dance Festival @ Teatro Vico Jumilla 6pm from 3€.
 Proceeds to **AECC Cancer Charity**.

Free Classical Music Concert @ The New Winter Theatre San Javier 7.30pm
Los Santos Inocentes (classic Spanish drama) @ Auditoria Infanta Doña Elena, Aguilas from 20€. 8.30pm
Spring Musical Festival @ IFELOR Lorca featuring 5 artistes. From 25€. 9.15pm



Sunday 23

Kynkarace Obstacle Test @ Bolnuevo Erosions

Annual Festival de Bandas @ Teatro Vico, Jumilla 12pm 6€. Proceeds to **AECC Cancer Charity**.
Lion King Musical @ Auditoria Infanta Doña Elena, Aguilas 16€. 5pm



Tuesday 25

San Marcos, Bullas
Los Amigos de Mazarrón FC Quiz Night @ Camposol B from 4€

Wednesday 26

SWARM Walk at Cehegín
Fuente Old Guards Golf Society Competition

Beaux Arts String Trio @ Cartagena Archaeological Museum 8pm



Thursday 27

Ladies' Circle Pto de Mazarrón Trip to Lorca Market/Town
Ladies' Chatterbox Meeting with Guest Speaker

Country and Western Evening @ Camposol A 8pm

Friday 28

Short Film Competition @ Mojácar Pueblo

Saturday 29

WARM Walk at Monte Arabí
Short Film Competition @ Mojácar Pueblo
Esparto Workshop @ Cartagena 10.30am-12.30pm
The Mysteries Of The Holmes Brothers Theatre Performance @ Cartagena 12pm
Fiesta de San Marcos - XXXV Villa de Bullas Folklore Festival (see NW Murcia News)



Sunday 30

Artisan Market @ Plaza del Castillo, Cehegin 10am
Guided Tour of the Historic Centre of Jumilla 2€ 10.30am.
Fiesta de San Marcos - XXXV Villa de Bullas Folklore Festival (see NW Murcia News)
D Community Paella Party @ D34, Camposol 10€ 1.30pm

Vera & District Lions Party in the Park/Music, Craft Stalls, Food @ El Palmero Park 10€ (under 12's free) 12pm-6.30pm

MAY

Monday 1

Día del Trabajo (Labour Day) National Holiday

Fiestas del Barrio de San José Obrero, Alcantarilla
Wine Horse Festival in Caravaca (until 3rd May)
Ceramic Workshop Anti Stress @ Museo Fuente Alamo 10.30am-1.30pm
2 hour Guided Tour of Historic Lorca free visit to one of the Embroidery Museums. 2€ 11.30am



Tuesday 2

Monthly 'B' Clean Meeting @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm

FAST Trip to Running of the Wine Horses @ Caravaca 18€

HELPING THE PERRERA DOGS

Please come and walk the perrera dogs.

We are **DESPERATE** for more walkers. There are so many dogs. The more walkers, the more dogs can get out of their kennels, and for longer. There are only 2 x 1-hour sessions per week.

Walking is on Tuesday and Friday mornings - 9am until 10am.

Photo identification on first visit.

Sorry no one under 18 years of age.

You can help make a difference for the dogs.

FRIC-COLLAGE

CHARITY Helping The Perrera Dogs

Extra Walkers Desperately Required To Help Walk Over 100 Dogs In Mazarrón Perrera

Can anyone please offer their services to help the existing walkers?
 Normal walking days are at 9am-11am on Tuesday and/or Friday, or as much time as you can spend giving walkies and cuddles. Thank you.
 Sensible shoes please. Hats & water.

If you need directions or further information please contact by Facebook <https://www.facebook.com/profile.php?id=100064778914028>

Thank you from the doggies. XXXX





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SPORTS & LEISURE SECTION



SPORTS

Drone Seekers International

<https://www.facebook.com/groups/1980281998867305>



A cloudy and somewhat cool day on Thursday 9th March saw 5 flyers and a Mum meet for a **Droning Day** at Fuente Caputa near Cieza. Everyone had arrived by 10.45am for an 11am start, some in shorts & T-shirts from the South where it had been 20°, but the more cautious of us (from the North) had come prepared for a non-sun day in jeans & fleece!!

their Speedos to try it out – great footage expected!

each other over the rocks, weeds and undergrowth alongside the stream which goes down to the Lagoon. Great skill.

Flying through the arches, over the top and surrounding area proved a success, apart from one tree which came in the way of one flyer (me) with his drone getting caught up, motors stopped and falling out of the tree. Whilst the sky was not any shade of blue that day, the air surrounding this flyer did turn a slight blueish colour – well more midnight if I'm honest. After putting on a new propellor, the Drone started again, but the fall had damaged more than just that and it just fell to one side whilst trying to lift off – no more flying for me that day. A DJI Care Package has seen the drone go to the repair shop and I should have a replacement within 14 days. Bear this in mind if you decide to buy a DJI Drone. It is worth taking out this option. The rest of the group carried on with some amazing footage. Check out **Drone Seekers International** Facebook page for links to watch them: <https://www.facebook.com/groups/1980281998867305>

Terry had brought burgers with all the trimmings whilst one of the team was on a health kick with a tuna salad sandwich – no doubt summer picnics for the group will have everyone on this diet!! This was finished off with homemade blueberry muffins. It was then time to have a quick fly around this area which again has some stunning scenery. The bridge from the road across to the Picnic Area has 3 arches underneath which had to be flown through by one of the team (of course) and whilst a risk, the drone got through OK without any problem – no wet feet collecting a fallen drone.



First was to get to the Viaduct and Lagoon. Whilst the more adventurous and agile members of the group took the scenic walk down alongside the river, Terry and I made the drive through the forest along a track and a narrow road down to the Viaduct. There is some stunning scenery driving down and at one point we were overlooking the Fuente de la Cierva near Mula, which you pass by on the Motorway RM15. In summer this reservoir has a lovely shade of turquoise due to the mineral content of the water. Science lesson over and on with the show.



The meeting place, Nacimiento de Fuente Caputa is where the main picnic area is, so we headed back there for food and drink. The two DJI Avata flyers took the opportunity to film parts of the walk back from the Lagoon, at times following



It was disappointing weather considering it had forecast sunshine, but everyone wants to go back and do it all again. Another enjoyable day.

If you are interested in buying, flying, joining, or getting information, contact any of the members on the **Spanish Drone Seekers'** Facebook page <https://www.facebook.com/groups/1980281998867305/search/?q=spanish%20drone%20seekers>

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SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolfociety.com

Our game for February was on the 23rd and was on one of our favourite courses at Aguilon Golf Resort. We were back to our usual Stapleford format and although the temperatures were a bit low, we had 38 players ready to play this course.

second place was Paul Livingstone with 33 points.

Livingstone and Len Craig, but the Twos Money Pot was shared by six people with 18€ each.



IAN STEWART with vice captain MALCOM ARCHIBALD

Ian Stewart won **Division One** with 33 points with Mick Daly very close behind with his score of 30 points.

In **Division Two** Paul Western took the winner's prize with 36 points while in



PAUL WESTERN winner of division two

Meanwhile in **Division Three** Andy Paul was ahead of the rest with 27 points with Laurence Willey in the runner-up spot with 26 points.

Nearest The Pin Winners:
Dave May, Phil Leeming, Mark Palmer, Paul



Division three winner ANDY PAUL, DAVE MAY

Our next game is back to La Marina Golf on April 26th.

If anyone would like more information about **Fuente Old Guard**, please contact us at info@fuenteoldguardgolfociety.com

SPORTS

CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

After a fun packed February, even if it was a bit chilly at times, we have had some great free events for the Community being organised through the **Camposol Free Community Sports** Facebook page.

Special thanks go to Maureen and Clive Gritt for putting so much time and effort into organising Part 1 of their Mazarrón Mine tours, which saw over 70 people taking advantage of this epic local walking tour over 3 trips. All of them were perfectly organised, full of factual and historic information, with views of the local countryside that will literally take your breath away. Part 2 of the tours took place throughout March.



Community Sports' Facebook page for matches, competitions and events. There are also Walking Football sessions that take place most days on Camposol D and lots of other events that pop up from time to time that are free to join and participate in.

Hopefully we will see you at one of these events soon.



Special thanks also going to Stephen Deer, who started and runs the You Tube channel **Exploring Murcia and Beyond by Ebike**.

If you are not subscribed, you should be! Stephen also organises regular bike rides and guided tours of the local area, this is a great event which is also perfectly organised and very, very popular. You get a great tour of the local area and get to stop at a bar/restaurant midway. You also get the opportunity to be on you tube, so your family and friends back in the UK can all see how much fun you're having here in Spain on the TV.

It is all free thanks to the time and effort put in by local volunteers who not only love doing what they do, but want to share those experiences they create and enjoy with others.

Petanca is the local sport that's really taken off here on Camposol. There are numerous opportunities to play Petanca and you are never very far from a Petanca court that will have been built and installed by volunteers in the community. Alan Wood has recently organised Camposol's first Petanca League, so keep your eye on the **Camposol Free**



SPORTS

Los Amigos de Mazarrón FC

www.fb.me/Mazarrón2016

www.mazarronfc.es/introen



With four games of the season left, **Mazarrón FC** were two points adrift of second placed CD Algar, having been in prime position for the promotion play-off spot for most of the season. Unbeaten until they lost to SFC Minerva on 18th December, **MFC** won only three of their last nine games, drawing one. As it turned out they went into the last game of the season needing to draw to avoid a place in the relegation play-offs.

troubled.



For the first time, **MFC** and their supporters were looking over their shoulders at the relegation situation rather than promotion, as about six teams were within one point of each other. **MFC's** next game was a must win against bottom of the table Mar Menor. In the past, these games have proved tricky for **MFC**, but they made no mistake on this occasion racking up four goals before conceding a late goal, with Kewen Andrade getting two goals.

As it turned out **MFC** went into the last game of the season needing one point to avoid being dragged into the relegation places. Their opponents, Algezares, were in a similar position, so it is perhaps no surprise that the game ended in a 0-0 draw, although **MFC** had most of the possession during the game. In the end **MFC** finished 5th out of 12 teams, but had the final game been lost, they would have been in the relegation play-off place.



In the rain at Santa Cruz

Central defender Lopez was presented with the **Los Amigos de Mazarrón FC Player of the Year** award. This award is voted for by **Los Amigos** members at every game and Lopez was a clear winner ahead of the dependable midfielder Taborda. The presentation was made by **Los Amigos** Executive Committee member Paul Cassidy.

Thanks must go to our President, Diego, who rescued the club at the start of the season and provided funds to

bring in players from what seemed all corners of the globe. He also introduced a Manager, Paco, who had vast football experience, but just failed to complete the task which had started so brightly. Whether Diego will be able to re-produce the type of funding he has introduced in the last six months is a big question, but his enthusiasm for the Club has been unquestionable. His income streams were vastly reduced because of the restructuring of the Spanish football system. The Preferente Autonómica was split into two teams of 12, which meant only 11 home games for each club instead of the usual 17. After the restructuring, next season will see the usual 18 teams in the Preferente giving 17 home games for each team.

There will be a report in next month's edition about the dinner dance, which was held on Tuesday 28th March at Mariano's, Camposol A.

Tuesday 25th April - Quiz Night @ the Black Bull, Camposol B
Entry €2 for **Los Amigos** members and €4 for non-members. Food available at €8 - steak pie, chips & garden peas/cod goujons, chips & garden peas/chicken in chorizo breadcrumb, chips & salad/pork tenderloin with pepper sauce & chips/veggie lasagne.
Contact dereksocialfc@gmail.com to book

Tuesday 16th May - Race Night @ Alley Palais, Camposol B
7pm with first race at 7.30pm. Tickets €5 to include a Race Card and entry into a prize draw. Eight races including two auction races. Food available at an additional cost - details of the menu on our FB page shortly. If you want to sponsor a horse (€3) or jockey (€2) please see one of the committee members at our weekly meetings at Mariano's every Thursday (4pm-5pm).

Tuesday 19th September - Black-Tie Dinner @ Restaurante Amapola, Bolnuevo. 3 course meal with glass of cava or orange on arrival followed by a choice of starters - squid in batter with tartare sauce, Spanish ham and cheese or vegetable tempura. Main course - Chicken with Peppered Sauce & Potatoes or Special Sea Bream Amapola. Dessert - Cheesecake or Fresh Fruit. Local beer, house wines and soft drinks will be included during the serving of dinner only. Coffee included. Entertainment by vocalist Carolyn May. Tickets €33 for members and €37.50 for non-members.



Thanks from Mazarrón FC

Transport provided to and from the venue at an additional cost. Please contact dereksocialfc@gmail.com for tickets or our weekly meetings at Mariano's every Thursday (4pm-5pm)



It was a remarkable turnaround. Having lost 1-0 at home to Olimpico de Totana at the start of February, **MFC** travelled to Atletico Santa Cruz and were met with the worst possible ground with no seating, no canteen facilities and, to make matters worse, driving rain throughout the game. Another below-bar performance saw the home team come out on top 4-2 in a game where **MFC** had introduced new signing Nico Carrasco. Carrasco had been brought in to address **MFC's** goal drought which had seen only one goal scored in the previous four games. Carrasco did score in that game, but failed to reproduce that in the remaining games.

The next game was the local derby away to Bala Azul and the home team had the game virtually won in the first 35 minutes, scoring three goals without reply. **MFC** fielded another new striker, 18 year old Brazilian striker Kewen Andrade. He had few chances to shine, although showed some promise and, although **MFC** had much of the play in the second half, the home keeper was rarely

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SPORTS

Los Amigos Golf Society



www.losamigosgolfsociety.es

Lorca Golf course, love it or dislike it, opinions were shared by some members of **Los Amigos Golf Society** on their third monthly Away Day of the year on Monday 6th March.

came from one small vending machine. This, This nevertheless didn't stop a very enjoyable day.

The format for the day was a team game, Stableford 1,2,3 Waltz.

5 four balls and a 3 ball with a card pick. It was a closely fought contest, but taking the glory was Team 1:

- Gary Greenfield
- Dave Wainwright
- Marshall Shields
- Card Pick (Sandy Bayne)
- 82 points

Nearest the Pin winners:

- Hole 4 - Dave Gautier
- Hole 6 - James Chapman
- Hole 8 - Mick Drummond
- Hole 10 - Roy Quigly
- Hole 12 - Roger Olorenshaw

The prize giving was held back at Camposol Golf Club owing to no bar facilities after the game at Lorca. Well done to all prize winners.

Los Amigos Golf Society will be having their next Away Day at Saurines de La Torre on Monday April 3rd.



On arrival, apart from the Club Pro and one lone cleaner, the place was deserted. The clubhouse was not manned, so no food or drink available. The only refreshment

The course was in reasonable condition, with fairways patchy and running, but the greens were fine. Overall, it was very good value for the money.

SPORTS

Straight Down the Middle Golf Society

sdtmsec@gmail.com



For the **Straight Down the Middle's** March competition we found ourselves visiting Altaona Golf on the Mosa Trajectum urbanisation. For those of you that have never played there, it opened up as a nine hole course



Winner Section A and Nearest Pin Hole 17 - Dennis Pendlebury

hole course. The new back 9 has some interesting holes and provided quite a stern test on the day. The par 5^{9th} and 12th holes seemed to cause the most problems with 3 lakes to negotiate on each, but everyone seemed to enjoy their day. Our thanks go to all the staff at Altaona for



Winner and Runner Up Section B - Pete Smithson & John Dowgill

making us feel so welcome and providing us with a challenging day of golf. If you haven't been it is well worth a visit.

We retired to the Trevi Bar on Camposol for prize giving and much looked forward to chip butties and refreshments. Thanks again to all at Trevi for providing us with a great end to a day's golf.

Results:

- Section A Winner** - Dennis Pendlebury
- Section A Runner-Up** - Gary Davies

- Section B Winner** - Pete Smithson
- Section B Runner-Up** - John Dowgill

- Nearest Pin Hole 3** - Gary Davies
- Nearest Pin Hole 17** - Dennis Pendlebury

Andy Eustance

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SPORTS

SAMM
Sailing Association Mar Menor
www.sailingmarmenor.com



Parrot Seeks Permanent Home

The Balaton group, one of the **SAMM** boat share groups, who operate four 6 metre keel boats on the Mar Menor have a pet parrot. Unfortunately it keeps getting moved from home to home as it is awarded, from time to time, to a Balaton member who s o m e h o w messes up. Up until recently it had a comfortable home with Dennis, but then was claimed by Julian who caught the group's tender on the jetty while towing it, damaging the transom. He only had



left to right, Paddy, Keith, the parrot, Julian and Dennis

it for a week before it was forced to move again, first to Keith for hitting the reef during the first race on a **SAMM** race day. Then an hour later on to Paddy, who hit the same reef in the second race the same day. Luckily, because of the very light wind, no damage was caused to the boat. These incidents are few and far between, so if you are interested in enjoying sailing and racing on the Mar Menor without having to home a parrot, contact Julian via <https://www.facebook.com/thebalatongroup>



Working on vision (white boat)

looming, members of the **Balaton** boat share group worked hard to get their three 6 metre **Sailfish** 18 boats race-ready. The project was led by group chairman Julian, helped by various members; Bob, Jurgen, Paddy, David, Jez, Willie and Rona, over the course of a week. Starting with **Sirocco**, they sailed her to Los Urrutias Marina to be worked on. First task was to lift her from the water and remove the weed and barnacle growth from the bottom of the hull. This is excessive in the Mar Menor, probably due to the higher water temperature and it greatly reduces the hulls efficiency and boat speed. The easiest way to remove it is by a hot water jet wash as soon as the boat is lifted, before the encrustations dry out, then, after being allowed to dry, a quick rub down and a fresh coat of anti-foul paint can be applied. The upper hull and deck were then lightly sanded and repainted with epoxy marine paint and new decals applied. Finally a check was made of all the rigging and ropes before she was returned to the water. She was followed by similar work on both **Visions** before the first race day and **Ginetta** soon afterwards. They should now all sail well and give the smaller dinghies a run for their money.



Vision Work (Blue Boat)

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Paddy is now complaining that the parrot is driving him mad by asking, every time he walks past it's perch, "Who's a silly boy then?"

Balaton Bottoms All Clean

With the start of the **SAMM** race season

Interested in the **Balaton Group**? Find details and contact information at <https://www.facebook.com/thebalatongroup>

SPORTS

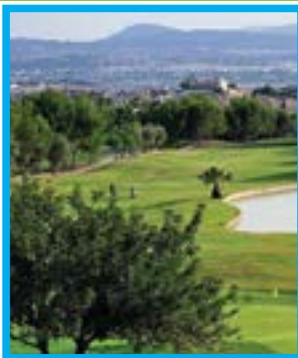
TaTs (Tuesdays and Thursdays) Golf Society

Cameron: +34 621 223 874 or email cbryson@btinternet.com
Peter: +34 603 379 413 or email peterbruce22881@gmail.com

TaTs (Tuesdays and Thursdays) Golf Society - Altorreal Golf Club, Molina de Segura, Murcia.
I- Looking for New Members -!

We are a small, friendly golf society who meet to play throughout the year on Tuesday and Thursday mornings at the beautiful, recently renovated Altorreal Golf Club, 5 mins off the A30 just to the North of Murcia City. From the beginning of April we meet by 8am to register for the competition and tee off at 8.30am. Tee times are later when the clocks go back in October.

We are hoping to increase and diversify our membership and invite a n y o n e interested to look at our F a c e b o o k page and contact us for details. Briefly:-



per year and the daily competition entry is 4€ to cover the day's cash prizes. Society handicaps are maintained.



For non-members, a round with the society is 50€ including a shared buggy. Members at Altorreal pay less, as do those who walk, so why not take a look at our webpage and come along. If you have not played at Altorreal before it will be a treat.

It's relatively informal and you (and your friend or partner) can join us for a couple of rounds to see how you get on. An idea of handicap is helpful, but a federation handicap is not necessary. Generally it will be 3 or 4 ball groups in a Stableford Competition. After that, the annual subscription is 10€

On Facebook, in groups: **TAT's (Tuesdays & Thursdays)**
<https://m.facebook.com/groups/646445007241961/>

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SPORTS

Camposol Golf Association



Email: bettyloyd1560@hotmail.com

Camposol Golf Association Men's Wednesday Group

1st March was a fresh brisk morning with only 20 players taking part, as a few of our members were away celebrating birthdays in Benidorm! The Competition was a simple 2 from 4 Stableford. There was only one 2 scored on the day so well done Neil Smith. N Morgan put in a great score with 43 points which helped his team into first place.
1st - N Morgan, G Allen & T Colvin - 88 points
2nd - N Smith, M. Green, E Toye & J Leahy - 85 points.

started well for scoring, but after a couple of hours playing, the wind got up and as usual scoring became difficult. This was reflected in the scores below. There were only two 2's, one of them being Dennis Jones chipping in from 40 feet on hole 13.

to score and was played off the yellow tees.

Results:

1st - B Purkis, N Morgan, S Parsons, J Lawlor - 96 points
2nd - S. Dixon, J Layland, T Colvin, E Toye - 94 points

There was only one 2 - D Freer

The **Football Card** was won by R.Woolstencroft with Leeds United.

Eugene Toye
CGA Competition's Secretary



Some of the Players Wed. Group 8th March

Results:

Division 1
1st - D Griffiths - 33 points
2nd - D Deegan - 32 points
3rd - S Parsons - 32 points
4th - D Hopkins - 31 points

Division 2

1st - P Evans - 34 points
2nd - D Plant - 30 points
3rd - T Colvin - 30 points
4th - M Green - 29 points

Thanks to D Plant and I Butters for doing such a fine presentation.

CGA Golfing Away Day

We have booked Desert Springs on 14th April the first tee time 10.30am. The subsidised price for **CGA** Members will be €35. Please email me if you would like to go as it is on a first come first down basis. The Competition is an individual Stableford Competition with cash prizes for 1st, 2nd and 3rd places.

Charity Quiz

We are organising a **Charity Quiz** on 21st April at the Trevi Bar. Entrance €5. The **Quiz** will start at 7.30pm prompt. If you require food before the **Quiz** Trevi start serving food from 4pm-8pm. If you require food get there early as the kitchen will be busy. Their Fish & Chips are recommended. There will be a **Raffle**. If you have any unwanted gifts or presents for the raffle these would be much appreciated. The **Quiz** will benefit **MABS** and **FAST**, so please make an effort to come along and have a fun night whilst helping deserving causes.



Winners Wed. Group 1st March

3rd - B Purkis, D Plant, H Pearson - 83 points.

We had one cancellation, so the 3 balls had to pick cards.

Wednesday Group's 8th March Competition

There were 28 players who took to the course for the monthly h/cp qualifier. Conditions

Wednesday Group's 15th March Competition

There was very little breeze making conditions for scoring ideal. The Competition was 3, 2, 1

SPORTS

Los Reyes Golf Society
The Kids in Need Golf Society



Altorreal Match Report

Los Reyes held their March fixture at Altorreal and the course was in very good condition considering the very dry weather of the last few months. The weather was excellent and the players recorded a new experience this year; an outbreak of perspiration on the back nine! Scoring was very good in both divisions.



Division 1 winner Dave Mitchell

The star of the show was Karen Jones who won **Division 2** by a mile, scoring 39 points.

Nearest the Pin Winners

on the par 3s were:
Dave Gautier (5th)
Neil Macfarlane (8th)
Jim Niblo (10th)
Neil Macfarlane (17th)



Division 2 winner Karen Jones



Nearest the Pin winners

Winner of **Division 1** with 35 points was Dave Mitchell on countback from Paul Western. They were closely followed by Neil Macfarlane and Graham Booth on 34 points and by Mark Palmer on 32 points.

Our next fixture is at Aguilon on Monday 10th April.

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The Budget Summary by Blacktower

Chancellor Jeremy Hunt has unveiled his first Budget in the House of Commons, revealing the focus for the year will be on incentivising individuals who have left their jobs to return to the workforce, whilst boosting business investment. At the same time, Hunt revealed that the UK will not be facing a technical recession this year and that we are 'on the right track' in terms of the economy. Here's what we know so far and the confirmed measures that are part of the plan.

Taxation and Wages

Several new measures and changes:

The current cap on the amount workers are able to accumulate in pensions savings over the course of a lifetime before needing to pay extra tax (currently £1.07m) is to be abolished.

The tax-free yearly allowance for pension pots, which has been frozen for nine years, is set to rise from £40,000 to £60,000. Conversely, fuel duty will be frozen, with the current 5p cut to fuel duty on petrol and diesel, which was due to end in April, is being kept in place for another year.

Alcohol taxes in pubs from August onwards are set to be 11p in the pound lower than the rate in supermarkets.

Energy

Several measures have been included concerning the energy sector, beginning with the announcement that government subsidies limiting typical household energy bills to £2,500 a year will be extended until the end of June. £200m is also being allocated to bringing energy charges for prepayment meters in line with prices for customers paying by direct debit. This affects around 4 million households.

The government has committed to investing £20bn in low-carbon energy projects over the next two decades, with a focus on carbon capture and storage. At the same time, nuclear energy to be classed as environmentally sustainable for investment purposes. There is also the promise of more public funding.

£63m has been allocated to help leisure centres meet the rising costs of heating swimming pools, as well as invest in ways to become more energy efficient.

Jobs and Work

A strong push can be seen to encourage a return to work for those who have retired, those currently receiving benefits and those with disabilities that make work problematic. Health-related benefits are to see the roll out of a new fitness-to-work testing regime to qualify. Meanwhile, requirements surrounding looking for work are set to become tougher, while lead child carers receiving universal credit are set to gain additional support. More places are also to be opened up on 'skills boot camps' to encourage over-50s who are no longer working to return to the workplace. Funding has been allocated for up to 50,000 places on Universal Support, a new voluntary employment scheme for disabled individuals to return to the workplace.

Economy and Public Finances

Some good news announced with the budget is that, according to the office for Budget Responsibility, the UK will *not* be plunged into a recession in 2023, as many had feared. The economy is predicted to shrink by 0.2% this year, although it is set to grow by 1.8% next year, 2.5% in 2025 and 2.1% in 2026.

Further good news is that the UK's inflation rate is predicted to fall to 2.9% by the end of this year, a considerable relief compared to the 10.7% rate of the last quarter of 2022. Meanwhile, the underlying debt is forecast to be 92.4% of GDP next year. This is set to continue increasing until it reaches 93.7% in 2024-25.

Business and Trade

In the business sector, the main rate of corporation tax for businesses earning taxable profits of at least £250,000 will increase from 19% to 25%. For companies with profits between £50,000 and £250,000 that rate will vary between 19% and 25%. Companies will be able to deduct investments made in new machinery and technology in order to lower

their taxable profits.

Tax breaks and other benefits are to roll out for twelve new Investment Zones across the UK, with £80m allocated to funding them over the next five years and international traders will be given longer to submit their customs forms under new, streamlined rules in an effort to reduce paperwork.

Other Measures

Some general measures are set to roll out this year, including a five year commitment to raise defence spending by £11bn; prison sentences for those convicted of marketing tax avoidance schemes; the allocation of an additional £20m in the next two years to go to suicide prevention charities; the promise of a streamlined approvals process for new medical products; £900m dedicated to a new super computer facility for the UK's AI industry

Blacktower

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Our office suite is easy to find on the main N332 through road of San Pedro del Pinatar with easy parking.

If you want more information or wish to make an appointment to discuss your own situation please call **657 684 094** or email keith.littlewood@blacktowerfm.com

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Price:
459,000€

Price:
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NEWS



TV News

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Writing this in mid-March for the April publication we are actually in Ushuaia, Argentina which is the southernmost city on the planet. We are on the fourth attempt to sail this cruise with Covid postponing the other three. Rio de Janeiro, Buenos Aires and Stanley amongst others have been ports of call with west coast Chilean ports coming up and Santiago being the last before flying to Machu Picchu and home. Fabulous experience which we could not have done without David and sister Bobbie dog and house sitting.

All is good at the **Rainbow** household. You may remember we have talked about electricity prices in the past - well our provider has just cut our - reasonable - unit rates by over a third without us requesting it.

TV NEWS

The big news has to be continued from last month with the changes that BBC are making to the satellite signals. The main purpose of these changes is to make all the BBC TV output in the HD (high definition) format - whilst most programmes were available in HD, the local regional programmes were not, but this has generally now all been implemented although some minor changes are still going on but should be complete by the time you read this. This has had two effects - any viewers with SD (standard definition) boxes have lost all the BBC. They said they would keep an SD version of BBC1 (non-regional) on for a few months to give clients the time to get an HD box, but we have not found this yet - so only HD satellite boxes for BBC reception. Secondly they have moved most of these new HD channel versions to frequencies we cannot get here in Southern Spain. This means you may no longer be able to get your local version of BBC1, so no more local news from the UK for many. We think there will be at least one BBC1 version available down here, but until the changes are completed at the end of the month we cannot be sure.

To summarise, those with SD boxes, no more BBC and those with HD boxes will probably need to retune/rescan the box to get some form of BBC1. These changes apply to all the BBC channels - they are all going HD only - 2, 3, 4, News and Children's.



Any regular readers will know we have been predicting the demise of UK satellite TV in Spain for some 5 years now and we believe there is only about 2 years left. Remember, west of Almeria have no satellite TV now, so is there any point in spending any money on your satellite system now? Perhaps just getting us to rescan an HD box can be justified, but buying a new box - we don't see it. That leaves you having to go the internet route which everyone will need to do on the demise of satellite. You will need a good stable internet supply of 10MBS plus and ideally the router adjacent to the TV. IPTV (TV by internet) is hugely demanding in the internet service - there is just no comparison to emails, booking tickets and shopping. Even Netflix and the like require far less internet - there are technical reasons to do with security for this (ask us if you want more information) but the comment "My

Netflix works, but my IPTV will not" is just not a valid technical argument. Most internet providers can now cope with IPTV, but there are some that cannot and many of the slower cheaper packs struggle.

Have you had a bad experience with this form of TV transmission which is really still in its infancy? There were many such experiences to be had in the early days, (and still are!), but things have improved along with internet quality. Have you never tried internet TV - scared of not being a techy? You do not need to be a computer expert or even own a computer or smart TV. It is as easy to use as your existing satellite box.

Rainbow Satellites (maybe we will have to rethink that name soon!) are, to our knowledge, the only provider to offer a free no-obligation in home demonstration with full instruction session and the loan of a box for a week so that you can really fully assess the system before you make a decision to buy. If at the end of the week you don't want the system, we will just take it away - but give it a try if you have had a previous bad experience or never tried it before. You have nothing to lose. Contact us for an appointment. For internet TV we offer a 7 day support service open from 9am-9pm. Contact us for any TV/Radio problems you may have - advice is free! We can help most nationalities on most transmission platforms.

A small offer for May - if you take up IPTV from **Rainbow** during the month and subscribe for a year we will offer 13 months for the 12 month price. Ask for "Offer May23".

Rainbow Satellites - the TV company covering the whole of the Murcia Region in Southern Spain.
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- GENTILE
- UNTIED
- GELID
- LEGIT
- LENTO
- NOTED
- TILDE
- TILED
- TONED
- UNTIE
- UNTIL
- DELI
- DENT
- DIET
- DUEL
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- DUNE
- EDIT
- GELD
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- NOTE
- NUDE
- TEND
- TIDE
- TIED
- TILE
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8 9 7 A	1 2 E 0	3 5 4 F	6 B C D	Q G F H U B R G U N X B Y Q H B N N N A Q
C D E B	6 8 9 7	0 2 A 1	3 4 5 F	B N O I C A R B E L E C K I Y V M O X Z W
7 A 8 D	C 5 3 9	B 0 2 6	E F 1 4	C O N E J O M S D N Q Q O K S Q I R U A C
0 4 5 9	E F 2 B	D 3 1 7	8 A 6 C	B G Q M F I J O B W U L A Q I C Y I I C K
6 E C F	0 4 D 1	8 9 5 A	2 7 3 B	U X F F N R A G L J F I P K A O W S O A D
2 3 B 1	8 7 A 6	E C F 4	5 0 D 9	S L P E N P S L V I S B A R P H Q C J G W
9 6 D 5	4 E 0 F	C 1 B 2	A 3 8 7	X W V S Y A L Y W E A Y O A L M Y T C I U
E 1 3 4	A B 7 8	9 6 D 5	F C 2 0	P C O D E S F I L E W U C Q K M U A R C I
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				P I E U R T S C G E L O O G W J J A A J W
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