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August 2023 • Issue 285

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DEAR READERS

A lot has happened since last month, the main thing being the take-over of the **Costa Cálida Chronicle and Beyond** by a lovely young couple from Mojácar. After 23 years at the helm, Bob and Patti are retiring! Please read their farewell letter on page 6.

We wrote an article on an extremely gifted, hard-working young athlete a couple of months ago. This talented young man has now made the record books and put Murcia on the map! He is of course **Carlos Alcaraz** the now **Wimbledon Men's Champion 2023!** What a stunning final against Novak Djokovic. Well done Carlos. We wish you more success in the future!

Even in this extremely hot weather, our sales team has been out visiting customers, making sure that their

advertising requirements are met. **Welcome/Welcome Back** to the following advertisers:

- Bar Raya/Rock Café**
- Crafty B's**
- Colour Glass Window Tint**
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- Yacht Charter**

It has been an incredibly hot July and it looks as though August is going to be much the same. Please take care and drink plenty of water and look after your pets, making sure that they have also got plenty of fresh clean water and shade. Do not take dogs in cars during the hot weather. It is much safer and kinder to leave them at home.

Stay safe and cool from all of us at the **Costa Cálida Chronicle and Beyond**

THANK YOU TO OUR CONTRIBUTORS

Adrian & Dawn Leyland
Bridge - **History Snippets**
Car Registrations Spain - **Driving in Spain**

Chrissie Cremore - **Paws-Patas**

Jane Cronin - **Learning Spanish**

LG Dental - **Teeth Whitening**

Martin O'Hanlon - **Birding in Murcia**

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To our advertisers.

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(See adverts on pages 57 and 75)

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(See advert on page 61)

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(See advert on page 54)

Visit **Bar Raya/Rock Bar** in Puerto de Mazarrón and enjoy the view on our beach terrace, with a beautiful sea view and your feet in the sand. Have a cold beer and a homemade dish or a typical Dutch snack from the **Bar Raya/Rock Bar's** new menu.

Come and see us and receive a warm welcome.

Tel: **644 482 325**
(See advert on page 65)

Despite being Editor of the **Costa Cálida Chronicle and Beyond** for 23 years, I am finding writing this extremely difficult! After considerable thought, mainly brought on by my being diagnosed with Lymphoma Mantle in December 2021 and the harsh treatment I endured, Bob, Patti and Jo have decided that now is the time to pass our 'baby' on to someone else who can take the best magazine in the Murcia area to new levels.

After being let down by numerous people, we know that we have now found the right couple to do this in Usman and Laura. Laura has been working with us for a few months now and she has done a brilliant job designing the magazine. As many of you know, our daughter Jo has done the design work since the inception of the magazine 23 years ago. Jo moved to Australia seven years ago, but has managed to continue doing the design work from there. She and her new family now want to travel around Australia, so we wish them all the best in their lives. We may even have the time to go and visit them now!

We will still be in the background for a while as Usman and Laura get to know the many aspects of running a magazine here in Spain. They are very keen to use all the modern technology to help customers get the most out of their adverts, both in the magazine and online and we wish them the best of luck.

We thank all our advertisers and contributors for their support over the last 23 years and we hope that our regular and new advertisers and of course our readers, will support Usman and Laura in their new venture.

Bob, Patti and Jo

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Due to unforeseen circumstances **iphones Repairs** in Puerto de Mazarrón will be temporarily closed until at least the end of August. We will update you further in the September magazine. Phil is still working remotely from home and can be reached through his usual number 663 675 502 or by email iphixmobilephonerepair@outlook.com



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EDITORIAL



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Night Sky In August - Stargazer's Month

August is full of amazing events and spectacular observations, especially this year! The very first day of the month will greet us with a spectacular sight of a **Supermoon**, only to give way to dark nights for the peak of the biggest **Meteor Shower** of the year in the middle of the month and come back with a rare **Blue Moon** at its end.

astronomers in **Finca Astronomica** for a special **Supermoon Party!**



The Biggest Meteor Shower Of The Year

The **Perseid**, known in Spain as **Lagrimas de San Lorenzo**, has been active since 17th July and will continue to grace the night sky with shooting stars until 24th August. The peak of this spectacular **Meteor Shower** will take place on the 11th - 13th August and we are expecting up to 100 meteors per hour!

it gets its name as the meteors seem to originate from the constellation of Perseus. During dark nights in August remember to look up and have a wish (or in this case wishes) ready for when you see a shooting star.)

In August, **Finca Astronomica** is hosting events every night so if you would like to spend the night away from the city lights and enjoy the night sky sitting by a bonfire, don't hesitate to book your stay now! (photo of Glamping pods and a shade of Milky Way visible behind them.)

During the **Meteor Shower**, **Finca Astronomica** is hosting events every night, not only peak nights, so why not book a tour and stay the night?

Once In a Blue Moon...

We all use the phrase occasionally, but did you know it has an astronomical origin? All full moons have their names, so we have a **Wolf Moon** in January, **Strawberry Moon** in June and **Harvest Moon** in September. A **Blue Moon** appears in our sky when it is a second **Full Moon** in the same month. As a **Full Moon** appears every 28 days, it's a rare occurrence that we have two in the period of just one month. On average, a **Blue Moon** occurs once every 33 months, or **Full Moons**, 41 times per century, or about seven times every 19 years, hence the all-known expression **Once In a Blue Moon**. Such a rare occasions calls for a party! A **Once In a Blue Moon Party** will take place in **Finca Astronomica**. Book now to secure availability.



Supermoon

This is a full moon or a new moon that nearly coincides with **Perigee**—the closest that the Moon comes to the Earth in its elliptical orbit—resulting in a larger-than-usual apparent size of the Moon as viewed from Earth, as well as its higher brilliance. This phenomenon allows us a spectacular sight of our natural satellite and the most spectacular telescope observations of its surface.



Don't miss this amazing sight. If you would like to celebrate the occasion with music, a delicious dinner and bonfire, join the

What Is A Meteor Shower?

The **Perseid Meteor** shower is caused by the Earth slamming into the debris left behind by comet 109P/Swift-Tuttle and



Wonders Of The Milky Way

As summer time gives us the magnificent sight of the centre of our own galaxy, the **Milky Way**, there is a variety of very distant objects to observe with optical and robotic telescopes. Don't miss the opportunity to see the **Lagoon Nebula**, a nursery for baby stars; the **Ring Nebula**, a remnant of a dying star, the **Ptolemy Cluster** and many other breath-taking objects!

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Little Horn of Daniel (Part 1)

Did you know there is a **Little Horn** mentioned in the book of **Daniel** chapter 7, verse 8? Who is this **Little Horn**? What does this **Little Horn** represent? Where does this **Little Horn** come from and how can it be identified? Let's see what the Scriptures have to say about this **Little Horn**.

Daniel chapter 7, verse 8 says "I considered the horns, and, behold, there came up among them **another Little Horn**, before whom there were *three of the first horns plucked up by the roots* and behold, **in this horn were eyes like the eyes of a man, and a mouth speaking great things**".

In articles written about **History in the book of Daniel** for June (part 1) and July (part 2), they showed the various kingdoms which arose after Babylon, through to Medo-Persians, to Greece and to Rome. As concluded in these articles (*the fourth beast or kingdom was Rome*) Rome was never taken over by another kingdom, but was divided from within.

Daniel chapter 7, verses 19-22 says "Then I would know the truth of the *fourth beast*, which was diverse from all the others, exceedingly dreadful, whose teeth were of iron and his nails of brass, which devoured, brake in pieces and stamped the residue with his feet. Of the *10 horns* that were in his head and of the **other which came up and before whom three fell**, even of **that horn that had eyes and a mouth that spake very great things**, whose look was more stout than his fellows. I beheld and the **same horn made war with the saints** and prevailed against them, until the ancient of days came and judgement was given to the saints of the most High and the time came that the saints possessed the kingdom."

Daniel chapter 7, verse 23 explains the above verses "Thus he said, *the fourth beast shall be the fourth kingdom upon earth*, which shall be diverse from all kingdoms and shall devour the whole earth and shall tread it down and break it in pieces." We now know that the fourth kingdom was Rome in this passage.

Daniel chapter 7, verses 24 & 25 states "And the *ten horns out of this kingdom are 10 kings that shall arise*, and **another shall rise after them** and **he shall be diverse**

from the first and **he shall subdue three kings. He shall speak great words against the most High and shall wear out the saints of the most High and think to change times and laws** and they shall be given into his hand **until a time and times and the dividing of time**.

Daniel chapter 8, verses 9-12 says "And out of one of them came forth a **little horn**, which waxed exceeding great, toward the south and toward the east and toward the pleasant land. **It waxed great, even to the host of heaven and it cast down some of the host and of the stars to the ground and stamped upon them**. Yea, **he magnified himself** even to the prince of the host and by him the daily sacrifice was taken away and the place of his sanctuary was cast down. A host was given him against the daily sacrifice by reason of transgression and **it cast down the truth to the ground and it practiced and prospered**."

Daniel chapter 12, verses 1-4 "At that time shall Michael stand up, the great prince which standeth for the children of thy people. There **shall be a time of trouble, such as never was since there was a nation** even to that time thy people shall be delivered, everyone that shall be found written in the book. Many of them that sleep in the dust of the earth shall awake, some to everlasting life and some to shame and everlasting contempt. They that be wise shall shine as the brightness of the firmament and they that turn many to righteousness as the stars for ever and ever. Thou, oh **Daniel**, shut up the words and seal the book, even to the time of the end. Many shall run to and fro and knowledge shall be increased." (Michael in Hebrew means 'who is like God') **Daniel** asked for understanding and received a response in **Daniel** chapter 12, verses 8 & 9 "I heard, but I understood not, then said I, "O my Lord, what shall be the end of these things?" He said, "Go thy way **Daniel**. For the words are closed up and **sealed until the time of the end**."

From the above quotations many have differing opinions as to who is this **Little Horn** of **Daniel** chapter 7, verse 8, but all must be tested by the Scriptures. Many believe that the above relates to a ruler named Antiochus IV Epiphanes of the Seleucid Empire, the Greek Kingdom. (Epiphanes means 'god manifest'). Antiochus the Great

was his father and he fought against the Roman republic, but finally, he agreed to a treaty with the Romans.

When Antiochus IV Epiphanes, his son, took over rulership, he conquered Judah. He desired that the Jews assimilate, so he **forced through by law** that they should stop circumcision, work on the Sabbath day, place Greek idols (Jupiter Olympus in the Holy Place) in the temple in Jerusalem, made them sacrifice animals to Zeus and placed a gymnasium in the temple yard so people would fight naked. This was also known as the abomination of desolation. These **man made laws** went against Jehovah's (Jehovah's) law. This caused an uprising and revolt which was organised by Judah Maccabee against Antiochus IV, which was successful. Antiochus IV died not long after. The details of this revolt can be found in the book of Maccabees and other historical sources.

In 2nd Thessalonians chapter 2, verses 3 & 4 states "Let no man deceive you by any means, for that day shall not come, except there comes a falling away first and that man of sin be revealed, the son of perdition. **He opposeth and exalteth himself above all that is called God, or that is worshipped, so that he as God sitteth in the temple of God, showing himself that he is God**".

Daniel was shown some 500 years before Yeshua (Jesus) what would happen in the end times, but this **Little Horn** has some identifying characteristics. The book of Revelation deals with the end times and reveals more about this **Little Horn**. (Revelation means 'to reveal'). The books of **Daniel** and Revelation are closely related and need to be studied together.

Every individual must make a decision for themselves. Salvation has come to all. Romans chapter 5, verse 15 says "...and the gift of grace, which is by one man, Jesus Christ (Yeshua), hath abounded unto many."

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

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

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GROUPS



Puerto de Mazarrón Ladies' Circle

Puerto de Mazarrón Ladies Circle

Hello Ladies, I hope you have enjoyed the summer so far, no matter where you are. If you are in Spain, it has been hot and humid, so it is important for us to keep hydrated and out of the midday sun if possible.



Secondly was our **Summer Lunch** which was held at Ruf Mari Restaurant in Los Urrutias. The food and service was excellent and we enjoyed a glass or two of wine, finishing off the day with a dance.



to talk about their roles and support they undertake. 21st - September - **Bring and Buy and Games Afternoon** 28th September - **Trip to Alicante** to those who wish to view the **Terracotta Warriors**



We had two events in June before the summer recess; first was to the La Zenia shopping centre. Despite it being very hot, we still managed to find lots of bargains in the sales and then we went to Quesada for fish and chips, which were delicious as usual.

There are no meetings in August, but we have a full programme in September. **Thursday Events for September** 7th September - **Drinks and Nibbles** for our return after the Summer recess. 14th September - Members of **FAST** are coming

We look forward to seeing you on the 7th. Guests and new members are always welcome! Take care all. *Sheena*

LEISURE

Expat in Mazarron

Camposol Explorers



Shaun has run the **Expat in Mazarrón** YouTube channel since arriving in Spain in 2015. It's all about his living on Camposol, Murcia, 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.

Shaun recently had a successful hip operation which was successful and he is now recovering. Once he is up and walking again normal without sticks, the outings will start again later; this year hopefully. In the meantime, he will be posting some interesting locations, not far from Camposol that you can visit.

Puerto de Mazarrón

About a 20 minute drive from Camposol, down the RM3 to Mazarrón Town is Puerto de Mazarrón. There are plenty of places to park and your first place to visit is the Tourist Information Office, right in the centre of the Port. There are plenty of signs to help you find the office. Once inside, ask for a free map of the Port and ask about places to visit and explore. They will ring the places on the map for you



to find.

Roman Salt Preserving Factory Museum

Next to the Port facilities, you will find a small Museum that was a large salting factory, built by the Romans during the 4th-5th Centuries AD. This occupied a large area on the right bank of the Port. The current Museum preserves part of the structures of this important building. The characteristic elements common to all the factories were the salting pools or tanks in which the fish were macerated with salt and different products were made, such as the so-called Garum, the most famous of fish sauces.



Phoenician Boat Interpretation Centre

On the right hand side as you drive into Puerto de Mazarrón from Bolnuevo, there is a small Museum telling the story about the two Phoenician boats that were found whilst building the new harbor. These boats are the oldest ever found in the Mediterranean. You will also notice if driving from Mazarrón Town into the Port, the two Phoenician boats (sculptures) on the



roundabout.

The new harbour has a large underground parking area, with many bars, restaurants and not forgetting, the beach. This is very sandy and you can walk out into the sea quite a distance before you need to swim. During the summer months, there is loads going on including Jet Ski events: You can hire jet skis. There are boat trips to see the dolphins or explore along the coast. You can go fishing on boats - in a group, or just hire a boat yourself. There are outdoor movie events on the beach during the summer months. There is plenty for the kids including bouncy castles in the sea for the older kids. For those wanting to keep trim - Yoga and keep fit classes on the beach. There are also special dog beaches for you and your dog.



Next month, I will talk about another interesting place not far from Camposol. For more information about **Camposol Explorers** check out Shaun's YouTube channel. Join Shaun's Facebook group **Expat in Mazarrón** for information and places to explore.



CHARITY

MABS Mazarrón

Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



MABS Cancer Support Fundación

Providing practical help and support to those that need us

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.

deliver furniture in the local area.
Running reception in our **Respite Home**.
Helping in our **Shop in Totana** (car share available from Camposol B).

If you can spare a few hours and would like to help, please phone **634 362 954**, email mazvolunteers@mabscancerfoundation.org or call into our **Respite Home** on Avenida de Los Covachos 278, Camposol B4.

Bar, Camposol B from 11am-2pm with quality hand crafted cards and gifts.

Family Fun Day - Thursday 31st August at Camposol Club de Golf. Details to be announced.

Santander to Madrid Cycle Challenge - 23rd-30th September

This year the mad cyclists will be riding from Santander to Madrid; a gruelling 425 km. The 5 day challenge is being undertaken by Lee McGovan, Paul Thomas, Steve Malcolm and John Pate who is new to the team. The support vehicle this year is being provided by NightHawk Couriers. Sponsorship forms are available at Tel's Bar, Camposol A and **MABS Respite Home**, or you can sponsor at donate@mabscancersupport.org

World Cancer Coffee Morning - 29th September - venue to be announced.

Race for Life - 29th October. Watch this space for further details

If you can help

We are always in need of furniture, clothes, bedding, bric-a-brac and books for our **Charity Shop** in Avenida Juan Carlos I, Totana (books on the bookcases in Alley Palais, Camposol B).

If you can help please message **MABS Charity Shop Totana** (Facebook) or phone **634 313 478** to arrange collection.

We also have drop off points for smaller items at The Club House, Camposol C, **MABS Respite Home**, Alley Palais, Camposol B and **ASSA** office at La Pirámide Center, Puerto de Mazarrón.

For more information: <http://www.mabscancerfoundation.com>



MABS 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.

Helpline 620 422 410

How you can help:

Volunteers needed!
We always need more volunteers in various roles:
In particular we desperately need **Patient Drivers** to drive patients to their appointments. Agreed expenses are paid.
Van workers to help our crews collect and



Recent Fundraising

Ascot Ladies' Day on June 22nd at La Nueva Taberna, MCC raised an amazing 1,800€. Music was provided by **The Harlequins Rock Choir**, the amazing voice of Reke and Derek Miles who provided brilliant supporting music and sound tracks. A shout out to the ladies from our **Charity Shop** in Totana for the modelling duties.

Charity Quiz & Raffle at The Diner, Camposol B raised 230€, so a big thank you to all who supported us and to Jay and his team.

Future Events

MABS Craft Group
On the first Friday of every month the **MABS Mazarrón Craft Group** meet at the Diner &

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

Sermons of the Cure of Ars - Saint John Maria Vianney Prayer Commands All

My dear brethren, not only is prayer very efficacious, but even more, it is of the utmost necessity for overcoming the enemies of our salvation. Look at all the saints: they were not content with watching and fighting to overcome the enemies of their salvation and with keeping well



away from all that could offer temptation to them. They passed their whole lives in prayer, not only the day, but very often the whole night. Yes, my dear children, we will watch over ourselves and all the motions of our hearts in vain, in vain we will avoid temptation if we do not pray.

If we do not have continual recourse to prayer, all our other ways will be of no use at all to us and we shall be overcome. We can see plainly that, in the world, there are

a great many occasions when we cannot run away, but he can pray, and his prayer will sustain him.

Even supposing that we could run away from people who give us bad example, we cannot run away from ourselves, who are our biggest enemy. If our Lord does not watch over our preservation, all of our efforts will come to nothing. No, my children, we shall not find any sinner who may be converted, who has no recourse to prayer, not one who will persevere without having very great recourse to prayer and we shall never find a Christian damned whose downfall did not commence with a lack of prayer.

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

RELIGION

St Nicholas Ecumenical Church

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

Calle Sobrija 2248,
 Sector D20 Camposol



Well, it's wonderful that the **Community Coffee Mornings** have really taken off, so thank you to everyone who has attended.

We thought that having this opportunity to meet together in a very friendly, relaxed atmosphere would be a benefit to everybody. We have been offering tea, coffee and delicious homemade cakes, on the 2nd and 4th Wednesdays of each month. They are casual occasions, where we sit around enjoying refreshments whilst joining in with lots of chat, banter and a great deal of laughter! Some folk come along with friends, whilst others come alone, but by putting all the tables together, nobody is left out and if you don't know anyone when you arrive, you certainly do by the time you leave! The **Community Coffee Mornings** are held in our Church gardens, but are most definitely open for all of Camposol, not just Church members. Our lovely ladies provide truly scrumptious cakes, all made and donated by themselves, so we are really blessed. We do not charge for any of

these refreshments, but any donations we receive, are used to buy extra food for the **Grub Tub**. This food is then given to Father Octavia, who distributes everything to the very needy people in the Mazarrón area. Every cent goes towards helping those less fortunate than ourselves, thus bringing an extra benefit to these **Coffee Mornings**.

Unfortunately there will NOT be any Coffee Mornings during August as it is usually far too hot for such meetings, but we will be open again on Wednesday September 13th and 27th, from 10am-12.30pm. We look forward to seeing you and sharing some time together again.

Do you think Jesus enjoyed picnics? We don't hear about this happening, but I think He did. We know Jesus and His disciples walked everywhere, so it makes sense that they would have a rest and enjoy their food in the shade, during the heat of the day. Just picture the scene. As they passed through villages, loaves, cheese, olives

and fruit could be purchased, plus some form of beverage. Then, as they sat eating and resting, I believe they would have shared not only their meal, but friendly conversation and banter. We sometimes forget that all the human traits that God has bestowed on each one of us; the need for friendship, laughter, discussion and company, were also given to Jesus and His followers. I believe these would have been their version of our **Coffee Mornings**, so we extend our invitation to you all to share both our **Coffee Mornings** and our **Sunday Services**, in friendship and love.

All our **Sunday Services** are held at 11am.
August Services
 6th - Songs of Praise
 13th - Holy Communion
 20th - Morning Prayer
 27th - Holy Communion
 A very warm welcome is extended to you all. Keep well and keep a smile in your hearts.

Blessings and love
 Rev Mo x

CHARITY



FORGET ME NOT

Community Respite Care for the Mazarrón Area

Dee: 603 121 416
 Diane: 711 028 693



Forget Me Not charity is run by Volunteers for anyone with an illness or disability that requires the assistance of a carer to look after them. Sessions are held at the Social Centre, Camposol B every Monday and Thursday 10.15am-1.15pm thereby enabling respite to the carer. We have a trained nurse at every meeting as well as skilled and compassionate Volunteers.

Forget Me Not 'Cares for the Carer' and they know how valuable these sessions are, freeing up quality time for the carer who is constantly in demand looking after their loved ones' every need. They provide tea, coffee and biscuits at meetings and provide a free lunch for clients.

Forget Me Not pride themselves to always be there for the carer, with help, advice, or just a sympathetic ear.

Forget Me Not is open to everyone; residents, non-residents and even holiday makers visiting for a few weeks. The only requirement is that the client has to make their own way to the Social Centre to attend.

Forget Me Not has grown over the past few months as we have welcomed several new clients and Volunteers. Some of our members have returned to the UK during the hot summer months and we look forward to their return in September.

It has been a busy few months and we have some exciting events planned for the future. During our Monday sessions we have welcomed June and Bob Hayes of **Sonic Tonic** who entertained us with an eclectic mix of songs. Clients thoroughly enjoyed themselves singing along, playing percussion instruments and some even danced! The clients also participated with the singalong group during a recent visit. **Sonic Tonic** are always very popular with our clients.

Fundraising

We had a fantastic night on Camposol A on June 24th with entertainment from the fabulous Diane Diaz
 On Friday July 7th we thoroughly enjoyed the Phil Collins tribute at Alley Palais.

Both events were very popular and we managed to raise substantial amounts during our raffles to enable **Forget Me Not** to continue to support our clients.

Saturday August 19th - live music from the fabulous **Dualers** on Camposol A
 Be sure to reserve your seats as this will be a very popular event.

Saturday September 16th - **Golf Day** fundraiser at Camposol Golf Club, with tournaments during the day and entertainment at the Club House during the afternoon. Further information will be released nearer the time.

Please feel free to call into the Social Centre during our sessions on Mondays and Thursdays to meet the group, have a cuppa and a chat. We will make you very welcome. We are always looking for prospective new clients, so if you think you know someone who may benefit from attending our sessions come along and see what we do.



RELIGION

www.wellspringvictorychurch.com



How is this summer weather appealing to you? At the time of writing this article we have been seeing temperatures up in the high thirties. For holiday makers this is probably why they booked to come to Spain, but for many of the people living here they are finding it quite hot.

Of course, we will never please all of the people all of the time and in reality we aren't in immediate charge of the weather anyway. One person's heaven is quite different from another's and to some extent we have to take the rough with the smooth.

If you had the choice of weather what would your heaven be like? This sort of conversation can turn and the listener suddenly remarks, "Well I won't get to heaven anyway; not with my track record."

Perhaps if we think about it, would any of us get into heaven no matter what our track record is?

The Bible does say in Paul's letter to the Romans "For all have sinned and fall short of the glory of God." Whoops!! Where does that leave each and every one of us?

As Christians, one of the things we have to learn quite quickly is not to take one passage of scripture on its own, but to seek and find the full meaning of what is being said. It is very true; we have all sinned, no matter how small of how large, we have all sinned. The Bible goes on to tell us that sin can keep us from heaven. However it does go on to tell us

of God's very own solution to the situation.

Right from the beginning of time, God has had a rescue plan to bring all His people into His family no matter what their track record has been.

We don't often think of Christmas as we struggle to walk in the blazing heat, but it was at Christmas that God sent his only Son into this world to start a life that was God's salvation plan. Before Jesus came into this world He knew the Father's plan. The Gospel of John records Jesus' life from the start of His ministry to the very end.

Jesus' ministry had not been occurring very long when He met a man called Nicodemus. Jesus had a long conversation with Nicodemus as He explained to Nicodemus what he must do to be saved - that is to set things right with God. As the discussion pursued, Jesus said the immortal words which you can read in the Gospel of John Chapter 3, verse 16; "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." Jesus continued in the next verse saying "For God did not send his Son into the world to condemn the world, but to save the world through Him."

That seems pretty clear doesn't it? Now if we want a confirmation of this, let's look again at Paul's letter to the Romans and turn to chapter 10. Here Paul enters into dialogue with the Romans and in verses 9 & 13 he writes "If you declare with your mouth, 'Jesus is Lord' and believe in your heart that God

raised Him from the dead, you will be saved" and "For everyone who calls on the name of the Lord will be saved."

That is the real heaven and if you would like to know more about it please join us at our regular Sunday meeting at 11am and we will be pleased to tell you more. We meet in the Event Room at Trevi Bar, Camposol B.



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A family church for people just like you

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11 am at Trevi Bar Camposol B

We invite you to join us any
Sunday morning

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online from Monday onwards
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For further help call 607 382 033

CHARITY



committee@fast2016.org
www.fast2016.org

FAST is YOUR Emergency First Responder Team on Camposol. In the event of an emergency please **call 112 (using the 112 Region de Murcia App if you have it) and then call FAST on 868 487 015**. As our Responders are all based on Camposol, we should be with you sooner than the ambulance and, if necessary, can commence life-saving treatment (for example, maintaining an airway, CPR including the use of our automatic defibrillator, stopping catastrophic bleeding etc), before the ambulance crew arrive. We are also trained to assist with other less urgent issues until the arrival of the paramedics and can advise and provide reassurance and comfort to both the casualty and other members of the household.

Responders

It is always a challenge through the summer months when our Volunteer Responders are away on holiday themselves, or have visiting friends or relatives to maintain a 24/7 response. For this reason we have maintained our vigorous recruitment and training schedules and are proud to introduce our six newly qualified Responders who joined the team following a training course last month. These Responders will all be working initially alongside more experienced Responders, or with our Vice President/mentor whilst they get to learn the more procedural aspects of

the service. Although we will not be running another training course until after the summer we are always happy to hear from anyone potentially interested in joining the team either as a Responder or Support Volunteer. (recruitment@fast2016.org)



Everyone is welcome to come and join us at our regular weekly training session on a Tuesday morning at the Social Centre, Camposol B from 10am-12pm for a look at what we do. Through the summer months our fund raising trips are more limited owing to the heat, (and support volunteers' holidays), although our weekly desk can still be found outside The Diner, Camposol B on a Friday morning from 10.30am-12.30pm for the purchase or

reservation of tickets for future events.
Saturday 2nd September - Candle Festival, Mojácar
Tickets are selling fast.

Monday 4th September - Big Charity Weekender Raffle
Tickets will also be available at the Friday morning desk. Proceeds from these will benefit not just **FAST**, but also the other three big human charities on Camposol.

Saturday 30th September - End of Summer Bond Themed Celebration Party
Tickets are now available. Spaces are limited so get in quick!

Sunday 8th October - FAST Fest @ Oasis de las Palmeras in Bolnuevo
Tickets are limited (with separate coach transfer available)

A last word of caution - with our current excessive intense heat and sunshine, please take care to ensure that time in the sun is limited and fluid intake (not alcoholic!) is increased. Whilst our Volunteer Responders are available should you need our services, prevention of problems is obviously the best way forward. Take care and stay safe.



GROUPS

Los Palacios Gardening & Community Group

Box 915, Post Room,
Camposol A
lospalaciosgardening@icloud.com
www.facebook.com/groups/528564140617103



It's been another busy past month for the **Los Palacios Gardening & Community Group**. We have been

working on Calle Tarancon, pruned all the oleander, weeding all the gravel and redoing the rockeries at the front and just generally a good tidy up.

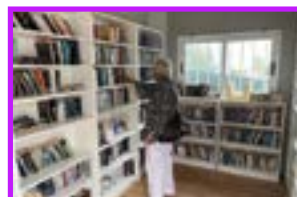
Work is starting on the planter on the **Memorial**



Park and we would like to thank Ken and Paula for allowing us to use their water and electricity. Our Garden Volunteers

have now finished until September when we start on the changes for the **Memorial Park**. We will also be putting in new plants in the empty pots outside the bars.

The **Library** opening hours for August will be



displayed on the metal cabin. Once again we are asking for volunteers to help with the **Library**. Even if you

can only do one Friday a month it will help us enormously.

We are always looking for new volunteers to help with the practical aspects and donations are always welcome.

CHARITY

Making a Difference

TEL 603 389 006



We are now going into the hottest month and **our shop will only be open on Saturdays throughout this month**.

Our collection van will not be on Camposol A Commercial Centre during this month but will resume on the first Tuesday in September.

However, the van will be available for any large items that anyone wants collected from their homes during August, so if you have items of furniture etc you wish to donate during this month, please call us on **603 389 006**.

Our President Kevin and Volunteer June presented a cheque to the Treasurer Adie from **Samaritans in Spain** recently. Your continued support enables us to give donations to many people in our area who need our help.



We continue to make a monthly donation of food to the **San José Church** in Puerto de Mazarrón for their **Food Bank** that helps many families in our area who find themselves in need of such aid in these hard times.

We are always in need of good quality furniture which we can sell in our shop in Puerto de Mazarrón. It is situated on Calle Sierra Espuña.

We would like to thank all our supporters for their continued support, enabling us to help many people in our area. We would also like to thank all our lovely Volunteers who give their time and effort to make this all possible.

GROUPS



Camposol 2025
What do you want it to be?

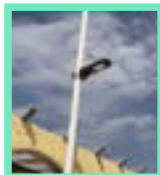
This month we focus on some great community initiatives, starting with the landscaped area adjacent to the bins on Camposol B, solar street lights on C and an update on the fitness area by the football pitch.



Sector B Landscaping
An initiative by **B-Clean** to landscape the area behind the refuse bins on the roundabout by Calle Tamariz, Cidamen and Cinco. The **B Team** has taken an unkempt area full of wild shrubs and weeds and turned into a gravelled garden with planted pots and edged with stones. A great example of a simple idea turned into a beautiful landscaped area.

Solar Lights

The residents at the end of Calle Martos on Camposol C took advantage of the **Camposol**



Fitness Area

What began as a positive benefit to Camposol, has turned into a project that unfortunately remains unfinished and with some issues with the installation of some of the equipment. One example is that the dye used to colour the footpath has not been cleared away. Hopefully, by the time you read this, we will have more news as **Camposol 2025** has contacted the new Councillor for sport and together with representatives from **Camposol Free Community Sports** and the Camposol Business Association will have met on July 17th to discuss the outstanding issues, as well as further opportunities to work with the Town Hall to

2025 solar lights scheme and purchased 6 solar lights for their private road. The lights were recently installed by volunteers as the last phase of the solar lights initiative. Feedback from residents has been very positive.



improve the facilities in this small but very important area of the urbanisation. We will provide an update in next month's article.

At the same time the fitness equipment is well used and is a welcome addition to facilities on Camposol.

Potholes

At the time of writing, there are many reports of an increasing number of potholes on the urbanisation, particularly on Camposol D. Recently, a white knight took it upon himself to fill some of the holes in Avenida de Los Covachos with concrete, for which many are extremely grateful. There are still some significant issues and we would encourage residents to make use of the Línea Verde app to report these, or even submit a form Modelo1 to the council.



CHARITY

FRIENDS OF MAZARRÓN ANIMALS

fma.murcia@gmail.com
+34 711 032 574



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

We hope you are all enjoying the summer and managing to keep cool. Although the hot weather can be fun for humans it's not always that way for our beloved pets. Keeping your dog cool in hot weather is all about being prepared and thinking ahead. As well as having fun when the weather gets nicer, it's important to think about keeping your dog safe in the heat. The aim is to reduce the risk of heatstroke and make sure your dog stays healthy and happy. Here are a few helpful tips:

Plan your walks - always remember water, look out for signs of heatstroke, protect your dogs' paws from hot surfaces. Never leave dogs in cars - keep them cool at home.

We know the majority of dog owners will already do these things, but a little reminder doesn't hurt.

FMA is still inundated with abandoned, abused and sick animals and there are many ways you can help them. Small, local charities do not receive the funds and attention that large national and international organisations receive, so we are always grateful for any support we receive in whatever form.

As well as individual donations, 'go fund me' campaigns etc, our biggest fund raisers are from our events, either hosted by us or other generous people/bars and clubs. Here is a list of some of the wonderful events you can get involved in:

Thursday 3rd August - The fabulous Maria, as Adele, will be performing at Camposol Golf club. BBQ food is available, but it needs to be ordered directly from the Golf Club.

Summer Saturdays are back on Camposol

A involving Cat's bar, Tel's Bar and Rendezvous
Saturday 26th August - they have kindly offered us the raffle when Melodee will be performing.

Pop Up Markets
We are still waiting to confirm dates for August, but we are hoping to be appearing on Camposol again outside Rendezvous.

Saturday 26th August - we are looking forward to a return to the Food Co. Watch this space.

Wednesday 6th September - the Diner will be hosting a **Quiz** for **FMA**.

Wednesday 20th September - **FMA Day Trip to Benidorm**
Tickets available to book now.

We hope you can find something from our fundraisers to enjoy. Thank you to everyone who has supported us so far this year, individuals, bars/restaurants. We are as always very grateful.

Please contact the team at FMA for more information.

Join our **Teaming Group**. Donate just 1€ per month.
<https://www.teaming.net/friendsofmazarronanimals>

Donations can also be made using: PAYPAL fma.murcia@gmail.com

Bank Account
ES39 3058 0206 9227 2050 7854
BIC CCRIES2AXXX

The Volunteers of FMA music event

Adele The Tribute

Thursday 3rd August @ 8pm
Camposol Golf Club
Entrance 10 euros
Food available from 6pm to 9pm
Fabulous raffle prizes

Reserve your seats
PM to our Facebook page
or call WhatsApp +34 711 0325 74

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CHARITY  **MAMAS** - Mazarrón Animal Medi-Aid 
 Tel 666 186 037 mazarronanimalmedi_aid@zoho.com
 Registered charity No 9537/1a

Hello Everyone!
 Well we are still not seeing our old friends. No-one visits us anymore! Gone are the days when you would come in for a natter and a catch-up, informing us how your pet was doing or whatever.
 You have obviously got tons of money and don't need our help anymore!!!!



My ongoing search for a nice volunteer has fallen on deaf ears and sadly Jean and Richard can't go on forever. They are running it almost single handedly these days. We can't believe there is no-one out there who wants first dibs on the

donations!!!
 The reason we keep at it.



hospitalization and the intensive medical care he needed. She brought him to see us and he still looks weak and wobbly, but she loves him so much he can't not pull through now!! He looks a bit frail in his photo don't you agree.

This was just one of your pets we helped last month and unfortunately like everything

This month a very kind but misguided Spanish lady who helps rescue street dogs, landed herself in a pickle with Panetone. This nervous little dog had a dvanced parvo and the bill is huge. The majority of it is for

else, the vet's bills are getting bigger, so we need any donations you can spare to assist us. Please get in touch if you want anything collecting. Just call 666 186 037

Items for Sale

I put some furniture on 'items for sale', so it might be worth a look. We were also given some inflatables from a rental villa which should go well. There are lots of nice paintings, mirrors, books, bedding, curtains galore, clothes and bric-a-brac. We have got the lot!

If you are coming over specially to look at something, check we are open. The shop is boiling and we have no air con! Jean chickens out when it is so hot and shuts up shop.

It's good to tell you what's going on. Come and get us up-to-date with your adventures.

Use sunhats, sun-cream, sunglasses and shoulders covered. Stay in the shade. In fact don't go out in the full sun. It's dangerous out there.

Disfruta tu verano!!!!



The month of June with, its long sunny days and dry weather, proved a productive month for the **D Gardening Teams**. Coupled with new Volunteers and a focus on areas that haven't been worked on for a few years, meant the teams rounded off the first 6 months of the year on a high.

gravelled areas, planting the Oleanders and creating the wishing well. This time the work involved strimming the overgrown weeds, trimming the palms and oleanders and cleaning up the verges and bin area.

The outcome provides the residents opposite, walkers and drivers with clear views of the campo and hills beyond.

Calle Esparraguero is one of the longest roads on Sector D and links onto Avenida de Los Cavachos. Here the team concentrated on tree, palm and hedge pruning, plus adding a new seating area to the Petanca Court.



Whilst our other team undertook the refurbishment of the verges along the top end of Los Covachos. A number of our Volunteers remembered creating the



Sadly some idiots, (for that is what they are. Stronger words not for publication!), knocked down the **Remembrance Cross** at the entrance to Camposol D on two occasions. This shows a lack of respect for those we remember each **Remembrance Day**. A new metal cross has been installed, along with new solar lights and we look forward to creating our **Remembrance** display around the new cross.



The team would like to thank everyone for the offers of water, teas and coffees and biscuits. They appreciate this kind gesture, especially from the residents on Los Covachos and Esparraguero. Our favourites are the chocolate biscuits and sweets, which of course need to be eaten quickly so they don't melt!

With the holiday season upon us, the **Gardening Teams** are taking a well-earned break, but will be back in September. Next month, Pat Ridler the President of **D Community and Gardening Group** will be reflecting on the work of the Group and undergoing a 'question and answer' session to provide information on the workings of the Group.



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CHARITY No. 9.980/1a

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www.andreasanimalrescue.com



Oh my dizzy days! We know it's going to be hot, but when it's actually here, it's a different story!

At the moment my van is poorly - in the garage with

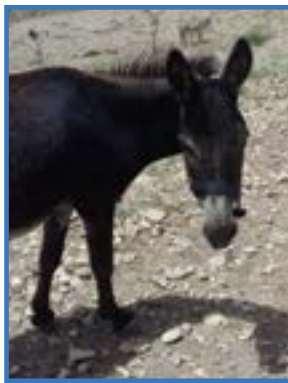
oil all over the engine. Not sure as yet what the problem is, but I'm like a bear with a sore head - not a happy bunny at all! My van is key to getting work done; vets, sanctuary, stables, feed, hospital, shops! My van does so much work. We're just always extremely busy. I hope to hear in a few days it's fully repaired. I'm not even going to think of the bill!

The dogs are managing fine with the heat. We have the aircons on and they have their cool mats, fresh cool clean water; quite a lovely life they have. They sleep all day and play at night!

People ask me all the time how are the donkeys surviving the heat.

WELL, I'm pretty sure all were born here in Spain - all but one, **Junior** the Italian stallion (not) I know he came from Italy!! Our donkeys have the option for shelter, but most prefer to take a siesta in the sunshine. I know very odd! Up at the Sanctuary, with 30.000sq mtrs of land, our donkeys are free to roam; free to live a more natural life. It's also quite high up on the mountain side, so there's always a breeze which is great for keeping cool.

Why do donkeys have large ears????? Large ears help them stay nice and cool. The



larger surface area helps them expel internal heat at a high rate to stay cool. Don't forget these are desert animals and are more than comfortable in a desert-type environment, but they do need fresh

clean water, which they wouldn't get in the desert! As you can imagine, we go through gallons and gallons of water every day. No-one ever thinks about WATER ... water is like food. We all need it to survive. Our water bill is approximately €450 every 2 months! This is for 113 donkeys. It makes you think doesn't it!

We've been lucky so far with the fly situation. We haven't had many. I'm sure there all waiting for the heat to die down then they will descend on us ... our fly masks are at the ready!!

Our shops are very quiet at the moment. I know it's too hot to shop, but we do need our loyal supporters to come in a buy a little/donate. The donkeys need to eat and drink regardless of the weather!

Sponsorship

We have a great sponsorship scheme going for the donkeys and ponies which also makes a super gift. Our sponsorship scheme is vital to our ongoing work and really does help to with the constant rise of the feed and water bills.

Alternatively you could make a donation if you would like to help care for the 113

donkeys:

Paypal

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

Bank Account

Andreas Animal Rescue and the Henrietta Foundation

Bank Caja Rural

IBAN: **ES 9830185740682015846617**

BIC: **bcoeesmm018**



EVERY MONDAY is CAMPOSOL DAY

We are on the car park opposite the garage from 11.30am-1.30pm

You have a choice of Andrea No 1 or Andrea no 2. Andrea No 2 is our sponsorship lady so you can chat any time about sponsorship. You can also drop donations off. We have yellow panels on the side of our van and wear yellow tea shirts. If you have larger items we can collect by prior arrangement. Items can also be dropped off at our shops in Roldan or Mazarrón Town from 10.30am-1.30pm.

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Rescue and emergency:

603 206 363 and 604 346 163

Port shop: 602 624 521

Camposol shop: 711 016 236

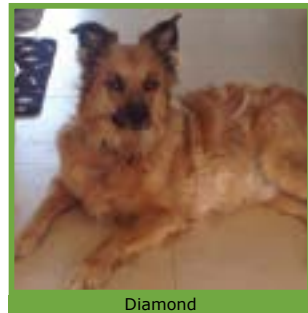


Jonjo

Jonjo is a really sweet little Podenco. He is 2½ years old and was found on a local urbanisation.

Jonjo is a friendly boy who would love cuddles and a home of his own. He is neutered and fully vaccinated.

Diamond unfortunately ended up in kennels due to the death of his owner. He loves being out and has obviously been loved and trained by the previous



Diamond

owner. We were told **Diamond** can be a bit reactive with other dogs. so we walked him with different dogs. He was a little choosy to begin with, but nothing complicated. **Diamond** is such a happy loving dog and has been in kennel far too long, especially after having a loving home. He is neutered and fully vaccinated.



Gary

Gary, a 2 year old, lovely boy, gets on well with other dogs. He is not so keen on cats and barks at them. He is very friendly and loves a fuss. **Gary** is neutered

and fully vaccinated.

We were called to rescue pups shut in a shed on the campo. One pup was clearly dying and in a terrible state. He was rushed to the vets but sadly could not be saved. RIP little **Clyde**. You deserved so much better from whoever did this to you. His sister was luckier and was saved from a snake bite with antibiotics from our vet.

Cruelty is still so bad in this area. We have a real fight on our hands along with other charities.

If you would like to meet any of these lovely dogs, please contact Jane on **602 653 639** or email janenahoming150@gmail.com **All adoptions and fosters will be home checked.**

Fostering

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

We have some lovely dogs small, medium and large.

Fund Raising News

Firstly, our thanks go to Carolyn May for letting us not only run a **Raffle** at her annual ladies' summer event, but sell some beautiful clothes that had been donated to **Noah's ARC**. On the afternoon of Thursday 6th July at The Club House, Camposol we raised €145.00 on the clothing (all kindly donated by Lyn Jacobs) and €235.00 on the **Raffle**. What a fun afternoon!

Saturday 15th July Summer Music Night

This joint venture by Cat's Bar, Tel's Bar and Rendevous was a fabulous night. We were delighted to be able to hold a **Raffle** and we raised a whopping €710.00 thank you all!

We are now full at the kennels having rescued so many dogs and puppies recently, we are truly grateful for all your donations however small.

PayPal NA1Treasurer@gmail.com

Please check out our Facebook page **NoahsArc Mazarron** to see more of our lovely dogs looking for their forever homes.

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.

A Reminder

It can be really painful walking your dogs in extreme heat and can cause a lot of damage to their pads.

GROUPS

Ladies' Chatterbox

Email: onlyforsue23@gmail.com



Hello everyone
Summer is cooking nicely! I'm still sitting under the A/C with an even bigger glass of iced water – just wish I could stay here until September; no going to the supermarket, forget about keeping fit and let the hair and nails grow, but....we all have things to do and places to go so onwards and upwards!

As **Chatterbox** enjoy their Summer hols, I thought it would be nice to show you a few bits that didn't make previous press releases.

CHATTERBOX Merchandise

We can now offer fabulous mugs and aprons with the **Chatterbox Lady** logo. Mugs are 5€ and Aprons 8€ - these are available at all of our meetings.

Earlier in the year we went to **Golf Delux** – oh what a day! There was lots of raucous laughter, many ladies asking little coloured balls;

"Why....., there?"

"You are nowhere near the hole!"

"No, I did not want you there!"



We had a fabulous lunch, brilliant prize-giving and the customary raffle made for one of the best trips – to be repeated. Fancy joining us?

We have some amazing speakers come to tell us about

their 'specialities' and recently one of our **Chatterbox** members, Suzanne Reid, President of **FAST**, came to tell us about her involvement with this very special service. We are so fortunate to have **FAST** on Camposol. It is well established and recognised by the Murcia Health Authority.



When urgent medical help is required, **FAST** can bridge the gap between calling/ waiting for an ambulance to be able to get to you quicker, to administer vital assistance. Like any charity, **FAST** relies

on fundraising and donations to keep this lifesaving service available. Have a look at their Facebook page for more information.

Until next time....be kind. It costs nothing, but means so much.

Sue x



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
Check at your local Tourist Office for full details of events and opening hours of the Municipal Swimming Pools

Alhama de Murcia
<http://turismo.alhamademurcia.es/>
 Tel 968 633 512 – Tuesday Market

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 659 682 359.

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.

Camposol (Thursday Market)

Sunday 2nd August – Helping Hands The Cabeytu Brothers @ The Diner, Camposol B 20C 8pm

Saturday 5th August – Helping Hands The Flood Take That @ The Diner, Camposol B 22C inc meal

Camposol Country & Western Group

The June meet went off well with line dancers and fans listening to Eddie B play some great music. Because of the heat we closed down for July and August, but we will be 'back with a bang' on Thursday 28th September with Caroline May entertaining. Come along to Mariano's, Camposol A for a great evening. We meet on Thursdays at 8pm.

Every Monday

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

FAST Nurses @ Camposol B

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 Tuesday

Camposol Golf Association Ladies' Game @

Camposol C 9am

Helping the Perrera Dogs Walk @ Between Camposol & Mazarrón Country Club 9am-11am

FAST Training Session @ The Social Centre, Camposol B 10am

Camposol Free Community Sports Cards/Games/Dominoes @ Camposol A 1pm

Every Wednesday

Camposol Golf Association Mens' Game @ Camposol C 8.30am

Camposol C Gardening Group Clean-Up @ Camposol C 9am

Camposol D Gardening Team Work 9am-11.30am

Camposol Free Community Sports Table Tennis @ Mazarrón Pavilion 10am

Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am-1.15pm

Camposol Free Community Sports Walking Netball @ Condado de Alhama 4pm

Every Thursday

Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am

Camposol Free Community Sports Walking Football Game @ Camposol D7 10am

Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12pm

Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm

Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)

Every Friday

Helping the Perrera Dogs Walk @ (Between Camposol & Mazarrón Country Club) 8am-11am

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

FAST Desk @ Camposol B 10.30am-12.30pm

Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10.30am-11.30am

Camposol Free Community Sports Petanca @ Camposol D26 1pm

Every Saturday

Camposol Free Community Sports Walking Netball @ Condado de Alhama 10am

Harlequin Rock Choir Rehearsals @ Social Centre, Camposol B 1.30pm

Astronomy Tours/Star Gazing @ Finca Astronomica

Every Sunday

Antique and Second Hand Market @ Cañadas del Romero 8am-1pm

Car Boot Sale @ Camposol A

Fuente Alamo (Saturday Market)

Every Wednesday

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

Mazarrón

www.mazarron.es

Tel 968 594 426 – Saturday Market

Check out **Seafront Entertainment for Children** @ Puerto de Mazarrón and Bolnuevo during August

Every Thursday – Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)

Every Sunday

Dog Club Bolnuevo Beach @ Bring your dog to socialise with other dogs/owners. 8am

Saturday 19th August – Artisan Market @

Plaza de la Comunidades Autónomas

Over 30 stalls selling from 10am-2pm and 10pm-12am (summer months). Artisans will display a wide range of products such as pottery, natural cosmetics, sweets and candies, sausages, forging, jewellery, honey, bakery and pastry, paint, cheese, typical tapas and alternative therapies, among other issues. The market becomes a space for leisure and entertainment for the whole family, with live demonstrations of the most varied traditional trades as well as the most varied animation workshops for adults and children and various tastings. (Every 3rd Saturday.)

Until Thursday 24th August – The Perseid Meteor Shower @ Finca Astronomica

Extra Walkers Desperately Required To Help Walk Dogs In Mazarrón Perrera

From 9am-11am Tuesday and/or Friday, or as much time as you can spend giving walkies and cuddles.

Please wear sensible shoes & hats. Take water with you.

Directions or further information: <https://www.facebook.com/profile.php?id=100064778914028>

Thank you from the doggies. XXXX

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 (Wednesday Market) & El Pareton (Friday Market)

www.totana.es

Tel 968 418 153

Every Sunday – Antique and Second Hand Market @ Cañadas del Romero 8am-1pm

Thursday 10th August – Yoga in La Bastida 8.30pm-10pm

Booking essential at Tourist Office

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

Saturdays in August – 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

Every Saturday – Visit Al Museo De La Torre De Santiago 2€ adults (children free) 10am-11.30am

(Minimum 10 persons/máximum 20)



INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com

It has been a while since I visited the Saladares del Guadalentín, so a trip to Camposol to deliver some bird books to Best Wishes (the shop) was the perfect opportunity that I needed.

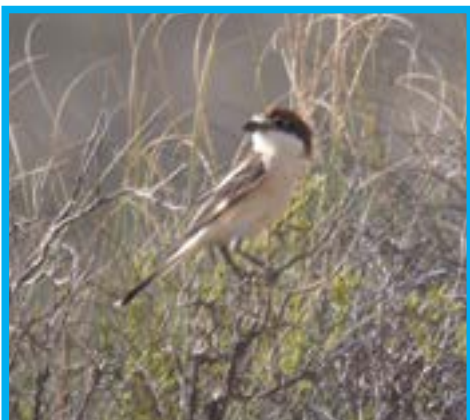
Some English friends, who were also birders, were staying a few nights with us after returning from a long motor-home visit to Morocco. They were on their way back to the UK and a day's birding in the Saladares would prove to be the perfect antidote to their need for some rest and relaxation. The Saladares del Guadalentín also happens to be one of my favourite birding sites, although it can be a bit mixed; sometimes you see lots of interesting species and other times you feel like you are looking for a 'needle in a haystack'. With fingers crossed, I went with them to look for 'needles in haystacks'.



Greater Short-Toed Lark

We continued our safari across the steppes, but there wasn't much about, except for some small LBJs that were quietly feeding on the barish ground at the edges of the low vegetation. They were smallish birds, about the size of a Sparrow and quite insignificant. I suspect only birdwatchers would notice their presence. They were in fact, **Greater Short-Toed Larks** (*Calandrella Brachydactyla*) and the only migratory **Lark** of the eight species that live in Spain. They are summer visitors that over-winter in Africa in the Sahel and breed over here, all across Spain. They particularly like areas of sandy wasteland and arable fields. At the moment these areas are relatively common habitat in Murcia, but they can often be overlooked. The birds are difficult to see as they blend into the background and are quite pale underneath and streaked brownish above. However, if the light is good and seen at the right angle, they have a rufous-tinged crown/crest. I was very pleased to see them on this occasion as it was the first time for a few years, after Covid and Brexit stays in the UK.

(*Passer Montanus*), **Spanish** (*Passer Hispaniolensis*) and **Rock Sparrows** (*Petronia Petronia*). I also managed to find a couple of **Corn Buntings** (*Emberiza Calandra*) intermingled and disguising themselves as **Sparrows**! This was quite a find! It is not often that you can see all four species of **Sparrows** in the same location. **Rock Sparrows** can be common in the right habitat and are more often seen in the north-west of the Region; **Tree Sparrows** are quite rare and even rarer is the **Spanish Sparrow**. However, there are small populations of all these species here in the Saladares.



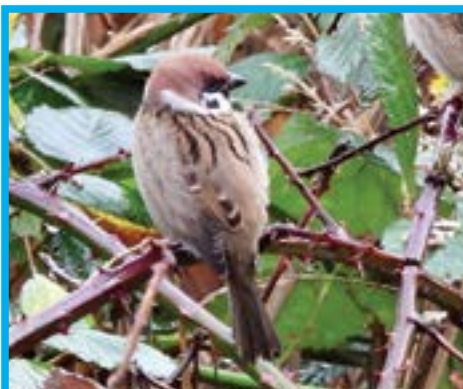
Woodchat Shrike

As we drove slowly across the plains, it seemed very quiet and we hardly saw anything until eventually, our first feathered friend honoured us with an appearance. It was a **Woodchat Shrike** (*Lanius Senator*), a colourful and very noticeable summer visitor. They are a little bit bigger than a **Sparrow** and the male bird in front of us was quite striking in his black and white plumage and a very attractive chestnut cap; once seen, never forgotten. They are summer visitors and very small birds of prey that are 'sit-and-wait' hunters. They settle on top of a visible perch surveying the surrounding area, waiting for a large juicy insect to appear. They then swoop down to capture their prey, which they sometimes eat immediately and sometimes save for later. If they are not too hungry, they will leave their prey hung up on a thorn, hence the nickname of 'Butcherbird'. It is a gruesome practice, but a very practical habit.



Rock Sparrow

I was beginning to think it was going to be one of those quiet days, but nearly straightaway I came across a striking male **Black Eared Wheatear** (*Oenanthe Hispanica*). These birds are summer visitors. The males are quite striking and conspicuous, whereas the females are similar looking, but an awful lot duller and are able to blend in better with the local landscape. It is a useful trait if you are the main one bringing up a family.



Tree Sparrow



Male Black Eared Wheatear

We continued on our way only to be interrupted by more LBJs; in fact, a whole flock of them, all **Sparrows**. However, as birding was proving to be a bit quiet and boring, I thought I would waste a bit of time checking them all in my binoculars. I was pleasantly surprised, as what I thought was a flock of **House Sparrows** (*Passer Domesticus*), turned out to be quite a mixed flock and included **Tree**

A little bit further on I was driving towards a small field of broccoli; quite a common crop here at this time of year. Two largish birds suddenly flew down about twenty metres in front of me and were then joined by another two. I had clocked where they landed and soon had the binoculars focused on the spot, but I couldn't see anything. This ability to remain invisible was a pretty good clue towards identification. Thankfully, they started to walk across the ground and I was able to watch them for quite a while. They were **Black-Bellied Sandgrouse** (*Pterocles Orientalis*), very uncommon and elusive birds on the Saladares.



Spanish Sparrows

Continued to page 24





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Continued from page 22



Black-Bellied Sandgrouse

Whilst watching the **Sandgrouse**, four **Little Bustards** (*Tetrax Tetrax*) walked out of the broccoli field right in front of me. This was obviously my lucky day as they hadn't spotted me. There was an adult male in full breeding plumage, accompanying and guarding his harem of three dullish brown females. The males have an elaborate display and dance competition between themselves to attract the females, who then choose the most impressive male as their future partner. He must have been a good dancer to have three females in tow!



Stone Curlew Sal De G

I wasn't sure where to look next with all this activity in front of me, but two cryptic plumaged **Stone Curlews** (*Burhinus Oedicnemus*) appeared on the scene for a couple of minutes and then flew off into the distance. It was like waiting an hour for

a bus and then three turn up in the space of a couple of minutes!

After this gold rush, things settled down a lot and I was left looking for the familiar birds of the area, but nevertheless no less interesting. The first one that came into view was very predictable as I was driving past one of the newly constructed **Pigeon** lofts that the **Lesser Kestrels** (*Falco Naumanni*) had adopted as their regular nesting places. As usual, there were a couple of adult birds perching near the building, whilst their housemates went hunting for large insects in the adjoining fields. **Lesser Kestrels** are summer visitors to Murcia and are one of our rarer breeding raptors. On a worldwide scale it is classified as fairly common, but on a local scale it is somewhat of a rarity. They are small **Falcons**, slightly smaller, but not noticeably so, than our common **Kestrel**. They winter in Africa and Pakistan. They are colonial breeders and generally nest in Murcia in the roofs of old abandoned buildings and sometimes dovecotes on the plains and steppes of the region. I estimate that there are less than ten breeding colonies with no fewer than 60 pairs. They are pretty little **Falcons** and



Hoopoe

one of Murcia's special avian delights. Driving a bit further along I came across a **Hoopoe** (*Upopa Epops*), intent on finding an insect to sate his or her appetite and it was so engrossed by its search that it took

little notice of the strange bloke in the car intent on getting a photo.



Thekla Lark

My final bird of the day was a very common LBJ of the Saladares, but probably one that aptly represents this birding hotspot. It was a ubiquitous **Crested Lark** (*Galerida Cristata*). They are almost identical to a similar species of **Lark** called a **Thekla Lark** (*Galerida Theklae*). It is very difficult to tell these two species apart, as their differences are so subtle. There are a few identification features, but I choose to look at the beak. The **Crested Lark** has a slimmer and longer beak. It is also said that **Crested Larks** always perch on the ground, whereas **Theklas** prefer to perch at the top of a small bush or tree. However, I am not too keen on this latter method, as I have seen **Crested Larks** perched atop of a tree! The habitat is also an identification indicator, as **Theklas** prefer higher, stony areas, whereas **Crested Larks** are often seen on flatter cultivated areas. However, I prefer a photo clearly showing the beak. You can just call them a **Crested/Thekla Lark** and not get too wound up about it!

If you have any queries or comments please do hesitate to contact me on antrimbirder@gmail.com

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ENTERTAINMENT

SPANGLES



Email: info@spangleschorus.com www.spangleschorus.com

Spangles Make Life Easier For Intensive Care Unit Patients

Entering an ICU because of an acute, severe illness, or a major surgical procedure, is one of the most stressful experiences anyone must deal with in their life. A mixture of fear, anxiety, pain, isolation and lots of uncertainty will appear during that tough time for patients and relatives.

Santa Lucía ♥ HUCI is the Humanization Project where ICU patients, their loved ones and ICU staff get together, trying to make that difficult experience easier; working together to establish best practices.

Spangles has been established in Los Alcázares for nearly 20 years and is embedded in the local community, so when they were invited to sing to ICU patients at **Santa Lucia Hospital** in Cartagena, they had no hesitation to say YES!

"Everyone is an equal at this ICU department, working to treat patients, families and staff as equals. All of us suffer when having a severe illness or a sick relative and all need sympathy, warmth and understanding of others. Everybody tries to add a small difference for the sake of patients and relatives. Every member of staff is a person taking care of another person." commented Dr Luis Requena, one of the project's collaborators. Music makes a difference in all our lives and **Spangles** didn't have to think twice

about offering live musical sessions in ICU. They sing for individual patients who are in a stable condition, while still waiting for full recovery. This helps not only the patient, but their relatives too. They forget their worries and feel the magic of music.



ICU Spangles and Dr Luis Requena

"Singing for everyone at the ICU was an absolute honour for us and they made us feel so welcome. Because of safety and space restrictions, we were only able to sing in a group of 4 or 5 people, instead of our full chorus. So many members wanted to be involved, so we did our best to let

everyone have an opportunity to sing." remarked Lyn Baines, **Spangles Chorus Manager**. "It was a very humbling and emotional experience for all of us."

Spangles is already planning their next UCI visit, so if you would like to be part of it, get in touch.

Spangles rehearse every Thursday, from 10.30am-1.00pm at Centro Municipal Las Claras, Calle Helena, Los Narejos, Los Alcázares. You are certainly welcome to visit them – no appointment necessary!

If you would like to book the **Spangles** chorus for an event, or you are thinking about joining them, you can find out more on their website www.spangleschorus.com or email info@spangleschorus.com

Photograph - ICU Spangles and Dr Luis Requena.jpg
Photographer: Carmen Belen

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GROUPS

ADAPT
ASOCIACIÓN DE ANGLOPARLANTES

www.adaptsanpedro.com



Pantomime and Sea Horses ADAPT-style
Many readers will remember the **ADAPT** association for English speakers based in San Pedro del Pinatar which was active from 2007 to 2021. **ADAPT** members were involved in many projects aimed at integration into the local community as well as other social activities. Sadly **ADAPT** ceased to function through lack of new membership and support, but two of its strongest groups have remained in existence and continue to help each other; the **ADAPT Theatre Group (ATG)** and the **ADAPT Metal Detecting Group**.

ATG is now planning its 12th pantomime to be performed in San Pedro in late November, early December (dates to be confirmed) with the grand title of **Ali Baba and the Four and a Half Thieves**. **ADAPT** pantos have the unique characteristic of being performed in both English and Spanish, so the title is also - **Ali Baba y Los Cuatro Ladrones y Medio**. Right from our first pantomime, with its unusual take on Cinderella, (who had to speak Spanish to marry the prince!), we have performed in both languages in order to attract local audiences and share this strange tradition of ours and raise funds for local charities. We also work with children at a local primary school as our dance group and, whenever



ATG has been sponsored by the **ADAPT Metal Detecting** group which has also continued to work for the local community. As well as looking for items of interest or value, these valiant

warriors spend time in the Mar Menor area, detecting lead that has been left by fishermen or washed up from elsewhere contributing to the contamination of the lagoon. The lead they pick up is donated to the Hippocampus association which sells it to raise money for the conservation project **Save the Sea Horse**. This detection work has proved invaluable to the project: in the 11 months up to June 2023, they have collected 511 pieces of lead, totalling 19.1kilos of this contaminating material.

ADAPT Metal Detecting has been featured on the Channel 5 programme Bargain-loving

Brits in the Sun, (Season 9 episode 23) and they are currently filming another episode to be broadcast next year.

The combined integration work of **ATG** and **ADAPT Metal Detecting** means that, in addition to other benefits, a substantial donation can be made every year to **AFEMAR** (a non-profit charitable organisation that works with people with mental health problems in the Mar Menor area), purchasing basic school materials for needy families in San Pedro at the start of every school year. Information about **ADAPT Metal Detecting** contact Rod at r.toms@btinternet.com Information about **ADAPT Theatre Group**



contact Eric at ericberg2@hotmail.com or <https://adapttheatregroup.wordpress.com>

CHARITY

P.A.P.S.

Email: animalesperrosdelsol@hotmail.com



Summer really has kicked in with a vengeance with the severe heat-wave across Europe. Terrible as it is for humans, imagine what it's like for poor animals.

right now. Why? Because so few are being adopted at present, so please, if you are looking for a new family member, have a look at our Facebook Page: **Support Abandoned Dogs/PAPS in Spain**.

needs is that loving home. Email: animalesperrosdelsol@hotmail.com if you would like further information about **Betsy**, or any other information.



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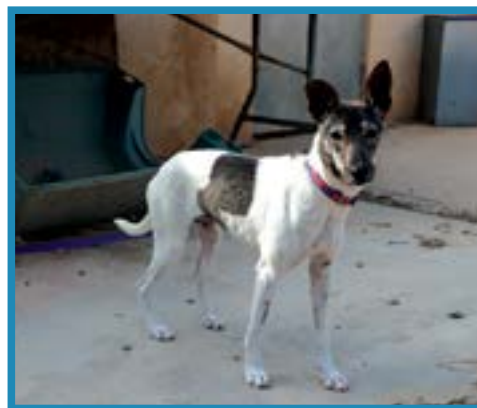
With so many hungry mouths that are not going anywhere, donations to PayPal: animalesperrosdelsol@hotmail.com or direct to our Bank a/c: **PAPS**, Iban **ES98 2100 8241 1102 0008 5418** BIC **CAIXESBBXXX** would be very welcome.

Fund-Raising

Perhaps you would like to run a fund-raising event? Let us know and we can help to advertise it for you.

Adopting

This month's little cutie looking for a home is **Betsy**, a ridiculously sweet Bodeguera. DOB - 1/11/22, 35cms tall, **Betsy** is gentle, friendly and affectionate. She loves playing with other dogs and adores people. She has been spayed and is fully vaccinated with passport - all she



It goes without saying to provide early or late walks and avoid the beach while the sand is hot. Perhaps your dog would appreciate a cool ice lolly made from soy milk/broth and water and it is possible to get cool-coats and mats to help keep their body temperatures down.

Sadly we have to report that we are unable to take any more dogs into **Casa del Sol**

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CHARITY

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Hello everyone
We hope that you are all taking care in this heat.

We are a small charity that hire out mobility equipment such as walking aids, toilet raisers, bath and shower aids, wheelchairs and mobility scooters. Recently we have had our three mobility scooters serviced and repaired and we have purchased two new scooters. We have also purchased four new wheelchairs. If you would like to hire any equipment then please contact our office.

Opening times:
10am-12.30pm Monday, Wednesday and

Friday.
Calle Penelope 11
Los Alcázares 30710
Tel +34 968 570 059

If you would like to become a member/volunteer you can contact us on the office details or at our charity outlet:
Avda de La Union 57
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Tel +34 686 482 541
You will be made very welcome.

Finally, we would like you all to know that we do a collection of non-perishable food items

such as; pasta, rice, milk, jars and tins for our local food bank. If you would like to donate any of these items, you can take them to our office or charity outlet store.

Coins
If you have any of those little 1c, 2c and 5c coins lying around, you can always donate them to us by putting them in one of our collection tins. We have one in the office and one in the charity outlet store and as always we will be very grateful.

Thank you for your support.

RELIGION



Salt Church Mar Menor @ THE HUB

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

The Lord's Prayer...Houston, do we have a problem?

OK, so I know I am 'Old School'. I am 'Analogue Man!'
As a youngster I was brought up in the Church and learned things like The **Lord's Prayer** in the old-fashioned way; by repetition and by rote.
It wasn't until much later in life that I began to understand what it means and discover how it came about.

Jesus was answering His disciples when they asked Him about how they should pray. It's worth remembering that there is nothing new in the 'Our Father' prayer as it is all there in the Hebrew Scriptures, what we might call the Old Testament. Jesus, though, brought it all together into a rather neat way that we could easily remember. Having said that, it wasn't meant to be a formula we just rattle off; more a launch pad for all kinds of prayers in different directions. It's been the staple of the Christian Church for generations and

centuries.
However, not so long ago, a senior leader in a well-known, long established international Christian denomination, came out with a statement that the **Lord's Prayer** is, 'problematic' because it engenders, 'oppressively patriarchal' sentiments. I suspect what is being referred to here is; folk who have had difficult or dangerous experiences with human fatherhood.

Whilst none of that is to be excused or dismissed lightly, surely rather than reduce the God of Creation down to our level of understanding, should we not be reaching upwards to Him who offers the perfect model of fatherhood which is available to everyone, regardless of whether their own experiences of human fatherhood have been good, bad or indifferent.

When the disciples of Jesus asked Him how they should pray, He told them to begin with "Our Father in heaven..."

For 'Analogue Man' here, whatever a senior leader in a well-known, long established, international Christian denomination might say, "If it is good enough for Jesus then it is good enough for me!" 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. We are situated right next door to Yorkshire Linen in San Javier.

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NEWS

South East Murcia News

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

Check at your local Tourist Office for full details of Events

Easy Horse Rescue Daily Tours @ Rojales

You can visit the centre every day at 12pm. Max 15 people so you need to book.

They also offer a relaxed and fun **Holiday Experience Programme**, designed to let you enjoy sunny Spanish life while making a positive difference in the daily lives of abused and neglected horses, ponies and donkeys.

For more information:

Tel: +34 652 021 980

Email: rescue@easyhorsecare.net

Cabo de Palos

Sunday Market

Guided Tour of Cabo de Palos Lighthouse 9am (over 12yrs)

To book another time, go to website www.visitaelfaro.com

Discover the civilizations that have passed through, the shipwrecks and the most curious anecdotes of the area.

Wear comfortable, safe footwear.

18th – 20th August - Cabo de Pop

This festival will have a varied gastronomic offer of food trucks and an artisan market in which local businesses will participate. The sports activities, which are carried out in collaboration with the Islas Hormigas Diving Club and Dacar Nautical Activities, will be kayaking, sailing, diving, snorkelling or SUP. There will also be guided visits to the Cabo de Palos lighthouse.

The festival attaches great importance to environmental care by carrying out different actions such as beach clean-ups, awareness talks, reducing the use of plastics with the use of reusable cups and it will be focused on the Cabo Marine Reserve of Sticks. There will be talks and workshops to raise awareness of this marine environment. There will also be Cabo de Pop Kids, with workshops, sports activities and music.

For the first time the international stage will have:

The Argentine band *Las Ligas Menores*.

Ganges, one of the fashionable Spanish dreampop groups.

The musical project of *Teresa Gutiérrez* from Santander grows.

The Mexican *Axalotes*, a leading quintet of the new Spanish Indie.

The regional part will be played by *Wakame*, a new band from Murcia.

Cartagena

www.cartagena.es

Tel 968 128 800 – **Wednesday Market**

Events at the Martín Auditorium in Parque Torres

Tuesday 1st August - The Jurassic Park 10pm

Billionaire John Hammond makes his dream of cloning **Jurassic** dinosaurs come true and creates a theme park on a remote island with them. Before opening it to the public, he invites a couple of eminent scientists and a mathematician to check the feasibility of the project, but the park's security measures don't anticipate Mother Nature's survival instincts or human greed.

Tuesday 8th August 8 - The Mummy 10pm

During a battle in Egypt, legionnaire Rick O'Connell and a companion discover the ruins of Hamunaptra, the city of the dead. Sometime later they return to the same place with an Egyptologist and her brother. They meet a group of Americans, eager to have adventures, who will end up causing the resurrection of the mummy of an evil Egyptian priest who is desperately trying to recover his beloved.

Thursday 10th August - True English presents

Storytime 'Little Rabbit Foo Foo' @ Biblioteca

La Manga, Gran Vía, Edif, Usos Múltiples 7pm
True English is dedicated to teaching English and drama in English. Formed by native British teachers from London, with 30 years' experience in the education sector. Karen Drouard, a member of the team and previously manager of ABC Centro (British Early Childhood Education School) has worked representing Storytelling in English, both at the Fernando Garrido School and at the Ramón Alonso Luzzy Library.

Sunday 12th August – Encanto El Musical @ 8.30pm

An exciting and fun musical that celebrates family, diversity and culture. A joyful and entertaining experience for the whole family, the story focuses on the Madrigal family, who live in Colombia and have been blessed by a magical and enchanting house that gives each of its members, special abilities. However, as the magic begins to wear off, the Madrigals must work together to save their home and their legacy. The protagonist is Mirabel, a young woman who does not have a special ability, which makes her feel isolated from her family. When the magic begins to fail, she realizes that she is the only one who can discover the cause of the magic's disappearance and save the family from it. The show features impressive choreography, costumes and scenery, which recreate Colombian culture and traditions in a colourful and vibrant way. In addition, the musical also uses theatrical and visual elements to create an immersive experience for the audience.

Tickets €10

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and at the Ramón Alonso Luzzy Library.

18th- 26th of August- Concerts Noche De Sal @ Auditorio Paco Martín del Parque Torres 10.30pm

Friday	18th	-	Niña	Pastori
Saturday	19th	-	Luis	Piedrahita
Sunday	20th	-	Hola	Raffaella

Thursday	24th	-	Pastora	Soler
Friday	25th	-	Tribute to	Maná
Saturday	26th	-	María Peláe	

Tickets: <https://www.compraentrada.com/noches-de-sal>

Tuesday 22nd August – Captain Hook 10pm

Peter Pan (Robin Williams) is a prestigious lawyer who lives absorbed in his work. He has a lovely family that he rarely spends time with, because he has forgotten what childhood means. However, when his children are kidnapped by his old enemy, Captain Hook (Dustin Hoffman) and taken to Neverland, he will be forced to travel to that enchanted kingdom, where, with the help of Tinkerbell (Julia Roberts), he will be able to recover not only his children, but also the child he once was.

Tuesday the 29th of August – Space Jam 10pm

Bugs Bunny and his team challenge the Nerdlocks (a group of small aliens) to a basketball game to decide whether the Looney Tunes stay on Earth or move to a distant galaxy to work at an amusement park in Silly Mountain. The Nerdlocks have a powerful secret weapon that makes them superior: they have seized the best qualities of NBA stars (Charles Barkley and Patrick Ewing), but the Looneys also have a secret weapon: Michael Jordan!

Bookings for the above at:

https://www.cartagena.es/agenda_ciudad_detalle.asp

Water Stories for the Summer with Mario Moya - @ La Manga Library, Gran Vía, Multiple Use Building

Did you know that we are made largely of water and that we live on a planet practically made of water? Through three stories we will immerse ourselves in its transforming capacity together with the life that is generated in it.

Mario Moya has a degree in physical theatre and creation from the Escuela Superior de Arte Dramática de Murcia. With training in Story Therapy, he is a narrator of story sessions for library networks, school campaigns, public events and stage centres of different kinds. He has worked as an object handler at the International Dream Mechanics Company and is director of the Rompan Filas Puppet Company. Free until full.

Every Tuesday/Wednesday/Thursday/ Friday in August - Playmobil History Exhibition @ ARQUA museum 10am-8pm

The Blue Days: Free MultiCirco Workshop @ Plaza Mayor, Cartagena

- Practice and experiment with La Chimenea Escénica, different disciplines: balance balls, slackline, mini trump, juggling, aerobatics and clown - for boys & girls 6-14 years. 6pm

Continued to page 30



Continued from page 29

Prior registration at https://cultura.cartagena.es/reservas_actividades.asp

The Blue Days: Escape The Magic Trunk
@ Sta Ana Polygon

- Solve the Escape Box with Start Play, clues, puzzles and riddles full of mystery - for boys & girls 8-14 years (under 11's must be accompanied by an adult). 5pm/7pm
Cancellation list

Check dates in August for:

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

Check dates in August for:

Roman and Mediterranean Cartagena Guided Tour 2½ hrs

7.50€/13€/15€ in Spanish & English
More information and dates: **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 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.

Check dates in August for:

Free Guided Tour of Carmen Conde-Antonio Oliver Museum @ Ramón Alonso Luzzy Cultural Centre 11.30am

Booking essential

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.

La Union

www.ayto-launion.com

Tel **868 049 941/692 925 970** -Tuesday Market

Los Alcazares Tuesday Market &

Los Narejos Every Saturday Open Market from 10am

Daily Artisan Market on the beaches during August 7pm-12pm

40 stalls selling a variety of goods on Paseo Real de la Feria and Calle Los Luisos.

Espejo Beach on Mondays

La Concha Beach on Tuesdays, Wednesdays, Fridays and Sundays.

El Espinosas Beach on Thursdays

Every Monday

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

Every 1st & 3rd Monday - Mini Market @ La Zona Terraza, Los Narejos. 10am-1pm

Every Tuesday - Sonrisas Harmony

@ Estribor Function Room, Los Alcázares. 10.30am-1.30pm

Every Thursday - Spangles Ladies A Capella Chorus Rehearsals @ Centro Municipal las Claras, Los Narejos 10.30am-1pm

www.spangleschorus.com

Email info@spangleschorus.com

Los Balones

San Javier

www.murciaturistica.es/en/san_javier/

Tel **968 172 041** - Wednesday & Thursday Markets

4th - 24th August - 53rd San Javier Theatre, Music & Dance Festival

The festival opens with the sound of the Japanese drums of **'Yamato, the Drummers of Japan'**, who return to San Javier with their new show **'Temnei'**.

Friday 6th August - the new production of the French playwright Eric Assous **'La Ilusión Conjugal'** performed by Alejo Sauras, Ángela Cremona and Alex Barahona, shows relationships and friendships with a flexible and direct language.

Thursday 10th August - the Catalan company La Calòrica perform **'Ugly Illness and Very Sad Death of Queen Elizabeth I'**, a grotesque tragicomedy about the hunger for power and the ridiculous brevity of life.

Friday 11th August - the play **'En mitad de tanto fuego'**, a monologue, will be performed by the actor Rubén de Eguía.

Saturday 12th August - enjoy a co-production of the San Javier City Council with the company **'Agosto del 36, Bodas de Sangre, el Musical'**, a version of the classic by Federico García Lorca, in a contemporary key.

Monday 14th August - the actor Pepón Nieto will receive the Festival Award after the representation of Shakespeare's **'The Comedy of Errors'**, directed by Andrés Lima.

Wednesday 16th August - the San Javier Theatre Group will premiere **'Wise Women'** by Molière, adapted and directed by Dori Buendía.

Friday 18th August - the work that Kafka left unfinished and which ended up becoming one of his best-known titles.

Sunday 20th August - the mythical company La Zaranda will perform their latest premiere **'Manual to Love a Dream'**.

Tuesday 22nd August - the prestigious Hungarian company Szeged Contemporary Dance Company, will present the original choreography by Tamás Juronics on **'Carmina Burana'**, by Carl Orff.

Thursday 24th August - 'Salomé Will Arrive', another production of the Mérida Classic Theatre Festival with Pentación, starring Belén Rueda.

Also performing will be **Street Theatre:**

Sunday 13th August - The port of Tomás Maestre, La Manga, will host the show by the Granada Urban Theatre Company Animasur, **'Love, Love, Love'**.

Tuesday 15th August - Paseo Colón will be the setting for **'A la Fresca'**, by Anna Confetti.

Thursday 17th August - The Plaza de España, San Javier hosts **'DESproVISTO'**, a contemporary circus show for all audiences.

All outdoor shows will be free and will begin at 10pm.

Every Monday

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

Friendship Group @ The Garden Bar & Lounge 11am

San Javier Squalos Rugby @ Rugby field, PDM Sports Ground.

Every Tuesday - 12-18 year olds 7.30-9pm. Men 8.30-10.30pm. Women 10-11.30pm.

Every Thursday - 6-10 year olds. 6-7pm

12-18 year olds 7.30-9pm. Men 8.30-10.30pm. Women 10-11.30pm.

Every Saturday - 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** -Wednesday Market

On 1st & 2nd Sundays every month - **Artesan Market Mar Menor** in the Explanade de Barnuevo 10am-2pm.

San Pedro del Pinatar

www.sanpedroturismo.com

Tel **968 182 301** - Monday & Thursday (Lo Pagan) Markets

Tuesday 1st August - 3hr Free Guided Route

by the full moon, walking between the waters of the Mar Menor and the salt ponds until reaching the beach of Punta de Algas. 9km
8pm from Molino de Quintín (C/Campoamor St)
Wear comfortable shoes, inconspicuous clothing, mosquito repellent, sun protection & hat. Take snack and water. Binoculars recommended.

Sunday 6th August - 2hr Walk to Marine Forest in Las Salinas Beach 4km

Discover the secret of the good state of the water on the beaches of the Mediterranean Sea and the presence of Posidonia Oceanica. This beach was awarded a Blue Flag 2023. 7pm
It is recommended to wear comfortable shoes, swimsuit, cap, sun protection, mosquito repellent and take water.

Torre Pacheco & Balsicas (Market Thursday) & Dolores (Market Saturday)

www.torrepacheco.es

Tel **968 579 937** - Saturday Market

Tower Golf Resort Summer Markets

Every Friday during August @ the Plaza Town Centre of the Torre Golf Resort in Roldán, from 7pm-11pm

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LEISURE

NORMA'S TRAVELS

Week 2 -Whale Search

When I last wrote we were in Quellon at the chaotic guest house. We didn't get much sleep and the next morning from 7.30am the rest of the guests were up, as they were workmen going back to Puerto Montt. The kitchen table was covered in food and the sink was full of their dishes. We made a quick coffee and left with no sign of our host Sonia!

Our ferry was delayed and we messaged Vanessa. None of the cafés were open, so we had empanadas for breakfast. Eventually we left 2½ hours late, but the ferry was only partly full so we could spread out. As we were approaching the island of **Raul Marin** I chatted to a lady who was Vanessa's mum, Nancy. We were picked up and taken to our cabana, which was rustic but very comfortable, with a small log burner in the centre of the living area. Nancy insisted on putting the fire on. I did a bit of shopping for breakfast.

We had dinner in the restaurant, La Paleta, which had no mobile signal, but slow Wi-Fi in the restaurant - not quite as remote as we thought. Vanessa talked to us about the layout of **Raul Marin** and about trips on a boat. Nancy had told me that last year there were loads of blue whales, but this year hardly any. We would have to travel further but bad weather was forecast. The same family have a shop, the cabanas and hostel and the restaurant. I had congrio, a delicious white fish and Chris had a stew with fish and seaweed. After a few beers we were ready for an early night. We were delighted with our hosts; so different from the 'sharks' in Quellon.

We decided to eat in the cabin most nights and shopped in all three of the local shops. During the heavy rain I made some soup. Saturday started rainy again, but once it stopped we went out and walked up to the ferry dock where a German campervan was parked and talked to the owners, Lutz and Karin. They had shipped the van from Hamburg to Buenos Aires and had driven all the way down to Tierra del Fuego and were now on the way back up. We walked along the beach and round the headland - about 6-7km. It was beautiful, peaceful and good for the soul. As we got back to 'town' the ferry was arriving 5 hours late!



Cormorants

At 5.30pm we left on a boat trip, with Lutz and Karin and our host Vanessa. We headed out towards the sea, but it was too rough, so we opted for a trip to the fjords instead. It was breathtakingly beautiful and of course we were the only ones out. We moored near the island's water source for coffee. Our guide Arlen was really knowledgeable about the area. The water is pumped from a 'laguna' into the town. Repairs are costly and time consuming. We spotted all three species of **Cormorants** (Yeco or Black, Imperial and Lille Red-Legged), **Chilean Skuas** and were treated to displays by two pods of **Dolphins** (Austral and the more timid Chilean). On the way back Arlen pulled up his crab pot to reveal seven crabs; two to eat, two too small and three female - five were thrown back. It was a delight to meet Arlen on his last trip of the season. He was going back to his job as a teacher, having spent the summer with his wife and three children in **Raul Marin**.

On Sunday, I got up and got the fire started first time - firefighters are not allowed! We decided to do another walk through a wood - about 3-4km, although the map was very basic. The bosque was an amazing temperate rainforest with thousands of different species of trees and plant life. The birds were in full song and we heard, but couldn't see, a **Woodpecker**. The local orange-barked trees are amazing. They are coppiced to use for building, but in the bosque they grow much thicker; ideal for tree hugging, which Chris didn't try! From the map we had to walk to the 3rd lookout where the track would split. It didn't, so we just kept going until lookout 5 where the track ended and we had to 'Bush Whack'. We saw an area of fenced-in land and decided it would join up with the track back to town. After following the fence for 2km, wading through the trees and bushes, I climbed a fence to a high point to work out where we were. Eventually we found the path - we had walked for nearly four hours! In one day I got my 'Bush Whack' and fire starter badge!

Vanessa said a **Whale** searching trip to Tic Toc (a real name and long before the app!) was on for Monday. She gave us two cooked crab claws from Arlen's catch and I bought two pieces of delicious homemade cake.

On Monday, we left at 8am with Ben and Carol from Seattle and Toby and Misha from Germany, for a longer trip. It was choppy at first on the open sea, but once in Tic Toc Bay it was calm, but sadly not a **Whale** in sight. Luis, our skipper, said there wasn't enough krill. We did see **Sea Lions** (Austral fur seals), a few lonely **Penguins**, plenty of **Cormorants**, **Caranca Kelp Geese** and pairs of **Ducks**, Quetru no volador (Magellan flightless steamer-ducks). The highlight was three

Chunchungos (marine **Otters** and much smaller than UK **Otters**); one playing in the water and the two males fighting on the shore.



Arlen and Vanessa

On our last night, we ate in the restaurant. I had a local speciality - Puyes, (tiny boneless fish that you eat whole). They were cooked with garlic and chilli and the taste was amazing. Chris had pork, (a huge chunk) and it clearly was not reared in a factory. The menu was very simple and as local as possible.

The road only came to the island in 2009. They previously relied on their own produce and goods from the ferry, which in winter could often be cancelled. I asked Luis what he did in the 'off season'. Apart from the usual fishing, maintenance etc. he had a holiday. Last year he had 5 days on a Colombian island and he travelled 4 days to have a 5 day break! Vanessa said that anyone pregnant had to go and live in Coyhaique (350km and 9hr drive away) for a month before their due date for a normal pregnancy and two months for any complications. Home births on the island are banned due to the risk to mother and baby. For school after year 7, the children live in La Junta during the week; only 75km, but 3 hours away, or families move there until their children finish school.

Nancy and Vanessa were a delight to stay with; such gentle souls, keen to preserve the environment and share the beauty of their surroundings. Vanessa spoke English which she learned in Queenstown, New Zealand and Dublin. Her priority was the quality of experience of her guests rather than profit.





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CHARITY

Samaritans in Spain

Email: pat@samaritansinspain.com  Samaritans in Spain



A huge thank you to all 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 continues to do a massive trade, with dedicated Shop Volunteers continuing to provide their time to allow the organisation to function.

Call volumes have dropped off a little, but the length of some of the calls we are receiving has increased. Whatever the scenario, our Listeners are trained, ready and waiting to listen to anybody that needs to call us. During June we received some fantastic and heart-warming news - our Trustee Listener Delivery, David, and his husband Andrew were both awarded MBEs in the King's Birthday Honours List 23 for services to children with disabilities. Huge congratulations to you both from us all.

June was a quiet month for events for us, but we were lucky enough to receive a wonderful donation of €1,000 from **Making a Difference**, based in Puerto de Mazarrón. The picture below is of our Treasurer Ade Webster receiving the cheque from **Making a Difference** President Kevin and June Webb, the Volunteer who proposed that they



support us. Thank you for your support and keep doing all the wonderful work that you do.

We were lucky enough to be invited to attend two **Lyrical Concerts** to do a tin-shake; one was at La Siesta in El Chapparel, Torreveja and the other at The Little White Church, La Zenia. Our Trustees Les and David represented us at both concerts and

hoped that our profile will be raised through involvement with the **Walking Football League** in Spain. Two of our volunteers recently attended the end of season trophy night when they were introduced to the team and our involvement was officially unveiled.

We remain on the lookout for the following positions. If you believe that you have the skills, desire and time to help us, please contact us on the email address below: Trustee Income Generation; Duty Manager (x2) (an admin role, working remotely).

If you think that you would like to join us as a Volunteer as either a Listener, a Shop Volunteer or as a Trustee, please do not hesitate to contact our Secretary on secretary.spainsams@gmail.com for further information or check out our website www.samaritansinspain.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. Remember we are here for you and together we are stronger. Call **FREephone 900 525 100**

Are you able to help Samaritans in Spain to help others?

If you would like to hold an event for us, please contact our Treasurer on treasurer.spainsams@gmail.com

To donate to us, our account is [paypal@](https://www.paypal.com) samaritansinspain.com

Business owners can sponsor us via our Treasurer at the email address above.

Follow us on Facebook - **Samaritans in Spain**

We have recently agreed a 2-year deal to sponsor a Walking Football Club called **AC Benahavis**, based in Benalmadena. It is

Samaritans in Spain

Our lines are open 10am-10pm and cover the whole of Spain.

Should you need to speak confidentially on any issue upsetting you then ring

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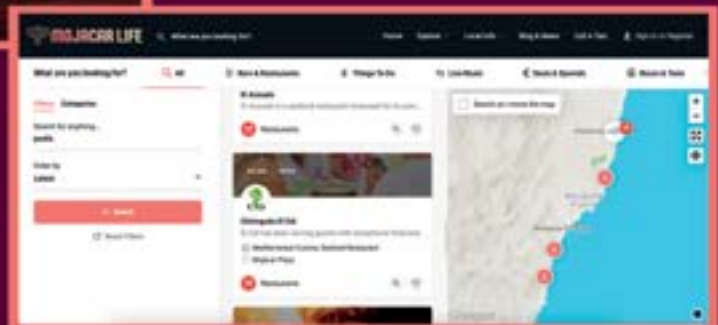
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CHARITY

Web: <https://paws-patas.org>



Dogs: dogs@paws-patas.org

Cats: cats@paws-patas.org

Nr: +34 711 01 92 16

An opportunity, an experience; is it you or someone you know who wants to make a difference? Become a volunteer and join the **PAWS-PATAS** animal shelter team in Spain!!!



The **PAWS-PATAS** animal shelter, situated near Turre, now enters its 35th year. Their mission statement is to provide temporary shelter to abandoned kittens, cats, puppies and dogs. Their purpose is to find permanent homes and support and educate a healthy pet community and responsible pet ownership. The animal charity receives no government funding

and are totally supported by public donations, organisation membership, local fundraising events, auctions, plus their four outlets in Mojácar, Turre and Las Buganvillas. **PAWS-PATAS** also relies heavily on teams of passionate volunteers. There are local people who come to the shelter during the week, but there is, thankfully, also a constant stream of overseas volunteers from all over Europe who come and stay for a period of time, often returning on an annual basis. Some volunteers are undertaking an internship; others are students or mature folk wishing to experience a new adventure.

What Do You Need?

A love of dogs and basic skills in animal care, not afraid to get dirty and have lots of 'furry cuddles'. Express yourself in English and are fit for physical work.

What Do You Do?

General daily care of the animals with feeding, cleaning kennels and play areas, socialising, training and dog walking.

For How Long?

The minimum stay is 2 weeks, but you can stay longer. There are 2 mobile homes and 2 studios which have all recently been renovated. A small fee is charged to cover water and electricity costs, plus a deposit of €25 is reserved for cleaning the accommodation when you depart.

How To Get There

Fly to Almeria or Alicante and transfer to Vera bus station, or drive your own car and park at the shelter. Whatever your circumstances, **PAWS-PATAS** will do their utmost to accommodate you, which includes other volunteers transporting you to local towns for shopping or a day on the beach! More questions/more information please email antoinette@paws-patas.org Adoptions and Fostering dogs@paws-patas.org or cats@paws-patas.org The cattery desperately needs helping hands teresa@paws-patas.org

Volunteers Don't Get Paid, Not Because They Are Worthless, But Because They Are Priceless!!!!

RELIGION

Living Water Church Mojácar

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

Donation to the San Agustin's Children's Home, Vera

Living Water Church, Mojácar, has partnered with the **Vera & District Lion's Club** by donating €1,500 to the **San Agustin's Children's Home** building project in Vera.

The **Vera & District Lion's Club** have taken on a very large project, as major renovations are required at the home. It is estimated that the initial project will require around €20,000 to complete. Constructed in 1872 and originally a hospital to attend to the sick and the injured who worked in the mines, the building needs considerable attention. One part of the building is managed by the Vera Ayuntamiento via grants and the other part is owned (in a trust) by the family of one of the nuns. The latter part is a 'listed building'; so there is a limit to what can be done to the building.

The **Lion's Club** has already rebuilt the kitchen and refurbished and refurnished the children's bedrooms. Unfortunately there is still much work to be done to the



Hand over of monies by Philip Cook (pastor of LWC) to Hilary Law (secretary of Lion's Club)

building, as no refurbishment works have previously been done, including to the walls and rooves.

The **San Agustin's Children's Home** currently houses 11 children between the ages of 8-14 years. The **Children's Home** is run by two nuns who go to great lengths to ensure that the children see this as a loving, caring home. The Ayuntamiento provides funding for food for the children, but all other funding for clothing, personal hygiene, etc. has to be accumulated via donations. Much of this is provided for by the **Vera & District Lion's Club**, including ensuring the children have wrapped Christmas presents under the Christmas tree in December.

Alison Rees
Living Water Church

Our new official internet handle is @ [livingwaterchurchmojacar](https://www.livingwaterchurchmojacar.com) It can be used on any search engine and YouTube to get you directly to our website or channel.



NEWS

South West Murcia & Beyond

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: Águilas, Garrucha, Lorca, Los Gallardos, Mojácar, Puerto Lumbreras & Vera

Check your local Tourist Office for full details of events and opening hours for the Municipal Swimming Pools

It's Turtle Nesting Season.

Remember that there are turtles swimming in the Mediterranean!! Let's take care of sea turtle nests! If you see any nests, call **112**, but in the meantime do not touch them, do not make any noise near them, do not use cameras with a flash and move out of their field of vision.



Emergency Farmacias

To see the on call emergency farmacias for Mojácar, Garrucha and Turre during August and September visit the following link - https://ayuntamiento.mojacar.es/Servicios/cmsdipro/index.nsf/informacion.xsp?p=mojacar&documentId=6DFF2344E441CF83C12579E9003109B9&fbclid=IwAR05aElNES1zRWeFXxTEC4ApdCbKTFRAnU8cYSu8_F-acWY_e_X36vBuDk

Águilas

www.aguilas.org

Tel 968 493 285 – Sat Market

Thursday 3rd August - Visit to the Historical Centre of Águilas - narration 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.

Friday 4th August - 1½ hr Visit to the Historical Centre of Águilas

Delve into the mysteries hidden in the main museums of Águilas, with the dramatized route around the visit to the town of two prestigious mediums, Isabella and Fidel, who will visit the Archaeological Museum,



the Carnival Museum and the Paco Rabal Interpretation Centre, in which homage will be paid to different people linked to these museums and very dear to the Águileños.

Departure from the Archaeological Museum 7.30pm

Saturday 29th August - Free Guided Tour of Águilas Railway's History, narration in English. 11am.

Book at Tourist Information Centre.

Every Day in August - Águilas Tourist Train @ Águilas from 8pm-1am (4€ for adults/3€ for children)

Every Saturday

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

Every Sunday

Free Guided Tour of Castle of San Juan, Águilas 11am

Contemporáneos de Coronado Permanent Art Exhibition @ Doña Elena Auditorio 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.

Garrucha

Tel 950 132 783 - **Friday Market**

Every Wednesday

Los Bandidos Sea Swimming Club @

Boracay Beach, Garrucha 1.15pm

Huércal Overa

Tel 678 798 688 - **Monday Market**

Lorca

www.lorcatourismo.es

Tel 968 441 914 - **Thursday Market**

Las Ermitas Walking Path Encircling Lorca Castle

This new 9km walking route connects the entire perimeter of Lorca Castle, starting in Parque de las Mujeres, ending at the San Lázaro viewpoint. The new walkway provides a picturesque and healthy walking route with freshly planted pine and oak trees and plants such as lavender and rosemary. Stairs built with sleepers and wooden railings make it easy for walkers to see beautiful views of Lorca and the surrounding area. Parking is available at the Parque de las Mujeres, Calle Sor Matilde García.

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.

Sunday 13th August (5pm) - 2hr 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 on 968 441 914

Future Dates: 10/09/2023, 08/10/2023, 12/10/2023, 01/11/2023, 12/11/2023, 06/12/2023, 08/12/2023, 10/12/2023

Saturday 5th August & 2nd September - 75 min Theatrical Visit Myths & Legends of Lorca. 5pm from Plaza de España.

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 - **Tuesday Market**

Mojácar

www.mojacar.es

Tel 950 615 025 - **Wednesday Market**

Mojácar Town Hall stresses that the days Continue to page 38



Continued from page 37

for collection of larger items no longer wanted are the 2nd & 17th of each month. The items should always be left the day before collection, next to the containers and without obstructing the road or pavement.

Until Thursday 31st August - Summer School for 3-16 year olds.

Music, swimming, workshops and sports.
8am-2pm 60€.
10am-2pm 50€.
Sign up by calling **677 959 093**

Tuesday 1st August - Thursday 31st August

Swimming Courses @ Mojácar Pueblo Sports Centre with Covered Pool
Also available on Mondays, Wednesdays and Fridays; 10am-11am, 11am-12pm or 6.15pm- 7.15pm for 3-15yrs. 44€
Over 16's on Tuesday and Thursdays, times to be confirmed. 33€
Sign up on **950 888 877**

Friday 25th August - Monday 28th - Fiestas de San Agustín.

Saturday 2nd September - Noche de las Velas (Night of the Candles)

Los Bandidos

Set up in June 2018 with a small group running the 5k Mojácar Paseo, all ages, nationalities and speeds are welcome, whether permanent residents or holiday makers. Most sessions are followed by a post-activity coffee, cake or breakfast, depending on the time of day. **Los Bandidos** are collecting non-perishable food and toiletries for the **Red Cross Food Bank**. Follow us on <https://www.facebook.com/groups/490933409244200>

Every Tuesday

Los Bandidos Cycle Ride from Mojácar Playa Tourist Office 9.25am

Mojácar Bowls Club Roll-Up - 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).

Every Wednesday

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

Every Thursday

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

Mojácar Bowls Club Roll-Up - 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).

Free Memory Workshop @ Centro de Usos Múltiples, Mojácar Pueblo 5-6pm (over 60's).

Every Saturday

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

Mojácar Bowls Club Roll-Up - 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).

Every Sunday

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

Rastro Market @ Centro Multiusos, Mojácar Pueblo.

Puerto Lumbreras

Tel **968 436 153** - **Friday Market**

Saturdays in August (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.

Turre
info@mojacar.es
Tel **950 615 025**

Friday 4th August - Helping Hands The Flood Take That @ Hostal Rural, Turre 25€ inc meal, 7.30pm.

Friday 11th August - Helping Hands

Comedy, Hypnotist & Full Cabaret Show @ Hostal Rural, Turre. 20€ inc meal. 7.30pm

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

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INFORMATION

CANARY ISLANDS

Canary Islands: Top value-for-money destination with an extended summer. Home to idyllic beaches, volcanoes, caves and some of the best weather in the country, the **Canary Islands** is also the best value-for-money destination in Spain, according to recent research.

Best of all, while the Mediterranean, Balearic Islands and south coast are now sliding towards a mild autumn - great weather for being outside, but not so much for topping up your tan or swimming in the sea - summer in the **Canaries** carries on longer. Its climate is closer to that of central or southern Morocco, given that the region is geographically closer to the African continent - only 100km by sea from its coast - than to mainland Spain. This has long made the **Canaries** a popular autumn or spring destination for sun-seekers. Even in winter it is pleasant enough to enjoy its outdoor attractions without needing extra layers.

Lanzarote is the most economical destination in the region, according to the portal Vacaciones-España.es - hiring a car for a week comes in cheapest at €126, although outside high season you can probably get even better deals since motor rental firms have to pay for storage in winter if their vehicles are not let out, so they are only concerned with covering their costs. A two-course meal for two comes in at about €12 per head and theme parks and other attractions suitable for children and adults can cost as little as €18 for a family unit.

Gran Canaria and the **Costa Blanca**, the coast of the Mediterranean province of Alicante, are the second and third cheapest holiday hotspots in Spain, although as regular visitors to the country know, 'cheap' does not mean 'bargain basement'; food, entertainment and accommodation are of a similar quality nationwide.

Travelling Around

Transport in **Lanzarote** offers the best value for money, with the cost of a one-way airport bus averaging €1.40 pp - the maximum you would ever have to pay anywhere in Spain would be the typical €18.80 from Almería airport to the coast.

Lanzarote - along with the Balearic island of **Ibiza** - have the cheapest taxi fares from airport to the main coastal resort areas, largely because of the short distance (under 15km) and the lower price of petrol on Spain's islands. Taxi fares are normally set by town or city councils or regional governments,



meaning travellers can get a price for their destination before setting off.

For car hire, **Gran Canaria** is even cheaper than **Lanzarote**, at an average of €100 a week and **Fuerteventura** is third-cheapest at an average of €130 for a week.

The **Canary Islands** only come in the most expensive when it comes to family theme parks - joining the **Costa Blanca**. Water parks in **Tenerife** would set you back an average of €128 for a family unit and Aqualandia and Mundomar in Benidorm, Alicante province around €112. If theme parks are top of your list for holiday fun, you may be better off heading to the **Granada Province** coast, known as the **Costa Tropical**, the coast of the **Province of Cádiz**, known as the **Costa de la Luz**, or that of Málaga, the **Costa del Sol**, where a family unit can get in for around €70. Grown-ups seeking watery fun without kids in tow are recommended to head to **Ibiza**, or to the coast of the province of Murcia - the **Costa Cálida** - where an adult ticket costs just under €20.

Price aside, many of these huge leisure complexes are worth the visit. PortAventura on the **Costa Daurada**, (**Tarragona Province**), continues to be the most expensive in Spain at €57 per head, although your ticket also lets you into Ferrari World and the water park Caribe Aquàtic on the same day, so in practice, less than €20 pp for each centre provided you squash them all into 24 hours.

What else is there to do in the Canary Islands?

As **Lanzarote** is the cheapest holiday destination in Spain overall - unless you're heading for a theme park - you have the perfect excuse to take a tour around some of the **Canary Islands'** most breath-taking sights:

The Timanfaya National Park; an eerie, volcanic landscape that makes you feel as though you are on the moon, is home to

the only known geysers in Europe outside of Iceland.

The Los Verdes Caves with their underground pools and fascinating volcanic rock formations are an absolute must.

Playa Blanca, which literally translates as 'White Beach', is made from golden sand imported from the Sahara Desert and is close enough for you to wander around the lively and varied street market in Teguiise.

Gran Canaria is home to the provincial and regional capital, Las Palmas de Gran Canaria - a massive city which is worth exploring for its architecture, lively dining scene and brilliant shopping - as well as some of the better-known holiday beach destinations of Playa del Inglés and Puerto Rico, the most upbeat and bustling, and the calmer Puerto de Mogán and San Agustín.

Incredible natural scenery is easy to find - The Nublo Rock has a splendid and unusual stone formation and viewing point and the 'mini-desert' and dunes on the shores of Maspalomas.

Fuerteventura, the second-largest of the **Canary Islands**, is popular because its beaches are mostly white sand rather than volcanic and because of its remote bays guarded by majestic cliffs. The desert-like Tindaya Mountain, with its 'Wild West' appearance, ancient cave carvings, rambling routes and bird sanctuary and Lobos Island, an uninhabited nature reserve and habitat for rare birds and the paradisaical La Concha Beach should be top of your list on a visit there.

Tenerife, the biggest island in the region, needs little introduction; the Teide National Park, a volcano where you can walk into the crater and which is Spain's highest mountain at 3,718 metres (as high as the Andes), is in fact still active, but not expected to erupt for centuries. You can reach the summit by cable car, although if you are an experienced hiker, you could head for the Pico Viejo ('old peak'), or go rambling in the Cinchado Rock area. Even non-ramblers should visit the latter; an iconic rock formation that resembles a series of towers and falls within the wider Teide National Park area.

From **Tenerife**, you can take a ferry to the tiny island of **La Gomera** for the day; a rural, green enclave where natives still communicate using their ancient 'whistling' language.

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Everything you need to know about transferring your private pension to QROPS

When considering a move abroad, one important financial decision for prospective expatriates is how to handle their pension fund. Accumulated retirement savings hold significant value and safeguarding one's pension and ensuring a comfortable retirement overseas are crucial.

One potential solution is a **Qualifying Recognised Overseas Pension Scheme (QROPS)**, now known as **Recognised Overseas Pension Scheme (ROPS)** since 2015. A **QROPS** transfer can be a viable option for individuals looking to transfer their British pension fund to another country. However, this is only possible in certain jurisdictions that have schemes listed in the **HMRC QROPS** list, which undergoes regular revisions.

What is a QROPS or ROPS?

A **QROPS/ROPS** refers to a pension scheme that meets HMRC rules, allowing British nationals to relocate and transfer their pensions abroad. However, inclusion on the list is subject to meeting specific terms associated with UK pensions, such as access restrictions before the age of 55.

A **QROPS** that is on the list has simply told HMRC that they meet the rules – inclusion on the list does not mean that it has been 'approved'.

QROPS options are available in various countries, including the EU-approved fund, The Pension Scheme of the European Union, as well as schemes in Australia, New Zealand, and Canada. However, many overseas locations, including the USA, do not have any options on HMRC's list.

It is advisable to seek advice before opting for a **QROPS** transfer (especially if you are moving to a country that has no HMRC listed schemes), exploring alternatives, or are uncertain about the most financially secure option.

The Pros and Cons of QROPS

There are pros and cons to **QROPS** transfers. A downside is that HMRC's list is subject to change, is regularly updated and have excluded several countries popular among expats. For instance, countries like Cyprus, Portugal, France and Spain do not have any schemes on the list. This issue is not limited to smaller or less globalised countries. Opting for another EU or EEA-based scheme allows UK citizens to relocate and transfer their pensions without penalties. However, an Overseas Transfer Charge (OTC) of 25% may apply to some international pension transfers – see below.

Once pension funds have been successfully transferred, they are protected from exposure to UK taxes and future legislative changes. This is particularly beneficial, despite recent favourable reforms to the Lifetime Allowance (LTA).

The Main Benefits of QROPS Transfers

QROPS transfers offer many advantages such as flexibility, greater access to drawdown pension income, estate planning options, mitigating currency risk and diversification opportunities. Perhaps the most significant advantage – until the Spring of this year – was freedom from the Lifetime Allowance (LTA) – see below.

In order to be eligible for a **QROPS**, you must not have purchased an annuity, or taken benefits from a final salary pension scheme. Benefits from Unfunded Public Sector Schemes (Police, Teachers, NHS) cannot be transferred to a **QROPS** or any other scheme.

The Five Year Rule

This refers to the duration of time a person has been non-UK resident for tax purposes. It is measured in tax years rather than calendar years.

The significance of the five-year rule lies in its impact on the availability of **QROPS** benefits. During the initial five years, retirement benefits must align with those offered in the UK. This includes a pension commencement lump sum, commonly known as tax-free cash, of a maximum of 25%, as well as tax at the beneficiary's marginal rate, if the policy holder dies after the age of 75.

Once an individual has been a non-UK tax resident for five complete tax years, their pension, if transferred or already transferred to a **QROPS**, will follow the rules of the chosen jurisdiction. Individuals who have completed the five full tax years can access up to 30% of their pension as a lump sum, free from UK income tax and UK taxes on death after retirement. They can also enjoy various other benefits provided by **ROPS**.

As life expectancy increases, more people are spending a significant portion of their lives in retirement, sometimes a quarter or even a third. This makes retiring overseas an enticing prospect for many individuals, resembling a once-in-a-lifetime holiday.

Transferring your UK pension fund to a **ROPS** allows you to benefit from both worlds. You can enjoy tax relief while saving for retirement in the UK and later pay reduced or no tax (depending on your country of residence and the jurisdiction of your chosen **QROPS**), while gaining greater flexibility when it's time to access your retirement benefits overseas.

Accessing Your Pension

When it comes to accessing your pension, transferring to a **ROPS** doesn't automatically exempt you from UK tax regulations. **QROPS** providers are required to report any unauthorised withdrawals from your pension to HMRC for a period of 10 years after the transfer is completed. An example of an unauthorised payment would be taking benefits from your **ROPS** before the age of 55. In this event, you would be subject to an unauthorised payment charge of up to

55%. Since April 6th 2017, you must have been a non-UK resident for 10 consecutive tax years before you can access a **QROPS** pension, (previously, the requirement was five consecutive tax years). However, even if you meet the 10-year rule, you may still be subject to UK tax rules if you withdraw from a **ROPS** within five years of switching from a UK-based pension.

The amount of tax you pay when receiving income from a **QROPS** depends on the tax regulations of your country of residence and whether that country has a double-taxation agreement (DTA) with the jurisdiction where the **QROPS** is based. A DTA typically allows you to avoid paying tax on your pension benefits in both countries.



If you are classified as a UK resident when accessing benefits from a **QROPS**, the income is generally subject to UK income tax. Again, it's worth noting that should an unauthorised payment be made, you will be subject to a charge of up to 55%.

What if You Already Have a QROPS?

If you are based in Spain and already have a **QROPS**, yet have never had any issues with the Spanish tax office, you are probably wondering why.

It is most likely that you simply declared the **QROPS** withdrawals as income from a pension and your local tax office has no idea it is a **QROPS**, or has not caught up with what it is or what the central tax office thinks of them.

It Could, Potentially, Go Unnoticed Indefinitely.

There are other issues, such as the fact that a transfer to a **QROPS** would be subject to an Overseas Transfer Charge of 25% if the **QROPS** is established in a non-EU country and you do not live in the same country. It is not clear if this will eventually be extended to the EU, given Brexit. The tax treatment is not 'black and white' because there is no specific law blocking the use of **QROPS** in Spain. There are also many new issues that have arisen since Brexit and different autonomous regions in Spain (and even in the same region) can treat pension withdrawals differently.

However, as you can see, there are considerable risks involved. It is important

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Continued from page 42

that you understand what they are before taking them.

Given the potential Spanish issues with **QROPS**, they cannot be recommended for those looking to move to Spain, or already residing in Spain. Before transferring your private UK pension into **QROPS**, it's important to ensure the country you are based in does not have similar issues to those experienced in Spain.

The Lifetime Allowance

Prior to the Spring Budget, there was no limit on the size of pension fund you could accumulate. However, there was a cap of £1.073m which is often referred to as the 'tax-privileged amount'. Any excess over this amount is subject to 25% tax which is deducted by the scheme before the fund can be transferred into a **QROPS**. If you decide to take the excess as a lump sum, the tax is 55%, which is not great news if you are a basic-rate taxpayer. However, in a surprise move, the Government abolished the tax in this year's Budget whilst retaining the LTA itself, stating that the LTA will be abolished next April.

As things stand, this is a distinct improvement for members with large transfer values because, at the moment, they can transfer into a **QROPS** without triggering any tax charge. However, the Labour Party has said that if it is elected it will reintroduce the LTA, so there may be a limited window of opportunity to transfer without any tax charge.

The Overseas Transfer Charge (OTC)

Any transfers to a **QROPS** are also subject to an Overseas Tax Charge (**OTC**) of 25% of the value of the fund unless certain exemptions apply.

The two main exemptions are where:

The **QROPS** is established in an EEA country and the member is resident in another EEA country.

The member is resident in the same country as the one in which the **QROPS** is



established.

Alternative Options

Self-Invested Personal Pensions (**SIPPs**) are a primary alternative to **QROPS**. **SIPPs** offer flexibility and a wider range of investment choices, both internationally and within the UK. Expatriates can benefit from tax relief on pension contributions as UK taxpayers, or for the first five years as overseas residents, depending on their circumstances.

One vital difference between a **QROPS** and a **SIPP** is that the latter is a UK registered pension. This means that when you transfer your benefits into a **SIPP**, your benefits remain subject to UK pension legislation. This is not the case when you transfer to a **QROPS**.

Choosing between **QROPS** and **SIPPs** depends on various factors, including tax, LTA and OTC implications, access to benefits and investment preferences. It is recommended to seek professional advice from experienced advisers to make well-informed decisions regarding pension transfers.

Get Bespoke Advice on Your Pension

Many schemes have been delisted by HMRC, without any legislative changes,

due to being non-compliance with **QROPS/QROPS** rules. Before making a commitment to transfer your pension to an overseas scheme, it is essential to seek advice from a qualified pension advisor. They can provide comprehensive guidance on the rules and regulations of your intended retirement destination, as well as the **QROPS** jurisdictions that offer the best benefits for your situation.

If you require guidance on whether **QROPS** is suitable for you, information on the available **QROPS** in your intended relocation destination, or assistance in evaluating different pension transfer options, please feel free to contact your nearest **Blacktower** at:

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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.

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P & O's Latest Cruise Ship Arvia

Pictured here is a most welcome recent visitor to Cartagena - P & O's latest newbuild **Arvia**, sister ship to **Iona**, yet to be seen off our shores and commanded by good friend Captain Wesley Dunlop, photographed by Mike Smith in previous last month's **Costa Cálida Chronicle**, when Master of **Britannia**.

Sister vessels, **Arvia** and **Iona**, are owned by Carnival Corporation - operator Carnival UK (via P & O Cruises UK), offering accommodation quoted at 5,206-6,264, with crew, again quoted, at 1,762. There are 18 decks, 2,610 cabins - 11 decks with cabins. The ship was christened by Nicole Scherzinger just one year previously. **Iona** was christened



Arvia with two Armada Naval helicopters on Flypast

in 2021 by Irene Lucas-Hayes **Arvia** is currently on rotation from Southampton, round tripping The Mediterranean, though I regret, no further visit scheduled into Cartagena.

In late October **Arvia** will be tripping from Southampton to Barbados and The Caribbean, where she will be based until her

scheduled return to the UK in March 2024.

Iona is currently round tripping Southampton to the Norwegian Fjords and quoted as remaining in European waters through our winter until returning to Fjord cruises in March/April 2024.

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The verb 'estrenar'

I have always been rather fond of discovering words that have no direct translation in English, although they can be really tricky to explain to other people. A very good example of this is the verb **'estrenar'**. Let's start off with a dictionary definition to give us some idea of the meaning:

- My dictionary says:
- 'to use for the first time'
- 'to wear for the first time'
- 'to show off for the first time'
- 'to show for the first time'
- 'to perform for the first time'

Here are some other definitions gathered from here and there:

- 'to launch'
- 'to release'
- 'to premier'
- 'to make one's debut'

This latter definition translates the reflexive form **estrenarse**.

The only sane way of understanding the use of this word is to see it in context. One of its most obvious associations is with show business. Here are some examples:

Antonio Banderas, el actor y director malagueño, estrena un drama musical.

Antonio Banderas, the actor and director from Malaga, is releasing a new musical drama.

Pedro Almodóvar estrenó 'La Mala Educación' en Hollywood.

Pedro Almodóvar premiered 'La Mala Educación' in Hollywood.

From this basic meaning we can expand the use of **estrenar** to express all sorts of everyday meanings

Estreno estos zapatos hoy.

I'm wearing these shoes for the first time today.

Esta blusa está sin estrenar.

I haven't worn this blouse yet.

Already you can see that direct translations of this word are impossible and we have to find a phrase that provides the same meaning in English, depending on the exact context.

At some time you may have been looking at advertisements in the newspaper, or in an estate agents window and come across this phrase:

Se vende piso a estrenar.

It means that a brand new flat, or at least a flat that hasn't been lived in before, is for sale. The literal meaning is: "One sells a flat to be used for the first time." – now translate that into Spanish!

Here is an interesting sentence I've just come across:

Este año todavía no me he ido de fiesta. Estoy sin estrenar.

This year I haven't been to a party yet.

I am **sin estrenar** – without being shown off for the first time?!

As you can see, words start to fail and we are into the territory of things that can be said so neatly in one language and just don't exist in another.

When we are talking about old and new clothing, there is rather a nice 'sort-of' opposite to the word **estrenar**, which is **estar visto** (literally: 'to be seen').

If you don't want to wear something that you have worn lots of times already, you can say: **No quiero ponerme ese vestido, está muy visto.** (I don't want to put that dress on, it's very 'seen').

In English we sometimes say that something is 'old hat', but that doesn't sound quite right when talking about a dress. No wonder we all end up speaking Spanglish. It's by far the easiest solution!

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'.

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INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge
dalbridge21@outlook.com

Up Periscopes! The Naval Life and Works of **Isaac Peral**.

Many might have thought that the world's first functioning submarine would have been developed by Britain's Royal Navy, the Americans, the French, or the Germans. In reality, it was a Spanish naval officer, **Isaac Peral**, from Murcia, who invented the world's first fully functional, electrically powered torpedo submarine.



Isaac Peral c. 1890
by Mauel Ussel de Guimbada

Peral was born in Cartagena on 1st June 1851, into a family with a strong naval tradition. Indeed, both his brothers also served in the Spanish Navy.

Isaac Peral was determined to forge a distinguished naval career for himself and at the tender age of 14, he entered the San Fernando Naval Military College. The young **Peral** proved to be an enthusiastic, dedicated scholar, who earned the nickname of '**Profound Isaac**' from his peers at the college. When he was 15, **Peral** became a midshipman in the Spanish Navy and so launched himself on a long and distinguished naval career, in which he saw action in the Third Carlist war, and the Ten Years War in Cuba. Besides being a frontline officer in the Spanish Navy, **Peral** found time to write a treatise on hurricanes and he also participated in the geographical survey of the Simanales Channel in the Philippines.

Peral's private life blossomed when he met and married Maria del Carmen Cencio in Cadiz, during 1876 and the two of them went on to have a substantial family of 9 children.

Not everything went well for **Peral** in the years after his marriage. During 1881, **2nd Lieutenant Peral** was serving in the Philippines as part of a Spanish hydraulics team and during a period of leave, **Isaac** took the innocuous step of visiting a local Philippino hairdresser for a haircut. Here, he received a small cut on the temple which obstinately refused to heal. The wound



The Peral Submarine 1888
(Unknown Author)

subsequently degenerated and **Peral** developed a tumour on his head. **Isaac Peral's** health began to decline

and the Spanish Navy considered that he was no longer fit for sea-going duties. Instead, **Peral** was offered and accepted, a shore-based post as a professor at the Escuela de Ampliacion de Estudios de la Armada Naval School at Cadiz. **Isaac** used this new post to his own advantage by developing his revolutionary ideas on battery powered submarines, which could fire torpedoes whilst underwater.

In 1885, **Peral** revealed to his Spanish naval superiors the fact that he had made some quite staggering breakthroughs in submarine navigation. However, the response of the naval ministry – one of studied indifference and downright hostility on occasions – wasn't quite what **Peral** had anticipated. His research and experiments were dogged by lack of funding and nothing might have been heard of the revolutionary **Peral Submarine** had it not been for the enthusiastic support and backing of the Spanish Queen Regent, Maria Cristina. The backing of the Queen Regent meant that **Peral's** research could go ahead. Initial tests were successful and the prototype **Peral Submarine** was launched on 8th September 1888. The underwater vessel was 22 metres long, 2.76 metres deep and 2.87 metres wide. It displaced 77 tons on the surface, and 85 tons when submerged. Propulsion for the vessel was provided by two 30 HP electric motors and power was supplied by a 613-cell battery. **Peral's** new submarine was also equipped with a torpedo tube, 3 torpedoes, a periscope, and an advanced 'depth apparatus' which allowed the commander to slip below the ocean to a depth planned well beforehand.

Official testing of **Peral's** new wonder craft continued throughout 1889 and 1890 and the submarine met and exceeded all the targets set for it. However, **Peral** was never allowed to test his underwater craft in a submerged

journey across the Straits of Gibraltar, from Algeciras to Ceuta, which was what the Cadiz naval professor desired more than anything else. The new Spanish submarine certainly seemed destined for great things, but it was never supported fully by the authorities in Spain, for reasons that have never been adequately explained. Ultimately, **Peral** resigned from the Spanish Navy in disgust at the treatment meted out to his new submarine design. He left the navy on 5th November 1891 and returned to private life.



Peral Submarine in Cartagena, c.2007 (c) Marcin Floryan

Peral subsequently founded a number of successful businesses concerned with the use and development of electricity, such as the Manzanares Thermoelectric Company, which he founded in partnership with the Marquis of Salinas. A promising career in business seemed just around the corner for **Isaac Peral**, but ill health intervened to scupper his plans. On 4th May 1895, the inventor of the **Peral Submarine** travelled to Berlin for an operation on a brain tumour. Initially, his recovery seemed to be going well, but **Peral** contracted meningitis, and died on 22nd May 1895. His remains were only returned to his native Murcia 16 years later, in 1911.

Isaac Peral's Submarine remained unsurpassed in the world until 1895, when the Irishman John Holland's designs for a submarine, with a mixed combustion/electric propulsion system, (which overcame the limited range of the battery power envisaged by **Peral**), were taken up by the US Navy. **Peral's** legacy lived on in Spain, however, where his submarine was preserved in the Naval Museum of Cartagena. Streets have been named after **Isaac Peral** in towns and cities across Spain and four modern Spanish naval submarines have also been named after the innovative, if ultimately somewhat frustrated, Murcian submarine technologist.

Adrian & Dawn L. Bridge, June 2023

CHARITY

Cavalli Foundation
"Helping Horses Help People"

Charity N°: G73786279

Call 636 172 198 or info@cavallifoundation.org



It's now been one month since we moved to **The Ranch** and its truly amazing.

The horses are enjoying the freedom to move around the over 8 acres of natural land. We are so happy to see them bond and behave as a real herd. Who could have said horses could graze in the south of Spain!

We have visited the garden centre to choose which native trees and bushes will adapt best to the type of ground and area and also the ones that will grow fastest with a minimum amount of irrigation. Although it may seem like summer is not the best time to plant trees, we are desperate for some shade, but most of the trees will be planted in September and October when it gets a bit cooler. If you would

like us to plant a tree in your name, you can check out how to do it on our crowdfunding campaign **chuffed.org – building a haven for abandoned horses**. We will organise a planting day so keep your eyes open if you fancy joining us.

We have to give a huge thank you to Sue Newman who has very kindly made and donated 18 fly masks for our horses and donkeys. They are loving them!

We still have a lot to do. With these temperatures we have to take it a bit easier, but we are so looking forward to opening **The Ranch** to some visits and activities. As soon as we can start our summer activities and pony club we will post all the info on our Facebook page. Volunteers are always welcome to come and help out with some gardening, pampering and taking care of the animals. Some are even re-visiting us to spend the summer at



The Ranch, like Lina and Lea who have just returned back from Germany.

If you would like to support

us in any way please contact us on **636 172 198** or **info@cavallifoundation.org**

You can visit our **Crowdfunding Campaign** which is still running, or you can donate through Facebook **Cavalli Foundation** and on our website **www.cavallifoundation.org** Paypal **infocavallifoundation@gmail.com** Bank transfer: **ES26 1491 0001 2720 5929 3726**

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Food and Drink Recipes

Best Hot Weather Recipes

Ramen Noodle Salad

Dressing

¼ cup neutral salad oil (canola, peanut, sesame (not toasted), light olive oil, or avocado oil)
¼ cup rice vinegar
2 tbsp honey
2 tsp soy sauce
1 tsp ground ginger
¼ tsp garlic powder (or fresh crushed garlic)
1 tsp toasted sesame oil

Salad

6 cups shredded cabbage
1 carrot
4 green onions
37g package instant ramen noodles
¼ cup sliced almonds
2 cups shredded rotisserie chicken

Make the dressing first. Whisk together the salad oil, rice vinegar, honey, soy sauce, ginger, garlic powder and toasted sesame oil. Set the dressing aside.

Shred the cabbage as finely as possible. Shred the carrot and slice the green onions. Crush the instant ramen noodles (discard the seasoning packet or save it for another use).

Place the cabbage, carrot, green onion, almonds, crushed ramen noodles, and shredded chicken in a large bowl. Pour the prepared dressing over the top. Toss the salad until everything is evenly combined and coated in dressing. Serve immediately or refrigerate until ready to eat.

Tortellini Salad



1 summer squash
1 courgette
½ tsp salt
1 pint cherry tomatoes
½ red onion
2 cups fresh baby spinach
½ cup sliced black olives
¾ cup Italian dressing
½ cup chopped Italian parsley
¼ cup Parmesan cheese
1lb cheese tortellini

First, cook the tortellini according to the package directions, then drain well and cool in a very large bowl in the fridge.

While the tortellini is cooking, slice the summer squash and the courgette into ¼" rounds and then quarter the rounds. Add them to a large bowl and sprinkle with salt and mix.

Slice the cherry tomatoes in half. Slice the red onion in ¼" half-moons and soak it in cold water to dull its sharp flavour. Chop the parsley and if the baby spinach leaves are large, chop them as well.

Once the tortellini has cooled, top it with the cherry tomatoes, red onion, courgette, squash, baby spinach and sliced black olives. Drizzle with ½ cup of Italian dressing.

Next, top the salad with chopped Italian parsley and Parmesan cheese. Then drizzle with the final ¼ cup of Italian dressing. Finally, mix, and serve!

Tomato Mozzarella Pasta Salad

230g bowtie pasta
Salt for pasta water
3 cups fresh spinach
1 pint grape tomatoes
230g mozzarella

Parmesan Balsamic Vinaigrette

1/3 cup olive oil
3 tbsp balsamic vinegar
2 tbsp mayonnaise
2 tbsp grated Parmesan
½ tsp Dijon mustard
1 clove garlic, minced
½ tsp dried basil
¼ tsp salt
Freshly cracked pepper

Fill a pot with water and add two large pinches of salt. Cover the pot and bring it to a boil over high heat. Once boiling, add the pasta and continue to boil until the pasta is tender. Drain the pasta in a colander and give it a brief rinse with cool water. Let it drain well while you prepare the rest of the salad.

Parmesan Balsamic Vinaigrette

Combine all the dressing ingredients in a jar or blender until the ingredients are well combined. Set the dressing aside until needed.

Roughly chop the spinach and slice the grape tomatoes in half. Dice the mozzarella into ½" cubes. Put spinach, tomatoes and mozzarella in a large bowl. Once the pasta is well drained and mostly cool, add it to the bowl with the mozzarella and vegetables. Make sure the pasta is no longer hot, so it doesn't wilt the spinach or melt the cheese.

Toss the ingredients to combine. If serving the salad later, store it like this without dressing. If serving immediately, add half of the dressing and toss to coat. Add more

dressing as desired.

Mediterranean Tuna Salad Vinaigrette



¼ cup olive oil
2 tbsp red wine vinegar
1 tbsp lemon juice
1 tsp dried oregano
½ tsp salt
¼ tsp freshly cracked black pepper

Salad

1 English cucumber
1 pint grape tomatoes
½ red onion
Fresh parsley, chopped (about ½ cup)
32g can cannellini beans
32g can chunk light tuna
57g feta cheese

Make the vinaigrette first, so the flavours have a little time to blend. In a bowl or jar, combine the olive oil, red wine vinegar, lemon juice, oregano, salt and pepper. Whisk the ingredients together, or close the jar and shake until combined. Set the vinaigrette aside.

If you want to soften the flavour of the red onion a bit, slice it, then soak the slices in iced water for about five minutes before dicing. Finely dice the red onion, cut the cucumber into quarter rounds, slice the tomatoes in half and roughly chop the parsley. Combine the cucumber, tomato, onion, and parsley in a bowl. Pour the vinaigrette over top, then stir until the vegetables are coated.

Rinse and drain the beans, and drain the tuna. Add the beans, tuna and feta to the salad, then gently stir to combine. These three are added last and only gently stirred to make sure the tuna remains in larger flakes instead of falling apart into tiny pieces. Serve immediately, or refrigerate up to four days. Give it a quick stir after refrigerating and before serving to redistribute the dressing.



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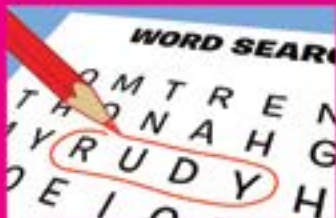
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PUZZLE

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

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

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	A	L
O	T	I
L	A	R

THERE ARE 42 WORDS OF 3 LETTERS OR MORE

Wordsearch

Translate the words below from English into Spanish

- BALL
- BEER
- PARTY
- SUN
- HAPPY
- PALMS
- BEACH
- WATER
- ICE
- HAT
- FOOD
- BIKINI
- FAN
- MOJITO
- SWIMMING
- RESTAURANT
- LAUGH
- DIVING
- STRAWBERRIES
- WATERMELON
- DANCING
- DRIVING
- RELAXING
- TOWEL
- HEADPHONES

Answers on page 78

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



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Do you feel Godless? I hear this word so often; 'Godless', spoken or implied and it makes me very sad because God is here with open arms in the presence of Jesus and the power of the Holy Spirit, waiting patiently. Though His transformative

Love is beyond words and within reach, it is largely ignored.

I read the other day about the presence of God.

'He is in those who are hungry and thirsty for our presence and our love, in those who ask us for help'.

I thought of the famous Vigeland statue in the Frogner Park in Oslo; humanity standing on humanity to get to the top men, women and children. The problems of our world are just that; egos driving people to achieve, get to the top and stay there. Make sure their voices are heard, their will obeyed.

Many Churches are good people saying and doing what they believe to be right. The problem is that they interpret teaching through the filter of their own prejudice, not through divine understanding, unconditional Love. Their love has conditions, the Love of the Trinity has none. What a tragedy that many who proclaim the 'Good News' put their own spin on it; you can't be this and you can't be that or you won't be loved and heaven forbid, you can't be gay!

Some other words I read the other day:

Science says that we need four basic elements to survive; 1 water, 2 air, 3 food, 4 light. Look what the Bible tells us about Jesus:

- 1 I am the living water.
 - 2 I am the breath of life.
 - 3 I am the bread of life.
 - 4 I am the light of the world.
- Science was right, we need Jesus.

Of the many scientists who believed or believe in God, Ernest Walton 1903-1995 was a devout Methodist, who said science was a way of knowing more about God. He was winner of the Nobel Prize in Physics after he artificially split the atom and proved that $E = mc^2$.

Don't ask me what $E = mc^2$ means, but if you want an informal, confidential chat I am always available. It's never too late.

'Bye for now and God bless you
Rev Andrew



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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
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** **Tues Market**

Sunday 6th August - El Zacatan Artisan/ Medieval Market 9am-2pm

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** **Fri Market**

2nd - 8th September - Calasparra Fair

This fair is in honour of the Virgen de la Esperanza, the patron saint of Calasparra. There are many organized events:

- **The Bullfighting Fair of Rice**, with important bullfights, and the traditional Encierros.
- **Musical Performances** by groups or soloists, recognized at a national level.
- **Bullfighting**-themed cultural exhibitions.
- **Float Parade**.

- **Pilgrimage to the Sanctuary of Our Lady of Hope**. The night of this pilgrimage has been declared of Regional Tourist Interest.

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 Period. 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.

**CARAVACA**

www.turismocaravaca.org

Tel: **968 702 424** **Mon Market**

Saturday 5th August - MABS Calasparra Summer Party @ The Alandalus 8pm-12.30pm 5€ (children under 12 free)
Dance the night away with DJ Rick.

Sunday 20th August - Artisan Market

Sunday 3rd September - La Vuelta

The Region of Murcia will put the cyclists in the Spanish cycle race to the test with a day beginning on the Cartagena coast before heading inland to end in Caravaca de la Cruz.

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** **Wed Market**

Sunday 27th August - 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.

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JUMILLA

www.jumilla.org

Tel: **968 780 237** **Tues Market**

Friday 1st & Saturday 2nd September - Wine Festival

Get ready to live two days of music and fun. This unmissable event will have the participation of artistes including a Tightrope Walker and a variety of musical styles together with a wide selection of gastronomy delights. Of course you can enjoy the wines of the DOP Jumilla!

Lovers of art should visit the **Saorin**

Continue to page 56



Continue from page 55

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

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

Rock Art of Moratalla
Tours 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 Sat Market**

Friday 4th August - Free Historic Tour of Mula 8pm
Tour of history, buildings and/or public spaces from the 19th Century that are scattered throughout the urban area of Mula and those that in the past, (now disappeared), were part of the urban area. Meeting at Tourist Office.

Saturday 5th August - Guided visit to the Roman Villa of Los Villaricos. 4€ (2€ reduced price). 8pm at villa.
This Villa was developed between the 1st and 5th Centuries AD and is divided into two parts: the residential area with a thermal area and domestic spaces; and the work area with two mills for obtaining, processing and storing oil and wine. The visit begins at the site itself, located on the road to the Embalse de la Cierva. Wear comfortable shoes.
It is necessary to have a minimum number of 5 reservations. In case they are not reached, we will contact you to indicate the cancellation and a new date.

Sunday 13th August - Artisan Market

Every Tuesday/Wednesday/Thursday & Friday in August - Local Birdlife Photography Exhibition @ Art Museum
Mula 10am-2pm

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**

Murcia Fair
This is held during September, with different festive events in a range of venues throughout the city. The fair offers a wide array of activities which take place in spaces such as the Huertos del Malecón fairground and in Plaza Romea. There are a multitude of amusements, a cattle fair, a pilgrimage and a **Festival of Moors and Christians**. **La Condomina Bullring** hosts the bullfighting festival, featuring *novilladas* (bullfights with young bulls), mounted bullfights, as well as normal bullfights.
More information next month.

The Largest Ice Rink In Murcia Is Open 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 12noon-9.15pm.
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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 Wed Market**

RELIGION **WELCOME HOUSE**
Tel 633 447 937 www.sites.google.com/site/casawelcome2013
Derek.tycymru@gmail.com

WELCOME HOUSE 
Christian Fellowship
Campillo y Suertes, Cehegin.



On the 3rd Sunday we will join together to share communion at 11am
Contact Welcome House to find out more

Getting it wrong.
Are you getting a little tired of the constant barrage of things that invade our lives, compelling us to conform or be categorised as a bigot, a racist or worst?

There was a time when, in a democracy, the majority held the vote and carried out the will of those who voted. Now it seems that the minority who didn't win the vote have the right to impose their views. All of this seems to be taken for granted in the name of 'diversity' and 'inclusivity'. Christians are the easy target for these minorities who like to state that Christians won't conform and are therefore bigots.

Let's look at a few things.
Christians believe the Bible as their blueprint for living a Christian life. If we look at the word 'race', the Bible refers to the 'human race'. It doesn't refer to white, black, red, yellow, brown, pink or any other colour for that matter. It refers to the 'human race', that's everyone.
How much more diverse and inclusive is

that!
If we look at the Gospels that are the word of God, the Bible states that the disciples were told to take it to all the nations of the world. It didn't say "Only take it to the Mediterranean countries, or those closely connected to the Jewish nation." No it said "to all"; that is every nation of the world. How much more diverse and inclusive is that!

When it comes to salvation, which is what the Gospels explain, it isn't available only to a few. The Bible clearly states that it is open to 'all'. 'All' means everyone. It's not forced on anyone, but is open to all. How much more diverse and inclusive is that!

The question is, "Now who's the bigot?"



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Health and Beauty Section



EDITORIAL

Natural Verdiana

Tel: 610 030 635



(Following up from July magazine)

Recipes Of Dragon Fruit (Pitaya)

Dragon Fruit is cactus-based fruit that has loads of health benefits such as lowering risks of a blood sugar spike, aids in digestion etc. It resembles a dragon and that is how this fruit got its name. You must be wondering how to eat this fruit, irrespective of its shape and size? It's simple. Cut it in two halves and eat the inside layer with a spoon. You can also make a smoothie out of it.



Dragon Fruit Recipes

Apart from the following recipes, **Dragon Fruit** can be used in several versatile ways.

One of the benefits of **Dragon Fruit** is that it pairs well with ice creams, whether you are using it as an integral flavouring ingredient in homemade ice cream, or as an added burst of taste to plain old vanilla ice cream. It can also be used as an edible decorative piece to your main course, due to its eye-grabbing shape and colour. When sliced, it can be dropped into a beverage of your choice. You can enjoy the health benefits of dragon fruit by adding it to several desserts like cakes, mousse and even just fresh slices with macaroons.

This fruit is power-packed with nutrients, vitamins and minerals, so here are some healthy recipes that you can prepare at home:

Dragon Fruit Shake

Making this for breakfast can be the right choice to welcome a healthy lifestyle.

Banana cut in small pieces

1 Dragon Fruit

1 glass of milk (250ml)

4½ glasses of water

3 tsp of sugar (optional)

2 crushed cashews (optional)

Put the sliced banana and **Dragon Fruit** into the blender.

Pour the milk into the

blender and add sugar. Blend until it turns smooth. (If it appears thick, add water or more milk).

Pour it in a glass and add crushed cashew for final touch.

Dragon Fruit Salad

A fruit bowl reduces risks of heart diseases, type 2 Diabetes and manages weight. The **Dragon Fruit Salad** consists of a mixture of other healthy fruits such as strawberries, bananas, watermelons, pineapple and black grapes.

2 Dragon Fruits

½ watermelon sliced into small pieces

1 banana cut into small pieces

1 cup of black grapes

Salt & Pepper (optional)

Ice Cream (optional)

Add sliced **Dragon Fruit**, bananas, watermelon and grapes to a bowl. Sprinkle some salt and pepper mix (optional). Add a scoop of ice cream to give you a rich taste.

Natural Verdiana has their own **Dragon Fruit** producer near Molina de Segura (Murcia). They provide **Dragon Fruit** from mid-July until December.

Natural Verdiana is situated in the indoor market in Puerto de Mazarrón.

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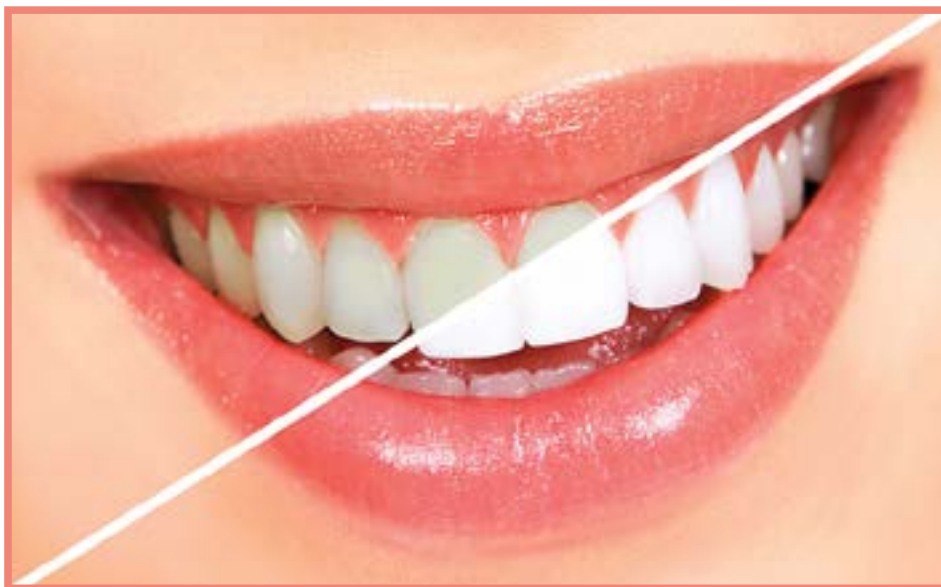


Myths and Truths About Teeth Whitening

The quest for a whiter, brighter smile has driven the development of numerous **Teeth Whitening** treatments, from whitening toothpastes and gels to professional in-office treatments. However, around this topic often circulate myths and misunderstandings that can confuse those who wish to improve the look of their teeth. Below, we unravel some of the truths and debunk the most common myths about teeth whitening.

Myth 1: Teeth Whitening Damages Tooth Enamel

The reality is that when done correctly and under the supervision of a professional, **Teeth Whitening** is safe and does not damage tooth enamel. **Teeth Whitening** products contain hydrogen peroxide or carbamide peroxide, which can lighten the colour of teeth without affecting their physical structure. However, excessive or incorrect use of these products can cause sensitivity and other issues, so it's always important to follow the dentist's or



manufacturer's instructions.

Myth 2: Whiter Teeth Are Healthier

The colour of teeth is not necessarily an indicator of their health. Some people naturally have yellower teeth, but this doesn't mean their teeth are any less healthy than those of someone with white teeth. **Teeth Whitening** can improve the appearance of the teeth, but it does not treat issues like cavities or gum disease. Therefore, even if you opt for **Teeth Whitening**, maintaining good oral hygiene and regular dental visits are crucial.

Myth 3: Home Remedies For Teeth Whitening Are As Effective As Professional Treatments

There are numerous home remedies for **Whitening Teeth**, from baking soda to apple cider vinegar. While some of these might have a mild whitening effect, none are as effective as professional treatments. Furthermore, some home remedies can be

harmful if used incorrectly or excessively. For instance, baking soda is abrasive and can wear down tooth enamel if used too frequently.

Truth: Teeth Whitening Requires Maintenance

While **Teeth Whitening** can make your teeth appear whiter and brighter, the results are not permanent. Things like diet, aging and certain habits like smoking can re-stain your teeth over time. Therefore, you may need to repeat the **Teeth Whitening** treatment or use maintenance products to keep your new bright smile.

In conclusion, the best way to achieve safe and effective **Teeth Whitening** is to talk to your dentist. They can provide you with the most accurate and up-to-date information and help you choose the **Teeth Whitening** treatment that best fits your needs.



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NEWS



TV News

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Phewwww it ain't 'arf 'ot Mum! 38°C in the garden, but I am in the air conditioned office writing this.

I really soak the garden once a week – not a daily spray down, or even light water that I don't think really has much affect – it just dampens the surface and evaporates off and the plants get very little. I think an evening deep soaking once a week is a better use of the water. The next day the sun bakes the surface and that 'seals' in the water below. Dig into the dry parched surface and six inches down will be damp soil. I divide the garden into four, so four evenings a week each section gets a soaking. I can only say the plants survive and keep growing!

Those of you that follow us regularly will know that we lost our **Tasi** dog, (cancer in an older dog), a while ago and also that we help **Friends of Mazarrón Animals** with transport. A couple of Saturdays ago we were asked to pick up an ex-hunters galgo. When I saw this shaking skinny girl tied to a piece of string, I just decided she would be coming home, so **Fara** is now part of our pack! She settled in very quickly with our three soon accepting her, so we are back to four!

TV NEWS

Now into summer, the satellite signals are at their usual lows – around 15+% lower than winter. This really is the last nail in the coffin of the UK satellite TV system here in Southern Spain. Signal strengths will rise in the autumn and some channels may come back, but definitely not the BBC's. Along with that, the whole system will close in the not too distant future. Simply do not spend significant amounts of money on a UK satellite system – it will be money down the drain. The only alternative for UK TV is via the Internet. There are lots of ways to do that from the 'free' to the 'subscription' packs. Free options can be difficult to use and require constant 'maintenance' with APPs etc – for these reasons **Rainbow Satellites** do not offer these packs. Our subscription packs are fully maintained and do not require any user intervention – you, the client, just select the channel you want and watch it. Most of our packs are fully inclusive with a full range of channels, but we have just added a Freesat only pack (with 28 day catch up) that has no start up fees as the others have (140€). There is still a subscription, but it is less than our other packs. A box is included with your first 12 month's subscription.

For those of you who watch Freesat only from a satellite system that is now almost

defunct and do not need the range of extra channels, this may be a suitable option for you. Contact us for more details.

Internet TV (IPTV) has advanced tremendously since its inception just a few years ago and most of the providers now have really stable, reliable, TV systems. However, not all Internet Providers have progressed as much as others. Most Internet Providers have realized that Internet TV is here to stay and resolved most of the issues, but some still have not. Ask **Rainbow** for the best ISP in your area for watching TV. We have clients on every one of them and we know the ones that work and the ones that struggle. Internet speed is an easy test to do on your Internet supply and it is a good initial indicator of your incoming supply, but it is not, by many factors, the only criteria that will affect viewing. The ISP's know this, but very often will not admit it.

So many times we hear "Well the download speed is 30MBS – what more can we do?" when the TV viewing is hopeless due to the supplier having a routing problem.

If you are having internet TV viewing issues contact **Rainbow** and hopefully we can assist you with your ISP. If you have had a bad experience with Internet TV in the past, give us a try showing you today's standards and letting you run a box at home for a week free of charge and with no obligation.

More TV news in September.

Sponsored by **RAINBOW SATELLITES SL** - the company for all your TV needs in the Murcia region of Spain.

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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

SPECIAL MENUS

Every Day **Breakfast @ The Old Market Tavern**, Pto de Mazarrón (closed Mon)
Menu del Dia @ The Old Market Tavern, Pto de Mazarrón 12.50€ or 13€ incl btl wine for 2 (closed Mon)
Menu del Dia @ La Granja, Totana (Tues-Fri) 12€
Menu del Dia @ Viggos, Pto de Mazarrón 14€ Mon/Wed/Thur/Fri 15€ Sat all inc a drink
Menu del Dia @ La Herradura Argentinian Grill, Cartagena 14.90€/9.50€ under 12's (Tues-Fri)

Every Fri **Fish & Chips @ Viggos**, Pto de Mazarrón

Every Sun **Sunday Lunch @ The Old Market Tavern**, Pto de Mazarrón 13.50€ (Lamb 14.50)

AUGUST

Tuesday 1 **Monthly 'B' Clean Meeting @ Camposol B** 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm
3hr Free Guided Route by the full moon @ San Pedro del Pinatar 8pm
The Jurassic Park (Play) @ Cartagena 10pm

Supermoon Party @ Finca Astronomica 7pm 10€ (children 6€)

Wednesday 2 **Helping Hands The Cabeytu Brothers @ The Diner**, Camposol B 20€ 8pm

Thursday 3 **Friends of Mazarrón Animals Adele Tribute @ Camposol C** 10€ 8pm

Friday 4 **Semana de la Juventud**, Blanca
Free Guided Tour of Aguilas 10am
Free Historic Tour of Mula 8pm

53rd San Javier Theatre, Music & Dance Festival & Street Theatre (until 24th)

MABS Craft Fayre @ Camposol B 11am-2pm

Helping Hands The Flood Take That @ Hostal Rural, Turre 25€ inc meal

Saturday 5 **Camposol Walking Football Treasure Hunt** from Camposol B
75 min Theatrical Visit Myths & Legends of Lorca 5pm
For families with children A fun event in Lorca full of surprises with your family 8pm
Guided visit to the Roman Villa of Los Villaricos, Mula 4€ (2€ reduced price) 8pm

Helping Hands The Flood Take That @ The Diner, Camposol B 22€ inc meal 7.30pm

MABS Calasparra Summer Party & Raffle @ The Alandalus, Valle de Sol 5€ (children under 12yrs free) 8pm-12.30pm




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- Sunday 6** **Artisan Market @ Bullas** 9am-2pm
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
2hr Walk to Marine Forest in Las Salinas Beach @ San Pedro del Pinatar 7pm
- Tuesday 8** **The Mummy (Play) @ Cartagena** 10pm
- Thursday 10** **Story Time 'Little Rabbit' (Play) @ Cartagena** 7pm
Yoga @ La Bastida, Totana 8.30pm
- Friday 11** **Helping Hands Comedy, Hypnotist & Full Cabaret Show @ Turre** 20€ inc meal 7.30pm
- Saturday 12** **Valle Del Sol, Roldan & Balsicas Night Market** from 7pm
Encanto El Musical @ Cartagena 8pm
- Sunday 13** **Artisan Market @ Mula**
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
- Monday 14** **Los Reyes Golf Competition @ La Serena**
- Tuesday 15** **Día de Asunción (Assumption Day)**
Fiestas de Agosto, Blanca
Feria y Fiestas del Vino, Jumilla
- Wednesday 16** **San Roque, Ceutí, Fortuna and Villanueva del Segura**
- Friday 18** **Cabo de Pop inc music/sport/talks/workshops/food @ Cabo de Palos (until 20th)**
Niña Pastori @ Cartagena
- Saturday 19** **Artisan Market @ Paseo de las Comunidades, Pto de Mazarrón** 10-2pm
Luis Piedrahita @ Cartagena
- Sunday 20** **Artisan Market @ Caravaca**
'Ruta del Ferrocarril' (Railway Route) with Aguilas Tourist Information Centre
Artisan Market @ Sanctuary de la Esperanza, Calasparra 10am-6pm
Hola Rafaella @ Cartagena
- Tuesday 22** **Captain Hook (Play) @ Cartagena** 10pm
- Thursday 24** **San Bartolomé, Beniel, Cieza, Librilla, Moratalla and Ulea**
Pastora Soler @ Cartagena
- Friday 25** **Fiestas de San Agustín, Mojácar (until 28th)**
Dutch Grand Prix @ Zandvoort
Tribute to Maná @ Cartagena
- Saturday 26** **La Vuelta Cycle Race** from Barcelona (ending on Wednesday 27th Sept in Madrid)
Dutch Grand Prix @ Zandvoort
María Peláe @ Cartagena
Friends of Mazarrón Animals Pop Up Market @ Pto de Mazarrón



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- Sunday 27** Dutch Grand Prix @ Zandvoort
 - Monday 28** San Agustín, Fuente Álamo
Fiestas Patronales, Las Torres de Cotillas
US Open Tennis Championship until 10th September
 - Tuesday 29** Free Guided Tour of Aguilas Railway's History, narration in English 11am
Space Jam (Play) @ Cartagena 10pm
 - Thursday 31** Fuente Old Guard Golf Society competition @ Roda
MABS Mazarrón Family Fun Day @ Camposol Club de Golf
Supermoon Party @ Finca Astronomica 7pm 10€ (children 6€)
- SEPTEMBER**
- Friday 1** Fiesta del Polvorin, Archena
Noche de las Velas, Mojácar
Wine Festival, Jumilla
Helping Hands Celine Dion Tribute @ Hacienda del Alamo
 - Saturday 2** Calasparra Fair (until 8th)
Noche de las Velas, Mojácar
Wine Festival, Jumilla
75 min Theatrical Visit Myths & Legends of Lorca 5pm
Valle Del Sol, Roldan & Balsicas Night Market from 7pm
FAST Trip to Night of the Candle Festival, Mojácar
 - Sunday 3** La Vuelta (Spanish Cycle Ride) Stage 8 starts in Cartagena and finishes in Caravaca
Artisan Market @ Bullas 9am-2pm
Helping Hands Celine Dion Tribute @ Turre
 - Monday 4** Big Charity Weekender Raffle on Camposol
 - Tuesday 5** Monthly 'B' Clean Meeting @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm
 - Wednesday 6** Romeria del Niño de las Uvas, Jumilla
Friends of Mazarrón Animals Quiz @ Camposol B
 - Thursday 7** Mazarrón Ladies' Circle Drinks & Nibbles



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The Choir that Rocks

Harlequin Rock Choir (Hrc) Performances

Our first performance this year was to support Friends of Mazarrón Animals (FMA) on 11th March at The Oasis, Bolnuevo. We sang some songs in our repertoire, wearing our new colourful T-shirts, in the beautiful setting on a warm spring day. Along with a bucket collection and stalls, over 1,000€ was raised for the charity.

On 21st April, we were invited to perform at a variety show at Alley Palais, Camposol B, in aid of Forget Me Not. We helped raise over 800€ and introduced a new song, *The Rose*, with just our own piano backing by one of our members - a first for us!



At the end of May we were at the Golf Club, Camposol C, singing in support of Age Concern.

We sang, whilst the Age Concern members enjoyed their lunch. We helped raise in excess of 300€.



Our next performance was at St Nicholas Church's Garden Party on the first weekend of June. We were there to support the poor of Mazarrón. Unfortunately, the weather was not very kind to us and we had to cut our performance down to only six songs. This did not dampen our spirits fortunately, because we were being filmed by the TV cameras for the next series of Bargain Loving BRITs in the Sun. Their story this time is focusing on Sean, the youngest and newest member of our choir. This part of the filming was to show how he is fitting into our choir and how we have welcomed him. I was bucket lady again!

A week later we were invited to perform at the Hacienda del Alamo Fiesta in support of MABS and we helped raise in excess of 300€. We really 'rocked' that evening in glorious weather on a wonderful stage. We enjoyed ourselves immensely singing new songs along with some old ones and the audience sang and

danced along and shouted for an encore! We ended the season on a high with a performance in the celebration room Mazarrón Country Club with an Ascot Ladies' Day arranged by MABS, when 1,800€ was raised. It was such an enjoyable performance due to the extremely appreciative audience who sang with us and danced. The soloists were wonderful as usual and we received a huge encore and a standing ovation. The TV cameras were there again to film the day, following Michelle and Derek Miles.

That's us finished now for the Summer. We will be back at our practice sessions every Saturday afternoon from 1.30pm starting from 9th September, at the Social Centre, Camposol B. If you wish to join us come and try us out. We are a very cosmopolitan group and although we practice on Camposol, our members come from all over the area.

If there are any charities out there who would like us to help raise funds, please telephone: Ruth: 634 311 369
Events and Publicity Coordinator
Ida: 654 411 974
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ITV Test - Registering A Foreign Vehicle in Spain



With the laid-back Mediterranean way of life here in Spain you may be forgiven for thinking that the ITV import test is a relaxed, cursory event. Here we let you know what to expect when your vehicle is tested.

Homologation

The vehicle's **Homologation** is the blueprint under which the car was manufactured and is the first item to be checked. The check is usually carried out by the ITV station technical director, (sometimes in advance of the test itself). It may be necessary to take the paperwork several days or even weeks before the test.

Starting The Test

If the technical director is satisfied that the vehicle documentation and technical paperwork is correct, the vehicle can then be tested. Some ITV stations will test the vehicle the same day, whilst for others there can be delays of several weeks.

Weights & Dimensions

During the test, the vehicle and each individual axle, will be weighed to ensure that the vehicle matches the declared masses on the vehicles **Homologation**. The vehicle's dimensions will also be carefully noted (to the millimetre) to ensure that the vehicle is the correct one on the paperwork.

Tyres

Tyres are thoroughly inspected for bulges, rips, tears and illegal wear, but the tyre size is also noted to ensure that it matches the correct size, load and speed rating for the vehicle, or is within the 3% tolerance allowed. The technician will also check that the tyres do not protrude past the line of the wheel arch.

Bodywork Condition

The vehicle's bodywork is checked to ensure there are no loose pieces, excessive rust, perforations, or modifications that are not permitted, such as unauthorised tow bars that were not factory fitted.

Safety Items

All seat belts are checked to ensure that they are in good working order. The operation of both electric and manual windows are tested. Window tints are checked to ensure compliance. Each of the vehicle's doors will be opened and closed to ensure correct operation.



Warning Lights

The vehicle's warning lights will be checked to ensure that there are no issues or anomalies. The common items are the engine management light which must not be on when the vehicle is running and the ABS warning light which must illuminate when the vehicle is started and extinguish within a few seconds when the system has self-checked.

Exhaust Emissions

As part of the test, the vehicle will have a probe inserted into the exhaust and a controlled test is carried out on the vehicle emissions to ensure they are within acceptable limits and conform with the vehicle's homologation.

Lights

Vehicle headlights will be checked to ensure that the beam pattern complies with Spanish/EU regulations and that they aren't unduly cloudy. Rear lights are checked to ensure that all brake lights are working, the fog light or lights are in the correct position and working and that all the indicators and sidelights are functioning correctly.

Brakes

The vehicle's braking system will be thoroughly checked and the brake performance of each wheel will be tested on a rolling road, to ensure that brake force is sufficient and evenly balanced between wheels on the same axle, or be within acceptable limits.



Suspension & Steering

As you would expect, steering and suspension items are all thoroughly checked on a machine that is designed to move the wheels in a way that will easily expose any issues. The vehicle will usually be driven over a pit where the technicians can carefully inspect the underneath of the vehicle, lower engine and suspension.

Diagnostics

Towards the end of the ITV import test, the technician will connect a handheld diagnostic reader to the vehicle's onboard diagnostic port to check for any errors that may not have been apparent during the test itself.

Pass/Fail

If your vehicle passes the import test, you will be given a pass certificate that you must keep in your vehicle and the ITV station will also prepare a 'Ficha Técnica' for you, although you may need to collect this at a later date, once it has been signed off. If on the other hand your vehicle fails, you will normally be given 60 days to sort the failure items out and retesting is either free or around 20€.

Summary

Whilst the above list of items is not exhaustive, it should go to show that the **ITV Import Test** is extremely thorough and is carried out by professionally qualified staff. For this reason we would always recommend that a pre-ITV check is carried out and that the process is managed by a competent agency that can head off many issues prior to the test.

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SPORTS & LEISURE SECTION



SPORTS

www.sailingmarmenor.com

SAMM
Sailing Association Mar Menor



Commodore Triumphs Again

Due to various Spanish sailing championships being hosted by their venue, CTD Los Narejos, the latest **SAMM Race Day** was held on Wednesday June 21st. For the second race day running, **SAMM Commodore** Jack Moss, with his crew Dianne Hardwick, was in a winning boat.



Cuatro 18.03.18.

In the first race, all 5 boats were away smartly on a starboard tack, but John Down, **Laser Radial**, made an error and tried to make up for it by switching to a port tack. This was the wrong choice and he ended up 4th at the

1st mark, the lead boat being **Omega**, Steve Hall and Andy Grant. **Vision**, Julian Pering and Stuart Meadows, struggled in the light wind. John was then in catch-up mode and passed **Cuatro** on the 2nd lap and Norman Veneer, also in a **Laser Radial**, in the 3rd and was then chasing the **Omega**. The lap times for the **Omega** were most consistent, averaging just over 10 minutes and they held off **John** to the finish. The wind had increased to between 5 and 6 knots by the 4th lap. All boats completed 6 laps in the hour-long race except **Vision** which only managed 3. After the handicaps were applied the race results were: **Cuatro**, Jack and Dianne, followed by **Omega**, John's **Laser**, Norman's **Laser** and **Vision**.

For the second race, with the wind at over 6 knots from S/E all the boats made a good start on starboard. The **Omega** was first to the windward mark, followed by John in the **Laser** and then **Cuatro** and Norman in the **Laser** battling it out, with **Vision** bringing up the rear and sailing well in the increasing wind. This was the order for a couple of laps, until John tried his port tack tactic at the

beginning of the 3rd lap, which worked this time and he beat **Omega** to the mark. With the wind gusting to 10 knots at this point this was the order for the remainder of the race. Lap times were faster than the first race due to increased wind strength. After handicaps were applied the results were: John, **Laser** followed very closely by the consistent **Omega** in 2nd, then **Cuatro**, Norman Veneer in his **Laser** and **Vision**.

All boats had good races, there were no incidents to mar the proceedings and yet again some of the Average Lap timings were very close.

First Race

Cuatro 518 secs
Omega 522 secs
John **Laser** 533 secs
Norman **Laser** 585 secs
Vision 816 secs

Second Race

John **Laser** 375 secs
Omega 381 secs
Cuatro 394 secs
Norman **Laser** 423 secs
Vision 559 secs



John on the Radial 31.05.23

Photos.
John, left and Jack, right.
Cuatro
Laser

A SAMM Day Out

Two of the **SAMM Groups**, **Balaton** and **Shoestring**, enjoyed a fun sail-meal-sail on Friday June 23rd, organised by Balaton Group leader Julian Pering as part of the **SAMM Social Calendar**.

2 **Shoestring** boats **Uno** and **Cuatro** and three **Balaton** boats started from their base at CAR, Los Narejos on the Mar Menor at 10.30am with the **SAMM** support boat, crewed by Martin and Norman, heading for the La Playa restaurant at Los Urrutias. Some wives and other members were to meet them

there.

Two of the **Balaton** Russian members were sailing **Sirocco** with new Swedish member Nils. **Vision** was crewed by their German member Jurgen with Jez and guest Shelley and **Ginetta** by Julian with Colum and Laura. The five boats sailed through the gap between Pediguera and Baron Islands on a south easterly breeze, then turned west towards Los Urrutias. Well most did! For some reason Jez was convinced that Los Urrutias was further down the coast and instead of following the other four boats, decided to sail on south. Once they realised the mistake they put away their sails and motored in order to catch up. The **Shoestring** dinghies put into the beach adjacent to one of the new jetties while the **Balaton** boats anchored offshore due to the shallow water.

Everybody had an excellent Menu del Dia at La Playa restaurant with 22 people from **SAMM** attending. After lunch, Julian accepted the 'Parrot' (a prize for a **Balaton** member who messes up) from Sergey for the mistake of not putting **Visions'** keel down at the start of the last race day. However, he was pleased to immediately pass it to Jurgen and Jez for heading in the wrong direction this morning. Over lunch, Colum and Laura asked if they could join the **Balaton Group** and have since done so.

The dinghies were able to get quickly away once the lunch was over and the Whaly gave the crews a taxi ride out to the **Balaton** boats. As requested by Martin, Julian helped push the Whaly off the jetty and, as a reward, was soaked to the skin by the prop wash when Martin deliberately revved the engine. Unfortunately no video of this ambush.

On the way back, the boats had a lovely beam reach sail in a decent breeze. **Sirocco** decided to take a route too far to the east, the crew not knowing they should steer for the blue building which shows where to head to get back to CAR. Jules phoned to get them back on track and they were not far behind, coming in fast on the good breeze.

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SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolf.com

Our game for June was on the 29th to in Murcia and as expected it was hot and humid, but with the course in good condition, it was a great day for golf.

be a very competitive game in whichever Division you played in.

Nearest The Pin winners were; Paul Western, Richard Dixon and Paul Livingstone with the **Two's Pot** rolled over to the next game.

Our next game is to Roda on Thursday August 31st.



Overall winner Captain Gary Ahearne



Division one winner Mark with Captain Gary Ahearne



Division three winner Maurice with Gary

It was our Captain, Gary Ahearne, who showed the way by leading the field with 37 points scored to win overall and in Division Two. Runner-up in this Division was Dave Mitchell with 35 points. Mark Palmer took the top prize in Division One with 32 points. Runner-up in Division One was Ken Blakeman with 29 points. Top in Division Three was Maurice Nafzenger with 31 points, but only on countback from Bernie Blakeman also with 31 points.

Anyone wanting to know more about **FOGGS**, please contact us by email at info@fuenteoldguardgolf.com

Dave May

It was our **Captains' Day** and with 39 players in the field it was always going to

SPORTS

La Vuelta Race

<https://www.ciclo21.com/vuelta-espana-2023-recorrido-equipos/>

La Vuelta will start on Saturday 26th August in Barcelona and end on Sunday 17th September in Madrid. During its 21 stages, it will have 11 starts and 8 unpublished goals and it will visit 9 autonomous communities and three countries: Spain, Andorra and France. The cyclists will face ten mountain finishes, two time trials, seven mountain stages, six medium-mountain stages, four flats and two flats with a hill finish.

from Andorra La Vella to Tarragona to end the Catalan and Andorran journey of the first days of the race.

Cartagena coast before heading inland to end in Caravaca de la Cruz on Sunday 3rd September.

The Valencian Community will host the next phase of **La Vuelta**. The cyclists will travel through the province of Castellón on a journey through the mountains between Morella and Burriana. La Vall d'Uixó in Castellón will be the starting point of the next stage on the way to Teruel, with the final ascent to the Javalambre Astrophysical Observatory as the highlight of the day. The first day of the race on the flat line will be the 7th stage, with a fast finish in Oliva. The peloton will say goodbye to the Valencian Community with a stage finish on the Costa Blanca to finish on a peak already known to cyclists,

The second week of competition will begin in the province of Valladolid, which will host a **25km Individual Time Trial**. Afterwards, the peloton will continue advancing towards the west of Castilla y León to visit the Laguna Negra de Vinuesa. Zaragoza will give the sprinters the last chance before heading to the Pyrenees to experience two tough mountain stages.

Firstly Aubisque and Tourmalet, followed by Issarbe, Larrau and Larra-Belagua on the second day, will decide two tough stages of the race. Pamplona and Lekunberri will be the scene of the day prior to the second and last day of rest.



Barcelona will host a **Team Time Trial** with a very urban layout in the first stage. The second day will start from Mataró and will end again in Barcelona at the gates of the Lluís Company's Olympic Stadium. After the first two finishes in Barcelona, the peloton will head to Andorra from Súria to experience the first mountainous day of the race. The race will continue with the first unprecedented high end with the climb to Arinsal and the cyclists will sleep on Andorran soil before heading south



Xorret de Catí. The Region of Murcia will put the cyclists to the test with a day beginning on the

The demand will not drop in the last week of the race and, after the unprecedented finish in Bejes, **La Vuelta** will arrive at L'Angliru. The Principality of Asturias will once again be the judge of the race, with a new hilltop finish at Cruz de Linares. The sprinters will be tested on the way to Íscar before Madrid. The penultimate online stage at the Guadarrama Basin will be a test for the cyclists with 10 third category climbs that will decide the final winner before the traditional final stage in Madrid.

<https://www.ciclo21.com/vuelta-espana-2023-recorrido-equipos/>



SPORTS

Straight Down the Middle Golf Society

sdtmsec@gmail.com



Winner Section A - Mark Palmer



Runner up Section A - Keith Docking



Best Guest - Kyle Davidson

Straight Down the Middle Golf Society had the great pleasure of playing our June competition at Aguilon Golf. This course always seems to be high on the list of player's favourite courses in this area and we were not disappointed this visit either. Admittedly the greens had been hollow tined a couple of weeks before our visit and they were running very slowly due to the dressing that was still in place, but that is easily forgotten by the excellent condition of the rest of the course and the fantastic views experienced whilst playing.

It was nice to see that we had a number of guests and some ladies join us for this competition and I believe that we have more who have put their names down for the next competition at Val de Este. Our thanks go to all the staff at Aguilon for making us feel so welcome, and also to Trevi Bar on Camposol who did us proud again with chip butties and nice cold refreshments on our return for Prize Giving.

Results

Section A

Winner – Mark Palmer
 Runner-Up – Keith Docking

Section B

Winner – Phil Markwell
 Runner-Up – Tony Dawson
 Best Guest – Kyle Davidson

Nearest Pin

Hole 8 – Tony Dawson
 Hole 12 – Norrie Bull

Andy Eustance

SPORTS

Los Reyes Golf Society
The Kids in Need Golf Society



Division 2 winner Peter Kirke



Nearest the PIN winners



Division 1 winner Mark Palmer

Roda Match Report

Our June fixture was held at the lovely Roda course. The course was in excellent condition and the weather was very hot and humid. Despite the very humid conditions, scoring was very good with nine players on 30 points or more.

With an excellent round and score of 38 points, Mark Palmer won Division 1,

closely followed by David Hudson and Colin Walters on 34 points.

In Division 2, Peter Kirke won with an excellent score of 36 points, scoring 23 of those points on the back nine. Ian Murphy had a very good round scoring 33 points.

Nearest the Pin winners on the par 3's were David Hudson (2nd), Dave Hall (7th),

Dave May (11th) and Karen Jones (13th).

The **Two's Pot** was shared by Gavin Elbourne, Neil MacFarlane and David Hudson (twice).

Our next fixture is at La Serena on Monday 14th August.



GROUPS

Los Bandidos

Email: ironmankev08@gmail.com

Los Bandidos Race in Sorbas 13 **Los Bandidos** runners took on the 5th race in the Circuito de

Carreras Populares Diputación de Almería 2023 in Sorbas on Saturday 17th June. The 9k race started at 7.30pm, with the temperature still tipping 30°! The hilly route, leaving the sports centre straight up a hill, went through the town, along a rambla, avoiding a few muddy puddles, then a long steady climb, followed by a steep downhill, with the final sprint uphill to the finish line.

We won one raffle prize and the ladies came home with six age-group trophies, which were individually made at one of the local potteries. As a team (4 fastest runners) we finished 9th and won a prize for being the 3rd best represented club.

The winner finished in a speedy 32:01, with the first lady in 39:29.

182 runners crossed the finish line.

Trophies were awarded to 1st, 2nd & 3rd places in each age group as well as to the overall winners.

Los Bandidos Results

108 - Andrew Hyde - 47:14
118 - Dean Haywood - 49:56
121 - Sarah Briggs - 51:00
131 - Patricia Mulcahy - 52:30 (2nd D-F)
137 - Kirsty Ratcliffe - 53:27 (3rd D-F)
142 - Clare Saunders - 54:56 (1st F-F)
143 - John Davidge - 54:58
154 - Corinne Cheral - 56:36
158 - Karen Ayers - 57:59 (2nd F-F)
161 - Sharon Howlett - 59:22
169 - Tess Cann - 1:03:38 (1st E-F)
182 - Lesley Davidge - 1:25:02 (1st G-F)

In the Sub-14 category Guillermo Moscardo Cheral ran 1k and finished in 5th place in a time of 05:32.

Results: <https://www.cruzandolameta.es/clasificaciones/v2/sorbas-circuito-de-carreras-populares-diputacion-de-almeria-2023---1814/#clasificaciones>



Los Bandidos' 5th Anniversary - Sunday 18th June - **Beach Picnic**

Founder member, Kevin Rowe, thanked **Los Bandidos** for their contribution to the amazing growth of the group in just five years. The group started with a small number of runners who met once a week to run the 5k Mojácar Paseo. This soon grew to encourage joggers and walkers, from permanent residents to regular visitors and holiday



include a road cycling group, a triathlon group and a group of sea swimmers.

To celebrate the anniversary, awards were presented to group members who have excelled or shown true **Bandido** spirit during the year:

The main prize, the 'Golden Helmet' was presented to Patricia Mulcahy for the most improvement, running, swimming and cycling. She has also participated in two triathlons and won her first running trophy at Sorbas.

Three special awards were presented to Donna Brann for her dedication and improvement in running, to John and Lesley Davidge for being great **Bandido** members and supporters and to Karen Ayers for her numerous roles: Press Secretary, Administrator, Social Media Manager, Cycle Route Organiser etc!

Two further awards were presented, to Mark Naylor for his bike dismounts at the Vera Triathlon and to Guillermo Moscardo Cheral for being the youngest **Bandido** and wearing his blue and orange club shirt with pride.

If you would like more information please follow us on Facebook <https://www.facebook.com/groups/490933409244200>

Los Bandidos Two Race Weekend

Just two **Los Bandidos** runners took on the 6th race in the Circuito de Carreras Populares Diputación de Almería 2023 in María on Saturday 1st July. It was a tough, two-lap, hilly 9.4k route on a hot and humid evening. The winner finished in 36:28, with the first lady in 43:48. 121 runners crossed the finish line. Trophies were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners.

Los Bandidos Results

107 - Corinne Cheral - 1:02:14

In the Sub-14 category Guillermo Moscardo Cheral ran 1k and finished in 6th place (3rd male) in a time of 05:12.

Results: https://www.cruzandolameta.es/clasificaciones/v2/maria-circuito-de-carreras-populares-diputacion-de-almeria-2023---1815/?fbclid=IwAR2XwCW1ucYVq00rLb5qIFAjqAc4KJbwOid2RsyTG1JMBciJ07Y5_PJMGkw#clasificaciones

On the same evening, **Los Bandidos** runners took on the IX Milla Portuaria de Carboneras, which comprised three events; a 5 mile race, a competitive 1 mile race and a non-competitive 1 mile. The 5 mile race was two flat laps round the port, along the Paseo and a couple of hundred metres of leg-sapping run on the sand. Just one trophy and a box of fruit and veg, which went to Clare Saunders who was 1st in her age group.

makers and now meets twice a week (Saturdays and Wednesdays). All ages, nationalities and speeds are welcome! This then expanded further to

The winner finished in 28:03, with the first lady in 33:18. 99 runners crossed the finish line. All runners received a commemorative t-shirt and post-race beer!

Los Bandidos Results

5 miles
60 - Andrew Hyde - 40:52
78 - Dean Haywood - 43:57
80 - Chris Bailey - 44:43
94 - Clare Saunders - 48:53 (1st VC-F)
1 mile competitive
Winner: 05:38
1st female: 06:38
27 finishers
23 - John Davidge - 09:37
27 - Lesley Davidge - 15:26

1 mile non-competitive (no timing)
Amanda Hyde, Marie Haywood, Victoria and Alan Battman

Results: <https://www.cruzandolameta.es/clasificaciones/v2/resultados/ix-milla-portuaria-de-carboneras---1851/5460/>

Los Bandidos Race the IX Media Maratón, 11K and 4k Ciudad de Vera

15 **Los Bandidos** runners took part, finishing at Club Deportivo in Puerto Rey on Saturday 8th July. It was a very hot and humid evening, but the event was extremely well organized with plenty of water stations and **Los Bandidos** support, encouraging all runners.

All finishers received a commemorative medal, a race t-shirt and bag, as well as a lettuce and cherry tomatoes! Food and drinks, including beer was available at the finish!

Los Bandidos Results

4km
Winner: 13:07
1st female - 18:10
92 finishers

34 - John Davidge - 21:10
42 - Kim Parry - 22:15
53 - Sarah Bailey - 23:57
79 - Amanda Hyde - 27:13
80 - Donna Brann - 27:13
92 - Lesley Davidge - 34:25

11km
Winner: 39:15
1st female: 45:38
192 finishers

121 - Chris Bailey - 59:43
125 - Tom England - 1:00:14
143 - Ian Forrester - 1:02:40
151 - Corinne Cheral - 1:03:52
153 - Clare Saunders - 1:04:14
156 - Lili Komolenkova - 1:04:42
187 - Kevin Rowe - 1:19:08

Half Marathon

Winner: 1:13:21
1st female: 1:27:49
157 finishers
52 - Aki Lisauskaite - 1:39:47 (2nd VAF)
94 - Andrew Hyde - 1:51:47

Full results: <https://www.alcanzatumeta.es/ix-media-maraton-y-11k-ciudad-de-vera/>



SPORTS

Los Amigos de Mazarrón FC

www.fb.me/Mazarrón2016

www.mazarronfc.es/introen



The 2023/24 season gets closer and closer and, although we do not have fixtures for **Mazarrón FC** at the time of going to press, we do know the format of the league and which teams will be taking part.



at the Municipal La Caverina, Calasparra. This will mean we will have the chance to return to the Hotel Argos for a supporters' pre-match meal where we have been well entertained in the past. Another venue we will be pleased to return is Yeclano where we will be paying their 'B' team and will again have the opportunity for a pre-match lunch at the Restaurante Media Luna just outside Jumilla. Three of last year's relegated clubs in **MFC's** group have retained their places in the **Preferente** as sides in the lower divisions did not have the funds to compete at a higher level. They are Bala Azul, Olimpico de Totana and Aljorra.



The re-organization and new format for Spanish football has now been completed and the **Preferente Autonómica** will once again have 18 teams this year. The teams occupying the top three positions at the end of the season will be promoted to the **Tercera División** and the teams finishing in the bottom three will be relegated to the **Primera Autonómica**.

Of the eighteen teams in the league, there are a few relatively new names for **MFC** to play. Atletico Pinitarens were promoted after finishing top of Group One in the **Primera Autonómica**. They play at the Complejo Deportivo Jose Antonio Perez, San Pedro de Pinitar, with lots of seating, some of which is covered. Then EF El Raal, who played in Group Two of the **Preferente** last season will be making their first visit to Mazarrón. El Raal is northwest of Murcia City and they play at the Polideportivo Municipal de El Raal.



A local trip for **MFC** will be to play EMF Fuente Alamo who were promoted from the **Primera División** via the play-offs. They play at the Polideportivo Los Cuatro Vientos, Fuente Alamo. Ciudad de Calasparra were promoted as champions of Group Two in the **Primera** and they play

As soon as the fixtures and season ticket prices are announced they will be shown on our Facebook page fb.me/mazarron2016

In early July **MFC** issued a statement saying that the Club had agreed to become an affiliated club with Real Murcia FC and both clubs will work hand in hand. The statement said; "With this union it is hoped to establish a relationship of total collaboration between the two parties with the objective of the two clubs growing together. In addition, **MFC** will have the support of Real Murcia, both in the sports field and in other areas, helping each other to achieve their goals and objectives."

It is not clear exactly what this statement meant and there has, so far, been nothing further said to shed light on this. Meanwhile the club has announced the signings of three players; Tabora and Harold from last season's squad and the return of Kevin 'The Prince' Wolosso, who made a good impression in his previous spell with the club in the 2021/22 season.

The AGM of **Los Amigos de Mazarrón FC** was held in June. There were vacancies on the Executive Committee, but as there were no new volunteers, the committee remains the same as last year:

- President - Bill Davies
- Vice-President & Social Secretary - Derek Harding
- Secretary - Mary Harding
- Treasurer - Gerard Mulligan.
- Membership Secretary - Russell McMillan
- Press Officer - Dave Capper
- Executive Member - Paul Cassidy
- Executive Member

Honorary Life Presidencies of **Los Amigos** have been awarded to Alan Lyle and Gerard Mulligan in recognition of their services as Past Presidents and for all their hard work on behalf of **Los Amigos**.

Tuesday 26th September - End of Summer Black-Tie Ball and Dinner @

Restaurante Amapola, Bolnuevo. 7pm-11.30pm.

Entertainment by Carolyn May. Welcome drink on arrival followed by a three-course meal.

Menu:-
Starters on the table:
Squid in Batter with Tartare Sauce
Spanish Ham and Cheese
Vegetable Tempura

Main Course:
Breast of Chicken with Peppered Sauce and Potatoes
Special Filleted Sea Bream Amapola

Desert:
Cheesecake
Individual Fruit Platter

Wine, beer, and Soft Drinks are included during the serving of dinner only. Any drinks ordered before or after the meal will need to be paid for at the time of ordering.

Dress code is Evening/Cocktail dresses for Ladies and Black Tie, Lounge Suit/Highland Dress for Men (no jeans, shorts, or tee shirts)

Tickets €35 for members/€37.50 for non-members.
Transport to and from the venue €5 for members and €7.50 for non-members.

Please contact dereksocialfc@gmail.com to book your tickets.

Los Amigos Membership runs from August each year and has again been kept at €20. Members and a partner are entitled to discount on coach travel to away games and to all **Los Amigos** social activities. Members only are allowed to attend the monthly business meetings. Membership forms are available from Membership Secretary, Russ McMillan at 8254981@gmail.com



SPORTS

Camposol Golf Association



Email: bettyloyd1560@hotmail.com

Camposol Golf Association Men's Wednesday Group

As the weeks go by, the weather continues to dominate the golf scores with fast fairways, although the rough is getting a bit too long for some players, but good scores keep on coming in. The Competition on 28th June played from the yellow tees was 3 scores to count on the par 5s, two scores on par 4s and one to score on par 3s.

- 1st - M Lewis, T Colvin & S Parsons with 90 points
- 2nd - J Layland, A Wakefield & A Rae with 85
- 3rd - B Purkis, N Morgan & N Smith with 84

There were five 2s

Thanks to John, Andy & Alastair, for the presentation.

Wednesday Group's Competition 5th July



Wed. Winners 5th July

The Competition on the day was 3 ball stroke play with one to score. There was excellent scoring on the day with bright breezy conditions, played off the yellow tees.

- 1st - B Purkis, J Layland & N Smith with 57 net, that makes it hat trick for Brian's teams in the last 3 competitions.



Wed. Winners 28th June

- 2nd - N Morgan, D Plant & B McCluskey with 58 net C/B
- 3rd - E Toye, D Watts & M Lewis with 58

There were four 2s; E Toye, D Hopkins, N Smith & D. Griffiths
Football card winner again was J Layland with Aston Villa
Thanks to John, Neil & Brian for the presentation



Camposol Ladies -v- Hacienda Ladies

Eugene Toye
CGA Competition Secretary
CGA Ladies' Tuesday Group
On a lovely sunny day at the end of June,

Camposol Ladies' Group hosted **The Alamo Golf Society** with teams of 8 four ball better ball match play Competition. The course was in excellent condition, with fabulous greens and the match was played in a great spirit. Camposol came out as winning on the day. Following the game, the ladies retired to the 19th hole for the prize giving and photos, followed by lunch and a few (!) bottles of Cava. The return match is scheduled for September at Hacienda del Alamo Resort and everyone is looking forward to it.

Debbie Murray
Club de Golf May Competition - Friends of Mazarrón Animals

Thank you to everyone who got involved in the day's events, especially those who turned up very early to take part in the 'Across the Pond' Challenge!

NTP Results
NTP on the Across the Pond Challenge Men's Event - Paul Rawlings
NTP on the Across the Pond Challenge Ladies' Event - Alison Vasey

- Hole 3 - Mick Drummond
- Hole 5, - Brad Willetts
- 8 in 2 - Paco Belchi
- Hole 11 - Paco Belchi
- Hole 13 - Rob Greatley
- Men's & Ladies' Longest Drives kindly sponsored by Henry Hayward Painting & Decorating Services:
- Ladies' - Vron Porter
- Men's - Steve Parsons

- 1st - Dennis, Degsy, Rob, Hayley - 57.6
 - 2nd - Paco, Pacqui, Jeronimo, Rafael - 58.0
 - 3rd - Brandon, Liam, Owen, Darren - 58.1
- Once again, thank you to all who supported this event. We hope you enjoyed the day, the BBQ, and the entertainment provided.

Alison Vasey
Club Captain

Betty Roberts

SPORTS

CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

Wow, what a scorcher July has been! We have had some great weather to accompany our sports events so far. July has also seen the popular **Paddle Boarding** and **Beach Games** re-introduced for the summer and the fun and friendly **Walking Football** sessions are as popular now as ever. We also have two new sponsors to introduce and welcome to the group.



The **Camposol Free Community Sports** Facebook page is there for everyone to use as a platform to advertise (or find) free sporting and outdoor activities, so if you fancy organising or attending a bike ride, a fitness session, a walk or whatever, just put a shout out on the page.

It's what it's there for! There will be likeminded people who want to join you! We are always looking for new events to add to the page and if your event becomes a regular feature we can help to raise funds for equipment if needed. **Camposol Free Community Sports** is a great group, with lots of fun and interesting people and events. Everyone is welcome at these events and they are all free, so join the Facebook page and come along and get yourself involved.

Camposol Free Community Sports are proudly part of **Camposol D Gardening and Community Group** and are sponsored by 2Let2sell2buy.com, **Currencies Direct**, Cat's Bar, Tel's Bar, Nighthawk Couriers and now we welcome 24/7 Locksmith Spain and **Kevin's Flyscreens** to the team.

Thank you all and we hope to see you soon!



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Volunteers made welcome at **"B" Clean Gardening Group.** Contact us via our Facebook Page "B Clean" Community Gardening. If you would like to help, you can call Colin on **727 770 944** or Jim on **603 350 402**

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INFORMATION

Spanish Fiestas in August



4th - 6th August - VIII Me Vuelves 'Lorca' Festival @ Laroles, Nevada

The Festival, as its name suggests, pays homage to the poet **Federico García Lorca** and his desire to bring theatre to the rural towns of Spain. It has become an unmissable event, attracting visitors from all over the world. It is much more than just a performing arts festival. In 2013 work began restoring an old threshing floor to transform it into a beautiful open-air theatre. The festival combines culture and social action and its programme focuses on **Federico García Lorca** and includes theatre, music and workshops with performances by national and international artistes.

6th August - Canoe Festival @ the Sella River, Asturias

This sporting event has been held since 1930. It is full of music and colour and has become one of the most important dates on the international canoeing calendar. Every year, on the first Saturday in August, canoeists from all over the world come to Asturias to take part in the Sella River Race. In order to participate you must have a valid competition license. More than one thousand canoes battle it out to be first home over the 20km course, which runs from the village of Arriondas to the finish line in Ribadesella. On the shore, thousands of spectators enjoy themselves, shouting and encouraging the participants.

First thing in the morning, the river train sets out from Oviedo and Ribadesella packed with people to see the start at 11am, while the canoeists get ready on the river. Colourful crowds of people in fancy dress make their way through the streets of Arriondas to watch the race, either on foot or on all kinds of strange vehicles. At 12pm, the traditional verses to mark the start are read out and the competition starts with a stampede of canoes towards the river and the excited shouts of the spectators. On the way, the river train and the unusual motor cavalcade accompany the competitors. At the finish line, the party transfers to the Campos de Ova, where trophies are awarded in each category. There is then a huge picnic with food, cider, song & dance. The night continues in Ribadesella until the early hours, with its bars and open-air parties.

8th - 20th August - The Segura International Folklore Festival @ Ceiza, NW Murcia

This festival is organized by the Cieza Choir and Dance Group and is held annually. It shows a great display of joy, respect, tolerance and solidarity, where people of different races, religions, ideas and backgrounds coexist, in the midst of a great festive atmosphere, with a common language: folklore.

Every year in August, Cieza becomes the world capital of popular culture, with a craft market, parades of the different participating groups and different activities, as well as musical shows by different companies.

10th - 27th August - Horse Races On The Beach @ Sanlúcar de Barrameda, Cadiz

This exciting, beautiful sporting spectacle is one of Europe's oldest equestrian contests. Since 1845, during the evening's low tide in the month of August, the beaches of Sanlúcar de Barrameda have been used for horse races. Popular tradition has it that the origins of these celebrations go back to the informal competitions that took place between fishmongers, to see who could get to market first.

The event comprises two 3-day cycles. On each day, beneath a spectacular sunset, riders compete for various prizes in a lively atmosphere. Attendance is free of charge and at the finish line there are official betting stands to make the races even more exciting. Extra fun is provided by the children who organise their own bets from original, colourful stands they set up all along the beach. The festivities in Sanlúcar in honour of the local patron saint are held during the same period, and feature parades of carts and carpet of flowers in the streets in the centre of town.

19th August - The Nalón Boat Parade @ Pola de Laviana, Asturias

This carnival is one of the biggest summer events in Asturias. Held on the water it is full of humour and creativity and has been held since 1968. It was declared a Festival of National Interest for Tourism in 2021.

The festival centres on the descent of the River Nalón by boat and is notable for the number of participants. The boats are like carnival floats and

are marvels of originality on the stony, white-water river. The celebrations last all day and all night on the 3rd Saturday in August. Cultural activities, activities for children and concerts are organised in the morning. The boats arrive at the starting point, ready to set out on the procession in the early afternoon. The descent is the heart of the festival, with often more than 4,000 crew on the boats. After the descent, the boats are put on display and the fun continues at the fairground with music, entertainment and the prize-giving ceremony.

19th August - Asturcón Horse Festival @ Sardeda, Piloña, Asturias

This is a celebration of the Asturcón horse. The festival was started in 1980 when these horses were facing extinction. The festivities begin in the morning with an open-air mass, continuing throughout the day with a dance competition, brass bands, bagpipe bands and a communal meal laid on by a local social club. Then there is a display of riding and dressage, which includes marking all Asturcón colts born that year.

19th - 27th August - Natural Cider Festival @ Gijón, Asturias

Cider is the region's favourite drink and one of the high points of the festival is when thousands of people gather on the beach and 30,000 litres of cider and 10,000 glasses decorated with the festival logo are distributed. There are lots of activities for visitors to take part in, such as a cider pouring competition (pouring cider in the traditional way is a lot harder than you might think!) in the Town Hall square and a cider and apple market.

15th - 20th August - August Fair in Xátiva, Valencia

Xátiva has been celebrating this traditional fiesta since 1250, at the time of King Jaime I. Xátiva celebrates the oldest fiestas in the Region of Valencia. Besides the sale of livestock and typical produce, the **August Fair** has a full programme of activities: concerts, theatre representations, contests, sporting competitions, regional folklore, fireworks, 'tiro y arrastre' (competition where animals have to drag loads), young bull-running, bullfights etc.

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