

# COSTA CÁLIDA Chronicle

CELEBRATING 23 YEARS

February 2023 • N°279

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Processionary Caterpillars

St Valentine's Day


History Snippets



Spotlight  
On Mojácar

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DEAR READERS

What a change in the weather! After the amazing temperatures of December and the first part of January, winter does appear to have finally reached us!

We are really spoiled to be living in such a beautiful part of Spain. There is so much going on in the area and only a short drive away is the stunning town of **Mojácar**. We felt that we would like to share with you some information about this beautiful town and you'll see why it was nominated and subsequently won the Ferrero Rocher "Together we Shine More" annual award. Check out pages 36-39 and make the most of a trip to the 'pueblo' or 'playa'. We have had an amazing response to our great magazine already from businesses there and although it is not technically in the Costa Cálida, **Mojácar** is so easy to get to.

Including new businesses in **Mojácar**, we would like to **Welcome/Welcome back** the following businesses:

**Amapola Restaurante**  
**Casaflor, Mojácar**

**Choice Rentals Almeria, Mojácar**  
**Colour Glass Window Tint**  
**GC Partners, Mojácar**  
**Ibex Insurance, Mojácar**  
**Mojácar Estates**  
**Mojácar Fitness**  
**Oakland Holiday Park**  
**Red Square**  
**The Property Group**

The next main fiesta here in Spain will be **Semana Santa** at the beginning of April, so if you have any events that you would like to advertise in the March edition, please let us know so that people have sufficient time to plan their entertainment. Email us at [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com) or call our sales team on **619 199 407**

Enjoy this month's magazine, from all of us at the **Chronicle**.

THANK YOU TO OUR CONTRIBUTORS

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

**Ashlí Miréla - Health & Wellness**

**Car Registrations Spain - Driving in Spain**

**Jane Cronin - Learning Spanish**

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

**Rainbow Satellites - TV News**

**Sara Millbank - Ma Millbank/Sara's Blog**

**Shaun Matthews - Camposol Explorers**

**Think Spain - The Handmade Tour**



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Our office address is:

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Payments can also be made in our office on Monday-Friday 10am - 4pm

If you would like to place an advertisement or write an article to be included in the Costa Cálida Chronicle, then please send it to us [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)

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# Business News

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

## Important Notice

**Helping Hands** are delighted to announce their change of venue. With immediate effect all **Helping Hands** fundraising activities will take place at The Diner, Camposol B and events already planned include; **Take That (The Flood)**, **Live Magic/Illusion Dinner Show**, **Spring Craft/Gift Fayre**, **Abba Elite** and more. Please continue to support Helping Hands and the work they do for the animals in this more intimate venue. For further information please pop in to The Diner or call them on **968 970 606**

## St Valentine's Day

Who doesn't like to be spoiled on this romantic day?

Below are some of the local businesses who have special offers for St Valentine's Day

Come and celebrate this romantic evening on 11<sup>th</sup> of February at the beautiful **Amapola Restaurante** in Bolnuevo.

We are offering an amazing evening of **Dinner and Dance** (see our advert on page 8). Why not complete your evening without having to worry about driving and stay the night?

Special offer including breakfast available.

Call or email us for more information and bookings on

**968 156 503** or **660 328 092** (Kate)

[reservas@hotelpayasol.es](mailto:reservas@hotelpayasol.es)

Having a dilemma what to buy that special lady in your life for **St Valentine's Day**? Contact **The Beauty Palace**, Camposol B about their Express Dermalift or Express Facial package combined with a Wash & Blow Dry AND Shellac nails at just 35€. This will win you some brownie points! Gentleman aren't left out either, with massages and the spa area/jacuzzi available (free infrared treatment with any full body massage)

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Call in to **The Salon** or call for an appointment on **691 916 717**

At **Puerto Pelo** we are offering some wonderful treatments for your **Valentine** or just yourself. The offer is valid for the whole of February.

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Special **St Valentine Vouchers** available.

Call for an appointment or more information on

**602 453 166**

Come to **The Loft Hair & Beauty Salon** at the Pyramid Center, Puerto de Mazarrón for a special pampering session. Book yourself or your loved one in or even gift it to that special person in your life this **St Valentine's Day**.

This includes a Gel Manicure, Cut & Blow, Eyebrow Wax & Tint and Cava for a special price of 45€. *Valid only Tuesday the 14<sup>th</sup> February.*

Call **868 110 254** for an appointment.

Treat your loved one or yourself for a **St Valentine's Day** pampering at **Top2Toe**

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**EDITORIAL** **Driving in Spain**  
 by Car Registrations  
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**Registering a Vehicle in Spain - Where to start. By Car Registrations Spain**

In our new monthly section we will provide advice on importing your foreign registered vehicle onto the Spanish registration system, along with more general motoring advice on keeping legal on the roads in Spain.

In this article we will provide the information you need to make your car legal on the Spanish roads and the steps you should/should not take if you are planning on bringing your vehicle to Spain.

\*\* See our Special offer below, in association with **Costa Cálida Chronicle**

\*\* Have you got a car, motorbike or some other vehicle in Spain that you are thinking about registering on to Spanish plates and

you don't know where to start?

**Keeping Legal**

The first thing to do is to make sure that your vehicle is still legal in the country of current registration, as this is a basic requirement for all foreign vehicles which are to be used on Spanish roads. For a UK or European registered vehicle, this means that it must be taxed, have an up to date MOT and of course, be insured. It's important to note that SORN is the same as 'untaxed' and will result in a fine and possible vehicle confiscation here in Spain.

Another factor to consider is that if you are a resident, you may only drive a foreign registered vehicle for 30 days and must import the vehicle within 60 days of its arrival in Spain. For a non-resident it's 6

months.

**DVLA** - If you are the owner of a UK registered vehicle you should NOT tell DVLA that you are exporting your vehicle until it's actually registered on Spanish plates as this will render your vehicle illegal if used on Spain's roads due to a difference in each country's laws. Additionally, there can be errors on vehicle registration documents that cannot be amended once the vehicle has been exported and this can sometimes prevent matriculation on to Spanish plates.

**Paperwork** - It is a legal requirement in Spain that you must have the original vehicle registration documents in your vehicle when using it on public roads and be able to produce evidence of vehicle insurance if requested to do so. If you are worried about keeping the original documents in the vehicle, it is also acceptable to have notarised copies instead, although you will need the original registration documents to be able to register your vehicle on to Spanish plates.

Occasionally Police or Guardia Civil officers may ask you to provide proof of when the vehicle arrived in Spain if they suspect that the vehicle has been in Spain longer than it should, so having a Eurotunnel receipt, ferry ticket or transporter invoice with a recent travel date to hand is a good idea.

**No Tax or MOT?** Of course there are plenty of vehicle owners who for one reason or another have let their tax or annual MOT lapse, or have had their vehicle in Spain for longer than they should. In these circumstances it is possible to get temporary import plates which will allow you to drive your vehicle for 60 days, irrespective of its tax and MOT status.

**Special Offer for readers of the Costa Cálida Chronicle**

\* As part of our collaboration with the **Costa Cálida Chronicle** we are offering **FREE Temporary Import Plates** as part of the import process, for those customers that require them. Simply contact us and mention **Costa Cálida Chronicle** to take advantage of this offer.

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**EDITORIAL**



hello@manycards.app  
www.manycards.app

**What is Many Cards?**

**Many Cards** is an impartial, free-to-use service that lets you find and interact with local businesses in the surrounding areas. We do this by having all their business cards listed in one, easy-to-use app, for both Apple and Android.

We want to end the horror of fumbling around for lost and tatty business cards and to provide innovative tools and features to make your life easier.

Users of **Many Cards** easily find the businesses they need because the cards are categorised, so, if you need a dentist, a taxi or a solicitor...just open the app!

**What features are there in the app?**

**Many Cards** is available in English and Spanish (we are adding more languages, like French, German, Portuguese and Dutch in the coming weeks).

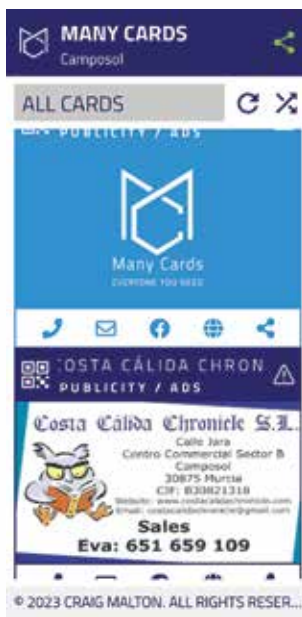
You can see the front of business cards (and flip around to the back!) and use a single tap to call them, email them, send them a WhatsApp message, visit their website/Facebook page or share it with your friends and family.

Each card has its own QR code, so you can share them when out and about and tapping on their card takes you to their profile where you can see special offers, prices, menus, videos, photos and anything else pertinent to them.

It's ALL in one place; the palm of your hand!

**What do you mean by being impartial?**

We do not provide a way for users to rate or review businesses and the information we provide is randomised whenever the app is used, or the refresh button is tapped. Users are guaranteed that they will get an impartial, random view without regard to a business's level of popularity. We do place courtesy (free and basic) listings beneath those that have chosen to upgrade their listing to premium. We think that premium and courtesy listing should get fair and equal exposure (within



their courtesy or premium group).

**How do businesses get listed?**

Businesses can list their business card, along with all their information, price lists, menus, photos, videos, etc by visiting the **Many Cards** website and selecting 'List Your Business'.

Listing a business is cost-effective, tax deductible and entitles them to all features, current and planned. They simply fill out the form and we'll be in touch to start the ball rolling!

They can also email **hello@manycards.app** and we'll get in touch.

**How can I download the app?**

You can find us on both Google Play and Apple App Store by searching for **Many Cards**, visit our website at **www.manycards.app** and tap on the respective Google/Apple logo at the top of the page!

You can also scan the QR code that you see in our ads, or the QR code on door and table stickers around town!

**Who made Many Cards?**

**Many Cards** was made and is owned, by Craig Malton; a local app developer who found that he, too, hated fumbling around for business cards and decided to do something about it. You can email him at **iam@craigmalton.com** or **hello@manycards.app** or call him on **664 883 564**

**EDUCATION**

**Jane Cronin's Step by Step Spanish**

www.janecronin.eu

**Past Simple Tense – poder and querer**

In a moment of weakness I said that I was going to make this month's article a little lighter. However, having since been assured that my lesson on the **Past Simple Tense** of **tener** was very enlightening, I have been encouraged to do a similar job with two more verbs. This month we are going to look at the verbs **poder** (to be able to) and **querer** (to want).

As usual, here is what they look like first in the **Past Simple**, or **Preterite** tense:

**pude pudimos  
pudiste pudisteis  
pudo pudieron**

**quise quisimos  
quisiste quisisteis  
quiso quisieron**

In a similar way to **tener**, one might initially associate these verbs with describing a state, rather than with single or repeated events in the past. We are either able to do things or we aren't; similarly we would normally either want or love something over an extended period rather than at a certain moment.

However, this is not always the case. *To be able to* or *could* can often refer to specific incidents. The difficulty when translating into English is that we sometimes use different expressions to convey the same meaning. For example, in the negative we might say:

*I couldn't open the door* on a particular occasion, but in the positive we would say: *I managed to open the door*, or *I was able to open the door*.

If we stick to the word *could* in the positive, as in *I could open the door*, it is not clear whether we actually opened the door, only that we could have done if we had wanted to.

If you read that last paragraph though a few times, it ought to make some sense! In Spanish this is all much simpler.

**No pude abrir la puerta.** (*I couldn't open the door.*), but then after some huffing and puffing:

**Pude abrir la puerta.** (*I managed to open the door*, or *I was able to open the door*, rather than *I could open the door*).

English is the tricky language here, not Spanish and hopefully you can see that this is a clear use of the verb **poder** in the **Past Simple Tense**, referring to a specific

moment or event in the past.

**Querer** is a verb that is often used in the continuous form – for example: **Durante muchos años la pareja quería tener hijos.** - (*The couple wanted children for many years.*)

This describes a state of wanting or desiring something. However, it is often appropriate to use **querer** when referring to a specific event. For example:

Somebody phones your friend and when the call is finished you ask:

**"¿Qué quiso?"** - "*What did he (or she) want?*" – that is, at that particular moment.

Here is another example:

You try to persuade your child to go to a party and the child refuses. The child says **"No quiero"** and you report back to your other half later on **"No quiso ir a la fiesta"**, adding the appropriate terms of annoyance.

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**Dino** is the son of **Beau** and the last in the litter of 10. His siblings all have loving homes now. The dog walkers say he is a lovely friendly boy and walks well on the lead. He is a big strong boy like his Dad. He has also been in kennels too long and would love a forever home of his own. **Dino** is castrated and fully vaccinated.

If you would like to meet any of these lovely dogs, or any you may be interested in, please contact Jane either by phone on

**602 653 639** or email [janenahoming@gmail.com](mailto:janenahoming@gmail.com)

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**Sermons of the Cure of Ars - Saint John Maria Vianney, the parish priest of Ars-The Evil Tongues**

There are some who, through envy, for that is what it amounts to, belittle and slander others, especially those in the same business or profession as their own, in order to draw business to themselves. They will say such evil things as: "Their merchandise is worthless" or "They cheat";

That they have nothing at home and that it would be impossible to give goods away at such a price.

That there have been many complaints about these goods.

A workman will say that another man is not a good worker, that he is always changing his job, that people are not satisfied with him.

If their neighbour is well spoken of, they will be very annoyed and will tell you: "He is just like everyone else. He has his own faults. He has done this, he has said that. You didn't know that? Ah, that is because you have never had anything to do with him."

A great many people slander others because of pride. They think that by depreciating others they will increase their own worth. Everything they say and do will be good and everything that others say and do will be wrong.

The great bulk of malicious talk is done by people who are simply irresponsible, who have an itch to chatter about others without feeling any need to discover whether what they are saying is true or false. They just have to talk. Yet, although these latter are less guilty than the others -- that is to say, than those who slander and backbite through hatred or envy or revenge -- yet they are not free from sin. Whatever the motive that prompts them, they should not sully the reputation of their neighbour.



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**HISTORY SNIPPETS**

By Adrian & Dawn Leyland Bridge  
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**A Tale of Two Churches and a Warrior Priest**

The Catholic Churches of St Joseph's in El Saladillo and St Joseph's in Puerto de Mazarrón share many similarities. For a start, both Churches have the same Patron Saint in common. The two Churches



St. Josephs Church, Puerto de Mazarrón

are also quite close to each other and immaculate, polished masses in English have been conducted at both venues – for some years at El Saladillo and on a temporary basis (initially at least) between June and November 2022, at St Joseph's in Calle Mayor in the heart of Puerto de Mazarrón.



San Jose Church, El Saladillo

The two Churches differ noticeably in terms of size, with El Saladillo being a tiny rural church, situated on the periphery of the rural settlement of El Saladillo, just off exit 17 of the RM3 and

St Joseph's in Puerto de Mazarrón being a much larger venue for worship. The architecture of the two St Joseph's is also quite different:

El Saladillo is of an 18<sup>th</sup> Century design, whereas Puerto de Mazarrón's St Joseph's is a late 20<sup>th</sup> Century creation, designed as part of a collaboration between the architects Javiar Ruescas Redondo and

Maria Elena del Hoyo de Blas. In addition, the talents of the Valencian artist Juan Ros Mari were utilised to create the visually imposing circular stained glass mural on the Church's main façade. The design for the Church won many design plaudits, receiving the 1988 First Prize in the Restricted Competition by Invitation Award and it was eventually completed in 1998. The new Puerto de Mazarrón Church replaced a much older edifice which had fallen into a state of considerable disrepair. A Church had in fact stood on the spot occupied by the modern St Joseph's for hundreds of years.

To begin with, Puerto de Mazarrón's Church was looked upon as being an offshoot of the Church of St Andres in Mazarrón – similar in many ways to English chapels of ease which were linked to more significant Parish Churches located in areas of greater population. However, in 1848, St Joseph's in Puerto de Mazarrón was raised to the status of being a Parish Church in its own right. Events of a religious significance had taken place on the ground occupied by the Parish Church created in 1848 since at least the latter half of the 5<sup>th</sup> Century CE. In 1991, on ground now occupied by St Joseph's, archaeologists uncovered the remains of a Roman burial necropolis, known as the Necropolis of San Vincente. This necropolis was similar to the larger necropolis uncovered at the top of Calle Antonio Cuello Leon, in the centre of Puerto de Mazarrón, where 51 late period Roman graves – buried individually and in groups – were identified. Both the San Vincente and the larger necropolis (known as the Necropolis Tardorromana de La Molineta) housed similar types of tombs, burials and funerary offerings. Indeed, there are probably more ancient burial grounds, from the Phoenician era, still to be uncovered on La Isla in Puerto de Mazarrón.

The tiny Church of El Saladillo was definitely designed and built in the early 18<sup>th</sup> Century and looks very similar to the country Church located at La Majada, some 9km to the west of Mazarrón. The construction of La Majada, between 1715 and 1735, was definitely sponsored by Luis Antonio de Belluga y Moncada, who became one of the greatest Murcian and Spanish clergymen of the 18<sup>th</sup> Century. St Joseph's at El Saladillo

Zamora cathedral and then a theological professor at Santiago College in Granada.

During the War of the Spanish Succession, in the early 18<sup>th</sup> Century, Belluga supported the winning side of Philip V and the Bourbons, which provided another



Cardinal Belluga y Moncada c. 1719 - 1743  
Unknown Artist

timely career boost for the priest from Granada. In 1705, Philip V appointed Belluga, Bishop of Cartagena. Later on, the King also made Belluga, Viceroy of both Murcia and Valencia. Cardinal Belluga responded to this royal patronage in a very traditional manner, by becoming a warrior priest who led his men in battle. At the 1707 battle of Almansa, (located near Albacete), Belluga fought at the head of 4,000 men in support of Philip V, against the Habsburg Archduke Charles of Austria. The battle ended in a complete victory for Philip and after this, Cardinal Belluga became an increasingly powerful figure in the Catholic Church in Rome, as well as in Spain. In 1728, he was appointed as Camerlengo (treasurer) of the Sacred College of Cardinals in the Vatican and in 1732 he became a Crown-Cardinal, theoretically able to veto the selection of a future Pope.

Cardinal Belluga used his enormous power and influence to do much that was good and of lasting value in Murcia:

He sponsored drainage schemes, hospital building programmes and the cultivation of uncultivated land, as well as the construction of small rural Churches.

Not surprisingly, his name is remembered to this day in Murcia City, where the Plaza outside St Mary's Cathedral bears his name and an imposing statue of the eminent cardinal, created in 1963, looks out over nearby gardens.



Cardinal Belluga statue, Murcia City

Adrian & Dawn L. Bridge, December 2022

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*Baily, Twix, Ron and Charly after their sterilisation*



*George recovering from his operation*

the vet bill, so if anyone would like to help out we would be so grateful for any donation.

On a happier side, the children from the **Early Riding Programme** are thrilled they can enjoy some more therapy sessions with

our rescued horses. Once again, thank you **Go Mad** for your very kind donation.

Another dog was found on our road; a 'Bully' cross which is considered a potentially dangerous dog. We contacted a charity that will help find a foster or a forever home for her. For any more information about her please contact us.

We are now organising our half term activities, so for more information about what we do, keep your eyes on our FB page and Instagram, WhatsApp, or call us on **0034 636 172 198**

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Talking about frights; that's exactly what happened when we found our little George with a broken hip and internal bleeding. He had suffered a massive accident and had to be rushed to the emergency hospital where he stayed for 5 days until he had a blood transfusion and a hip operation. He is recovering at home with the rest of the gang. We managed to raise 300€, but it's still far from the 1400€ we need to cover



*Nerea and Marta during one of their Therapy Sessions*

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There are some people whose outlook and wise words we remember years after they have been spoken. I expect we have all heard of the famous philosophers from the distant past, such as Confucius, Plato and Aristotle, but sometime it's the words spoken by a person, not usually regarded as a genius, that stay with us the longest. This happened to me. Now maybe I'm prejudiced, but the person I'm thinking of was not a university graduate, nor did she hold any qualifications except that of being a wonderful mother; mine!

When I was young, we would occasionally walk a different way home from the shops. Taking this route we would pass an elderly gentleman who would be leaning on his front gate. Mum would stop for a few minutes and chat with him. One day I asked her why she did this, as we didn't really know him. She explained that living all alone, he liked to stand there to see other people. She always chatted because maybe she might be the only person who stopped to speak with him that day.

Although I was only about seven years old, I have never forgotten her words, as I thought it was so sad. That's why I've always liked to speak to anyone standing next to me in a queue, at a bus stop, or in a shop; in fact anywhere because who knows if that particular person lives alone and goes home to an empty house. A few moments being pleasant to each other is no hardship and can brighten up our own day too.

The reason for this story today is due to the adverts and discussions on TV encouraging us all to talk to others. I think it is a sorry reflection on today's society that we have to be reminded to communicate with each other. Using social media, in all its various forms, is not the same as a good face-to-face conversation. Yes, it is GOOD TO TALK, but it is even better when we CARE ENOUGH to do so.

The season of Lent is coming up at the end of this month, but instead of giving up chocolate, cakes, bread etc. as usual,

wouldn't it be wonderful if each of us gave a little of our time to let someone know we care?

You have been warned, that chatty person next to you in the supermarket, might well be me!

Services in English are held every Sunday at 11am.  
 Services in German are on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays each month.

**Services for February**  
 5<sup>th</sup> **Songs of Praise**  
 12<sup>th</sup> **Holy Communion**  
 19<sup>th</sup> **Morning Prayer**  
 26<sup>th</sup> **Holy Communion**

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## NEWS

# British Embassy Madrid



**President of Help Vega Baja, Michele Masson is one of two UK Nationals in Spain named in the New Year Honours list**

**Michele Masson, President of Help Vega Baja**, has been awarded a British Empire Medal (BEM) for services to British Nationals in Spain in the New Year Honours List, published on Saturday 31<sup>st</sup> December 2022.



Michele Masson

There are more than 2,000 British Nationals living in the area covered by **Help Vega Baja** and for many of them the charity has been a lifeline in difficulty times. Since becoming its President in 2015, Michele Masson has steered the charity through

the twin challenges of Brexit and COVID, as well as the severe flooding that hit the Vega in September 2019 – providing a source of constant support to the community when they needed it most. More recently, she has corralled the charity's volunteers to gather supplies of food and clothes for the local Ukrainian association to distribute to the high volume of refugees arriving in Torrevieja.

HMA Hugh Elliott said: "I know that my colleagues in our Alicante consulate find it hard to imagine the south of the province without **Help Vega Baja** and, indeed, without Michele. Under her leadership, the charity has become one of our key partners in the region – assisting with complex consular cases and acting as our eyes and ears on the ground. During the pandemic, Michele worked with us on a partnership pilot project to distribute consular funding via food vouchers to vulnerable families whose income had been lost due to COVID restrictions. Michele is a wonderful example of leading by doing and I am delighted that she has been honoured for her work."

Michele Masson said: "I am honoured to be awarded the British

Empire Medal for services to British Nationals in Spain by his Majesty, King Charles III. The charity world has many challenges, but knowing at the end of each day we have made a difference makes everything we are faced with worthwhile. I extend my appreciation to colleagues, friends and family who support me. Thank you all."

The two UK nationals named in the New Year Honours List are:

- \* An **MBE** to Beverley Olwyn Corbett, Trustee, **Noah's Ark** and community volunteer, Tenerife, Spain. "For services to British Nationals in Spain".
- \* A **British Empire Medal (BEM)** to Michele Lindsey Masson, President, **HELP Vega Baja**, Alicante, Spain. "For services to British Nationals in Spain".

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NEWS



# TV News

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[www.rainbowsats.org](http://www.rainbowsats.org)

Here we are in midwinter and so far so little rain! (I hope I don't regret saying that writing in mid-January for a February publication!) Most of the reservoirs are very low and the water companies are talking of summer restrictions even if there is substantial rain in the next few months. I try to keep my garden watering to a minimum, but everything is so dry - there is a lot of work (and money) invested to just let it go. A few days a week of steady rain is required - not enough for floods, but enough to soak the ground and start to fill the reservoirs. I do not know about global warming and make no comment on it, but I am certain the world's weather is changing.

For regular readers all is well at the **Rainbow** house - animals all good and the charity we support - **Friends of Mazarrón Animals** - continues its good work. Have a look at them on Facebook.

### TV NEWS

The push by all the broadcasting companies for Internet TV continues. ITV have launched their new platform ITVX with BBC, Channel 4 and Channel 5 all pushing us to watch on their internet platforms. SKY have introduced SKYSTREAM - all their services on an internet only box - same as the Sky Glass TV where all content is via the internet and Q which has some channels only available through the internet. Although SKY say they will support the satellite system for 3 years, I really do see them changing that commitment. As **Rainbow** have said for many years, we see Internet TV being the only option to watch UK TV by sometime in 2025.

Back to SKYSTREAM - they say it will work on 1.5mbs internet speed (as Netflix and the like does). This is really a step forward and makes Internet TV available

to most of the UK - even the worst internet connections should show excellent quality TV. The delay in closing satellite and antenna TV was the internet quality available to many properties in the UK - SKY seem to have looked at the problem from a different perspective. We will be getting a SKYSTREAM soon and will report on its performance.



Client-friendly easy-to-use Internet UK TV available to us here in Spain does require a reasonable internet supply (8mbs), but that is available to most. If you are struggling with internet supply then 4G (mobile phone signals) may be an answer. We have clients using it with successful TV viewing. **Rainbow** have a couple of 4G routers that clients with internet issues are welcome to try for a few days to see

if it is better than their existing supply before making a commitment - ask us - there may be a queue, but we will get you a unit on loan. Our Internet TV package is all inclusive with many features including catch up TV and various libraries to watch.

If you have never tried Internet TV, or have had a bad experience, get in contact with us for a free no-obligation trial for 7 days. If you do subscribe for 6 months or more during February you can get a 20€ discount on the installation fee - please quote "OFFER20FEB".

Although we see the demise of satellite TV coming soon, we are at present seeing some strong signals on the available frequencies. Winter is always a better time, with a significant reduction in summer, but this winter sees really good signals. Some frequencies (and channels) are just not available. Official FREESAT box viewers will have seen some automatic changes in their listings, notably all the ITV channels going to the HD version on frequencies very marginal in this area. You may have lost these channels - there is really nothing we can do to bring them back on the satellite system. The +1 versions are available (not HD) and unusually the channels in SD are no longer in the listings.

If you are buying a house for the first time or moving contact us for UK TV availability at the property - it is not possible at some.

Sponsored by **Rainbow Satellites SL** - the company for all your TV needs in the Murcia region of Spain. Contact us for free friendly advice on any TV issue. [rainbowsats@gmail.com](mailto:rainbowsats@gmail.com)  
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(See photo, typically Camposol standard windows)

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**EDITORIAL**



**Are you looking to move to Spain to own a business?**

Perhaps you are already here and need a business to invest in? **Healthy H2o** is a local and established company specializing in the supply and installation of drinking water systems and limescale prevention. We are based in the Mazarrón area of Murcia, Spain and cover all areas from Mojácar to Alicante.



**Can you be sure where bottled water has come from and how it is treated?**

By installing a **Water Filter System**, your tap water is free from almost all chemicals and chlorine! Plus it helps remove bacteria, bad taste and odour.



**NOTICE**

Due to upcoming retirement. **The Business Healthy h<sub>2</sub>o is for sale.** During this period, we will continue to provide normal service. Enquiries to purchase can be made on. **666 302 987 or 647 424 430**

Due to upcoming retirement, **Healthy H2o** is for sale after many successful years. However, until such time as the business is sold we will continue to provide normal service both to existing and new customers. For further information and a chat about our company we can be contacted on **666 302 987 or 647 424 430**

If you are looking for a drinking water system installation, please read on...

**Ask yourself:**

- Are you drinking bottled water?
- Do you want to save money?
- Do you want to improve your health?
- Do you want to help save the planet?

If you answered yes to any of the above then installing a **Healthy H2o** Water Filter is for you!

Water is a life-sustaining fluid that's essential to health, but if you are drinking tap water, it can undermine your health. When you drink tap (or even spring) water, you will likely be getting more than you bargained for — chlorine, fluorine compounds, Trihalomethanes (THMs), assorted hormones, pesticides and even trace amounts of prescription drugs. It can be a 'witches' brew' of health-killing effluvia, but you can improve the odds.

**Tap water is dirtier than it looks.**

Even 'clean' drinking water that flows from the tap isn't what most of us would think of as clean. It's travelled through miles of pipeline, picking up contaminants, pesticides and industrial run-off along the way. It's been disinfected with potential carcinogens like chlorine, ammonia and or chloramines, then 'fortified' with fluoride. While disinfection is a necessary evil — without it, water-borne illnesses would be a constant problem — drinking, showering and bathing every day with this chemical brew is a lousy idea.

Filtered tap water is incredibly cheap compared to bottled water! You can save a few hundred Euros a year just by switching.

**Healthy H2o** supply and maintain a range of water filters, designed to improve the quality of the water in our homes. The Whole House System is installed into the water line before it enters the house to help remove dirt particles which will help to keep the water clean, limescale (Ca) and many of the chemicals that make the water taste bad and irritate our skin in the shower etc. These filters will help to prolong the life of washing machine/boilers etc, by slowing down the build-up of limescale.

**Healthy H2o** also install a range of water filters from as little as 55€, which will save you money and is far more convenient than lugging heavy bottles of drinking water from the supermarkets. Designed to make the water safe to drink, these can be installed under the sink and deliver the filtered water through a separate drinking water tap.

In conclusion; drink plenty, stay safe and help protect the environment.

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LEISURE

## Camposol Explorers



f Expat in Mazarron

Shaun's **Expat in Mazarrón** YouTube channel is all about his living in Camposol, places of interest, property, going out walking and many more things about Spain. **Camposol Explorers** is about going out exploring in the Murcia Region and beyond. Unfortunately at the moment we're unable to accept further members as the group is full.

2022 was a busy year and the group has grown from about 10 members to nearly 35 members. In January 2022, we went to visit **The Guns of Cartagena**, part of Spain's coastal defense which is now abandoned. There are two massive guns that face out towards the sea, making this a top tourist attraction in the Murcia Region.

February 2022, saw myself and my wife go down with Covid, so that month's outing was cancelled.

March 2022 was a visit to **Mazarrón Mines**, just after the rains, so we could see the red pools that appear. We did a walk around the mining area.

April 2022, we went to Calasparra to visit **The Sanctuary of Hope**, dating back to the 16<sup>th</sup> Century. There is a cave which was turned into a Church. This is a huge attraction for pilgrims and tourists as is a viewpoint looking over the rice fields and a huge man-made lake.



The Sanctuary of Hope

May 2022 saw another long drive to **Mojácar** to visit the village on the hill which is over 4,000 years old. After walking around the village we had a picnic on the beach.

June 2022, we went to **San Juan** in Almeria to visit a horseshoe-shaped artillery fort and a Watchtower not far away, with the 16<sup>th</sup> Century Chapel before visiting some beach caves in a cove.



Beach Caves

July 2022, we went to the **Sierra Espuña** to the information building. There is a small museum telling the story about the **Sierra Espuña**. We went to visit **The Plane House**, which had just been restored. It was a lovely hot day and we had a meal at the Hotel Espuña.

August 2022, at the hottest time of the year, we went to visit a viewpoint over looking **Alhama de Murcia** high above the old castle ruin with some amazing views. We then went to another viewpoint, (**Badlands**), to view the turquoise lake. We then had our picnic in the shade.

September 2022, we drove to Almeria for a free visit to a castle at **Velez Blanco** and an 18<sup>th</sup> Century monastery, not far from **Albox**. Our biggest group yet with some extra people from Canada who were on holiday with friends within the group.

October 2022 was something completely different. We had arranged a private tour with a Spanish translator to show us round **La Bastida**, Totana - a huge Bronze Age town, one of Spain's oldest, also known as **The Western Troy**. Afterwards, we had our picnic at the old 'Laundry Room' at Aledo.



La Bastida

November 2022, we visited a viewpoint with a huge Jesus statue, overlooking Totana towards Mazarrón and the sea. We visited an abandoned village dating back to Roman times. The local farmer sold us his grapes while we explored the village. We then visited a gorge that was under the sea millions of years ago.

December 2022 - no exploring! Time to dress up in our Christmas gear and have some fun and Christmas dinner at the Hotel Mariposa. A great ending to the year.

This year's outings start in February when we are visiting Cartagena including the **Army Museum**, a park, part of the Roman fortifications of Cartagena and 'San Francisco Park'.

For more information about our outings and past outings, please check **Expat in Mazarrón**. For up-to-date videos and new places to explore in 2023 go to **Camposol Explorers** YouTube channel.

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As we go into the Winter months, we are continuing to help many people and charities in the area who need our aid. We were fortunate enough to be given a donation of 193.50€ from **Celebrating Food & Drink**, who recently held a fundraising event and shared the proceeds with several charities. We would like to thank everyone who contributed to this.

**Camposol D Gardening Group** have been doing some work for **Age Concern** on Camposol and unfortunately the tiles that were being used to complete the project were stolen. We were outraged that anybody would steal from charity workers who were helping others, so we made a donation in order that they could complete the work. Keep up the good work!

We were also able to help **Cavalli** which has a project of **Early Learning Therapy Work** with young children who are physically and mentally challenged. This

donation has enabled them to reach out to more children who will benefit from this project. (See photo).

As mentioned in our January article, we were able to present a cheque to **ASPEDEM**, a charity who help children and young adults who assist socially for the disabled and educationally challenged in the Mazarrón area based in Puerto de Mazarrón. This is a charity close to our heart and we help



them on a regular basis.

As most of you know, our sponsors for the past years have been Furniture Plus, who sadly have now closed. They have been our main supplier of furniture. This means that we will be urgently requiring furniture. We would like to thank Roy and Chris for their support over the past years.

We are looking forward to helping even more charities and people who are less fortunate in our area in the coming year ahead. If any of our supporters are aware of a project, school, charity or a good cause that could benefit from our support in any way, please contact us on **603 389 006**

Many thanks for the continued support for our cause to **Making A Difference** to so many families and people in our area. Without the many supporters and volunteers, we could not continue our work within our community.

**GROUPS**



**'B CLEAN' GARDENING GROUP**

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

It has been a while, due to shortage of volunteers and various health restrictions, but at long last, **Camposol B Clean** has a new project to improve our sector. Many people walk along the road from the Social



Centre to the roundabout at the junction of Cidamen, Lavanda and Tamariz and, at present, the only place to take a break is a bench about halfway along. At the time of writing (mid-January) we are in the process of preparing the area at the end of Tamariz as a rest stop where walkers can rest, relax and enjoy the scenery. The bins on the roundabout will be screened off and

the untidy scrub area cleared. It will take a while to achieve, so keep up with progress by reading our Facebook posts and articles in the **Costa Cálida Chronicle**.



Despite not having new projects to undertake, last year was a busy one for our volunteers. The trees alongside the road from Covachos to the rambla bridge have been pruned and the oleanders all the way from the urbanisation entrance to the rambla have been trimmed. New ground by the motorway footbridge has been cleared ready for planting and gravel laid along the path to the bridge. This work was in addition to the usual weeding, spraying and strimming that is constantly required across the sector. Sadly, the volunteers have had to stop trying to keep the garden waste skips area in the lower B car park tidy. This was not an easy decision, but the area has become a general dumping site and our hard-working volunteers were never expected to be unpaid waste operators. Until somebody comes forward and reports the dumping of non-garden

rubbish to the authorities, this will just get worse and spoil the look of the area in general and possibly affect property prices.

Our busy Treasurer, Colin Barton, reports that, like everybody else, we have been affected by rising prices. The cost of herbicide, an essential for weed control, has doubled to 245€ and the price of fuel for the motorised equipment has rocketed. Wear and tear takes its toll on equipment and we find increased costs for replacement tools etc. Our financial situation has been helped massively by Colin Thackwell's 'cycling marathons' which generated over 1000€. We were also fortunate enough to have a donation of 1000€ following the closure of the Camposol Fiesta and this has been most welcome as it is that time of the year again when we do the council's work for them by paying for the trimming of the 147 palm trees. Perhaps one day the council will acknowledge that this is their responsibility, but that is probably day dreaming!

Finally, a reminder to all members that subscriptions will need to be paid please and, as always, an appeal for more volunteers to help out. **Camposol B Clean** thanks all those who have supported the group through the last year and hopes for your continued support.



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Remember deadline 15th of the month!!!





**CHARITY**



committee@fast2016.org  
www.fast2016.org

Hello Everyone  
**FAST** - First Aid Support Team - is YOUR volunteer first Responder Team in Camposol. We are here to assist you in the event of an emergency in Camposol whether you are a resident, holiday home owner, or just visiting the urbanisation. Our services are provided free of charge. Our fully trained and officially certified Volunteer Responders are all based in Camposol and aim to 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. If you have a medical emergency please **call 112 (using the 112 Region de Murcia App if you have it)** and then call **FAST on 868 487 015.**

planned throughout the year. If you have not already joined our new Facebook Group - **FAST Fun Team - Camposol** - have a look and join up now to be first to discover our latest offerings. We will be manning a **weekly desk** outside The Diner, Camposol B every **Friday** from 10.30am-12.30pm where you can buy tickets for the events.



As we recover from the pandemic and our own operational issues, we are looking to get our organisation back up to full strength so that we can ensure full 24/7 Responder cover and financial security for the operation going forward. To this end we continue to encourage you to come forward to train as a Responder or assist as a supporter.

There will be a Responder on hand should you want to talk about joining **FAST**. They will also be available to perform a **Free Blood Pressure Check** or maybe assist you with downloading the **112 Region de Murcia App** onto your mobile phone.

For further information please contact us on [recruitment@fast2016.org](mailto:recruitment@fast2016.org) or come and see us at our weekly desk outside The Diner, Camposol B on Fridays 10.30am-12.30pm or join us at one of our weekly training sessions at the Social Centre, Camposol B on Tuesday mornings from 10-12am.

**Spoiler Alert!**

We have an extra special sophisticated evening event with West End entertainment in the planning for Friday 26<sup>th</sup> May, so put the date in your diary, get those posh frocks ready and look out for further details! We look forward to seeing you!

Our exciting news is that we are now once again up and running with a varied programme of trips, days out and events



FAST Throwback Picture

**GROUPS**



**Puerto de Mazarrón Ladies' Circle**

Puerto de Mazarrón Ladies Circle

Well what a lovely start to 2023 with the weather being so warm, enabling us to be outside in the sunshine. It has been lovely to see people on the beach and in the sea.



hope some of you managed to catch some of the sweets that were thrown by the various participants, even though they are supposed to be for children, but everyone enjoys a freebie!

We did not hold any meetings in January, as many people were away or were busy following the end of all the festivities. We look forward to meeting again in



February and welcoming current and also new members. You will always be welcome. It is a good place to meet people, go on trips to places of interest and hear from a variety of speakers. We have new events planned for the New Year and we meet each Thursday.

**2<sup>nd</sup> February**

Return to Playa Grande with nibbles, a glass of wine and catch up.

**9<sup>th</sup> February**

Subscriptions will be taken and we will be playing various games.

**16<sup>th</sup> February**

Speaker tbc

**23<sup>rd</sup> February**

Trip to IKEA and Nueva Condomina for some retail therapy.

For further information please contact us on Facebook **Puerto de Mazarrón Ladies Circle**

See you all soon.



It was good for the **Three Kings** celebrations and the processions which took place throughout the various towns and cities in Spain and of course Mazarrón. I

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Remember deadline 15th of the month!!!





**GROUPS**



**Camposol 2025**  
**What do you want it to be?**

info@camposolresidents.es  
www.camposolresidents.es

Once again a big thank you to the residents of Camposol who provided donations to the **Help for Ukraine** appeal in January. The appeal was for warm winter clothes and bedding. The response was fantastic with loads of donation being delivered to the collection point in Puerto de Mazarrón. It was a great response and thanks to all the volunteers who gave up their time to be at the Social Centre to take in donations.

The New Year got off to a great start with news that the Council has begun work on the two successful project bids made as part of the Council budget process, i.e. the new exercise and fitness area on Camposol D and dog exercise area on Camposol A. This will take the form of finalising the design, working up the final cost and putting the work out to tender. When completed, the projects put forward by residents, assisted by **D Community and Gardening Group, CFCS, 2025** and Paul Drury, shows that cooperative working gets results.

option they want, purchase the lights from the recommended supplier and **2025** will organise free installation. This offer is only valid until the end of February. See the **2025** FB page for more details.

**Mayor's Visit** - Wednesday 8<sup>th</sup> February 4pm at Mariano's, Camposol A. We understand that other Councillors will be there. It is a great opportunity to put questions (in writing) to the Mayor and to hear what plans the Council have for Camposol, updates on key issues and the timeline for the above projects.

**Info Hub**  
**Camposol Free Community Sports (CFCS)** have added new activities to their already busy schedule. This includes Table Tennis, a Petanca League and places are filling up fast. We would recommend, for those who like walking, to join one of the group's weekly walks.

**FaceBook Site for D Community and Gardening Group**  
This has been launched to provide information, promote events and updates on the work of the group. You can also donate to fund the work of the Group.

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

**Street Lighting**  
Our offer now extends to 3 lighting options. Residents simply choose which



**CHARITY**



**FORGET ME NOT**

Community Respite Care for the Mazarrón Area

Dee: 603 121 416  
Diane: 711 028 693

**Forget Me Not** is a charity group run by Volunteers for anyone with an illness 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 from 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 know how valuable our sessions are, freeing up quality time for the carer who is constantly in demand looking after their loved ones' every need. At our meetings we provide tea, coffee and biscuits and a free lunch for clients.

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

At every meeting we have a craft session for those who want to join in and we make



a vast array of paper crafts and love getting artistic with glitter and sequins, most of which ends up stuck to the table or ourselves, but most importantly we have a lot of fun. We enjoy a good old sing along whilst we are doing our crafts, much to the dismay of the gents who are usually playing a competitive game of dominoes. In addition to the crafts and dominoes, we often have a game of 'Play Your Cards Right', snakes and ladders, or we play memory games. Everyone's favourite is Bingo which we play at the end of every session and we have just acquired a fantastic new bingo machine with illuminated numbers which has aided many of our clients with number recognition. For those having difficulty with their Bingo tickets, a volunteer is always at hand to help with dabbing the correct numbers to win small prizes. We see the Bingo as an aide memoire to help retain number identification; an invaluable life skill.

We are always happy to welcome new members to **Forget Me Not**, either clients

or volunteers - all are welcome. Why not pop into one of our sessions for a cup of coffee and see exactly what we do? We are a cheery bunch and you are guaranteed a warm reception.

In addition to the meetings twice a week at the Social Centre, we have many fund raising events throughout the year. A regular event is a **Fun Quiz** at The Diner, Camposol B. These are held roughly once a month and includes a raffle with some amazing prizes. Keep an eye on Facebook for the next quiz or ask Jay and his staff at The Diner.

Lastly, a moment of reflection, as there are currently more than 55 million people living with Dementia worldwide, with nearly 10 million new cases every year. Although Dementia mainly affects older people, it is not an inevitable consequence of the ageing process. It has physical, psychological, social and economic impacts, not only for the person living with Dementia, but also their carers.

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**GROUPS**



Residents often think that the **D Sector Gardening Team** is the main service provided by the **D Sector Community and Gardening Group**. Whilst it is an important service, it is only part of the range of services and activities provided by the Group. For example the Group provide a range of events and social functions throughout the year; the **Annual Street Party** is an example. Over the Christmas period it organised the street and roundabout decoration and **Christmas Carol Service**. It is funded by a weekly bucket collection and all monies go to support the work of the Group, so dig deep (no shovels please) and support this valued work.

projects being undertaken it has launched two social media outlets: A Facebook page titled **Camposol D Community & Gardening Group** which informs residents about up and coming events such as the **AGM** which was on Wednesday 25<sup>th</sup> January at the Golf Club. To access the site, log onto Facebook and search for the above site. You will be asked to submit your details, with approval being sent to you to enable you to access the site.

walk way and to demonstrate its Camposol community spirit. A further thanks to the **Gardening Team** for pruning the palms adjacent to the upper C villas. Again providing wider community support.

For those of you who like a more formal social media format then the launch of the new website [www.dgardenandcommunity.com](http://www.dgardenandcommunity.com) will be for you. The site is currently under construction and it is planned to go live in early February. Like most websites the content will be managed by the Group Committee, with articles, stories and photos sent to the administrator for approval before publication. It will cover information on the **Gardening Team**, **Projects Team**, events, information and the ability to donate online.



**Finally**

The newly formed **Project Team** is looking for volunteers to join the team. You do not need any construction or gardening skills. We simply need you for a couple of hours, not necessarily every week, but when you can. Projects vary from the path-laying at **Age Concern**, landscaping of the area near the Camposol D entrance sign to tidying up. Contact **602 640 680** for more information. The downside; you will have to bring your own tea or coffee, or you could volunteer to make it!

Both sites will provide the opportunity to donate by Paypal or bank transfer.

Thanks to the **Projects Team** for completing the pathway at the **Age Concern** facility. This has provided a safer and longer walk way into the building. **D Group** are proud to support the work of this charity with the simple addition of the

To provide more information on the activities of the Group and promote the events and inform residents of the various



**CHARITY**



**MAMAS**

- Mazarrón Animal Medi-Aid

Tel 666 186 037 mazarronanimalmedi\_aid@zoho.com  
Registered charity No 9537/1a



Buenas dias readers. We hope this finds you well. Apart from a couple of wet days in November haven't we had the best weather!

Everyday is the same for our pets and they will have accidents, like our little friend **Toby**. He is the tiniest Yorkshire Terrier and much loved by his family. However, they took their eye off him for a nano

second and he got knocked down. He is obviously a tough little guy as he survived, but not without a ghastly shattered femur. His owners dashed him off to Paco who is a well-known veterinarian orthopaedic surgeon. He was operated on and his tiny little leg was pinned back together. His owner brought him for a visit and there he is with his plastered leg - but a typical dog - lovely happy face and waggy tail!! If we see you again, we hope it's to see you dashing about again little man. It was a big bill, but we gave what we could to lighten the load.

Tuesday morning would be fantastic as it would allow Richard to pick up friends and contacts again. Please consider a couple of hours.

As always your donations are welcome. Anything you have that you think is of no use will be of use to someone else! We welcome electrical goods, but only those that work! (Large or small). Anything else; bedding, pots, pans, cutlery, books, jigsaws, gadgets, ornaments and furniture - you might not want it, but we do! Please call in to our shop and have a browse.



\*\*\*\*\*In order to make the money required to help your pets - firstly we need a premises, which we have, then we need staff to man it!

**We are hopelessly undermanned and desperately need staff.**

It would be so sad to lose this lovely helpful little charity. Jean and Richard are working 7 days a week and man the shop 4 of those days, having to close the other days.

If you don't know where we are, we are in Puerto de Mazarrón. Go to Consum on the left corner and the O'clock Bar on other corner. Go between them and we are in the 3<sup>rd</sup> road on the left - Calle San Juan.

We hope to see you soon.

\*\*\*\*\*Richard is unable to go to Camposol as he did for years to keep our profile out there.

\*\*\*\*\* Somebody to help on a

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Email: [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)  
Remember deadline 15th of the month!!!





## 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/](http://www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/)

**Check at your local Tourist Office for full details of Events**

**Aguilas**  
[www.aguilas.org](http://www.aguilas.org)  
Tel 968 493 285 – Sat Market

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

**Aguilas Carnival** from 10<sup>th</sup> February-10<sup>th</sup> March.

**Friday 10<sup>th</sup> February - Grand Gala** of children's characters from 2020 & 2023 at Diego Calvo Valera' Pavilion 9pm

**Saturday 11<sup>th</sup> February - Grand Gala** of adult characters from 2020 and 2023 at Diego Calvo Valera' Pavilion 9pm

**Sunday 12<sup>th</sup> February**  
**XXVII Duathlon** at Infanta Doña Elena. 9am

**First leg of the Carnival Regatta and VI Estrella de Levante Trophy** at Águilas Yacht Club and Levante Bay. Time tba

**XIV Festival of Music Bands** at Infanta Doña Elena. 1pm

**XXII Paper Suit Contest and XIV Body Makeup Contest** at Infanta Doña Elena. 9pm

**Tuesday 14<sup>th</sup> February - Award Ceremony of the Literary Contest and presentation of the official book of Carnival 2023.**  
At house of culture 'Francisco Rabal' 7pm

**Wednesday 15<sup>th</sup> February - Award Ceremony of the XVIII school drawing and writing contest.** At house of culture 'Francisco Rabal' 7pm

**Thursday 16<sup>th</sup> February - Fireworks** and opening of beach bars and **Carnival** at night at Plaza de España 12am

**Saturday 18<sup>th</sup> February - Presentation Of Trophies Of The Carnival Regatta** at Aguilas Yacht Club 6.30pm  
Battle between Don Carnal and Doña Cuaresma, proclamation of the muse and town crier and welcome from the Mayoress of Águilas at Plaza de España. 10pm

**Sunday 19<sup>th</sup> February - First Great Parade Of Comparsas And Floats** at Avd. Juan Carlos I and C/ Rey Carlos III. 6pm

**Monday 20<sup>th</sup> February - Night Carnival** at Plaza de España and adjacent streets. 12am

**Saturday 4<sup>th</sup> March - XIX National Drag Queen Contest** at Auditorium and Infanta Doña Elena. 9pm

**Friday 10<sup>th</sup> March - VI National Contest of Chirigotas** at Infanta Doña Elena 9pm

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

**Carnival Museum** @ the Francisco Rabal Cultural House.

See some of the amazing carnival costumes which are changed each year to show those from the most recent carnival festival.

Open Tues-Sat 9am-2pm & 4-9pm

**Ruta del Ferrocarril** - Check at Tourist Office for availability

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

**Foto-síntesis Photography Exhibition** @ Casa de la Cultura until 25<sup>th</sup> February featuring photographs from 3 different genres & 3 different photographers

**Sunday 12<sup>th</sup> February - 11km Free Guided Tour of Sierra Espuña** 9.30am-2.30pm (approx). Suitable for those over 12 years of age

**Sport and Leisure organised by the Town Hall**

**Complejo Deportivo Guadalentín** (athletics, gymnasium, football pitch, 7-a-side pitch, sauna, summer pool)  
Weekdays: 8.15am-2.45pm and 3.30pm-11.30pm

Weekends: 9am-10pm  
Telephone and bookings 659 682359

**Polideportivo El Praico** (frontón, tennis, paddle tennis, multi-sports facilities)  
Weekdays: 9.15am-1.45pm and 4pm-11pm  
Saturdays: 9.15am-1.45pm and 4.30pm-9pm

Telephone and bookings **609 319 670**  
**Pabellón Sierra Espuña** (multi-sports facilities)  
Weekdays 4pm-10.30pm

Telephone and bookings **968 633 243**  
**Pabellón Adolfo Suárez** (multi-sports, rock climbing, tatami, sauna)  
Weekdays 8.30am-2.30pm and 4.30pm-11pm

Telephone and bookings **968 639 757**, ext 5

**Indoor Swimming Pool**

Weekdays 8am-10pm  
Saturdays 9am-2pm  
Telephone **968 639 757** ext 1

There are some fabulous walks in the **Sierra Espuña National Park.**

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

**Fuente Alamo Sat Market**

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

**Saturday 25<sup>th</sup> February - Carnival Parade and Fancy Dress**

**Lorca**  
[www.lorcatourismo.es](http://www.lorcatourismo.es)  
Tel 968 441 914 – Thurs Market

**Saturday 4<sup>th</sup> February - Natalia Lacunza** @ Teatro Guerra, Lorca from 12€ 9pm. Tickets from Teatro Guerra Box Office

**Saturday 11<sup>th</sup> February - Spanish Rock Pop Band Revolver Live in Concert** @ Margarita Lozana Auditorium, Lorca from 18€ 9pm. Tickets from Teatro Guerra Box Office

**Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> February - Peter Pan The Musical** @ Margarita Lozana Auditorium, Lorca from 35€ 5pm & 8pm. Tickets from Teatro Guerra Box Office

**Friday 10<sup>th</sup> February - Children's Musical Pinnocchio** @ Teatro Guerra, Lorca from 5pm 7pm. Tickets from Teatro Guerra Box Office

**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.

**Mazarrón**  
[www.mazarron.es](http://www.mazarron.es)  
Tel 968 594 426 – Sat Market

**Saturday 11<sup>th</sup> February - Noah's ARC St Valentine's Evening with Music/Dancing** @ Camposol A 10€ inc Chicken or Tortilla/Chips 7pm. Tickets from **Noah's ARC** Shop in Camposol or Pto de Mazarrón

**Friday 24<sup>th</sup> February - Carnival** with election of Muses and Musos

**Saturday 25<sup>th</sup> February - Carnival Workshops and Parade**

**Sunday 26<sup>th</sup> February - Carnival Adult Parade** 5.30pm

Check at the Tourist Office for information on **Free Guided Tours** in Mazarrón area. There are also a number of free **Guided Walks**. Call **968 594 426** to book.

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

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

Continued on page 29





Continued from page 28

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.

**Totana**  
[www.totana.es](http://www.totana.es)  
 Tel 968 418 153 - **Wed Market/Fri in El Pareton**

**3<sup>rd</sup> & 4<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>, 24<sup>th</sup> & 25<sup>th</sup> February & 3<sup>rd</sup> & 4<sup>th</sup> March - Youth Workshops** for 12-17 yrs. Play ping-pong or badminton, sing karaoke or dance, play cards or board games, have a snack or dinner, but above all, have a good time in an ideal space to share and interact. At Espacio Joven Munuera y Abadía. 7pm-12am  
[agendamunicipaltotana@gmail.com](mailto:agendamunicipaltotana@gmail.com)

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

**Saturdays in February - Guided Visit Museum of The Tower of Santiago**

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

**CHARITY**

**FRIENDS OF MAZARRÓN ANIMALS**

[fma.murcia@gmail.com](mailto:fma.murcia@gmail.com)  
 +34 711 032 574



Some of you may have heard that we have received a grant from Mazarrón council to help with our work with the animals in need in this area. We are of course extremely grateful for this help and it is a considerable donation towards our funds. To put things into context; in one day we managed to take six dogs from the Perrera, many of which were finding it hard to adjust to their new environment. One needed immediate treatment, others blood tests and one required special care and time because of psychological needs. Most are now in kennels with the associated fees. The funding has also already helped with a TNR initiative in the Bahia area. There were many more, but the money was quickly swallowed up and most is already allocated.

We want to help with as many cases as we can, but even with this help from the council, unfortunately we are not a bottomless pit in terms of money and man power. With this in mind, please can I ask anyone with a request for help to contact our FB page directly and not individual people? We are a small charity with limited



volunteers and however big our hearts are, we can only do so much; but we will always try.

At the time of writing we have two fund raisers in February.

**Saturday 11<sup>th</sup> February - Market Pop-Up** @ Isla Plana Social Club - 10am-1pm. This is a fabulous site to have a market right on the beautiful Mediterranean Sea.

**Saturday 18<sup>th</sup> February** - For the first time *El Guiri Band* will make their debut for **FMA** playing a selection of pop and rock at

Buenavista. At only 5€ a ticket, this is an event not to be missed. 7.30pm

Saturday 4<sup>th</sup> March - *All Skas* at Buenavista. 10€ tickets need to be reserved early as this event will sell out very quickly. 7.30pm

Please keep following our FB page for updates on other fund raisers. You will also find our adoption album. Please share our posts as this helps them get new homes.

Please contact us if you would like to volunteer in any way.

Join our teaming group and donate just 1€ per month.

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

PAYPAL [fma.murcia@gmail.com](mailto:fma.murcia@gmail.com)

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

**The Volunteers of FMA Music Event**  
**EL GUIRI BAND**

**Saturday 18th February**  
**Cafe Buena Vista Social Club**  
**Entrance 5 euros**  
**Doors open at 7.30pm**

**Fabulous raffle prizes**

Reserve your seats  
 PM to our FB page Friends of Mazarron animals  
 or call or WhatsApp +34 711 03 25 74

**The Volunteers of FMA Music Event**  
**THE ALL-SKAS**

**Saturday 4th March**  
**Cafe Buena Vista Social Club**  
**Entrance 10 euros**  
**Doors open at 7.30pm**

**Fabulous raffle prizes**

Reserve your seats  
 PM to our FB page Friends of Mazarron animals  
 or call or WhatsApp +34 711 03 25 74

**REPAIRIT**  
**DON'T BIN IT**

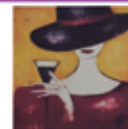
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Email:repairitdontbinitt@googlemail.com  
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**GROUPS**

**Ladies' Chatterbox**

Email: [onlyforsue23@gmail.com](mailto:onlyforsue23@gmail.com)



Hello, well that's 1/12<sup>th</sup> of 2023 gone already!



Can I just take you back to the end of 2022 and our **Christmas Party**? A fabulous time was had by one and all. We thanked our Volunteer Helpers by way of a very **Christmassy Poinsettia**. The Volunteers really make a difference to the smooth running of our **Chatterbox** meetings - no tea or cake without them!! The raffle was a tremendous success with proceeds



going to the 4 main charities **Chatterbox** supports; **Age Concern**, **FAST**, **Forget-Me-Not** and **MABS**.

Then the first meeting of 2023! Wow! Lots of ladies came along for tea, cake, a chatter and choosing which trip to go on - Shopping to La Zenia or the Panto??? We have a number of other events planned and guest speakers coming to tell us about their lives, jobs, reasons for moving to Spain and lots of other interesting facts.



We meet twice a month; Thursdays at the Social Centre, Camposol B, from 2pm-4pm. February's meetings are 9<sup>th</sup> and 23<sup>rd</sup> and in between on the 15<sup>th</sup> we are on a fabulous **Shopping Trip** to Ikea and Nueva Condomina. You will be made to feel very welcome if you would like to join us.

**Future Events**

Feb 9<sup>th</sup> - **Chatterbox meeting**

Feb 15<sup>th</sup> - **Trip to Ikea & Nueva Condomina**  
Feb 23<sup>th</sup> - **Chatterbox meeting** + speaker re; Solar Power

March 9<sup>th</sup> - **Chatterbox meeting**  
March 15<sup>th</sup> - **Crazy Golf trip**  
March 23<sup>rd</sup> - **Chatterbox meeting** + speaker Nigel Burchill

April 13<sup>th</sup> - **Chatterbox meeting**  
April 21<sup>st</sup> - **Trip to Garrucha Market** + lunch  
April 27<sup>th</sup> - **Chatterbox meeting** + speaker Joe Bircumshaw (Just Joe's Hair & Beauty)

May 11<sup>th</sup> - **Chatterbox meeting** (Strawberry tea)  
May 17<sup>th</sup> - **Trip to Guadalest**  
May 25<sup>th</sup> - **Chatterbox meeting** + speaker Mark Langton (tbc)

June 8<sup>th</sup> - **Chatterbox meeting**  
June 15<sup>th</sup> - **Summer Party**

**SUMMER BREAK**

Remember! Be kind! iI costs nothing and means so much.  
**And..... Happy St Valentine's Day.**

Best Wishes

Sue x

**GROUPS**



**Camposol C Green Fingers Gardening Group**

[www.greenfingersgardenandsocialgroup.com](http://www.greenfingersgardenandsocialgroup.com)



As we look forward to 2023, here is an opportunity to review what **Green Fingers** have achieved over the past year of 2022: Our weekly watering team, twice weekly in the Summer months, has continued its watering of all the plants, shrubs, and trees around Camposol Lower C.



We have repaired pot holes that Mazarrón Council will not touch.

All of the palms on Avenida de Los Covachos, the dual carriageway, have been trimmed back by our Volunteers, with the help of **Jardineria El Milagro** at Bolnuevo, for the ones out of our reach.

The area in front of the **Age Concern Centre** was cleared of weeds and shrub.

Our Maintenance Scheme continues to keep the Calles of Lower C clean, tidy and weed free. This scheme costs less than a cup of coffee a week and we are now at the stage where we need new members to join in order to maintain the standards that we have set over the past 12 years of the Scheme.



Our **Jubilee Street Party** in June was a tremendous success and raised much needed funds, as did the excellent donation from the Fiesta Committee which was a lovely surprise.

Finally, we wish everyone a **Happy and Prosperous 2023.**

In November we did our yearly **Poppy Tribute** in our Memorial Garden and planted Memorial Crosses which raised €330 for **Royal British Legion** funds. Our weekly **Bucket Collection** continues to fund all the work that we do and we are grateful to everyone who stops to donate.

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Email: [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)  
Remember deadline 15th of the month!!!





**CHARITY**

**MABS Mazarrón**

Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



**What we do**

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

**Helpline**

The most important bit, we can provide the following:  
Transport with driver to take patients to and from hospitals.  
Translators to ensure the diagnosis is fully understood.

MABS Mazarrón provide help and support to local people who have been diagnosed with cancer.	
This year we have assisted with;	
Appointments	1139
Translations	1065
Drives	370
Plus we have loaned equipment like hospital beds, wheelchairs and mobility aids to 1051 people.	

Home carers to provide additional care when needed.  
Respite and Hospice care in our Respite Home.  
Medical equipment on loan to patients.  
1-2-1 counsellors  
If you need our help just phone our Helpline **620 422 410**  
For more information <http://www.mabscancerfoundation.com>

**How you can help:**

Volunteers needed! We always need more volunteers to help out in various roles:  
Manning reception in our Respite Home.  
Helping in our shop in Totana (car share available from Camposol B) – general sales staff, till operators and floor walkers; sorters, checking donations as they arrive

and preparing them for sale (washing etc.); ironers.  
Driving patients to their appointments.  
Working on our van, collecting and delivering furniture etc. (think of the saving in gym fees!)  
In particular we need drivers to take patients to their appointments – expenses are available.  
Fundraisers to help organise events, etc.  
If you can spare a few hours and would like to help we would love to see you.



Respite House

**Plus!**

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

**Recent Fundraising and Donations**

Sadly the **Camposol Fiesta Group** wound up recently, but they have generously given their remaining funds to local charities. A massive thank you to the Committee who have donated 5,000€ to **MABS**.

**Freemasons**

- A big thank you also goes to the Provincial Grand Lodge of Murcia for their generous donation of 500€



Freemasons

**Raffles Christmas Hamper**

- A big thank you also goes to Decklid Auto Services for raising 400€ from their 2€ a square annual Hamper Raffle.

**Raffle for Piano Accordion** - Thank you to all who bought a ticket for the Piano Accordion. You managed to raise 205€

**Christmas Watch Raffle** - A big thank you to those that bought tickets for the watch raffle which raised 202€.

**Rendezvous Air Fryer Raffle** - Rendezvous on Camposol A raised a further 280€ with their Air Fryer raffle.

As always, we couldn't help the people that need us most without your help, so a massive thank you to everyone who has helped by donating much-needed money, furniture, clothes, bric-a-brac, books etc. that is the lifeblood of our fund raising in our Totana shop. A huge shout out to all our volunteers who give up their time (and sometimes blood and sweat) to help out in all sorts of ways. Without them we couldn't continue.

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Remember deadline 15th of the month!!!

**Ken Sherwood**  
**British Car Mechanic**  
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[www.kensherwood.es](http://www.kensherwood.es)  
Email: [kentrike2011@hotmail.co.uk](mailto:kentrike2011@hotmail.co.uk)  
Ring us with your best quote and we will do our best to beat it!

Carretera de Cuevas de Reylo a la Pinilla  
Cuevas de Reylo  
Fuente Alamo, Murcia

Opening Times:  
Monday to Thursday 8.30am till 5pm  
Friday 8.30am till 4pm (We don't close for lunch!)

Free pick up and deliver service on Camposol and Hacienda del Alamo

We now take credit card payments

Free Servicing • ITV'S • General Repairs  
Small Body Repairs • Air Conditioning Repairs & Re-Gassing  
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Insurances  
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Driving Licences & Car Paperwork

**Our company is dedicated to service and our experience of over 20 years will provide our clients with the care and attention they expect.**

Urbanización Camposol, Centro Comercial A,  
Local 28, 30875 Mazarrón  
[www.costacalidaps.com](http://www.costacalidaps.com)  
Tel. 968 199 251. Fax: 968 199 175



**INFORMATION**

**PINE PROCESSIONARY CATERPILLAR**



The **Pine Processionary Moth** that feeds on pine needles. Its preferred hosts are the black pine and Scots pine, but it can also attack other pine species and even conifers such as larch, cedar and fir. Despite their amusing habit of travelling nose-to-tail in long lines, the caterpillars are harmful and dangerous.



harmful and dangerous. They defoliate trees, which in itself doesn't compromise the trees' survival, but makes them more vulnerable to attack by other parasites. Their irritating hairs cause inflammation and allergic



By Basotxerri - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index>

reactions, sometimes with very serious manifestations (anaphylactic shock), either through direct contact with the insect or due to contact with its hairs dispersed in the environment. Irritations caused by the **Processionary Moth** can affect the skin, eyes and respiratory tract. This is why you should neither touch **Processionary Moth Caterpillars** and nests, nor stop under or near infested trees, especially between autumn and early spring. Not only people are at risk, but also animals. In addition to sniffing the caterpillars, curious dogs and cats can bite or eat them, which in some cases can have fatal consequences.

The adult **Processionary Moth** is nocturnal and emerges between late June and early September. The females subsequently lay eggs which hatch after about a month into larvae that immediately begin to feed on pine needles and start building nests, which by early winter become dense permanent structures that enable them to survive through the coldest months. As they grow, the caterpillars develop thousands of hairs.

You can easily identify the **Processionary Nests**, which are large, white silken cocoons with a diameter of 10-20cm, typically situated at the tips of sun-exposed tree branches. From the end of February to the beginning of April, the caterpillars leave the nests and descend from the host pine in a long line—hence the name '**Processionary**'—to find a place to bury themselves and make a chrysalis, ready to transform into a moth during summer.

**Processionary Moth Caterpillars** are

**How To Get Rid Of Processionary Moth Caterpillars**

They are at their most dangerous during the period when they leave their nest - the end of February to early April. Before this period, when the **Processionary Nests** are clearly visible, you can cut down and burn the branch that bears the nest. Pruning should be done taking all the necessary safety measures, being

as careful as possible to prevent the irritating effects of the insect. If you are not confident doing this, get a professional tree surgeon to undertake the task.

**What Other Measures Can Be Taken Against The Processionary Moth?**

From February you can target the caterpillars themselves as they emerge from the nest and travel down the pine trunk to bury themselves, by setting traps. One of the most effective solutions are tree collars that wrap around the trunk and contain a special glue that stops the caterpillars in their tracks.



By user Daniel Capilla at observado.org, a global biodiversity recording project., CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3>

**Insecticide treatments are not recommended.**

Although they can be sprayed onto the nests before the end of winter, on the caterpillars themselves in spring when they leave the nest, or on the young larvae at the end of summer, before they take refuge in their winter nest, such treatments don't prevent the urticating hairs from dispersing into the environment.

Another system to prevent them from spreading, are **Pheromone Traps**, which are used to capture adult male insects before they mate, in order to break the breeding cycle. The traps are used to attract the male moths, which then stick to the traps which should be placed on the sun-exposed side of a medium-high branch, just before the metamorphosis period, (from mid-June onwards). The **Pheromones** are harmless to humans, animals and the environment.

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**AROUND THE WORLD**

*Sara's Travel Blog*



**The Danube October 22**

We were on day 5 of our river cruise on the **Danube** and we arrived just outside **Vienna**. A full day and evening in the port allowed us to fully explore this amazing city and all it offered. We took the metro into the city as the station was directly opposite the harbour, while other travellers boarded a bus or a taxi. The metro was very easy to use and only 3€ each for a return and quick and clean.

**Vienna** is the capital city and also one of the 9 provinces of Austria with a two million population which is one third of the whole country. It attracts 6.8 million tourists a year and until recently, was the world's number one destination for international congresses and conventions. **Vienna** is known as the 'City of Music' due to its musical legacy to many famous classical musicians such as Beethoven and Mozart making it their home. It is also called the 'City of Dreams' because it was the home to the world's first psychoanalyst Sigmund Freud.

In 1804, during the Napoleonic Wars, **Vienna** became the capital of the newly formed Austrian Empire and began to play a major role in European and World Politics. After Germany entered Austria in 1938, a triumphant German chancellor, Adolf Hitler, spoke from the balcony of the Neue Burg and Austria ceased to exist and became part of Nazi Germany. The fact that Hitler was actually born in Austria was not lost on the people.

Our first stop was St Stephens Cathedral which stood majestically amongst the shops and cafés with the recognisable coloured roof and the south tower standing 136 metres high. I just stood



admiring the architecture in front of me, from the Romanesque tower on the west front to the Giants door, the south and shorter north tower and the mosaic tiled roof, it was spectacular. You may have guessed by now that looking at Cathedrals and Churches is a bit of hobby of mine and up until this point my favourite was Lincoln Cathedral, but this blew my mind and I hadn't even been inside.

Next door was the Mozart Museum and it is said that he discovered how deaf he really was when he noticed the birds flying out of the Bell Tower when the bell rang at St Stephens Cathedral. Domgasse no 5 was

an apartment he lived in from 1784 until 1787 on the first floor and for the time, was positivity grand with 4 large rooms, two small rooms and a kitchen. Mozart was actually born in Salzburg and in his short life, he composed over 800 works.

We decided we wouldn't have a lot of time to explore the city and there was so much to see, so we took an offer of a tour around **Vienna** in a classic car. The driver kept us informed of the many buildings and history of the city and also gossiped about Mozart and Beethoven. In 1787 Beethoven came to **Vienna** to study under Mozart and it is rumoured that they shared girlfriends. The fact that at that time Beethoven was 16 and Mozart died 4 years later didn't seem to get mentioned in the story!



After a quick lunch, we went to an art museum and a film museum before heading back to the boat to change for the evening entertainment. We had booked for the **Vienna Concert Hall** experience which I was a little worried would be too highbrow for my husband, but it had to be done! I didn't need to worry as it was amazing with 9 musicians, 2 singers and music that was uplifting and entertaining. Many of the pieces were recognisable and glancing at my husband next to me, on his feet applauding after every performance, I knew it was a good choice.



Heading back to the boat and on to our final destination, **Budapest**. We decided to get a taxi to the Houses of Parliament where many of the statues and places of interest were. We were in the Pest side and I still wasn't sure if I wanted to see the Shoe display on the River bank the other

side of the Houses of Parliament. I decided I was probably only going to be here once, but knew it would be sad. It was actually very moving and some people had placed flowers in the shoes or lit candles.

Why were the metal shoes there? A couple of notice boards explained what happened during the Second World War by the Hungarian Military. They were to remember thousands of Jews who were lined up on the river bank, told to remove their shoes and then shot so they fell into the river. The soldiers took the shoes and sold them on. The Memorial was erected on 16<sup>th</sup> April in 2005.



**Budapest** is a beautiful city and still has many buildings of importance with 12 million tourists every year visiting and all I can say is go if you can. We spent the day admiring Celtic and Roman buildings alongside Gothic and Renaissance ones. However, we ran out of time and headed back to the boat to change before heading out to the Buda side where we were going to see traditional Hungarian dancing, singing and sampling food.

Driving through different types of buildings, we saw that Buda was completely different from the Pest side. We drove into the woods out of town and were greeted by traditional dressed women who had a drink and a cheese cone to welcome us. Next we were shown to our table where three musicians; one on a squeezebox, another on double bass and a third on a violin were performing. While the food was served, 3 couples, again in traditional dress, danced on the stage and dragged people up to join in. A fun evening was had by us all and the goulash was amazing.

Our last night on the boat and the next morning after another huge buffet breakfast, we said our goodbyes and headed to the airport. We had enjoyed a very good River Cruise and have seen some places we wanted to tick off our list. The food was perfect, the crew amazing and the places we visited very interesting. We had compared the River Cruise to the big ships all week long, so would we do another River Cruise? No, sorry not for us, we definitely prefer the big cruise liners, but we would highly recommend it to anyone who hasn't ever been on one. Give it a try.





RELIGION

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Very soon it will be **St Valentine's Day** and cards, flowers, chocolates etc will be bought and given in large quantities all with the intention of declaring or confirming love to someone.



Over the years there are estimated to be over 100 million songs about love and perhaps one of the most well remembered is the Beatles' song 'All you need is love.' The implication in the song is that whatever you want to do the answer is simply 'All you need is love.' Of course the song was written during the summer of love of 1967 and there have been other influences at work.

It is certainly true that the world would be a far better place if everyone loved one another, but what is love? Dictionaries list four main types of love:

- Eros:** Erotic, passionate love. We might as well get that one out of the way first.
- Philia:** Love of friends and equals. It's where Philadelphia gets its name as the city of brotherly love.
- Storge:** Love of parents for children. Almost everyone has experienced and continues to experience this type of love.

**Agape:** Love of mankind. This is the strong message of Biblical love God has for His people.

**Agape love** is the abiding theme of the Bible where it shows the love God has had for His people since the beginning of time. The Jewish people were a fickle group of people loving God when they thought fit and loving other people, other things, other gods when they rebelled. Throughout the time of the Old Testament, God's love is shown as time after time God draws the Israelites back to himself with an endless love.

Just over two thousand years ago God sent His only Son to be born into a Bethlehem stable, into the ignominy of a smelly manger surrounded by cattle and strangers. Why would the King of kings and Lord of lords subject His only Son to such a lowly beginning? The answer is found in the most well-known of all the verses in the New Testament. John 3:16 says "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." God has always loved the world, firstly through the Jewish people and secondly reaching out to the worldwide Gentile people. Look at what God said through the prophet Jeremiah:

The Lord appeared to us in the past, saying:  
 "I have loved you with an everlasting love; I have drawn you with unfailing kindness. I will build you up again, And you, Virgin Israel, will be rebuilt.

Israel swung from rebellion to love and back to rebellion so many times and yet God says He has loved them with an everlasting love.

That love, that **Agape** love, still reaches

out to each and every one of us today. God doesn't keep a count of how many times we have tripped and fallen. He doesn't turn away in disgust when we have been so far from His truth as to seem unreachable. God reaches out in **Agape** love and gently draws us back to Himself. God's love is everlasting. This from the beginning of time to the very end of time, God loves me and He loves you.

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# Spotlight on Mojácar

**Mojácar** has a long, complex history that stretches over 4,000 years. Populated by Phoenicians, Carthaginians, Romans, Greeks, and Moors, it remains an intersection of many cultures. It was under Moorish rule that **Mojácar** really began to come alive. The castle was built and the town walls were expanded and fortified.



Photo: Mojácar Ayuntamiento

**Mojácar** is divided into two parts; the 'pueblo' is a whitewashed picturesque hilltop village and the 'playa' has 17km of coastline made up of sandy beaches and some spectacular rugged mountain walks.



The 'pueblo' is pedestrianized, with winding cobblestone narrow streets with hanging plant pots, full to overflowing with colourful flowers. It is full of charm and history with a Jewish quarter, numerous bars and restaurants, souvenir shops and La Fuente (**Mojácar's** Fountain), a vital source of



Photo Susan Ashley-Stevens

water for centuries which continues to be a central meeting point for residents filling up their water bottles. The Ayuntamiento



Photo Susan Ashley-Stevens

is located in the 'pueblo' along with pretty plazas and bars for tapas, drinks or dinner. The main plaza has stunning views down to the 'playa'. The 16<sup>th</sup> century Church (Santa Maria) is a fortress-like structure, where many of the processions pass and the top of the Church is also where the New Year's Eve fireworks are fired from. Shops in the 'pueblo' mainly consists of local crafts including rugs, jewellery, ceramics and souvenirs, as well as a good selection of boutiques. Market day is Wednesday when



the 'pueblo' is a hive of activity. Wherever you shop, you will discover items relating to the 'Indalo Man'. This relates to a prehistoric cave drawing found near Vélez Blanco in 2500BC and represents a man holding a rainbow over his head. It is

*Continued on page 37*

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considered to be a lucky totem and can be found recreated on the fronts of homes and businesses throughout the province. However, legend has it that the charm is only beneficial if given to you as a gift.

**Mojácar** is known for its gastronomy with a superb choice of tapas bars and restaurants, ranging from Spanish, Argentinian, French, Italian, Indian and British. The atmosphere in the evening is a relaxing experience and dining by candlelight in restaurants with spectacular views is a must.

oaPicturesque and full of beauty, **Mojácar** was recently crowned winner of the annual **Ferrero Rocher 'Juntos Brillamas Mas'** (Together We Shine More) competition. A total of 7 'pueblos' were selected throughout Spain on the strength of their charm, gastronomy, cultural richness and hospitable characteristics. **Mojácar**



Photo: Pulcinella, Mojácar

'pueblo' was lit up with thousands of fairy lights and ornate lamps between mid-December and the end of January, making it an even more magical place to visit.

**Literally just before going to print, it was announced the lights will remain until 28th February given the success achieved and the many visitors who have come to see the incredible displays. So with the lights remaining during February and all the events taking place during this month (Carnival, St Valentine's, VII Cycling Tour of Almeria 2023 and Dia de Andalucía) all happening, it's a great time to visit**

In contrast to the 'pueblo', the 'playa' area is much livelier, with many chiringuitos, live entertainment, a golf resort, quality hotels, lots of children's play areas along the promenade, a bowling alley, crazy

golf and the Parque Comercial which offer more 'retail therapy'; this time by way of individual boutiques, home accessory



shops and cafés/restaurants in which to re-charge your batteries. Public transport between the 'playa' and 'pueblo' is easily accessible and cheap at only 1.20€ a journey, with buses running every half hour and just a 5 minute journey. It is all uphill if going from the 'playa' to the 'pueblo' and it can be quite steep, so a bus is recommended, but it's all downhill on the way back and a nice 30



minute leisurely stroll.

**Fiestas In Mojácar:**

**Carnival** – This year is 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> February. See information in "Events to look out for in February" further in the feature and at [www.mojacar.es](http://www.mojacar.es)

**Santa Semana - Holy Week**

Lively festivities include the important religious Good Friday procession with the public following a statue of Jesus bearing His cross through the village and finishing at the Church.

**Romería de San Isidro - San Isidro Pilgrimage**

On a Sunday in mid-May the residents make a pilgrimage to Sopalmo, a small

hamlet in the hills between **Mojácar** and Carboneras. The journey is carried out with a procession of floats and vans, decorated with flowers and accompanied by music, followed by cars, vans and motorcycles and ends with a celebration of food and drink. There is an awful lot of horn beeping, so you may want to take your earplugs!

**Moors and Christians.** This epic 3 days of activity are in both, the 'pueblo' and on the 'playa', culminating on the last day with an extravagant procession through the village. This takes place early to mid-June (16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> this year) and starts with blunderbuss firers and gathering of the troops on the edge of the 'pueblo', before making their way to the centre of the village. Saturday sees the battle between two sets of troops on the 'playa' and includes belly dancing, horsemanship, a medieval tournament and procession to the Parque Comercial to be joined by entertainers. The evening ends back in the 'pueblo' where the party continues until the early hours. Sunday is back to the 'playa' in the afternoon followed by the spectacular procession in the 'pueblo' late afternoon/early evening. This really is one weekend of fun and partying!

**Noche de Romantica (Night of Romance)**

There surely cannot be a more stunning place to celebrate romance and **Mojácar** celebrates this event towards the end of June. Thousands of red and white balloons fill the streets and corners in the 'pueblo', some designed in archways and columns,



providing perfect photo opportunities with the one you love. Even the buses between the 'pueblo' and the 'playa' are decorated with balloons and hearts!

Enjoy romantic music in the open air in the squares, book a table in one of the beautifully decorated restaurants, then join in at midnight to the ringing of the 12 bells and fireworks with a kiss for your

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loved one, whether it be a child, friend or pet, finishing with dancing under the stars.

**San Juan**



This takes place on the evening of 23<sup>rd</sup> June, when rituals, superstitions and traditions abound. Sardines, bonfires and live entertainment are just some of the activities taking place on the 'playa' and all ages will enjoy this truly spectacular event with people jumping over fires to burn away their problems, or running in to the sea to find a partner or good luck. Another tradition is to burn something old to represent a new start, swim in the ocean to purify the soul, or drink from fountains with the aim of taking on magical healing properties. Whatever tradition you choose, you are sure to have a good time.

**Noche de las Velas (Night Of The Candles)**

This coincides with the night of San Lorenzo's Tears (known as the rain of stars). It is another chance to explore the stunning 'pueblo', but this time under the stars and by candlelight. The electricity is turned off for the evening and you can wind your way around the village by candlelight. Visitors are encouraged to wear white and the focus normally includes lots of music and dancing in the various squares, special menus and there are normally bands marching throughout the village with entertainers including fire eaters and jumping through fire hoops. Don't try this

at home!

**San Agustín**

This weekend event at the end of August (28<sup>th</sup> this year) is in honour of **Mojácar's** Patron Saint. Festivities include the floral offerings and procession of the Mojaqueras when women dressed in traditional costume carry pitchers of water and flowers from the fountain to the Church. This fiesta sees the young men of the 'pueblo' showing off their horse-riding skills as they ride under a rope aiming to reach up and remove one of the coloured tapes which have been loosely attached by the single females of the village (**Corridas de Cintas**).

**Nuestra Señora del Rosario**

This is a celebration in early October (7<sup>th</sup> October this year) of the female patron of **Mojácar**, the Virgen del Rosario. The fiesta activities again include the **Corridas de Cintas**.

**Sports In Mojácar:**



There are some beautiful beaches in **Mojácar** in which to relax, but if sport is more your thing, the wide and long beaches are ideal for lovers of activities associated with the sea. Enjoy sailing, water skiing, boat trips, fishing and diving. The coves particularly are renowned for its starfish, snails, sea urchins, octopus and corals. Alternatively, on land, choose from hiking, cycling, horse riding, lawn bowls, go-karting, fitness classes and of course, golf, to name a few.

A popular and beautiful coastal route: This circular route starts at the end of the beach promenade, in the direction of Carboneras and is accessed via a 'hidden' track between bushes. The route goes along the coastal cliffs, one which was once used in the 19<sup>th</sup> Century by miners and shippers during the 5 years of iron ore mining in Macenas and leads to the secret beaches of **Mojácar**. The beginning of the route climbs through a narrow and rocky pathway with stunning views, where, due to the height, the seabed can be seen together with the various seabirds that use the nearby islands.

Further along, above the 'Stone of the Nazarene', the remains of the mining can be seen. The entrances to the mines now provide shelter for several species of bats and predatory birds. The route continues to the Castillo de Macenas (Macenas Castle) which overlooks Macenas beach. This military construction was built in the 18<sup>th</sup> Century as part of a defense system to protect the area from invaders. This was restored in the 90's.

The Perulico Tower, an important lookout point, can be found further along the coast. It offers amazing views of the rugged shores. It was built in 1526 and is 10m high. There was a tunnel dug in its centre for access around the tower as it was physically impossible to go around it. It has since been restored on the rock that supports it. The route then returns back to the starting point, although it is possible and highly recommended to continue along the coastal pathway on to the hidden beach of El Sombrerico.

The estimated walking time (allowing for photograph opportunities) is around 2.5 hours.

**Events To Look Out For In February**

The middle of February is a great time of celebration with the annual **Carnival**. This is a pagan festival full of both original costumes and songs resulting in colourful and enjoyable musical events. This year it takes place on **17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>**. At the time of going to print the programme was yet to be confirmed but hopefully by the time you're reading this will be published and available at [www.mojacar.es](http://www.mojacar.es)

The **VII Cycling Tour of Almería 2023** also takes place this year on **17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> February**

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Stage 1 departs on 17<sup>th</sup> February from Huércal Overa, covering a total of 88.1km. It passes through Sta Maria de Nieves, El Saltador, El Mar de Pulpi and Vera, before finishing at **Mojácar Playa**

The following day the 'marcha' departs from the 'Playa', passing Cuevas de Almanzora, Rambla del Aljibe, El Chive and Los Gallardos before finishing in **Mojácar Pueblo**, after a distance of 99.6km

The final day it leaves from Adra Paseo and completes the tour in Barranco de Almería



(Adra) after 14.1km

If you are lucky enough to be in either of these places on these days, give them a wave, a clap and 'vamos' (words of encouragement).

**Tuesday 28<sup>th</sup> February - Día de Andalucía**

This is a very important day as it was this day in 1980 when the referendum took place which subsequently made Andalucía an autonomous community of Spain (which includes **Mojácar**). The tradition on this historic day is for balconies and terraces to be decorated with green and white bunting and the flag of Andalucía. There is normally a 'raising of the flag' ceremony at the Ayuntamiento, and concerts with many of the local schools taking part with singing and dancing.

Steeped in history and stretching back 4,000 years, you will find many English speaking businesses in **Mojácar** helping you every step of the way whether you are visiting for a day, a week, a month, or even thinking of making a more permanent move. Businesses include:

Keith has been a fully licensed and qualified Financial Adviser at **Blacktower Financial Management** in Spain for 12 years now after over 20 years as a Financial Advisor in the UK. He helps Expats now living in Spain make sure their Pensions and Investments are Spanish Compliant and as tax efficient as possible. Keith covers the Costa Cálida and Almería provinces.  
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# Health and Beauty Section



## HEALTH AND BEAUTY

# VAVA HEALTH & WELLNESS

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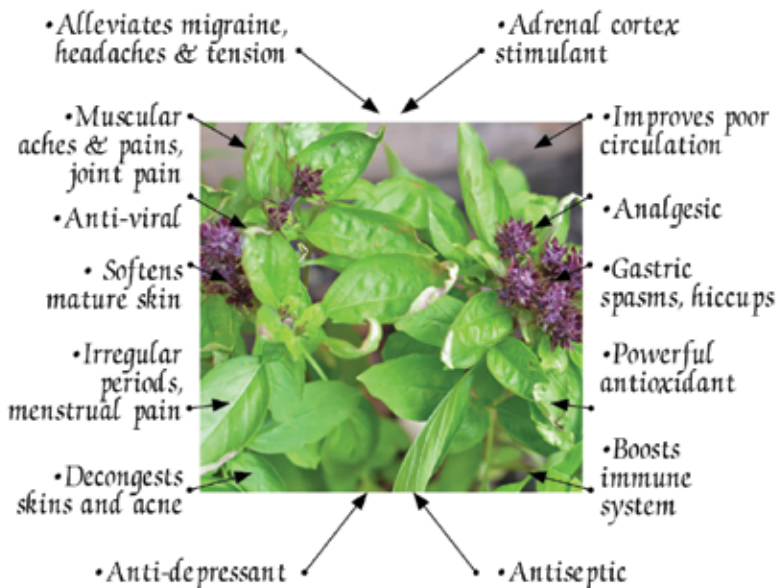
**Aromatherapy Essential Oils - Spotlight on Basil Oil**  
From the Apothecary of the Enchanted Forest.

### Basil Oils History.

**Basil** is known by many names including the Queen of Herbs or *l'herbe royale* and is also referred to as St Joseph's Wort, French, European, Great, Common or Sweet Basil. **Basil** is traditionally believed to have a fortifying effect on a person's emotions & mind and has been used for various applications, hence its multiple forms such as dried powders, teas & oils.

Various religions and spiritual beliefs practice rituals have emphasis on the use of **Basil**. In Judaism, it is believed the use of **Basil** increases strength during fasting and other Orthodox Churches use **Basil** to either sprinkle or prepare holy water. Pots of **Basil** are often placed underneath Church altars to pay homage to the belief that **Basil** was found growing besides the grave of Christ. In other beliefs, such as those of India, Europe, Greece and the ancient civilizations of Egypt, **Basil** was buried with the dead and thought to have protective qualities that could help their journey and ensure their safe arrival to the afterlife. **Basil** has come to represent good fortune in other parts of the world and in

## Basil Essential Oil - *Ocimum basilicum*



©Apothecary of the Enchanted Forest. 14/12/2021

Mexico, bunches of **Basil** can be found hung in shop doorways because **Basil** is believed to protect the success of the business.

Through the ages, **Basil** has been used for a myriad of applications and has been acknowledged as a natural

anti-inflammatory, antioxidant, antibiotic, antiviral, anti-depressant and diuretic, thus Basil is a common component in the traditional medicine practices of Asia, such as in India, where it is known as *Tulsi* and is still considered a sacred herb.

### Uses of Basil Oil.

\* **Relieves colds, coughs & sinus problems** - blend a few drops of **Basil**, lemon and eucalyptus oil with a tablespoon of carrier oil and massage into the chest for a natural soothing, decongestant vapour rub.

\* **Ease sore muscles and joint pain** - to soothe aching or sore muscles, reduce inflammation & swelling, add 2-3 drops of **Basil Oil** to a carrier oil and gently massage into affected areas, or add a few drops of **Basil** and **Lavender Oil** into a warm bath with magnesium or epsom salts, aiding in relaxation

Continued on page 42

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Nail art extra

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Offer No 3  
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Brow Tint 6€  
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Henna Brows 12€  
Hopi Ear Candles 15€  
Eyelash Individual Extensions 30€  
Eyelash Lift & Tint 30€

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Deep tissue massage 20 mins 20€  
Hot stone massage 1hr 30€  
Lymphatic drainage massage inc reflex point  
foot massage 1 hr 25€ or 1 hr 15: 30€





Continued from page 40

- and soothing inflammation.
- \* **Relieves stress & anxiety** – a few drops of **Basil Oil** in a diffuser or warm bath will help alleviate tension, stress and anxiety and has the added benefit of improving circulation.
- \* **Insomnia** – mix a few drops of **Basil Oil** to carrier oil and massage into the temples, the soles of feet, the wrists and the belly before going to sleep. This helps to relax the body and mind before sleeping.
- \* **Skin care** - prevention & soothing of acne breakouts. Dilute 1-2 drops of **Basil Oil** in a small amount of a light carrier oil. Dip a cotton bud into this mixture and dab on cleansed areas of skin affected with acne.
- \* **Hair care** – add 3-5 drops of **Basil Oil** per ¼ cup of hair product for eliminating excess oil on the scalp and effective hair cleansing.

**Basil Oil is best known for...**

- \* Boosts immune system
- \* Improves poor circulation

- \* Supports respiratory system
- \* Reduces nervous tension & stress
- \* Musculo-skeletal aches & pains
- \* Powerful antioxidant action & ideal for mature skin

**Basil Oil**

Botanical name: Ocimum Basilicum  
 Origin: Native to tropical Asia and Africa. The European, French or 'true' sweet Basil oil is produced in France, Italy, Egypt, Bulgaria, Hungary and the USA.  
 Aroma characteristics: Light, sweet, warm & slightly spicy crisp herbaceous aroma.



All the essential oils highlighted in this column are available at The Emporium of the Enchanted Forest and you can discuss any questions with Ashlí.

Ashlí Miréla  
 BCompMed. mFENACO/Naturopath. S.E.N (SANC). DipNut. DipAdv DTM. DipArom. YTTc.

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

ADITORIAL



Tel: 610 030 635



**Verdiana** is THE place to go for the very best of organic produce - Sebastian is helpful and knowledgeable and makes every visit to his shop a very pleasurable one.

**Verdiana** is the only store in the entire Mazarrón Bay that supplies you with such a variety of fresh fruits and vegetables; **(all plastic free)**, from local producers. They have a large variety of bulk products including dried fruits, seeds, dehydrated fruits **(without added sugar)**, legumes, seaweed, flour and spices.

**Verdiana** offers a loyalty card where you can receive discounts, so the more you spend, the more discount you receive and you will also receive 20% discount on your first visit. They also offer free delivery when spending over 25€ in the shop in the afternoons from Wednesday to Friday in the following areas:



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**Verdiana** is located in the indoor market in Puerto de Mazarrón, Plaza de Abastos, near the Medical Centre. Contact Sebastian on **610 030 635** and ask him for the weekly list of their fresh products. Sebastian speaks English, Spanish and French.





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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

A		4		3			7				E
5			7	D		C 9 A					4 0
	B				E	4					
D			1	9						3 6	
4 5 E			C			D 1					3
3				1			2		F 0		
0 2			E			3			4		
				D		0	B				9
			2 C	0		1 6			7 A		
	1 A			E			4		6 8 9		
2 4	6						F				
8			4		9	7					
B 6			3					5			C
	9 D			E	4		2 0 A				
	F		9		1	E					8
C 0 8 E				6				3	D 1 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	N	E
M	I	R
A	H	T

47 words of 3 letters or more.

## Wordsearch

Translate the words below from English into Spanish

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

- ADMIRER
- BEAUTIFUL
- BOYFRIEND
- CARD
- CUPID
- DINNER
- ENGAGED
- FEBRUARY
- FLOWERS
- FOURTEEN
- GIRLFRIEND
- HAPPY
- HEART
- HUG
- KISS
- LOVE
- PRESENTS
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- ROSE
- SWEETHEART
- VALENTINE
- WEDDING

Answers on page 74





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# P.A.P.S.

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**PAPS** hopes that everyone had a good start to New Year. It would be nice to think that 2023 will be kinder to dogs in Spain, but sadly we all know that there will still be too many being abused and hurt and thousands more without loving homes - so don't forget: **Adopt, Don't Shop!**

One of the major responsibilities of dog-ownership is disease control and one of the diseases definitely to avoid is **Parvo**, a dangerous and highly contagious virus which causes severe gastrointestinal illnesses in dogs, often with a fatal outcome. The symptoms of **Parvo** are: severe diarrhoea (generally containing blood), severe vomiting, lethargy, fever, loss of appetite, dehydration and weakness, although all of these signs may not show in every dog.

While all dogs can be affected, **Parvo Virus** is most common in dogs under a year old.

Puppies and young dogs between 6 weeks and 5 months are the most vulnerable and are the most difficult to treat, meaning that they are the most at risk of death, but unvaccinated or incomplete-vaccinated dogs are also very vulnerable.

This killer virus is incredibly resilient, staying in the environment or on surfaces for long periods of time and it can withstand most disinfectants, conditions and temperatures. Transmission most commonly occurs through direct contact with an infected dog, or by direct contact through the nose or mouth from infected saliva, faeces or vomit. Humans can also carry the virus on their skin, clothing or shoes if they have come in contact with an infected animal, stepped in faeces in the street etc.

The high level of contagiousness and ease of spread is what makes **Parvo**

such an alarming virus - which is why it's so important for owners to try to prevent infection of their puppies or dogs. **Parvo** can be treated by a vet if it's caught early enough. Treatment will generally involve hospitalisation, IV drips, antibiotics, anti-vomiting medication and pain management. As **Parvo** also attacks the white blood cells, the animal's immunity and ability to fight infections will be compromised which is why it's vital that medical attention is given immediately.

The best effective treatment for dogs against **Parvo** is a series of vaccinations for puppies, to be continued throughout life with boosters. Puppies will not have full immunity until 2 weeks after the final puppy vaccination. Unvaccinated, or incomplete-

vaccinated pups, should not be taken to unsafe environments which may have been visited by unvaccinated dogs including public footpaths, parks, etc.

**Please ensure your dog is well-protected from Parvo through full vaccination.**



It may be a New Year, but sadly **PAPS** still have too many lovely dogs patiently waiting for a new home. **Danella** wants to put her best paw forward and show everyone what an absolute sweetheart she is. She's possibly a Vizla or Doberman X (big debate about this!!), dob 14/2/19, 60cms tall. She is very gentle, good-natured and obedient and is good with other dogs. She will make a really wonderful companion for some lucky home.



Email [animalesperrosdelsol@hotmail.com](mailto:animalesperrosdelsol@hotmail.com) for further information.

Can you sponsor a dog monthly, foster, volunteer or make a donation? This would be much appreciated.

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RELIGION



Salt Church Mar Menor @ THE HUB

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



**Why don't people go to Church?**

Maybe these are some of the things that go through their mind...  
 Perhaps they think that, first, they have to get their life together...  
 It is a place filled with hypocrites...  
 The Church is only after their money...

Some worry about how they should look and what should they wear...  
 Others feel nervous about fitting in...  
 Could it be that they've had something of a 'past', shall we say and that may not be acceptable...  
 Then there are those who are not sure they can tick all the boxes when it comes to believing what the church states it holds dear...  
 Perhaps some of these things ring a bell with you and that is why you don't go to Church.

Maybe it's not all like that at all.  
 None of us are without a little hypocrisy if we're honest, so, yes, we are all imperfect. So it is that Church can actually be a place for new beginnings and where forgiveness can be found.

It is people who are priceless, so if you come across a Church that is just interested in money then, fair enough, it is one to be avoided!

You might have had experience of Church in one of the major denominations, or indeed, a little bit of everything and a whole lot of nothing!  
 Please don't worry about bringing your doubts with you, they are more than welcome.  
 A Church family is about relationship not religion.

Nobody is perfect, beginners are welcome, forgiveness is offered, hope is alive and, yes, it is OK to not be OK, really.

Try us for size or check out a Church near you and we hope you will soon feel like you fit right in.

Finally, in terms of is there some kind of dress code, then as long as you are decently covered, then come as you are!

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

To find out more about us here 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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Pastor Andy Neale

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GROUPS

ADAPT

ASOCIACIÓN DE ANGLOPARLANTES

www.adaptsanpedro.com



**Adapt Theatre Group** started out in 2010 as part of the **ADAPT Association** (Asociación de Angloparlantes de San Pedro del Pinatar - Association of English Speakers of San Pedro del Pinatar).

Their aims have always been in line with those of **ADAPT**, namely the integration of the English-speaking community in the town and from the start the association was accessible to both English and Spanish-speaking communities and involved the local community as much as possible.

In 2011 **ADAPT** produced the first bilingual pantomime, **Cinderella** and since then, has gone on to perform a total of ten pantomimes, involving a whole variety of well-known residents, people from further afield and local places. Dance groups have been made up of students from English classes in local schools.

At the end of 2021 the **ADAPT Association** disbanded and the **ADAPT Theatre Group** was born as an independent entity. The main aim is to continue performing for the local community, to continue to work for integration and to give back what we can to the town that has become home to the group. New members are always welcome; actors and people who can help back-stage with props, scenery and costumes, so please get in touch if you are interested in joining in.

Pantomime rehearsals start mid to late

August and take place every Wednesday at 9.30am in San Pedro. There are also occasional Saturday morning rehearsals for some roles. During the final week, in either late November or early December, rehearsals are almost every day. There is a dress rehearsal culminating in 3 or 4 shows at the end of the week. For more information and a chance to watch some of the pantomimes, please go to **adapttheatregroup.wordpress.com**



On 29<sup>th</sup> December, Eric (**Adapt Theatre Group President**) and Jane (**Pantomime Director**) visited **AFEMAR**, an association and day-centre for people with mental health problems in the Mar Menor area. We were able to hand over a cheque for 1,200€ raised from our latest pantomime **PINOCCHIO - PINOCHO**. We are delighted to be able to support this essential work and aim to continue in close contact with the association in the future.



El 29 de diciembre Eric (presidente del **ADAPT Theatre Group**) y Jane (guionista y directora) visitaron **AFEMAR**, una asociación y centro de día para personas con problemas de salud mental en la zona del Mar Menor donde pudimos hacer entrega de un cheque de 1.200€ recaudados de nuestra última espectáculo **PINOCHO - PINOCHO**. Estamos encantados de poder apoyar este trabajo esencial y nuestro objetivo es continuar en estrecho contacto con la asociación en el futuro.

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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/](http://www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/)

**Check at your local Tourist Office for full details of Events**

**Cabo de Palos Market Sun**

**Sunday 26th February - Free 6km Guided Walk of Calblanque Regional Park (coastline between Cabo de Palos and Cartagena).** Suitable for all over the age of 8 years of age. 9.30am

**Cartagena**  
[www.cartagena.es](http://www.cartagena.es)  
Tel **968 128 800** – Market Wed

**Free Guided Tour of Roman Amphitheatre @ Cartagena**  
11am/12.30pm. Bookings at [https://www.cartagena.es/agenda\\_ciudad\\_detalle.asp?id=2409](https://www.cartagena.es/agenda_ciudad_detalle.asp?id=2409)

**Saturday 4th February - Music Band of The Santa Cecilia Artistic-Musical Society of Pozo Estrecho @ Plaza Mayor** in Cartagena 1pm

**Saturday 4th February - XXV Edition of the Extraordinary Concert of Entre Cuerdas y Metales** 7.30pm  
Young pianist **Arturo Abellán**, winner of the 19th Entre Cuerdas y Metales Contest, stars with the **Cartagena Symphony Orchestra @ El Batel Auditorium**  
Tickets: Orchestra and Amphitheatre 1 - €10  
Amphitheatre 2 - €8

**Sunday 5th February - Paco Candela**, one of the best Flamenco voices in Spain @ El Batel

**Friday 10th February - Martirio Alba**  
Tickets: Patio - €10  
Amphitheatre - €8

**Sunday 12th February - Sentido Concert, Saucos Musical Group & Serafín Zubiri @ Nuevo Teatro Circo** 7pm  
Tickets: Patio Ballas - €26  
Amphitheatre - M €17

**XLIX Floral Games of the Campo de Cartagena in La Palma and the XXVIII National Youth Poetry Contest**  
Registration period open until March 15, 2023.  
There will be a single prize of €1,300 and a

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

**XXVIII National Youth Poetry Contest 2023**

12-14 years old. Winner will receive a diploma and 400€. 15-18 years old. Winner will receive a diploma and 600€. The texts presented, of a creative nature, must be strictly original and unpublished and in Spanish. The theme will be free, with a minimum length of 14 verses and a maximum of 100.

The winning authors will attend a solemn ceremony of the Floral Games, which will be held on 13th May and the winner of each category will read the winning work.

**Roman and Mediterranean Cartagena Guided Tour** 2½ hrs

7.50€/13€/15€ Spanish & English  
More information: **968 500 093**  
With the help of an audio guide, explore the centre and history of Cartagena at your leisure, visiting the two main archaeological 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.

**La Union**  
[www.ayto-launion.com](http://www.ayto-launion.com)  
Tel **868 049 941/692 925 970** – Market Tues

**Los Alcázares Market Tues & Sat (Los Narejos)**

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

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

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

**Saturday 11th February - XXXIII Vuelta Ciclista Región Murcia Costa Cálida**  
Parque Almansa in San Javier will be the starting point of the Costa Cálida Cycling

Tour of the Region of Murcia - The Primafrio Grand Prix.

The mayor of San Javier, José Miguel Luengo, is delighted to welcome back the race. "I want to appeal to all the residents of San Javier and, especially to cycling lovers, to come to Almansa Park on February 11th, where the race will start. There will be a great atmosphere and there will be activities before the start,"

The Murcia Region Bike Tour has a new patron. Primafrio, logistics operator for road transport of goods at controlled temperatures, will be the main reference sponsor of the race. The Primafrio Foundation organises the green patrols, which are responsible for collecting waste after the race and providing the first cycling jersey made with recycled products.

**San Javier**  
[www.murciaturistica.es/en/san-javier/](http://www.murciaturistica.es/en/san-javier/)  
Tel **968 172 041** – Market Wed & Thurs

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

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

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

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

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

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

**Santiago de Ribera**  
Tel **968 571 704** - Market Wed

**San Pedro del Pinatar**  
[www.sanpedroturismo.com](http://www.sanpedroturismo.com)  
Tel 968 182 301 – Market Mon & Thurs (Lo Pagan)

**Sunday 5th February - Coterillo Trail** 10am from Coterillo Parking

**Torre Pacheco**  
[www.torrepacheco.es](http://www.torrepacheco.es)  
Tel 968 579 937 – Market Thurs (Balsicas) & Sat (Dolores)

**Sunday 5th March - Dramatized Visit To Cabezo Gordo & Cueva Del Agua** 10am from Parking Cabezo Gordo 3€

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**INFORMATION**

# Birding in Murcia

by Martin O'Hanlon

Email: [antrimbirder@gmail.com](mailto:antrimbirder@gmail.com)

I recently received an unusual email that I would like to share with you, so I have copied it below. I hope you will engage your imagination as you read the email.

Hi Martin

*I have thought very hard about whether it is wise to get in touch with me/you, but I decided to take the risk. I am now an old man and it is the year 2044, which probably seems quite weird to you. Since your era in 2023, technology has grown to the point that I am able to communicate with you from the future. However, it isn't a cheap option and is still a very uncommon thing to do.*

*Reflecting on our lives, it appears that your decisions have been a mixture of good and not so good, but on balance they haven't been bad. Your best decision was undoubtedly convincing Jessica to marry you; a lifetime's blessing.*

*My reason for writing is to let you know that in the here and now, in 2044, our planet is suffering a lot with industrial and agricultural pollution. I don't think you would recognise your beloved region of Murcia. Due to the loss of biodiversity, I now consider myself lucky to see more than 10 species of birds on visits out in the countryside. The interior of the region resembles a desert and the Mar Menor is a thick pea green soup of bacteria, pesticides and chemicals and completely devoid of life. It is all quite depressing when I remember how Murcia was when you/we arrived back in 2003.*

*I am sorry to be the bringer of sad tidings, but hopefully you can help a little bit to change the future. Therefore, I beseech you to support the environmental associations who are battling for a better future. Also, I am sure you are conscious of reducing your carbon footprint, food miles and food*

*wastage. Every little helps.*

*With lots of love to you and Jessica.*

Martin

I don't know if you share old Martin's view of the future, but what isn't in dispute is the loss of biodiversity in recent years due to agricultural intensification, pollution, habitat loss and some mechanisms of the global economy. We can all help by thinking of small changes in our behaviour, for example reducing food miles and food wastage, which are very easy to do with a little bit of thought and planning. I think the first steps are the hardest, so please add "Tu granito de arena". (Your grain of sand - a Spanish expression which sort of means; I will do what I can, even though it is quite small in the grand scheme of things, but if everyone does something it can have a big impact.)

OK, that's the serious bit over, so let's go birding.

I've often wondered what the birding would be like over the border in that strange land called Valencia. They even speak a different language! I was interested to find out what avian differences there may be to the east of us, so Valencia was on the agenda.

I met an English bird guide called David Warrington, who trades under the name of *Valencia Birding*, at the bird fair in the UK. I booked him for a two-day trip at the end of November. I think it is important to be able to tap into local birding knowledge on this type of trip. It can save you a lot of frustration and time at a pretty reasonable cost. After spending two days with David I have no hesitation in recommending him as a bird guide if you fancy a similar trip.

The first day was spent near the coast visiting the famous Albufera wetlands and the beach. I had been to Albufera previously, but found the access quite difficult and felt frustrated and thwarted in my birding because of this. However, David

removed all that frustration by guiding us to the visitor centre reserve, Raco de Olla and a restricted access wetland reserve called Tancat de Millia. After visiting these two sites we drove slowly around the flooded paddy fields birding on the way to the coast, Playa de El Saler. (There is also a freshwater lake next to the beach, Estany de Pujol).

It was interesting, but based on this single visit I think our Murcian wetlands compare very favourably as regards to the birdlife. However, I was very pleasantly surprised to see so many **Kingfishers** which seemed almost as common as **Sparrows**. Talking of which, we were seeing **Tree Sparrows** that are quite an uncommon bird in Murcia. They are occasionally reported from the Saladares del Guadalentín and El Algar.



Tree Sparrow

On arrival at the coast, we wandered slowly towards the beach, past the inland lake where we saw common **Wildfowl**, **Waders** and a few **Terns**. The big surprise was when we arrived on the beach as there was a **Razorbill**, diving and fishing just two metres offshore. These birds are true ocean-going species. They breed on narrow cliff side ledges in parts of the UK and Northern Europe. The rest of the year they live out in the oceans, mainly the North Atlantic, but some enter the Mediterranean every year

*Continued on page 52*

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Kingfisher



Razorbill On Nesting Ledge







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Continued from page 50

staying well offshore. At Cabo de Palos you can see them flying past at migration time. Our bird didn't look sick, (often a reason for coming close to shore), so it was a bit of a mystery why it was there. This autumn there has been a lot of reports of dead and dying **Razorbills** close to shore or even beached. These reports have come from all parts of Spain's Mediterranean coastline. At first, the scientists thought avian flu was the cause. It has been in the news a lot this year. However, after many autopsies, it has been concluded that the deaths are a result of severe malnutrition, mainly affecting this year's youngsters. It would appear that adult birds have more experience to catch fish in times of shortage. What's the root cause of this lack of fish? Overfishing?



Kittiwake

Afterwards we walked slowly upstream at the side of the estuary. We were seeing lots of winter plumaged **Black Headed Gulls**, but nothing to get excited about, until we saw another **Gull**, but this one had a yellow coloured bill instead of the normal red and black beak. We looked away and then looked back at this strange **Gull**, before we both looked at each other in amazement and said, "It's a **Kittiwake**!" This is another ocean-going bird that definitely shouldn't be here. It was the first time David had ever seen one here in all his years of birding in Valencia. I have only seen them in Spain flying offshore at Cabo de Palos during migration. It was a good way to end our first day birding in Valencia.



Alpine Accentor

On day two we headed off to the mountains. David had told me that he knew a great spot to see **Alpine Accentors**, a very uncommon winter visitor. Although, they have been recorded on odd occasions in Murcia it is considered a rarity in our region. It would be the first time in my life seeing this particular bird, so it would be a lifer (*Bimbo* in Spanish).

As we approached the peak of Sierra de Serrania the views were amazing and we



Raven

saw a pair of **Ravens** flying alongside us as the mountain road clung to the hillside. A little bit further along this high road a group of **Griffon Vultures** were flying alongside and below us sometimes as close as 20 metres away from the car. It was a true spectacle watching them effortlessly glide on the thermals around the mountainside. The road finally took us to the peak and we parked alongside a number of buildings that had been constructed for the maintenance of the masts. From here we walked towards the highest point to look at the *little brown jobs* (LBJ's) flitting around the building and feeding on the ground alongside. I was delighted to see that they were the rarities we had been searching for - a family group of **Alpine Accentors** that surprisingly were completely unbothered about our presence.



Hedge Accentor - Hedge Sparrow

**Alpine Accentors** are found throughout the mountains of southern temperate Europe, Lebanon and Asia at heights above 2,000 metres (6,600ft). They are mainly resident, wintering more widely at lower latitudes, but some birds wander as rare vagrants as far as Great Britain. They are closely related to the **Hedge Sparrow**, sometimes known as **Hedge Accentor**. If you compare the birds in the photos I think you will see the similarity between the two species.

What a great birding spot and what a surprise to find our much-yearned-for rarity



Griffon Vulture

within five minutes of our arrival at the site. After all the excitement we dropped down the other side of the mountain and ate our sandwiches by the cliffs of the Nevero de Lácaba, an old snow house. These cliffs are used by nesting **Vultures** in the spring. There were a few **Griffon Vultures** flying about that kindly provided our meal-time entertainment.



Greater Spotted Woodpecker

After lunch we meandered down the valley until we came to a small village that had a wonderful clear mountain stream. It reminded me of some of the Welsh valleys as it was the sort of habitat more often seen in the UK rather than Southern Spain. We explored a little bit upstream and were pleasantly surprised to see a common UK bird, a **Greater Spotted Woodpecker**. They are quite uncommon in South-east Spain. However, our final surprise was to see a **Dipper** along the stream edge, occasionally hunting in the fast flowing water. The Spanish name for this bird translates as an 'Aquatic Blackbird'; a pretty good description. **Dippers** are so-called because of their bobbing or dipping movements. They are unique among **Passerines** for their ability to dive and swim underwater searching for aquatic insects. I have only ever seen them a few times in Murcia near some of the fast flowing streams in the mountains of Moratalla. They were considered extinct in our region a few years back, but they seem to have established a very small breeding population in recent years.



Dipper

It was a great end to our day in the mountains with David; a true avian delight.

If you have any comments or queries please do not hesitate to contact me on [antrimbirder@gmail.com](mailto:antrimbirder@gmail.com)







The Team of Helping Hands have pleasure in announcing a change of venue for our fundraising events to The Diner on Camposol B. We have been in talks with Jay Leatherland for some time and found him to be extremely helpful and happy to accommodate us in every way. The Diner capacity has been extended and our staging will be erected in readiness for some amazing shows to entertain everyone as outlined below.

We have received superb reactions from those already aware of this move, expressing their liking of the menus, pricing and the fabulous Team Diner staff. This move also relieves us of huge workloads needed previously when setting up events, which is very welcome.

### Shows in 2023 include:

\***MEXICAN FIESTA WITH MARIACHI BAND** sold out (with a reserve list)

\***TAKE THAT (The Flood )**

\***LIVE MAGIC & ILLUSION DINNER SHOW**

\***SPRING CRAFT & GIFT FAYRE**

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We appreciate our events will have a somewhat reduced capacity compared to previously but in turn feel that this will be appreciated by supporters who will find the evening more intimate and therefore more enjoyable with our artistes.

As always, our goal is to protect animals and to give our supporters the very best in entertainment. We thank you for your support!

For further information please pop in to The Diner or call them on **968 970 606**





**FINANCE**



# Financial Advice

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 keith.littlewood@blacktowerfm.com  
 website: www.blacktowerfm.com

**2022 Summary and 2023 Expectations**  
 Article commentary by Quilter Cheviot's Karl Williamson who is the Investment Manager of Nexus Portfolios.

Global stock markets closed out 2022 with the first positive quarter of the year, as investors took solace from a moderation in the rising interest rate environment that pervaded much of the last 12 months. In US dollar terms, the MSCI All Country World Index ended Q4 around 10% higher, although the benchmark was still down annually by just under 20%. Currency movements dampened both these moves for sterling investors, with the pound gaining around 8% against the US dollar on the quarter, but still depreciating roughly 11% for the year.

US (+7%) and UK (+8%) equities lagged global benchmarks a little in Q4, largely due to a strong bounce in the Far East following the significant relaxation of Chinese Covid-19 restrictions, with shares in Hong Kong (+15%) soaring. After making a new low for the year in early October the strong recovery was undoubtedly a welcome development, although the rally fizzled out somewhat due to hawkish messaging from central banks at their December meetings.

The Federal Reserve (Fed), Bank of England (BoE) and European Central Bank (ECB) all delivered 50 basis point increases to their base rates last month, slowing the pace slightly from 75 basis point rises at their previous meetings. The increases took interest rates for all three central banks to their highest levels since before the 2008 global financial crisis, with the Fed funds rate ending the year at 4.5%, BoE base rate at 3.5% and ECB main refinancing rate at 2.5%.

The Fed raised rates by 425 basis points in 2022, the largest increase in a calendar year since 1980, but they are expected to be nearing the end of this hiking cycle. Inflation has likely already peaked in most developed economies and there is some light at the end of the aggressive interest rate rise tunnel.

This notion was further supported by the US consumer price index falling to 7.1% year-on-year for November, down significantly from its peak of 9.1% in June. This metric has declined for five consecutive months as higher interest rates, a slowing economy and base effects have applied downwards pressure. While the US appears to be ahead of Europe in its fight against inflation, in part due to its lower level of exposure to rising energy prices, improving dynamics in the coming months can be expected to see inflation fall in Europe.

**Seismic Shift**

The vast reduction in negative-yielding debt provides perhaps the best indication of the major change in the investment environment over the past 12 months. Globally sub-zero yielding debt has shrunk to less than US\$700m after exceeding US\$11tn at the end of 2021. Japan, the last bastion of ultra-accommodative monetary policies, finally caved in to growing market pressure when the Bank of Japan (BoJ) relaxed its policy of suppressing long-term bond yields.

The US 10-year yield ended December pretty much flat for the quarter at 3.80%, but almost 230 basis points higher for 2022. In the UK, the 10-year gilt yield ended the year at 3.65%, up 14 basis points on the quarter and higher by just shy of 270 basis points for the year. This shows a notable relative shift in US and UK government debt, with 10-year yields spreads narrowing 40bp.

In a similar fashion to the BoJ performing a policy U-turn and adopting an approach already being used by western peers, China has abandoned its 'zero-Covid' policy and abruptly scrapped many of its measures to contain the disease. This news was cheered by investors and the stock market jumped sharply higher in response. While there is little doubting that China adopting a more pragmatic approach to the pandemic is good news for the global economy, it is not a panacea and there will likely be setbacks along the way. Relatively low vaccination levels and reduced natural immunity due to stringent measures leaves China particularly vulnerable to largescale outbreaks of the virus as it opens up. Although it will ultimately be beneficial to global economic growth, we believe there will be setbacks along the way.

Overall, 2022 was a challenging year for

investors, with the size of the dual decline in stocks and bonds surpassing anything seen for several generations. High inflation and resultant central bank policies triggered a significant de-rating, especially amongst highly rated shares. Growth style shares were worst hit, with declines in the region of 30%-60% commonplace.

The recovery in Q4 was a result of resilient corporate profits that, so far, have held up better than many expected in the face of tighter monetary policies. Gauges of economic activity have slowed, but labour markets remain strong and overall financial markets are pricing in a growth slowdown, 'soft landing', rather than a deep recession in the first half of 2023. This poses one of the key risks going forwards - will we be far enough down the interest rate relief cycle for companies to be able to absorb substantial increases in energy and interest rate costs without a significant downturn in earnings?

We expect volatility to continue in the early part of this year, but the outlook thereafter could become more favourable as central banks conclude hiking cycles. Higher bond yields provide an alternative for some investors, and we believe that, despite a difficult 2022, diversification will provide clear benefits going forward. Equity investors may be prepared to look through current difficulties now that global valuations are near to long-term averages. While the US retains its premium, low valuations in other regions offer recovery opportunities.

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**INFORMATION**



**Carnival**



Spain enjoys **Carnival** time as it is an exhilarating festival celebrated in many places all over the country. It is celebrated between February and March; the dates are different for each year but in 2023 the celebrations will mainly be in February. **Carnival** is noted for humour, parodies and costumes in the streets. Each Spanish town and city will have their own traditions. There are several different carnivals which stand out for being original, beautiful and spectacular.

parades and competitions for the most spectacular costumes. Two of its traditions are particularly famous. One is the tossing of eggshells (eggs filled mostly with confetti), and the other is drinking 'cuerva', a drink described by many as the 'magic potion' that awakens the spirit of **Carnival**. Some of the highlights of Águilas Carnival:

The historical origin of **Carnival** is obscure. It possibly has its roots in a primitive festival honouring the beginning of the New Year and the rebirth of nature. **Carnival** is a Catholic Christian festive season that occurs before the liturgical season of Lent during the period historically known as Shrovetide (or Pre-Lent).

**Thursday 16<sup>th</sup> February - Fireworks and opening of beach bars and Carnival at night at Plaza de España 12pm**



**Saturday 18<sup>th</sup> February - Presentation Of Trophies Of The Carnival Regatta** at Águilas Yacht Club 6.30pm  
Battle between Don Carnal and Doña Cuaresma, proclamation of the muse and town crier and welcome from the Mayoress of **Águilas** at Plaza de España. 10pm

**Carnival** typically involves public celebrations, including parades, public street parties and other entertainments, combining some elements of a circus. Elaborate costumes and masks allow people to set aside their everyday individuality and experience a heightened sense of social unity. Participants often indulge in excessive consumption of alcohol, meat and other foods that will be forgone during upcoming Lent. Traditionally, butter, milk and other animal products were not consumed excessively.



In Spain, **Carnival** usually begins with a pregón, an opening speech by an important local person or a celebrity. After the speech, the days of street parades, costume contests, street theatre and general partying begin. One of the most famous carnivals of International Tourist interest, is in Águilas.

**Sunday 19<sup>th</sup> February - First Great Parade Of Comparsas And Floats** at Avd. Juan Carlos I and C/ Rey Carlos III. 6pm

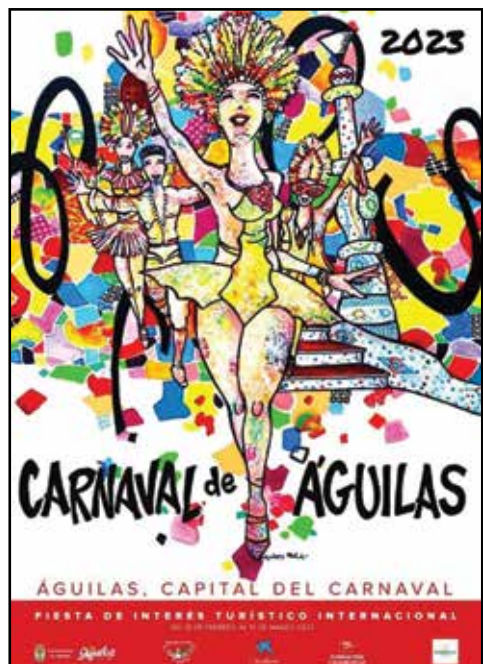
Other common features of **Carnival** include mock battles such as food fights, expressions of social satire, mockery of authorities and costumes of the grotesque body displaying exaggerated features such as large noses, bellies and mouths.

**Monday 20<sup>th</sup> February - Night Carnival** at Plaza de España and adjacent streets. 12pm

Check your local Tourist Office to find out where you can enjoy **Carnival** this year.  
*Photos: Sandie Gilham*

This year **Águilas Carnival** will be celebrated from 10<sup>th</sup> February to 10<sup>th</sup> March. This colourful event features numerous

**Saturday 4<sup>th</sup> March - XIX National Drag Queen Contest** at Auditorium and Infanta Doña Elena. 9pm



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# NORTHWEST MURCIA

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LEISURE

## WARM - Walkers Around the Region of Murcia

Email: [warm2005@gmail.com](mailto:warm2005@gmail.com)



Since I last wrote an article, we have had our **Annual Christmas Walk** to the top of Castellar, near Bullas, then a very short walk on New Year's Eve from Mula to Puebla de Mula to enjoy delicious tapas at Bar de Juanjo.

In January we had a new leader, Daniel, who led us around San Pedro del Pinatar on a gorgeous day with stunning blue skies. The **SWARMERS** enjoyed a walk in Moratalla taking in the sights of the Roman Bridge.

Each of these would be worthy of a mention all on their own, but this month I want to focus on the walk we did on 14<sup>th</sup> January.

19<sup>th</sup> Century and lasted until 1985, when iron extraction was abandoned as it was cheaper to import.

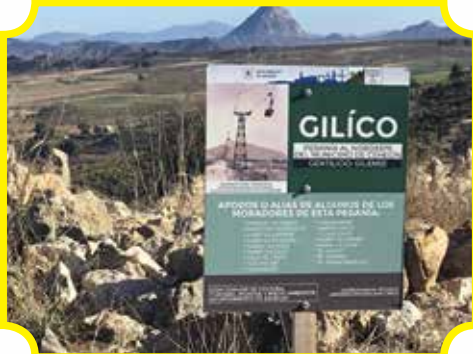


A Piece of history

taken from the María mine (underground and open pit) in the valley. The hole corresponding to the large mine is 500m long, 400m wide and 119m deep. It was an amazing walk and hidden treasures of Murcia's industrial past.



Mina Maria



Gilico

The 'cable' (air train with wagons) transported the mineral from the Cehegín Mining Reserve and the Gilico District to Calasparra Station. It started in 1908 with the Roll system; 15 km long and moved by electrical energy from the Salto de Cañaverosa. The 'cable' was dismantled in 1954, transported and reused in the mines of Leon. The remains of the mining town are a 'must see'; basically ruins, they show the life of the people who lived there and worked in the mine, in harsh conditions.

### Future Walks:-

<b>WARM</b>	
4 <sup>th</sup> February	Ricote
11 <sup>th</sup> February	Casas Nuevas
<b>SWARM</b>	
15 <sup>th</sup> February	Bullas
<b>WARM</b>	
16 <sup>th</sup> February	Barranco de Hondares
25 <sup>th</sup> February	Cehegín
4 <sup>th</sup> March	Bullas
<b>SWARM</b>	
8 <sup>th</sup> March	Calasparra

Jan, Sue and Allen are three of our walk leaders who work together to find new routes and on Saturday 14<sup>th</sup> January we explored the abandoned mining town of Gilico. We were 36 in total and although it was a bit chilly at the start, we were blessed with beautiful weather again.



Mine shaft



Happy walkers in Gilico

The history of Gilico is fascinating and I am indebted to the walk leaders for some of the background. Iron had been extracted there since Roman times, but the most important era of mining began in the

We were able to see where the 'cable' used to start and the telegram station, then the communal ovens, (where they probably made the bread), rising to the canteen, house of the school master and the priest's house. There was a cave-like stable where the cows and donkeys were kept, also an aljibe and the ruins of the school and church. We then climbed up to view point and past the administration buildings and up again to the open mine shaft, which is quite magical and a must see. The final treasure was the Mina Maria, which is now a big open lake, where you get an amazing view. There were deposits of magnetite with 70% iron and magnetic properties,

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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/](http://www.costacalidachronicle.com/category/articles-main/costa-calida-chronicle-blog/)

**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](http://www.bullas.es)

Tel: **968 652 244 Market Tues**

**Sunday 5<sup>th</sup> February - El Zacatan Artisan/Medieval Market** 9am-2pm

**Salto del Usero**, in Bullas, is the 5<sup>th</sup> 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](mailto:casamuseodonpepe@bullas.es)

**CALASPARRA**

[www.turismocalasparra.es](http://www.turismocalasparra.es)

Tel: **968 745 325 Market Mon**

**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](http://Calasparra.org) webpage

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

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

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

**CARAVACA**

[www.turismocaravaca.org](http://www.turismocaravaca.org)

Tel: **968 702 424 Market Mon**

**Sunday 19<sup>th</sup> February - Artisan Market**

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 Puentevilla 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](http://www.turismocehegin.es)

Tel: **968 723 550 Market Wed**

**Sunday 26<sup>th</sup> February - Artisan Market**

**Saturday 4<sup>th</sup> February - Soprano Leono Bonilla** performs a variety of pieces from Spanish operas accompanied by **Pianist Pedro Valero** at Teatro Vico. Tickets from the Theatre Box Office 8€. 8.30pm

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

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

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

Email [info@conexioncultura.es](mailto:info@conexioncultura.es)

[www.cotodelasmaravillas.com](http://www.cotodelasmaravillas.com)

**JUMILLA**

[www.jumilla.org](http://www.jumilla.org)

Tel: **968 780 237 Market Tues**

**Saturday 26<sup>th</sup> February - Carnival Parade** 5.30pm followed by show & festival

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

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

Check out the **Archaeological Museum** (Tel **968 757 379**) and the **Ethnography and**

**Natural Sciences Museum** (Tel **968 780 740**) which also offer various workshops for all the family at various times.

**MORATALLA**

[www.ayuntamientomoratalla.net](http://www.ayuntamientomoratalla.net)

Tel: **968 730 208 Market Sat**

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

**MULA**

[www.mula.es](http://www.mula.es)

Tel: **968 661 501 Market Sat**

**Sunday 12<sup>th</sup> February - Artisan Market**

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

**MURCIA**

[www.turismodemurcia.es](http://www.turismodemurcia.es)

Tel: **968 358 749**

**Saturday 11<sup>th</sup> February - Free 6km Guided Walk of Sierra de Carrascoy**. Suitable for those over 12 years of age. 10am

**Saturday 18<sup>th</sup> February - Free Entry to Wildlife Recovery Centre @ El Valle y Carrascoy Regional Park, Murcia** 10am and 12pm. Ideal opportunity for children to learn about some of the wildlife in the Region

**Sunday 19<sup>th</sup> February - 2km Free Guided Walk of Sierra de la Pila**. 10am. Suitable for all ages

Discover the contemporary arts centre **Centro Parraga** in the city centre. Tel **968 351 410** [info@centroparraga.com](mailto:info@centroparraga.com)

**YECLA**

[www.turismo.yecla.es](http://www.turismo.yecla.es)

Tel: **968 754 104 Market Weds**

**Saturday 18<sup>th</sup> February - Election of Carnival Queen**

**Saturday 25<sup>th</sup> February - Children's Carnival Party with Carnival Party in the evening**

**Sunday 26<sup>th</sup> February - Grand Carnival Parade**

**Sunday 26<sup>th</sup> February - Children's Carnival Parade**

**Wednesday 1<sup>st</sup> - Friday 31<sup>st</sup> March - Photography Exhibition** at the Visitors Centre in Monte Arabi Regional Park. Open Fridays and Saturdays 9am-2pm and 4pm-7.30pm. Also Sunday 9am-3pm





**RELIGION**

**WELCOME HOUSE**

Tel 633 447 937

www.sites.google.com/site/casawelcome2013

Lynda.spain@hotmail.co.uk

Derek.tycymru@gmail.com

As I write this we have just celebrated **Christmas** and **New Year**, so both are still very much on my mind. Why is it that so many folk want to do away with what **Christmas** is truly all about?

For centuries we have celebrated this Christian tradition and suddenly we are being told not to do so for fear of upsetting someone else's beliefs. Admittedly it may be unlikely that Jesus was actually born on that day, but it has just become a pagan holiday.

I am sure that you will have heard someone say that **mas** without **Christ** isn't **Christmas** at all. Indeed just last week a speaker I was listening to at my mum's chapel said that very thing. It struck me at the time that in Spanish we use the word **mas** to mean **more** and that the word **Christmas** for any believer therefore would mean **more of Christ**.

Before we know where we are we will be celebrating **Easter**, another important

event in the Christian calendar.

Jesus was born to die. He willingly left His throne and His Father, fully knowing the suffering He would endure. That's how much He loved us.


Are we worthy of all that? Most definitely not!

**This year, please let us have more of Christ and hold fast to our Christian beliefs.**


If you would like to contact us regarding anything we have publicised or may be planning in the future, our contact details are:

[Lynda.spain@hotmail.co.uk](mailto:Lynda.spain@hotmail.co.uk)  
[Derek.tycymru@gmail.com](mailto:Derek.tycymru@gmail.com)

**Welcome House**  
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Christian Fellowship  
Campillo y Suertes, Cehegin.



On the 3rd Sunday we will join together to share communion at 11am  
On other Sundays for Praise & Worship on Zoom & Thursdays for Bible Study 11am also on zoom  
Contact us to find out more

**RELIGION**

**The Rockin' Vicar**

Tel: 634 386 179 Email: [ahrea2@yahoo.co.uk](mailto:ahrea2@yahoo.co.uk)

Hello again.

I hope you are having a good start to the New Year. If you are reading this I guess you have survived the first month!



I read the other day a quote which says we cannot teach our children (and grandchildren) what our parents taught us because that world no longer exists. To paraphrase Steve Jobs [1955-2011]; "It is the crazy ones who think they can change the world, (the round pegs in the square holes), who actually do so because they see things differently." Jobs of course was the co-founder, chairman, and CEO of Apple.

There are crazy people who fund huge businesses and make big bucks - mostly controversial characters. There are nutcases who become successful politicians; some more or less OK; some a disaster.

I watched the TV drama on the life of John Stonehouse MP the other night, with how Harold Wilson's government was brought down. Fast forward to 2023...

Thinking about John the Baptist, the Old Testament prophets, the Main Man himself, Jesus. Seen as crazy, controversial, all certainly round pegs in very square holes; Rebels. I shout "Rock On!" How boring to be square!

God uses the crazies, the rebels, to call out a message to the world: "I love you." "I love YOU." Though you can't/won't see it, that does not prove I don't exist. In all your turmoil and confusion; nationally, internationally, personally, my name is Love. I created, I am NOT dead. I am still

creating. I AM.

We can view Him through the narrow lens of our life, or we can dare to expand our understanding. Try to. Fly like the eagle or twitter like sparrows at the foot of the mountain. Our choice. It's never too late to fly.

I would love to hear from you, to help or just talk. Come fly with me... 'Bye for now and God bless you.

Rev Andrew



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**FOOD AND DRINK**



# Ma Millbank's Kitchen

**Chocolate With Others**

**St Valentine's Day** is fast approaching so what better time to try some chocolate recipes? I couldn't do chocolate recipes without adding in a few classics for you which involve other ingredients and are not all chocolate. Well I am still on my diet from Christmas! All the recipes are easy to do although some do take time like my chocolate cake. It's a family favourite and always comes out when it's time to make a birthday cake, but I must admit to getting carried away with the decorations on the top.  
Buen Apetito

**Chocolate and Peanut Butter Fudge**

- 1/2 cup (1 stick) unsalted butter
- 1 10.5-ounce bag miniature marshmallows
- 1 cup sugar
- 1 cup creamy peanut butter
- 1 cup heavy cream
- 1/4 tsp kosher salt
- 16 ounces chocolate, chopped
- 1/4 cup coarsely chopped peanuts

Coat an 8-inch square baking pan with nonstick cooking spray and line with a piece of parchment or wax paper, leaving an overhang on two sides.  
In a medium saucepan, combine the butter, marshmallows, sugar, peanut butter, cream and salt. Cook over medium heat, stirring frequently, until the marshmallows have melted and the mixture is smooth, (8-10 minutes). Add the chocolate and stir until melted. Pour the mixture into the prepared pan and sprinkle with the peanuts. Let cool for 30 minutes, then refrigerate until set, (at least 3 hours and up to overnight). Use the paper to lift the fudge out of the pan. Cut into 36 squares.

**Chocolate Espresso Mousse**

- 8 ounces chocolate, chopped, plus more, shaved, for garnishing
- 3 large egg yolks
- 2 tsp instant espresso powder
- 6 tblsp granulated sugar
- 2 cups heavy cream

Melt the chocolate in a medium bowl set over (but not in) a saucepan of simmering water, stirring often, until smooth, ensuring the bottom of the bowl does not touch the water. Remove from heat and let it cool slightly. In a small saucepan, whisk together the egg yolks, espresso powder, 4 tablespoons of the sugar and 3/4 cup of the cream. Cook over medium heat, stirring constantly with a rubber spatula, until the mixture lightly coats the back of the spatula, (2-3 minutes and do not let it boil). Strain into the melted chocolate and whisk until smooth. Refrigerate until completely cooled, (about 30 minutes). Using an electric mixer, beat the remaining 1/4 cups cream and 2 tblsp sugar until stiff peaks form. In 3 additions, fold the whipped cream into the chocolate mixture. Divide among 8 serving glasses and refrigerate for at least 30 minutes (if longer, bring to room temperature before serving). Sprinkle with the shaved chocolate before serving.

**Marshmallow Brownies**

- 240g butter
- 150g dark chocolate
- 60g cocoa/drinking chocolate
- 150g plain flour
- 500g caster sugar
- 5 eggs
- 150g chopped marshmallows

Preheat oven to 190°C. Melt the butter and chocolate together very gently. Mix

the cocoa with the flour and the sugar and, taking the butter off the heat, mix together. Mix in the beaten eggs and fold in the marshmallows. Turn the mixture into a baking tin and bake in the oven 190° for 20 minutes or until cooked. Allow to cool and slice.

**Ma Millbank's Chocolate Cake**

- 200g butter
- 200g caster sugar
- 4 eggs
- 150g SR flour
- 50g cocoa
- 1 heaped tsp of baking powder

Heat oven to 190°C. Beat the butter until creamy, add the sugar and again beat until creamy. Sieve together the flour and baking powder. Add eggs one at a time with a spoonful of flour - this will stop curdling. When all eggs mixed in, gently fold in the remaining flour until a smooth mixture. Too much mixing will lose all the air in the mixture. Pour into two cake tins and cook for 20 minutes or when a sharp knife comes out clean. Do not open the oven door for at least 15 minutes or cake will drop the air.

**Butter Cream For Middle Of Sponge**

- 100g butter
- 50g sieved icing sugar
- 50g cocoa powder
- Chocolate for top of cake

Cream butter and add sieved icing sugar and cocoa until smooth. If too runny add more icing sugar. If too stiff, add a few drops of cold water. Wait until cake sponge is cold before applying the butter cream

Melt chocolate in glass bowl above some hot water and pour over the top of the cake and decorate or double the butter cream quantities and spread the top with butter cream and decorate.

**Chocolate Chip and Banana Muffins**

- 1 cup sugar
- 1/3 cup margarine
- 2 eggs
- 4 bananas
- 1/3 cup water
- 1 1/3 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp baking powder
- 1/2 cup chocolate chips (optional)

Mix your sugar, margarine, eggs, bananas & water in bowl. Add your flour, baking soda, salt & baking powder in the same bowl & mix together. Mix in chocolate chips by hand if desired. Set oven at 190°C. Prepare muffin cases in a tray & bake for 25 minutes.



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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

Please check South Murcia News/SE Murcia News/NW Murcia for more information on some events.

**Every Day**

**Foto-síntesis Photography Exhibition** @ Casa de la Culturas, Alhama  
 9am-2pm Mon-Fri & Tues 4.30-7pm (until 25<sup>th</sup>)  
**Photography Exhibition** @ Monte Arabi Regional Visitor's Centre, Yecla  
 Fri/Sat 9am-2pm/4pm-7.30pm, Sun 9am-3pm (until 31<sup>st</sup> Mar)  
**Contemporáneos de Coronado Permanent Art Exhibition** @ Aguilas (Thurs-Sun 7-10pm)  
**Carnival Museum** @ Aguilas (Tues-Sat 9am-2pm & 4pm-9pm)

**Breakfast @ Casaflor, Mojácar** (closed Weds)  
**Menu del Dia @ Viggos**, Pto de Mazarrón 14€ Mon/Wed/Thu/Fri 15€ Sat all inc a drink  
**Menu del Dia @ La Herradura Argentinian Grill**, Cartagena 14.90€/9.50€  
 under 12's (Tues-Fri)



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

**Every Mon**

**Los Palacios Garden & Community Group Working Party** @ Camposol A 9am  
**Camposol Free Community Sports Walking Football Training** @ Camposol D7 9.30am  
**Camposol Free Community Sports Walking Football Game** @ Camposol D7 10am  
**Gentle Keep Fit- Flex – Strength – Mobility** @ **Mojácar Fitness**, Mojácar 10am  
**Friendship Group** @ Los Alcazares 11am  
**Full Body Workout with Weights** @ **Mojácar Fitness**, Mojácar 11.30am  
**Pilates for All** @ **Mojácar Fitness**, Mojácar 12.45pm  
**Total Toning for Women** @ **Mojácar Fitness**, Mojácar 4.30pm



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



**Every Tue**

**Camposol Golf Association Ladies' Game** @ Camposol C 9am  
**Zumba** @ **Mojácar Fitness**, Mojácar 10am  
**Sonrisas Harmony Ladies' Chorus Rehearsals** @ Los Alcazares 10.30am  
**Fitness Pilates** @ **Mojácar Fitness**, Mojácar 11.30am  
**Express Pilates for Absolute Beginners** @ **Mojácar Fitness**, Mojácar 12.45pm  
**Camposol Free Community Sports Cards/Games/Dominoes** @ Camposol A 2pm  
**Trigger Point Pilates for All** @ **Mojácar Fitness**, Mojácar 4.30pm  
**San Javier Squalos Rugby** @ San Javier (12-18 yrs 7.30pm)  
**San Javier Squalos Rugby** @ San Javier (Men 8.30pm)  
**San Javier Squalos Rugby** @ San Javier (Women 10pm)



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

**Every Wed**

**Camposol Golf Association Mens' Game** @ Camposol C 8.30am  
**Camposol C Gardening Group Clean Up** @ Camposol C 9am

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**Camposol D Gardening Team Work** 9am-11.30am  
**Popfit @ Mojácar Fitness**, Mojácar 10am  
**HDA Women's Coffee Morning @ Hacienda del Alamo** 10am-12pm  
**Camposol Free Community Sports Table Tennis @ Mazarrón Pavilion** 10am  
**Chair Bases Pilates @ Mojácar Fitness**, Mojácar 11.30am  
**Camposol Free Community Sports Walking Netball @ Condado de Alhama** 4pm



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

**Every Thurs**

**Camposol Free Community Sports Walking Football Training @ Camposol D7** 9.30am  
**Zumba @ Mojácar Fitness**, Mojácar 10am  
**Camposol Free Community Sports Walking Football Game @ Camposol D7** 10am  
**Spangles Ladies' A Capella Chorus Rehearsals @ Los Narejos** 10.30am-1pm  
**Los Palacios Gardening/Community Group Bucket Collection @ Camposol A** 10am-12pm  
**Guided Visit to Lorca Castle** 10.15am 4€ (22€ inc lunch)  
**Trigger Point Pilates @ Mojácar Fitness**, Mojácar 11.30am  
**Los Amigos de Mazarrón FC Meeting @ Camposol A** 4pm  
**Mazarrón AA Group @ Cañada de Gallego** 5.30pm (please call first on 646 290 420)  
**San Javier Squalos Rugby @ San Javier** (6-10 years 6pm)  
**San Javier Squalos Rugby @ San Javier** (12-18 years 7.30pm)  
**San Javier Squalos Rugby @ San Javier** (Men 8.30pm)  
**San Javier Squalos Rugby @ San Javier** (Women 10pm)



**Every Fri**

**Camposol D Bucket Collection @ The Hut** 9.30am-12pm  
**Dance Fitness @ Mojácar Fitness**, Mojácar 10am  
**Los Palacios Gardening/Community Group Book Stall @ Camposol A** 10am-12.30pm  
**Camposol Free Community Sports Walking Football @ Camposol D7** 10.15am  
**Los Palacios Gardening/Community Group Bucket Collection @ Camposol A Farmacia** 10.30am-11.30am  
**Full Body Workout with Weights @ Mojácar Fitness**, Mojácar 11.30am  
**Camposol Free Community Sports Petanca @ Camposol D26** 1pm



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

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



**Every Sat**

**Antique & Collectable Market @ Aguilas** 10am  
**San Javier Squalos Rugby @ San Javier** (6-10 yrs 10am)  
**Guided Visit Museum of The Tower Of Santiago, Totana** 10am  
**Eco Park 'Coto de las Maravillas' open @ Cehegín** 10am-5pm  
**Guided Visit to La Bastida, Totana** 3.40€ (2.50€ disc) 10am/12pm  
**Archaeological See of Begastri @ Cehegín** 10am-2pm  
**Camposol Free Community Sports Walking Netball @ Condado de Alhama** 10am  
**2½hr Free Guided Tour of Historic Aguilas** 11am  
**Harlequin Rock Choir Rehearsals @ Social Centre, Camposol B** 1.30pm  
**Guided tours @ Finca Astronomica** 7.30pm



**Every Sunday**

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

**FEBRUARY**

**Wednesday 1**

**Puerto de Mazarrón Ladies' Circle Meeting**

**Forget Me Not Quiz Night @ Camposol B**

**Thursday 2**

**La Candelaría, Beniel**  
**Pto de Mazarrón Ladies' Circle AGM @ Pto de Mazarrón**

**Friday 3**

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Saturday 4**

**World Cancer Day**  
**Rugby Union 6 Nations** (until 18<sup>th</sup> March)  
**WARM Walk @ Ricote**  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Music Band of The Santa Cecilia Artistic @ Cartagena** 1pm  
**Peter Pan The Musical @ Margarita Lozana Auditorium, Lorca** from 35€ 5pm & 8pm  
**XXV Edition of of Entre Cuerdas y Metales Concert @ Cartagena** 7.30pm





**Soprano Leona Bonilla/Pianist Pedro Valero @ Teatro Vico, Jumilla from 8€ 8.30pm**  
**Natalia Lacunza @ Teatro Guerra, Lorca from 12€ 9pm**



**Sunday 5**

**Artisan Market @ Bullas 9am-2pm**  
**Coterillo Trail 10am from Coterillo Parking, San Pedro del Pinatar**  
**Dramatized Visit To Cabezo Gordo/Cueva Del Agua 3€ 10am from Torre Pacheco**  
**Mazarrón FC v Olimpico de Totana (home)**

**Peter Pan The Musical @ Margarita Lozana Auditorium, Lorca from 35€ 5pm & 8pm**  
**Paco Candela (Flamenco) @ Cartagena**

**Tuesday 7**

**Monthly 'B' Clean Meeting @ Camposol B 4pm**  
**Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm**



**Wednesday 8**

**Welcome House Card Crafting Class @ Cehegín 11am**  
**Camposol Golf Association AGM 2pm**  
**Camposol Free Community Sports/Camposol Bridge Club Lessons @ Camposol B 2pm**  
**Puerto de Mazarrón Ladies' Circle Meeting**  
**Meeting for Camposol residents with Mayor of Mazarrón @ Camposol A 4pm**

**Thursday 9**

**Ladies Chatterbox Meeting @ The Social Centre, Camposol B 2pm**  
**Los Reyes Golf Society Competition**

**Friday 10**

**Youth Workshops (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am**

**Aguilas Carnival (until 10<sup>th</sup> March)**  
**Martirio Alba @ Cartagena from 8€**  
**Grand Gala of children's characters from 2020 & 2023 @ Aguilas 9pm**  
**Children's Musical Pinnocchio @ Teatro Guerra, Lorca from 5€ 7pm**



**Saturday 11**

**WARM Walk @ Casas Nuevas**  
**XXXIII Vuelta Ciclista Región Murcia Costa Cálida starts from San Javier**  
**Free 6km Guided Walk of Sierra de Carrascoy 10am**  
**Youth Workshops (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am**

**Cartagena Carnival (until 21<sup>st</sup>)**  
**St Valentine's Day Dinner/Dance @ Amapola Restaurante, Bolnuevo**  
 40€ pp (160€ per couple incl hotel/breakfast)  
**Revolver Live in Concert @ Margarita Lozana Auditorium, Lorca from 18€ 9pm**  
**Grand Gala of adult's characters from 2020 & 2023 @ Aguilas 9pm**



**Friends of Mazarrón Animals Pop Up Market @ Isla Plana Social Centre 10am-1pm**  
**Noah's ARC St Valentine's Disco @ Camposol A 10€ inc Chicken/Tortilla & Chips 7pm**

**Sunday 12**

**Artisan Market @ Mula**  
**11km Free Guided Tour of Sierra Espuña 9.30am-2.30pm (approx.)**  
**First leg of the Carnival Regatta and VI Estrella de Levante Trophy @ Águilas**  
**Mazarrón FC v Atletico Santa Cruz (away)**  
**XXII Paper Suit Contest/XIV Body Makeup Contest @ Águilas 9pm**

**XIV Festival of Music Bands @ Aguilas 1pm**  
**Sentido Concert @ Cargagena from 17€ 7pm**



**Tuesday 14**

**San Valentín/St Valentine's Day**

**Wednesday 15**

**Ladies' Chatterbox Trip to Nueva Condomina & Ikea**  
**SWARM Walk @ Bullas**  
**Award Ceremony of the XVIII school drawing and writing contest @ Águilas 7pm**

**Thursday 16**

**WARM Walk @ Barranco de Honderes**

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**Every Saturday afternoon at the Social Centre on B at 1.30 P.M. Everyone welcomed!**






**Puerto de Mazarrón Ladies' Circle Meeting** (speaker tbc)

**Cehegín Carnival** (until 22<sup>nd</sup>)

**Fireworks/Opening Of Beach Bars** and **Carnival** evening @ Águilas 12am



**Friday 17**

**VII Cycling Tour of Almería 2023 – Huercal Overa to Mojácar Playa**

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Saturday 18**

**VII Cycling Tour of Almería 2023 – Mojácar Playa to Mojácar Pueblo**

**Artisan Market** @ Paseo de las Comunidades, Pto de Mazarrón 10am-2pm

**Free Entry to Wildlife Recovery Centre** @ El Valle y Carrascoy Regional Park, Murcia 10am and 12pm

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Election of Yecla Carnival Queen**

**Friends of Mazarrón Animals El Guiri Band** @ Pto de Mazarrón 5€ 7.30pm



**Sunday 19**

**VII Cycling Tour of Almería 2023 – Adra**

**Artisan Market** @ Caravaca

**'Ruta del Ferrocarril' (Railway Route)** with Aguilas Tourist Information Centre

**Artisan Market** @ Sanctuary de la Esperanza, Calasparra 10am-6pm

**2km Free Guided Walk** pf Sierra de la Pila, Murcia 10am

**Mazarrón FC v CD Bala Azul** (away)

**First Great Parade Of Comparsas And Floats** @ Aguilas 6pm



**Monday 20**

**Night Carnival** @ Aguilas 12am

**Tuesday 21**

**Coffee Morning/Raffle** for **Calasparra Dog Rescue** @ Alandalus, Valle de Sol, Calasparra 11am 3.50€

**Thursday 23**

**Puerto de Mazarrón Ladies' Circle Trip to Ikea & Nueva Condomina**

**Fuente Old Guards Golf Society Competition**

**Ladies' Chatterbox Meeting** @ The Social Centre, Camposol B 2pm

**Friday 24**

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Mazarrón Carnival** with election of Muses and Musos



**Saturday 25**

**WARM Walk** @ Cehegín

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Mazarrón Carnival Workshops and Parade**

**Yecla's Children's Carnival Party with Carnival Party** (evening)

**Sunday 26**

**Artisan Market** @ Plaza del Castillo, Cehegin 10am

**Free 6km Guided Walk of Calblanque Regional Park** 9.30am

**Mazarrón FC v Mar Menor FC** (home)

**Carnival Parade and Fancy Dress** in Fuente Alamo

**Carnival Parade in Jumilla** 5.30pm followed by show & festival

**Mazarrón Carnival Adult Parade** 5.30pm

**Yecla Grand Carnival Parade & Children's Carnival Parade**



**Tuesday 28**

**Dià de Andalucia**

**MARCH**

**Wednesday 1**

**St David's Day**

**Friday 3**

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Saturday 4**

**WARM Walk** @ Bullas

**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**XIX National Drag Queen Contest** @ Aguilas 9pm

**Friends of Mazarrón Animals All Skas** @ Pto de Mazarrón 10€ 7.30pm

**Sunday 5**

**Artisan Market** @ Bullas 9am-2pm

**Mazarrón FC v Algezares UD** (home)





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**INFORMATION**

**THE HANDMADE TOUR**

Explore Spain through its arts and crafts

By Think Spain

Travelling around Spain is safe – as long as you stick to regulations and recommendations in place for everyone's benefit – and everywhere in the country that makes even a fraction of its money from tourism is keen to have you back.

It's going to be a slow summer, as many of those who would be planning their holidays now are still a little nervous about taking themselves off somewhere they have not been able to actually see through their window in lockdown. While you are overcoming your natural initial nerves and weighing up whether to take the plunge, why not take a 'tour' of Spain from your own home to see what you're missing?

One unusual and enlightening way to 'visit' Spain, is by setting off on a circuit of the country's arts and crafts. Pre-pandemic, the best possible route would have been trawling round the **Mediaeval Markets** from January to Easter. They are packed with colourful stalls of handicrafts and decorative items and traditional foodstuffs from different regions. They are exciting enough just to browse and take in the atmosphere, even if you don't spend any money. Unfortunately any due to take place from early March were called off. Hopefully they will be back by the beginning of next year.

Beautiful, imaginative and often highly-practical items, lovingly created from scratch, are starting to become something of a trademark of the area their makers come from and they will inspire you to want to see the areas they originate from with your own eyes.

**The Tale Behind The Handmade Tour**  
Pictures and testimonials of workshops, studios, products and landscape, urban and rural, mountains and coast, from

north to south, captured on screen by top Spanish photographer Paco Marín show a real and living image of Spain's artistic talent, which regularly draws on traditional crafts and trades that a given area would have lived off until centuries, or even just decades, ago.

You get a backstage tour of the working process which makes you feel as though you are at the heart of it in a way that rarely happens with mass-produced goods in mainstream shops. You will be viewing and perhaps buying something that you would not stumble across anywhere else. This is all part of online retailer Amazon's drive to get sole traders and small businesses on the world map – once, a local shop's custom would be limited to people who lived in the same town, but nowadays, even these family-run little units can export their goods thanks to Amazon Marketplace. For this reason (and of course the thousands of new jobs) Amazon's landing in Spain in 2011 and its ongoing multi-million investment in the country has been a great help to the economy and enabled small-time entrepreneurs to 'go global'.



Amazon Handmade has only been operating in Spain since July.

**La Cosmética de María**, Villasana de Mena (Burgos Province, Castilla y León)  
María Gómez now lives in Bilbao, in the Basque Country, but is originally from Burgos with the spectacular gothic cathedral in its capital city. María started 'experimenting' at home and trying out her products on friends and family, but now, after many trials, tests and versions, her vast range of delicious-smelling toiletries, made with 100% natural ingredients and no chemicals, are selling spectacularly well.



With an average rating of 4.8 stars out of five, María's collection includes purifying face soap made from clay, rose and cocoa; 'solid' shampoos for different types of hair – they come in bar-of-soap format, so no spillage and she even does a conditioner in the same shape; organic bath salts, tiger balm, all-purpose balm, heat pads, mixed gift baskets and more, all in a variety of

aromas and using plant-based mixtures such as coffee, cinnamon, lavender, nuts, fruits, herbs and mineral salts. Prices start at €4.90, averaging about €7.50, except gift baskets that include up to eight items.

**Barruntando Ceramics**, Avilés (Asturias)  
Although based in Spain's 'Royal' region on the northern coast, the group of women who make up **Barruntando** come from all over the country, but are all good friends with a passion for pottery. They clubbed together and their collective preference is for hand-painted rustic items, typically miniatures of cute animals and birds, but also practical items modelled on these.



Handy little bowls are designed to hold a ball of wool with a 'notch' for the loose end, so you can knit or crochet without dropping the yarn making it a new toy for the cat. Magnets, cactus pots, little bowls and ornaments and even a vampire bat pendant based on Beatrix Potter-style animals typically sell at between €28 and €49. Each item takes at least five days to make from mould, glaze, paint and kiln-fire.

**Tatiana Riego Accessories**, La Coruña (Galicia)

A mum (Tatia) and daughter (Amanda) are a team who are passionate about upcycling. This started as a hobby which pays, (a sideline to Tatiana's day job as an interior designer). Amanda learned from watching her mother at work and they now operate from their base in A Coruña, designing and making a highly-eclectic bunch of hard-to-classify accessories.



They don't use any machines and work on each piece individually. They don't use glue or any materials that might be harmful to health or the environment. Dried-flower bouquets, fans woven from reeds, plant-based room-sprays, olive-oil soap, tote bags, shoppers, mobile phone bags and makeup bags made from leather and jute, keyrings, candles and even a manual wooden lemon-squeezer, a mug, cotton dress, a waterproof poncho, a necklace, a pair of earrings and a leather apron are

Continued on page 67

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Continued from page 66  
among their collection, with prices ranging from €9.90 to €76.

**Promise Designs Jewellery, Alicante**  
A multi-national team, Roxane Johnson and Raúl Espinosa wanted their hand-crafted jewellery to be personalised, individual, of sentimental value and made with lots of love. Everything in their range is tailored to the customer and created without using any mechanical means.

Every budget is catered for and only precious metal is used; at the lower end, sterling silver (always stamped with the requisite 925) and at the upper end, 9ct red gold, white gold and yellow gold. 24ct yellow-gold plated on silver and 18ct rose-gold plated on silver is also available.

**Promise Designs** began with a love story between a Spanish man and an Englishwoman who met for the first time beneath a rainy London sky. They both had extensive experience in jewellery manufacturing, but they wanted to start something of their own; something together.



They began just by making attractive, thoughtful pieces for friends and family, then their business started to grow. Six years on, now with a rapidly-expanding customer base, they swapped the land of Shakespeare for that of Cervantes. At their studio in Alicante, they create things of beauty almost to order, engraved, in letters, in numbers, in hearts and other shapes, or anything that means something special to the 'gifter' and the 'giftee'. Prices vary considerably depending on the choice of metal, weight, quantity, shape and number of letters to be engraved. Broadly, they range from around €28 to €395.

**Lilian Urquieta Leathers, La Herradura (Granada)**

Lilian is a designer and her other half, Iñaki, is an accessories' manufacturer. As well as handbags in every colour to match your glad-rags, they design and hand-stitch purses, wallets, passport-holders,

elegant and decorative head bands for weddings, camera straps, guitar straps, leather-bound diaries, glasses cases and even bicycle saddle-bags, all in leather, suede or both, some with multi-coloured Aztec-patterned stitching, as well as all-the-rage 'basket bags' with leather trim.



Each item is stamped or embossed with the designer's name, so if she ever becomes world-famous, they will fetch you a fortune on eBay.

Prices start at around €34 to €38 for camera straps, purses and wallets. Bags average at about €90, but are from around €48 to €230 depending upon colour, size and uniqueness of design.

"We're surrounded by inspiration living near the mountains and the sea influences the shapes and colours of our designs," Lilian says.

**Debosc Designs In Wood, Anglès (Catalunya)**

'Simple but effective' sums up this Costa Brava family's work. Lluís (dad), Teia (mum), Eva (big sister) and Raquel (little sister) create useful items that you can't believe it's the first time you've ever seen it. You realise your life could have been made so much easier if you had come across them before. For example:

There's a great way to hang your keys up in an ordered way that guarantees you will find them when you want them and they will never be tangled up - an elongated block attached to the wall with a horizontal groove right across it, which you stick the keyring or the actual key itself into. How about a wooden prop that fits under your laptop to tilt the keyboard so your hands and wrists are in the right position

for typing? This can prevent repetitive strain injury (RSI), probably the world's most common 'office ailment'.

A very basic-looking slot-frame that stands upright on your desk, just big enough to hold your mobile phone. This means you can watch the screen without holding it in your hands. There is a slightly larger one for a laptop, netbook or tablet which, as it's upright, saves space.

An e-book or tablet support in the shape of an easel, so you can read or watch a film on it without either holding it or having to bend double over it, giving you a permanently sore neck, upper back and shoulders.

The 'armchair tray' for that cuppa. Debosc's wooden tray is made from strips of wood with a fabric base, which simply moulds itself to the sofa arm and, as the top remains flat, your cup can sit on it undisturbed.

It rolls up after use, so you can stuff it down the side of a cushion, under the sofa or even in a cutlery drawer and takes up a fraction of the space of a standard tea-tray.



At €40, the 'Detray' is not cheap, but then, it's carved and slotted together entirely by hand and is plated with good-quality wood - oak, maple, cherry or wengue - on a base of birch wood. Lluís is the 'wood expert' and does the marketing. Teia is the problem-solver and the 'seamstress' who gives everything the final touches and packages them up. Raquel is PR and brand manager and Eva deals with the website and social media.

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Carol and I have been running businesses for most of our adult lives, but we cannot make sense of the above advertising slogan. Why? I will tell you why we cannot

make sense of it.

In a very highly competitive market such as Supermarkets, it is basic good commerce to make sure that you are priced to compete, is it not? You either go for the quality over price approach like Marks and Spencer, who are selling higher priced goods to people who are not really bothered about the cost, or the everyday shopper masses who have mouths to feed, but have a more moderate budget.

is bigoted because Jesus made it very clear when He said "I am the way, and the Truth, and the Life. No-one comes to the Father except through Me." in John 14 v 6 so there is no competition. There is no reference or comparison to Aldi, (sorry), or Islam, Buddhism, Hinduism, Folk religion, Sikhism, Judaism, Atheism, or Agnosticism. Christianity is not trying to keep-up like Sainsbury's because it is the leader and because of its leader who clearly stated that there is no other.

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 Start time 11am in Spain

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"Price matched to Aldi" tells those who are savvy, that in fact Aldi are the market leaders and indeed Sainsbury's are trying to keep up. In addition, Aldi get a shout and some free advertising as their name is actually used in the advertisement. With a little bit of thought, Sainsbury's could easily have said "Price matched to ensure good value" or "Choice, quality and competitive pricing on all our products is guaranteed." Clearly they employed the wrong advertising firm?!

**REMEMBER**

We are now HYBRID!  
 You can join us on Zoom on any Sunday morning at 11am Spanish Time and 10am UK Time, or come along to our house and join us there in person. We are just 20 minutes from Camposol, Alhama, Fuente Alamo and 30 minutes from Puerto de Mazarrón.  
 Give Ken a call for directions on **646 705 403**  
 A worship service with a difference.

Christians are often accused of, or described as being bigoted because they make no allowances for competition or alternatives for people to choose from. This is, in fact, true and Christianity

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 PASSWORD is Sharing (Note ...capital 'S')  
 All are really Welcome  
 Feel Free.

**CHARITY**

**Samaritans in Spain**

Email: pat@samaritansinspain.com Samaritans in Spain



Our call volumes were a little lower over the **Christmas** and **New Year** period and into early January. We would have expected this, however regardless of this, our dedicated team of Listeners are working extremely hard to continue providing their time to ensure that this invaluable service endures and our dedicated shop Volunteers continue to provide their time to allow the

organisation to function. We could not do it without you all. Thank you to all our wonderful Volunteers.

be fewer. If you, or anybody you know, are feeling lonely or depressed and need to talk, then do not hesitate to call us, even if it is for 5 minutes, or for one time only, it may just help.

The first couple of months of a new year can be a hard time for many people. The euphoria of the festive season will have worn off, the weather, even in Spain, is a little colder and social activities can sometimes

Our **Walk Tall Campaign** continues into 2023. This campaign has been a huge success for us and we believe it has encouraged more men to call us since it started. The message is clear; Do not cover up your feelings. Let them out and call us if you need to.

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# SPORTS SECTION



## SPORTS

### Los Amigos Golf Society

www.losamigosgolfsociety.es



20 members and guests made their way to Altorreal Golf, just north of Murcia City on Monday 9<sup>th</sup> January for the first away day of the year for **Los Amigos Golf Society** under the 2023 Captain Gary Greenfield and his Vice Captain John Girvan.

The weather was extremely mild for this time of year and the players found the course in tip top condition, with the greens having just been dressed with sand for the winter. The greens were not too fast, but true, although many of the golfers



found them hard to read. As the round progressed the green keepers were cutting new holes on some greens which made it a tad more interesting.

On the 10<sup>th</sup> hole one of our Scottish members had a little heart flutter when he saw his ball almost in for a hole in one, but fortunately he didn't have to treat everyone in the bar afterwards!



The format for the day was **Singles Stableford** and although the scoring for



some was quite low, the winner on the day was Sandy Bayne with 32 points. Second after a long count back was Dave Wainwright with 27 points, with Marshall Shields third also on 27 points.

#### Nearest The Pin Winners

- Hole 5 - Sandy Bayne - 1.38m
- Hole 8 - Dave Baxter - 6.4m
- Hole 10 - Mick Drummond - 0.83m

All the winners were presented with prizes at the **Presentation Evening** in the Trevi Bar, Camposol B, the following evening.

## SPORTS

### Los Reyes Golf Society The Kids in Need Golf Society



#### Desert Springs Match Report

**Los Reyes** held their January fixture at the most difficult course we have played on - Desert Springs. Shot selection and accuracy were prerequisites for playing the course well. Although it was very sunny and warm, the wind was strong and gusty and this effected the scoring together with the difficulty of the course.

#### Winner of Division 1

Mark Palmer with 27 points  
Dave Mitchell was Runner-Up on 24 points.



Division 1 winner Mark Palmer

#### Division 2

Dave Gautier ran out winner with 26 points. Closely followed was Paul Livingstone on 25 points.  
Karen Jones ended up with 24 points.



Division 2 winner Dave Gautier

#### Nearest The Pin Winners

- On the par 3s were:
- Dave Gautier (2<sup>nd</sup>)
  - Paul Livingstone (8<sup>th</sup>)
  - Roger Olorenshaw (12<sup>th</sup>)
  - Malcolm Archibald (14<sup>th</sup>)
  - Kevin Jones (17<sup>th</sup>)



Nearest the pin winners

Our next fixture is at Aguilon on Thursday February 9<sup>th</sup>.

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Remember deadline 15<sup>th</sup> of the month!!!





**SPORTS**

# Los Amigos de Mazarrón FC

[www.fb.me/Mazarrón2016](http://www.fb.me/Mazarrón2016)

[www.mazarronfc.es/introen](http://www.mazarronfc.es/introen)



After their steady start to the season, **Mazarrón** continued their unbeaten run in November with a 4-0 away win at Mar Menor. The goals came from Chico Rubio, Domingo and Chiky Ardil (2). Next was a trip to fellow promotion chasers, Algezares UD. **MFC** went a goal down in the second minute and the first defeat of the season seemed on the cards until substitute Domingo equalised in the 88<sup>th</sup> minute.

Football resumed in the New Year and **MFC** supporters were wondering whether the bubble had burst. The first game after a three-week break was at home to CD Algar who had moved up to 4<sup>th</sup> in the league just two points behind **Mazarrón**. Algar included two former **MFC** players in their starting line-up, Nono and last season's Player of the Year, Carlos Ventura. Nono gave the visitors the lead in the 6<sup>th</sup> minute, but goals from David Ardil and Chiky Ardil put **Mazarrón** in front at half-time. Carlos Ventura equalised from the penalty spot just after half-time, but central defender Lopez hit a fierce shot home just a minute later to seal the three points for **MFC**.

they wish to travel by coach well in advance of each away game. Payment can be made at our Thursday meetings.



*Celebrating victory over Aguilas*

Second placed Aguilas were the visitors to the Estadio Municipal on 11<sup>th</sup> December and **MFC** moved above them in the league with a convincing 5-2 victory. David Ardil and his brother Chiky both scored twice with the other being an own goal. However, a trip to SFC Minerva in the final game before Christmas saw **MFC's** unbeaten run come to an end in the unlucky 13<sup>th</sup> game of the season. Minerva took the lead in the sixth minute, but **Mazarrón** thought they had saved the game when Chiky Ardil equalised in the 86<sup>th</sup> minute. However, the joy was short lived as Minerva scored the winning goal two minutes later. It had been **Mazarrón's** best run in recent history.

Another difficult game followed with a trip to CD Lumbreras who had moved up to 7<sup>th</sup> in the league with four wins and a draw from their last six matches after a dreadful start to the season. It was a hard-fought game with **MFC** coming out on top thanks to a goal from Harold and a penalty save by Pablo Lopez. This gave **MFC** a four-point lead over 3<sup>rd</sup> placed Aguilas and they were just three points behind leaders Balsicas with seven games remaining. **MFC** beat Balsicas 4-1 at home earlier in the season so the return game will be a real six-pointer

Home games are normally played on Sundays with varying kick off times. Full details of all games are advertised in the local media, on [fb.me/mazarron2016](http://fb.me/mazarron2016) and on posters throughout Camposol and Mazarrón. Admission for the 2023 season are €8 for adults, €4 for juniors 12-23yrs and free for juniors under the age of 12.

**Forthcoming fixtures:**

- 5<sup>th</sup> February - Olimpico De Totana - home
- 12<sup>th</sup> February - Atletico Santa Cruz - away
- 19<sup>th</sup> February - CD Bala Azul - away
- 26<sup>th</sup> February - Mar Menor FC - home
- 5<sup>th</sup> March - Algezares UD - home

Our supporters' bar under the main stand has proved very popular before each game and at half-time so why not call in for a drink, a packet of crisps and a chat before the game?

The Preferente Autonómica was divided into two groups of 12 teams for this season. The top team in each group will be promoted to the Tercera División with the two teams finishing second playing off for the second promotion spot.



*Christmas Meal*

**Los Amigos** members and friends enjoyed a Christmas meal at La Sienna Bar and Restaurant before the home game with Aguilas on 11<sup>th</sup> December.

**Los Amigos President**, Dave Perks resigned in early January. Dave and his wife Jan have been wonderful supporters of **Los Amigos** and **MFC** for a good number of years and have worked tirelessly. Their input will be sadly missed, but they will continue to support both **Los Amigos** and **MFC**. Vice President Bill Davies has stepped up as President with Social Secretary Derek Harding taking over as Vice President.



*Dave and Jan Perks*

A **Dinner Dance** has been arranged for Tuesday 28<sup>th</sup> March at Mariano's, Camposol A (7.30pm to 11.30pm). There will be a three-course meal with coffee. One glass of wine, a beer or water is included. Entertainment will be provided by Rees, a popular vocalist. Tickets: €20 for members and €25 for non-members which includes coach to and from the venue. Please email [dereksocialfc@gmail.com](mailto:dereksocialfc@gmail.com) to book or for more information.



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**Los Amigos** supporters' coach to each away game is subject to demand. The coach leaves from Camposol B lower car park. The coach fare is €10 for members and €12 for non-members. We ask everyone to email [janperks1@gmail.com](mailto:janperks1@gmail.com) to indicate that

**Los Amigos** memberships is €20. Members and a partner will be 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. Email our Membership Secretary, Russ McMillan for a form at [8254981@gmail.com](mailto:8254981@gmail.com)

**Los Amigos** meeting are held every Thursday, at Mariano's Bar, Camposol A at 4pm.





**SPORTS**

# Camposol Golf Association



Email: bettyloyd1560@hotmail.com

**Club de Golf December Competition**

On Wednesday 28<sup>th</sup> December everybody had a fabulous day, some great golf was played, lots of drinks consumed and of course the crowning glory was the Spanish sunshine, just amazing.

**Results NTP:**

- Hole 3 Glenn Trigg
- Hole 5 Gary Lovejoy
- NTP in 2 shots**
- Hole 8 Ray Lyons
- Hole 11 Rob Greatley
- Hole 13 Eugene Toye
- NTP in 3 shots**
- Hole 14 Martyn Lewis

3<sup>rd</sup> place with 59.8 points were Terry Sadgrove, Ian Smith, Glenn Trigg and Phil Kasey Smith.

2<sup>nd</sup> place with 58.2 points were Clive Porter, Veronica Porter, Eugene Toye and Dave Hopkins.

1<sup>st</sup> place with a fantastic 57.3 points were Jimmy Butt, Allan Hebblethwaite, Will Devine and Brad Keeling.

The lucky losers were Nigel Harding, Paul Weeks, Marshall Shields and Dave Baxter.



*Sue Lyons  
Winner Best Dressed  
Christmas Jumper  
Comp.*

Finally the best fancy dress as chosen by a couple of our lady members was Sue Lyons.

Well done to all of our winners and a huge thank you to every single player and supporter on the day. It's days like these that truly make everything worthwhile as a committee member.

*The Clubhouse Committee*

Wednesday 11<sup>th</sup> January was our first **CGA Competition** in the New Year. The weather was again in the high 70s but

the wind was a major factor. Conditions on the back 9 were difficult, with the final few holes making play very hard. The format on the day was 2, 3 and 4 to score with **Stableford Points**.



*C.G.A. Wednesday Men's Winners*

**Results:**

- 1<sup>st</sup> - C Porter, K Halliwell, D Hopkin, M Lewis with 121 points.
- 2<sup>nd</sup> - G Allan, D Bunn, D Plant, D Freer. C/B 115 points.
- 3<sup>rd</sup> - T Andrews, D Watts, G Lovejoy, G Davies. 115.

There were four 2s and 28 players making 7 four balls.

Thanks to Neil and Derek for the presentation. The football card result was Rangers.

*Eugene Toye  
CGA Competitions Secretary*

**Ladies' Tuesday Group**

On Tuesday 20<sup>th</sup> December the ladies golf group held their Christmas competition.

The day was fine and sunny and all received goody bags which included one of Bernie's delicious sausage rolls, eaten on the 13<sup>th</sup> hole with a glass of cava to celebrate Jean O'Conner's birthday. A very competitive round of golf was followed by an excellent Christmas lunch at the Trevi

Bar and afterwards with some dancing and karaoke afterwards.



*Irene Winner of the  
Ladies Christmas Comp.*

**Results Nearest The Pins** prizes generously sponsored by Camposol Golf Association, The Trevi, Branded and **The Salon:-**

- Hole 3 - Irene Langley
- Hole 5 - Alison Vasey
- Hole - 11 Hayley Barker
- Hole - 13 Liz Bunn

**Golf Competition:**

- 1<sup>st</sup> - Irene Langley 40 points
- 2<sup>nd</sup> - Debbie Murray 35 points
- 3<sup>rd</sup> - Alison Vasey 33 points

Grateful thanks to sponsors and all who contributed to make it a great day.

*Deborah McLachlan*

**CGA Annual General Meeting**

This will be held on Wednesday 8<sup>th</sup> February at 2pm. The Committee would appreciate it if members could attend.

*Betty Roberts*

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## SPORTS

### Fuente Old Guard Golf Society

Email: [info@fuenteoldguardgolfociety.com](mailto:info@fuenteoldguardgolfociety.com)

Our games for December were the annual tussle with **Los Reyes Golf Society** at Aguilon Golf Resort on the 12<sup>th</sup> which once again went the way of The Kings, but after a good start to the day with coffee and

bacon rolls provided it was an enjoyable day for both teams.

Following on from that on 29<sup>th</sup> December was the annual **FOGGS** Texas Scramble event which was held at Hacienda Del Alamo and was well won by the team consisting of: Derek Hayward, Jim Niblo, Ian Stewart and Roy Alderslade scoring 63.9 points with two Runner-Up teams, both scoring 67.7 points.



Team Winners Ian, Roy, Jim and Derek with Captain Gary Ahearne



Nearest The Pin Winners Mike, Darren, Barry and Dave with Gary

Nearest the pin winners were Darren Morrith and Dave Gautier and our guests Mike and Barry.

Our next game is back to Aguilon on February 23<sup>rd</sup>.

If anyone would like more information about **Fuente Old Guard**, please contact us at [info@fuenteoldguardgolfociety.com](mailto:info@fuenteoldguardgolfociety.com)

Dave May

## SPORTS

### CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: **CAMPOSOL FREE COMMUNITY SPORTS**

Well what a great ending to 2022 and an action-packed start to 2023 and year ahead we have for you here at **Camposol Free Community Sports**. February is the perfect time to get motivated and to try something new.

We have free local **Bike and Ebike Guided Tours** and free **Table Tennis** sessions and don't forget the fantastic discounts available for all your bike and ebike hire needs from [www.sunshinecyclehire.com](http://www.sunshinecyclehire.com) by mentioning **Camposol Free Community Sports**.

We are also restarting the **Walking Netball** sessions with trials on both Wednesday afternoons and Saturday mornings at the Condado Club.

Don't forget to register your teams of players in the upcoming [2let2sell2buy.com](http://2let2sell2buy.com) **2023 Petanca League**. Visit our Fb page and request a team registration form or email [alanw9713@gmail.com](mailto:alanw9713@gmail.com)

Camposol Bridge Club are also offering lessons for people interested in learning to play **Bridge** (if there is enough interest)

on Wednesday 8<sup>th</sup> February 2-4pm upstairs at Trevi's Bar, Camposol B Please register your interest by emailing [lynn.day787@btinternet.com](mailto:lynn.day787@btinternet.com)



Our regular weekly events:

#### **Mondays**

9.30-10am - **Walking Football Training** (Calle Nogales D7)

10am -11am - **Walking Football Games** (Calle Nogales D7)

#### **Tuesdays**

1pm-3pm - **Cards, Dominoes and Board Games** (The back room at Cat's Bar, Camposol A)

#### **Wednesdays**

10am-11am - **Table Tennis** (The pavilion in Mazarrón Town).

Meeting at 9.30am in the large carpark, Camposol B opposite the tangerine garage for car sharing, or meet at the pavilion at 10am.

4pm-5pm - **Walking Netball** (Condado Club). Meeting at

3.30pm in the large carpark, Camposol B opposite the tangerine garage for car sharing or meet at Condado netball courts at 4pm).

#### **Thursdays**

9.30-10am - **Walking Football Training** (Calle Nogales D7)

10am-11am - **Walking Football Games** (Calle Nogales D7)

#### **Fridays**

10.15am-11.15am - **Walking Football** (Calle Nogales D7)

1pm-2pm - **Petanca** (Calle Piteras D26)

#### **Saturdays**

10am-11am - **Walking Netball** (Condado Club). Meeting at 9.30am in the large carpark, Camposol B opposite the tangerine garage for car sharing, or meet at the Condado netball courts at 10am).



Our events are **free** for everyone to attend and made possible by our fantastic sponsors [2let2sell2buy.com](http://2let2sell2buy.com), Cat's and Tel's Bars, **Currencies Direct** and our dedicated volunteers. Everything is arranged through our Fb page - **Camposol Free Community Sports**.

Hopefully we will see you at one or more of our events soon!

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**SPORTS**

**Straight Down the Middle Golf Society**

sdtmsec@gmail.com



Wednesday 14<sup>th</sup> December saw **Straight Down the Middle Golf Society's Christmas Competition** and **Annual Prize-Giving Dinner**. Many of the members were unaware that there is more than one 7 o'clock in a day, so it came as a bit of a shock when they gathered in the car park on Camposol B waiting for the coach to transport us to Mojácar. That said, everyone was in good spirits (or were soon to be imbibing some!) as we set off. The word had spread from the people that attended the previous year's event about what a great time we had, so the numbers were nearly 30% up on last year.

We arrived at Marina Golf Mojácar around 8.30am and were greeted by Kirk Lovell, the Director of Golf. The Tennis Club opposite opened early so that we could all enjoy a coffee and a bacon roll before we teed off. Our thanks must go to David and his staff at the Tennis Club for being so accommodating.

A team competition was played under Pinehurst rules, with the best three scores counting on each hole, apart from the par 3's where all scores counted. Tradition states that everyone must have a brandy on the first tee, but many of the players in the later groups turned out to make it a mini Ryder Cup type start. They of course had to have a brandy as well! The second bottle of brandy already had a big dent in it by the time the last group set off.

Play got under way and the normal high jinks for a **Christmas Fun Day** ensued – putters going missing from bags being the favourite. The weather was a little overcast and we had a few spots of rain, but that did not dampen the spirits of the players. The course has some of the most spectacular holes and Ugolf have invested in making improvements to the course, with an on-

going project to continue into 2023. Everyone enjoyed their rounds and some high scores were recorded, so our thanks go to Kirk and his staff for being so accommodating and making our day so enjoyable. Kirk had also arranged for us to have our **Prize-Giving Dinner** at The Delphin Dorado restaurant on Mojácar Playa, so after a couple of drinks we boarded the coach to the restaurant.



Rob Greatley - Order of Merit Winner Section A

The **Order of Merit** was completed for throughout the year and our thanks go to Rob Greatley for sponsoring this and providing the trophies. **Section A** – Rob Greatley (on countback) **Section B** – Phil Markwell



Winners of Team Competition

Our thanks go to Juan and all of his staff at The Delphin Dorada for staying open late to accommodate us and for providing such a great value meal!

The event has been booked again for 2023, when Kirk hopes we will be able to enjoy the new bar and restaurant facilities in the Golf Club itself. Once again, thanks to everyone that made it such an enjoyable day.



Phil Markwell - Order of Merit Winner Section B

Prizes were awarded for a range of different categories: Nearest the Pin competitions, **Sweepstake** for the total number of lost balls on the day (77), Highest Individual score on the day (49 points); both of which were won by Mick Wheeler!

The serious prizes were for the winners of the **Team Competition**: J Niblo, P Gilbert, R Alderslade and M Lewis (guest)

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# PUZZLE ANSWERS

Boggle Answers:  
9 letter Word is NIGHTMARE

- ENIGMA
- AMINE
- GIRTH
- INERT
- MINER
- MIRTH
- MITRE
- NITRE
- REIGN
- THINE
- THING
- TRINE
- AMIR
- GIEN

- GIRT
- HAIR
- HIRE
- MAIN
- MIEN
- MINE
- MIRE
- REIN
- RING
- THIN
- TIER
- TINE
- TING
- TIRE
- TRIG
- TRIM
- AIM

- AIR
- AMI
- ERN
- GIE
- GIN
- GIT
- HAM
- HIE
- HIM
- HIT
- NIT
- RIG
- RIM
- TIE
- TIG
- TIN

A	1	2	4	0	3	5	C	6	7	8	D	B	9	E	F
5	3	6	8	7	B	D	F	C	9	A	E	1	2	4	0
9	B	0	C	6	8	2	E	3	4	F	1	A	D	7	5
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2	4	9	6	A	1	7	8	5	B	E	F	0	3	C	D
8	C	5	0	4	6	3	9	7	A	D	2	E	B	F	1
B	6	4	2	3	F	A	D	1	8	7	5	9	C	0	E
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February already! Where on earth did January go? As most of our supporters know we had a very busy December. We attended the live **Nativity** on the 17<sup>th</sup> organized by **St Nicholas Church** and what a fabulous afternoon we all had. If you didn't go, you missed a real treat. Thank you to everyone who attended and took part. Lola 2 was a super star and so well behaved. Thank you to everyone who donated. The money raised went towards our never-ending feed bills.



*So many photos from the live Nativity... hard to pick one. Check out our FB page to see more*

On the 19<sup>th</sup> December we had our annual **Mulled Wine and Mince Pies** on Camposol B. We had a super time and lots of people turned out to see Lola 2 in her Christmas attire. To everyone who donated,



*Mulled Wine and Mince pies, and of course a Kiss for Lola too*

thank you so much. We really appreciate every cent. Lola 2 attracted quite a few admirers and even bagged herself a few sponsors. Bless you all.

Mollie's puppies at the time of writing are now 6 weeks old. Of course we are looking for special homes and Mollie herself also needs a home, so if you are looking for a very small dog please contact us.



*One of Mollie's puppies, they are so beautiful*

The weather has been really kind to us. With the extra donations over Christmas we were able to buy more feed which we have been able to stack, cover and store, but what a shock we got. A lorry load normally costs €1250. Not any more!! The feed has gone up so much. The lorry load was €1617! We were gob smacked! We had to find the extra money. The donkeys need to eat! The suppliers literally have us over a barrel! Anyone with animals will say the same. The feed prices have gone through the roof. We can only hope and pray the prices come down. SO!!

If you would like to donate to help care for the 109 donkeys we now have - yes 109 lol - please send me a message or WhatsApp.

**For donations:**

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Bank Account  
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As usual, every Monday there will be someone (usually me!) in the car park on the roundabout on Camposol B where you can drop donations off between 11.30am-1.30pm. We are very visible with yellow panels on the side of our vans. Larger items can be collected by prior arrangement. Items can also be dropped off at either of our shops in Roldan or Mazarrón between the hours of 10.30am-1.30pm

Take care  
Andrea

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**Feast Days in the Scriptures** (Part 2)  
Last month I outlined the **Feasts of the Lord**. This month I will reveal the relevance, meaning and importance of the **Feast Days** in our time.

The **Feast Of Passover** foretold of the blood of Yeshua, being spilt for the sins of the world and the gift of eternal life to all who would believe. In Mathew chapter 26, verse 2 Yeshua (Jesus) states "Ye know that after two days is the **Feast Of Passover** and the son of man is betrayed to be crucified". The modern name used for **Passover** is **Easter**. In Acts chapter 12, verse 4, it uses the word **Easter**, but this is not correct. According to the original texts in Hebrew (Old Testament) and Aramaic (New Testament) they never mention **Easter**, but only **Passover**. (**Easter** will be reviewed in a future article.)

Yeshua always kept the feast of **Passover** with his family when he was growing up. Luke chapter 2, verses 41 & 42 explains: "Now his parents went to Jerusalem every year at the feast of the **Passover** and when he was 12 years old, they went up to Jerusalem after the custom of the feast".

He also kept the **Passover** with his disciples. The last **Passover** observed with his disciples is often referred to as the 'last supper'. The day after the feast of **Passover** is known as the **Feast Of Unleavened Bread**. (Unleavened bread represents a turning away from sin and hypocrisy in one's life.) Yeshua lived a sinless life as an example to all believers. In Mathew chapter 26, verses 17-19 says "Now the first day of the **Feast Of Unleavened Bread**, the disciples came to Jesus (Yeshua), saying unto him, "Where wilt thou that we prepare for thee to eat the **Passover**?" He said, "Go into the city to such a man and say to him: The Master

sayeth, "My time is at hand. I will keep the **Passover** at thy house with my disciples."

The disciples did as Jesus had appointed them and they made ready the **Passover**. The feast of **Passover** was prophetic in that it looked forward to a time when the Messiah (Yeshua) would come and die for the sins of the world. The feast of **Passover** was the appointed time when Yeshua died and his blood was shed for the sins of the world. This was a prophetic fulfilment.

Three days after the **Feast Of Unleavened Bread**, Yeshua was resurrected as the first fruit. This happened on the **Feast Of First Fruits**. His resurrection was a guarantee or assurance to all believers that they too would be resurrected at his second coming. **First Fruits** are the 1<sup>st</sup> of the crops. Yeshua was the **First Fruit**; a gift to us. 1<sup>st</sup> Corinthians chapter 15, verses 22 & 23 says "For as in Adam all die, even so in Christ shall all be made alive, but every man in his own order, Christ the **First Fruits**, afterward they that are Christ's at his coming."

Counting 50 days after the **Feast Of First Fruits** you come to the **Feast Of Weeks** or **Pentecost**. In the third month of the exodus from Egypt (Exodus chapter 19) the Law was given to Israel at Mount Sinai. This would have been on the feast of weeks or **Pentecost**. In Acts chapter 2 of the New Testament the Holy Spirit, (or Spirit of Holiness), was poured out upon his Church, which are the individual believers. The Holy Spirit was given to enable believers to apply wisdom to their lives and obey His commandments. This completes the spring feasts.

Yeshua will return a second time at the last trumpet. Neither the Old nor New Testament clarify the fulfilment of this feast. The **Feast Of Trumpets** is associated with Yeshua's 2<sup>nd</sup> coming and the resurrection of the believers. 1<sup>st</sup> Thessalonians chapter 4, verses 14-18 states "For if we believe that Jesus (Yeshua) died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel and with the trump of God and the dead in Christ (Messiah) shall rise first. Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air and so shall we ever be with the Lord. Wherefore comfort one another with these words." Also in 1<sup>st</sup> Corinthians chapter 15, verse 52 & 53 says "In a moment, in the twinkling of an eye, at the last trump, for the trumpet shall sound and the dead shall be raised incorruptible and we shall be changed. For this corruptible must put on

incorruption and this mortal must put on immortality."

The **Feast Of Atonement** relates to the final judgement. Yeshua died for our sins as written in Mark chapter 10, verse 45, "For even the Son of man (Yeshua or Jesus) came not to be ministered unto, but to minister and to give His life a ransom (or atonement) for many." The final judgement will eradicate sin and its originator forever.

The **Feast Of Tabernacles** is the ultimate climax in the plan of redemption. This feast reminds believers of their deliverance and protection if they continue in faith and trust. Yeshua restored righteousness back to the earth through his life and the Kingdom of God dwells within us. One day there will be much rejoicing at his 2<sup>nd</sup> coming and there will be a new heaven and a new earth. In Revelation chapter 21, verses 1, 3, 4 states: "And I saw new heavens and a new earth, for the former heavens and the former earth had departed and the sea was no more..... I heard a great voice from Heaven that said, "Behold, the tabernacle of God is with the children of men and He dwells with them and they shall be His people and the same God is with them and shall be their God. He shall wipe away every tear from their eyes and from now on there shall not be death, neither grieving, nor clamour, neither shall there be disease again for his sake."

The feast days were given by Jehovah (or Jehovah) as outlined in various books in the Scriptures (Leviticus chapter 23). Yeshua and his disciples kept the **Feast** days. Even after Yeshua's death and resurrection, His disciples, both Jews and Gentiles continued to keep the **Feasts** as mentioned throughout the Book of Acts (see Acts 2). All the **Feasts** of the Lord relate to prophecies regarding Yeshua (Jesus) and the plan of redemption.

To conclude, the trumpet gives a warning sound to remind all believers of the judgement to come. Life on earth is short and sin (transgression of Jehovahs or Jehovah's law) will one day be destroyed forever. Everyone has the opportunity to repent and turn from sin. Yeshua died for the sins of the world, so we do not have to die. Eternal life is a free gift to all who would believe the good news. Yeshua was born, lived as our perfect example upon the earth, was crucified to save us from our sins and was resurrected. Now we can have peace, joy and the hope of eternal life. This is the good news to all the inhabitants of the earth.

I hope you have learned more about the Scriptures. Next time I will look at **Easter**.

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

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# ANOTHER WORLD PROPERTIES S.L



**COMMISSIONS ARE FROM JUST 2.5% (T&Cs apply)**

**DO YOU HAVE A PROPERTY FOR SALE OR RENT? IF SO, WE HAVE BUYERS AND TENANTS WAITING AND AFTER CONTINUED SUCCESS DURING THE PAST 18 MONTHS, URGENTLY NEED MORE PROPERTIES TO SATISFY LOCAL DEMAND.**

**ARE YOU LOOKING FOR A COMPANY WITH TRADITIONAL VALUES OF HONESTY AND INTEGRITY, STATE OF THE ART MARKETING METHODS, AND A GENUINE DESIRE TO HELP, ALL CARRIED OUT WITH GOOD HUMOURED OPENNESS?**

**ARE YOU SEEKING A COMPANY WITH A PROFESSIONAL APPROACH WHO DOES WHAT THEY SAY THEY'LL DO AND AT COMPETITIVE COMMISSION RATES?**

## PROPERTY OF THE MONTH

**CAMPOSOL: 185,000€ - Ref 1819**



This amazing three bedroom Rosa style villa is located on the final phase of Camposol.

The lounge to this great property is equipped with free view television, and an open fire place. The fully fitted kitchen includes a gas hob, extractor fan, dishwasher, and electric oven, with the cupboards being finished in grey. Both bedrooms on the lower level have fitted wardrobes and air conditioning and are double in size.

The two bathrooms on the lower level are fully tiled with the main bathroom being en-suite to the master bedroom and the family bathroom having a shower.

On the upper level you will find an excellent self contained apartment comprising of a large bedroom, kitchen area and bathroom, making it an ideal room for visiting family or friends. The property comes with a part converted under build with a large area used for storage, and a lovely shower room.

The garden is mainly tiled for ease of maintenance and has fruit trees, shrubs and plants. Your own private swimming pool is 10x5 and situated to the front of the property.

**ANOTHER WORLD PROPERTIES AT CAMPOSOL B COMMERCIAL CENTRE WILL OFFER YOU ALL THIS, AND MORE , ASSURING YOU OF 1ST CLASS RESULTS**

**SO POP IN FOR A FRIENDLY, INFORMATIVE CHAT WITH NO PRESSURE AND NO OBLIGATION. YOU'LL WONDER WHY YOU DIDN'T CALL US EARLIER !**

**MANY MAY DO IT WELL, SOME MAY DO IT VERY WELL, BUT ONLY A FEW CAN DO IT LIKE US, ALWAYS WITH OUR CUSTOMER IN MIND**

**PROPERTY SALES & PROPERTY RENTALS  
CENTRO COMERCIAL B  
URB CAMPOSOL, MAZARRÓN**

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**SELL YOUR PROPERTY  
WITH US!**

BLUE  MED  
I N V E S T  
P R O P E R T I E S

**ONLY**

**1.5%**

**OFFER ONLY  
VALID FOR  
CAMPOSOL &  
MAZARRON  
COUNTRY CLUB**

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