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January 2023 • N°278

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**DEAR READERS**

Who would have thought back in 1999 when we first arrived in Spain that we would be producing the best magazine in the area! See pages 29-32 for more about the success of the **Costa Cálida Chronicle** as we celebrate 23 years in existence. We have given 23 reasons why you should advertise your business with the longest established magazine in the Murcia region, with some great testimonials from our advertisers; some who have been with us since the beginning and some who have become regular advertisers over the years. Thank you to everyone who has spent the time to send in such amazing comments and we would like to thank all of our **Contributors** for all their hard work in producing such interesting articles every month.

January is always a quieter month with many businesses taking the opportunity to have a bit of a break. Despite this, we would still like to **Welcome/Welcome Back** the following advertisers:

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- Caser Residencial
- Many Cards
- IFEPA
- Kingdom Academy
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We are sorry to report that **Furniture Plus** in Puerto de Mazarrón has now closed. Chris and Roy have been a large part of the Mazarrón community for years and have supported a number of charities during their time trading here. We wish them both all the best in their retirement. You will be missed greatly.

When you are ready to take your **Christmas** decorations down, please remember to save your **Christmas** cards as these can be re-used. The recycling points this year for greeting cards are:-  
The Post Room, Camposol A  
The Post Office and Best Wishes, Camposol B  
**Noah's ARC** charity shop, Puerto de Mazarrón

We wish you a great 2023 from all of us at the **Costa Cálida Chronicle**

**THANK YOU TO OUR CONTRIBUTORS**

- Adrian & Dawn Leyland Bridge - **History Snippets**
- Ashlí Miréla - **Health & Wellness**
- Corinne/The Beauty Palace - **Corinne's Column**
- 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**




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Our office address is:

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Thursday 10am-12pm (by appointment only)

Payments can also be made in our office on

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If you would like to place an advertisement or write an article to be included in the

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To our advertisers.

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

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

Costa Calida Chronicle



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**Many Cards** is an unopinionated business card directory for Puerto de Mazarrón and the surrounding areas, in the form of a free, feature-packed app for Apple and Android.

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**INFORMATION**

## Forthcoming Events at the IFEPA, Torre Pacheco

### IFEPA LEVANTE CARAVANING SHOW AND FREE TIME

From January 26<sup>th</sup> to 29<sup>th</sup>, the **III Levante Caravaning and Leisure Time Fair** will be held at **IFEPA**, Torre Pacheco. Here you will be able to view motorhomes, caravans and campers, bringing together the main brands in this sector. The love of travelling around in campervans or caravans has a greater number of followers here in Spain as there are so many different areas to explore.

Nearly 50 companies will be exhibiting, coming from various points of Spain, including campsites and equipment for camping and prefabricated houses.

The main objectives of the **Caravaning Show** are the promotion of the sector, advice to professionals and visitors and the sale of products. It is aimed at all types of public: families, couples and young people who are looking for another way of travelling and holidaying, with more contact with nature and greater independence.

This fair, despite its youth, has managed to position itself as one of the most important shows at the national level in the world of Caravaning, thanks to the very positive response from companies, professionals and fans of trips without schedules and reservations. It also has a significant volume of visitors that supports it, as the previous exhibition was visited by more than 10,000 people.

The **IFEPA** Hall will have free parking for overnight caravans so if you live a distance from Torre Pacheco you have no problem. Visitors will be able to enjoy a gastronomic zone with food trucks, an adventure activities zone, exhibitions and contests for visitors.

This is an exhibition not to be missed!  
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**Opening Hours:**  
Thurs - 10.30am-8pm  
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Sat - 10.30am-7pm

**INFORMATION**

## Famous People We Lost In 2022



Another year passes and with it many famous people, none more so than our beloved **Queen Elizabeth II**.

**Kirstie Alley** - 1951-Dec 5<sup>th</sup>; the Emmy-winning star of *Cheers*, *Veronica's Closet* and *Look Who's Talking*. She had been battling cancer.

**Christine McVie** - July 12<sup>th</sup> 1943-Nov. 30<sup>th</sup>; co-vocalist and keyboardist with Fleetwood Mac.

**Jake Flint** - 1985-Nov. 28<sup>th</sup>; country music singer based in Oklahoma, died hours after getting married to his wife, Brenda. He was 37.

**Irene Cara** - Mar. 18<sup>th</sup> 1959-Nov. 25<sup>th</sup>. Her best-known screen role was aspiring singer and actress Coco Hernandez in the gritty 1980 film *Fame*. In 1984, she won an Oscar for co-writing the song 'Flashdance What a Feeling'.

**Aaron Carter** - Dec. 7<sup>th</sup> 1987-Nov. 5<sup>th</sup>. He died in his home in Palmdale, California, after being found unresponsive in his bath.

**Bill Treacher** -1930-Nov. 5<sup>th</sup> played Arthur Fowler in *EastEnders*. He was one of the BBC soap's original cast members and appeared from 1985 until 1996.

**Takeoff** - June 18<sup>th</sup> 1994-Nov. 1<sup>st</sup>. He was killed in a fatal shooting in the early morning of Nov. 1<sup>st</sup> at a private event at a bowling alley in Houston.

**Jerry Lee Lewis** - 1935-Oct. 28<sup>th</sup>. He was a Rock 'n Roll icon

**Leslie Jordan** - Apr. 29<sup>th</sup> 1955-Oct. 24<sup>th</sup>. The beloved comedian died in Hollywood after he suffered a medical emergency and crashed his BMW into a building.

**Robbie Coltrane** - Mar. 30<sup>th</sup> 1950-Oct. 14<sup>th</sup>. The Harry Potter actor played Rubeus Hagrid in the beloved film.

**Dame Angela Lansbury** - Oct. 16<sup>th</sup> 1925-Oct. 11<sup>th</sup>. She is best known for her starring role as sleuth Jessica Fletcher in *Murder, She Wrote*.

**Queen Elizabeth II** - Apr. 21<sup>st</sup> 1926-Sept. 8<sup>th</sup>. The Queen died peacefully at Balmoral with Prince Charles as he was then and Princess Anne by her side. She was the longest-reigning monarch in British history.

**Anne Heche** - **May 25<sup>th</sup> 1969-Aug. 12<sup>th</sup>**. The actress died from her injuries after a car crash whilst under the influence of cocaine.

**Olivia Newton-John** - Sept. 26<sup>th</sup> 1948-Aug. 8<sup>th</sup>. Olivia died after suffering from cancer for many years. The Olivia Newton-John Foundation Fund is dedicated to researching plant medicine and cancer.

**Ivana Trump** - Feb. 20<sup>th</sup> 1949 - July 14<sup>th</sup>. The first wife of former president Donald Trump reportedly went into cardiac arrest and medical personnel were not able to revive her.

**James Caan** - 1940- July 6<sup>th</sup>. His illustrious career spanned six decades, with credits in classic films such as *The Godfather*, *Misery* and *Elf*. He suffered with COPD.

**Naomi Judd** - Jan. 11<sup>th</sup> 1946 - Apr. 30<sup>th</sup>. She was one half of *The Judds*, one of the most successful acts in country music history.

**Tom Parker** - Aug. 4<sup>th</sup> 1988 - Mar. 30<sup>th</sup>. *The Wanted* singer died after being diagnosed with terminal brain cancer. He leaves behind two young children.

**Taylor Hawkins** - Feb. 17<sup>th</sup> 1972 - Mar. 25<sup>th</sup>. *The Foo Fighters'* drummer was found dead in a Colombian hotel. There were multiple drugs found in the room where he died.

**Meat Loaf** - Sept. 27<sup>th</sup> 1947 - Jan. 20<sup>th</sup>. The legendary singer died surrounded by his wife and daughters.

**Hardy Krüger** - 1929 - Jan. 19<sup>th</sup> Hardy starred in *A Bridge Too Far* and *Barry Lyndon*. He died at the age of 93 at his home.

**Sidney Poitier** - Feb. 20<sup>th</sup> 1927-Jan. 7<sup>th</sup>. He appeared in iconic films including *A Raisin in the Sun* and *Guess Who's Coming to Dinner*. He won the Oscar for Best Actor in *Lilies of the Field* and was later given an Honorary Academy Award in 2001.





# 3<sup>rd</sup> CARAVANING

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# Samaritans in Spain



Email: [pat@samaritansinspain.com](mailto:pat@samaritansinspain.com)  Samaritans in Spain 900 525 100

I hope that you all had a wonderful **Christmas and New Year** and welcome to 2023. We know that January can be a hard month for many people. The lull after the festive period combined with colder weather can make you feel sad. Please do not forget that our listeners are available to talk to you if you are feeling low and need an outlet. The service is fully confidential and there is no shame in seeking help if you need it.

Thank you to all our Trustees, our Admin Helpers, our Listeners and our Shop Volunteers for everything that you do for **Samaritans in Spain**. 2022 was a good year for the organisation. We held our own financially with the shop performing magnificently and our new training packages started and were a tremendous

success, with many new Volunteers being trained for the first time since before the Covid lockdown. We could not function without all our Volunteers, so thank you again.

the Trustees, made the event a great success as a total of 575€ was raised.



Our **Walk Tall Bare All** campaign continues and our call data for 2022 showed that of the calls received, approximately two-thirds were from females and only one-third from males. We are hoping that our campaign will encourage males to call us more readily. As the poster says, **Put It Out There!**



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On Saturday 26<sup>th</sup> November 2022, (seems so long ago!), the **Samaritans in Spain** Charity Shop, located at the Punta Marina Commercial Centre, held its first **Christmas Fayre** since Covid. There were **Christmas** decorations, plus pre-decorated **Christmas** trees and we also held a **Tombola** and **Coffee Morning**. The event was well attended and the Shop Volunteers, supported by some of



If you think off-loading would help you, or if you know someone who needs to offload, **Samaritans in Spain** lines are open from 10am-10pm every day of the year and our fully trained Listeners are available if you need to talk. Remember we are here for you and together we are stronger. The number to call is **FREEPHONE 900 525 100**

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He said to him, "There is still one thing lacking. Sell all that you own and distribute the money to the poor and you will have treasure in Heaven; then come, follow me. When he heard this, he became sad; for he was very rich." Luke 18 v 22, 23.

While looking around for a car to buy with my pension money, it was clear there were many other vehicles for sale with ridiculously low mileages for their years which defied the notion that cars are designed and made for driving.

However we have been blessed, with money, abilities, skills or position, make good use of it and use it for good in this coming New Year.

Why would you buy a superb example of a particular model and simply not use it? You find a treasure and then basically wrap it in cotton wool lest you spoil it in some way and are frightened to expose it to the purpose for which it was intended. I do the weekly shop in my Porsche as it easily takes a trolley load without difficulty. Occasionally I let it get dusty on the outside, showing the cat paws as evidence of our pets climbing up to the soft-top for a warm sleep.

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The thing is, in my opinion the value of anything we have is measured by the use we put it to. When Jesus heard this,

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**Past Simple Tense - Tener**

We have now covered many **Past Simple** verbs, including the most common irregular ones, namely **dar, hacer, ir, ser, decir** and **estar**. Most of these are verbs with meanings that are fairly easy to grasp in the **Past Tense**. Perhaps the most tricky ones are **ser** and **estar**, with the usual confusions about which one is which, but hopefully my explanations have helped to clear this up. With those two verbs in any tense I like to stick to a basic rule of thumb which I find very useful, which is that **estar** is used to express 'how and where' and **ser** is used for 'who, what and when'. I know this doesn't fit every single case, but it does go a long way to clearing up the basic difference between the two.

There is another difficulty in Spanish for

non-native speakers, in addition to the **ser** and **estar** issue. That is the correct use of the **Past Simple Tense** in contrast with the other tense we looked at a while ago, which we called the **Past Continuous Tense**. (Remember? Things like **vivía - I lived/I used to live**). I'm sure I have mentioned before that the main problem here, especially for us native English speakers, is that there are more **Past Tenses** in Spanish than in English. This means that there are finer points of difference between these two **Past Tenses** which tend to escape us because they do not exist in our language.

I'm actually opening up a large can of worms which cannot be dealt with very easily in a monthly article. However, as I am not one to be faint-hearted when it comes to explaining grammar, I will use one particular verb as an example of what I'm talking about and then leave it at that. The chosen verb is **Tener**, which of course means 'to have'.

First of all here it is in the **Past Simple Tense** and it's quite a nasty little irregular verb, as you can see:

<b>tuve</b>	<b>tuvimos</b>
<b>tuviste</b>	<b>tuvisteis</b>
<b>tuvo</b>	<b>tuvieron</b>

This verb is commonly used in the **Past Continuous Tense**, which makes sense as it describes possession: something we do not usually associate with a single or completed event. Possession is a state of being and therefore a description. For example: **Cuándo yo tenía 10 años mi familia tenía una casa grande.** (When I was 10 my family had a large house.)

When can we use this verb **Tener** in the **Past Simple Tense**, to talk about one-off finished events? Well, here are two examples which should help:

**Tuve un accidente de tráfico el año pasado.**  
*I had a traffic accident last year.*

**El pintor nació en 1900 y tuvo tres hijos con su primera mujer.**  
*The painter was born in 1900 and had three children with his first wife.*

In the first sentence we are referring to a completed event rather than a description and in the second sentence we are focusing on an historical fact, or sequence of biographical details. I think I've got about as complicated as I can on this subject, so next month I will try and lighten it up a bit. See you then.







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Well that's another year passed. I don't know about you, but they seem to come around quicker each time! Looking on the bright side, maybe you received something nice for **Christmas**, or you just haven't got around to unpacking all those goodies you brought out with you to Spain and you just need a bit of support to get started on that new layout. Either way if it's **Model Railway** related we can help if needed.

**The Club**

Our club was founded about ten years ago with the aim of promoting and providing a meeting point for anyone interested in model railways and associated hobbies. Our members consist of people from around the Murcia area with a range of interests in model railways of all scales and eras.

**Deltic With The Flying Scotsman**



This diversity has turned out to be a bonus as it provides an opportunity to exchange

ideas and swap information between people with different interests. Usually, if you have a problem with a project, there is someone within the group who can provide a solution. We welcome anyone, whatever their area of expertise or skill level, to come and join us and add their input to the club. Meetings are normally held each month at a convenient location, or by invitation at the home of one of our members which gives everyone a chance to see their work first-hand and learn and comment on it. Everything is very informal; no committees, just a group of friends with a mutual interest sharing their experience and knowledge.

**A Fairlie Good Loco**



**Moving with the Times**

A Model Railway is a constantly evolving hobby with new techniques emerging all the time. Two of the recent ones are 3D Printing and Laser Cutting and among our group we have members who use these

systems, so if you want to learn about these new methods, or just chat with like-minded people, we are here.

**A Double Header on Time**



**Seasonal Visitors**

We welcome members who don't live full time in Spain, but have holiday homes here or just like to get away from the English weather. It is always good to meet a new face and chat about our hobby where you never stop learning. Whether you are here full time or part-time, if model railways interest you please get in touch.

**Website**

We have a website which shows some of the layouts and other projects being built by club members. Although it doesn't show everything, it will give you a fair idea of what we do. This can be found at <https://murciamodelrailwayclub.com>

There is a contact link on the website, **Murcia Model Railway Club** or you can call Richard directly on **666 186 037**

**FINANCE**



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- \* **Pensions** - should you transfer pension funds or not?
- \* **Are your Finances Brexit-proof?**
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RELIGION

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**Feast Days In The Scriptures** (Part 1)  
Did you know there are **Feasts of the Lord** mentioned in the scriptures? What was the purpose and significance of these **Feast Days**?

How relevant are they today and can one learn any lessons from these **Feasts**? Were the **Feast Days** made just for the children of Israel? Is there a relationship between these **Feast Days** and the good news of Yeshua? Let us search the scriptures to find out some answers to these all important questions.

Many people say that the **Feasts** were **Jewish Feasts**, but according to scriptures they are known as the **Feasts of the Lord and they were given to the children of Israel**. In the book of Leviticus chapter 23, verses 1-4 it states "And the LORD spoke to Moses, saying, speak unto the children of Israel, and say unto them, concerning the feasts of the LORD, which you shall proclaim to be holy convocations (holy assembly or gathering or coming together), even **these are my feasts**. Six days shall work be done: but **the seventh day is the Sabbath of rest**, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings. These are the **Feasts of the LORD**, even holy convocations, which ye shall proclaim in their seasons."

Leviticus chapter 23, verses 5-8 states "In the fourteenth day of the first month at even (evening) is the LORD'S **Passover** and on the fifteenth day of the same month is the **feast of unleavened bread** unto the LORD. Seven days ye must eat

unleavened bread. In the first day ye shall have a holy convocation: ye shall do no servile work therein....in the seventh day is a holy convocation: ye shall do no servile work therein."

Leviticus chapter 23, verses 9-11, 14 says "And the Lord spake unto Moses, saying, "Speak unto the children of Israel, and say to them, when ye come into the land which I give unto you, and reap the harvest thereof, then ye shall bring a sheaf of the **first fruits** of your harvest unto the priest: and he shall wave the sheaf before the LORD, to be accepted for you: on the morrow after the Sabbath the priest shall wave it...it shall be a statute forever throughout your generations in all your dwellings."

Leviticus chapter 23, verses 15-17 & 21 states "And ye shall count unto you from the morrow after the Sabbath, from the day that ye brought the sheaf of the wave offering; seven Sabbaths shall be complete: Even unto the morrow after the seventh Sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the LORD...they are the first fruits unto the Lord....And ye shall proclaim on the day that it be a holy convocation. You shall do no servile work therein. It shall be a statute forever in all your dwellings throughout your generations." (This is the **Feast Of Weeks** or **Pentecost** which takes place 50 days after **Passover**).

Leviticus chapter 23, verses 23-25 says "And the LORD spake unto Moses, saying, speak unto the children of Israel. In the seventh month, in the first day of the month, shall ye have a Sabbath, a memorial of blowing of trumpets, a holy convocation. Ye shall do no servile work therein."

Leviticus chapter 23, verses 26-28, 31, 32 states "And the LORD spake unto Moses, saying, also on the tenth day of the seventh month

there shall be a day of **atonement**. It shall be a holy convocation unto you and ye shall afflict your souls....and ye shall do no work in that same day: for it is a *day of atonement*, to make an atonement for you before the LORD your God. Ye shall do no manner of work. It shall be a statute forever throughout your generations in all your dwellings. It shall be unto you a Sabbath of rest and ye shall afflict your souls. In the ninth day of the month at even, shall ye celebrate your Sabbath."

Leviticus chapter 23, verses 33-36, 41 says "And the LORD spake unto Moses, saying, speak unto the children of Israel. The fifteenth day of this seventh month shall be the **Feast Of Tabernacles** for seven days unto the LORD. On the first day shall be a holy convocation: ye shall do no servile work therein. Seven days ye shall offer an offering....on the eighth day shall be a holy convocation unto you; and ye shall offer an offering....it is a solemn assembly and ye shall do no servile work therein....and ye shall keep the **Feast Unto The Lord** seven days in the year. It shall be a statute for ever in your generations: ye shall celebrate it in the seventh month." Leviticus chapter 23, verse 44 clearly explains "And Moses declared unto the children of Israel the **Feasts Of The LORD**."

Besides the *weekly 7<sup>th</sup> day Sabbath*, there were **annual sabbaths** or **high days** namely the **Feast Of Passover**, *unleavened bread*, *first fruits*, **Pentecost** which were observed and known as the **Spring Feasts**. The **Feast Of Trumpets**, *atonement and tabernacles* were observed and known as the **Fall Feasts**. All these **Feasts** had set times in the year to be observed as the Lord commanded, but the question is "Why did the Lord give these **Feasts** to the children of Israel?" They were observed to keep close in the minds of his people the plan of redemption (salvation). A clearer understanding of the **Feast Days** will be revealed in part 2, next month.

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**INFORMATION**

# Birding in Murcia

by Martin O'Hanlon

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

Most of my local birding trips tend to be a spur of the moment type. However, my trip to the Steppes of Yecla with John Thompson and Tony Rea, two bird photographers, had been planned a couple of months in advance without knowing if the weather would be any good or what the birding would be like. We met at sunrise at an area close to the Steppes and drove out into the uninhabited landscape. It was interesting because I am a birder who has a camera with him, whilst John and Tony are bird photographers first and foremost. I'm quite happy to see birds in the distance, but I soon realised that John and Tony wanted to position themselves with the sun in the right direction and fairly close to the birds. This was a completely new experience, but I was starting to learn a little bit more than point and click. On reflection, I think I am quite happy with my informal approach to bird photography.

The birding was ok, but the light and the distances were a bit iffy for Bird Photography. We had however seen a group of male **Great Bustards**, but a bit too far away for the photographers. However, I was delighted about it, as this is the only site in the whole of the Region where it is possible to see them and then only during the winter. Seeing them isn't guaranteed and sometimes it is like searching for a needle in a haystack! Being such a big bird, this is very surprising. An adult male will stand just over 1 metre tall, have a wingspan of up to 2.7 metres (my wingspan is 1.7m) and weigh anything from 6-18kgs, depending on age. The Iberian Peninsula holds 60% of the world's population and the plains of Castilla La Mancha is a great place to look for them.

the family. If you believe in re-incarnation I recommend you return as a male, and not a female **Great Bustard!**



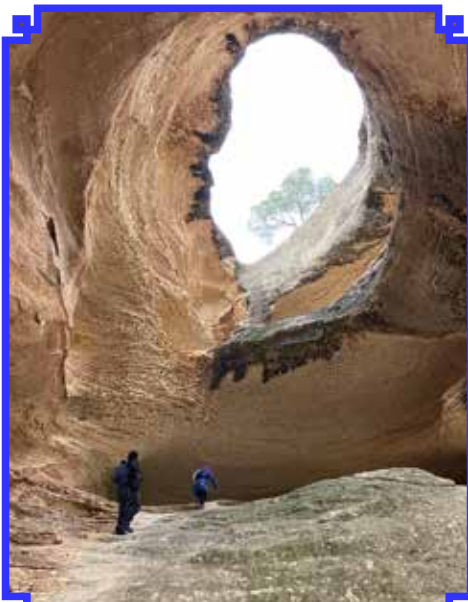
Great Bustards - Tony Rea



Black-Bellied Sandgrouse

At lunchtime we went to Monte Arabí, a local beauty spot and archaeological site, as I thought that the impressive cave of 'La Horadada' would sate their photography appetites. The birding was struggling a bit! However, as we drove back across the Steppes we came across a much larger flock of **Great Bustards**, with good light, but a bit distant. It would be interesting to see how the huge zoom lenses would cope with this challenge. I have never seen so many **Bustards** in one field. I counted well over 30. Normally, about 12 birds would be considered good for Yecla. I soon had two very happy companions clicking away with their cameras before the **Bustards** decided it was time to move on.

I never put myself under pressure about what birds I see on a visit, but I prefer to play it by ear. However, in the back of my mind was the hope of seeing **Sandgrouse**, a notoriously difficult species to spot. As I started slowly driving across the barren plains, I spotted a fast-flying bird a fair way off to my left. I thought it looked like a **Pigeon** or maybe a **Falcon**. Much to my surprise, when I finally focused my binoculars, it was sharp winged and had a very noticeable black belly on a light background. Amazingly, it was a **Black-Bellied Sandgrouse!** This called for a change of route, so I changed my destination to coincide with the flying **Sandgrouse** i.e. to the southwestern extremity of the Saladares. I must be lucky, as I spotted four birds on the bare ground to my left about 50 metres away. Their plumage is cryptic, so they have an amazing ability to blend into the landscape, looking like elongated round stones. I had good views for a few minutes before they took off and flew very quickly into the distance, never to be seen again.



The Cave Of Horadada

My next trip was a spur of the moment decision as I was supposed to be going to El Valle to walk 'Las Murallas de King Kong', an emblematic Murcian route with a lot of 'uppy' bits. Instead, I decided to take myself off to the Saladares del Guadalentín, as it would be my only opportunity before going travelling in the New Year. I have trips booked to Ecuador, the Galapagos Islands and Morocco.



Cattle Egret

As I drove slowly around the field tracks with the car occasionally sliding to one side or another in the mud, a fair variety of birds managed to put in an appearance for my benefit. At my first stop there was a group of **Cattle Egrets** standing by the side of

Continued on page 19



Great Bustard - John Thompson

Strangely, it is highly unlikely that you will see a female **Great Bustard** here in Murcia. It is only the males that migrate to Yecla. Males and females live in separate flocks most of the year, except at mating time. Males congregate in a place called a lek and compete with each other to see who has the best dance moves. A John Travolta of a **Bustard** lekking site will be chosen by the watching females that will then probably mate with 6 or more of them. The males then go their own way after mating and leave the females to create a nest, incubate the eggs and raise





Continued from page 18

the road watching a digger driver filling in a trench. They appeared to be happy with the work and seemed to give their silent approval to the finished product. It also occurred to me that perhaps they were more intent on pouncing on any poor insects or worms that the digger might uncover!



Kestrel

I was hoping that a few birds of prey would be out hunting, but apart from the many **Kestrels** and **Marsh Harriers**, nothing else put in an appearance. However, a bit further on I was entertained by an incredibly tame **Hoopoe** who insisted on posing on a post next to my car and obliged me by turning around so I could get photos of all its profile. I am not accustomed to this sort of behaviour as their first reaction is normally to fly away and I have enough shots of fleeing **Hoopoes**. I have to say that they have a rather attractive rear end view, with their overly large butterfly type wings, which are strikingly marked black and white. They really are unmistakable and very noticeable birds.



Left Hoopoe

My next stop was for a **Starling** perched on a cable. How strange to pay attention to such a common bird! **Starlings** are extremely common, but many people will not realise that in wintertime we have two similar looking species of **Starlings** in Murcia. Our resident species is called a **Spotless Starling** and is very similar to its close relative the **Common Starling**, which is the bird regularly seen in northern European countries. **Spotless Starlings** are only found in the Iberian Peninsula and Northern Africa, so it offers a good tick for birders from the rest of Europe. I was interested in the lone **Starling** as I was wondering which species it was and it turned out to be a **Common Starling** and presumably had therefore just arrived to



Spotless Starling

spend the winter in the sun of Murcia. As the name suggests, our resident **Starling** is 'spotless', but otherwise looks identical to its northern cousin. The two photographs clearly show the difference, but take care with your ID as the **Spotless Starling** has faint spots on its plumage in winter!



Common Starling

My final stopping points were to see what **Waders** and **Grebes** were hanging around. It seems strange to look for these water-loving birds in a nearly desert-like landscape.



Black-Necked Grebes in Winter plumage

However, agriculturalists have constructed several artificial irrigation water reservoirs. Many of these are devoid of birdlife because of the shiny plastic banks, but others have gravel and reeds growing along the banks and are attractive to water birds. It is always worth checking these reservoirs, just in case something unusual has stopped for a rest. However, on this occasion there was nothing out of the ordinary; just a few **Black-Winged Stilts**, **Common Sandpipers** and some winter plumaged **Black-Necked Grebes**. I know that the day I don't check these reservoirs there will be some rarity there; you need to be lucky!



Black-Winged Stilt

I would like to thank my friends and bird photographers, John Thompson and Tony Rea for allowing me to use their photographs of **Great Bustards** taken recently when we visited the steppes of Yecla.



Common Sandpiper

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

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**Happy New Year to all our Supporters, Sponsors and Volunteers.**

Gosh the highs and lows of December! Where on earth do we start?

Early in December we were called by the Policía Nacional to assist in the removal of a horse near Cartagena. When Kevin arrived, the horse was running round the rubbish filled garden ... she was cornered and when she had calmed down she was boxed in our horse box. She's a stunning animal and has settled down well in the facility we use near Cartagena.



*How many charities go to rescue a horse and come away with 3 dogs ... One who was about to give birth!! Dear me ... our numbers have just shot up by 9!!! Scary isn't it*

While there, the Policia said "Please, are you taking the dogs also?" Flipping heck, Kevin didn't see the little dogs. We were told they were all abandoned. It was a cold bitter day with a biting wind. After a

phone call to me asking what should I do, the punchline came ... one of the little dogs was heavily pregnant!! I can't repeat what I said!!!! Any self-respecting rescue could not have walked away, knowing these animals had no food, water or shelter and one about to give birth!!! SO, the police rounded them up and in the van they went!



*Mollie and her beautiful little family, 5 little girls all doing well*

They were all settled in and a week later **Mollie** as we called her, gave birth! We lost a few - unfortunately nothing we could do to save them - but she has managed to rear 5 which are very healthy and are doing well, so fingers crossed.

The other two dogs **Ollie** and **Polly** are doing well and are looking for homes.

At the time of writing this article, in a few days we will be attending a live nativity on Camposol A and then our mulled wine and mince pies on Camposol B. It seems very odd I know, but the photos will be in February's addition so something to look

out for.

If you are thinking presents for grandchildren, husband, wife or friends, why not think about sponsoring a donkey or two. It's really a great gift!

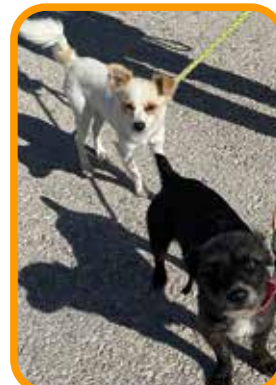
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As usual every Monday there will be someone (usually me!) in the car park on the roundabout on Camposol B where you can drop off donations from 11.30am-1.30pm. We are very visible with yellow panels on the side of our vans! Larger items can be collected by prior arrangement. Items can also be dropped off at either of our shops in Roldan or Mazarrón from 10.30am-1.30pm  
Take care xxx  
*Andrea*



*Ollie and Polly, two super little dogs, around a year old, now looking for new homes*



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# Health and Beauty Section



## HEALTH AND BEAUTY

### Corinne's Column

on behalf of The Beauty Palace  
Tel: 968 971 828

Firstly I would like to wish everyone a very **Happy and Healthy New Year!** This January we are talking **Detox** and getting rid of those kilos we all put on over the Christmas period!

**Pressotherapy** is a unique treatment that incorporates massage together with a heat treatment of infrared which helps with

pain relief, aching muscles and arthritis as well as all other general pain. It also helps with **Detoxification** and lymphatic drainage. This amazing machine helps with the removal of all toxins and fluid build-up within the body, helping the body to lose weight too!! The machine works by massage - by inflating, then gently massaging the body in waves, together with the infrared treatment. This in turn moves all toxins and fluid build-up generally through the lymphatic system, where it rids the body of waste and toxins.

This type of treatment can help with weight loss and general health, because of the elimination of fluid build-up in the body. If you want to lose weight, a minimum of 4 treatments a month is often recommended, together with healthy eating.



cellulite and reduction of fat deposits. A typical session will last 30-45 minutes, normally combined with a body wrap, which again helps with **Detoxification** and fluid retention. The machine targets area such as stomach, legs and arms and the treatment generally starts by massage using a built-in infrared treatment. You will feel very relaxed, but also as this treatment helps with pain relief, lots of our clients who have crippling illness such as Arthritis and Fibromyalgia come to use this machine and says it truly helps with all pain relief!!

**The Beauty Palace**, Camposol B are the only salon locally that specialises in this treatment. All our therapists are fully trained in this treatment and will offer you the very best service.



During January we have a special offer so you can try this revolutionary treatment - a 35 minute session of **Pressotherapy**, together with a body wrap, for only **35€**.

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Lynn and Sharn wish you all a Happy New Year

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HEALTH AND BEAUTY

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**The Winter Blahs & how to avoid them (part 3)**

This is the final instalment with a few more ways we can beat the winter blahs, by getting enough sun and sleep.

**1) Lack of sunlight**

You might think that living in Spain, we get lots of sun. We do, but a lot of people just don't take advantage of the sun. Why do we need sun? Well, we are 'light sensitive' and pretty much 'solar powered' and short gloomy winter days can make us feel miserable after a while. Sometimes the effects can be so severe, that they warrant a diagnosis of seasonal affective disorder (SAD). This is way more common in the more northern countries where winter daylight hours are in short supply, but SAD is very real and can result in depression with symptoms such as sadness, irritability, tiredness, body pain, insomnia and cravings for carbohydrates.

**Vitamin D** is called 'the sunshine vitamin' – with good reason:

- **Maintains strong bones** – when skin is exposed to sunlight, (about 15-20 minutes a day is more than enough if you have fair skin), it manufactures **Vitamin D** from a form of cholesterol. **Vitamin D** is crucial to the body and has many roles including for example; instructing cells in the gut to absorb phosphorus & calcium, (two minerals that are essential for maintaining strong and healthy bones). Being outside in the sun is therefore an excellent way to combat osteoporosis.

- **Strengthens the immune system** – **Vitamin D** is a key element for boosting the immune system, so consistent exposure to the sun can aid in strengthening it. Reducing the risk of infections, some cancers and mortality after surgery are all the job of the immune system, so get your daily dose of sun.

- **Stress reduction** – The hormone Melatonin reduces stress reactivity and

being in the sunny outdoors helps the body to naturally regulate Melatonin thus reducing stress levels. The bonus here is if you are outdoors you are probably doing some form of exercise (walking, gardening, playing etc.), which also helps reduce stress.

daylight exposure = better production of Melatonin when it's bedtime.

**2) Poor sleep**

The quality of our sleep plays a fundamental role in our quality of life, as inadequate or poor sleep is a leading cause of fatigue. Serious potential health issues related to poor sleep quality and chronic sleep deprivation are; diabetes, high blood pressure, heart failure or stroke, with other potential problems including depression, obesity, compromised immunity and lowered sex drive.

Sleep is also important to a myriad of brain functions, including how neurons (nerve cells) communicate with each other; the brain and body don't sleep when you do. Your sleeping time is when they go to work doing housekeeping and cleaning. These remove toxins in the brain that build up while you are awake. Lack of regular good quality sleep even affects how we look (and can age us), as poor-quality sleep creates fine lines, reduced elasticity and uneven pigmentation. Simply put, poor sleep diminishes the skin's ability to rejuvenate and repair itself and makes us look older, so be sure to get the best night's sleep, every night.

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- **Combats depression** – We feel better when it's sunny and we are in it and science says that sunshine boosts the body's other happy hormone, Serotonin, which helps the body stay calm and focused as well as improving the mood and keeping us cheerful.

- **Improves sleep** – The hormone Melatonin is responsible for helping us sleep and it goes into production when it's dark, which is why we feel sleepy a few hours after sunset. With the longer summer days we naturally stay up later and research indicates that you will have better sleep with an hour of natural light in the morning. Sunshine also regulates the bodies Circadian Rhythm by instructing the body when to decrease or increase Melatonin levels. The bottom line is; more

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**ROYAL BRITISH LEGION MURCIA  
BRANCH CHRISTMAS PARTY**  
on Saturday 10<sup>th</sup> December



The compere for the evening was our Social Secretary Mr David Haynes (Veteran) who did a brilliant job of entertaining us all. The food was brilliant and the service provided was great too. Well done and thank you to all the staff at the Camposol Golf Club.



We had so many great raffle prizes to be won:  
Our very own chairman Mr Carl Thomas (Veteran) won the 'Guess the number of Corks in a Bottle' draw.  
The Golden Ticket winner, with a hamper valued in excess of 300€, was Mrs Marion Mackenzie. She then kindly donated some back to be re-raffled which raised even more for the evening, so a massive thank you to her.

The RBL Murcia Branch committee and members would like to thank everyone who attended or contributed on the night and we offer a massive round of applause to you all on behalf of our beneficiaries.



Your Committee members are:  
Mr Carl Thomas Branch Chairperson (Veteran) [murcia.chairman@rbl.community](mailto:murcia.chairman@rbl.community)  
Mr Dave Bioletti Branch Secretary (Veteran) [murcia.secretary@rbl.community](mailto:murcia.secretary@rbl.community)  
Mrs Julia Bioletti Branch Treasurer and Membership Sec (Veteran) [murcia.treasurer@rbl.community](mailto:murcia.treasurer@rbl.community)  
Mrs Lesley Anderson Poppy Appeal Organizer [murciarbl.poppyp appeal@gmail.com](mailto:murciarbl.poppyp appeal@gmail.com)



The Musical Entertainment was by *All Sorts* a two-piece band that played music from the 50's to the Noughties and had everyone up and dancing the night away with a variety of music.



A magnificent 350€ was raised from the raffle prize draw.  
Mr Nigel Burchill (Veteran) of Taquilla Tickets presented the branch with a donation of 500€. This had been generated by events held by him and his wife Sally throughout the year on the regular coach trips and raffles that they organise and Nigel himself putting on his 'Elvis' show.

Mr Dave Haynes Social Secretary and Branch Standard Bearer (Veteran)  
Billie Graham-Thomas Branch Community Support Rep (Veteran) [murcia.bcs@rbl.community](mailto:murcia.bcs@rbl.community)  
Additionally, we would like to thank everyone for all your assistance throughout the year whether attending one of our functions, collecting funds, helping to raise those funds, holding an event, or manning one of the many Poppy tables we have had this year.

Finally we the RBL Murcia Branch Committee would like to wish a **Happy New Year** for 2023 and we hope to see you all again in the near future.

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Supplied and installed for 5.000€ + IVA

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- 5 x aluminium radiators
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- Wireless thermostat
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**3 kw system Huawei WiFi inverter Framework for flat or inclined roofs**



**Pool Heating Installation**



SPECIAL PAGES



Happy Chinese New Year



22<sup>nd</sup> January - 27<sup>th</sup> January

**Chinese New Year** is one of the most significant holiday seasons in the Chinese lunar calendar. The celebrations can last for two to three days and are colourful and abundant.

Legend has it that Emperor Huang Ti introduced the holiday in 2637 B.C. Symbols of **Chinese New Year** include: Plum blossom, which stand for courage and hope.



Water narcissus, which is thought to be a 'flower of good fortune'.

"Good Luck", written in Chinese characters on red, diamond-shaped paper and 'lucky oranges' are often seen around the house this time of year.

A common tradition is to give gifts of money to children in small, red envelopes. Sweeping the dirt out of one's home is thought to be lucky, but all brooms must disappear on New Year's Day, for it is feared that sweeping at that time will sweep away the newly arrived good fortune.

Haircuts are forbidden on New Year's Day because the Chinese word for 'hair' sounds like the Chinese word for 'luck'.

The family dinner is the central event of **Chinese New Year** and it is referred to as 'family reunion'. Activities you may see in public include: lions dances, dragon dances, parades with traditional musical instruments, lantern festivals at local

temples, firework displays and people making as much noise as possible by striking bamboo sticks together or setting off small firecrackers.

**The Rabbit** is the fourth of all zodiac animals. Legend has it **The Rabbit** was proud — arrogant even — of its speed. He was neighbours with the Ox and always made fun of how slow Ox was.

**Rabbits** are earnest with everything they do; they just ask that others treat them the same way. To outsiders, **The Rabbit's** kindness may

make them seem soft and weak. In truth, **The Rabbit's** quiet personality hides their confidence and strength. They are steadily moving towards their goal, no matter what negativity the others give them. With their good reasoning skills and attention to detail, they make great scholars. They



are socialisers with an attractive aura. However, they find it hard to open up to others and often turn to escapism. A plain and routine life is not their style. Though conservative and careful in their actions, they need surprises every so often to spice things up.

**Most compatible with Rabbit: Dog, Pig, Goat**  
**Least compatible with Rabbit: Rooster, Dragon, Rat**

Because of their empathy and sensitive artistic feelings, people born in **The Rabbit** year often find creative jobs more attractive. Many are successful in art, music, architecture and literature. They are also suitable for jobs that require observation and attention to fine detail. Examples include translation and business consultation.

As social butterflies, **Rabbits** have a wide social network. Their friends list includes everyone, from government officials to the average person, so if a career requires

social connections, such as PR jobs, a **Rabbit** would be a good candidate. **Rabbits** can try careers that involve decision making. However, they must have a reliable friend by their side to give some advice and tactics.

Images: Vecteezy.com

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## SPECIAL PAGES

## 23 YEARS!

It has been a tough few years and we have seen many businesses struggle, but there are still many who have survived Covid and the recent recession. As we welcome 2023, the **Costa Cálida Chronicle** celebrates its 23<sup>rd</sup> year, so we thought we should keep with the '23' theme and below you will find 23 reasons why our advertisers choose us for their advertising and why our readers love our publication.

If you are a new business starting out, or an established business looking for more clients, join the band of **Costa Cálida Chronicle** advertisers and see your business grow.

1. After 23 years in business we must be doing something right. A family run business with the original owners still at the helm ensures a personal touch and offers our advertisers full support from our professional team. After many years in the industry elsewhere, our team includes our Office Manager with over 13 years with **Costa Cálida Chronicle** and our Sales Representative with over 3 years with us.
2. Our customer service is the best (according to our customers!). We provide not quite an emergency service, but the sales phone is on 24/7. We respond to emails/phone calls as soon as possible, whether it is a national holiday/weekend/late in the evening/early in the morning and we also reply to all emails by way of a courtesy email to say 'Thank you, it's been received'.
3. We have an unrivalled distribution network throughout the region for the magazine which has been refined over the years and is constantly updated as new customers 'come on board'. We are the ONLY magazine covering the majority of the Costa Cálida including; San Javier, Los Alcázares, San Pedro del Pinatar, El Algar, Cartagena, Fuente Alamo, Hacienda del Alamo, Roldán, Balsicas, Condado, Torre Pacheco, Hacienda Riquelme, Alhama, Totana, Aguilas, Mazarrón, Camposol, Mazarrón Country Club, Mula, Bullas, Cehegín, Caravaca, Moratalla & Calasparra.
4. Our deadline is the 15<sup>th</sup> of the month to ensure that the magazine is distributed on the first available day of each and every month. This means that our advertisers get a full month's advertising and events they have coming up at the beginning of the month are well advertised.
5. We are more than competitive with our pricing and despite rising costs in all sectors, (including the cost of printing and fuel which affect us greatly), we have not increased the price of advertising for a considerable number of years. We are honest and open with our pricing structure and can work with all budgets with prices starting from just 33.33€ a month.
6. We do not insist on contracts and advertisers can change their advert as and when required at no additional cost.
7. We genuinely care about our advertisers, our readers and the community and do our best to adapt to the changing economic climate. During lockdown we offered free business card adverts to our existing customers and the month where we were unable to deliver due to restrictions, our magazine was published solely online for that month with all advertisers receiving their advert free of charge.
8. Advertisers are always kept informed of promotions and features and are offered free inclusion in each and every promotion when applicable.
9. We offer free design work by our international and highly experienced team and all advertisers are sent proofs prior to publication.
10. The layout of the magazine is easy to read with full, half and quarter page adverts always on the right hand side of the magazine and we have well below the industry average of adverts to editorial.
11. We are a Community magazine, offering information about local groups, charities, updates from the Town Halls on important issues and things that are happening in the area. We support local businesses and promote them whenever we can, especially if they are holding events in the area.
12. Our publication is read by English Speaking Nationalities and we have Spanish customers who have advertised with us over a number of years. We have a vast range of professional businesses advertising from large companies to your smaller companies who all give friendly and personal service to their customers.
13. Our Website [www.costacalidachronicle.com](http://www.costacalidachronicle.com) is very popular with our readers and we get over 40,000 visits a month. You can read the latest edition of the magazine online, or if you missed a copy you can view it in our Back Issues link on the website. All the regular monthly articles are added ready for the beginning of the month, so no matter where you are in the world you can keep up to date with the latest information from your favourite groups and societies. All our advertisers have their business added to our online business directory
14. The **Costa Cálida Chronicle SU** is fully legal with an office at Camposol, giving you the opportunity to meet us 'face to face' rather than just via email or phone.
15. We personally deliver the magazine as we believe in keeping in contact with our advertisers and readers. They are all important to us and we are aware where people like to find the **Costa Cálida Chronicle**.
16. Payment for an advert isn't just for an advert. There are no other 'added charges' for **Editorial**, or **Business News** or entries into our comprehensive **What's On, Menu del Dia** and **Advertisers' Business Directory**, or inclusion on our 'highly rated' **Website**.
17. The **Advertisers' Business Directory** towards the back of the magazine is a full directory of the month's advertisers with the page number added for easy location of the individual adverts. This directory is also available online.
18. Our **What's On** feature, (the first of its kind in the Costa Cálida), covers not only local entertainment, but also special menus, markets, exhibitions, leisure and charity/non-profit making events, as well as Local and National Fiestas. Events that miss our deadline and important announcements are featured on our Facebook page and our Blog so you can stay informed online.
19. The **Menu del Dia** spreadsheet, which makes an appearance regularly, explains exactly what you get for your money at participating bars/restaurants and what days these are available.
20. Entry to our **Business News** page is available free for announcements by our advertisers to inform our readers of important items such as new staff, special offers, or other important information.
21. The **Costa Cálida Chronicle** supports local charities and organisations by giving free space each and every month. We raise in the region of 1,000€ every year with our **Poppy Appeal** for the **Royal British Legion**.
22. Our hugely successful **Trade Exhibition** in 2019 helped raise the profile of our advertisers with people attending from all parts of the region.
23. We print regular articles by a fantastic team of **Contributors** who send us information each month so that there is something for all in every publication. Information vital to living in Spain is also gratefully received from **Think Spain** and **The British Embassy**.

During the last 22 years there have been many ups and downs, but we have always maintained our commitment to keeping the **Costa Cálida Chronicle** at the forefront of our lives and those of our advertisers and readers. Ensure you spend your advertising budget wisely. There really is no other publication that offers what the **Costa Cálida Chronicle** does.

*Continued on page 30 & 31*





We would like to thank the **Costa Cálida Chronicle** for the excellent business **Another World Properties** has received over the years through advertising with them.

Without doubt you have brought us much custom through our advertising with you.

Sue, Vin and Matt



I have been advertising with the **Costa Cálida Chronicle** for many years.

They are easy to work with and both eager and professional in all they provide. If I only advertised in one place this would be my first choice.

Happy Anniversary from **Camposol Property Sales**.



Congratulations Bob and Patti on your 23rd anniversary for the **Costa Cálida Chronicle**!

**ASSSA Insurance** have advertised our health insurance with you for many years due to your professionalism, personal attention and wide distribution network.

All of this allows us to successfully reach the Ex-Pat community and to keep growing our business in the Region. Many thanks!



As well as being a really great publication, the **Costa Cálida Chronicle** is also really well distributed and has brought us significant trade over the years. We are very pleased to continue our relationship with them.

Congratulations on 23 years from Roger, Louise and all the team at **Car Registrations Spain**.



The **Costa Cálida Chronicle** appears on my desk with other industry magazines available for my clients to read and its professional appearance means it is not out of place.

As a source of business it is brilliant getting my articles and latest news out across the Costa Cálida and has resulted in many new client introductions for me.

Keep up the great work **Costa Cálida Chronicle**.

Keith Littlewood  
**Blacktower Finance**



We would like to congratulate the **Costa Cálida Chronicle** for their 23 years of providing very useful information for the expat community in this area. Through this outstanding magazine we have been able to advertise our company to many readers that later on became our customers. We hope to be in your magazine at least another 23 years!

The staff at **Costa Calida Property Services S.L.**



**Camposol Aluminium** congratulates the **Costa Cálida Chronicle** on their success of producing a great informative magazine for so many years. We always have great responses to our advert and the staff are always very professional.

23 years young! What can we say other than 'Congratulations'? Just two years younger, we have witnessed the **Chronicle** evolve from a simple, but very professional, broadsheet to the glossy mainstream publication that it is today. You have made it look easy, but we know from our own experience how much effort is involved to bring any business from conception to maturity. It's been like looking at a swan which looks serene when viewed from the surface, but is in fact having to paddle hard under the water to make any progress! You have become an essential part of the community and we offer you our heartfelt congratulations on your achievement. Peter and Sally at **Curtain Call**.





We have advertised with **Costa Cálida Chronicle** since we first began trading almost 22 years ago here in Mazarrón. We have always been dealt with in a professional manner, been given sound advice and have never been let down. We believe that the staff are amongst the most approachable and business minded in the advertising field and find the **Chronicle** informative, entertaining, full of the latest news and goings on, ensuring the public get up-to-date information on what and where it is happening. Congratulations on professionally conducting business for over 22 years.  
**Eurospas**



We remember the **Costa Cálida Chronicle** always being a great magazine full of useful information and contact numbers. When we first moved here it was a great resource tool as we didn't have the internet and had to even phone UK relatives using the Camposol Internet Café!

It has definitely assisted the growth and development of **Kevin's Flyscreens** client base and reputation. Congratulations to all involved, past and present, for producing such a great magazine.



**Golf Delux** would like to congratulate the **Costa Cálida Chronicle** on their Anniversary. We used to advertise in various magazines and papers, but soon realised that the only one we needed to advertise in is the **Costa Cálida Chronicle** as it covers a vast area and has many loyal and new readers every month. We have visitors from all over the Murcia area just because they have seen our advert in this very informative and glossy magazine.



**Rainbow Satellites** have advertised with the **Costa Cálida Chronicle** every month since its inception 23 years ago. Not only does the magazine provide us with many enquiries for our products each and every month, but the assistance from the staff is excellent. We believe that the **Chronicle** wins out over other publications because it is always out on time every month and stays in households for the full month for reference.

We look forward to our successful partnership for another 23 years!  
**The Rainbow Team**



Congratulations for reaching the milestone of 23 in 2023!! The **Costa Cálida Chronicle** has provided **Ibex** with an excellent service over the years.

The team is very professional and helpful. We would recommend them to any other business and we hope to continue collaborating for many more years. Thank you!



Well, it's hardly surprising that this great magazine the **Costa Cálida Chronicle** is still with us! The care, help and advice they have given us over the years makes them a pleasure to work with. **Sooty & Son** have grown so much after many, many years advertising with this great magazine.

As they have grown, so have we. As they have expanded their area, so have we. **Sooty & Son** are very proud to be a part of their great success and hope to continue to do so for many more years to come.

Well done you guys!



We have advertised in the **Costa Cálida Chronicle** since we started here. As a car repair garage, we need to be seen by the most people, in the most obvious place.

The **Costa Cálida Chronicle** is the longest serving magazine in this area and is recognised by everyone. Thanks for a great advert base!  
**Ken Sherwood Mechanics**



Congratulations to the **Costa Cálida Chronicle** for 23 successful years of being the most informative publication for ex-pats in the Region of Murcia. You give small businesses an important voice in a large and busy world. We look forward to continuing to work with you and we really truly appreciate all the support you're giving us.

Through this outstanding magazine we have been able to reach many readers and thereby spread the knowledge of our business. We hope to be in your magazine for many years ahead!  
**Spaindinavia Real Estate S.L.**  
*Lisa, Johan & the team*





**Telecable** would like to wish the **Costa Cálida Chronicle** a Happy 23<sup>rd</sup> Anniversary.

We highly recommend them for their professionalism and the quality of the printing.

The variety of its contents and its presence among thousands of clients is the guarantee that it is a good investment to advertise with them.



I have been advertising with **Costa Cálida Chronicle** for the past 6 years and I have to say business has been booming. This magazine covers the whole of the Murcia region.

I have tried advertising with other magazines, but the results don't come anywhere near the **Chronicle**.

Happy Anniversary!  
**Alex Woods**



Congratulations to the **Costa Cálida Chronicle** for 23 successful years. We have advertised with them since we opened nearly thirteen years ago and have always found them totally professional and definitely our best method of advertising.

Here's to the next 23 - for both of us!  
**TJ Electricals, Euronics, Camposol**



**Top2Toe** congratulate you on the success of the **Costa Cálida Chronicle** celebrating 23years of the magazine.

We choose the **Costa Cálida Chronicle** to advertise our business for its professionalism and excellent service. Whatever we request from them for our advertising we get!

It is a widely read magazine, therefore excellent value for money. Thank you to the magazine, and all its staff, for helping us expand our business. We wish you continued success.

*Lynn and Sharn*



I would like to thank the **Costa Cálida Chronicle** for the support over the number of years we have been advertising with them.

They have been a great help to us which has allowed us to offer a great service to their readers.

Simon at **WoodWorks Direct**



Wow, 23 years is an amazing achievement in such a competitive market, but what an amazing team at the **Costa Cálida Chronicle** - the font of all knowledge, keeping everyone up-to-date on what's going on locally and regionally with festivals, markets, businesses - the list is endless.

Many thanks for the great work guys in keeping us all informed.  
**Watermaid**



All the staff at **Xerxes Tax and Law** would like to congratulate the **Costa Cálida Chronicle** on its 23<sup>rd</sup> Anniversary and all your achievements. You allow us to advertise our Tax and Legal services, but also you enable us to broadcast our knowledge and expertise throughout the year, helping us to develop our business through monthly testimonials relating to recent Tax and Law updates.

We look forward to advertising with you for many more years to come!

**Xerxes** and all the Team.





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(See photo, typically Camposol standard windows)



GARDEN GATES



GLAZED ARCHES



ALUMINIUM DOORS

**Quality Without Compromise!**





**INFORMATION**

# 3 Kings



Celebrated over two days, Spain's annual **Three Kings Festival** (Fiesta de los Reyes) features colourful street parades, a delicious cake with a surprise hidden inside and a vibrant display of brightly illuminated costumes.



On the evening of January 5<sup>th</sup>, Spanish towns and cities hold colourful parades of the Dia de los Reyes, or the **Kings' Day** - a celebration of the arrival of the three wise men in Bethlehem after Jesus' birth. Some areas have mechanised floats bearing effigies of Melchior (Arabia), Caspar (the Orient) and Balthazar (Africa), while others have real life versions of the wise men played by members of the local council. Various participants wear brightly-coloured costumes and as they pass, they throw out handfuls of sweets to the spectators gathered to watch their grand

entry into the town.

The sweets are supposedly just for kids, but everyone's love of a freebie sees plenty of adults with upturned umbrellas trying to catch as many as possible! In major destinations such as Madrid and Barcelona, the sweet-throwing Kings' parades attract crowds of hundreds of thousands and are televised across the country, but every Spanish town and city stages some kind of celebration on January 5<sup>th</sup>. The atmosphere is friendly and family orientated and the parades usually happen in the early evening so that young children can watch them.

The **Three Kings** are like **Father Christmas** and on the evening of January 5<sup>th</sup> children leave a cleaned pair of shoes outside their doors hoping that they will be filled with gifts. 68% of children in Spain said they preferred receiving presents from the **Three Kings**, with only 27% rooting for **Father Christmas**. As children write to **Father Christmas** in many countries, the Spanish children write letters to the **Three Kings** leaving snacks for their exhausted camels rather than reindeer before going to bed on the 5<sup>th</sup>. Good children get presents and bad kids are supposed to receive a lump of coal.

For many Spanish families, January 6<sup>th</sup> is an

important public holiday in which everyone comes together to watch the children unwrap their second load of presents in as many weeks. They traditionally eat and drink all day and the traditional cake Roscon de Reyes, a circular sweet bread sprinkled with sugar and dried fruits, is one of the most important delights. Embedded inside the cake is a little plastic king or queen and whoever finds it is monarch for the day, meaning they are entitled to be waited on hand and foot! Hidden inside the cake is also a bean, the unfortunate recipient of which has to buy the Roscon the following year!



Check out this month's **What's On** on pages 61-63 to see if there are any parades etc advertised in your area or check at your local Tourist Office.

**CHARITY**



## Noah's A.R.C. Animal Rescue

Registered Animal Charity N° 9.971/1

Helping the animals of Mazarrón for a better future for all!

Email: [info@noahsarcmurcia.com](mailto:info@noahsarcmurcia.com)

Rehoming and adoption: 602 653 639

Rescue and emergency:

603 206 363 and 604 346 163

Port shop: 602 624 521

Camposol shop: 711 016 236



**CHARLIE** is a handsome small Bretton Spaniel aged around 3 years. He was rescued wandering around a local urbanisation. **Charlie** is house and lead trained and is a lovely boy who really would love a home of his own. He is neutered and fully vaccinated.

Charlie

**JET** a gorgeous 7

month old puppy only weighing in at 5 kilos is currently being fostered by a family so he is used to a busy family life. **Jet** is house and crate trained and fully vaccinated. As part of the adoption agreement he will have to be neutered.



Benjie

**BENJIE** is a super little dog around 4 years old. He only weighs 9 kilos so will suit any sized home. He is neutered and fully vaccinated. Please

consider **Benjie** because he truly deserves a loving home.

**All adoptions and fosters will be home checked.**



Jet

**We are really in need of foster carers. If you don't want to commit to adoption then fostering is a great**

**alternative, best of both worlds. Please call us if you are interested.**

If you could find it in your heart to adopt any of these dogs/puppies, please contact Jane on **602 653 639** or message our Facebook page **NoahsArc Mazarron** or email [janenahoming@gmail.com](mailto:janenahoming@gmail.com)

If you would like to make a donation our PayPal address is: **NA1Treasurer@gmail.com**

A big thank you for your continued support. We are so grateful. If you are having a clear out of anything, household or clothes, we are happy to take it. Any larger items we can collect. Just give our Camposol shop a call on **711 016 236** to arrange.

**We hope you all had a lovely Christmas and now wish you a very Happy and Healthy New Year.**

**Costa Cálida Chronicle**

**Contact Sales on**  
**619 199 407**

Web: [www.costacalidachronicle.com](http://www.costacalidachronicle.com)  
Email: [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)

**Remember deadline 15th of the month!!!**





# South East Murcia

Including Balsicas, Cartagena, El Algar, La Union, La Manga, Los Alcazares, Roldan, San Javier, Torre Pacheco,

## ENTERTAINMENT

# SPANGLES



Email: [info@spangleschorus.com](mailto:info@spangleschorus.com) [www.spangleschorus.com](http://www.spangleschorus.com)

### SPANGLES Celebrates 18 years of singing with a membership drive.

What was a gem of an idea one sunny afternoon at a neighbour's BBQ, became reality on 4<sup>th</sup> December 2004, when Lyn Baines and Anthea Prentice formed **Spangles Harmony Chorus**.

"We had sung together in a barbershop chorus in Poole, Dorset before we settled here in Murcia. We both missed the fun of camaraderie and ringing chords and asked ourselves why we shouldn't do it here? There was no reason why not and we decided to start our own chorus" says Lyn. Since then, **Spangles** has never looked back, winning three gold medals and singing not only throughout Spain, but also in Ireland, the UK and Portugal.

**Spangles** is always recruiting new members. If you love singing, but are unsure about your abilities, they are very excited to be having an Open Event on 26<sup>th</sup> January for you to give it a try! Be brave! We all know it's a daunting prospect to walk through the door of a rehearsal room, not knowing anyone and maybe not having sung for many years. We have all been there and we will admire those who are brave enough to take the big step! Kate Purdom, who recently did just that, explains what it was like: "I have always loved singing, but never had the confidence to do it in public; that was

until I moved to Spain 15 years ago and I was called up to sing Karaoke. After that I was hooked! Fast forward to today and I am now a wife and mother to a 10-year-old who was born with congenital heart defects and Down's syndrome. Though firmly settled in Spain, I was feeling lonely



and needed to do something for myself. When I saw the **Grinch Christmas** poster for **Spangles**, I knew this was something which could uplift me. I contacted Lyn and she encouraged me to come to their first rehearsal after the Summer break. As soon as I walked in, I was made welcome. Since September I have felt like I belong. The ladies welcomed me with open arms and embolden me with their positivity and

support. We are not just singing together but making friends too."

**Spangles' Open Event** will run from 10.30am-1pm at Las Claras, Los Narejos, Los Alcázares on Thursday, 26<sup>th</sup> January and all ladies, young or older, are welcome to join them. If you would like more information, please email Lyn: [info@spangleschorus.com](mailto:info@spangleschorus.com)

**Spangles** is a ladies' a cappella chorus, singing in four part harmony. They rehearse every Thursday, from 10.30am-1pm at Centro Municipal Las Claras, Calle Helena, Los Narejos, Los Alcázares and visitors are always welcome. If you would like to book **Spangles** for an event, or you are thinking about joining them, you can find out more on their website [www.spangleschorus.com](http://www.spangleschorus.com) or email [info@spangleschorus.com](mailto:info@spangleschorus.com)

Photographer: Oyvind Dammen



## Open Event

a-coffee  
a-cake  
a-cappella

A rare chance for you to try out a cappella singing with no obligation

THURSDAY  
**26 JANUARY**  
10.30 - 13.00

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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**

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

**Exhibition El Esparto** @ the Municipal Archaeological Museum  
Groups seek to vindicate the universal values of culture. This results in the creation of a national poetry prize, Gens Poética, which has Cartagena and Cehegín as the two leading municipalities.  
Until 8<sup>th</sup> January  
Tues-Fri 10am-2pm & 5pm-8pm  
Sat & Sun 11am-2pm  
Closed Mondays & Holidays  
Free Entry

**Video creation: Traces in the Sand** on the second floor of the Archaeological Museum until 9<sup>th</sup> January  
The project shows where there was a path created as a notebook on the ground, like the notes of a naturalist: drawing, photographing and editing; mixing the artistic vision and the social, environmental and sustainable sensitivity of the surroundings of the coast of Cartagena. The video creation is an attempt to analyze between yesterday and today through our interventions and traces in time.

**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)

**Monday 2<sup>nd</sup> & Tuesday 3<sup>rd</sup> January – Fun & Games** for the children 11am-1pm and 5pm-7pm in Plaza de España including a **Musical** at 12.30pm.

**Monday 2<sup>nd</sup>, Tuesday 3<sup>rd</sup> & Wednesday 4<sup>th</sup> January** – In Plaza del Icue the **Royal Postman** will be waiting to receive children's letters for **Three King's** between 11.30am-1.30pm & 5.30-8.30pm.

**Monday 2<sup>nd</sup> – QVOCE Concert** in Plaza de España 7.30pm.

**Tuesday 3<sup>rd</sup> – Belter Soul in Concert** in Plaza de España 7.30pm.

**Thursday 5<sup>th</sup> – Three King's Parade** starting in Alameda de San Antón 6.30pm.

**Friday 6<sup>th</sup> – Bike Ride** starting from Plaza de Espana 9am.

**Until Sunday 8<sup>th</sup> January** see the amazing **Legoland Village** at El Castillo de Concepción, where over 50,000 Lego pieces have been used to construct a Christmas scene. 4€ entry. Open 10am-5.30pm.

**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 13<sup>th</sup> 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

There is lots going on at Plaza Manuel Floreal. On **Monday 2<sup>nd</sup> & Tuesday 3<sup>rd</sup> January** the little ones can drop their letters for **Three King's** between 5pm and 7pm, where there are also workshops taking place.

**Wednesday 4<sup>th</sup> January – Live Music** for the little ones at 12pm and workshops from

5pm-7pm, when the letters will be collected by the Royal Messenger.

**Thursday 5<sup>th</sup> January – Three King's Parade** starting in Carril de las Palmeras 5pm.

Until **Sunday 8<sup>th</sup> January** visit the **Christmas Market**.

**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)

**Monday 2<sup>nd</sup> to Wednesday 4<sup>th</sup> January** - The little ones can drop their letters for **Three King's** from 5.30-7.30pm at Plaza de la Constitución.

**Monday 2<sup>nd</sup> January** 5.30pm **Children's Musical** @ Plaza de la Constitución

**Tuesday 3<sup>rd</sup> – Multi Adventure Park** including a giant giraffe slide and mini bike circuit @ the fairground. 12-2pm and 5-8pm.

**Wednesday 4<sup>th</sup> January** 5.30pm **Children's Musical** @ the fairground.

**Thursday 5<sup>th</sup> – Three Kings** arrive by boat at Lo Pagan at 6pm, followed by the **Parade**.

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





**CHARITY**

**CHRISTMAS CHARITY FURRIES EVENT 2022**

A generous amount of €2,020 was collected at this fabulous event. This is without mentioning the 118 dog and cat boxes (including towels and bedding) all for the three main charities, **PAPS, Los infernos** and **Malcolm's Cats**.



The weather was kind to us whilst we all enjoyed listening to the *JOY Choir*. A big thank you to all the individual stall holders who came on the day in support of all our furry friends and a special thanks to Rubín and all the staff at Roda Cívico for the service provided.

This year's event was delivered by our hard working team: Elaine Simpson, June

Harris, Elaine Gibson, Lesley and Paul Elburne and of course myself (Tara Behan). Last, but not least, a special mention to all the local businesses who kindly donated raffle prizes and friends for their donations for which we are very grateful. Your charity is much appreciated!

We hope you all had a great Christmas and would like to wish each and every one a lovely New Year, from all the team, not forgetting all the kittens and puppies you helped at this fabulous event.

**CHARITY**

**P.A.P.S.**

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



Everyone at **P.A.P.S.** would like to wish all our sponsors and supporters, and adopters and fosterers a very Happy New Year.

We look forward to seeing you in 2023 when we will be hard at work with new fund raising days, looking after the dogs in our kennels and trying to find new forever

homes for them.

If you would like to adopt or sponsor etc, please get in touch.

**RELIGION**



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It makes you think...

As the **New Year** opens for business, I came across a story, a modern-day parable if you like. Intriguingly, it was given to me by a committed atheist who graciously commented that it did give them something to think about and ponder. Well, here is the story and I leave you to come to your own conclusions...

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense" said the first. "There is no life after delivery. What kind of life would that be?" The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible and eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. The umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this

physical cord anymore." The first replied, "Nonsense and moreover, if there is life, then why has no-one ever come back from there? Delivery is the end of life and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere." "Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is she now?" The second said, "She is all around us. We are surrounded by Her. We are of Her. It is in Her that we live. Without her we would never take our place in the world."

Said the first: "Well I don't see Her, so it is only logical that she doesn't exist." To which the second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence and you can hear Her loving voice, calling down from above."

I don't know what you reckon, but surely it is worth a thought... To find out more about us at **Salt Church Mar Menor** and where we are

coming from, simply scan the QR code which will take you through to our website. We are situated right next door to Yorkshire Linen in San Javier.

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**AROUND THE WORLD**

*Sara's Travel Blog*



**The Danube** October 22 Part II  
 We were on day 4 of our river cruise on **The Danube**. Leaving **Krems** behind the evening before, we had travelled overnight and were now in Germany. We had our usual buffet breakfast where we all ate too much as the food was amazing. My favourite was freshly poached eggs on rye bread which the chef cooked in front of the buffet. From our breakfast table we could see 3 sides of the landscape which now was typical German countryside. The boat was travelling along the river, but very quietly with no movement as we glided along the water. In fact, you could hardly tell that we were actually on a river. There was a destination talk about tomorrow's port so, feeling very full, we headed to the lounge.

After that we headed to the top deck which was full of people with the same idea. Bearing in mind the ship only had 3 floors, compared to 13 on our last cruise, there wasn't a lot of room to stand by the railings to watch what happened next! This was where the boat turned around to head back as we were at the halfway point. The pilot had obviously done this before. Once it was clear of traffic, he slowly headed the bow into the river bank and turned the boat around. There wasn't a lot of room between the banks to give you an idea of how wide **The Danube** was at this point. We had a great view of the pilot in his cabin on deck who disappeared down into the boat when he wasn't needed.

**Passau**, Germany was our destination and after a quick bus journey, we were on another much smaller boat. We cruised down the **Inn River** with Germany on one side and Austria on the other. On board there were four German beers to try with

pretzels, from mild to strong beer, followed by a talk about each one and how it was made.

After a cruise up the river and information about the area, we stopped at a mooring near the spot and walked to where a fascinating natural spectacle accrued - the so-called Dreiflusseeck. From the foot of Niederhaus Castle you can see where three rivers meet. Looking downstream you can see the **River Linz** streaming into **The Danube** from the left with the **Inn River** streaming in from the right. The green water from the **Inn** comes directly from the Alps, **The Danube** is blue and the water from the **Linz** is black as it comes directly from the moorlands.

Next we walked back up the river bank until we came to a bridge where you could walk over to Austria and the village of **Schärding**. No border control was in place and just the **Inn River**

separated them. We were shown this village as a huge amount of flooding regularly takes place here, mainly due to the three rivers meeting further downstream. The biggest risk came from the **Inn River** when the snow on the Alps melted in the spring. A sign on one of the buildings showed the level of the flooding which completely covered some buildings with the latest one being in 2013.

Another interesting fact was the colour of the buildings which the villagers of **Schärding** maintain to this day. The colours were used to identify the type of shop, as people couldn't read or write. The shop would be on the ground floor and the family would live upstairs. We were told to guess what the colours represented and we guessed red for the butchers, but not blue



for bakers or green for the chemists. For such a small area and village, there was a lot of interesting history. In the 19<sup>th</sup> Century, the village on the German side built a

beautiful Church with a high clock tower and clock faces on all four sides. The Church decided it was very expensive, so every villager agreed to pay towards the build and its continuing upkeep, which still happens to this day. The village on the other side of the bank in Austria didn't have a clock, but were able to see the German clock face their side and used it for any time-related events like their Church services or village meetings. The German villagers were very unhappy that they were paying for the clock and asked the Austrians to contribute, which they refused. Many meetings took place, but no compromise was made so the German villagers decided to take the hands off the clock face and to this day it remains without any way of telling the time from that face.



Back at the boat we were told to dress up as it was Gala Night. Out came the posh dresses and we made our way to the

*Continued on page 39*

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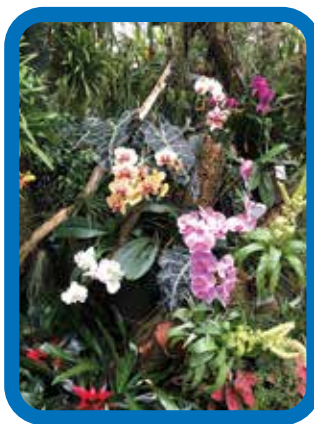
Continued from page 38

restaurant where the tables were all set out for the 6 course meal. We had artichokes for starters, then soup, a fish course, Beef Wellington, followed by baked Alaska and finally a cheese board. Back in the lounge we were entertained by an Oompah band which was fun to start with, but sounded very boring after we heard the same tune for an hour! My friend said it felt a bit like we were in a care home, which made us all laugh, but I knew what she meant.



Day 5 saw us arrive in **Linz**, Austria. As we travelled back down the **River Danube**, the Austrian scenery was exactly what I thought it would be. Even down by the river bank it was very steep hills and lovely wooden cottages dotted above us. We walked into the town and looked around the market which had lots of vegetables for sale. We found the old Cathedral which was dark and hard to find as the door looked like a normal old wooden door in the street of many. As recommended, we headed

up the hill to the much more impressive new Cathedral, standing proud. This was full of amazing paintings on the ceiling, gold statues and lots of marble. This was built to impress visitors as the villagers were ashamed of the old Cathedral, but I didn't like the grand stained glass windows as I found them very dark and strange. We found the Holy Ghost



hole in the ceiling which apparently is in every Catholic Church and then we were shown the fake marble and how to tell real marble. Next we headed further up

the hill to the Botanical Gardens which included fabulous orchids and many plants we recognised from Spain. After tea and cheese cake in the café we realised we had walked a long way up a hill so got a taxi back to the boat! It was very interesting to visit places along the river that we wouldn't normally have seen. One of the advantages of a River Cruise was that you were in a port every day unlike the larger ships that often have sea days.

In the lounge that afternoon, they were showing a film made about the eldest daughter, Agathe of the Von Trapp family from *The Sound Of Music*; she was called Liesl in the film. Again, with it being a much smaller ship and nothing else to do, I decided to watch it. It was taken from her book *Before and After The Sound Of Music* and was really interesting. We had to wear head phones though to hear it as the lounge was the only place to gather, so others were talking or playing cards which was very off-putting.

After dinner the staff entertained us and again as it was a small boat, everyone had to do two or three jobs. We found one of the engineers playing the piano and singing and he was actually quite good. Next was the cruise director also singing and one of the waitresses dancing and singing.

Off to bed as Vienna tomorrow for the whole day and night!

To be continued .....



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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

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

## 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

R	O	M
A	P	G
M	E	R

45 words of 3 letters or more.

## Wordsearch

Translate the words below from English into Spanish

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

- CHARITY
- COOKING
- BEGINNING
- BUDGETING
- DIET
- DRINKING
- EMPATHIZE
- EXERCISE
- FAMILY
- FOCUS
- FRIENDS
- GRATEFUL
- GRUDGES
- GYM
- HEALTHY
- HOBBY
- MEDITATION
- MONEY
- MOTIVATION
- NEGATIVITY
- ORGANISED
- RESOLUTIONS
- SAVING
- SMOKING
- TRAVEL

Answers on page 70







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Call 636 172 198 or [info@cavallifoundation.org](mailto:info@cavallifoundation.org)



We hope you all had a fantastic end of the year 2022 and a better start to 2023!

This year could have not started any better for us. We are so thankful to **MAD Making a Difference** for their wonderful donation of 1,000€ that will help continue our programme **Early Riding** for children with development problems with another 6 sessions of therapy per child. This is the 3rd year we have received their help for this same programme and it truly makes a difference for our children and rescued horses. Thank you so much.

Last month we found a little chihuahua in the middle of the busy road near us that had been run over, with no sign of a microchip, but with a flea collar. What a terrible year of road incidents! After a lot of care at the vet and going door to door in our neighbourhood, we managed to find the owners. The little girl will need a hip operation but is out of danger and back



*Chihuahua run over on main road near Cavalli*

home. We are so glad this story ended well.

We have now ended the 3<sup>rd</sup> Valkiria edition, a therapeutic programme with rescued horses that helps and empowers women victims of Domestic Violence in Alhama de Murcia. Our hope for this year is that other Town Halls follow the lead of Alhama de Murcia and start a 1<sup>st</sup> Valkiria edition with us.



*Valkiria Horse Assisted Programme for vulnerable women*

We have said goodbye to our German 'workawayers' Bente and Angelina who have gone back home for **Christmas** and said hello to our new Italian 'workaway' volunteers Sabrina and Paola, who will stay with us for the next couple of months forming part of the big **Cavalli Family**. If you would like to know how to become a **Cavalli**



*International Volunteer Day*

Volunteer, or to know more about the 'workaway' programme, please contact us.

Last but not least, as every year, we have commemorated the **International Volunteer Day** at the square of Alhama de Murcia. We are

extremely thankful to all our Volunteers. Without you, we wouldn't be able to continue our mission.

For information about our day-to-day activities, keep your eyes on our website [www.cavallifoundation.org](http://www.cavallifoundation.org), on our Fb page and Instagram or you can Whatsapp or call us on **0034 636 172 198** Email address [info@cavallifoundation.org](mailto:info@cavallifoundation.org)

If you like, you can donate to **Cavalli Foundation** via bank transfer **ES26 1491 0001 2720 5929 3726** Swift code **TRIOESMMXXX**

On our Facebook page press on the 'donate' button for Paypal or make a telephone donation via Bizum **636172198**

We and all the animals would be very grateful for your help and generosity.

**RELIGION**

**St Nicholas Ecumenical Church**

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

Calle Sobrija 2248,  
 Sector D20 Camposol



**A Happy, Healthy and Peaceful New Year to you all.**

As you are reading this, I wonder if any of you are sitting with a cup of tea, finishing up the last of the **Christmas** cake, biscuits, or mince pies! Perhaps you have been dipping into the sweets and chocolates so temptation won't be following you into 2023!

Isn't it strange how we feel obliged to make **New Year Resolutions** to change something about ourselves, or our lifestyles, at the beginning of each year? It's as if all our bad habits, which have crept up on us during the previous 12 months, can be swept away as soon as the calendar changes. Why do we put ourselves under this pressure time after time? If we feel that our weight needs taking in hand, or it's time to stop smoking, drinking etc. why do we believe that a certain date will be the answer? So often we kid ourselves

that THIS year, it will work! Then a couple of days/weeks/months later, we feel guilty that it has failed yet again?

I must congratulate anyone who actually succeeds in keeping their resolutions for a whole year! Well done! A much simpler and effective way would be to take each day as it comes. If we have managed our goal by night time, we can sleep well, feeling good about ourselves, but if it hasn't been easy and we slip up, well, tomorrow is a new day, a new start. Don't lose heart. It is possible to look forward to achieving, not backwards to failing!

This is true of everything we might do. Each day is brand new. It has never been used by anyone else. It has no wrinkles which require ironing. It belongs to each and every one of us. Each morning brings new hopes, new chances and new challenges. We cannot live in the past, but we can learn

from it. The same with the future, but we can believe in it. Today, this minute, is the only time we have for certain, so live it and enjoy every second. This is the wonderfully unique gift that God has given to us. Make every moment count. That is the best resolution to make!

Our services in English are held at 11am each Sunday, while those in German are at 4pm on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays each month.

**Services for January**

- 1<sup>st</sup> **Songs of Praise**
- 8<sup>th</sup> **Holy Communion**
- 15<sup>th</sup> **Morning Prayer**
- 22<sup>nd</sup> **Holy Communion**
- 29<sup>th</sup> **5<sup>th</sup> Sunday Service**

Looking forward to seeing you during 2023. Love and blessings  
 Rev Mo x





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# NORTHWEST MURCIA

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

LEISURE

## WARM - Walkers Around the Region of Murcia

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



I am writing this month's submission cosy in our motorhome down in Isla Plana listening to the rain pitter pattering on the roof. Yesterday we were cycling in shorts!

**Happy New Year** to you all and if getting out and about in Murcia was your **New Year's Resolution**, email us on [warm2005@gmail.com](mailto:warm2005@gmail.com) and we will send you details of our walks.

What an amazing few weeks we have had since the last time I wrote an article; a grand total of nine walks; four of them **SWARM** (our shorter and easier walks) and five **WARM**, led by twelve of our voluntary leaders. We had two new leaders this month, Rob and Elena, who took us to a new part of Murcia as we tackled King Kong.

First a bit about this walk; it starts not too far from Garruchal and if you follow the description to the start it's easy. If you don't, you either find yourself locked in a field, or on a farm track asking very surprised olive pickers for directions! Be patient and wait until you see the ugly bins, then turn. We set off a bit late due to people getting lost and it was a very breezy day. The first bit is a steep climb (in fact 'undulating' was used on several occasions to mask yet another steep climb!). The views at the top were an incredible 360 degree panorama of Murcia and if you add to that the 'King Kong' geographical features, it was a fabulous walk. Well done to Rob and Elena.

It has been a full-on programme and we have been from the coast in Calblanque, via El Berro in Sierra Espuña to the Caves of Zaen. We have SWARMed around Bullas, Casas Nuevas, La Bermeja and Cehegin - a teaser for later in the season and a 'try out' of a new route at Mount Arabi near Yecla.



Goats in the Ricote

### January WARM

- 7<sup>th</sup> San Pedro del Pinatar
- 14<sup>th</sup> Cehegin
- 21<sup>st</sup> Moratalla
- 28<sup>th</sup> Los Grandicos



King Kong



Sunny Calblanque



Old House Cehegin

### January SWARM

- 11<sup>th</sup> Moratalla



The SWARM co-ordinator and his lovely wife



Casas Nuevas old machinery

I was absolutely spoiled for choice with photographs for this edition. In fact it made me think it would make a cracking calendar - maybe next year! I thought I would let the pictures do the talking and just share our forthcoming walks.

### February WARM

- 4<sup>th</sup> Ricote
- 11<sup>th</sup> Casas Nuevas
- 18<sup>th</sup> Barranco de Hondares
- 25<sup>th</sup> Cehegin

### February SWARM

- 15<sup>th</sup> Bullas

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RELIGION

# The Rockin' Vicar

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

Hello!  
Wishing you a good **New Year** (whatever 'good' means to you). I don't do **New Year's Resolutions**; a waste of time; well maybe one - chasing some tradespeople to turn up when they say they will. Finding a good reliable tradesperson then getting them to turn up, that's an art form in itself. Maybe I'm a dreamer, but I guess I'm not the only one?



year - **never give up**. I was listening to *Only the Lonely* (Know the Way I Feel) the other night. I love the song and love the artist. Roy Orbison had a tragic life and success certainly was not something life gifted him right away, though gifted he undoubtedly was. His range and power are amazing. After several years without much success in the music business, sharing a tiny apartment with his wife and new baby, Roy had taken to sitting in his car to write songs. In 1958, his acquaintance Joe Melson tapped on the car window and suggested they collaborate. They wrote *Only the Lonely* and offered it to Elvis Presley and the Everly Brothers who both turned it down. The rest is musical history.

May 2023 be a year when you follow your dreams and never give up; writing music, books, or just trying to get through another year. We may not be famous in the world's eyes, but we are to those dear to us.

Oh, I've just thought of another resolution - **to keep reaching out to those who don't do 'religion'**, (neither do I!), by

continuing to publish my contemplations on how some Churches serve it up; often cold, but with lots of trimmings...yuck!

The other day I came across these words from Alan Watts [1915-1973], a twentieth-century philosopher who tried to capture the difference between belief and faith: 'The believer will open his mind to the truth on the condition that it fits in with his preconceived ideas and wishes. Faith, on the other hand, is an unreserved opening of the mind to the truth, whatever it may turn out to be. Faith has no preconceptions; it is a plunge into the unknown. Belief clings, but faith lets go.'

Yep, in this sense, religion is self-deception. Are you looking for a kind of faith, or need help? I'm always available, especially on the darkest night when you're feeling lonely. Come on, let's plunge into the unknown together!

'Bye for now and God Bless you  
Rev Andrew

If I did **Resolutions**, mine for this coming year would be one I try to keep every

INFORMATION

## SPANISH STUDENT'S VIEWS



### Rural Communities Are Becoming Ghost Towns

It is known that our generation is suffering from a huge migration of young people from the countryside to cities. Each day more and more people decide to move their residence to the main city areas in search of a better life, but why couldn't we have that 'better life' in our hometown even though it is a small village? The answer is simple. Due to the lack of resources.

Our rural communities are suffering neglect at the hands of the public institutions. We have a lot of situations that make us realise that it is urgent to take action. Youth in villages are also determined to achieve their dream. Some of them want to do that by going to university. That is something great if we do not take into account that to attend their classes they have to move to the city. You will ask, "Why?" Because of the need for public transport in rural areas. When you do not have a car that takes you from one place to another, you depend on public transport; public transport that is conspicuous in its absence in our communities. That is why you have to move near the university, but this is not feasible for everybody....

After finishing their studies, if they decide to come back to their hometown and search for a job, they will face a new challenge. The lack of a job. You can get a job in rural areas, but most of them; I'll say 90% of them, are in the agricultural sector, which is good, but just a few of them want that

after finishing their degrees in business, marketing, psychology, nursing, teaching and so on. There are few or no opportunities for jobs here. That forces them, again, to move to big areas with more opportunities.

To make matters worse, we could also talk about leisure and cultural activities. Most of these activities are unknown by young people until they move to the city; not because they do not like them, but because they are not offered in small towns.



How can you spend your free time here? You could say that we are surrounded by magical places full of nature and with amazing sunrises, clean skies and relaxing spots. That is completely true, but we also need to socialize and to nurture our minds. That is also done through cultural activities, but first we need to access them...

All things considered, I could spend all day writing about the problems we have, but once we have found them, maybe we should focus on solutions - real solutions. As we realized what most of the needs our communities have, we must make our institutions notice them as well; to be concerned about them. Maybe at this point we should stand together as a united community and search for the common benefit; ask for services, not just for our youth but also for our elders, because we have the right to receive the same treatment as the biggest cities. Even if it is sad, we have to demand it. Remember; birds of a feather flock together!

María Aznar Álvarez  
Escuela Oficial de Idiomas de Caravaca de la Cruz

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Remember deadline 15th of the month!!!



**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 1<sup>st</sup> January - 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)

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**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 15<sup>th</sup> January - 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 Puentequilla No 3, Bajo.

Tel **968 795 620** for opening times.

**The Carlos Blanco Fadol Museum of Ethnic Instruments**

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

**CEHEGÍN**

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

Tel: **968 723 550 Market Wed**

**Sunday 22<sup>nd</sup> January - Artisan Market**

The **Archaeological Site of Begastris** 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.cotodelasmavillas.com](http://www.cotodelasmavillas.com)

**JUMILLA**

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

Tel: **968 780 237 Market Tues**

**Tuesday 3<sup>rd</sup> January** - The little ones can drop their letters for **Three Kings** at Casa Misionera San José 5pm.

**Wednesday 4<sup>th</sup> January** - The little ones can drop their letters for **Three Kings** at the Town Hall and Teatro Vico 5pm.

**Thursday 5<sup>th</sup> January - Three Kings** arrive in the Town at 11am with the **Parade** starting at 5pm.

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**

*Continued on page 47*





Continued from page 46

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**

**Thursday 5<sup>th</sup> January** - the little ones can drop their letters for **Three Kings** at Puebla de Mula and Yechar square from 10.30am-12pm, Casas Neuvas school and Fuente Librilla Social Centre from 12.30-2pm. **Three King's Parade** starts at 7pm.

**Sunday 8<sup>th</sup> January - 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**

**Exhibition of Nativity Scenes of Europe in** Puente Tocinos, Murcia. Open until **Tuesday 31<sup>st</sup> January**. Open Mon-Fri 10am-2pm & 5-8pm Sat 10am-2pm Located on the corner of Calle Olivo and Travesía Torre.

**Christmas Market** in Plaza Circular remains open until **Thursday 5<sup>th</sup> January** from 12pm-10pm

**Artisan Market** in Paseo Alfonso X El Sabio open 11am-2pm & 5pm-9pm.

Until **Sunday 8<sup>th</sup> January - Christmas Fair & Magic Kingdom of Murcia** at La Fica Fairground from 4.30pm-12am Mon-Fri and 12pm-12am at weekends. A special show on **Monday 2<sup>nd</sup> January - La Casita de Chocolate** 6pm **Wednesday 4<sup>th</sup> January - La Tarde de Magia** 6pm

Until **Sunday 8<sup>th</sup> January - Ice Rink** at Avda de la Libertad from 12pm-10pm

**Concerts/Shows**  
**Monday 2<sup>nd</sup>, Tuesday 3<sup>rd</sup> & Wednesday 4<sup>th</sup> January - Dumbo, The Musical** @

Teatro Romea

**Monday 2<sup>nd</sup> - Planeta Tortuga** in Concert at Plaza Circular 7.30pm

**Tuesday 3<sup>rd</sup> January - Veronica Terres Lopez** in Concert at Plaza Circular 7.30pm Tickets from [www.bacantix.com](http://www.bacantix.com) Prices from 10€.

**Thursday 5<sup>th</sup> January - Three King's Parade** 6pm from Alameda de San Antón, Murcia Tickets from [www.enterticket.es](http://www.enterticket.es)

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)  
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Remember deadline 15th of the month!!!

**RELIGION** **WELCOME HOUSE**

Tel 633 447 937 [www.sites.google.com/site/casawelcome2013](http://www.sites.google.com/site/casawelcome2013)

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

A new year, a new beginning and new resolutions. Let's start afresh.

When you enter some wrong numbers into your calculator, what do you do? There is a little button called 'clear entry' that lets you erase your mistakes and start over again. That's what the blood of Jesus does.

Repentance allows you to override sin by triggering God's forgiveness, so that the flow of His grace continues and when grace flows, growth follows. Grace is about giving us what we don't deserve and mercy is about not giving us what we do deserve.

As the year starts, why not take stock and reflect on all the ways that God answered our prayers throughout the last year? Sometimes they were in ways which didn't even seem possible.

You might think "I didn't ask God for anything. He's got nothing to do with the way things turned out."

Stop for a moment and think again. Did you share a confidence with someone and did they say "I'll pray for you." Maybe someone prayed for healing for you. You may not even have been aware that they were doing so. God will honour that person's prayer and work within that situation and guess what; God hasn't finished there. He knew you before you were even born and His greatest wish is for

you to get to know Him and accept Him as your Saviour. When you do, tell someone about it. Don't keep it to yourself. There will be great celebrations in Heaven and they will want to encourage and share in it with you. Read about it in Luke 15:7.

Why not press the clear entry button, cancel your mistakes and start over again? I can guarantee you the rewards are well worth it.

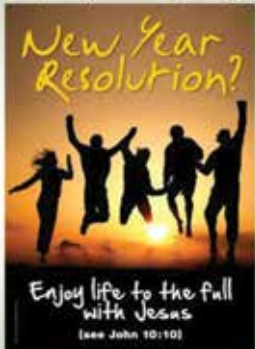
If you would like to contact us regarding anything we have publicised or may be planning in the future, our contact details are:

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

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(see John 10:10)

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Contact us to find out more

CAFETERIA

PLAZA

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C/. Gran Via, 18 - Bajo  
30400 Caravaca de la Cruz  
(Murcia)

Tel: 968 705 406  
Mobile: 646 924 969



**GROUPS**



**Humanists of Murcia**

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

**Darwinian Gardeners**

The November event was a visit to the Glass Museum and Factory in Santa Lucia, Cartagena. We were joined by a large party of little schoolgirls who were impeccably behaved. We began the tour upstairs in the museum where there are unique, centuries-old pieces coexisting with other glass works



made in the 21<sup>st</sup> Century. We then went downstairs and watched glass being etched and later we gathered behind a crowd barrier and watched the experts make a beautiful glass fish. It was a fascinating visit which we all enjoyed.



Our next visit will be in February when we

will visit a cheese factory.

**Humanists of Murcia**

The Humanists celebrated the Winter Solstice with a Charles Darwin Quiz, on 21<sup>st</sup> December at the Golf Club, Camposol. Afterwards we enjoyed a menu del dia.

If you would like to join us for walks, gardening outings, games' evenings and lots of lunches you can get in touch in the following way:

See our Facebook page  
 Call **603 205 649**  
 Email: [humanistsofmurcia@gmail.com](mailto:humanistsofmurcia@gmail.com) or [darwiniangardeners@gmail.com](mailto:darwiniangardeners@gmail.com)

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

**RELIGION**

**Mass in English**

Tel: 676 219 445 or email: [ocarpena@slsonline.org](mailto:ocarpena@slsonline.org)



**Roman Catholic Church:**

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

**Schedule of Mass in English:**

Saturday: Mass at St Joseph's, El Saladillo, near Mazarrón Country Club @ 4.30pm (in English)  
 Sunday: Mass at St Joseph's, Puerto de Mazarrón (Calle Mayor, 0, Puerto de Mazarrón) @ 4.30pm

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

**Happy New Year!**

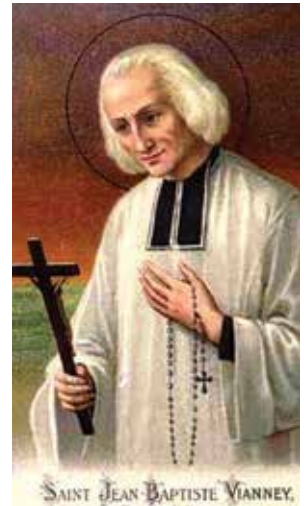
**Sermons of the Cure of Ars - Saint John Maria Vianney**, the parish priest of Ars.

**Not Like The Others**

I am not like the others! That, my dear brethren, is the usual tone of false virtue and the attitude of those proud people who, always quite satisfied with themselves, are at all times ready to censure and to criticise the conduct of others. That too, is the attitude of the rich, who look upon the poor as if they were of a different race or nature from them and who behave towards them accordingly.

There are very few people, even in the

lowliest conditions, who do not have a good opinion of themselves. They regard themselves as far superior to their equals and their detestable pride urges them to believe that they are indeed worth a great deal more than most other people. From



this I conclude that pride is the source of all the vices and the cause of all the evils which have occurred and which are still to come, in the course of the centuries. We carry our blindness so far, that often we even glorify ourselves on account of things which really ought to cover us with confusion.

Some derive a great deal of pride because they believe that they have more intelligence than others; others because they have a few more inches of land or some money.

Oh, my dear brethren, if only some of them felt the need to say the prayer that St Augustine addressed to God: "My God, teach me to know myself for what I am and I shall have no need of anything else to cover me with confusion and scorn for myself."

(to be continued)

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# South Murcia

Including Alhama de Murcia, Camposol Urbanisation, Condado de Alhama Urbanisation, Fuente Alamo, Lorca, Mazarrón, Puerto de Mazarrón, Totana.

## CHARITY



# MAMAS - Mazarrón Animal Medi-Aid

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



That's **Christmas** 2022 all done and dusted! We hope you enjoyed it and weren't too affected by the austerity that is affecting family and friends in our homelands. Fingers crossed that 2023 is kinder to everyone. Obviously it has hit all the charities and we are no exception. Animals can't help getting poorly and we do our best to assist towards costs.

Talking of animals getting poorly, we had a lovely little 4 year old girl called **Mia** who wasn't spayed and was caught by a romeo of exactly the same breed. Because she was such a



small dog, the unborn puppies became a danger to her life, so an emergency caesarean plus a sterilization to protect her in the future had to be carried out.

In a nice happy ending for **Christmas**, the mother and 6 of the 7 puppies survived. The chap was able to re-home them, as this is something that we don't do and thankfully he knew all the people he gave them to, so hopefully they will all have a good life in their new homes. It was a costly affair and we helped him pay the vet fees.

We sold some nice furniture which was

donated a while ago, but still have an especially nice modern matching TV and display cabinet and matching extending table and six chairs. They are in lovely condition and worth looking at. There are also lots of winter clothes, coats, jumpers and long pants. We also have a good supply of books, pictures, mirrors and lamps. You name it, I'm sure we've got it! There's a brilliant ash hoover which takes all the effort out of clearing your ashes away (I can personally confirm this!).

We would still be pleased to receive your donations. Anything large can be collected if you contact Richard.

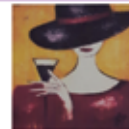
### Please Consider

I can't finish without telling you that **MAMAS** is struggling to keep going without volunteer staff. Why not make it your **New Year's Resolution** to do something nice by giving up a couple of hours a week to help sort donations? It's not strenuous or difficult, but extremely useful to **MAMAS**. Richard is currently unable to leave the shop to collect donations at Camposol until more volunteers are found.

## GROUPS

# Ladies' Chatterbox

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



Hello and **Happy New Year** to you all. I hope you all had a lovely **Christmas** and are now looking forward to 2023.

We had a fabulously festive last **Chatterbox** meeting of 2022 with mince pies, sausage rolls, cakes, a gingerbread house and of course lots of chatting. Well it wouldn't be **Chatterbox** without that!

4. From start to finish it takes up to a year to produce.
5. It has been in the Zamora family since 1946.

Want to know more? You will not be disappointed if you make the trip to Cartagena.



Our final event of 2022 was our **Christmas Party** at Restaurante Amapola. It was a brilliant afternoon - good food, good company, excellent entertainment, lots of dancing and singing! The raffle raised 195€ which will be divided amongst the charities **Chatterbox** supports.

**Chatterbox** continues to help a number of local charities through the monies raised from our raffles which are held at our afternoon meetings and special occasions such as our **Christmas** and Summer Parties.



We also experienced our first visit to Licor 43, or Licor Cuarenta Tres. What a fascinating trip it was - the drink:

We have lots of new events to look forward to. Do you fancy coming to join us? You will always be welcome.

With love *Sue*.

Oh and be kind - it costs nothing, but means a lot.

1. Is a Spanish liqueur
2. Has 43 natural ingredients (hence the name)
3. The recipe is top secret!





**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. We have trained nurses at every meeting at The Social Centre, Camposol B on Mondays and Thursdays 10am-1.15pm.

**Forget Me Not** cares for carers and at our meetings we provide tea, coffee and lunches provided by Aaron and Michelle from the Black Bull. We have excellent carers who are passionate about care and needs. We also do craft sessions, exercises and various games.

We had a brilliant morning on 5<sup>th</sup> December with Carolyn May entertaining us. It was absolutely lovely.



Our **Christmas Lunch** at the Golf Club on 6<sup>th</sup> December was an absolute success with Paul Pryce and a special appearance by Barrington. They really sparkled with fabulous singing and

our clients loved dancing. Our raffle collected an amazing 575€. A big thank you to Gary, Pam and Diane for assisting Santa (Iain) giving out lovely presents to our clients.



Paul and Barrington

A big applause to all the staff at the Golf Club.

I have a lovely message from Terry Broadbent and his wife Norma who are very dedicated to our cause: "They have made us so welcome ever since my wife Norma suffered a stroke in 2018. We have found them invaluable, especially as they have two trained nurses in attendance at each session. Well-done also to the caring volunteers who give their support and skills freely. Although now based in the UK, as a main carer, I felt compelled to help raise money for this excellent charity. To this end I organized a

live band (*Still In The Groove*) to perform a fundraising gig at the Prive Bar on 11<sup>th</sup> November.



Terry and Norma

Norma and I also went on a sponsored walk in Benidorm dressed in tutus and **Forget Me Not** flower masks. We raised a total of 500€. Well done everyone.

Terry and Norma

A big thanks to Alpha Pools and **Chatterbox**

We will be having a **Quiz Night** at The Diner, Camposol B on 1<sup>st</sup> February 2023.

Hoping you all had a great **Christmas** and all the best wishes for 2023.

**GROUPS**



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

info@camposolresidents.es  
www.camposolresidents.es

Welcome to 2023 and what a year it promises to be! Firstly we have two exciting community based projects for the winter period and two key updates: Registering to vote in the forthcoming municipal elections. Identifying the people behind the recent citizen votes for Council resources.

**Help for Ukraine**

As the war stretches into Winter, the **Help For Ukraine** volunteers are seeking donations of winter clothes and footwear. Winter in Ukraine has been made worse by the lack of electricity and heating, so warm clothing is essential. Donations can be made at the Social Centre, Camposol B from 10am-12pm each Thursday from 5<sup>th</sup> January until the end of January. In addition, donations may be made at the Indoor Market in Puerto de Mazarrón.

**Lighting up Camposol**

You may or may not be aware, but street lighting on the private roads on each Sector/Poligono is the responsibility of residents, not the Council, who are only responsible for the main roads and other public roads.

**We have put together a fantastic offer for the installation of solar street lighting on the streets within your**

**Poligono. We can provide solar lights on your existing light columns for 60€ each. This price covers the cost of the solar lights, with free installation.**

To order, go to **Camposol 2025** FaceBook site and contact the administrators.

**Info Hub**

**Voting in Municipal Elections** - Things have changed since Brexit and there is no automatic right for UK Nationals living in EU countries to vote. However, thanks to an agreement that was signed between the UK and Spain in 2019, all UK nationals who have been resident here for three years (at the date of registration) are entitled to vote, but you must make sure you have done the following first:

Be registered on the padron municipal where you live and confirm your registration on the electoral roll (censo electoral) within the dates set by the electoral authorities before each election.

For more information go to the FaceBook

pages of **Camposol 2025** and **Camposol Free Community Sports**

**Council Bids** - At the time of writing there is no update on the two projects that achieved the top two place in the recent Council citizen vote process; namely the fitness and dog exercise areas. However, it does provide an opportunity to clarify the partnership behind the successful bids. The bid process was submitted by individuals and coordinated by the following groups, **Camposol 2025, Camposol Free Community Sports, Sector D Community and Gardening Group** and Paul Drury. Updates on the projects can be viewed on each of the groups' FB pages

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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

**Monday 2<sup>nd</sup> January – New Year's Concert** at Auditorio Infanta Doña Elena 8.30pm.

**Wednesday 4<sup>th</sup> January – Three Kings** arrive at the Shopping Plaza 6pm.

**Thursday 5<sup>th</sup> January – Three Kings' Parade** starts from Avda Juan Carlos 1, 7pm.

**Contemporáneos de Coronado Permanent Art Exhibition** @ Auditorio Doña Elena, Thu-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

**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

**Monday 2<sup>nd</sup>, Tuesday 3<sup>rd</sup> & Wednesday 4<sup>th</sup> January** - The little ones can drop their letters for **Three Kings** at Alhama Ayuntamiento, Casa de las Americas and Plaza de Abastos from 12pm-8pm.

**Tuesday 3<sup>rd</sup> January – Children's Puppet Theatre** at Plaza de la Constitución 6pm.

**Thursday 5<sup>th</sup> January – Three Kings** greet the little ones with gifts at Plaza de la Constitución 5pm. Followed by the **Parade** at 7pm.

**Thursday 5<sup>th</sup> January – Three Kings' Parade** at El Berro 4pm.

**Friday 6<sup>th</sup> January – Family Story Telling/Three Kings** arrive at Gebas Social Centre 5pm.

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

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

**Monday 2<sup>nd</sup> January – New Year Concert** at Plaza de España 12pm.

**Wednesday 4<sup>th</sup> January** - The little ones can drop their letters for **Three Kings** at: Plaza del Rey Sabio at 11am  
The Church of San Cristobal from 12pm-1.30pm  
The Church of Cristo Rey from 5pm-6.30pm.

**Thursday 5<sup>th</sup> January – Three Kings** arrive at 12pm. **The Parade** starts at 6pm from Calle San José.

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

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

**Saturday – 1hr Night Visit to the Cabezo de la Jara Astronomical Observatory**

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

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

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

**6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> January & 3<sup>rd</sup> & 4<sup>th</sup> February.** - **Youth Workshops** for 12-17 yrs to be with friends. Play ping-pong or badminton, sing karaoke or dance, play cards or a board games, have a snack or dinner, but above all, have a good time in an ideal space to share and interact. At Espacio Joven Munuera y Abadía. 7pm-12am  
[agendamunicipaltotana@gmail.com](mailto:agendamunicipaltotana@gmail.com)

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

**Saturdays in January – 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

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Remember deadline 15th of the month!!!









**It's PANTO time!** (Oh yes it is!) **CLOUD9 DRAMA** are back after a 3 year absence.

January need not be gloomy. Let us take you on a magical trip down London Town where we meet an array of characters who help and hinder **DICK WHITTINGTON** and his loyal cat to rid London of a plague of nasty rats....

Music, laughter, jokes and fun await your pleasure!!!

**Tickets available:**

Every Thursday outside Cat's Bar on Camposol A. (10am-12pm)  
Every Friday outside Liz's Cafe on Camposol B (10am-12pm)

Reserve tickets for collection by emailing **cloud9dramatickets@yahoo.com** (Tickets can also be obtained in and around Puerto de Mazarrón by arrangement.)

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

**CLOUD NINE DRAMA PRESENTS**  
**Dick Whittington**  
Only 6€ per ticket.  
Thursday 26th January  
Friday 27th January  
Saturday 28th January  
At 7.30pm and a matinee performance on Sunday 29th January at 3.30pm.  
(Venue. La Molata Social Center (10 mins from Camposol). Exit sign posted "Los Munoces/Venta Aledo from the RM 23.)  
Email for further information and to reserve tickets (for pickup) [cloud9dramatickets@yahoo.com](mailto:cloud9dramatickets@yahoo.com)

**CHARITY FRIENDS OF MAZARRÓN ANIMALS**

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



Everyone at **FMA** would like to wish all our friends and supporters a very happy **New Year**.

We sincerely hope it's a better year for the animals in this area as last year saw a huge increase in abandonment and surrendering. As a consequence our workload has increased massively and we cannot thank all our volunteers and fosterers enough for all their hard work.

and having your own home. We feel so sad for these dogs who appear to be 'invisible' and we can only hope that 2023 will bring them the homes they so deserve and have been waiting so long for.

all our fund raising events. Without your support at these occasions we could not do what we do. With that in mind we have our own **Pop-Up Market January Sale** on 7th January from 10am - 1pm with **"Still in the Groove"** playing from noon, outside the Social Club in Isla Plana. Please join us in this beautiful setting and grab some bargains for the **New Year**.



Thank you all once again and we hope that 2023 will bring you much joy and happiness.

+34 711032574 (WhatsApp or Message) Spanish and English

Private message our FB page at **Friends Of Mazarron Animals**  
<https://www.facebook.com/Friends-of-Mazarron-Animals-504985486541402/>

Join our teaming group and donate just 1€ per month.  
<https://www.teaming.net/friendsofmazarronanimals>

**Donations:**  
PAYPAL [fma.murcia@gmail.com](mailto:fma.murcia@gmail.com)  
Bank Account  
ES39 3058 0206 9227 2050 7854  
(BIC CCRIES2AXXX)

Our adoption album continues to grow in size and whereas some dogs and cats go quickly, we have some which are continually overlooked. Please take time to look at **Fenix, Janet, Julie, Osa, Maple and Miss Molly** most of whom have been with us for over a year and some have spent that time in kennels and not in foster homes. Although the kennels are fabulous, it is not the same as being with a loving family

We have thousands of followers on Facebook and you can help them and all our dogs and cats by sharing their stories whenever you can. Please keep following our page where you will receive updates on all the animals that are in our care, or have gone on to new homes and

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**HELPING THE PERRERA DOGS**


Please come and walk the perrera dogs.

We are **DESPERATE** for more walkers. There are so many dogs. The more walkers, the more dogs can get out of their kennels, and for longer. There are only 2 x 2-hour sessions per week.

Walking is on Tuesday and Friday mornings... 9am until 11am.

Photo identification on first visit.  
Sorry no one under 16 years of age.

You can help make a difference for the dogs.



PIC-COLLAGE

**CHARITY**

## Helping The Perrera Dogs



**EXTRA WALKERS DESPERATELY REQUIRED TO HELP WALK OVER 100 DOGS IN MAZARRÓN PERRERA**

Can anyone please offer their services to help the existing walkers?

9am-11am on Tuesday and/or Friday, or as much time as you can spend giving walkies and cuddles. Thank you. Sensible shoes please. Hats & water.

If you need directions or further information please contact by Facebook <https://www.facebook.com/profile.php?id=100064778914028>

Thank you from the doggies. XXXX

**Costa Cálida Chronicle**

Contact Sales on **619 199 407**

Web: [www.costacalidachronicle.com](http://www.costacalidachronicle.com)  
Email: [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)

**Remember deadline 15th of the month!!!**

**CHARITY**

## MABS Mazarrón

Tel: 634 362 954

[mazvolunteers@mabscancerfoundation.com](mailto:mazvolunteers@mabscancerfoundation.com) [www.mabscancerfoundation.com](http://www.mabscancerfoundation.com)



**MABS Cancer Support Fundación**  
Providing practical help and support to those that need us most

It's the end of another year and the start of the new. **Happy New Year** to everyone! A massive thank you to everyone who donated furniture, clothes, bric-a-brac, books and money to help those who have been diagnosed with cancer. It really is our life blood and without your kindness we couldn't continue.

A huge shout out to all the Volunteers in the shop, the van, manning reception at the **Respite Home**, manning the phones, caring for patients, counselling and driving patients. Your selfless actions and your hard work makes a huge difference. It really is appreciated, especially by the people we help.

- Helpline** - the most important bit. We can provide:
- \* Transport with driver to take patients to and from hospitals.
  - \* Translators to ensure the diagnosis is fully understood.
  - \* Home carers to provide additional care when needed.
  - \* Respite and Hospice care at 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**

**Recent Fundraising and Donations**  
**Race for Life** on 30<sup>th</sup> October raised an incredible 8,500€. Well done to all who took part and to all the Volunteers who made it possible. A shout out to Colin Thackwell who has taken part in every **MABS Race for Life** (17). He ran 21km before the race started, getting up at 'silly o'clock' and still made the start of the race.

A big thank you to Decklid as well whose team raised 2,600€ for the event.



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

**MABS Craft Group** at the Diner on 18<sup>th</sup> November. Thanks also to all who supported this event which raised 243€.

**Nicola's Haircut** on 4<sup>th</sup> November Nicola, who had not had her hair cut for over 4 years, raised a fabulous 343.06€ by having her hair cut outside Tel's Bar, Camposol A. The money raised was gratefully received by **MABS**. Her hair has been donated to Princess Trust who create wigs for children who have lost their hair following gruelling cancer treatments.



**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 Sector B). General sales staff, till operators, 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!)

If you can spare a few hours and would like to help we would love to see you.

**MABS MAZARRÓN**  
NIF: G54982681

**MABS Mazarrón provide help and support to local people who have been diagnosed with cancer.**

This year we have assisted with;	
Appointments	1063
Translations	989
Drives	350

Plus we have loaned equipment like hospital beds, wheelchairs and mobility aids to **101** people.

**Plus!**  
We always need donations of furniture, bric-a-brac etc. for our shop in Totana.  
**Collections:**  
Furniture and larger items? Message **MABS Charity Shop** Totana (Facebook) or phone **634 313 478** to arrange collection.

**Smaller items:**  
We have donation 'boxes' for clothes, bric-a-brac, books etc. in our **Respite Home** and Alley Palais, Camposol B and The Club House, Camposol C.

**Helpline 620 422 410**



**CHARITY**



[committee@fast2016.org](mailto:committee@fast2016.org)  
[www.fast2016.org](http://www.fast2016.org)

**The Good News Continues!**

In the days before **Christmas**, **FAST** received official notification of its inclusion in the General Registry of Voluntary Entities of Spain in the Murcia Region. This was a fabulous **Christmas** present and the result of hours of work. It gives **FAST** a full legal footing and confirms that our constitution, insurance and other procedures all adhere to necessary levels. This is definitely cause for celebration and, now the **Christmas** and **New Year** festivities have ended, consultations will begin to negotiate our collaborative arrangement with Proteccion Civil.

every shift. We have an initial Responder Training Course planned for early 2023 which will run over three full days. Training and certification are provided free, together with uniform and equipment whilst on duty. What we need from you is a genuine desire to provide a quality life saving service to the community of Camposol – and plenty of enthusiasm!

a regular basis and clean when necessary. Ideally this should be carried out on a Tuesday morning whilst the Responders are training, but other arrangements could be made and the job could be shared, making the commitment less onerous.

Alongside increasing our Responder numbers, we are also keen to add to our number of active Supporters. Our Responder and Support Teams are inextricably linked, both as important as the other and **FAST** cannot survive without both.

We are still looking for an Assistant Treasurer and an Assistant Secretary. These positions are committee posts and the persons concerned would work alongside the Treasurer and Secretary to ensure that should they (for whatever reason) be unable to fulfil their duties, the assistant could step in and cover.

Support opportunities include:  
**Assisting with organising trips** – our Trips Team are keen to enlist the assistance of extra volunteers to man our desk in Camposol B on a Friday morning. This is not an onerous task and, as long as there are enough volunteers, should only be a commitment for a couple of hours once every four or five weeks.

**Nurses Collection** – as you are probably aware our **FAST** 'Nurses' collect each Monday morning on Avenida de Los Covachos on Camposol B just down from Consum. The task is fun; chatting whilst collecting funds from passing residents – and fancy dress is optional!

If you have any special skills or indeed just a desire to help out in some way, please contact us on [recruitment@fast2016.org](mailto:recruitment@fast2016.org). Being a member of **FAST**, whether as a member of the Support Team or the Responder Team, is a great way to make good friends whilst giving something to the community – and have some fun along the way.



*Responder Team*

As ever, **FAST** is looking to increase its Responder Team – our current team is very small and, whilst everyone tries to cover as many shifts as possible, it is proving impossible to roster two Responders for

**Maintenance of vehicles** – we are not looking for a mechanic (the cars will be taken to the garage when the need arises), just someone to check the water levels, tyre pressures, wiper blades and refuel on



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We would like to wish all our customers, donors and volunteers a very **Happy New Year**.

**Making a Difference** have had an extremely busy time this past year, with plenty of donations coming in and we have been able to donate to a number of humanitarian charities:

Last month we were able to donate to **Forget Me Not** who give respite to people caring for loved ones. They are a deserving cause and we were happy to contribute to them. One of our volunteers



*Forget Me Not presentation November 2022*

recommended to us another local charity who we are able to help; **Restored to Hope** who help a number of homeless people in the area. They are putting together 'Bags of Hope', with items that are needed for day-to-day living. We are able to assist with this by donating warm clothing, hats, scarves and blankets. We have distributed chocolates and food donated to us by customers of the Food Co to a local orphanage, **ASPADDEM** children's charity.



*Aspedem Presentation 2022 December*

We have also supported Damien's Collection at Costa Cálida Radio. We also donated some beautiful baby clothes knitted for us by a local lady.

We have given cheques to **ASPADDEM** Children's Charity and to the **Cavalli Horse Foundation** who have a riding for disabled children's project.

We have an ongoing project to donate food to **Caritas** for their food bank and we would like to thank Alen's Supermarket on Camposol A for help with this. We would like to thank **Furniture Plus** for their continued help by donating furniture that their customers have asked them to take away when purchasing new furniture from them.

Finally, we would like to thank the lady who kindly donates 10€ every week to our charity. This is very much appreciated.

We will continue to help the local community this year. We wish you all a **Healthy and Happy 2023**.

Thank you to everybody who makes this all possible.

**GROUPS**

**Los Palacios Gardening & Community Group**

Box 915, Post Room, Camposol A

[lospalaciosgardening@icloud.com](mailto:lospalaciosgardening@icloud.com)

[www.facebook.com/groups/528564140617103](http://www.facebook.com/groups/528564140617103)

Hopefully you all had an enjoyable **Christmas** and we would like to wish everyone a very **Happy & Prosperous New Year**.

So far as the workload of the Gardening Group is concerned, we received some very good news:

The Council has put out to tender the gardening contract for Mazarrón and the area now includes Camposol. The contract has now been approved by the Council. The areas relevant to **Los Palacios** are: Central Reservations Avenida Saladillo People's Park, Memorial Park and Central Park Green zones Calle Andalucía, C/ Santiago y C/La Coruna Roundabouts C/ Madrid.

This will be a great help and hopefully improve the overall appearance of our area. While the group has endeavoured to maintain all these areas and have done an admirable job given the small number of volunteers, this will certainly relieve the workload. There is still work to be done by the group such as cutting back the trees outside the commercial centre. Alan continues to keep the post room clean and tidy and maintains/replaces the locks when necessary. We continue to man our library every Friday from 10am-12.30pm. This is done on a rota basis by our volunteers. We are also unsure how often the work will be done by the contractors, so it is a case of wait and see!



December was a good month socially for our group. Firstly we had our **Garden Group Christmas Lunch**. This was held at Rendezvous and a big thank you to Donna and all her staff who looked after us so well. A

lovely meal was followed by entertainment provided by the very talented Paul Pryce - a great afternoon.



We then had our **Christmas Party** which was supported by Cat's Bar, Tel's Bar and Rendezvous. Music was provided by the very entertaining **Wildcat** who were supported by DJ **Sean Bodie**. We had **Santa's Grotto** for the children with present bags provided by Leanne from Tel's Bar. Thank you to Trevor & Brenda Thornton for their **Father Christmas** and his helpful **Elf**. Our raffle raised over 1,045€ and we are grateful to everyone who came along and supported the event making it such a success.



We are always pleased to welcome new members to our group, so if you would like to join us, please contact us via the above. We thank you all for your continued support.





**GROUPS**



**Puerto de Mazarrón Ladies' Circle**

**f** Puerto de Mazarrón Ladies Circle

Hello All

I hope you all had a good **Christmas** wherever you have been and Best Wishes from all the committee for 2023.

We had a busy December leading up to the festivities.

On 1<sup>st</sup>

December we held our **Christmas Fayre**

which was very well attended by members and some friends. We enjoyed socialising and buying decorations, plants, clothing etc. It was good to see people from the different charities and a selection of various artisans who came along to the Playa Grande to give us a good selection of stalls to choose from.



On 8<sup>th</sup> December it was our **Christmas Party** held at the Amapola Restaurant. Again it was good to see so many members attending and we were welcomed with cava

and a variety of hors d'oeuvres. It was a fun afternoon and we enjoyed a lovely meal, drinks and great service. This was followed by entertainment from Warren enabling us to dance the afternoon away. All too soon it was time for us to go home.

Our last trip of the year was to La Zenia shopping complex to complete our **Christmas Shopping** or purchase a little black number. The centre always has a good atmosphere and their **Christmas** decorations were lovely and it really did

get us into the festive spirit. Following our shopping we continued to Quesada where we enjoyed a Fish & Chips lunch.



We do not meet in January and

our first meeting will be our welcome return at the Playa Grande Hotel on 2<sup>nd</sup> February for our **Annual General Meeting** followed by nibbles and drinks.

At the following meeting on 9<sup>th</sup> February we will take subscription monies.

A full programme for February will be available soon.

**Happy New Year** and we look forward to seeing you all in February and hopefully also some new faces.

**GROUPS**



**Happy New Year!**

2023 Promises to be an exciting year for the **Sector D Gardening Team** as it grows and develops. Firstly through its work on maintaining the gardens, verges and central reservations and secondly, by delivering landscaping and general improvements to improve the environment on Camposol D.

I think you will agree that the hard work of the team pays off, from the trimming of the palm trees on Covachos, roundabouts and triangle areas, to the maintenance of the verges and garden areas. This work sometimes goes unseen, but is necessary to maintain the upkeep and appearance of the green environment. The team has expanded and the **New Year** will see around 10 volunteers working every Wednesday morning on upkeep.

An exciting series of projects have been developed, building on the landscaping of the **Memorial Cross** banking and bin refurbishment project on Esparraguera. This will include



new bin refurbishments, completion of the banking behind the Sector D sign and creation of a fenced green waste area. One project is special and this will be the creation of a concrete path for **Age Concern**. This will aid access to the building and

garden area - a great example of working across the whole of Camposol.

Let us not forget 2022 and the team. Sector D volunteers, plus residents around the main roundabout on Covachos/Piteras installed lights on the triangle roundabout leading to the Church, Sector D hut and roundabout. I think you will agree that the displays looked fantastic and created a real **Christmas** feel.

All of the above is made possible



by your donations to the **Sector D Community and Garden Group**, which enable the Group to invest in the above good works, so thank you and have a **Great New-Year**.

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LEISURE

f Expat in Mazarron

# Camposol Explorers



Shaun has run the **Expat in Mazarrón** YouTube channel since arriving in Spain in 2015. It's all about Shaun living in Camposol; where he lives, places of interest, property, going out walking and many more things about Spain. He has set up a group called **Camposol Explorers** which is about going out exploring once a month in the Murcia Region. At the moment the group is full, but leave your details and if a space becomes available you will be contacted.

Our December outing was to go to the Badlands to a viewing point overlooking the reservoir, but with forecast of rain it would have made the walk dangerous, so it was cancelled and arrangements were made so everybody made their way to the Hotel Mariposa for a **Christmas Dinner**. For those in the group who didn't know the way, we met outside my house for the drive there.

As it was **Christmas**, I had asked the group to dress up a bit and everybody got into the swing for **Christmas**. We first had drinks and then got seated for the meal. Our hostess Lucy, who was 8 months pregnant, did an amazing job serving us all and the cooks did us a wonderful meal. My wife did **Secret Santa**, which was a lot of fun, with small gifts, sweets, wine and some soap! We spent all afternoon there and really enjoyed our **Christmas Dinner**.



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

Please check out this outing and past outings on my YouTube channel **Expat in Mazarrón** and for up-to-date videos and new places to explore in 2023 on **Camposol Explorers** YouTube channel.

GROUPS



## B CLEAN' GARDENING GROUP

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

Here we are in 2023, so **B Clean** wishes everybody a very happy **New Year**. The start of the year simply means that we re-set the work-schedule calendar, having dealt with the last 12 month's tasks and problems, so it's back to square one with the Winter jobs and the lead up to Spring.

mysteriously vanished!! This urgency led to the team having to work in the rain, but they got on with the task nevertheless and have expressed their thanks to CDA Fitness for providing very welcome hot drinks.

way that will attract vermin, is better than a short drive to the ecoparque!

The end of 2022 was occupied by quite a few 'tidying up' type jobs. Weed suppressant membrane has been put down in appropriate locations after weeding and spraying.



One of the areas that received attention was the dual carriageway by the garage and the footbridge across the motorway. Apart from making the central reservation look more attractive, the Volunteers tidied up where the tree had been cut back just outside the petrol station. Arrangements were made for gravel to be delivered and this was laid on membrane on the approach to the bridge which has made a vast improvement to the appearance of that area. Unfortunately, due to a public holiday, the gravel had to be delivered the day before the work was scheduled and it needed to be shifted before any of it

In our last article, we mentioned that **B Clean** Volunteers will no longer try to keep the green skips in the lower car park tidy. In mid-December this was quite apparent as, despite the skips being overfilled and overflowing onto the surrounding ground, people continued to dump their waste there and the skips had almost vanished under a huge pile of rubbish about 2 metres high. It is something of a mystery as to why there is so much reluctance to use the free ecoparque just down the road. You can take a full car load and the staff will cheerfully assist you to unload. Perhaps somebody can explain why piling rubbish up in a dangerous manner and in a

Finally, as always, if you have a little free time to help the Volunteers, that would be really appreciated and we also appreciate donations either through membership fees or bucket collections. Your support is what allows the group to continue working to maintain and improve Camposol B.

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FOOD AND DRINK

# Ma Millbank's Kitchen



I looked at **Root Vegetables** this month as there are plenty about and they are very healthy. I do use **Turnip** in cooking, but it's mainly as an added vegetable to stews and casseroles or vegetable soups. However, when I started to look at my recipe books I was amazed to find there were many more dishes. The patties were something we cook when in the campervan or camping as they are so easy to do and can be done in a frying pan on a gas stove. Adding **Turnips** or **Swede** to mash is a very popular way to hide vegetables when feeding children and I love **Butternut Squash** and **Turnip** together in a soup. If you are on a low carb diet then why not try the **Turnip Fries** as an alternative to chips? Buen Apetito



Heat the butter and oil in a medium pan, stir in all vegetables and cook until just beginning to brown, (around 10 minutes). Add stock, garlic, honey and seasoning and cook for a further 20 minutes or until all vegetables are soft. Serve chunky or

the egg, flour, and salt and pepper to taste. Coat the bottom of a large, heavy-bottomed frying pan with about ¼ inch of the oil. Heat the pan on medium to high heat until the surface of the oil begins to shimmer, but not smoke. Spoon ¼ cup mounds of the **Turnip/Potato** batter into the pan, flattening them into ½ inch thick patties with the back of a spatula. Fry the patties until they are golden, turning them once, about 4 minutes on each side. Transfer the patties to paper towels to drain off excess oil.

**Turnip Fries**

- 3lbs **Turnips**
- 1 tbsp vegetable oil
- 1/3 cup grated Parmesan cheese
- 1 tsp garlic salt
- 1 tsp paprika
- 1 tsp onion powder (also known as onion salt)

- Butternut Squash and Turnip Soup**
- 3 tbsp butter
  - 1 tbsp olive oil
  - 2 cups of peeled and cubed **Butternut Squash**
  - 2 cups of peeled and cubed **Turnip**
  - 1 onion diced
  - 1 stick of celery finely chopped
  - 1 pint of chicken stock
  - 3 cloves of crushed garlic
  - 1tbsp honey
  - ¼ tsp black pepper
  - ¼ tsp nutmeg
  - 1/8 tsp cayenne pepper
  - Salt to taste

- blend to a smooth soup.
- Turnip and Potato Patties**
- ½lb **Turnips**, peeled and cut into 1/4-inch cubes (about 1 1/3 cups)
  - 6oz **Potato**, peeled and cut into 1/2-inch cubes (about 1 cup)
  - 2½ tbsp thinly sliced runner beans
  - 1 egg, beaten lightly
  - ¼ cup plain flour
  - Grapeseed oil, peanut oil, or vegetable oils
  - Salt and pepper

In a large saucepan of boiling salted water, cook the **Turnip** and **Potato** cubes for 15-17 minutes, until they are tender, then drain them. In a bowl, mash them with a fork and stir in the runner beans,

Preheat oven to 220°C. Line a baking sheet with a piece of foil and lightly grease. Peel the **Turnips** and cut into French fry sized sticks, (about 1/3 by 4 inches). Place into a large bowl, and toss with the vegetable oil to coat. Place the Parmesan cheese, garlic salt, paprika and onion powder in a resealable plastic bag and shake to mix. Place the oiled **Turnips** into the bag and shake until evenly coated with the spices. Spread out onto the prepared baking sheet. Bake in preheated oven until the outside is crispy and the inside is tender, (about 20 minutes). Serve immediately.

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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**

**Nativity Scenes of Europe** @ Puente Tocinos (Mon 10am-2pm & 5-8pm, Sat 10am-2pm)  
**Exhibition El Esparto** @ Cartagena (Tues-Fri 10am-2pm & 5pm-8pm Sat & Sun 11am-2pm until 8<sup>th</sup>)  
**Video creation: Traces in the Sand** @ Cartagena (until 9<sup>th</sup>)  
**Contemporáneos de Coronado Permanent Art Exhibition** @ Aguilas (Thurs-Sun 7-10pm)  
**Carnival Museum** @ Aguilas (Tues-Sat 9am-2pm & 4pm-9pm)

**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 Walking Club** @ Sports Centre, Mazarrón Town 10am-11am  
**Friendship Group** @ Los Alcazares 11am

**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  
**Sonrisas Harmony Ladies' Chorus Rehearsals** @ Los Alcazares 10.30am  
**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  
**Camposol D Gardening Team Work** 9am-11.30am  
**HDA Women's Coffee Morning** @ Hacienda del Alamo 10am-12pm  
**Guided tours** @ **Finca Astronomica** 7.30pm

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

**Every Thurs**

**Camposol Walking Club** @ Sports Centre, Mazarrón Town 10am-11am  
**Spangles Ladies' A Capella Chorus Rehearsals** @ Los Narejos 10am-1pm  
**Los Palacios Gardening/Community Group Bucket Collection** @ Camposol A 10am-12pm  
**Guided Visit to Lorca Castle** 10.15am 4€ (22€ inc lunch)  
**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)  
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**Every Fri**

**Camposol D Bucket Collection** @ The Hut 9.30am-12pm  
**Camposol Walking Club** @ Camposol D 10am-11am  
**Los Palacios Gardening/Community Group Book Stall** @ Camposol A 10am-12.30pm  
**Los Palacios Gardening/Community Group Bucket Collection** @ Camposol A Farmacia 10.30am-11.30am  
**Guided tours** @ **Finca Astronomica** 7.30pm

**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



**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 Begastrí** @ Cehegín 10am-2pm  
**2½hr Free Guided Tour of Historic Aguilas** 11am  
**Harlequin Rock Choir Rehearsals** @ Social Centre, Camposol B 1.30pm



**Every Sunday**

**Antique and Second Hand Market** @ Cañadas del Romero 8am-1pm  
**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 Begastrí** @ Cehegín 10am-2pm  
**Eco Park 'Coto de las Maravillas' open** @ Cehegín 10am-5pm  
**Free Guided Tour of Castle of San Juan, Aguilas** 11am



**JANUARY**

**Sunday 1**

**Año Nuevo (New Year's Day)**

**Youth Workshops** in Totana throughout January and beginning of February (see South Murcia News on page 52)

**El Zacatín Artisan/Medieval Market** @ Bullas 9am-2pm

**Ice Rink** open @ Avda de la Libertad, Murcia 12pm-10pm until 8<sup>th</sup> Jan

**Christmas Fair & Magic Kingdom of Murcia** @ La Fica Fairground 4.30pm-12am Mon-Fri/12pm-12am at weekends. Until 8<sup>th</sup> Jan

**Christmas Market** in Plaza Circular, Murcia until 5<sup>th</sup> Jan 12pm-10pm

**Christmas Market** in Los Alcazarés until 8<sup>th</sup> Jan

**Age Concern New Year's Day Swim** @ Playa del Rihuete, Pto de Mazarrón 1pm



**Monday 2**

**Fun & Games** for children @ Plaza de España, Cartagena 11am-1pm & 5pm-7pm

**Children's Letters for Three Kings** @ Plaza del Icue, Cartagena 11.30am-1.30pm & 5.30-8.30pm

**Children's Letters for Three Kings** @ Alhama Ayuntamiento, Casa de las Americas and Plaza de Abastos 12pm-8pm

**Children's Letters for Three Kings** @ Plaza de la Constitución, San Pedro del Pinatar 5.30-7.30pm

**Children's Letters for Three Kings** @ Plaza Manuel Floreal, Los Alcazarés 5pm & 7pm

**New Year Concert** @ Plaza de España, Lorca 12pm

**Children's Musical** @ Plaza de la Constitución, San Pedro del Pinatar 5.30pm

**La Casita de Chocolate** @ La Fica Fairground, Murcia 6pm

**Dumbo the Musical** @ Theatre Romea, Murcia from 10€ 7.30pm

**QVOCE Concert** in Plaza de España, Cartagena 7.30pm

**Planeta Tortuga in Concert** @ Plaza Circular, Murcia 7.30pm

**New Year Concert** @ Auditorio Infanta Doña Elena, Aguilas 8.30pm



**Tuesday 3**

**Fun & Games** for children @ Plaza de España, Cartagena 11am-1pm & 5pm-7pm

**Children's Letters for Three Kings** @ Plaza del Icue, Cartagena 11.30am-1.30pm & 5.30-8.30pm

**Children's Letters for Three Kings** @ Alhama Ayuntamiento, Casa de las Americas and Plaza de Abastos 12pm-8pm

**Multi Adventure Park** including a giant giraffe slide and mini bike circuit @ The Fairground, San Pedro del Pinatar 12-2pm & 5-8pm

**Monthly 'B' Clean Meeting** @ Camposol B 4pm

**Letters for Three Kings** @ Casa Misionera San José, Jumilla 5pm

**Children's Letters for Three Kings** @ Plaza de la Constitución, San Pedro del Pinatar 5.30-7.30pm

**Stamp Collectors Meeting** @ Biblioteca, Pto de Mazarrón 6pm

**Children's Letters for Three Kings** @ Plaza Manuel Floreal, Los Alcazarés 5pm & 7pm

**Dumbo the Musical** @ Theatre Romea, Murcia from 10€ 5pm & 7.30pm

**Children's Puppet Theatre** @ Plaza de la Constitución, Alhama 6pm

**Belter Soul in Concert** @ Plaza de España, Cartagena 7.30pm

**Veronica Terres Lopez in Concert** @ Plaza Circular, Murcia 7.30pm

**Wednesday 4**

**Children's Letters for Three Kings** in Lorca:

Plaza del Rey Sabio at 11am

The Church of San Cristobal from 12pm-1.30pm

The Church of Cristo Rey from 5pm-6.30pm

**Children's Letters for Three Kings** @ Plaza del Icue, Cartagena 11.30am-1.30pm & 5.30-8.30pm

**Children's Letters for Three Kings** @ Alhama Ayuntamiento, Casa de las Americas and Plaza de Abastos 12pm-8pm

**Children's Letters for Three Kings** @ Plaza de la Constitución, San Pedro del Pinatar 5.30-7.30pm

**Letters for Three Kings** @ Town Hall and Teatro Vico, Jumilla 5pm





**Children's Musical** @ The Fairground, San Pedro del Pinatar 5.30pm  
**Dumbo the Musical** @ Theatre Romea, Murcia from 10€ 5pm & 7.30pm  
**Live Music** for children @ 12pm & workshops @ Plaza Manuel Floreal, Los Alcazarés 5pm-7pm  
**Three Kings** arrive at the Shopping Plaza, Aguilas 6pm  
**La Tarde de Magia Children's Musical** @ La Fica Fairground, Murcia 6pm



**Thursday 5** **Letters For Three Kings** @ Puebla de Mula and Yechar Square 10.30am-12pm,  
 Casas Nevas school @ Fuente Librilla Social Centre from 12.30-2pm. **Three King's Parade** 7pm

**Three Kings' Parade** @ El Berro 4pm  
**Three Kings** @ Jumilla Town 11am **Parade** starts 5pm  
**Three Kings' Parade** starting in Carril de las Palmeras, Los Alcazarés 5pm  
**Three Kings** arrive at 12pm. **The Parade** starts at 6pm from Calle San José, Lorca  
**Three Kings' Parade** starting in Alameda de San Antón, Cartagena 6.30pm  
**Three Kings** with gifts at Plaza de la Constitución, Alhama 5pm. Followed by the **Parade** at 7pm.  
**Three Kings' Parade** from Alameda de San Antón, Murcia 6pm  
**Three Kings' Parade** starts from Avda Juan Carlos 1, Aguilas 7pm



**Friday 6** **Dia de los Tres Reyes (3 Kings Day) Spanish National Holiday**

**Bike Ride** starting from Plaza de España, Cartagena 9am  
**Family Story Telling/Three Kings** arrive at Gebas Social Centre 5pm

**Three Kings** arrive by boat at Lo Pagan at 6pm, followed by the **Parade**.  
**La Tarde de Magia** @ La Fica Fairground, Murcia 6pm



**Saturday 7** **WARM Walk** @ San Pedro del Pinatar

**FMA Pop-Up Market January Sale** @ Social Centre, Isla Plana 10am-1pm

**Sunday 8** **Artisan Market** @ Mula

**Wednesday 11** **SWARM Walk** @ Moratalla

**Saturday 14** **WARM Walk** @ Cehegin

**Sunday 15** **Artisan Market** @ Caravaca  
**'Ruta del Ferrocarril' (Railway Route)** with Aguilas Tourist Information Centre  
**Artisan Market** @ Sanctuary de la Esperanza, Calasparra 10am-6pm

**Tuesday 17** **San Antón**, Torre Pacheco

**Saturday 21** **WARM Walk** @ Moratalla  
**Artisan Market** @ Paseo de las Comunidades, Pto de Mazarrón 10am-2pm

**Chinese New Year Party** with fireworks @ **Gran Mundo**, Pto de Mazarrón

**Sunday 22** **Chinese New Year - Year of the Rabbit**

**Artisan Market** @ Cehegin

**Thursday 26** **Caravan/Camper Van Exhibition @ IFEPA**, Torre Pacheco 10.30am-8pm  
**Fuente Old Guards Golf Society Competition**

**Spangles' Open Event** @ Las Claras, Los Narejos, Los Alcázares 10.30am-1pm  
**Dick Wittington Panto** @ La Molata 7.30pm 6€

**Friday 27** **Caravan/Camper Van Exhibition @ IFEPA**, Torre Pacheco 10.30am-8.30pm

**Dick Wittington Panto** @ La Molata 7.30pm 6€

**Saturday 28** **Caravan/Camper Van Exhibition @ IFEPA**, Torre Pacheco 10.30am-8.30pm  
**WARM Walk** @ Los Granidicos

**Dick Wittington Panto** @ La Molata 7.30pm 6€

**Sunday 29** **Caravan/Camper Van Exhibition @ IFEPA**, Torre Pacheco 10.30am-7pm

**Dick Wittington Panto** @ La Molata 3.30pm 6€

**FEBRUARY**

**Wednesday 1** **Puerto de Mazarrón Ladies' Circle AGM**

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

**Thursday 2** **La Candelera**, Beniel  
**Pto de Mazarrón Ladies' Circle AGM** @ Pto de Mazarrón

**Saturday 4** **WARM Walk** @ Ricote



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



**INFORMATION**

**HISTORY SNIPPETS**

By Adrian & Dawn Leyland Bridge  
dalbridge21@outlook.com

**Strange But True:** British Newspaper Reports About Murcia From 1775 Onwards

During the past 200 years or so, a great many British journals and newspapers have carried reports about Murcia. Some of these reports have been brief 'fillers' about a range of sometimes weird and wonderful subjects, while other articles have been in much more depth and covered topics such as murders, poisonings and historical excavations. A selection of the more intriguing reports are included below:

1. Natural phenomena such as lightening, hailstones and earthquakes have always been a favourite topic: Mulhall's Dictionary of Statistics, for example, explained that on 13<sup>th</sup> May 1775, the inhabitants of Murcia were bombarded with hailstones the size of oranges, weighing over twenty ounces (equivalent to over half a kilo). These Murcian hailstones did, however, pale into insignificance when compared to the hailstones which hit the French residents of Languedoc in 1844, which reportedly weighed eleven pounds (nearly five kilos).



Large golf ball sized hailstone  
Courtesy Of Iam Cootis

2. During August 1859, a range of British and European journals and newspapers carried news that an active volcano had erupted in the mountainous interior of Murcia, not too far from settlements near Orihuela. All the Madrid journals and newspapers carried the story and as a result, British and American news outlets carried the same details. In reality, however, no such volcano existed and the story was a hoax – 'fake news' in the modern parlance.

3. Animals and accidents (even if rather tragic ones) have been a favourite newspaper filler for a long time. In 1949, English language newspapers around the world carried brief accounts about a three-month old albino cockerel, resident on an unnamed farm in Murcia, had grown a horn on each side of its head and used these unusual appendages to attack other fowl and animals on the farm. Although journalists besieged the farm for further details and a glimpse of the aggressive cockerel, what became of the albino fowl is unclear.

4. Far more serious than the affair of the

errant cockerel was the accident which briefly seized the attention of British and Irish newspapers during 1997. Although computers were increasingly used during this period, electric typewriters still dominated many offices in Murcia, the UK and throughout the world. In May 1997, the *Dublin Evening Herald* recounted the story of a 27 year old secretary who worked at an office in Murcia City. Presumably the secretary had tired, swollen feet and she decided to rest them in a bowl of water while she worked at her desk. Sadly, she switched on her electric typewriter with her feet still in water and was instantaneously electrocuted. Whether or not the woman survived this rather tragic accident, in an era before health and safety requirements were so universally important, was not reported upon by any of the newspapers concerned.



Olympia Monica Electric S Portable  
Electric Typewriter  
Courtesy of Tangerineduel

5. During 1870 British and Irish newspapers became very interested in the history of false teeth. Early in 1870, Spanish archaeologists launched excavations in Murcia at the site of executions carried out by the Spanish Inquisition. The Inquisition in Spain ran between 1478 and 1834 and was at its peak in the fifty years between 1480 and 1530, when perhaps 2,000



Auto-da-fé of the Spanish Inquisition  
in a church  
by B Picart (Wellcome Images)

executions were carried out around the country. During its Murcian excavations, archaeologists uncovered the remains of an Inquisition victim with a set of false teeth made entirely of silver. How these silver false teeth had survived was a question which certainly interested British journalists and the *Devizes & Wiltshire Gazette* of 14<sup>th</sup> July 1870 was inspired enough to place the 'Murcian silver teeth' within an historical timeline which included the wooden and ivory false teeth of Ancient Egypt and the false teeth of Ancient Greece and Rome.

6. Dark secrets of murder and poisonings were always a favourite topic for salacious newspaper columns across Europe and events in Murcia during the 1930's were certainly of interest to editors across the continent. On 8<sup>th</sup> August 1933, for instance, the *Londonderry Sentinel* reported on the grisly events in Jumilla, earlier in the year, when a 16 year old girl was observed (by her father) kissing her boyfriend at a dance. The father subsequently dragged his daughter home and beat her to death, allegedly because she kissed someone to whom she was not engaged to be married. What became of the father is unknown, though the matter was of obvious interest to British readers, because it said much about the subservient position of women and girls in traditional Spanish society at the time.

7. Two years later, in 1935, British news outlets were much intrigued by the news that polluted bread had led to over 5,000 cases of poisoning reported in seventeen villages across Murcia. In December 1935, the *Belfast Telegraph* reported that one death by poisoning had already been recorded and one man had committed suicide after finding out that his wife and two daughters had collapsed after eating the polluted bread. The motive for the mass poisoning was eventually discovered by Dr Ballester, a doctor from La Aljorra, a village just northwest of Cartagena. Ballester was visited by a huge number of patients, who all presented the same symptoms of a swollen mouth, black gums, vomiting, violent stomach cramps, back pain, joint pain and dizziness. Ballester later found out that all his patients had bought bread from the same source. This bread was analysed and was found to contain a 6% mixture of barium sulphate and carbonate of lead – a highly dangerous concoction. The culprit turned out to be an avaricious baker, who had mixed 30 tons of the chemical barium sulphate with his flour in order to reduce costs and thereby increase his profit margins.

Adrian & Dawn L Bridge







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# SPORTS SECTION



## SPORTS

### Straight Down the Middle Golf Society

sdtmsec@gmail.com



For the November renewal of the **Straight Down the Middle Golf Society** monthly **Stableford Competition** we travelled to Altorreal Golf Club near Molina de Segura. When we arrived the whole place was

h e a v i n g with golfers. There were at least another two societies booked in that day. This caused a bit of a headache for the C a d d y M a s t e r because they were running out of available buggies, but they sorted it all out in time for us to tee off. It goes to show that courses can be busy when the price is right!



Jim Niblo Winner Section A



Dave Baxter Runner Up Section A & Nearest Pin

not much r o u g h , enabling a topped drive to still travel a reasonable distance. Not at Altorreal! If you miss-hit your drive, or any subsequent shot, the r o u g h stopped the ball dead in its tracks and it sank down into the sponge-like grass – in many cases never to be seen again! That said, it is a very fair course if you can hit a golf ball straight! Our thanks go to all the staff at Altorreal for providing us with a good day of golf and for making us feel so welcome.

As usual, we returned to Trevi Bar on Camposol for prize-giving.

**Results:**  
Section A

Winner: Jim Niblo  
Runner-Up: Mick Shore

Section B  
Winner: Graham Boyd  
Runner-Up: Dave Baxter

Nearest Pin Hole 10: Dave Baxter

Best Guest: Ken Grice

2023 will see **Straight Down the Middle Golf Society** travel a little further afield in the effort to find new challenges a n d reasonably p r i c e d courses. Our thanks go out to Brian Tape for arranging the fixture list for 2023. If anyone would like to join us please email [roy.alderslade@sky.com](mailto:roy.alderslade@sky.com)



Ken Grice Best Guest

The course was in great condition and provided a stiff challenge – mainly due to the nature of the rough. Most of us have got used to hard, fast running fairways, with

## SPORTS

### CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

By the time you read this, **Christmas & New Year** celebrations will have passed and the admin team hope you all had a really good time.

Our December competitions will also have taken place and we hope that those who took part in the scrabble, petanca and pool competitions had great fun and that the winners enjoyed bragging rights.

defibrillator with a little help from all our friends out there. We will also have managed to boost our coffers by selling some of our unwanted goods at the car boot at Mariano's in December.

2023 is going to be an exciting time for **Camposol Free Community Sports**. There are always new people getting in touch looking for help to advertise or get help acquiring some equipment for their chosen sports.

In the **New Year**, we know that there are going to be electric bike guided tours, more walking groups, table tennis and tennis to name just a few, while the walking football, netball, petanca and our other popular activities will still be happening.

Keep an eye on our Facebook page. Press the 'events' button or go to 'posts' to see who is running these new events and how you can join them.

Remember none of the above could take place without our wonderful sponsors and donations from the public, ensuring you do not have to pay for trying out or simply having fun in your chosen sport.



We have managed to raise the required funds to purchase a community sports





**SPORTS**

*Fuente Old Guard Golf Society*

Email: [info@fuenteoldguardgolf.com](mailto:info@fuenteoldguardgolf.com)

Our 23rd November game was on to the tricky course at Saurenes Del La Torre near Balsicas. With undulating greens which were difficult to read and fairways which looked like giant molehills spread about, it took careful control to score well on this course.



Division One Winner Darren Morrirt with Captain Gary Ahearne

Andy Paul did just that, scoring 35 points to win overall and take top prize in Division Three with Derek Hayward a close second with 33 points.



Phil Leeming Winner of Division Two with Gary

In Division One, Darren Morrirt, with 33 points took first prize, just ahead of Steve Wheeldon in second place with 29 points.

Meanwhile in Division Two, Phil Leeming came first with 32 points just ahead of Richard Dixon and his 31 points scored.

**Nearest the Pin** winners were Gerry McRobert, Ian Stewart and Peter Allison with the Two's Money Pot rolled over to next time.

Also presented was the **Matchplay Singles Trophy** to Ken Blakeman and Kevin Jones with the **Runner-Up Prize**, with the annual **Order Of Merit** prizes going to Mick Shea, Phil Leeming and Maurice Nafzenger.



Division Three Winner Andy Paul

Our next game is at Altorreal on January 26th. If anyone would like more information about **Fuente Old Guards** please contact us at [info@fuenteoldguardgolf.com](mailto:info@fuenteoldguardgolf.com) DAVE MAY

**SPORTS**

**SAMM**  
Sailing Association Mar Menor  
[www.sailingmarmenor.com](http://www.sailingmarmenor.com)



**SAMM loses their Commodore – to the Ocean!** By Mike Phillips

Our annual Christmas Lunch at Toscana in Roldan on Saturday 10<sup>th</sup> December was tinged with sadness and joy. A small task force arrived early to decorate the private function room to make it suitably festive for the occasion. The staff were impressed with the transformation and we agreed to leave it that way until the end of the festive season. Maybe that was why we received a complimentary Limoncello or Bailey's at the end of our meal!



Yes, it's true. We're losing our lady Commodore Dawn Morgan after only 9 months because she is going sailing for 2023; not just to any Ocean, but she is sailing to the Arctic Ocean in a 50-foot boat with a companion! Dawn is not just any lady, she served in the RAF, has run a Safari Park in Africa and believes life is for living. Her voyage has a purpose. Leaving England via the Irish Sea and Scottish Isles

they head to Norway and then to Iceland, Greenland and the Northwest passage.

In 1845 HMS Terror and HMS Erebus left England to explore the Northwest Passage of the Canadian Arctic. The expedition became a disaster when both ships became icebound near King William Island. Led by Captain John Franklin it has become known as Franklin's Lost Expedition. In 2014 the Canadians discovered the wreck of the Erebus and two years later the Terror. The wreck site, where 129 officers and men lost their lives, is now a National Historic Site and attracts further research annually. **SAMM** will be following and reporting on the progress of Dawn's adventure via a dedicated YouTube Channel.



Whilst bidding farewell to Dawn, we were also pleased to introduce our first four Russian members to the **SAMM**

community. They left Russia in 2014; two coming to Spain after time living and studying in France and two after living in the New Forest in England. They are all experienced sailors, but need help getting their qualifications recognised in Spain. Two are keen to venture well outside the Mar Menor so can find opportunities with our Cruising Group. They have already helped our Balaton group with maintenance of one of their 5-6 metre yachts. They are so pleased to have found, not just a sailing club, but a friendly social community.

As a Spanish Sports and Cultural Association registered with the Comunidad of Murcia and Town Hall of Los Alcazares, **SAMM** has a history of creating social groups to complement our sailing activities such as Cycling, Petanca, Ten Pin Bowling, Day Trips and our recently formed Golf Social group. If you want to form a Water Sports group for an aspect we don't cover now, we can help with that too. In 2023 we're looking to revive our activities now the restrictions of the pandemic are receding. Across our groups we have members as qualified divers and specialists in outboard motors etc, but are always looking for more. If you are a First Aider, a Paramedic, have experience of running social activities or would like to talk to our monthly meetings on your experience in, say, sailing in the Greek Islands or Turkey, please get in touch with us at [www.sailingmarmenor.com](http://www.sailingmarmenor.com)





**SPORTS**

**SAMM Golf Society  
Sailing Association Mar Menor**

www.sailingmarmenor.com

sammracing@yahoo.co.uk



**SAMM Golf Society at Lo Romero Golf**, Pilar de la Horadada, set on the Mediterranean Coast is always in immaculate condition and our golf day was no exception. It is most notably known for its challenging island 18<sup>th</sup> green.

This game was a joint venture with **The Royal Oak Golf Society**, so 28 players



Teeing off at the signature 18th hole

teed off. **SAMM** Captain for the day, Rona Agnew, led us away as the wind blew a hoolie. Josephine Monaghan won **Nearest the Pin** on the 12<sup>th</sup> and Royal Oak Captain, Ken Physick, was nearest on the 15<sup>th</sup>. Ronnie Taylor took the **Longest Drive**, while the clear **Stableford Champion** was Tony Monsellato with 34 points.



SAMM Golf Christmas Bash

As this was the last meeting of the year it was followed by the **Christmas** bash when revellers enjoyed beer, wine and pizzas followed by the **Christmas** Raffle. Prizes included priceless golf artifacts and French wines. Many thanks to Sergio for drawing the raffle winners, Mati, Gabriel and all the Lo Romero staff for making it a great day out. I had to leave at midnight, but some may still be carousing.

**SAMM - Sailing Association Mar Menor** encompasses dinghy to catamaran sailing, cruising and motorboat groups. Following Covid and Brexit we are looking for new members. If you like sailing and want to know more, email [sammgolfsociety@gmail.com](mailto:sammgolfsociety@gmail.com) or follow us on Facebook **Sailing Association Mar Menor Golf Society**.

The Royal Oak Golf Society, courtesy Royal Oak pub, ctra/ San Miguel de Salinas, Dehesa de Campoamor

**SPORTS**

**Camposol Golf Association**

Email: [bettylloyd1560@hotmail.com](mailto:bettylloyd1560@hotmail.com)



**Camposol Club de Golf** 14<sup>th</sup> December The gods were shining on us that day. The weather forecast thankfully was incorrect and we enjoyed near-perfect conditions for golf. That's not to say it wasn't getting cold when you're all bravely sat outside for the presentation.

**Results:**

NTP on hole 3 - Allan Hebblethwaite, hole 5 - Allan Hebblethwaite, hole 11 - Debbie Murray, hole 13 - Colin Reid.

NTP in two shots on hole 8 - Jeronimo Lopez, actually holed his second, so no surprise he won.

1<sup>st</sup> with 41 pts - Will Devine  
2<sup>nd</sup> with 40 pts - Gary Lovejoy  
3<sup>rd</sup> with 37 pts on cb - Debbie Murray  
Also with 37 pts - Allan Hebblethwaite, Dave Freer, Alison Vasey & Clive Porter



Will Devine 1st Place

**Stableford Competition.** The conditions on the day were perfect with glorious sunshine and the course was in good condition so scoring was excellent. After the golf it was up to the Trevi Bar for celebrations. The buffet was fantastic prepared by Sue and her staff. A great day was had by all.

**Results:**

1<sup>st</sup> with a superb score of 42 points was D Hopkins  
2<sup>nd</sup> D Bunn - 41 pts  
3<sup>rd</sup> D Deegan - 38 pts c/p  
4<sup>th</sup> G Lovejoy - 38 pts  
5<sup>th</sup> D Jones - 37 pts c/po  
6<sup>th</sup> E Toye - 37 pts  
7<sup>th</sup> S Dixon 36 pts



Dave Hopkins Wed. Christmas Winner

Eugene Toye  
CGA Competitions Secretary

**CGA Charity Quiz**

On 18<sup>th</sup> November we held a **Charity Quiz** for the benefit of **MABS** and **FAST**. The MC's were that incredible duo Phil and Ida Halton who made the evening fun whilst we raised €618. Pauline and Sue did a great job serving up some tasty tapas for those of us that wanted supper before the Quiz. The whole evening was a great success and thanks to those who contributed items for the raffle.

**Christmas Dinner Dance**



Christmas at Spice Villa

This was on 1<sup>st</sup> December upstairs at the Spice Villa with the International menu from Piccolo's. The food and service were excellent with absolutely no complaints from any of the 69 people attending - only accolades. Carla, who has a super voice, entertained, doing a great job keeping the dance floor crowded all night. Altogether a fabulous night and one to remember.

Betty Roberts

Congratulations to all the winners. Thanks for your ongoing support. The Clubhouse Committee

**CGA Men's Wednesday Group**

On 7<sup>th</sup> December the Men had their **Christmas Lunch** with a **Singles**

Many thanks to John Layland for organising the meal etc.





**SPORTS**

**SAMM**  
Sailing Association Mar Menor  
[www.sailingmarmenor.com](http://www.sailingmarmenor.com)



**Challenging Conditions for Sailors**

With the near gale force NW winds of Saturday set to continue overnight and into Sunday morning the **SAMM** race organisers almost decided to cancel, but with a downward trend forecast, decided to go ahead, but everybody was surprised when they arrived at CTD at 10.00am, there was almost no wind.



Approaching the start

Just before the first race start at 11.00am the wind kicked in from the WSW at 6-7 knots and the start was good. For the first time this season all three sailfish 18's of the Balaton Group were racing together with two **Shoestring** dinghies and John Down in his **Laser Radial**. Five of the boats crossed the line soon after the gun, but **Balaton's Ginetta** had a sail malfunction and did not make it. John led from the start, was flying round the square course, had lapped one boat by the end of lap three and was close to lapping others; then the fun started. After having blown fairly steadily, halfway through the race, the wind suddenly gusted to 10-12 knots and swung to the west, which caught out a few boats. Then it dropped back, only to gust again to over 14 knots and swing back to WSW. Most boats coped well, but John almost started swimming as he capsized five times in as many minutes! For a man of close to three score years and ten he showed remarkable agility, preventing the boat going fully over by stepping smartly onto the dagger board to right her and not actually getting wet. At the end of the race the crew of **Shoestring Dos** decided they had had enough and went ashore while those on **Cuatro** decided to reef their sails.

The second race started at 12.15pm with the wind W at 7-8 knots. It was a good start with a procession over the line led by **Sirocco**, followed by **Ginetta**, **Cuatro**, **Vision** and John's **Laser** a minute later. John soon took the lead. His boat is the fastest in the fleet, but all the others were also screaming round the course except **Ginetta** who often seemed not to have her jib set correctly. By now the wind had dropped a little in strength but again kept gusting and swinging every 15 to 30 minutes, making this the most challenging day so far this season. Everybody had a great race, with tactics playing a big part, especially on the upwind leg from mark three to the start/finish line. **Sirocco**

and **Vision** were having a real tussle, completing each lap within seconds of each other. Unfortunately at the first mark of her last lap, **Vision** was caught out by yet another wind direction change, had to tack at the last minute, impeded another boat and was forced into a 360 penalty. The crew took a long time to sort themselves out and get going again and this probably cost them the race.



Robert Hudson, right and Jurgen Reimann, left

Finally the results were calculated, handicaps applied and the winners declared. The results were a one-two for **Sirocco** and **Vision** in both races and, for the second week running, Robert Hudson and Jurgen Reimann were the winning crew this time on **Sirocco**. Well done guys!

**Where is the wind this autumn? Late!**

Three different on-line forecasts predicted winds of 10-13 knots on Sunday December 4<sup>th</sup>, perfect for the **SAMM** race competitors. What did they get? Zilch, nada, a flat calm.

The race officer decided to postpone the 11am start of the first race to 11.30am, then 11.45am, then an hour but by then

the competitors were getting restless so he took a chance the wind would build in and started the race at 12pm. Still nothing except a faint breath of air occasionally which enabled the two smaller, faster **Shoestring Group** dinghies to commence racing, but two of the bigger **Balaton Group** boats could not even make the start line and retired after multiple attempts. The third **Balaton** did manage one lap, but took 30 minutes and then was becalmed about half way round the second lap and decided to call it a day. This left a battle for the win, **Omega** finally triumphing with 3 laps averaging 1050 seconds over **Cuatro's** 2 laps at 1561 seconds. When you realise that normally average lap times are 300-500 seconds you can see how slowly they sailed; understandable in the conditions. Nobody wanted to try for a second race so it was abandoned. Everybody put their boats away and went for lunch. That's when the wind showed up at about the forecast strength. Somebody's law comes to mind! The only good thing about the day was some very atmospheric photographs.



Winning crew Steve Hall and Dianne Hardwick

Find out more about **SAMM** and the racing have a look at [www.sailingmarmenor.com](http://www.sailingmarmenor.com)



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# PUZZLE ANSWERS

Boggle Answers:

9 LETTER WORD IS PROGRAMME

- RAMPER
- ROAMER
- ROMPER
- MOPER
- REPRO
- ROGER
- ROPER
- ERGO
- GEAR
- MOPE
- MORA
- OGRE
- PEAR
- PRAM

- PROA
- PROM
- RAMP
- RAPE
- REAM
- REAP
- REAR
- ROAM
- ROMP
- ROPE
- AMP
- APE
- EAR
- EGO
- ERG
- GEM

- MAP
- MAR
- MOG
- MOP
- OAR
- OPE
- PAR
- PEA
- PEG
- PER
- POM
- PRO
- RAM
- RAP
- REP

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

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





**RELIGION**

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

**WELLSPRING VICTORY CHURCH** 

Well, that's it then; **Christmas** is over for another year. The mince pies have all been eaten and the last of the turkey has vanished. The decorations have lost their sparkle and they are ready to be put away for another year. It's **New Year** and it is a customary and traditional time to look back and a time to look forward. Many will be wondering what will 2023 bring. This is a time to look back and consider whether the memories are good or not. Will the **New Year** promise better things to come?

**Wellspring** are looking back and looking forward too. We look back sixteen years to the time that **Wellspring Church** started and we look back on so many special times of worshipping together and all the friends we have made. We remember old friends who have passed away, or moved away and are no longer with us and we remember new friends who have joined us this past year.

All those years ago there was a strong feeling the new Church should be named **Wellspring**. The dictionary's definition

of **Wellspring** says it is 'a source' or 'stream'; a 'fountainhead'.

In John's Gospel chapter 7, Jesus said "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." Jesus is the centre of our church - He is the wellspring of life, the river that flows from within us. I wonder today "Are you thirsty?" We can try to fill the emptiness inside us with all sorts of other things such as possessions, relationships, property, money - but nothing seems to satisfy that void or thirst we have inside.

St Augustine said "You have made us for yourself O Lord and the heart is restless until it finds its rest in You."

This **New Year** we invite you to come to the source of living water - the one and only one who satisfies the need we all have inside us. **Wellspring Church** meets every Sunday at 11am in the Event Room over the Trevi Bar, Camposol B. Our meetings

are held 'café style' and you are invited to come along, bring a cup of tea or coffee and join in just as much as you want to. There will be no pressure, but there will be a very warm welcome and you could find the worship and the word speak to that unfulfilled space you've been longing to fill.



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NEWS



# TV News

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Writing this one Sunday morning in mid December, it is the first really cold and wet day of the winter. Think maybe the first fire tonight! You will be reading this in 2023 – where did 2022 go? Do you remember how excited we were when 2000 was approaching – well 22 years have gone by and teenagers will not have a clue what I am talking about! Anyway **Rainbow Satellites** wish you all a very happy 2023 and may it bring whatever you want.

channels to most FREESAT viewers will now be unavailable. This is another 'nail in the coffin' of UK satellite TV in southern Spain. As we have done for some years, we believe there is about 2-3 years left as more and more channels become unavailable along with all the operators pushing towards Internet TV only. At the time of writing, the +1 versions have remained in SD and are viewable. There were several other changes in the

boxes - will have to change to Internet TV in the not too distant future. We hear from many people who have had bad experiences in the early days of Internet TV as it was new technology in its infancy. Some of you are still having bad experiences with it! Good solid stable Internet TV viewing is dependent on two services to your house - both have to be excellent:

The Internet itself must be capable of IPTV viewing and some are still not, particularly in rural locations. If you do have internet issues, ask us about trying our 4g units. With a good mobile signal these can be excellent. Starlink is up and running (satellite internet), but is expensive at some 100€ per month. However if there were a group of houses close together, they could share if the capacity is enough.

Secondly you need a good professional IPTV service supplier. **Rainbow** consider we are just that, so if you are having trouble with the TV service and are sure it is not an internet issue, give us a call to try our system for a free demonstration and 7 day trial – absolutely no obligation. Often we can use the TV box you have (not Android or similar).

### Friends of Mazarrón Animals,

the small local charity we support, continues with some great work in the area. We are always looking for foster homes and volunteers. We will eventually find an animal a permanent home, but the time between rescuing that animal and finding that home is always difficult. We can and do use some excellent kennels, but it is a home environment many of them require. Most are to some degree traumatized, be it through cruelty or just their owner passing away – most just need a bed, some food and a bit of love. We hear so often; "I could not foster because I could not give them up." Without any doubt giving them up is really difficult, but it has to be with the attitude "I have got you on your way – go live a happy life and let me start with another needing the first step in normal living." Contact us for any **FMA** information.



software update, one of which seems to have been to set the automatic standby mode to a few hours after any remote control inactivity. I can see both arguments for and against this feature, but it does seem to ignore the situation of just staying on one channel for the evening. I have disabled my FREESAT boxes of this feature and feel I am able to turn them off myself when I have finished with them (you will find the setting somewhere in the box menu – or ask us to call in when we are passing).

All of you satellite TV viewers – be it FREESAT, SKY or just universal satellite

If you are just moving to Spain, or buying a holiday home, give us a call for a chat about TV options. We have a system to suit most needs.

That's it for January - another edition in February 2023.

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.

You can also find us (and like us!) on Facebook.

### TV NEWS

Any of you with a genuine FREESAT box will have had an automatic update which amongst other things will have converted ITV 2, 3 & 4 from SD to HD transmissions on new frequencies which are weaker and, depending on location, are generally not available in southern Spain, so these



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