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July 2023 • Issue 284

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DEAR READERS

Dear Readers

Our regular readers will know our comprehensive **What's On** feature has been in the magazine for many, many years and has grown in size and popularity during this time. Advertisers, charities, groups and events from local Ayuntamientos are included to help you plan your month ahead, whether you live here permanently and reading the hard copy, or are reading it online to plan your days and evenings whilst here for a break.

As we have also extended our area this year to cover Mojácar, Turre, Vera and surrounding towns, it means even more information to peruse (and fit in to your already packed diary!). This month we have streamlined **What's On** and you will find most of the events in the area you live will now appear in the relevant Regional News section. This way we can also offer you much more information on the event, rather than just the one line giving you the date, event, time and price as appeared in the previous **What's On**. For example, for those living in the Mazarrón area should now refer to **South Murcia News** pages and those in Mojácar, will find the information in **South West Murcia**

& Beyond News pages etc. If you are a bit of a social butterfly and like to enjoy seeing new places and don't mind travelling, remember to check out the special pages in the other areas, as well as the new **What's On** which will still cover important events/fiestas/markets.

We would like to thank all of our regular **Contributors** who put so much work into providing such diverse information for our readers and we would like to welcome back **Cruising with Mike Smith**. Mike has a wealth of knowledge in the shipping world and his photos are amazing. **Chrissie Cremore** has also written a few articles this month, covering SW Murcia and Beyond. **Norma Harris** is sharing her trip to South America with an interesting article and photos. Part 2 will be in the August issue.

Welcome/Welcome Back H & M Hearing Clinic (page 9)
Helping Hands Turre Events (page 41)
Restaurante Los Molinos (page 17)

Enjoy the rest of the summer, but take care when out in the sun. From the team at Costa Cálida Chronicle and Beyond

THANK YOU TO OUR CONTRIBUTORS

- Adrian & Dawn Leyland Bridge - History Snippets**
- Car Registrations Spain - Driving in Spain**
- Chrissie Cremore - Lions Vera District & Paws-Patas**
- Jane Cronin - Learning Spanish**
- LG Dental - Post-Extraction Implants**
- Martin O'Hanlon - Birding in Murcia**
- Mike Smith - Cruising With Mike Smith**
- Norma Harris - Norma's Travels**
- Rainbow Satellites - TV News**
- Sara Millbank - Ma Millbank**
- Shaun Matthews - Camposol Explorers**




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Business News

Exciting news for travellers in the Murcia region!

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Noah's ARC recently helped out big time when a miniature Pinscher arrived at local stables! Teresa asked if there was anything she could do in return and the instant reply was fund raising! Once again the local business community stepped in to help out at a music event held at Mariano's on 16th June where we raised €820 from tickets sales and the raffle. Thanks again to the following businesses for their generous prizes:

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Special thanks to Lynne Jacobs for her generous gifts.

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See **Specialist Vehicles** advert on page 79



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EDITORIAL



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As an audiologist, I have 20 years of experience. The first 11 years I worked in the United States at the House Clinic in Los Angeles. The following 8 years I worked in the Netherlands at an audiological centre of the 'Koninklijke Auris Groep'. For a year and a half, we have been living in Spain where we have opened our own hearing aid clinic in Torre Pacheco, Murcia.

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We hope to see you soon!

EDITORIAL

Driving in Spain

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Staying Legal with Car Registrations Spain

Over the last few months there appears to have been an increased number of checks on foreign vehicles and in particular those from the UK, following on from the new data-sharing agreement between the Spanish and UK authorities that came into force on 16th March 2023.

Vehicle Checks

For a UK vehicle, the police have always had access to the public DVLA website where they can check basic vehicle information and also see if the vehicle is taxed, MOT'd and if it is marked as exported. This is the page that police officers use: <https://vehicleenquiry.service.gov.uk/>

Extra Information

In addition to this basic check, Spanish authorities now also have access to vehicle owner information and other relevant data to help investigate traffic offences related to road safety, such as speeding, use of a mobile phone whilst driving and not wearing a seat belt.

Avoiding A Fine

If you are driving a foreign vehicle in Spain, you should bear in mind that the vehicle must be legal in the country of current registration, so for a UK or European vehicle, this means that it must be taxed, have an up-to-date MOT and of course, be

insured. It is important to note that SORN is the same as untaxed and will result in a fine and possible vehicle confiscation here in Spain.



It is also important that you keep the original vehicle registration document in the vehicle, or a notarised copy, as this is also a legal requirement in Spain.

Another factor to consider is that if you are a resident in Spain, you may only drive a foreign registered vehicle for up to 6 months per year. However, if you are a resident, it is 30 days.

Temporary Plates

If you have a vehicle that is no longer

legal in Spain, it is usually possible to get temporary import plates (*placas verdes*) which allow you to insure and drive the vehicle for up to 60 days irrespective of the tax and MOT status of the vehicle in its current country of registration.

Temporary import plates are particularly useful if your vehicle has been impounded by the Spanish authorities and they also allow your vehicle to remain legal before and during the registration to Spanish plates.

Registering Your Vehicle

Registering your vehicle onto Spanish plates often costs a lot less than you may think and also avoids the risk of fines and possible vehicle confiscation if your vehicle is now illegal here. If you have a foreign registered vehicle that you would like to register on to Spanish plates or think we can be of service, please don't hesitate to get in touch with a member of our team: **Car Registrations Spain SL** is the leading vehicle registration service of pre-registered foreign vehicles in Spain.

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EDUCATION

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Expressions with 'soler'.

When people start learning Spanish, they often assume that every word in English has an exact equivalent in Spanish. Although this assumption is very quickly dispelled, it always takes us longer to remember words and phrases when we cannot translate them directly back into our own language. It is also a lot harder to explain their meaning. We are going to spend a few articles looking at individual words in Spanish that do not have a direct translation in English.

Our first example is the verb 'soler'. As we do not have a direct equivalent in English, we have to use several words to explain what it means and the nearest equivalent is: 'to be in the habit of'.

Very often when translating the word in the Present Tense we substitute it for 'usually'. However, this can be confusing as 'soler' is a verb and 'usually' is an adverb.

How do we use this wonderful word?

In the Present Tense 'soler' is a root-changing verb, so the six forms of the conjugation are:

'suelo, sueles, suele, solemos, soléis, suelen'.

This is then followed by the infinitive of another verb. For example, we say things like:

Suelo leer antes de dormir. - I am in the habit of reading before sleeping, or in other words "I usually read before I go to

sleep."

Solemos salir los sábados. - We are in the habit of - that is, we usually - go out on Saturdays.

This use of **soler** plus the infinitive, is a very common way of expressing the idea of 'usually'. There is also an adverb that means 'usually', which is **normalmente**, which gives us an alternative. If I want to say "I usually watch TV in the evening", I can say **Normalmente veo la tele por la tarde** or **Suelo ver la tele por la tarde**. The difference between these two is minimal and hard to explain. To all intents and purposes they mean exactly the same thing.

Like all verbs, **soler** can be used in other tenses, although we have to use a bit of common sense to realize that it is more likely to occur in some tenses than in others.

Most common of all is the past continuous tense: **solía**. If I say: **Solía nadar todos los días.** - I am saying: "I was in the habit of swimming every day".

The most common way of expressing this idea in English is with the expression "used to" - "I used to swim every day".

There is another way of saying this in Spanish! As well as **Solía nadar todos los días**, we could say **Nadaba todos los días** (I swam, or I used to swim, every day).

What is the difference? In reality very little. We are in the realms of 'finer points'. The sentence with **solía** perhaps emphasizes more distance in time and contrast with the present, but really the difference is minimal and certainly both can be translated in the same way.

As you can see, I'm already running into difficulties explaining a word which does not have a direct equivalent in English. To sum up; there are two paths we can take when understanding expressions like **solía nadar** and **suelo leer** in English. We can either translate them literally and clumsily: ("I was in the habit of swimming"/"I am in the habit of reading."), or find the nearest equivalent in English, ("I used to swim"/"I usually read") on the understanding that the nearest equivalent in English may already have another alternative in Spanish (**nadaba/normalmente leo**).

Well, whoever said that learning Spanish was a straightforward affair? I have got a really nice word for next month which I will do my best not to complicate, although I'm afraid I can't promise. See you then.

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

NEWS

British Embassy Madrid



Sylvia Gallimore Receives a British Empire Medal Following 50 Years of Charity, Community and Voluntary Work

Sylvia Gallimore, a British national now based in San Miguel De Salinas, Alicante, has been awarded a BEM (British Empire Medal) for 'Services to charity and community', as part of the 2023 King's Birthday Honours list, published on 17th June.

His Majesty's Ambassador to Spain, Hugh Elliott said: "Sylvia has dedicated her life to helping others. Her significant contributions for over 50 years of community and voluntary work have improved the lives of countless individuals from her native Bristol to Southern Spain. She has worked tirelessly and given generously to numerous causes, including helping vulnerable young people, the visually impaired, homeless people and supporting animal welfare. This Honour represents a lifetime of service and is very much deserved."

Sylvia Gallimore said: "I cannot say how proud and honoured I am to receive the British Empire Medal from His Majesty. I was rather thrown into the world of the



poorly sighted when my son lost his sight in 1996. Since then, I have had the pleasure of meeting some wonderful visually impaired people and tried to enhance their lives as best I could. I could not have done this alone and believe there are others that deserve the BEM more than I do."

Sylvia first became involved in charity work through the Horfield Prison in Bristol, where she taught literacy skills to help improve inmates' future employment prospects. She did this alongside running a canteen for the Women's Royal Voluntary Service,

fundraising for a pre-school and running an animal rescue and rehousing project. In 1996, Sylvia shifted her focus to the visually impaired community in Bristol, fundraising for the Royal National Institute of Blind People and for Avon Sports and Leisure, to give young visually impaired Bristolians the opportunity to expand their horizons.

Sylvia played a crucial role in establishing the charity **Have Stick Will Travel**, founded in 2002 by her son Daniel Gallimore, who lost his sight at the age of 21. Together with Daniel, she has organised numerous fundraising initiatives to procure life-changing technology for visually impaired people to become more independent in their homes and supported several visually impaired sports teams.

More recently, since being based in San Miguel De Salinas, Sylvia has supported the **Help at Home** charity, which helps people with mobility or health issues attend medical appointments or run errands. She's also written a book called 'Sleeping Rough' to raise money for the homeless charity **Shelter**.



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CHARITY

P.A.P.S.

Email: animalesperrosdelsol@hotmail.com



We have to begin with a follow-up about a very special fund-raising event, completed by an even more special volunteer.

On Saturday 3rd June 3, **PAPS** Volunteer, Wendy Hamilton, completed her 10km swim across the Mar Menor in aid of **PAPS** and the **San José Obrero Children's Orphanage**. The swim turned out to be a bit longer as conditions were poor with even the tide against her and she was blown off course. The dreaded jellyfish also made an appearance and Wendy suffered a sting on her neck. However, despite having second thoughts halfway across about the wisdom of this swim, this resolute lady kept swimming strongly and came in to land at La Playa Bar in Los Alcazares, to the loud sound of congratulatory cheers from her many friends and supporters. She raised an amazing 4-figured amount (they are still counting and getting in money pledged) which will be gratefully received by both charities.



There will be a picnic throughout the event, so if you like the beach and want a bit of exercise (with or without your furry pal), please drop by to support and have some fun?

We must give thanks too, to the volunteers from the **San José Orphanage** charity for manning the safety boat that accompanied Wendy on her swim and to Wendy's husband Paul for his work on the sponsorships.

If anyone would like to hold a fund-raising event on our behalf, we would be forever thankful.

Los Narejos Beach, near Bar SPINOSA

DANCE & FITNESS CHARITY EVENT
Fundraiser for PAPS
Dogs Rescue Shelter
Saturday 1st July 9:00am

Beach DANCE FIT, Beach YOGA, Beach PILATES, PICNIC And A Lots Of Fun!

Donate To Participate

For more info WhatsApp: +34 634 132 864 or email: lotusflowerspain@gmail.com

You can still contribute towards this epic effort by either giving a donation via PayPal: animalesperrosdelsol@hotmail.com (ref. Wendy's MM Swim), or by emailing us for a sponsorship form. We are an honest bunch and will ensure that the **San José Obrero Orphanage** receives their equal share!

We are still looking for loving homes for the dogs in our shelter. A sweet family of babies arrived a few weeks ago, approx 3 months old, all looking for good homes. See our FB Page: **Support Abandoned Dogs/PAPS in Spain** for more photos.

Another kind volunteer, Lotta, has organised a **Dance & Fitness Charity Event** on Saturday 1st July on Los Narejos Beach to raise more money for **PAPS**.
Beach Dance Fit 9am-10am
Beach Pilates 10.20am-11am
Beach Yoga 11.40am-12.40pm
Friendly doggies are also invited to indulge in **Doggie Yoga!!**

If anyone has a few hours free during the week, why not volunteer with **PAPS**, or perhaps run a fund-raiser on our behalf? Help is always appreciated. Needless to say, donations are also very welcome to help us to care for the dogs. For information, please email: animalesperrosdelsol@hotmail.com

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CHARITY

HELP Murcia Mar Menor

Tel: 968 570 059



Hello everyone
Our charity outlet held a **Summer Fayre** on Monday 15th May with the Terraza Mini Market at La Zona Bar and it was a roaring success.
Thank you to everyone who supported us.



Help Murcia Mar Menor charity outlet is based at Avda de La Union 57, San Javier, 30730.

Our new contact number is **+34 686 482 541**



We offer a free pick-up service for large items and a delivery service for a small fee on Wednesdays and Thursdays.
Our opening times at the outlet are 10am-1.30pm. We look forward to seeing you.

Help Murcia Mar Menor is a small charity, but we are always looking for volunteers to help in our outlet and office.

If you are at a loose end and can spare a few hours a week, we will make you most welcome.

If you cannot spare any time you can become a **Help Murcia Mar Menor** member and come to some of our social events and meet new people.

You can contact our office on **+34 968 570 059**

Address: Calle Penelope 11, Los Alcazares, 30710

If you need any mobility aids, the office opening times are Monday, Wednesday and Friday 10am-12.30pm.

RELIGION



Salt Church Mar Menor @ THE HUB

Email: andy.neale@marmenorchurch.com
Facebook: [@saltchurchmarmenor](https://www.facebook.com/saltchurchmarmenor)
Website: www.marmenorchurch.com

Words are all we have (or do we and for how long?)

Back in the 1960s, the Bee Gees recorded a song with the following lyrics in the chorus;
*You think that I don't even mean
A single word I say
It's only words and words are all I have
To take your heart away...*

Words are the very lifeblood and currency of human interaction. We share love, communicate information, create works of art and describe detail.

Having said that, for sure, **words** do change their meaning over time and we need to keep abreast of that. For example, today the term 'wireless' means an electronic device connected to the internet without need of

a physical cable. However, to me and my age group it still means a transistor radio! "What's a transistor radio Grandpa?" (My point exactly!)

However, these changes in meaning used to come about gradually as generations came and went and fashions changed. However, these days it seems that the 'Word Police' are out there keeping an eye lest we stray into politically correct or social sensitive areas and offend someone somewhere by saying something.

Nowadays we don't have 'brainstorms' but 'thought showers' in case we offend those with epilepsy!

We dare not undertake 'fieldwork' in case that evokes images of slave labour!

We cannot be 'paralysed by fear' should that trouble those who are less physically mobile! Well established and much-loved authors such as Agatha Christie, Roald Dahl and P G Wodehouse are having their classic works 'cleaned up' to reflect modern times and today's agenda.

Who decides what is suitable and what is not?

Who decides what is acceptable or insensitive?

What is the next taboo when it comes to language and who decides what that is?

Will I know before it's too late?

The 'Word Police' are on the prowl!

They may be words and words are all we have, but for how much longer are we free to choose which ones we use? I don't know what you reckon, but it's worth a thought...

To find out more about **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.

Salt Church Mar Menor @ THE HUB
Avenida de la Unión 100
30730 San Javier
Q5W6+GP San Javier, Murcia
what3words: ///examiner.gourmet.directs

Pastor Andy Neale

Salt Church Mar Menor

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

Ministerio de Justicia
Numero Registro 217-SG

Codigo de Identificacion R030048111



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

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

Including: Cabo de Palos, Cartagena, La Union, Los Alcazares, San Javier, Santiago de Ribera, San Pedro del Pinatar & Torre Pacheco
Check at your local Tourist Office for full details of Events

Easy Horse Rescue Daily Tours @ Rojales

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

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

For more information:

Tel: +34 652 021 980

Email: rescue@easyhorsecare.net

Cabo de Palos
Sunday Market

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

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

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

Wear comfortable, safe footwear.

Cartagena

www.cartagena.es

Tel 968 128 800 –Wednesday Market

Thursday 6th & Friday 7th July - Juan Dávila 'La Capital Del Pecado 2.0 @ El Batel Auditorium 10pm

This show is the most daring show of the year. The show is known how they start, but the end is always decided by the public. Laughter and fun are guaranteed as **Juan Dávila** reviews the deadly sins and removes the shame of the audience. After having triumphed seven seasons (with more than 100,000 viewers) in La Chocita del Loro with La Capital del Pecado, which was listed as the best stand-up comedy in Madrid, **Juan Dávila** returns with a different version of stand-up. Tickets available at auditorium box office from 9am-3pm Mon-Fri and on auditorioelbatel.es.

Saturday 12th July - 'Love' The Musical @ Torres Park Auditorium 8.30pm

An exciting and fun musical that celebrates family, diversity and culture. A joyful and entertaining experience for the whole family. The story focuses on the Madrigal family, who live in Colombia, having been blessed by a magical and enchanting house that gives each of its members' special abilities. However, as the magic begins to wear off, the Madrigals must work together to save their home and their legacy. The protagonist is Mirabel, a young woman who does not have a special ability, which makes her feel isolated from her family. When the magic begins to fail,

she realizes that she is the only one who can discover the cause of the magic's disappearance and save the family. The show features impressive choreography, costumes and scenery, which recreate Colombian culture and traditions in a colourful and vibrant way. The musical uses theatrical and visual elements to create an immersive experience.
Tickets 10€ from Auditorium

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

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

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

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

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

Check dates in July for:

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

Check dates in July for:

Roman and Mediterranean Cartagena Guided Tour 2½ hrs

7.50€/13€/15€ in Spanish & English

More information and dates: **968 500 093**

With the help of an audio guide, explore the centre and history of Cartagena at your leisure, visiting the two main archaeological sites of the city, the Roman Theatre Museum and the Molinete Roman Forum Museum, as well as enjoying the beautiful examples of modernism or the military past.
Route: Museum of the Roman Theatre, Calle del Aire, Plaza San Francisco, Museum Roman Forum Molinete, Calle Mayor, Naval Museum, port and Plaza del Ayuntamiento.

Beginning: Museum of the Roman Theatre.

In addition to the route, there is the option of renting audio guides at each museum and site in several languages.

Check dates in July for:

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

Carmen Conde ordered in her will the donation, in favour of Cartagena City Council, of furniture and decorative objects in the living room, hall and office from her house at C/Ferraz, 67 in Madrid. This heritage has now been reproduced, trying to reconstruct the environment in which Carmen Conde and Antonio Oliver created as part of their important work.

La Union

www.ayto-launion.com

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

Los Alcazares Tuesday Market & Los Narejos

Every Saturday

Open Market from 10am

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

Every Monday

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

Every 1st & 3rd Monday

Mini Market @ La Zona Terraza, Los Narejos. 10am-1pm

Every Tuesday

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

Every Thursday

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

www.spangleschorus.com

Email info@spangleschorus.com

Los Balones

Flamenco Evening Dinner & Dance @ Restaurante Los Molinos, La Manga Club, Los Belones 39€ (children 19€) Booking essential

San Javier

www.murciaturistica.es/en/san_javier/

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

Sunday 2nd July - XVII Open Swimming Crossing - San Javier Beaches

600mtr/2,000mts/3,500mts

More information at sports@sanjavier.es
Tel **968 573 105**

San Javier Jazz Festival - until 23rd July

This festival is considered one of the best Jazz Festivals in Spain due to its excellent programming and the participating artistes. It is held in July and offers a whole month of concerts with some of the most outstanding musicians. Visitors can enjoy summer nights listening to jazz in an open-air setting just a few minutes from the sea.

28th & 29th July - III Future Fan Fest

The event aspires to become a complete summer experience, which goes beyond concerts. With six stages of live music, leisure activities, sports on the beach and a sustainable spirit, **Fan Futura Fest** is a proposal around all the interests of the new generations. The main location of the event is located in the sports facilities of San Javier, where the main stages will be

Continued on page 15



Continued from page 14

housed surrounded by green areas.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Every Monday
HAH Help at Home Table Top Sale @ La Zona Bar 10am-1pm
Friendship Group @ The Garden Bar & Lounge 11am

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

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

Every Thursday - 6-10 year olds. 6-7pm 12-18 year olds 7.30-9pm. Men 8.30-10.30pm. Women 10-11.30pm.

Every Saturday - 6-10 year olds. 10-11am

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

Santiago de Ribera
 Tel **968 571 704** - **Wednesday Market**
 On 1st & 2nd Sundays every month - **Artesan Market Mar Menor** in the Explanade de Barnuevo 10am-2pm.

San Pedro del Pinatar
www.sanpedroturismo.com
 Tel **968 182 301** - **Monday & Thursday (Lo Pagan) Markets**

Saturday 29th July - Disco Party with DJ Olivier Maghe @ La Jungla, San Pedro Del Pinatar 10pm

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

43rd Festival Internacional de Cante Flamenco de Lo Ferro Roldan

Monday 24th July - Gala for the Benefit of XXX by Gala Flamenco Schools and the School of Flamenco at 'Manolete' of Granada. 8€.

Tuesday 25th July - Gala of Paco Cepero and Rancapino Chico and Capullo de Jerez. 15€.

Wednesday 26th July - Gala of Mayte Martín, Ezequiel Benítez and Antonio Haya 'El Jaro', Melón de Oro 2022. 15€.

Thursday 27th July - First semi-final Singing Contest with Miguel de Tena and son Patrocinio. 15€.

Friday 28th July - Second semi-final Singing Contest with Dance Company Joaquín Grilo and Cynthia Cano. 15€.

Saturday 29th July - Final of Singing Contest and the Ballet de Lo Ferro. 15€.

Singing, dancing and many talents will perform or the delight of members and flamenco fans that for 43 years has been lighting up the summer nights of the countryside of Torre Pacheco.

More information of the **Festival de Lo Ferro** and activities of the peña on www.loferroflamenco.com

Tickets on sale through the web platform 'Entradas a tu alcance' www.entradasatualcance.com and all Correos offices in the area.



LEISURE

NORMA'S TRAVELS

Week 1 South America: Chiloe Island, Chile by Norma Harris

Here we are again, on our travels. These articles will be a combination of things we did and sometimes reflections on a place or people. This was a return visit to **South America** as we spent 5 months there in 2012-13. We had two weeks in Chile then two weeks where Chris went off with his friend to Antarctica and I was in Argentina and then about 10 days together again in Uruguay.

We left Spain on 16th February for **South America** and the trip from our little village in Murcia involved a lift, a bus, a taxi, two trains, two flights, and another taxi before 36 hours later we were in Ancud in the north of the **Island of Chiloe**. Our initial focus was on Chile to try and see **Blue Whales** and as there was very little information pre-trip about where we might find them, we started with 4 nights in Ancud. **Chiloe** was the last part of Chile occupied by the conquistadors and the last part to join the republic. **Chiloans** consider themselves 'islanders' first and Chilean second.

Our journey had involved a disappointing visit to the AENA lounge in Madrid airport and a pretty poor flight from Madrid to Santiago de Chile with Iberia. Santiago airport was super-efficient; a long queue for immigration, but plenty of police and someone organising the queue. We got our bags to transfer to the domestic terminal for our flight to **Chiloe Island**. We were delayed 3 hours, but it was a great flight with Jetsmart and our taxi driver Abner was there to take us to Ancud. We were pretty tired when we got there, but swiftly dropped our bags and had a few beers and time to enjoy the fabulous setting sun from the hotel deck. After some hotel food we were ready for a long sleep.

Saturday: we had breakfast which was a great selection, including scrambled eggs from 'happy hens'. We went into town to have a wander round, found out there were no **Blue Whales**, so booked a trip to see the **Penguins**. We then spent several hours thinking about what next and found a second place to possibly see the **Whales** and eventually we decided to head to Port Raul Marin Balmaceda (PRMB), hoping to see **Whales** in the Coscovado bay. We contacted some people who offered wildlife trips and we booked a cabana for 3 nights. Getting there looked like a real challenge and to begin with we thought about a bus to Puerto Montt, that gets you off **Chiloe Island**, then hire a car and drive. We booked the bus and a hotel in Puerto Montt. The options from there were to drive east to Argentina and then back into Chile, or drive directly down into Chile using 3 ferries to cross all the 'wiggly bits' of coastline. You need to look at a map of Chile to see how complex the road system is. It's called the Austral Highway. This was looking problematic and expensive and eventually we found a ferry from Quellon (in the south of **Chiloe**) to PRMB. We booked extra nights in PRMB and stop-offs in Castro and Quellon and we went

back to the bus station. We were delighted to be able to swap our tickets for free and booked for Castro and the second bonus was when the hotel in Puerto Montt just moved our booking free of charge!

Many people reading this might think "Why didn't you just book a trip with a company?", but we quite enjoy the flexibility and challenge of DIY. Also, it confronts the senses to 'travel local' and buses and ferries here are quick and cheap.



Stilt houses Castro

In town a café with amazing coffee and cake was a welcome stop. The owner was of German descent and liked Wagnerian style classical music!

On Saturday, as we left for dinner in town, there was a wedding on the deck with the bay in the background - all very beautiful and romantic! When we got back, we found out the disco was booked until 4am!! We had to close the window and resort to earplugs to get any sleep!

On Sunday, we went off to see the **Puñihuil Penguin Colony**. It was a very well organised, beautiful day and great to get out on the water. There are two types of **Penguins**; Magellan and Humboldt. It was a reminder for us of the strength of the South American sun. We both got burnt as we forgot the sun cream!



Puñihuil

Chilean meals are huge and we soon realised we needed to share. Our evening meal was a **Chiloen** speciality Pichanga, the biggest plate you have seen; homemade chips,

cheese, boiled egg, pickled vegetables, beef, sausage. Even sharing we didn't manage it all!



Sunken forest

Monday it was back to town and we booked a second trip to Muelle de la Luz, a river trip down to the Pacific. The trip was stunning with a 30-minute minibus trip to get on our boat, then downstream through a sunken forest, caused by saltwater killing trees in the 1960 Chilean earthquake. It is still the worst ever earthquake; 9.2-9.4 on the Richter Scale. Every midday on **Chiloe** they use the tsunami siren to signal the time. Once we got to the Pacific it was amazing. The Muelle was a short wooden walkway above the cliffs; not for the faint hearted!

Tuesday, we got the bus to Castro, a stop off en-route to the ferry. It's the capital of **Chiloe** and we had time to see the famous stilt house and the amazing wooden interior of the Church of San Francisco. We ate in a family run restaurant called Mary's; spotlessly clean, great friendly service and delicious light food - grilled salmon with tomato and avocado salad. I had forgotten how gorgeous avocados are in South America - always perfectly ripe. It was Pancake Day in the UK and there were even pancakes on the menu!

On Monday at the hotel Chris had had an issue with his credit card. He realised he had tried the wrong number! On Tuesday it wouldn't work to pay in the next hotel, as the bank had blocked it! Two calls and two trips to an ATM and it was re-activated. I knew my Skype account would come in useful! Calls on our mobiles would have been €2.50 a minute.

Next stop was Quellon, a port town. Ferries from here go in every direction. It is not attractive and has more than its fair share of botellerias and the subsequent drunks, but it is a necessary stop off. Accommodation is basic and not cheap. We stayed in a guest house with a shared bathroom for 50€ and no breakfast! It was not even a good night's sleep as people arrived off the boat at 2am. Our ferry was due to leave at 11am, but it was delayed about two hours. It was a 5-hour crossing, but we were expecting to be met at the other end by Vanessa, our host. The village we were headed to had no mobile signal and limited Wi-Fi and the power was off from midnight to 8am, but it looked beautiful, unspoilt and we had full 4 days to search for **Blue Whales**.



Restaurante Los Molinos

La Manga Club

Los Belones

Tel: 650 276 759



Directions:
<https://g.co/kgs/31fKXT>

Flamenco evening

Dinner and Dance

Adults 39€

Children 19€

Arrive for dinner
between 7pm - 8:30pm
Live music from 8pm-9pm
Flamenco 9pm-10pm

10pm - 11pm:

Live music and a chance to dance.

Every Thursday until the end of September

3 course meal

Buffet starter with tapas and salad

Main course to choose from:

Spare Ribs in a Homemade BBQ Sauce

Murcian Style Roast Lamb

Grilled Sea Bass

Prawn in a Cream Sauce

Vegetarian Chilli

Petit fours for dessert.

Bookings and deposit required



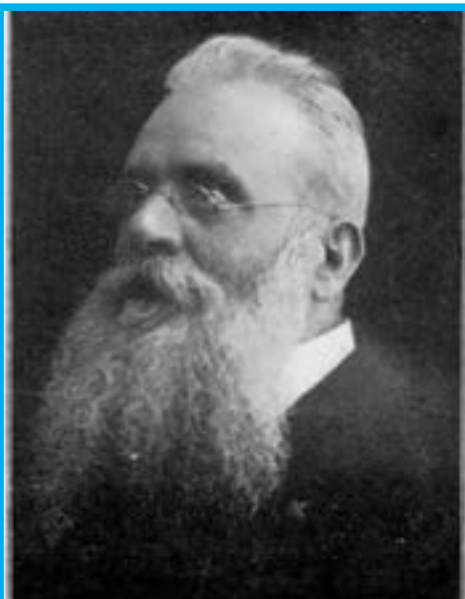
INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge
dalbridge21@outlook.com

The Apostle of the Tree

The **Sierra Espuña** is one of the great natural treasures of Murcia and encompasses well over 17,000 hectares of spectacularly mountainous territory lying within the municipalities of Alhama de Murcia, Totana and Mula. Way back in 1931, the area was declared a 'Natural Site of National Interest' and in 1992, the **Sierra Espuña** received the protected status of being a recognised Regional Park. This Park has since become a protected area for birds, a place of community importance and the home for a prodigious array of flora, fauna and wildlife. In particular, the **Sierra Espuña** has become renowned for its trees and forests.



Ricardo Codorniu



Ricardo Cordoniu monument, Parque del Retiro, Madrid (c) Mr Tickle



Sierra Espuña Icehouse (c) Mancomunidad de Sierra Espuña

The tree species that predominates in the **Sierra Espuña** is the Aleppo Pine, but in the highest, most mountainous areas, Black and Red Pine is very common. Holm and Gall Oak trees, along with Montpellier Maples, can also be found in various locations across the Park.

The Snow Wells dotted around the **Sierra Espuña**, built at the end of the 16th Century, are of considerable historical interest. These wells were constructed in order to store winter snow, collected in the mountains. This snow was then distributed, in the form of ice, to hospitals, towns and cities throughout Murcia. These early 'refrigerator' type constructions were in use for a very long time and served a valuable, practical purpose until well into the 1920's.

The future looks bright for the area, but this has not always been the case: At the end of the 19th Century, the **Sierra Espuña** was in a state of complete collapse. Most of its trees and forests had disappeared and many areas were turning into deserts – a process of 'desertification' was, in fact, taking place. Urgent, visionary steps needed to be taken if the **Sierra Espuña** was to be rescued and the person who came forward to launch these visionary steps was **Ricardo Cordoniu**, a forestry engineer born in Cartagena in June 1846. In 1889, **Cordoniu** began the enormous task of reforestation of the entire **Sierra Espuña** and at the same time he laid plans for the restoration of the **Guardamar del Segura Pine Forest**.

Ricardo Cordoniu came from a family with immense political and economic influence in Murcia. On the maternal side, he was the grandson of **Manuel Starico Pescetto**, an important Murcian merchant and politician.

On the paternal side, his grandfather was a prominent senator and congressman called **Manuel Codorniu y Ferreras**. **Ricardo** was also the father-in-law of the politician **Juan de la Cierva y Penafiel** (whose son was the world famous aviator and autogyro inventor, **Juan de la Cierva**). **Ricardo Cordoniu** used his influential connections in Murcia in order to lobby for the benefits of tree planting and forest development in a way which was well over a century ahead of its time and has much in common with the 'green' agenda followed by many countries across the world in the 21st Century. **Cordoniu's** passionate defence of forests was well known – if not understood – by many Murcian residents in the late 19th Century, who referred to the '**Old Man of Cartagena**' (as **Cordoniu** was sometimes known) as '**The Apostle Of The Tree**'. **Cordoniu** was, however, far more than just a pioneering environmentalist and lover of nature and 'the great outdoors'. He was a notable polymath, with interests and skills in a wide variety of areas. He was, for example, a very prominent speaker of Esperanto, the artificial language devised in 1887 by the Warsaw based ophthalmologist **L L Zamenhoff**, in order to enhance international communication and understanding. **Cordoniu** founded the **Murcian Esperanto Society** in 1902 and became the very first president of the **Spanish Society for Esperanto Propaganda** (which became the first national Spanish Esperanto association).

The Esperanto language which **Ricardo Cordoniu** lobbied for in Murcia and throughout the rest of Spain, retains the structure of the chief European languages – including Spanish – and puts a strong emphasis on grammatical regularity and ease of pronunciation. The word 'Esperanto' itself can be translated into English as 'One Who Hopes,' and **Cordoniu** and other enthusiasts did indeed hope that the new language would become a universal second language for international communication,

but these hopes have never really come to fruition. At the time of the '**Apostle Of The Tree's**' death in 1923, there were relatively few Esperanto speakers in Spain and in 2020 there were perhaps just 100,000 people across the world who could speak the language fluently. The highest concentration of Esperanto speakers is currently to be found in Europe, East Asia and South America. Nevertheless, the Esperanto language which **Cordoniu** so enthused about is far from dead. Classes can still be taken on the subject and Esperanto language books can still be purchased. To this extent, therefore, the linguistic work of Murcia's famous '**Apostle Of The Tree**' was not entirely in vain.



The Sierra Espuña, with Aledo in the background (c) Werner Wilmes

Some useful English/Esperanto words and phrases:

- Hello! (Saluton!)
- Thank you! (Dankon!)
- My name is .. (Mi nomigas ..)
- Please (Bonvolu)
- Yes (Jes)
- No (Ne)
- Good morning (Bonan matenon)
- Goodbye (gis)
- What is that? (Kio estas tio?)
- I am well. (Mi fartas bone.)
- How are you? (Kiel vi fartas?).

Adrian & Dawn L. Bridge





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EDITORIAL



Tel: +34 868 081 687 or +34 711 066 986

Email: sales@thepropertygroup.info

We are thrilled to announce the upcoming grand opening of our flagship offices in Mazarrón. We are ready to dazzle attendees as we unveil our modern and innovative spaces. With our offices on the ground floor for **The Red Square Group** and **The Property Group, Nucci** will be gracing the second floor. This occasion promises to be a celebration of growth, elegance and a bright future for our businesses and the community we serve.

The Red Square Group: Building Foundations for Success

Our completely refurbished space, covering 6,000 square feet, reflects our commitment to excellence in construction and property services. We invite attendees

to explore our modern and functional environment whilst engaging with our knowledgeable staff who can provide insights into the comprehensive range of services we offer. Our opening day will be a feast for the senses, offering delightful canapés, refreshing drinks and a lively ambiance to celebrate this new chapter together.

The Property Group: Elevating Real Estate Experiences

Our elegantly designed office space will provide a glimpse into the future of real estate experiences in Mazarrón. We invite you to discover our extensive portfolio, featuring residential and commercial properties in Alicante, Murcia, Granada,

Torremolinos and Marbella. Engage with our interactive displays, attend engaging presentations on emerging market trends and receive personalized consultations that exemplify our commitment to delivering exceptional service. Join us in the festive atmosphere as we create an environment of excitement and anticipation for the transformative real estate solutions we offer.

Nucci: A Blooming Oasis

Ascending to the second floor, you will be enchanted by the **Nucci** shop—a haven of floral artistry and natural beauty. Our chic space showcases a vibrant display of fresh-cut and locally grown flowers, representing the pinnacle of our dedication to our craft. Explore our range of artistic floral arrangements, including dried and preserved flowers that embody sustainability and longevity.

We are excited to invite you to join us at the grand opening of our flagship offices for **The Red Square Group, The Property Group** and **Nucci**. This momentous occasion will take place at Avenida Costa Cálida, Ur Bahía, Bajo 8, (opposite Bocapizza), where our modern and innovative spaces await. Mark your calendars for Friday 14th July, 2023, from 10am-6pm, as we celebrate a promising future filled with endless possibilities. Together, we will shape our industries, elevate the community we serve and create lasting connections. Don't miss this opportunity to experience the essence of **The Red Square Group, The Property Group** and **Nucci** as we unveil our flagship offices and embark on a remarkable journey together.



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GROUPS



Puerto de Mazarrón Ladies' Circle

Puerto de Mazarrón Ladies Circle

Hello Ladies

Another month has passed us by and Summer is upon us.



On 18th May, Roger Bayliss came to show us some of the lovely photos he has taken of the local birds and wildlife. His talk was interesting and at times amusing. He explained how the habitat in the area is changing and encouraged us all to plant more flowers to enable the insects and birds to survive. Our monthly trip in May was to Guadix where there are numerous cave houses. We

had an early start and had superb weather for our trip. We went on the little train from the cathedral up to the cave houses and Church. It was so interesting looking around the Church and then going in and around one



of the cave houses. We climbed up to the viewing point to see all the chimneys coming out of the earth. We then returned to the Cathedral, which is a stunning building, to do whatever we wished. It was good to walk around the city looking at the different architecture and shops, before going for a leisurely lunch prior to our journey home.

The following week we celebrated **Ladies' Day** at the Derby. Many of the members dressed up wearing lovely clothes and fancy hats. Steve Tucker kindly provided the horse races and we all had a little flutter. It was an entertaining afternoon that we all enjoyed.



Beryl Aschmann and Lee came to speak to us about Essential Oils. They brought numerous products with them, explaining the properties of some of the oils and how they can be used to improve health. They finished off with a Raffle and the winner received a goody bag with some of the products to try. It was an informative and interesting talk.

Ladies' Circle does not hold meetings in July and August, but the Committee will be meeting. Enjoy the Summer everyone, take care and see you in September.

GROUPS



Wet Wet Wet

April was the warmest April in Spain since records began we are told. It is a pity it didn't last through May, which was wet, wet, wet (good name for a pop group). Still that didn't stop the **Camposol D Gardening Teams** carrying out much-needed work. In fact lots of maintenance and clearing up was carried out. The focus for the **Gardening Teams** has been on areas that haven't had any maintenance in the past few years, starting with the refurbishment of the **Wishing Well Garden** at the top end of Los Covachos, followed by maintaining the verge and planted areas up to the end of the Avenida. Hopefully the upkeep of the areas will be carried out on a monthly basis by local volunteers.

The team dedicated to the Esparraguera area has been finishing the Petanca courts by installing a top layer of sand, pruning shrubs and palms and the installation of a new patio table and benches. Camposol D have invested time and funding into making the courts and seating area usable and a pleasant facility for the D community.

Mazarrón Country Club was a huge success and photographs can be viewed on the Camposol D Community and Gardening Group Facebook page. A big thanks to all those who attended and for their support for Camposol D events. Events like this one, not only provides financial support for the group, but also develops an inclusive community spirit. Thanks also to La Taverna and Raquel Peña for making the event so successful.



to take your donations. The bucket collection is the main source of funding for the Camposol D Groups, so for all residents or visitors on D, we say "Please stop and donate whatever you can afford, so we can keep



funding much-needed improvements on Camposol D. Please note that the **Bucket Collection** on a Friday is to fund work on D, if you drop money into other bucket collections, this does not go to Camposol D; only the money donated on a Friday morning does.

Dancing the Night Away

The **Flamenco Evening** held at La Taverna,

Camposol D Bucket Collection

Each Friday morning Camposol D volunteers are at The Hut on Los Covachos



GROUPS



Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



Green Fingers Annual General Meeting 2023

Our **AGM** was held on Tuesday 6th June at the Golf Club. This was rescheduled from Tuesday 23rd May 2023 which was cancelled due to the adverse weather. 16 members attended and were warmly welcomed by the Chairman, John Osborne.

The minutes of the last **AGM** were agreed and any matters arising discussed. John then provided his report highlighting how the group had recovered following the pandemic and had had a very successful year. One area of concern was the continuing pilferage of plants and, as happened recently, plant pots. John went on to thank the maintenance team, the volunteers and the committee members who had all done a great job in keeping Camposol C looking so resplendent. Our Treasurer, Jayne Miller, then presented the accounts for the financial year ending 31st March 2023. After scrutinising the



finances, the accounts were unanimously endorsed by the members.

The Chairman then advised the meeting that three committee members were stepping down; John Williams, John Tweedy and Graham Ashfield. All three were thanked for their efforts. The meeting then moved on to the election of the executive and committee members. John Osborne was elected as Chairman, the 12th time in the last 13 years! Kevin Harper as the Vice Chairman for his second term of office, as was Jackie Blow [Secretary] and Jayne Miller [Treasurer]. The chairman sought nominations for a vacant position of Information Officer and Paul Cassidy was duly elected. The remainder of the committee were also unanimously elected by the meeting;



Lesley Duntton, Paddy Clarke, Sheila Dayson and Alan Hornsby. After a variety of Any Other Business discussions the meeting was closed in a timely manner.



If you live on lower Camposol C and have a couple of hours to spare on Wednesday mornings, why not pop along and help the other volunteers? Examples of the type of work they carry out include: pruning trees and bushes; weeding; planting; watering; clearing any debris that gathers after storms and generally trying to keep our sector looking its best.

CHARITY



FORGET ME NOT

Community Respite Care for the Mazarrón Area

Dee: 603 121 416
Diane: 711 028 693

Forget Me Not charity is run by volunteers for anyone with an illness that requires a Carer to look after them. Sessions are held at the Social Centre, Camposol B on Monday & Thursday mornings from 10.15am-1.15pm, providing respite to the Carer. There is a trained nurse at every meeting as well as, skilled volunteers.



provide tea, coffee and biscuits and a free lunch for clients. **Forget Me Not** prides themselves to always be there for the Carer with help, advice or just a sympathetic ear. **Forget Me Not** meetings hold a craft session and the men can enjoy a game of dominoes. To end the sessions we have a few games of bingo.



our sessions and see what we do? If you wish to become a volunteer, or feel that our sessions could meet the needs of a friend or loved one please contact us.

We held a **Quiz Night & Raffle** at The Diner, Camposol B on Wednesday 21st June and on Saturday 24th June we enjoyed the fantastic **Diane Diaz as Dusty Springfield**.

Forget Me Not has a diary full of exciting events:
Friday 7th July - The Fabulous Phil Collins Tribute Act and Raffle at Alley Palais, Camposol B from 8pm. This event is free entry, but reserving a table is recommended.

Saturday 19th August - Music From The Dualers from 8pm on Camposol A. Please reserve you seats to avoid disappointment. There will also be a raffle, so come along and have a great evening's entertainment and support a good course.

Forget Me Not 'Cares for the Carer' freeing up quality time for those constantly in demand looking after their loved ones' every need. **Forget Me Not** meetings



Forget Me Not is continuing to grow from strength to strength as we welcome new clients and volunteers to the group. Several of our clients have returned to the UK during the warmer summer months and we look forward to their return in September. **Forget Me Not** is also open to individuals that are staying for a short period of time on Camposol and the surrounding area. If you are able to make your own way to the sessions you would be made very welcome. Why not come along to one of

I would like to take this opportunity to express our gratitude to Sara McLaughlin from Cat's Bar on Camposol A for coordinating our two Saturday evening charity events on June 24th and August 19th. Also, huge thanks to Michelle Miles for arranging the **Phil Collins Tribute Night**.



GROUPS



Camposol 2025
What do you want it to be?

Election Outcomes

It's been a month since the local government election and by the time you read this report, we should know from the council meeting on 17th June, the composition of the council team for the next four years. Although the PP Party gained eight seats, this is not enough to create a simple majority. The 'horse trading' should decide the structure of the new council.

Camposol 2025

will continue to work with whoever is in power to bring improvements to Camposol in the next years. One piece of good news is that our current councillor for foreigners and Camposol, Silvana Buxton was re-elected for the PSOE party, which came third in the election after PP and UIDM parties. We will need to wait to see if Silvana will be appointed to the same role in the new administration. Please keep an eye on the **Camposol 2025** Facebook page in the coming months, as we will be asking for ideas for projects that we



can look to implement this year. We have some ideas and need input from residents so we can try to achieve what they really need.

Fitness Area

This has been worth the wait! At last the new fitness area has been completed on D7, adjacent to the football pitch. The level of equipment includes: climbing/push up bars, table tennis tables, rowing machine and step up machine. Soft impact surfacing compliments the equipment to ensure a safe environment. Keeping fit is important to maintaining a healthy lifestyle and the **Fitness Area** will enable residents of all ages to exercise in a well equipped facility. **Camposol Free Community Sports** are planning a series of 'keep-fit' sessions and details can be found on their Facebook page. **Info Hub**
Street Lighting - completion of final phase.



installations have taken place on Calle Martos. This brings to the end the solar street lighting initiative which improved street lighting on private roads, making them more secure, and thus providing residents with night time lighting. Thanks to all the residents who supported the initiative and to the team of volunteers who installed the lights.



D Sector Gardening On Vacation

The gardening team is taking a well earned rest over the July and August period, returning in September.

Ecoparque Weight Limits

If you take bulky waste items to the Mazarrón Ecoparque, please note the weight limit is 50 kilos. This is especially important if you take a trailer load. Please remove any metal items from wood or kitchen doors or units.

CHARITY

Cavalli Foundation
"Helping Horses Help People"

Charity N°: G73786279

Call 636 172 198 or info@cavallifoundation.org



Well, we did it!

We have moved with all our animals to the new Ranch in Los Muñoces and have left the old **Cavalli**. It has definitely been the toughest challenge we have had to accomplish. We had a deadline that seemed impossible to achieve as we were forced to leave. We had to walk over 4½ hours with 11 of our horses through the mountains to get to the ranch, as it was too traumatic for most of them to get in a lorry or van. We then had to transport the other 7 horses, who couldn't walk due to illnesses, all our dogs and cats and last but not least, all our farm animals!



The ranch with our herd roaming free

The perimeter fencing is done, the electric paddocks have been connected and work at last and the water supply is also working, but there is still so much to do. We are currently providing temporary shades as we can't plant trees until it gets cooler. The cottage is being refurbished and the toilets are being built. We are expecting to receive a container to store the horse-feed any time soon. The solar electric installation and the water plant are also happening next.



Walking through the mountains with the horses

her through an operation that would mean cutting her ligaments.

We hope to continue with our **Summer Activities** and **Pony Club** for children at the end of July, so keep your eyes open on our Facebook and Instagram pages for dates and events.



x-rays and vet check up for Poppy

What can I say about the weather?! We needed the rain, but the timing was terrible as it caused a lot of delay in the building work. What an experience! We have hardly slept and have felt all the emotions at the same time, but we made it possible. We are so proud and thankful for all the help we have had these past weeks. Without all our volunteers, this mission would have been totally impossible, but it was all worth it. The horses are loving all the space to roam free.

Crowdfunding

The campaign is slowly growing and we have extended the campaign to see if we can reach our objective. You can visit, share and make a donation if you wish on **Chuffed.org "30 days to save our herd"**. We still need as much help as we can get to assure our horses and farm animals' welfare.

Poppy, our sweet little pony had a vet and farrier check-up. The X-rays showed that her laminitis was a lot worse than we thought, but our trimmer did a fantastic job and **Poppy** is now feeling much better. We hope she continues to improve so that we can avoid having to put

If you would like to support us in any way or become one of our volunteers please contact us on **636 172 198** or **info@cavallifoundation.org**
For Any Donations - We and all the animals would be very grateful for your help and generosity:
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ENTERTAINMENT

CAMPOSOL COUNTRY AND WESTERN

Email: tapeb2205@gmail.com



The May meet for **Camposol Country & Western** was a great night considering we lost a few regulars to the weather, which is unusual for May. Over 40 people enjoyed Eddie B playing their favourite country songs. **Come on Down Everyone!** There is plenty of room for more line dancers, or just the ones who are fans the **Country & Western** scene. The next **Country & Western** night is not until Thursday 28th September as we do not meet during the hot, busy months of July and August. We will meet at the usual time of 8pm until 11pm. We hope to see you there.



CHARITY

FRIENDS OF MAZARRÓN ANIMALS

fma.murcia@gmail.com

+34 711 032 574



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

Have You Ever Thought About Fostering? Our article this month focuses on **Fostering** and how important it is to us as a charity.

When you **Foster** a dog, you agree to take that homeless dog into your home and give him or her the love, care and attention that they are so missing in their lives. This could be for a short period of time, (maybe as little as an afternoon in the cases of emergencies), or it could be for weeks or months, but this would obviously be negotiated with the fosterer beforehand.

Fostering is so important, especially for those dogs that have not lived in a home environment before. Allowing these dogs to live in a family setting enables them to be socialised and trained and it provides a stepping stone towards their new home. **Fostering** a dog is one of the most rewarding experiences you can have and by taking an animal in need temporarily into your home, you are freeing up a spot

enabling us to take in other dogs that are often waiting in the wings to be saved.

A lot of people tell us that they don't **Foster** dogs because "I could never give them back". We understand that this can be very difficult, but when you see the numerous updates we receive, showing the dog thriving in its new home, the tears and upset are all worth it. Remember, **Fostering** gives you all the joys of adopting a rescue dog without the long-term commitment and it's perfect for dog lovers who aren't ready to adopt a dog just yet.

All applications to **Foster** are subject to a home check and we provide guidelines to help you with all **Fostering** procedures. **FMA** are always on hand to answer any questions you may have, or if any problems should arise. We will support you every step of the way by providing, if necessary, bedding and any other practical things you may need. We also cover the cost of any veterinary

treatment whilst the dog is in your care.

FMA is so lucky to have such wonderful **Fosterers** volunteering for our charity and we really could not operate without them. **Would you like to join our team?**

If you would like more information on how you can become a **Fosterer** please contact us. **Remember Fostering Saves Lives!**

Private message our Facebook page at **Friends of Mazarrón Animals**

Join Our Teaming Group.

Donate just 1€ per month. <https://www.teaming.net/friendsofmazarronanimals>

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

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FMA CHARITY GOLF DAY

SATURDAY
1st JULY
2023

BBQ

CAMPOSOL CLUB DE GOLF

TEXAS SCRAMBLE
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1€ pp Per Shot
9.30am Shotgun Start
4 Players Per Team
20 Euro Per Team Entry
(Green Fee For Non Members)

Post Tournament BBQ & Entertainment

Friends of Mazarron Animals

DONATIONS NEEDED!!!

We are now collecting donations on Camposol

If you have any items you would like to donate, including clothes, shoes, accessories and homeware, we would be very grateful

Donations can be made on Friday 14th July between 1145 and 1200, at the car park by the roundabout, opposite the garage on Camposol B sector

Please contact FMA for more information
PM to our FB page Friends of Mazarron Animals
Call/Whatsapp +34 711 032 574





Friends of Mazarrón Animals
Private Message our Facebook page at
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TUPPANCE



GROUPS 'B CLEAN' GARDENING GROUP



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

The last few weeks have been a bit 'give and take' for **B Clean**. The weather has given the gardeners and farmers plenty of rain, which has been a great help. Unfortunately, the rain also gives us wet ground and difficult working conditions which then takes away the Volunteers' valuable working time. The weeds also welcome the rain, so our work team are already battling the weeds that seem to get anywhere and everywhere. Currently, the green invaders are under attack at the kerbsides and the Commercial Centre car park.



On the giving side, **B Clean** has been fortunate to receive more, much-needed, funds. Much has been generated by our ever enthusiastic Colin Thackwell, who has already crossed the 1,000€ line with his static cycling. In addition, **Chatterbox** social group members were also kind enough to make a donation to the group's funds and somebody has gifted some pots and troughs for projects. Every donation is welcomed and needed, so many thanks.



game'. This time, the light-fingered idiots have taken the recently planted oleanders from the Lower B car park perimeter. Those stolen, were planted recently to replace the last lot that were taken! As usual, no information concerning the theft has been forthcoming.



Unfortunately, this article has been about 'give and take' and, once again, somebody has decided that the plants put in for the benefit of residents and visitors are 'fair

This month's article concludes with two pleas: Firstly, for more attention to be paid to suspicious activity around community projects. Secondly, for continuing support from the community for **B Clean** and all the garden groups on our urbanisation.

CHARITY ANDREA'S ANIMAL RESCUE & THE HENRIETTA FOUNDATION

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www.andreasanimalrescue.com



Well the months are certainly flying by! It will soon be Christmas!

A few weeks ago we were informed by the local police of Mazarrón about an abandoned donkey in La Atalaya. When we arrived she had been locked up with some goats by the local goat man saying he put her there for safety and she belongs to all the villagers. WELL - It's such a shame the villagers don't have eyes to see the state this girl was in!! She was struggling to walk due to severe hoof negligence and also has a little laminitis. She has a total of 3 teeth in her mouth - Yes 3!! Never have I seen such poor treatment of an animal that still wants to give so much. It is utterly shocking. She was named **Esmeralda** and will be sponsored, by two of our sponsors Mike and Linda.



to calm him, is water. He has now been castrated so we need to hose his 'bits n bobs' to keep the swelling down. He enjoys his shower and acts like a normal donkey ... turn the hose off and get ready as he is a donkey possessed again!!! We will continue to work with him and gain his trust, but he's one challenging donkey!



At the time of writing our **Benidorm Trip** is just days away. A huge thank you to Linda and Dave for supplying all the raffle prizes. It is only a day trip, but it's so nice to do something other than donkeys!

Our dear boy **Bradley** was homed! We weren't actually looking for a home for him, but when our friend Gill lost her darling **Gini**, her boy Rascal was very lonely. I do get to see him as Gill lives half the week at the sanctuary. **Bradley** came to us a year ago from Mazarrón Town. His owners went to Barcelona to see their son every weekend and sadly **Bradley** was left on the patio. He loves people, so I can imagine how lonely he was. His life changed when he came to us.



We still have Mollies' 4 pups
They are 6 months old now - all girls.

Our Sponsorship Scheme for the donkeys and ponies makes a super gift.

This scheme is vital to our ongoing work and really helps with the constant rise of the feed bills.

Donations

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

Caja Rural Bank Account
Andreas Animal rescue and the Henrietta Foundation
IBAN: **ES 9830185740682015846617**
BIC: **bcoeesmm018**

Donations

We are at the roundabout on Camposol B very Monday where you can drop donations off from 11.30am-1.30pm. Larger items can be collected by prior arrangement. Items can also be dropped off at our shops in Roldan or Mazarrón Town from 10.30am-1.30pm.



GROUPS

Ladies' Chatterbox

Email: onlyforsue23@gmail.com



H e l l o
Everyone
W e l l
Summer is here, along with the heat and everything associated with it and then all the things we try to relieve it with - Air Con, iced water, feet in the paddling pool we found at the back of the shed, or just chill and go for a swim in the sea. I'm sure you all have your own remedies. However, is that not one of the reasons we moved to Spain?



Lunch



Almost there



After lunch

Chatterbox is now on holiday until September, but not before we had our end of season party at Restaurante Amapola and what a fabulous afternoon it was! It was a beautiful setting, excellent food, brilliant company, lots of dancing and the best **Pass The Parcel** ever!

We have our **Christmas Party** in December at the same venue, so if you think you might like to join us, drop me an email or have a look at our Facebook page. You can

also see what else **Chatterbox** gets up to.

Enjoy the rest of your Summer and remember, be kind! It costs nothing but means so much!

Best Wishes
Sue

Sitting under the Air/Con with a glass of iced water!!!

RELIGION

www.wellspringvictorychurch.com

WELLSPRING VICTORY CHURCH



Most of us will probably remember watching Star Trek with our children. The crew got into so many difficulties with strange lifeforms and other frightening creatures chasing them - Captain Kirk is supposed to have said those immortal words "Beam us up Scotty" and they were transported as if by magic back to the safety of the Starship Enterprise. Of course Captain Kirk didn't use those exact words, but it is what was probably meant.

How many of us, when we go through difficulties, times of crisis, times of change would love to be able to say "Beam us up Scotty!"

In times of crisis and change - and let's face it none of us really likes change - it's as if we feel we are in an alien place, an uncomfortable place - a valley where there's not so much sunlight. We are moving on from the security of the known to the insecurity of the unknown. Wouldn't it be great to just say "Beam us up Scotty!"

Out of our insecurity we can make important decisions based on what we are feeling. Maybe we can all think of people who shortly after the loss of a partner, decide to move away from everything they are familiar with and they live to regret this hasty decision.

We who know and love the Lord Jesus believe He is with us always, but more so in times of crisis and change. Everything around us may change, but He is always the changeless one. There is an old hymn which says "Will your anchor hold in the

storms of life" and goes on to say: "We have an anchor that keeps the soul, Steadfast and sure while the billows roll, Fastened to the rock which will not move, Anchored firm and deep in the Saviour's love."

One of the Bible verses God gave us as a Church at the beginning of the year was: "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight."

A great promise from the Book of Proverbs which has been such a comfort and a guide to many of us this year. It was written by King Solomon who knew the difference between the known and the unknown, trusting God for what he could not see. There are two different words in Hebrew for 'trust'. One means when you are in danger and you trust someone, they will protect you.

The word used here for trust is like the picture of a young child learning to ride a bike for the first time - very wobbly when he gets on with a mixture of fear and trepidation and excitement. His father holds him and guides him saying "Daddy's got you. I won't let you fall. I won't let you down. You're completely safe with me guiding you."

Our word here for 'trust' means to rely on someone, to have confidence in them, to lean on and to trust wholeheartedly (no matter how difficult or foolish it may seem). We can trust wholeheartedly in our Heavenly Father to guide us and support

us and He will never let us fall and never let us down.

Maybe you are going through a difficult time at the moment. We all have them. Why not come along and join us one Sunday morning at 11am upstairs in the Trevi Bar, Camposol B? Just grab a coffee and come up and join us and let us introduce you to Jesus our forever friend and the anchor which keeps us safe and secure in all the seasons of our lives.



WELLSPRING VICTORY CHURCH

A family church for people just like you

We meet every Sunday
11 am at Trevi Bar Camposol B

We invite you to join us any Sunday morning

The service is also available online from Monday onwards
www.wellspringvictorychurch.com

For further help call 607 382 033



GROUPS

Los Palacios Gardening & Community Group

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

It has been a very busy past few months for the **Los Palacios Gardening & Community Group**. We have been working on Calle 9 (the road where the doctor's surgery is located). This was an old group project which hasn't been worked on for a few years. We have now cut the palm and pine trees so people can now walk along without having to duck! We have also pruned the smaller plants and bushes, as well as weeding the gravelled area and are in the process of cleaning up the old pine needles and leaves.



is something for all! Please note that due to the volume of books we currently have we can no longer take in hard back books and will only be accepting novels. Please come and support the library as much as you can.



Work should also be starting within the next couple of weeks of the construction of the new flower bed on the **Memorial Park** to enhance the area. This has been done with money which was donated from the **Fiesta Committee** and the balance from the gardening group funds.

We are always looking for new volunteers and donations are always welcome.

Another reminder that library is open on a Friday morning 10am-12.30pm. We have a wide range of books of all genres, so there

CHARITY

MABS Mazarrón
Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



MABS Cancer Support Fundación

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

We can provide:

Transport with driver to take patients to and from hospital.
Home carers to provide additional care when needed.
Respite and Hospice care in our **Respite Home**.
Medical equipment on loan to patients.

1-2-1 counsellors.

If you need our help, phone our **Helpline 620 422 410**

Recent Fundraising Play Your Cards Right

Patricia Matthewman, husband and friends donated 130€ to **MABS**. They held a birthday party for her husband on Hacienda del Alamo and played **Play Your Cards Right** to raise money. Half the winnings was going to **MABS** and half to the winner, but Amanda generously donated her winnings, so a big thank you!

Elliot's Restaurant Fun Beach Petanca

On 13th June, Elliot's Restaurante ran their **Fun Beach Petanca Competition** on the beach at Bolnuevo. 28 people took part, including two Spanish competitors. The event was won by José and raised 200€ for



MABS. The total included donations from some who could not attend.

Future Events

MABS Craft Group @ The Diner, Camposol B

This is held on the first Friday of every month from 11am-2pm with quality hand crafted cards and gifts.



Santander to Madrid Cycle Challenge from 25th-29th September

The mad cyclists are once again punishing their bodies; this time from Santander to Madrid. Sponsorship forms are available from **MABS Respite Home**. Details of the homecoming reception to be announced.

Race for Life - 29th October.

Watch this space for further details.

Help

We are always in need of furniture, clothes, bedding, bric-a-brac and books to sell in our Charity Shop in Totana, Avenida Juan Carlos I.

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

We have drop-off points for smaller items at The Clubhouse, Camposol C, The **Respite Home** and Alley Palais, Camposol B and a new drop off point in the ASSSA office at La Pirámide, Puerto de Mazarrón.

Books are available on the bookcases in Alley Palais, Camposol B.

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



CHARITY



committee@fast2016.org
www.fast2016.org

FAST is your First Aid Support Team in Camposol

We are a team of Volunteer Responders trained and ready to assist any resident of, or visitor to, Camposol (free of charge) in that period between an ambulance being called and the arrival of the emergency services. Our service is available to all nationalities – whilst we may not be able to communicate perfectly in all the languages spoken on Camposol, it is the case that for the most part what we see is enough to render efficient First Aid.

Whilst we have recruited and trained heavily since the disruption caused by the pandemic, we are still a very small team and with Responders taking their own holidays, or being unavailable as they have visiting friends and relatives, we are pushed to the limits to try and offer our preferred 24/7 service.

If you have ever considered becoming a Responder with **FAST, NOW IS THE TIME TO BE IN TOUCH WITH US!**

We have an initial basic training course planned for 10th-12th July inclusive. Attendance on all three days (9.30am-4.30pm) is essential to gain the necessary qualification. The course will take place at the Social Centre. Camposol B and is

completely free for all attendees.

What we need from you:

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

In return we can give you:

Free training delivered by fully accredited tutors/instructors with all certificates approved by Murcia Health Authority, EMS and European Resuscitation Council.
Car, uniform and all necessary equipment whilst on duty.
Weekly training sessions.
Membership of a fun society with social events and trips.
A huge amount of pride and personal satisfaction at being able to assist a member of the community in their time of need.

If you have heard that Responders have to sit by a phone all day waiting for it to

ring, or that they sit in cars all night on the roundabouts, or any other such strange off-putting rumours, please come and speak to us and let us put your mind at rest. Our Responders typically go about their usual business at home or within Camposol whilst 'on duty', but are ready to jump into action (along with their **FAST** qualified partner) should the need arise.

Our weekly training sessions on a Tuesday morning in the Social Centre, Camposol B are designed to reinforce and enhance the training with simulated scenarios of various accidents/incidents, alongside the more traditional style presentations and guest speakers. Whilst these are obviously important to keep the Responders' skills sharp, the sessions are a huge part of our team and friendship building - and tea/coffee drinking and cake eating is encouraged!

We are desperately short of Responders,

so if you do think you may be able to help out, please either contact us initially on recruitment@fast2016.org, or pop along to one of our Tuesday training sessions at the Social Centre, Camposol B between 10am-12pm to reserve your spot on the upcoming course. **We really hope to see you soon!**

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

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

Joe is a really handsome boy born 4th May 2022. He was one of 8 siblings rescued by **Noah's ARC** after his Mother was shot by a farmer. The pups were only 4 weeks old.



Joe

Joe is the only one left now as his brothers and sisters all have homes. He is neutered and fully vaccinated.

Jade is a beautiful girl who has ended up in our kennels because her owner has unfortunately died. **Jade** is used to living in a home so



Jade

she is house trained. We are trying to get her back to a home life as soon as possible. She is spayed and fully vaccinated.

Steve is a big gentle Mastin not even a year old, who along with his brother, was abandoned on the back of Mazarrón Country Club. The boys were starving and skeletal when they were found, but with good food and lots of love at the kennels they have recovered well. **Martin**, the brother, has found a loving home and **Steve** would also love to have a home. He will neutered and fully vaccinated.



Steve

All adoptions and fosters will be home checked.

If you would like to meet any of these lovely dogs, please contact Jane either by phone on **602 653 639** or email janenahoming150@gmail.com

Fostering

We need foster homes which is a great way

to get the dogs into new homes, as the fosterers teach them how to live in a home, lead training etc. Please consider fostering. We have some lovely dogs; small, medium and large.

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

For Donations

PayPal: NA1Treasurer@gmail.com

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

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

A Reminder

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

It is warming up nicely now so, we hope you all have a great summer.



CHARITY

Making a Difference

TEL 603 389 006



Here we are into summer after the unsettled weather of last month.

We recently donated two wheelchairs to a society called **ASPAYM** in Murcia who care for people of all ages who have lost limbs. The society is extremely delighted to receive our practical donation to them.



to dementia patients in our area and are based in three rooms of the Pensionista. They were also very grateful for these items which will help those suffering from this terrible condition.



During the month of August, our shop in Puerto de Mazarrón will only be open on Saturdays. This is because many of our volunteers are away during the hottest month of the year. We will resume normal shop hours, which are Tuesday, Thursday and Saturday from 10am-1pm in the first week of September. Our van will also stop its normal collection point at Camposol A Commercial Centre for the month of August resuming in September.



We have also donated a colour laser printer, a copier, a tablet, games, colouring books, pens etc. to **CEPEP SL** who provide carers

We have also donated 1,000€ worth of food to the **San José Church** for their **Food Bank** which supplies much-needed aid to many families in our area. The food was purchased through Alan's shop on Camposol A Commercial Centre. We would like to thank him and his family for supplying this much-appreciated food aid.

We would like to thank all our supporters and volunteers for their continued efforts in **Making A Difference** to so many people in our area.

CHARITY



MAMAS - Mazarrón Animal Medi-Aid

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



Would I be presumptuous in saying - finally, verano has arrived!? The Spanish have loved the late rain and I imagine so have the farmers. What was dry and brown a month ago is now a swathe of bright green, hopefully a field of barley.

The rain doesn't help business, so footfall has been scarce, so we really need some steady weather now. We have noticed that many of our regulars don't call in anymore. It would be so nice to see you again. We do however have the same small delegation of Spanish ladies with an Ecuadorian thrown in who call every morning. They are a noisy, jolly bunch and like nothing better than rooting through the bags of unsorted clothes!

As usual we have had some urgent requests

from people needing financial help with their poorly pets. Our poorly chap this month is the sad lad called **Anduin**. He had a broken thigh and underwent an emergency operation, resulting in having a metal plate to hold his bones together. This is him looking very sorry for himself. It will be a good few weeks before he is up and about, but his owners are kind and understand the aftercare he will require.



Our emergency requests seem to be getting very expensive and two or three requests such as this take a lot of juggling in order to assist. This is where you can help us. If you could save anything you don't wear or need or use, we could sell it to fund dogs such as **Anduin**.

We are able to take furniture if you let Richard know and he can arrange to have it collected. Maybe you have moved into a new property with furniture not to your taste. Give Richard a ring on **666 186 037**, because someone out there will enjoy it!

As always we are crying out for a Volunteer or two if you have a couple of hours to spare. This is such an important charity and we would love to see you.

RELIGION

St Nicholas Ecumenical Church

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

Calle Sobrija 2248,
Sector D20 Camposol



Hello everyone

Yes, I'm optimistic that more than one person is reading this article! That being the case, I would like to thank all you lovely people who attended our **Annual Garden Party** last month. It was all going so well, then we had the storm - thunder, lightning and RAIN! Okay, the animals were not going along in pairs, but we would not have been surprised if they had. We still managed to enjoy ourselves. Once more our gratitude goes to both the **Ukulele Sunshine Band** and **Harlequin Rock Choir** for providing the entertainment. We are pleased that both groups have agreed to return next June. Thank you Margaret for organising the event, definitely - no small feat and to all our volunteer helpers. We couldn't have done it without you. God bless you all.

There is a phrase being used more often these days, which doesn't make any sense to me. The words are 'TO DIE FOR!' Over the

past few days on television, it has been used to describe:

A view from a holiday home, A lady's outfit, A new car, Even a cake!

Most people would not consider dying for anything, certainly nothing as trivial as these. When we watch the news and realise how many terrible events are occurring around the world; the wars, famines, droughts and poverty, then maybe the more appropriate words we should be using are 'TO LIVE FOR'!

Let us be grateful for everything we have and recognise that a person once said that 'WE WERE TO DIE FOR' and meant it! Yes, Jesus considered each of us that important and actually did 'DIE FOR US'. That is the reason we meet together in worship each Sunday morning; to give thanks and appreciate our brothers and sisters in Christ.

A very warm welcome awaits you all if you

wish to join us.

We now also have **Community Coffee Mornings** on the 2nd and 4th Wednesday each month from 10am-12.30pm. The aim is for everyone to spend a while enjoying a friendly chat, refreshments, which include homemade cakes and some company. (No sermons!) You are all welcome.

Our English speaking services are at 11am each Sunday,
Services for July
2nd **Songs of Praise**
9th **Holy Communion**
16th **Morning Prayer**
23rd **Holy Communion**
30th **Fifth Sunday Service**

Blessings
Rev Mo x



NEWS

South Murcia News

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

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

Including: Alhama de Murcia, Fuente Alamo, Mazarrón & Totana
Check at your local Tourist Office for full details of events.

Alhama de Murcia

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

From 3rd - 23rd July - Archaeological Digs

Explore a 2,600 year old Argaric settlement and 18th Century Moorish structures
Register at Los Baños Archaeological Museum

Sport and Leisure organised by the Town Hall.

Complejo Deportivo Guadalentín (athletics, gymnasium, football pitch, 7-a-side pitch, sauna, summer pool)

Weekdays: 8.15am-2.45pm and 3.30pm-11.30pm.

Weekends: 9am-10pm.

Telephone and bookings 659 682 359.

Polideportivo El Praico (frontón, tennis, paddle tennis, multi-sports facilities).

Weekdays: 9.15am-1.45pm and 4pm-11pm.
Telephone and bookings 609 319 670.

Pabellón Sierra Espuña (multi-sports facilities).

Weekdays 4pm-10.30pm.

Telephone and bookings 968 633 243.

Pabellón Adolfo Suárez (multi-sports, rock climbing, tatami, sauna).

Weekdays 8.30am-2.30pm and 4.30pm-11pm.

Telephone and bookings 968 639 757, ext 5.

Indoor Swimming Pool.

Weekdays 8am-10pm.

Saturdays 9am-2pm.

Telephone 968 639 757 ext 1.

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

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

Camposol (Thursday Market)**Every Monday**

Los Palacios Garden & Community Group Working Party @ Camposol A 9am
Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am

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

FAST Nurses @ Camposol B

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

Andrea's Animal Rescue Collection @ Car Park, Camposol B 11.30am-1.30pm

Every Tuesday

Camposol Golf Association Ladies' Game @ Camposol C 9am

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

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

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

Every Wednesday

Camposol Golf Association Mens' Game @ Camposol C 8.30am

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

Camposol D Gardening Team Work 9am-11.30am

Camposol Free Community Sports Table Tennis @ Mazarrón Pavilion 10am

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

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

Every Thursday

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

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

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

Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm

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

Every Friday

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

Camposol D Bucket Collection @ The Hut 9.30am-12pm

Los Palacios Gardening/Community Group Book Stall @ Camposol A 10am-12.30pm

Camposol Free Community Sports Walking Football @ Camposol D7 10.15am
FAST Desk @ Camposol B 10.30am-12.30pm

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

Camposol Free Community Sports Petanca @ Camposol D26 1pm

Every Saturday

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

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

Astronomy Tours/Star Gazing @ Finca Astronomica

Every Sunday

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

Dog Club Bolnuevo Beach @ 9am Bring your dog to socialise with other dogs/owners

Car Boot Sale @ Camposol A

Dates for your Diary

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

Saturday 5th August – Helping Hands The Flood Take That @ The Diner, Cam-

posol B 22€ inc meal

Fuente Alamo (Saturday Market)**Every Wednesday**

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

Mazarrón

www.mazarron.es
Tel 968 594 426 – Saturday Market

Every Thursday - Mazarrón AA Group

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

Saturday 1st & Sunday 2nd July - Beach Handball Tournament in Bolnuevo**Monday 3rd July - Buck Supermoon**

Astronomy Tours/Star Gazing @ Finca Astronomica

Saturday 15th July - Artisan Market

Plaza de la Comunidades Autónomas

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

Sunday 16th July - Free Guided Walk to Cabezo del Plomo

Visit the Stone Age Settlement. 10.30am
Booking essential.

From Monday 17th July - Thursday 24th August - The Perseid Meteor Shower @ Finca Astronomica**Extra Walkers Desperately Required To Help Walk Over 100 Dogs In Mazarrón Perrera**

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

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

Sensible shoes please. Hats & water.

Thank you from the doggies. XXXX

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

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

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

Totana (Wednesday Market) & El Pareton (Friday Market)

Continued on page 32



Continued from page 31

www.totana.es
Tel 968 418 153

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

1st, 7th, 8th, 14th, 15th, 21st, 22nd & 28th July - Youth Workshops for 12-17 yrs. Play ping-pong or badminton, sing karaoke or dance, play cards or a board game, have a snack or dinner, but above all, have a good time in an ideal space to share and interact.

At Espacio Joven Munuera y Abadía. 7pm-12am
agendamunicipaltotana@gmail.com

Saturday 15th & Sunday 16th July - XXXII Certamen De Habaneras Y Polifonía De Totana @ Auditorio Municipal Marcos Ortiz
<https://habanerastotana.org/a>

Visit Al Museo De La Torre De Santiago
2€ adults (children free) 10am-11.30am
Every Saturday
(Minimum 10 persons/máximum 20)
Saturdays & Sundays in July - Guided Visit to La Bastida 3.40€ (2.50€ disc)
10am/12pm. Book at Tourist Office.

Saturdays in July - 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

LEISURE

CRUISING WITH MIKE SMITH

Facebook Group: Costa Calida Maritimo



The cruise ship **Arvia** visited Cartagena on Saturday 3rd June and I was pleased to be at my usual vantage position to view arrival. The ship arrived at 07.00 hours at the Pilot Station where the Harbour Pilot boarded to advise ship's command on entering the port. He oversaw the berthing at the Cruise Terminal as scheduled at 08.00 hours. Gangways were immediately positioned for passengers wishing to proceed ashore.



Mike Smith with Captain Wesley Dunlop pictured in the Atrium of his previous command, Britannia. Captain Dunlop is currently in command of P&O's Iona sister ship to Arvia



ship and together with sister ship 'Iona', are the two largest vessels within the fleet. They have the capacity for 5,200 guests, (title preferred by P&O, as opposed to 'Passengers' as previously known), plus 1800 crew. **Arvia** has 15 'guest' decks.

Cruise liner **Viking Mars** arrived at Cartagena directly from Barcelona on 8th June. It then commenced its cruise with the ultimate destination of Bergen in Norway. **Viking Mars** cleared the harbour at 18.00 hours, with the next port of call Malaga. The itinerary includes Portsmouth and Falmouth in the UK.

Viking Mars was built in 2022 with a capacity for 930 guests (passengers) and 430 crew. There are 10 decks and 465 staterooms (all with verandas) and is Norway registered.

Arvia arrived directly from Valencia and departed later in the day on passage to Barcelona. **Arvia** is P & O Cruises, newest

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Tickets

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FINANCE



Financial Advice

Tel: 657 684 094
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Getting Easy to Understand Financial Advice

I have been living in Spain now for 12 years and I fully understand the bureaucracy can be extremely frustrating, not to mention the constant changing of rules, laws and systems that can sometimes leave you bewildered and not knowing where to turn. When it comes to getting **Financial Advice** – one of the most important things you have to embark upon when settling in Spain - it is very important that you have not only trust in the person you are talking to, but that you can actually understand what you are being told.

When I have a first meeting with you, there is no rush. I will make sure I understand your exact situation and what you need, I will talk to you with no 'jargon' and try my best to make sure you are very comfortable and reassured. There will no charge for this initial meeting, so you do not have to keep looking at your watch and wondering how much it is costing! The first meeting can be in your home or in our office and can also be via Skype, Zoom, Facetime or whatever format you feel comfortable with. Our office is deep cleaned on a regular basis so is also a healthy environment!

After our first meeting, I will arrange a second meeting with you (usually 1-2 weeks later depending on the information you need). I will, during this time, find the best solutions possible for you. I will provide you with a written report, carefully and clearly explaining the best course of action you need to take. This report will be in an easy to understand format IN ENGLISH and also in detail I will explain the full costings going forward along with any relevant illustrations.

At this point there has been no cost to you and it will be down to you whether you want to engage me as your **Financial Adviser** going forward, or you can get a second opinion from another company. There is no pressure sell involved. I can go as slow or as fast as you like.

The areas in which I specialise are:

- Investment Advice.
- Tax effective investing and portfolio planning.
- Help making UK-held investments Spanish-friendly.
- Tax Planning Guidance - usually around the Modelo 720 asset declaration, or

adviser in the UK, they will no longer be able to continue to help you (following Brexit). If this is the case I should be able to take you on as a client without you having to change your existing portfolio. In today's financial climate it is essential you do everything you can to make sure your money is safe. Should you want a no-obligation appointment, your only initial investment is a small amount of time.

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Our office suite is easy to find on the main N332 through road of San Pedro del Pinatar with easy parking.

If you want more information or wish to make an appointment to discuss your own situation, please call **657 684 094** or email keith.littlewood@blacktowerfm.com

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Stunning Two-Bedroom Apartment in Mar de Plata, Puerto de Mazarrón
 For those seeking a leisurely walk, the charming harbour and city center are a mere 20-minute stroll away. Explore the picturesque streets, visit local shops and boutiques, or unwind at one of the cozy cafés.

This magnificent apartment combines contemporary design and functionality, offering a stylish and comfortable living space. As you step inside, you are greeted by a hallway (which is rare in Spain) that leads to the rest of the apartment. To the right you will find the two well-proportioned double bedrooms, both of which benefit from abundant natural light and stunning sea views.

Both bedrooms have built in wardrobes and large sliding glass doors with amazing views. To the left you have the kitchen and living room in an open plan lay-out, creating an inviting atmosphere for relaxation and entertainment. The modern kitchen is well-equipped with sleek cabinets, high-quality appliances, and ample countertop space.

The adjacent living room features sliding glass doors that lead out to a spacious balcony, allowing for seamless indoor-outdoor living and offering captivating sea views. The apartment also includes a tastefully designed bathroom with shower, complete with contemporary fixtures and finishes.

Reference: AP0352

Price: 164,990 €



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RELIGION

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History In The Book Of Daniel (Part 2)
Did you know that the Scriptures speak about Europe? Following from last month's article, clearly history can be seen in the Scriptures. Jehovah (Jehovah/God) revealed to Nebuchadnezzar, King of Babylon what would happen in the latter days. Last month's article reviewed the history of the kingdoms (from Babylon-Medo-Persia, Medo-Persia-Greece, Greece-Rome and Rome-Europe). This month I will continue to focus on the history of Rome through to present day (Europe) through Scripture.

Daniel chapter 2, verses 40-43 states "And the fourth kingdom shall be strong like iron, forasmuch as iron breaketh in pieces and subdueth all things and as iron breaketh all these, shall it break in pieces and bruise. And whereas thou sawest the feet and toes, part of clay and part of iron, the kingdom shall be divided, but there shall be in it of the strength of the iron, forasmuch as thou sawest the iron mixed with the clay... so the kingdom shall be partly strong and partly broken... They shall mingle themselves with the seeds of men, but they shall not cleave one to another, even as iron is not mixed with clay."

Daniel chapter 7, verse 7 states "After this I (**Daniel**) saw in the night visions and behold a fourth beast, dreadful and terrible and strong exceedingly and it had great iron teeth. It devoured and broke in pieces and stamped the residue with the feet of it. It was diverse from all the beasts (beasts represent kingdoms/kings) that were before it and it had 10 horns."

The fourth kingdom (or beast) was represented as iron, which was Rome. **Daniel** chapter 7, verse 23 explains "The fourth beast shall be the fourth kingdom upon the earth, which will be diverse from all kingdoms and shall devour the whole earth and shall tread it down and break it in pieces."

Rome subdued a vast area of the earth and prospered. As stated from last month, there was much political, military, economical, social and civil unrest which contributed to its downward decline. **Which kingdom took over Rome? In fact no other kingdom took over Rome. The kingdom was just divided, hence we have Europe.**

Daniel chapter 7, verse 8 adds the following; "I considered the horns, and behold, there came up among them another little horn, before whom there were three of the first

horns plucked up by the roots. **Behold, in this horn were eyes like the eyes of a man and a mouth speaking great things.**" Horns represent kings for in **Daniel** chapter 7, verse 24 it states; "And the ten horns out of the kingdom are ten kings that shall arise and another shall arise after them and he shall be diverse from the first and he shall subdue three kings".

The question is, who are these 10 kings (or horns) which rose up within divided Rome?

The Ostrogoths, Heruli, Vandals, Franks (France), Alemanni (Germany), Burgundians (Switzerland), Sueli (Portugal), Anglo-Saxon (England), Lombards (Italy), Visigoths (Spain). The Ostrogoths, Heruli and Vandals were destroyed, but more about this at a later date. These 10 kings represent the toes of iron and clay, where some of the kings were stronger than others. More countries have joined the European Union now, of which some of these countries are stronger than others today. The iron and miry clay represents a coming together of the old Roman Empire, but according to the Scriptures, Europe will not be able to fully unite.

What does the Scripture say about the condition of the earth before the 2nd coming of Yeshua or Jesus? (see article written in December 2021 describing the Second Coming of Yeshua).

Luke chapter 21, verses 25, 26, 31, 33-35 says; "And there shall be signs in the sun and the moon and in the stars and upon the earth distress of nations, with perplexity, the sea and the waves roaring. Men's hearts failing them for fear and for looking after those things which are coming on the earth, for the powers of heaven shall be shaken. When you see these things come to pass, know that the kingdom of God is nigh at hand - heaven and earth shall pass away, but my words shall not pass away. Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting and drunkenness and cares of this life and so that day come upon you unawares. For as a snare, shall it come on all them that dwell on the face of the whole Earth."

Mark chapter 13, verses 7 & 8 states "And when ye shall hear of wars and rumours of wars, be ye not troubled, for such things must needs be, but the end shall not be yet. For nation shall rise against nation and kingdom against kingdom and there shall be earthquakes in divers places and there

shall be famines and troubles. These are the beginning of sorrows."

2nd Timothy chapter 3, verses 1-4 and 16 outlines "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, fierce, despisers of those that do good, traitors, heady, high-minded, lovers of pleasure more than lovers of God. All Scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."

Daniel chapter 12, verse 4 says "But thou, O Daniel, shut up the words and seal the book, even to the time of the end. Many shall run to and fro, and knowledge shall be increased."

This is a quote from James S Stewart: "This immensely critical hour when millions of human hearts are besieged by fierce perplexities, when so many established landmarks of the spirit are gone, old securities wrecked, familiar ways and habits, plans and preconceptions banished never to return." (New York: Charles Scribners and Sons 1946, page 12)

In spite of all the confusion, pain, heartache, suffering and uncertainty, there is still hope for the future. **Every individual has freedom of choice to choose eternal life.** 1st John chapter 5, verses 11 & 12 says "And this is the record; that God (Jehovah/Jehovah) hath given to us eternal life and this life is in his Son (Yeshua/Jesus). He that hath the son hath life and he that hath not the son of God hath not life."

In Revelation chapter 22, verses 12 & 13 Yeshua (Jesus) says "And, behold, I come quickly and my reward is with me, to give every man according as his work shall be. I am Alpha and Omega, the beginning and the end, the first and the last."

I hope you have learned more about the Scriptures. Next time I will look at the *Little Horn* in **Daniel** chapter 7, verse 8.

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

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INFORMATION

Spanish Fiestas in July



Fiestas in Spain During July

July is a month of celebration and joy in Spain, with an abundance of festivals and fiestas taking place across the country. From the **Running of the Bulls** in Pamplona to the colourful **Feria de Julio** in Valencia, there is something for everyone to enjoy. July is also known for its traditional patron saint celebrations, where towns and cities come alive with music, dance and fireworks. Along with these traditional events, there are also modern music festivals which attract international musicians and thousands of visitors.

July 6th - 14th - San Fermín Pamplona



This famous festival takes place in Pamplona and features the **Running of the Bulls**, where brave participants run ahead of six bulls along a narrow route to the bullring. This exciting but risky event has come to represent the festival and draws lots of thrill-seekers. St Fermin, Pamplona's patron saint, is honoured during the festival. The festival is also known for its traditional clothing, with men wearing white shirts and pants, red bandanas and sashes and women wearing white dresses with red belts and scarves.

8th - 18th July - Cordoba Guitar Festival



This musical festival showcases the art and culture of the guitar in a city with a rich guitar-making tradition. It features performances by renowned guitarists from different genres such as flamenco, classical, jazz and rock. The festival has been held in Cordoba for the past 33 years, featuring a large selection of Flamenco artistes, ancient, modern and jazz musicians, dancers and groups. Shows take place all over the city including such historic and illustrious venues including the Grand Theatre, the Castle of the Christian Monarchs, Plaza Capuchinos, the Corredera Square, the Royal Stables, the Congress Palace, the Potro Inn and the Plaza de Tierra Andaluza.

9th - 11th July - Asturias Cider Festival

This gastronomic festival celebrates cider production and consumption in Asturias, a region famous for its apple orchards and cider houses. It features cider tasting, contests, workshops, music and dancing in Nava. The region of Asturias in Northern Spain is renowned for its Cider. Visitors can enjoy folklore music, dance, bagpipes and live music during the small hours. There is also a contest to find the best pourers which is great fun to watch.

15th July - Santiago Apóstol Festival



This religious festival celebrates St James, the patron saint of Spain and Galicia. It takes place in Santiago de Compostela and other places related to the Camino de Santiago pilgrimage route. The festival includes a mass, a procession, folklore dance called 'La

Danza de la Espada' and a spectacular firework display over the cathedral.

21st July - Antequera Fair, Malaga
This traditional fair celebrates the culture and history of Antequera, a town in Malaga province with a rich heritage of monuments and legends.

22nd July - Stilt Dancers Festival, Anguiano

This folklore festival features dancers who perform on stilts in Anguiano, a village in La Rioja region. The dancers wear colourful costumes and bells and dance down a steep street to honour Mary Magdalene, the patron saint of the village.

25th July - Feast of Saint James, Santiago de Compostela

Thousands of pilgrims who have walked the Camino de Santiago congregate in Santiago de Compostela where the Saint's tomb lies in the Cathedral.

25th & 26th July - Moors and Christians Fiesta, Villajoyosa



Every year in the last week of July, the people of Villajoyosa hold their annual Fiesta, recreating an epic battle fought in 1538 in which Berber pirates attacked the coastal town. The festivities begin with processions around the streets. The Villajoyosa Moors Vs Christians Festival has been going on for over 250 years. Thousands of local residents participate in the re-enactment of a historic battle that took place in 1538. Visitors are also treated to parades, marching bands and huge firewood displays. This historical festival takes place in various towns and cities in Spain, especially in the Valencia region. It commemorates the battles between the Moors and the Christians during the Reconquista period. The Moors ruled great swathes of Spain for almost 800 years and left an indelible legacy on the country when it comes to culture and gastronomy. Stunning costumes, parades and mock battles are the centre-pieces of these festivals.





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The Wonder Of Flower Power - by Chrissie Cremore
The days ticked away and thankfully rain didn't stop play when Saturday 20th May finally arrived and **The Hippie Peace And Love Party** finally opened its doors and arms and welcomed 200 people into The Yemaya Beach Bar in Mojácar. Local, Jackie Miles Kirby, not only wanted to celebrate her birthday in style, but also wanted to raise funds for **The Vera And District Lions Club**.



and to all those who assisted during the evening. "It is just wonderful, knowing that as a Lioness, I have raised this incredible amount of money which will help so many people within our local communities struggling with different situations and desperately needing help from this charity". With her Lioness mane of hair and Hippie Warrior attitude, Jackie added "Keep those outfits and wigs because I'm sure we will be back next year. Meanwhile I have plans to organise a **Mods and Rockers Special Evening** ... watch this space!"



In memory of Siobhan and Alan Tattan who instigated the **Hippie Night** in 2011, Jackie wanted to create a night and event to remember. The decorations were 'far out' with the venue decked with bunting, flowers, decorations and candles, old fashioned sweets and hula hoops. The 'vibe was groovy, hip and cool' with *Glam Slam* performing an electrifying set with lead singer Kevin Moore welcoming his 65th birthday alongside a 60/70's disco. The outfits were 'out of sight, right on', vivid and mesmerising which added another layer of fun to the party atmosphere. Money raised from ticket sales, a Raffle, Hobby Horse Racing (kindly handmade by Maddy Moon Norris) and generous donations, raised a 'blow your mind, out of sight', amazing amount of €2,185.94.

For further information regarding practitioner help from Jackie. Email: jmileskirby@yahoo.co.uk

Mother to two grown up daughters, Ruby and Lily, Jackie is also a distinguished artist, therapist, Lioness and a hippie warrior! Originally from South East London, Jackie moved to Spain in 2001 and purchased a gym, whereby she could introduce and teach her knowledge ranging from nutrition, reflexology, anatomy and physiology massage.

Lions Email: veralionssecretary@gmail.com

Jackie would like to thank all those people who helped make this event possible





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*Tickets**

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RELIGION

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Jesus is in Your Boat

Matthew 8:23-27

²³Then He got into the boat and His disciples followed Him.

²⁴Suddenly a furious storm came up on the lake, so that the waves swept over the boat, but Jesus was sleeping.

²⁵The disciples went and woke Him, saying, "Lord, save us! We're going to drown!"

²⁶He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves and it was completely calm.

²⁷The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey Him!"

Is Jesus in your boat? Many times in life we sail from day to day without realising that Jesus is in the boat of our lives.

Over the past few months, my wife and I have experienced a time of wondering "Is God in

our boat? If He is, why is He sleeping?"

Liz had felt unwell for a long time and this revealed a spinal tumour and required major surgery. Seeing Liz suffer made me cry out: "Where are you God?" and He reminded me of the above passage.

When we are in great pain, it is hard 'to see the wood for the trees'.

Jesus is always in our boat. He doesn't panic. He is in control of our lives. He asks us to trust Him and turn towards Him.

The poem 'Footprints in the Sand' describes one set as belonging to us and the other set belonging to Jesus. When times get hard and painful, we only see one set of footprints and we cry 'Jesus, where are you?' Then Jesus whispers to you: "My precious child, I love you and will never leave you; never ever, during your trials and testings. When you saw only one set of footprints, it was then that I

carried you."

God allows storms within our lives; for us to understand that He is in the boat with us. Through these storms we learn about ourselves and who Jesus is in our lives.

Psalm 23:4 - Even though I walk through the darkest valley, I will fear no evil, for you are with me.

John 16:33b 'In this world you will have trouble, but take heart, I have overcome the world.'

We all go through valley experiences. If we allow Him, He will lead us safely through the trials of lives.

Philip Cook
 Living Water Church

CHARITY

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Bringing A Pet To You!

The saying is "Raining cats and dogs", but **PAWS-PATAS** are offering more of a 'trickle' at their forthcoming events. Make a note in your diary to come along and see some of the puppies and kittens currently looking for their 'forever homes' at:



fabulous summer clothing and more will be on offer in the outlets.

PAWS - PATAS animal shelter is brimming with happy, healthy pets, but they would be feeling ecstatic if they were adopted into a loving, secure home.



home to one (or more) of the animals in their care. All of the animals taken in are possibly due to personal problems by their owners, or sadly, many have simply been dumped and abandoned. Living with a **Foster Family** helps them adjust and socialise, allowing them to build up their confidence and get



used to a normal lifestyle. **PAWS-PATAS** will provide bedding, food, medication if required and all the practical help you need.

PAWS-PATAS Outlet In Turre: Saturday 1st July - 10.30am-1.30pm
PAWS-PATAS OUTLET In Las Buganvillas: Saturday 22nd July - 10.30am-1.30pm
 Not only will there be some gorgeous fluffy bundles of love, but there will be tea, coffee, cakes and homemade preserves. Various stalls, Tombola plus an amazing choice of

What are the benefits of having a pet?
 It has shown to be psychologically, emotionally and physically beneficial. Caring for an animal can provide a sense of purpose and fulfilment and less feelings of loneliness and isolation in all age groups.
 When you adopt a pet, **PAWS-PATAS** ensures that they are neutered, vaccinated, microchipped and have a passport. You will get a new best friend and receive unconditional love, companionship and lots of happiness for many years to come.

If you are in a position whereby you are unable to adopt or foster, please just come along and talk to the Volunteers about all the other areas in which you can get involved; walking the dogs, socialising with both cats and dogs, helping with 'vet runs' or in the outlets. If you want to get involved with this marvellous animal shelter who have been saving lives and finding homes since 1989, they look forward to welcoming you!

For further information about the animals:
 Email: dogs@paws-patas.org or cats@paws-patas.org
 Website: <http://www.paws-patas.org/>

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Fostering is another option.
PAWS - PATAS relies heavily on the generosity of people who are prepared to offer a temporary



NEWS

South West Murcia & Beyond

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

Including: Aguilas, Garrucha, Lorca, Los Gallardos, Mojácar, Puerto Lumbreras & Vera
Check your local Tourist Office for full details of events.

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

Saturday 8th July & Friday 4th August - Visit to the Historical Centre of Aguilas, narration in Spanish. (Accessible route for people with reduced mobility)
 Visit the Carnival Monument, Plaza de España, Church, Archaeological Museum, Roman Baths (subject to availability) and Carnival Museum. Departure from Tourist Office 11am. Max 30 people.

Sunday 16th July - 4.7km Free Marina de Cope Walking Tour on the coast of Aguilas. 9.30am from Restaurante El Poci-co in La Marina de Cope.

Sunday 16th July - Renaissance Summer Dance Festival @ Auditorium Doña Elena 10pm

Saturday 22nd July & Saturday 29th August - Free Guided Tour of Aguilas Railway's History, narration in English. 11am.

Book at Tourist Information Centre.

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

Every Sunday
Free Guided Tour of Castle of San Juan, Aguilas 11am

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

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

Garrucha
 Tel 950 132 783 - Friday Market

Every Wednesday
Los Bandidos Sea Swimming Club @ Boracay Beach, Garrucha 1.15pm
Huèrcal Overa
 Tel 678 798 688 - Monday Market

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

Las Ermitas Walking Path Encircling Lorca Castle

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

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

Sunday 9th & Saturday 15th July (5pm) - 2hr Guided Tour of Historic Lorca. The tour includes a free visit to one of the Embroidery Museums which exhibits items worn during **Semana Santa** processions. 2€. 11.30am.
 Book on 968 441 914

Continued on page 44



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Ref 2635: 5 bed / 3 bath villa near San Juan de los Terreros



This linked villa is located in a small hamlet just 5 minutes drive from San Juan de los Terreros. The villa is set as two independent properties, one ground floor and the second situated above. In total there are 5 beds / 3 baths

The property benefits from high ceilings, double glazed windows, a rear courtyard with built-in dipping infinity pool type Jacuzzi, two large covered terraces and a storage area.

€225,000

Ref 2620: 4 Bed / 2 Bath villa in Los Carrascos



Large, brand new 4 bed / 2 bath Villa with an 8x4mts swimming pool in Los Carrascos with excellent access and great mountain views and a short drive of Arboles.

Benefits include pre-installation for a fireplace or wood/pellet burner in the living room, pre-installation of air conditioning throughout, all doors are lacquered white, and metal bars to all windows and doors.

€230,000

Ref 2610: Detached 2 bed villa in Garrucha



Detached 2 bed Villa in Garrucha set in 10,000 mts offering excellent views of the mountains and Mojácar Village. All rooms are exterior and therefore benefit from lots of natural light.

There is a large open plan garage and the many extras include fan assisted wood burner, fully fitted kitchen with breakfast bar, large cloakroom (big enough to add a shower), and french windows to the terrace of the main bedroom.

€245,000

Ref 2377: Detached villa in Sierra Cabrera



Immaculately kept detached villa with a separate annexe in the Sierra Cabrera with magnificent mountain views.

Main Villa is set on two levels with the annexe set on one level. The current configuration of both comprises 2 bedrooms, 2 bathrooms, 2 living/dining areas and 2 kitchens. This could be altered to accommodate 3 bedrooms in total. The property also benefits from 2 underbuilds ideal for conversion. The terraced garden is a real feature with ample room for a jacuzzi or pool. Alternatively, there is an opportunity to invest in purchasing a share of the community pool.

€259,000



Continued from page 43

Future Dates: 13/08/2023, 10/09/2023, 08/10/2023, 12/10/2023, 01/11/2023, 12/11/2023, 06/12/2023, 08/12/2023, 10/12/2023

Saturday 1st July - 75 min Theatrical Visit Myths & Legends of Lorca. 5pm from Plaza de España.

Saturday 15th July - Free Arts & Crafts Tour of Cento de Artesania and Casa del Artesano. 8pm. Book at Tourist Office/call **968 441 914**

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

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

Mojácar
www.mojacar.es
Tel **950 615 025 - Wednesday Market**

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

Saturday 1st July - Noche de Romantica (Night of Romance)
Promoted by the **Association of the Most Beautiful Towns in Spain**, this is held simultaneously in more than 300 towns in France, Italy, Japan, Belgium, Lebanon, Russia, Germany, Switzerland and Liechtenstein. Each town is considered of special beauty for their natural and monumental heritage. 5,000 balloons decorate the village, people dress in their best clothes, restaurants have special menus and the day is filled with music with different concerts. The ringing of the church bells commence at midnight followed by fireworks.

Saturday 1st July - Come and cuddle some of the furies available for foster/adoption at **Paws y Patas**, Turre. Grab yourself a bargain and enjoy tea, coffee and cakes. 10.30am-1.30pm

From Monday 3rd July - Thursday 31st August - Summer School for 3-16 year olds.
Music, swimming, workshops and sports.

8am-2pm 60€.
10am-2pm 50€.
Sign up by calling **677 959 093**

Swimming Courses @ Mojácar Pueblo Sports Centre with Covered Pool
Monday 3rd July - Monday 31st July
Tuesday 1st August - Thursday 31st August

Also available on Mondays, Wednesdays and Fridays; 10am-11am, 11am-12pm or 6.15pm- 7.15pm for 3-15yrs. 44€
Over 16's on Tuesday and Thursdays, times to be confirmed. 33€

Sign up on **950 888 877**

Los Bandidos
This group was set up in June 2018 with a small group running the 5k Mojácar Paseo. All ages, nationalities and speeds are welcome, whether permanent residents or holiday makers. **Los Bandidos** are keen to integrate and support the local community and are currently collecting non-perishable food and toiletries for the **Red Cross Food Bank**. Most sessions are followed by a post-activity coffee, cake or breakfast, depending on the time of day. Follow us on Facebook to keep up-to-date with our latest activities <https://www.facebook.com/groups/490933409244200>

Every Tuesday
Los Bandidos Cycle Ride from Mojácar Playa Tourist Office 9.25am
Mojácar Bowls Club Roll-Up - 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).

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

Every Thursday
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Mojácar Bowls Club Roll-Up - 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).
Free Memory Workshop @ Centro de Usos Múltiples, Mojácar Pueblo 5-6pm (over 60's).

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

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

Every Sunday
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am.
Rastro Market @

Centro Multiusos, Mojácar Pueblo.

Dates for your Diary
Friday 25th August - Monday 28th - Fiestas de San Agustin.

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

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

Saturdays in July (check dates at Tourist Office) - **1hr Night Visit to the Cabezo de la Jara Astronomical Observatory.**
Get closer to the stars with the astronomical activities that take place around the Astronomical Observatory. Prior reservation required. Starting point: Astronomical Observatory. 7pm. (2.50€. Children under 10yrs free).

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

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

Saturday 1st July - Come and cuddle some of the furies available for foster/adoption at **Paws y Patas**, Turre. Grab yourself a bargain and enjoy tea, coffee and cakes. 10.30am-1.30pm

Wednesday 19th July - Helping Hands The Cabeytu Brothers @ Hostal Rural, Turre 25€ inc meal, 7.30pm

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

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

Saturday 28th October - Helping Hands Christmas Craft & Gift Fayre @ Hostal Rural, Turre 1€ entry 11am-3pm. Book your stall now (10€) on 634 456 701

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

Saturday 22nd July - Come and cuddle some of the furies available for foster/adoption at **Paws y Patas**, Las Bouganvillas. Grab yourself a bargain and enjoy tea, coffee and cakes. 10.30am-1.30pm



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EDITORIAL



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Sky In July

July is a wonderful month for those who like to gaze at the spectacle of celestial objects taking place just above us!

The beginning of the month will greet us with a full **Buck Supermoon**, a moon significantly bigger than the others. The **Buck** in its name comes as a promise of good to come as that's the time when bucks' antlers are at their biggest and ready to shed, only to grow bigger and richer the following year. Due to the amazing sight of the **Moon**, which is going to be significantly bigger than usual on Monday 3rd July, a special **Supermoon Event** will take place in **Finca Astronomica** when the details of the craters and **Moon** surface can be observed.



moon craters

the telescope, with unforgettable sights of its rings.



Very detailed picture of Saturn and its rings. Picture taken by the probe

Throughout the whole summer, whilst looking up in the night time, our eyes will be amazed at the cornucopia of stars and the general glow of the sky. That is the effect of the fact that in summer time when we look up, what we see is the centre of our own Galaxy - the **Milky Way!**



A meteor shoots in front of Big Dipper constellation

Many well-known and historically significant constellations will shape their patterns across the night sky in July. The summer triangle, responsible for the biggest revolution in the evolution of our civilization, will let us follow in the footsteps of our ancestors and learn how the development of our lifestyle came to be.

Zodiacal **Scorpio**, **Libra**, and **Sagittarius** will find their astrological representation in the night sky this month too, right among the constellations of **Big Dipper**, **Lira**, **Swan**, **Eagle** and **Hercules**. Those constellations will guide the way for deep space observations and astrophotography as their unique position in the night sky helps us locate the most distant and not so easy to find objects such as the galaxies in **Ursa Major**, star clusters and nebulas hiding within **Scorpio** and **Hercules** and spectacular **Ring Nebula** within the constellation of **Lira**. The middle of July will give us dark skies when such observations are the most pleasurable and the view is the most detailed!

Last but not least, July is the month that brings us the biggest Meteor Shower of the Year! The **Perseid Meteor Shower**, known locally as the **Lagrmas de San Lorenzo**, will grace our sky from Monday 17th July and will stay with us until Thursday 24th August. The number of meteors will increase every day until the peak in mid-August.

All the above is the reason why summer is the time of stargazing and there isn't much more pleasurable than spending a lovely evening, or the whole night, by the fire, staring at the night sky! **Finca Astronomica** is open every day in the summertime, so if you choose to experience those amazing sights you can do so there!

While **Venus** and **Mars** have already been visible in the night sky, in July one of the most adored planets will appear in the evening sky - **Saturn** will be visible to the naked eye and will grace those of us who peek at the Roman God of time through

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FOOD AND DRINK

Ma Millbank's Kitchen



Tapas

At the moment in our local village, we have the **Ruta de la Tapa** where you can get a dish of food and a beer for 3.50€! This is excellent value for a quick snack and a chance to try the different cuisine from each eatery. Thought to have started on a slice of bread designed to cover the glass to stop flies falling in, **Tapas** are very easy to make. The style is robust and appearance is not really important. The ingredients are inexpensive and often very traditional, reflecting the seasons. The idea of a little plate of food to tide you over until the next meal appeals to many people and the hardest part is not ordering too many tapas! A great idea if having friends round if you don't fancy a large meal.

Buen Apetito

Aioli

- 6 garlic cloves
- ½tsp salt
- 2 large egg yolks
- 60ml extra virgin olive oil
- 100ml vegetable oil

Peel and finely chop the garlic and put in a mortar with the salt, using the pestle grind to a paste. Put the garlic in a food processor, add the egg yolks and mix well. Combine the oils, a little at a time, until the mixture is very thick. Serve immediately or refrigerate for up to 2 days. Serve with toasted bread stick and stewed tomato, or salad dishes.

Spanish Meatballs

- 250g pork sausage
- 400g lean mince meat
- 1tsp dried chilli flakes
- 1 garlic clove - chopped
- 1 medium onion - chopped
- 1-2tsp plain flour
- 2tbsp extra virgin olive oil
- 1 small red pepper - diced
- 1tsp paprika
- 700g tomato pulp
- Salt and pepper

Squeeze the sausage meat out of its skin into a large bowl. Add the mince, chilli flakes, garlic, half the chopped onion and mix thoroughly, then season. Sprinkle flour over a board and heap a teaspoon of mixture and roll it in the flour until ball

shaped. Heat olive oil in frying pan and fry meatballs until brown all over. Place in an oven-proof dish.

Sauce

Fry remaining onion in the frying pan with the diced pepper and paprika for 2-3 minutes. Stir in the tomato pulp and cook for another 3 minutes and then season. Pour the sauce over the meatballs and cook in oven for 30 minutes on 190°.

Ham, Melon and Fig Tapa

- 12 cocktail sticks
- 12 slices of Serrano ham
- 12 small cubes of melon
- 3 figs

Wrap one slice of ham around each cube of melon and skewer a piece of fig on each and serve.

Baby Gem Lettuce with Anchovies

- 2 Baby Gem Lettuce
- 12 anchovies
- Extra virgin olive oil
- Freshly ground pepper



Remove and discard the outer leaves from the lettuce and chop the lettuce in half lengthways. Chop each half into three lengthways wedges. Place each wedge pointed side up on a serving plate and position one anchovy down its length. Drizzle generously with olive oil and season

with black pepper.

Deep Fried Squid Rings

- 600g fresh squid
- Vegetable oil
- 100g plain flour
- 2 eggs
- 100g breadcrumbs

Prepare the **Squid** by pulling out and discarding the head and the attached intestines from the tube-like body. Remove and discard the long thin cartilage. Cut off the wings from the body and pull the skin away and discard. Rinse the tubes under cold water and then pat dry. Cut the tubes into rings about 5mm thick. Put the flour, egg and breadcrumbs into three separate bowls and line them up in order. Dredge the **Squid Rings** in the flour, then dip them in the egg mixture and finally the breadcrumbs. Deep fry them in the vegetable oil for 1-1½ minutes until golden, but do not overcook or **Squid** will go tough.

Patatas Brava

- 4tbsp extra virgin olive oil
- 6 medium potatoes - cubed
- 1 large onion - chopped
- 2 garlic cloves
- 2 red chillies
- ½tsp cumin
- 2tbsp red wine vinegar
- 400ml chopped tomatoes
- 1 tsp caster sugar

Cook the cubed potatoes in 3tbsp olive oil until golden. Transfer the potatoes and any remaining olive oil into a baking dish and cook in the oven 200° for 15 minutes.

Sauce

Heat the remaining olive oil in frying pan and sauté the onion. Add garlic, chillies and cumin and cook for a further 2 minutes. Add the remaining ingredients and simmer for a further 10-12 minutes.

Drain the potatoes from the oil and place in a large dish. Pour the sauce over the potatoes and serve.

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PUZZLE

PAGE



SUPER SUDOKU

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

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

Boggle

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

R	U	B
C	E	T
A	N	I

THERE ARE 56 WORDS OF 3 LETTERS OR MORE.

Wordsearch

Translate the words below from English into Spanish

- AEROBICS
- ATHLETICS
- BADMINTON
- BALL
- BASEBALL
- BASKETBALL
- BATON
- BICYCLE
- BOWLING
- BOXING
- COACH
- DECATHLON
- DIVING
- EQUIPMENT
- EXERCISE
- FOOTBALL
- GOAL
- GOLF
- LEAGUE
- MEDAL
- RACE
- SAILING
- SWIMMING
- TENNIS
- WINNER

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

Answers on page 78





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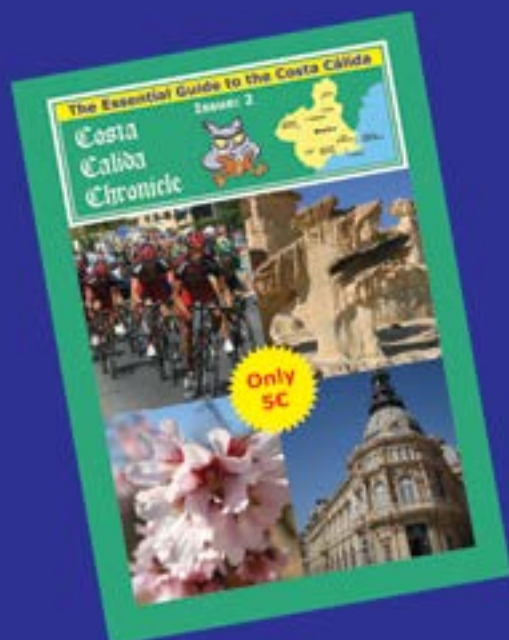


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- Costa Cálida Chronicle Office, inside Another World Properties, Camposol B
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Post-Extraction Implant

Modern dentistry has made significant advancements in recent years, and one of the most innovative techniques is the immediate **Post-Extraction Implant**. This revolutionary technique combines the extraction of a damaged tooth with the immediate placement of a dental implant in the same session. This comprehensive approach offers numerous advantages compared to traditional methods. In this article, we will explore the benefits of immediate post-extraction implants and how they can improve patients' lives.



Preservation of Alveolar Bone:

When a tooth is extracted, the **Alveolar Bone** surrounding it tends to resorb over time. However, opting for an immediate implant stimulates the formation of new bone and preserves bone volume. This is crucial for maintaining facial structure integrity and preventing long-term issues such as significant bone loss. The implant acts as a stimulus for the bone, allowing for

greater preservation and long-term stability.

Time Saving and Reduced Number of Procedures:

One of the major benefits of immediate post-extraction implants is that they combine tooth extraction and implant placement in a single session. This significantly reduces treatment time and eliminates the need for multiple procedures. Patients can enjoy a faster and more efficient dental restoration, resulting in a complete smile in less time.

Improved Aesthetics and Self-Confidence:

The loss of a tooth can have a significant impact on a person's appearance and self-esteem. Immediate implants allow for the immediate replacement of the missing tooth, avoiding the discomfort and aesthetic concerns associated with missing teeth. Additionally, by placing the implant immediately after extraction, collapse of soft tissues is prevented, preserving facial harmony. This results in a natural and attractive smile, enhancing confidence and overall quality of life.

Enhanced Implant Integration:

Immediate implants are placed directly in the extraction site, allowing for better integration with the surrounding bone and tissues. By avoiding a waiting period for healing before implant placement, potential changes in bone contour and soft tissues are prevented. This leads to greater stability and a higher chance of long-term success in

implant integration.



Functional Restoration:

In addition to improving aesthetics, immediate post-extraction implants also offer immediate functional restoration. Patients can regain normal chewing and speaking abilities shortly after the procedure. This significantly improves their quality of life and allows them to resume daily activities without restrictions.

Conclusion:

Immediate **Post-Extraction Implants** are an innovative solution in modern dentistry, offering numerous advantages. From the preservation of **Alveolar Bone** to time-saving benefits, improved aesthetics, and functional restoration, this technique represents a significant advancement in the field. If you are considering replacing an extracted tooth, immediate **Post-Extraction Implants** are a valuable option to explore with your trusted dentist. They can provide an effective and comprehensive solution for dental restoration, enhancing both aesthetics and functionality.

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EDITORIAL



Puerto Pelo Hair & Beauty in Puerto de Mazarrón are always finding new ways to improve and are studying to keep themselves up-to-date in techniques and new services to offer their clients.

Over the last 25 years, **Karen** has studied in hairdressing, always using a reputable well known company WELLA. In the last 6 years she has been introducing herself to the beauty world, always building and adding to that portfolio, offering all hair services from Perming to Brazilian blow-dries, creative colours and techniques of cutting and styling. Why not let your imagination run wild by adding a twist to hairstyles (classic or modern) and let the salon fuse your personality into your own unique look, using the best of products like Wella, Opi, Purple and Kaseo.



A wide range of beauty services are on offer which include Acrylic, Manicures/ Pedicures done in a luxury massaging spa chair, Relaxation Facials, Lash Bombs by FAB BROWS, Indian Head Massage and Hopi Ear Candles.

Puerto Pelo also has a treat for the little ones: They can come and have their hair cut in their own little luxury BMW that lights up and sings, keeping them so amused that they sometimes don't want to leave.

Available here every Monday and Friday is **Naprapath Matts**.

A Naprapath is very similar to a chiropractor; the difference being a Naprapath works with both soft tissue and manipulation. **Matts** works with all ages from children to adults. He helps with conditions of pain and reduced function in the musculoskeletal system, such as headaches, whiplash, wryneck, tennis elbow, knee and back problems, heel spurs, dizziness and much more. He also offers a treatment with direct current which has proven to be very

successful for people such as athletes. **Matts** has over 20 years' experience and is professional in all aspects of his work.



On request **Claudia** from **Evolution Healing** comes for the clients that like the more holistic approach in healing. **Claudia** offers Indian Head Massage, Reflexology, Hopi Ear Cleanse, Massage, Reiki Massage, Energy Healing, Crystal Healing, Pendulum and Tarot Card Readings. She can create packages to suit your needs - a personalised holistic experience to sooth the body, mind and soul.

Puerto Pelo has a large range of colours of FAB BROWS in stock. FAB BROWS is a specialised cosmetic company who manufacture and retail bespoke, high quality eyebrow essentials, creating the ultimate look in brow colour, shape and definition. Ask for your free demonstration before committing to buying.



Puerto Pelo Hair & Beauty thanks their clients for their ongoing loyalty and support and their kind words of wisdom and encouragement while the salon grows bigger and better. Creating a salon from nothing has had its challenges, but **Karen** says it has been worth every minute when she sees how far they have come.

Watching it grow has been a privilege.

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EDITORIAL

Verdiana
Tel: 610 030 635



10 Health Benefits Of Dragon Fruit (Pitaya)

What is Dragon Fruit?

It is a tropical cactus-based fruit with a unique appearance, crunchy texture and sweet to taste. Its appearance draws its name from a fire-breathing dragon. Cut it in two halves and eat the inside layer with a spoon. You can also make a smoothie out of it. Make it a point to add this super-fruit to your everyday diet.

Dragon Fruit tastes like a mixture of kiwi and pear. It may seem like an Oreó smoothie because of its white pulp and tiny black seeds. This tropical fruit has loads of health benefits and here is why you need to add this fruit to your everyday diet.

Dragon Fruit Nutrition Value

Its nutritional content is rich in Vitamin C, E, Magnesium, Iron and Calcium, making it a super-fruit.

Health Benefits of Dragon Fruit

Reduces Risk of Diabetes

It contains high amounts of fibre that maintain blood sugar levels and avoids spikes among people suffering from Diabetes. Regular consumption of this fruit can help balance blood sugar levels and prevent further medical consequences among diabetics.

Reduces Risks of Cancer

Dragon Fruit contains anti-cancer properties that can reduce the risks of colon cancer. Its high source of Vitamin C plays an important role in boosting the immune system. Vitamin C is a powerful antioxidant that prevents you from contracting chronic diseases such as Diabetes, Alzheimer's, Parkinson's, Cancer, etc.



Helps Boost Immunity

The high levels of Vitamin C boosts immunity and helps you stay healthy. More Vitamin C means that your body is capable of fighting deadly infections. Just consume 1 cup (200gms) of **Dragon Fruit** every day and stay healthy.

Good for Digestion

This fruit has a rich source of oligosaccharides (a carbohydrate) that helps in the growth of good bacteria like flora, which aids in smooth digestion. It is packed with high fibre that also aids in digestive health and helps reduce the risk of cancer and cardiovascular diseases.

Good For The Heart

Dragon Fruit contains betalains (creates

the red colour inside the fruit) that reduces bad Cholesterol (LDL Cholesterol). The tiny dark black seeds inside the fruit are rich in Omega-3 and Omega-9 fatty acids that are good for the heart and reduce the risks of cardiovascular diseases.

Fights Ageing Skin

Faster ageing can be caused due to stress, pollution and other factors such as poor diet etc. **Dragon Fruit** is a rich source of antioxidants that can treat sunburn, dry skin and acne. Its content of Vitamin C can aid in brighter skin. You can prepare **Dragon Fruit** juice and drink it once a day for radiant skin.

Good for Hair

Do you want thick, black and shiny hair? Try **Dragon Fruit** powder mixed with a glass of milk (250ml) once every day and this will do you good. The high source of nutrients found in this fruit extract powder reduces hair damage caused by artificial hair colouring and improves hair texture, leaving it soft and shiny. All you need to do so is to consume this once a day and you will witness changes.

Healthy Bones

Good bone health can contribute to many factors such as avoiding injuries, joint pain and so forth. This super-fruit contains 18% Magnesium and aids in stronger bones and good bone health. All you need to do is drink one glass of **Dragon Fruit** smoothie every day.

Good For Eyes

This fruit contains Beta-Carotene (the pigment that gives the fruit its colour) which prevents eye problems such as cataracts and macular degeneration. One cup (220 grams) of **Dragon Fruit** every day would do you good.

Good During Pregnancy

Dragon Fruit contains Vitamin B, Folate and Iron, making it an ideal fruit for pregnant mothers. B Vitamins and Folate prevents birth defects and boosts energy during pregnancy. Its Calcium content is responsible for the bone development of the foetus. Its content of magnesium also helps fight postmenopausal complications in women.

Dragon Fruit Antioxidants

The main benefit of Antioxidants is to capture and get rid of free radicals. Free radicals can cause cell damage and destruction which may lead to a host of issues from heart problems to cancer if left untreated.

Antioxidants in Dragon Fruit

Uses

Betalains - These red pigments from the flesh of the fruit have been likened to protection against bad cholesterol (LDL). It prevents LDL from oxidation and damage.

Hydroscinnamates - The anti-cancer benefits of Dragon Fruit come from this group of antioxidants. In test tube and animal studies, they have been shown to prevent or decrease cancer growth.

Flavonoids - These are present in many vegetables and fruits. This large group of antioxidants is associated with improved brain health and function as well as a lower risk of developing cardiovascular diseases.

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INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com



Scops owl

We finally arrived back in Murcia on 22nd March after three and a half months of travelling. The first night we sat outside for a few hours on the front porch whilst our two pellet stoves warmed the place up. It was an absolute pleasure, as within ten minutes we had a **Scops Owl** and a **Stone Curlew** calling to us as if welcoming us back home. Both calls are very evocative and very easy to identify. They are both probably unique sounds, but the **Scops Owl** is a summer visitor, so to hear it in March was a bit of a surprise. They overwinter in Morocco and the Sahara and normally arrive back in early April, so our bird was very early returning and obviously had a good, quick flight back to Murcia. **Stone Curlews** are resident where we live, so no surprise there.



Stone curlew.

The following morning we went into town to find a breakfast bar and do the food shopping, as the cupboards at home were bare. Driving towards the plains of Cagitán we disturbed a quite large and striking bird, a **Greater Spotted Cuckoo**. They aren't uncommon, but are impressive birds to see. They are summer visitors and also one of the earliest migrants, arriving back from Africa as early as February. They are brood parasites that lay their eggs in the nests of **Magpies**. They rarely kill the young **Magpies** directly, but the young birds will often die of starvation

due to unfair competition from their bigger and greedier nest mate. It can be very entertaining watching these **Cuckoos** working together to distract a pair of **Magpies** away from their nest whilst the female **Cuckoo** sneaks in to lay an egg.



Greater Spotted Cuckoo

On the plains of Cagitán we saw a large raptor approaching and I automatically started going through my mental list of possible species. However, this one completely fooled me. It was a male **Marsh Harrier**. I have frequently seen **Hen Harriers** here in winter and **Montagu's Harriers** on migration, but rarely the much commoner **Marsh Harrier**. The habitat here normally isn't very attractive to these birds. The direction of travel didn't suggest a migrating bird and it looked as if it was in hunting mode. As it banked in front of us, its black wingtips stood out so much that it looked like it had dipped both of them in a pot of black paint. It is a fairly common raptor that winters in the south of Spain, but the majority spend winter in Africa. I suppose my bird was meandering back north to its breeding grounds, but it didn't look like it was in any hurry. I will keep an eye out in case it has decided to settle on Cagitán.



Female Marsh Harrier

Later that afternoon I had to go to Calasparra and once again drove across the plains of Cagitán. On the way back I stopped at some old ruined farm buildings which I have been visiting for many years as a small colony of **Lesser Kestrels** nest there. Each year the buildings deteriorate and many of the roof beams have rotted

and collapsed. Unfortunately, much of the roof has also collapsed, but there was still enough left to allow these uncommon birds to find sufficient places to nest. Each year I expect to find the colony has moved onto pastures new because of the roof problems and at some time in the future my precious colony of **Lesser Kestrels** will have to find a new home to raise their families. Most of the owners are happy for the buildings to deteriorate and are replacing them with modern pre-cast concrete buildings that don't offer bird nesting sites. I suppose it is progress, but I hope that someone can do something to provide nesting places for this increasingly uncommon raptor. The old buildings are an interesting place to visit because besides the colony of **Lesser Kestrels**, a small group of **Red-Billed Choughs** have been nesting here for many years.



Male and female Lesser Kestrels

Occasionally a **Little Owl** has joined the party. It seems they all get on reasonably well and I have never seen any of them fall out seriously. They have clearly sorted out their pecking order! However, this year there were no **Red-Billed Choughs**, but just a group of their smaller cousins;



Red-billed Choughs

Jackdaws. I quite like **Jackdaws** as they are always cheerful and a bit cheeky, but I didn't want to see them displace my **Choughs**. **Jackdaws** are quite a bit smaller, so I didn't think they had done a forceful eviction, but probably found the buildings empty. So, why? I was beginning to think about habitat change, as the landscape was changing dramatically from cereal growing and goat herding to almond growing. **Jackdaws** have quite an omnivorous diet, whereas **Choughs** tend to be specialist feeders on ground-

Continued on page 58



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Continued from page 56



Jackdaw

based invertebrates, which they extract with their long down-curved beaks from grassland-type habitats. The loss of habitat seemed as good an explanation as any for the disappearance of the **Choughs**. As I left the site, a large raptor flew across the road; a female **Marsh Harrier**. I wondered if she knew about the male bird I had seen the day before. I had no way of letting her know, but there isn't much that escapes their penetrating eyes, so I assumed she did. It will be interesting to keep an eye out to see if these two birds pair up and nest nearby



Calandra Lark saladares

species on a normal visit and some of them uncommon and specialist steppe species. However, on this occasion I was going past thousands of recently planted almond trees without any gaps between the fields or any field margins. I started looking for any signs of life; even a piece of grass growing by one of the tree trunks. It was lifeless and it completely shocked and depressed me to see it. I am sure that the local farmers take great pride in the thousands of acres of newly planted almonds and the neatly cultivated ground without any weeds (plant life). However, it is totally sterile and desert-like; no plants, few insects, no animals or birds. In a 6km drive I saw a **Carrion Crow** and two **Larks**, (probably **Crested**). I'm not sure that the farmers realise that they need insects to pollinate the almonds! They seem to be doing a great job in killing off life in this area. The area is officially a ZEPA or Special Protection Area as it is called in English. The irony of designating the area as a ZEPA in accordance with the laws of the European Community, seems to be lost on our Regional politicians. According to European law the Regional Government has a responsibility to protect the habitat of this area. Instead, the habitat is being artificially and significantly altered by the planting of almond trees, thus changing

it from a Steppe landscape to one of industrial almond production. Although I am not sure, I suspect many of these farmers are receiving lucrative grants to plant almond trees; all paid for by the same European Commission. I believe that the EU policies in this respect are contradictory and are actually achieving the opposite outcomes that they are setting out to achieve. I remember, very recently, seeing hundreds of winter flocks of **Calandra Larks** in these fields. They were incredibly common. Now, I would consider myself lucky to even see one, as the habitat has changed so dramatically. I will leave you now with something completely different and a bit more cheerful. It is a true and recent story that my neighbour José told me. He was driving to work one early morning, when he came around the bend and saw a bit of a commotion in the road in front of him. There was a fox having a stand off with two **Golden Eagles** over some road kill. They were so absorbed in this face-off, that they didn't notice José waiting patiently close by in his car for everything to be resolved. An unforgettable experience and one I suspect that José will remember all his life.



Almond trees

On my return home I decided to meander over the plains; a journey of 5-6kms that I have done frequently in the past. I would normally see about 10-12 different



Juvenile Golden Eagle

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

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RELIGION

The Rockin' Vicar

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

They say the rain in Spain stays mainly on the plain! I've never quite understood the meaning of this saying, but we have certainly had rain lately! I have actually clapped, saying to my friend Gerry in Ireland that he and those in the UK don't usually clap when it rains, but I do. My olive trees have been desperate for water.

When the essentials of life are missing, we worry. Which reminds me of a Polo mint; when something is missing in the middle. If you like mints, but don't want a hole in the middle, you buy mints without a hole. Simple! If you look on YouTube and type in [chatsparkbench](#) you will have seen our latest short video where Gerry and I talk briefly about the hole some people feel in the middle of their life. It's called 'Men and matters of the heart'. We guys seem to find difficulty in expressing our emotions and matters of the heart. We can talk about things like football and sport, but don't feel comfortable when the conversation gets closer to home. Women seem to find such conversations easier. They understand and are more willing to engage, yet perhaps many men and women feel there is a hole in their life which they are never fully



able to satisfy. Family and friends meet that need, but maybe there is a deeper

longing; call it spirituality, which always seems to be allusive and just out of reach. Know what I mean; the eternal hole in the middle? Christian Churches, Synagogues, Mosques and Temples of various religions tend to preach to the converted; they have a captive audience. Many are what they are brought up to follow.

I am always concerned about those who have not been taught about Faith, or have decided to reject the teaching, because that is where the hole appears and an inner struggle develops which no Faith can seem to fill. The answer is to reject and keep seeking, sometimes subconsciously. World events outside our control do not help, as we seem to spin endlessly from one crisis to another. It may be time to seriously examine the hole in the middle of our life and ask what we need to know and be as certain as we can with answers to our questions.

Always available if you want a chat. Take care and God bless you
Rev Andrew

RELIGION

WELCOME HOUSE

Tel 633 447 937

www.sites.google.com/site/casawelcome2013

Derek.tycymru@gmail.com

WELCOME HOUSE



Christian Fellowship
Campillo y Suertes, Cehegin.



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

Life

Life is a word that conjures up all sorts of things in our mind. Scientists are continually searching, for 'life' on another planet somewhere in the universe.

When people always seem to be complaining about everything we often say "Get a life".

In many households there are plaques which say **Life** is a journey not a destination.

To the scientist, I would say that the earth is unique with its balance of the elements, the precise position of our planet together with its exact tilt. Scientists have tried to replicate **Life** by cloning, but they are still unable to produce **Life**. They have discovered that for **Life** to exist it must be started from a **Life** source.

To the person who is always complaining, I would say, "Things haven't worked out the way you wanted because you have made the wrong choices in your life."

Life is a journey not a destination.

Life is given to you to enjoy all the aspects of it.

Life is full of ups and downs, but it will help to strengthen each of us so that we will use each new experience to enhance our lives, but in each of the three aspects I have highlighted there is a common denominator - God!

In the beginning, God created the Heavens and the Earth. - Genesis 1:1

God put everything in place for us to live our life. God breathed life into man so he could live. - Genesis 2:7

God didn't want robots, so He gave man freewill to make his own choices. God wanted us to enjoy life, to live it to the full. - John 10:10.

If you allow God to walk with you in your journey of **Life**, He will give you the desires of your heart, so what's stopping you walking with Him?



LEISURE

WARM - Walkers Around the Region of Murcia

Email: warm2005@gmail.com



This is the time of year when we take a break from walking as the temperatures are normally too hot. We will start walking again, hopefully with a full programme, in October, but as a taster we have an extra walk. Martin and Jess will be leading a **Full Moon walk on Friday 29th September**, to start off the season.

During this period, there is still a lot of work to do behind the scenes. When **WARM** started in 2005, it was a small informal group of walkers and there was maybe one walk a month. Just to give you an idea of the difference in 18 years; we started 2022 with 153 people on the mailing list! It dropped to 142 in January before rising to 171 in May! We have just reviewed the membership list and we now have 131 people and we had 109 people who paid their 15€ insurance and most of them walked at least once. We had walks planned for every Saturday from the end of September through to the end of April. Most months we had at least two but sometimes four **SWARM** walks.



Val de Inferno with all 5 committee members

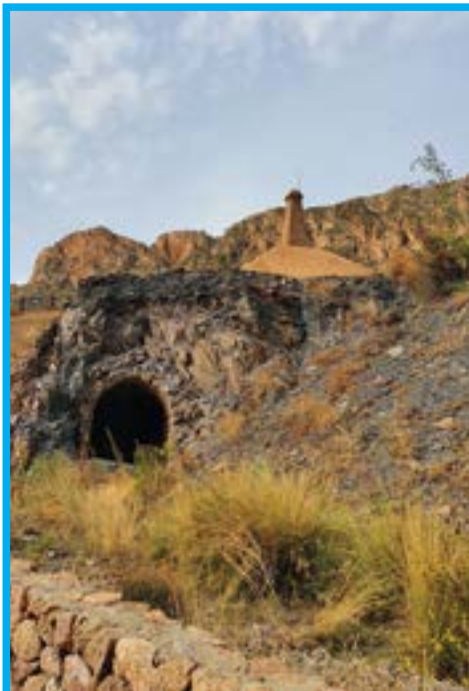
As you can imagine this changed the landscape of the group and it became an Association in 2017 with a small committee of five people.

I am Norma and keeping all of this up-to-date and answering queries is a big part of my secretarial role, together with arranging meetings, administering the Facebook page and writing these monthly articles.



King Kong

Martin and David are the two people who organise the walk programme and we have 37 people who have led walks this season



Pulpi

and we are hoping to encourage new leaders as we move forward. We will be asking them for offers of walks soon and it is a lengthy task, from an idea, to the day of the walk itself. Most people check the routes at least twice to ensure there are no unforeseen hazards. Martin also sends out all of the walk information.

Juan Antonio is responsible for dealing with our Spanish bureaucracy and as we found to our cost this year, when trying to sort a bank account out, we need to keep our registration with the region up-to-date and it needs to reflect the actual committee and any changes we make. Thankfully we have a stable committee going forward to

2023-24.



San Pedro windmill

Karin, our Treasurer, is responsible for ensuring we deal appropriately with all our finances and she also keeps a track of sales of our walking book.

Annual General Meeting - Friday 22nd September

We are very grateful that one of our members has offered to host this again at her house in Cehegin. There will be a short business meeting, but the main event will be food, drink, and music.

As there have been no walks I have chosen some of my favourite photos from this year.

To join our mailing list please email warm2005@gmail.com

W.A.S. WALKERS ASSOCIATION OF SPAIN
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NEWS

Northwest Murcia News

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

Including: Bullas, Calasparra, Caravaca, Cehegin, Jumilla, Moratalla, Mula, Murcia & Yecla
Check at your local Tourist Office for full details of Events

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

BULLAS

www.bullas.es

Tel: **968 652 244 Tues Market**

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

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

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

CALASPARRA

www.turismocalasparra.es

Tel: **968 745 325 Fri Market**

Department of Sport

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

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

Maintenance Gym

Yoga **Functional Training Gym For Older People** (9.50€ for pensioners)

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

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

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

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

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

and in summer it becomes the scene of night concerts.

CARAVACA

www.turismocaravaca.org

Tel: **968 702 424 Mon Market**

Sunday 16th July - Artisan Market

A **Museum** gem explores Caravaca's history of skilled craftsmanship and remarkable engineering. An amazing collection of miniatures portray these skills, including Caravaca's manufacture/export of espadrilles. Located at Calle Puentevilla No 3, Bajo.

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

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

CEHEGÍN

www.turismocehegin.es

Tel: **968 723 550 Wed Market**

Sunday 23rd July - Artisan Market

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

Eco Park 'Coto de las Maravillas' for family activities including **zip lines**, **archery**, **nature walks** and many other organised outdoor activities. They can host any type of event. Campsite, **BBQ area** and **kiosk-bar** offering a great menu - and you can book.

Open weekends 10am-5pm; week days prior booking.

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

Email info@conexioncultura.es

www.cotodelasmavillas.com

JUMILLA

www.jumilla.org

Tel: **968 780 237 Tues Market**

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

Reserve guided visit on **660 959 631**.

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

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

MORATALLA

www.ayuntamientomoratalla.net

Tel: **968 730 208 Sat Market**

Tuesday 11th - Monday 17th July - Cristo del Rayo, Moratalla (until 17th)

Moratalla began its major festivities on June 15th with the festival of the Stmo. Cristo del Rayo, in whose honour they are celebrated since 1621. On this day they also hold the orchard parade and floral offering.

The major festivities of Moratalla are held from July 11th - 17th. The main events of the festival are the traditional running of the bulls. The atmosphere is enhanced with music and fire crackers along the route and many dress up in traditional outfits. There will be the usual traders and amusements including the funfair.

Rock Art of Moratalla

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

MULA

www.mula.es

Tel: **968 661 501 Sat Market**

Sunday 9th July - Artisan Market

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

MURCIA

www.turismodemurcia.es

Tel: **968 358 749**

Thursday 20th July - Iron Maiden @

Estadio Enrique Roca

Friday 21st July - Manuel Carrasco @

Plaza de Toros

The Largest Ice Rink In Murcia Is Open All Year Round!

Enjoy fun on ice at the Thader Shopping Centre, Murcia. The rink is open every day from 5.15pm-9.15pm. On Saturdays and fiesta days it will be open from 12noon-9.15pm.

30 minutes for 8€

It is obligatory to wear gloves.

Discover the contemporary arts centre **Centro Parraga** in the city centre.

Tel **968 351 410**

info@centroparraga.com

YECLA

www.turismo.yecla.es

Tel: **968 754 104 Wed Market**

Sunday 9th July - Triathlon



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NEWS



TV News

Tel: (0034) 686 358 475
Email rainbowsats@gmail.com
www.rainbowsats.org

July – well where did that half of the year go? Time really does just fly by.

Summer has hit with a bang – writing this in mid-June it is 33°C today – a week ago it was 22°C. I think garden watering will be a regular feature now until autumn! Apart from smaller pots that get watered every two days, I give a real good soaking to larger pots and ground plants once a week. I think the top surface 'bakes' the day after watering, acting as a 'seal' to the wet earth below – the ground looks absolutely parched, but if you dig down a few inches you soon find damp soil. Anyway that has been my watering regime for the last 25 years of my time in Spain!

Regular readers will know **Rainbow** support **Friends of Mazarrón Animals (FMA)** – a local animal rescue charity. We run the **100 Club** – 100 members who pay 2€ a week for a 'membership' number (10€ per month) – every Friday at 8pm we 'spin the wheel' online live and the winning number takes 100€ - so for a 10€ outlay you have a 100:1 chance of winning, (that's really good odds for most lotteries/raffles/etc) 500€ in a month with the other 500€ going to **FMA** - bit of fun on a Friday evening! **We have 3 numbers available at the moment!** Contact **FMA** or **Rainbow** if you are interested.

Before we get asked; if it is a four Friday month, we have two draws on the 4th Friday!

TV NEWS

The big news is the real demise of satellite TV due to our area going into the summer weaker signals that happen every year. They can be 20% lower than the peak winter signals. As we have reported before, reliable BBC has all gone, ITV HD and CH4 HD are very marginal along with many others and these cases apply to 1.9m prime focus dishes. Anything smaller

and reception will be even worse.



There is no magic answer to restore UK satellite TV. We used to say get a bigger dish, but that is now not a solution. The only way to receive all UK TV successfully in Southern Spain is via the Internet. There are many ways to do this including some free options if you are a computer geek! However, many of us are not. We want to turn the TV on, select the channel we want and watch it on our TV – not our laptop, tablet or phone. You really have to go to a managed IPTV system which will carry a subscription. We have several options that vary from FREESAT to ALL channels and more. The best way to appreciate the systems is to have a chat with us and then have a free no-obligation in-home demonstration and the loan of a box for

up to a week. You can then fully test the system to see if it is what you want before you buy. If you don't like it, we just come and take it away. You do not need to be a 'geek' - there is no need for any computer skills, nor do you need a computer or a smart TV. Any TV with an HDMI input will suffice (that's any TV purchased in the last 15 years) and the system is as easy to use as any TV system you have had in the past. Some of our clients have hesitated to try IPTV because they feel their computer skills are not good enough; absolutely false – can you operate your present TV system? Then you can operate IPTV.

Multiple TV's can be a problem, but we have several options for solutions – tell us your needs and we will offer solutions.

You will need good stable internet of 10MBS plus.

If you do buy the system after a trial in July 2023 quote **JUL23** to get a 10% discount on installation and a 12 months' subscription.

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 at rainbowsats@gmail.com

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 Remember deadline 15th of the month!!!




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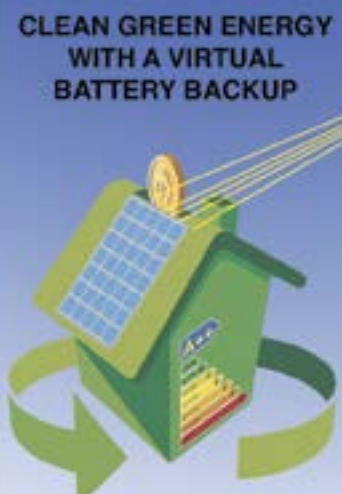
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What's On

What To Do, Where To Go

RED - Entertainment

ORANGE - Special menus

PURPLE - Market, exhibitions, leisure & meetings

GREEN - Charity & non-profit making events

BLACK - Fiestas & important events

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

SPECIAL MENUS

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

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

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



EVENTS IN JULY

Saturday 1 **Tour de France Cycling Race** (until 23rd)
Beach Hand Ball Tournament @ Bolnuevo (until 2nd)
III Triathlon @ Calasparra 6pm - Sprint/7pm - Olympic
Youth Workshops @ Totana (12-17yrs) 7pm-12am
Noche de Romantica (Night of Romance) @ Mojácar

Joaquín Sabina @ Murcia from 200€
San Javier Jazz Festival - until 23rd July

Friends of Mazarrón Animals Golf Day @
 Camposol Club de Golf from 8.30am
PAWS-PATAS Meet the Furrries/Refreshments/Bargains @
PAWS-PATAS Outlet Turre 10.30am-1.30pm
FAST Trip to Mojácar Night of Love 15€

Sunday 2 **XVII Open Swimming Crossing** - San Javier Beaches
Artisan Market @ Bullas 9am-2pm
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm

Monday 3 **Wimbledon Tennis** (until 16th)
Camposol Walking Football Quiz @ Camposol B
Archaeological Digs in Alhama (until 23rd). See page ??
Buck Supermoon Astronomy Tours/Star Gazing @ Finca Astronomica





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Contact: Lyn Baines
 www.spangleschorus.com
 info@spangleschorus.com



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

Thursday 6 **San Fermín Pamplona Fiesta** (until 14th)
Juan Dávila 'La Capital Del Pecado 2.0' @
 El Batel Auditorium, Cartagena 10pm

Friday 7 **F1 Grand Prix** @ Silverstone (until 9th)

Juan Dávila 'La Capital Del Pecado 2.0' @
 El Batel Auditorium, Cartagena 10pm

MABS Craft Fayre @ Camposol B 11am-2pm
Forget Me Not Phil Collins Tribute Night & Raffle @ Camposol B

Saturday 8 **Cordoba Guitar Festival** (until 18th)

Free Guided Tour of Aguilas 10am

Sunday 9 **Asturias Cider Festival** (until 11th)

Artisan Market @ Mula
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
Triathlon @ Yecla

Monday 10 **Los Reyes Golf Competition**

FAST Initial Basic Training Course @
 Social Centre, Camposol B 9.30am-4.30pm

Tuesday 11 **Christo del Rayo**, Moratalla (until 17th)

FAST Initial Basic Training Course @
 Social Centre, Camposol B 9.30am-4.30pm

Wednesday 12 **St Nicholas Church Community Coffee Morning** @
 Camposol D 10am-12pm

'Love' The Musical @ Torres Park Auditorium, Cartagena 10€ 8.30pm

FAST Initial Basic Training Course @
 Social Centre, Camposol B 9.30am-4.30pm

Friday 14 **Grand Opening of The Property Group Inmobiliaria** with
canapés, music & drinks @ Pto de Mazarrón 10am-6pm

Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park

Saturday 15 **Santiago Apóstol Festival**
St Swithin's Day

Artisan Market @ Paseo de las Comunidades, Pto de Mazarrón 10am-2pm
Free Arts & Crafts Tour of Cento de Artesania/Casa del Artesano @
 Lorca 8pm



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 Centre on B at 1.30 P.M. Everyone welcomed!**



XXXII Certamen De Habaneras Y Polifonía De Totana @
Auditorio Municipal Marcos Ortiz, Totana

Sunday 16 **Virgen del Carmen**, Mazarrón
Artisan Market @ Caravaca
4.7km Free Marina de Cope Walking Tour
Free Guided Walk to Cabezo del Plomo 10.30am

XXXII Certamen De Habaneras Y Polifonía De Totana @ Auditorio Municipal
Marcos Ortiz, Totana
Summer Dance Festival @ Auditorio Infanta Doña Elena 10pm

Monday 17 **See the Perseid Meteor Shower @ Finca Astronomica** (until 24th August)

Wednesday 19 **Helping Hands The Cabeytu Brothers @**
Hostal Rural, Turre 25€ inc meal, 7.30pm

Thursday 20 **Iron Maiden @** Murcia

Friday 21 **Antequera Fair**, Malaga
Manuel Carrasco @ Murcia

Saturday 22 **Free Guided Tour of Aguilas 's Railway History 11am**

Dancers Festival, Anguiano

PAWS-PATAS Meet the Furrries/Refreshments/Bargains @
PAWS-PATAS Outlet Las Bouganvillas 10.30am- 1.30pm

Sunday 23 **Spanish General Election**

Artisan Market @ Cehegín

Lo Ferro Flamenco Festival @ Torre Pacheco (until 30th)
See page 38

Monday 24 **43rd Festival Internacional de Cante Flamenco de Lo Ferro Roldan**
(until 29th). See page 38

Tuesday 25 **Feast of Saint James**, Santiago de Compostela
Fiestas de Santiago, Totana
Moors and Christians Fiesta, Villajoyosa
San Abdón y San Senén, Calasparra
Encierros de San Zenón, Cehegin

Triathlon @ Blanca
Fiestas de Santiago, Totana and Lorquí

Wednesday 26 **Moors and Christians Fiesta**, Villajoyosa

Thursday 27 **Fuente Old Guard Golf Society Competition**
St Nicholas Church Community Coffee Morning @
Camposol D 10am-12pm

Friday 28 **III Future Fan Fest, San Javier**



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Saturday 29 Free Guided Tour of Aguilas Railway´s History 11am

III Future Fan Fest, San Javier
Disco Party with DJ Olivier Maghe @ San Pedro Del Pinatar 10pm

Sunday 30 San Abdón y San Senén, Calasparra

Monday 31 Encierros de San Zenón, Cehegín

AUGUST

Tuesday 1 **Monthly 'B' Clean Meeting** @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm

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

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

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

MABS Craft Fayre @ Camposol B 11am-2pm
Helping Hands The Flood Take That @ Hostal Rural, Turre 25€ inc meal

Saturday 5 **Camposol Walking Football Treasure Hunt** from Camposol B

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

Sunday 6 **Artisan Market** @ Bullas 9am-2pm
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm



ENTERTAINMENT **SPANGLES** 

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

Spangles Welcomes New Musical Director - Stu Denham

Spangles is celebrating!

Lyn Baines, Chorus Manager, said: "Good things come to those who wait and we are excited to be working with Stu Denham on the next phase of our journey. Stu has a musical background, has sung in a barbershop quartet in the past and is no stranger to 'a cappella' singing and ringing those chords. We love his bubbly personality and he is great with audiences. He will fit right in with us!"

Spangles is busy working on some new songs which will certainly become audience favourites. If you love singing and fancy giving the 'a cappella'



Linda Coats, Stu Denham, Lyn Baines, Barbara Burks)
 Photographer: Lyn Baines

style a try, why not go see them at a rehearsal and, if you like it, start learning to sing these new songs along with the team!

Spangles rehearse every Thursday, from 10.30am-1pm at Centro Municipal Las Claras, Calle Helena, Los Narejos, Los Alcázares. You are certainly welcome to visit us - no appointment necessary!

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



INFORMATION

HOW TO KEEP YOUR DOG COOL IN THE HOT SUMMER MONTHS



How To Keep Your Dog Cool in the Hot Summer Months Have Multiple Water Stations Around Your Home

Like humans, dogs sweat and lose water, mainly through the glands in their paws. They can lose up to one litre of water per day and the more water they lose, the higher the chances of overheating. Have multiple water stations spread equally around your home during summer to safeguard your dog from overheating and dehydration.



Stick To The Shade

Heatstroke can easily be induced by prolonged exposure to direct sunlight, so if you are in outside areas, make sure there are shaded areas your dog can relax and recharge. Most dogs will naturally find shadier spots, but it is good to keep a close eye on your dog and watch for signs of heatstroke such as excessive panting, drooling, reddened gums, dullness or loss of consciousness. If your pet shows signs of heatstroke, immediately take them into the shade and pour some cool not cold water over them to bring down their body temperature.

Avoid Car Trips With Your Pet

There is no safe length of time to leave

a dog alone in the car, particularly in the summer months. The temperature in your car will soar above the temperature outside. Dogs can develop heatstroke in just 15 minutes. Even with water and open windows, cars are not a safe space for dogs in the summer.

Chill In A Pool

If you don't have access to a river or beach, invest in a paddling pool for your pooch to splash about in. In a shady spot of the garden, fill a pool with chilled water, but don't make it too cold as this can cause your dog to go into body shock due to the drastic temperature change on a very hot day. The cool water will bring down the dog's body temperature and absorb water through their skin and paws making sure they are hydrated as well as cool.



Keep Your BBQ Out Of The Way Of Animals

It is important to understand how you can make BBQ's as safe as possible for your pets as food sizzling on the BBQ is very tantalizing for them. A dog's sense of smell is so much better than ours and BBQ food is irresistible. Make sure you place your BBQ well out of the way, where animals can't get to it. Also beware of any kebab sticks, BBQ briquettes and firefighters lying around.

Grooming Is Cooling

Much of the battle against overheating can be fought at home before going out with your dog. Most dogs will start to shed their coat as summer begins, so regular brushing will get rid of any old hair that could make them even hotter. This is particularly important if your dog has a heavy coat, but it is important to know that dogs do not benefit from being completely shaved. Doing this can result in skin problems and sunburn as their skin isn't meant to be fully exposed to the elements.



Take care with all animals during the hot summer months.

Don't Take Dogs For Long Walks On The Beach

Although it might seem like a good idea, long walks on the beach are a big no for your dog, but sunbathing while your dog goes for a swim is a great way to keep your pet cool. Not all dogs will like swimming in water, but encourage them to try it in a controlled and safe environment. Dogs have sensitive feet that can burn or get injured if the ground they are walking on is too hot, so if you are on the beach, make a conscious effort to limit the amount of time your dog walks on the sand which can get very hot.

Give Cool Food To Your Dogs

Keep your dog's food and treats in the fridge for chilled serving and feed them wet food. A cool dish of raw meat is the perfect summer supper for increased water intake. Bone broth lollies are also a great summer snack. Pop some bone broth into ice cube or lolly moulds. Leave then in the freezer for a few hours and serve.

Use Sunscreen On Your Dogs

Dogs can get sunburnt, but canine sunscreen should be used for dogs. Body parts less covered in hair are at risk of sunburn in summer and lighter haired dogs are the most at risk. Sunburn on dogs isn't just painful, but like humans, it can also increase the risk of skin cancer.

Dear Mum and Dad,

Let me stay home. It's too hot for me to walk and run next to you. But because I am a loyal dog, I often go beyond my limits. So I walk and run beside you, standing still if I have to. And feel my paws burn.

I'm looking at you for a moment, but you do not understand. Because in a little over 5 minutes we're at the cool puddle, right? But those little 5 minutes can be fatal to me. Because I sweat through my paws, and in this heat I just cannot get rid of the sweat. My whole body is boiling, but I keep going. And then I end up on the tarmac. In the heat and in the sun. With my tongue out of my mouth and my eyes flashing in the sun. My paws are burning, my tongue is dry and my head is pounding in the heat that my body cannot get rid of...

Instead, let me stay at home where I can enjoy the sun, with a large bowl of cool water, somewhere in the shade. And best of all like in a cool area with grass.

Love Your dog.x

If you can't walk barefoot then why expect your dog to do it?

Be wise, be thoughtful and be kind.

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SPORTS & LEISURE SECTION



SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolfociety.com

Our game for May was on the 25th to Saurenes Del La Torre near Balsicas and we were hoping to avoid the current wave of storms sweeping across Spain. As luck would have it the weather was great for the whole day and following our flasks of coffee with the bar still shut we ventured out for a great day of golf.

win overall and also taking first prize in Division Three. Second in this division was Hans Hedendahl with 28 points.

Nearest the Pin prizes were won by Mark, Jim and Steve Walsh, with the Twos Pot rolled over to the next game.



PAUL LIVINGSTONE with GARY



Division one winner MARK PALMER



LEN with captain GARY AHEARN

The contrasting course with wide fairways and undulating greens were no problem for Len Craig coming in with 36 points to

In Division Two, Paul Livingstone was ahead of the rest with 31 points, closely followed by Jim Niblo with 30 points.

Our next game is to Aguilon on July 27th. Anyone wanting to know more about **Fuente Old Guard Golf Society**, please contact us by email at info@fuenteoldguardgolfociety.com

Meanwhile, in Division One Mark Palmer was at his best with 30 points and Kevin Jones was a close second with 29 points.

Dave May

SPORTS

CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

Summer is finally here and we have been very busy keeping everyone fit and enjoying the outdoors here at **Camposol Free Community Sports** with lots of fun and free events.

Area reach completion and it is a great addition to Camposol D (located on Calle Nogales D7), so if you haven't made use of it yet, get yourselves down there! We have free fitness and exercise sessions planned, so keep an eye on **Camposol Free Community Sports'** Facebook page for dates and times.

to be ready for them with some new bibs this summer!



We saw Camposol-based **Los Leones** top the first-ever **Petanca League** here with an unbeaten run, with presentation of medals to the winners and runners-up and some bubbly (or orange juice) for everyone. Huge thanks to 2let2sell2buy.com for sponsoring this event and to Alan Wood for organising and chairing the league. We can't wait for the Autumn league now!



We are also fundraising again!

If there are any businesses out there that would like to sponsor some kids team bibs, please get in touch. We currently have to tie the shoulder and pin the waists on adult bibs when we have kids join us! We want

We also have a target of 500€ for Basketball Hoops. You can donate through the Facebook page or there is a designated donation tub at every session.

Camposol Free Community Sports is a great group, with lots of fun and interesting events. Remember, everyone is welcome at these events and they are all free, so join the **Camposol Free Community Sports'** Facebook page and come along and get yourself involved.

Camposol Free Community Sports are proudly part of **Camposol D Gardening and Community Group** and are sponsored by 2let2sell2buy.com, **Currencies Direct**, Cat's and Tel's Bars and Nighthawk Couriers.

Thank you all and we hope to see you soon!

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 Remember deadline 15th of the month!!!





SPORTS

Camposol Walking Football Club (CWFC)

 Camposol Walking Football Club



In April we had the opportunity to host our own tournament at Complejo Deportivo Puerto de Mazarrón. The tournament was kindly sponsored by Donna Joyce and the tournament trophy was named the Rendezvous Cup to acknowledge this kind gesture. A small army of volunteers helped set up and run the day which all went very smoothly. Six teams competed from neighbouring provinces and the region of Murcia; Almanzora Valley WFC from Zurgena, Formentera WFC from Alicante, Esquina from Rojas, Red Lion of Fortuna, Portobello from Pinatar de Campoverde, and the host **Camposol WFC**.

our first game meant chances of winning were limited, but a runners-up spot was in our grasp again. However as the day progressed, despite not losing another game, too many draws meant we needed a win in our last game to take the runner up trophy. Another disappointing draw saw our hopes dashed.

Megarsa have continued their sponsorship and we have Rendezvous under their new owners sponsoring the club as well as the Pool Doctor. New sponsors include two of which are owned by current players; Shenanigans and WJE Entertainments.



CWFC Home tournament

In May, for a change, we travelled west into Almeria and the town of Turre. This tournament had a different format and we played 5 games of 2 x 8min halves. We started with a win against one of the teams entered by the hosts **FC Los Amigos** followed by a draw against their main team. We then played against Esquina with both teams expecting it to be the tournament decider. A slow start saw us 3-0 down at half time and despite a hard effort saw us lose 3-1. As seems to be a recurring theme for the team at tournaments this loss was our only one, and to the eventual winners who won every game. We finished with another draw and a win, but we were disappointed that we could not come away with the trophy.



CWFC Turre Tournament

On the social side we have had a successful coach trip to Villajoyosa where some took in the tour of the Valor Chocolate Factory followed by some liquid refreshments in the bars looking at the colourful houses running up from the beach. Our next trip is to Alicante in September. We will be holding a quiz in Shenanigans, one of our new sponsors, on 3rd July and a Treasure Hunt on 5th August, which will start and end at Shenanigans.

After several productive meetings we also now have full support from the Town Hall. Help with equipment, facilities and support for tournaments have all been promised. We hope to attract Spanish players into the club and continue to welcome new players both male and female.

CWFC played pre-tournament favourites Portobello first. Portobello have yet to lose a tournament and it was an opportunity to take them on whilst all still fresh and fit. We unfortunately got off to a bad start conceding a first minute penalty, which was converted. We then battled away keeping them down to very few chances and creating several ourselves, which we failed to convert. A 1-0 loss in

Sponsorship

We are overwhelmed with the support of the local business helping **CWFC**. 2Let2Sell2Buy have generously become our main sponsor for another year.

Monday training at 10am at Complejo Deportivo with 2 sessions running alongside each other; a session for those more competitive and a lighter session for those with less mobility, experience or new to the sport.

Thursday 10am at Complejo Deportivo for our more serious players and despite the name, walking football does get you sweating and working hard.

Friday 9am at Camposol D is a very light session includes all our female players learning skills, our more elderly and less mobile players and is a great fun session and one that gives you an idea of the sport if new to it.

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SPORTS

SAMM
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Fickle Wind Tests Sailors

The forecast said less than 3 knots of wind at 11am, so timings were changed to a later start on Sunday May 14th. Ten competitors in five boats entered.

1st Race - start was set for 12.15pm when the wind was supposed to be NW 5-6 knots, but was it? Oh no! It was W 3.5 knots at the gun, so a slow start with **Cuatro** and **Dos** across together after 1min 50 secs. These two had a close battle throughout the race. The others started at staggered intervals until **Vision** crossed at 6mins-10secs. Manoeuvring was difficult and **Uno** grounded on the reef. Her crew had to clamber out and stand on the reef to push her off, finally starting last. 6mins-15secs into the race the wind built to 5.5 knots, dropped off again, then went N, so all boats took over 21 minutes for the first lap. This continued throughout the race and boats only managed 3 or 4 laps.



John on the Radial
31.05.23

2nd Race started at 1.45pm in a NWN 6 knot wind with **Cuatro** and **Vision** crossing together, quickly followed by **Tres** with **Cuatro** and **Dos** bringing up the rear 2mins-15secs later. The wind was fickle, constantly changing between W and N, varying between 6-10 knots which kept all crews on the toes. As the boats were lapping at between 6 and 10 minutes, the 'about to finish' signal was sounded after 53 minutes, only for the wind to drop to nothing soon after, then come back up again gradually from 1-5 knots from the E. This really caught all boats out and the final lap was much slower. It was a real test of everybody's skill in reacting to the wind changes, which some managed better than others.

Results
1st Race
Uno 618 secs
Cuatro 712 secs
Dos 779 secs

2nd Race
Cuatro 391 secs
Tres 419 secs
Vision 457 secs

Results:

1st Race
Uno 618 secs
Cuatro 712 secs
Dos 779 secs

2nd Race
Cuatro 391 secs
Tres 419 secs
Vision 457 secs

Fantastic Close Racing

Sunday May 21st saw one of the best days racing of the **SAMM Spring Season**, with good conditions although overcast and really close racing between the five competing boats. The wind was from the E all day, but varied in strength from 3.5 knots to 10 knots

at the end, but without excessive gusts so all boats managed the conditions well.

1st Race started at 11.15am. **Vision** was first across, followed in quick succession by **Dos** and **Tres**, with **Uno** and **Cuatro** crossing after one minute. **Uno** completed the first lap 22 secs ahead of **Cuatro**, but made a big mistake during lap 2 losing 2½ mins to **Cuatro**. At some point **Tres** was seen to do a 360 penalty and was assumed to have hit a mark. She and **Dos** battled hard and were within seconds of each other on every lap. The boats were consistently lapping in between 13 and 15 minutes, so only managed 4 laps in the hour long race.

2nd Race started at 12.30am and was the best seen for many weeks with all boats across within 16 seconds. **Uno** and **Tres** immediately took the port tack and the others the starboard to get to the first mark. **Cuatro**, being sailed single handed, was doing extremely well completing the first three laps as the second boat and the next two laps as the third. There were battles between other boats, but it wasn't until the last leg of the last lap that **Dos** and **Tres** managed to lap **Vision**. The wind was generally stronger and all boats were lapping in a consistent time, the fastest in just over 8mins and the slowest in 10mins 30secs, completing 6 or 7 laps.



The fleet 31.05.23

Results

These show the average lap times after applying the handicaps.

1st Race
Vision 557 secs
Cuatro + 31 secs
Dos + 25 secs
Tres + 8 secs
Uno + 6 secs

2nd Race
Vision 380 secs
Cuatro + 11 secs
Dos + 29 secs
Tres + 5 secs
Uno + 4 secs

Best Sail For Ages! John Down's experience of the **SAMM** racing on May 31st.

1st Race anti clockwise; wind SSW at 4.5 knots. First mark 90° to left of start gate so everyone trying to get to port side of gate; **Ginetta** on my starboard side and **Tres** coming in on my port between me and the port start buoy. We crossed together very tight! **Tres** took my wind and set off for the first buoy, but I caught him, overtook him on his windward side and he couldn't round the buoy until I had. It's called tactics.

The wind shifted to SSE and built to an average of 9 knots; perfect for my **Radial**. I was up on the plane several times between buoy 3 and the gate - no mistakes and flat out all the way. I saw a couple of port/starboard near misses between the two Sailfish boats.

The race officer had set 10 mins between the first and second races - perfect.

2nd Race clockwise due to the wind shift during 1st race. I sat back, hove to about 2 metres from start line which put me in good position to cross the line first and off to buoy one with the other 6 boats hard on my heels as they had all started within 37 secs of the gun. Wind stronger at up to 11 knots at times and waves really got up. Being slapped hard and drenched by waves, I led to first buoy and decided to sail on a little before turning towards buoy 2. I didn't go far enough and I was dropping below buoy. Other boats behind saw it and sailed on further in attempt to get a clear run to the buoy. I had to tack up to buoy so lost ground. On the 2nd lap at 1st buoy, **Tres** came in on starboard with me having just gone onto a port - 6 inches from full speed contact. Got caught out at gibe mark buoy 3 trying to switch my 'sailing by the lee' over to the other side and whilst sorting it out missed gate. Had to turn back to go through the gate which cost me time.



Winners (2) 31.05.23.

At buoy 1 most people sailed on. To make up ground I turned sharp up towards buoy 2 which looked like a good move until in the tack near buoy 2 got stuck in irons costing me yet more time! Continued to chase **Tres** and **Dos**, slowly catching up by lap 5. **Tres** capsized in front of me and I had to take avoiding action. Started to close gap on **Dos**. Did not hear 'about to finish' signal, but support boat told me. My hull was full of water when the bung took out. Need to investigate why.

Results

1st Race
Ginetta 367 secs
Vision +5 secs, Uno +16 secs
Radial (me) 6 secs
Cuatro +5 secs
Tres +15 secs
Dos +3 secs

2nd Race
Ginetta 336 secs
Uno +4 secs
Cuatro +9 secs
Vision +5 secs
Dos +3 secs
Radial (me) +28 secs
Tres +26 secs

Photos: John on the Radial, The Fleet, The crew of Ginetta, winners of both races Jeremy Clarke left, Robert Hudson right.

Find out all about **SAMM** at www.sailingmarmenor.com



SPORTS

**Los Reyes Golf Society
The Kids in Need Golf Society**



Altaona Match Report

Altaona was the venue for **Los Reyes's** June fixture. The weather was very warm and humid and the course was in very good condition, even allowing for some sand on the greens. As a result, the scoring was excellent with 14 players on 30 points or more.



Division 1 winner Kevin Smith

a very good score of 37 points. He was closely followed by Graham Booth on 36 points.

In Division 2 Hans Hedendahl won with an excellent score of 38 points. Brian Hill and Ian Murphy had very good rounds scoring 36 and 35 points respectively.



Division 2 winner Hans Hedendahl

Peter Kirke (3rd), Neil MacFarlane (8th and 11th) and Mark Palmer (17th). Congratulations and a special mention, however, must go to Brian Hills for a hole in one on the 11th par 3.



Hole in one Brian Hills

The **Two's Pot** was won by Len Craig.

Our next fixture is at Roda on Monday July 10th.

Kevin Smith, a guest, won Division 1 with

Nearest the Pin winners on the par 3s were:

SPORTS

Camposol Golf Association

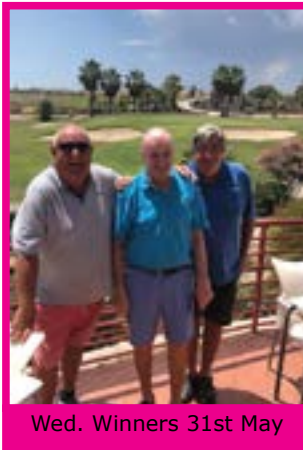


Email: bettylloyd1560@hotmail.com

CGA Men's Wednesday Group

The Competition on 31st May was a **Bogey Competition**.

- 1st - B Purkis, D Watts & J Layland - 11 Up
- 2nd - N Morgan, I Butters & B McCluskey - C/B 11 Up
- 3rd - M Lewis, C Flanagan & T Colvin



Wed. Winners 31st May

There were three 2's - J Layland, E Toye & K Halliwell

grey day with showers. We managed to get 18 holes in as the rain relented on some parts of the course. Well done to Brian Purkis' team with the second success in two weeks. Brian scored 41 points.

- 1st - B Purkis, A Wakefield, H Pearson - 86 points
- 2nd - N Morgan, R Smith, D Freer - 79 points C/po
- 3rd - E Toye, M Lewis, T Colvin - 79 points

There were four 2's - P Coulstock, D Freer, R Smith, N Morgan

Football Card winner - A Wakefield.

Thanks go to J Layland & P Coulstock for the presentation. They did a splendid job.

Eugene Toye
CGA Competition Secretary

Club de Golf May Competition

M A B S Charity Day - Saturday 13th May

What a fantastic day this was and so well supported!

Thank you for all of the hard work that was undertaken by the **MABS** fundraising team particularly Zoe and Michelle for



Winners MABS Charity Comp.

her invaluable support in organising the entertainment of Fred the Ted. Thank you Stuart and Alex for the fabulous BBQ and service from the team. A big thank you to all the sponsors for their donations and players partners and families for their support to the Raffle. Thank you Steve Haynes for bidding €70 for the auction prize and receiving a brand new golf carry bag.

We couldn't have made the day as fabulous without the 88 players and the support staff from the club to make it so special. Thank you Charlie for being responsible for the beer tent which hopefully we can do for future events.

Thank you to our photographer who, if you have seen the photos on some of the FB groups, produced some good snaps.

If we have missed anyone out, please accept our big thanks for a wonderful day for such a worthwhile cause.

Many congratulations to the winning dream team of Gary L, Dennis, Degsy and Colin with an outstanding score of 59.2. Other winners on the day:
NTP on 3 Paul Higgins
NTP on 5 Martin Sunter
NTP on 1 Rob Greatley
NTP on 13 Glen Elliott

Ladies' longest drive on the 9th - Sinny
Men's longest drive on the 16th - Hebby

The Clubhouse Committee

Betty Roberts

CGA Wednesday Competition

On 7th June, 18 players took part and the format on the day was 3,2,1. The weather has not been kind to the golf competitions recently and it was a



Wed. Winners 7th June



SPORTS

**SAMM Golf Society
Sailing Association Mar Menor**

www.sailingmarmenor.com

sammracing@yahoo.co.uk



SAMM Golf Society at La Finca

On Tuesday 6th June, the course was in great condition and the sun shone as Captain for the day, Jack Moss, led us away.



Big Hitter: David Shephard on the 1st Tee



Pat and Steve Golf.

Pride of Scotland, Rona Agnew won the **Stableford** with 26 points. David Shephard took the longest drive on the 18th with a herculean effort, easily clearing 250 metres. Steve Rocks won **Nearest the Pin**, while Tim Pritchard took best guest. Congratulations everyone.

La Finca Hotel overlooking the 18th green and with its elevated views of the course, played host to the after-game celebrations with much forensic discussion of the day's play. A certain amount of humour was

taken over the 'snack of shame' handed out to non-winners – in reality, a bag of chocolates!

Our day out was completed when we met the Northern Ireland, Tottenham, Arsenal and FA Cup winning legend, Pat Jennings, as we were leaving. Priceless.

The next **SAMM Golf Society** venue is Villamartin on Tuesday 12th September. If you would like to join this game please mail sammgolfsociety@gmail.com

SAMM – Sailing Association Mar Menor, encompasses dinghy to catamaran sailing, cruising and motorboat groups. If you like sailing and would like to know more, visit our website www.sailingmarmenor.com or follow us on our Facebook Pages.

SPORTS

Drone Seekers International

<https://www.facebook.com/groups/1980281998867305>



A revisit to the Mahoya Desert area near Abanilla and Fortuna took place on Saturday 17th June. We last visited on January 21st this year when the weather was mild and very pleasant. This time it was VERY HOT and with no shade – sun cream and headgear were the order of the day!!

Cycling event taking place in the area on the day. However, they arrived 20 minutes late laughing and joking saying that they could have taken part and arrived quicker as they had their own bikes on the back of the Camper!!

Desert is renowned for. Chasing each other at a very close distance also requires great skill – something to see and be amazed at. The pilots of the DJI Mini 2's and 3's were also managing to create their own flying style in the hands of 5 of the group, each creating their own personal preference for obtaining the best action video or photo for their You Tube Channel. Check out **Drone Seekers International** on Facebook or You Tube for amazing footage.



8 flyers and 2 spotters (2 T's this time) met at the Bar Restaurante El Peque in Mahoya for 10am though there was a delay for two of the group who got caught up in a Female

Coffees and an hour later we set off to the fly zone which was quite well covered with greenery – must have been all the rain we have had over the past few months – not a bad thing long term. Soon there was the sound of various Drones – they do have



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their own individual sound depending on what drone you have – around the area. The DJI Avata's are an amazing Drone and with expert skills of flying with goggles, as opposed to a hand controller, the pilots were flying very quickly around the area, also flying up and down the many ravines the

Lunch was booked at the Meet Up Bar, which proved to serve great food – bit of a mixture of menus for the group; Burger & Chips for most, whilst others chose the Paella. Great value if you are ever in the town of Mahoya.

If you are interested in taking up a new Hobby – try a Drone. See **Drone Seekers International** to check out how to get in touch with your local flying group. We fly responsibly, have Drone Pilot Licenses where necessary and are fully approved with the Authorities in Spain.



SPORTS

Straight Down the Middle Golf Society

sdtmsec@gmail.com



Nearest Pin Hole 5 - Mick Shore



Winning Team

We played a team competition based on the 'Yellow Peril' rules, with teams of 4, the best three scores counting on each hole including the yellow ball. Any teams that kept their original yellow ball for the whole round received bonus points. Unfortunately at least one team lost their yellow ball after a wayward tee shot off the first tee! No names – No pack drill!

Our thanks must go to Autocares Mateo for their excellent service in transporting us safely up to and back from Alicante and also to all the staff at Alicante Golf for making us feel so welcome. It looks like this could be a fixture to look forward to for next year.

Results:

Winning Team – Brian Tape, Gary Davies, Dave Baxter and John Dowgill

Nearest Pin Hole 5 - Mick Shore

Andy Eustance

It was a bit of a shock for all of the members of the **Straight Down the Middle Golf Society** who had entered the May competition, having to be boarding a coach bound for Alicante Golf at 7am, but spirits were high as many members were playing a new course for the first

time. I think everyone was pleased with the condition and interesting nature of the course, with 6 par threes, six par fours and 6 par fives, with plenty of water and even a Roman ruin to negotiate during our rounds.

GROUPS

Los Bandidos

Email: ironmankev08@gmail.com



Los Bandidos Triathlon Challenge

6 **Los Bandidos** took on the **16th Almeria Sprint Triathlon** at Playa del Zapillo in Almeria. The race consisted of a 750m sea swim, a 4-lap 20k cycle and a 2-lap 5k run. The men set off first and 10 minutes later the ladies entered the water. Sea conditions were perfect, calm and flat and no jellyfish! The bike leg was fast and flat and the run flat and hot, along the Paseo.



The first man crossed the finish line in 1:02:01 and the first lady in 1:12:05. 150 men finished the race and 34 ladies. All finishers received a commemorative t-shirt and a banana!

Los Bandidos Results (position, name, time and age group prizes)
Men:

136 - John Davidge - 1:30:43
147 - Malcolm Kaye - 1:35:31 (1st V4M)

Ladies:

21 - Judith Chambers - 1:27:23
22 - Karen Ayers - 1:23:35 (1st V3F)
30 - Patricia Mulcahy - 1:36:00

Unfortunately Kevin Rowe didn't finish as he had a crash on his bike. Luckily he

didn't suffer any serious damage, but did get to ride in an ambulance!

Full results: <https://montureventos.com/events/xvi-triatlon-ciudad-de-almeria-jairo-ruiz/>

Los Bandidos Race In Abia

Just 4 **Los Bandidos** runners took on the 4th race in the **Circuito de Carreras Populares Diputación de Almeria 2023** in Abia on Saturday 10th June. It was a tough, hilly 9km route on a hot and humid evening.

The winner finished in an impressive 34:54, with the first lady in 44:54. 133 runners crossed the finish line. Trophies were awarded to 1st, 2nd & 3rd places in each age group as well as to the overall winners.

Los Bandidos Results (position, name, time and age group prizes)

94 Sarah Briggs 53:16
114 Sharon Howlett 1:00:55 (2nd D-F)



11 Corinne C here
1:01:27

In the Sub-14 category Guillermo Moscardo Cheral ran 1km and finished in 5th place (2nd male) in a time of 05:02.

Full results: <https://www.cruzandolameta.es/clasificaciones/v2/abia-circuito-de-carreras-populares-diputacion-de-almeria-2023---1813/#clasificaciones>

Los Bandidos has road cycling, sea swimming and triathlon groups. All ages, nationalities and speeds are welcome, whether permanent residents or holiday makers. **Los Bandidos** are keen to integrate and support the local community and are currently collecting non-perishable food and toiletries for the **Red Cross Food Bank**.

Most sessions are followed by a post-activity coffee, cake or breakfast, depending on the time of day. Follow us on Facebook to keep up-to-date with our latest activities <https://www.facebook.com/groups/490933409244200>
We look forward to seeing you soon.



CLASSIFIEDS

Volunteers made welcome at **"B" Clean Gardening Group.** Contact us via our Facebook Page "B Clean" Community Gardening. If you would like to help, you can call Colin on **727 770 944** or Jim on **603 350 402**

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We continue to be busy with calls as the year progresses. May was a steady month for our Listeners. Call volumes remain lower than in the last couple of years, but the service remains active and we are still receiving a fair number of calls from people in need of a friendly, non-judgemental, ear. A huge thank you to all our Listeners who are based far and wide throughout Spain. They continue to work extremely hard to ensure that this invaluable service endures. Our charity shop in the Punta Marina Mall in Punta Prima has started the year remarkably well and we had a record month in March. April was also outstanding and our dedicated Shop Volunteers continue to provide their time to allow the organisation to function.

On Saturday 13th May, the ladies came out in full force looking to secure a



bargain at a **Charity Fashion Show** in aid of **Samaritans in Spain**, held at Kacey's Bar, Playa Flamenca.

With some truly fabulous items available at the incredible price of just €3 each, lots of the clothes and accessories were quickly snapped up. This included those worn by the beautiful models (pictured with President of **Samaritans in Spain**, Donna Williams). Three collections were modelled; Summer Days, Ascot Ladies and Girls' Night Out. Attendees were also provided with a showing of a very special flamenco collection by 'guest models' Jon and Martin! As well as the clothes, a Raffle and Name The Teddy were held with all proceeds being donated to the charity. The entire evening was hosted by TKO presenter Chris Dyson and the total raised was an amazing €800.



mentoring sessions with Marion Sharp. Welcome to the team Denis.

If you think that you would like to join **Samaritans in Spain** as either a Listener, a Shop Volunteer or as a Trustee, please do not hesitate to contact our Secretary on secretary.spainsams@gmail.com for further information, or check out our website www.samaritansinspain.com/ We are constantly recruiting.



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

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

If you would like to hold an event for us, please do not hesitate to contact our Treasurer on treasurer.spainsams@gmail.com

If you would like to donate to us, our PayPal account is paypal@samaritansinspain.com

If you are a business owner and you feel that you would be able to sponsor us in any way, please contact our Treasurer at the email address above.

Samaritans in Spain
Our lines are open 10am-10pm and cover the whole of Spain.
Should you need to speak confidentially on any issue upsetting you then ring
Freephone 900 525 100

Our training and mentoring programme continues at a pace. A new course started on 30th May. Good luck to all our new Listeners. A new Listener, Denis Kurdanov has completed his online training with Jilly Hodges and his

LEISURE **Camposol Explorers** 

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

By the time you read this, Shaun will have had his long-awaited hip operation and will be recovering. Once he is up walking again the outings will restart. In the meantime, he will continue to post some interesting locations, not far from Camposol that you can visit.



Mazarrón Mines

About a 10 minute drive from Camposol, down the RM3 to Mazarrón Town, you will see the mines which dominate the town. As you take the north turning into Mazarrón you will see on the left a small carpark with an information board. Park there and make sure you have got some good walking boots to

wear! **Brief History Of The Mines:**

They date back to the Bronze Age but the Romans were the most successful, between the second century BC and the second century A.D. They say there were as many as 40,000 people involved in working in the mines from Mazarrón to Cartagena and most of these were slaves. After the Roman times the mines were not worked much until the mid- 19th century. Mazarrón town started to get bigger with more workers living in the town. It was a very dangerous job for the ordinary miner and children were employed from 9 - 12 years old. The worst accident was in 1893 when carbon monoxide caused the death of 28 people. Every year Mazarrón town remembers this day by laying flowers around the roundabout with the statue of a miner. Throughout history of the mines, they extracted iron, lead, silver, copper, zinc and alum. By the 1960's, the fall in price of materials and the constant flooding of the tunnels meant the mine was finally closed.



These days, the mine still attracts lots of people from locals, people from a far, photographers, artists and even movie companies film here for it's urban, Sci-fi landscape. The mine is so big, if you wanted to cover the whole mine area, it would take you two days. I love coming here and have taken many people to see this area. When it rains for a couple of days, red pools appear from the ground giving this Mars effect.



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

For more information about Camposol Explorers, please check out my YouTube channel Camposol Explorers or join my Facebook group Expat in Mazarrón for information and places to up explore.



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