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June 2023 • Issue 283

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See my main advert on page 53



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info@car-registrations-spain.com www.car-registrations-spain.com



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See our advert on page 11

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info@spaindinvia.com or +34 643 414 663

DEAR READERS

Dear Readers

We are now half way through the year and we have had hot days and rainy days, but we still have most of the summer to come. Once again the Costa Cálida and Almeria have gained blue flags for many of the wonderful beaches in the area. See pages ?? to find the best beaches near you, or maybe it is the chance to discover new places to go. Many thanks to Think Spain once again for all the information.

Whether you are an established business or are just starting out, the Costa Cálida Chronicle and Beyond is the place to advertise. Our sales team is out and about each and every week meeting old and new advertisers to discuss the best way to promote your business. Our prices include free design work by our experienced design team and also inclusion in our online business directory.

Lookout for our new website, launching soon.

Welcome/Welcome Back Carlton Entertainments (page 31)

Costa Cálida Nordico (page 9)
Ecocorp Solar (page 11)
Price Brown Property Sales, Management & Rentals (page 84)
Restaurante Amapola (page 47)
Rincon de Mary Hair & Beauty (page 33)
Soho Gastrobar (page 33)
Villaquest (page 49)

Deadline

As always our deadline is 15th of the month prior to publication. This applies to articles to be included as well as adverts. If you are including photos or posters to go with your article, please send these as separate jpg attachments and if they are in a separate email, please put 'photos/poster' in the subject box. We have so many emails each month that it is sometimes difficult for the design team to match up photos with articles.

Enjoy this month's magazine with the most diverse articles and information. From everyone at the Costa Cálida Chronicle and Beyond

THANK YOU TO OUR CONTRIBUTORS

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

Jane Cronin - Learning Spanish

LG Dental - Teeth Implants

Martin O'Hanlon - Birding in Murcia

Rainbow Satellites - TV News

Sara Millbank - Ma Millbank

Shaun Matthews - Camposol Explorers

Talk Spain - Blue Flag Beaches



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www.costacalidachronicle.com

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blog/

Our office address is:

Calle Jara,

Camposol B,

Mazarrón,

Murcia 30875

FIND US INSIDE ANOTHER WORLD

PROPERTIES ON CAMPOSOL B.

Office Opening hours:

Tuesday 10am-2pm

Wednesday 1.30pm-5.30pm

Thursday 10am-12pm (by appointment

only)

Payments can also be made in our office

on

Monday-Friday 10am - 4pm

If you would like to place an advertisement

or write an article to be included in the

Costa Cálida Chronicle, then please send it

to us costacalidachronicle@gmail.com

To our advertisers.

If you have sent an email to the CCC and

NOT received any acknowledgement then

you can assume that we have not received

it.

In line with our customer service policy we

always reply to every email even if it is just

a short note to say "got it".



Costa Calida Chronicle

Price List - All Prices are excluding IVA

	Full Page	Half Page	Quarter Page	Medium	Small	Business Card
Size of advert	19cm wide x 26,5 cm high	19cm wide x 13,1cm high	9,3cm wide x 13,1cm high	12,6cm wide x 8,7cm high or 6,25 wide x 17,5 cm high	6,25cm wide x 8,7cm high	9,3cm wide x 5cm high
Full Colour	250,00€	135,00€	85,00€	75,00€	45,00€	40,00€

To advertise with us contact Sales on 619 199 407 or email us on costacalidachronicle@gmail.com

DISCLAIMER

Whilst the CCC are happy to accept monthly reports from the various organizations in the area, the articles printed are not necessarily the opinions of the editor or publisher and the contents should be viewed as a guideline only. Professional advice should be sought to cover any information printed therein. Advertisements and reports are not formally endorsed by the CCC. We cannot accept responsibility for advertisers' works, service or goods. The publishers endeavour to ensure the contents are correct, but cannot accept responsibility for the effects of errors or omissions.





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Business News

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

An opportunity not to be missed! 10% discount with **Real Covers/Premium Grass** during June.

Contact them now on **609 667 333** to avoid missing out on this great opportunity. There are many qualities of top quality artificial grass to choose from and their solar covers ensure your pool keeps clean AND reduces your water/energy bills and pool cleaning chemicals.

Real Covers/Premium Grass will also buy your old cover for 50€.

See page 25 for their advert

Villaquest is an independent, family run estate agent specialising in properties in the Murcia, Costa Cálida region in Spain. They are one of the longest established agents in the lovely area of Mazarrón in Murcia, being in business since 2003. Contact **Villaquest** now to find your ideal property, coastal, inland, golf, apartment, bungalow or villa. They will be pleased to meet you.

Tel: **0034 659 042 917** (Mobile)

Tel: **0034 968 974 918** (Mazarrón Office)

www.villaquest.co.uk

<http://www.mazarroncountryclub.net/>

See page 49 for their advert

Ecocorp Solar SL, Almería's Nº 1 family-run Solar installation company is now covering Camposol & Mazarrón. They have over 16 years' experience in the design and configuration of solar power systems for their clients and they offer a virtual battery service for their on-grid systems.

www.ecocorp.solar

Tel: **950 096 166**

Mob: **671 716 597**

See page 11 for their advert

Puerto Pelo in Puerto de Mazarrón is offering all hair services, from creative techniques in colours, perming, cutting and styling.

Beauty services are also available at unbeatable prices. Naprapath is available every Monday and Friday.

For those with a more holistic approach, Claudia is available on request with her Evolution Healing.

Call for an appointment on **602 453 166**

See their advert on page 46

At **Restaurante Amapola**, Bolnuevo you can enjoy your event in their fantastic Restaurant with a totally personalised menu and budget, for groups from 10 to 100 people. With cocktail service, DJ, music of all eras you can enjoy an evening/day to remember.

Call now for more information on **660 328 092** (Kate) or **968 156 503**

Email: info@hotelplayasol.es

See their advert on page 47

Ken Sherwood Mechanic offers a free pick-up and delivery service for Camposol and Hacienda del Alamo. They also offer a courtesy car if needed. **Ken Sherwood** Mechanic have built up an excellent reputation in the area and will try to beat any quote for your car repairs.

See their advert on page 79

On 6th June **Soho Gastrobar** will have been open 3 months and they are already gaining a great reputation for their service, quality and value. Situated on Mojácar Playa opposite the beach, pay them a visit and mention **Costa Cálida Chronicle and Beyond** to find out their daily specials and join their growing band of happy customers.

Tel **602 421 006**

See their advert on page 33

Summer is here, but it's not too late to prepare yourself for the sun, the pool, the beach, open toe sandals, bikinis and shorts. **Rincon de Mary** on Mojácar Playa will take care of your feet, hair, skin and your waxing requirements, as well as many other treatments including relaxing massages and facials. Sit back, relax and let them work their magic.

Tel **644 505 210**

See page 33 for their advert

Join us for an unmissable evening at our ultimate **Celine Dion Tribute Concert** as it heads to Spain during our UK tour. We have 2 free tickets to give away to readers of **Costa Cálida Chronicle and Beyond**.

Simply answer the question below and send your answers to

info@carltonentertainment.co.uk

Q- Which film featured the title of our show 'My Heart Will Go On'?

Good luck!

See pages 30 and 31 for dates and venue



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 Carretera RM 2, KM 2,3
 30840 Alhama de Murcia (MURCIA)





Spanish Number Plates

We are often asked by our customers if they can choose their own registration number, or if private registration plates are available in Spain, so here's the answer along with an explanation of how Spanish registration numbers are allocated.

Private Number Plates

Unlike the UK and some other European countries, private number plates have never been issued in Spain and aside from state registration numbers and diplomatic plates, most vehicles follow the new registration format that was introduced in September 2000.

Current Format

The current number plate format for Spanish registered vehicles consists of four numbers followed by three letters (eg. 1234 ABC). Prior to this, regional letter codes were used. The letters B, C, D, F, G, H, J, K, L, M, N, P, R, S, T, V, W, X, Y and Z will all be used, whilst all vowels and the letter Q are excluded, so the current system allows for 80 million possible combinations. At the current rate of vehicle registrations this system should last until about 2040.

How It Works

The first four numbers of a Spanish number plate are a counter which runs from 0000 to 9999. The next 3 letters are a sequence which started with BBB and will finally end with ZZZ. As of 28th November 2022 we are up to MCM, so once there have been 10,000 registrations, the letter sequence will change to MCN. Consequently there is no exact method of determining the date a Spanish Vehicle was registered; just an approximation based on the last 3 letter sequence.

Previous Format

Before the latest matriculation system was introduced in the year 2000, Spanish registration numbers were based on the province in which the vehicle was registered. It followed the format ABC-1234-YZ, where the first section denoted the province and could be 1, 2 or 3 letters. The middle section was a numeric counter from 0000 to 9999 and the final section was an alphabetic counter that increased when all the numbers had been used in the second section.



Importing A Vehicle

A little known advantage of importing a foreign vehicle is that you will receive a brand new registration number that is allocated the day your vehicle is registered, meaning that your vehicle will appear to be brand new!



If you have a vehicle to import or would like some advice about the import of your vehicle please don't hesitate to get in touch with a member of our team on any of the numbers below:

info@car-registrations-spain.com
 +34 868 990 576
 +44 (0)2380 200 706
<https://www.facebook.com/carregistrationspain/>
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PLEASE CONTACT TOM BIRKELAND
FOR FURTHER INFORMATION ON 622 851 716



EDITORIAL



Almería's Nº 1 Family-Run Solar Installation Company Is Now Covering Camposol & Mazarrón.

Ecocorp Solar SL, a family run business, have been trading since 2007. Covering the whole of Almería province and beyond, they are experienced in the design and configuration of bespoke solar power systems, tailored to meet their clients' individual needs.

Many of the bigger solar energy companies throughout Spain use subcontractors for their installations; not **Ecocorp**. Their team are all from the local community, both English & Spanish and all are fully trained to the **Ecocorp** Solar standard.

Ecocorp Solar SL employs 13 full-time team members including the family of Vic, Samantha, Daniel and Holly. They have 2 installation teams and 2 part-time team members. All of the friendly team are very knowledgeable in their fields and they take pride in their professionalism. It is often noted on their customer feedback forms that the installation crew are very efficient in their installations, which are done in a timely fashion and are always left tidy.

Customer service is paramount for **Ecocorp Solar** – in a recent customer satisfaction survey, 100% of their customers said that they would recommend them to others. Other client comments lifted from the survey are detailed at the end of this article.

Using cloud-based technology **Ecocorp Solar** offer their virtual battery service to those customers who are tied to the grid, enabling the customer to feed back excess energy. This energy is stored in their virtual battery and drawn down when the sun isn't shining, thus the client has

the opportunity to use 100% of their solar energy production and to reduce the price of their electricity bill significantly.



Recently, **Ecocorp Solar** have been approached for recognition as one of the top five Solar Energy Service Providers in Spain. It is very early days in that process, but if they do achieve an award in this category, it would be testament to the hard work that they all do and recognition of how driven they all are to continue to provide the best service to their customers.

Ecocorp Solar offers a FREE no-obligation home assessment and quotation service. They deal with all the necessary technical and administrative paperwork on your behalf. Furthermore, all systems are linked to your computer, mobile or tablet so that you can monitor your consumption AND your savings on the App.

Client feedback comments:

"Absolutely amazing team."
"Great service from start to finish."

"We have no hesitation in giving this family-owned team a full 5 stars and highly recommend them."

"Top service we can recommend to others."
"We are completely satisfied with the great customer experience." "Excellent service from beginning to end."

"Very happy. Excellent work."
"Very professional job carried out."
"The guys were very conscientious, tidy and respectful."

"Efficient, personable, knowledgeable and punctual. First class."

"We have been thoroughly impressed with the efficient & friendly service we have received from all the team."

"An impressive installation and commissioning effort all round."



You can contact **Ecocorp Solar** on **950 096 166/671 716 597** or through their website www.ecocorp.solar. Alternatively you can visit them at the Parque 'El Real' Antas showroom where a warm welcome awaits.

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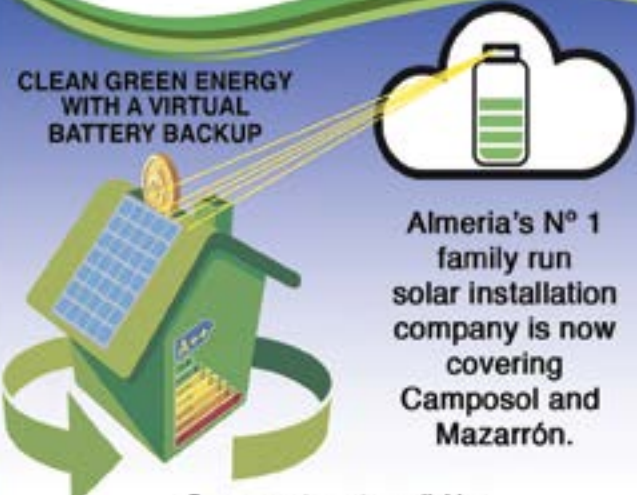
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ENTERTAINMENT

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Email: tapeb2205@gmail.com



We had another great night of **Country & Western Music** on Thursday 27th April

at Mariano's on Camposol A, with Eddie B playing some excellent selections of the best country music.

Come on up! We need more people to support the rescue of the **Country & Western Nights**. We can't build the funds up for live acts without more bums on seats!!!

Camposol Country & Western Music meets on the last Thursday of the month at 8pm at Mariano's. Come on down for a fun night with Eddie B. We look forward to seeing you there.



CHARITY



FORGET ME NOT

Community Respite Care for the Mazarrón Area

Dee: 603 121 416
Diane: 711 028 693

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

being raised, which included a generous donation of €100 from the **Harlequin Rock Choir**.

Elliot's Restaurant, Bolnuevo held a **Race Night** on 2nd May and raised €200. Thank you Elliott's.

On the afternoon of May 8th the 5 humanitarian charities on Camposol came together as part of **The Big Help Out** to promote the wonderful work and services various charities provide within Camposol and surrounding areas. We held a collective raffle on the day and raised €185, which will be split between all 5 charities.

all enjoyed a beautiful buffet and fabulous cakes made by Eileen, the daughter of a client. Mike Parsons of *Glam Jam* came in to entertain us and we all enjoyed a wonderful morning of music, singing dancing and good food.



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

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

We have had another busy few weeks with lots of exciting events taking place: The **Musical Variety Show** at Alley Palais was a huge success, with a massive €803



On May 8th **Forget Me Not** held a **Coronation Party** for our clients. Prior to the party the clients made crowns and paper chains to decorate the Social Centre. On the day we were all very patriotic wearing red, white and/or blue, donned union jack hats and waved our flags. We



Wednesday 21st June - Quiz @ The Diner, Camposol B, starting at 5.30pm.

As the weather is now starting to heat up, it is imperative that you maintain your fluid intake and stay hydrated. If you are feeling thirsty, you may already be dehydrated. However, the sensation of thirst can be reduced in older people, particularly post-stroke or those with dementia. Therefore, it is recommended that you should consume at least 8 drinks daily (ideally water). Limit alcohol and caffeinated drinks as they increase dehydration. The benefits of maintaining good hydration can improve concentration, balance, memory, energy and mood, in addition to aiding joint lubrication, eye health, digestion, flushing out waste toxins and maintaining skin health. An excellent way of encouraging fluid intake can be found in jellies, ice lollies, water melon, oranges and some vegetables.



GROUPS



Humanists of Murcia

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

Darwinian Gardeners

The May event for the gardening group was a coach trip to Nijar where we visited the wonderful cactus garden, full of interesting cacti and sculptures. After spending an hour there and buying additions to our gardens, we drove up to the centre of the village where many of us spent yet more on the arts and crafts we found there. We then drove back to the Agua Amarga where we had lunch beside the sea and a stroll around the pretty, white village.



Humanists of Murcia

On May 4th Julia and Torquil hosted a **Games Afternoon**. About 20 of us gathered in the huge games room and played various board games and table football. After a couple of rounds we stopped for lunch. Everyone had brought



a plate of food to share and the food was delicious. After lunch we swapped tables and played a different game for a couple of hours. A very good time was had by all. On May 10th Hazel and Richard organised a **Petanca Morning** at Mazarrón Country Club. We played in teams of two and the matches were hotly contested. We then had an excellent fish and chips lunch at the Country Club Restaurant.



Humanists of Murcia Walking Group

On Wednesday 26th April, Richard and Hazel led a group of walkers on a 7km circular walk from Mazarrón Country Club. Although we met at 9.30am it was still very warm. We stopped for refreshments at the BP garage, where the restaurant was very busy and very noisy. Following the walk we had a good menu del día at Restaurante El Pilon in Mazarrón.

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

Our Facebook page, call **603 205 649** or email humanistsofmurcia@gmail.com or darwiniangardeners@gmail.com

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

CHARITY



committee@fast2016.org
www.fast2016.org

FAST is your local First Responder Team on Camposol. We are a group of Volunteers who are fully trained and equipped to deliver urgent first aid assistance, (including use of the automatic external defibrillator), prior to the arrival of an emergency ambulance within the urbanisation of Camposol and Saladillo area.

If you have a medical emergency of any description you should call **112** (or any alternative number provided to you if are covered by private medical insurance) and then call **FAST** on **868 487 015**. Our Responders (who all live on Camposol) will arrive as quickly as possible to provide any vital first aid, as well as practical and emotional support for both the casualty and attendant family/friends. It is now widely recognised that the potential for preserving life, preventing deterioration and promoting recovery is increased with the earliest intervention possible. **FAST** are there to help you whatever your nationality - free of charge.

With our Annual General Meeting looming (Tuesday 6th June) we are seeking a Vice Secretary alongside our usual pleas for

assistance with trip/event organisation - and of course additional Responders. Maybe you have experience in taking minutes, or have good organisational skills? Could you utilise previous presenting skills to lead a coach trip, or would you like to undertake our Bucket Collection? Maybe you are curious about training as a responder?

Please get in touch with us at recruitment@FAST2016.org We are always happy to speak to anyone who can assist in any capacity.

As previously highlighted, the **FAST** service is free to anyone. As we do not receive any official funding, we are very reliant on the fundraising activities of our team alongside donations from clubs, groups and individuals. The service is not cheap to run, but we do ensure that every cent donated is put to very good use for the people of Camposol. Our fundraising team continually adds events to our calendar of fun. If you have not yet joined our **FAST for Fun** Facebook page, please do so to be advised of any new events. Tickets and further information are available at our team desk outside The Diner, Camposol

B on a Friday morning from 10.30am-12.30pm.

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

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

Fri 2 nd June	FAST Music: GlamJam at Mariano's 8:00 to 11:00 pm - €5 per person
Thurs 8 th June	Coach Trip: Golf Delux & afternoon in Los Alcázares - €25 per person
Sat 1 st July	Coach Trip: Mojacar: Evening of Love - €15 per person



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

I was about to say, welcome to summer, but I am sitting listening and cringing at the storm that is right overhead and frightening my dogs! Ok, we need water, but surely not with that racket!!

Anyway, I hope this finds you well. We are still hanging in there and by the time you read this we should have done a house clearance. Hopefully I will be able to post on **Items for Sale**, so keep an eye out for great bargains.

Summer clothes are arriving daily and we have an abundance of chanclas (flip flops) and sandalias. There is the usual bric-a-brac, books and bedding, pots and pans and some really nice drinking glasses. We also have the most fantastic 'still in the box' Pro Magimix. It's like a posh food mixer! It is absolutely brand new. We looked it up and it cost over 200€!! Come and have a look.

As you know, we are making money to help you in an emergency with your pet and this month one of your dogs we helped was **Luna** who was in great pain with a hernia.



Luna - Hernia

We immediately arranged funding for an urgent operation and later this little soul was brought in to meet us, after making a full recovery. This is not an illness we get a lot of, but it can be extremely serious.

Hopefully she will put her weight back on and get back to her fun self.

As mentioned before, we are unable to come to Camposol car park at the moment due to staff shortages, but we are always around and about in our van. If you have a reasonable amount for us to pick up, just call us (**666 186 037**) and we will arrange collection of anything you have, up to and including a complete house clearance!

Please don't throw anything away. In particular, small electrical items are great to sell, but please they are no good to us if they are broken! We can take anything you don't use or need anymore.

Find us in Puerto de Mazarrón, 23 Calle San Juan, just behind Consum, 3rd street on the left. Opening hours Wed-Sat 11am-2pm

MAMAS always need volunteers if you have a spare hour.

RELIGION **St Nicholas Ecumenical Church** 
 Rev Bill Coyle Tel 634 143 260 Calle Sobrija 2248,
<https://stnicholas.es> Sector D20 Camposol

St Nicholas Church
 Welcomes All
 Camposol Community
 To Join Us
 At our Annual Garden Party
 Calle Sobrija 2248 D20
 Saturday 3rd of June
 11.00am - 3.00pm.

The Wonderful Harmonic, Harlequin Rock Choir
 And
The Amazing Ukulele Sunshine Band
 Will be performing for you

Please come and join us for a time of Fun, Laughter and A Sing A Long

Refreshments, Bratwurst, Curry Wurst, and Burgers
 Cake Stall
 Hot and Cold Drinks and much more!!!

Sunday Best

Do any of you remember having to wear a special set of clothes on Sundays? Attending Church was a very formal occasion in those days. Ladies wore their best dresses or outfits, complete with obligatory hats, gloves and handbags, whilst the men struggled into their suits, and always had to wear a tie. This resulted in menfolk sitting tugging at their collars and sporting flushed faces, whilst their wives glared at them! The same clothing rules applied to children too. Church attendance in those days was certainly not always a happy time. Unfortunately, this all too often meant many people did not like going to Church, so stayed away.

Looking at our Church members these days, I send up a prayer of thanks. Believe me, everyone still looks good, but far more relaxed and comfortable; no stuffy clothes to make them wriggle in their seats or get hot under the collar; no whispers regarding the ladies headwear!

When the first shorts and summery dresses appear we know the hot weather has arrived, along with our summer visitors. As we live in a warm climate, does it really matter what we wear? It is being there, not what you wear that counts. People are more inclined to listen and enjoy their worship when not feeling uncomfortable.

Never have I read in the Bible that Jesus made His followers go home to change into their best clothes before He would speak to them. They just wanted to hear Him, so they left whatever they were doing to listen to His message; some from the fields, some from their boats, others from their homes, to hear the Good News. Jesus accepted everyone just as they were and He still does today. Faith and worship should be enjoyed not endured.

If you would like to join with us any Sunday morning, please do so, in the knowledge that you will be given a warm, friendly and relaxed time of worship. We meet each Sunday at 11am for our English speaking services.

June Services

- 4th - **Songs of Praise**
- 11th - **Holy Communion**
- 18th - **Morning Prayer**
- 25th - **Holy Communion**

As you can see from our poster, we will be having our **Annual Garden Party** on Saturday June 3rd. Come along and enjoy yourselves. We know we certainly will!

Love and blessings
 Rev Mo x



GROUPS



Puerto de Mazarrón Ladies' Circle

Puerto de Mazarrón Ladies Circle

Hello Ladies

Another month and here we are in June; half way through the year. Where does time go?

We have had a busy and enjoyable time. Two speakers came to talk to us: First was Irene Curtis a retired police officer, who spoke of her various roles within the police force and brought her OBE which she was awarded for services rendered. After her retirement she moved to Spain and continues to enjoy her life here.

presented to the children by the priest of **St Jose Church** in Puerto de Mazarrón at a special service. After the talk we had a collection and gave her 150€ which she will purchase bats and balls for the children.

Next was our **Lorca Trip**. We went to the weekly market which was very busy, but most of the ladies managed to find a bargain. The coach driver then dropped us off nearer the centre of the town where some did sightseeing and others found a shady spot to have a cool drink and something to eat.



of Summer clothing for us to browse through and many purchases were made. Again an enjoyable and relaxing afternoon.



The following week we had Christine from one of the Children's charities. She, along with other volunteers, make up the Christmas parcels for children whose families cannot afford to buy presents. The parcels usually contain toiletries, hats, scarves, a toy and some sweets. These parcels are



On 4th May we celebrated the **King's Coronation** at the Playa Grande with nibbles and a drink. It was a joyous affair and we enjoyed it.

We then had a visit from Sue and Sarah from Zoco Market who brought a great selection

June Activities

Thursday 1st - Race Day - Roger and Malcolm are the hosts

Thursday 8th - Beryl to give a talk on healing oils

Thursday 15th - Music Quiz organised by Roger

Thursday 22nd - La Zenia Trip followed by lunch at the Quesada

Thursday 29th - Summer Lunch at Ruf-Mari with dancing to music after the meal

Take care and look forward to seeing you on a Thursday afternoon.

Sheena

RELIGION

www.wellspringvictorychurch.com



It will be two or three weeks ago by the time you read this article, but did you hear the mighty thunder on Saturday afternoon? It seemed to last for the whole afternoon, but it was probably less than an hour. Somewhere in the skies far above the clouds there was lightning strike after lightning strike and after each strike the whole earth seemed to echo with thunder, sometimes far away and sometimes it seemed almost next door.

This mighty display of God's power reminds us of the hymn 'How Great Thou Art.' O Lord my God, when I in awesome wonder, Consider all the worlds thy hands have made; I see the stars, I hear the rolling thunder, Thy power throughout the universe displayed:

A bit like that thunder rolling around from place to place, the hymn had its origins in Sweden and passed via Russia and Ukraine until it found its way to the United Kingdom. The creative power of God is clearly shown in this hymn. The universe we live in stretches for trillions upon trillions of miles in every direction and it is hard to understand how anyone cannot see the hand of the Creator at work.

As we consider this amazing Creator, our minds take us to a variety of places deep in our thoughts, but have you, perhaps, stopped just for a minute and thought – yes – there

must be something or someone bigger than all of this? A short while ago BBC4 showed a programme about the NASA project to put the Hubble Telescope into earth orbit. Unhindered by the myriad of lights obscuring the perfect image, the telescope sent back images to earth of stars in the making billions of years ago and billions of light years away. The images were incredible in both their beauty and clarity; just another display of the Creator's hand at work.

The hymn-writer summed it up perfectly when he wrote:
*Then sings my soul, my Saviour God, to thee:
How great thou art! How great thou art!
Then sings my soul, my Saviour God, to thee:
How great thou art! How great thou art!*

The next time you see a flash of lightning and hear the rolling thunder, will you stop and consider the hand of Him who put it all in place?

Wellspring Church sometimes use this song as part of our worship to this Amazing God and we stop and give thanks for the awesome wonder which rings in our hearts.

Will you come and join us in worshipping this amazing creator, God, who in awesome wonder put the earth and the heavens in place and caused the light and sound effects we heard on that Saturday?

Wellspring Church meets every Sunday at 11am in the Event Room above Trevi Bar, Camposol B. Why not give it a try? You might be surprised!



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



CHARITY

Making a Difference

TEL 603 389 006



Now we are going into the 6th month and the weather is warming up. Our shop now has its summer clothing displayed, so if you are wanting a new outfit for that special occasion for the many outdoor events that are coming up, please visit our shop in Puerto de Mazarrón and grab a bargain.

We have recently had some new Volunteers join our team and so we would like to welcome Angelique, Johnathon



and Susana. We thank them and all our Volunteers for their time and effort enabling us to continue to provide aid to many families and monetary donations to humanitarian charities in our area. Through

them, we can help many more people who find themselves in need of help for various reasons in the Mazarrón area.

We are always appealing for donations of furniture and household items, so if you have any items you would like to donate to us, for collection from your home please call us on **603 389 006**. Our van is at Camposol every Tuesday from 10.30am-12pm on Sector A Commercial Centre if you would like to bring small items.

We would like to mention one of our customers who kindly drove his van around for us, picking up and delivering, whilst our van was being repaired and therefore off the road. So many, many thanks to him.

We thank and appreciate our supporters' continued donations. Without these contributions, our efforts would not be able to sustain this worthwhile cause of **Making a Difference** to so many people in our area.

SPORTS

CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

Another busy month has passed for **Camposol Free Community Sports** and we have lots planned for the upcoming summer months that you definitely do not want to miss.

Sunday August 20th will be the first **CFCS Summer Party**, organised in conjunction with **Camposol D Gardening and Community Group**. There will also be a **Mixed Doubles Petanca Competition** with some great prizes, so get practising.

The **Walking Football** sessions on Mondays, Thursdays and Fridays are as popular as ever. The sessions are always fun and friendly with lots of encouragement for all who participate. These sessions are not all about winning. It's an inclusive environment for all. The teams are always mixed and the aim is to get people together exercising and back into sport.

The **Cycle Tours** organised by Stephen Deer are fantastic, with the group headed down to Bolnuevo on their last outing together. Why not join the fun? We would also like to give thanks to and give a very warm welcome to Nighthawks Couriers as new sponsors of the cycling group.

The end of April also saw the final games of the inaugural **Spring Petanca League**. After a couple of months of fierce competition, we saw Camposol based Los Leones take the title in a season where they remained unbeaten. The league and games were a wonderful success.



Matches were competitive but friendly and many new friends made. Great thanks to Alan Wood for organising this and our League sponsor 2Let2Sell2Buy.com for supporting and we look forward with great anticipation to the 2023 Autumn league. (Watch this space.....) If you play petanca at a club, or with a group of friends (6 players) have a home ground within 30 minutes of Camposol and would like to be part of the Autumn league, please contact Alan Wood through **Camposol Free Community Sports** Facebook page, or you can always come along to the Petanca games held every Friday on Camposol D to get involved.



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 Bar, Tel's Bar and Nighthawk Couriers.



GROUPS



Camposol 2025
What do you want it to be?

Let There Be Light

Yes I know it is a corny headline, but one that aptly describes the impact of the **2025 Solar Street Light** initiative for the residents on private roads on Camposol D. Phase one has recently been completed with residents purchasing solar street lights sourced by **2025**. With installation completed by the **2025** team, special thanks to Bob and Stuart for their assistance during the installation. Phase one included Calle's Orce, Soportujar, Castril, and Alhabia as well as Treveles (who were agile enough to have fitted their own lights.)

Lights for phase two have been ordered and are en route. Again thanks to Nighthawk Couriers for transporting them to Camposol.

Security Booklet

The security advice brochure has now been completed and is available to download from the files section of the **Camposol 2025** Facebook page. Currently, it is available in English only. However, thanks to support from natural French and Dutch speakers, we expect versions in these languages to be available shortly in the same location.

We would also like to produce versions in other languages, particularly Spanish and German. If you are a natural speaker of either of these or other languages and are

willing to assist with translation, please contact us via the Facebook page. Thanks go to the Sector Security Coordinators for reviewing and adding valuable content to the guide, as well as the residents/owners who kindly agreed to review the document.



Info Hub

Bulky Waste Collection

A request for the removal of furniture or appliances from home addresses can be made through Linea Verde. First you have to register by following the instructions on this link:

!Camposol Today - Got A Problem To

Report To Mazarrón Council?

To request collection, click on 'Recogida de muebles y ensures' on this link:

App Línea Verde Ayuntamiento de Mazarrón - Avisa de tu incidencia online (lineaverdemazarron.com)

After logging in, the first box 'Categorías' has a drop down list. Click on 'AVISOS' in the second box 'Tipo de incidencia' click on 'Recogida de muebles y ensures' in the 'Comentario' box type 'I have (whatever the item is) to be collected.' (can be in English), there is no need to attach photos. In the last box 'Buscar una dirección' enter the full address where the item is to be collected from. The address must have the name of the Calle and Plot number (preferable to house/road number), then click on 'ENVIAR INCIDENCIA'. The report will be acknowledged by email to the email address entered when registering on the Linea Verde app.

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

RELIGION



OPEN DOOR
Get Together

We encourage and embrace Unity.
Open Door, where all Christians and non Christians can come together to understand and learn about God, and what He can do for YOU.

Ken 646 705 403 or Carol 665 186 901
Email: opendoorgettogether@gmail.com

Amazing

It is likely that we have used this word to describe situations or events which have just left us speechless, bewildered or baffled. You know when we watch a magician and we cannot see any explanation for what we are witnessing, or perhaps acrobats where the timing is virtually unbelievable. The cynics of course are looking for the sleight of hand or the fall. There are times though when we just have to acknowledge that we are watching something amazing as the performers are really good at what they do and we are not party to the secrets of their art.

This was often the case when Jesus was walking this earth as recorded in the Bible. Jesus performed all sorts of acts which could not be explained by science or sleight of hand, but left those who were witnesses at the time completely amazed by the things they were seeing. This should not come as a complete surprise to us as God has spent the last 10,000 years relating to humans and basically just being amazing. I mean really; just look around you and be amazed at the Earth, the balance of nature, the human body, creation.

There are over sixty uses of the word 'amazed' or 'amazing' in the Bible and the vast majority of them relate to stories and events involving Jesus and His life on Earth. As an example, when Jesus healed a paralysed man, the Bible records that, 'Amazement seized all of them and they glorified God and were filled with awe, saying, "We have seen strange things today".' Luke 5 v 26. When the disciples started to tell people about Jesus the reaction was that "All were amazed and perplexed, saying to one another, "What does this mean?" ...Be amazedbut not perplexed!

REMEMBER We Are Now HYBRID!

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

ZOOM ID **858 0435 5966**
PASSWORD - **Sharing** (Note ...capital 'S')

All are really welcome. Feel Free.



GROUPS



Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



After the **Coronation of King Charles III**, 80 residents of Camposol C helped **Green Fingers** celebrate at a street party. With music provided by DJ Carl Thomas, a good afternoon was enjoyed by all as you can see from the photos. The party helped raise a significant amount for **Green Fingers** and we thank all who provided

raffle prizes and attended. Special thanks goes to The Trevi Bar for providing tables and chairs.



During May our volunteers replaced the batteries on the fairy lights at the bottom of the dual carriageway. They trimmed trees and planted some bedding plants which were kindly donated by residents. If you have any plants that you don't want please

bring them on a Wednesday morning.



We have had an average of 10 volunteers each week over the last month and have raised an average of €220 each week. Thanks to Angie and Cat's Bar for providing our volunteers with Breakfast.

CHARITY

Charity N°: G73786279

Cavalli Foundation
"Helping Horses Help People"

Call 636 172 198 or info@cavallifoundation.org



With all the pain of my heart I have to communicate the loss of our dear mother and founder of **Cavalli**, Elizabeth Knowles Hampson, or Liz as her friends liked to call her. My mom had been battling ALS for 8 years, but she never gave up and taught us that when you believe in something, there is nothing that can stop you. She fought for animal rights, but also to make visible and professionalize the Horse-assisted therapy sector in the Region of Murcia. I, Verónica, pick up her legacy and will continue to fight for her and for our animals.

a haven for abandoned horses.

We also need help for the move, as we need to move all our animals safely to the new land: horses, ponies and donkeys, our dogs and cats, and our farm animals. Any help in gardening, small construction, plumbing, wood work will be more than welcome. We need to transport heavy material, furniture and many, many boxes.

to **Cavalli** and he did an amazing job. We are so grateful!

These 2 miniature Moroccan donkeys are also looking for a new home. **Doña Teresa** is the mom and **Paquito** is the son who has already been castrated. If you can offer a loving home for both of them together please contact us.



Building work in progress

We are forced to move in a couple of weeks from what has been our home and that of our animals for the past 20 years. My colleague Reina and I have put all our savings into buying some land in Los Muñoces (near Condado de Alhama). We've got just enough money to fence the land, provide water supply, fix the roof of the cottage, but we still need a lot of help to build the paddocks and shelters, install the solar panels, build a barn and a hay shed, rehabilitate the inside of the cottage, provide shade for the animals and more. We have relaunched the crowdfunding campaign my mom Liz set up before Covid. With the almost 10,000€ we raised back then, we are building the perimeter fencing. You can know more about our story and why we have to move on: chuffed.org/building

It's not all bad news!

We were called in to rescue this gorgeous little girl. We've named her **Poppy**. She was dumped on the side of the road due to a malformation of her front hooves. After our vet checked her, we discovered she must have suffered for 4-5 years from laminitis that hadn't been taken care of. It is a disease caused by an inadequate diet of carbohydrates that creates an inflammation in the tissue inside the hooves causing immense pain. To avoid the pain, horses shift their weight into an incorrect position, which in the long run causes a retraction of the tendons and hence the malformation. Right now she needs treatment from our farrier. We are crossing our fingers that this will help, but if not, she will need an operation. We would like to give Colin from **Hugo's Home Farm** a huge thank you for assisting in the rescue. He was in charge of transporting **Poppy** safely



Poppy our latest rescue



Donkeys looking for a forever home

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

If you would like to donate to **Cavalli**, you can visit our crowdfunding campaign **30 days to save our herd - Building a haven for abandoned horses | Chuffed | Non-profit charity and social enterprise fundraising.**

Press the 'donate' button on **Cavalli Foundation** Facebook page, or on our website www.cavallifoundation.org

Donate via:
Paypal infocavallifoundation@gmail.com
Bank transfer **ES26 1491 0001 2720 5929 3726**

Swift code **TRIOESMMXXX**
We and all the animals would be very grateful for your help and generosity.



GROUPS  **B CLEAN' GARDENING GROUP**
 Facebook: "B Clean" Community Gardening
 bcleangardening@gmail.com

During the last few weeks, **B Clean** has been working at several locations around Camposol B. Much of the work has been general maintenance, although a fair bit of their time has been wasted due to inconsiderate behaviour and vandalism.



recently, some idiot buried some by dumping a huge amount of waste by the skips!



the newly appointed gardening contractors will do. At the time of writing, workers have been seen at locations which have already been attended to by **B Clean**, so one hopes that some lines of communication can be established in the near future.



Maintenance and plant rescue was carried out around the lower B car park with some of the old olive trees on the adjoining campo being tidied up as well as trying to save the long-suffering yucca plants down by the green waste skips. The yuccas are constantly at risk from thieves stealing some and others being damaged by thoughtless behaviour. Most

The **Welcome Wall** at the entrance to Camposol B has been repainted and volunteers have also trimmed back a tree that was overhanging the road and causing a hazard to the urbanisation's Campobus. The team is still working on their latest project, but this was not helped by somebody stealing from the site, as well as cutting down a sapling in an act of mindless vandalism. In the meantime, the group awaits to see what

As usual, thanks are due to Colin Thackwell for his continuing fund raising efforts for the group as well as other worthy causes. Donations are always welcome (as well as outstanding membership subscriptions!!) and new volunteers are always needed of course!

CHARITY **MABS Mazarrón**
 Tel: 634 362 954
 mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



Recent Fundraising

Golden Stars Amateur Theatre Group recently performed A Murder Mystery at Platform One, El Paretón on 21st April and at Bokao Bar on Condado de Alhama on 22nd April. The raffle at the two performances raised a fabulous 280€, so a big thank you to all the performers and audience at both events!



Bar Salud

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

Helpline

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

Virtual London Marathon - Colin Thackwell
 On 23rd April our very own Colin Thackwell ran a virtual London Marathon on behalf of MABS raising an amazing 723€!



A big thank you, as well, goes to all who donated 1,200€ to **MABS, FAST** and **Forget Me Not**.

Future Events

MABS Craft Group @ The Diner
 On the first Friday of every month **MABS Mazarrón Craft Group** are on Camposol B from 11am-2pm with quality hand crafted cards and gifts.

MABS can provide:

- Transport with driver to take patients to and from hospitals.
- Translators to ensure the diagnosis is fully understood.
- Home carers to provide additional care when needed.
- Respite and Hospice care in our **Respite Home**.
- Medical equipment on loan to cancer patients. 1-2-1 counsellors.

Camposol Golf Association

The **CGA** donated an amazing 300€ to **MABS** at the end of April, so again a massive thank you!

The Diner & Bar, Camposol B raised 147€ on their **Charity Quiz Night** on 3rd May. A big thank you to all who contributed.

Thursday 22nd June - Ascot Ladies' Day

@ La Nueva Taberna, Mazarrón Country Club 11.30am-4.30pm
 Harlequin Rock Choir, Fashion Show, Stalls. Music from Reke, Individual Ploughman's Platter, Cream High Tea & Cava, Raffle and Best Hat Competition.
 Tickets 16€ from **MABS Respite Home**, Camposol B, La Nueva Taberna or phone **689 052 123**

Helpline Number 620 422 410

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

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

Revival Choir

This is a small choir which raises funds for **MABS**. A street party was organised on Sunday 7th May. With a combination of a small raffle, music, bingo tickets, hot dog sales and donations they raised a much needed 303€. A huge thank you to all who participated.



Street Party

We have drop off points for smaller items at: The Clubhouse, Camposol C, **MABS Respite Home**, Alley Palais, Camposol B and **ASSSA**, La Pirámide Puerto de Mazarrón.

Charity Golf Day

This took place at Camposol Golf Club on 13th May raising a little over 2,000€. A huge thank you to all who took part and all the sponsors. **Bar Salud Golf Society**

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

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





GROUPS

Making a Difference

It is great to see the Council's ground maintenance contractor, STV, begin the work on the Camposol D stretch of Los Covachos. The 4-year contract is to maintain the central reservation on Los Covachos and the roundabouts on the public roads. This includes pruning of the palms, weed spraying and edging and strimming. The work carried out so far is to a high standard and hopefully this will be maintained throughout the contract. Work is carried out every 3 months with the exception of treatment for processionary caterpillars and palm weevil infestation. If you spot any infestation please contact our local Councillor.



from the photos the amount of rubbish that was cleared.

The common view was that the rubbish is being dumped by contractors.

Not so! Whilst rubbish is being dumped illegally by contractors, most of the fly tipping is actually residential waste, so an appeal to all residents on Camposol D to assist the work of the gardening team. Please use the bins and containers to put your waste and if full, use the other household waste sites. **Do not dump your waste beside the bins.**



items directly from your home. Details are contained in the **2025** article and also on the **2025** Facebook page.

Please take pride in your local area. We know of residents who regularly sweep up the areas near their villas. To them we say 'Thank You'. It only takes a few moments to go out and sweep your streets, weed the footpaths or generally tidy up. Camposol D and your poligono will be the better for it.



Not Making a Difference

Not so great is the amount of rubbish that our gardening teams are having to remove before work can commence. One team recently spent all morning just clearing up rubbish, whilst the other team cleaned up the bin area on Calle Nogales, next to the green waste site, only to find that rubbish was tipped there the next day! You will see

The Council's refuse collection contractor has designated two dates each month for residents to place large and bulky waste items beside the bin areas for collection. The dates are: 1st and 16th of each month, with items put out the night before.

Please do not put out these items on any other dates.

You can also request a collection of bulky

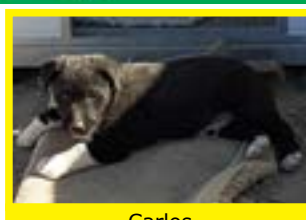
Positive messaging

To quote the President and committee for **Camposol D Community and Gardening Group**:

"Making a difference can only be achieved by everyone on Camposol D working together; not just by the committee, gardening teams and other informal volunteers. You too can make a difference. Please play your part by looking after your street, poligono, verges etc. Think of the difference it would make if you brushed up, or littered-picked your area once a month. **Join the D-team and make a difference.**"

CHARITY **Noah's A.R.C. Animal Rescue** Rehoming and adoption: 602 653 639
 Registered Animal Charity N° 9.971/1 Rescue and emergency: 603 206 363 and 804 346 183
 Helping the animals of Mazarrón for a better future for all! Port shop: 602 624 521
 Email: info@noahsarcmurcia.com Camposol shop: 711 016 236

Carlos, a sweet chunky boy puppy of approximately 5 months old was found in a tractor yard with his Mum and brother.



Carlos

Carlos weighs 8 kilos and will be medium in size. He has started all his vaccinations. Part of his adoption agreement is that he will be neutered when he is old enough.

She is spayed and fully vaccinated.

Sally a pretty girl of 12 weeks old. She only weighs 4 kilos. She loves playing with other dogs and is only going to be medium size. She has had most of her vaccinations. Part of her adoption agreement is that she will be spayed when she is old enough.



Sally

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

We really need foster homes which are really great in getting the dogs into new homes, teaching them how to live in a home, lead training etc.

This month has been really busy in rescuing dogs; 2 in particular. They are Mastin boys and the only way to describe them is a bag of bones, dumped and left to starve to death, so any donations will be gratefully received. Below is our PayPal address. Bags of food can be dropped off at our shops on Camposol or Puerto de Mazarrón.

Sasha is a lovely girl of approximately 2.5 years old. She is the Mum of Sally. They were both found in a rabbit hole. **Sasha** had a rope imbedded in her neck which has now healed. She is good with other dogs and walks well on or off the lead. **Sasha** prefers to be fed by herself.



Sasha

Danny was found by a lovely lady, who asked us to help him. It's a very sad story as **Danny** is Leishmaniasis positive, but has had the best treatment from our vets. He looks great now and is neutered and fully vaccinated. Leishmaniasis is transmitted from a bite from an infected sand fly. It can be treated by daily tablets which are very cheap to purchase. **Danny** really deserves a home of his own.



Danny

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

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

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



GROUPS

Ladies' Chatterbox

Email: onlyforsue23@gmail.com



Hello everyone
I hope you all have been making the most of the fabulous Spanish sunshine. It has been lovely to watch peoples plants grow and flower; the colours and aromas have been just amazing.

and lots of dancing. We will tell you all about it in the next issue. This always proves to be a very popular event and is for members only, so if you were thinking about becoming a **Chatterbox** member there's not long left.

the **Christmas Party!!** We will keep you updated throughout the Summer.



Andrelox

Well, what have we been up to? We were very lucky to have Joe and Karen from Just Joe's Hair and Beauty Salon come to our **Chatterbox** afternoon and tell us all about hair, make-up and beauty. It was fabulous! Joe showed us how to do 'daytime' make up and Karen demonstrated non- surgical facial treatments. Our models had a relaxing and beautifying time! I think a return visit will be on the cards. Thank you both for giving up your time and giving us lots of hints and tips.

As it is June (already!) it is coming up to the **Chatterbox Summer Party**, our bi-annual visit to **Restaurant Amapola** in Bolnuevo for fabulous food, good company



Let's Start

After our **Party** we have a Summer break. We resume in September. However, during this time the Committee will be very busy organising the next **Chatterbox** season-trips, speakers, events and not forgetting



finished

Finally; take care, enjoy the summer and be kind - 'it costs nothing, but means so much.'

Best wishes
Sue

LEISURE

f Expat in Mazarron

Camposol Explorers



The **Expat in Mazarrón** YouTube channel is run by Shaun and is all about living on Camposol, places of interest, property, going out walking and many more things about Spain. Shaun has also set up a group called **Camposol Explorers** which is about going out exploring once a month in the Murcia Region and beyond.

Unfortunately, due an imminent hip operation outings are postponed until later this year. In the meantime, Shaun will be posting some interesting locations, not far from Camposol that you can visit.

La Azohia

About a 35 minute drive from Camposol, passing through Puerto de Mazarrón and Isla Plana, **La Azohia**, is a small fishing village. The first thing you will see as you drive into the village is the local police station. It's a temporary location, but has been painted with the scenery of



the village and the watch tower.

Driving along the beach road, you will see many places to park off-road to sit on the beach, or if feeling hungry, visit one of the many restaurants, some of which are on the beach. Most of the beaches are stony, but there are some areas where it's sandy. This area is great for water sports and scuba diving.



As you drive along the beach road, you can see the **Watch Tower** of Santa Elena. Built in the 15th Century, it was one of many watch towers built along the coast (Puerto de Mazarrón,



Bolnuevo, Aguilas) for protection from North African pirates. You can walk up to the tower where information boards telling the history and you get some amazing views looking down on the village of **La Azohia**.

In the heart of the village, you have the local church and the jetty and if you are lucky, you might see the fishing boats unloading tuna into crates. This is also where the scuba diving schools catch their boats to go out exploring the coves along the coast. You will also notice information boards on the walls telling the history of the fisherman and the fish they catch. This is also where the big guns came in to be unloaded and then taken up to Bateria de Castillitos (The Guns of Cartagena). This area is well worth a visit, with so much to see.

Next month, Shaun will talk about another interesting place not far from Camposol.

For more information about **Camposol Explorers**, check out Shaun's YouTube channel or join his Facebook group **Expat in Mazarrón** for information and places to up explore.



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.

Saturday 3rd & Tuesday 6th June - Free Guided Tour (in English) of **Los Baños Thermal Baths & Museum**. 11am.

Saturday 10th June - Long Weekend Festival 2023 - Juan Magan & Raúl Ortiz @ Nuevo Recinto Ferial.
Raúl Ortiz - 8.30pm.
Juan Magán - 11pm.
DJ Nano - 12.30pm.
Tickets from 11€.

Saturday 17th June - Guided Tour of Alhama Centre (in English). 3€ (2€ under 12's) 11am from Thermal Baths. Book at Tourist Information Centre.

Sunday 18th June - Free 90 min Dramatized Tour (in Spanish) of **The Old Town Centre** from Tourist Office. Booking at the tourist office essential.

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.

Fuente Alamo Saturday Market

Every Wednesday - Hacienda del Alamo Women's Association Coffee

Morning @ The Club House 10am-12pm

Date for your Diary

Friday 1st September - The Ultimate Celine Dion Tribute Show @ Ona Hacienda del Alamo Hotel

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

Saturday 3rd June - National Dog Show near the Tourist Office in Puerto de Mazarrón
Events and competitions start at 6pm

Sunday 11th June - Swim/Run Qualifier
Sprint 10km/Half 20km
Individual & Team
In the wonderful natural surroundings you can visit its two protected areas: to the west, the beaches of Cabo Tiñoso, among which is El Portús beach and to the east, the beaches located in the regional park of Calblanque and Cala Reona.

Friday 16th June - Noah's ARC Party/ Summer Disco @ Camposol A. 7pm
Tickets 10€ available from **Noah's ARC** shops on Camposol and Puerto de Mazarrón.
Tel. **602 624 521** to order your meal.



Friday 23rd June - Los Palacios Gardening and Community Summer Ball @ Puerto de Mazarron. Tickets 45€
WhatsApp Pat on **635 329 353** or Mia on **679 672 294**

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

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

Totana
www.totana.es
Tel **968 418 153** – Wednesday Market/ Friday in El Pareton

Friday 2nd & Saturday 3rd, Thursday 9th

& Friday 10th, Thursday 16th & Friday 17th, Thursday 23rd & Friday 24th, Friday 30th June & Saturday 1st July - Youth Workshops for 12-17 yrs. Play ping-pong or badminton, sing karaoke or dance, play cards or a board games, have a snack or dinner, but above all, have a good time in an ideal space to share and interact.
At Espacio Joven Munuera y Abadía. 7pm-12am



agendamunicipaltotana@gmail.com

Visit Al Museo De La Torre De Santiago
2€ adults (children free) 10am-11.30am
Every Saturday until July.
(Minimum 10 persons/máximum 20)

Sunday 25th June - Artisan Market
Market where artisans 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.

In addition to these permanent exhibitors, 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.

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

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

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



CHARITY

FRIENDS OF MAZARRÓN ANIMALS

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



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

Summer is officially here and we have some fabulous fund raising events in June for those hot days and balmy evenings. Without a shop we heavily rely on these events to raise much-needed funds, so we hope you will be pleased with our selection.

Thursday 1st June - Pop Up Market @ Rendezvous, Camposol A 10am-2pm

Saturday 3rd June - Pop Up Market @ The Social Club, Isla Plana from 10am.

With all our usual stalls you are sure to grab yourself a bargain whilst helping us as a charity along the way.

At the end of June we have the fabulously popular Bazz Norton appearing at the Playa Grande hotel. Further information is available on our Facebook page, so please message us for details on how to book your tickets. He's a fantastic entertainer especially if you like your ivories tickled!

Just A Reminder

FMA Pop Up Tea Parties are still available to book. Would you like to have a tea party but don't have the time to organise? **FMA** has the answer to your prayers! Invite

friends and neighbours for **Afternoon Tea** in the comfort of your home or garden without the hassle. We do the rest. We provide the food, drink, crockery, cutlery and glassware. Fundraise for **FMA** without the washing up and hassle. Contact us if you would like to be the hostess with the mostess!

Finally we would like to thank everyone who supports us. If you follow our page you will be well aware of the huge amount of animals in our care and they keep on coming, so your help is always appreciated.

Check out our **Adoption Album** for all the wonderful dogs we have available for adoption. We also have some delightful cats in our care looking for homes. Please contact the team at **FMA** for more information.

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

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

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FRIENDS OF MAZARRÓN ANIMALS
• IN 2022/23 (MAY/SEP/OCT/NOV/DEC)



LUDO

FRIENDS OF MAZARRÓN ANIMALS
PEQUEÑO MESSAJE SIN RESPONSABILIDAD DE
FRIENDS OF MAZARRÓN ANIMALS
• IN 2022/23 (MAY/SEP/OCT/NOV/DEC)



MISS MOLLY

The FMA Pop-Up Tea Parties are back!

Invite your friends and neighbours to afternoon tea in your home or garden and the FMA team will do all the work.

Cake and canapés, sandwiches, scones and cakes. Tea, coffee and other drinks.

Call or email Andrew for more information
andrew@fma.murcia.es 03 April 2023

The Harlequin Rock Choir

Upcoming Performances - All for local charities

Saturday 10th June:
Hacienda del Álamo - Fiesta
Fund to go to MABS

Thursday 22nd June:
Ascot Ladies Day, Mazarrón Country Club
MABS fundraiser

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INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com

We have just come back from a week's cultural and birding trip with a small guiding company called 'Birding the Strait'. We flew into Marrakesh and immediately headed south up into the High Atlas Mountains, via the Tizin Tichka pass at 11,000 feet and finally descended to 4,265 feet to the small village of Ait Ben-haddou, a Unesco world heritage site, with its medieval town and castle. Many Hollywood films have been made here including 'Lawrence of Arabia', 'Gladiator' and 'The Mummy'. As our trip was part culture, we spent a few hours having a guided tour around this interesting and historical site. The town seems to be constructed of Adobe, a mixture of soil, water, clay and straw. I guess there was also some animal dung in the mixture as well. I suppose it's similar to Argomasa the material the Moors used to build their medieval castles in Southern Spain. You would imagine that erosion over the years would have made these ancient buildings crumble, but the village stood witness to the longevity of these old construction methods.

Although this was part of our cultural itinerary, the unusual looking LBJ's that we were frequently seeing around the village awoke our birding instincts and gave us our first lifer of the trip. These small birds proved to be **House Buntings** (*Emberiza Safari*), quite a pretty looking bird that we were seeing frequently as we walked the narrow streets of the village. It is a resident of this sort of arid countryside that ranges from Morocco and south to Mali and east to Chad. In Morocco, it is traditionally treated as a sacred bird and has become very tame and cheekily enters inside houses, shops and mosques. It has expanded its range north since the 1960's and reached as far north as Tangier. I suspect it won't be long before it crosses the Straits of Gibraltar to Tarifa, in Southern Spain.



Mousier's Redstart

We were soon beginning to realise that we were going to do quite a bit of travelling each day, but Javi our guide, ensured that we stopped frequently at interesting sites. These sites were quite often good birding locations. On the road to Boumalne Dades we stopped at quite a pretty place

that was known for a particularly colourful bird called a **Mousier's Redstart**. We soon went into twitching mode, as our group was intent on finding the bird before leaving. Fortunately, the showy male birds were quite happy to perch out in the open to flaunt their handsome appearance, so it didn't take too long to find one perched, where we could get good views of it.



White-crowned Wheatear

We were soon travelling again towards our destination of the Sahara Desert and as you can imagine the landscape became more arid and desert-like. This proved to be a great opportunity to accustom ourselves to a new bird species, a **White-Crowned Wheatear** (*Oenanthe Leucopyga*). It is a common bird of these habitats. It looks very similar to our **Black Wheatear** (*Oenanthe Melanura*), a permanent resident in parts of Murcia. However, as you would expect, the adults have a white crown, which is the only visual difference from our resident **Wheatear**.



Desert Wheatear

As we travelled closer to the desert, the landscape became more arid and the vegetation became scarcer. It was perfect habitat for one of the birds we were seeking, a **Desert Wheatear** (*Oenanthe Deserti*). The males are the more attractive of the two genders and they look very similar to one of our summer visitors to Murcia, the **Black-Eared Wheatear** (*Oenanthe Hispanica*). The difference between the two species is quite subtle. The **Desert**

Wheatear has a black line of feathers from the ear to the wings. Yes, you've guessed it; our **Black-Eared Wheatear** has a gap in the black line.

We eventually arrived at the Sahara Desert at the village of Merzouga, the gateway to Erg Chebbi, a huge expanse of dunes. I must admit that the desert is beautiful and we were very impressed by the landscape, a habitat that we had never previously experienced. I was left stunned by its beauty and very intrigued about the type of birdlife we would find in such a place, totally lacking in water.



Desert Sparrow

The birdlife was fantastic, much to my surprise. We went into the desert in 4 x 4 cars driven by local people who clearly knew the desert and where to find the local wildlife. The first area we visited was a lonely village where a few desert goatherds lived a very basic life with few amenities. However, there was a small group of **Desert Sparrows** (*Passer Simplex*) that were sharing their very basic lifestyle. They were quite attractive, especially the males who unfortunately were a bit camera shy. However, I did manage a reasonable photo of a female bird collecting nesting material.



Desert Lark

I was wondering how anything could live in such a dry and desolate habitat. The few species that were able to live in this

Continued on page26



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Continued from page 24

environment have evolved to survive with very little water. Evidently, their kidneys require little or no water and they obtain moisture from eating the insects that they find. One such bird is a LBJ that is a bit smaller than a **Sparrow**. It is lacking in colour and is a drab nondescript little bird that blends effortlessly with its surroundings. It is quite sought after by birdwatchers, but it is extremely difficult to see. In fact, if it stayed still without moving I doubt we would ever see it. It is a **Desert Lark** (*Ammomanes Deserti*). We managed to find one in the vast expanse of desert, but its reputation of a reclusive and difficult bird to find didn't really enhance our joy in finding it. It looked pretty ordinary and boring!



Sandgrouse in Flight

Our next experience was totally different, as we went to a watering hole, where two species of **Sandgrouse** visited each day. It was an artificial pool that had been built by the local guides to attract birds. They earn quite a good living by taking paying birdwatchers to view the elusive **Sandgrouse** that visit daily. There were two species that came to drink, **Spotted Sandgrouse** (*Pterocles Senegallus*) and **Crowned Sandgrouse** (*Pterocles Coronatus*). These birds fly to waterholes each day for a drink and will fly quite long distances, as water is very scarce in the desert. Their chicks aren't able to fly when they first hatch, so

the males will bathe and collect water in between their feathers. They subsequently fly to their thirsty chicks hidden in the desert, which then sate their thirst by drinking the water held in dad's feathers. The first sign of **Sandgrouse** approaching the water hole was when a flock of maybe twenty birds approached flying fast and low. They landed about 200 metres away and then walked slowly to the watering hole. They are shy birds and used this ploy to be more secretive.



Hoopoe Lark

Our final desert bird was very active. It was a **Hoopoe Lark** (*Alaemon Alaudipes*), named because its long down curved beak resembles that of a **Hoopoe**. They are very active in the mornings and then hunker down in any shade they can find until the evening. This **Lark** came to be one of our favourite desert birds as it was an authentic survivor and very active in the mornings.

After the desert, we returned, over two days, to the bustle of Marrakesh. From here we went to the snow line in the high Atlas Mountains at Oukaimeden. It was quite spectacular seeing the snow covered rocky mountains and very different to what we had experienced to date. We had gone there to see three very specific and rare birds; **Alpine Chough** (*Pyrrhocorax Graculus*), **Crimson-Winged Finch** (*Rhodopechys Alienus*) and **Horned Lark** (*Eremophila Alpestris*).

We regularly see **Red-Billed Choughs** flying down the valley behind our house in Murcia. However, **Alpine Choughs**, with their yellow beaks instead of red, are a rarity in Murcia. You would have to travel to the Pyrenees or the Alps to see them.



Crimson Winged Finch

We were fully expecting to have a difficult search to find the **Crimson-Winged Finches**, but lo and behold, they were feeding at the side of the café we stopped at. This was certainly a bonus and made birding and looking for rarities a bit of a walk in the park. I can assure you it isn't always as easy.



Horned Lark

It seemed like fate, that the **Horned Larks** we had come to see, were as elusive as ever. We searched everywhere, but without any luck. After several hours of searching we found a handful of these birds feeding on one of the snowdrifts further up the mountain range. I don't know what was so attractive on the snowdrifts as they normally feed on insects, but occasionally feed on seeds. I wouldn't expect to find either on these high snowdrifts!

The **Horned Lark** is recognised by most authorities as a separate sub-species, but scientists are now considering splitting the sub-species and in future it may be classified as the **Atlas Horned Lark**. It will then be considered a new species and can be ticked! Currently, it is considered a close relative of the **Shore Lark**, a species that is seen uncommonly on the shores of Eastern England. It seems very strange to me, as the habitats in both places seem diametrically opposed!

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

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Alpine Chough on post

As soon as we arrived, we were surrounded by **Choughs**, both **Red-Billed** and **Alpine**.



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Choice Rentals Almería are a newly established Rental and Property Management Company based in Mojácar, run by Claire, Sara, Kelli, Heather and Tina. We have been fortunate enough to obtain what we believe to be the largest portfolio of rental properties both coastal and inland. We have a wealth of experience and knowledge, so let us take the stress out of your relocation with our common sense, honest approach. We offer free advice and transparent fees and pride ourselves on being honest, reliable and professional.

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INFORMATION

Bédar Village Community

@Bédar Village People

Bedar Community Bolsters Asprodalba by Chrissie Cremore **Asprodalba (Asociacion para la Promocion de las Personas con Discapacidad Intelectual del Levante Almeriense)** was created 40 years ago by a local psychologist Ignacio Martin-Baro who retired about 3 years ago. The day centre and residential homes in Vera cater for intellectually challenged people on a daily basis, with varying levels of mental and physical disabilities. The day centre attends to 80 adults who do not live on site and the residents' home has room to house 22 people who do not have family to look after them. Both buildings encourage arts and craft, gardening and computer lessons, plus offer facilities so that the participants can learn how to cook and look after themselves. The residential home also has a specially built swimming pool which allows wheelchair access.

Not far away there is the former mining town, dating back to the Muslim period; a pristine white village called **Bedar** which nestles in an east-facing valley in the foothills of the Sierra de Los Filabres. Little did Maria and Steve Crees know that when they permanently moved to their 'holiday home' how their efforts would contribute to Asprodalba's plans for their third building. Originally from London, Maria and Steve met whilst working for a housing association and 44 years later,



with 2 daughters and 3 grandchildren, know they made the right decision when they decided to settle in **Bedar**. Initially, whilst exploring Spain they were drawn to Mojácar, but once they discovered **Bedar** they knew that the 'building foundations' for their house was meant to be there. It is not until you visit this village that you appreciate what it has to offer; meandering through the narrow cobbled streets with the Mediterranean glistening on the horizon. Being sociable folk, they quickly became part of the community and enjoyed raising money with local 'Black Tie and Posh Frock' events for **Stepping Stones Alzheimer Charity** and a defibrillator.

Although COVID-19 stopped further functions; now that the 'seed has been sown',

this year they decided to expand on this theme and recently organised and hosted the biggest gathering to date with 90 people dining and dancing at The Villa Cadima Restaurant. The atmosphere was enthusiastic and electric; heady and heavy with perfume and aftershave. The glamour was sparkling, smart and exotic with not a flip flop in sight! The evening was a major success, raising €1,418 from donations and games. Steve would like to especially thank the following sponsors; Clare and Shane/Castellon de Bedar, Julie Justice/ Something Special, Ann Webber/Style by Ann Webber, Steve Brewer/ Chef Experience, Dave Shipley/Shipley Transport, Alex Nichols/Nichols Transport, Jo and Tim/Olive Properties and Villa Cadima Restaurant. The dance floor was rocking thanks to Tony Justice, Mad on Blonde and DJ Rob from Almería Radio. Also special thanks goes to those 'behind the scenes' including; Ray and Ann Jacobs, Irene Mathews and Committee Treasurer Bill Foster. Maria, Steve, Ray and Ann were invited to visit the Day Centre which they found to be a truly uplifting experience. Steve said "We were made so welcome and they couldn't thank us enough." Maria concluded, "It is fantastic that we were able to raise this amount of money to help Asprodalba and it is great knowing that people had fun." The answer needed now to everyone's question is "When is the next one?"



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Ref 2653: 3 bed / 2 bath Villa with a private pool



3 bed / 2 bath Villa with a private pool set on the outskirts of Partalao with magnificent mountain views and approx. 40 minutes' drive to the sea. The bungalow style villa sits on a freehold plot of 3.309 mts2 and accommodation comprises a large living room with fireplace, dining room, large fully fitted kitchen, main bedroom with ensuite, 2 further bedrooms and a family bathroom. There is a storeroom, covered porch, 8m x 4m swimming pool and large garden.

€140,000

Ref 2655: Apartment for sale in Mojácar Playa, Almería



Great opportunity to purchase a ground floor 2-bed / 2 bath frontline apartment in a sought-after complex in the most central part of Mojácar Playa. This well-kept development opposite the beach has communal gardens and a swimming pool and the commercial centre, medical centre and many amenities are immediately to hand. The property also benefits from a private garage. This is an opportunity not to be missed as properties in this central location are rare and are in much demand.

€360,000

Ref 2654: Recently decorated 2 bed / 1 bath top floor apartment



Recently decorated 2 bed / 1 bath top floor apartment on a gated community with private terraces, communal garden, outdoor swimming pool, indoor heated pool and tennis court. The property is located only 1 minute walk from a main supermarket and bars. For those with children of school age there is an international school just around the corner and the beach is a few minutes' drive. Both Vera and Garrucha are also within easy access.

€90,000

Ref 2645: 3 bed / 2 bath apartment in Los Patios



Los Patios is set out in the style of an Andalusian village. Following the contours of the hillside facing the sea, its white houses are interspersed with open spaces, community swimming pools and gardens. This south-east facing 3 bed / 2 bath apartment is close to the beach club, has sea and mountain views and 2 private terraces. Other benefits include ducted air conditioning and heating throughout, an allocated underground parking space and is sold fully furnished as seen.

€228,000



ENTERTAINMENT

Carlton Entertainment

<https://www.carltonentertainment.co.uk>

Celine Dion Tribute Concert Comes To Spain

Experience the ultimate **Celine Dion Tribute Concert** as it tours across Europe and heads to Spain for 4 exclusive concerts. Starring the world-renowned Alexandra Darby as Celine and a full live band, this outstanding show will be coming to the Costas in late summer. The theatre tour is currently performing across the UK, but will be heading to France, Luxembourg, Lithuania and Ireland in 2024.



'My Heart Will Go On' is a stunning celebration of the music and life of one of the greatest singers of our time. Audiences are taken on a magical ride through four decades of hits that include: *The Power Of Love, It's All Coming Back To Me Now, I'm Alive, All By Myself, Because You Loved Me, My Heart Will Go On* and many more. Join them for an unmissable evening as they pay homage to the Queen of Power Ballads and party the night away.

The show is produced and managed by **Carlton Entertainment**, whose reputation is growing rapidly in the area for their previous highly acclaimed tribute events and concerts in the Costa Blanca. The company owner Kerry recently told us, "We are super excited to finally be bringing over our full production theatre tours to Spain and showing the area what we do back in the UK. There is nothing like the feel of a full live band, as opposed to backing tracks and this is the first time such high quality concerts of this scale will be staged in the area. We are thrilled to be working in partnership with a number of local Spanish venues and charities and have some amazing events planned for the future."



The show will be performing at the Centro Cultura in Torrevieja on Thursday 31st August before heading to Ona Hotel, Hacienda Del Alamo in Fuente Alamo, Benierbeig Theatre

in Alicante and Hostal Rural in Turre, Mojácar on consecutive nights. The company are donating a percentage of ticket sales to a local charity and they are proud to be donating to local animal charity **Helping Hands Sur** for their Fuente Alamo and Turre concerts. Tickets are already selling fast with limited availability.

For full show details and tour venues/dates and ticket information please visit: www.myheartwillgoon.co.uk

Facebook [@myheartwillgoonukshow](https://www.facebook.com/myheartwillgoonukshow) info@myheartwillgoon.co.uk or contact the box office by phone on **0044 7787 558546**

Entry price varies depending on venue and package selected, but start from 25€.

An option of a coach service is available from Camposol, Mazarrón Country Club and Puerto de Mazarrón for the Ona Hotel Hacienda del Alamo event.

We are thrilled to have 2 free tickets to give away to readers of **Costa Cálida Chronicle and Beyond** for your choice of the Fuente Alamo or Turre event and you can have a chance of winning by simply answering the question below and send your answer to: info@carltonentertainment.co.uk

Which film featured the title of our show 'My Heart Will Go On'? Good luck!

ENTERTAINMENT

INDALO PLAYERS

<http://indaloplayers.my-free.website/>

Music To Your Ears! by Chrissie Cremore **The Indalo Players** performed the final 'Whodunnit?' Murder in the Panto to a full capacity audience at the state-of-the-art Maruja Cintas theatre in **Bedar** on 30th March. Having taken the show to restaurants in **Mojácar, Los Gallardos** and **Turre**, the cast was able to take pleasure in the luxury of a huge dressing room, private bathroom, lights around the make-up mirror and curtains!

People of all ages from the surrounding communities enjoyed an evening of laughter and slapstick humour as the plot unfolded delivering twists, turns and surprises about

who could have committed the murder. Writer Bill White wrote 10 different endings in light of the fact some people would want to see it again!

The Mayor Angel Collado Fernandez (Alcalde) and his wife, plus



Chrissie said "It was a fabulous evening; with a great atmosphere and The Mayor looks forward to welcoming us back."

The **Bedar Band** provided refreshments and an array of tasty food and even though there was much discussion and many questions to the cast, no-one managed to guess who "did it"! **Indalo Players** were very happy to be able to donate €500 to The President of The **Bedar Band**, Paqui Gonzalez Navarño, enabling them to purchase more instruments for the growing number of musicians.

The **Vera & District Lions Club** charity raised €171 from a raffle which will help them with their continuous work supporting many different nationalities with a variety of needs in the surrounding areas.

So...the evening ended on a very high note with everyone winning!

Indalo Players have more productions and workshops planned for the future. For further information visit their website: <https://indaloplayers.es> or email jenniferjordan@gmail.com

Town Hall employees had special front row seats and were extremely amused by the unashamedly traditional British Panto; bringing outrageous, organised and a chaotic comedy wrapped around a popular fairy story with lots of audience participation. **Indalo Players** Vice President Chrissie

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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 at your local Tourist Office for full details of events.

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

Saturday 3rd June - Visit to the Historical Centre of Águilas, narration in Spanish. (Accessible route for people with reduced mobility)

Visit the Carnival Monument, Plaza de España, Church, Archaeological Museum, Roman Baths (subject to availability) and Carnival Museum. Departure from Tourist Office 11am. Max 30 people.

Sunday 11th June - 4.7km Free Marina de Cope Walking Tour on the coast of Aguilas. 9.30am from Restaurante El Pocio in La Marina de Cope.

Saturday 17th June - Free Guided Tour of Aguilas Railway's History, narration in English. 11am.
 Book at Tourist Information Centre.

Sunday 18th June - 8km Sendalhamá Hiking Tour (approx 4hrs/med-low difficulty).

Discover the famous Pozos de Nieve. 8am from La Cubana Park Esplanade. Register at Tourist Office.

Saturday 8th July - Free Guided Tour of Aguilas. 7pm from Tourist Office.

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

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
Friday Market.
Tel 950 132 783

Huércal Overa
Tel 678 798 688 Monday Market.

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

Las Ermitas Walking Path Encircling Lorca Castle

This new 9km walking route connects the entire perimeter of Lorca Castle, starting in Parque de las Mujeres, ending at the San Lázaro viewpoint. The new walkway provides a picturesque and healthy walking route with freshly planted pine and oak trees and plants such as lavender and rosemary. Stairs built

with sleepers and wooden railings make it easy for walkers to see beautiful views of Lorca and the surrounding area. Parking is available at the Parque de las Mujeres, Calle Sor Matilde García.

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

Monday Saturday 3rd, Thursday 9th & Sunday 11th June (5pm) – 2hr Guided Tour of Historic Lorca. The tour includes a free visit to one of the Embroidery Museums which exhibits items worn during **Semana Santa** processions. 2€. 11.30am.
 Book on **968 441 914**

Future Dates: 09/07/2023, 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 3rd June - 75 min Theatrical Visit Myths & Legends Of Lorca. 5pm from Plaza de España.

Saturday 24th June - Free Arts & Crafts Tour of Cento de Artesanía and Casa del Artesano. 11am. 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.

Friday 16th - Sunday 18th June - The Moors & Christians

This epic 3 days is one of fun and partying until the early hours (and beyond!)

Various events are held:
Medieval Market that fills the streets of the old town with different craft stalls.

Medieval Tournament and the grouping of the Moorish and Christian factions in their respective barracks, will parade to the rhythm of the music through the streets of the town wearing their spectacular costumes. The event starts on the Friday evening with blunderbuss firers and gathering of the troops on the edge of the 'pueblo', before making their way to the village. Saturday sees the battle between two sets of troops on the 'playa' and includes belly dancing, horsemanship, a medieval tournament and procession to the Parque Comercial to be joined by entertainers. The evening ends back in the 'pueblo' where the party continues until the early hours. Sunday is normally back to the 'playa' in the afternoon followed by the spectacular procession in the 'pueblo' late afternoon/ early evening. At the time of going to print the programme had not been

released so keep checking our FB page or blog.

Thursday 23rd June - Bonfires of San Juan on the beach.

It is a magical evening in which the whole town gathers on the beach to welcome summer. Descargador Beach is chosen for the celebration, with various activities for all audiences and the making of numerous bonfires and a large festival that the whole family can enjoy. This celebration unites everyone around the fire as a symbol of the purification of the soul at the beginning of a new cycle - out with the bad!

Saturday 1st July - Noche de Romantica (Night of Romance)

This initiative is promoted by the **Association of the Most Beautiful Towns in Spain** and 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 after having produced the premiere of a commemorative video of the event in all the towns at the same time that it pays tribute to the peculiarity of these beautiful municipalities. The ringing of the church bells commence at midnight followed by fireworks.

Regular Events

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

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

Los Bandidos

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

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

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

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

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

Mojácar Bowls Club

Every Tuesday, Thursday and Saturday – 9.30am for 10am start at the Bowling Rink (behind Servigroup Marina Mar Hotel, Mojácar Playa).

TSB Golf Society Competition

Every Thursday - Call in to see Dez @ Alice's Bar in Turre.

Puerto Lumbreras

Tel 968 436 153 – Friday Market.

Saturdays in June (check dates at Tourist Office) - **1hr Night Visit to the Cabezo de**

Continued on page 33



Continued from page 32

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 273200020-City Hall of Puerto Lumbreras. Please check availability as some of the evenings are already fully booked.

Turre

Sunday 4th June - The Big Mac 8. Fundraiser for **MACS**. Live Entertainment across 2 stages featuring various artistes, stalls, food and more @ Hostal Rural, Turre 5€ (under 12`s free) 12.30pm-7.30pm

Dates for your Diary

Sunday 3rd September - The Ultimate Celine Dion Tribute Show @ Hostal Rural, Turre

Saturday 28th October - 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.**

GROUPS **Los Bandidos** Email: ironmankev08@gmail.com

Los Bandidos take on the Mojácar de Luz



17 Los Bandidos runners participated in the Mojácar de Luz 5k and 10k on Saturday 22nd April. The race was held on a very flat course with closed roads along the Playa and was well supported, especially by **Los Bandidos** volunteers and friends who came away with 11 podium places!

The winner of the 10k finished in 32:50, with the first lady in 39:39. 139 runners crossed the finish line.

The 5k was won in 16:33, with the first lady in 22:44. 89 runners finished.

Medals were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners and oldest competitors in each race.

Los Bandidos Results (position, name, time and age group prizes)

- 10k**
 79 Andrew Hyde - 47:00
 103 Judith Chambers - 52:58 (3rd M50F, 2nd Local F)
 104 John Davidge - 53:05
 109 Sarah Briggs - 53:33
 115 Patricia Mulcahy - 55:28 (4th Local F)
 120 Karen Ayers- 56:21 (2nd M60F, 5th Local F)
 129 Corinne Cherele - 59:24
 132 Lesley Davidge - 1:03:20 (1st M65F, Oldest F)
 133 Tess Cann - 1:03:37 (3rd M55F)
 134 Summer Phillips - 1:03:53

- 5k**
 65 Keith Mar - 28:23 (2nd VDM)
 70 Kevin Rowe - 29:14 (3rd VDM, Oldest M)
 79 Gerry Diamond - 31:54

- 81 Donna Brann - 32:13
 82 Amanda Hyde - 32:15
 83 Kerry Davis - 32:15
 85 Jane Thompson 35:15

Full results: <https://www.alcanzatumeta.es/10k-y-5k-mojacar-de-luz-y-media-maraton-de-patines/>

Los Bandidos Blast Bédar

Sixteen **Los Bandidos** runners took on the third race in the Circuito de Carreras Populares Diputación de Almeria 2023 in Bédar on Saturday 15th May. Unlike last year's race, when the start had to be delayed due to the heat, it was a dull, grey start with rain and thunderstorms forecast. Luckily there was no thunder, but there were a couple of light showers. The hilly route went through the village, out into the campo, through some puddles (due to the rain earlier in the day), then climbed steeply, back into Bédar. Some of the **Los Bandidos** ladies were helped back to the finish line by one of the super speedy runners who had already finished the race! Aki was the first lady overall and five **Bandidos** won trophies in their age groups and as a team finished 5th (4 fastest runners).



Times were generally faster this year, due to the cooler conditions, but on such a tough course, the winner still finished in an impressive 33:45, with Aki, the first lady in 44:46. 168 runners crossed the finish line. Trophies were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners.

Los Bandidos results (position, name, time and age group prizes)

- 49 Aki Lisauskaite - 44:46 (1st F)
 55 David Jones - 45:31
 63 Steve Slack - 46:29
 91 Andrew Hyde - 50:46
 102 Bryan White - 52:30
 124 Sarah Briggs - 55:25
 126 Kristy Barclay - 55:57
 130 Kirsty Ratcliffe - 56:17 (3rd D-F)
 132 John Davidge - 57:03 (3rd G-M)
 136 Patricia Mulcahy - 57:43
 142 Rachael Slack - 59:05 (1st E-F)
 143 Karen Ayers - 59:10 (1st F-F)
 148 Corinne Cherele - 1:01:46
 149 Sharon Howlett - 1:03:47
 155 Kevin Rowe - 1:07:24
 168 Lesley Davidge - 1:31:20 (2nd G-F)

In the Sub-14 category Guillermo Moscardo Cherele ran 1k and finished in 9th place in a time of 04:36.

Full results: <https://www.cruzandolameta.es/clasificaciones/v2/bedar-circuito-de-carreras-populares-diputacion-de-almeria-2023---1812/#clasificaciones>

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

Los Bandidos are currently collecting non-perishable food and toiletries for the **Red Cross Food Bank**.



RELIGION

DID YOU KNOW?

Tel: 602 466 534



History in The Book of Daniel (Part 1)
Did you know that history is revealed in Scriptures?
Can the future be seen in Scriptures?
All Scripture has historical content and the book of **Daniel** will be the main reference point for this article. Last year, for May and June I wrote part (1) and (2) regarding **Daniel** chapter 2, which covered from Babylon to present day Europe under the title 'Signs of the times we are living in'.

The book of **Daniel** can be found in the Old Testament. Another book which is closely related to **Daniel** is the book of Revelation, which is found at the end of the New Testament.

Daniel was a prophet and lived between 500 and 600 years before the Messiah (Yeshua/Jesus). A study of these prophetic books describe present day and future events. *For the purpose of this article I am looking at Rome to present day.*

The book of **Daniel** can be confusing to understand, but there is a way to make it easier to comprehend by reading chapters which relate to, or are comparable to each other. For example, read chapters 2 & 7, 3 & 6, 4 & 5. (Chapters 1-6 have historical content and chapters 7-12 have prophetic content) The book of **Daniel** should be studied alongside the Book of Revelation. **Daniel** chapter 2 shows at a glance the whole history of the earth until the 2nd Coming of Yeshua (Jesus). The books of **Daniel** and Revelation are for these last days.

Daniel chapter 2, verses 31-33 says "Thou O King, sawest and behold a great image. This great image, whose brightness was excellent, stood before thee and the form thereof was terrible. This image was of a head made of gold, breast and arms of silver, belly and thighs of brass, legs of iron, feet part of iron and part of miry clay".

King Nebuchadnezzar of Babylon had a dream of a large image with a head of gold representing himself. Its chest and arms of silver represented the Medes and the Persians. Its thighs of bronze represented Alexander the Great of Greece.

It had legs of iron representing Rome. The toes of iron and miry clay represent

modern day Europe.
No other nation took over Rome; it was just divided. The empire became partly strong like the iron and partly broken like the miry clay. As iron and miry clay cannot mix together, so the nations will try to mix together, but fail.

Europe mingles or mixes together, but they cannot cleave together. History shows that Kings and Queens of Europe have attempted through inter-marriages, alliances and political wars to unite the empire, but have failed.

Daniel chapter 7, verses 1, 3-7: "In the first year of Belshazzar, King of Babylon **Daniel** had a dream and visions. *And four great beasts came up from the sea, diverse one from another. The first was like a lion. Another beast, second, was like a bear. After this a third was like a leopard. A fourth beast was dreadful and terrible and exceedingly strong. It had iron teeth and was diverse from all the other beasts before it and it had 10 horns.*" (Belshazzar was the grandson of King Nebuchadnezzar)

Now for the interpretation of the visions: **Daniel** chapter 7, verses 17, 23, 24 explains: "*These great beasts, which are four, are four kingdoms (kings), which shall arise out of the earth. The fourth beast shall be the fourth kingdom upon the earth... And the ten horns out of this kingdom are 10 kings that shall arise...*" (lion represented Babylon; bear represented Medo-Persians; leopard represented Greece; fourth kingdom Rome; 10 kings represent Europe)

Daniel chapter 8, verse 3 & 4 states "... behold, there stood before a *ram* which had two horns, but one was higher than the other and the higher came up last. I saw the ram pushing westward, northward and southward, so that no beasts might stand before him. He did according to his will and became great."

Daniel chapter 8, verse 20 clarifies the identity of the ram "*The ram which thou sawest...are the kings of Medo-Persia.*"

Daniel chapter 8, verses 5 & 6 says "...a he *goat* came from the west on the face of the earth and touched not the ground and the *goat* had a notable horn between his eyes. He came to the ram and ran unto him in the fury of his power."

Daniel chapter 8, verse 21 clarifies who the goat is "*And the rough goat is the King of Greece and the great horn between his eyes is the first king.*" **The first king was Alexander, the Great.**

Does history line up with the scriptures? The Medo-Persians took over Babylon. Alexander the Great, of Greece took over the Medo-Persians. Rome took power from Greece through political intrigue, rather than through war.

"In the third century, Rome was a prosperous and populous city state governed as a Republic that had not yet awakened to its later imperial ambitions. Formally a kingdom, Rome witnessed a popular uprising against its despotic final king, Tarquin the proud, that instituted a new form of government that allowed for some power to the plebians, or common people. (Along with special rights given to gentlemen of wealth and property.) The new government was run by two consuls, who were both in charge of ruling civilly as well as running the military." (Kevin Martin, MagellanTV, ancient history, war and military: The fall of Greece and the rise of Rome.)

How did the Roman Empire decline and fall?

"The Roman Empire fell slowly as a result of challenges from within and without, changing over the course of hundreds of years until its form was unrecognisable. Because of the long process, different historians have placed an end-date at many different points on a continuum. Perhaps the fall of Rome is best understood as a compilation of various maladies that altered a large swath of human habitation over many hundreds of years. A combination of factors including Christianity, metal lead in the water supply, monetary trouble and military problems caused the fall of Rome. **The Roman Empire did not fall so much as adapt to changing circumstances.**" (ThoughtCo: The fall of Rome: How, when and why did it happen?)

The issues which affected Rome's decline were high inflation, high taxes, feudalism, hoarding of bullion by Roman citizens, widespread looting from the Roman treasury, massive trade deficit, loss of revenue from other Roman territories, rich and poor divide, high deaths due to lead poisoning in the water system and loss of control over the military, who were therefore unable to guard its borders and growth in Christianity. (See Edward Gibbon. The decline and fall of the Roman Empire, chapter 38 and chapter 71)

From the above (and other books) you can see that scripture reveals history and shows the future. "Faith comes by hearing and hearing by word of God." (Romans chapter 10, verse 17)

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

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

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CHARITY

Samaritans in Spain

Email: pat@samaritansinspain.com  Samaritans in Spain



It has been a busy year so far for our wonderful Volunteers. We have taken almost 900 calls up until the end of April. This is a little down on 2022, but still much higher than pre-Covid years. We give 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.

Saturday 22nd April saw us holding a **World Book Day Coffee Morning and Tombola** at our Charity Shop and Admin HQ in Punta Prima. A well-attended event that saw us take over €370 from the shop, the tombola and the cakes.

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**.



Our All-Volunteers Meeting was held on Saturday 29th April. This completed a busy month for the **Samaritans in Spain**. It was the first chance since Covid struck for us to get as many of our volunteers as possible together to discuss the organisation and to brain-storm some ideas for future projects, fundraising ideas and awareness events. In all there were just over 30 of us in attendance; lots of faces put to names, a lovely lunch provided by The Captain's Table Restaurant in the Punta Marina Mall, lots of promising ideas and a wonderful day was had by all.



Our charity shop in the Punta Marina Mall in Punta Prima has started the year remarkably well. We had a record month in March whilst April was also outstanding. Our dedicated Shop Volunteers continue to provide their time to allow the organisation to function.

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

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

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

If you 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, you can do so on PayPal at paypal@samaritansinspain.com

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RELIGION



Salt Church Mar Menor @ THE HUB

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

Are What Were Once Vices Now Habits?

In many ways the 1970's were a dreadful decade; strikes, three-day weeks, shortages and rationing, but it was also a great era for music!

Growing up through my teens I would spend hours listening to my favourite artistes on vinyl records - the first time around! One of the bands that came to prominence during those years was *The Doobie Brothers* and they released an album called, 'What Were Once Vices Are Now Habits.' I guess it was a somewhat tongue-in-cheek commentary on the legacy left by the 1960's, The Swinging 60's.

Well, if that was the case, then how much more is it the situation today? What were once vices are, indeed, now habits and what was once perhaps a catchy title for a rock album is now powerful prophecy: anything goes!

Is it just me or do we not see a direct link between the increasing liberal agenda, so often aggressively imposed upon us and a parallel rise in all sorts of mental health issues, depression, confusion about our identity and the breakdown of family life? Are we a society that is increasingly fearful about the future and is this not what happens when what were once vices now become habits?

To paraphrase a verse from the Bible, from the New Testament, it says everything may be permissible, but is it beneficial? I don't know what you reckon, but it's worth a thought...

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Salt Church Mar Menor

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ENTERTAINMENT

XXV San Javier International Jazz Festival



XXV San Javier International Jazz Festival - June 30th-July 24th

Friday 30th June - Djavan @ Almansa Park Municipal Auditorium 10.30pm

Saturday 1st July - Alfredo Rodriguez Trio + Mamas Gun Auditorium



@ Almansa Park Municipal Auditorium 10pm

Sunday 2nd July - Zoot Suiters @ Plaza de España in San Javier 10.30pm

Wednesday 5th July - Scott Hamilton Quartet featuring **Ignasi Terrace. Special guest Pepa Niebla** @ New Theatre of Almansa Park 10.30pm

Friday 7th July - Music Nuda + Chano Domínguez + Joe Louis Walker @ Almansa Park Municipal Auditorium 10pm

Saturday 8th July - Antonio Serrano Quartet + Diane Reeves @ Parque Almansa Municipal Auditorium 10pm

Wednesday 12th July - Paolo Fresu Quintet @ Almansa Park Municipal Auditorium 10.30pm

Friday 14th July - Matthieu Saglio Quartet and guests: Natacha Atlas, Anna Colom, Camille Saglio, José 'El Piru' and Roqui Albero @ Almansa Park Municipal Auditorium 10.30pm

Saturday 15th July - Steve Turre Sextet 'Generations' + Buddy Whittington & Santiago Campillo @ Almansa Park Municipal Auditorium 10pm

Sunday 16th July - Gisele Jackson & The Shu Shu's @ Port Tomás Maestre of La Manga del Mar Menor 10.30pm

Wednesday 19th July - The New Champs 'In Memoriam Joey DeFrancesco' + Ximo Tebar & Gladston Galliza Brazilian Jazz Project @ Almansa Park Municipal Auditorium 9.30pm

Thursday 20th July - Michele Hendricks & Ronald Baker Project @ Barnuevo Esplanade in Santiago de la Ribera 10.30pm

Friday 21st July - Samara Joy + Niels Lan Doky Threesome @ Almansa Park Municipal Auditorium 10pm

Saturday 22nd July - Roxane Arnal + Baptiste Bailly The Waterboys @ Almansa Park Municipal Auditorium 10pm

Sunday 23rd July - The Anthony Paule Soul Orchestra Featuring Terrie Odabi & Theo Huff @ Almansa Park Municipal Auditorium 10pm

For more information go to: www.jazz.sanjavier.es



NEWS

South East Murcia News

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

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

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

Cabo de Palos
Sunday Market

Cartagena
www.cartagena.es
Tel 968 128 800 - Wednesday Market

Saturday 3rd June - II Gala Theme

Artistas @ Teatro Circo 7.30pm
The purpose is to promote female talent in the world of art from a 360° approach, including disciplines such as dance, music and literature, painting and photography. The aim is to raise funds for charity. The Association of Fibromyalgia and Chronic Fatigue Syndrome of Cartagena is the organiser, directed by the singer and journalist Lydia Martín. She joins forces with the AFA Levante association of people with Alzheimer's and their families. Music by Marta Saorín, Claudia Vergotti, Lydia Martín and Celtic Seas (led by Esperanza Lamet); the trovo by Natalia Martín 'La Niña de La Magdalena'; the dance by the Ana López Dance School; literature by Magdalena Sánchez Blesa; the interpretation by Myriam Ortas, and the painting by Clara Ledo. The event includes photography, with Carmen Meroño covering the event and will be scripted by María Jesús Poyato as presenter. Tickets Patio 12€/Amphitheatre 10€

Saturday 10th June - Sonrisas y Musica

@ Nueva Teatro Circo 7.30pm
Concert performed by the students and teachers of the violin school 'El Violín de Paula'. Sixty musicians between the ages of 4 and 50 share the stage enjoying the musical experience, each contributing the best of themselves for a single purpose: the Great Group Concert. Free until venue is full.

Sunday 11th June - The Pied Piper of Hamelin in English @ New Circus Theatre
Children 5€ - adults free

Monday 12th June - El Viejo Varieté end of course classroom workshop of Teatro El Desván @ Luzzy Cultural Centre 7.30pm
Around an old cabaret, the lives of its actors wander. Around an old cabaret there is envy, resentment, 'climbing', unrequited love, lost illusions... In this final year project, 14 scenes with their different characters take us to the unknown side when the curtain closes or when the venue is closed. Characters, victims of their own destinies, worn out by the passing of time with an expiration date, try to cling to a torn old curtain so as not to fall into oblivion. Who struggles to overcome an always uncertain future? The charity play is in favour of Ukrainian

refugees. Representation by Aula Taller Teatro del Desván. Dramaturgy and direction by José Salguero. The JUAN CARRIÓN Foundation and the Association of the Ukrainian Community of Cartagena GROMADA collaborate. 8€ Donation - compralaentrada.com

Saturday 17th June - Don Quixote en Los

Infiernos @ New Circus Theatre 7.30pm
An old man suffering from Alzheimer's thinks he is Don Quixote. His caretaker will try to help him remember his own life, playing along with him. As the friendship between the two develops, we discover that nothing is what it seems in this game of theatre within the theatre, a whole maze of identities and false memories. A roller coaster of emotions, between the most absurd comedy and the most human and deep pain. Tickets 10€/8€

Friday 30th June - Quinque

González Concert by boat from 10pm
Quique González celebrates his first 25 years in music by going out to sing with all his fans who have accompanied him throughout all these years with great songs like 'Aunque tú no lo sepas', a song written by Quique for Enrique Urquijo and songs composed for Los Secretos or Miguel Ríos. His careful and elegant staging will lead us to enjoy a very special concert from the Castillo del Fuerte de Navidad. From Christmas Fort. Departure of the Tourist Boat at 8.30pm from the Old Club de Regatas. Capacity: 200 people. Tickets 45€
More information: 968 500 093

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 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 the auditorium box office from 9am-3pm Mon-Fri and on auditorioelbatel.es.

The Blue Days: Free MultiCirco Workshop @ Plaza Mayor, Cartagena
- Practice and experiment with La Chimenea Escénica, different disciplines:

balance balls, slackline, mini trampoline, juggling, aerobics 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 June 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 June 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.

Continued on page 40



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Continued from page 39

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

Check dates in June 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** -Tues Market

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

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

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

San Javier
www.murciaturistica.es/en/san_javier/
Tel **968 172 041** - Wednesday & Thursday Markets

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

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

Every Tuesday & Thursday - San Javier Squalos Rugby @ Rugby field, PDM Sports Ground. 12-18 year olds 7.30-9pm. Men 8.30-10.30pm. Women 10-11.30pm.
Every Thursday - San Javier Squalos Rugby @ Rugby field, PDM Sports Ground. 6-10 year olds. 6-7pm



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

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



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

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

Saturday 3rd June - 2½hr Historical Dramatized Visit Of The Trinitarians and Barberis + Craft Beer
Dramatized visit where the actors will show the origins of Torre Pacheco. Through a journey through time, learn about our history, anecdotes and most revealing characters. During the tour stops will be made to explain the most interesting aspects of the urban area. After explaining the Monument to Los Trinitarios, enter the CAES (Centro de Artes Escénicas) to taste a Trinitarian Craft Beer made in Torre Pacheco. Meet 11.30am @ Plaza de la Iglesia Ntra. Sra. del Rosario

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RELIGION

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Roman Catholic Church:

We are near Camposol and Mazarrón Country Club urbanizations (exit 17, RM3 motorway).

Schedule of Mass in English:

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

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

Sermons of the Cure of Ars - Saint John Maria Vianney -

If you loved God, would you consent to commit sin with such ease and even with so much enjoyment?

If you had a horror of sin, as you should have, would you be able to keep it for a whole year on your conscience?

Having made satisfaction to God, we must then make satisfaction to our neighbour for the wrong which, either in his body or in his soul - we have done him. I say that it is possible to wrong him in his body, that

is to say, in his person, by attacking him either by injurious or insulting words or by bad treatment.

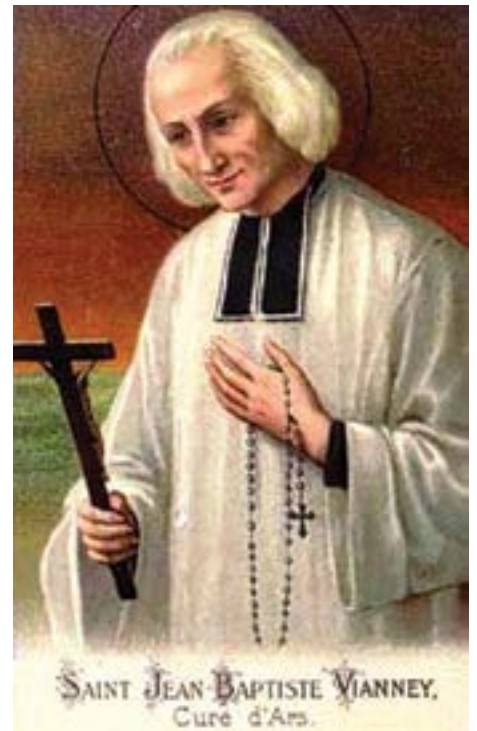
If we have sinned against him by injurious words, then we must apologise to him and make our reconciliation with him.

If we have done any harm, we are obliged to repay as soon as we can; otherwise we will be gravely at fault.

If we have neglected to do that, we have sinned and we must confess it.

If you have done wrong to your neighbour in his honour, by scandalous talk, you are obliged to make up by favourable and beneficent talk for all the harm you have done to his reputation, saying all the good of him which you know to be true and concealing any faults which he may have and which you are not obliged to reveal.

If you have calumniated your neighbour, you must go and find the people to whom you have said false things about him and tell them that what you have been saying is not true, that you are very grieved about it and that you beg them not to believe it.



EDUCATION

Jane Cronin's Step by Step Spanish

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Expressions with 'Tener'

Something we find out at the beginning of our language lessons is that English and Spanish often have very different ways of saying the same thing. This sounds like an obvious statement, but some people take longer than others to realize it. In other words, we have to let go of the need for 'word for word' translation and just understand that 'that is how the Spanish say it', so that's what we have to learn.

A good example of this difference is the way the Spanish talk about 'having' something when we say 'being' something. For example, let's start with age:

We say 'I am 21 years old.' or 'He is 60 years old.' In Spanish this is **Tengo 21 años** (literally, I have 21 years) and **Tiene 60 años** (he has 60 years).

Naturally the tense can change any way we want. For example:

El año que viene tendré 22 años. (Next year I will be 22).

Something you may not have considered, is what happens when we are talking about babies who are months, weeks or even days old. We replace the word **años** for other time periods like this:

¿Cuántos meses tiene tu nieto?

Solo tiene 6 semanas.

We might ask someone with a very young baby:

¿Cuánto tiempo tiene? Literally: 'How

much time has he/she got?', which really doesn't sound right in English at all.

Some other expressions of this sort are fairly well known. For example:

'to be hungry' is **tener hambre** (to have hunger).

On occasions we may hear, possibly just before lunch:

¡Qué hambre tengo! (What hunger I have!)

The same thing applies to being thirsty: We have to say that we 'have thirst'. For example:

Cuándo llegaron, todos tenían mucha sed. (When they arrived they were all very thirsty.)

Similarly in Spanish we 'have cold (or coldness)' and 'have heat' when we experience different temperatures. What this leads to is one of those classic mistakes that non-Spaniards make from time to time:

Tengo calor means 'I am hot'. (i.e. the weather is hot and I am feeling the consequences).

If you translate literally from English and say **Estoy caliente**, you are saying 'I am feeling randy!'. Apart from the obvious implications of saying this to the wrong person at the wrong moment, my dictionary also informs me that this is a 'vulgar' expression - so you have been warned on two counts.

You probably know the word **entiendo**

(I understand), but if you understand something really well, or are convinced about something, you can also say **lo tengo claro** (literally 'I have it clear' or perhaps 'It is clear to me'). For example, someone might have just given you some complicated instructions and then checked that you know what to do. You can say **Si, lo tengo claro**, (Yes, it's all clear), or perhaps **No lo tengo claro de todo**, (it is not absolutely clear to me). That's a useful one when you want to disguise the fact that you haven't understood a thing!

Lastly, another expression which really doesn't have a good equivalent in English is **tener ganas**, (to have the 'desire' for something). Our nearest equivalent is to 'feel like something'. This is often used in the negative **No tengo ganas** (I don't feel like it). Whatever it is, is entirely open to your imagination.

Vamos a dar un paseo.

No, no tengo ganas is the sort of thing I mean, or if you are thinking of following up the **estoy caliente** theme, you can try **Tengo ganas de ti**. Please report back the results to my contact details in the adjoining advertisement, thank you.

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



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Health and Beauty Section



EDITORIAL

Verdiana

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Apple Cider Vinegar: Benefits, Side Effects, Uses, Dosage and More

You may have a friend who insists on taking **Apple Cider Vinegar** shots in the morning for fat burning, or you may have seen **Apple Cider Vinegar** drinks in the refrigerated section at the grocery store. With the exploding popularity of this seemingly basic pantry staple, you are probably wondering what the buzz is all about.

What Is Apple Cider Vinegar?

First, let's explore what **Apple Cider Vinegar**, or **ACV**, is.

ACV is a type of vinegar made from fermented apple juice. Like other cider and wine-based vinegars, it has between 5% and 6% acidity. You may notice that there are different types of **ACV** available at the store. For instance, you may be most familiar with distilled **ACV**, which looks clear in the bottle, but raw, unfiltered or unpasteurized **ACV** contains a cloudy substance that floats around in the mix. This is called the 'mother' and it is formed by natural enzymes during fermentation. There is no need to be wary of it: this stringy substance usually settles to the bottom of the bottle and it is completely safe to consume.

Regardless of the variety, you do not have to refrigerate **ACV** and it will last for a very long time. Vinegar, in general, has an almost indefinite shelf life. Even if vinegar's appearance changes (it may look cloudier, for instance), it is still okay to use.

As for nutrition facts, diluted **ACV** contains an

insignificant amount of calories per serving; almost no fat, carbohydrates, or protein and no fibre. Think of it as a great way to add a burst of flavour to foods without adding calories or extra salt.



What Are the Possible Health Benefits of Apple Cider Vinegar?

ACV has garnered superfood status and fans of the vinegar say that it can cure nearly everything that ails you — weight gain, digestive issues, skin woes and so on - as a powerful source of vitamins and minerals, or for weight loss or 'cleansing' support.

Few studies support these uses, so while you can add it to your diet without significantly upping your risk for weight gain, it's best to stay realistic about it. **ACV's** main health benefits may be due to the amount of antioxidant polyphenols (or plant chemicals) it contains, thanks to the fermentation process. It is also rich in probiotics, which may benefit the digestive system and gut microbiome.

ACV and Weight Loss

ACV contains very few calories, so it can fit into your diet if you are trying to lose or maintain weight, but you may also have heard that some people take a shot or tablespoon of **ACV** to stimulate fat burning. Taking **ACV** is unlikely to change your body composition or weight.

Registered dietitian Katherine Zeratsky points out that this thought doesn't have scientific support behind it and the only way to actually lose weight is through a generally healthy diet and by incorporating fitness into your routine. The advice is far less flashy than supplementing with something as trendy as

ACV, but it is exactly what really works.

ACV and High Cholesterol

ACV may be beneficial for high cholesterol in some groups. A June 2021 meta-analysis of nine studies noted that **ACV** might reduce blood cholesterol levels in participants with type 2 Diabetes who took 15ml of **ACV** daily for more than

eight weeks. Researchers noted though, that further study is needed to confirm this effect.

ACV and Type 2 Diabetes

Some research suggests that **ACV** may have benefits for people with type 2 Diabetes, though there is a lack of high-quality research on the topic.

The June 2021 meta-analysis found that 15ml of **ACV**, taken daily over a period of at least eight weeks, significantly lowered fasting blood glucose levels in participants with type 2 Diabetes. An earlier small study found that 20ml of **ACV** didn't decrease the body's glucose response following a carb-rich meal.

While some studies have suggested that **ACV** may help lower blood glucose, it is important to remember that results can vary and **ACV** is not a replacement for any medication you currently take. If you have type 2 Diabetes, you should work closely with your healthcare team on the best way to control the condition, rather than relying on **ACV**.

ACV and Ulcerative Colitis

Taking diluted vinegar may help improve digestion, although there is a lack of research supporting its use in chronic autoimmune conditions like ulcerative colitis (**UC**). Giving mice diluted **ACV** for a month lowered levels of inflammation in their colon and increased the amount of healthy bacteria in their gut, per a preliminary study. However, this was a single animal study and researchers are far off from recommending it as a treatment.

Sebastian Cuny

Benefits of Apple Cider Vinegar

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2. No More Stuffy Nose
3. Natural Energy Boost
4. Help with Blood Sugar Levels
5. Prevent Indigestion
6. Clear Up Acne
7. Relieves Constipation
8. Fights Acid Reflux
9. Promotes Good Gut Bacteria
10. Detoxes The Body
11. Aids Weight Loss



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Teeth Implants
What materials can be used for implants?



that there is no absolute accuracy in the treatments we choose for our patients, nor can we 100% guarantee that a treatment will be safe or not. We are always moving in a world of probabilities, in which the scientific evidence guides us. These studies are carried out to allow us to know the effectiveness or not and the safety or not of any medical or dental procedure. I fully understand the concern of my patient with the allergy to metals and naturally nobody wants to give a treatment that ends up failing because of a situation that can be avoided. However, to date, scientific evidence reports that **Titanium** is a biocompatible metal. (Hosoki M et al Allergic contact dermatitis caused by **Titanium** screws and dental implants. Prosthodont Res. 2016 Jul; 60 (3): 213-9). This research shows that **Titanium** does not harm the organism and has a very low probability of producing an allergic reaction. In other words, the risk of an allergic reaction to **Titanium** is lower than with other metallic materials.

Even if a patient has a medical history of hypersensitivity or allergic reaction to metals or other materials, there are multiple scientific reports which support the safety of commercially pure **Titanium Implants**. To date scientific evidence, on the safety of a dental implant made from Zirconium compared to one of **titanium**, is not completely clear.



I recently had a patient, who had a vertical fracture in a premolar, so I recommended an extraction with an immediate implant of **Titanium**. When I mentioned **Titanium**, the patient became uneasy and said she was allergic to metals. Based on some information she had found on the Internet, she requested a Zirconium implant.

This has drawn my attention to dilemmas caused by misinterpretation of the readily available information found in different media. There is a difference between getting information from the Internet about a medical procedure and understanding the criteria necessary to opt for such treatment.



After an exhaustive study, my natural inclination is to recommend my patient has a **Titanium Implant** due to the low probability of allergic reaction and evidence of a good success rate. For now, with Zirconium, we have a low rate of allergic reaction but lack good documented evidence of success.

With this I am not saying that I never recommend Zirconium implants, but I do say that given the little scientific evidence we must be cautious and look carefully at the benefits of using one type of implant over another. **This is the difference between obtaining information from an unreliable source, such as the Internet, and giving a well-researched professional recommendation.**

Dr Luis Miguel Sánchez Suárez **968 186 660/968 596 306**

Many times, I tell my patients that dentistry is not mathematics. This means

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FOOD AND DRINK

Ma Millbank's Kitchen



This month we look at vegetables and in particular, recipes to make the most of **Onions** and **Beetroot**. Below are a few recipes with these two veg and my favourite is the omelette or tortilla as it's called in Spain. It is very easy to do and can be eaten hot or cold. I also added **Beetroot** recipes to show how versatile the vegetable is! **Beetroot** not only brings colour to your plate, but it goes with just about anything and is very healthy. You can make it into a soup, add it to any fish dish or salad, roast it or eat it cold. Buen Apetito

Sweet Potato and Onion Bake

- 2lbs medium sized sweet potatoes
- ½ tsp salt
- 1.4 lbs onions
- ½ tsp white pepper
- ¾ cup milk
- 1 tbsp grated cheddar cheese
- 2oz flour
- 1oz butter



Peel **Sweet Potatoes**, and slice thinly. Parboil the **Sweet Potatoes**. Slice **Onions**. Grease a baking dish with butter. Put the **Potatoes** and **Onions** in alternate layers into the dish. Sprinkle between

layers with a mixture of flour, salt and white pepper. Dot with butter and grated cheese and almost cover with milk. Bake in moderate oven.



Chicken and Beetroot Roast

- 500g new **potatoes**, cut into wedges
- 250g cooked **beetroot**, cut into half
- 250g carrots peeled & cut into 2cm chunks
- 1 **onion**, cut into large pieces
- 3 cloves garlic, cut into fine slices
- 2-3 twigs of thyme
- 175ml white wine
- 4tbsp extra virgin olive oil
- 4 **chicken** legs
- salt & freshly ground black pepper



Lentil and Rice Crispy Onion

- 1 cup **Rice**
- 1 cup dried **Lentils**
- ½ cup olive oil
- 2 medium **Onions**, thinly sliced
- 1 tsp cumin or more to taste (I prefer more)
- 2 tsp salt
- Black pepper

Soak **Lentils** in water for 3 hours then drain. Soak rice in water for ½hr and then drain. Sauté **Onions** in a large skillet for about 15 minutes, or until very brown and crisp. Remove **Onions** onto a plate lined with paper towels to drain. Turn heat to medium-high and add **Lentils** and **Rice** to skillet- Sauté quickly in the browned-onion-flavoured oil, adding cumin, salt and pepper. Add 3 cups of water and bring to a boil. Cover very tightly and then cook on very low heat for about 20-25 minutes. To serve, fluff up **Rice** and **Lentils** and top with the crispy browned **Onions**.

Potato and Onion Omelette

- 5 eggs, beaten
- 1 large **Potato**
- 1 small-to-medium **Onion** (chopped)
- 4 tbsp oil
- Salt & Pepper to taste

Peel the **Potato** and cut into pieces (approximately 2cm x 2cm x .5cm or smaller in size). In a frying pan, fry the chopped **Onion** and then the **Potato** in all the olive oil on a very low heat. Add the beaten egg and salt and pepper to taste. Cook very slowly on a low heat. When cooked, flip

Preheat the oven to 200°C/gas 6. In a large roasting tin, mix the potatoes, **Beetroot**, carrots, **Onion** and garlic. Drizzle over the olive oil and pour over the wine. Tuck the thyme between the vegetables. Season well with salt & pepper. Season the chicken legs all over with salt and pepper and lay them on top of the vegetables. Cover loosely with foil and bake in the oven for 15 minutes. Remove the foil from the tin and return to the oven. Bake for a further 20-25 minutes or until the chicken is golden and crisp and the vegetables are cooked through.

Beetroot Soup

- 500g cooked **Beetroot** cut into chunks
- 1 large **Onion**, diced
- 1 garlic clove, crushed
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 750ml vegetable stock

In large saucepan, sweat the **Onion** gently in the olive oil until it softens (around 10 minutes). Be careful not to burn the **Onions**. (You are not trying to caramelize them). When the onions are soft, add the crushed garlic to the pan and gently fry for a further minute and then add the **Beetroot**, stock and balsamic vinegar. Bring to the boil and simmer for a couple of minutes. Using a liquidiser or stick blender, blend the soup until really smooth.

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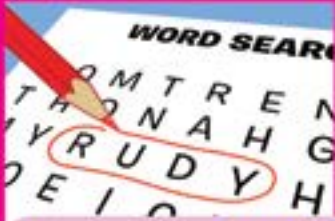
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PUZZLE

PAGE



SUPER SUDOKU

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

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3	C		5			9					2
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	E	F		1			6			3	C
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		8					3	C 1 4			7
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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

T	A	Y
R	E	P
O	D	R

THERE ARE 88 WORDS OF 3 LETTERS OR MORE.

Wordsearch

Translate the words below from English into Spanish

- BARBEQUE
- BEACH
- BLUEBERRY
- CHERRY
- CREAM
- FLOWERS
- GARDEN
- GRAPES
- GRASS
- GUAVA
- ICECREAM
- MANGO
- PAPAYA
- PEACH
- PINEAPPLE
- PLUMS
- RASPBERRY
- SAND
- SEA
- SOLSTICE
- STRAWBERRY
- SUMMER
- SUN
- SWIMMING
- WATERMELON

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

Answers on page 78



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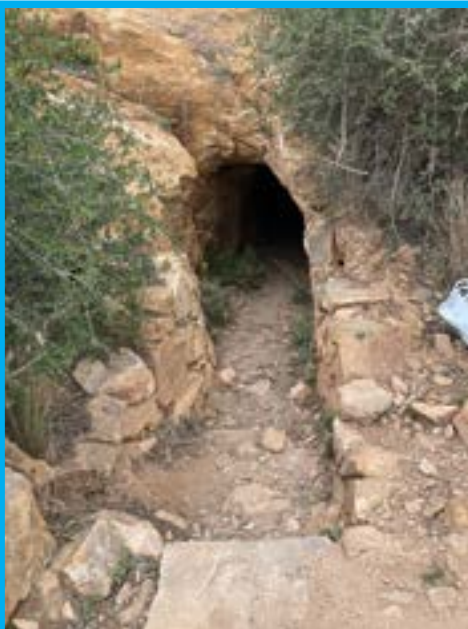
INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge
dalbridge21@outlook.com

Early Murcian Man: The Neanderthals of Torre Pacheco

Sima de las Palomas (which roughly translates as 'pigeon chasm' or 'rock-dove hole') is a cave which can be found at Torre Pacheco, in the Cabezo Gordo hills between Balsicas and San Javier. The cave itself lies 123 metres above sea level, under an overhanging rock which overlooks the Mar Menor saltwater lagoon. For tens of thousands of years, the cave and the area surrounding it, was inhabited by **Neanderthals** and other humans. Human remains, including **Neanderthals**, were originally found in the 'rock-dove hole' during the 1990's, although the cave/hole had already been partially excavated by miners in the 19th Century.



Entry to the Sima de las Palomas cave

In all, around 100 human fossils have been found by archaeologists at the Torre Pacheco cave and the remains mostly seem to be between 40,000-50,000 years old. The **Neanderthals** were an extinct species (or sub-species) of humans who lived on earth until roughly 40,000 years ago and then died out for reasons which aren't entirely clear. The Murcian remains therefore are from a period just before the **Neanderthals** became extinct. This makes the Sima de las Palomas finds quite unusual, because the majority of **Neanderthal** bones discovered elsewhere have usually been much older, dating from about 130,000 years ago. Indeed, the very oldest **Neanderthal** bones discovered are about 430,000 years old.

Archaeologists conducted a further excavation at the Sima de las Palomas site in 2006-7, in which they discovered the well-preserved remains of a young **Neanderthal** woman (about 85% of the skeleton was intact). Underneath the woman, the remains of a **Neanderthal**



Neanderthal man from the Neanderthal Museum, Germany

child were also discovered. Researchers, probably correctly, surmise that the infant was the buried woman's child. The **Neanderthal** woman was referred to as 'Palomas 96' and the child as 'Palomas 97', although the adult female soon became known by the nickname 'Paloma'. The woman and child were both found with their elbows bent and their hands were placed in such a position that they were touching their foreheads. Researchers were able to deduce that both bodies had been positioned like this before rigor mortis set in, indicating that some sort of intentional burial procedure had taken place. The average **Neanderthal** man was about 5ft 5ins tall, compared to an average female height of 5ft. 'Paloma', however, was much shorter than this.



Neanderthal woman from the Neanderthal Museum, Germany.

What sort of lives did these very early inhabitants of the Murcia region live? Classically, **Neanderthals** have been seen as being primitive, cave-dwelling, unintelligent brutes. In reality, the situation was almost certainly very different. Although the **Neanderthals** of **Sima de las Palomas** lived in a cave, they had already mastered the art of creating fire

and building cave hearths. **Neanderthals** were also prolific makers and users of stone tools. They could weave and make simple clothes and these ancient pre-historic human inhabitants of Murcia certainly fished in the Mediterranean. In addition, they could store, boil, roast and smoke food and they were enthusiastic eaters of plants. Some plants were also used for medicinal purposes in order to treat burns and other injuries. These Iberian cave dwellers needed sealants for water-proofing and a variety of other purposes and found tar, derived from birch bark, to be the ideal solution. **Neanderthals** in Torre Pacheco and elsewhere, were the apex predators of their time, at the absolute pinnacle of the food chain, but they still had to compete for food with other predators such as cave bears.

The **Neanderthal** lifestyle in the caves of Torre Pacheco was certainly busy, hard and stressful. As a consequence, this early sub-species of homo-sapiens didn't live long and probably something like 80% of all **Neanderthals** were dead before the age of 40.



Neanderthal man by Trougnouf from the Gallo-Romeins Museum, Belgium

What did these very early Murcian-dwelling **Neanderthals** look like? Perhaps surprisingly, the average **Neanderthal** male and female had a much larger braincase than the average modern human. Generally speaking, the **Neanderthals** of **Sima de las Palomas** had robust physiques and shorter limbs than modern humans. They also possessed enlarged noses, (compared to the average modern human), which were useful to warm inhaled air and had specialised body fat storage. At various stages in **Neanderthal** history, interaction and interbreeding with still-evolving more modern-looking humans definitely seems to have occurred. As a result, approximately 20% of distinctly **Neanderthal** gene variants survive in the world to this day. It would seem, therefore, that there might be just a touch of the **Neanderthal** in all of us!

Adrian & Dawn L Bridge



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INFORMATION

Blue Flag Beaches 2023

by Think Spain

Spain Unbeaten For Blue-Flagged Beaches by Think Spain

Spain has never failed to be the country with the most blue flags since 1987 – quite an achievement, considering it competes against established beach tourism destinations that multiply in size and length of coast, such as Brazil and México and, in the case of Australia and the USA, countries larger in land-mass than the entire continent of Europe. Blue flags are also awarded to ports and yacht marinas.

15% of all blue-flagged beaches are in Spain – one in every 6.7 – with Greece and Turkey coming 2nd and 3rd.



Where Are The Blue Flags?

- Aguilas** - Calarreona, La Carolina, La Casica Verde, La Colonia, La Higuera, Las Delicias, Levante, Matalentisco, Poniente
- Cartagena** - Cala Cortina, El Portús, Isla Plana, La Azohía-El Cuartel, La Chapineta, Levante-Cabo de Palos, San Ginés
- Lorca** Calnegre
- Mazarrón** - Bahía, Del Mojón, Grande-Castellar, Nares, Rihuete
- San Javier-Cartagena** - Banco del Tabal-Calnegre
- San Javier** - Ensenada del Esparto, Pedrucho
- San Pedro del Pinatar** - El Mojón, Las Salinas, Torre Derribada
- Mojácar** - El Cantal, Lance Nuevo, Marina de la Torre, Venta del Bancal Ventanicas
- Pulpí** - Calipso, Los Nardos, Mar Rabiosa, Mar Serena
- Vera** - El Playazo

Perhaps it's unsurprising that the regions

with the longest coastlines will have the most blue-flagged beaches – but that's not necessarily the case. Whilst the southernmost mainland region of Andalucía has more coastal provinces than any other – **Almería, Granada, Málaga, Cádiz** and **Huelva** – its flag total for this year, 148, comes second to that of the Comunidad Valenciana, with 153. The latter, with three provinces, all bordering the Mediterranean, is habitually the region with the most blue flags and the southernmost of these provinces, **Alicante**, always holds the most in the Comunidad Valenciana. Alicante is the province with the most blue-flagged beaches in Spain – 69 this year including **Playa El Postiguet**.

rising every year – but they are also the beaches whose kite marks are most under threat. With the ongoing drought, rivers and lakes are at risk of drying up, or their levels falling well below average. If that happens, any beaches along their shores will lose their blue flags, however impeccable they may otherwise be. As rivers and lakes can dry up very quickly at any point in summer, land-locked beaches are inspected throughout the season, meaning their flags can be withdrawn there and then.

The 2nd and 4th highest totals are not where you might expect, though. Whilst the traditional Costas and islands are the Spanish beach destinations most often found in travel agents' windows and websites in northern Europe, the most blue-flagged beaches in the country after **Alicante** are in the province of Pontevedra, in the far north-western region of Galicia. Just north of Pontevedra, the Galicia province of **A Coruña** has the fourth-highest total of blue flags in Spain, with 37 – the province of Málaga, whose coast is known as the **Costa del Sol**, has just two more than **A Coruña**, with 39. The province with the highest percentage of its beaches bearing blue flags is at least a two-hour drive from the nearest sea – which happens to be abroad. **Badajoz**, in the land-locked western region of Extremadura, boasts eight blue-flagged inland beaches out of a total of 12, despite its closest coastal beach being in Portugal.

Coastal beaches, when awarded blue flags, keep these until the following spring, when their local councils reapply if they wish to, but inland waterways may not retain their kite marks for that long. Climate change is a constant potential barrier to blue flags. Floods, storms and similar extreme weather phenomena are far more frequent nowadays and the damage to beaches is notable. Coastal erosion is aggravated by excessive building development, leading many towns, provinces and entire regions to pass laws blocking planning permission for areas within a given distance of the shore.

Protecting Seas Against Erosion And Drought

These factors – natural and man-made – are taking their toll on dunes and sea life, especially the **Posidonia Oceanica Meadows** at the bottom of the Mediterranean. This marine plant, otherwise known as **Neptune Grass**, acts as a vital oxygen supply for the sea water, eating up carbon dioxide and keeping fish alive.

Climate Change Risk To Blue-Flagged Beaches

Non-coastal beaches are gaining in popularity, number and fame, with their blue flag total

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Hello! How are your plates spinning today?

Ha, retirement doesn't get any easier. There seem to be more and more plates spinning on more and more canes! This may be because I keep sticking more canes in the ground, which means more plates to spin and... oh, what the heck! Old habits die hard, with a vengeance. Our world today is nothing if not swirling and turbulent with wind tossing us around. There is our personal situation, family and



friends, plus economic meltdown, climate countdown, racial problems, political breakdown, technology showdown and religious let down.

We are living through the breakdown and breaking open of much that defines modern life. I don't know about you, but I often want to shout 'Beam Me Up Scotty!'

In our latest short video, 'chats on a park bench', my good friend Gerry in Ireland and me are talking about filling the hole; a hole many feel in their life which nothing seems to satisfy. He calls it a heart-shaped hole. I start by talking about the song *Somewhere (There's a Place for Us)* which I first came across in 1964 when P J Proby recorded it. You may remember this guy who split his pants on stage!

There IS a place for us, we have just got to find it in all life's confusion. It's the place I go to, where I find perfect peace and joy, where everything makes sense; the place that fills that empty space in my heart.

I laugh out loud when I remember going round singing *Somewhere* as a teenager - there was a mental hospital nearby called Whittingham and I loved singing 'There's a place for me, they call it Whittingham'.

Praying you find that place, not a Whittingham, but the one that fills the hole you may feel. It does exist... 'There's a place for me, I call it the heart of Jesus'.

Bye for now and God bless you.
Rev Andrew

Look on YouTube: chatsparkbench

LEISURE

WARM - Walkers Around the Region of Murcia

Email: warm2005@gmail.com



We have had a fabulous end to the 2022-23 season, with five walks since I wrote in the last edition. I managed to walk three of the walks this time and was leader for one of those. I missed the final walk of the season as I was completing one of the Camino routes leading to Santiago de Compostela.

Let's work backwards. The final walk of the **WARM** season was quite short for a **WARM** walk and it was a fun trip walking up the canyon and in the Rio Chicamo, which, given the April temperatures, was welcomed.

On 26th April David led a small group of **SWARMers** around the southern side of El Castellar in Bullas for the final **SWARM** walk of the season.



In the Rio Chicamo

On 22nd April Martin took us through the pine forest of La Faricola in the Ricote Valley. It was a tough first 5km, with three steepish climbs and it will be remembered for a very

different reason as there were hordes of small emerald-green flies that were attracted to white. Bad news for those wearing our **WARM** t-shirts! I carried a cake to the picnic spot to surprise Chris and we managed a croaky rendition of Happy Birthday!



La Faricola group

On Wednesday 19th April David thought he had a group of eight for a gentle stroll along the Via Verde. 3 people made a wrong turn and headed towards La Paca and decided to call it a day. Then we were five! We set out walking and got a call to say one of the lost people had arrived and they were coming to join us. We turned round and walked back towards the start and there was no sign of the walker. We realised she had gone the wrong way and David's wife Rose had gone in search of her. One walker went home amidst the confusion. Then we were four! We found the lost walker and Rose and the six of us decided to walk towards Cehegin to a café and back. I became substitute leader as David accompanied Rose who had

recently had a hip replacement. After our refreshments, we left Rose and Pamela at the café and then we were four! It felt like an Ealing comedy!!



Fabulous house near Casas Nuevas

The final walk I want to talk about was one I led with Chris from our beautiful village of Casas Nuevas. One of our Facebook group commented "We had a FABULOUS hike in the Espuña near Casas Nuevas today! Great weather, terrain, views, altogether and 1,079 feet of climbing." It was incredibly hot and the last 3km had very little shade, so we swiftly changed the route back and left most of the group at our local bar Colombinos while the men went for the cars. A testing 17km, but the views and the beer made it worthwhile.

That's it until next season. We have a break from walking and will be back in the autumn with a full moon walk.

For details email warm200mail.com



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 4th June - 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**

Saturday 3rd June - Opening Summer Valentine DJ's Festival @ Río Argos School Sports Track
 Tickets from 10€

Saturday 1st July - III Triathlon
 6pm - Sprint
 7pm - Olympic
 Tel **968 414 009**
 Email: ftm@trimurcia.org/
webmaster@trimurcia.org

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 18th June - Artisan Market

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

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

CEHEGÍN
www.turismocehegin.es
 Tel: **968 723 550 Wed Market**

Sunday 25th June - 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.
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www.cotodelasmaravillas.com

JUMILLA
www.jumilla.org
 Tel: **968 780 237 Tues Market**

Exhibition - The History of Archaeological Research in Jumilla @ Jeronimo Molina Archaeological Museum (until 30th June)

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**

Friday 2nd - Sunday 4th June - Rally

Continued on page 57



Continued from page 56

Sprint Racing up to Casa Cristo

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

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

Sunday 11th June – 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**



Saturday 24th June - Elefantos Concert
@ Sala REME
Tickets from 20€

Saturday 24th June - Nicky Jam & Manuel Turizo @ Recinto Rerial de la Fica
Tickets from 55€

Thursday 29th June & Saturday 1st July - Joaquín Sabina @ Plaza de Torres
Tickets from 200€

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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**

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

It would be very easy to become depressed if you looked at the main stream news that was being reported. The news seems to be of one tragedy after another. If it's not wars and unrest in various parts of the world, it's reporting on another stabbing or shooting incident. Just to keep our mood down, the news delights in reporting on yet another scandal or corruption in high places.

In our own lives, tragedy can jump out on us when we least expect it. We can be diagnosed with an illness that has life-changing aspects, or even be terminal. We can suffer bereavement when everything seemed well. We can lose our income from losing a job or having some scammer steal the cushion we had set aside.

In all of these things, there are many who ask the question "Where was God in all of this?"

Well the answer is right in the very middle of it!

We seem to live in a culture of blaming God when things go wrong, but never give Him a thought when things go right. Have you ever thought what it would be like if God wasn't in the middle of it? When everything around us seems to be falling apart around our ears, morning still follows the night. There is still order. That order is God.

God didn't create a world of disorder; in

fact in the beginning, everything was perfect. It became disordered by mankind exercising its freewill and making the wrong choices. We are suffering from all those wrong choices that were made.

So how does this help to bring us out of depression?
Well God says that in the end He will make all things new. Every injustice will be accounted for and judged accordingly. In

the end there will be no more sorrow or pain and every tear will be wiped from our eyes.

What do we have to do? Nothing! Just believe. Have you?

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CAFETERIA

PLAZA

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ENTERTAINMENT

SPANGLES

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



Spangles - Doing What They Do Best

Since their busy Christmas season, **Spangles** has concentrated on updating their repertoire with new songs and welcoming new members. They have kept their performance skills honed too! A concert at the Centro Cultural, Sucina on 6th May was just one.

"We were honoured to be invited by the Cantos del Corazón group to sing with them" said Lyn Baines, Chorus Manager. "We thoroughly enjoyed hearing local traditional songs and performing to a new, appreciative audience. We are delighted to have been invited to perform alongside them again later this year."

elling distance of Los Alcázares, please get in touch by email as soon as you can to info@spangleschorus.com

www.spangleschorus.com or email info@spangleschorus.com



Spangles is a ladies' a cappella chorus, singing in four part harmony. They rehearse every Thursday, from 10.30am-1.00pm at Centro Municipal Las Claras, Calle Helena, Los Narejos, Los Alcázares and visitors are always welcome. If you would like to book the chorus for an event or you are thinking about joining them, you can find out more on their website:



Not ones to rest on their laurels, **Spangles** was back by popular demand at the Escuela Oficial de Idiomas, San Javier, to run another a cappella workshop for the language students. Shyness and hiding at the back of the audience was not an option! Soon everyone was joining in some fun vocal exercises. Inhibitions disappeared and everyone had a super time.

Spangles is actively looking for a new and enthusiastic Musical Director. If you think you would fit the bill and are within trav-

Costa Cálida Chronicle
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 Remember deadline 15th of the month!!!



The Essential Guide to the Costa Cálida Issue 2

More Information
More Photos
More Colour

Available from the following places:
 Time 4 A Change, Los Alcázares
 Best Wishes, Camposol B
 Casa Pepolino, Isla Plana
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INFORMATION

Spanish Fiestas in June



Spanish Fiestas in June

June is one of the most popular months for fiestas in Spain, with many cities and towns celebrating their patron saints or historical events.



Corpus Christi in Toledo is celebrated with the procession of the Blessed Sacrament through the streets, accompanied by folk music and dance. This religious festival celebrates the presence of Christ in the Eucharist and is held 60 days after Easter Sunday. Many towns and cities such as Sitges, Pontareas and San Cristóbal de la Laguna decorate their streets with carpets of flowers and natural tapestries for the occasion. Toledo hosts one of the most important and solemn processions, with a rich display of art and culture. Celebrations started on 29th May and will continue until 11th June.



La Patum de Berga is a traditional Catalan folk festival held from 19th to 23rd June. It depicts the conflict between good and evil and is symbolised by parades of enormous figures, fire-breathing dragons, devils and other mythical creatures. This festival has a history dating back to the Middle Ages, and has been recognised by UNESCO as a Masterpiece of Intangible Heritage.



Noche de San Juan, the night of Saint John the Baptist is celebrated on 23rd June all over Spain, especially in coastal areas. It marks the arrival of summer and the longest day of the year. People light bonfires on the beaches and jump over them three times for good luck and throw objects into the fire to burn away their troubles or make wishes for the new season. Some places have fireworks, concerts and parties until dawn. This ancient pagan festival is now legendary for its all-night-long parties on the beach, dance and fun. The night is all about fire and water, where young and old congregate to build fires and enjoy the night. According to tradition to be cleansed and purified you must jump over the fire three times. In El Rocio, decorated horse and carts are beautifully and lovingly prepared in bright colours and flowers with the pilgrims dressing in traditional gypsy-inspired flamenco dresses and the men in their short-cropped jackets (Andalucian

style) and unique wide-brimmed bolero hats. The highlight of the festival is when the Virgen del Rocio (a large silver shrine) is taken from the Church in all her splendour.

Burgos celebrates the **Fiestas de San Pedro y San Pablo**, in honour of the city's patron saints from 24th June until Sunday 3rd July 3, which corresponds to the Day of the Absent Burgos. There will be nights of humour and theatre, free and paid concerts and children's activities.



The Hogueras de San Juan in Alicante is celebrated with huge sculptures made out of wood and paper which are set ablaze on the night of San Juan. From 25th to 29th June, this peculiar festival of fire sees fireworks launched from Playa del Postiguet at midnight. The popular Medieval Market and other cultural shows are held and people gather on the beach to dine, bathe and enjoy the fireworks.

La Batalla del Vino de Haro in the La Rioja region known for its wine production is celebrated on 29th June. Thousands of people congregate near the town and use buckets, bottles, water guns, or any other object to throw wine at one another. A feast and entertainment are held in the town square after the battle.

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Well hello June!

Yes, we all love the summer and I'm sure the donkeys do too! Their coats are beginning to shed. Donkeys shed later than ponies and horses, which is great for us as we're continually brushing. It's great for the muscles I might add! Some shed their coats without any problems, while some with longer coats look like a flea bitten scarecrow. At the moment we only have a few flies about, so we are holding off getting the masks out as they are on for a good few months once it gets warmer.

We have looked everywhere, had several drones up searching the ramblas, put lots and lots of posters out ... nothing. 2 weeks later on 3rd May, I received a call from the police in Furnte Álamo. They have found one in the town - **Teckle 1**. He is the older one and nearly blind due to his leishmania. It's truly a miracle that my boy is home, but he was on his own. **Teckle 2** is still out there. We will never give up looking. Someone has my boy for sure. We will keep searching, so please keep looking. He is 8 years old, chipped and castrated and also has leishmania. I know he's still out there, so please everyone keep looking.



We have a great sponsorship scheme going for the donkeys and ponies which makes a super gift. The scheme is vital to our ongoing work and really does help with the constant rise of the feed bills. Alternatively you could make a donation to help care for the 110 donkeys. For donations:

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

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

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

Andrea XX

LOST
Teckel
about 11.00 on 20 April 2023
area of La Manchica, Las Palas and Fuente Álamo
Secure Return Reward
He has chip and
has Lishmania and he needs his medicine
690906565 y Whatsapp



We have another fundraising coach trip going to Benidorm on Sunday 18th June which is also Market Day. We are picking up on Camposol B and La Torre, so if you fancy a day out give me a call and reserve your tickets on **690 906 565**

We still have Mollies 4 puppies, now 5 months old. They are only little ones, but sadly we have had no takers. We will keep our fingers crossed. If you are looking for a forever little friend, maybe look at our 4 munchkins.

I'm sure quite a few of you have seen a poster for two missing Teckles, (Dachshunds) on 20th April. Kevin was loading the van and they both scooted past him through the gate and ran up the camino. I came straight home from the shop to help look, but not one sighting.

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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

Every Day **Contemporáneos de Coronado Permanent Art Exhibition** @ Aguilas (Thurs-Sun 7-10pm)
Carnival Museum @ Aguilas (Tues-Sat 9am-2pm & 4pm-9pm)
Murcia Ice Rink Open 5.15-9.15pm (Sat & Fiestas 12pm-9.15pm) 8€ for 30 mins

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)

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

Every Mon **Los Palacios Garden & Community Group Working Party** @ Camposol A 9am
Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am
Camposol Free Community Sports Walking Football Game @ Camposol D7 10am
Friendship Group @ Los Alcazares 11am

FAST Nurses @ Camposol B

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

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

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

Every Tue **Camposol Golf Association Ladies' Game** @ Camposol C 9am
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Mojácar Bowls Club Roll-Up @ Mojácar Playa 9.30am
Sonrisas Harmony Ladies' Chorus Rehearsals @ Los Alcazares 10.30am
Camposol Free Community Sports Cards/Games/Dominoes @ Camposol A 1pm
San Javier Squalos Rugby @ San Javier (12-18 yrs 7.30pm)
San Javier Squalos Rugby @ San Javier (Men 8.30pm)
San Javier Squalos Rugby @ San Javier (Women 10pm)

Helping the Perrera Dogs Walk @ Mazarrón (between Camposol & MCC) 9am-11am

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

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

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 Calle Helena, Los Narejos,
 Los Alcazares



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



Every Thurs

TSB Golf Society Competition (Mojacar area)
Los Bandidos Cycle Ride from Mojácar Playa Tourist Info Centre 9.25am
Camposol Free Community Sports Walking Football Training @ Camposol D7 9.30am
Mojácar Bowls Club Roll-Up @ Mojácar Playa 9.30am
Camposol Free Community Sports Walking Football Game @ Camposol D7 10am
Spangles Ladies' A Capella Chorus Rehearsals @ Los Narejos 10.30am-1pm
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12pm
Guided Visit to Lorca Castle 10.15am 4€ (22€ inc lunch)
Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm
Free Memory Workshop @ Centro de Usos Múltiples, Mojácar Pueblo 5-6pm (over 60's)
Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)
San Javier Squalos Rugby @ San Javier (6-10 years 6pm)
San Javier Squalos Rugby @ San Javier (12-18 years 7.30pm)
San Javier Squalos Rugby @ San Javier (Men 8.30pm)
San Javier Squalos Rugby @ San Javier (Women 10pm)



Every Fri

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



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

Helping the Perrera Dogs Walk @ Mazarrón (between Camposol & MCC) 9am-11am
FAST Desk Available @ Camposol B 10.30am-12.30pm



Every Sat

Los Bandidos Run/Walk/Jog Meeting from Best Indalo Hotel Mojácar Paseo 8.55am
Mojácar Bowls Club Roll-Up @ Mojácar Playa 9.30am
Antique & Collectable Market @ Aguilas 10am
Visit Al Museo De La Torre De Santiago @ Totana 2€ adults (children free) 10am-11.30am (until July)
Open Market @ Los Alcazares from 10am
San Javier Squalos Rugby @ San Javier (6-10 yrs 10am)
Guided Visit Museum of The Tower Of Santiago, Totana 10am
Eco Park 'Coto de las Maravillas' open @ Cehegín 10am-5pm
Guided Visit to La Bastida, Totana 3.40€ (2.50€ disc) 10am/12pm
Archaeological See of Begastrí @ Cehegín 10am-2pm
Camposol Free Community Sports Walking Netball @ Condado de Alhama 10am
2½hr Free Guided Tour of Historic Aguilas 11am
Harlequin Rock Choir Rehearsals @ Social Centre, Camposol B 1.30pm
Astronomy Tours/Star Gazing @ **Finca Astronómica**



Every Sunday

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



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

JUNE

Thursday 1

Fiestas Trinitario-Berberiscas, Torre Pacheco
Ladies Circle Puerto de Mazarrón Race Day @ Pto de Mazarrón

Bernada Alba Musical @ Cartagena from 17€ 8.30pm

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



Friday 2

Formula 1 Grand Prix in Barcelona
Rally Sprint Racing up to Casa Christo @ Moratalla (up to and incl 4th)
Youth Workshops @ Totana (12-17 yrs) 7pm-12am



MABS Craft Fayre @ Camposol B 11am-2pm
FAST GlamJam @ Camposol A 5€ 8-11pm

Saturday 3

Formula 1 Grand Prix in Barcelona
Free Guided Tour (English) of Los Baños Thermal Baths/Museum @ Alhama 11am
Visit to the Historical Centre of Águilas 11am
St Nicholas Church Garden Party feat Harlequin Rock Choir/Ukelele Band @



Calle Sobrija 2248, Camposol D 11am-3pm

2 hour Guided Tour of Historic Lorca
 free visit to one of the Embroidery Museums 2€ 11.30am
Historical Dramatized Visit Of The Trinitarians & Barberis/Craft Beer @
 Torre Pacheco 11.30am
Theatrical Visit Myths & Legends Of Lorca, Fun for all the family 8pm
Youth Workshops @ Totana (12-17 year olds) 7pm-12am

Opening Summer Valentine DJ's Festival @ Calasparra 10€
II Gala Theme Artistas @ Cartagena from 10€ 7.30pm

PAPS Volunteer Fundraising Swim for PAPS & Children's Orphanage La Manga 9.30am



Sunday 4

Formula 1 Grand Prix in Barcelona
Artisan Market 9am-2pm
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
National Dog Show near the Tourist Office in Puerto de Mazarrón 6pm

MACS The Big Mac 8 @ Turre 5€ (under 12's free) from 12pm

Monday 5

Mini Market @ Los Narejos. 10am-1pm

Tuesday 6

Free Guided Tour (in English) of Los Baños Thermal Baths & Museum 11am
Monthly 'B' Clean Meeting @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm



FAST AGM

Thursday 8

Ladies' Circle Puerto de Mazarrón Meeting – Healing Oils @ Pto de Mazarrón

FAST Trip to Golf Delux/Afternoon Tea @ Los Alcazares 25€

Friday 9

2hr Guided Tour of Historic Lorca free visit to one of the Embroidery Museums 2€ 11.30am
Youth Workshops @ Totana (12-17yrs) 7pm-12am



Saturday 10

Youth Workshops @ Totana (12-17 year olds) 7pm-12am

Long Weekend Festival 2023 @ Alhama from 11€ and from 8.30pm
Sonrisasy Musica @ Cartagena 7.30pm (free)

Sunday 11

Artisan Market @ Mula
4.7km Free Marina de Cope Walking Tour @ Águilas
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
2 hour Guided Tour of Historic Lorca
 free visit to one of the Embroidery Museums 2€ 5pm
The Pied Piper of Hamelin in English @ Cartagena Children 5€ - adults free

Monday 12

San Ofre y San Antonio, Alguazas

Los Reyes Golf Society Competition

El Viejo Varieté @ Cartagena 8€ donation 7.30pm

Thursday 15

Ladies' Circle Puerto de Mazarrón Music Quiz @ Pto de Mazarrón

Friday 16

Youth Workshops @ Totana (12-17 year olds) 7pm-12am

Moors and Christians Fiesta @ Mojácar (until 18th)

Noah's ARC Party/Summer Disco @ Camposol A 10€ 7pm

Saturday 17

Artisan Market @ Paseo de las Comunidades, Pto de Mazarrón 10am-2pm
Guided Tour of Alhama Centre (in English) 3€ (2€ under 12's) 11am



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

Youth Workshops @ Totana (12-17 year olds) 7pm-12am
 Don Quixote en Los Infernos @ Cartagena from 8€ 7.30pm



Sunday 18 Artisan Market @ Caravaca
 8km Sendalhamas Hiking Tour @ Aguilas 8am
 Artisan Market @ Sanctuary de la Esperanza, Calasparra 10am-6pm
 Free 90 min Dramatized Tour (in Spanish) of Alhama

Moors and Christians Grand Procession @ Mojácar

Monday 19 Mini Market @ Los Narejos. 10am-1pm

Wednesday 21 Forget Me Not Quiz @ Camposol B 5.30pm

Thursday 22 Ladies' Circle Puerto de Mazarrón Trip to La Zenia/Lunch

MABS Ascot Ladies Day @ Mazarrón Country Club 16€ 11.30am-16.30pm

Friday 23 Youth Workshops @ Totana (12-17 year olds) 7pm-12am
 Noche de San Juan Event @ Finca Astronomica (glamping available)
 Los Palacios Gardening and Community Summer Ball @ Puerto de Mazarron 45€

San Juan Fiesta @ Mojácar Playa

Saturday 24 San Juan
 San Juan y San Pedro, Fortuna and San Pedro del Pinatar
 Free Arts & Crafts Tour of Cento de Artesania and Casa del Artesano @ Lorca 11am
 Youth Workshops @ Totana (12-17 year olds) 7pm-12am

Elefantes Concert @ Murcia from 20€
 Nicky Jam & Manuel Turizo @ Murcia from 55€

Sunday 25 Artisan Market @ Aledo

Thursday 29 San Pedro y San Pablo
 San Pedro, Blanca

Ladies' Circle Puerto de Mazarrón Summer Lunch/Dancing

Joaquín Sabina @ Murcia from 200€

Friday 30 Youth Workshops @ Totana (12-17 year olds) 7pm-12am

Quinque González Concert by boat @ Cartagena 45€ 8.30pm departure



JULY

Saturday 1 III Triathlon @ Calasparra 6pm - Sprint/7pm - Olympic
 Youth Workshops @ Totana (12-17 year olds) 7pm-12am
 Noche de Romantica (Night of Romance) @ Mojácar

Joaquín Sabina @ Murcia from 200€

FAST Trip to Mojácar Night of Love 15€

Sunday 2 Artisan Market @ Bullas 9am-2pm

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



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EDITORIAL



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The sky in June is a feast for our eyes. It greets us with a variety of different objects, starting with both zodiac and non-zodiac constellations, deep sky star clusters, planets of our solar system and everybody's beloved, Milky Way!

in the sky in both summer and fall. The long-necked and broadly winged giant bird carries the centre of our own galaxy on its back. Find the bird and see the spectacle of our home galaxy, the Milky Way, with your own eyes!

below the starry sky. For those of you who don't mind getting up early in the morning, there's another special treat available in June. Two of the most spectacular planets in the solar system, Saturn and Jupiter, will be visible and observable through a telescope just before sunrise. Summer is the richest time for astronomical observations, so don't wait; get your family and friends together and follow the stars!



Just as the sun goes down and the last light disappears below the horizon, our eyes are drawn to the magnificent patterns of zodiacal Lyra, Scorpio and Sagittarius and right there with them are Aquila and Cygnus, spreading their wings broadly across the sky.

Aquila, Latin for eagle, is a bird who carried Zeus's/Jupiter's thunderbolts in Greek and Roman mythology. Within the constellation, we can easily spot Altair, its brightest star, which creates the top of the Summer Triangle. The beautiful Swan, known as the Cygnus constellation, is the most recognizable one

The 21st June brings us the Summer Solstice and the longest day of the year (Wednesday), which is closely followed by St John's Eve (Noche de San Juan) on Friday the 23rd, a festivity greatly celebrated in Spain, mostly with a bonfire and definitely

On Friday 23rd June **Astrology Tours** will be hosting a Noche de San Juan event. They have the glamping houses ready now, so it is possible to stay the night and then have the planets' observations in the morning.

PROPERTY OF THE MONTH



You can find more information at: www.spaindinavia.com

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Penthouse at the top of Mojon Hills

Finally a penthouse at the top of Mojon Hills has become available!

From the large terrace you have spectacular views over the Mediterranean, Isla Plana, La Azohia and Puerto de Mazarrón.

You have access to the large terrace (facing south) from the master bedroom, from the living room as well as from the kitchen.

Two bedrooms, both with built in wardrobes and space for double beds.
 Separate kitchen and a very lovely living room - both with stunning views.
 Modern bathroom with shower

Two(!) private parking places in the under-built garage are included in the price.
 The apartment has central air-conditioning for heating/cooling.

Very well maintained community in Mojon Hills, where you find a mix of permanent residences and holiday makers.

The Community fee is only 45 euro per month.
 10-15 minutes walk to Isla Plana centre where you find shops, restaurants etc.

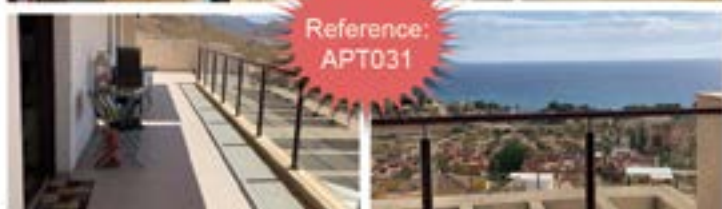
The apartment is located at the top of Mojon Hills, so there are stairs to walk to access the apartment.



Price:
159,000 €



Reference:
APT031



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SPORTS & LEISURE SECTION



SPORTS

Los Amigos Golf Society

www.losamigosgolfsociety.es



A return visit for some, but a first time for others, saw **Los Amigos Golf Society** take on a local course for their May monthly away day, to Condado Golf.

A lot of work is taking place in the resort, with new builds going up at a pace. Allegedly a hotel is to be built and a new clubhouse along with other facilities. The course itself has seen a few years of neglect, but it would seem that it is being rectified as a priority. Fairways need to be brought up to scratch certainly.

Eight teams of four balls going out, the format being was Pinehurst, three to score each hole and nearest the pins on four holes.

Bit of a shock to some players and also to visitors at the club house, we had a guest player, the spitting image of Jon Rahm!

Results:

1st
H Pearson

D Hawks (John Rahm)
B Colins
J Niblo

The presentation was held at Condado afterwards, some staying on for the Fish and Chips, which had the thumbs up.



Nearest the Pin

Hole 3 D Wainwright - 2.7m
Hole 7 - J Salter - 1.12m
Hole 11 - B Collins - 3.22m
Hole 17 - J Chapman - 1.15m
Congratulations to all prize winners.



The June **Away Day** is to be held at Valle de Este, a very popular course. If you would like to join or come along as a guest with **Los Amigos Golf**, please contact our Captain, Gary Greenfield, at garygbmw@gmail.com

SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolfsociety.com

Our game for April was on the 26th and was our first visit to the coastal area of Mojácar and La Marina Golf Resort.

fun and following the very warm welcome from Kirk and his staff, we were pleased to rebook for next year.

rest with 35 points.



IAN STEWART with captain GARY AHEARNE



JIM NIBLO winner of division two with GARY



Division three winner CLIVE HATHAWAY

Nearest the Pin winners were Ian and Clive and also Dave Mitchell, Peter Allison and Richard Grayland.

Following our coffee and bacon rolls provided by Vicky at the tennis club, we made our way to the pro shop and on to the course. Spectacular it was as we viewed the whole area from the mountain top 3rd hole and then also right through to the very tricky 13th hole. It was great

On to the golf and it was Ian Stewart showing a little prior knowledge coming first in Division One with 33 points and Jim Niblo doing even better with 37 points to win Division Two. Meanwhile in Division Three Clive Hathaway was ahead of the

Our next game is to Altorreal. Anyone wanting to know more about **FOGGS** please email us at info@fuenteoldguardgolfsociety.com

Dave May



SPORTS

Straight Down the Middle Golf Society

sdtmsec@gmail.com



April found the **Straight Down the Middle Golf Society** visiting Saurines de la Torre golf course near Roldan. It was disappointing to find that the Clubhouse bar was no longer open, so we had to get a coffee from a machine in the Spar shop next door. Mind you, our disappointment cannot be anything like what the residents of the urbanisation are experiencing, as that was their only bar on the whole site. Nonetheless we set off with hope in our hearts for an enjoyable round of golf.

into the bunker front left of the 16th green never to be seen again!! All in all we had an enjoyable day, and our thanks go to all the staff of Ugolf Saurines de la Torre for providing us with a challenging day.

As usual we adjourned to The Trevi Bar on Camposol for light refreshments and chip butties. Our thanks go to the management and staff for making us so welcome.

Results:

Section A

Winner – Rob Greatley
Runner-Up – Tony Gleed



Tony Gleed - Runner Up Section A



Rob Greatley - Winner Section A & Nearest Pin Hole 12



Lawrence Willey - Winner Section B

Section B

Winner – Lawrence Willey
Runner-Up – Drew Stewart

Nearest Pin

Hole 5 – Ian Stewart
Hole 12 – Rob Greatley

Andy Eustance

As always the course was an interesting mixture of quite forgiving fairways and rough, but very testing greens and bunkers. One new member disappeared

SPORTS

Los Amigos de Mazarrón FC

www.fb.me/Mazarrón2016

www.mazarronfc.es/introen



There is little activity at **Mazarrón FC** during May and June until pre-season training begins sometime in July. However, we understand that the President, Diego, has already been formulating his plans for the 2023/24 season and has a number of players in mind to start his squad off when the season begins in late August/September.

The season will start earlier and finish later this year as the Preferente Autonómica will consist of 18 teams, as opposed to the two groups of 12 teams last season. There will be 17 home games to watch compared to the meagre ration of 11 last season.

The **AGM** will be held at Mariano's Bar & Restaurant, Camposol A on Thursday 22nd June at 4pm. There are vacancies on the Executive Committee. If anyone is interested in joining the Committee please email our Secretary, Mary Harding at marylosamigosfc@gmail.com.

The AGM is open to members only.

We are looking to organise a function at Mariano's, Camposol A in August. Details for this are being finalised and published in next month's issue and on our Facebook page.

Summer Black-Tie Ball and Dinner @

Restaurante Amapola, Bolnuevo will now be held on 26th September rather than the previously announced date of 19th September. 7pm-11.30pm. There will be a welcome drink on arrival followed by a three-course meal.

Tickets €35 for members and €37.50 for non-members. Transport will be provided to and from the venue at an additional cost of €5 per person for members and €7.50 for non-members.

Please contact dereksocialfc@gmail.com for tickets or call at our weekly social gatherings at the Clubhouse, Camposol Club de Golf.

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

Menu:-

Selection of starters on the table:
Squid in batter with Tartare Sauce
Spanish Ham and Cheese
Vegetable Tempura

Choice of main course:

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

Desert:

Cheesecake or Individual Fruit Platter

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

Entertainment will be provided by Carolyn May.

Los Amigos Membership runs from August each year and lasts for twelve months. Membership is €20 and members and a partner will be entitled to discount on coach travel to away games and to all **Los Amigos** social activities. Members only are allowed to attend monthly business meetings. Membership forms are available at our weekly meetings or you can email our Membership Secretary, Russ McMillan for a form at 8254981@gmail.com

During the close season and, until further notice, our weekly social gatherings will take place at the Clubhouse, Camposol Club de Golf on Thursdays at 4pm. Everyone is welcome.



SPORTS

Drone Seekers International

<https://www.facebook.com/groups/1980281998867305>



From time to time when we are out and about looking for somewhere to fly, we say to ourselves "Now THIS is good" and that phrase certainly came to everyone when the **Spanish Drone Seekers Group** visited Calasparra to film in and around the Train Station and the Weir on the River Segura, not too far away from the Station.

In bright sunshine the group of 9 met at the Arrocería Y Brasas Titanium on the Santuario de la Esperanza road, for a fly day and social get together with lunch at this traditional bar – very popular with Spanish and English locals. 2 of the group had been staying for a few days at the local Camp Site exploring and enjoying the peace and quiet of the area. Whilst waiting for the rest of the group, the campers and I made an early visit to the bar for a morning coffee. Caffeine hit sorted we joined the rest of the group outside who had obviously arrived whilst we were chatting over our coffees!

The group of 9 consisted of 3 FPV (First Person View) Pilots, 3 Camera Drone Pilots & 3 Spotters. The spotters were there to abide by the guidance rules when flying. Their presence ensures the visual sight of the Drones, as FPV Drones are normally flown wearing goggles, whilst Camera Drone Pilots are looking down at a mobile screen. These Spotters ensure a safe flying environment and for any members of the public who happen to venture into the flying area.

3 cars set off for the 10 minute drive to the Station, but a Guardia Police Check Point at one of the roundabouts stopped the last car in the convoy. No illicit goods, people or other items were found (surprisingly) and they arrived 10 minutes later at the station for flying.

Everyone soon set up their Drones and were flying up, in and around the station. The train lines proved quite popular, especially at low level – only the brave – and a few of the Pilots ventured to the tunnel for a fly-through, or hesitated and stayed at the entrance. One FPV Drone managed a trip through the Tunnel – no GPS signal, but at the other end just stopped and hovered (a safety feature) waiting to be connected to the Controller. An ambitious and chancy flight which worked out well – see the video on You Tube. One of our lady pilots Baq Paq Jaq, made an amazing video of the day which can be found at <https://www.youtube.com/watch?v=WtGaXMIzvTs&t=82s>

It is a spectacular place with various buildings, sidings and trees to make some interesting flying, or just to walk around to imagine what the Station would have been like in its heyday. The tracks from Cieza to Albacete are due to be removed for a Via Verde, though I understand there is some resistance to this happening from Calasparra to Albacete. Work is nearly finished between Cieza and the road

bridge over the RM 714 to and from the A30, Calasparra/Caravaca de la Cruz road. After a few hours, with lots of filming completed, we packed up and moved down to the weir. Overnight the flood gates had been opened to let the water flow into the Rice fields. Water depth is controlled up to 7-8cm before the sowing in early May. The rice is all planted by hand and will be cultivated in October.



There was plenty of space for all the flyers to find their own space and do their filming. Some high-level flying took place with amazing videos of the rice fields from up to 200 feet and low level over the weir and along the river itself. The length of these particular rice fields is 2.5km and during late Summer, the Town Hall organise Walks and Mountain Bike Rides to the area on well graded paths around the outside of the fields and next to the River Segura.



It was a lovely sunny and warm day which someone who shall remain nameless decided to cool off – no not skinny dipping, but just the footwear came off dipping his

feet into the cooling water. The smile said it all! As a lunch of Paella was calling, we put away the Drones and ancillary equipment and headed back to the Titanium for an enormous Paella – not exactly to feed the 5,000, but enough to keep away any hunger until later in the day.

8th May we ventured to the Mazarrón Mines again where 6 flyers met up to re-explore this amazing landscape. As we have reported on this in previous issues with photos, we will pass on any reporting on this visit, but needless to say there a few photos of the day on the **Drone Seekers** Facebook Group page.

Thursday 11th May was a trip to the Embalse de la Cierva in Mula. Many road users on the RM15 to and from Murcia will have seen this amazing reservoir as they drive on a viaduct which passes alongside. The colours are spectacular when the sun shines on it, due to the mineral content of the water. 7 flyers met up, including Steve G who had flown in from the UK on a break to enjoy a bit of sunshine. Whilst it is always a bit risky flying over water, we all managed a fly over the Embalse to grab some great videos of the area. Loss of a Drone in water is not nice as a few of the group can verify! Having spent a few hours flying and chatting, it was time to go and experience BBQ Terry and his amazing Bacon, Egg & Mushroom Butties. Harvey's Rolls soon got filled and eaten – with enough for seconds. Rick brought along some Parkin and Muffins as a treat. There is a short video taken of the day at: <https://youtu.be/simZqHMDNso>

Spanish drone seekers generally meet once or twice a month in various parts of Murcia and beyond, flying in and around historical, abandoned, or current places of interest. Check out the You Tube Channel where there are few videos but with links to others.

https://www.youtube.com/results?search_query=spanish+drone+seekers

The group encourages safe flying, training and registration in line with Spanish laws. It wants to promote this fantastic pastime! If you are considering a new hobby, have a look at the Facebook Group page, where you will see some links to fantastic videos and information on local Drone Clubs. Search Drone Seekers International or copy the link below.

<https://www.facebook.com/groups/1980281998867305>

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 Remember deadline 15th of the month!!!



SPORTS

SAMM
Sailing Association Mar Menor
www.sailingmarmenor.com



A Day of Failures

First equipment failures on four of the five boats that registered for the **SAMM Racing** on April 16th and the 15 knot ENE wind failed to drop off to 10 knots as forecast, but fluctuated between 9-15 knots all day which was challenging. Luckily, at Los Narejos, it was coming partly from across the land so at least the 0.7 metre high waves did not materialise.

At the start of the first race, two of the boats competing did not hear the start signals because they had sailed too far from the line. **Vision** had an engine bolt, main halyard and another problem so did not start. **Ginetta** crossed after 5 minutes, closely followed by **Uno**, **Cuatro** and **Sirocco**. These four had a close battle, especially **Uno** and **Ginetta**, until **Uno's** jib tore and **Cuatro's** jib halyard snapped so she had to continue on reefed main alone. On the 3rd lap, **Sirocco's** upper rudder pintle screws sheared so she had to retire, so only three boats completed the race, all managing five laps in the hour.

problem-filled day.



Ginetta and Uno

Results, as average time per lap.

- First Race**
1st **Ginetta** 386 secs
2nd **Uno** 426 secs
3rd **Cuatro** 453 secs

- Second Race**
1st **Ginetta** 352 secs
2nd **Uno** 433 secs

An Added Day

As the racing on the previous two Sundays and then Wednesday had to be cancelled, the Race Committee added an extra day on Sunday May 7th. Unfortunately only seven competitors on three boats were entered.



Ginetta sailing hard.

The competitors and organisers all arrived on time; a good start, but the weather was not looking good. It was overcast and, whilst everybody was getting ready, a storm broke with heavy rain, thunder and lightning. It was forecast to be fine after

11am so the Race Officer announced that the preparatory signal would be 11.15am. Because the briefing board was soaked he drew the course on a sheet of paper and showed all the competitors, while giving a full explanation of how the racing was to be run.

The 1st race started well, but the bigger **Sailfish 18** struggled when the wind dropped from 5.5 knots to around 3 and went sideways and backwards. They found their way later, unfortunately too late to recover their place and finished last. The **Laser** crew had not set their mainsail correctly so used the interval to raise it fully.

A Guardia Civil boat arrived and were helped to moor. The very friendly crew were very interested in the **SAMM Regatta**. They appeared to be on a training day as they dropped some buoys and were practicing manoeuvres around them.

The 2nd race was better as the wind had increased to 6-7 knots. All three boats started and sailed well. By the penultimate lap, on the downwind leg, the **Omega** and **Laser** were both closing to lap the **Sailfish**. The **Omega** manoeuvred to take her wind and caught her at the mark. They were both goose-winged and the **Sailfish** had to jibe their boom to avoid a touch and give the **Omega** water as it was the overtaking boat. That proved not to be problem as the next leg was a beam reach to the start/finish gate. The average lap times showed a much closer result. The weather developed as forecast and became very sunny and a lovely day was had by all involved.

- Results:**
First Race
Omega 821 secs
Laser 963 secs
Sailfish 1250 secs

- Second Race**
Sailfish 493 secs
Laser 514 secs
Omega 521 secs

*If you are interested in sailing join **SAMM**, go to sailingmarmenor.com for details.*



Ginetta and Uno

During the interval **Ginetta**, who's crew confessed to narrowly avoiding T-boning the moored ferry before the start, changed helm, only for Julian to hit the jetty. Luckily it was a glancing blow so no major damage, except to Julian's reputation. This left three boats to start the second race. **Ginetta** across first, closely followed by **Cuatro**. **Uno** had gone ashore to fix the sail and shake out the reef in the mainsail so started 10 minutes late. Her crew sailed well and she completed 6 laps to finish only 3 minutes behind **Ginetta**. The **Cuatro** crew mistook the 'about to finish' signal for their finish horn so did not complete the race, so a disappointing finish to a

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SPORTS

Los Reyes Golf Society
The Kids in Need Golf Society



Lorca Match Report

Los Reyes held their May fixture at Lorca. The weather was excellent and, despite the strengthening wind, players scored freely in both divisions.



Division 1 winner Phil Leeming

Niblo on 31 points.

In Division 2, Hans Hedendahl won with a very good score of 34 points. Brian Hill also had a very good round scoring 33 points.



Division 2 winner Hans Hedendahl

and Colin Walters (12th).

The two's pot was shared by Hans Hedendahl and Graham Booth.

Our next fixture is at Altaona on June 12th.



NIP winners Colin Walters, Mark Palmer, Hans Hedendahl and Dave May

Phil Leeming won Division 1 with a good score of 33 points. He was closely followed by Malcolm Archibald on 32 points with Colin Walters, Dave Mitchell and Jim

Nearest the Pin winners on the par 3s were Hans Hedendahl (4th), Dave May (6th), Mark Palmer (8th), Hans Hedendahl (10th)

SPORTS

Camposol Golf Association



Email: bettylloyd1560@hotmail.com

Camposol Golf Association Men's Wednesday Group

On Wednesday 26th April, 21 players arrived at the Camposol Golf Club looking forward to a good day with their golfing buddies. The weather now looks set fair for the golfing season and the ground staff and owners are working hard on the course, so just be patient. The Competition on the day was Yellow Ball. Each player had 6 drives each with double points for the player teeing off with yellow ball.

Results

- 1st - T Hinkley, D Griffiths, T Colvin - 131 points. A great score never losing the yellow ball.
- 2nd - D Bunn, K Halliwell, D.Watts - 112 points.
- 3rd - B McClusky, M Lewis, E Toye 100 points.

There was only one 2 - D Hopkins.

Thanks to John, Dave and Steve for presentation.

Wednesday May 10th Ron Moss Competition

Ron Moss was a long standing member of the **CGA** who, through the stages of his golfing career, became Captain and

President. This memorial trophy is played for annually.

Results

- 1st - N Morgan - 43 points
 - 2nd - D Oakes - 42 points
 - 3rd - B Langley - 41 points
- David and Bernard have not played a great deal of golf in the last 18 months due to ill health. It is good to have them back playing great golf with the **CGA**
- 4th - S Dixon - 39 points
 - 5th - E Toye - 38 points

Nearest The Pin

- Hole 3 - J Lawlor
- Hole 5 - M Lewis
- Hole 11 - C Flanagan
- Hole 13 - E Toye

Nearest The Pin in 2 shots

- Hole 9 - M Lewis

Longest Straightest Drive

- Hole 10 - E Toye

There were two 2s: R Woolstencroft and E Toye.

Thanks to J Layland and D Freer for the fantastic work in presenting prizes. We would also like to thank our sponsors **CGA**, J Layland, C Porter, D Freer, S Dixon, E Toye and N Smith.

Eugene Toye

CGA Competitions Secretary

CGA Ladies' Tuesday Group

The Ladies had a great away day at Valle de Este in May - they had an Individual Stableford game on a very interesting and great course. After booking in and having a couple of glasses of bubbly, we all got into the game with nibbles and more bubbly to enjoy the lovely course. The weather was superb. After golf we all got together for more bubbly and nibbles over the prize-giving. The winning lady was Jean O'Connor with 38 points, runner-up was Debbie

Murray with 37 points and third was Irene Langley with 36 points. It was a great day and night with cocktails on the following day before leaving for home. Well done to Debbie Murray for organising a fantastic day. We are looking forward to our next one in September with cocktails already.



Ladies at El Valle

Irene Langley

CGA Cheque Presentation

Cheques for 300€ each were presented to **MABS** and **FAST**. These amounts are the proceeds of a **Charity Quiz** held last November. It was hoped to hold a **Charity Quiz** in April. The takings from this would have been amalgamated with the earlier amount, but this had to be cancelled due to lack of numbers.



Bernard, Norman, Dave and John Winners of the Ron Moss Trophy



presenting cheque to Fast

Betty Roberts



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NEWS



TV News

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Well here we are in June, half the year almost gone. Where did that go? No real rain this year and the farmers are suffering as is our garden. I water the minimum I feel will keep plants alive, but a hosepipe running for an hour uses a tremendous amount of water. Is this global warming or just a 10 year blip? Next winter will tell, but we all have to get through the summer - use water wisely. Watching Spanish grandma hosing down the pavement outside her house makes me very annoyed, but that is the culture. Just ask yourself - is this patio spray down really necessary? Can the car wait another week for a wash?



to a week so that you can fully assess the system before you commit to a purchase. We have a full range of channels, catch-up TV, a huge film and box set library along with radio. Give it a try and if you do take it up after the week we can offer a 12 month subscription for the price of 11 - ask for 'offerJune 23'.

We do get asked about the Elon Musk 'Starlink' internet service - literally thousands of low orbit satellites. It works and it is very good - minimum 100mbs. It works anywhere worldwide. However, the equipment is expensive - €450 self install (but it is quite easy) and the subscription in the region of 80€

All is well in the **Rainbow** house except we lost one of our dogs to cancer last week. **Tasi** (the Tasmanian Devil) was with us from a puppy, but the dreaded cancer got her. Yes it is hard when you lose one of your pets.

TV News

Satellite signals are going into their summer low values, so on top of the changes outlined last month, TV watching by satellite is now very limited in Southern Spain. There is no magical answer - we are continually asked to come and adjust the dish to get the channels back, but it is simply not possible. It is not dish alignment or even dish size. Many channels are simply not available here anymore on satellite. If you are 'struggling' along with your satellite system, please be aware that the best LNB most have on their dishes is no longer made and just unavailable - the only one on the market to fit the prime focus dishes we use is really inferior in reception quality to the original old Invacom - the best ever made. Do not follow the Facebook advice

and dig around in the LNB hole to remove the insect and regain signal. One; you will not regain signal and two; you will almost certainly damage the receptor pins ruining the LNB, with no quality replacement available. If you have absolutely no satellite signal you have a problem, but our 35€ call-out fee can be money so well spent - it will remove the insect and nest without damaging the LNB.

Fed up with just the few satellite channels available now - and soon to be none!? IPTV - TV over the internet - is now the way to view UK TV in Southern Spain. You will need stable internet of 10MBS plus, (most is these days), but it really is the way to watch TV. It will be the only way within a few years. It is an industry really in its infancy and there have certainly been some disasters - still some around! Have you tried it and been disappointed? Give the **Rainbow** system a try and see what it is all about. We offer a free no-obligation demonstration and the loan of a box for up

per month. If you have fibre available in your street it is not for you, but if you are in the 'middle of nowhere', it really is an option. For a business it is not so expensive - for an individual - well it depends on how much you want decent internet. I expect it is not officially allowed (but who will know), but two or three houses in close proximity could share - more than enough band width.

That's it for June - another edition in July 2023.

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DV1087 **1'250'000€**

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Mojácar **NEW LISTING**



4 Bed, 3 Bath, Villa of 114m2 on a plot of 200m2. Outstanding sea views, pool & terraces. Carport. In easy walking distance of the beach.

DV1308 **490'000€**

Cabrera **NEW LISTING**



Alcazaba: Well presented 2 Bed, 2 Bath Villa with lovely Sea & Mountain Views. Carport. A/C, C/H, Sold Furnished.

DV1535 **165'000€**

Mojácar **REDUCED!**



Traditional Cortijo. Constructed over one level. 4 Beds, 4 Baths. Garage. Swimming Pool. A/C/H. Lovely Mountain Views.

DV1522 **415'000€**

Mojácar **NEW LISTING**



Micar Valley: Large Country Property. Separate Guest Annex. 4 Beds. 3 Baths. Private Pool. Large Plot of 1430m2. Mountain & Pueblo Views. Gated Entrance.

DV1545 **299'950€**

Mojácar **NEW LISTING**



Calle Sevilla: Stunning 4 Bed, 3 Bath detached property. Private parking. Double garage. Private pool & garden. Updated to a very high standard. Sea & Mountain views. A/C & C/H.

DV1546 **825'000€**

WE ARE LOOKING FOR PROPERTIES OF ALL TYPES TO MEET HIGH DEMAND!

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