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March 2023 • Issue 280

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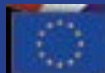
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DEAR READERS

Well, we had to have rain eventually! It is a pity that it is usually so cold and wet in February when towns are celebrating Carnaval, but as usual the processions have been spectacular.

We have had such good response to our pages last month about Mojácar that we have decided to continue delivering magazines to that area and promoting some of the many businesses. It also gives some of our regular advertisers the opportunity to expand their businesses to a new area which is within easy reach.

Once again we have got new businesses who will find that advertising with the **Chronicle** benefits them and increases their turnover:

- Welcome/Welcome Back**
- El Rincon de Mary Hair & Beauty Salon, Mojácar**
- IFEPA, Torre Pacheco**
- Owners Away**
- Rosy's Multiservices**
- The Old Market Tavern, Pto de Mazarrón**
- VaVa Health & Wellness, Vera**
- Veritas Homes Property Group, Mojcar**

We would like to take this opportunity to thank **Camposol Golf Association** for their very kind donation to help towards the cost of printing articles each month. We are happy to help groups and organisations to promote their work and events, but like everything, it all costs money so this donation is very much appreciated.

Finally, we would like to pass on our huge congratulations to **Carlos Alcaraz**, a local 'lad' from Los Canovas near Fuente Alamo in Murcia. After becoming the youngest number 1 in history at the age of 19 following his win in the US Open last year, Carlos took first place recently in the Argentina Open against Cameron Norrie, with a score of 6-3 and 7-5. Well done Carlos - great to have a sporting superstar in our midst!

We hope you enjoy this edition of the **Chronicle**. If you have any problems finding a copy, please let us know. From all of us at the **Chronicle**.

THANK YOU TO OUR CONTRIBUTORS

- Adrian & Dawn Leyland Bridge - History Snippets**
- Ashlí Miréla - Health & Wellness**
- Car Registrations Spain - Driving in Spain**
- Jane Cronin - Learning Spanish**
- Martin O'Hanlon - Birding in Murcia**
- Rainbow Satellites - TV News**
- Sara Millbank - Ma Millbank**
- Shaun Matthews - Camposol Explorers**



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# Business News

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

**The Old Market Tavern** in Puerto de Mazarrón has re-opened after a much-needed short break and are back with the same quality and service you expect from them. They are closed Mondays, but are open the rest of the week for breakfast, lunch and dinner. Try their delicious Fish & Chips, Menu del Dia, Sunday Roasts, Pies, curries, etc.

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## March 8<sup>th</sup> - International Women's Day

Lynn and Sharn at **Top2Toe Hair and Beauty Salon**, Camposol A are celebrating **International Women's Day** on March 8<sup>th</sup> and **Mothering Sunday** on 19<sup>th</sup> March 2023.

### Here's To Strong Women

May We Know Them  
May We Be Them  
May We Raise Them

There is no limit to what we as women can accomplish. See all you strong ladies soon  
Tel: **711 025 016**

March, the start of warmer weather, is celebrating **International Women's Day** and **Mothering Sunday**. These are the excuses, if you should need any, to visit **The Salon** on Camposol A for the ultimate pedicure ritual: Treat your feet to 1 hour and 15 minutes of pure bliss with a pedicure, 30 minute foot massage of the reflex zones and polish for just 27€.  
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At **Puerto Pelo** we would like you to be spoilt even more during this month as we are celebrating **International Women's Day** and **Mothering Sunday** Our special offer is a Healing Massage for only 25€ and valid for the whole month of March.  
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**Past Simple** - short text and comments

**¿Qué hiciste ayer?**

What did you do yesterday?

Well, it would be extraordinary if any of us had a day which allowed us to use all the verbs we've learnt in the **Past Simple**, but I will do my best.

**Ayer me desperté a las siete como siempre. Era un día de trabajo y tuve que levantarme para llevar a mis hijos al instituto. No pude despertar a la menor enseguida porque dormía muy profundamente y no quiso levantarse. Mi otra hija se levantó con más facilidad y se fue a la cocina para desayunar. Yo me duché, me vestí y desayuné también y después fuimos en coche al instituto, llegando justo a tiempo.**

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**Después del trabajo comí también en Torrevieja y me relajé un poco. Por la tarde hice las compras y al volver a casa guardé todo en la cocina. Mi hija me llamó para decirme donde estaba y luego me senté otra vez con el ordenador a trabajar. Más tarde salí para hacer algunos recados y después de cenar en casa vi mi programa favorito en la tele. Me acosté sobre las doce y me dormí enseguida.**

Well I managed to get quite a few verbs in, but tried to keep it simple and fairly natural at the same time which is actually not very easy. If you read through the text carefully and look at the verbs in detail, as well as just getting the general meaning, you may notice one or two things of interest:

Firstly, in real life we tend to mix the two past tenses (remember we did the **Past Continuous Tense** before) and these two time concepts inter-relate. For example: **No pude despertar a la menor enseguida porque dormía muy profundamente.**

Here there is a prolonged activity of sleeping, interrupted by my single action to trying (and not being able) to wake her up – hence two different verb tenses are used.

**Mi hija me llamó para decirme donde estaba.**

She was in a place for some period of time and phoned me on one occasion to tell me.

Another thing which is part of natural speech and which I explained right at the beginning of these articles, is that we very often revert to using verbs in the **Infinitive**; that is in their base form without making any ending changes. This happens far more often than most Spanish courses will have you believe. In fact I have just counted twelve examples of **Infinitive** verbs in this text and I was actually making a conscious effort to avoid them and use past tenses.

I think there might be some more food for thought for you there. I will provide a translation and more comments next month. See you then.

**INFORMATION**

**Forthcoming Events at the IFEPA, Torre Pacheco**

**Equimur XXVII International Fair Of Purebred Horses Of The Region Of Murcia**

From Friday 24<sup>th</sup> - Sunday 26<sup>th</sup> of March a new edition of **Equimur** will be held at IFEPA-Palacio de Ferias y Exposiciones de la Región de Murcia, located in the town of Torre Pacheco near Cartagena.

After the Final of the Spanish Championship, which is held in Seville, **Equimur** is one of the most important qualifying events in the horse world, due to the number and quality of participating farms and horses. The variety of activities that take place is parallel to any other event of a similar standing in this amazing commercial gallery.

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INFORMATION

# Birding in Murcia

by Martin O'Hanlon

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

**Ecuador**

We have just arrived in **Ecuador** to what, I hope, will be our holiday of a lifetime. It is based on experiencing nature and we will visit the Andes, the Amazon and of course the Galapagos Islands. I remember as a kid reading wonderful stories of Charles Darwin, HMS Beagle and the natural history of these magical islands. It is something that excited me from an early age and I never did think that one day I would be able to visit this country and the Galapagos Islands.

After a long and tiring journey we arrived in Quito, the capital of **Ecuador**, which at 9,350ft, is the second highest capital of the world. We stayed nearby that night to recover a little bit of lost sleep. The next day our nature guide picked us up for a leisurely drive to our lodge at Guango (8,500ft) via the high pass of Papallacta at 13,500ft. I have to say that any thoughts about being relatively fit soon disappeared as both of us struggled for breath after very little physical effort. Our first two guides, Edwin and Mauricio, inadvertently reminded us how difficult the pandemic was for people in less economically developed countries. Clearly tourism stopped abruptly when the pandemic hit town. They were both self-employed and their incomes dried up immediately. In **Ecuador** there was no state help and they were left without any means of support. They both moved out of the city and moved back to their home towns in the countryside where life was much cheaper.

Edwin lived for two months in his car, then contracted COVID and was at death's door. If he wanted to survive he would have to use private medical care as there was no public hospital available. Although his family were willing to pay the 60,000 dollars needed for his treatment, he refused the help as his family would have had to work at least one lifetime to re-pay the debt. Fortunately (Edwin described it as a miracle), an altruistic doctor took him under his wing and treated him for a fraction of the price. Over a year later, Edwin still has health problems, but he is alive and with a far smaller and more manageable debt.

Mauricio returned to his village in the jungle and lived a simple and frugal life in a cabin without running water and electricity. During the pandemic he built himself two large pools and started a fish farm. Due to his initiative he survived the pandemic and has returned to his nature guiding with body and mind intact.

It certainly made us think how difficult it was for many people around the world and how lucky we have been in the last few years.

At the eco-lodges we have stayed in there are terraces with feeders for

**Hummingbirds**. I understand that there are an incredible 152 different species in **Ecuador** and it is hard to comprehend this incredible diversity. It is amazing to sit quietly on a terrace watching the **Hummingbirds** coming and going at what seems like the speed of light. They are incredibly fast and very confident in their abilities to avoid the dangers of clumsy and slow-moving human beings. Consequently, they are quite happy and totally unconcerned if you approach within a foot of them. It has been an amazing experience!



Hummingbirds

We are currently like beginners, as the birds we are seeing, (and missing), are completely new to us, both in looks and songs. It has been a godsend to be accompanied by a professional bird-guide on all our excursions. Considering their knowledge and field craft, the amount they earn is relatively small and exceptionally good value. We have certainly seen far more birds and learnt so much more than we would have by ourselves. I would strongly recommend that you organise something similar if you are lucky enough to visit the area.

Each morning we set the alarm at 5.45am and went to the lodges for a wake-up coffee. We then went to the terraces where a light had been left on overnight to attract moths to a screen. I thought it was for moth lovers, but not so. It was for providing avian breakfasts! It was an unforgettable experience to watch these jungle birds coming to feast on the moths. Often they were birds that normally live and feed in the jungle canopy and are difficult to see. The birds seem to fall into two categories, either LBJ's (little brown jobs) or extremely bright and colourful. I knew it was going to be difficult to see any bird in the first category, but I was stunned to discover it was equally true of the bright and colourful ones. How do they manage to hide in full sight!?

The eco-lodges with their private nature reserves are a real help for visitors as

they have learned over the years how to manage the reserves sympathetically for nature, but still give their paying guests an opportunity to view the wildlife and walk the jungle trails. I'm sure that our trip has been enhanced by thoughtful management and viewing facilities.

Guango lodge is at 9,350ft above sea level and our next port of call, Cabañas San Isidro was at roughly 6,200ft above sea level. Our current location at Wild Sumaco is still lower at 3,600ft. The altitude is rather important, as the habitat and birdlife changes as you descend from the high Andes.

We had seen a few hundred different species of birds by now, which is too many to mention here, so I will just highlight a few that have caught my eye. The first one, is a quite large



Macho Masked trogon

and very colourful bird called a **Masked Trogon** (*Trogon personatus*). There are twelve different species of **Trogon** in the country and they are all very colourful. It is fairly common at San Isidro where it lives in the mid-altitude rain forests. It eats fruit and insects and excavates a nest hole in decaying trees. The male is very brightly coloured, whereas the female being true to her avian gender, is mainly brown and much less noticeable.



Green jays

Rather common, but very photogenic birds are the **Green Jays** (*Cyanocorax luxuosus*) that tend to travel around the jungle mob-handed.

They are very gregarious and quite bolshy when a juicy moth makes an appearance close by. At higher altitudes they are joined by gangs of **Turquoise Jays** (*Cyanolyca turcos*) that, along with their close cousins, provide a stunning kaleidoscope of colour.

At Guango, we went down to the river in the bottom of the valley. I say river, but it was really a raging torrent with spectacular white water rapids. It was fascinating just to watch the water, but we really came to

Continued on page 12





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Continued from page 10



Turquoise Jay

find a rare duck called a **Torrent Duck** (*Merganetta Armada*). The name really says it all as it lives and feeds in the rapids of the river. It is quite a sight to see it swimming upriver! I can't imagine how the young ducklings survive the raging waters!



Male Torrent duck

Another very striking and colourful bird that sometimes puts in an appearance at 'bird breakfast' is the bright red male **Summer Tanager** (*Piranga Rubra*). It is a North American bird that migrates south to spend the winter here. It tends to be quite solitary, but from time to time there was an aggressive youngster that would try and muscle in for a free meal, but it didn't take long for the alpha male to put him in his place.

A couple of LBJ's also caught my eye. The first being a **Streak-Headed Wood-Creeper** (*Lepidocolaptes Souleyetii*) that would start looking for food at the bottom of



Summer tanager with moth

a tree trunk and walk upwards looking for insects in the bark, moss or lichens that covered the rain forest trees. Although being plain brown to blend in with its surroundings, I found this bird subtly attractive.



Streak headed woodcreeper

A bird that looked remarkably like our native **Song Thrush** would turn up sporadically and see what all the fuss was about. It looked slightly different from our **Song Thrush** and it turned out to be a **Swainson's Thrush** (*Catharus Ustulatus*). It is a North American species that breeds in higher altitude woodlands and is quite shy, so it was proving a popular sighting for our American friends. I was particularly pleased to see it, as it is a rare vagrant to the UK; a bird I have never previously seen.



Swainson's thrush

At Wild Sumaco, we were escorted by a laid-back young man called Byron, who was a professional bird-guide who still had to pass his English exam. He needed to pass his English to qualify as a professional English-speaking bird guide. However, he had passed his birding exams and his birding skills were spot on. Although, many people spoke English we communicated all the time in Spanish as it made life easier for our hosts.

It turned out that over the years Byron

had been feeding a very shy, forest floor dwelling LBJ called a **Rufous Antpitta** (*Grallaria Rufula*). It was the smallest of the plain antpittas to be found in Ecuador and was nicknamed 'Shakira' because of the way it moved its hips! I have to say it was very cute for a LBJ. The other strange thing is that it was extremely good at telling the time! If you turned up to its feeding place a minute early it wasn't there and if you were ten minutes late it was gone!



Rufous antpitta

Byron also managed to find a lone **Blue and Yellow Macaw** (*Are Ararauna*) perched on a tree a huge distance away and even managed to take a photo on my mobile phone using his telescope. I was very impressed!



Blue and Yellow Macaw

Oops, I nearly forgot the **Andean Cock of the Rock** (*Rupicola Peruvians*). How could I forget such a colourful emblematic bird! I sort of



Male Cock of the Rock

remember collecting cards of the birds of South America when mum bought Tetley's Tea (I think). The cards were free and you could write to Tetley's for a booklet to put them in. The **Cock of the Rock** was the only card that I can now remember, probably because it was so colourful. Now I've actually seen a real one in the jungle in Ecuador! Wow!

Next month I will tell you about our trip to Napo Wildlife Centre in the Amazon rain forest.

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

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**Easter**  
 Did you know that **Easter** is mentioned only once in the King James version of scriptures?  
 Why was it never mentioned in any other version?  
 Is **Easter** really a feast to be kept by Christians?  
 Where did **Easter** originate?  
 Why is **Easter** so popular all over the world and how did it enter the Church?

Let us take a closer look and examine the facts about **Easter**:

The origin of the word **Easter** is connected to the word 'east' which is the direction of the sunrise or new beginnings. It is linked to the changing of the season. The Latin and Greek word 'Pascha' (in scripture it is Passover) provides the root for 'Paques', the French word for **Easter**. The word **Easter** is the English name. Just like **Christmas**, Christians adopted pagan names and holidays for their festivals. **Easter** is a major holiday today, but none of the early apostles or Christians celebrated **Easter** in remembrance of Yeshua's (Jesus') resurrection.

**Easter Bunnies** came through pagan celebrations or beliefs and represents new birth and spring fertility. The ancient rabbit represented the moon. The moon was used to determine the date for **Easter**. The sweets for **Easter** became popular in America in the 18<sup>th</sup> or 19<sup>th</sup> Century by Germans.

**Easter Eggs** go back to ancient cultures. The eggs were painted, which meant joy and symbolised life. Hindu, Egypt, Persia, Phoenicia, all believed the world began with an enormous egg. The Chinese, Persians and Greeks gave gifts of eggs during this spring festival to celebrate new life. Christians adopted the tradition of the red painted egg, representing new life in celebration of Yeshua's (Jesus) resurrection and his blood.

**Easter** is another name for Astarte (or Ashtoreth in Hebrew), a title of the Chaldean goddess, the **Queen of Heaven**. Astarte is mentioned in several books in scripture. In Jeremiah chapter 7, verse 18 states "The children gather wood and the fathers kindle the fire and the women kneed their dough

to make cakes to the Queen of Heaven and to pour out drink offerings unto other gods, that they may provoke me to anger."

In Jeremiah chapter 44, verses 17-19 it says "But we shall surely do whatsoever thing goeth forth out of our mouth, to burn incense unto the Queen of Heaven and to pour out drink offerings unto her, as we have done, our fathers, our kings and our princes, in the cities of Judah and in the streets of Jerusalem: for then had we plenty of victuals and were well and saw no evil, but since we left off to burn incense to the Queen of Heaven and to pour out drink offerings unto her, we have wanted all things and have been consumed by the sword and by famine. When we burned incense to the Queen of Heaven and poured out drink offerings unto her, did we make her cakes to worship her..."

In 1<sup>st</sup> Kings chapter 11, verse 5 quotes "For Solomon went after Ashtoreth the goddess of the Zidonians and after Milcom the abomination of the Ammonites." 2<sup>nd</sup> Kings chapter 23, verse 13 states "And the high places that were before Jerusalem, which were on the right hand of the mount of corruption, which Solomon the King of Israel had built for Ashtoreth the abomination of the Zidonians and for Chemosh the abomination of the Moabites and for Milcom the abomination of the children of Ammon, did the king defile." Also in 1<sup>st</sup> Kings chapter 11, verse 33 explains "Because that they have forsaken me and have worshipped Ashtoreth the goddess of the Zidonians, Chemosh the god of the Moabites and Milcom the god of the children of Ammon and have not walked in my ways, to do that which is right in mine eyes and to keep my statutes and my judgements, as did David his father."

Emporer Constantine wanted to separate Christianity from Judaism. He did not want **Easter** to be celebrated on the Jewish Passover. The council of Nicea requested that the feast of the resurrection of Yeshua (Jesus) to be celebrated on a Sunday and not on the Passover. In 325 the council of Nicea decreed that **Easter** should be observed on the 1<sup>st</sup> Sunday following the first full moon after the Spring Equinox. **Easter** can fall between 22<sup>nd</sup> March and 25<sup>th</sup> April. The Orthodox Churches celebrate **Easter** at a later date from the Roman Catholics and Protestants, hence the scriptural Passover was replaced with **Easter**.

stretched forth his hands to vex certain of the Church and he killed James the brother of John with the sword and because he saw it pleased the Jews, he proceeded further to take Peter also. (Then were the days of unleavened bread). When he had apprehended him, he put him in prison and delivered him to four quaternions of soldiers to keep him, intending after **Easter** to bring him forth to the people."

In another version it clearly states in Acts chapter 12, verses 1-4 "But at that time, King Herod was laying hands on the people who were in the Churches, to do evil to them and he murdered James the brother of John with the sword. When he saw this pleased the Judeans, he proceeded to seize also Peter and they were the days of Passover/Unleavened bread. He arrested him and cast him into prison and delivered him unto sixteen Soldiers to guard him so that after Passover he would deliver him to the people of Judea."

The Roman government viewed Christians as just another branch of Judaism (they shared the same scriptural feast days). Christians observed the scriptural feasts according to the teachings of Jesus and his apostles, but due to revolts against the Roman Empire, there was **widespread persecution** aimed at the Jews (Judeans). Many were banned from Jerusalem. As a result many Christians disassociated themselves from the faith which was once delivered to them. Scriptural teachings were exchanged for man-made decrees. For example, the weekly Sabbath day of rest in exchange for worship on Sunday, the pagan day of the sun. They also abandoned the Passover and adopted **Easter** instead. Christians adopted these changes to escape persecution.

To conclude, the **Easter** festival mixes Christian belief with pagan practices, which is forbidden in scripture. Revelation chapter 14, verse 6 says "And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth and to every nation, kindred, tongue and people, saying with a loud voice, "Fear God and give glory to him, for the hour of his judgement is come: and worship him that made heaven and earth and the sea and the fountains of waters." Deuteronomy chapter 11, verse 13 says "and it shall come to pass, if ye shall hearken diligently unto my commandments which I command you this day, to love the Lord your God and to serve him with all your heart and with all your soul."

I hope you have learned more about the scriptures. Next time I will look at the Trinity.

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

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**Easter** is mentioned once and that is in the King James version only, in the book of Acts chapter 12, verses 1-4. It states "Now about the time of Herod the King



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## GROUPS



## Camposol C Green Fingers Gardening Group

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February has been cold and now it's March. 1<sup>st</sup> March is **St David's Day** when Wales celebrates its patron saint. Let us hope March is the start of warmer weather.

Our Volunteers have braved the cold February weather to carry on watering and weeding every wednesday. We have also continued trimming the palm trees on the dual carriageway. Average 6 people each week working to keep the sector looking good. If you would like to offer your help to our Volunteers, please turn up at the **Welcome Wall** at 9am on Wednesday mornings and your work will be rewarded with a free breakfast. There are plenty of lighter duties we need help with including **Bucket Collections**.



The weekly **Bucket Collection** continues to fund all the work that we do and we are grateful to all of you who donate every Wednesday.

If you live on, or have a holiday home on Camposol C, you may have noticed how clean and weed-free most of our roads are. This is due to the work each Monday of **Green Fingers' Maintenance Scheme**. Our team ensures the Calles of Lower Sector C are clean, tidy and weed free. If you would like to join the scheme, it costs just €15 a quarter to keep your road tidy and weed-free. Contact our Chairman John Osborne (Tel **634 325 427**) for more information.

## CHARITY

## Making a Difference

TEL 603 389 006



Now Spring is approaching us very quickly and we are looking forward to some warmer weather, we are preparing to display our Spring/Summer clothes in our shop in Puerto de Mazarrón.

We have had a fairly quiet February with not so many customers or donations. However, it seems to be picking up a little. We thank all our supporters who still made an effort to call in at Camposol A to give donations, even though the weather was cold. We are in the car park on Camposol A every Tuesday between 10am-12pm.

**MAD** made donations to two schools in the local area; **CE Pri Gines Garcia Martinez** and **AMPA CEIP Francisco Caparros** with a cheque for 2,000€ each. **Caparros** are going to use the money to replace window blinds and **Gines Martinez** are going to use it to put a fence round the garden that they made with money we donated previously and also purchase an aircon unit. We are also donating a cheque to **Caritas** for their Food Bank with help, once again from Alen at the Camposol A Supermarket. This will be a regular donation, as the Council inform us that there are many families that still need this assistance.

We would like to thank the lady who donated £100 to us which we converted to Euros to enable us to use to help others. **MAD** recently held a Volunteers' meeting where we discussed the need to find other worthwhile causes also to make donations. We are appealing to our supporters to let us know of anyone who they think is a

worthy cause and where we could **Make a Difference** to help them.



In April we will begin to put out our summer clothing, so do come along to see us and start replacing your winter wardrobe. We are still in need of furniture as our sponsors **Furniture Plus** have now closed. If there are any other local furniture shops who would be happy to donate any furniture to us that they collect when they deliver new items, we would be very grateful. Are there any Estate Agents who would be able to help if they hear of any house clearances? This would be most welcome. We can advertise any sponsors on our van. We are of course able to collect any donations.

Our Volunteers continue to do an amazing job. It is hard work and time-consuming and we would like to thank them all for their time and effort and naturally their friendship in order to help those less fortunate in our area and to **Make a Difference** to many families, especially the children in all the schools we have helped over the past few years. Thanks also goes to all those who have supported us on a regular basis over the past 15 years that this Charity has been in existence and continue to do so.



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# Camposol Explorers



Shaun run the **Expat in Mazarrón** YouTube channel since arriving in Spain in 2015. It's all about his living in Spain at Camposol, places of interest, property, going out walking and many more things about Spain. Shaun set up a group called **Camposol Explorers** which is about going out exploring once a month in the Murcia Region and beyond.

## El Cabezo del Plomo

This area is not far from Camposol; about a 15 minute drive or 43 minute bike ride, Google Sat-Nav 'Yacimiento arqueologico Cabezo del Plomo'.

hut to give you some idea what they would have looked like. Dotted around are the circular homes and markings where the homes would have been built with rock bases.



Unfortunately at the moment Shaun has had to cancel the outings as he is due a hip operation in the next couple of months and then he will have to recover. Once he is up again walking, the outings will start again later this year; hopefully by the summer. In the meantime, he will be posting some interesting locations, not far from Camposol that you can visit. We wish Shaun all the best and a speedy recovery.

There is no car park, but you can park your car on the side of the road leading up to the site. There is an information board at the bottom of the hill. The walk up is steep, but on a concrete road and whilst walking up you can stop and admire the views looking towards Puerto de Mazarrón. It was a fortified town on a plateau, on the Sierra de Moreras which dates back to the 4<sup>th</sup> Millennium to the mid-third Millennium BC. Plenty of information boards tell you about how these people lived here. You will notice a wall that has been restored to give you some idea how it looked, defending the town from invaders on the south west of the town. They have also built a replica

You can see why they picked this location, as it is so high up with views looking towards Puerto de Mazarrón, along the Mediterranean coast towards Bolnuevo and behind towards Mazarrón Town. Next month Shaun will show you another interesting place not far from Camposol.

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

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 who requires the assistance of a carer to look after them. Sessions are held at the Social Centre, Camposol B every Monday and Thursday morning at 10.15am-1.15pm enabling respite for the carer.

We have a trained nurse at every meeting as well as skilled and compassionate volunteers. **Forget Me Not** 'Cares for the Carer' and knows how valuable our sessions are, freeing up quality time for the carer who is constantly in demand looking after their loved one's every need. At our meetings we provide tea, coffee and biscuits and a free lunch for clients. **Forget Me Not** is proud to always be there for the carer with help, advice or just a sympathetic ear.



During our twice-weekly sessions we have some music playing in the background. The power of music is pretty incredible to evoke memories and our client's are often able to recall the name of the song, the artist and often the film it may have featured in. The lyrics may also be recognised, creating a singalong which can uplift the mood and enjoyment of the group.

We enjoy regular musical entertainment provided by our local professional artistes and community groups, including the Ukulele band and the Singalong group. We all enjoy an eclectic mix of music which has shown to soothe, stimulate and bring to mind long-forgotten memories. The power of music, especially singing, can unlock memories and recall of a certain time, event or moment in a person's life. This may prompt a conversation as the long-lost happy memory is recalled and shared. It



has been shown that even a person with no communication can still engage and enjoy music. Studies have shown that playing songs that were popular when the client was younger, (between the ages of 18 and 25) can bring back positive memories. This is generally a very carefree, joyous time of life when socialisation is a key component to many lifestyles. Recently, singer Tony Christie spoke of his positive approach to life following his dementia diagnosis. 79 year old Christie said that he first realised something was wrong when he struggled to complete a crossword, so his wife suggested getting checked over. This was two years ago and Christie has continued working, with a tour planned for this year. To quote Christie, he said "Music, I found out, is part of the cure for dementia, so every time I go on stage and work it is helping me."

Finally, a reminder that the next **Quiz Night** will be held at The Diner, Camposol B on Wednesday April 5<sup>th</sup> from 5.30pm. We look forward to seeing you there and good luck with the raffle.

Huge thanks for the generous donations received of craft supplies, raffle prizes and monetary donations this month. These are vital to enable us to continue.







**Forthcoming Events**

**D Community Group** have put together 5 exciting events for 2023:

**Sunday 30<sup>th</sup> April** - community **Paella-Themed Event** on 30<sup>th</sup> April. This will replace the annual hog roast.

**Friday 16<sup>th</sup> June** - get your dancing shoes on for a **Flamenco Evening**.

**Friday 28<sup>th</sup> July** - culminating in Sector D favourite - **Annual Street Party**.

**Wednesday 4<sup>th</sup> October** - moving to Autumn 2023 the **End of Summer Ball**. Get your glad rags on and party the night away.

**Friday 15<sup>th</sup> December** - celebrate the festive holiday period with the **Christmas Party**.

For further details and to get your tickets please see the **Camposol D Sector Community and Gardening** FaceBook page and or website; [www.dgardeningandcommunity.com](http://www.dgardeningandcommunity.com) nearer the event. Please note, dates may change, so please refer to the FaceBook or website for exact details, dates and timing.

**Gardening Team**

The **Gardening Team** is expanding to provide more services to residents on Camposol D with 3 teams up and running: a Projects Team, Gardening Team and Grounds Maintenance Team. The teams are led by a Coordinator and each team led by a Team Leader.

A vacancy has now arisen for the role of a volunteer Team Leader, Grounds Maintenance Team. The role involves

leading, coordinating and planning work schedules, ensuring the quality of work carried out meets the correct specification. The person does not need any gardening experience, as full training will be given. However, experience of leading a team would be advantageous. For more details and an opportunity to discuss the role, please contact [sectordphone@gmail.com](mailto:sectordphone@gmail.com)

ongoing operation. If you live in or around Sector D32, 34 and 35 and want to make a difference, then join the team to look after the area. The team Leader has gardening experience and will be supported by the other team leaders, with all volunteers formally trained.

Please contact [sectordphone@gmail.com](mailto:sectordphone@gmail.com) for more information and to discuss the role of volunteer.



An exciting opportunity has arisen with the Gardening Team adopting the maintenance of the seating, BBQ area and Petanca court at the bottom of Calle Esparraguera, at the top of Calle Frangulas. The plan is to refurbish the area and encourage more use of the Petanca court. A small team is planning the work and a Team Leader will shortly be taking responsibility for the



Watch out for details of your opportunity to participate in the **D Spring Clean** event to be run in May. As the name suggests, we will be organising a morning where volunteers will carry out street cleaning, bin areas sweeping and litter picking. Watch this space and our website for more details.



Hello all

It was wonderful to see so many members at our return meeting on 2<sup>nd</sup> February following our break throughout January. We were welcomed back with various hors d'oeuvres, a glass of wine or soft drink and enabled us to catch up with everyone.



The **Annual General Meeting** also took place and the committee members for 2023 were nominated, seconded and agreed. Subscriptions for 2023 will be taken at the next meeting. We also asked for any suggestions that anyone may have for future trips and speakers. The committee remains the same for the key posts, although a couple of people

resigned due to personal commitments and we thank them for all their hard work and wish them all the best, although they will remain members of the group.

- Chairperson:** Pauline Tolley
  - Vice Chair:** Sheena Thompson
  - Treasurer:** Angela Joy
  - Secretary:** Pat Firth
  - Social Secretary:** Linda Duncan
  - Membership Secretary:** Audrey Mackie
- Future Events**



- March**
- 2<sup>nd</sup> **Trip to IKEA and the Nueva Condomina**
- 9<sup>th</sup> **Oasis Fashion**
- 16<sup>th</sup> **Speaker - Maureen Kent**
- 23<sup>rd</sup> **FMA Pop Up Shop**
- 30<sup>th</sup> **Trip to Benidorm**

**April**

- 6<sup>th</sup> **Maundy Thursday Easter Celebration**
- Cake to bring and decorated eggs/ hats
- 13<sup>th</sup> **Talk - My life in the police force**
- 20<sup>th</sup> **Visit & talk re the Children Charities**
- 27<sup>th</sup> **Trip to Lorca**



**May**

- 4<sup>th</sup> **Drinks and Nibbles** to celebrate the Coronation
- 11<sup>th</sup> **Sue and Sarah from Zoco Market**
- 18<sup>th</sup> **Roger Bayliss Wildlife Photographer**
- 25<sup>th</sup> **Trip TBA**



**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

**Christianity EXPLORED**

Sunday 18th April 2021

11am Start Spanish Time Zone  
 10am Start English time Zone

Great Songs

Sharing The Light

Week Four

Join us for the fourth week of CHRISTIANITY EXPLORED  
 Join us on Zoom and see how Amazing God is.  
 Log in details are also on the website.

<https://opendoorwebsite.com/opendoor/sharing-the-light>

the old comparison between a house and a home, where clearly a house is simply a collection of rooms and furniture, whereas a home contains memories and a special affection for the times and experiences gained while living there.

Magazines such as 'Ideal Homes' and similar are, in my opinion, missing the point, in that they promote the idea that certain decorations or features or details make a house a 'home'. Quite often we find that while we may buy or rent a house to start with, when we move on, it is our 'home' we are leaving.

The difference then is that we have a special relationship with somewhere we call 'home', made up of the memories and life lived there.

When God was reassuring the Jews of their future with Him, He said "I will bring them home from the land of Egypt and gather them from Assyria. I will bring them to the land of Gilead and to Lebanon, until there is no room for them." Zechariah 10 v 10.

relationships and gathered memories through tears and laughter - somewhere we call 'home'.

The old classic Christmas song is "Driving Home For Christmas". The destination is a place where it is worth the extra effort to get to; it is 'home'. My Dad's gravestone states that he is "Home with the Lord". Jim Reeves sang "This World Is Not My Home, I am just A passing Through."

What about you? Is your journey through life taking you 'home'?

**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.

**Going Home**

'Home is the place where, if you have to go there, they have to take you in', is a quote from a Robert Frost poem. You know

God's intention is to bring all of His people home, once again re-united with Him in a place where we have all built personal

ZOOM ID **858 0435 5966**  
 PASSWORD - **Sharing** (Note ...capital 'S')  
 All are really Welcome. Feel Free.

**GROUPS**  **B CLEAN' GARDENING GROUP**

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

Although the weather hasn't been brilliant so far this year, **B Clean Volunteers** have been working around the sector as usual. This year has brought us the chance to start a new project which is really great as it is something a bit more creative than the usual run of weeding, pruning, cleaning up etc.

passing through Camposol B as well as local residents, it really hasn't been our best feature. The plan, which is already well in hand, is to have the area cleared and make somewhere that residents can take a break whilst walking from the Commercial Centre or the Social Centre to their homes on B, or even further along. It will also give local residents an open area where they can sit and while away the time in the sunshine (when it comes back, of course...).

the possibility that we will acquire donations of 'things' useful to such an area. It will be interesting to see this new amenity gradually come into being over the coming months.

At our AGM last year members were informed that, due to restrictions caused by Covid lockdowns and other problems, we had built up a healthy bank balance



which we wanted to spend to the benefit of the community. After discussion, it was agreed that a new garden and open area should be created at the end of C/Tamariz by the bins, which has been something of an eyesore for many years. Rubbish and recycling containers are never going to be an attractive feature, but their presence has attracted the attention of fly tippers who have been constantly dumping stuff by the bins. As this area is visible to people



At the time of writing, the whole site has been levelled and the rubbish dumped has been removed. Planting has commenced and the area, which is roughly triangular, will eventually be enclosed by hedging on two sides. No doubt the scheme will 'develop' as time passes as there is always



Another project tackled by the Volunteers was the Petanca Pitch which had become overgrown and a bit scruffy. As usual, our small but hard working team got to grips with this and the pitch is now looking welcoming and ready for play when folk are ready to get out and enjoy the outdoors a bit more.

The work party Volunteers has grown in number, but new faces are always welcome and, hopefully, seeing the positive changes being made, will encourage more support. Donations are always welcome and, as usual, we do ask that membership fees are paid.



**CHARITY**

**FRIENDS OF MAZARRÓN ANIMALS**

fma.murcia@gmail.com

+34 711 032 574



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

We work very hard to help as many animals as possible in all situations and recently we have been able to release a number of dogs from the Mazarrón Perrera. However we mustn't forget that there are a number of poor cats, many of which are domestic cats, that also reside there. It really is so sad to see them there with limited stimulation and human contact. If you are looking for a cat, please consider the unfortunate cats that find themselves in the Perrera and approach Esprineco directly (the company involved in the Perrera) for further information. Unfortunately we are so overstretched with requests that we are unable to deal with the adoptions ourselves, but we are here if you need pointing in the right direction or pictures of the cats available.



is a charitable enterprise that costs the individual very little and is so easy to set up. Let me tell you about it. Ask yourselves this question; would you miss 1€ a month? That 1€ may have slipped down the sofa or is lost at the bottom of your bag. In the current situation every Euro counts to help the animals in our care and that is why we have set up a **Teaming Group**. For that small regular amount of 1€ you can be part of our 'Team' enabling **FMA** to have a steady income that supports our work. Giving this micro donation, totally free of commission, will not have a huge impact on its own, but we are hoping that most of our supporters and followers will join forces to raise much-needed

funds. **All we are asking is that you commit to just 1€ a month.** Please follow the link below to be a part of this fund raising drive and if you have any questions please contact us. Remember in Teaming the important thing is not how much we give, but how many we are. Alone we cannot do much, but if we join together, we can achieve greatness. <https://www.teaming.net/friendsofmazarronanimals>

**Please help a Perrera cat.**

Call **655 966 220**

Fund raising plays such an important role in our work as without it we couldn't rescue the amount of animals we do. We always feel awkward asking for money, especially in these hard times, but there

Please also see the attached posters, other fund raisers that are happening over the next four weeks. There is something for everyone and we hope that you can join us. Thank you as ever for all your support. Don't forget you can view all our animals up for adoption by visiting and following our Facebook page. Please contact the team at FMA for more information. Tel **+34 711 032 574** (WhatsApp or Message) Spanish and English

Donations can also be made using: **PAYPAL** [fma.murcia@gmail.com](mailto:fma.murcia@gmail.com)

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

**Fun quiz in aid of FMA**

Venue: Bar/Restaurant Buenavista, El Alamillo

Date: Wednesday March 15th

Time: 7pm

Teams: maximum eight people per team. Please book in advance

Private message on Facebook page at Friends of Mazarrón Animals

Minimum donation 2 euros/person

**Fabulous Raffle Prizes**

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Office hours: 9am - 2pm and 4.30pm - 7.30pm

**The Volunteers of FMA Music Event**

**MAGENTA SLIPPERZ**

**Friday 31st March**

**Cafe Buena Vista Social Club**

**Entrance 5 euros**

**Doors open at 7.30pm**

**Fabulous raffle prizes**

Reserve your seats PM to our FB page Friends of Mazarrón animals or call on WhatsApp +34 711 032 574

**GROUPS**

**Ladies' Chatterbox**

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



Hello Everyone

I hope you are all keeping well. It has really been winter weather recently, lots of layering required, then it comes off quicker than it went on when you go into a shop!!



I am sure, like the majority of 'groups', AGMs were held during the first 3 months of the New Year. We thought you might like to see what **Chatterbox** has been up to. This is our President Elaine Stamford's welcome and introduction;  
Where has the year gone!! A summary report of activities over the last year was presented including:  
8 trips out to: Lorca, Garrucha, Benidorm, Aguilas, Liquor 43 in Cartagena, Murcia and La Zenia.  
2 great parties in the Amapola Hotel.  
18 coffee afternoons including:  
10 Speakers who received a donation for their chosen charity;  
9 Committee planning meetings.

We donated over €1000 to charities such as **Age Concern, FAST, Forget Me Not** and

**MABS**, plus other donations to the **Ukraine Appeal, Gardening Groups** and the **Poppo Appeal**. We also donated many lovely knitted garments to the **Rosa Caritas Children's** charity at Christmas, so well done ladies and a very big thank you.

Our group continues to grow with new members joining every meeting, which is lovely. We tabled a questionnaire asking for suggestions for future trips and speakers. The present Committee members were then presented:  
**Michele Butters - Treasurer**  
**Liz Gibson - Membership**  
**Carol Francis - Trips & Events**  
**Jayne Taylor - Refreshments**  
**Sue Watson - Secretary/Marketing & Publicity**

We lost our other **Trips/Events Member**, Ann Vale, who stepped down at the end of last year due to other commitments. I wish to thank Ann for all her hard work during her time on the Committee. Our Treasurer then presented a financial report and advised that our books are balanced with a healthy credit to take us forward. We will continue to discount our members on trips and also heavily subsidise the Summer & Christmas parties for our members. The accounts were then tabled for all to see.  
Thank you to all who brought cakes - always appreciated.

Does this make you think that you might like to come and join Chatterbox? We try to make our meetings informative and friendly. Tea, coffee and cakes always go down well and

we do have some wonderful people come and talk to us. For example;

Alen, from his shop on Camposol A. What a lovely interesting young man he is. We learned about his family leaving Iraq before the war and how they have forged a life in Spain. I think we are very fortunate to have such a compassionate and committed family serving us on Camposol. Alen spoke very warmly of life here and the community spirit on Camposol, which we should all be proud of. In recognition of his good service to the community, we presented Alen with our 1st 'Certificate of Excellence' which he was very touched to receive. We also presented him with €50 for his chosen charity - the **Camposol Community Group**.

I know this article contains more text than usual, but felt it would be of interest for you to see what we do, who benefits and who comes to see us. That's fine for now. Take care and - be kind. It costs nothing and means so much.



Sue x

**CHARITY**



**MAMAS**

- Mazarrón Animal Medi-Aid

Tel 666 186 037 [mazarronanimalmedi\\_aid@zoho.com](mailto:mazarronanimalmedi_aid@zoho.com)  
Registered charity No 9537/1a



Hi everyone  
Well I say everyone, I think we've been forgotten!

We don't see our regulars anymore! Some of that we blame on Richard not being able to get to the car park on Camposol B like he used to every week. That wasn't helped by the Covid virus, but also we are seriously understaffed and can't spare him. Remember, we are here to help you in a pet health



*Farruco when he was sick*

emergency and work hard to sell donations to make that possible.

Talking of emergencies, meet **Farruco**, one of your pets we have helped in the last month. He was picked up as a stray by a Spanish lady and the family fell for him and decided to keep him. Unfortunately for all, after feeding him up and getting him back on his feet, he began to lose weight and become ill. They took him to the vet and after a series of tests it was discovered he had leishmania. We can't always help with leishmania as it can be a long expensive treatment, but they were so upset that a committee decision was made to at least try. The photos show him looking how he was when they found him and as he is now. We hope he can be successfully treated, as he was so lucky to have been found by such nice people. We can only hope he makes it as this can be an awful illness.

**To make money available in order to help your pets, we need your donations;** absolutely anything you don't want, we can sell. Also, we need you!! Admittedly we are not on the beaten path but we are not difficult to find. You know Consum in Puerto de Mazarrón, well, we are two roads up from the back in Calle San Juan, on the left.



*Farruco when he was better*

Another member of staff would make a heck of a difference. It would mean one of us could sit for a couple of hours on the car park on Camposol B again. Come on, just a couple of hours, then you can pop in Consum for your shopping...two jobs done!!  
Take care. Hopefully see you soon.



**CHARITY ANDREA'S ANIMAL RESCUE & THE HENRIETTA FOUNDATION**

TEL: 690 906 565  
andreasanimalrescuemurcia@hotmail.com

CHARITY No. 9.980/1a  
www.andreasanimalrescue.com



**March .... Wow**

We have good news on the homing front: **Polly** and **Ollie** have both found homes. **Polly**, now **Scruffy**, went to friends of ours, Andy and Andrea on Camposol and **Ollie** has gone to a lovely couple, Lesley and Colin in Cabo Roig. We are always sad to see them go, but it's the last step of the journey for them ... our job is now complete.

We still have our 5 puppies to home who are now 10 weeks old and **Moma Mollie**, so if you are looking for a little one to join your family, give me a shout! Lol!!

It's been a quiet month on the donkey front. We did have 2 newcomers join our herd; both boys which are castrated which is a real bonus! These boys have been very well cared for in the last 15 years with their owner in Alicante. She now has to return back to the UK for health reasons and we agreed upon a donation to see these boys through their old age. They are now happily mooching around with their new buddies.



a call on **690 906 565** or message me through FB.

Our work never stops as you can imagine with as many donkeys as we have. There are always vets, farriers and feed deliveries to pay for. We live in hope that one day ... just one day we will get a break! If you would like to donate to help care for the 111 donkeys we now have - yes 111 -lol, please send me a message or whatsapp.

**For Donations**

**Paypal**

[https://www.paypal.me/AARHF?locale.x=en\\_ES](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 of 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. Items can also be dropped off at either of our shops in Roldan or Mazarrón between the hours between 10.30am-1.30pm

Andrea xx



**We are really desperate for help in both our charity shops.**

All we ask is just 4 hours a day, any day during the week. If you would like to join the team please let me know .... It really would be a great help.

You can even choose where you would like to work - Mazarrón or Roldan.

**Wednesday 12<sup>th</sup> April**

We have another fundraising **Trip to Benidorm**. Would you like to join us?? We have various pick up points, so give me

**Costa Cálida Chronicle**  
Contact Sales on  
**619 199 407**  
Web: [www.costacalidachronicle.com](http://www.costacalidachronicle.com)  
Email: [costacalidachronicle@gmail.com](mailto:costacalidachronicle@gmail.com)  
Remember deadline 15th of the month!!!

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<Multiple images being links>



**GROUPS**



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

**Town Hall Meeting – 8<sup>th</sup> February 2023**

A packed Mariano's heard the Mayor update residents on the Council's current and future proposals for Camposol. In attendance were the Mayor, Gines Campillo (councillor) and the Council's lawyer supported by Silvana Buxton who led the meeting and acted as translator.

The good news is that residents' priorities were recognised, with only some outcomes and definitive timelines outlined. These included:

Confirmation that 12 police officers are completing their training and that once qualified, the council would hopefully be able to reinstate regular police patrols on Camposol. However, there was no commitment to establishing a permanent police presence.

Better news on street lighting with work commencing on the worst affected roads expected in March with the remainder of street lighting completed by the end of the year. Of course this does not include internal street lighting in Poligonos (sectors). This is the responsibility of residents and an explanation on the role of Community of Owners (COOs) was given by Silvana Buxton (more later).

A decision on the route for the Rambla will be discussed at the 'round table' meeting being held in March to progress the decision. Our understanding is that the preferred route will follow Calle Babinas and not impact on residential areas.

The council is committed to replace the current bridge linking Camposol B with sectors C and D with a new bridge, linking Avenida de Los Covachos from B directly with Avenida de Covachos on C and D

The Mayor gave the meeting absolute assurance that no villas on the Rambla, essentially the roads around Calle Piteras and Calle Nogales would not be demolished.

**Creation of an entity**

Those attending the meeting may not have recognised the importance of the Mayor's statement and lawyers' explanation on the Justo y Manoli Bond and the creation of a Cooperation Entity for the entire urbanisation of Camposol.

Firstly, the bond of €2.9 million awarded by the court to Mazarrón Council has to be spent towards the completion of the urbanisation. To this end the Council is proposing to undertake

the role of Developer, using the funds in accordance with the order of the court. This will require the creation of a Cooperation Entity, with residents being informed of progress by notifications on a special page on the council website [www.Mazarron.es](http://www.Mazarron.es) This should be considered as good news for Camposol as it shows a recognition by the Council of the importance of it and the need to complete some of the works necessary to improve the environment for residents.

This does not however negate the need for the creation of COO's; in fact it makes it even more important to do so. The creation of COO's will enable them to have direct access to the Entity and its decisions. At the moment the residents of Camposol are suffering from not being able to talk to and influence decision makers. Camposol needs its homeowners to have more say in what happens in the urbanisation through the voice of the COO's. **Please see the 2025 FaceBook page and other social media sites for further information on the creation of COO's.**

**Camposol 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.**

**CHARITY**



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

**Are you new to Camposol?**

Do you know what **FAST** is and what **FAST Responders** do?

It is apparent from talking to members of the public that we have some way to go before we can all say "Yes" to the latter two questions.



**FAST** is Camposol's First Aid Support Team. The team was set up over ten years ago when finding the location of properties on Camposol was a major problem for the emergency services since many of the roads were unmarked and un-mapped. Whilst this has changed significantly and our ambulances arrive (in the vast majority of cases) in good time, the period between the emergency call being made and ambulance arriving is now recognised as a potentially critical period. **FAST** exists to

bridge that gap.

All **FAST** Responders are qualified in first aid and certified by the European Resuscitation Council, EMS and Murcia Health and can administer cardio-pulmonary resuscitation (CPR) and use an automatic defibrillator. They are also trained to recognise and assist in other lifesaving procedures such as stemming catastrophic bleeds and maintenance of an effective airway. Whilst we are not able to diagnose, we can offer reassurance and advice at a time when even the calmest person is reduced to panic.

To access **FAST** services you merely need to call us on **868 487 015** after you have called **112** (the emergency number in Spain). **FAST** services are completely free of charge and are available for everyone on Camposol regardless of language, country of origin, race, gender etc. The only current restriction we have on our service is that it can only be offered within the Camposol/El Saladillo area – you may just be visiting or shopping in the area. We are NOT just available for British people or those who speak English – we do have several non-British Responders who speak German, Dutch, Flemish, French, Spanish and Swedish. We would love to increase the number of non-British Responders (as well as recruiting additional Brits) to reflect the changing population within Camposol following Brexit. If you are interested in joining **FAST** as a Responder, please drop

us an email at [recruitment@FAST2016.org](mailto:recruitment@FAST2016.org) for further information.

**FAST** is a unique service in Spain and as such receives no government funding – we are funded entirely by donations and fund raising events organised by our fund raising team or by local businesses. We have a comprehensive programme of day trips and evening/afternoon social events planned throughout the year. Tickets can be reserved online and paid for on Fridays 10.30am-12.30pm at the **FAST** desk outside The Diner, Camposol B. Details are available on our Facebook page **FAST Fun Team – Camposol**.



Tickets for our first entertainment event – an evening of refined entertainment by Bazz Norton and Moya Ruskin on Friday 26<sup>th</sup> May at Trevi Bar, Camposol B are now available at 20€ pp (including food). This is your opportunity to dress up and experience this class act from the West End of London. Book your table quickly as seats are limited. Come and join us!



## NEWS

## South Murcia News

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

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

**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 51 – Tues Market

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

**Complejo Deportivo Guadalentín**  
(athletics, gymnasium, football pitch, 7-a-side pitch, sauna, summer pool)  
Weekdays: 8.15am-2.45pm and 3.30pm-11.30pm  
Weekends: 9am-10pm

Telephone and bookings 659 682359

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

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Saturdays 9am-2pm

Telephone 968 639 757 ext 1

**Beginner Cookery Classes** organised by the Town Hall @ Los Bartolos Restaurant. The classes are free and take place on 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup> & 29<sup>th</sup> 5pm-7pm. (Book by calling 868 921 084)

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.

**Saturday 18<sup>th</sup> March – Free Guided tour of Sierra Espuña Snow Wells.** This tour is approx. 4km and suitable for those over 8 years old. From 10.30am

**Fuente Alamo**  
**Sat Market**

**Events Organised by the Neighbourhood Association**

**Balsapintada:**

**Saturday March 11<sup>th</sup>** 11.45am

**Sunday March 12<sup>th</sup>** 7.30pm

**Saturday March 18<sup>th</sup>** 6.45pm

**Saturday March 25<sup>th</sup>** 7.30pm

**Sunday March 26<sup>th</sup>** 7.30pm

**Closure of the Cultural Day** with a performance of the band "D" Kamino Group with Bolero, Cha Cha, Cuban Band, Latin Music

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

**Mazarrón**

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

Tel 968 594 426 – Sat Market

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

**Totana**

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

Tel 968 418 153 – Wed Market/Fri in El Pareton

**3<sup>rd</sup> & 4<sup>th</sup> March – 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](mailto:agendamunicipaltotana@gmail.com)

**Saturday 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> March – 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 12<sup>th</sup> March – Ruta Club Senderista: Subida Al Maimón Desde El Barranco de la Cruz del Pina to Vélez-Blanco** 7am-2pm  
More information – <https://www.clubsenderistatotana.es>

**Saturday 18<sup>th</sup> March – Guided Route to Sierra Espuña** 10.30am-1pm (minimum age 8yrs)

More information – Centro de Visitantes y Gestión 'Ricardo Codorniú'  
Tel: 968 431 430 [infosierraespuna@carm.es](mailto:infosierraespuna@carm.es)

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

**Saturdays in March – 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

**Saturday 1<sup>st</sup> April – XII Vuelta Sierra Espuña** 6am-6pm

More information: <https://drive.google.com/file/d/1tdqKYDu4snfWohMQI3KmFtQUzGkv-5Vp/view?usp=sharing>  
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**FINANCE**



# Financial Advice

Tel: 657 684 094  
 keith.littlewood@blacktowerfm.com  
 website: www.blacktowerfm.com

## What Women (And Men!) Want

This year marks my being a Financial Adviser for 35 years. After all this time, after writing 100s and already covering every single possible topic I could regurgitate at least 3 times, when I was asked for an article to meet the monthly deadline I had to do something just a little different, so I thought to myself, "What do people want to know and hear about?"

Oddly, what sprang to mind was how I would discuss and manage my own financial affairs. It's one of those things a lot of clients are curious about; like wondering if your therapist has a therapist!

Over the years I've seen some tactics used by financial advisors that I would personally hate to be on the receiving end

of: scare tactics, or trying to force a fast decision through FOMO. Then there are elements of finance that I generally just don't like; endless paperwork, the need to sign a slew of documents I'll never read and spending the next 15 years struggling to shut the filing cabinet because it's stuffed with company brochures I wasn't interested in looking at to begin with, but somehow feel I shouldn't throw out.

The list of ways I wouldn't wish to be treated could go on forever, but what about the flipside? What do I expect from professionals when discussing my personal finances?

### Trust, Accessibility, Consistency and Expertise

I want to trust and rely on my financial adviser. I want him or her to be there for me when I need them, to help me navigate all the jargon and documents required in the digital age and just take away the burden of worrying about how my money is invested.

Accessibility is also key. I want to see them when and where I want to see them (their office, my home or even over a video call). I do not want to be chopping and changing my adviser and going through all the 'getting to know you' paperwork every year. I want them to know ME and my individual needs, to work with me in the manner that fits into my life and needs. I want to have confidence that they have the experience and knowledge to navigate the minefield of Financial Services.

If you are like me and want the same kind of relationship, then it might be worth getting in touch and help me help you on YOUR terms.

## Blacktower office

120 Avenida Dr. Artero Guirao 2C  
 San Pedro Del Pinatar  
 30740, Murcia, Spain.

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

If you want more information or wish to make an appointment to discuss your own situation then call **657 684 094** or email [keith.littlewood@blacktowerfm.com](mailto:keith.littlewood@blacktowerfm.com)

*This communication is not intended to constitute and should not be construed as, investment advice, investment recommendations, or investment research. You should seek advice from a professional regulated adviser before embarking on any financial planning activity.*

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**INFORMATION**

**Special Events in Spain During March**



**Special Events in Spain During March**  
**Las Fallas**

**Las Fallas** in Valencia is visually one of the most spectacular fiestas in Spain. In mid-March, Valencia lights up its streets for an entire week of celebration and parties. With work officially suspended, the city inhabitants make giant papier-maché figures representing notable people as well as traditional figures. These are then displayed in the city during the week of celebration before being burned down one of the most amazing bonfires that bring **Las Fallas** to an enigmatic end.



**Las Fallas** was intended to honour San José the patron of the carpenters' guild, where this spectacular tradition arose from. It is an impressive display of huge figures, mostly comical, depicting personalities in Spain. They are made during the year only to be burnt on the last day of the fiesta. The festive week leading up to **Las Fallas** comes alive with fireworks displays, street performances, performances by local bands and much more. There are well over 100,000 *Falleros* and *Falleras* who ensure that these fiestas are an unforgettable experience each year in Valencia.

**Jerez Flamenco Festival**

For lovers of traditional flamenco and folk music, this is one fiesta not to miss. Jerez comes alive each March with the colour and sounds that only flamenco can do. Singing, dance and guitar music is present on every corner, plaza and street around Jerez giving the town a unique atmosphere. The golden triangle of flamenco music is said to be located within the city walls of Jerez de la Frontera, Cadiz and the Triana district of Seville.



People arrive from all over the world to take part in the **Jerez Flamenco Festival** and enjoy the historic city, listening and taking part with the very best flamenco guitar players and dancers from all over Andalucia. There are numerous headline shows at the central Vilamarta Theatre and other venues such as the Plaza Romero Martinez and the Palacio de Villavicencio.

**The Burial of the Sardine (El Entierro de la Sardina)**

This is quite a strange festival in Andalucia that takes place after the carnivals of February have finished. Its true origins are not known, but the theory goes that in the 18<sup>th</sup> Century, King Carlos III was given some sardines that turned out to be rotten and he immediately ordered them to be buried. This unusual symbolic ritual has been played out ever since in many towns around Andalucia in southern Spain.



Locals dress up in black, some as priests and some as nuns, who carry the sardines through the town for everyone to see. The fish is then either buried or cooked over an open fire on wooden spits.

**Friday 17<sup>th</sup>, Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> March - XXXVI National Tambora Competition**



**Saturday 18<sup>th</sup> March - Cornet and Drums Band Competition @ Municipal Auditorium Alhama de Murcia**



**Sunday 19<sup>th</sup> March - San José - Father's Day**

The festive calendar in Spain is strongly influenced by the Church. In Spain, **Father's Day** is celebrated in honour of Saint Joseph and is a National Holiday. The Saint of all men named José is also celebrated, in addition to those who make the same profession as the

Saint; that of a carpenter. This holiday is considered of great importance because it recognizes the contribution of parents to the family. It is a way of honouring parents and recognizing their role in the upbringing and education of children. Traditionally, the family gathers for a meal and gifts are offered to the father.



The tradition in the cult of **San José** was slow to gain strength within the Christian world, despite being the chosen father of Jesus. The most probable reason is that originally Christians only worshiped the martyrs and this was not the case with **San José**. At the beginning of the 4<sup>th</sup> Century, the cult of **San José** began to appear among the Copts (Egyptians of Christian faith), appearing on July 20<sup>th</sup> of the Coptic calendar. In the western world the first references to his cult appear in the year 1129. There is a Church dedicated to his name in Bologna (Italy).

**Sunday April 3<sup>rd</sup> - XXI National Concentration of Bugle and Drum Bands (In Memoriam of Diego Fernández Llorente) in Cartagena**

Four bands will participate:  
Our Lady of the Tears of Campillos (Málaga)  
Santa Cruz (Almería)  
Prayer, Fall and Column of Villacarrilo (Jaén)  
Holy Sepulcher of Cehégín (Murcia)

There will be a parade in the morning through the entire city and each band will go to a specified neighbourhood. At 12.30pm in Calle Ginés de Paco, all participating bands will perform several pieces and the parades will end.



At 5.30pm a parade will begin from the Loli de Gea Pavilion to the Camelot Room where a free concert will take place at 6pm. Each band will play several passionate marches. After the concert, all the bands will be presented with a commemorative plaque.



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## CHARITY

968 191 300 / 634 307 951

## MABS Murcia Mar Menor



**MABS** in San Javier has moved to bigger and better premises. We will be stocking more furniture such as sofas, dining tables and beds. There will be more electrical equipment and lots of bric-a-brac, clothes, shoes, handbags, jewellery etc.

The new **MABS Shop & Care Centre** was opened on 1<sup>st</sup> February. The ribbon was cut by the Mayor of San Javier José Miguel Luengo and MABS President Jacqui Phillips MBE



The **MABS Shop & Care Centre** are now housed in the same building - Calle Roma 2 San Javier (under Essential Fitness) We are awaiting Google to update our map link.

Opening Hours  
Mon-Fri 10am-2pm  
Tel - **968 191 300/634 307 951**

Dedicated Patient Helpline **693 275 779**

### DONATIONS

We can pick up larger items with our van. Please call to arrange a collection.

### VOLUNTEERS

Larger premises means we now require more volunteers, so if you can spare a few hours please call in and speak to our volunteer Coordinator Avril



**MABS** was formed on 7<sup>th</sup> June 1999 by five

ladies from the Javea/Marina Alta area of Spain who had all experienced and beaten breast cancer. The group name, **MABS**, stands for **Marina Alta Breast Cancer Support**.

When **MABS** was first established there was little, if any, information available for anyone who had been diagnosed with breast cancer, or the treatment they could expect to receive here in Spain and there was absolutely no support available to foreigners who had received the devastating diagnosis of breast cancer.



It was clear that there was a need for a support group that could support everyone, regardless of the form of cancer they were fighting. At this time, the group name was changed to indicate cancer support for anyone, regardless of their nationality or religion and **MABS Cancer Support Group** was born. Late in 2017 we became **MABS Cancer Support Fundación**.

This was a significant step up from the previous status and it recognised that we had become a highly important support organisation in Spain. This new status allows us to have assets and made it possible for us to purchase a property in Camposol which was adapted into our **Respite Home** in Spring 2018.

Although **MABS** is a registered charity, it does not receive any local or government

funding and all the work undertaken is paid for from our shops, fundraising efforts and donations. A vast sum of money has been spent on medical equipment and **MABS** can provide wheelchairs, hospital beds, ripple mattresses, walking aids, bathing equipment, toilet aids etc. If we do not have something that is required, we will look at sourcing it. We can also help with Drivers and Translators for hospital appointments etc.

If you, or someone you know, has been diagnosed with cancer and is in need of support, come into our new Centre/Shop and register.

If you have spare time, we would be grateful of more volunteers. We need Van Drivers, Shop Volunteers, Stock Sorters, Admin Staff and Patient Drivers.

**MABS** in the Costa Cálida works in 3 areas; San Javier, Mazarrón/Totana and Calasparra.

Our name may have changed over the years, but our mission remains the same - **to care, comfort and counsel people affected by cancer.**

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**CHARITY**

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Dogs are abandoned for many reasons, none of which can be considered as valid. One reason is often cited as 'bad behaviour', something recognised by the owners who sadly never seem to acknowledge their own contribution to this problem, or rather, the lack of contribution.

Puppies do not come into this world cognisant of how to live with humans. Their mum, if they have been lucky enough to have been allowed to stay with her for at least 8 weeks, will have taught them how to behave within their pack, but dogs need US - humans - to teach them how to behave in our world.

When someone adopts a dog, they need to ensure that he or she is gently introduced to the world around them with positive rewards (praise and/or treats), to other people, animals and surroundings. Dogs should always know the commands to: sit (which can be utilised in various circumstances), down (lie down), stay, come, walk (nicely) on the lead, leave (a very handy, multi-purpose command) and

give. More advanced 'touch target' or 'watch (me)' commands can re-direct a dog's straying attention back to the handler.



A dog is never too old to learn new 'tricks'. There are numerous online resources that can help owners to teach their dog to become a polite member of their family, so there really is no excuse. There are also many good dog-behaviour schools around to help owners turn their unruly furries into mannerly pooches that are pleasures with whom to share



their lives. Classes are an excellent way for owners to learn more about dog handling and behaviour and can introduce both dog and owner to new friends. A win-win, surely?!!

Talking of well-behaved dogs, this month's **PAPS'** pin-up is **Eileen**, a statuesque beauty who is extremely affectionate with people, gentle, even tempered and always in a good mood. She is excellent with other dogs. A Mastin-X, dob 3/4/22, she is a big girl at 60cms, so would be better in a larger property.

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

**PAPS** always needs money to help care for our dogs. Donations may be made to PayPal [animalesperrosdelsol@hotmail.com](mailto:animalesperrosdelsol@hotmail.com)

Volunteers are also needed to give some hands-on help with our residents. Visit our FaceBook page: **Support Abandoned Dogs/PAPS in Spain** for information on our operations.

**RELIGION**  **Salt Church Mar Menor @ THE HUB** Email: [andy.neale@saltchurch.es](mailto:andy.neale@saltchurch.es) Facebook: [@saltchurchmarmenor](https://www.facebook.com/saltchurchmarmenor) Website: [www.marmenorchurch.com](http://www.marmenorchurch.com) 

**Why aren't things the way they should be?**

There is so much in the world today that leaves me baffled (or am I the only one?) Big Brother watching all, financial crises by the dozen, wars, famines and pestilence. Traditional values are turned on their head and the ordinary man or woman is afraid to speak their mind lest they offend someone or, more often than not, they offend someone who is offended on behalf of someone else!

**If there is a God, where is He?** (If 'He' has been neutral gendered by now...)

If there is a God and He is all powerful, has He also gone on strike? Surely if there is an all-knowing, all-encompassing divine spiritual superstar, then He should be able to smite the foes and vanquish the powers of darkness with a mere wave of his hand, but then things aren't always what they should be. The God who is revealed in the pages of the Bible has made us in His image, whereas today we are all-too-often a people who wish to make a god in ours and therein lies the problem.

The message of the gospel of Jesus Christ has never been universally popular. Indeed, the preaching of the man from Nazareth saw Him brutally executed in the most violent manner that the human race has ever yet come up with. For sure, we like the bits where He healed the sick, made the blind see, opened the mouths of the mute and had a pop at the religious leaders of the day, but, we don't like the bit where He challenges each and every one of us personally.

The call to 'believe' is not without its problems for many of us, but prior to that, first and foremost, the message of the God of the Bible

is to 'repent'. This is a term that is more than just a quick 'sorry guv!', but a genuine and heartfelt sorrow for all that we do which is not in accordance with what it means to be made in the image of God. It means a genuine and heartfelt desire to change direction and to get back on what Jesus termed the 'Straight and Narrow Road'.

The Bible shows us a picture of what the world was meant to be like and, at the same time, holds a mirror up to each and every one of us to explain why things aren't what they should be. For sure, there is much that is beyond our control and outside our sphere of influence, but maybe there is something we can do or 'be' in our own corner of the world that can make life just a little bit better all round? I don't know what you reckon, but surely it is worth a thought...

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NEWS

# South East Murcia News

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

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

**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**

Complying with safety distances and the use of masks and hydroalcoholic gel is advised.

**Cabo de Palos Market Sun**

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

**Friday 3<sup>rd</sup> March - Scenes And Gods @**  
Nuevo Teatro Circo

A musical event that covers and transforms the songs from the repertoire of Elena Sáenz's first album, *Escenas* and the new songs from the album *Donde Los Dioses No Escuchan* and presents them in a quartet format of jazz fusion and Mediterranean music, with bright and powerful sound. Tickets: Armchairs 10€/Amphitheatre 8€

**Saturday 4<sup>th</sup> March - Cartagena Sounds In The Balconies**

4 artistes from Cartagena will perform a selection of their own songs for 40 minutes:

**Noa Caleo** on the balcony of the Town Hall. 12pm

**Adrián Ruíz** on the Ana Laíz balcony, next to Plaza del Icue. 1pm

**Lydia Martín** on the balcony of the Capitanía. 8pm

**The Karmakadabra Group** on the balcony of the Capitanía. 9pm

The areas will be decorated, making reference to the treasures of Cartagena.

**Wednesday 8<sup>th</sup> March - Wind Quintet Group**

with Laura García Jerez (Flute) Luz Cayuel Bañón (Oboe), Óscar Giménez Romero (Clarinet), José Vicente Rossell Climent (Horn), Alberto Moreno Contreras (Bassoon) @ El Luzzy 6.30pm  
Free entry until full

**Friday 10<sup>th</sup> March - Leading Flamenco Dancer Sara Baras performs 'Alma' @**

Auditorio El Batel 9pm (tickets from 35€)

**Friday 17<sup>th</sup> of March - Town Musicians of Bremen @**

Nuevo Teatro Circo  
A donkey, a dog, a cat and a rooster are forced to leave the farms where they have always lived. They leave with a bundle of belongings and an uncertain future. They don't know each other, but on the journey through the fields they find each other. Little by little they discover that they are united by the desire to be musicians and

between songs and dances they decide to head to Bremen, the musical city par excellence. They soon realize that some thieves who roam the region have specialized in stealing dreams. Our adorable animal friends don't know if they will make it to Bremen, but one thing is clear: being together is the important thing.

Tickets: Seats 15€/ Amphitheatre 12€

**Sunday 19<sup>th</sup> March - El Patio de Mi Casa,**

the entertaining musical @ El Batel 6pm

**Free Guided Tour of Roman Amphitheatre @**

Cartagena 11am/12.30pm.

Bookings at [https://www.cartagena.es/agenda\\_ciudad\\_detalle.asp?id=2409](https://www.cartagena.es/agenda_ciudad_detalle.asp?id=2409)

**XLIX Floral Games of the Campo de Cartagena in La**

**Palma and the XXVIII National Youth Poetry Contest**

Registration period open until March 15, 2023.

There will be a single prize of €1,300 and a Natural Flower will be awarded to the best poetic composition on the single theme 'El Viaje' with a minimum length of 75 verses and a maximum of 175.

12-14 years old. Winner will receive a diploma and 400€.

15-18 years old. Winner will receive a diploma and 600€.

The texts presented, of a creative nature, must be strictly original and unpublished and in Spanish. The theme will be free, with a minimum length of 14 verses and a maximum of 100.

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

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

7.50€/13€/15€ Spanish & English  
More information: **968 500 093**

With the help of an audio guide, explore the centre and history of Cartagena at your leisure, visiting the two main archaeological sites of the city, the Roman Theatre Museum and the Molinete Roman Forum Museum, as well as enjoying the beautiful examples of modernism or the military past.

**Route:** Museum of the Roman Theatre, Calle del Aire, Plaza San Francisco, Museum Roman Forum Molinete, Calle Mayor, Naval Museum, port and Plaza del Ayuntamiento.

**Beginning:** Museum of the Roman Theatre.

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

**Saturday 4<sup>th</sup> March - 10km Route Through The Water Path Of Perín** 9am-2pm

Some sections are downhill with loose stones. Recommended suitable clothing, mountain shoes and cane as a point of support. It is recommended to bring lunch and water.

Booking essential

**Saturday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> March - Esparto Workshop @**

Los Puertos de Santa Bárbara Ethnographic Museum 10.30am-12.30pm

April: 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

May: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

Booking essential

**Sunday 5<sup>th</sup> March - Aromatic Plants Workshop Sierra Minera @**

Huerto Pío. La Unión 10am-1pm

Visit Huerto Pío learning how our plants smell and see a traditional alembic in operation. Distil native plants previously collected by participants. Each person will be able to take a small bottle of homemade

**The Essential Guide to the Costa Cálida Issue 2**

**More Information**  
**More Photos**  
**More Colour**

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Time 4 A Change, Los Alcazares  
Best Wishes, Camposol B  
Casa Pepolino, Isla Plana  
Costa Cálida Chronicle Office, inside Another World Properties, Camposol B  
The Tech Shop, Camposol A



cologne. Take a short tour of the park to learn curiosities about the surrounding plants.

**Tuesday 7<sup>th</sup> March - 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. This exhibition will be opening on April 28<sup>th</sup>.

**Sunday 19<sup>th</sup> March - Guided Tour to Castle & Hill Of The Moors** 10.30am

Meet @ Los Mateos Neighborhood Plaza de Las Modistas s/n Registration @ [cartagenapiensa@ayto-cartagena.es](mailto:cartagenapiensa@ayto-cartagena.es)

**La Union**

[www.ayto-launion.com](http://www.ayto-launion.com)

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

**Los Alcazares**

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

**Every Saturday - Open Market** from 10am

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

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

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

**San Javier**

[www.murciaturistica.es/en/san\\_javier/](http://www.murciaturistica.es/en/san_javier/)

Tel **968 172 041 - Market Wed & Thurs**

**Saturday 25<sup>th</sup> March - Free Classical Music Event @** New Winter Theatre 7.30pm

Students from Finland will be performing

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

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

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

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

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

**Aeronautical Museum -** Visit this museum with photographs and videos showing

various items relating to the Spanish Military Air Force.

Entrance free.

Open 10am-2pm

Call **968 582 107** to arrange group visits

**Santiago de Ribera**

Tel **968 571 704 - Market Wed**

**San Pedro del Pinatar**

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

Tel **968 182 301 - Market Mon & Thurs** (Lo Pagan)

**Torre Pacheco**

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

Tel **968 579 937 - Market Thurs** (Balsicas) & Sat (Dolores)

**Sunday 5<sup>th</sup> March - Dramatized Visit To Cabezo Gordo & Cueva Del Agua** 10am

from Parking Cabezo Gordo 3€

**Friday 24<sup>th</sup> - Sunday 26<sup>th</sup> March - Equimur** (see pages 8 & 9)

**Saturday 25<sup>th</sup> March - Guided Walk around Cabezo Gordo.** An easy walk

suitable for all over the age of 5 of approximately 2 hours. 11am

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**Spain Population Hits All-Time High**

Recent Census data published by the National Institute of Statistics (INE), puts the number of people registered as resident in Spain on January 1<sup>st</sup> 2022 at 47,475,420, a historical high, 90,313 more inhabitants compared to the previous year (a 0.19% increase).

This figure represents a recovery from the decline recorded in 2020, a year marked by deaths due to the Covid-19 pandemic. However, the recovery is mainly due to a rise in the foreign population, which increased by 102,784 people to 5,542,932 people and now accounts for 11.7% of the total, a trend that has not been recorded since 2013.

The average age of the population registered in the census is 44.1 years. The average age of Spaniards is 45 years and that of foreigners overall is 37.1 years. The average age of residents from other EU countries is 39.6 years. The highest average ages among the predominant nationalities are found among citizens of the UK (54.1 years), Germany (50.0) and France (43). The lowest ones correspond to citizens of Honduras (30.4 years), Pakistan (31.1) and Morocco (32).

The regions with the highest number of foreigners are Andalusia (741,378), Aragon (164,762) and Asturias (45,630). Those with the lowest presence of non-Spanish nationals are La Rioja (41,755), Melilla (11,675) and Ceuta (4,910). Residents from other EU countries account for a total of 1,617,911 people out of the almost 5.5 million non-Spaniards. Of these, the most numerous are Romanians (623,097), followed by Italians (273,889) and Germans (115,099). Of the remaining foreigners registered, the following nationalities stand out as having a high representation: Moroccans (883,243), Colombians (314,679) and Britons (293,171). As a result of the war with Russia, the number of Ukrainian residents increased considerably in 2022 and they are now among the 20 predominant foreign nationalities in Spain (111,443).

With respect to the most populated regions, those with the most inhabitants registered on January 1<sup>st</sup> 2022 are Andalusia, Catalonia

and Madrid. Those at the bottom of the list are La Rioja, Cantabria and Navarra.

Of the 8,131 total municipalities in Spain, 4,991 have a population of less than one thousand inhabitants. More than 2,000 of those can be found in Castilla y León, around 630 in Castilla-La Mancha and 620 in Aragón. In terms of larger municipalities, there are 64 municipalities in Spain with more than 100,000 inhabitants: 13 in Andalusia, 11 in Catalonia and 10 in Madrid.

**Spain Triumphs In The Ranking Of The Best Cities To Live And Work In 2023 After a Report by Resonance Consultancy**

**10. Amsterdam**

The report highlights the Dutch capital's income equality and workforce, as well as the control in recent years of its nightlife, its art galleries and the presence of some major technology companies.



**9. Singapore**

The city-state gains its ranking, thanks in no small part to its investment in research, talent and corporate headquarters recruitment, which the report says will allow it to be "home to a sustainably wealthy citizenry for decades to come."

**8. Madrid**

Resonance Consultancy highlights how it has managed to recover from the pandemic, as well as its wide range of hotels and restaurants. It also mentions the election of the Paisaje de la Luz as a UNESCO World Heritage Site.



**7. Rome**

Rome, in addition to its rich history and culture, is also renowned for its gastronomy. The recent opening of the Garum Museum, that traces the history of Italian cuisine, was also highlighted.

**6. Barcelona**

The Catalan capital has managed to control the problem of mass tourism and is working to become a green city with the



construction of bicycle lanes and traffic restrictions.

**5. Dubai**

In addition to the luxury and exclusive experiences that can only be enjoyed here, the report highlights that it has managed to become a major international tourist destination and one of the biggest business centres on the planet.

**4. Tokyo**

Safety and controlled tourism, as well as the opening of new restaurants, shopping arcades and green spaces, make Tokyo the fourth best city in the world to live and work in.

**3. New York**

The report highlights the work of its inhabitants during the pandemic and how they have been able to quickly restore their city to its former glory. In recent years, the city has also invested heavily in infrastructure and opened new hotels and museums.

**2. Paris**

Museums and recent traffic restrictions giving greater priority to residents, visitors and non-motorised vehicles are the main reasons why Paris is the second-best city in the world to live and work in. In addition, new hotels and green spaces have recently opened in the French capital.



**1. London**

Resonance Consultancy calls it the 'capital of capitals' in its report, which highlights that, despite Brexit and its political and economic instability, it continues to gain population, attracting large companies and selling a lot of real estate. It also highlights its nightlife, culture, education and the opening of new restaurants showcasing many different cuisines from around the world.



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**EDITORIAL**



**Tel: 625 157 746**

**Kingdom Academy in Puerto de Mazarrón News**

One of the most rewarding aspects of human experience is our ability to connect with others. Being able to communicate with someone in his or her language is an incredible gift.

Bilinguals have the unique opportunity to communicate with a wider range of people in their personal and professional lives. Knowing the language makes you a 'local' no matter where you are, opening up your world literally and figuratively. You will be humbled by the kindness of strangers. You will build lifelong friendships and for these reasons alone, you will see the reward of learning Spanish for many years to come.

The many cognitive benefits of learning languages are undeniable. People who speak

more than one language have improved memory, problem-solving and critical-thinking skills, enhanced concentration, ability to multitask and better listening skills. They switch between competing tasks and monitor changes in their environment more easily than monolinguals, as well as display signs of greater creativity and flexibility. If that wasn't enough, as we age, being trilingual or multilingual also helps to stave off mental ageing and cognitive decline.



**The Adventure of Learning Spanish!**

The adventure begins at our nice Spanish and English Language Academy based in Puerto de Mazarrón. We have created the perfect environment to allow you to get the most out of your Spanish lessons. Our classrooms are clean and fitted with all the technical resources to keep your class fun and connected.



Our goal is to make sure our students meet their language learning goals. In order to do so, understanding our students is key. This is why we push ourselves to make every effort to know every single one of our students, both academically and personally and also encourage them to communicate their needs to us, so that we can place them in the class

that will best benefit them.

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All things considered, the Spanish language is becoming increasingly important in today's international scene. It is now the second most widely studied language. However, teaching Spanish, either in Spain or abroad, requires special training, which is why our academy ensures that our teachers are suitably qualified.



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**PROPERTY OF THE MONTH**

**Spaindinavia**

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Off the lounge there is an immense, fully equipped, kitchen which has an island in the middle with seating around it

Out the back, you'll find a bright 75 sqm summer room overlooking the 10x4 swimming pool, outside kitchen/bar area and 360 sqm backyard/atrium.

**Price: 495.000€**





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# Spaindinavia



ADITORIAL

# Sooty & Son

Well **Sooty & Son** have certainly been kept very busy this season! The arrival of very cold weather and low temperatures have resulted in more logs than usual being burnt and in many cases chimneys are needing to be swept twice through the winter. We have also had an excessive amount of birds' nests to remove - some massive - lots of dead bats and birds removed, along with wasps' nests.



clients opting to sweep the chimney themselves only to get brushes stuck. We are then called in to remove and sweep the chimney professionally.



*This is clients brush stuck*

Someone had even put a ball down the chimney to stop bats & birds in the summer only to forget about it and light a fire. This inevitably caused smoke back in the room and the ball being wedged. We were able to remove the obstacle and sweep the chimney.

yours is in the correct position and is working correctly.



**Sooty & Son** sweep all log burners, open fires, pellet stoves, AGAs and oil fired heating etc - in fact any flue with access.

**Sooty & Son's**

sweeping season is September to May, so if you need to get your chimney swept before the end of May this year, ring or whatsapp **660 478 881** or **665 303 458**. Appointments can be booked throughout summer for the next season.

**Stay safe.**

There have been some DIY incidents where

We cannot stress enough how important it is to get your chimney/flue swept professionally. For the cost of one cup of coffee a week you can ensure your home and your lives are safe.

A carbon monoxide alarm is absolutely essential! Our sweeps will always check

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Remember deadline 15th of the month!!!

**RELIGION**

## St Nicholas Ecumenical Church

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As I am writing this article, the news is dominated by the horrific aftermath of the two earthquakes in Turkey and Syria. Watching the TV coverage, no-one can help but feel such deep sympathy for the people caught up in this terrible disaster. We see pictures of the devastation and witness the dedication of those trying to help, but we can only imagine the grief and hopelessness of those seeking their loved ones still lost amongst the rubble.

The Turkish government stated that they hoped to have everyone rehoused by the end of the year, but just the process of demolishing the existing unsafe structures and clearing away the debris surely will take many months in itself. Then, where will they rebuild? Probably in the same unsafe places which have already been affected, but this time, hopefully, with the correct building regulations required in earthquake-prone areas, to ensure the structures will not be so vulnerable in the future.

We have witnessed several miracles of both adults and children being pulled alive from under collapsed buildings, so let us all pray that both the Turkish and Syrian people will be able to not only rebuild their homes, but their lives as well.

- Services in March**
- All services in English are held at 11am each Sunday, whilst those in German are at 4pm every 2<sup>nd</sup> and 4<sup>th</sup> Sunday.
  - 5<sup>th</sup> **Songs of Praise**
  - 12<sup>th</sup> **Holy Communion**
  - 19<sup>th</sup> **Morning Prayer - Mothering Sunday**
  - 26<sup>th</sup> **Holy Communion**

A warm welcome awaits you all, so please join us if you can.

Love and blessings  
Rev Mo



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# South West & Beyond

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## GROUPS

### INDALO PLAYERS

email: [indaloplayerselteatro@gmail.com](mailto:indaloplayerselteatro@gmail.com)

New President of the **Indalo Players**, Jennifer Jordan, decided that the first decision she wanted to make was to offer free fun and entertainment to **The San Agustin's Children's Home** in Vera. Born in Philadelphia, Jennifer initially studied dance and then became an instructor and ballet teacher. After marrying and moving to Belfast she was approached by The Director of the Northern Ireland Clown Doctors to audition and train to be a Clown Doctor.

"It's not easy being a clown" Jennifer explains. "One has to attain 5 years professional experience in theatre, music and dance." Jennifer has loved sharing her passion in care homes, hospitals and respite facilities, bringing joy and laughter to the youngest and the oldest. "Remember the movie Patch Adams featuring Robin Williams, released in 1998?" Jennifer added. "Doctor Hunter Doherty, born in 1945 in Illinois, believed that one should incorporate happiness and laughter when taking care of sick

patients, delivering humour and hope. This theory is now practiced worldwide and it also works with elderly patients suffering with dementia" Jennifer concluded.



**Indalo** Vice President, Chrissie Cremore and member Stuart Drury, coupled with Jennifer's imagination and direction, performed for the children and their carers. The comical clown performance incorporated a playful and amusing sketch featuring the wise clown, loveable buffoon

and a magical wind-up doll. Leonardo, from **The Vera And District Lions Club**, joined in with the atmosphere and 'melting pot' of frivolity, laughter and balloons.

"There is much renovation work needed at the **Children's Home**" advised Chrissie. "We hope you readers can kindly donate towards the 'money pot' as best you can. Your generosity is always and forever gratefully received."

**The Lions Cannot Help Others Without...You!**

For further information about **Indalo Players**:  
Email [jenniferjanejordan@gmail.com](mailto:jenniferjanejordan@gmail.com)

**Vera and District Lions Club**  
Email [zoerylett@gmail.com](mailto:zoerylett@gmail.com)

Donated items to the outlet in Turre  
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**ES19 3058 0186 3527 2000 7801**

## GROUPS

### Los Bandidos

Email: [ironmankev08@gmail.com](mailto:ironmankev08@gmail.com)



**Los Bandidos** is a Mojácar based group of like-minded active people who run, cycle, swim, drink coffee and eat cake!



The running group was originally set up by Kevin Rowe in June 2018. It started with a small group and has now grown to include runners, joggers and walkers, from permanent residents, regular visitors and holidaymakers. All ages, nationalities and speeds are welcome.

5k Mojácar Paseo and often participate in competitive races. They also have a road cycling group, who cycle Tuesdays, Thursdays and Sundays, a group of sea swimmers, who meet on Wednesday afternoons and a triathlon group, participating in the annual **Vera Triathlon**.



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 [facebook.com/groups/490933409244200](https://www.facebook.com/groups/490933409244200)

We look forward to seeing you soon.



**Los Bandidos** meet every Wednesday and Saturday to run, jog or walk the

Tel: 623 438 926



**CHARITY**

**VERA AND DISTRICT LIONS CLUB**



Tel: Zoe Rylett 639 036 051

Email: vera@lionssecretary@gmail.com or zoerylett@gmail.com

**Vera and District Lions Club Roaring Into 2023**

For those who are unaware, **The Lions Club** (Liberty Intelligence Our Nations Safety) was founded in 1917 by a Chicago businessman Melvin Jones who wondered what would happen if people put their talents to work improving their communities. The organisation became International on 12<sup>th</sup> March 1920 when the first club was established in Ontario, Canada. As the largest humanitarian support organisation in the world, there are now at least 48,000 **Lions Clubs** in over 200 countries with an estimated 1.5 million members. The main purpose is to promote the principles of good citizenship and to take an active interest in the civic, cultural, social and moral welfare of the community, to unite with the bonds of friendship, good fellowship and mutual understanding with a non-political and non-denomination stance.

**Vera and District Lions Club** was formed in 2011 and as 2022 drew to a close, after several events during the year, the Committee and Members worked hard and gave their final strength and stamina in order to bring in much-needed funds with the annual **Jingle Bell Ball** and helping at Iceland (Overseas) Supermarket.

The 3<sup>rd</sup> **Jingle Bell Ball** at the Irish Rover in Mojácar was a complete sell-out with 130 people attending, all of whom were ready to make the evening a sizzling success. The raffle table groaned with an amazing choice of prizes and the entertainment schedule was packed with a myriad of musical delights and the dance floor was never empty. Special thanks to Jack Law for ensuring the stage and sound was set, safe and at a perfect pitch. Also thanks to Lily Miles Kirby who spent hours gathering prizes, making vouchers and ensuring that even a winning tin of baked beans looked pretty on the table. The final performance of the year involved Leonardo and his **Lion Volunteers** helping shoppers every day for a week, pack and carry their pre-Christmas bulging bags to their cars.

President, Zoe Rylett with her Committee and dedicated Members, would like to extend roaring thanks and gratitude to all the supporters who have donated money, items or their valuable time and talents. Zoe added "These events raised 4,000€; such a stunning amount and some of this money will kick-start the huge mission ahead regarding major repairs required at **The San Agustin Children's Home** in Vera."

**The Lions** will also continue to support the Food Banks in Turre (run by the **English Evangelical Church**) and Vera (run by **Amazonas Association - South American Community**); currently assisting 1,400 families.



President, Zoe Rylett delivering Christmas clothing, footwear and book tokens to The San Agustin Children's Home in Vera

People may not be aware how far **The Lions'** arms and resources stretch, which include helping individuals with hospital care, temporary rental accommodation, abusive situations, a huge range of mobility equipment, plus much much more.

**Dave Turner**

Dave Turner was more than happy to meet **Vera and District Lions Club** new President Zoe Rylett and swop 'friendship banners', especially as it meant joining their monthly meeting in Los Gallardos rather than on a cold, dark night in the small town of Market Deeping in Lincolnshire. Isn't it just wonderful to know that by being a Member of this International Charity, one is able to meet clubs worldwide and to date, Dave has been lucky enough to personally visit and swap banners in Auckland, Hong Kong, St Lucia, Barbados and Cologne; to mention a few!

Just like Zoe, Trustee and former Treasurer, Dave joined **The Lions** when it became apparent that they wanted to get involved in their incredible charity work. Dave explained that the main charities they support are **Brain Tumour Support, British Heart Foundation** and **MacMillan Cancer Research**. However, he is particularly proud

of perhaps their greatest achievement which was the construction of a 'sensory garden' for the charity **SENSE** supporting badly disabled children. Likewise, Zoe is passionate about what **The Lions** can do to help local communities. Apart from supporting the food banks in Turre and Vera, which currently assists 1,400 families, they consistently give aid to the **St Agustin Children's Home**, Vera and are now on a mission to raise much-needed funds for major renovation work on the building which is 151 years old. There are many other avenues that these charities support, be it personal issues or indeed the local **Air Ambulance** in the UK. Each individual Club is aware of what help is needed. They are just ordinary people doing extraordinary things!



Leonardo having a rest after helping the shoppers in Iceland (Overseas) supermarket. An empty trolley ready to fill with sweets!

Dave and his wife first visited Spain in the winter months 13 years ago and their love affair with this region has continually blossomed. They return to the UK feeling refreshed and energised to face the year and raise money, preparing Giant Easter Egg Raffles, Carnivals plus Santa and his Sleigh. Their world-famous event is the **Duck Race** which saw 3,000 yellow plastic ducks released into the local river! "Ah!" thinks Zoe "Where can I get this many ducks and where can I release them?" Watch this space!

For further information:  
Email [vera@lionssecretary@gmail.com](mailto:vera@lionssecretary@gmail.com) or [zoerylett@gmail.com](mailto:zoerylett@gmail.com)  
Tel Zoe Rylett **639 036 051**  
Visit the **Lions' Charity Shop** in Turre - All items welcome.  
Donations and Standing Orders to **Vera and District Lions Fundraising**  
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EDITORIAL



VAVA YOGA  
VAVAYOGA.COM

**Don't live with pain any more...26 reasons to get a Massage**

General **Massages** can promote the feeling of wellbeing and relaxation and are sometimes considered a luxury. Not so! According to Google Scholar, there are over 259,000 academic papers related to research outlining the benefits of **Massage**, of which we will highlight 26.



According to the latest statistics from **biospace.com**, the complementary and alternative medicine (CAM) market is poised to grow at a compound annual growth rate CAGR of 18% by 2030 and is expected to be valued at USD 411.4 billion by 2030.

CAM makes sense; people are looking for complementary alternative therapies that are natural and safe, to aid and assist in their health and wellbeing. The massage and energies industry is a growing sector because it works. Calming the body and mind are one of the first steps to the healing journey and the results speak for themselves, which is why people keep coming back for more. The use of touch (tactile therapies) and transference of energy (energetic therapies) can have a positive effect on the body and the mind, relieving anxiety and assisting the body with its own innate healing response. Endorphins (the feel good hormones) are stimulated, leaving the body and mind settled, in less pain and with less stress.

**26 reasons why you should have a Remedial Massage**

- \* Lowers high blood pressure
- \* Treats sciatica
- \* Sleep better\*
- \* Helps chronic neck pain
- \* Breaks down scar tissue

- \* Improves balance in older adults
- \* Relieves stress\*
- \* Relieves post-operative pain
- \* Relieves tension headaches\*
- \* Increases joint mobility
- \* Promotes relaxation\*
- \* Tempers the effects of dementia
- \* Improves cardiovascular health
- \* Decreases stress in cancer patients\*
- \* Muscle rehabilitation
- \* Helps fibromyalgia pain
- \* Reduces muscle tension
- \* Releases myofascia
- \* Eases symptoms of depression\*
- \* Reduces chronic pain
- \* Aids in digestion
- \* Helps arthritic pain
- \* Treats back pain
- \* Decreases migraine frequency\*
- \* Aids in weight loss
- \* Reduces pain of osteoarthritis

*\*Energy therapies also beneficial.*

At **VaVa Yoga, Health & Well-Being**, Vera, we specialise in managing pain and stress, the two biggest problems that seem to plague the nation. Our services comprise of touch remedial therapies such as deep tissue massage, myofascial release, infrared heat therapy, hot stone massage, aromatherapy and acupressure/trigger point release and our energy therapies include reiki, crystal reiki, hypnotherapy and reflexology.

**So who are we?**

Ashlí Miréla has a degree in Complementary Medicine and has trained as a remedial therapist in the UK. She is a practitioner of muscular skeletal therapies with a focus on myofascial release and deep tissue & muscle work. She is also the resident yoga teacher at **VaVa Yoga**.

Darío Martín is the energy therapies' practitioner with qualifications in crystal healing, reiki, crystal reiki and hypnotherapy. He is also the proprietor of The Emporium of the Enchanted Forest (inside **VaVa Yoga**), for all things esoteric.

*For readers of the Chronicle, we have a very special offer:*

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 \*Mention **Chronicle** when booking (see our advert) to qualify for this special.

Namaste, Ashlí  
 Ashlí Miréla BCompMed. mFENACO/  
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 DTM. DipAdv MFR, DipArom. YTTC.



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Ref 2575: Los Olivos: Property for sale in Los Gallardos



95,000€

2 bed / 2 bath ground floor apartment with mountain views and private garden within walking distance of Los Gallardos. The urbanisation itself comprises well maintained communal gardens and 2 swimming pools.

The apartment benefits from a covered terrace, air con installation, white goods and granite worktop in the kitchen and is being sold furnished as seen.

Ref 2605: Sol: Property for sale in Mojácar Playa



120,000€

Large 2 bed / 2 bath 1st Floor Apartment with an equally large private terrace and magnificent sea views located in Mojácar Playa's sought-after and tranquil area of La Paratá, just a short drive to the sea and all amenities.

The covered parking is at ground level immediately below the apartment. An opportunity seriously not to be missed.

Ref 2577: Cuesta De La Fuente: Property for sale in Mojácar



€165,000

Superb opportunity to purchase a traditional and well-maintained 2 bed / 1 bath house full of character, in the heart of Mojácar Village with a large terrace and great sea and mountain views.

You will also find a small room in the basement area, and a larger room with independent access via the lower part of the street which could easily be converted into an independent suite, office or workshop.

Ref 2630: Los Altos De Garrucha: Property for sale in Garrucha



€270,000

Large 3 bed / 2 bath sea facing Penthouse Apartment within a short walk to Garrucha's High Street, paseo and the sea.

The large sea facing terrace is a great addition to the apartment with water, electricity, pergola and awnings and is accessed via the lounge, kitchen and main bedroom. Secure private parking, a storeroom, ducted air con, an intercom system and a lift to the apartment are just a few further benefits to this superb property.



NEWS

# South West News

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

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

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

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

**Every Monday until May – Free Self Defence Workshops for Women** @ Calle Progreso. (Register by calling 968 446 633) 11am

**Every Monday until May – Free Pilates Workshops for Women** @ Paseo de la Constitucion 25. 7pm. (Register by calling 968 446 633)

**Every Wednesday during March – Free Wellness Dance Class for Women** @ Calle Aire 83. 11am. (Register by calling 968 446 633)

**Every Thursday between March 9<sup>th</sup> and May – Free Art & Re-Cycling Workshop for Women** @ Calle Aire 83. 10am. (Register by calling 968 446 633)

**Saturday March 11<sup>th</sup> – British Saxophonist Ray Gelato performs Swing & Jazz** @ Aguilas Casino. 15€. 8.30pm and 10pm

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

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

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

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

**Garrucha Fri Market**

**Los Bandidos Sea Swimming Club** @ Boracay Beach 1.15pm

**Huércal Overa**  
 Tel 678 798 688 Mon Market

**Friday 3<sup>rd</sup> March - Sunday 5<sup>th</sup> March.** We commemorate **la Exención de Villazgo** with a programme to celebrate this important date for Huércala residents. Between **March 3<sup>rd</sup> to 5<sup>th</sup>**, the **Historical Recreation and Baroque Market** will take place in Plazas de la Constitución, Cura Valera and nearby streets. An activity that will set the historic camp in Baroque era with the aim of showing Huércalians and visitors how life and society used to be and its history, to allow us to understand the environment that through common effort, achieved its long awaited independence. The 3 day programme includes **dancing, folk music, exhibitions and the market.**

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

**'Madremia' Concerts** continue until the end of the month. These free and open air concerts take place from 5pm in various parts of the Town by various groups and individual artistes including:-

**Saturday 4<sup>th</sup> March – Tribute Band Thunder Man ACDC** @ Plaza Pasaje del Convento

**Saturday 11<sup>th</sup> March – Local Band 'Lebouns'** @ Plaza Real

**Saturday 18<sup>th</sup> March – Distillates** @ Placeta Joaquin Castellar

**Saturday 25<sup>th</sup> March – The Jukevox** @ Plaza Calderón

**Saturday 4<sup>th</sup> March & 1<sup>st</sup> April - 75 min Theatrical Visit Myths & Legends Of Lorca**  
 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 1<sup>st</sup> Saturday of the month at 5pm March-May and October-December; 8pm June-September.

**Sunday 12<sup>th</sup> March – 2 hour guided**

**tour of historic Lorca.** The tour includes a visit to one of the Embroidery Museums which exhibits items worn during Semana Santa processions. 2€. 11.30am. (Book by calling 968 441 914)

**Wednesday 22<sup>nd</sup> March – Tarandot Opera** @ Teatro Guerra. Tickets available from 15€ for the performance starting at 9pm. (Book by calling the box office on 968 473 122)

**Exhibition featuring unique fossils found in Sierra de Serrata** @ Palacio Huerto Ruano (until 24<sup>th</sup> March)

**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 - Tues Market

**Tuesday 21<sup>st</sup> March - Dia de la Vieja - Day of the Old Women**  
 This festival has popular roots dating back to the 17<sup>th</sup> Century. It was started as a day of brotherhood with religious connotations and has become an endearing and family event. The town is practically emptied and a meal is made in the field accompanied by games and songs. The main protagonist of this event is 'la vieja' which are made of paper and filled with candies. These are broken into after the meal, ensuring that everyone, especially the little ones enjoy this special day.

**Pop a note in your diary for Paws - Patas Spring Fayre** @ Oasis Bar, Los Gallardos on 16 April from 2pm. **Live Music, Food Available, Stalls, Raffles** and more !

**Mojácar**  
[www.mojacar.es](http://www.mojacar.es)  
 Tel 950 615 025 - Wed Market

**Every Tuesday - Los Bandidos Cycle Ride** from Mojácar Playa Tourist Info Centre 9.25am

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

**Every Thursday - Los Bandidos Cycle Ride** from Mojácar Playa Tourist Info Centre 9.25am

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

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

Continued on page 43



Continued from page 42

**Every Sunday - Los Bandidos Cycle Ride** from Mojácar Playa Tourist Info Centre 9.25am

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

**Sunday 12<sup>th</sup> March** - Celebrating International Women's Day. **5km Run/Walk/Jog Charity Event.** 3€ donation to Red Cross. Departure from Red Cross, Mojácar Playa at 12pm. Open to all. **Paella**

for all participants, fun classes and more.

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

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

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

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

Please check availability as some of the evenings are already fully booked.

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

**NEWS**

**Mojacar News**

Well, what can we say about the weather during the middle of February? **Mojácar** was ready and waiting for a weekend of **sport** and **carnival fun**, but wasn't quite expecting such gloomy conditions.

**SPORT**

The **Vuelta Ciclista a Almeria 2003** took place on 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> and 300 riders set out on a grey and cold morning on the 17<sup>th</sup> to face the challenge of 88kms from Huercal Overa to **Mojácar Playa**. However, they faced just about everything you could throw at them weather wise, but like true sporting professionals weathered the rain, cold, wind and grey skies to finish 15 minutes earlier than the quickest estimated time. I guess they were keen to get to that finish line as soon as possible in the circumstances!

The following day wasn't much better for their 100km journey from **Mojácar Playa to Mojácar Pueblo**.

Congratulations to all riders especially to José Manuel Cayuela (Encacon SLU) winner of day 1 with a time of 1 hour, 54 minutes and 19 seconds, followed in 2<sup>nd</sup> place by José Antonio Sanchez (Kazajoz) and Victor Perez Abela (Eshmun Sport Clinic) in 3<sup>rd</sup>.

The first lady to pass the finish line was Azahara Pozuelo with a time of 1 hour, 59 minutes and 13 seconds with 2<sup>nd</sup> place going to Ana Isabel Morales (Dr Bike Granada) and Maria Garcia (Bicicletas km.0) in 3<sup>rd</sup>.

Azahara Pozuelo continued her success on the 2<sup>nd</sup> day with another win with Marcia Garcia in 2<sup>nd</sup> place, almost 2 minutes behind.



Day 3 was a time trial of 14km departing and returning to Adra, but we're unable to comment on weather conditions and the final results due to our deadlines. However, whilst sitting in my car waiting for the **carnival** to pass, if current conditions continue it's not looking very promising. *Cycle race photos credit: Donna Marie*

**CARNIVAL**

Talking about the **Carnival**... Certainly not the best weather conditions and whoever is responsible for it decided to up their game and send us rain just before the estimated start time of 5pm. Now, call me a cynic but I truly believed it would be at best postponed. But I was proved wrong (it has been known on occasions!) and nothing could deter these troupes and groups. I suppose they've been practising their moves, costume production and routines for ages and the little ones especially would have been heartbroken not to have taken part. It was heartwarming to see such support from the general public that braved the elements to cheer them on.



Well done to all those that took part, helped behind the scenes, the police that

kept the roads clear for the procession and the Town Hall for their support.

**BUSINESS UPDATE**

Following such great feedback from local advertisers, businesses and readers here, more advertisers have "come on board" to promote their company, so please support these and mention the **Costa Cálida Chronicle & Beyond** when contacting them...

With an experienced team of British and Spanish hairstylists and beauty therapists, **Rincon de Mary, Mojácar** offers you everything from a wash and blow dry through to a total make over. Put yourself in the hands of these professionals. Sit back, relax and let them work their magic. Tel **644 505 210**

**Veritas Homes Property Group, Mojácar** is a well-established, forward thinking Real Estate company covering Almeria. **Veritas** in Latin means 'The Truth' and that's what you will find from their open, honest and professional team. Whether buying or selling, visit them in their new location a few doors away from Cajamar, just off the Mojácar roundabout by Parque Comercial at Calle Paseo del Mediterráneo, 369 Tel **950 472 430/610 053 563** or **+44 7557 261 090**

**VaVa Health & Wellness.** Specialising in managing pain and stress through a variety of complementary alternative therapies. Pay us a visit and take advantage of our introductory offer when mentioning "Chronicle" of just 55€ for 90 minutes of head to foot massage. Gift Vouchers also available so start dropping those subtle hints for Mother's Day gift ideas now! Tel **642 314 316**



Day 2 saw Manuel Maestra (CC Juan Zurano) take first place with a time of 2 hours, 15 minutes and 30 seconds with Jorge Martin Montenegro, 11 seconds behind in 2<sup>nd</sup> place and Victor Perez Abela 17 seconds later to finish 3<sup>rd</sup>. These three riders took a clear break with a total of 1.5 minutes ahead of the group.

**Costa Cálida Chronicle**  
Contact Sales on **619 199 407**  
Web: [www.costacalidachronicle.com](http://www.costacalidachronicle.com)  
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Remember deadline 15th of the month!!!

**CHARITY**



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

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

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603 206 363 and 604 346 163

Port shop: 602 624 521

Camposol shop: 711 016 236

**Benji** is a good boy who is house trained and loves his cuddles. He sleeps all night in his crate and gets on well with other dogs, although he can be a little scared of bigger dogs. He is very active and likes to be outside in the garden soaking up the rays. He loves to help his foster mummy make the bed, or help her to use her laptop and he helps hide her slippers and socks. He would like a home with a garden with high walls



Benji

(as he can jump very well). He would like a small sister, or would be happy as an only dog, as long as he had plenty of company. He would rather not be in a home with a bigger dog. **Benji** loves his regular walks so an active person, couple or family would be perfect for him. **Benji** is neutered and fully vaccinated.

**Zac** is a handsome medium size Catalan sheepdog that we were about to pick up, but he was taken to the Perrera (local dog pound). We went straight away to collect him. **Zac** is a friendly boy, good with other dogs and is approximately 2-3 years old. **Zac** is neutered and fully vaccinated.



Zac

**Danka & Nico** are a Mother and Son looking for loving homes. **Danka** was rescued with her 3 babies after being abandoned in Isla Plana. Two have now found homes. **Danka & Nico** are currently in foster. **Danka** will now be spayed and fully vaccinated.



Danka & Nico

Puppy **Nico** has started his vaccinations. As part of the adoption agreement he will be required to be neutered when he is old enough.

If you would like to meet any of these lovely dogs, or any others you may be interested in, please contact Jane either by phone on **602 653 639** or email [janenahoming@gmail.com](mailto:janenahoming@gmail.com)

We really need **Foster Homes** which is a really great way of getting the dogs into new homes, teaching them how to live in a home, lead training etc. All adoptions and fosters will be home checked.

Any donations are gratefully received: PayPal address is: [NA1Treasurer@gmail.com](mailto:NA1Treasurer@gmail.com)

We are always grateful for donations to sell in our shops: clothes, bric-a-brac and furniture. We can collect heavy items; just call **711 016 236** to arrange.

The **Noah's ARC St Valentine's Dance** was a great success with all tickets being sold. A big thank you to all the organisers, Mariano's and especially all the lovely people that attended to support us. Thank you.

**ADITORIAL**



**OAKLAND**

HOLIDAY PARK

For more information, visit [oaklandholidaypark.co.uk](http://oaklandholidaypark.co.uk) or call +44 (0)1902 851302

**New Affordable Holiday Home Opportunities Announced In a Stunning Staffordshire Setting**

The chance to own a luxury lodge in rural South Staffordshire is being offered by one of the county's most celebrated holiday parks. Multi-award winning **Oakland Holiday Park** has announced the release of a new development of two and three bedroom holiday homes, all boasting a picturesque rural setting.

**Oakland**, proudly owned by the same family for over 40 years, is the perfect base for enjoying regular escapes to the beautiful Staffordshire countryside and its wealth of nearby attractions including the impressive

Ironbridge Gorge, delightful Cannock Chase, historic Shrewsbury and Alton Towers to name a few.



The holiday lodges are fully equipped and furnished to the highest standard and the park enjoys a tranquil setting on the banks of the Shropshire Union Canal. This new development will be there for the private holiday home owners to visit and enjoy short breaks and longer holidays, during the ten-month opening season of the park. Starting at just £145,000, the lodges are, for a limited period, being offered

with a free hot tub in which owners can unwind and take in the glorious surrounding views. Holiday home owners will have full use of **Oakland's** extensive guest facilities which include an indoor pool and sauna, fitness suite, fishing pool and friendly bar serving drinks and snacks. Praised too are the well-managed grounds of Oakland which are also the starting point for gentle walks in the tranquil countryside with its rich and varied wildlife.



Viewings of the new lodges, with no obligations whatsoever, are available by appointment - and the **Oakland's** team will be delighted to answer any questions, including finance options.

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**INFORMATION**

**From a Resident in a Murcian Prison to a Resident of Murcia**



**From a Resident in a Murcian Prison to a Resident of Murcia**

A resident of Murcia experiences deja vu when he hears his band on the radio. It's been over thirty years since he last heard the band he formed on the radio. At that time he was a resident of Murcia, or to be more precise, he was a resident in Murcia's Sangonera prison.

Allan came to Spain in 1984 for a break, but he ended up staying a lot longer thanks to the Spanish prison service. Living on Spain's Costa del Sol and still in his early twenties, he received a six-and-a-half-year sentence along with a 65 million peseta fine for drug trafficking, serving most of it in Murcia

met with a mixture of laughter and sadness, some treating the news as a joke and others thinking it was a cruel trick of fate as they would never be able to claim their prize. What happened next surprised everyone!

The prison chiefs gave the band members 'day release' to record at the local studio. Allan smiled saying "It was funny, as the authorities had sent out loads of press releases taking advantage of the good publicity around the band, making it hard to refuse the studio visit. Soon, one of the songs they recorded *Stormy Waters* written by Allan was played on radio stations across Spain.

journalist Ángel Sopena at Onda Regional's studios in Murcia.



Berlin '90 - Sangonera Prison Murcia

Murcia prison ran a music workshop, one of the 'monitors' Juanjo, a prominent Spanish jazz guitarist, suggested Allan form a band and enter Murcia Joven, a 'Battle of the Bands' contest and so **Berlin '90** was formed. Allan wrote a song and they recorded it on an old cassette recorder and sent it in.



2022 11 07th Onda Regional de Murcia El Mirador Live interview Marta Ferraro's lunchtime show El Mirador

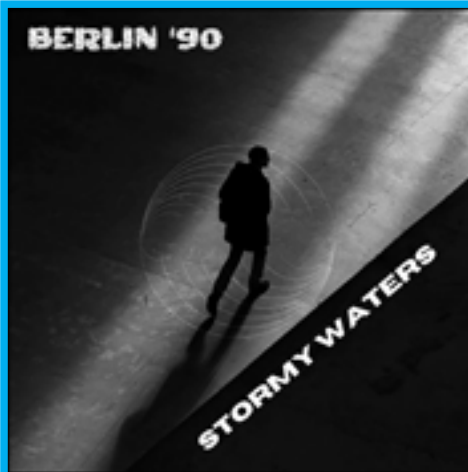


2022 11 07th Estudios de Onda Regional de Murcia Allan McCarthy y Angel Sopena

It was more than three decades since Angel last interviewed Allan. The only difference was, this time they were both free men.

Angel's radio show, *Música de Contrabando*, celebrated its 30<sup>th</sup> anniversary in 2020, throughout that time playing the music of Allan's band, *Berlin 90*.

Allan said "Angel was giving interviews for the programme's 30<sup>th</sup> anniversary and saying in every interview that one of the best memories he has from his career was the story of Berlin 90.



Stormy Waters

It was no surprise when the press labelled the band 'The Bad Boys Of Rock', quickly making national headlines. The Spanish media was fascinated with their story and offers flooded in for more interviews. It seemed like doors were opening for the band (literally) as they were released again for some interviews at a local radio station.

The high point came next: A few weeks after arriving at the recording studios in armoured vans with a security escort, the band performed their music live at a venue in Murcia.

Two of the band were now in the 'open section' with Allan due to follow. Shortly after the band's only public performance, while *Stormy Waters* was still playing on radio stations across Spain, a cruel twist of fate forced the band to split up. Without warning, Allan was transferred to Madrid's notorious high security Carabanchel Prison, losing contact with everyone.



AMC Rita choice

The news that they had won a day at a recording studio from the competition was

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On completion of his sentence Allan, was given 48 hours to leave Spain and not return for ten years. Back in Scotland Allan started his own sales & marketing company dealing with the UK's biggest companies. A few years ago, he returned to Spain as a free man obtaining residency and just before Christmas, Allan met presenter &

"This guy has met Bowie and The Stones, but the one thing that sticks out is the prison band he met thirty years ago."

Angel told Allan's story in a double page spread in *La Opinion de Murcia*. Syndicated in dozens of other titles across Spain, it is generating huge interest in Spain and the UK with Allan asked will he record new material and would he return to the prison to do a concert for the inmates; this time as a free man!?





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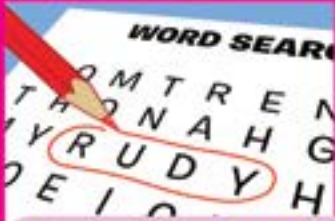
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# PUZZLE

# PAGE



## SUPER SUDOKU

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

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

## 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

M	I	D
A	R	E
N	E	R

65 words of 3 letters or more.

## Wordsearch

Translate the words below from English into Spanish

- ALLIGATOR
- BEAR
- BUFFALO
- BUTTERFLY
- CAMEL
- CHIMPANZEE
- DOLPHIN
- EARTHWORM
- ELEPHANT
- GIRAFFE
- HIPPOPOTAMUS
- HORSE
- KANGEROO
- LION
- LIZARD
- MONKEY
- MOUSE
- PANTHER
- PARROT
- PELICAN
- SCORPION
- SHREW
- SQUIRREL
- TORTOISE
- ZEBRA

Answers on page 76

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





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## RELIGION

### The Rockin' Vicar

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

Do you remember when you first rode a bike; maybe with stabilisers, but off you went, free as a bird? Until you came off! I remember running beside my daughters holding them upright until the moment



I let them go and they pedalled happily on their own. The stabilisers came off and away they went, wobbling, but independent. At the age of four, I had a green trike with solid tyres and I loved charging round and

round our cul-de-sac. We moved to another house (I can't even begin to remember how many times we moved!) and the trike snapped in half. I was heartbroken; even more so when my dad dumped it behind the high gate to the back garden in case a burglar came. He hoped they might take it for scrap instead of breaking into the house by the back entrance.

Many things in life still puzzle me; this thought process remains one of them. I struggle trying to understand so many things, especially about my faith. As an old man, it is always enlightening to find new ways of looking at the world - and God. To constantly discover that He is indeed a Mystery. I wonder about those who are so certain and propound their interpretation (usually based on human emotion).

The English writer and poet D H Lawrence wrote, "The world fears a new experience more than it fears anything, because a new experience displaces so many old experiences." Life is an experience, a journey from birth to the grave, with ups

and downs in between.

Back to my tricycle - Faith is like a tricycle. It comprises the back wheels of Scripture and Tradition. The Bible is important; Tradition the fundamental - what a Church tells us to believe, but Experience is the front wheel; our personal journey in life and how it affects our beliefs. Good or bad experiences of religion are such major factors in how we view faith and our journey.

I am always here to chat if you have questions or comments about what I write. Why not check out YouTube: type in 'chatsparkbench' and you will find two short videos of me and my good friend Gerry from Ireland chatting about faith. Gerry is the wheel of Tradition. I am very much the wheel of Experience. Scripture stabilises our talks.

'Bye for now and God bless you  
Rev Andrew

## RELIGION

### WELCOME HOUSE

Tel 633 447 937

www.sites.google.com/site/casawelcome2013

Lynda.spain@hotmail.co.uk

Derek.tycymru@gmail.com

#### Don't be afraid!


You know what, I fell asleep in my garden;

again! The birds were singing. Actually they were creating a bit of a racket, but that didn't matter and what is it that smells so wonderful? At this time of the year it's probably the jasmine and maybe the Daturas. The trees rustle in the pleasant gentle breeze lulling me to sleep as the sun warms my face and my eyelids suddenly become heavy. Such contentment! What more could anyone ask for.....?


This gardener, whoever he might be, certainly knows what they are doing. The sun still warms my face and the balmy breeze brings with it the intoxicating perfumes of the garden. I could happily spend all my days here. This is no ordinary garden. I must go in search of the gardener to find out more. Then it dawned on me just where I was!

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

**Welcome House**  
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**WELCOME HOUSE** 

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Good Friday at 11am  
Easter Sunday at 11am Great Celebrations.  
Contact us to find out more.

This time when I awoke the garden was different. It was by far superior to my garden. The trees were still rustling and the birds were still singing their praises, but in the distance there was other harmonious singing too and as for the flowers, well they surpassed anything I have ever grown! So much beauty. All my favourites are here and I have a lot of favourites; different ones at different times of the year; so many coordinating colours all placed to complement each other - none of it clashing. Each one has been planted in just the right position from the tallest to the shortest so that you can appreciate every plant in all its splendour, creating a perfect tapestry. Everything is just perfect.

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LEISURE

# WARM - Walkers Around the Region of Murcia

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



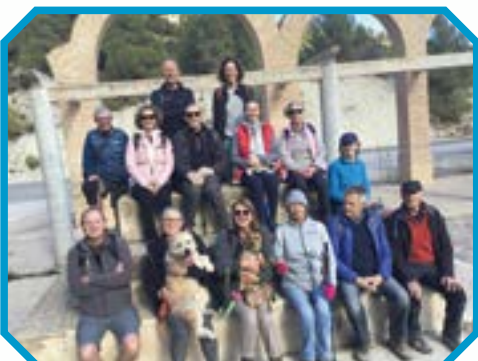
Calasparra SWARM

It is amazing how quickly the year is going! At the end of this article are the April walks which will be the last of this season. We don't walk once the temperatures start to rise, although at the minute it has been grey and rainy for almost a week and we even had to cancel a walk as it was muddy underfoot and no views. One of our precious **SWARM** walks was cancelled as the walk leader has a ruptured Achilles tendon. Get well soon David. It has been a relatively quiet month with only three **WARM** walks and one **SWARM**.



Moratalla

On 21<sup>st</sup> January Steve and Fiona led a merry band on a steep ascent above Moratalla. You can see the fabulous group shot with a stunning background. The walk started at the arches and went round the back of Moratalla and up the Ruta de Agua to Santo Cristo and returned via the route of the cross. It was certainly one to stretch the legs.



Group shot Moratalla

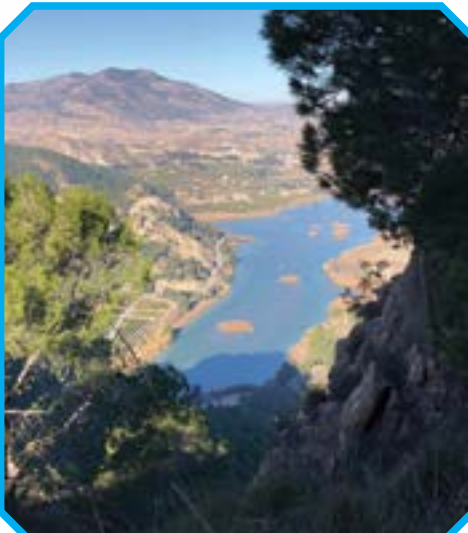
The next walk on 27<sup>th</sup> January, led by Tony

and Judy, saw a small but enthusiastic group enjoy the walk from Los Granidicos. The leaders said "The weather was perfect, the views were stunning and the company even better. Later we all enjoyed a drink in Moratalla; the perfect end. Thank you all for joining us."



Which way are we going

The **SWARMers** set off on a 7km walk around Calasparra countryside. It was led by Paul and Yvonne and ably assisted by June (just as well as one of the leaders missed an obvious turning - chatting too much!!). It was a chilly start, but the sun came out eventually.



Reservoir Abaran

The final **WARM** walk was led by Carla and Douwe and it was certainly a challenge! The walk started from the picnic area at la Navela, near Blanca. We walked up on a wide track to a viewing point where we could see Blanca and the reservoir. The next section was very interesting ridge-walking until we got to a section where we enjoyed the lovely views straight down to the Segura River and the villages of Ulea and Ojós. After the climb, in the wind, we found a sheltered picnic spot.

The photos speak for themselves.

We have had some seasonal visitors this year in our group and Sue and John said "Thanks to you all for showing us around the hills in the Murcia area. We have really enjoyed the walks and company - you made us very welcome. We will continue to tick off the walks in 'the book' whilst we're here and hope to be back at some point. Happy walking everyone."



Picnic views

Our next walks:

- WARM**
- 4<sup>th</sup> March - Bullas
- SWARM**
- 8<sup>th</sup> March - Calasparra
- WARM**
- 18<sup>th</sup> March - Ricote
- 25<sup>th</sup> March - Cehegin
- WARM**
- 1<sup>st</sup> April - Monte Arabi
- 8<sup>th</sup> April - Salmeron

- 15<sup>th</sup> April - El Valle
- SWARM**
- 19<sup>th</sup> April - Bullas
- WARM**
- 22<sup>nd</sup> April - La Facarola
- SWARM**
- 26<sup>th</sup> April - Cehegin
- WARM**
- 29<sup>th</sup> April - Rio Chicamo

To join our mailing list please contact [warm2005@gmail.com](mailto:warm2005@gmail.com)

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NEWS

# Northwest Murcia News

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

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

Tel: **968 652 244 Market Tues**

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

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

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

**CALASPARRA**

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

Tel: **968 745 325 Market Mon**

**Department of Sport**

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

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

**Maintenance Gym**

**Yoga**

**Functional Training**

**Gym For Older People** (9.50€ for pensioners)

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

For more information and registering, go to the Town Hall for a copy of the full programme, the **Ayuntamiento de Calasparra** Facebook page, or [Calasparra.org](http://Calasparra.org) webpage

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

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

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

**CARAVACA**

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

Tel: **968 702 424 Market Mon**

**Sunday 5<sup>th</sup> March - Duathlon Caravaca de la Cruz 2023**

Adults 9.30am

Juniors 11am

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

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

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

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

Check opening times with Tourist Office.

**CEHEGÍN**

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

Tel: **968 723 550 Market Wed**

**Sunday 26<sup>th</sup> March - 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.

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**JUMILLA**

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

Tel: **968 780 237 Market Tues**

**Sunday 5<sup>th</sup> March - Children's Musical Show @ Teatro Vico** 11am and 1pm

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**.

**Sunday 12<sup>th</sup> March - Guided Tour of the Historic Centre.** Visit the main sights by foot in this interesting and informative tour. 2€ 10.30am. (Book by calling 663 300 779)

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

times.

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

**MORATALLA**

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

Tel: **968 730 208 Market Sat**

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

**MULA**

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

Tel: **968 661 501 Market Sat**

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

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

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[info@centroparraga.com](mailto:info@centroparraga.com)

**YECLA**

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

Tel: **968 754 104 Market Weds**

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

**Saturday 25<sup>th</sup> March - Free Guided Tour of Monte Arabi.** A 6km route starting at 10.30am and suitable for all over the age of 6.

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FOOD AND DRINK

Ma Millbank's Kitchen



**Bananas** were a good price at the market this week so I bought a load. What better fruit to put in a blender for a milkshake or smoothie as part of your 5 a day! Not wanting them to go off too quickly, I decided to look up some recipes. As usual, I went for easy ones, but also some my grandchildren like, so very child friendly? Unfortunately, I am allergic to fresh **Bananas**, so have to avoid them, but I can still use powder flavouring without any effect for some reason. You can add **Bananas** to custard to make a quick dessert, or just peel one whole and decorate with chocolate and cream for ease, but why not try the **Banana Loaf** recipe below or the fritters?

Buen Apetito

**Banana Loaf**

- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup soft butter
- 3/4 cup brown sugar
- 2 large eggs, beaten
- 1/3 cups mashed very overripe **Bananas**

Preheat oven to 175°C. Lightly grease a 9" x 5" loaf pan. In a large bowl, combine flour, baking powder and salt. In separate bowl, cream together butter and brown sugar. Stir in eggs and mashed **Bananas** until well blended. Stir **Banana** mixture into flour mixture; stir just to combine. Pour batter into prepared loaf pan. Bake in preheated oven for 60-65mins until a toothpick inserted into centre of loaf comes out clean. Let bread cool in pan for 10 minutes before turning out onto a wire rack.

**Banana and Toffee Pancakes**  
**Basic Recipe for Pancakes**

- 1 egg
- 300ml milk
- 100g all-purpose

- Pinch of salt
- Cooking oil or butter

Combine the flour and salt in a bowl and make a well in the middle. Add the egg. Whisk or stir well whilst adding the milk a little at a time. Mix until there are no lumps. The mixture can be stored in a fridge for up to 6 hours. Heat a small amount of oil in a suitable pan, ensuring it covers the entire pan. Pour some of the mixture into the pan and quickly move it around so it spreads evenly. Once one side is cooked, toss the pancake and cook the other side. To tell if the pancake is cooked, look for small bubbles forming on the side. Continue to make more pancakes with the rest of the batter while keeping them warm.

**Filling**

- 250g butter toffee
- 3 tbsp milk
- 6-8 ripe **Bananas** sliced (one per person)

Make the batter as above and then leave to stand for half an hour. Put the broken toffee and the milk in a heavy saucepan. Stir constantly over a low heat until the toffee has melted and the sauce is smooth. Fry the pancakes and stack up them and keep them warm while you cook the rest. Place slices of **Banana** down the middle of the pancake and pour over generous amounts of toffee sauce. Fold over each side of the pancake into the middle. Stack up or lay out on a plate and serve with more sauce.

**Banana Muffins**

- 1 cup sugar
- 1/3 cup margarine
- 2 eggs
- 4 **Bananas**
- 1/3 cup water
- 1 1/3 all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt

- 1/2 cup chocolate chips (optional)

Mix sugar, margarine, eggs, **Bananas** & water in bowl. Then add your flour, baking powder & salt in the same bowl & mix together. Mix in chocolate chips by hand if desired. Set oven at 175°C. Put muffin cases in a muffin tray, fill with the mixture and bake for 25 minutes

**Banana Fritters**

Oil (for deep frying, olive oil is typically used)

- 1 cup cornflour (*harina de maiz*)
- 1/4 cup sugar
- 1 tblsp butter, melted
- 1 egg
- 1/4 tsp salt
- 2 tbsp white rum
- 2 tbsp milk
- 4 firm but ripe **Bananas**
- 1 tsp ground cinnamon
- 2 tbsp dark brown sugar

Heat oil to 190°C in a deep fryer. Mix cornflour and sugar in a bowl. Add butter, egg, salt, rum and milk, stirring until it forms a thick batter. Peel **Bananas** and cut into quarters. Mix cinnamon with brown sugar. Sprinkle half the cinnamon/brown sugar mixture on the **Banana** quarters. Roll **Banana** quarters in the batter and drop carefully into the hot oil, a few at a time. Fry for 2-3 minutes on each side, turning once until golden brown. Drain fried **Bananas** on paper towels and dust with remaining cinnamon/brown sugar mixture. Serve warm.

**Stovetop Banana Pudding**

- 2 eggs
- 1 1/2 cups of milk
- 1 pinch salt
- 1 tsp vanilla essence
- 3/4 cup of ALLflour
- 6 **Bananas**
- 1 pkt of cookies or biscuits (any) broken up
- 1 pinch ground nutmeg
- 1 pinch cinnamon

In a large pan, combine eggs, milk, salt and vanilla. Mix in flour and stir mixture over heat until it boils and thickens. Remove from heat and stir in **Bananas** and cookies.





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January was a busy month for our dedicated team of listeners and the number of calls we received was up from December. A huge thank you to all of our Listeners, who are based far and wide throughout Spain. They continue to work extremely hard to ensure that this invaluable service endures.

Our charity shop in the Punta Marina Mall in Punta Prima has seen a steady month with our dedicated Shop Volunteers continuing to provide their time to allow the organisation to function. We could not do it without you all. Thank you to all our wonderful Volunteers.

Our training packages are continuing to run which is great news for us as it increases

our pool of Listeners. If you think that you would like to join us as either a Listener, a Shop Volunteer or as a Trustee, then please do not hesitate to contact us at the email addresses below. We are constantly recruiting.

January was a hard month for many. The cold snap forced many people indoors which can result in loneliness. This can creep up on you very fast. If you think off-loading would help you, or if you know someone who needs to offload, **Samaritans in Spain** lines are open from 10am-10pm every day of the year and our fully trained Listeners are available if you need to talk. Remember we are here for you and together we are stronger. The

number to call is **FREEPHONE 900 525 100**.

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

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Isn't it amazing how our minds take us back to our childhood and youth and we remember the seemingly silliest things. We can remember clearly the things from sixty or more years ago and you may remember the old proverb **"In like a lion, out like a**

**lamb."** This old adage seems to be specific to the month of March which is now upon us.

You will probably be delighted that the cold, rainy days of February are behind us for another year and warmer days are on the horizon. If March has roared in like a lion, then we will want to trust that it will go out like a lamb and we can enjoy walks in the warmer air.

you would expect when dealing with the temple traders. As Christians we remember Jesus as the sacrificial lamb who died to take away our sins.

Why do we need someone to die in our place? The Bible tells us that all have sinned and fall short of the glory of God. We need a saviour to rescue us from the consequences of our wrongdoing. Jesus is our sacrificial lamb who died that we might live. He is a roaring lion who will triumph over the evil of this world, but He is also the lamb who sits on the throne of Heaven and pleads our case before His Heavenly Father.

You may have lived life on this earth a bit like a roaring lion – going your own way without even thinking how this affects your standing before God, but the good news is it isn't too late. No matter how old we are, no matter how bad we think we have been, Jesus is still waiting for you to come and seek forgiveness. His blood was shed for you and He longs to bring you into His Kingdom.

If you came through life as a lion but realise it's time to go out like a lamb, why not join us any Sunday? We meet in the Event Room above the Trevi Bar, Camposol B at 11am and we would be delighted to share some of God's love with you.



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This phrase can remind us that Jesus had the attributes of both the lion and the lamb. In the Old Testament there are a number of references to the Lion of Judah. Judah was one of the brothers of Joseph (he of the Technicolor Dreamcoat) and was a forefather of David and much later of Jesus. There are New Testament references to Jesus having the characteristics of a lion, especially when He overturned the tables in the temple and accused the vendors and money changers. In John's Gospel chapter 2 we read 'To those who sold doves He said, "Get these out of here! Stop turning my Father's house into a market!" Very strong words. This is the same Jesus who, in the previous chapter, John the Baptist said as he saw Jesus walking toward him "Look, the Lamb of God, who takes away the sin of the world!" This is quite some comparison. A lamb is considered to be one of the most gentle of animals and certainly not the characteristic







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INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge  
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**Murcia, the Levante and El Cid**

The substantial Chambers Dictionary defines 'Levante' as being "the eastern Mediterranean and its shores". Historically, however, the term 'Spanish Levante' was used to describe large areas of eastern Spain. Although references to the Spanish Levante have begun to die out, the phrase has still been used in comparatively recent times. For example, the British wine critic Jancis Robinson used the term 'Levante' as the collective name for two regions of Spain – the Valencia area and **Murcia** – in her 2006 book 'The Oxford Companion to Wine'. Throughout much of the last thousand years though, the Spanish Levante had a wider meaning and referred to areas such as coastal Catalonia, southern Aragon, the Balearics and eastern Castile La-Mancha, in addition to **Murcia** and the Valencia region. Nevertheless, **Murcia** and Valencia were at the real heart of the historical Levante.



Calle Levante, off the Paseo Marítimo Francisco Martínez Muñoz in Puerto de Mazarrón

The Levante (which simply translates as 'the east') has no modern geopolitical significance and it was never a term which was used much by its inhabitants. However, for those who lived in the west of the Iberian Peninsula, the Spanish Levante – with **Murcia** and Valencia at its core – was an area of great political significance. During the past 1,000 years of Spanish history, possibly the most charismatic and legendary figure to dominate the Levante was **Rodrigo Díaz de Vivar**, better known around the world as the great warrior **El Cid** (which translates from the Arabic as meaning 'the lord' or 'master').

**Rodrigo Díaz de Vivar** was born at Vivar, near Burgos, in 1043 and he went on to dominate **Murcia** and the Levante at the end of the 11<sup>th</sup> Century CE. The seat of his power was at the city of Valencia, where he ruled a pluralistic society of Muslims and Christians where adherents of both faiths could gain advancement. During his own lifetime, **El Cid** was better known to both Christians and Muslims in the Levante as **Rodrigo 'Campeador'** (the battlefield master). **El Cid** was really only a name given to the great man after his death in 1099. **Rodrigo Campeador/El Cid** became a celebrated Spanish hero in medieval times, after he was immortalised in the epic poem *El Cantar de mio Cid*, which created the myth of the Vivar man as the ideal, just, chivalrous, honest, brave and pious knight.

In reality, **El Cid** was far from being a perfect knight. He was certainly a courageous and skilled warrior and battlefield tactician, but he was also very motivated by personal power and wealth. He would fight for Christian and Muslim rulers in Spain, for the right money and had an uneasy, fluctuating relationship with both sides. Officially, he ruled Valencia and dominated **Murcia** and the Levante, in the name of Alphonso VI, Christian King of Aragon, Castile and Galicia. In practice though, **Rodrigo** was totally independent, ruling Valencia as a private fiefdom. He did much as he liked and when the Almaravid Berbers invaded southeast Spain in 1086, **Rodrigo, the Cid**, largely stood aloof from the conflict. It was **Alphonso** who resisted the Berber invasion and captured the castle of Aledo in **Murcia**, in order to drive a wedge between western and eastern Moors in the Iberian Peninsula. Even so, Alphonso VI needed **the Cid's** help, particularly after the king's Christian armies were crushed by the Berbers at the battle of Sagrajas. **Rodrigo** responded



Monument of El Cid unveiled in 1955 by Juan Cristobal Gonzalez Quesada courtesy of (ElCarminodesantiago09)

positively by coming to Alphonso's aid, in return for substantial amounts of land and money and the fame of **the Cid** was enhanced yet further.



Miniature representation of Alfonso VI of Castile courtesy of MaiDireLollo



Botellin de Estrella Levante (c) Roberto Pani

The legend of **Rodrigo Campeador/El Cid**, mushroomed during the course of the next 900 years, and was perpetuated in glorious style by the 1961 Hollywood epic *El Cid*, starring an impressively martial Charlton Heston, ably supported by Sophia Loren at her finest. Moreover, this was a blockbuster which largely followed the themes set out in the original medieval *El Cantar de Mio Cid*.



August Kuentzmann Damm c. 1877 courtesy of Estrella Damm

**Murcia** and the Levante never saw the likes of an **El Cid** again and over the centuries the significance of the Levante disappeared almost completely. Even so, modern legacies of the ancient Levante can still be seen in **Murcia** and southeast Spain. The legacy can be seen in a range of disparate items, from street signs and football teams, to the brand names of particular lager beers. Levante UD, for example, is a football team based in Valencia. The significance of the Levante in **Murcia** also lives on in its beer. The Sociedad Anonima Damm is a Spanish brewery founded in Barcelona in 1876, by the Alsatian August Kuentzmann Damm and Joseph Damm. In 1963, the brewery began producing Estrella Levante pilsner lager in Espinardo, **Murcia** and this beer, with its long echoes of history and eastern promise, has been in production ever since.

Adrian & Dawn Leyland Bridge  
January 2023

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**Spearmint** is a true multi-purpose essential oil and continues to be used to alleviate ailments such as headaches, nausea, vomiting, skin problems, respiratory problems and cold symptoms. **Spearmint** is commonly used in the flavouring industry, especially in sweets, gum, oral hygiene products & toothpaste.

**Spearmint Oils History**

**Spearmint's** name is derived from the fact that the leaves are pointed & spear shaped and the oil is obtained from the bright green *Mentha Spicata* herb. It has many aliases, being known variously as *Green, Spire, Lamb, Pea* and *Fish Mint* as well as *Garden Spearmint*. It is mostly known for its minty breath-freshening qualities and is used in oral hygiene products including sweets and gum, leaving its trademark tingly sensation that leaves the mouth feeling clean. It is one of the oldest mints and for centuries has been used for digestive issues, settling nausea, indigestion and bloating and is especially good as a digestive aid after eating. **Spearmint** is also common in Ayurvedic medicine for the same purpose in addition to calming headaches and soothing skin problems.

The **Spearmint** plant originated in the Mediterranean region and was widely used in Greece to scent bath water, treat sexually transmitted diseases and was also used as an aphrodisiac. **Spearmint** was introduced to Britain through the Romans by the 5th Century and became the favourite of physicians and herbalists for its medicinal properties and spicy herbaceous fragrance. It was ideal for relieving nausea, vomiting, and respiratory issues, including the common cold. It is less likely than its stronger cousin, **Peppermint Oil**, to cause irritations and was consequently often prescribed to people with sensitive skin, especially children and the elderly and was nicknamed 'The Gentler Mint Oil'.

**Uses of Spearmint Oil**

The uses are numerous, ranging from cosmetics and fragrances to medicinal. It is used in many forms such as sprays, soaps, gels, oils, shampoos, lotions and even candle making.

**Spearmint Essential Oil - Mentha spicata**

- Flatulence, indigestion, nausea, bloating
- Tooth & gum health
- Anti-oxidant
- Stimulant & tonic
- Decongestant & expectorant
- Cleans wounds & ulcers
- Disinfectant
- Neuralgia, nervous migraine & fatigue
- Natural pain reliever
- Anti-bacterial
- Lumbago & muscular ache
- Anti mosquito
- Anti-septic
- Speeds wound healing
- Anti-bacterial

**Aromatherapy Uses**

**Spearmint Oil's** fragrance is inhaled and scent receptors in the brain process the smell as soothing, enabling the body and brain to settle & relax. Using Spearmint Oil in a diffuser can reduce cough symptoms by loosening phlegm and improving respiration. It can help relieve headaches and flatulence associated with digestion. When inhaled, it can calm feelings of anxiety and stress and can boost concentration while studying by reducing feelings of anxiety.

**Topical Uses**

**Spearmint Oil** can relieve skin irritations caused by insect bites, itchiness and other fungal skin conditions such as Athlete's Foot. When diluted with carrier oils such as Olive, Almond, Grapeseed, or Evening Primrose oils, it can be applied by massage to relieve pains and aches including abdominal & menstrual pain, as well as muscle spasms.

Use a few drops in bath water to help reduce inflammation, fever, fatigue and nasal congestion.

Add a few drops to moisturising lotions, to help unclog pores and leave the skin feeling cool and refreshed.

**In The Home**

To make a natural effective antiseptic

home cleaning paste, combine **Spearmint Essential Oil** with liquid Castile soap, baking soda and warm water before applying to surfaces such as sinks, bathtubs and kitchen counter-tops. Leave the paste on the surfaces for a few minutes, scrub with a sponge then rinse off with water.

For an anti-insect spray, add a few drops of **Spearmint Oil** diluted in a spritzer bottle with water and spray around the house, especially around windows and doors and inside cupboards, to ward off ants and other insects.

Drip a few drops onto cotton pads and leave where mice like to congregate, as mice do not like the mint oils. For a clean floor, combine **Spearmint Essential Oil**, vinegar and water. Spritz and wipe.

**Spearmint Oil Is Best Known As:**

An antiseptic, as it cleans wounds and ulcers and speeds up wound healing. For tooth & gum health. For easing flatulence, indigestion, nausea, heartburn & bloating. For calming neuralgia, nervous migraine & nervous fatigue. For easing lumbago & muscular ache. For an effective insecticide, especially for mosquitoes.

**Spearmint Oil**

Botanical name: *Mentha spicata*  
 Origin: Found in India, Middle East, China & Europe  
 Aroma characteristics: Sharp, pungent and slightly spicy crisp herbaceous aroma.

All the essential oils highlighted in this column are available at The Emporium of the Enchanted Forest (inside the VaVa Yoga Studio), and you can explore our Apothecary and discuss any questions you may have with me, Ashli.

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

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

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Hair by Melissa, Tonya, Elo, Marisamen, Tegan, Wendy, Shauna, Lynsey and Domini

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Blowdry from 10€  
Cut & Blowdry from 19€  
Gents Cuts from 5€  
Regrowth Colour Inc Blowdry from 19€  
Foil Half Head Inc Blowdry from 26€  
Foil Full Head Inc Blowdry 36€  
Perm Inc Blowdry from 28€

### Nail Bar

Nails By Elo, Marisamen, Tegan, Lynsey, and Fallon

Normal Polish/Shellac/Gel Polish  
Hands or Toes inc soak off 15€  
Manicure Normal Polish/  
Shellac/ Gel Polish Inc Soak Off 18€  
Pedicure Normal Polish  
Shellac/Gel Polish Inc Soak Off 22€  
Gel/Acrylic Extensions 28€  
Inc Polish 35€  
Infile 18€ Inc Polish 26€  
Overlays 20€ Inc Polish 28€  
Nail art extra

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Toes Shellac/ Gel Polish 30€

Offer No 2  
Luxury Fodol 45 Mins Hands Or Toes  
Shellac/Gel Polish 30€

Offer No 3  
Eyelash , Brow Tint & Brow Shape 13€

Offer No 4  
Pedicure Inc Polish & Manicure Inc Polish 30€

Offer No 5  
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Luxury Fodol 1 Hr 22€  
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Waxing from 4€  
Brow Tint 6€  
Eyelash Tint 7€  
Henna Brows 12€  
Hopi Ear Candles 15€  
Eyelash Individual Extensions 30€  
Eyelash Lift & Tint 30€

### \*\*\*\* MASSAGES \*\*\*\*

Swedish full body massage 1 hour 30€  
Back & shoulder massage 30 min 20€  
Infion Head massage 30 min 17€  
Deep tissue massage 20 mins 20€  
Hot stone massage 1hr 30€  
lymphatic drainage massage inc reflex point  
foot massage 1 hr 25€ or 1 hr 15: 30€

NEWS

# British Embassy Madrid



### Six Arrested - Seven To Go

NCA launches renewed appeal to trace Most Wanted fugitives.

The National Crime Agency and partners have renewed an appeal to help trace some of the UK's most wanted fugitives. Twelve months ago the NCA launched its most recent appeal to find 13 men who had gone on the run – all believed to be hiding in Spain, or with strong links to the country. In that time, six wanted men had been traced, arrested and are at various stages of the extradition and judicial process. Today, the appeal - run in conjunction with independent charity Crimestoppers, Spanish law enforcement, and UK policing - is renewed.

### The Wanted Men:

Heavily tattooed **Jack Mayle**, 31, on suspicion of supplying Class A drug MDMA and other drugs. **Mayle** was suspected of running a drug line in south London and allegedly worked with a dark web drugs' supplier. When he fled from Croydon he had a tattooed neck, a diamond tattoo under his left eye and 'Croydon' inked on the outside of his left forearm. On both hands he has tattoos on his fingers reading 'trap star'. His neck is tattooed with warriors and religious figures on horses. He has a full back tattoo. May have tried to alter his appearance.

He is known to carry weapons; is a regular gym goer and vegan..

Two men from Cardiff are wanted by South Wales Police for Class A drugs' offences allegedly organised on the encrypted communications platform EncroChat. Muscularly built **Asim Naveed**, 31 Asian, 6ft 2in tall, with surgical scar along left

wrist, is accused of playing a leading role in a highly organised crime group (OCG) that trafficked 46 kilos of cocaine into Wales between February & June 2020, worth up to nearly £8m.

**Calvin Parris**, 33, black, 5ft 11in, medium build, with gold upper teeth, is accused of being a customer of **Naveed's** OCG and selling cocaine in Cardiff.

**John James Jones**, 32, white, around 6ft tall, stocky with dark hair, of Ormskirk, Lancashire, is wanted for wounding with intent. **Jones** allegedly stabbed two victims with a knife causing serious injuries. It is believed he fled the UK and there is information to show he stayed at a hotel in Madrid the night after the stabbings, but left rapidly the next morning.

**Callum Michael Allan**, 24, around

**Roberts** has links to Scotland and Spain.

**Alex Male**, 30, white, around 6ft tall with stocky build, is alleged to be a regional distributor of drugs across the SW of England, buying and selling drugs and managing other distributors who operated under his instruction using EncroChat. He is accused of conspiracy to supply cocaine and ketamine, money laundering and conspiracy to acquire a firearm. **Male** has a full sleeve tattoo on his left arm with a family tree. 'Love' is tattooed on his left hand along with a swallow and he has three stars tattooed on his left wrist. He has a full tribal sleeve tattoo on his right arm going onto his chest with an angel on his back and 'live' tattooed on his right hand. Last known address is Garland Avenue, Weston-Super-Mare, but he has links to Spain, Portugal and Turkey.

**WANTED / SE BUSCA**

Help us find them  
Call Crimestoppers anonymously on  
**900 926 111** from Spain  
**0800 555 111** from the UK

NCA CrimeStoppers  
National Crime Agency Speak up. Stop crime.

The NCA's International Crime Bureau and International Liaison Officers work with foreign law enforcement on behalf of UK police forces to track and arrest criminals wherever they are in the world. It's usual for fugitives to continue to commit crime whilst on the run and these men will be known in criminal circles wherever they are and some will be trying to blend in to the large British communities for whom Spain is home.

Lord Ashcroft, founder of the charity Crimestoppers UK, said: "We are incredibly grateful to the public for supporting our joint campaign with the NCA. By passing on vital information, their actions have helped catch wanted individuals who pose a genuine danger to our communities. If you know the whereabouts of any of the remaining **Most Wanted Fugitives**, please tell our charity. We are available 24/7, so contact us either online or on the phone. Your personal details will never be asked for."

Anyone with information should call **Crimestoppers** anonymously on **0800 555 111** or fill out an anonymous online form at the UK charity's website **Crimestoppers-uk.org**. Callers in Spain should dial the freephone Spanish number **900 926 111**, which will be answered by **Crimestoppers** in the UK (using translation if required). Visit the NCA and **Crimestoppers'** websites and look at the individuals who are Most Wanted.

Contact the relevant police force/agency regarding individual fugitive enquiries: NCA on **0207 9795835** [press.office@nca.gov.uk](mailto:press.office@nca.gov.uk) Crimestoppers [press.office@crimestoppers-uk.org](mailto:press.office@crimestoppers-uk.org)

182cms tall with fine hair, blue eyes, slim build and a Tyneside accent is wanted for 12 alleged offences including: possession with intent to supply heroin and cocaine, possession of cannabis, assaulting an emergency worker, affray and dangerous driving. On 11<sup>th</sup> June 2019 police raided a house suspected to be used for drugs deals. **Allan** fled and assaulted two officers who restrained him. He was in possession of 113.29gm of heroin. He was charged and appeared at court in April 2020 where he was given unconditional bail but failed to return. Links to Alicante and Marbella.

**Mark Francis Roberts**, 29, white, 6ft 1in tall, of medium build, has a 7.6cm scar down his right leg. He has green eyes with heavy eyebrows. He is right handed and has a potential scar on arm obtained during the attempted robbery. From Liverpool, **Roberts** is wanted for alleged grievous bodily harm and the attempted robbery of a man's £60,000 Richard Mille watch. The victim was attacked by two men with a blade at around 1.30am on 30<sup>th</sup> September 2016 after he parked his car on his home driveway. The victim refused to surrender his watch and was so badly injured he suffered life-threatening injuries and was treated in a critical care unit for puncture wounds, a collapsed lung and many lacerations. The victim heard one of the attackers say he'd cut himself in the attack and **Roberts'** blood was later identified at the scene.

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# What's On What To Do, Where To Go

**RED** – Entertainment  
**ORANGE** – Special menus  
**PURPLE** – Market, exhibitions, leisure & meetings

**GREEN** – Charity & non-profit making events  
**BLACK** – Fiestas & important events

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

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

**Every Day**

**Fossil Exhibition @ Lorca** (until 24<sup>th</sup>)  
**Photography Exhibition @ Monte Arabi Regional Visitor's Centre, Yecla** Fri/Sat  
 9am-2pm/4pm-7.30pm, Sun 9am-3pm (until 31<sup>st</sup>)  
**Contemporáneos de Coronado Permanent Art Exhibition @ Aguilas** (Thurs-Sun 7-10pm)  
**Carnival Museum @ Aguilas** (Tues-Sat 9am-2pm & 4pm-9pm)

**Breakfast @ Casaflor, Mojácar** (closed Weds)  
**Breakfast @ The Old Market Tavern, Pto de Mazarrón** (closed Mon)  
**Menu del Dia @ The Old Market Tavern, Pto de Mazarrón** 12€ (closed Mon)  
**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)  
**Fish and Chips @ The Old Market Tavern, Pto de Mazarrón** (closed Mon)

**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  
**Free Self Defence Workshop for Women @ Aguilas** 11am (until May)  
**Friendship Group @ Los Alcazares** 11am  
**Free Pilates Workshop for Women @ Aguilas** 7pm (until May)

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

**Every Tue**

**Camposol Golf Association Ladies' Game @ Camposol C** 9am  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Info Centre 9.25am  
**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  
**Age Concern Vintage Shop Open @ Camposol C** 10am-1pm

**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



Rehearsals every Thursday  
 10.30am to 1pm  
 Centro Municipal Las Claras,  
 Calle Helena, Los Narejos,  
 Los Alcázares

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

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**Free Wellness Dance Class @** Aguilas 11am (March)

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

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



**Every Fri**

**Camposol D Bucket Collection @** The Hut 9.30am-12pm  
**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  
**Age Concern 'Men Only' Morning @** Camposol C 10am-1pm  
**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  
**Antique & Collectable Market @** Aguilas 10am  
**San Javier Squalos Rugby @** San Javier (6-10 yrs 10am)  
**Guided Visit Museum of The Tower Of Santiago, Totana** 10am  
**Eco Park 'Coto de las Maravillas' open @** Cehegín 10am-5pm  
**Guided Visit to La Bastida, Totana** 3.40€ (2.50€ disc) 10am/12pm  
**Archaeological See of Begastrí @** Cehegín 10am-2pm  
**Camposol Free Community Sports Walking Netball @** Condado de Alhama 10am  
**Esparto Workshop @** Los Puertos de Santa Bárbara Ethnographic Museum 10.30am-12.30pm (Mar)  
**2½hr Free Guided Tour of Historic Aguilas** 11am  
**Harlequin Rock Choir Rehearsals @** Social Centre, Camposol B 1.30pm  
**Guided tours @ Finca Astronomica** 7.30pm



**Every Sunday**

**Antique and Second Hand Market @** Cañadas del Romero 8am-1pm  
**Dog Club Bolnuevo Beach @** 9am Bring your dog to socialise with other dogs/owners  
**Car Boot Sale @** Camposol A  
**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€

**MARCH**

**Wednesday 1**

**St David's Day**

**Thursday 2**

**Ladies Circle Pto de Mazarrón Trip to Ikea/Nueva Condomina**

**Friday 3**

**3 Day Historical Recreation & Baroque Market @** Huércal Overa (until 5<sup>th</sup>)  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Scenes And Gods @** Nuevo Teatro Circo, Cartagena from 8€

**Saturday 4**

**WARM Walk at Bullas**  
**10km Route Through The Water Path Of Perín** 9am-2pm  
**Theatrical Visit Myths & Legends Of Lorca, Fun for all the family** 5pm  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am

**Noa Caleo** on the balcony of Cartagena Town Hall @ 12pm  
**Adrian Ruiz** on the Ana Laíz Balcony @ Cartagena 1pm  
**Tribute Band Thunderman ACDC @** Lorca from 5pm  
**Lydia Martín** on the balcony of the Capitania, Cartagena @ 8pm  
**The Karmakadabra Group** on the balcony of the Capitania, Cartagena @ 9pm

**Age Concern Vintage Table Top Sale @** Age Concern Social Centre, Camposol C 10.30am-2pm  
**Friends of Mazarrón Animals The All Skas @** Pto de Mazarrón 10€ 7.30pm





- Sunday 5** **Artisan Market @ Bullas** 9am-2pm  
**Duathlon Caravaca de la Cruz 2023** from 9.30am  
**Mazarrón FC v Algezares UD (home)**  
**Children's Musical Show @ Jumilla** 11am and 1pm  
**Forget Me Not Quiz @ Camposol B** 5.30pm
- Monday 6** **Los Amigos Golf Society Competition**
- Tuesday 7** **Monthly 'B' Clean Meeting @ Camposol B** 4pm  
**Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón** 6pm
- Wednesday 8** **International Women's Day**  
**SWARM Walk at Calasparra**  
**Welcome House Card Crafting Class @ Cehegín** 11am  
**Free Performance by Wind Quintet Group @ Cartagena** 6.30pm
- Thursday 9** **Ladies' Chatterbox Meeting @ The Social Centre, Camposol B** 2pm  
**Ladies' Circle Pto de Mazarrón feat Oasis Fashion @ Pto de Mazarrón**
- Friday 10** **Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am  
**Flamenco Professional Sara Baras performs 'Alma' @ Cartagena** from 35€ 9pm
- Saturday 11** **The History of a Village, Cultural Talk "Why the physical activity for the veterans?" @ Casa de Cultura, Balsapintada** 11.45am  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am  
**Lebouns @ Lorca** from 5pm  
**Swing/Jazz Saxophonist Ray Gelato @ Aguilas** 15€ 8.30pm and 10pm  
**Friends of Mazarrón Animals Market feat Harlequin Rock Choir @ Bolnuevo** 11.30am
- Sunday 12** **Commonwealth Day**  
**Artisan Market @ Mula**  
**2 hour guide tour of Jumilla** 2€ 10.30am  
**2 hour guided tour of Historic Lorca inc visit to Embroidery Museum** 2€ 11.30am  
**5km Walk/Run/Jog in aid of Red Cross.** 3€. 12pm. Departure from Red Cross, Mojàcar Playa  
**The History of a Village, Cultural Talk "Once upon a time there was a pond" @ Casa de Cultura, Balsapintada** 7.30pm
- Monday 13** **Los Reyes Golf Society Competition**
- Wednesday 15** **Friends of Mazarrón Animals Quiz Night @ Pto de Mazarrón** 3€ 7pm
- Thursday 16** **Ladies' Circle Pto de Mazarrón Meeting with talk from Maureen Kent @ Pto de Mazarrón**
- Friday 17** **St Patrick's Day**  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am  
**The Bremen Musicians @ Nuevo Teatro Circo, Cartagena** from 12€
- Saturday 18** **Warm Walk at Ricote**  
**Artisan Market @ Paseo de las Comunidades, Pto de Mazarrón** 10am-2pm  
**Free Guided Tour of Sierra Espuña Snow Wells** 10.30am  
**The History of a Village, Cultural Talk "The plant and animal kingdoms in the Murcian spoken tradition" @ Casa de Cultura, Balsapintada** 6.45pm  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am  
**Distillates @ Lorca** from 5pm



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- Sunday 19** **San José (Spanish Father's Day)**  
**Mothering Sunday (UK)**  
 Artisan Market @ Caravaca  
 'Ruta del Ferrocarril' (Railway Route) with Aguilas Tourist Information Centre  
 Artisan Market @ Sanctuary de la Esperanza, Calasparra 10am-6pm  
 SAMM Race Day @ CAR Centre, Los Narejos from 10am
- Monday 20** **Free Cookery Class for beginners** @ Alhama 5pm
- Wednesday 22** **World Water Day**  
**Free Cookery Class for beginners** @ Alhama 5pm  
**Tarandot Opera** @ Lorca from 15€ 9pm
- Thursday 23** **Ladies' Circle Pto de Mazarrón with visit/stalls from FMA** @ Pto de Mazarrón
- Friday 24** **Equimur International Purebred Horse Show @ IFEPA**, Torre Pacheco 8€ 9am-9.30pm  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am
- Saturday 25** **Equimur International Purebred Horse Show @ IFEPA**, Torre Pacheco 8€ 9am-9.30pm  
**WARM Walk at Cehegin**  
**Free Guided Tour of Monte Arabi in Yecla** 10.30am  
**Free Guided Tour of Cabezo Gordo** 11am  
**Open Door Open Mic Garden Picnic** @ Los Almagros 1pm  
**Youth Workshops** (12-17 yrs) incl ping pong/badminton/singing/dancing @ Totana 7pm-12am  
**The History of a Village, Cultural Talk "Stirring?? Up Rome with Santiago,**  
**Balsapintada in its history"** @ Casa de Cultura, Balsapintada 7.45pm  
**The Jukevox** @ Lorca from 5pm  
**Free Classical Music Event** @ New Winter Theatre, San Javier 7.30pm
- Sunday 26** **British Summer Time** (clocks go on one hour)  
**Equimur International Purebred Horse Show @ IFEPA**, Torre Pacheco 8€ 9am-7pm  
**Artisan Market** @ Plaza del Castillo, Cehegin 10am  
**SAMM Race Day** @ CAR Centre, Los Narejos from 10am  
**Free Cookery Class for beginners** @ Alhama 5pm  
**Live performances from "D" Kamino Group (Bolero, Cha, Cha, Cuban/Latin Music)** @ Balsapintada 7.30pm
- Tuesday 28** **Los Amigos de Mazarrón FC 3 Course Dinner/Dance** @ Camposol A  
 20€ (25€ non members) 7.30pm
- Wednesday 29** **Free Cookery Class for beginners** @ Alhama 5pm  
**Age Concern Menu del Dia** @ Camposol B 15€
- Thursday 30** **Ladies Circle Pto de Mazarrón Trip to Benidorm**  
**Fuente Old Guards Golf Society Competition**
- Friday 31** **Friends of Mazarrón Animals Magenta Slipperz** @ Pto de Mazarrón 5€ 7.30pm
- APRIL**
- Saturday 1** **WARM Walk at Monte Arabi**  
**Theatrical Visit Myths & Legends Of Lorca, Fun for all the family 5pm**  
**Helping Hands Take That Tribute** @ Camposol B 20€ incl food, 8pm
- Sunday 2** **Artisan Market** @ Bullas 9am-2pm  
**SAMM Race Day** @ CAR Centre, Los Narejos from 10am
- Tuesday 4** **SAMM Golf Society Competition**  
**Monthly 'B' Clean Meeting** @ Camposol B 4pm  
**Stamp Collectors Meeting** @ Biblioteca, Pto de Mazarrón 6pm
- Thursday 6** **Jueves Santo (Maundy Thursday)**  
**Ladies' Circle Pto de Mazarrón Easter Celebration** @ Pto de Mazarrón
- Friday 7** **Viernes Santo (Good Friday)**  
**Friends of Mazarrón Animals Adele Tribute** @ Pto de Mazarrón 10€ 7.30pm



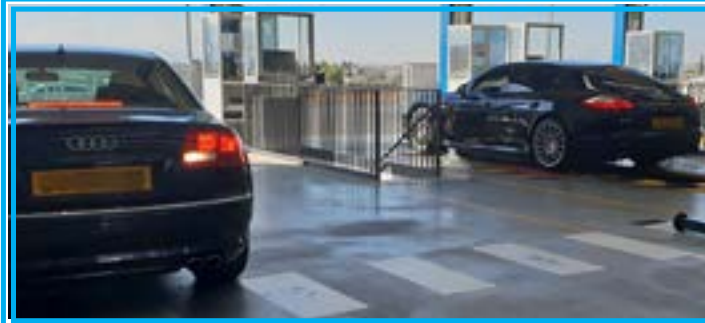
**EDITORIAL** **Driving in Spain**  
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**Driving A Foreign Vehicle In Spain**

**Basic Rules**

As a general rule, a non-resident can drive a foreign registered vehicle in Spain for up to six months in a calendar year. However, for a Spanish resident, it's just 30 days from the date the vehicle first entered the country. In all cases the vehicle needs to be fully legal in the country of current registration. For example, if you have a UK vehicle then it must be taxed, have a current MOT and of course be insured.



Audi and Porsche at ITV

**Overstaying**

If you drive your vehicle for longer than the above, Spanish authorities may consider that you are importing the vehicle and issue you with a notice to pay the import taxes and customs duties if applicable, as well as an associated fine.

**Documentation**

When driving in Spain, it is mandatory to carry your driving licence, original vehicle registration document (logbook), passport or ID card and for a foreign registered vehicle, proof of insurance. If your driving

licence is non- EU then you may also need an International Driving Permit (IDP).

**Proof Of Entry**

It is also essential when driving a foreign vehicle that you have adequate proof of when your vehicle entered Spain, in case you are stopped, as the onus will be on you to provide this. Normal proof could be a ferry ticket, Eurotunnel receipt, border crossing documentation (such as a stamped date in your passport), toll receipts that show the date and time of entry, or a transport company delivery note and invoice.

**Confiscation**

When stopped, if you cannot satisfy the

police or Guardia Civil that your car hasn't overstayed its welcome then they are within their rights to impound your vehicle. To retrieve your vehicle you will have to pay any fines issued, along with any tow truck and storage fees. You may also have to pay import taxes or customs duty if applicable. (You will also need to show a valid driver's licence and proof of insurance when you collect the vehicle.)

**Help**

If your vehicle has been impounded **Car Registrations Spain** can usually help, so please don't hesitate to get in touch if you find yourself in this unenviable position. Likewise, if you have a foreign registered vehicle that you would like to register onto Spanish plates, please contact a member of our team by phone, email or via our website.

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# SPORTS & LEISURE SECTION



## SPORTS

### SAMM Golf Society Sailing Association Mar Menor

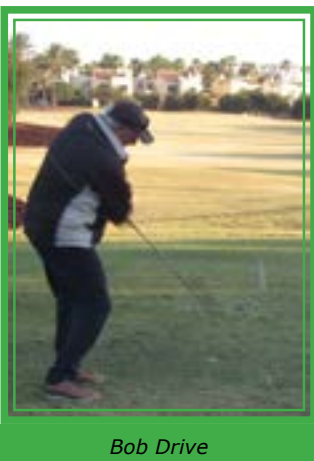
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#### SAMM Golf New Year's Honours Monday 31<sup>st</sup> January 2023

Roda Golf was the venue for the first game of 2023, another joint venture with the **Royal Oak Golfers**. From a chilly early morning 1<sup>st</sup> Tee, **SAMM Captain** for the day, **Bob Lagden**, led us off. **Bob Threder** won the longest drive while **Rosalind Smith** won both **Nearest**



Bob Drive

the **Pin** on the 13<sup>th</sup> and the **Stableford** with 35 points. Congratulations both.

Roda's restaurant with its elevated views over the island green par 3 7th and of the 18<sup>th</sup> green, played host to the after-game refreshments with much forensic discussions of the day's highs and lows. Just remember one thing: a bad day on the golf course is still better than a good day in the office.

Thank you all for another great day out.

Next **SAMM Golf Society** venue is La Torre on 4<sup>th</sup> April. If you would like to join this game please mail [sammgolfociety@gmail.com](mailto:sammgolfociety@gmail.com)

Following Covid and Brexit we are looking for new members. If you would like to know more about us, go to our Facebook pages or website or email [membership@sailingmarmenor.com](mailto:membership@sailingmarmenor.com)

#### SAMM - Sailing Association Mar Menor.

**SAMM** encompasses dinghy to catamaran sailing, cruising and motorboat groups. Following Covid and Brexit we are looking for new members.



Race Day

If you like sailing and want to know more, email [sammracing@yahoo.co.uk](mailto:sammracing@yahoo.co.uk) or follow us on our new Facebook Page **Sailing Association Mar Menor Golf Society**

## SPORTS

### Straight Down the Middle Golf Society

[sdtmsec@gmail.com](mailto:sdtmsec@gmail.com)



For the January competition **Straight Down the Middle Golf Society** travelled to Hacienda del Alamo. It was probably the worst weather we have experienced for our monthly competition



Winner Section A - Brian Tape

for many a year. 'Hurricane Hacienda' had taken full hold on the golf course and even the party of Norwegian golfers that were in attendance decided to go off somewhere different that day. It was reminiscent of Scott versus Aundsen trying to get to the South Pole, but the Brits came out on top this time! Nonetheless the brave (or foolhardy) members of **Straight Down the**



Winner & Runner Up Section B - Mick Wheeler and Terry Haggerty

the wind blowing balls off the greens and even 3ft putts were being blown 20ft past the hole when the wind got hold of them!



Nearest Pin Hole 15 - Roy Alderslade

Our thanks go to the staff at Hacienda as the course was in great condition and the greens were lightning quick as there was an amateur championship being played there a few days later (hence the Norwegians) and weather aside everyone seemed in good spirits when we returned to Trevi Bar on Camposol for our prize giving and much needed hot chip butties! Thank you to Trevi Bar for being so accommodating as usual!

#### Results:

##### Section A

Winner - Brian Tape  
Runner-Up - Mick Daly

##### Section B

Winner - Mick Wheeler  
Runner-Up - Terry Haggerty  
**Nearest the Pin** hole 5 - No Winner  
**Nearest the Pin** hole 15 - Roy Alderslade

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**SPORTS**

# Los Amigos de Mazarrón FC

[www.fb.me/Mazarrón2016](http://www.fb.me/Mazarrón2016)

[www.mazarronfc.es/introen](http://www.mazarronfc.es/introen)



After their 1-0 away over CD Lumbreras on 15<sup>th</sup> January, **Mazarrón FC** had a disastrous run of three games in which they failed to win a point. Firstly, they entertained lowly EF La Aljorra at home in a game which saw them without the services of two key players; central defender Lopez who was suspended and midfielder Andreo who was injured. **MFC** totally dominated the game, hitting the woodwork on numerous occasions and missing a number of fairly simple chances. What made things worse was the appalling tactics of the visiting team and a dreadful performance by the referee who was taken in by their display of falling to the ground after every tackle to break up the flow of the game. The visitors scored in a breakaway movement on the hour mark and thereafter their play-acting got even worse.

The defeat saw CD Algar move up to second place above **MFC**, but when Algar were held to a 1-1 draw away to Aguilas in a Saturday evening game, **MFC** had the chance to move back to second when they entertained local rivals Olímpico de Totana the following day. Without the suspended Chiky Ardil, **MFC** were light on attacking power and although they again had much of the possession, the visitors managed to score the winning goal in the 90<sup>th</sup> minute. The defeat saw **MFC** slip two points behind CD Algar with four games of the season remaining; two at home against bottom of the table Mar Menor and Algezares UD and two away against Atletico Santa Cruz and local rivals Bala Azul. Should **MFC** manage to regain second place at the end of the season, they will face a two-leg play-off against the team which finishes second in the other Preferente League Group, currently EDF Churra, to decide who gains promotion to the Tercera Division.

[dereksocialfc@gmail.com](mailto:dereksocialfc@gmail.com) to book or for more information

**Tuesday 16<sup>th</sup> May - Race Night** @ Alley Palais, Camposol B  
Doors open 7pm with first race at 7.30pm. Tickets on sale soon. Full details will be announced on our Facebook page and in next month's edition.  
We will be looking for race sponsors and people to sponsor horses and jockeys. If you are interested please email [dtbusinessolutions@hotmail.com](mailto:dtbusinessolutions@hotmail.com) for more information.

**September - Black-Tie Dinner** @ Restaurante Amapola, Bolnuevo. There will be a three-course meal, a glass of prosecco on arrival and entertainment. A coach will be provided for members to and from the venue. Full details, including menu and prices will be announced on our Facebook page and in next month's edition.



Before the game at Balsicas



Players and Staff Dinner



The following week was the big game when a six-pointer pitched second placed **MFC** away to league leaders Balsicas Atletico. Having beaten Balsicas 4-1 at the Estadio Municipal earlier in the season, **MFC** travelled to the game in a confident mood, backed by the largest away following of the season. Unfortunately, it was the home team who dominated the game with **MFC** restricted to a handful of half-chances. The winning goal for Balsicas came on 62 minutes and to make matters worse, leading scorer Chiky Ardil picked up his fifth yellow card of the season, resulting in a one match ban and Chera was sent off for what appeared to be an innocuous 50-50 challenge.

Voting continued for the **Los Amigos de Mazarrón FC Player of the Season** award at every game up to the penultimate home game against Mar Menor and the winner will be presented with his trophy before the final game of the season at home to Algezares UD on 5<sup>th</sup> March.

Los Amigos Memberships is €20/yr. Members and a partner are entitled to discount on coach travel to away games and to all **Los Amigos** social activities. Members only are allowed to attend the monthly business meetings. Membership forms are available at our weekly meetings or email Membership Secretary, Russ McMillan [8254981@gmail.com](mailto:8254981@gmail.com)

Full details of all games, dates and kick off times are advertised in the local media, on [fb.me/mazarron2016](http://fb.me/mazarron2016) and on posters at various points throughout Camposol and Mazarrón.

**Los Amigos** meetings are held every Thursday at Mariano's, Camposol A at 4pm.

**Forthcoming game:-**  
**5<sup>th</sup> March** - Algezares UD - home  
**Tuesday 28<sup>th</sup> March - Dinner Dance** @ Mariano's, Camposol A 7.30pm-11.30 pm

There will be a three-course meal with coffee and one glass of wine/beer/water included. All drinks must be paid for after the first drink. Entertainment by Rees, a popular vocalist.  
Tickets €20 for members/€25 for non-members to include coach to and from the venue.  
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**SPORTS**

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



**SAMM Cruising Group Enjoy Lunch Meeting**

Members of the **SAMM Cruising and Independent Group** and friends recently met for one of their bi-annual social gathering lunches at the Mar Menor Club de Regatas Los Alcazares, before group coordinator Heather had to return to the UK under the 90 day rule and a good time was enjoyed by all.

The **Cruising Group** comprises of owners of sailing cruisers and other **SAMM** members who are available and interested in crewing. Most boats are currently based in marinas close to the Mar Menor. Boats make regular, often weekly day-sails along the Mediterranean coast or on the Mar Menor and back to their home port, anchoring for lunch and having



a swim in suitable weather. Sometimes they have longer trips for an overnight stay at another marina or at anchor somewhere like Tabarca Island.

Regular two or three week cruises, often in company as a small flotilla, North to say Denia, South towards Almeria or across to the Balearic Islands are also organised most years.

**SAMM** is always looking for new boat owners to join the **Cruising Group** so, if you have a boat in a marina between Cartagena and Guardamar and want to meet and sail with like-minded people: email [cisailing3@gmail.com](mailto:cisailing3@gmail.com)

**SAMM Race Season Starting**

The 2023 **SAMM Racing Season** kicks off on Sunday March 19<sup>th</sup>. This year, at the request of members for some mid-week racing, there will be racing every Sunday for three weeks, then on Wednesday for the 4th week. This pattern will continue throughout the season.

With such a mixed fleet, experience shows

that the Average Lap System works best. This is where all boats compete to do as many laps as possible in a given time, usually one hour. However there will be the occasional Pursuit Race or a longer distance race.

Boats are handicapped, just like golfers, using the RYA PY system, but adjusted to suit our fleet and conditions. The system works well as every boat that raced in 2022 was triumphant at least once, showing that the handicaps are accurate.

Our racing takes place on the Mar Menor from our base at the CAR Centre at Los Narejos and only bad weather or other events at CAR will stop us from racing. **Non-SAMM** members of any nationality and other boats are welcome to join us given prior notice via the email below, but must have insurance for racing. Registration is at 10am. There are normally two 1hr races back-to-back and the first race starts at about 11am.

For more information go to the **SAMM** website at [www.sailingmarmenor.com](http://www.sailingmarmenor.com) or email [sammracing@yahoo.co.uk](mailto:sammracing@yahoo.co.uk)

**SPORTS**

**Drone Seekers International**

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



**Drone Seekers** was started up as a Facebook group here in Spain, by Shaun Mathews nearly 10 years ago. When he retired 4 years ago to concentrate on his hugely successful **Expat in Mazarrón** channel, Stephen Gardner in the UK took over running the group. The name was changed to **Drone Seekers International** and the group has gone from strength to strength and has sections all over the world! The group encourages safe flying, training and registration in line with your country's laws and it wants to promote this fantastic hobby!

If you love **Drones** or are considering a new hobby come and join the Facebook group which will put you in touch with your local section. Search **Drone Seekers International** on Facebook or copy the following link: <https://www.facebook.com/groups/1980281998867305>

The **Drone Seekers International, Spanish Section** meet up once or twice a month. In January we met up at the **Mahoya Desert** and **Mazarrón Mines**. Members are from all over the Murcia Region, so travelling to various locations is expected but interesting due to diverse scenery and architecture in the Region.



Mahoya group higher

At the **Mahoya Desert** meeting, after a couple of hours flying, a bonus was Terry's Terrific Transporter Tasty Treats – Bacon Sandwiches and Frankfurter Butties (see photo). Eating these whilst sitting in the warm sunshine in mid-January was a great end to the morning whilst discussing the next location – **Mazarrón Mines** came out favourite for Monday 30<sup>th</sup> January.



Terry's Terrific Transporter Tasty Treats

Meeting at the **Mazarrón Mines** was arranged for 11am, although 'someone who will remain anonymous' arrived late due to being caught up in a Peace March going through Mazarrón Town! We had a short walk (or drive in some cases) that took us up a track which brought the Group to a wide open space enough for the 7 flyers to find their own space to explore the surrounding buildings in various degrees of dilapidation and mining excavations.

**History of the Mines** - The first mining operations date from the Bronze Age, although the Romans were the most successful in this enterprise between the second century BC and the second century AD. Subsequently, during the Middle Ages, the activities did not reach a large volume judging by archaeological evidence, with a more likely Islamic exploitation taking advantage of existing facilities. The mining

operations ceased in 1969.

Whilst the 2 DJI Avata flyers initially took to the buildings for their expert flying through rubble, windows and doorways, the rest took to the skies with their DJI Mini's or the FPV (First Person View), named Brutus to explore up, down and around the enormous site. The views from around the Mazarrón area were spectacular and if you copy the link above, you should be able to find some of the amazing videos. Nobody crashed, or owned up to crashing, dropped into water, or lost their drone on this occasion and it was a spectacular location which no doubt will be used again.



DJI Avata Mazarron

Dedicated to not only flying Drones, the **Drone Seekers in Spain** also like to eat and Restaurant Maypu provided a great Menu del Dia to finish off the day and discuss the next location.

If you would like to join the **Drone Seekers International (Spain)**, please contact us through our Facebook page.



**SPORTS**

**Los Amigos Golf Society**



www.losamigosgolfsociety.es

**Aguilon Awayday**

We gathered on a chilly morning waiting with baited breath for the coach to take us on our much anticipated day of wonderful golf: And we waited  
And we waited  
I could hear and feel the voices  
"Where's the coach?"  
"How long have we got?"  
"Are you sure you've booked it?"  
"I need a wee!"

Eventually the coach turned up about 25 mins late to a chorus of muted cheers and we climbed aboard not realising that all of us were about to participate on a Magical Mystery Tour arriving belatedly at Aguilón. The mutiny was soon nullified with coffee and bacon rolls, as well as a few brandies on arrival. Easily pleased us lot!

Score cards and buggy keys handed out and with the usual pre-game excitement we teed off in rather pleasant weather for

the time of year. The format was a modified **Team Pinehurst, Stableford**; 2 to score on the front 9 and 3 to score on the back 9. The course, as usual, was in super condition. The greens having been prepared a few days earlier for a major local tournament, were like lightning. If you finished on the green above the hole, it was almost impossible to finish within 'gimme' range

I Robinson, F Harvey, D Pugh

**Nearest the Pin**

Hole 3 - No winner  
Hole 8 - J Niblo - 16.2m  
Hole 12 - C Jowett - 4.3m  
Hole 17 - H Pearson

The battle was won and lost on the back nine, with all of the teams being within a few points of each other on the front. Well played everyone. We hope you all enjoyed yourselves and see you on the next thrilling match.

Next away day will be Lorca on Monday March 6<sup>th</sup>. Another team game but **Stableford** points.

Should you like to join this happy bunch of reprobates for a friendly game and some banter, our Captain is Gary Greenfield. His email is [garygbmw@gmail.com](mailto:garygbmw@gmail.com) We look forward to seeing you.



**Results**

Overall winners 1st with 113 pts: H Pearson,

**SPORTS**

**Camposol Golf Association**



Email: [bettyloyd1560@hotmail.com](mailto:bettyloyd1560@hotmail.com)

**Last Year's K.O. Winners:**

**2022 Men's Club Champion** Derek 'Degsy' Deegan  
**2022 Ladies' Club Champion** Elaine Willetts

**Men's Singles KO Champion** Dennis Jones  
**Men's Singles Runner-Up** Derek Deegan

**Ladies' Singles KO Champion** Jean O'Connor  
**Ladies' Singles Runner-Up** Veronica Porter

**Men's Doubles KO Champions** Thomas McQuilter & Will Devine  
**Men's Doubles Runners-Up** Rob Greatley & Paco Belchi

**Ladies' Doubles KO Winners** Alison Vasey & Henrietta Reckweg  
**Ladies' Doubles Runners-Up** Hayley Barker & Veronica Porter

**Mixed Doubles KO Champions** Alison Vasey & Pete Evans  
**Mixed Doubles Runners Up** Hayley Barker & Dennis Jones

**Winner of The Eagle Trophy** Dennis Jones

**Winner of The Captain's Special Award** Dave Spooner

**CGA Men's Wednesday Group**

On Wednesday February 8<sup>th</sup> 20 players took to the course in very cold conditions with a very fresh wind. Some players were

unrecognizable due to all the clothing of hats, gloves and scarves worn. We played some holes from front tees. Play moved on very quickly and everyone was back in the clubhouse in less than 3½hrs.



Wed. Group Winners 8th Feb. Comp.

**Results**

1<sup>st</sup> - R Lawrenson, K Halliwell, I Butters & D Freer - 111 points.  
2<sup>nd</sup> - D Deegan, D Noakes, M Lewis & G Allen - 103

There were three 2's. The football card winner was G Allen. Thanks to Keith, Ian, Bob and Dave for the presentation.

*Eugene Toye*  
CGA Competitions' Secretary

**New Captain**

The New Captain of the Club de Golf, Alison Vasey, gave a very amusing inaugural speech at the Presentation Evening. She also stated the charity she was supporting

in her year's Captancy was **Friends of Mazarrón Animals**.

A raffle was held which raised €291. Alison has also nominated the bunker on the right hand side of Hole 3. If you go in this it is hoped you *Alison with Janice from F.M.A.* will pay your dues in the Club House in the tin provided. (photo showing Alison presenting a cheque to Janice Fisher who is in Charge of Fund Raising for **FMA**.)



**Camposol Golf Association AGM**

This was held at the Golf Club on 8<sup>th</sup> February. The existing Committee agreed to continue for the coming year: **Chairman** Lloyd Roberts, **Secretary** Trevor Andrew, **Treasurer** Dave Freer, **Social Secretary** Betty Roberts and newly co-opted member Keith Halliwell.

Trevor is now collecting membership money for this forthcoming year: €10 to join the Association and €5 for each year thereafter. New members are most welcome. Please email if you require further details.

*Betty Roberts*



**SPORTS**

**CAMPOSOL FREE COMMUNITY SPORTS**

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

Despite a somewhat chilly and blustery February, **Camposol Free Community Sports** continues to go from strength to strength, with a host of new members joining and participating in the numerous events and activities on offer. February has also seen the successful addition of a weekly table tennis session, as well as further guided walks of the Mazarrón mines and guided cycle tours exploring the local area.

As we head towards Spring and the promise of warmer weather, there's no better time to come and join in the fun. Whether you want to get fit, try something different, or meet new people, there will be something for you, your friends and family to enjoy.

Information about all our events and activities can be found on our Facebook page **Camposol Free Community Sports** with regular weekly events as follows:

**Mondays**

9.30-10am - **Walking Football Training** (Calle Nogales D7)  
10am -11am - **Walking Football Games** (Calle Nogales D7)

**Tuesdays**

1pm-3pm - **Cards, Dominoes and Board Games** (held in the back room at Cat's Bar, Camposol A).

**Wednesdays**

10am-11am - **Table Tennis** (Pavilion in Mazarrón) meeting at 9.30am in the large carpark, Camposol B opposite the tangerine garage for car sharing or meet at the pavilion at 10am.  
4pm-5pm - **Walking Netball** (Condado Club meeting at 3.30pm in the large carpark, Camposol B opposite the tangerine garage for car sharing or meet at Condado at 4pm).

**Thursdays**

9.30am-10am - **Walking Football Training** (Calle Nogales D7)  
10am -11am - **Walking Football Games** (Calle Nogales D7)

**Fridays**

10.15am-11.15am - **Walking Football** (Calle Nogales D7)  
1pm-2pm - **Petanca** (Calle Piteras D26)

**Saturdays**

10am-11am - **Walking Netball** (Condado Club meeting at 9.30pm in the large carpark, Camposol B opposite the tangerine garage for car sharing, or meet at Condado at 10am).

Our events are all free for everyone to attend and are made possible by our fantastic sponsors 2let2sell2buy.com. Cat's and Tel's Bars, **Currencias Direct** and our dedicated volunteers.

In addition, by mentioning **Camposol Free Community Sports** when hiring your bike or ebike from [www.sunshinecyclehire](http://www.sunshinecyclehire) you can get some fantastic discounts.

Hopefully we will see you at one or more of our events soon!

**SPORTS**

*Fuente Old Guard Golf Society*

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

Our game for January was on the 26<sup>th</sup> and was to one of our favourite courses at Altorreal in Murcia. We were back to our usual **Stapleford** format and although the temperatures were a bit low, we had 37 players ready to play this course.

Gerry McRobert won **Division One** with 31 points with Ken Blakeman very close behind with his score of 30 points.



Gerry McRobert with Captain Gary Ahearne

In **Division Two**, Richard Dixon took the winner's prize with 28 points while in second place was Roy Alderslade also with 28 points - the matter decided on countback.



Winner of Division Two Richard Dixon With Gary

Meanwhile in **Division Three** Dave Hall was ahead of the rest with 22 points with Clive Hathaway in the Runner-Up spot with 20 points.

**Nearest the Pin** winners were; Roger Olorenshaw, Mick Daly, Malcolm Archibald and Brian Hills, but the **Twos Money Pot**



Dave Hall Winner of Division Three

was rolled over to the next game.

Our next game is back to Lorca Golf Resort on March 30<sup>th</sup>. If anyone would

like more information about **Fuente Old Guard Golf Society** please contact us at [info@fuenteoldguardgolfociety.com](mailto:info@fuenteoldguardgolfociety.com)

**SPORTS**

**Los Reyes Golf Society**  
**The Kids in Need Golf Society**



**Aguilon Match Report**

**Los Reyes** held their February fixture at one of the members' favourite courses, Aguilon. Fortified by bacon rolls the players faced cold, windy and cloudy conditions, but were lucky as the rain held off. Despite the conditions scoring was pretty good.



Division 1 winner Roger Olorenshaw

**Winner of Division 1** with 32 points was Roger Olorenshaw with Brian Hills, Jim Niblo and Phil Leeming all on 28 points.

Len Craig won **Division 2** with 30 points and scoring 27 points were Keith Knight, Paul Livingstone and Dave Hall.

**Nearest**



Division 2 winner Len Craig

**The Pin**

**Winners** on the par 3s were Cameron Dickie (3<sup>rd</sup>), Paul Livingstone (8<sup>th</sup>), Ken Blakeman (12<sup>th</sup>), Alan Benton (14<sup>th</sup>) and Dave May (17<sup>th</sup>).



Nearest the Pin winners

Our next fixture is at Altorreal on Monday 13<sup>th</sup> March.





**NEWS**



# TV News

Tel: (0034) 686 358 475  
 Email [rainbowsats@gmail.com](mailto:rainbowsats@gmail.com)  
[www.rainbowsats.org](http://www.rainbowsats.org)

Writing this in mid-February, the skies are tipping the rain down and have been for a few days; much-needed water, but I doubt much effect on filling the reservoirs. Regular readers will know we have four dogs. How are yours in the rain? Two of ours go out loving the rain and would happily stay out. The two others hate it! They rush out to do their business when they really have to, but straight back indoors. The two rain-lovers simply have to roll in a puddle whilst the other two won't even get their feet wet. So different, like us humans! I hate the beach and sand in everything. Others love it!

### TV News

The big news is that the BBC is moving all the regional BBC 1's to High Definition. Whilst this is generally good news, it has implications for us down here in Southern Spain. This is a three month programme for the BBC and at the time of writing, is part way through, so not all of the following may be totally valid at the end of all the changes. However, to date the new HD regional transmissions are on satellite frequencies we cannot get down here in Southern Spain. BBC 1 South was the first one to change and we can't see a glimpse of that frequency. Others have since followed. Now the problem is that the old SD (standard definition) versions are being deleted so that on satellite in Southern Spain BBC 1 South is not available. We will have to see the situation when the changes are complete, but it is possible no satellite BBC 1. The BBC have said they will leave a non-regional BBC 1 SD on the satellite system, (like HD is now - blank

during regional transmissions), but that this is only temporary to give viewers with old non-HD boxes time to upgrade their boxes to new HD versions.

BBC regional channels will be in the 900's as they will be on a SKY box. Universal boxes will have them randomly listed. Any problems then contact us. Remember this is an ongoing BBC change and details may change.



I had a bit of supposedly 'inside' information from SKY, (not public but reliable), that SKY are planning to close all transmission systems except internet by August 2024. Their SKY Stream system is highly successful, therefore internet will be the only way. This information, together with the BBC plans above, really do make the move to Internet TV necessary, sooner rather than leaving it to last minute. Contact us for a free no-obligation demonstration of Internet TV and 7 day trial free of any charge. If taken up, there is a subscription charge, but that will be the case to watch UK TV in Southern Spain when regular transmissions are switched off.

That's it for this month. More information in the April edition.

This is fine for UK locations where the new frequencies are available (and where the system is intended to be viewed), but for Southern Spain it may mean no BBC 1 on satellite systems. At minimum we must accept that our local regional BBC 1 may not be available and we have to watch a region that is available. More information on this next month when the changes should all be complete. If you lose your local regional BBC 1, a box scan may return it, but you may have to watch another region which should be listed somewhere. If you use an official Freesat box, all the

Contact us for any TV/radio problems.

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 Email [rainbowsats@gmail.com](mailto:rainbowsats@gmail.com)  
 Tel/WhatsApp **0034 686 358 475** or find us (and like us) on Facebook.

During March we will be away some of the time with no phone contact. Just leave a message which will be dealt with, but for quicker replies email or WhatsApp are best.



For All Your TV Needs

**686 358 475**

[rainbowsats@gmail.com](mailto:rainbowsats@gmail.com)



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



INFORMATION

# Advertisers' Business Directory



Page numbers are in black

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# PUZZLE ANSWERS

9 letter words using all letters is REMAINDER

- DREAMIER
- MARDIER
- NERDIER
- MARRRED
- NEARED
- NEARER
- RAIDER
- REARED
- AERIE
- AIRED
- AIRER
- AMIDE
- DERMA
- DIRER
- DREAM
- DRIER
- ERRED
- MIRE
- RANEE
- RIDER
- AIDE

- AMID
- AMIR
- ARID
- DEER
- DIRE
- DRAM
- DREE
- EARN
- ERNE
- MAID
- MANE
- MARE
- MIRE
- NARD
- NEAR
- NEED
- NERD
- RAID
- REAM
- REAR
- REED
- RIDE
- AID

- AIM
- AIR
- ARE
- ARM
- DIE
- DIM
- EAR
- ERA
- ERE
- ERN
- ERR
- IRE
- MAN
- MAR
- NAE
- NEE
- RAM
- RAN
- RED
- RID
- RIM

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

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



**CHARITY**

**Cavalli Foundation**  
 "Helping Horses Help People"

Charity N°: G73786279 Call 636 172 198 or info@cavallifoundation.org



February was a busy month! 120 children aged 6-12 yrs from a school in Totana visited the **Foundation**. They got to meet all the animals that we care for and also took part in some fun activities with the horses, ponies and donkeys. The children raised some money to help our animals and they got the chance to visit, learn and spend the whole morning with them. Isn't it amazing! We have more visits organised for the months of March and May with schools from Alhama and Lorca.



Reina showing how to groom Lili during the School Visit

some very special eggs in blue shades from our latest rescued chickens. There is so much to learn about!



Lois, Livy and Lia



Vero and Elena during a Therapy session with India

Please contact us if you would like to be a **Cavalli Foundation Volunteer** or if you would like to support one of our **Therapeutic Programmes**.

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

The Early Learning Therapeutic Programme that **MAD** - Making a Difference helped fund has now come to an end. We need to find some more support to be able to make Equine Assisted Therapy more accessible for children with special needs.

Our Holistic Vet came to treat some of our horses with acupuncture for their allergies; arthritis and RAO (recurrent airway obstruction). Paqui usually comes to the **Foundation** every 6 weeks to check on our horses and keep up with the treatment. It is great for our **Cavalli Club** pupils to get the chance to see Paqui in action.

Talking about pupils, we have received special visits from our half term pupils that come every year to take part in our activities, helping our animals. Lois, Livy and Lia found

For more information about what we do, keep your eyes on our Facebook page and Instagram, Whatsapp or call us on **0034 636 172 198** or visit our website [www.cavallifoundation.org](http://www.cavallifoundation.org) Email [info@cavallifoundation.org](mailto:info@cavallifoundation.org)

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**RELIGION**

**Mass in English**

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**Roman Catholic Church:**

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

**Schedule of Mass in English:**

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

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

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

Another bad habit which is very common in homes and among working people is impatience, grumbling and swearing. Now my children, where do you get with your impatience and your grumbling? Do your affairs go any better? Do they cause you any less trouble? Is it not rather, the other way around? You

have a lot more trouble with them and, what is even worse, you lose all the merit which you might have gained for Heaven. You will tell me that is all very well for those who have nothing to put up with.... If they were in my shoes they would probably be much worse....

I would agree with all that, my children, if we were not Christians, if we had nothing to hope for beyond what benefits and pleasures we might taste in this world. I would agree if -- I repeat -- we were the first people who ever



suffered anything, but since the time of Adam until the present, all the saints have had something to suffer and most of them far more than have we, but they suffered with patience, always subject to the will of God and soon their troubles were finished and their happiness, which has begun, will never come to an end.

Let us contemplate, my dear brethren, this beautiful Heaven. Let us think about the happiness which God has prepared for us there and we shall endure all the evils of life in a spirit of penitence, with the hope of an eternal reward. If only you could have the happiness of being able to say in the evening that your whole day had been spent for God!

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**INFORMATION**

**Fines of up to 1,000€ for pedestrians in Spain**

Fines of up to 1,000€ for pedestrians in Spain. Pedestrians must comply with the regulations of the Traffic and Road Safety Law.

**Crossing the street without using a Zebra Crossing**

It is mandatory to use a **Zebra Crossing** whenever possible. If a pedestrian crosses outside a pedestrian crossing, the fine can be up to €100.

**Walking on motorways or dual carriageways**

Pedestrians are prohibited from walking on motorways or dual carriageways. It is only permitted in the case of an accident, a breakdown, physical discomfort of the occupants of a vehicle, or another emergency. A fine of €100 can be given for this offence.

**Not wearing a reflective vest**

It is forbidden to walk on motorways or

dual carriageways without wearing the mandatory reflective vest except in the case of an accident, a breakdown, physical discomfort of the occupants of a vehicle, or another emergency. Not wearing one can lead to fines of up to €100. Not wearing the vest in the case of a breakdown can lead to a fine of up to €200.

**Not walking on the left-hand side of the road outside built-up areas**

Pedestrians should always walk on the left-hand side of any road outside of built-up areas. This allows them to see approaching vehicles straight ahead. This is particularly important when walking a dog. If a pedestrian walks on the right, vehicles would approach them from behind, which would make it difficult to see. With silent electric cars, this law has become even more important to observe. The fine can be up to €100.

**Crossing the road when a traffic light is red**

When a driver sees a red traffic light, it means they must stop and wait. This same rule applies to pedestrians. Pedestrians must wait on the pavement, without stepping on the curb until the pedestrian light changes to green. Crossing when the light is red can lead to a fine of €200.

**Refusing to be tested for alcohol or drugs**

Drivers are obliged to stop for a breathalyser or drug test and the same rule applies to pedestrians whenever they are involved in an accident or have committed an offence. Refusing to be tested for alcohol or drugs in these cases can lead to fines of up to €1,000.

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