

# The Chronicle



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October 2023 • Issue 287 [www.costacalidachronicle.com](http://www.costacalidachronicle.com)

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DEAR READERS

A huge **congratulations** from all at **The Chronicle** to **CHM (Camposol Heating & Maintenance)** who are now celebrating their 19<sup>th</sup> year. We have certainly seen companies come and go over the 23 years **The Chronicle** has been around so it's great to see another one survive the ups and downs of the economy and running a business in Spain. Well done to them and we hope they have many more successful years.

**St Nicholas Church** are also celebrating a milestone - their 21<sup>st</sup> "birthday" on 6<sup>th</sup> October so **congratulations** to them too. Their services are held every Sunday and their **coffee mornings** (where cake makes an appearance!) on 11<sup>th</sup> and 25<sup>th</sup> of this month from 10am. You will receive a warm welcome.

Last, but not least, we would also like to express our appreciation to Duncan and Pat at **Wellspring Victory Church** who, after sending us monthly articles for almost 7 years, are looking forward to their well-earned retirement. Thank you to them both and we wish them every happiness

in their "retirement".

Don't forget, our new website '**Your Spanish Life**' is launching this month! You will get to hear ALL about this over the next few months as you get accustomed to the new brand. Exciting times! Here is the link so you can have a look: [www.yourspanishlife.com](http://www.yourspanishlife.com) and we're also on Facebook as: [www.facebook.com/yourspanishlife&amp;](http://www.facebook.com/yourspanishlife&amp;); Instagram as: @yourspanishlife. Official Launch Date: **6 th October 2023**

- Welcome to:**
- 3C Care & Nursing Agency**
  - Adventure Bike**
  - Amapola Restaurant**
  - Carlton Entertainment**
  - CLEVERcreating and Hannie Mommers**
  - Expat Briefings**
  - Sooty & Son**
  - The Oil Boilerman**

Wishing you all an enjoyable October as the weather cools down and enters its 'just right' phase before winter.

See you in November!

Oz & Laura

**THANK YOU TO OUR CONTRIBUTORS**

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

**Car Registrations Spain - Driving in Spain**

**Jane Cronin - Learning Spanish**

**Lisa Entwistle - The Great Divide**

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

**Mike Smith - Cruising With Mike Smith**

**Norma Harris - Norma's Travels**

**Rainbow Satellites - TV News**

**Shaun Matthews - Camposol Explorers**

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**634 456 701** (dog show) or **634 302 388** (stalls)

**Viggos** in Pto de Mazarrón will be closed for a short time from the 6<sup>th</sup> of November whilst open on 5<sup>th</sup> November for lunch only. We will be welcoming our customers back after a well deserved break on the 1<sup>st</sup> December.

Hoping to see you during October now the port is a bit quieter.

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**3C Care & Nursing Agency** began life on the Costa Blanca in 2004. Since then we have grown and have been receiving calls from clients in the Costa Calida area. Therefore, on 12<sup>th</sup> October we are launching our company into the area offering first class caring, nursing and cleaning services, from full 24 hours a day to just a visit once a week to deal with medication or shopping.

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- Thurs, 26th October - La Zona Bar, Los Narejes, Los Alcazares - 10:30am

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**EDITORIAL**

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**Our walk with God**

How are you currently doing in your walk with **God**? Is your heart right or are you slightly worn and strained by life's pressures.

A few months ago we had to replace our shower head. This was a relatively new piece of pipe, yet it had corroded. Why? Well, I don't know. Some things are beyond our knowledge and we can waste valuable time chasing answers to them instead of just accepting them. The corroded pipe still worked, as the damage was only surface damage. The boiler tripped the electrics. Why? Well, the thermostat failed. The thermostat is the heart of the boiler system and if it is broken, the system is not going to work. When the heart of any system is broken nothing works – not even the defective pipework. When our hearts are not overflowing with seeking **God**, the corrosion



sets into our Christianity and then moves to different parts within our spiritual bodies. This corrosion dirties our hearts and minds like the corroded pipe discoloured the water. The corrosion in the pipe started without even being noticed. Like all corrosion, you don't even become aware of it until dirty water starts to flow all over your body from the shower head.

How do we stop this? Well, the Bible says in 2 Corinthians 3:5 "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves, that Jesus Christ is in you?"

So right now, have a look inside yourself. Is what you see right or do you need a word with your heavenly plumber? He has the living water 'on tap' to restore you to an uncorroded free flowing system of life!

As Christians, we need the fresh flowing refreshing spirit of **God** to keep us free from those corroding parts that can so easily come into our hearts. The truth of the matter is that we do have the victory in Christ. We can enjoy life much more when Christ is put plumb centre in our lives every day. Amen!

**Dave McInerney**  
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**EDITORIAL**



**ECOCORP SOLAR SOLUTIONS**

With over 300 days of sun per year and ever increasing energy prices, **solar** is once again at the forefront of planet preserving and money saving solutions.

Changes in the solar world have meant that **solar** panels are much cheaper than they were a decade ago. What's more, expensive battery backups are not always necessary in most cases because of the 'Feed In Tariff'.

This tariff means that you can 'send back' unused power directly to the grid. Using cloud-based technology, your unused **solar** panel production is stored. Use your stored energy when the sun isn't shining to reduce your electricity bills. A solution to save you money every month.

Of course there are plenty of **solar** companies to choose from for residents of sunny Spain. However, it is important to realise that not all **solar** is the same.

The long term benefits and savings from **solar** can be fantastic, but a poorly designed, badly installed or low quality system can cause a long term headache. A wrong choice can cost dearly in the long run.

The quality and range of



products, as well as the advice and expertise of your supplier are critical in making a choice which you will live with for many years. It is vital that your new system is high quality, reliable, cost effective and that you are dealing with a reputable company.

**Ecocorp Solar SL** has 16 years of experience in the design and configuration of bespoke **solar** power system for their clients. They cover the whole of Almeria province and have also extended their services to Camposol, Mazarrón and Southwest Murcia.

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**EDITORIAL**

**Camposol Heating & Maintenance S.L**



**Autumn News from Camposol Heating & Maintenance S.L (CHM)**

Firstly, how nice to report so many new customers having recently made the move to Spain and from all parts of Europe including the U.K. Welcome to you all.

Whilst we are used to the heat, we cannot recall ever having witnessed a seven-week heatwave before, with no respite at all, but that is what we had from early July until the end of August. The humidity feels worse than in bygone years, or perhaps we are just getting old!

The bulk of our workload in the height of summer is either air conditioning or fully pumped, back-up water deposit systems and this summer we seem to have been busier than ever with both. Usually we get a quieter period in September but this year it has not stopped and we are already starting to install and service central heating systems ready for the winter.

It was not until we received a 'Happy Birthday' email from



'Informa' that we realised it was 18 years since we started the business and that we should celebrate the fact. It is never easy to be in business anywhere in the world with ever increasing taxes and costs of commodities but we are still here and feeling quite proud.

Our business has evolved over the years and we are still known best for our oil and gas central heating systems. With no mains gas in many areas locally, oil is still the preferred option for central heating and hot water. The cost of oil is currently just over €1 per litre, so not cost prohibitive now either.

Another area we work in on an almost daily basis is the installation of Junkers gas water heaters. If you have no central heating system and want

constant hot water, these units are still the best available as they run on either propane or butane gas. We only deal with major manufacturers such as Junkers and Baxi as we know we can totally rely on them for any back up services required after sale and beyond the warranty period.

We will not necessarily be the cheapest option when searching for a provider, but we still remain as competitive as possible whilst remaining legally registered for



all our services including gas, oil and refrigerant gases.

We are boiler servicing every Wednesday throughout October, so please remember to book yours as by the time this appears in print we will have already completed our first heating installation of the season. **968 199 184 or 646 965 082**

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**C & G Fabrications** are also one of the leaders in the industry using thermal fibre reinforcement as opposed to the old fashioned steel reinforcing. By using the thermal fibre reinforcing this enables them to produce one of the most energy efficient upvc windows on the

market today. Energy efficiency is very important today with the spiralling energy prices. By using thermal upvc this will save you money in summer when running air conditioning - their products will retain the cold air by not allowing it to escape through poorly insulated windows. The same applies in the winter months - their products will keep out the cold and keep the warmth in, keeping your property comfortable.

With one of the most comprehensive ranges of doors you can choose from, **C & G Fabrications** can offer you a plain simple solid door like their ever popular Kendal Solid to the very modern looking Roxbrough, offering standard multi point security, to the popular high security 7 point locking with shoot bolts top and bottom with hook locking and anti snap cylinders.

All the doors and windows are bespoke, made to measure to fit your property, not bought off the shelf and having to employ builders to make the property fit the window or door.



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EDITORIAL



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## THE SKY IN OCTOBER - THE MONTH OF CHANGE

October is a month of transition and change for both northern and southern hemispheres. After the September equinox, the different parts of the world are gradually changing seasons. In the Northern Hemisphere, first comes fall and then winter. Conversely, in the Southern Hemisphere first comes spring and then summer. Therefore, light is decreasing in some parts of the world while increasing in others

### ORIONID METEOR SHOWER

The Meteor Shower runs from October 2<sup>nd</sup> to November 17<sup>th</sup>. But the best night for watching it is the one between October 21<sup>st</sup> and 22<sup>nd</sup> at 00:02 UTC with 20 meteors per hour. At this time the Moon phase is 51.2%, so the conditions to enjoy it might not be the best because of the Moonlight. You can try to see them after the Moon sets though)

### LUNAR ECLIPSE

On the night of 28/29<sup>th</sup> October there will be a partial lunar eclipse perfectly visible during **Astronomy Night tour** in **Finca Astronomica** so if you'd like to enjoy the spectacle with delicious **dinner and drinks** while listening to astronomers



The Blood Moon, picture by Charles Westphal, Astronomy Tours

explaining the mechanics of the eclipse, **Finca Astronomica** is a place to be.

It may not be a full BLOOD MOON but you will see the Moon taking on a red coat as the eclipse progresses.

### THE SEVEN SISTERS AND THE BULL



The Pleyades, picture by National Geographic

In October one of the most beloved open cluster is visible with naked eye in the evening sky. The Pleyades, aka The Seven Sisters, will be right next

to the Taurus constellation. As legend has it, the seven sisters are there protected by the mighty bull from the enthusiastic hunter Orion. As it was done in the ancient times you can actually check your eye sight by watching the Pleyades.

### THE GAS GIANTS

Throughout October two of the biggest planets of the Solar System will be visible on the evening sky: Jupiter and Saturn. When looked at via the telescope you can easily see the stripes on the surface of Jupiter as well as its four Galilean Moons: Io, Europa, Ganymede and Callisto. Saturn will be perfectly visible with its magnificent rings and its biggest moon, Titan. It's an unforgettable sight so if you don't own a telescope, join the team in **Finca Astronomica** for one of their **Astronomy Nights**.

  
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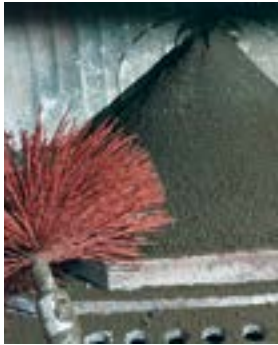
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CHARITY

HELP Murcia Mar Menor

Tel: 968 570 059



August was a busy month for **Help Murcia Mar Menor**.



We gave 5 shopping bags of food to San Javier food bank, all donated by our members. We continue to collect food and sanitary items and if you would like to donate you can drop the items at our charity outlet or our office.



in desperate need.

On Sunday 27<sup>th</sup> August we delivered all the items we had purchased (nappies, 3 pushchairs, wet wipes, clothes, nappy cream and shampoo) to the Children's Home 'Hogar de La Infancia' and they were over the moon.

Penelope 11, Los Narejos (**968 570 059**).

**Help Murcia Mar Menor** would not be able to help these families, children and animals without our members and hard working volunteers.

We also donated 16 bags of clothes and shoes to the **Salt Church** who then distributed it to the field workers and their families and we also bought 10 large bags of food for the Perrera Dogs as they were

We have also purchased 4 new wheelchairs and 3 new mobility scooters. These can be hired for a small fee from our office at Calle

If you would like to become a member/volunteer of this small but hard working charity please contact the office or pop into the office or charity shop at Avda de La Union 57, San Javier and chat to our friendly volunteers.

Thank you for your support  
Debbie (President **Help MMM**)



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RELIGION

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Yes, believe it or not, we are now into Autumn, so there are things we must decide. Do we put away our shorts and summer tops or keep a couple out in case the weather turns warmer again? Is it time to bite the bullet and find our cardies once more? Oh, decisions, decisions, decisions. It appears we have to make them all through our lives, some more important than others.

Twenty-one years ago, some far thinking Christians, made a wonderful and very important decision. They knew that a church was needed to allow us to worship our Lord here on Camposol. But they didn't just hold meetings and talk about it, nor say that they would do something at a later date. No! Action was taken, plus lots of prayers, planning, money raising, red tape and sheer hard work. That is why we can now say:

HAPPY 21st BIRTHDAY - ST

## NICHOLAS ECUMENICAL CHURCH

Yes, on October 6<sup>th</sup> 2023 we come of age. Therefore, we would like to say thank you to everyone who has attended any of our services over the years, past and present.

As always, we invite you all to join us any, or every, Sunday, whether or not you have been before, are a regular member of our church family, a holiday-maker out for just a short time or would just like to see what we are all about. You will always be made welcome.

This welcome also extends to you all, for our CAMPOSOL COMMUNITY **COFFEE MORNINGS** held here in our church grounds on the 2nd and 4th Wednesday of each month between 10am and 12.30pm. These will be on 11<sup>th</sup> and 25<sup>th</sup> in October. Come along for a friendly chat over a cup of tea or coffee and of course, home made cake. Plus a good helping of banter and

laughter!  
NEWSFLASH.....This is a date for your diaries. The two churches, **ST. NICHOLAS** and **WELLSPRING** will be holding a joint **CAROL SERVICE** at Mariano's, Camposol A on Tuesday 12<sup>th</sup> December at 3pm. Also joining us will be **THE HARLEQUIN ROCK CHOIR** and the **UKULELE SUNSHINE BAND**. Come along and enjoy a good afternoon of music and singing.

Looking forward to seeing, and hearing, you all there.

All English speaking services are held at 11am each Sunday.

### October

- 1st Harvest Songs of Praise
- 8th Holy Communion
- 15th Morning Prayer
- 22nd Holy Communion
- 28th 5th Sunday Songs of Praise

Keep a smile in your hearts  
Blessings and love  
Rev Mo.

GROUPS



## Puerto de Mazarrón Ladies' Circle

Puerto de Mazarrón Ladies Circle

Hello Ladies,

It was lovely to get back together at the beginning of September and catch up with everyone after our Summer break. We all seemed happy to be back and most of us had coped with the heat and humidity of the past weeks. It was good to share the nibbles and enjoy a drink whether it was alcoholic or alcohol free.

Payment for the trip to Alicante on the 28<sup>th</sup> September were taken by Linda although some members were not returning until later in the month from their travels but had reserved a seat.

We had Sue who came to talk from **FAST** on the 14<sup>th</sup>. She explained why it was set up initially, as the emergency services were



unfamiliar with Camposol and often took a while to arrive and sometimes got lost on the urbanisation. They would guide the ambulances to the correct address. **FAST** now mainly give support until the ambulance arrives and in some cases perform CPR or use a defibrillator in emergencies. **FAST** is run by volunteers and they are always looking for people to join their team. At the end of the talk the

ladies had a collection and raised over 76€.

The October programme had not been finalised at the time of writing, but we have a couple of dates for the diary.

- 12<sup>th</sup> October **Noah's Arc** to talk about their work with dogs
- 26<sup>th</sup> October **Trip to Mini Hollywood**

We will circulate the rest of the programme as soon as possible.

New members and guests are always welcome to come along on a Thursday afternoon to the Playa Grande Hotel in Pto de Mazarrón.

Take care everyone  
Sheena





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once fully active, you commit to one 4-hour shift per week, as a minimum, which would be conducted in the comfort of your own home. For those that are Mazarrón based, our Trustee Treasurer lives on Camposol and should you wish to find out more about the organisation with a view to volunteering please get in touch via his email **treasurer.spainsams@gmail.com**

The big news this month is that we are extremely proud to announce that **Samaritans in Spain** has received a recognition award! We have been selected as the Wellness Support Non-Profit Organisation of the Year in the 23/24 Spain Prestige Awards.

practices, ethical or sustainable methods of working, as well as consistency in performance. We were selected based on our strengths in these areas. Look out for this winner logo on our Facebook page and website!



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In selecting a winner, the judging panel reviewed our website and social media presence as well as our branding, vision, and goals for the future. In doing so, they were looking for service excellence and quality, innovative

This is testament to the dedication and passion shown by every single volunteer in giving their time to **Samaritans in Spain** and supporting the wellbeing of others. A huge thank you to all our wonderful volunteers.

Our charity shop in Punta Prima continues to do a massive trade, our dedicated shop volunteers continue to provide their time to allow the organisation to function and have been working hard throughout the month despite the very hot conditions.

2023 has seen us hold 6 online training courses, which has resulted in 15 new listeners, based as far away as Barcelona & Madrid and as close as Mazarrón, and we are hoping to train another 8 volunteers as listeners before the end of 2023.

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

If you would like to hold an event for us, then please do not hesitate to contact our President on **president.spainsams@gmail.com**

Each course lasts for 4 weeks and has a weekly 2-3 hour online session and there are places for 4 or 5

If you would like to donate to us via PayPal our account is **paypal@samaritansinspain.com**

trainee listeners on each course. The training package is fully online, so there are no geographical issues and no travel involved. All we ask is that,

If you are a business owner and you would like to sponsor us in any way, then please contact our Treasurer on **treasurer.spainsams@gmail.com**



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Samaritans in Spain

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If you would like to join us as a volunteer, as either a Listener, a shop volunteer or as a Trustee then please do not hesitate to contact our Secretary on [secretary.spainsams@gmail.com](mailto:secretary.spainsams@gmail.com) for further information or check out our website [www.samaritansinspain.com/](http://www.samaritansinspain.com/)





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INFORMATION

# Birding in Murcia

by Martin O'Hanlon

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

I have recently been in the UK and at the beginning of September I joined three old friends for our annual boys alone birding trip. Each year we visit a different area in the UK for a three day trip to the local bird reserves. This year we decided to visit Suffolk. It is my UK home patch so I was tasked with organising the agenda. We met at Lakenheath RSPB reserve and afterwards booked into a hotel in Lowestoft for three nights. We had decided to go in early September as there are normally a few waders making their early autumn migration down the East coast. We thought it would be interesting if we could coincide with this wader migration.

Unfortunately, the message clearly didn't arrive in time for all the migrating waders to join us. It may have had something to do with the sunny weather stuck over this part of the country and the lack of helpful winds from the North. Needless to say everywhere was very quiet with little birding interest.

Anyway, we enjoyed lovely sunny weather and walks in some beautiful landscapes. There is always something to see on our rambles, but on this occasion it was more about dragonflies than birds.

We visited reserves at Lakenheath, Carlton Marshes, Minsmere and Hollesley marshes.

All of them are wetland reserves with plenty of habitat for dragonflies. As there were lots of sun each day it was perfect for spotting dragonflies. They favour sunny days to come out, play and impress you with their appearance. We were enchanted watching them all: the smallish Common and Ruddy Darters, especially the red coloured males; the brownish coloured Brown Hawkers and the beautiful and abundant Migrant Hawkers. I must have spent hours watching, especially the Migrant Hawkers, patrolling their waterside territories. At times they zip about so quickly and it is incredible their speed and manoeuvrability. I patiently waited for them to land, but they had different ideas and a lot of boundless energy. However, eventually one or two did cooperate by stopping for a rest while I took a photograph, quite surprising really!



Migrant Hawker

**Migrant Hawkers** breed in Southern Britain and also in Murcia. It is one of the later dragonflies and will fly well into

autumn. The males are quite striking and very attractive and the females are a duller brown and yellowish colour. It breeds in well vegetated wetland conditions. The larvae are unable to cope with very low temperatures and this limits the expansion of the species into more northern climes. Although it has recently reached southern Scotland, so it can't be too sensitive to cooler temperatures.

Besides the dragonflies, we were entertained watching a couple of **Chinese Water Deer** surreptitiously grazing amongst the long grass. It was quite difficult to see them as they occasionally moved behind large clumps of herbage and were obscured from view.

Chinese Water Deer are native to Korea and China and are a small, cute looking deer. They were first introduced to Britain in 1870 and there were collections at Woburn Abbey, London and Whipsnade zoos. The majority of Chinese Water Deer in the UK are escapees and their offspring from these herds. They have now spread to Cambridgeshire, Norfolk, Suffolk and North Essex.

Although birds were a bit scarce at times, we did manage to see 90 different species during our trip. Most were fairly common with just the occasional uncommon species. One very common bird entertained us briefly, a juvenile

*Continued on page 25*





*Continued from page 24*

Moorhen. It was so focused on finding a tasty titbit that it swam closely by us in a small pool totally unaware of our presence. Either that or it was studiously ignoring us.

One of the striking looking birds we were seeing were Egyptian geese. They are native to Sub-Saharan Africa and the Nile Valley. It's a fair old distance from Suffolk! However, having a striking appearance they were introduced into UK wildfowl collections as far back as the seventeenth century. Yes, you've guessed it, the birds we were seeing are descendants of escaped birds that have naturalised in Suffolk. I think it is unlikely that you will see one in Murcia.

At Lakenheath we were seeing a lot of **Great White Egrets**, probably as many as eight together on the river bank. I don't think I've ever seen so many of these birds together in one place! A few years ago, I would have been very excited about this as they were quite a rarity. However, due to a very recent range expansion they are becoming quite commonplace in UK wetlands, particularly in the South. They are also reasonably commonplace in Murcia.

At both Lakenheath Fen and Minsmere we considered ourselves very lucky to be entertained by **Hobbies** hunting dragonflies. These small birds of prey look like Swifts on the wing, but are slightly larger. They are

extremely fast and agile, but they need to be to catch dragonflies, which are highly manoeuvrable. They are pretty little falcons and summer visitors in the UK, but only passage migrants in Murcia. They feed mainly on dragonflies and other flying insects and will also catch House Martins, Swallows or other small birds if an opportunity presents itself. Our trip had been fairly quiet with few species or actual birds seen, although we had visited four very good bird reserves. It was slightly disappointing and really very surprising. However, part of the reserve at Minsmere came to the rescue. We had walked around most of the reserve without too much excitement until we arrived at the sluice on the coastal side of the reserve. In one hour we probably had more avian highlights than we had experienced during the previous three days!



Hobby

We had walked south from the sluice in a narrow valley with the dunes and sea on our left hand side and marshland on our right. It was an area of short grassland interspersed with small to medium sized shrubs. It must have looked like paradise for the tired and hungry small migrant birds that had decided to rest and



Stonechat

feed up there. Within a couple of hundred metres we came across a group of passage migrants that were of a similar size to a Robin. They were in fact, three separate species: Stonechat, Whinchat and Northern Wheatear. Quite a collection of good birds!

Male **Stonechats** are striking looking smallish birds with black heads and wings, a white collar and orange chests. They are quite unmistakable and are easily spotted as they are in the habit of perching on higher

*Continued on page 26*



Continued from page 25

branches in fairly open terrain.



Female Northern Wheatear

They like to be seen and show how handsome they are. In the UK they are partial migrants and will over-winter in warmer coastal locations. In Murcia they are residents whose population increases in winter when they are joined by some birds from colder climes.

Whinchats are quite uncommon passage migrants in both the UK and Murcia. Some birds breed in more northern and westerly areas in the UK. However, they are not particularly abundant in these breeding areas. They breed in northern Europe and over-winter in Africa. They are closely related to their more common relative, the Stonechat. Our third member of this

gang of three is the **Northern wheatear**. The males are quite handsome and the females are also attractive, but with more subtle colouring of their plumage. They are both migrants and summer visitors to both the UK and Spain, but are quite uncommon as breeding birds in Murcia. They may possibly breed in the north of the region. They are insectivorous birds which means they have to migrate to warmer climes in winter. In fact, they make one of the longest journeys of any small bird, crossing ocean, ice and desert. They migrate from Sub-Saharan Africa in spring over a vast area of the Northern hemisphere, including Central Asia, Europe, Greenland, Alaska and parts of Canada. Impressive!

After our trio of birds flew South, we walked back to the sluice where there were a couple of other migrants that had been seen there, Whitethroats and Lesser Whitethroats. We were keen to see these small warblers before they took off on their long journeys to Africa. It proved to be quite easy to find these little skulkers as they were feeding on some gorgeous, fruity looking blackberries. I say feeding, but they were gorging themselves

on these nicely ripe fruits. They were clearly attempting to fatten up (take on energy) before making their long onward journeys to Sub-Saharan Africa. Our final birds of that marvellous afternoon's birding were two small waders that are uncommon passage migrants in both Murcia and the UK. They are strongly migratory, breeding in the Siberian Arctic and over-wintering mainly in Africa, but also in South and Southeast Asia, Australia and New Zealand. They were a bit distant, but recognisable, with their distinctive down-curved bills, reminiscent of **Curlews**, their namesakes.



Curlew Sandpiper

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**Carlton Entertainment** bring their Christmas spectacular Variety show to the Murcia area. Starring Vincent Simone from 'Strictly Come Dancing' and his cast of dancers, the show will be an extravaganza of dance, music and comedy. Hosting the event is world renowned and popular vocalist Lee Brady and also appearing will be the incredible Simon Marks as Peter Kay.

Working exclusively with Ona Hotels to bring more amazing events to the area, the show will be hosted at Ona Hotel Hacienda del Alamo on Monday 18<sup>th</sup> December and Ona Hotel Mar Menor

on the 19<sup>th</sup> December 2023.

Guests will be treated to a glass of cava at the arrival reception followed by a pre show buffet, after which the 3 hours of entertainment will commence. A **Christmas** disco completes this event, making it the perfect **Christmas party** night out.....

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LEISURE

f Expat in Mazarron

# Camposol Explorers



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

At the time of you reading this, **Camposol Explorers** will have been out on their first outing this year since my hip operation and it's great to be back out again exploring with the group.

## Isla Plana

About a 25 minute drive from Camposol on the RM3 towards Pto de Mazarrón, following the signs along the coast to Isla Plana.

A lovely village with sandy beaches, cafés, restaurants and bars with plenty of free parking spaces. As you enter the village there is a sharp bend and you may notice a few cars are parked here – it's called Cueva del Agua. This is where the divers come to cave dive and is for "high technical level", divers with a lot of experience and using the correct equipment. You will notice at the entrance a couple of memorial plaques on the rock for those who died trying to explore the caves while diving.



Further on you will notice a small harbour on the right with its own small private cove with steep steps leading to it. It reminds me of the small coastal villages in Cornwall. You will notice small boats docked here protected from the sea.



As you arrive at the heart of the village there are many shops but limited parking, carry on a bit further and there are some traffic lights and just on the right is a parking area. There is a sandy beach and during the summer months toilets, beach bar and life guard hut. You can walk along the pathways with children's play areas and see all the fishing boats all moored up.



Whilst walking along the wooden decking you will notice roman ruins dotted about and then you see a long building which is the thermal baths. Known as the Marrana Bath it dates back to the 18th century. Inside has a communal bath, a room for the boiler, small rooms with individual bathtubs and a series of galleries that communicated with the springs, from where the water was raised with a

waterwheel. Unfortunately, it's not open to the public now.



A viewing platform which looks out towards Pto de Mazarrón and La Azohia is a great place to watch the sun set over Pto de Mazarrón. Also, you will notice the small church, dedicated to the Patron Saint of Fishermen, Virgen del Carmen.



Next month, **Camposol Explorers** are out again and we are visiting a lake very near to Camposol.

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



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'Queen Victoria' visits Cartagena regularly and is scheduled for a future return on 25<sup>th</sup> September. The vessel is one of 3 (soon to be 4 - details below) operated by Cunard Line, owned by Carnival Cruises, USA, as is a number of other operating cruise lines, one including P&O. Current sisters being 'Queen Mary 2' and 'Queen Elizabeth', each having called previously.



Queen Victoria my salute

The building of 'Victoria' commenced in 2007 and has a passenger capacity of 2489 and a maximum crew of 900. The remainder of cruises for

September is a ship departing Southampton on the 19<sup>th</sup> via Lisbon with an arrival to Cartagena scheduled for 25<sup>th</sup> and returning to Southampton on 1st October. On turnaround returns to the Mediterranean, but not including Cartagena, but to a number of other Ports including Lisbon, Portugal and Piraeus (Greece) arriving back in Southampton on 20<sup>th</sup> October.

A 4<sup>th</sup> Cunard operated vessel includes the new build named 'Queen Anne' with a 3000 passenger capacity, having been 'floated out' from the builders in May this year with a scheduled maiden voyage of May 3 2024.

'Celebration Beyond' entered service in April 2022 (shown on the photograph departing outward bound to Cartagena) passing 'Faro de Navidad' lighthouse and is 3 within the class, the others being 'Celebrity Edge', 'Celebrity Apex' and 'Celebrity Ascent'.



Celebrity Beyond

The current Master is Kate McCue. A current cruise typically operating includes Piraeus on 5<sup>th</sup> September, Naples on 7<sup>th</sup>, Civitavecchia (Rome) on 8<sup>th</sup>. The passenger maximum is 3950, crew of 1400, owner is Royal Caribbean Group and operator Celebrity Cruise Line.

**Point of interest** – the ship is departing Civitavecchia October 30<sup>th</sup> for a destination of Fort Lauderdale, USA, where it will be operating a Caribbean cruise throughout 2024.

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I don't know about you but it seems that in this world there are double standards. The things you could once count on suddenly let you down and you are left thinking

who I could turn to in times of trouble.

In life we meet many people in our travels and some become companions or acquaintances. Many of them we will keep at a distance for fear that if we allow them to get too close we will be let down. Many relationships fail because one side wants more than the other is prepared to give. Or one side wants to use the other for their personal gain.

to see if they meet our needs in a relationship which is closer than an acquaintance. A **friend** is a lot different because they need certain characteristics. A **friend** needs to be sincere always telling you the truth and hiding nothing. A **friend** needs to stand by you even when you are in the wrong, but gently showing you the error of your ways. A **friend** will always give you sound advice guiding you along the right path. A **friend** is always someone you can turn to in times of trouble who will help you get through it. A **friend** is someone who will share your pain and offer a shoulder to cry on. A **friend** will always want the best for you and will encourage you at every turn.

To go beyond an acquaintance is a risk sometimes, but to be more than an acquaintance is to delve into the realm of friendship. In the Bible Proverbs 19:24 says this "A man of many companions may come to ruin, but there is a **friend** who sticks closer than a brother."

I have such a **friend**, His name is Jesus and He wants to be your **friend** too.

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Autumn can be a time fraught with anxiety for both owners and their dogs with the arrival of fireworks. If only we could tell our poor dogs that this is nothing to worry about, that it's all just loud noise, but sadly this isn't possible.

Difficult though it may be, there are a few things owners can do to try to alleviate their dogs' stress and fear. It is possible to get different firework sound effects from the internet which can be played at very low level for the dog while giving high-value treats and praise for being calm. Turn off the sound and stop the treats. Repeat this action with the sound at a low level until your dog looks at you expectantly when you turn it on. It's essential to ensure that he does not show any signs of anxiety throughout this desensitisation process. In subsequent sessions, gradually turn up the sound, vary the recordings to include different types of fireworks until he/she starts to associate the noises with good things.

Other options are:

- (a) purchase pressure wraps like a dog anxiety vest or 'thunder shirt' which puts gentle pressure on the dog's body reducing anxiety. Condition him/her to the vest beforehand so he/she is comfortable wearing it.
- (b) Organise a long walk/hike/playtime with his/her friends earlier in the day to tire him/her

out. Mentally and physically tired pups may be less likely to react to fireworks.

(c) Ensure that meals/potty times are set well before the start of the fireworks so he/she can eat in peace, digest the meal and do potty without being terrified.

(d) Owners could try to keep their dog distracted by providing a Kong feeder, stuffed with special treats to refocus their attention, or a frozen treat with something they like.

(e) Close curtains, plug in a white noise machine, or turn on some calming music loud enough to drown out the fireworks.

(f) If your dog likes to be in a crate, completely cover with a thick blanket and play music or sounds. (Do not close the crate door).

(g) Consider supplements to support and calm your dog at this stressful time; try to find calming chews, a pheromone collar or diffuser to promote relaxation.

(h) Despite advice that giving comfort will reinforce a dog's fear, as fireworks raise genuine terror for a dog sitting close to them, stroking and quietly reassuring them can help.

All shelters really hate to see former residents return and one such poor boy is **Nanuk** who was with us some years ago. Sadly he was returned with the story that his owner moved home, neighbours didn't like dogs, and complained about the smell of pee(!).

**Nanuk** is a very handsome White Alsatian, born 11.08.18, neutered, vaccinated, chipped, house-trained, is good with other dogs and loves people.



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As construction on our new shelter is on-going, all donations are very welcome, either to our PayPal: [animalesperrosdelsol@hotmail.com](mailto:animalesperrosdelsol@hotmail.com) or our bank account: Caixabank, Account: Protectora Animales Perros del Sol or PAPS, Iban ES98 2100 8241 1102 0008 5418 ; BIC CAIXESBBXXX

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We are in need of volunteers to continue our work. We have been advertising for someone to help on the van on Thursdays and we also need volunteers for Thursdays and Saturdays. So if you would like to join us to



**Make a Difference** please call on **603 389 006**.

We are always offering our help to other charities, humanity

institutions and schools in our area to help fund projects. So if you know of anyone who needs a helping hand please contact the above mentioned number and we will consider your request.

We will continue to donate food to the San Jose Church in Pto de Mazarrón for their food aid distribution.

We would like to thank all our volunteers and supporters for your continued help and assistance to **Make a Difference** to so many people in our area.

Thank you.

GROUPS

# ADAPT

## ASOCIACIÓN DE ANGLOPARLANTES

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



Mick Downes first got involved with the **Adapt Theatre Group** a couple of years ago when he was enticed by good friend and **ATG** member Sue Airey to try his skills treading the boards.

stepped in as the panto dame Mrs.Scrubb in Pinocchio. After the initial shock, Mick took to the role so well that he is repeating this year as Ali Baba's love-lorn slave 'girl' Morgiana. Falsetto voice and false boobs at the ready, anything can happen!!

members of our **Adapt Theatre Group** are having our first read through of this year's spectacular. It does seem early but time flies, especially when you're having as much fun as we will be! The script is now finalised and we're getting down to learning our lines, although we might wait until it's a bit cooler for the singing and dancing!

### PANTO IN THE SUN



*Croc enhanced*

Back in the sixties and seventies Mick played the drums and sang in a dance band, so the idea of performing again was like a magnet. After appearing in the **ATG** version of **Peter Pan** as a 'non-speaking' crocodile, Mick was hooked and last year after a last-minute change of cast, he



*Dame making up*

After the Summer we've been having, it feels very strange to be thinking about a **Christmas** show, but already



*Panto in the Sun*

For more information about the **ADAPT Theatre Group** contact Eric at: [ericberg2@hotmail.com](mailto:ericberg2@hotmail.com) or visit our website: <https://adapttheatregroup.wordpress.com>



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INFORMATION

# The Great Divide

Lisa Entwistle is taking on a huge challenge and exciting adventure with a cycle ride from Banff in Canada to New Mexico. **The Great Divide.** We follow her adventure and in this 2<sup>nd</sup> part we read all about her trip from **Elkford** to **Whitefish** and a surprise visit from some Americans she met whilst riding the **Camino de Santiago** in Spain....

### Day 3-5 Elkford to Eureka



travelling any further.

Leaving **Fernie** the next morning with my two amigos I had met en route, we headed for **Grassmere**, through some real Canadian Rockies wilderness, no shops or towns, just tracks and mountains with rivers and streams. The streams were a welcome relief for the saddle sores!

Another 2000+ft of climbing and into **Grassmere** we rolled, stopping at a beautiful lake to cowboy camp for the evening. The peace, quiet and tranquility was wonderful. I had my first go at hanging my food in a bear bag in the trees, 3<sup>rd</sup> time lucky!

Up early and heading for the USA boarder and **Eureka**. It seemed funny queuing up on a bike with the cars and trucks to have my passport and visa checked. First stop, I had to call at the pharmacy for some dressings for my backside and then made the decision to have the afternoon and possibly tomorrow morning off the bike to recover. I felt bad leaving the friends I had made so far along the way, but I knew I needed rest and trying

to keep up was not good for me or them. The same with life, this is my ride, I need to do it at my pace. Following someone else was never the plan and I want to enjoy the journey. I'm not on anyone's timescales but my own although I have loved the support and company of my new friends so far. Too often in life I have followed others and ended up not where I wanted to be. You only get one life, live it how you want to and enjoy the people you come across along the way. Hopefully I will catch up with my friends tomorrow en route, but one day at a time, with no pressure.

**Day 6-8** "The real treasure is the friends we make along the way" (Stand By Me, 1985), Setting off from **Eureka** I headed into the



**Akamina Kishinena National Park** for a planned three days, totally off grid. I have a satellite link so that my nearest and dearest can track me, also in case I do run into some serious trouble with a bear at least someone knows where to come and collect my body from,

*Continued on page 37*



Ride your ride, live your life.

Setting off from **Elkford** I started with saddle sores. I made the schoolgirl error of changing my saddle before I set off from the UK for a "better" one. Turns out expensive does not equal better. Passing by **Sparwood** mining town and eating a massive brunch with a pancake side, (normally I'd never manage all that), I knew I was in a lot of trouble with my bottom. I am so frustrated because my legs are in good shape for this, but the sores are holding me back.

After another 2000ft of climbing, mainly out of the saddle, on some rough mountain passes, we arrived in **Fernie**. I found a bike shop to replace my saddle and get replacement disc brakes. As common as mine are in the UK, the stock of misuma in the US is sparse. Mike the bike shop owner offered his back yard for us to camp in, saving us



Continued from page 36

leaving no trace (only kidding mum!).

The climbs were totally insane, indescribable and extremely tough in parts. No one ever tells you about the parts of this trail where the "paths" are just rocks and boulders uphill for 35+miles. However, the scenery was breathtaking and well worth it.

With my amigos, Chris and Jamie, we climbed and we climbed. As the midday sun hits my camel bag, my drinking water becomes the same temperature as warm tea, so stopping to filter clean fresh cold water from streams is a true delight.

We spent the night pitched at **Wurtz Cabin**, and set off to do the same thing the day after, reaching the town of **Whitefish**, a full day ahead of my planned schedule.

It is becoming apparent that the journey and the people you meet along the way is far more important than the destination, how far I get each day is a bonus. Each day brings its own surprises and hellish moments. After 7 days on the bike I decided to take a zero day. (A day with no miles). As I woke up, a myriad of emotions washed over me - 300+ miles, 17k+ foot of climbing and only a week into my marathon solo trip.

I had a video call with my mum who, as always, put my hat back on straight. So I pulled up my big girl pants and headed to the army supply store to get stocked up on dried food. I then had to change up my front plastic pannier bag straps for more secure hose clips. The old ones were slipping round into the wheel spokes on the descents with all of the bouncing.

In June, I cycled the **Camino de Santiago** and en route met Americans, Lauri Ann & Andy - today I was blown away when



they paid me a surprise visit, driving nearly 3 hours out of their way to meet me in **Whitefish** for a late lunch. I have been so lucky in my life to meet some wonderful people, friends who have been with me through thick and thin, new friends who surprise me with their support and kindness and my long suffering family, all there when I need them.

This journey so far has really proven to me that there are good people in this world, kindness is shared and all around us. Give it generously and without expecting anything in return. This year has been a hard year for me, but it has been a growth year. I have stopped fixating on what has gone wrong and started to appreciate the

journey, learning its lessons and loving the people it presents in my path.



Tomorrow I'll be heading into the **Flathead National Forest** for three or four days, again off grid and one of the longest sections without towns or re supply. The daily pre ride anxiety is already kicking in.



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By: Chrissie Cremore

Do you like driving?  
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weeks to 2 months. Some often return on a regular basis. They travel from various parts of the world and what the charity needs is people who are willing to collect and return them to either Vera Bus Station or Almeria Airport. For the latter, there is a reimbursement of €25 to cover fuel costs.

Please email: [antoinette@paws-patas.org](mailto:antoinette@paws-patas.org) if you are interested. It doesn't matter if you can't help all the time, but at least offer your services for her data

base. Any spare time you can offer is gratefully received, even more so by the large amount of kittens, cats, puppies and dogs which are either abandoned or are rescued and then hopefully find their 'forever homes'!

For further information regarding other areas of volunteer work please visit their website. To work with the dogs and/or cats please get in touch via email.

**RELIGION**

**The Rockin' Vicar**

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

Many of you will know that I spend time in contemplation (meditation) in my beautiful olive groves. I look at it this way - if the world won't leave me alone then I can leave the world for a time. I watch the UK news and know what's going on, which means I need time to reflect, to find a balance.

The other day I read the following which fits in with my current contemplations: 'Over the centuries, many forms of Christianity have become religions of fear. But Christianity wasn't always like that. It began as a nonviolent peace movement, a community known for love, a community gathered around a table of fellowship and reconciliation, a people armed with the basin and towel of service, not the bomb and gun of violence.'

How have many forms of Christianity become religions of fear? Because they are made by human beings who interpret their own understanding of the Bible. Take heaven and hell from a human perspective: be good and you go to heaven, be bad and you go to hell. Have faith and your place in heaven is already reserved. Our kind of faith. Humanity demands justice, the big sinners will surely get what they deserve.



Those who go to a church want what they believe confirmed. If not they move on to another church

which fits their understanding. A snug fit into a square box where they all think just the same. Contemplation is challenging. Could I have got it wrong? The beauty is that if we make time to reflect on what we believe with an open mind, to allow new thinking and ideas to flood in, to allow God to speak then we can come into possibly different perspectives than those we have clung onto for so long. The God Perspective. Then love opens up, forgiveness challenges us and hopefully peace replaces our anguish and pain.

If you want to talk with me, shout at me and tell me I'm wrong or to know more, my contact details are above. Please do get in touch.

'Bye for now and God bless Rev Andrew.

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**INFORMATION**

**HISTORY SNIPPETS**

By Adrian & Dawn Leyland Bridge  
dalbridge21@outlook.com

**The Aguilas Casino**

The word 'casino' conjures up images of crowded smoke-filled rooms filled with giant roulette tables, roulette wheels, baccarat tables and other gambling paraphernalia.

In some respects, the modern **Casino** building, situated in the Murcian port town of Aguilas, on Plaza Robles Vives 2, conforms to these perceptions. Go through the impressive entrance way, ascend a flight of steps onto the first floor and then turn first right, and one enters into the Aguilas **Casino café/bar area**: A giant roulette wheel is suspended, upside down from the ceiling and an impressive, substantial – if somewhat incongruous – model gorilla also attracts attention as it hangs down from the top of the room. In reality though, for much of its long history, the Aguilas **Casino** was far more than just a place where card games and some gambling took place.

The impressive looking white building rather resembles an English early nineteenth century Georgian mansion, but was, in fact, constructed between 1894-5 and it became a club/society where the more affluent denizens of Aguilas and its surrounding areas could meet for **dances**, literary discussions, and other convivial social occasions.

The organisation which ran the Aguilas **Casino** building was called the Society of Friends and existed long before the **Casino** development came into being. Way back in 1876, the Society already had 152 members and this number grew considerably once the **Casino** building was completed in 1895.



The Aguilas **Casino** building was designed by the architect Emiliano de la Cruz and actually constructed by a company belonging to local builder Jose Perez Sanchez. Aguilas's new **Casino** encompassed three floors and in 1905 the Murcian artist Jose Sanchez supplied the edifice's greatest adornment – ten large allegorical paintings which were intended to illustrate different aspects of life and culture in Spain at the beginning of the twentieth century. These spectacular creations remain in-situ to this day and can be viewed by all those who enter the **Casino** building for coffee, wine, or its many other activities.

During its early years, the Aguilas **Casino** membership was dominated by families who owned mining concessions in and around the Lorca area. In addition, British ex-patriots were very influential in running the **Casino** from the very start. These British Aguilas **Casino** members were mostly engineers working in the mines, on the construction of the Aguilas

railway, or at the Embarcadero El Hornillo docks, from where minerals from Lorca, Almeria and Granada were exported across the world. The enthusiastic British members of the Aguilas **Casino** participated in all its activities, but were somewhat isolated by their habit of taking tea and indulging in **bridge parties** at the Plaza Robles Vives building during baking hot afternoons, when more sensible Spaniards were at home taking their siestas.

The heyday of the Aguilas **Casino** was really the period between 1895 and the onset of the Spanish Civil War in 1936. Once the brutal civil war was underway, the **Casino** was seized by Popular Front Republicans who converted the building into a 'Casa del Pueblo' which was accessible to everyone in the vicinity of Aguilas and not just to a limited number of club members.

Once Franco had emerged victorious from the carnage of

*Continued on page 41*





Continued from page 40

the civil war, the Aguilas **Casino** fell into an immediate decline.

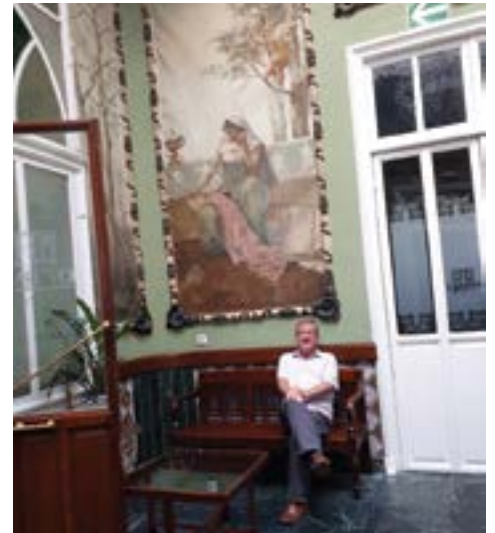


The dictator banned **casinos** throughout Spain, though the Aguilas **Casino** building could still be used for social purposes and was renamed a 'Liceo'. During the 1960s and 1970s, the building became somewhat dilapidated, though a modicum of restoration work was carried out by a group of local businessmen.

By 1993, the incremental effects of all this restoration had come to full fruition and the Aguilas **Casino** building was restored to something of its former glory. All the onerous debts of the former Liceo had been cancelled – the slate was wiped clean – and the paying membership of the Aguilas **Casino** rose, not surprisingly, from 60 to 500.

Since 1993, the Aguilas **Casino** building has gone from strength to strength. It houses a range of activities from **Zumba classes to art exhibitions** (in 2022, for example, the **Casino** played host to an **exhibition** of the artistic works of Jose Miguel Munoz).

In addition to the **café/bar** already spoken of, the **Casino** also possesses **library facilities** and it plays a praiseworthy role in the maintenance of the traditional Aguilas **carnival and pinata dances**. Originally, only **Casino** members could attend these **dances**, but this privilege was later opened to all residents



of the town of Aguilas. The impressive façade of the Aguilas **Casino** building has been a key architectural feature of the town since 1895 and is currently included within the register of historical assets of cultural interest in Spain as a whole. For anyone visiting the port of Aguilas, at least one visit to the **Casino** building should be a definite priority!

(Adrian & Dawn L. Bridge, July 2023)

**GROUPS**

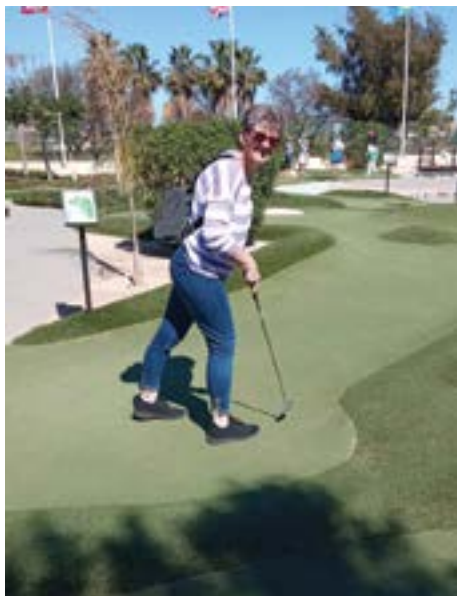
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**Chatterbox Ladies Group** meet at the The Social Centre on 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month between 2pm - 4pm. We have guest speakers, organised **trips and events**, lots of **tea, coffee and cake** and what ladies are not good at chatter!

We like to try different places to visit, we have played **crazy golf**, shopped till we've dropped,



tried Licor 43 at 10.30am in the morning and visited Benidorm, Guadalest and Los Alcazares.

We had a **party** in June just before

we closed for the Summer and will be organizing a **Christmas Party** in December.



Our ladies are very friendly, always happy to make new friends and help with 'general' requests ie where do you have your nails done?

Does this sound good? Something you may be interested in? Drop me an email [onlyforsue23@gmail.com](mailto:onlyforsue23@gmail.com)

I will be only too happy to explain more!



EDUCATION

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Body Parts

This week's lesson is about parts of the body - but before you get too excited, it's actually about verbs that are connected to parts of the body. I will explain. For example the word for 'arm' in Spanish is 'brazo'. There is a verb in Spanish connected to this which describes what you do with your 'brazos' from time to time - that is 'abrazar' which means to 'embrace'.

There are quite a few of these, so let's see what else we can come up with. The word for "eye" is 'ojo'. In English we sometimes say 'to cast an eye over', well in Spanish this is 'ojear'. This can be confused with 'hojear' which specifically means to browse through a book or magazine. Here is another one - the word for back, which is 'espalda'. Well 'to back' something in Spanish, in the sense of to support something, is 'respaldar'.

Before I go any further I would like to point outside something interesting about English here. We very often use exactly the same word for the verb as for the noun. For example we have

the noun: 'eye' and also the verb 'to eye' something. We say 'the back' and also 'to back'. We can say 'to arm' as well, but this has a completely different meaning. Confusing eh?

The 'forehead' in Spanish is 'la frente'. From this we have the verb 'enfrentar' which means 'to face' (there we are again in English - 'the face', 'to face') or 'to confront'. The preposition 'enfrente' comes from the same root. It means 'opposite' that is 'facing'. The word for 'knee' in Spanish is 'rodilla' and 'to kneel' is 'arrodillarse'. Notice this time in English we say 'to kneel' and not 'to knee' which also exists, but means something completely different and not something one would expect to do in church.

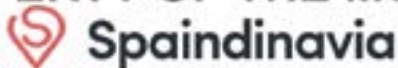
Going back to the eye for a moment, the word for 'eyelash' in Spanish is 'pestaña', whilst 'pestañear' means 'to blink'. There's some logic there, but it is not to be confused with 'párpado' which is 'eyelid' and 'parpadear' which is 'to blink' in the sense of 'to flicker'. This is the verb you use when you phone the technical people to tell them your Internet connection has gone off. It's

when you have that interesting conversation with them about the little lights on your modem or router or whatever it is. You kneel on the floor with your head under the desk, breathing in dust and saying "Ahora está parpadeando" (Now it's flickering). Don't tell me you haven't been there!

I imagine that many of you will have come across 'sangre' meaning 'blood', especially as our doctors are very keen on sending us off for 'un análisis de sangre'. Well, we have a verb from this as well which is 'sangrar'. In English we don't say 'to blood' though, we say 'to bleed'. Rather confusingly 'desangrar' also means 'to bleed', but that's when you lose all your blood, apparently.

I can't resist finishing off with some more English peculiarities. We 'toe' the line and 'foot' the bill. We can 'head' a ball and 'elbow' someone in the ribs. In fact we can also 'rib' somebody, 'finger' things and 'thumb' a lift. We might 'nose' around someone's house and didn't we use to 'neck' sometime in the past? There you have it - now you have some more things to think about before next month!

PROPERTY OF THE MONTH



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Reference: FA7609



Price: From €184,000





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# Health and Beauty Section



**EDITORIAL**

## Natural Verdiana

Tel: 610 030 635

### MACA PROPERTIES (PART 2)

#### Skin protective properties

**Maca** also takes care of skin health. It is consumed and cultivated in high altitude areas in the Andean highlands of Peru, that is, in places where ultraviolet radiation is very high and there are no spaces to shelter from the sun.

The natives and visitors who consume this root during their trips through the mountains will be more careful of UV rays. **Maca** increases the thickness of the epidermis (microscopically, of course) and serves to protect from the sun as if a factor 30 were used. **Maca** extract can be placed in sun creams or cosmetics to enhance the effects.

#### Maca and dosage

Doses of up to **3 grams per day** appear to be safe when taken for up to 4 months. The dosage used in studies generally ranges from 1.5 to 5 grams per day.

**Maca** is easy to incorporate into your diet. You can start with a teaspoon (about 5 grams) to get used to the taste (that not



everyone likes) – it has been characterized as earthy and dry. You can add a little powder to your coffee or tea. You can also add it to smoothies, oats, yogurt, milk, salads and recipes. **Maca** can be added to almost any dish and you can also make recipes with the main ingredient being **Maca**.

#### Maca and side effects

There are no reports of major side effects after consuming **Maca** as a food. However, the locals in the highlands of Peru suggest boiling the **Maca** before eating it. The traditional method of boiling up to 20 grams of powder to make juice has not been associated with toxicity. The boiling process seems to increase some metabolites but destroys other compounds -e.g. it is known that heating significantly reduces the content of vitamin C.

impaired menstrual cycle, stomach cramps, discomfort and insomnia.

If you have thyroid problems, you need to be careful with **Maca** because it contains substances that can affect the normal functioning of the gland. These compounds are more likely to affect you if you already have impaired thyroid function.

**Maca** contains a compound called MTCA and has the potential to cause DNA damage. Given this risk, a French health organization said consumers should be careful. This has been disputed by researchers who said that MTCA is inactivated during cooking. This substance is also present in other foods e.g. in oranges [12] and in fact in some it is in a higher concentration than in **Maca**.

The safety of taking **Maca** supplements during pregnancy and lactation has not been evaluated.

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NATURAL

*Verdiana*

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Mild side effects reported include

Sebastian Cuny



ADITORIAL

**LG Dental & Indent Dentist**  
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**Get New Teeth In One Day**

Among the tools used by dentists for the rehabilitation of patients with very deteriorated mouths; those who either have no remaining teeth, or they are about to become edentulous patients due to the very poor state of their mouths, there is an option among the great sources of conventional dental treatments, called **All-on-4®**.

This kind of treatment was described by Dr Paulo Maló 20 years ago and, since its beginnings, it has been used to treat edentulous or potentially edentulous patients, due to the fact that it is a simple and economical option in comparison to other treatments involving dental implants.

According to World Health Organization statistics, it is stated that there are 40 million toothless people in the Western world, of which 44% live in the US, 20% in Brazil, 7% in the UK, 6% in Germany, 5% in Canada and 14% in other parts of the Western world.

**All-on-4®** is described as a



concept of dental treatment constituted by 4 implants, taking into account that recent research has revealed that the loss of bone in toothless patients always occurs in the same way: there is less bone loss in the area that goes from premolar to premolar in both jaws. The **All-on-4®** concept uses this remaining bone to fix 4 implants that will support a complete denture, eliminating the need for complex bone grafts, which translates into a cheaper implant treatment.

Another **of All-on-4®'s** advantages is that it offers the possibility of placing the prosthesis immediately; the exact same day the implants are placed. This protocol is known as 'immediate loading', which ensures patients that they would not leave the clinic without teeth. In other words, on the same

day/week in which the surgical procedure is performed, patients can wear provisional teeth, so they do not have to go through the bitter experience of not having teeth. Another benefit is that it enables quick restoring of the aesthetics and chewing function in toothless patients or with severe dental problems.



It is important to emphasize that **All-on-4®'s** concept is another tool for the dentist in the treatment of his patients; that is to say, it is not ideal for every patient and it is the dentist who must consider if it is a suitable treatment or not.



There are large numbers of patients with very little bone, which makes the placement of implants a great challenge, because getting bone available to restore the entire upper or lower jaw with grafts could be prohibitive for many patients.

**All-on-4®'s** concept may meet the needs of patients whose jaws have very little bone and, in economic terms, they need a more accessible and immediate option to restore their aesthetics and function.

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**Money Money Money**

We start the month of October with a pop quiz question, who sang it? **Abba** of course. The reason for doing so is that **Sector D Community and Gardening Group** need your donations. The President highlighted this last month. Saying that, your donations enables the **Group** to support the community on D, the work of the gardening teams and run events.

Please, please donate, dropping your money into the Friday morning bucket collection will ensure the good work continues. Think about setting up a regular donation to D. It's easy to do and the information on how to do it can be found on the D FaceBook page.

**Remembrance Day Display**

This year we plan to build on the success of last year's display. This will take the form of a display of poppies and lighting at the Cross on the entrance to Sector D, the traffic island at the church and the triangle at the exit from D. If you would like to place a small cross, poppy or wreath at any of the displays in memory of fallen loved ones, please do so.

The displays will be created in late October and completed by the 1<sup>st</sup> November.



You may also want to offer a donation so that the D group can buy more 'Tommy' silhouettes and other display items. Again visit the D FaceBook to see how you can donate. Or talk to one of the volunteers at the Friday collection point and give them your donation.

**Gardening News**



Our teams went back to work in early September focusing on essential work after the summer break.

Team Esparraguera, as the name suggests (my little joke - is really team 1), looks after Esparraguera, but also the verges

and community gardens on the exit side of Covachos. We are looking to expand this team so if you want to volunteer please contact any member of the team, committee or leave a message on the D FaceBook page.

Team 2 is focusing on areas that haven't been worked on over the past 2 to 3 years. During September they tidied up the verges and gardens around the bottom of Piteras in preparation for the **Camposol Free Community Sports Street Party**. A good example of working with other organisations to better the environment.

Local Teams - the first of our ad hoc local community teams is up and running and will be concentrating on the maintenance and improvements to the verges at the top end of Covachos. A trial run was carried at the beginning of September with the sweeping up of the mud and debris caused by the heavy rain some weeks ago. The photographs show the 'before and after' impact.

This embryonic team will carry out work on a Sunday morning on a monthly basis, unlike the other teams who operate Mondays and Wednesdays.



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Foil Full Head Inc Blowdry 36€  
Perm Inc Blowdry from 28€

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Nails By Elo, Maricarmen, Tegon,  
Lynsey, and Fallon  
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Manicure Normal Polish/  
Shellac/ Gel Polish Inc Soak Off 18€  
Pedicure Normal Polish  
Shellac/Gel Polish Inc Soak Off 22€  
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Nail art extra

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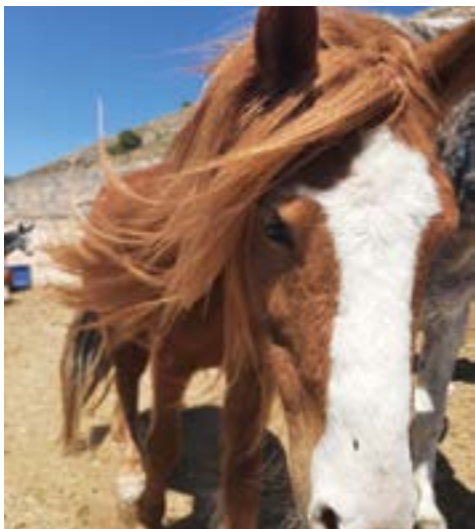
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The months are whizzing by and yes, it will soon be **Christmas**.

There never seems to be a quiet time at the moment, every day is full on with answering emails, whatsapp and phone messages. Of course this can only be done when all the donkeys are settled.



On the fundraising front, as I write this our Mojácar trip is a few weeks away and we hope to have had a great day out. Our next trip is Benidorm on 8<sup>th</sup> November, €20 pp. We always have a fabulous time so if you would like to go please send a message or email us

**BENIDORM**  
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For tickets and information:  
phone 690 906 565 or 604 120 024  
email andreasanimalrescuemurcia@hotmail.com  
Or pop into the AAR shop in Mazarrón  
Various pick-up points.

**EXCITING NEWS**

Our beautiful boy **Ginger** has only gone and found himself a home. Last year we homed Midnight to a lovely lady called Simone who fell in love also with **Ginger** but couldn't take him... well now she can.

We're just waiting for the paperwork to come through to enable the transfer and transportation LEGALLY and **Ginger** can go. It really isn't easy - you can't just put them in a box and off you go ... not in Spain.



I'm sure we'll have photos and they will be on our fb page. Yes, we are sad to see him go, BUT it's important to re-home if we can. Quite a few of our equines have problems so they stay with us, but the fit and healthy ones of course we can home.

With **Christmas** looming do think about sponsoring one of our donkeys. It makes a fabulous gift and a huge difference to the lives of our gorgeous herd.

On the 14<sup>th</sup> October one of our donkeys has been requested to attend a wedding in Lorca and

we are so excited. It's about time they started to earn their keep!! Haha. Last year our donkeys were out attending several **Christmas** functions - I'm not sure who was happiest, the donkeys or us! If anyone would like a donkey to attend a function please let me know.

Our sponsorship scheme is vital to our ongoing work and really does help with the constant rise in the cost of feed, water, farrier and vet fees. Alternatively you could make a donation if you prefer to help care for the 113 donkeys.

Donations can be made by Paypal or bank transfer

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**EVERY MONDAY is CAMPOSOL DAY**

We are on the lower car park of B sector 11.30am/1.30pm with a choice of Andrea 1 or Andrea 2. Andrea 2 is our sponsorship lady so come and chat. You can also drop donations off. We are very visible with yellow t shirts and yellow panels on the side of our van.

If you have larger items we can collect by prior arrangement. Otherwise, items can be dropped off at our shops in Roldan or Mazarrón between 10.30am-1.30pm.

Until next month  
Take care  
Andrea and all the **AAR** team







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NEWS



# TV News

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Well, the one who controls the thermostat has turned us down a notch making the outdoors much more bearable and the A/C's switched off more than on. They have also sent the Madrid residents back to work and we can drive a coastal route in 'normal' time without worrying about holiday makers seemingly without brains! However, they are the life blood of the coastal regions and their six weeks here are the survival routes for many businesses.

I find it odd that the municipalities do not promote their facilities into September/October when the weather for northern Europeans is just perfect – but the first weekend of September the beaches get cleared of all facilities, the jet ski hire closes and the sea inflatables get taken away. We residents then get our towns back for the next 10 months!

TV News..... A story we have dealt with several times is the picture quality on IPTV (Internet based TV). This is dependent on several things including your internet supply

and the resolution the IPTV company is using – the greater the resolution the better the picture but the more expensive it is to transmit. Although the listing for a particular channel may say HD (i.e. BBC 1 HD) that only means the HD version of the channel is being transmitted but the picture quality may not be HD. Cheaper versions of IPTV systems may not transmit in high resolution formats and then picture quality will suffer. One client told us at subscription renewal he was not going to pay our prices as there were much cheaper options available. Then a week later we had a phone call from him asking us why his new picture quality was not good – "ask your new provider" we said, to which we got the reply "well he is not answering the phone!"

We know there are exceptions but generally you get what you pay for in quality and service. We at **Rainbow** are open for IPTV enquires and problems from 9am-9pm, 7 days a week. We may not instantly answer the phone but a message will get responded to as soon as possible.

Poor internet quality, not the speed, can affect viewing in many ways but that is a whole other story for another news letter – just to say that fibre, whilst very good, is not perfect and can have various problems. So often we have been told "I have fibre and my internet is perfect" only for us to prove that statement wrong! We, as an IPTV service provider, have some problems at times and generally we always hold our hands up and say "yes this is our problem" but honestly, over 80% of the issues we deal with turn out to be internet related. Please always be aware that your TV service is dependent on two suppliers and both have to be A1.

We often get the statement my "Netflix, Amazon, Britbox etc is running absolutely fine so my internet must be perfect". Long complex technical story but those services, because of their security arrangements, are far less demanding on the internet than IPTV is. Our security arrangements have to be at the client's end of the system making the internet demand far higher than these other services. Please

*Continued on page 51*



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Continued from page 50

bear in mind that any service comparisons relating to the internet are generally not valid.

We also find it rare for an internet service provider to admit to a problem – we often have to visit numerous times making various adjustments, including changing boxes and running the system on a 4G router to rule out any fault with the TV system. This also shows the engineers the TV service working on a 4G system


and not working on their internet – that usually proves the point and the ISP then start looking for the issue. We have a couple of 4G internet routers available for just this purpose.

Free demonstrations of IPTV are available with one weeks free no obligation trial – unsure about this new fangled technology – you do not need to be a geek to operate it – you don't even have to have a computer – give it a try – there is nothing to lose.

That's it for October - another edition in November 2023.

This article is sponsored by **RAINBOW SATELLITES SL** - the company for all your TV needs in the Murcia region of Spain.

Contact us by phone or email for free friendly advice on any TV issue. Visit our website or find us (and like us!) on Facebook.

 <p><b>CHARITY</b></p>	<p><b>Noah's A.R.C. Animal Rescue</b> Registered Animal Charity N° 9.971/1 Helping the animals of Mazarrón for a better future for all! Email: info@noahsarcmurcia.com</p>	<p>Rehoming and adoption: 602 653 639 Rescue and emergency: 603 206 363 and 604 346 163 Port shop: 602 624 521 Camposol shop: 711 016 236</p>
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Nena

**NENA** is a small sweet little girl weighing only about 8 kilos, abandoned on a holiday resort near Mazarrón. Nena's date of birth is 1/1/2022, she has been spayed and is fully vaccinated. We think she would suit a quiet home as she is quite shy to start with.



Bonita

neutered and now just needs a loving, forever home.

**BONITA** a beautiful girl found abandoned on Mazarrón Country Club. **Bonita** was born on the 17/3/2023 and weighs about 12 kilos. She is fully vaccinated and will have to be spayed when she is old enough. Can you offer this pretty girl a home she deserves?

All adoptions and fosters will be home checked.

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

We would like to say a huge thank you to Scott and Danni Johnson who fostered a poorly pup named **Bobby**. Sadly he

was too weak and lost his fight for life. Scott did an amazing fund raiser for **NoahsArc** in **Bobby's** memory and raised over 1000€ which is hugely appreciated.



Bobby

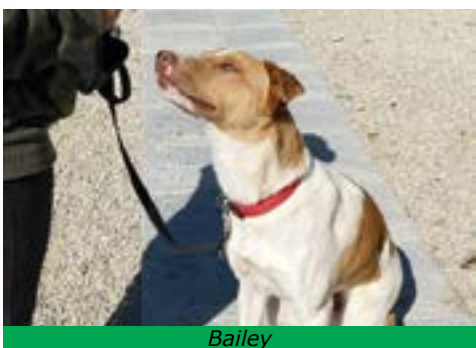
Thank you to everyone who came along and supported Scott, and all the people and businesses that donated prizes.

For donations our PayPal address is: [NA1Treasurer@gmail.com](mailto:NA1Treasurer@gmail.com).

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

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

We are always truly grateful for any donations we receive to help the dogs and puppies in our care. We cannot do this work without you. Thank you.



Bailey

**BAILEY** is a really sweet natured boy of approximately 2½ years old. He was found abandoned in a terrible state, covered in fleas and very thin in December last year so he is now fully recovered. **Bailey** is fully vaccinated and



# Food and Drink Recipes



## Hispanic Day inspired recipes

### Huevos rancheros:



Enjoy this Mexican-inspired vegetarian brunch of egg, tomato, avocado, kidney beans and cheese, on top of tortilla. It's spicy, filling and full of flavour

#### Ingredients:

- 2 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- 400g can red kidney beans, drained and rinsed
- 1 tsp ground cumin
- ¼ tsp chilli powder
- ½ tsp dried oregano
- 4 eggs
- 4 small flour tortillas, warmed
- 1 large tomato, diced
- Handful pickled jalapeño

peppers, roughly chopped  
30g cheddar, grated  
1 avocado, peeled, de-stoned and diced  
1 lime, half juiced, half cut into wedges, to serve  
Chopped coriander, to serve

#### Method:

Heat 1 tbsp oil in a large pan. Add the onions with a pinch of salt, and cook until translucent, around 3-4 mins. Add the garlic and cook for a minute more.

Stir in the beans, cumin, chilli powder, oregano, some seasoning and 100ml water. Cook for 5-7 mins, stirring occasionally, or until the beans have softened, then remove from the heat, mash and set aside.

Heat the remaining oil in a large frying pan over a medium-high heat. Crack in the eggs, then reduce the heat to low and cook slowly until the whites are completely firm.

To assemble, spread the beans onto the tortillas, add the tomatoes and jalapeños and sprinkle with cheese. Top with some avocado, a squeeze of lime juice and a fried egg, then

scatter with coriander. Serve with the lime wedges on the side.

### Chicken & bean enchiladas:



A family dinner that delivers four of your 5-a-day. Tender chicken, red pepper and black beans, wrapped in tortilla, baked in the oven with passata and cheese

#### Ingredients:

- 1 tbsp rapeseed oil
- 2 red onion, sliced
- 2 red peppers, deseeded and sliced
- 2 garlic cloves, crushed
- 2 tsp chipotle paste (add extra if you prefer more heat)
- 2 skinless chicken breasts, cut into thin strips
- 400g can black beans or kidney beans, rinsed and drained
- Small bunch coriander, chopped
- 500ml passata
- 1 tsp ketchup or sugar
- 6 medium tortillas
- 50g mature cheddar, grated
- Green salad, to serve

#### Method:

Heat oven to 200C/180C fan/gas 6. Heat the oil in a large frying pan and add the onions, peppers and half the garlic. Cook for 15 mins, stirring now and then until the veg has softened. Stir in the chipotle paste, then fry for

*Continued on page 53*



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Continued from page 52

1 min more. Add the chicken strips, turning them over in the mixture so they cook through, about 5-10 mins.

Stir in the beans, coriander and 150ml of the passata, then take the pan off the heat. Divide the mixture between the tortillas, then fold the sides in and roll them up. Mix the rest of the passata with the remaining crushed garlic and the ketchup. Pour half the passata sauce into a 22cm square baking dish, then place the enchiladas on top, side by side. Dot over the remaining sauce and sprinkle over the grated cheese, then bake for 25-30 mins until golden brown.

**Black-eyed bean mole with salsa:**

Try this healthy dish as a quick



and easy low-calorie lunch that counts as three of your 5-a-day. The beans are a great source of protein and fibre

Ingredients:

For the salsa:

- 1 red onion, finely chopped
- 2 large tomatoes, chopped
- 2 tbsp fresh coriander

½ lime, zest and juice

For the mole:

- 2 tsp rapeseed oil
- 1 red onion, halved and sliced
- 1 garlic clove, finely grated
- 1 tsp ground coriander
- 1 tsp mild chilli powder
- ½ tsp ground cinnamon
- 400g can black-eyed beans in water, rinsed and drained
- 2 tsp cocoa
- 1 tsp vegetable stock
- 1 tbsp tomato purée

Method:

Tip all the salsa ingredients into a bowl and stir together. For the mole, heat the oil in a non-stick pan, add the onion and garlic and fry stirring frequently until softened. Tip in the spices, stir then add the contents of the can of beans with the cocoa, stock and tomato purée. Cook, stirring frequently to make quite a thick sauce. Spoon into shallow bowls, top with the salsa and serve.

**Grilled salmon tacos with chipotle lime yogurt**

Grilled healthy fish with chipotle spice served with cabbage salad, coriander and chilli in soft tortillas.

Ingredients:

- 1 tsp garlic salt
- 2 tbsp smoked paprika
- Good pinch of sugar
- 500g salmon fillet
- 200ml fat-free yogurt
- 1 tbsp chipotle paste or hot chilli sauce
- Juice 1 lime



To serve

- 8 small soft flour tortillas, warmed
- ¼ small green cabbage, finely shredded
- Small bunch coriander, picked into sprigs
- Few pickled jalapeno chillies, sliced
- Lime wedges, to serve
- Hot chilli sauce to serve, (optional)

Method:

Rub the garlic salt, paprika, sugar and some seasoning into the flesh of the salmon fillet. Heat grill to high. Mix the yogurt, chipotle paste or hot sauce and lime juice together in a bowl with some seasoning and set aside. Place the salmon on a baking tray lined with foil and grill, skin-side down, for 7-8 mins until cooked through. Remove from the grill and carefully peel off and discard the skin. Flake the salmon into large chunks and serve with the warmed tortillas, chipotle yogurt, shredded cabbage, coriander, jalapeños and lime wedges. Add a shake of hot sauce, if you like it spicy.

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LEISURE

# WARM - Walkers Around the Region of Murcia

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



You will be reading this in early October and we will finally have resumed our purpose which is **walking**.



I don't have any walks to write about but the moonlight walk will have taken place on 30<sup>th</sup> September at Fuente Caputa, near Mula. I'm planning to do it as I seem to have missed so many of the others. It is a walk I love in the daylight so better get my head torch ready.

Our **walking** season is only possible in the cooler months and we start in October with our final **walk** being on 27<sup>th</sup> April 2024. We are looking forward to at least four new locations Calabardina, Los Royos, El

Mingrano and Monte de las Cenizas.

In his end of year report our President, Martin, talked about the importance of our walk leaders and over the years we have relied on a core group of people to lead our **walks**. Sadly our membership isn't getting any younger and we have some leaders who have either had to stop leading, take a break or lead only our shorter **SWARM** walks. The good news is this year we have six new leaders who have offered to take the step from being a walker to agreeing to lead **walks**. Welcome to Anita, Colette, John, Martin, Paul and Rob.

To help these new leaders we have a four stage guide written by Jess, our first President, and myself.

**Stage 1** helps people understand



the process from the offer of a **walk** for the programme, to how to find a route and deciding if it fits into **WARM** or **SWARM**.

**Stage 2** is about doing the recce. This is when leaders walk the route in advance and work out how to remember the route (I take photos with my mobile of key junctions), where people will park, where gathering and snack stops will be. We use a scoring system of 1-5 for Effort, Agility and Vertigo.

**Stage 3** is actually writing the walk description to be emailed out to our mailing list. We try and give written instructions to the start, GPS and what3words. The leader sets the number limit ensuring the group is a size suitable for the route. A sometimes contentious area is whether to allow dogs or not.



Regional and National parks require dogs on leads at all times. Beaches forbid dogs unless there is a notice otherwise.

**Stage 4** is the last bit, keeping a list of walkers and their contact details, checking everyone is insured. Finally, the day of the **walk** arrives. We recommend the leader and backmarker carry a whistle and first aid kits and have instructions about what to do in an incident. We expect leaders to do a brief introduction to the walk and highlight any specific issues. The walk is ready to go!

Our October walks

WARM	
7 <sup>th</sup> October	Free
14 <sup>th</sup> October	Moratalla
21 <sup>st</sup> October	Free
28 <sup>th</sup> October	Cehegín

**SWARM**

25 <sup>th</sup> October	Casas Nuevas
--------------------------	--------------

If you want to join our walks email [warm2005@gmail.com](mailto:warm2005@gmail.com)

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INDALO PLAYERS

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

[jenniferjane.jordan@gmail.com](mailto:jenniferjane.jordan@gmail.com)

**THE INDALO PLAYERS**

by: Chrissie Cremore

The long awaited production by **The Indalo Players** of 'One Flew Over The Cuckoo's Nest' (having been discussed 10 years ago) has finally come to fruition.

With a revitalised company and lots of local talent they look forward to bringing you their adaptation entitled '**ONE FLEW EAST...ONE FLEW WEST**'. This title comes from the nursery rhyme included in the book written by Ken Kesey:

Vintery, mintery, cutery, corn  
 Apple seed and apple thorn  
 Wire, briar, limber lock  
 Three geese in a flock  
 One flew east  
 One flew west  
 And one flew over,  
 The cuckoo's nest

The crux of the story is the battle between Randle P McMurphy, played unforgettably in the film by Jack Nicholson and Nurse Ratched. The 1960 novel is an allegory about an authoritarian



society represented by Ratched. In order to escape the prison labour, McMurphy fakes insanity and is shifted to the special ward for the mentally unstable. McMurphy represents sexuality, freedom and self determination; characteristics that clash with the oppressed ward which is controlled by Nurse Ratched. McMurphy is not crazy but rather that he is trying to manipulate the system to his advantage.

In this ward, he must rise up against a cruel nurse who runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medications and sessions of electroconvulsive therapy. Instead of viewing them as human beings and trying to help them better themselves, she just wants to dominate them. The battle of wills

between the rebellious McMurphy and the inflexible Ratched soon affects all the ward's patients.

The **Indalo Players** have worked very hard on cultivating their characters and some have never 'trod the boards'. They have also had the opportunity to add their own 'directive' thoughts to the production. Gary and Sally Elliott have worked on the set design and production assistance.

'**ONE FLEW EAST - ONE FLEW WEST**' will be performed at The Vera Auditorium on Friday 20<sup>th</sup> October and Saturday 21<sup>st</sup> October. Doors open at 7.30pm. Tickets are €7 and can be purchased from Items For Sale in Mojácar, Forget Me Not in Las Buganvillas and Total Entertainment in Turre.

For further information about **The Indalo Players** please visit their website: [www.indaloplayers.es/](http://www.indaloplayers.es/), Facebook: Indalo Players el Teatro, Mojácar. Email President: [jenniferjane.jordan@gmail.com](mailto:jenniferjane.jordan@gmail.com)

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**CHARITY**

**FRIENDS OF MAZARRÓN ANIMALS**

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



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

Thankfully we have said goodbye to the extreme conditions and we can now look forward to cooler weather, longer lie ins and later doggie walks.

Our **Pop up Markets** are our staples for fund raising and they take part on a regular basis, generally at Camposol A Rendezvous or Isla Plana by the social club. In order to make these viable we rely massively on your very generous donations of clothes, accessories and homeware. Due to our online **markets** being postponed for a short while we have organised other donation points where your pre loved items can be dropped.

If you are thinking of having an end of summer clear out then please think of us and drop your contributions at the following donation points. Outside JYSK Mazarrón Park on a Thursday between 10am and 10.30am or drop them into our friends and supporters at Just Joe's Hair and Beauty in Bolnuevo. If you are unable to deliver items yourselves please contact us and we can hopefully arrange pick



FRIENDS OF MAZARRÓN ANIMALS

viewed on our Facebook page in the pinned adoption album.

Thank you as ever to all our friends for your continued support.

Please contact the team at **FMA** for more information.

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up. Keep following our page as we do organise other donation points on Camposol.

**Events** for your diaries in October include **Tip n' Williams** at Camposol Golf club on October 21<sup>st</sup>. Food is available but must be booked in advance. Please book your tickets using the information on the accompanying poster.

As always all our dogs and cats available for adoption can be

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Little Horn of Daniel chapter 7 and verse 8 (Part 3)

Did you know that throughout history Yehovah (Jehovah or God) and his people have always been a target for ridicule and persecution. Laws have been passed which are not always in line with the Scriptures. The latter part of Daniel chapter 7 and verse 8 says "...in this **Little Horn** were the eyes of a man, and a mouth speaking great things"

*This Little Horn power is a man that speaks against Yehovah, the Most High and his followers, the saints. Referring back to Daniel chapter 7 and verse 25 which states "And he shall speak great words against the most High, and shall wear out the saints of the Most High, and think to change times and laws, and they shall be given into his hand until a time and times and the dividing of time".*

This **Little Horn** is a man who rises from within Rome, after Rome was broken up into 10 divisions. This **Little Horn** power was influential, political and spiritual. This power was able to uproot 3 kingdoms (Heruli in 493AD, Vandals in 534AD and the Ostrogoths in 538AD). This **Little Horn** became more powerful than the other horns or kings and wanted to be the ruler of the world. This power believed they had all wisdom and understanding. This **Little Horn** had great influence over the kings and leaders of nations and the people. They desired allegiance and compliance from all, and those who refused to comply would be persecuted through enforced laws. (this occurred during the Dark ages). This power changed God's law. But can God's law be changed?

No.

This **Little Horn** had power for a time, times and the dividing of time. (time is equal to 360 days or one year, times is equal to 720 days or two years, dividing of time is equal to 180 days or 6 months. Using Scriptural reckoning of time, there is 30 days in a month. To clarify, 30 days x 12 months = 360 days or one year). Genesis chapter 1 and verses 14 to 16 says "and God said, let there be lights in the firmament of the heaven to divide the day from the night, and let them be for signs, and for seasons, and for days and years. Let them be for lights in the firmament of the heaven to give light upon the earth, and it was so. And God made two great lights, the greater light to rule the day (Sun), and the lesser light to rule the night (Moon), he made the stars also. In scripture the month was determined from one new moon to another, which would take 30 days, hence 360 days in a year.

From the above you can see that **the** time, times and dividing of time equals 1260 days or 3-1/2 years. (three and a half years). The one day for a year principle can be seen in Numbers chapter 14 and verse 34 which states "...even 40 days, each day for a year...". Also Ezekiel chapter 4 and verse 6 says "...and thou shalt bear the iniquity of the house of Judah forty days, I have appointed thee each day for a year". Taking into account the one day for a year principle, it is clear that this **Little Horn** would have power for 1260 years.

In the book of Revelation chapter 13 it speaks of a beast which has some of the same characteristics listed in the book of Daniel chapter 7 (beast means kings or

kingdoms. Daniel chapter 7 and verse 17 gives a clear example "these great beasts, which are four kings, which shall arise out of the earth"). Revelation Chapter 13 and verse 1 states "And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy" (Sea or waters represents people, multitudes, nations and tongues as noted in Revelation chapter 17 and verse 15).

Revelation chapter 17 and verses 3 to 5 explains "...I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns. And the woman was arrayed in purple and scarlet colour and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations...and upon her forehead was a name written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH. Revelation chapter 17 and verses 9 and 12 provides extra details "And here is the mind which hath wisdom. These seven heads are seven mountains on which the woman sitteth...and the 10 horns which thou sawest are 10 kings...".

Revelation chapter 13 and verses 5 to 7 explains "And there was given unto him a mouth speaking great things and blasphemies, and power was given unto him to continue forty and two months. (or 1260 years) and he opened his mouth in blasphemy against God, to blaspheme his name and his tabernacle and them that dwell in heaven. And it was given unto him to make war with the saints, and to overcome them

*Continued on page 59*



Continued from page 58

and power was given him over all kindreds, and tongues and nations. If any man have an ear, let him hear". (42 months x 30 days equals 1260).

Revelation chapter 13 and verse 18 says "Here is wisdom. Let him that hath understanding count the number of the beast, for it is the number of a man, and his number is six hundred threescore and six (666). A score is equal to 20, threescore is 60.

According to 2nd Thessalonians chapter 2 and verses 3 and 4 it explains "Let no man deceive you by any means, for that day shall not come, except there come a falling away first and that

man of sin be revealed, the son of perdition, who opposeth and exalteth himself above all that is called God, or that is worshipped, so that he as God sitteth in the temple of God, showing himself that he is God".

Part(1) and Part(2) has provided much background knowledge concerning history and current events. This **Little Horn** power is real and very influential today. This power has captured the nations. There are many opinions as to who this power might be, but the scripture gives clues.

James chapter 1 and verse 5 states "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not, and it shall be given him".

The good news is that Jehovah (Jehovah or God) loves everyone and offers Salvation to all who will believe upon his son, Yeshua (Jesus). Through Yeshua's life, death and resurrection we obtain eternal life. 1st Thessalonians chapter 5 and verse 9 says "For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ".

I hope you have learned more about the scriptures. Next time I will look at 'discovering truth and prayer'.

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

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

Welcome to [mamasanimalmediaid](mailto:mamasanimalmediaid) newsletter.

Fed up of talking about the weather? I think you're well aware of it!

This month has been extremely short for Mamas due to the shop being so hot. Richard and Jean have had to shut early or not open at all. This has played havoc with our finances. Sick dogs and emergencies still continue and we seem to have moved from everyday emergencies to full blown life threatening accidents and terrible illnesses. We have had to cease helping out with sterilizing which we always thought as a top priority and prided ourselves with the amount of animals sterilised and how willing people were to help their pets.

Anyway, this month a cute pet dog called **Carmelo** became very poorly, and, as you do, the owners decided to 'see how he goes', resulting in **Carmelo**



falling very ill indeed. He was hospitalised for a week and couldn't eat or drink surviving on a drip. He had a huge internal tumour. Once removed the little chap fought back and is now home recuperating with his family. This little dog was so loved we are so happy that he pulled through.

We really could do with your donations. We will accept absolutely anything you don't need anymore.

Only one stipulation, if it's electrical - please be sure it

works! These sell really well. We are getting short of nice furniture and can clear your new house of any unwanted furniture. Better still call and see what we have.

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### Deadline For Expats To Secure A Full UK State Pension Extended

Updated: Taxpayers now have until 5<sup>th</sup> April 2025 to fill gaps in their National Insurance record from April 2006 that may increase their **State Pension** – an extension of nearly 2 years – the government announced on 12<sup>th</sup> June. Extending the voluntary National Insurance contributions deadline until 2025 means that you now have more time to properly consider whether paying voluntary contributions is right for you and ensures that you don't miss out on the possibility of boosting your **State Pension** entitlements.

Expats who have missed filing national insurance years from 2006 to 2016 now have until 5<sup>th</sup> April 2025 secure a full UK **State Pension**. The previous deadline of July 2023 has been extended, with the government announcing they're granting expats more time to get their paperwork in order after numerous reports that critical government helplines have been unreachable in the run up to the deadline.

Helplines managed by HMRC and the Department of Work and Pensions (DWP) have been inundated with calls in the run up to the filing deadline. Many callers have expressed frustration at being unable to get through to anyone, despite calling multiple times. Unfortunately, part of the top-up process is a call to these helplines to obtain vital information.

By extending the deadline the government is ensuring thousands of individuals who currently have gaps in their national insurance records from 2006 to 2016, who currently do not qualify for a full **State Pension**, have an extended period to acquire all the necessary information from the government helplines and make any voluntary

contributions to national insurance via HMRC.

#### Why Is It Important to Fill The Gaps?

Individuals accumulate qualifying years for their **State Pension** through various means, like employment or through claiming specific benefits. Years when an individual doesn't pay into national insurance by one of these means are considered gaps, which can lead to a shortfall that means they're not entitled to a full UK pension. They may choose to rectify this by making a voluntary contribution for missed years. Doing so can be a very profitable move, as some individuals will spend as little as £800 bridging any gaps in their records while seeing a return of £5,500 or more.

#### What Happens from April 5<sup>th</sup>?

From 6<sup>th</sup> April 2025 onwards it will no longer be possible to fill gaps in tax years that took place more than six years ago. While there are currently 'transitional arrangements' in place which were introduced during the roll out of the new **State Pension** system in 2016, they are about to be terminated. The aim of these arrangements was to give those under the age of 70 more time to accumulate 'qualifying' national insurance years so they could be eligible to obtain the full new **State Pension**.

#### What's Changed?

Those with gaps in their national insurance records from 2006 to 2016 will now have until 5<sup>th</sup> April 2025.

One of the necessary steps in filling any gaps is to contact the Pension Service (if you're already at **State Pension** age) or The Future Pension Centre if you're below the state pension age. Following this a second call is needed to HMRC to obtain a unique 18-digit reference number. It's impossible to verify which years in your records are

'incomplete' or make payment with your unique reference number without help from these official channels. Unfortunately, both helplines were experiencing such an overwhelming number of calls that thousands of individuals found themselves unable to get through, despite repeated attempts.

By extending the deadline those who haven't yet been able to get through have additional time to verify whether making an additional payment will enhance their **State Pension** or not and, if so, by how much.

The price for most qualifying years was about to increase by 10.1% as of 6<sup>th</sup> April. This price hike will now take effect from 1<sup>st</sup> August. Following this date, the weekly cost for almost all years will rise from £15.85 to £17.45. The exception years are 2021/22 and 2022/23, which will remain the same. As a result, the price of filling a full year in your national insurance record will increase to £907.40.

#### What Does It Mean For British Expats?

Those living overseas experience even more trouble getting in touch with the relevant helplines than Brits at home. As a general rule, expats often have more significant NI gaps in their records as – unless they made voluntary contributions – they won't have paid into national insurance since they were last residents in the UK.

Individuals living and working overseas may – under the right conditions – qualify to pay class 2 rather than class 3 contributions. This saves a substantial amount as Class 2 contributions are a significantly lower cost than the standard class 3 ones. Unfortunately, applying for class 2 adds an additional step to the process for which you need to receive approval/confirmation from HMRC to prove you qualify



before you can begin the payment process.

The extended deadline is even more vital for expats as a result of this extra hoop to jump through, added to the already extended difficulties of getting in touch with the relevant hotlines.

**Don't Use The Extension As An Excuse To Delay**

While the short-term pressure has been relieved by the extended deadline it's important to continue the process as quickly as possible. Deadlines have been extended as a result of high demand for hotlines and their capacity to meet that demand. It's likely many will still experience difficulty getting through, they simply have longer to successfully do so. The longer you leave it, the longer it will take for your case to be handled

and the more likely it is you will miss the deadline, even with the extension.

In today's financial climate it is essential you do everything you can to make sure your money is safe. Should you want a no obligation appointment, your only initial investment is a small amount of time.

The local **Blacktower** office address is:  
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)

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**'Practicing'**

Maybe it is just me but I really do not want to hear that my Dentist or for that matter my Doctor has been **'Practicing'**. I don't care how many years they have been doing this. I mean who are they **'Practicing'** on if not you and me?

Now, it is okay to **'Practice'** sport as no one is really at risk of falling into the hands of someone who perhaps has not **'Practiced'** enough. But start emptying the entire contents of your stainless drawer into my mouth in order to work millimeters away from my very sensitive tooth nerve endings with a drill running at 10000 revs per minute and I am thinking the better of it.

I know, I know...with a 'c' it is a noun and with an 's' it is a verb but American English uses **'Practice'** with a 'c' for both so it sort of fits. Confused? Don't be, because if someone says they are a **'Practising'** Christian then we know exactly what that means don't we? Really?

Turning up each day at a Dental Practice doesn't make you a Dentist. There must surely be some application of learning in order for you to be called a Dentist or for that matter a Christian. Remember, being a Christian is not a way of life or **'practice'**. It is first and foremost a certain knowledge of Jesus as your Saviour. I would go as far as to say if being a Christian doesn't make a difference to your life there is definitely something amiss.

Ultimately though, Dentists, Doctors and even Christians **'Practising'** should result in people being helped to make the world a better place. "In the same way, faith by itself, if it is not accompanied by action, is dead" James 2 v 17.

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; just 20 minutes from Camposol, Alhama, Fuente Alamo, and 30 minutes from

Pto de Mazarrón. Give Ken a call for directions **646 705 403**. A worship service with a difference.

ZOOM ID 858 0435 5966 and THE PASSWORD is ... Sharing (Note ... capital 'S')

All are really welcome, feel free.



RELIGION



# Salt Church Mar Menor @ THE HUB

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

## A sign for the times to come...

For many of us who grew up in the 'olden days', the story of Jonah and the whale was a Sunday School staple. The plot is simple; God calls the prophet to speak to the nasty Ninevites, but our man heads off in the opposite direction. He boards a ship taking him, interestingly, to south-east Spain! However, Jonah never makes it here.

His presence aboard the ship sets in motion a series of events that are a profound paradox. The man of God rebels but the pagan sailors pray and, when a proverbial push comes to literal shove, our man is drowned and then swallowed up in the belly of a big fish. After three days and three nights though, a miracle occurs and said fish spits him out. Jonah finally gets the message and off to Nineveh he trots. The king and his people turn from their wicked ways and come good before God after all.

However, rather than celebrate, Jonah sulks. Surely, one of the most evil societies of all time do not deserve divine redemption, do they? And therein lies the rub! Far from being a sweet Sunday School story, the Book of Jonah is Holy Scripture red in tooth and claw. It challenges us on so many levels.

First of all, we can run from God, but we just can't hide. Then,



there is the grace of God which may well be amazing, but it doesn't come cheap.

Jesus compared Jonah's death and time in the belly of the fish as an image of His time in the tomb. The Bible is clear, that the sacrifice of Jesus on the Cross over 2000 years ago had made it possible for even the nastiest of Ninevites to turn from their wicked ways.

Yes, the God of the Bible is the God of second chances: not only for a rebellious prophet but also, somewhat challengingly, for even the most pagan of peoples.

There are plenty of those still around today and this is good news for them. However, for us respectable folk who stay within the speed limit (mostly) and

give generously to charity, then maybe the words of that great old hymn 'To God be the glory', comes and hits us straight between the eyes, "The vilest of offenders who truly believes, that moment from Jesus a pardon believes."

But, 'that moment' has to be genuine. One hundred and fifty years after Jonah, God once again visited Nineveh but this time in judgement. God's grace is amazing, but it didn't come cheap. And there is a world of difference between mere religious 'revival' and genuine spiritual transformation. He is a canny God and can see if we are sincere or not.

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



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## SPANISH ROAD TAX EXPLAINED

By Car Registrations Spain ES GB EU

☺- How it works

**Spanish Road Tax** or IVTM (Impuesto sobre Vehículos de Tracción Mecánica) is charged annually by your town hall, but in the Alicante region bills are issued and payments collected by the SUMA office. Payment of **Road Tax** doesn't affect your legal right to drive your vehicle on public roads, but do check out what can happen in the case of non-payment below!

💰- How much does it cost?

**Road Tax** varies between regions and town halls but is usually significantly cheaper than it is in the UK, with a current maximum of around 250€ for a passenger car.

📄- How is **Road Tax** calculated?

Each town hall sets the rate for **Road Tax** based on the fiscal horsepower of your vehicle. As you'd expect, electric, hybrid and smaller engined vehicles will generally pay less than large diesel vehicles.

📅- When are **Road Tax** bills issued?

Most town halls issue their **Toad Tax** bills in Spring and give an 8 week window to pay, typically

April to June. After this time you may be charged a penalty and may have to ask the town hall for a revised bill and payment form (Carta de Pago). The bill is issued to the person who owned the vehicle on 1<sup>st</sup> January that year.

📄- What's the difference between **Road Tax** & SUMA?

In the Alicante province, local taxes (including road tax) are managed by the SUMA office. Elsewhere in Spain, **Toad Tax** is payable to your local town hall.

🏠- How to Pay

The easiest way to pay your **Road Tax** is by annual direct debit, but you can also pay by bank transfer by visiting your town hall in person, by phone and online if your town hall offers this service.

🚗- Driving without **Road Tax**

For a Spanish registered vehicle, **Road Tax** doesn't affect your entitlement to drive your vehicle on public roads, but it's different for foreign registered vehicles which must be taxed if this is a requirement in the country of current registration. For UK vehicles a SORN declaration is the same as untaxed.

🚗- Selling your car

Don't forget that even if you sell your car you will still be liable for that year's road tax as you were the owner on 1 January.

🚫- Non Payment & Embargo

If you leave **Road Tax** outstanding for previous years then it's common for the town hall to register the debt which will place an embargo on the vehicle. They can also apply to embargo your bank account and take the money automatically including an additional 20% fee.

✅- Buying a car

If you're buying a car it's a good idea to ensure that the **Road Tax** is up to date as you obviously don't want to inherit a problem and if the town hall has registered any outstanding road tax as a debt then the vehicle won't be able to be transferred into your name until the debt is cleared.

**Car Registrations Spain S.L.** is the leading vehicle registration service of pre-registered foreign vehicles in Spain. If you have a foreign registered vehicle that you would like to import or think we can be of service, please don't hesitate to get in touch with a member of our team.

✉ [info@car-registrations-spain.com](mailto:info@car-registrations-spain.com)

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**GROUPS**



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

This month we talk to the people behind **2025** about their activities and include a piece about one of our principal volunteers for the campaign to support Ukraine.

**How did Camposol 2025 begin?**

We come from the viewpoint of building a constructive relationship with the Town Hall, with an understanding that the Council is faced with huge demands for funding and resource. In fact, no different to councils in the UK. We put our points and suggestions forward in a positive, but realistic manner, hold effective conversations and try and understand what the Council can and can't do. In simple terms we are trying to build a positive image of Camposol rather than the negative one often portrayed by some of the residents and others. Camposol is known by many of our Spanish hosts as "The Ghetto". We would like to help to change that impression.

**What do you think you can achieve?**

The simple answer is, nothing on our own. We work with other groups and volunteers to try and make small but substantial improvements, such as the tidying of the bin areas, making the applications for funding for the dog park and exercise area and creation of the security brochure that is available from our Facebook page. We will continue to work with others on these types of projects.

**Volunteer profile**

Many of you will know Ann Walmsey, either socially or because of her long-standing commitment to supporting local charities. She was recently invited to the British Ambassador's residence in Madrid, along with others. She was asked by the Ambassador, what Camposol had done to support the people of Ukraine during the Russian invasion. When **Camposol 2025** was asked by the town hall to set up the official collection point for Ukraine on Camposol shortly after the invasion, Ann was one of the people to volunteer to help, so she was in the perfect position to explain about the generosity

of the people of Camposol and the surrounding area in providing bedding, clothing and equipment, as well as food and medicines to support Ukraine. When we looked at other ways of raising funds and looked at running events, Ann was able to give us the benefit of her many years of experience, which enabled us to hold a series of events, raising over €3,000, which was used to purchase medical supplies and equipment from the farmacia on A sector and driven directly to the cities in Ukraine by local volunteers. When Ann explained all of this to the Ambassador he told her that the people of Camposol should be proud of what was achieved to support the people of Ukraine and asked her to pass on his congratulations. Therefore, to all the volunteers who joined in and helped on the collection centre, the collections outside Consum and the events that ran from May to August, as well as to the businesses and individuals that supported the activities, Thank you. You know who you are and finally, to the people who came to the events and parted with their money to support this cause, thank you as well.

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Leisure

## Bolnuevo Dog Club

Just over a year ago on a Sunday morning a few friends and their dogs met on Playa Canina Las Moreras. This was the start of **Bolnuevo Dog Club**.



Initially intended to socialise a dog in foster, the now popular gathering has grown and grown in numbers. From a small group of 5-6 dogs we now have over 30 dogs attending on a regular basis. Many of these dogs are former residents of the local perrera (dog pound) and thanks to **Friends of Mazarrón Animals** and their new owners they can enjoy fun and freedom.

and friendly. For new dogs we suggest that they watch from the sidelines as it can get quite lively at times with dogs chasing and running along the shoreline. For dogs that have not been off the lead we use a safe long line and the use of retractable leads are prohibited due to the risk of injury to both dogs and humans.

over 800€.

**Bolnuevo Dog Club** meets every Sunday throughout the year. Winter start time is 9am and during the summer we begin at 8am.

If you would like more information about **Bolnuevo Dog Club** please contact Kathy Horgan on **Facebook**.



We welcome members of all nationalities and being so close to the campsite at **Bolnuevo** we have many visiting dogs from all over Europe. More recently we have had dogs travelling over an hour from the **Mojácar** area to join us due to the lack of a dog beach in their own area. We are blessed in the **Mazarrón** area having 5 dog beaches but it's generally agreed that **Bolnuevo** is the biggest and the best.

Each week people can make a donation to **Friends of Mazarrón Animals** by dropping a euro or two into one of their tins. Each month we announce the amount raised and to date **Bolnuevo Dog Club** has raised

There is no membership fee or T-shirts, we simply ask that the dogs and their owners are social

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LEISURE

NORMA'S TRAVELS

After my **Buenos Aires** encounter with the 'ugly Americans' (look it up), I walked back through the park near my hotel where several families were living in makeshift shelters. I started thinking about where to travel next and the hot weather favoured going south to **Northern Patagonia** for some respite. I booked a flight to Trelew and an apartment to stay in, the area is where Welsh settlers went in the 1860s.

Before we left on the trip a fellow traveller had put me in touch with friends who were living in **Buenos Aires** and I arranged to have breakfast with them at the cafe at Museo Evita. Jim and Gay were originally from the UK, lived for many years in Australia and were well travelled. The garden of the restaurant was lovely, the desayuno saludable (healthy breakfast) was a great selection of fruit, granola, yoghurt and toast etc. We were chatting about our travels. They have a friend in Bolnuevo in Murcia so who knows, we might meet again?

The museum was a fascinating insight into Eva's life, amazing footage of some of her films when she was an actress and then her role as first lady. The displays of some of her clothes were stunning - she certainly had style. I needed more cash for my trip so got a taxi to Florida, the place where everyone changes money. It turned out to be quite safe, a guy said "cambio", we went into a wine shop in a covered arcade and 100€ became 39,000 ARS.

Next day my flight was at 5.30am and super efficient. I knew it was going to be a long day between a 7am arrival in **Trelew** and a 2pm check in so

I had a leisurely coffee in the airport and then got a taxi to a hotel for breakfast and free Wi-Fi. I walked into town for some information and a map from the tourist office, had a haircut for 3€ and found a place that would repair the broken zip on my travel bag. My taxi driver had recommended a cafe so I had a very nice sandwich and lemon cake. Eventually it was 2pm and time to go to my apartment.

On the plus side it was on 11<sup>th</sup> floor so it had good views, a balcony - ideal for my washing and it was relatively cheap. That's where it stops as it was pretty basic with ill fitting curtains, hardly any crockery, nothing to light the gas with and no storage space for clothes. Basically poor attention to detail and no batteries in the air conditioning control.

I unpacked everything, easy if you use a cube system and set off to get my bag fixed. The lady was lovely and said she would repair it in two days. Buoyed by a nice feel to the town I did some shopping and started to think about what to do.



Whale skeleton

**Trelew's** claim to fame is the Fossil and Palaeontology museum. The biggest ever dinosaur was found near there, but sadly the museum was being renovated to better display the find. I spotted Jylgo, a craft beer place so I tried 3 of the 16 beers and had two small plates, a

pumpkin 'pasty' and a lukewarm polenta dish. The latter dish was a big mistake, cue Delhi belly! I saw very little of **Trelew** and managed on Saturday to get on the local bus to my next stop **Puerto Madryn**.

What a contrast - a fabulous 10<sup>th</sup> floor apartment with stunning sea views. With a combination of lots of liquid, light food, loperamide and some antibiotics I bought over the counter in China, I was ready for action again. It was the premier whale watching spot May to December - out of season it was just a fun place for the weekend. Sunday I spent chilling, walking on the beach and enjoying the view.



Dolphin trip

Early Monday morning I headed off in search of dolphins. I went with a great company called hydrosport where Patricia welcomed everyone and Marissa was the guide with only 18 of us on a 72 seat boat. It was a bit overcast but the sea was calm and it was a lovely trip but sadly no dolphins although we did get a great display from the young sea lion pups. We were offered a free trip on

*Continued on page 67*



Continued from page 66



Sea lion pups

Wednesday. Marissa mentioned there were Orcas around all year on the **Peninsula Valdes** so I decided to go the next day on her recommendation. I had the option of a group for 19,000 ARS or a private for 45,000 ARS and given it was going to be 35°C the next day I opted for the private trip. I decided to risk real food and had a glass real ale and a veggie pizza in a great 'pub' with a friendly waitress.



Sea lions

Tuesday I spent an amazing day with my guide Daniel. He was about my age and a lovely, gentle and humble man. We stopped first at **Isla de Pajeros**, being the only ones there, so very tranquil. I asked him about flamingos, as I had seen them on the bus into **Puerto Madryn**. He said they were there sometimes, at which point a flamboyance flew over and landed on the estuary. What a magical moment. They were a stunning pink in flight. A flamboyance must be one of the greatest collective nouns. It was a spot of pilgrimage for fans of the Antione Saint-Exupéry book 'Le Petit Prince', the island looks like a part of the story about a drawing. If you want to know more read the



Isla de Pajeros

book. It looks like a children's book but trust me it is deep. We set off again and stopped at the information centre then the tiny town of **Puerto Piramides** where there was time for coffee and delicious vegan orange chocolate cake. Our route was then on ripio road, i.e. unmade gravelly tracks lined with guanaco, a bit like vicuna or alpaca, but once you've seen one you don't need to see 75km of them.



Flamingos

There were two possible spots to look for orcas **Punta Negra and Caleta** and we opted for the latter as the high tide was earlier. Daniel had brought a flask so we could have tea and I had brought sandwiches. It was stunningly beautiful, with turquoise sea all day. We waited 90 minutes but no sign, and there hadn't been any at **Punta Negra** either.

If you have seen David

Attenborough's programme, this is where the orcas beach themselves to eat the seal pups. Apparently it is an incredibly rare event but it happened on the beach below us.

The trip was worth every penny especially as for large parts of the day there weren't many people around, only two small minibuses and private cars. I managed the whole day talking Spanish too, although Daniel knew the animal and bird names in English. We chatted about allsorts to do with life in **Argentina** and his large blended family, with ten grandchildren. Oh a day in la naturaleza, so good for the soul!



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# What's On

## What To Do, Where To Go

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

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

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

- Every Day** **Murcia Ice Rink Open** (5.15-9.15pm, 12-9.15pm at weekends)  
**El Tiempo de la Crisálida Exhibition** @ Museo Ciudad de Mula (Weds-Mon 10am-2pm & Fri/Sat 4.30-7.30pm)  
**Breakfast** @ **The Old Market Tavern**, Pto de Mazarrón (closed Mon)  
**Menu del Dia** @ **The Old Market Tavern**, Pto de Mazarrón 12.50€ or 13€ incl btl wine for 2 (closed Mon)  
**Menu del Dia** @ **Viggos**, Pto de Mazarrón 14€ Mon/Wed/Thur/Fri 15€ Sat all inc a drink  
**Menu del Dia** @ **La Herradura Argentinian Grill**, Cartagena 14.90€/9.50€ under 12's (Tues-Fri)
- Every Mon** **Market** @ Alhama, San Pedro del Pinatar, Caravaca & Huerca Overa  
**Camposol Free Community Sports Walking Football Training** @ D7 9.30am  
**Camposol Free Community Sports Walking Football Game** @ D7 10am  
**Andrea's Animal Rescue Collection** @ Camposol B Car Park 11.30am-1.30pm
- Every Tues** **Market** @ Alhama, La Union, Los Alcazares, Bullas, Jumilla & Los Gallardos  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Mojácar Bowls Club Roll Up** @ Bowling Rink (behind Marina Mar Hotel), Mojácar Playa 9.30am  
**Camposol Free Community Sports Cards/Games/Dominoes** @ Camposol A 1pm  
**San Javier Squalos Rugby** @ San Javier (12-18 yrs 7.30pm/ Men 8.30pm/Women 10pm)  
**Helping the Perrera Dogs Volunteering** @ The Perrera (between Camposol & Mazarrón) 9am  
**GoMad available for collections** @ Camposol A Car Park 10.30am-12pm
- Every Weds** **Market** @ Totana, Cartagena, San Javier, Santiago de Ribera, Cehegín, Yecla & Mojácar  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**Camposol C Gardening Group Clean Up 9am/D Gardening Team Work 9am**  
**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  
**Women's Choir Rehearsals** @ Mojácar 8pm  
**Pilarmonics Rehearsals** @ Centro Civico, Dolores de Pacheco 6.45pm
- Every Thurs** **Market** @ San Javier, Lo Pagan & Lorca



**III Triatlón "Ciudad de Vera"**  
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**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Camposol Free Community Sports Walking Football Training** @

D7 9.30am

**Mojácar Bowls Club Roll Up** @ Bowling Rink  
 (behind Marina Mar Hotel), Mojácar Playa 9.30am

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

**Guided Tour of Lorca Castle in English** 4€ 10.30am

**Los Amigos de Mazarrón FC Meeting** @ Camposol A 4pm

**Free Memory Workshop** @ Centro de Usos Múltiples, Mojácar Pueblo  
 5pm (over 60`s)

**San Javier Squalos Rugby** @ San Javier (6-10 years 6pm/12-18 years  
 7.30pm/Mens 8.30pm/Women 10pm)

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

**Friends of Mazarrón Animals** available for donations @  
 Pto de Mazarrón 10-10.30am

**Mazarrón AA Group Meeting** @ Cañadas de Gallego 5.30pm (call first  
 646 290 420)

**Every Fri**

**Market** @ El Pareton, Calasparra, Garrucha & Puerto Lumbreras

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

**Camposol Free Community Sports Walking Football** @ D7 10.15am

**Camposol Free Community Sports Petanque** @ D26 1pm

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

**Helping the Perrera Dogs Volunteering** @ The Perrera (between  
 Camposol & Mazarrón) 9am

**FAST Desk** @ Camposol B 10.30am-12.30pm

**Every Sat**

**Market** @ Fuente Alamo, Mazarrón, Los Narejos, Torre Pacheco,  
 Moratalla, Mula, Aguilas & Vera

**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar  
 Playa 8.55am

**Mojácar Bowls Club Roll Up** @ Bowling Rink  
 (behind Marina Mar Hotel), Mojácar Playa 9.30am

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

**Eco Park 'Coto de las Maravillas' open** @ Cehegín 10am-5pm

**Antique & Collectable Market** @ Aguilas 10am

**San Javier Squalos Rugby** @ San Javier (6-10 yrs 10am)

**Guided Visit** @ La Bastida, Totana 10am/12pm from 2.50€  
 (book at Tourist Office)

**Guided Visit Museum of the Tower of Santiago** @ Totana 10am 2€  
 (children free)

**Archaeological See of Begastri** @ Cehegín 10am-2pm

**Astronomy Tours/Star Gazing** @ **Finca Astronomica**

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

**Every Sun**

**Market** @ Cabo de Palos

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

**Dog Club Meeting** @ Bolnuevo Beach 9am

**Car Boot Sale** @ Camposol A

**Rastro Market** @ Mojácar Pueblo

**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am

**Eco Park 'Coto de las Maravillas' open** @ Cehegín 10am-5pm

**Guided Visit** @ La Bastida, Totana 10am/12pm from 2.50€ (book at



**The Harlequin Rock Choir**  
**Sing with us!**

Contact Ida 654411974 find us on Facebook or  
 Email us at mdharlequins@gmail.com ... Or go to  
[www.harlequinrockchoir.com](http://www.harlequinrockchoir.com)

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

**SPANGLES**  
 LADIES HARMONY CHORUS

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

Contact: Lyn Baines  
[www.spangleschorus.com](http://www.spangleschorus.com)  
[info@spangleschorus.com](mailto:info@spangleschorus.com)



Tourist Office)

**Archaeological See of Begastri @** Cehegín 10am-2pm

**Free Guided Tour of San Juan Castle @** Aguilas 11am

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

**OCTOBER**

**Sunday 1**

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

**Artisan Market Mar Menor @** Santiago de la Ribera 10am-2pm

**Monday 2**

**Mini Market @** La Zona Bar, Los Narejos 10am-1pm

**Tuesday 3**

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

**Wed 4th**

**E-bike tour of Mojacár area with Adventure Bike**

**Friday 6**

**Fiestas Patronales,** Santomera

**Saturday 7**

**Virgen del Rosario,** Pto Lumbreras, La Union, Lorquí, Fuente Librilla and Bullas

**Fiestas Patronales,** Torre Pacheco and Alháma

**Free Guided Tour of Santiago de la Ribera** (English) 9.30am

from Tourist Info Office 968 571 704

**90km Endurance Run Murcia-Caravaca/42k Mula-Caravaca/21km**

**Bullas-Caravaca**

**Helping Hands Abba Elite @** Camposol B 20€ 9pm (opt pre-show meal at 7pm)

**Sunday 8**

**Triathlon @** Paseo Maritimo, Vera 9am (750mtr swim, 20km cycle and 5km run)

**Artisan Market @** Mula

**Artisan Market Mar Menor @** Santiago de la Ribera 10am-2pm

**SAMM Race Day 10am**

**FAST FEST Music Extravaganza @** Bolnuevo 6€

**Monday 9**

**Los Reyes Golf Society Competition**

**Paws y Patas Book Sale @** Mojácar Playa 10.30am-1pm

**Tuesday 10**

**Ex Pat Briefing Meeting @** Camposol A 10.30am

**Wed 11**

**St Nicholas Church Coffee Morning** 10am-12.30pm

**Trekking/Gravel bike tour of Mojacár area with Adventure Bike**

**Thursday 12 Día de la Hispanidad (National Holiday)**

**Pto de Mazarrón Ladies Circle Meeting @** Pto de Mazarrón

(talk from **Noah's Arc**)

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

**Launch day of 3C Care @** New York's Bar, Lo Santiago, Gea Y Truyols Murcia 10:30am

**Friday 13**

**Fiestas de Octubre,** Los Alcazares

**Saturday 14**

**WARM Walk @** Moratalla

**Sunday 15**

**SAMM Race Day 10am**

**Free Guided Tour of Historic Yecla** (English) 11am from Tourist Info Office 968 754 104

**Monday 16**

**Mini Market @** La Zona Bar, Los Narejos 10am-1pm

**Tuesday 17**

**Artisan Market @** Caravaca

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

**Wed 18**

**Ex Pat Briefing Meeting @** Hondon de los Frailes 10.30am

**Thursday 19**

**Fiesta @** Huercal Overa (until 23<sup>rd</sup>)

**Live Entertainment @** Huercal Overa Fiesta 5pm

**Youth Zone feat various DJ's @** Huercal Overa Fiesta from 6pm

**Charlie and the Chocolate Factory Musical @** Cartagena 8pm

(auditorioelbatel.es)

**Friday 20**

**Indalo Players 'One Flew East - One Flew West Performance @**

Vera 7€ 7.30pm

**Live Entertainment @** Huercal Overa Fiesta 5pm

**Charlie and the Chocolate Factory Musical @** Cartagena 5pm/8.30pm

(auditorioelbatel.es)

**Youth Zone feat various DJ's @** Huercal Overa Fiesta from 6pm

**Celtas Cortos @** Huercal Overa Fiesta 12pm

**Saturday 21**

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

**Indalo Players 'One Flew East - One Flew West Performance @** Vera 7€ 7.30pm

**Live Entertainment @** Huercal Overa Fiesta 5pm

**Charlie and the Chocolate Factory Musical @** Cartagena 5pm/8.30pm

(auditorioelbatel.es)

**Youth Zone feat various DJ's @** Huercal Overa Fiesta from 6pm

**Henry Mendez @** Huercal Overa Fiesta 12pm



**FAST Charity Golf Day @ Camposol C**  
**10km Run in Aid of Multiple Sclerosis @ Cartagena** from 4.30pm  
 (www.famu.es)  
**Friends of Mazarrón Animals Tip n Williams @ Camposol C** 10€ 8pm  
**Sunday 22 SAMP Race Day 10am**  
**Free Guided Tour of Aguilas` Railway Heritage** 11am  
 (968 493 285)  
**Charlie and the Chocolate Factory Musical @ Cartagena** 12pm/  
 5pm (auditorioelbatel.es)  
**Live Entertainment @ Huercal Overa Fiesta** 5pm  
**Youth Zone feat various DJ's @ Huercal Overa Fiesta** from 6pm  
**Maki & Maria @ Huercal Overa Fiesta** 12pm



**Monday 23 Live Entertainment @ Huercal Overa Fiesta** 5pm  
**La Familia Divertida (for children) @ Huercal Overa Fiesta** from 7pm  
**Laura Gallego @ Huercal Overa Fiesta** 11pm



**Wed 25 St Nicholas Church Coffee Morning** 10am-12.30pm  
**SAMP Race Day 10am**  
**SWARM Walk @ Casas Nuevas**

**Thursday 26 Mountain bike tour of Mojácar area with Adventure Bike**  
**Pto de Mazarrón Ladies Circle Trip to Mini Hollywood**  
**Fuente Old Guards Golf Society Competition**  
**Ex Pat Briefing Meeting @ Los Narejos** 10.30am  
**Ladies Chatterbox Meeting @ The Social Centre, Camposol B** 2pm



**Friday 27 Don Giovanni Opera @ Lorca** from 15€ 9pm (968 473 122)

**Saturday 28 WARM Walk @ Cehegín**  
**Astronomy Tours/Star Gazing (Partial Lunar Eclipse) @**  
**AFinca Astronomica**  
**Free Guided Tour (by tourist train) of Los Alcazares Urban Art** 9pm  
 (968 575 756)



**Sunday 29 MABS Race for Life @ Camposol B**

**NOVEMBER**

**Wed 1 Todos los Santos (All Saint's Day) National Holiday**  
**Swan Lake Ballet @ Aguilas** 29€ 8.30pm (www.bacantix.com)

**Thursday 2 The Corsair Ballet Performance @ Cartagena** from 24€ 9pm  
 (auditorioelbatel.es)

**Saturday 4 Artisan Fair (in aid of Hugo's Farm) @ Camposol C** 1€  
 11.30am-3pm

**Sunday 5 SAMP Race Day 10am**  
**Artisan Market @ Bullas** 9am-2pm  
**Artisan Market Mar Menor @ Santiago de la Ribera** 10am-2pm  
**Lion King Tribute Show @ Aguilas** from 15€ 6pm  
 (www.bacantix.com)  
**Helping Hands Fun Dog Show & Fayre/Stalls/Food/Music @**  
**El Pareton** 11am-4pm



**Tourist offices details:**

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

Alhama de Murcia  
<https://turismo.alhamademurcia.es>  
 Tel **968 633 512**

Bullas  
<https://bullas.es>  
 Tel **968 652 244**

Calasparra  
<https://www.turismocalasparra.es>  
 Tel **968 745 325**

Caravaca  
[www.turismocaravaca.org](http://www.turismocaravaca.org)  
 Tel **968 702 424**

Cartagena Tourist office  
[https://turismo.cartagena.es/oficinas\\_turismo.asp?idioma=2](https://turismo.cartagena.es/oficinas_turismo.asp?idioma=2)  
 Tel **968 128 800**

Cehegín  
<https://turismocehegin.es>  
 Tel **968 723 550**

Calasparra  
[www.jumilla.org](http://www.jumilla.org)  
 Tel **968 780 237**

Lorca  
<https://lorcaturismo.es>  
 Tel **968 441 914**

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

Mojácar  
<https://www.mojacar.es>

Tel **950 615 025**

San Javier  
[www.murciaturistica.es/en/san\\_javier/](http://www.murciaturistica.es/en/san_javier/)  
 Tel **968 172 041**

San Pedro del Pinatar  
<https://www.sanpedrodelpinatar.es/turismo/>  
 Tel **968 182 301**

Totana  
<https://www.totana.es>  
 Tel **968 418 153**

Turre  
<https://www.mojacar.es>  
 Tel **950 615 025**

Torre Pacheco  
 Tel **968 57 99 37**  
<https://www.torrepacheco.es>



**CHARITY**

**MABS Mazarrón**

Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



**MABS Cancer Support Fundación**



**We can provide**

Transport to take patients to and from hospitals  
 Translators for appointments  
 Home carers for additional care  
 Respite and Hospice care in our Respite Home  
 Medical equipment on loan to patients  
 1-2-1 counsellors

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

**Recent Fundraising**

On Tuesday 12<sup>th</sup> September the **raffle** for **MABS** held in Zambuca Bar raised an amazing 515€. **Music** was by REKE followed by DJ Damien.

**Cycle**

Between 23<sup>rd</sup> and 30<sup>th</sup> September the 5 day cycle challenge from Santander to Madrid took place and by the time you read this it will all be over and we will be reporting on it in next month's issue. Lee McGovan, Paul Thomas, Steve Malcolm and John Pate took up the challenge and the intrepid four were welcomed back at Camposol on 30<sup>th</sup> September to music, and a **raffle** in aid of **MABS**.

Thanks to Mark at C&M Construction, Megarsa Pools, Dan & Sophie at Rendezvous, Pam & Mick at Luz Del Sol, Julie & Bernie at **Ibex Insurance** and Vanessa & Roger at Nighthawk Couriers for their support.

**World Cancer Coffee Morning**

This took place on 29<sup>th</sup> September in the garden of the Respite Home on Avenida los Covachos.

**Future Events**

**Race for Life**

This year will be on Sunday 29<sup>th</sup> October. Entry 10€ for adults and 5€ for under 12's. All runners receive a T shirt and there will be trophies for the winners.

**If you can help**

We are always in need of furniture, clothes, bedding, bric-a-brac and books for our shop in Totana (books in Alley Palais Camposol Sector B). If you can help please message **MABS Charity Shop** Totana (Facebook) or phone **634 313 478** to arrange collection.

**Volunteers Needed!**

We always need:

**Van workers** to man our crews to collect and deliver furniture in the local area, great people to work with, good exercise (think of the gym fees you'll save) and a great cause.

**Drivers** to drive patients to their appointments. Agreed expenses are paid.

**Reception volunteers** in our Respite Home in Avenida de Los Covachos.

**Shop workers** helping in our shop in Totana – both front of house and sorting/ washing/ ironing donated clothes (car share available from Camposol B).

If you can spare a few hours and would like to help just phone **634 362 954**, email [mazvolunteers@mabscancerfoundation.org](mailto:mazvolunteers@mabscancerfoundation.org)

or call into our Respite Home on Avenida de Los Covachos 278 on Camposol B2.

Message **MABS Charity Shop** Totana (Facebook) or phone **634 313 478** to arrange collections.

We also have drop off points for smaller items at The Clubhouse on Camposol Sector C, The Respite Home and Alley Palais on Sector B and ASSSA office at La Pirámide, Pto de Mazarrón.

For more information

<http://www.mabscancerfoundation.com>

**We urgently need more Volunteers**

Mazarrón have jobs to suit everyone....

- Drivers (Patients)
- Fundraisers
- Van workers
- Shop workers
- Carers
- + General ad hoc volunteers

Do you have a few hours to spare each week to help people in your Community?

**TOGETHER WE CAN MAKE A DIFFERENCE!!**

Contact us for more details at: [mazvolunteers@mabscancerfoundation.org](mailto:mazvolunteers@mabscancerfoundation.org) call us on 634 362 954 or call into our Respite Home

**MABS CANCER SUPPORT FUNDACIÓN**

**29TH OCTOBER 2023**

**ADULT 10.00€**

**CHILDREN UNDER 12 5.00€**

**MABS RACE FOR LIFE 2023**

ENTRY FORMS AVAILABLE NOW!

Locations: CAMPOSOL (MABS RESPITE HOME, TEL VEHIC, C/11 VEHIC, MANCER, RENDEZVUS, THE OWNS, ALLEY PALAIS, TOTANA), MAZARRÓN & PUERTO (BEST WORKS, MICHAEL'S, GORRUBA), TOTANA (MABS CHARITY SHOP).





## RELIGION

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

**WELLSPRING  
VICTORY CHURCH**



Do you have a favourite song? I think the answer for almost everyone the answer is yes. But what if I asked you if you had a least favourite song? You know what I mean – the song that makes you curl up inside and say “NO”.

My wife has a song that fits into that category very well. What’s wrong with the song? Well, it is often associated with funerals so perhaps you’ll understand.

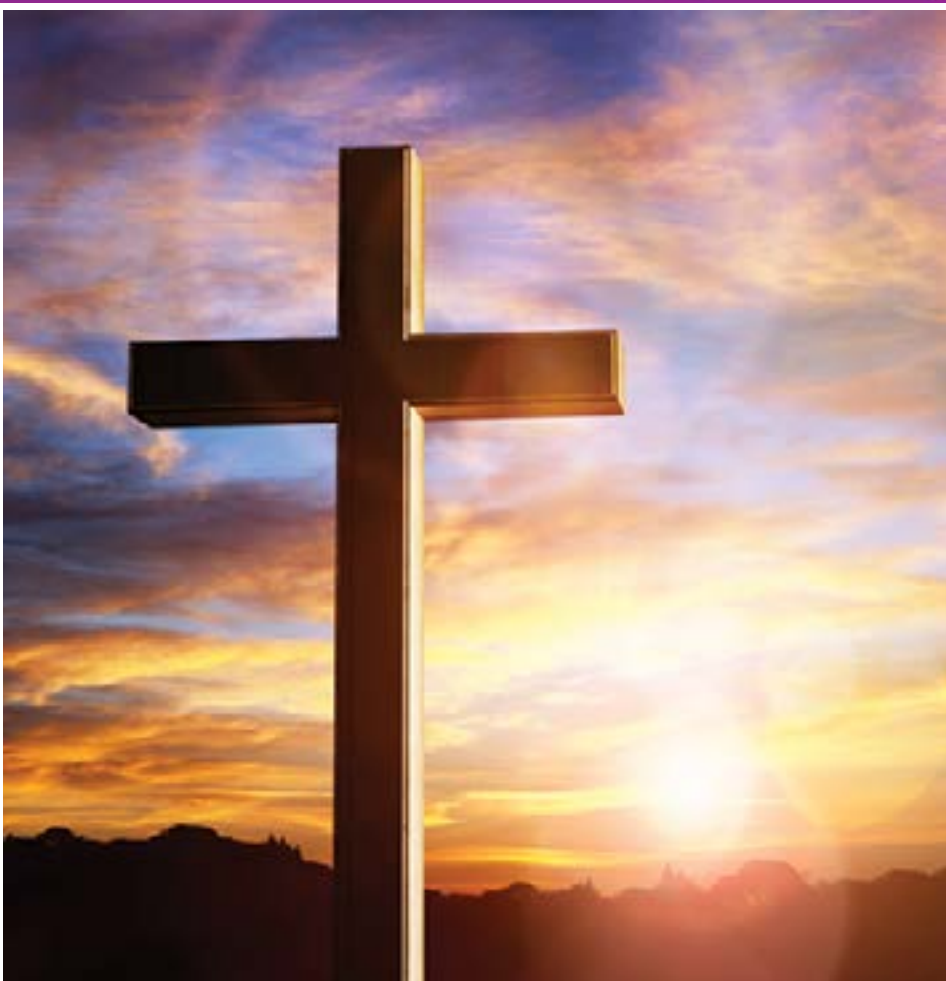
What is the song – it’s a lovely duet sung by Andrea Bocelli and Sarah Brightman entitled “Time to say Goodbye”.

In the setting of this article this song is not thought of as a funeral song, but it reflects the fact that after almost seven years Pat and myself are stepping aside as pastors of **Wellspring Victory Church**. Amongst many other things it means that after writing somewhere around eighty articles for this excellent publication we will be passing this task on.

It has been a challenging time thinking of a new topic or reflecting on the changing seasons. However, it has been a blessing to us to be able to write to you and sometimes to write for you.

**Wellspring Church** is moving into a new season. Change is coming and excitement is in the air. On 29<sup>th</sup> October we will hand responsibility to Johnny and Helen Gallagher and I know they have many plans to take the church forward.

The message they bring will be exactly the same message as we have said – that is that Jesus Christ is the Son of the Living God and He is the only road to salvation and a gateway to the life hereafter. It will be the same message presented in a new way. Do you know the Jesus I have been writing about and that Johnny and Helen will be writing about?



In just over a couple of months we will celebrate **Christmas** and amongst the delight of presents and parties there will be the reality that the Son of the King of Kings came into our world.

That same Jesus, born in Bethlehem almost two thousand years ago is the same Jesus who died on a cross to bring us that assurance of eternal life.

I can’t finish writing to you after these seven years without once again inviting you to **Wellspring Church** and to tell you of the life changing message of Jesus Christ. We meet every Sunday at 11am in the event room above the Trevi Bar. A warm welcome awaits you along with that very positive message about our assured future. Now it really is Time to Say Goodbye. Thank you for reading this and previous articles. Please continue to read these article as

you support Johnny and Helen in their new journey with God.

Thanks again and Goodbye – Duncan and Pat



**WELLSPRING  
VICTORY CHURCH**

A family church for  
people just like you

We meet every Sunday  
11 am at Trevi Bar Camposol B

We invite you to join us any  
Sunday morning

The service is also available  
online from Monday onwards  
[www.wellspringvictorychurch.com](http://www.wellspringvictorychurch.com)

For further help call 607 382 033





# SPORTS & LEISURE SECTION



## SPORTS

### Fuente Old Guard Golf Society

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



Division one winner MARK with captain GARY AHEARNE



Division two winner MAURICE with GARY



HANS, winner of division three

Our game for August was on the 31st and was our annual visit to RODA GOLF RESORT near SAN JAVIER. We were hoping it was to be the last of the hot and sticky golf days of the year, but the course was in prime condition for our members to enjoy. None more so than MARK PALMER who continued his fine run of form, coming in with 37 points on his card to win overall and also top of division one. This was only decided on countback

from MICK DALY, also with 37 points, to take runnerup spot in division one.

In division two MAURICE NAFZINGER came good with 33 points to take top spot with DAVE MITCHELL a close second with 32 points. Meanwhile, in division three with 30 points was HANS HEDENDAHL who took first place with ROGER JOY a close second with 25 points. Nearest the pin winners

were MARK, MICK, JIM NIBLO and NEIL MACFARLANE with the twos pot shared by NEIL, MICK and KEN BLAKEMAN.

Our next game is to LORCA GOLF RESORT on October 26th and if you wish to know more about **FOGGS** please contact us by email at [info@fuenteoldguardgolfociety.com](mailto:info@fuenteoldguardgolfociety.com)

DAVE MAY

## SPORTS

[sammracing@yahoo.co.uk](mailto:sammracing@yahoo.co.uk)

### SAMM Golf Society



#### SAMM Golf Society at Villa Martin



David Driving Off

One of the most established courses in the region, designed by Paul Putnam in 60's. Host to the PGA Mediterranean Tour in 1974 which was won by José María Olazábal who then went on to win the Masters one week later. The 17<sup>th</sup> was Seve Ballesteros' favourite par

3 in Spain - unsurprisingly SI 1 Captain for the event, David Shephard led us off. Rona Agnew won the Stableford with a worthy 34 points, George Ruston won nearest the pin on 9<sup>th</sup>, Mike Bates on the 13<sup>th</sup> and Tim Pritchard won longest drive on 11<sup>th</sup>. Best guest went to Walter Palsson.



Thank you all for another great day out.

Next **SAMM Golf Society** venue

is planned for La Manga on 28<sup>th</sup> November with discounted fee inc buggy, prizes and a **Christmas** bash. This is a prestigious course and we would welcome additional guest golfers. To join us for this game please email [sammgolfociety@gmail.com](mailto:sammgolfociety@gmail.com).



## SPORTS

## Camposol Walking Football Club (CWFC)

 Camposol Walking Football Club
**Hondon Tournament**

**Camposol Walking Football** team participated in their latest tournament on the 8<sup>th</sup> September.

A squad of 12 travelled to Hondon, a small village near Elche. To be eligible for the competition you had to be over 50 with a pulse (there is no maximum age). We are managed/ coached by Andy Davies who has a wealth of experience at senior level having coached at Peterborough Utd and Portsmouth.

The tournament consisted of 8 teams playing each other in a league format. We started with a 1-0 win against Thader thanks to a goal from Alex 'Stoichkov' Alexiev. Frustratingly we then lost 1-0 to a very late and debatable Esquina goal. Next up saw us play the Invincibles of Portabello who have not lost in 4 years. We took the lead through Alex but unfortunately conceded a penalty, again a very harsh decision, with minutes remaining, resulting in a draw. We then had a goalless draw with Hondon - the less said about that the better, but how did he miss? Another late goal led to a 1-0 defeat to Formentera followed by two 1-1 draws with Red Lion and Shamrock. Alex scoring against the Red Lion and Gary 'Lazarus' Pulham finally turning up to the party with a well taken penalty to secure the draw against Shamrock.

For the record Portobello won the tournament with 6 wins out of 7 with their only dropped point being against us and only 2 goals conceded. Overall plenty to work on but an extremely enjoyable day at a very well organised competition. Special mention goes to our reluctant wicket/ goal keeper Barry Goodman who was top class. However, if there



are any budding goalkeepers out there please get in touch as Barrie is desperate to play outfield.

**Recruitment**

**Walking Football** attracts all manner of different abilities. We have players who have played at a decent level but also have novice players who just love the game. Even ex professionals are taking up the game because they realise at the end of the day it is still football but just a slowed down version.



If you are interested in taking up **Walking Football** then we train every Monday and Thursday 10-11am on Astro turf at the Complejo Deportivo, Pto de Mazarrón. We would especially like to see some of our Spanish and French community come along and play.

**Club Manager/Coach**

We recently had a 'meet and greet' with our manager/coach Andy Davies. Andy is a very experienced coach with a wealth of knowledge which he now brings to the club and this was an opportunity to find out more about him. There will be videos of the Q&A we had with Andy posted on social media over the coming weeks.

**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!!!**



## GROUPS

### Los Bandidos

Email: ironmankev08@gmail.com



Thirteen **Los Bandidos** runners took on the twelfth race in the Circuito de Carreras Populares Diputación de Almería 2023 in Vera on Saturday 9 September.

The 9.5k, three lap race started and finished in the Plaza Mayor. As usual, there was plenty of support around the course. The winner finished in 31:20, with the first lady in 34:28. 181 runners crossed the finish line. Trophies were awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group as well as to the overall winners. All competitors received a commemorative mug.

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

- 84 Aki Lisauskaite 43:25 (3rd A-F)
- 112 Bryan White 46:51
- 120 Andrew Hyde 47:56
- 140 Judith Chambers 51:24 (1st D-F)
- 155 Craig Whittaker 54:47
- 160 Corinne Cherel 55:25
- 161 Sarah Briggs 55:54
- 162 Karen Ayers 56:50 (2nd F-F)
- 165 Sharon Howlett 57:33
- 170 Derek Wright 1:02:44

Lesley Davidge and Patricia Mulcahy participated in the non-competitive 3.18k run.

In the Sub-14 category Guillermo Moscardo Cherel ran 1k and finished in 7<sup>th</sup> place in a time of 05:26.

Full results: <https://www.cruzandolameta.es/clasificaciones/v2/vera-circuito-de-carreras-populares-diputacion-de-almeria-2023---1844/#clasificaciones>

**Los Bandidos** was set up in June 2018 with a small group



running the 5k Mojácar Paseo, and now has **road cycling, sea swimming and triathlon groups**. All ages, nationalities and speeds are welcome, whether permanent residents or holiday makers. **Los Bandidos** are keen to integrate and support the local community and we are currently collecting non-perishable food and toiletries for the **Red Cross Food Bank**.

We are very sociable and most sessions are followed by a post-activity coffee, cake or breakfast, depending on the time of day. Follow us on **Facebook** to keep up-to-date with our latest activities (<https://www.facebook.com/groups/490933409244200>). We look forward to seeing you soon.



**SPORTS**

**Los Reyes Golf Society**  
**The Kids in Need Golf Society**



**Los Reyes Golf Society** played their September game at one of the player's favourite courses, Aguilon. The course was in excellent condition, but the weather was warm and very humid. Fortified by coffee and bacon rolls scoring was very good with over ten players scoring 30 points or more.

Winner of Division 1 with an excellent score of 38 points was Colin Walters closely followed by Paul Western with an equally excellent score of 37 points. In Division 2 Gary Ahearne won on countback from Paul Livingstone with a good score of 33 points.

Nearest the pin winners on the par 3s were Peter Kirke (3rd),



*Division 1 Winner Colin Walters*



*Division 2 Winner Gary Ahearne*

Alan Ferrier (8<sup>th</sup>), Peter Kirke (12<sup>th</sup>), Ian Bethel (14<sup>th</sup>) and Derek Hayward (17<sup>th</sup>).

Nobody won the two's pot and it will be carried forward to our

next fixture.

Our next fixture is at Altorreal on Monday October 9<sup>th</sup>.

**SPORTS**

**Straight Down the Middle Golf Society**

sdtmsec@gmail.com



For the **Straight Down the Middle Golf Society's** August competition we travelled to Roda Golf, near the Mar Menor. Thankfully it was a slightly cooler day than we have experienced for the past couple of meetings and 30 players enjoyed an overcast morning to tee off.



*Winner Section B - Darren Morrirt*



*Runner Up Section B - Gary Greenfield*



*Nearest Pin Hole 7 - Keith Docking*



*Runner Up Section A & Nearest Pin Hole 13 - Ian Frost*

The course was in great condition and was very lush considering the weather we have experienced this summer. The rough was quite unforgiving in places and it was sometimes difficult to find balls which had sat down into it.

Roda for producing a course in such good condition and I am sure all of the society enjoyed their day. We returned to Trevi Bar on Camposol for our prize giving and refreshments, which were up to their normal high standard.

Our thanks go to all the staff at

Results:

*Section A  
 Winner - Phil Markwell  
 Runner Up - Ian Frost*

*Section B  
 Winner - Darren Morrirt  
 Runner Up - Gary Greenfield*

*Nearest Pin Hole 7 - Keith Docking  
 Nearest Pin Hole 13 - Ian Frost*



SPORTS

www.sailingmarmenor.com

SAMM Sailing Association Mar Menor



**Closest ever results on first SAMM Race Day**

SAMM's autumn racing season got underway on September 10<sup>th</sup> with a good turn out of competitors that allowed 6 boats to come to the line for the first race.



In a good ENE wind of 10 knots and a fairly flat sea, four boats got away well, unfortunately **Sirocco**, a Sailfish 18, struggled and started 5 minutes late and **Dos**, a Laser 2000, was delayed when their rudder downhaul failed and they had to return to the shore to replace it.

The fleet gradually spread out and the race became more of a procession except for a tussle between the single handed **Laser radial** and the **Omega** with two crew.

The 'about to finish' signal was

sounded after 52 minutes but the crew of **Sirocco** did not hear it and did not cross the line to finish, but retired.

When the handicaps were applied the result was the closest ever in the history of **SAMM** racing with first and second positions having to be calculated to two decimal places. The winner being the **Laser Radial** with an average lap time of 425.1 secs and second the **Omega** in 425.8 secs.

It was then noticed that the starboard end start/finish line buoy had almost sunk (later traced to the inflation valve not being completely closed) but all boats saw this and finished correctly, but by then the buoy had completely sunk. Disaster!

The management team rushed around to collect and inflate a replacement and attach a new anchor, while the support boat crew used their anchor to drag for the sunken buoy which they managed to recover and replace. This delayed the second race for 30 minutes but it at last started at 12.40pm.

It was a great start with four boats starting within 52 seconds and the last after 2 minutes.

This was a much closer race with the four leaders in a close battle throughout and lapping within a minute or two of each other. The final result was an apparent win for the **Laser 2000** with the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> places separated by only 3 seconds and only 16 seconds separating the four scoring places.

Unfortunately, the result was marred by a protest that the winner had sailed inside the beach swimming exclusion

zone. This was upheld by the race officers and the Laser was designated Did Not Finish for not sailing the correct course.



Results: First race, **Laser Radial** 425.1 secs, **Omega** 425.8 secs, **Gamba** 440 secs. Sailfish 460 secs  
Second race, **Omega** 414 secs, **Sailfish** 427 secs, **Laser Radial** 429 secs, **Gamba** 430 secs.

**Autumn Series Race Dates**

The Race Committee have agreed the following dates for the Autumn Race Series so you can put them in your diary.

**October** 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, **25<sup>th</sup>**  
**November** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, **22<sup>nd</sup>**  
**December** 3<sup>rd</sup>, 10<sup>th</sup>

Sunday dates in black, **Wednesday dates in red.**

Currently we are following the usual format and a 10am arrival time with the first race at approx 11.15am.

6€ entrance fee.



**SPORTS**

**Camposol Golf Association**



Email: bettyloyd1560@hotmail.com

**Camposol Golf Association Men's Wednesday Group**

**Wednesday 30<sup>th</sup> August**

16 players arrived at the course ready for the challenge to play our first stroke play handicap qualifier. Conditions on the day were good with a moderate breeze, the scores on the day were excellent as results below show:

1 <sup>st</sup> R. Lawrenson	68
2 <sup>nd</sup> B. McCluskey	69
3 <sup>rd</sup> T. Andrew	71
4 <sup>th</sup> D. Griffiths	73

There were two 2's B. McCluskey and G. Allen

Football Card D. Jones with Everton

Many thanks to D. Freer and G. Allen for the presentation

**Wednesday 6<sup>th</sup> September**



Keith & Dave 2 of the winners 6th September

The Mens' **C.G.A.** Members played a Texas Scramble and due to hollow tining we had to play the back 9 twice. To keep it simple ten per cent of the teams' handicap was taken and the results were as follows:

1 <sup>st</sup> K. Halliwell, D. Freer and S. Rowbotham.	61.5
2 <sup>nd</sup> D. Deegan, M. Lewis, C. Flanagan and B. Verow.	63
3 <sup>rd</sup> B. Purkis, T. Hinkley, G. Allen and N. Morgan	63.8

Football Card winner D. Deegan with Queens Park Rangers

Many thanks to D. Plant and D. Griffiths for the presentation.

**Wednesday 13<sup>th</sup> September**



Norman, Steve, Dave & Bob Winners 13th September

**C.G.A.** Members arrived at the course for the second week of the hollow tining and we therefore had to play the front 9 twice. The competition was a Texas Scramble off the white tees with the format of stroke play. Conditions were humid with very little wind. There were 20 players in teams of 4. The results were as follows:

1 <sup>st</sup> N. Morgan, S. Dixon, R. Lawrenson and D. Hopkins.	61.3
2 <sup>nd</sup> D. Deegan, D. Plant, T. Andrew and H. Pearson.	61.3
3 <sup>rd</sup> D. Watts, M. Lewis, C. Flanagan and E. Toye	62.2

Football Card winner N. Morgan with Queens Park Rangers

Many thanks to Simon and Terry for the presentation.

**Club de Golf August Competition**

Thank you to everyone who played in our August **Club De Golf Competition**. Despite the very hot conditions, there were some fabulous scores achieved amongst the 41 players who made it around the course.

The competition was split between Men's & Ladies categories, with the prize fund being apportioned accordingly. There were the usual NTP prizes, plus Longest Drive on the 2<sup>nd</sup> for the Men & 9<sup>th</sup> for the Ladies.

Well done to all the winners, the results were:

**Overall Competition Winners**

Men's Category

1 <sup>st</sup> Place	Paco Belchi	41 Points
2 <sup>nd</sup> Place	Neil Smith	40 Points
3 <sup>rd</sup> Place	Colin Reid	38 Points



Paco 1st Place August Club de Golf Comp.

Ladies Category

1 <sup>st</sup> Place	Vron Porter	43 Points
2 <sup>nd</sup> Place	Hayley Barker	41 Points



Vron Ladies Winner August Club de Golf Comp.

Longest Drives

Men's L/Drive	Thomas McQuilter
Ladies L/Drive	Vron Porter

Nearest the Pin Winners

Dennis Jones
Colin Reid
Will Devine
Steve Carter
Carlos Garcia Legaz

Football Card

Mary Armitage with Rangers



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papa

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parp

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6	0	1	2	3	5	8	A	B	C	4	D	E	7	F	9	R	P	N	F	S	P	K	J	A	W	E	S	Y	E	I	C	O	N	E	J	O
3	E	4	5	7	9	D	F	2	0	1	A	8	6	C	B	A	N	B	J	X	S	N	Y	N	A	L	I	R	A	F	A	I	L	Q	N	
7	8	D	A	6	B	C	E	5	9	3	F	0	1	2	4	W	U	C	R	Q	K	Z	Y	T	M	O	L	L	E	M	A	C	V	A	R	
B	C	F	9	2	0	1	4	7	6	8	E	A	D	5	3	B	K	D	I	E	T	D	O	R	R	U	B	I	W	B	Z	W	X	D	Q	A
F	2	E	B	A	3	0	8	1	5	D	7	9	4	6	C	E	H	C	G	Y	O	S	M	Z	K	Q	H	N	Y	B	O	H	X	B	S	V
0	1	7	C	D	4	5	B	9	3	A	6	2	E	8	F	G	X	C	A	W	O	N	O	M	C	O	R	A	T	A	H	H	Q	U	U	F
A	9	8	3	E	6	2	C	F	4	B	0	7	5	1	D	A	T	N	T	B	Z	U	M	F	W	I	F	B	A	N	A	P	E	F	H	I
4	6	5	D	F	7	9	1	8	E	C	2	3	A	B	0	T	T	C	U	F	A	H	T	X	H	E	R	R	L	V	F	P	E	K	N	A
C	4	9	8	B	E	A	2	6	F	0	1	5	3	D	7	O	E	C	U	V	O	L	R	E	K	Q	V	B	J	C	J	B	A	R	L	A
1	B	6	7	0	D	F	9	C	2	5	3	4	8	E	A	S	L	N	F	Z	B	T	L	M	I	N	F	X	J	W	L	C	M	F	R	A
5	F	2	E	4	C	7	3	D	A	9	8	6	B	0	1	F	O	Y	K	P	V	C	A	O	R	Y	V	Y	B	I	Q	L	N	E	X	O
D	3	A	0	1	8	6	5	E	B	7	4	C	F	9	2	Z	A	V	F	A	A	R	H	P	N	E	Z	N	G	Z	C	Q	G	P	E	A
8	5	B	4	9	F	3	6	A	D	2	C	1	0	7	E	U	U	C	H	B	V	C	A	S	N	B	G	A	J	E	V	O	O	G	E	P
E	7	3	F	8	2	B	0	4	1	6	9	D	C	A	5	M	W	R	R	N	D	M	R	T	I	V	F	G	R	K	Z	O	R	R	O	G
2	D	C	1	5	A	4	7	0	8	E	B	F	9	3	6	Q	I	A	K	Y	F	R	M	B	O	E	P	D	Q	S	B	Q	D	I	H	D
9	A	0	6	C	1	E	D	3	7	F	5	B	2	4	8	U	T	H	Z	K	A	K	H	C	E	N	O	V	R	E	I	C	C	C	U	F
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## INFORMATION

History of Hispanic Day in Spain  
(Día de la Hispanidad)

## History of Hispanic Day in Spain (Día de la Hispanidad)

**Christopher Columbus'** discovery of the Americas significantly changed the Continent and Europe, making Spain the first modern superpower and shaping the Americas' ethnic, cultural and political landscapes. **Columbus'** first voyage to the New World began on the evening of August 3, 1492. He left the harbour of Palos de la Frontera with three ships: Santa Maria, the Pinta, and the Niña, with **Christopher Columbus** travelling on the first ship.



On October 12, 1492, the crew on the Pinta sighted land and informed **Columbus**. Then, **Columbus** and his men landed on an island and were received by the indigenous Arawak people. He later named the island San Salvador, though it was called Guanahani by the locals. He also referred to the indigenous people as Los Indios, creating a generalized term that will be used to describe the indigenous people of North, Central, and South America.

**Columbus** later continued his voyage, exploring northeast of Cuba and the northern coast of Hispaniola. In December of that year, **Columbus** founded the settlement of La Navidad in present-day Haiti and left 39 men there, after permission from the local chief. On March 15, 1493, **Columbus** arrived in Spain with native



prisoners. His discoveries were received with great celebration and quickly spread across Europe.

On September 24, 1493, **Columbus** set sail for the New World with 17 ships and about 1,500 men. During this voyage, he encountered the islands of Dominica, Maria-Galante, Montserrat, Antigua, the Virgin Islands and more.

In November 1493, he returned to Hispaniola and established a temporary settlement in La Isabela, present-day Dominican Republic.

The Spanish settlers soon introduced the encomienda system, where indigenous people provided labour for the Spaniards in return for food, shelter and protection. That, along with the introduction of European diseases and the exportation of enslaved locals led to a drastic reduction in the indigenous population.

**Columbus** set sail again on May 30, 1498, locating the regions of modern-day Central and South America. In 1499, **Columbus** was accused of tyranny and corruption. He and his brother were arrested, shipped to Spain, and spent six weeks in jail. The **Columbus** brothers were later absolved of all charges by King Ferdinand and Queen Isabella

and got sponsored for their fourth voyage to the New World.

On May 9, 1502, **Columbus** returned to the Americas with a fleet of 30 ships, but only one made it back to Spain. During this voyage, **Columbus** explored the coasts of Honduras, Nicaragua and Costa Rica. However, he was impeded by a storm and shipwrecked in Jamaica, where they remained stranded for six months. In a desperate attempt to induce the natives to keep providing for him and his men, **Columbus** used the lunar eclipse of February 29, 1504, to scare them. He accurately predicted the event using Abraham Zacuto's astronomical charts. On June 28, 1504, he and his men were rescued, and they arrived in Spain on November 7, 1504. Spain's National Day today is a celebration of the country's heritage. The day is an homage to over 400 million people across continents united by a common language, history and culture. The quintessential Spanish lifestyle is fully displayed – concerts, street shows, dance, people in regional costumes and excellent food and wine. The National Day of Spain has faced many changes throughout the 20th Century, but many still regard it as one of the most important days in Spanish history.



INFORMATION

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GROUPS



# Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



The **Green Fingers** maintenance team and volunteers are looking forward to the cooler months ahead that will bring some respite after a very hot and humid summer. The team has been concentrating on trimming the many trees and watering the plants as well as filling in some of the numerous potholes.



Tree trimming



The new van being put to good use for the watering of the numerous trees and plants

**Green Fingers** are now the proud owners of a new van. The van was bought with funds raised at the two **street parties**; a fantastic donation of 1000€ from the **Camposol Fiesta** committee, membership and bucket donations and finally from the **raffle** held at the Saturday Night **Entertainment** outside the bars on sector A.



The Green fingers volunteers posing with the new van

brilliant Bella Luna outside the bars on sector A. Thank you to everyone that attended and helped to raise a fantastic 750€. Unfortunately the pilfering of plants and plant pots is still going on and recently we have seen several small trees stolen. It's impossible to put into words the anger the volunteers feel. Many of you may not know but if you are a home owner on lower C you can join the **Green**

**Fingers Maintenance Scheme** by paying either quarterly, half yearly or yearly at a rate of 5€ per month. All money donated goes towards the upkeep of the sector. As an example, the maintenance team were out on recently tidying up some of the roads in C1 and C2. If you'd like to contribute to the upkeep of your sector please email [osbornej43@gmail.com](mailto:osbornej43@gmail.com) for more details.



Hedge trimming

**Green Fingers** were also the beneficiary of the **raffle** on Thursday 7<sup>th</sup> September 2023 during the performance of the



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

Now that the really high temperatures have reduced, the **B Clean** volunteers are out and about working to improve B sector. Although the usual work parties stood down during the heat, various tasks were still being undertaken. Volunteers took it in turn to keep the new relaxation area looking smart by watering and fighting those ever present weeds.

Unfortunately, another job came along which was caused by the ignorant and irresponsible behaviour of certain individuals, possibly visitors. Once again we saw spray paint vandalism

which was promptly dealt with by two members of the work party. It was a necessary job deserving thanks but what a waste of their time and effort.

On a far more positive note, a **raffle** organised at Cat's Bar made a healthy contribution of nearly 300€ to the group's funds and we thank them for the support.



We are also welcoming Tony, a new volunteer. Perhaps a few more like minded individuals might consider joining him?



The work party is back on duty so please give them a wave if you see them around and pop some money in the collection tin. It will be put to good use.

CHARITY



committee@fast2016.org  
 www.fast2016.org

**FAST** is YOUR emergency first responder team in Camposol. In the event of an emergency please **call 112** (using the 112 Region de Murcia App if you have it) and then call **FAST on 868 487 015**. As our responders are all based in Camposol we aim to be with you sooner than the ambulance and, if necessary, can commence life saving treatment (for example, maintaining an airway, CPR including the use of our automatic defibrillator, stopping catastrophic bleeding etc) before the ambulance crew arrive. We are also trained to assist with other less urgent issues until the arrival of the paramedics and can advise and provide reassurance and comfort to both the casualty and other members of the household.

On the fundraising arm, October sees our biggest fund raising event of the year – **FAST's** very own music festival. **FAST FEST** takes place on Sunday 8<sup>th</sup> October at Bar Oasis de las Palmeras in Bolnuevo. We have seven hours of non-stop **music** from five bands and three solo artists all set in this fabulous beach side venue. With

tickets at only 6€ each this is an event not to be missed, so if you have not yet purchased your tickets NOW is the time to hot foot it to our **FAST** desk (for times please see below). Alongside the **FAST FEST** we will be running a fantastic **raffle** with superb prizes donated by (amongst others) Espuna Adventures, Wellness Massage La Mariposa Blanca, Just Joe's, Elliot's, La Mariposa Hotel, La Vista Mazarrón and Rock & Grill. As the saying goes, you have to be in it to win it! Tickets will be available on the day.



date for the **FAST Celebration Ball** has been altered. This will now take place on Saturday 18<sup>th</sup> November. The **Ball** is a 007 Bond Themed evening and will be held at Camposol Golf Clubhouse with a cava reception and photos, followed by a **three course meal**, free **raffle** and **entertainment** by KSK and Jane MacDonald. Tickets are 30€ per person and are selling quickly – this should be a fabulous celebration, dust off those tuxedos and ball gowns and come and join us!



If you have not already joined our Facebook Group - **FAST Fun Team** – Camposol, have a look and join up now to be first to discover our latest offerings.

We have a weekly desk outside The Diner in Sector B Commercial Centre, Camposol each Friday between 10.30am-12.30pm where you can find further details or buy tickets for the events.

The annual **FAST Charity Golf Day** at Camposol Club de Golf will also be held in October – Saturday 21<sup>st</sup>. Details will be announced by the Golf Club as well as on our Facebook group.

Following the rearrangement of the Mojacár **Candlelight Festival** (owing to adverse weather), the



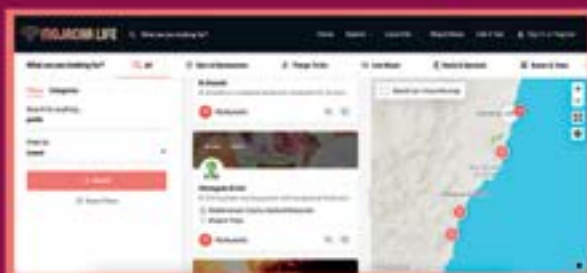
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