

The Chronicle



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September 2023 • Issue 286 www.costacalidachronicle.com

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DEAR READERS

What a summer it has been! It has been scorching hot and the sun is giving no sign of relenting. Hopefully, as September is here, it will cool down a bit as many people start returning after a summer break away from Spain!

At the time of going to print the final of the **Women's World Cup Football** had just been played between England and Spain and what a game it was! Whoever you were 'rooting for' you have to admit it was an amazing match with Spain emerging as triumphant after demonstrating great team work. **Congratulations** to Spain on their well deserved win and to the Lionesses, of course, for coming so far in the championship.

In other news, we'd like to wish Patti and Bob a wonderful retirement after 23 years of running **The Chronicle**. The new owners, Oz & Laura, have been working with **The Chronicle** for a while during the handover process, which is now complete and they look forward to meeting as many of you as possible in the coming months.

There are some exciting plans

ahead, not least of which is a new website which will be revealed soon, so watch this space! In the meantime, we would like to assure you all that **The Chronicle** is here to stay and whilst there may be some minor changes, all will largely remain the same with continued distribution to your favourite pick up points. We intend to honour Patti and Bob's legacy by building on what they've created and we hope to keep you updated with how they are getting on from time to time.

As always, we have new businesses advertising who will find that advertising with **The Chronicle** will benefit them and increase their turnover.

Welcome to:
Aluminium Camposol
Bryan White Insurance
Casaflor
IFEPA
Nash Warren
Yoga and Youth Theatre Club
with Summer/Babysitting Services

We hope you enjoy this edition of **The Chronicle**. If you have any questions/queries, please let us know.

From all of us at **The Chronicle**.

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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www.costacalidachronicle.com/articles-main/costa-calidachronicle-blog/

Our office address is:

Calle Jara,
Camposol B,
Mazarrón,
Murcia 30875

FIND US INSIDE ANOTHER WORLD PROPERTIES ON CAMPOSOL B.

Office Opening hours:

Tuesday 10am-2pm

Wednesday 1.30pm-5.30pm

Thursday 10am-12pm

(by appointment only)

Payments can also be made in our office on Monday-Friday 10am - 4pm

If you would like to place an advert or write an article to be included in The Chronicle, then please send it to us costacalidachronicle@gmail.com

To our advertisers.

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

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



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





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Business News

Residents or holidaymakers, young or not so young! Join our **Yoga Group** (various classes/disciplines) or sign up for our new **Youth Theatre Club** (6-16 year olds).

All classes at Mojácar Playa. Organised and ran by **Summer** (a creative yoga professional and theatre director). Babysitting services also available from **Stephanie** (our professional nanny).

See our What's On guide for class times/days.

0044 755 281 3502 or check out fb Mojácar Yoga with Summer

Aluminium Camposol will change your old windows and doors for quality new ones. Maybe your gate could do with replacing, or maybe you would like to make life easier and make your gate automatic? We also design and construct carports, enclosures and made to measure mosquito nets.

All areas covered.

Give us a call on: **635 997 964** for a free quote and a professional service or check us out on Facebook under **Aluminium Camposol**.

It's also important to remind you of the deadline for exchanging your British Driving Licence to a Spanish one for those living in Spain before 16th March 2023. The deadline is 16th September. For more information visit our website www.costacalidachronicle.com (see page 31)

Camposol Heating & Maintenance S. L (CHM) will be boiler servicing every Wednesday throughout September.

Please remember to book yours! **968 199 184** or **646 965 082**

IMPORTANT INFORMATION FROM TELECABLE

We are writing to inform you that **Telecable** has become part of a bigger team by integrating us into the **Excom Group**.

Excom is a group of local telecommunications companies that have joined together with the ambition of becoming stronger in order to continue helping towns of less than 50,000 inhabitants to stay connected.

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Please note that **Prime Property Murcia** have a new landline number. **868 053 149**

If your taste buds are calling for an English Breakfast cooked for you then a visit to **Casaflor**, opposite the beach, is perfect for quality, value and service and THE 'go to' place. Choose from a full English at 6.90€ or half for 4.80€. Sausage/bacon sandwiches, tostadas and muffins also available.

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Colour Glass Window Tint

Colour Glass Window Tint is a business run from: Condado de Alhama, Murcia covering regions of Murcia, Valencia and Andalucia. Colour Glass Window Tint offers a wide range of colour film (reflective or transparent) for your windows, doors, patio doors, French doors and conservatories.

Our colour window film also acts as a security film for more than one reason:

The film, once applied to your glass, will help hold all glass together just in case an accident occurs and the glass breaks or shatters. The other good security reason is that the one way reflective colour film helps deter burglars, as they can't see in to your property but allows you to see out.

The coloured film that Colour Glass Window Tint provides stops up to 99% of all UV light which helps to protect your art pieces and furniture from fading and it also stops the glare of sunlight entering the rooms of your property.

Very importantly, over the course of the year, the colour window tint on your windows will reduce the price of your utility bills; in the summer months it will help to keep cool air in and decreases the use of air conditioning and in the few winter months it helps keep the warmth in.

As owners of your own home in Spain, you can appreciate the beautiful colours of your homes. The different colours of film Colour Glass Window Tint brings more style and colour to your homes, so why not put some class to your glass today?




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EDITORIAL

Watermaid Europe S.L.

Watermaid-Europe is a fully legal pool maintenance company based in the Murcia region of Spain.

Watermaid specialises in installing and maintaining Salt Water/Mineral Systems. Salt chlorination is a more natural and healthier alternative to harsh chemicals to keep your swimming pool clean. Whilst swimming pools need some chlorine to sanitise and disinfect, it is the salt cell that converts the salt into an active chlorine that is kinder to the skin, hair and swimwear. Salt Systems can be installed in a few hours, without the need to empty the pool.

Whilst you are taking full advantage of your swimming pool over the next few weeks, be prepared and book in your pools



free health-check for October onwards.

Watermaid will be happy to advise you on your current system, refurbishment needs, etc, so if you are contemplating a pool regROUT / reTile, book it in now for November through to March, then you can enjoy a stress-free swimming experience.

Or if you wish to prolong your

season, then **Watermaid** can install pool heaters. Remember, free, no-obligation quotations given



Drop them an email or call

636 698 501/646 705 088

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 Remember deadline 15th of the month!!!

INFORMATION

Forthcoming Events at the IFEPA, Torre Pacheco

XX ANTIQUES FAYRE

Auction, Retro and Vintage

From Friday 22nd to Sunday 24th September 2023, the **Palacio de Ferias y Exposiciones of the Region of Murcia-IFEPA in Torre Pacheco** will once again become the great reference for lovers of antiques, auction, vintage and retro .



It will once again be an essential visit for those interested in unique and unusual pieces, collectors, nostalgias, or anyone who wants to give their home a different and modern touch with retro or vintage objects.

The Unpacking of Antiques

Fair will offer visitors a whole universe of possibilities: furniture, lamps, fans, armchairs, dressers, crockery, telephones, irons, mirrors, typewriters, thimbles, perfume bottles, toys, books, silver, jewellery, glass , dolls, shawls, lace, posters, canes etc. that can be purchased at the time of the visit, since it is a direct sales fair... It is difficult to go and not fall in love with a piece. All of them with a certificate of purchase, and if the client wishes, transport service.

The XX Retro Auto Murcia will be on the same days.

See wonderful classic cars and buy spare parts throughout the day.



The show is organised by **IFEPA and the Ruta del Sol Club** that has become a benchmark in terms of a meeting point for fans of the world of vintage motoring, in which the **Club de Vehículos Clásicos de Santa Rosalía** has an outstanding participation.

It will bring together fans who make an effort to rebuild old cars and motorcycles, where we can find classic and old cars, motorcycles and old classic spare parts, as well as clubs and associations, specialized magazines and items for collectors related to the motor world.

Friday 22nd & Saturday 23rd September 11am to 9pm
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TICKETS: 5€ in advance from the web or 8€ on the door.
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GROUPS



Camposol 2025
What do you want it to be?

Fitness Campus

Camposol 2025, Camposol Business Association (CBA) and Camposol Free Community Sports (CFCS) recently met with the Town Hall's new sports councillor, to discuss the exercise area on Calle Nogales.

There are some snagging issues that she agreed to follow up on with the installers. In addition, there were discussions about the need to complete the surface of the area and the potential to install lighting to allow the facilities to be used for a longer period, especially in the hot weather. They also spoke about the potential to install markings and equipment for other sports in the area of the football pitch, such as **basketball, badminton and pickle ball** to allow a greater range of sports facilities to be available.

This area is designated for sports facilities and already contains the **football pitch and fitness area**. Both are being well utilised with the **Camposol Walking Football Club and Camposol Free Community Sport** organising walking football sessions. Plus there is great use by families and children during the evenings and weekends. The **fitness area** is already attracting a lot of use, which will grow when cooler weather returns.

Comment

There have been a number of recent social media posts asking why **Camposol 2025** does not pursue the "big issues" on Camposol, or even come together with other organisations to present a unified voice to the Council. As explained previously we believe that our focus should be on issues that we can influence, hence our success in assisting with the applications for the funding of the **Fitness Area and Dog Park** as well as improvements to the bin areas in cooperation with **D Community and Gardening group**. We also assisted home owners with the solar light installation programme and created the security brochure which can be found in the files section of our Facebook page.

We have good working relationships with **D Community and Gardening Group, Camposol Business Association, Camposol Free Community Sports** and others. We strongly believe that Camposol's best interests are served by working with and seeking permission for our proposals from the Town hall. We also work closely with Silvana Buxton our local Councillor, seeking her advice and keeping her informed about what we would like to do to improve facilities on Camposol. To that end, we already work with others who have the same outlook and if there is something we want to ask the Town Hall we identify

the relevant councillor, contact them and meet up to discuss the matter at hand. We do not, as some have suggested, have "the ear of the council". As with others we work with, we just call or mail them to ask for meetings.

Are we avoiding the big issues? No we are not. We support the work of the **CBA** and have attended meetings with the Council with them. Ultimately, and the Council has said this on a number of occasions, they prefer to deal with a single organisation. No single association appears to have a strong mandate to represent all parties on Camposol in cooperating with the council and those with a confrontational approach have sadly burned bridges rather than building them, which we believe is the only way forward.

Info hub

D gardening team are back at work on Monday and Wednesday each week.

Big thanks to Patti and family who have retired from running the **Chronicle**, enjoy your retirement and good luck to the new owners.

Tickets may still be available for our **street party** on 15th September. If you can please support this great group.

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A very well presented detached villa on the second phase of Camposol.

This 3 bedroom villa sits on a 400m2 corner plot that has laid gravel/tiles with various plants and shrubs and benefits from a fully glazed terrace.

The kitchen is fully fitted and includes white goods.

A stairway from the rear of the villa leads to a roof top solarium which offers excellent views to the surrounding mountains.

The property has a private pool and an outside toilet, walk in shower and sink area and solar hot water.

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What is your house built on?

When I say house, I am actually referring to your life. What is the foundation that you have built your life on? Is it money or fame or is it 'likes', retweets, shares, etc on your social media posts? Is your foundation built on what other people think of you? We live in a selfish and self-centred world where it is all about me, myself and I. What this means is that others will quite happily destroy your foundation if they don't agree with you or simply if they think it will make their house (life) look better if yours is destroyed. It is all fake smiles and condescending words of subtle insults, disguised as compliments. This all means that your world can very easily come tumbling down; destroyed with a tweet, a quote or photos taken out of context. Insecurities

and fragile egos are very soft and easy targets for people to attack.

However, there are some people who have built their lives on a firm foundation. A foundation not of this world's making; a foundation that will last for all eternity. I am, of course, speaking about true Christians; people who actively follow Jesus Christ, God the Father and the Holy Spirit. Yes, a Christian's life is not always sunshine, lollipops and rainbows (song by Lesley Gore). We have to weather many storms – both internally and externally. We deal with attacks both spiritually and physically.

However, there is a difference between Christians whose foundation of their lives is God and those whose foundation for their lives is things of this world. Christians weather the storms

of life way better than non-Christians. We get knocked down but we get up again (to quote Chumbawamba in Tubthumping). We will keep on getting up and going forward, because we have a purpose, a hope, a loving heavenly Father who protects us and we have a massive family that will come alongside us in times of trouble.

You need to make a choice for your life. What are you going to choose to build your life on? Is it going to be the ever changing, sinking sand that is the things of this world or are you going to choose to build your life on the rock that is God, Jesus Christ and the Holy Spirit!

The choice is yours!

Neil Rees

Living Water Church, Mojácar

GROUPS



Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



Camposol C Green Fingers Gardening Group have kept going throughout the very hot and humid summer months.

The maintenance team and volunteers have been focusing on watering the trees and plants; weeding the areas that have shingle put down; trimming the many trees and bushes; pruning the plants and filling in some of the numerous potholes that we have on our sector.



If you live on lower sector C and have a couple of hours to spare on Wednesday mornings, why not pop along and help the other

volunteers.



On the 8th July **Green Fingers** were the beneficiary of the **raffle** that was held during the Sector A Saturday Night **Entertainment** held outside Cat's Bar, Tel's Bar and Rendezvous Café.



A fantastic night saw GlamJam entertain nearly 300 people and

also raise a stupendous 640€ for **Green Fingers**.



Green Fingers have further been selected as the beneficiary of the **raffle** that will be held during the performance of the fantastic Bella Luna outside the same bars on Thursday 7th September. Tickets cost 2€ per person and they can be bought from either of the venues. If you have any items that can be donated as **raffle prizes** please drop them off at **Green Fingers** collection point at the bottom of the dual carriageway on Wednesday mornings.

Thank you.





Gestoría Carvajal
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The equipment that we use and the training of our responders are costly and require regular replacement/updating. Our **fundraising** events are therefore essential to our continued survival and we invite you to join us to have fun whilst assisting our efforts. September and October see several of our major **fundraising** events planned this year, helping to ensure that the organisation has sufficient funds to provide future training and equipment – as well as setting aside funds to ensure that the two **FAST** cars can be replaced when this becomes necessary.

The first of these events is an evening of the music of **Adele** at Camposol Golf Club as part of the Grand Charity Tribute Weekender on Saturday 2nd September. Entry is free but reservations for diners should be made directly with the venue – a **raffle** with fabulous prizes will hopefully raise significant funds for **FAST**.

Sunday 8th October between 4-11pm, **FAST** is having its very own **FAST Fest** at Oasis de las Palmeras in Bolnuevo, showcasing no fewer than five bands (**Glam Jam, Still In The Groove, Rufus**

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y Los Bandidos, The Ruby Welts and another TBC) and three solo artistes in what is set to be a seven hour long festival of music which we believe to be the largest festival of British music on the Costa Cálida this year.

A coach will be operating to provide transport between Camposol and the venue and return, although seats are limited. Tickets for the festival are selling fast but subject to availability, can be obtained from Costa Cálida Radio, Oasis de las Palmeras (2nd/9th September 11.30am-1.30pm) or Ceejays in Puerto de Mazarron (16th September 11.30am-1.30pm) or every Friday morning (10.30am-12.30pm) at the **FAST** desk outside The Diner on Sector B, Camposol. Tickets are a mere 6€ for what promises to be a fabulous afternoon/evening of **entertainment**. Come along and join us and support our life saving service in the process!

We would also love to see as many of our supporters and friends as possible at our glamorous **Celebration Ball** on Saturday 30th September. The survival of the **FAST** service through and after the pandemic was never

certain so we decided to celebrate our continued success in true 007 style with a fabulous event, so dust off those tuxedos and don those ballgowns and get ready to party at Camposol Golf Club!

The evening commences at 7pm with a **Cava Reception** and photo shoot, followed by a sumptuous **three course dinner menu** and **entertainment** from the fabulous Melodee. There will be a free **raffle** for all attendees with superb prizes. Menu details are available on our **FAST Fun Team – Camposol Facebook page**. Tickets for this event are 30€ and can be purchased from the **FAST** desk outside The Diner on Sector B, Camposol on Friday mornings (10.30am-12.30pm). If you cannot get to the desk to reserve your tickets, please email us at trips@FAST2016.org and we will make alternative arrangements to get tickets to you. We hope to see you for this fabulous celebration!

For full details of these and other events please join our **FAST Fun Team – Camposol Facebook page**. Come and join the fun!

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September sky is coming

SKY IN SEPTEMBER

As the holiday season comes to an end, the evenings are still comfortably warm and the stars are there calling us for another sort of journey. So let us turn our heads up and marvel upon the spectacle of the most marvellous stories written in the sky.

THE STORY IN THE SKY

When the last light of day disappears behind the horizon, one of the most beloved stories from ancient Greece will be beautifully displayed for us to follow the adventures of a proud mother, jealous mermaids, pure and innocent beauty and a brave hero who saves the day and finds true love. The story of Andromeda and Perseus will forever be written in the sky and September is when we can see the heroes with our own eyes.

PLANETS OF THE SOLAR SYSTEM

Two jewels of the Solar System will be perfectly visible in the evening sky so look east to see Saturn and Jupiter. Take out your telescope or visit **Finca Astronomica** to see the beautiful details of those gas giants. You will easily see the spectacular rings of Saturn along with its moon. Jupiter, the crown of the Solar System, will grace us with an astonishing view of its surface: the two stripes and

the great red spot will be visible through the telescope along with its four Galilean moons: Io, Europa, Ganymede, and Callisto.

A LIFE OF A STAR



Eagle Nebula with Pillars of Creation inside, a birthplace of new stars. picture by Charles Westphal, Astronomy Tours

For those looking at the sky with their telescopes in the month of September, there's another magnificent story to see - a full life of a star from it's birth all the way to the most spectacular death!

When visiting **Finca Astronomica**, thanks to the power of the robotic telescope you will be able to see a birthplace of a star deep in the eagle Nebula and precisely in a nebula well known to many for its undeniable beauty: The Pillars of Creation. You will then be able to follow the

life of the star as it gets older, all the way to the inevitable end in the form of the most breathtaking Supernova observable: the Ring Nebula.



The Pillars of Creation, picture by Hubble Space Telescope

THE LAST SUPERMOON

The end of September will give us another opportunity for a night full of astronomical marvels, with the last Supermoon of 2023 on September 29th. Celebrate the unique view in your backyard or join **Finca Astronomica** team for the last Supermoon Party of 2023 to see the amazingly big Moon via the telescope, take its picture and share with friends and family. And while at it see for yourself how the surface of the Moon actually looks in a 3D reconstruction allowing you to follow in the footsteps of Neil Armstrong and Buzz Aldrin while finding the exact spot of the First Moon landing in history!

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INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com

Last month I wrote about the common birds you are likely to bump into in your daily lives here. So this month, I thought I would continue broadly with the same theme, but with a bit of a twist. I will again write about common birds, but in specific habitats. Therefore, they may be quite uncommon on a regional scale, but are locally common in the right habitat.

The habitat is very important and each birding site will have different characteristics and therefore the birdlife will change as the habitat does. It all depends on the food that is available.

This month I will share with you my thoughts on the well known and scenic area of the salt-pans of San Pedro del Pinatar. It is a beautiful and unique landscape for birders and tourists alike. It is very popular with locals and tourists who wish to walk and take some gentle exercise alongside the Mediterranean, the Mar Menor or the salt-pans.

It is a Regional Park of 856 hectares, so pretty big by any standards. Its status and legal protection is enhanced by also being classified as a Natura 2000 site, a special Protection area (ZEPA), a site of Community Importance, a special Protected Area of Mediterranean Importance and a RAMSAR wetland site. A very impressive array of awards!

If you enjoy fresh air and walking, there is a very interesting 11 km circular walk from the visitor centre that takes you towards the coast between the salt-pans, then along the Mediterranean coast before returning along a paseo between the salt-pans and the Mar Menor. However, if you wish to be more relaxed there are several parking areas at many of the view points along the route.

As I will be talking about the common birds of the salt-pans they will invariably be birds that live and feed in wetland habitats. There isn't an abundance of wetlands in Murcia, which means many of the common birds here won't be seen inland and are therefore quite uncommon or rare elsewhere.

Many of the birds I will talk about have often been featured in previous articles, but hopefully you will by now be able to recognise many of them. Familiarity is the key to good identification.

The most emblematic bird of the salt-pans is undoubtedly the **Flamingo**. Many people who aren't birders will visit this



Flamingo in flight

area with the primary objective of seeing these special birds. There are six species of **Flamingos** in the world, but the birds here are **Greater Flamingos** (*Phoenicopterus roseus*), the largest and most widespread of the **flamingo** species. Although they are resident birds, they don't breed here and the flocks that you see are generally made up of juvenile birds and non-breeding adults. If you want to see them breeding then you should visit the lakes near Torre Vieja or the lagoon of Petr6la in Albacete.

I love to see them in flight as they are more colourful and spectacular than when they are stood still in the water. If you ever look at the Murcia Birding Facebook page there is Spanish guy who posts a daily photo of a **Flamingo** in flight, yes that's right every day! It seems a bit obsessive for me, but he obviously has a passion for these birds.

My next common bird, the **Avocet** (*Recurvirostra avosetta*), is probably as equally emblematic as the **Flamingo**, but only



Avocet

for us Brits. It is because it was extinct as a breeding bird in the UK for more than one hundred years, since 1840. In 1947 it was decided to flood many parts of East Anglia to protect the country from potential invasion plans. This also had the happy coincidence of providing lots of good habitat for breeding **Avocets**. The birds quickly recognised these new wetlands and there are now about 2,000 pairs breeding in the UK. A real success story for conservation and it was a much heralded achievement in my childhood and youth.

Fortunately, these resident and elegant black and white waders with their unique up-curved beaks are relatively common here. You should be able to see them quite easily as they feed in the salt-pans. They are very visible and easy to identify from the other waders in the lagoons.

Probably, the only other bird that can be confused with an **avocet** is another



Black winged stilt

long-legged black and white wader, the **Black-winged Stilt** (*Himantopus himantopus*). However, they are quite different if you study them a bit more closely. It is an extraordinarily elegant wader with incredibly long slim red legs. The upper parts are green-

Continued on page 19



Continued from page 18

glossed black contrasting with the rest of the plumage, which is a clean white colour. The adult male has black on its head in breeding plumage.

In the UK it is classed as an uncommon migrant and occasional breeder. It is nowadays being seen more commonly in England, which is presumably a result of warming due to climate change. I do not think you need to be a genius to predict that it will soon be a species that is re-colonising the UK's wetlands. It will be a bird that will be welcomed with open arms by British birders as it will be an elegant addition to the list of British breeding birds.

Besides **Avocets, Black-winged Stilts and Kentish Plovers**, most of the common waders disappear up to the Arctic during the breeding season. However, it is a very short season as the Arctic is frozen until late spring, so the waders time their arrival after the ice melt. They tend to arrive at the breeding grounds in May and will start their migration south as soon as July.

Dunlins (*Calidris alpina*) are one of our more common waders at San Pedro. They are small birds, about the size of a starling, but fly huge distances north to south from breeding grounds to wintering and feeding areas. Some of them will fly south into Africa, but most of the birds seen here will stay at the salt-pans outside of the breeding season. It is a very common wader, but if you can identify it, it is a very good indicator species for size and plumage comparisons. This will help you identify other species.

It is very easy to spot in its summer plumage with its rufous cap and wings, a black patch on its chest and belly and a long down-curved beak. In winter plumage it is a nondescript bird with a dull coffee or light brown colour on its head and back. The beak and legs are still the same colour, black with a beak that is long and down-curved.

The smallest wader you will

probably see here is a **Little Stint** (*Calidris minuta*), about the size of a **House Sparrow** and obviously smaller than a **Dunlin**. In

the UK they are quite uncommon and usually seen far away, but here they will allow you to be quite close.

A larger wader than the previous two is a **Ruff** (*Calidris pugnax*). These birds can be quite confusing as the males are bigger than the females and their plumage can be quite variable. Birders often say that if you are struggling to identify it, it is probably a **Ruff!** Personally, I look to see if they have a small white ring around the base of the bill. The majority, with a few exceptions, show this ring. Larger wading birds are a lot easier to identify and there are two you can see here all year round, **Little Egret** (*Egretta garzetta*) and **Glossy Ibis** (*Plegadis falcinellus*).



Little stint

The first one is very noticeable as it is all white with a long black stiletto beak, black legs and peculiar green feet!

The second bird, a **Glossy ibis**, is quite large and can look almost black depending on light conditions. Their plumage is actually purple brown, with a green gloss. It is an



Dunlin summer

incredibly beautiful bird if the light reflects well off its plumage. It is over half a metre in height with long legs and a large down-curved beak, quite unmistakable.

One of the very common aquatic birds that over-winters here in their hundreds, if not thousands, is the **Black-necked grebe** (*Podiceps nigricollis*). In summer plumage they are very striking birds, but in winter they are grey-black above and a dirty grey below, quite a grubby looking bird. It is 28-34 cms long and stays principally on the water and often dives down when feeding on aquatic insects.

My final selection is a gull that is very uncommon in Northern Europe, a **Slender-billed Gull** (*Chroicocephalus genie*). They are here all year round and if you look carefully enough you are sure to find one. They have a delicate and elegant appearance and are similar size to the **Black-headed Gull**, but probably just a little bit bigger. It has a white head and reddish-legs and in summer has a faint pinkish blush on its plumage.

I hope you find time to visit San Pedro del Pinatar and see how many of these species you can spot.

If you have any comments or queries please do not hesitate to get in touch with me.



EDUCATION

Jane Cronin's Step by Step Spanish

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When people start learning Spanish they sometimes have the idea that all you have to do is translate individual words. Then they learn that the Spanish have a lot of different ways of saying things and that word for word translations just don't work. Then comes the realization that the whole structure of the language is completely different and that's where the real fun begins.

One of the ways English works is by putting lots of unchanging little words together into an endless variety of combinations. To express many of the ideas formed in this way into Spanish, one has to use an entirely different approach. For example, sometimes people ask me how to say 'get' in Spanish. If I hesitate then someone else will suggest the word 'conseguir' which means 'get', in the sense of 'obtain', as in 'I'm going to get a job' (Voy a conseguir un trabajo). However, the real problem is that 'get' can mean a thousand other things, depending on the context.

For example, we have 'to get up' (levantarse), 'to get over' (recuperar, superar) 'to get out' (sacar, escaparse) 'to get on with' (llevarse co, seguir) 'to get through to' (comunicar, entenderse con).

Even within these few examples there are many shades of meaning in English. For

example 'to get on with' can mean to have a relationship with someone (llevarse con) or to continue doing a task, as in 'get on with your work!' (seguir). 'To get over' can mean to recover from an illness or other setback (recuperar) or it can mean to find your way through a difficulty (superar). If you are already 'getting confused', you might wish to know the word to use is 'confundirse'.

As you are probably aware, I am merely scratching the surface of how to express 'get' in Spanish, and already endless alternatives have opened up before us. One particular way we use 'get' in English is with an adjective meaning to 'become more'

For example, we say 'to get fat' which means 'to become (more) fat'. The Spanish language has a completely different way of dealing with this idea. They take the word for 'fat' (gordo) and turn it into a verb 'engordar'.

In English we would often say 'I have put on weight', where the Spanish say 'he engordado'. 'To lose weight', or in other words 'to get thin or thinner' is formed by the word for 'thin' (delgado), giving us 'adelgazar' (to get thinner). 'This summer I want to lose a lot of weight' in Spanish is 'Este verano quiero adelgazar mucho'. Just look at any woman's magazine if you don't believe me.

We are all 'getting' older, and in Spanish we 'envejecer', from the word 'viejo'. Interestingly, we cannot literally get younger, but we can 'rejuvenecer', from the word 'joven'. All of a sudden the English uses a Latin based word to express this: 'to rejuvenate', although we still retain phrases like: 'You're not getting any younger, dear!' English is an interesting language.

Here are some more 'get' words that work in a similar way. Largo means long and alargar is to get longer or lengthen. Corto means short and to get shorter, or shorten, is acortar. To get more expensive is encarecer from the word caro (expensive), whilst to get cheaper is abaratar from barato (meaning cheap). To get softer is ablandar from blando (meaning soft), whilst the opposite is endurecer (to harden from duro meaning hard).

Not all adjectives work this way and as you can see the verbs vary in their formation too, but this might set you on the road to new discoveries, or you could always make a new one up and see what happens.

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



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July was the busiest month of 2023, so far, for us, with call volumes higher than last year. As always, a huge thank you to all our Listeners, who are based far and wide throughout Spain, they continue to work extremely hard to ensure that this invaluable service endures. Our charity shop in the Punta Marina Mall in Punta Prima 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, thank you for everything you do.

In July we were the lucky recipients of a donation of €500 from LGBTQ Costa Calida-Blanca, the donation was from their 2023 Pride events. Pictured below is Kerry from the LGBTQ Costa Calida-Blanca organisation receiving a certificate of thanks from Les Holloway, VP of **Samaritans in Spain**.

July saw several of our listeners undertake a Mental Health First Aid course; this was partly funded by the donation in June by **Making a Difference**. This course is designed to expand upon the **Samaritans** Listening training and delve deeper into the use of empathy and associated communications to those that we provide a service to. The course was a huge success, all the listeners who took part worked hard but the result was worth it. It is hoped to run it again to enable more listeners to complete

it. Thank you to Paul Cooper for facilitating it for us.



We remain on the lookout for the following positions, we are very keen to fill these positions with some urgency. If you believe that you have the skills, desire, and time to help us then please contact our Listener Delivery Trustee, Joanna, at listenerdelivery.spainsams@gmail.com

Duty Manager (x2). This is an admin role and involves being Duty Manager for 2 or 3 days per week from 10am - 10pm. The Duty Manger will, in the main, be responsible for managing the days listening shifts and listeners. It is a remote working role and requires no undertaking of listening duties or any listening experience.

In general, if you think that 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 for further information or check out our website www.samaritansinspain.com/ - we are constantly recruiting.

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

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Thank you for your continued support through the hot August. The shop has been very busy with us only opening on Saturdays and the van has been busy delivering and uplifting items of furniture, bric-a-brac and clothes each week

ASPADEM is a local **charity** in Puerto de Mazarrón that provides care for disabled children. Our volunteer, Hilary, presented Juan with a cheque for 4000 €. This money will allow the children to have a day trip away and be involved in other activities as well as helping keep their swimming pool open.

The pool in Mazarrón is open to **ASPADEM** and others with such disabilities. Although the council pays an annual cost for the upkeep of the pool, changing rooms etc., there is a short fall and some of the donation will go to this. Juan was very grateful for this donation. We have been supporting them for a number of years now and have a good relationship with this amazing **charity**.



Please remember your donations

of clothes, furniture and bric-a-brac which we can sell in our shop and **make a difference** to local people's lives. Keep giving so that we can!

5th September will see us back to normal opening hours. 10am - 1pm Tuesdays, Thursdays and Saturdays. The van will also resume at Camposol A Sector on **Tuesday 5th September 10.30am-12.00 pm.**

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

RELIGION

www.wellspringvictorychurch.com



Life has a strange habit of throwing us a "curve ball." We enjoy our routines in life - we've been shopping - it must be Friday etc and there are many other routines which come along by which we set our clock and calendar. Then there are those incidents which can and often do disturb the whole routine.

Of course not all the disturbances are negative. The curve balls of life may come with the joyous arrival of

a new grandchild or an unexpected award or achievement.

It is however the difficult incidents which cause the most distress and we do not need to get too specific about these do we? The phone rings and it is a family member in some form of distress. We start to look at flights and arranging for someone to look after the dog or the cat and all the time the worry and concern for the problem churns in our hearts.

Where do we turn for help? We have neighbours and friends who will be very sympathetic and there are those who will truly get alongside us and really help. But in times of distress or hardship where do we go? Would you ever consider asking **God** for help? Some would want to blame **God** for the predicament but we must remember that **God** gave mankind freewill and He only responds when invited.

One hymn writer used these words - "Through all the changing scenes of life, in trouble and in joy, the praises of my **God** shall still my heart and tongue employ". Whatever the circumstances, the good and the bad we can find

comfort and compassion in **God**. The Bible offers a large amount of help and advice to those in difficulty or need. One of the Psalmists wrote these words, "**God** is our refuge and strength, an ever present help in trouble". (Psalm 46 verse 1). Here we are being told that **God** is all around us - He is ever present. Whenever we need **God** He is just a prayer away. Now you may be thinking that is easy to say but we at **Wellspring Victory Church** would love to tell you about our experience with this amazing **God**.

Why not come along on Sunday and meet people who may have faced circumstances just like you. We would love to share experiences about this amazing **God** who has come into our lives and brought light out of the darkest places.

We meet in the event room above Trevi Bar at Camposol B every Sunday at 11am. A very warm welcome awaits you and we have time to sit down with and pray into your situation. Do come and join us.



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INFORMATION

HISTORY SNIPPETS

By Adrian & Dawn Leyland Bridge
dalbridge21@outlook.com

Francisco Salzillo: Murcia's Master Sculptor



Portrait of Francisco Salzillo by Juan Albacete y Long (1830-83)



San Isidoro, from the Iglesia de Santa Maria de Gracia, Cartagena

Francisco Salzillo was born in Murcia City on 12 May 1707, and grew up to become one of the greatest Spanish (and European) baroque sculptors of the eighteenth century. Francisco was the son of Nicolas Salzillo, an Italian sculptor, who'd moved to Murcia a few years before the birth of his son. Initially at least, young Francisco seemed destined for a career in the church – he was educated by the Jesuits and almost certainly entered the Dominican order as a novice. However, any thought of the priesthood ended when Francisco's father, Nicolas, died in 1727. Francisco took over his father's Murcia City workshop, used some of his seven siblings as workshop assistants, and embarked on a career as a remarkably talented sculptor, whose fame spread throughout Spain and the rest of catholic Europe.

The ex-Dominican novice was very quick to establish control of the workshop he inherited. He was very much the man in control, though family members and other workshop apprentices

were involved in various aspects of sculpture production. Francisco devoted himself entirely to producing works with a religious theme (both processional and non-processional) and he nearly always used decorated, gilded polychrome wood in order to fashion his creations. The Murcian sculptor's style was influenced significantly by the Italian baroque, and the works of Bernini, but Salzillo's pieces were subtly different and were of a transitional nature. Traditionally, many baroque images were of a dramatic kind, but **Salzillo's** Murcian sculptures were more relaxed, naturalistic and idealised. Indeed, he created a school and a style of his own, the so-called Murcian School of Sculpture, which remains important to this day. Being a Murcian was incredibly important to **Francisco Salzillo** and he never left the region during his entire life. In fact, there is only one documented record of **Salzillo** ever leaving the city of Murcia, when he travelled to nearby Cartagena,

on business, in 1755. The great eighteenth century Murcian and Spanish politician Floridablanca even invited **Salzillo** to stay in Madrid, so that his works became better known at the Spanish Court. **Salzillo**, however, still wouldn't leave Murcia and turned down Floridablanca's offer. This lack of mobility didn't seem to harm **Salzillo's** career to any significant extent:



Santa Florentina, from the Iglesia de Santa Maria de Gracia, Cartagena

The Murcian sculptor's works still became renowned across a wide area and he received commissions from churches and convents throughout Murcia, Alicante, Albacete and Almeria. In recognition of his increasing fame, in 1755, Francisco **Salzillo** was offered (and accepted) the post of Official Sculptor of the Murcia Council and inspector of painting and sculpture.

Salzillo certainly produced a vast amount of work. Way back in 1800, the historian and

Continued on page 28



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Continued from page 26

art critic Juan Agustin Cean Bermudez went on record to state that Francisco **Salzillo** created 1,792 works of art.



La Caída, Salzillo Museum
(c) Gregorico

This figure is almost certainly a considerable exaggeration, but nonetheless, Salzillo still produced a considerable quantity of polychrome sculptures which found homes in religious establishments and other locations across the Murcia region and throughout southeast Spain. A considerable number of his works were destroyed during the savage fighting of the Spanish Civil War, between 1936-9, but many of the Murcian sculptor's best pieces still remain dotted around Murcia and its neighbouring provinces. Many of **Salzillo's** most famous sculptures are housed in the

dedicated **Salzillo** Museum, located in the Plaza de San Agustin, in Murcia City. The idea of a museum devoted specifically to **Salzillo's** works was conceived over 80 years ago and even today the site remains one of the most visited heritage attractions in the Murcian region.



San Jeronimo, Murcia Cathedral

One of the major **Salzillo** attractions at the museum has always been the massive Belen nativity scene, created by Francisco and his workshop team from about 1780 onwards, which contains a total of 525 figures – 166 humans and 364 animals. Other similar masterpieces are



Part of the Nativity Scene in the Salzillo Museum (c) Sebastian Garcia

also housed at the museum and at other locations in Murcia and throughout Spain and beyond. The legacy of the Murcian sculptor, who died 240 years ago, in 1783, remains a remarkably prolific and vibrant one.

(Adrian & Dawn L. Bridge, July 2023)

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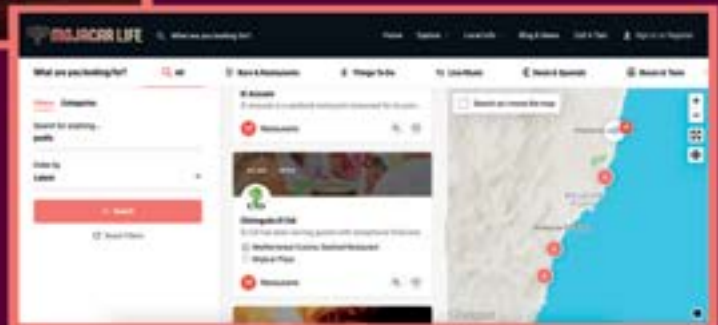
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LEISURE

NORMA'S TRAVELS

Our much delayed ferry was fuller on the return, but we got some sleep and eventually arrived at 1am, although we had to wait to get off as an ambulance had to remove a woman who had been taken ill. The ferries run late, the staff are surly and know they are serving a captive audience with no competition.

At 1.30am we finally got to bed, but we were up and out at 8.45am for breakfast. We took two buses to Puerto Montt for an overnight stay before our taxi arrived at 5.15am the following morning to take us to the airport for our flight to Argentina. We were flying with LATAM, via Santiago, who were super efficient, friendly and on time.

Fortunately our bags were going right through meaning we didn't have to waste time checking in again. We transferred from domestic to international at Santiago and arrived in **Buenos Aires** only 10 minutes late at 3.15pm. We have never experienced an arrival like it. No queue at immigration, really nice staff and our bags ready, all within 15 minutes. In fact it was so fast our taxi driver hadn't even arrived!



Gorgeous ceiling

Our accommodation was a studio, on the 23rd floor in Puerto Madero, an area of docklands which has been remodelled. We arrived to a heatwave, 32°C and the aircon struggling to cool down a space with two window walls.

We were here in **Buenos Aires** for Chris to start his Antarctic

cruise and we had things to do. Number one to get the washing sorted - the nearest laundry was only about a 15 minute walk, but the heat and humidity made it feel three times that. It would be ready next day they informed us; next problem was getting money. Just a bit of background for those of you not knowledgeable about Argentina's economy. Inflation is off the scale (last year 95%), no one trusts the peso or the banks so people hoard US dollars under their mattresses. We took both US dollars and Euros to use for exchange. There are at least two exchange rates, official (about 210) to the dollar and blue (360). You get the first at an ATM, the second at a "cueva" or on the street. Since December 2022 you also get near the blue rate with a foreign credit card, but obviously cannot use that for taxis, coffee etc. We didn't want to use an ATM unless we really had to.

We went into a bar to get water and were able to pay in US dollars and get change in pesos, with a result of getting hydrated and solvent. We managed to return to our apartment in time to have a shower and get dressed for dinner with Alan, Chris's friend from his youth. Apart from the fact we were unable to make it to **Buenos Aires** on our 2012/13 trip to Argentina it was the start point for Chris's Antarctic cruise. We had a very good meal with excellent steak in a restaurant recommended by Alan's hotel. I had booked a PCR at our apartment for Chris, obligatory for his cruise. It was due between 8am and 10am, but arrived at 11am! I went out to pick up the washing,



Near Recoleta cemetery

get food for breakfast, found a place to exchange blue dollars and spotted a vegan place to eat. We wandered out for a coffee and cake and that was enough in the heat.

He set off to join his cruise group and I chilled and then enjoyed a delicious vegan meal. Fresh lemonade and ginger, 3 dips and a great bowl of salad, what a joy after the meatfest. Chris rang to say he had been briefed, allocated a group, given his instructions and was leaving at 5.45am in group 5 on the purple bus!! Not quite how we normally travel.

I know this is controversial and I know many people love cruises but they do not appeal to me and before you think "don't knock it until you have tried it" we did take a 5 day cruise on the Yangtze when we were in China.

Most people who know me well will say I am a bit of a free spirit and I don't like too much structure, but I am also a bit of a control freak. I am also not a good sailor although I love being close to the sea. I don't really do "dressing up" so the idea of formal dinners and a dress code are alien! Chris had to request a special dispensation not to wear a Dinner Jacket for the gala dinner - carrying it in his bag for one night seemed crazy, plus of course he doesn't have one. I bought him a t shirt with a dinner jacket printed on it.

Chris headed off on his cruise and I was in **Buenos Aires** and the heat continued. It was time to soak up the atmosphere of the city. I spent the morning walking around, first to the magnificent Plaza de Mayo with the square where the Peron's made their speeches, then to a fabulous art nouveau style cafe before a walk down Defensa, enjoying the San Telmo Sunday market. I went to the food market where I saw a bit of street tango, but it was so busy. On any other occasion I would have done more but the heat and humidity were killers - I had walked 6km at half my normal speed.

Continued on page 31



Continued from page 30

Eventually I got a taxi to Up Viamonte hotel, my place for 3 nights. It was in the central area of **Buenos Aires**, not far from Teatro



Stunning cafe

Colón. The room was huge, a bedroom, bathroom and living/kitchen area, a bit faded, but clean. However, it was a working area and not much seemed open at night. I found a little local cafe, full of locals so prices also local and a little supermarket next door where I could make purchases for my breakfast.

Due to the heat I had decided on a city tour in an air-conditioned mini bus for Monday. The tour guide

Lionel arrived on time, a group of 11 with me being the only none American, although 2 were originally Iranian and one Dutch. I enjoyed what I saw but not the experience.



Stunning sculpture.

Let me paint a picture for you. Two couples from New York constantly saying "gee that is just

like something in some place in the US" and moaning about the guide from the start. His English was not perfect admittedly, but he tried hard. The icing on the cake was when the foursome wandered off into Recoleta cemetery (going inside was not on the tour). The guide tried twice to find them and rang his office and we set off without them. 10 minutes later he got a call to say they had rang the office complaining they had been left behind! They got on the bus and had the brass neck to say "Sorry you went without us".

When Lionel started talking about the importance of the Casa Rosado during the Peronist era one of them said "Jeez we have all seen the movie". They tipped the guide 20\$, nearly 20% and then said "lets get a Starbucks"!

More of Argentina next time ...

NEWS

British Embassy Madrid



British Embassy urges UK licence holders to exchange their licence before 15th September cut-off.

On 15 March 2023, the UK and Spain reached an agreement on driving licence exchange, which enabled UK licence holders living in Spain to swap their UK licence for a Spanish one without needing to take a practical or theory test.

The agreement gave existing residents who had not yet exchanged their UK licences for a Spanish



one six months (until 15th September) to do so, during which time they could continue to drive on their UK licences. As for newly arrived residents, the agreement gave them six months from the date they acquired their residency documents to exchange their UK

licence. Licences can be exchanged after the six month period, but will no longer be considered valid for driving in Spain.

The **British Embassy** has been urging UK licence holders to make the exchange by 15th September. On 29th March, the Ambassador hosted a 'Facebook Live' to address frequently asked questions, whilst the Embassy has advised that anyone struggling to get an appointment at their local Dirección General de Tráfico Office go to their neighbouring one instead.

Last week, the British Embassy announced a resolution had been found to an issue which some holders of expired UK licences (typically those over 70) had been experiencing when trying to exchange their licences. Those affected should follow the established process for exchange, requesting their check code via gov.uk.

His Majesty's Ambassador to Spain, Hugh Elliott said,

"It is very important that UK licence holders who lived in Spain prior to 15th March 2023 and want to drive here exchange their licences on or before the 15th September. We want this message to reach as many UK licence holders as possible, so please spread the word and refer to our Facebook page and the Living In Spain Guide on gov.uk for more information."



UK licence holders who moved to Spain before 16th March 2023 and fail to make the exchange by 15th September will no longer be able to drive on their UK licence. If they wish to continue driving in Spain, they will need to go through the licence exchange process.

The process for completing the exchange is run by Spain's Dirección General de Tráfico (see their website for more information.)



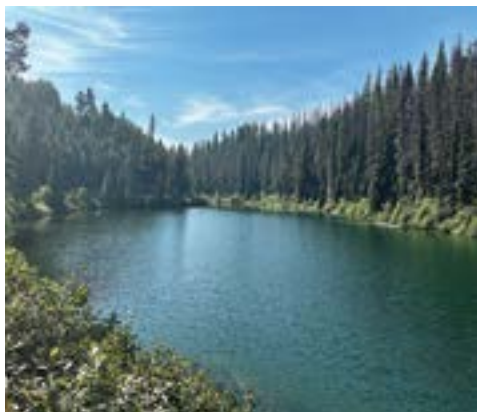
INFORMATION

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 this month we cover her pre-trip planning and first few days on the bikeGood luck Lisa

airport so I am ready for my flight tomorrow morning. In 24 hours I will be (hopefully) unpacking my bike and shopping for essentials in Banff, a bucket list place to visit for me. Things I could not take with me on the plane that I need are; bear spray, camping gas, bear lines, lighters and food. I have read as many forums as I can, books and trained and cycled miles with my bike fully loaded (and not), but only when I set off on the 13th will I know how prepared I really am. I suspect there are many things that I have forgotten and many things I will be pleased I considered. Until then I will set my alarm and enjoy my last night in a hotel room.

decided that it will depend on the weather and how my legs felt. Cycling through the first part of the Rockies reminded me a lot of cycling in the Pyrenees. They say that everything you have done and experienced in life is a lesson for the moment you are in right now. The only thing that got me through the last few days and no doubt the rest of this trip will be my time spent in the Pyrenees, cycling with Chorley



Having successfully dismantled and packed my bike with all of my gear into a cardboard box, I set off to the airport to catch my flight to Calgary, Canada to attempt to cycle **The Great Divide** - 2800 miles over mountain tracks, unaided and solo. With an equal amount of excitement and trepidation I am both nervous and terrified about this adventure that has come around quickly. It seems like all the months of planning and preparation are now for real. The Visa applications, training sessions, planned routes, tents, kit, food, knowledge, transport, excel spreadsheets.....the preparation has been immense. Tonight I am staying at Gatwick



and now **Los Bandidos cycling clubs**.

Pushing/cycling up some of the climbs in the Rockies was more challenging than I had anticipated. After only 30 miles or 50km with a fully loaded mountain bike is hard and not to be underestimated. Memories of loved ones and times spent with them is keeping me going.

Banff to British Columbia

The toughest two days ever on a bike! However, I'm here now, doing it and no longer on the sofa dreaming about it. Over the last two days I have cycled 170 km and climbed over 6800ft (2100mtrs) through the amazing Canadian Rockies. The scenery has been absolutely mind blowing. Setting off in Banff I was super excited, but very anxious. I had a rough plan on where I wanted to be each day, but also



Next month read about my 3 days travelling from Elkford to Eureka, the reality of saddle sores and friends I made.

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CHARITY

BOBBIN 4 BOBBY

HELP NEEDED FROM LOCAL BUSINESSES & THE GENERAL PUBLIC

Scott Johnson is raising money for **Noah's ARC** in memory of **Bobby**, a small pup thrown over a wall in Totana. As soon as Scott heard about this he knew he had to help him. With all local charities already massively over stretched he knew he had to take him home but looking after a puppy like **Bobby** is not cheap and he knew he couldn't afford to give him everything he needed.

That's when **Noah's ARC** kindly offered to help by covering the bills. **Noah's** already look after so many dogs so this kind gesture was very generous.

Bobby had 4 days of love, care and kindness but sadly he passed away from pituitary dwarfism.



Scott wants to do something to support **Noah's ARC** so they can continue to help as many dogs as possible.

That's when he came up with '**Bobbin 4 Bobby**'. He will be

setting up a pool with many different coloured balls (with him in the middle of the pool looking like a plonker, his words!)

People can make a donation and choose a ball. Each ball will win them a prize.

This event will be a fun way for people of all ages helping support a local charity whilst also winning amazing prizes and will take place on 9 September.

THIS IS WHERE YOU CAN HELP '**Bobbin 4 Bobby**? Whether you are a business or a member of the public and are able to donate either a prize, gift voucher or service, please leave at **Noah's ARC** shop at Camposol B with a note of your donation and who it's from.

THANK YOU

LEISURE



donnawalsh1606@gmail.com

JOIN PILARMONICS CHORUS

We are a group of women who enjoy performing and singing together in harmony and this past year has been great for us for various reasons. Our year starts in September and last October we held a recruitment day, on "World Singing Day", when we either use the song chosen for the "whole" world to sing or a song of our choice. This was successful and we recruited four new members.

During October and the first part of November we start to rehearse **Christmas** songs, ready for our **Christmas Singouts** in November and December. This last year we sang in Murcia City, San Pedro, Mar Menor and even Arrixaca hospital!



We have a full range of well known songs and are continually trying to increase and improve

our repertoire so we can enter National and International competitions, but that is not all. We sing for local organisations and during May this year joined with **Adapt Theatre Group** to perform in their cabaret "**Moulin Bleu**" at the Language School in San Javier.

We meet on a Wednesday Evening at 6.45pm in Dolores de Pacheco, at the Centro Civico and will start rehearsals again in September, on the 6th.

Remember, singing is good for you, fun, yes, but so therapeutic, and we, members of the chorus, are great company. So come along and join our chorus, or just come along and give it a try!



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ENTERTAINMENT

SPANGLES

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A CHANCE TO SING WITH SPANGLES THIS CHRISTMAS!



Do you love **Christmas?** Want to be a part of the **Christmas** festivities this year? Look no further: **Spangles Ladies' Harmony Chorus** is offering women the chance to sing with them this **Christmas**. "We had such a lot of fun doing this in 2022 with The Grinch, that we decided to open it up again this year with a fabulous new song: The Man With the Bag" said Chorus Manager, Lyn Baines. "We recently launched the offer on social media and we're already receiving requests to sign up."



Crazy as it seems, **Spangles** starts practising **Christmas** songs during the summer break, in readiness for their return to rehearsals on 7 September. "We are always very busy during the festive season and we want to give people the best performances possible, so we start work early every year; we're used to singing **Christmas** songs in the pool!" said Lyn.

What do you need to do to join in the **Christmas** performances? After a simple voice test to check which part you're best suited to,

you will be given teach tracks and music to start learning your part. You will join in chorus rehearsals each week to work on the song with the rest of the chorus, with your section leader by your side, every step of the way. There's no cost involved and every member will be supporting you throughout the process. If you like the experience, you could become a full-time chorus member.

To sign up, just send an email to them or check their Facebook page: <https://www.facebook.com/SpanglesChorus> - *what have you got to lose?*

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

If you'd like to book the chorus for an event or you are thinking about joining them, you can find out more on their website or via email.

RELIGION

WELCOME HOUSE

Tel 633 447 937

www.sites.google.com/site/casawelcome2013

Derek.tycymru@gmail.com

When you are younger the journey of life seems to stretch forever in front of you. As you get older the

horizon, instead of being a lifetime away, appears just over the hill. It's at this point that you start to wonder what is around the corner. Some would say that a few more steps and you will be 'over the hill' on a downward spiral to the grave.

The wages of sin is death so that's hell, that's the sting of death. But, if we repent of our sins Jesus will forgive us our sins, so that's heaven.

WELCOME HOUSE 

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Contact Welcome House to find out more

Life is full of choices as we make plans and if we make the wrong choice the plans that we make may suffer due to the consequences of our actions.

Because life is short we like to make plans for our retirement. But, what about planning, for where we will spend eternity? Some would say that when we die that's it, we just fail to exist. The reality is different - when we die we will either spend eternity in hell and torment or we will spend eternity in heaven.

There is a story of a father and his daughter going for a picnic. The daughter suffers from a violent reaction to a bee sting. While they were picnicking, a bee flies by and the daughter panics, the father reacts and catches the bee in his hand. After a little while the father opens his hand and the bee flies away. Why did you let it go panics the daughter? The father opens his hand to show the bee's sting imbedded into his palm. That's what Jesus did when He died and rose again; He took away the sting of death and opened the way to heaven. He did it so that you could join Him.



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Can You help? Volunteers Needed!



We always need more volunteers in various roles:

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

Drivers to take patients to their appointments. Agreed expenses are paid.

Reception volunteers for our Respite Home in Avenida de Los Covachos 278 on Camposol B2.

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

If you can spare a few hours and would like to help just phone or email us or call into our Respite Home.

What we do:

As a **Cancer Support Fundación, MABS** is available to anyone of any nationality who needs help as a result of:

- being diagnosed with cancer
- affected by a spouse or partner having cancer
- bereavement due to cancer
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We offer:

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Home carers to provide additional care.

Respite and Hospice care.

Loan of Medical equipment to patients 1-2-1 counsellors.

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

Recent Fundraising

On Saturday 22nd July Tel's bar, Cat's bar and Rendezvous raised an amazing 610€ for **MABS** at their evening entertainment on Camposol A

Future Events

Cycle Challenge 23rd -30th September

This year the mad cyclists will be riding from Santander to Madrid, a gruelling 425km. The 5 day challenge is being undertaken by Lee McGovan, Paul Thomas, Steve Malcolm and John Pate, who is new to the team. The support vehicle this year is being provided by Nighthawk Couriers

Sponsorship forms are available at Tel's Bar and **MABS** Respite Home, or you can sponsor at donate@mabscancersupport.org

This year the event is supported by C&M Construction, Megarsa Pools, Rendezvous, Luz Del Sol, **Ibex Insurance** and Nighthawk Couriers. The riders will be

welcomed back on Saturday 30th September at CAT'S Bar, Tel's Bar and Rendezvous, **music** is by Southern Impact and there is a raffle in aid of **MABS**. Seats can be booked at any of the three bars at 2€ a seat.

World Cancer Coffee Morning

29th September in the garden of **MABS** Respite Home

Race for Life

Sunday 29th October. Entry forms available soon. 10€ for adults and 5€ for under 12s. 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 Charity shop in Totana in Avenida Juan Carlos I (books on the bookcases in Alley Palais Camposol B). If you can help please message **MABS** Shop in Totana (Facebook) or phone **634 313 478** to arrange collection

We also have drop off points for smaller items at The Clubhouse on Camposol C, **MABS** Respite Home, Alley Palais on Camposol B and **ASSSA** office at La Pirámide, Puerto de Mazarrón. For more information visit our web site.



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If you are unable to obtain a copy, please call 619 199 407



RELIGION



Salt Church Mar Menor @ THE HUB

Email: andy.neale@marmenorchurch.com
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 Website: www.marmenorchurch.com

We may be building houses but are we cultivating communities?

If we only casually flick through the news headlines or the plethora of 'click baits' on social media we can be forgiven for believing that just about everyone and everything is 'in crisis'.

Whether it be the cost of living, the rise in rent along with a shortage of accommodation, unemployment, the climate, pressure on businesses or the decline of the High Street, it is bad news all round.

On a recent visit to the UK, it was apparent there was certainly evidence that some sort of response was being made to address the housing situation and the desperate need for places for people to live in. Travelling the green and pleasant (if somewhat rainy) highways and byways of England, developments of all shapes and sizes were under construction.

However, it occurred to me that whilst all this property is being built, there was precious little thought given to any kind of supporting infrastructure.

Whether these piles of bricks would become executive detached mansions, three bedroom family houses, flats or studio apartments, it became clear that there seem to be no room for shops, schools, medical centres, libraries, sports facilities, community centres and, dare I even suggest, churches?

Today's established cities, towns and villages began their lives in a more humble way and evolved over time, growing as the demand beckoned. In response, the aforementioned infrastructure came into being.

The building of houses, flats and apartments is surely only part of the picture. Are we building mere dormitories without cultivating communities? Without local resources and efficient and affordable public transport links, it surely means that residents in these new properties need to travel for just about everything which, in turn, feeds another 'crisis', that of the seemingly dreaded motor car.

In defence, and looking at the other side of the coin, it can be said that in this modern age we can achieve everything we need online and that is true. But does

that not add to yet other 'crisis'; that of isolation, loneliness and issues of mental health?

Yes, we may be building houses, but are we cultivating communities? I don't know what you reckon, but it's worth a thought...

To find out more about us here at **Salt Church Mar Menor** and where we are coming from, simply scan the QR code which will take you through to our website.

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The apartment is on the second floor. There is no lift in the building.



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NEWS



TV News

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TV NEWSLETTER – SEPTEMBER 2023

Well September is here. Madrid will have gone home and whoever does control the thermostat should have turned it down a notch or two.

It was a prolonged hot humid summer – one in the world’s natural cycle or global warming? Probably a bit of both. Dreadful fires all over the globe – it happens every year but this year they seemed to destroy many towns and villages rather than being in remote areas.



Closer to home the **Rainbow** house has survived the summer – A/C units worked hard, dogs slept all day and the hose pipe worked overtime, now tentatively waiting for electric and water bills. The **charity** we support – **Friends of Mazarron Animals (FMA)** – continues its fabulous work. We have asked before but please consider becoming a foster home for a dog or cat. **FMA** will always eventually find

any animal a permanent home but it is the time between taking them on and finding a home that is often a problem. Kennels are an option but these animals have often had difficult lives before coming to **FMA** and need a stable home environment – yes it is hard when they leave you but tremendously satisfying in the knowledge that you gave them a start – and you can then take on another foster to give that its start.

TV News – We all know that TV viewing is rapidly going down the internet route – it will not be long before that is the only way to view. Satellite and regular antenna transmissions will cease. Satellite is just too expensive and the mobile phone companies want the TV transmission frequencies - and they will get them. When they do the now new Fibre infrastructure will become redundant with wireless over the air mobile phone/data signals at very fast speeds becoming the new normal.



Internet TV does require excellent relatively fast internet but more important is stability with good fast reliable routes. Do you realise that sending an email to your next door neighbour the electronic signal will go something like from your sending device to your router to your internet service provider to, say, Madrid, to London via a satellite or two, across to New

York, under the Atlantic to get to Murcia, to your neighbours internet service provider, to their router and pop up on their device – all in micro seconds?

TV boxes go on/off line continuously and each time on line that route will be different but still must get from A to B. Each “stop” is a potential problem – routing is extremely important – more important than internet speed and unfortunately many ISP’s buy in cheaper and cheaper routes to keep their prices low (and profits high). Movistar who will supply routes



to many others in Spain are one of the most expensive internet suppliers but without question the best internet “quality”. Talking of Movistar, they have made a deal with Skylink to provide internet in rural areas of Spain – they already do this in some other countries. So those of you out in the campo with slow poor internet will soon have internet similar to fibre quality at a reasonable cost. The full details have yet to be announced. Skylink is available to all now – very good fast internet but it is around 450€ to install and close to 100€ per month! I understand the Movistar deal will have some form of subsidy – so that everyone in Spain will soon have access to fast stable internet. More information will be here

Continued on page 43



Continued from page 42

over the months to come or I am sure will soon be available on the Movistar website.

One word of warning about Skylink – it is a worldwide internet system and seems to use a variety of international IP addresses. Many TV providers block certain IP addresses (technical and legal reasons) so TV on Skylink will probably need a VPN service – just another tenner a month!

Free demonstrations of IPTV are available with one weeks free trial – unsure about this new fangled technology – you do not need to be a geek – you don't even have to have a computer – give it a try – nothing to lose. That's it for September - another edition in October.

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RELIGION

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Roman Catholic Church: we have Mass in English at St. Joseph's Church (El Saladillo) every Saturday at 4.30pm, near Camposol and Mazarrón Country Club urbanizations (exit 17, RM

fears those who pray, since there is no moment of the day when he tempts us more than at prayer. He does everything he possibly can to prevent us from praying. When the Devil wants to make someone lose his soul, he starts out by inspiring in him a profound distaste for prayer. However good a Christian he may be, if the Devil succeeds in making him either say his prayers badly or neglect them



altogether, he is certain to have him for himself. If you wish to understand this even better, consider since when you have been unable to resist whatever temptations the Devil put in your way and since when you have left the door of your hearts open to the four winds -- is it not since you began to get careless with your prayers, or have been saying them from habit, by routine only, or just to get rid of them, and not to please God? Yes, my dear brethren, from the moment that we neglect them, we move with big steps towards Hell: we shall never return to God if we do not have recourse to prayer. Yes, my dear children, with a prayer well said, we can command Heaven and earth, and all will obey us.

Schedule of Masses:

St. Joseph's, El Saladillo, Mazarrón (Murcia)
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3 motorway),

Sermons of the Cure of Ars - Saint John Maria Vianney - PRAYER COMMANDS ALL

We can see how much the Devil

LEISURE



Cruising with Mike Smith

Find us on Facebook - @CostaCalidaMaritimo



A popular visitor to Cartagena recently, on 9th August, was "Britannia" of P&O Cruises.

This cruise was classed as Inter Med and departed Southampton on the 4th with an itinerary which included Cádiz, arriving there on 7th, followed by its arrival in Cartagena.

I was at my usual view point adjacent to Fuerte de Navidad with my 'welcome' flags (P&O 'house banner' and UK Merchant NAVY 'red ensign') when the ship entered the harbour, passing



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myself as the sun was rising, where it proceeded to berth alongside the cruise terminal as scheduled. The ship was built in 2015 with a maximum passenger

capacity of 4406 and crew of 1350 and it remains resplendent in P&O livery. Internally I can confirm is equally resplendent, having had the opportunity to board on a number of occasions previously. **Britannia** departed at 6pm, returning to Southampton via Ibiza, Palma de Mallorca and Gibraltar.



LOOK WHO'S COMING TO CAMPOSOL!

9pm Saturday 23 September

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RELIGION

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Little Horn of Daniel chapter 7 and verse 8 (Part 2)

Did you know there are clear identifying characteristics noted in the scripture concerning this **Little Horn** (king or power)? A reminder of Daniel chapter 7 and verse 8 "I considered the horns, and behold, there came up among them another little horn, before whom there were three of the first plucked up by the roots. Behold in this horn were eyes like the eyes of a man, and a mouth speaking great things".



The Roman religion had many gods and the first Roman Emperor to declare himself as a god was Caesar Augustus. (he was also known as Octavian). He is mentioned in Luke chapter 2 and verse 1 "And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed". (Caesar is a title and means ruler or dictator). Yeshua (Jesus) was born during this period when Joseph and Mary travelled to Bethlehem. Luke chapter 2 and verses 4 and 5 states "And Joseph also went up from Galilee,....unto the city of David, which is called Bethlehem, (because he was of the house and lineage of David), to be taxed with Mary his espoused wife, being great with child".

In last months article details were given concerning Antiochus IV Epiphanes who erected an alter to the Greek god Zeus in the temple in Jerusalem. He then

sacrificed the pig upon it. This was an abomination of desolation which led to the Jewish revolt by Judah Maccabee. The revolt was a success and the Jews cleansed and rededicated the temple.

Y e s h u a (J e s u s) warned in M a t h e w Chapter 24 and verses 1, 2 and 15 stating "And Jesus w e n t out, and departed from the t e m p l e , and his disciples



came to him for to show him the buildings of the temple. And Jesus said unto them, see ye not all these things? Verily I say unto you, there shall not be left here one stone upon another, that shall not be thrown down. When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, whoso readeth, let him understand". This prophecy was fulfilled in AD70 when the temple and all Jerusalem was completely destroyed by the Roman army, under Emperor Titus (an Emperor is a monarch or sovereign ruler of an empire).

In Daniel chapter 7 and verses 23 to 25 it outlines "...the fourth beast shall be the fourth kingdom upon the earth, which will be diverse from all kingdoms, and shall devour the whole earth, and shall tread it down and break it in pieces. The **10 horns** out of this kingdom are 10 kings that shall arise, another shall arise after them, and he shall be diverse from the first, and he shall subdue 3 kings. 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". Daniel chapter 7 and verse 20 and 21 also states about this **Little Horn** power "...even of that horn that had eyes, and a mouth that spake very great things, whose look was more stout than his fellows. I beheld, and the same horn power made war with the saints, and prevailed against them, until the Ancient of days came, and judgement was given to the saints of the most High...". The above speaks of the fourth kingdom, which we now know is Rome. There were **10 Horns** (or 10 kings) which came out of the kingdom of Rome. In last months article the 10 kings were listed as France, Germany, Switzerland, Portugal, England, Italy, Spain, Ostrogoths, Heruli and Vandals. But a **Little Horn** (king or power) arose from among these 10 kings and destroyed 3 of the 10. The 3 which were destroyed were the Ostrogoths, Heruli and the Vandals.

According to Daniel this **Little Horn** (king or power) became prominent at the decline of the Roman empire and came up after the 10 horns or kings. This **Little Horn** power will speak

Continued on page 47



Continued from page 46

against the most High and wear out the saints. The most High is Yehovah (Jehovah). Psalms chapter 83 and verse 18 clarifies "That men may know that thou, whose name alone is Yehovah/ Jehovah, art the most High over all the earth".

There is much confusion as to who saints are? You may be surprised to learn that the saints in the scriptures refer to the followers of Yehovah (Jehovah or God) and his son Yeshua (Jesus). Saint means consecrated to God, separated for sacred use, they dedicate themselves to the worship and service of the one true God. The New Testament alone uses the word saints about 67 times and in all cases it refers to all believers.

Here are a few examples. Revelation chapter 14 and verse 12 says "Here is the patience of the saints, here are they that keep the commandments of God, and have the testimony of Jesus". Colossians chapter 1 and verse 2 says "To the saints and faithful brethren in Christ which are at Colosse, grace unto you,

and peace, from God our Father and the Lord Jesus Christ". 1st Corinthians chapter 14 and verse 33 states "For God is not the author of confusion, but of peace, as in all the churches of the saints". 1st Corinthians chapter 1 and verse 2 explains "Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with all that in every place call upon the name of Jesus Christ our Lord...".

What is clear is that this **Little Horn** power looked different from all the other horns (kings or powers). **This Little Horn** is a person who is speaking against Yehovah, the most High. There is also an attack upon his (Yehovah's) followers, the saints. This **Little Horn** power thinks to change Gods times and laws. But can Yehovah's (Jehovah) times and laws be changed by any person?

In the Torah, (Law or Instructions) which is the first 5 books of the scriptures Deuteronomy chapter 12 and verse 32 explains "What thing soever I command you, observe to do it. Thou shall not add thereto, nor diminish from



it". It is also interesting to note that in the last chapter of the last book in the scriptures the same sentiments are given. Revelation chapter 22 and verses 18 and 19 clarifies "For I testify unto every man that heareth the words of the prophecy of this book, if any man shall add unto these things, God shall add to him the plagues that are written in this book. And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life...".

I hope you have learned more about the scriptures. Next month I will continue with Part 3.

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

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BONITA is a really sweet little girl found abandoned on the Country Club urbanisation near Mazarrón. She is almost 6 months old and is fully vaccinated. She will have to be spayed when she is old enough.



Bonita



Vera

VERA is a very friendly girl who gets on well with other dogs she was found abandoned on the Camposol urbanisation near Mazarrón. Vera is 3 years old and weighs in at 18 kilos. She has been spayed and fully vaccinated.

NENA is a really sweet one year old little girl, quite shy when you first meet her. Nena only weighs 8 kilos, perfect for an older couple to manage. She has been spayed and fully vaccinated.

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

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

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

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

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.

Please consider fostering, we have some lovely dogs small, medium and large.

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.

Annie Morton of **Pilates 4 Charity** has raised €650 for the dogs in our care. We thank you so much.

Our famous **Mystery Tour** will be on the 10th September and will cost 35€, which includes the coach and a fabulous **4 course meal**. Book early as this event is really popular. Contact Marina Curtis on Messenger, Whatsapp or telephone **602 659 252**.



Nena

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Food and Drink Recipes



Healthy September Recipes:

September is the bridge between summer and autumn, and in this recipe collection we have included dishes for both seasons.

Roasted Chicken and Butternut Squash with Sumac Brown Butter



- 4 chicken leg quarters
- 3 kg
- 3¼ teaspoon kosher salt
- 4 teaspoon lemon zest
- 2 teaspoons black pepper
- 2 medium butternut squash, halved and cut into ½ inch slices
- 3 tablespoons extra-virgin olive oil
- 3 thyme sprigs
- 2 tablespoons unsalted butter
- 1 teaspoon honey
- 1 teaspoon sumac (or coriander powder if sumac unavailable)
- 1 teaspoon aleppo pepper (or cayenne pepper if aleppo unavailable)
- Fresh thyme leaves, for garnish

Place chicken on a rimmed baking sheet; sprinkle evenly with 2 teaspoons salt, 2 teaspoons lemon zest, and 1 teaspoon black pepper. Refrigerate, uncovered, 8 hours or overnight.

Let chicken come to room temperature (about 1 hour). Preheat oven to 230°C. Add butternut squash to baking sheet; drizzle chicken and butternut squash with olive oil. Sprinkle

squash with 1 teaspoon salt and remaining 1 teaspoon black pepper. Tuck thyme sprigs around chicken mixture. Bake in preheated oven until a thermometer inserted in thickest part of chicken registers 75°C and squash is tender, about 35 minutes. Transfer chicken and squash to a platter. Discard thyme sprigs; reserve pan juices.

Heat butter in a small saucepan over medium, stirring occasionally, until browned and fragrant, about 3 minutes. Scrape pan juices from baking sheet into saucepan. Whisk in honey, ½ teaspoon sumac, remaining 2 teaspoons lemon zest, and remaining ¼ teaspoon salt. Drizzle over chicken and butternut squash. Sprinkle with Aleppo pepper, thyme leaves, and remaining ½ teaspoon sumac.

Sweet Potato Fritters with Lemon-Tahini Sauce



- ¾ cup plain whole-milk Greek yogurt
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 garlic clove, finely grated
- ½ teaspoon black pepper
- 2½ teaspoons kosher salt
- 1 kg sweet potatoes, peeled and coarsely shredded on a box grater
- 1 kg turnips, peeled and coarsely shredded on a box grater
- 1½ tablespoons extra-virgin olive oil
- 2 medium leeks, thinly sliced

- 2 large eggs, beaten
- ¼ cup all-purpose flour
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- Vegetable oil, for frying
- Baby kale, for serving

Whisk together yogurt, tahini, lemon juice, garlic, pepper, and ½ teaspoon salt in a small bowl. Set aside.

Place a colander over a large bowl; add sweet potatoes, turnips, and remaining 2 teaspoons salt; toss to combine. Let mixture stand 10 minutes. Transfer mixture to a clean kitchen towel; gather up edges, and squeeze out excess liquid. Transfer sweet potato mixture to a medium bowl.

Heat olive oil in a large cast-iron skillet over medium. Add leeks and a pinch of salt and cook, stirring occasionally, until leeks are soft and starting to brown, about 5 minutes. Remove from heat. Add cooked leeks, eggs, flour, cumin, turmeric and ginger to sweet potato mixture and stir until thoroughly combined.

Wipe out skillet, and add a ½-inch layer of vegetable oil. Heat over medium until melted. Working in batches, spoon 2 tablespoons of batter for each fritter into skillet about 2 inches apart and flatten slightly with a spatula. Cook until golden and crisp, 2 to 3 minutes per side. Transfer fritters to paper towels to drain; sprinkle with salt to taste. Add more oil to skillet between batches as needed. Serve with lemon-tahini sauce and kale.

Whole Baked Pumpkin Soup

- 2 (3 to 3½ kg) whole orange pumpkins
- 1½ cups (12 ounces) dry white wine
- 2 teaspoons oil
- 1 cup raw pumpkin seeds
- 2¼ teaspoons fine sea salt



14 tablespoons unsalted butter
14 tablespoons Water



Preheat oven to 230°C. Line a large rimmed baking sheet with aluminum foil. Place whole pumpkins on baking sheet. Bake in preheated oven until very tender, about 45 minutes.

Meanwhile, pour wine into a small saucepan. Bring to a boil over medium-high and boil, without stirring, until wine has reduced by about half, about 10 minutes. Keep warm; set aside.

Heat oil in a small skillet over medium-high. Add pumpkin seeds and cook, stirring often, until seeds are puffed, about 4 minutes. Transfer to a plate lined with paper towels, and sprinkle with ¼ teaspoon salt; set aside.

In the same skillet, melt 7 tablespoons butter over medium. Cook, stirring often, until butter browns, about 6 minutes. Set aside.

Remove skin and stems from pumpkins and cut pumpkins in

half. Scoop out and discard seeds. Working in 3 batches, combine hot pumpkin, 3½ cups water, and remaining 7 tablespoons butter in a blender. Remove centre piece of blender lid to allow steam to escape. Place a clean towel over opening. Process until smooth, about 1 minute per batch adding more water depending on preference to thin or thick soup. Transfer mixture to a large bowl. Stir in reduced wine and remaining 2 teaspoons salt.

Sprinkle servings with sautéed pumpkin seeds and drizzle with brown butter.

Pears in Moscatel



1 (750 ml) bottle of Moscatel bottles sweet Mediterranean Muscat dessert wine
3 tablespoons honey
4 thyme sprigs
1 fresh or dried bay leaf
2 teaspoons fennel seeds
Small pinch of saffron threads
Pinch of fine sea salt
2 medium-size unripe to barely ripe pears (about 15 ounces)
2 tablespoons fresh lemon juice

1 to 2 cups boiling water
Fromage blanc or crème fraîche, for serving

Combine wine, honey, thyme sprigs, bay leaf, fennel seeds, saffron and salt in a small (3- to 4-quart) casserole dish. Bring to a boil over medium-high. Reduce heat to medium-low and simmer, uncovered, stirring occasionally, 15 minutes.

Meanwhile, peel pears and cut in half lengthwise. Using a small spoon, remove seeds and core from each half, carving out neat half-spheres.

Brush pear halves all over with lemon juice.

Add pears to wine mixture in a single layer. Add 1 cup boiling water or more as needed to just submerge pear halves. Simmer, uncovered, over medium-low until tender, 30 to 35 minutes, turning pears every 8 to 10 minutes.

Using a slotted spoon, transfer pears to a plate and set aside.

Bring poaching liquid to a light boil over medium and boil, stirring occasionally, until sweet, syrupy and reduced to about ¾ cup, 15 to 20 minutes. Pour syrup through a fine wire-mesh strainer into a bowl; discard solids.

Spoon 2 to 3 tablespoons fromage blanc onto each of 4 shallow bowls or rimmed dessert plates. Nestle 1 pear half into fromage blanc, upright, if desired. Drizzle each pear half with 2 to 3 tablespoons syrup.

Serve warm or chilled.





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September brings a fresh breeze and with this we start planning all our activities for the year.

Inscriptions for our **Cavalli Club** activity are now open. It takes place every Saturday morning from 11am to 2pm (October to June included) for children aged 4 to 12 years old with the objective of getting badges once they learn how to take care of our rescued horses and farm animals.

Learning how to ride, groom, tack up and untack the horses and ponies is also available within this activity, always from a respectful point of view as all our activities with animals are based on a win-win philosophy, so both animals and humans benefit in equal parts.

Our Therapeutic work with children with development limitations and adults who have



suffered from domestic violence, in collaboration with the Town Hall, will start again in October.

We have to continue with the building work at the ranch so that everything is ready to start the activities. It is so hard, but at the same time so amazing to see how everything is taking shape. The animals are so happy and we are happy if they are happy. We are now refurbishing the "Casa de Aperos" which is the only construction that is on the land, a 100 year old cottage which we will turn into our office and restrooms.

We have been contacted by many people asking if we do liveries and if they can retire their horses with us, and it's a

yes! Soon we will be able to take in horses as a way to bring in some much needed income to continue with our rescue work.

If you would like to support us in any way please contact us.

You can visit our crowdfunding campaign which is still running or you can donate through our Facebook **Cavalli Foundation** and on our web www.cavallifoundation.org, via PayPal infocavallifoundation@gmail.com or bank transfer **ES26 1491 0001 2720 5929 3726 Swift code TRIOESMMXXX.**

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





WHAT DO YOUR TYRE CODES MEAN? CAR REGISTRATIONS SPAIN

It's a well known fact that in Spain your car tyres need to be identical on each axle, but do you know what all the writing and codes mean on your car tyres?

Here's a guide that explains everything and why it is important to know what's what.

TYRE WIDTH The 3 digit tyre width is the nominal measurement from sidewall to sidewall in millimetres, taken at the widest point of the tyre, but excludes writing and kerbing rib.

HEIGHT RATIO (also known as the Aspect Ratio). This tells you how tall your tyre is as a percentage of the width. So in the example we give it is 55% of 205mm, or 112.75 mm.

RADIAL The type of construction of the tyre and the standard construction for most passenger vehicle tyres are Radial

WHEEL DIAMETER The diameter code signifies the wheel size (in inches) that the tyre is intended to be mounted on. In our example the tyre should be mounted on 16 inch diameter wheels.

LOAD RATING (Also known as the load index). The load rating tells us how much weight the tyre can bear. The load rating is a numerical code that can be cross referenced against a standardised table that will provide the safe load for the tyre at maximum inflation. In our example a load rating of 91 translates to 615kg.

Tyre Load Rating Guide

SPEED RATING The tyre speed rating is a letter code that can be used to look up the maximum speed that the tyre can safely withstand with a fully loaded vehicle. For the "V" rating in our example the tyre is rated for a maximum sustained speed of 149 mph.

TYRE SPEED RATING GUIDE DOT DOT in our example stands for Department of Transport and indicates that this is the authority that has approved the tyre. The DOT code is comprised of between 7 and 13 characters and will usually contain the factory code, tyre size, brand symbol and the tyre age.



FACTORY CODE This is sometimes referred to as the Plant Code and tells us the factory where the tyre was manufactured. These can usually be Googled.

DATE OF MANUFACTURE This is a four digit code telling us when the tyre was manufactured. The first two digits represent the week number and the second two digits are the year, so in our example the tyres were manufactured the second week of 2004.

ECE REGULATION 30 All UK and European tyres must also be "E" marked which shows that

they conform to European Safety Standards. In our example "E4" signifies that the tyre was manufactured in Holland and complies with the regulation.

OTHER TYRE MARKINGS

In addition to the codes and markings we have already covered, you will also usually see the brand and commercial name of the tyre and information about the materials used in the construction of the tyre. Some other common markings are RF for Run Flat, M+S for Mud & Snow and for winter tyres a twin peaks symbol with snowflakes.

TREAD WEAR INDICATORS

Finally we come to the tread wear indicators that show the minimum tread depth of the tyre which is 1.6mm in the UK and Europe, measured across the central three quarters, however do bear in mind that for safety the standard recommendation is a minimum of 3mm.

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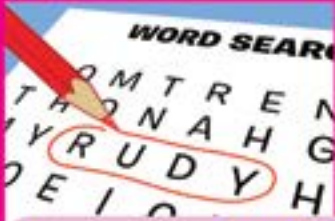
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Remember deadline 15th of the month!!!



PUZZLE

PAGE



SUPER SUDOKU

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

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

Boggle

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

R	D	M
A	I	E
L	T	L

THERE ARE 44 WORDS OF 4 LETTERS OR MORE

Wordsearch

Translate the words below from English into Spanish

- SCHOOL
- AUTUMN
- RAIN
- LEAVES
- TREES
- COSY
- COLOURFUL
- CLOUDS
- FAMILY
- MOVIES
- EVENINGS
- FRESH
- HAPPY
- WARM
- COFFEE
- LIGHTS
- PALMS
- FLOWERS
- FRIENDS
- CHILDREN
- WALKS
- FORESTS
- BEACH
- SUNSET
- SEPTEMBER

Answers on page 78

B	B	L	A	N	X	N	J	S	P	X	N	Q	U	C	O	X	Q	S	U	Q
P	N	M	I	E	I	W	K	H	E	R	F	Q	N	G	A	K	J	D	W	A
E	U	A	V	O	Y	G	U	C	O	L	P	H	A	Q	U	U	O	D	M	D
L	B	F	U	F	D	Z	T	D	A	S	O	S	E	A	F	S	S	W	V	J
I	E	X	L	D	H	Q	E	G	O	L	N	B	W	C	E	T	N	W	E	W
C	S	X	L	I	G	G	Q	N	S	N	I	R	R	U	N	B	S	C	R	V
U	E	R	F	E	O	C	I	I	A	W	N	D	Q	A	S	E	N	X	B	T
L	Y	C	E	C	N	N	M	D	J	I	Q	S	O	Q	C	B	L	R	M	H
A	C	V	A	C	F	K	Y	K	O	S	O	B	J	U	U	O	G	C	E	Y
S	C	M	D	L	E	F	A	O	H	B	B	A	L	Y	C	T	Z	F	I	S
D	K	I	O	W	K	D	A	J	N	C	A	M	I	N	A	O	X	B	T	G
X	X	R	D	A	M	O	R	Z	R	A	O	K	R	F	L	N	Q	N	P	K
R	E	J	Z	W	E	F	H	A	H	S	M	J	G	S	K	O	E	K	E	W
S	H	E	S	C	U	E	L	A	T	C	L	S	A	N	J	D	H	F	S	E
S	T	D	L	U	N	Z	V	N	A	A	O	B	K	F	T	S	W	S	T	C
Q	S	L	I	D	P	F	G	Y	F	G	I	D	E	N	A	C	J	Z	D	A
W	E	O	Z	A	B	O	A	O	I	R	P	A	F	O	S	M	I	T	P	R
J	D	M	L	N	K	L	O	M	I	U	E	H	A	N	W	L	I	X	A	N
M	R	M	V	I	P	G	A	L	Q	S	N	S	C	F	E	V	U	L	Q	I
D	A	D	O	S	O	T	S	I	V	B	B	S	C	F	O	O	O	X	I	W
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Shape and Polish Hands & Toes - 27€

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Dermaplaning facial 1 hr 25€
Waxing from 4€
Brow Tint 6€
Eyelash Tint 7€
Henna Brows 12€
Hopi Ear Candies 15€
Eyelash Individual Extensions 30€
Eyelash Lift & Tint 30€

Nail Bar

Nails By Elo, Marisamen, Tegan, 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€
Gel/Acrylic Extensions 28€
Inc Polish 35€
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Indian Head massage 30 min 17€
Deep tissue massage 20 mins 20€
Hot stone massage 1hr 30€
Lymphatic drainage massage Inc reflex point
foot massage 1 hr 25€ or 1 hr 15: 30€





Health and Beauty Section



EDITORIAL

Natural Verdiana

Tel: 610 030 635



Maca properties

Aphrodisiac, stimulant and fertility properties

It was used for these three purposes for centuries, **maca** was considered 'magic' and used in sacred rituals to obtain prosperity in the towns.

Popularly known as the '**Peruvian Viagra**', it is used to treat sexual impotence, increase fertility, remedy a lack of libido (or sexual desire) and erectile dysfunction.

This is due to one of its main components, **macamide**. It acts on the hypothalamus and adrenal glands, thus regulating hormone levels, and having an energetic effect. In turn, it increases blood flow in the pelvic area, stimulating sexual potency. Not only that, current studies confirm that they increase fertility in both men and women, improve sperm production and motility, even at high altitudes and also serve to prevent prostate hyperplasia.

Properties in the treatment of menopause

Maca helps women who are in the climacteric and menopausal period due to its mineralizing and revitalizing effects and produces

an increase in libido. It is common to suffer from lower sexual desire due to a lower production of oestrogen naturally (because the body is no longer in a condition to conceive life).



Also its natural phytosteroids help treat hot flashes, heat and other symptoms. Finally, it helps to avoid osteoporosis by consuming it in soups or stews.

Energetic properties

Maca is nutritious and energetic, while offering substances that regulate and stimulate the body. It transports more oxygen to the body and prevents low pressure, which in turn can prevent anaemia and strengthen the body.

It also has iodine, another energetic element, which is used to regulate the functioning of the thyroid gland; and zinc, which supports the immune system.

It is an ideal supplement for fatigue, memory loss, tiredness,

stress and convalescence. It is an unbeatable sports supplement, because it improves physical resistance.

Stimulating properties for the immune system

Thanks to the alkaloids, **maca** stimulates defensive or phagocytic cells, preventing tumours or cancer, but it also helps prevent colds or the spread of any disease that is related to a drop in the immune system due to stress, nerves or anguish (such as some viruses or herpes).

Antidepressant properties

Consumed as a supplement, **maca** prevents the lack of libido caused by anxiolytic or antidepressant medication. Improves memory and learning because the brain is more "awake". All those who consume sleeping or depression pills can ingest **maca** to avoid side effects, always under the supervision of their doctor.

Anticancer properties

This is because **maca** belongs to the same family as cruciferous vegetables, such as broccoli, arugula, cabbage, mustard and cabbage. They are all known for their anti-cancer properties due to a component called glucosinate, which gives them their distinctive spicy flavour.

It has an antioxidant function to keep the body healthy. In turn, another nutrient serves to naturally eliminate damaged cells or those affected by a tumor. It is antidegenerative and antimutagenic.

PART 2 NEXT MONTH

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ADITORIAL

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Guided Surgery in Dental Implants: A Pathway to a Smoother and More Comfortable Post Operative Period

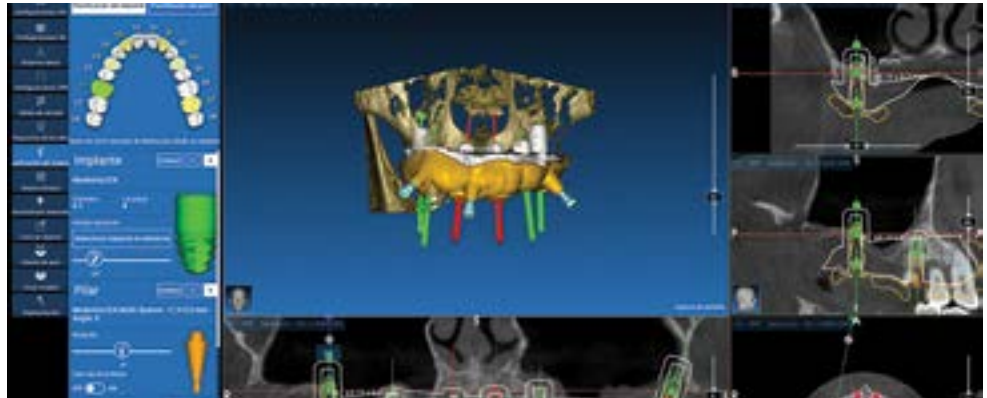
Have you ever wondered how technology is revolutionizing the field of dentistry and making procedures more comfortable for patients?

Guided surgery in dental implants is a clear example of how advances are changing the game in dentistry. In a nutshell, **guided surgery** is an innovative approach that uses 3D imaging technology to plan and precisely guide the placement of dental implants in the patient's mouth.

How does **guided surgery** in dental implants work?



Imagine that before the surgery, the specialist takes detailed 3D images of your mouth. These images are used to create a virtual



model that shows the structure of your teeth and bones. With this information, the specialist can carefully plan the exact position of the implants, taking into account factors such as bone quality and the anatomy of your mouth. Then, a personalized surgical guide is fabricated and placed in your mouth during the surgery. This guide acts as a kind of 'map' that instructs the specialist where to place each implant with precision and safety.

Benefits of the guided approach in implants

The guided approach in dental implants offers several significant advantages for patients:

1. Less discomfort: Thanks to the precision in implant placement,

reducing discomfort and pain during and after surgery.

2. Faster recovery: **Guided surgery** allows for quicker healing and a smoother recovery, enabling you to get back to your daily activities in less time.

3. Predictable results: With 3D imaging technology both the specialist and the patient can have a clear vision of the final outcome before surgery, providing greater confidence and peace of mind.

4. Greater precision: By using **surgical guides**, the margin of error in implant placement is minimized, increasing the success rate of the procedure.

Recover your smile with confidence

If you are considering undergoing a dental implant procedure, **guided surgery** may be the most beneficial option for you. With predictable results, less discomfort and a faster recovery, this technology offers you the opportunity to regain your smile with confidence and comfort.

Remember that it is always essential to consult with a dental implant specialist to assess your case individually and determine if **guided surgery** is suitable for you.

Don't hesitate to explore this innovative option and take the first step towards a healthy and radiant smile!

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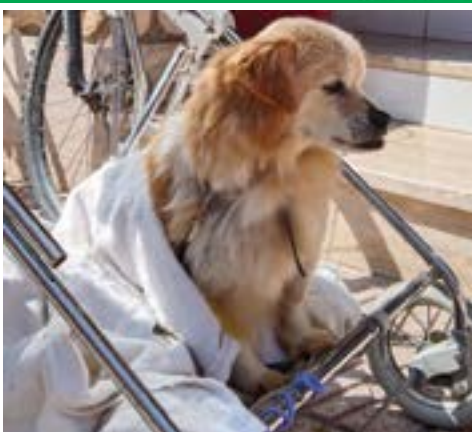
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This summer has been a tad too much for a lot of people. Even the Spanish who live here have complained just like us extranjeros "oohh es demasiado!" It's not stopped them heating the med up by standing in it all day!

MAMAS have had to close the shop for a few days and resort to closing half an hour early most days it's so unbearable. However, still donations to collect and sort, so no rest for Jean and Richard.

They raise funds to assist in your pets hour of need should they need an emergency operation. Depending on how much money has been made that month and the amount and size of requests, Richard gives a fair share towards each vet bill.



This can only be done by selling your donations. Whatever you don't need or use, it can be sold. Bedding, curtains, clothes, bric a brac, beds, furniture, rugs, pictures, books, jigsaws, kitchenware, mirrors, games, electrical (working please!). Absolutely anything really, that

was a good way of telling you what is nearly always in the shop as well!

Our sad little feature dog this week is a little Spanish dog called **Chiquita**. Her owners say she is listless and weak (hence the pushchair) and off her food. They got a price from Paco for treatment and brought it to us. There was a hospital stay and lots of tests, which turned out to be a blood infection. Hopefully when she's better they will let us know. Everything is crossed for you **Chiquita**.

We are here if you have an emergency, but please do not forget we need your donations! Large or small, bring them in if you can, if not call us and we will collect.

RELIGION

St Nicholas Ecumenical Church

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

Calle Sobrija 2248,
Sector D20 Camposol



Recently, in a local restaurant we watched and listened as a very young boy kept pointing to various things around the room, then asking his mummy, "What's that?" Each time she very patiently answered her son.

This made me wonder at what age, if ever, do we stop asking "What's that?" Hopefully the answer is never. We all know the saying that every day is a school day, as there should always be something to learn, something that will interest us and keep our minds alert. The sad thing is that these days, so many people, not just the young, have gone from "What's that?" to What's App!

This leads me nicely on to the next part of my article.

The **church home group** is restarting in September after the August break and have decided to invite everyone to join them to go through a course produced by J. John that's called **Just 10**.

Just 10 is a ten-session series to explain the Ten Commandments and their relevance today. In the course we are invited to consider the issues at the heart of each of the commandments. In a relevant and humorous way, J. John unpacks **Just 10** to help us see how each of us can live by these timeless principles today, so that we can live life to the full.

We will be meeting EVERY OTHER WEDNESDAY at 2.00pm at **ST NICHOLAS CHURCH**, starting from 20th September. Each week there will be a 30 minute video about one of the commandments followed by a time to discuss its meaning for us today. And of course, we'll also enjoy **cake and tea or coffee!**

If you would like to come, please let Bob Baker know (bcbaker@sky.com) so we can make sure there's enough cake! Whether you are a Christian or not (maybe you're just interested in having a good look at the ten

commandments), you will be made welcome, to contribute to the discussion, or just listen!

Don't forget that you are all invited to our Community **Coffee Mornings**, which take place on the 2nd and 4th Wednesdays of each month, here at the church. These being the 13th and 27th of September between 10am-12.30pm. We look forward to seeing those who have joined us before and all new comers too.

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

3rd Songs of Praise
10th Holy Communion
17th Morning Prayer
24th Holy Communion.

A very warm welcome is extended to you all. Keep well and keep a smile in your hearts.

Love and blessings Rev Mo x.





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What Women (And Men!) Want

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

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

Over the years I've seen some tactics used by financial advisers that I would personally hate to be on the receiving end of: scare tactics, or trying to force a fast decision through FOMO. Then there are elements of finance that I generally just don't like; endless paperwork, the need to sign a slew of documents I'll never read and spending the next 15 years struggling to shut the filing cabinet because it's stuffed with company brochures



I wasn't interested in looking at to begin with, but somehow feel I shouldn't throw out.

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

Trust, Consistency and Expertise, Accessibility,

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



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

Continued on page 61



Continued from page 60

Financial Services.

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

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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

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This month we talk to Pat Ridler, President of the **D Gardening and Community Group** about the first half of the year and plans for the next 6 months.

Pat, you must be pleased with the first half of 2023?

"Yes, the Committee and I are very pleased. Not that it has been easy as the economic impact on resident's income has really hit home. However, we have organized 3 successful events, continue to deliver a high-quality gardening service and generally support the D community".

I imagine residents see the D Group as purely operating the gardening teams?

"Yes, whilst the gardening teams do a great job, we run community events such as the recent **Street Party** which was a huge success. Special thanks to Laurie our events co-ordinator. We also provide community support and improvements. Examples of the latter are the refurbishment of the bin storage areas on Calle Esparriguera, Calle Babinas and the Lone Gardener area".

How important is the Friday bucket collection?

"Very important. We need to raise 8,000€ each year just to cover our operating costs. These include running the van and

trailer, liability insurance, bank charges, replacement equipment and materials. Plus funding our development projects such as the bin refurbishments and recent weed spraying, where we sprayed all the private roads on D.

The Friday bucket collection is generally between: Winter 9.30am-11.30am and Summer 9am-11am. It is the main source of income for the **Group**. We value these donations as without them we could not deliver our range of services. So please continue donating. If all residents on D donated 1€, that would make such a difference.

We also raise a small surplus from events, but focus on community engagement rather than excess profits from them. Finally, we receive small donations for memorial tree planting or benches.

You can donate to our group via Bank Transfer or PayPal. Every little bit helps. Contact us for information.

It is also important to note that the Committee manages its spend very carefully and ensures your donations are used to provide maximum benefit to the community".

And the next 6 months?

"The autumn season starts with our **Summer Ball**. Always a

popular event where residents get dressed up and dance the night away. 4th October at Hotel Playa Grande in Pto de Mazarrón.

This is followed by the preparation for **Remembrance Sunday**, where our new cross will feature in our poppy displays. Culminating with lighting up D for **Christmas and the Carol Service**.

Our gardening teams will be re-starting from September and this year we are looking to create local teams who will maintain their local verges etc. on a monthly basis. Interested? Contact us via our Facebook page.

We will also work with our local Council to ensure the quality of the work carried out by their Grounds Contractor working on Calle Covachos stays at a high standard".

Pat takes our 30 second quiz.

Q1 Cereal or full English breakfast (Irish, Scottish and Welsh versions available)? - Cereal

Q2 Beatles or Rolling Stones? - Rolling Stones

Q3 Favourite movie/TV series? - The Ark TV series

Q4 Favourite song? - Dancing Queen, ABBA

Thank you Pat

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Hello September

Gosh I'm so glad August is over. I know we should not wish it away but flipping heck it was hot. So we are really hoping September will be a little cooler.

August was quite a busy month. Even though we try and scale things down a little because of the heat, things never go according to plan do they?

Middle of the month saw us take in the most adorable little pony. We received a call from Seprona in Cartagena, they had a court order to evict squatters and may need to seize a **pony!** Can we be ready lol... we're always ready just to hitch the box up and go.

The following morning when the Guardia Civil and Seprona arrived, the squatters had gone, leaving in a hurry as they left something..... a little pony. So now the **pony** is squatting!!

The official vet was there to check her over but surprisingly there was no sign of neglect and no microchip... so off we went.

Her feet were terrible, even walking was a problem for her and she definitely needed the farrier. The official vet can't have noticed her feet, she's also a little thin for us, but that's easily sorted.

Now as I write, she is settled in, feet done and honestly a fantastic little **pony**. Everyone she meets falls in love with 'Alice Bertie' - a story behind every name. Huge thanks to Carolynn May for allowing us to do a raffle at her monthly music night at Mariano's raising much needed funds. We also received a donation from the funeral of David Hemmings and we would like to send our love and condolences to Di and the family.

Another fundraising **trip** planned - Mojácar 29th September. €20 per person with transport available from Puerto and Camposol. See

the poster for more details.

Looking ahead to winter is a massive worry for us. With forage prices rising again we are trying to get ahead by buying in bulk NOW while it's €7 a bale ... this is proving difficult as there's never a lot of money spare, hence our coach trips and raffles.



I'm sure no one has a clue how much we spend per month on feed for **100 donkeys, 12 ponies and 2 horses**. WELL I will tell you.

€3502. PER MONTH. For feed only, water isn't included. It's an awful lot of money to keep our herd a happy herd. I'll tell you more about water next month.

You can see why we **fundraise** - by supporting our events you most definitely are helping, as they say every little helps and it really does.

Please remember we are a legally registered **Charity**, not a business, no one is paid, we are ALL volunteers.

We have a great sponsorship scheme for the **donkeys and ponies**, it also makes a super gift. **Christmas** is coming guys. Our sponsorship scheme is vital to our ongoing work and helps with the constant rise of the feed and water bills.

You could make a donation if you prefer. Paypal

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

Bank Account

Andrea's Animal rescue and the Henrietta Foundation

Bank Caja Rural, IBAN: ES 9830185740682015846617, BIC: bcoeesmm018

EVERY MONDAY is CAMPOSOL DAY



We are there on the car park opposite the garage between 11.30am/1.30pm. Come and meet both Andrea's, chat about sponsorship or drop donations off. We are very visible wearing our yellow t-shirts and yellow panels on the side of our van. Larger items can be collected by prior arrangement. Otherwise, items can be dropped off at our shops in Roldan or Mazarrón between 10.30am-1.30pm.

With love from all the **donkeys** and **AAR** team.

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CHARITY



FORGET ME NOT

Community Respite Care for the Mazarrón Area

Dee: 603 121 416
Diane: 711 028 693

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

Forget Me Not 'Cares for the Carer' and know how valuable our sessions are, freeing up quality time for the carer who is constantly in demand looking after their loved ones every need.



At our **meetings** we provide **tea, coffee and biscuits** and we also provide a free **lunch** for clients. At **Forget Me Not** we pride ourselves to always be there for the carer with help, advice or just a sympathetic ear.

Forget Me Not is open to everyone, residents, non residents or even holiday makers visiting for a few weeks. The only requirement is that the client has to make their own way to The Social Centre to attend. During August we reduced our sessions to Monday only to give our volunteers a well deserved rest, to spend some quality time with their friends and family. However, **Forget Me Not** committee members were very busy preparing for our next big event.



This is a **Charity Golf Day Texas Scramble**, which will take place on Friday 29th September at Camposol Club de Golf. The committee have secured sponsorship of all 18 holes from our very supportive and generous local businesses and in addition to this we have had numerous prizes donated which will be auctioned on the day. There will be a **raffle** and football cards will be sold on the day with all proceeds going to **Forget Me Not**. The usual menu of traditional **fish and chips** will be available from lunchtime onwards and there will be **entertainment** from Paul Pryce from 2.30pm onwards. This promises to be a fun packed day for all and most importantly a great **fundraiser** for our fabulous **charity**. Please come along and support us, meet the team and most importantly enjoy yourselves.

Forget Me Not sessions will return to twice weekly again from Thursday 7th September and we look forward to welcoming back many of our clients and volunteers as they return as the

weather finally starts to cool down.



Just a reminder that we are always happy to take on new clients. Our group is not just a service for individuals with memory problems, we are open to everyone, so if you have a relative, friend or neighbour in mind that you think may benefit from our sessions please get in touch. Or alternatively call into one of our sessions, have a chat and see what we do. Also come and chat with us if you are available to support us as a volunteer for a couple of hours a week.



LEISURE

WARM - Walkers Around the Region of Murcia

Email: warm2005@gmail.com



Hi, it's staggering to realise how quickly the summer has gone. As you read this, in September, we will be finalising the 2023-24 walking programme ready to start the new season. At the **AGM** on 22nd September we have a very short business meeting, no major changes to the way we work and no committee changes. It will be my final year as Secretary, five years gone in a flash. We are all looking forward to a music filled social event with plenty of wine and food. Murcia is enduring its third ola de calor (heatwave), periods when the regular summer temperatures of mid to high thirties soar into the forties, so what do our walkers do over the summer? Since Brexit our non-resident members have had to manage their 90 days stay across the year. Many have spent the summer at home in the UK, saving their visits for the cooler weather in the UK and the warmer autumn and spring in Murcia.

members, Anita, has been up very early and walking near the coast and I have to take my hat off to her for continuing. Robert has taken off in his motorhome to enjoy the delights of Northern Spain where it is cooler and also greener and fresher. Our President is heading to the Lake District where he will meet up with our Vice-President, Juan Antonio, who is also escaping the heat. They will need their thermals as at the time of writing the temperatures are forecast for 19°/13° not 33°/21°.

To quote the great man himself: "Surely there is no other place in this whole wonderful world quite like Lakeland...no other so exquisitely lovely, no other so charming, no other that calls so insistently across a gulf of distance. All who truly love Lakeland are exiles when away from it."



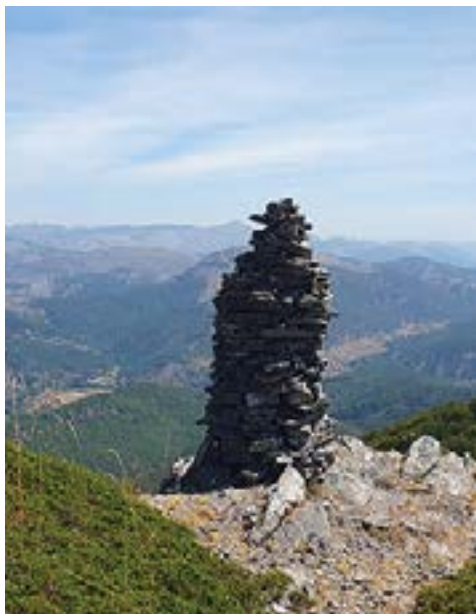
President and Vice President

Their wives Jessica and Juana Marie are joining them and hopefully they will enjoy the stunning scenery and the drama of the fells and the occasional drop, or deluge, of Lakeland rain. They will need to take heed of the words of Alfred Wainwright, a famous fell walker and author- **There's no such thing as bad weather, only unsuitable clothing.**



70 on Blencathra

My husband, Chris, celebrated his 70th birthday earlier this year and this definitely applies to him. Much as we love Murcia as our house looks out onto the Sierra Espuña, the Lakes are his happy place. Each decade since his 30th birthday he has climbed Blencathra and on his 60th we were met with driving snow on the summit. This year he made it to the top and was rewarded with stunning views. Finally, I just want to mention that a number of our members are struggling with health issues and we wish them all a speedy recovery and hope to see them back walking once they feel able. For information about our walks please email us.



Stunning views near Leon

People who are residents of Spain have far more flexibility. Many have stayed over the summer and hunkered down to cope with the heat. One of our



Bolnuevo beach walk



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 (12pm-9.15 at weekends)

Breakfast @ The Old Market Tavern, Pto de Mazarrón (closed Mon)

Breakfast @ Casaflor, Mojácar Playa

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 Roldan @** Alhama, San Pedro del Pinatar, Caravaca & Huerca Overa
Camposol Free Community Sports Walking Football Training @ D7 9.30am

Restorative Yoga with Summer @ Mojácar Playa 10am

Camposol Free Community Sports Walking Football Game @ D7 10am

General Yoga with Summer @ Mojácar Playa 6pm

Forget Me Not Respite @ The Social Centre, Camposol B 10.15am

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

Beach Yoga with Summer @ Mojácar Playa 10am

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

Vinyasa Yoga with Summer @ Mojácar Playa 7pm

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

Power Yoga with Summer @ Mojácar Playa 6.30pm



Pilarmonics Rehearsals @ Centro Civico, Dolores de Pacheco 6.45pm

Every Thurs **Market @** San Javier, Lo Pagan & Lorca

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

Yogilates with Summer @ Mojácar Playa 10am

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

Forget Me Not Respite @ The Social Centre, Camposol B 10.15am
(from 11th)

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
Dru Yoga with Summer @ Mojácar Playa 10.15am
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

Youth Theatre Club with Summer (6-16 year olds) @ Mojácar Playa from 10am

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

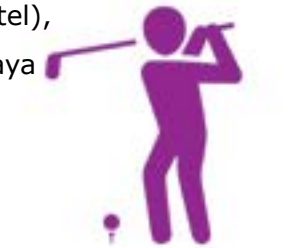
San Javier Squalos Rugby @ San Javier (6-10 yrs 10am)

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



Every Sun

Market @ Cabo de Palos

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

Dog Club Meeting @ Bolnuevo Beach 8am

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 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)



SEPTEMBER

Friday 1

Fiesta del Polvorin, Archena

Winefest Musical Festival @ La Hoya Sports Centre, Jumilla from 25€ 6pm



Saturday 2 Calasparra Fair inc parades/bullfights/pilgrimage/exhibitions/
entertainment (until 8th),
 Noche de las Velas, Mojácar
 75 min Theatrical Visit Myths & Legends of Lorca 5pm
 Valle Del Sol, Roldan & Balsicas Night Market from 7pm

Winefest Musical Festival @ La Hoya Sports Centre, Jumilla
 from 25€ 6pm

Duo Barroco @ Convento de San Francisco, Mula 9.30pm

Friends of Mazarrón Animals Pop Up Market @
 Isla Plana Social Centre

FAST Trip to Night of the Candle Festival, Mojácar

Sunday 3 La Vuelta (Spanish Cycle Ride) Stage 8 starts in Cartagena and
 finishes in Caravaca

Artisan Market @ Bullas 9am-2pm

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

Dog Show @ Plaza Antonio Cortijos, Aguilas from 9.30am
 (registration 671 196 454)

Mazarrón FC v CD Algar "Friendly" (Home)

Duo Barroco @ Convento de San Francisco, Mula 9.30pm

Monday 4 **Mini Market** @ La Zona Bar, Los Narejos 10am-1pm

Tuesday 5 **Monthly 'B' Clean Meeting** @ Camposol B 4pm

Wednesday 6 **Romeria del Niño de las Uvas**, Jumilla

Friends of Mazarrón Animals Quiz @ Camposol B

Friday 8 **Fiestas Patronales**, Calasparra and Pliego
Virgen de la Consolación, Molina de Segura
Virgen de las Maravillas, Cehegín
Virgen del Buen Suceso, Cieza
Virgen de las Huertas, Lorca

Tribute to the Beatles @ Parque Auditorium, Cartagena 9.30pm
 (feverup.com)

The Gardeners @ La Santa, Totana 9pm

Saturday 9 **The Gardeners** @ Church of Santiago El Mayor, Totana 10.30am
Flutes and Frets @ La Arboleja, Aledo 8.30pm and 10.30pm

'Bobbin 4 Bobby' Charity Event for Noah's A.R.C
 (see info on page 34)

Sunday 10 **Artisan Market** @ Mula
Artisan Market Mar Menor @ Santiago de la Ribera 10am-2pm
2 Hour Guided Tour of Historic Lorca 2€ 11.30am
Walking Tour of Cabo Cope 9.30am from El Pocico Restaurant
 (662 047 864)
Open Water Swimming Races @ Bolnuevo

Duo Millos @ La Arboleja, Aledo 10am and 11.30am

Noah's Arc Mystery Tour/4 Course Lunch 35€

Monday 11 **Los Reyes Golf Society Competition**

Tuesday 12 **Feria de Murcia**, Murcia

Thursday 14 **Feria**, Yecla

Friday 15 **Camposol Free Community Sports Street Party** @ D26 5€
 (children free) 7-11pm

Saturday 16 **Artisan Market** @ Paseo de las Comunidades,
 Pto de Mazarrón 10-2pm
Carthaginians/Romans Fiesta @ Cartagena (until 25th)

Sunday 17 **Artisan Market** @ Caravaca
'Ruta del Ferrocarril' (Railway Route) with Aguilas Tourist Information Centre

Artisan Market @ Sanctuary de la Esperanza, Calasparra 10am-6pm
Mazarrón FC v SFC Minerva (Home)

Monday 18 **Mini Market** @ La Zona Bar, Los Narejos 10am-1pm



Wednesday 20 Feria y Fiestas, Lorca and Mula

Friends of Mazarrón Animals Day Trip to Benidorm

Thursday 21 Chatterbox Ladies Lunch/1960's Music @ Camposol B 10€ from 1pm

Carthaginians/Romans Rock Festival @ La Ramba Shopping Centre, Cartagena 10€ 8pm

Friday 22 Antique Fair/Classic & Antique Vehicle Show @ IFEPA, Torre Pacheco

Carthaginians/Romans 90's Music Festival @ La Ramba Shopping Centre, Cartagena 8pm

Saturday 23 Antique Fair/Classic & Antique Vehicle Show @ IFEPA, Torre Pacheco

Helping Hands The Ultimate Elvis Tribute @ Camposol B 20€ 9pm

Sunday 24 Antique Fair/Classic & Antique Vehicle Show @ IFEPA, Torre Pacheco
Mazarrón FC v Atletico Santa Cruz (Away)

Granada Youth Symphony Orchestra Concert @ Auditoria Infanta Doña Elena, Aguilas 5€ 8pm

Carthaginians/Romans Hip Hop/Rap Festival @ La Ramba Shopping Centre, Cartagena 8pm

Wednesday 27 Fuente Old Guards Golf Society Competition

Los Amigos de Mazarrón FC End of Summer Ball/3 Course Meal/Drinks @ Bolnuevo

Thursday 28 Chatterbox Meeting @ The Social Centre, Camposol B

Camposol Country & Western Group @ Camposol A

Friday 29 World Cancer Coffee Morning @ MABS Centre, Camposol B

Supermoon Party @ Finca Astronomica

Andrea's Animal Rescue Trip to Garrucha Market/Mojácar 20€
Forget Me Not Charity Golf Day Texas Scramble @ Camposol C (Entertainment from 2.30pm)

Saturday 30 Free Guided Night Tour of Urban Art on the Tourist Train @ Los Alcazares 9pm

Helping Hands Robbie Williams Tribute @ Camposol B 18€ 7.30pm
FAST Celebration Ball/3 Course Meal @ Camposol C 30€ 7.30pm
MABS Cycle Challenge Celebration @ Camposol A



Tourist offices details:

Aguilas
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
Tel **968 702 424**

Cartagena Tourist office
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
Tel **968 780 237**

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

Mazarrón
www.mazarron.es
Tel **968 594 426**

Mojácar
<https://www.mojacar.es>

Tel **950 615 025**

San Javier
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

P.A.P.S.

Email: animalesperrosdelsol@hotmail.com



No one would deny that this summer has been tough for everyone, poor dogs included. Spare a thought for all those poor animals stuck in shelters, waiting for a bit of luck when someone might notice them and offer them a home.

Now that autumn is nearly upon us and the weather will hopefully begin to cool down, it would be a good time to consider adopting a dog. Think of the great benefits that would bring: besides the fun and companionship a dog would bring to a home, they could also improve people's health - both physical and mental. There's something very calming to have a gentle loving nose, bright eyes and wagging tail to start your morning, or a little supporting nudge against a hand if spirits are low.



Their happiness and antics can spill over to brighten up an owner's day, not to mention having their faithful company by your side when you can tell them all your secrets and worries. And they will never judge. Just love.

So please do think about adopting a loving friend to share your life. This month's beauty is **Ash**, a gorgeous pupster that would really love to find a good home. He's a gentle, sweet-natured boy of 6 months approx. As a Mastin-X, he will be statuesque when grown, but will still be devilishly adorable.

If anyone would like **Ash** to share their life by adopting him, please email us. Or perhaps someone would like to sponsor him which would help **PAPS** to care for him and the sponsor will get regular pupdates of his progress and life.

As always, if anyone has a free few hours during the week and would like to volunteer to walk the dogs, please e-mail us.

Ash is waiting to meet YOU.

RELIGION

The Rockin' Vicar

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

Has it gone into Spam? Many of us have learnt the hard way when we cannot find an email someone says they have sent and lo and behold, it has sneaked into the Spam folder. I do a daily Spam check now and my word, what a lot of rubbish goes in there - "end sleepless nights, joint pain, tinnitus, lose weight" - the list goes on and on. "Use these products and your life will change". Yes, at a price!

Just had a laugh at a post on Facebook: An elderly lady comments 'Damn computer keeps saying I have mail. I have walked out to the mailbox ten times today and there is nothing in there.'

I am quite pleased with my growing internet competence, from the lad who read the back of cereal packets at the breakfast

table instead of his telephone. That was on the hall table. How life can change in a few short years, moments even, for better and for worse. The key to understanding the internet is about knowing what to trust and what is dangerous. In my opinion. Oh yes, people's opinions. We certainly get a lot of those on social media.



So what's it all about, Alfie? Why not have a look on YouTube: chatsparkbench. It's where my pal Gerry and I chat about the hole that some find at the centre of their life, their heart and how to fill it. Gerry is a very intriguing

guy, he was a friar and trained for the RC priesthood. After getting married he was a teacher for many years of teens and adults. Gerry and I differ greatly in our take on Christianity; our practice of Christianity and churchmanship. But we do agree on some things, the fundamentals for example, so we are an interesting mix. I have been practising Christianity for decades, maybe some day I will get better..

Anyway, do have a look at our short videos. It only takes a few minutes.

I will say goodbye now and continue my peaceful contemplation in the beautiful olive groves. I am always here if you want a chat..

God bless you
Rev Andrew



ENTERTAINMENT

CAMPOSOL COUNTRY AND WESTERN

Email: tapeb2205@gmail.com



Hello all you **Country & Western** lovers.

We're back on September 28th so put it in your diary or mark it on your calendar because we have a great night lined up for you with guest singer Carolynn May to entertain you along with resident DJ Eddie B.

No booking required. Just come along to join us at Mariano's, Camposol A for 8pm. Small entrance fee €5 ta Brian



GROUPS

Ladies' Chatterbox

Email: onlyforsue23@gmail.com



Hello everyone!

Hope you are all doing OK and still managing to cope with the heat - it does seem that we have been hot for a very long time this year!

Hopefully we will be getting some nicer temperatures during September because...

Chatterbox resumes on **THURSDAY 14th SEPTEMBER**. This will be our first meeting of the New Season and we have lots of exciting trips and speakers planned - some favourites and some new ventures. Our **Tea Team** will be ready with the **tea, coffee and cakes!**

The first event is a **Chatterbox** first! **Lunch** and **1960's music** at The Dinner, Camposol Bon Thursday 21st September between 1pm and 5.30 pm.

A two course **lunch** with fabulous entertainment is just 10€ per person. Tickets will be on sale outside The Dinner on Thursday 7th September between 2pm and 3.30 pm and during our meeting on the 14th. If you haven't joined us for one of our outings then this may be the one to start with, it's local and therefore supports Camposol. You will meet like minded ladies who have been **Chatterbox** members for a number of years who can fill you



in on the **Chatterbox** gossip! The first of our speakers is Ian Field from the Anytime Fitness Gym. He will be telling us about the importance of keeping moving-to the best of our ability.

Ian will be with us at our meeting on Thursday 28th September. I'm not telling you about any more plans - think about joining us to find out -you won't be

disappointed!

In the meantime, take care, keep cool and most of all be kind. Until next time-Best Wishes, Sue.

Costa Cálida Chronicle
 Contact Sales on **619 199 407**
 Web: www.costacalidachronicle.com
 Email: costacalidachronicle@gmail.com
 Remember deadline 15th of the month!!!



SPORTS & LEISURE SECTION



SPORTS

Straight Down the Middle Golf Society

sdtmsec@gmail.com



On what was forecast to be the hottest day of the year so far and the threat of a Calima as well, the 30 intrepid golfers from



Winner Section A - Dennis Pendlebury

around 5 hours it was like the closing scene from the film 'Ice Cold in Alex' as players dragged themselves from the 18th green



Runner up Section A - Mark Palmer

Thank you to the management and staff at Trevi bar for their hospitality as always. Results:



Runner up Section B - Wyn Griffiths

Straight Down the Middle Golf Society set off into the deserts of Almeria to play our monthly competition at Valle del Este. It was through gritted teeth (literally) that we drove off the first tee, and began our rounds on a course that was in great condition. Nonetheless, after

straight into the air conditioned bar to quench their thirsts! Our thanks go to all the staff at Valle del Este for making our visit so enjoyable. We then embarked on our return journey to Trevi Bar on Camposol for prize giving, accompanied by more liquid refreshment and chip butties.

Section A Winner – Dennis Pendlebury
Runner up (on count back) – Mark Palmer

Section B Winner – Pete Smithson
Runner Up – Wyn Griffiths

Best Guest – Phil Bird

SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolf.com

FUENTE OLD GUARD GOLF REPORT

Our game for July was on the 27th and was back to one of our favourite courses at AGUILON



Division two winner PETER KIRKE with GARY

35 points, followed by IAN STEWART in second place in this division with 31 points. In division two PETER KIRKE took first prize with



Division one winner MARK with captain GARY AHEARNE

34 points scored just ahead of JIM NIBLO with 33 points on his scorecard. Meanwhile in division three LEN CRAIG showed the way with 30 points recorded, only just ahead of ROY ALDERSLADE with his 29 points total. Nearest the pins were won by RICHARD

DIXON, DAVE MAY, IAN STEWART and HANS HEDENDAHL with the two money shared between LEN CRAIG and DAVE MAY. Our next game



LEN CRAIG with GARY AHEARNE

is to LA SERENA on September 27th and anyone wanting to know more about **FOGGS** please contact us by email.

DAVE MAY



GROUPS

Los Bandidos

Email: ironmankev08@gmail.com



Los Bandidos "beat the heat"

Ten **Los Bandidos** runners took on the seventh race in the Circuito de Carreras Populares Diputación de Almería 2023 in Turre on Saturday 15 July. The 7.8k race was shortened to 5.2k due to the extreme heat. According to the pharmacy in the village it was still 34 degrees at 8pm! The rambla section was cut from the route, which started and finished in the football stadium. There was lots of encouragement from **Los Bandidos** supporters and abundant cold drinks on the course and at the finish.

The winner finished in an impressive 17:02, with the first lady in 21:52. 158 runners crossed the finish line. Trophies were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners. All competitors received a canvas bag.

Los Bandidos top 3 results (position, name, time and age group prizes)

51 Corentin Morin 22:13
(2nd Zub 20-M)
57 Sebastien Morin 22:41
109 Andrew Hyde 26:20

In the Sub-14 category Guillermo Moscardo Cheral ran 1k and finished in 5th place (3rd male) in a time of 06:58. Guillermo didn't want to miss the race and attend a party instead because he's a **Bandido!** Arrangements were made so he could do both!

Full results: <https://www.cruzandolameta.es/clasificaciones/v2/turre-circuito-de-carreras-populares-diputacion-de-almeria-2023---1816/#clasificaciones>

On Sunday 16th, two **Los Bandidos** runners took on the

4.3k XLIV Carrera Popular Ciudad de Aguilas. The race was won in 13:33 with the first lady finishing in 17:03. John and Lesley both won trophies in their age groups.
197 John Davidge 37:42 (3rd 65M)
198 Lesley Davidge 37:45 (3rd 65F)

Full results: <https://www.alcanzatumeta.es/xliv-carrera-popular-ciudad-de-aguilas-2023/>

Los Bandidos take six podium places at Villaricos

Thirteen **Los Bandidos** runners took on the eighth race in the Circuito de Carreras Populares

Diputación de Almería 2023 in Villaricos on Saturday 22 July. The 6.9k race went through the village and back along the Paseo three times, in very hot and humid conditions. There was lots of support around the course with cheers and shouts from those on the beaches and in the sea!

The winner finished in 23:18, with the first lady in 30:52. 185 runners crossed the finish line.

Trophies were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners. All competitors received a running cap.

Los Bandidos top 3 results (position, name, time and age group prizes)

58 Sebastien Morin 29:55
61 Corentin Morin 0:15 (1st Sub

20-M)
78Akvile Lisauskaite 31:33 (2nd F)

In the Sub-14 category Guillermo Moscardo Cheral ran 1k and finished in 4th place (3rd male) in a time of 05:42.

Full results: <https://www.cruzandolameta.es/clasificaciones/v2/resultados/cuevas-del-almanzora-villaricos-circuito-de-carreras-populares-diputacion-de-almeria-2023---1817/5482/>
Los Bandidos race in Garrucha

Nine **Los Bandidos** runners took on the ninth race in the Circuito de Carreras Populares Diputación de Almería

2023 in Garrucha on Saturday 5 August. The 8.5k, two lap race went through the town and along the port, on a slightly cooler evening than previous races. There was lots of support along the course from the busy bars and restaurants!

The winner finished in 28:49, with the first lady in 33:35. 252 runners crossed the finish line. Trophies were awarded to 1st, 2nd and 3rd places in each age group as well as to the overall winners. All competitors received a drinks bottle.

Los Bandidos top 3 results (position, name, time and age group prizes)

152 Andrew Hyde 41:43
189 Judith Chambers 44:41
213 Andrew Lewis 48:01

Gerry Diamond participated in the non-competitive 4.25k run and Lesley Davidge won a voucher for a massage in the raffle.

Full results: <https://www.>



[cruzandolameta.es / clasificaciones/v2/garruchacircuito-de-carreras-populares-diputacion-de-almeria-2023---1841/#clasificaciones](https://www.facebook.com/clasificaciones/v2/garruchacircuito-de-carreras-populares-diputacion-de-almeria-2023---1841/#clasificaciones)

Los Bandidos was set up in June 2018 with a small group running the 5k Mojácar Paseo and now

has road cycling, sea swimming and triathlon groups. All ages, nationalities and speeds are welcome, whether permanent residents or holiday makers. **Los Bandidos** are keen to integrate and support the local community. We are 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

Carlos Alcaraz

You may have seen we published a very brief congratulations to **Carlos Alcaraz** on his epic Wimbledon win in last month's issue. We were unable to give it more coverage than as the final took place right at our August issue deadline. However, we feel it only right that we honour this local 20 year old champion further.

Carlos Alcaraz is the new 'king' of tennis according to Spanish media, and a day after his Wimbledon win the 20-year-old has been reflecting on his journey so far.

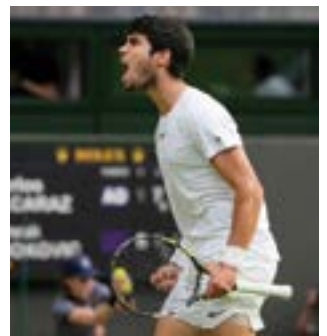


The 20-year-old Spaniard won a thrilling Wimbledon 2023 final against Novak Djokovic 1-6, 7-6, 6-1, 3-6, 6-4 in a match that lasted four hours and 42 minutes. Centre Court was full of celebrities and royals including Spain's King Felipe VI who congratulated **Alcaraz** for claiming the Wimbledon crown and they exchanged a few words with each other.

"King Felipe, I am really proud that you are here supporting me. I played in front of you twice, twice I won, I hope you are coming more!" **Alcaraz** said to his King during the post-match interview on court.

Spanish media were quick to crown **Alcaraz** the new 'tennis king' of Spain, with his victory dominating not just the sport sections but also the front pages of most newspapers on the day following his win.

How it started for Carlos Alcaraz



On his Twitter profile, **Alcaraz** shared on Monday (17 July) a photo of him as a child playing in his hometown El Palmar in Murcia.

He added a photo alongside of him holding the Wimbledon trophy and a caption saying "How it started.. How it's going" to show his journey to becoming two-time grand slam champion at the age of 20.

The Wimbledon victory has also secured **Alcaraz** a spot for the end of season men's tour finals. He also retains his first place on the men's ATP ranking.

SPORTS

Los Reyes Golf Society

The Kids in Need Golf Society



La Serena Match Report

La Serena was the venue for our August fixture. The course is very attractive but dangerous with all the well-placed water features. Scoring for most of the players was therefore difficult with a few honourable exceptions. Mark Palmer won Division 1 again



Division 1 winner Mark Palmer

continuing his purple patch of form with an excellent score of 41 points. Ken Blakeman was not far behind with 37 points and Mick Shea had a good score of 34 points. In Division 2 Hans Hedendahl won with a very good score of 39 points with Len Craig scoring 30 points.



Division 2 winner Hans Hedendahl

Nearest the pin winners on the par 3s were Mark Palmer

(3rd), Gary Ahearne (9th), Eddie Brackenborough (15th) and Ken Blakeman (17th).

The two's pot was shared by Des Locke and Ken Blakeman.



Nearest the Pin winners

Our next fixture is at Aguilon on Monday September 11th.



SPORTS

Camposol Golf Association



Email: bettylloyd1560@hotmail.com

Camposol Golf Association Men's Wednesday Group

Away Day at Roda Golf Course



This was a great success, the course was in mint condition and everyone in buggies so there were no casualties due to the soaring heat. The presentation was then held accompanied by a great buffet. Many thanks to John Layland for all his hard work over the last 6 months organising this event.

Results:

Outright winners on the day were N. Morgan, D. Freer, T. Colvin and L. Colvin with 130 points.

NTP winners D. Freer hole 7, N. Morgan 13. Nearest in 2 D. Deegan, 12.

This is a summary of the expenses on the day. €280 towards the golf fees, €224 for the buffet, €65 for prizes, €64 in prize money.

The money for this was raised through the football cards and €140 we had left over from last year.

Wednesday Group's Competition 2nd August

August looks like another scorcher, the course is looking in good condition, temperatures regularly in the 90s and the greens are in great condition due to the good work from the owners and green staff. It is a

credit to all.



15 players took part in the weekly Wednesday competition, with injuries and illnesses we are doing very well at the moment to have a reasonable turn out, numbers will increase in due course. The format on the day was 123 waltz, 5 three balls, tees off the day were yellow, scoring on the day was excellent and we had a 3 way tie all scoring 82 points,

1st T. Andrew, E. Toye and M. Lewis. c/po scoring 44 back 9.

2nd N. Morgan, G. Allen and N. Smith, scoring 41 back 9

3rd B. Purkis, D. Deegan and D. Noakes, scoring 37 back 9.

There were three 2s Toye, Morgan and Deegan.

Wednesday Group's Competition 9th August

This week's **C.G.A. Weekly Competition** was a medal, 6 three balls, one score to count, the tees of the day were yellow, the scoring as ever was excellent, nothing new as we had another tie, 2 teams on 58 net 14 under par.

1st D. Watts, A. Rae and B. McCluskey. 30 strokes back 9

2nd D. Deegan, D. Bunn and N. Smith. 31 strokes back 9.

3rd N. Morgan, G. Allen and D. Griffiths. 61

There were three 2s, Deegan, Rae and McCluskey.

Thanks to C. Porter and D. Freer for an excellent presentation.



Club de Golf July Competition

This was sponsored by David Evans, Financial Advisor for Blacktower Financial Management. David very kindly donated towards the cash prizes awarded to the winners and provided other giveaways including golf balls and accessories.

The competition was well supported with 43 players who, despite extremely hot conditions, produced some excellent scores.

Men's Competition

1st place Alastair Rae 42 points
2nd place Ray Lyons 42 points (higher handicap)
3rd place Paul Rawlings 39 points

Ladies Competition

1st place Hayley Barker 41 points

Congratulations also to the winners of the NTP & Longest Drives, all of whom received a bottle of spirits plus a sleeve of golf balls:

NTP 3 Gary Lovejoy
NTP 5 Neil Smith
NTP 11 Rafael Serena
NTP 13 Dave Freer
NTP in 28th Kamiel Vertongen

Ladies Longest Drive - Alison Vasey
Men's Longest Drive - Alan Hebblethwaite



SPORTS

Los Amigos de Mazarrón FC

www.fb.me/Mazarrón2016

www.mazarronfc.es/introen



Preparations for the 2023/24 season are well underway for **Mazarrón Football Club**. The club is releasing details of players signed or renewing on a regular basis and some of the names mentioned give hope that this is going to be a good season.

A new Manager is in place, a name that is popular with **Los Amigos** supporters and a name etched in the history of **Mazarrón Football Club**, Juan Andreo. Juan (or Sam as he is better known to us!!) gave tremendous service as a player and has now obtained his coaching badges and will undoubtedly use his vast knowledge of the local football scene to the benefit of the Club.

A number of pre-season friendlies were arranged during August and September against teams of varying levels. At the moment the last friendly arranged is at home to CD Algar on 3rd September when it is hoped that the final squad will be introduced to the supporters, although there may be another game/games as the season proper does not begin until 17th September.

Amongst the players already announced are old favourite Diego Gomez who came up through the junior ranks before being snapped up by the Elche youth squad and then returning to Mazarrón and also our rivals Bala Azul. Then Kevin Wolosso

who made a great impression in his previous appearances with the Club and Pedro Ruiz (Zurdo) are also returning.

Other players confirmed at the time of going to press are midfielders Chera, Jose Cascales and Salva Ballesta, defenders David Ardil and Jose Oliver, goalkeeper Pablo Lopez, full back Jonis Lopez, our iron man Julian Taborda and winger Harold Ortiz.

27 year old Taborda was interviewed recently by Murcia magazine Huracan Sports and among the things he said were:- "I am one of five Colombians in Mazarrón and we want to be promoted to the Tercera Division because we are aware we can go far this season. Mazarrón is a coastal town with many supporters of the king of sports and they always support us every season especially a large colony of British".

Mazarrón are at home for the first game of the season against SFC Minerva on Sunday 17th September. Kick off time has not yet been announced but full details will be given on our Facebook page when available. The first away game is at Atletico Santa Cruz on 24th September followed by another home game, a local derby, against newly promoted EMF Fuente Alamo.

Season tickets are now on sale at a cost of €50 for the 17 home

games but **Los Amigos** members can benefit from a reduction in price. You must be a member of **Los Amigos** and order your season tickets at one of our weekly meetings. **Los Amigos** Memberships run from August each year and last for twelve months. Membership has again been kept at €20 and members and a partner will be entitled to discount on coach travel to away games and to all **Los Amigos** social activities. The only stipulation is that members only are allowed to attend the monthly business meetings. Membership forms are available by email to our Membership Secretary, Russ McMillan at 8254981@gmail.com or at our weekly meetings.

Mazarrón FC won the award of best Supporters in the Preferente Autonómica for last season at the Gala Presentations in Murcia recently. Executive members Paul Cassidy and Russ McMillan were at the awards along with representatives of the Redboys to collect the award.

Mazarrón's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. Full details of all games, dates and kick off times are advertised in the local media, on our own **Los Amigos de Mazarrón FC** Facebook page, fb.me/mazarron2016, and will



be shown on posters at various points throughout Camposol and Mazarrón.

Forthcoming fixtures are September and early October:

- 17 September SFC MINERVA HOME
- 24 September Atletico Santa Cruz Away
- 1 October EMF FUENTE ALAMO HOME

Match day admission prices are €10 for adults and €5 for juveniles with Under 12's free.

As usual **Los Amigos** will be hoping to take a supporters coach to as many away games as possible. Details of prices will be available shortly and we will also be hoping to organise pre-match

meals at approximately four of the away games.

The end of **Summer Black-Tie Ball and Dinner** at Restaurante Amapola in Bolnuevo will be held on 26th September. The evening will commence at 7pm and finish at 11.30pm.

There will be a welcome drink on arrival followed by a **three-course meal**.

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

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

shirts).

Entertainment will be provided by Carolynn May.

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

Please contact dereksocialfc@gmail.com

The **Los Amigos** weekly social meetings are held each Thursday at 4pm at Mariano's, Camposol A. Business meetings are held on the last Thursday of each month and only members can attend.

SPORTS

CAMPOSOL FREE COMMUNITY SPORTS

FACEBOOK: CAMPOSOL FREE COMMUNITY SPORTS

What a scorcher the Summer has been here in Spain, so it's only fitting that we try to keep up the tempo for you here at **Camposol Free Community Sports**.



Paddleboarding, walking football, pétanque, rounders, netball, guided walks and bike tours, competitions, leagues and many other activities are all available for FREE.

September also sees us celebrating our first birthday which we are celebrating with a **street party**. Everyone is welcome so please come along and enjoy the evening with

us on Friday 15th September (7pm-11pm) opposite the Community Petanque Courts on Calle Piteras (D26). Tickets are €5.00 (kids free) and your ticket automatically enters you into the main **raffle**. (There will also be other **raffles** held on the night with some great prizes available).



Details on the poster attached or head to our facebook page (**CAMPOSOL FREE COMMUNITY SPORTS**) for more information. This is a licensed event and spaces are limited to 150 people so be quick.



E bike tours and Pétanque will resume in September following a brief break over the summer. The **Pétanque** league is also entering its second season, so get your teams together and join up. It's free to enter and is a great way to meet people, see the local area (with home and away fixtures) and show off those **Pétanque** skills.

Teams need to have a minimum of 6 and maximum of 9 players registered. Again, head over to the facebook page for details of how to enter and to see all of our upcoming events.



CLASSIFIEDS

Volunteers made welcome at **"B" Clean Gardening Group.** Contact us via our Facebook Page "B Clean" Community Gardening. If you would like to help, you can call Colin on **727 770 944** or Jim on **603 350 402**

ALCOHOL PROBLEMS? Is your drinking costing you more than just money? **Alcoholics Anonymous** can help you stop drinking. Is a loved one's drinking causing relationship problems? **Alanon Family Groups** can help. Mazarron area AA and Alanon meetings. For information call **646 290 420.**

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- medlar
- redial
- aider
- alder
- armed
- derat
- drail
- lader
- liard
- liart
- lidar

- medal
- media
- redia
- tared
- trade
- trail
- aide
- alme
- ared
- dali
- dare
- dart
- derm
- dial
- dill
- drat

- idem
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- lard
- lare
- liar
- rade
- raid
- rail
- tail
- tali
- tall
- tare
- trad

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



LEISURE

f Expat in Mazarron

Camposol Explorers



My name is Shaun and I have ran the Expat in Mazarron YouTube channel since arriving here in Spain in 2015. It's all about me living in Spain, where I live (Camposol), 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 going out exploring once a month in the Murcia Region and beyond.



I am still recovering from my hip operation but getting better each day and already planning places to explore later this year, but in the meantime I will be posting some interesting locations, not far from Camposol that you can visit.

Bolnuevo

About a 20 minute drive from Camposol, down the RM3 to the coast that is signposted to **Bolnuevo**. When I first arrived here, whilst renting on Camposol, we went to **Bolnuevo** beach nearly every day until we bought our new home.

Some history about Bolnuevo.

Historical records for the region of Mazarrón date back to the Phoenicians, who used the coastal area to dock and ship minerals and other produce. During the 16th century a sanctuary was built in **Bolnuevo** in memory of the locals who came under the constant attacks from pirates. There was also a defensive fortress, which was known as the Tower of Horses, or **Bolnuevo** Castle.

The main tourist attraction for

Bolnuevo is not the sandy beaches but the sand sculptures you see when you park your car, also known as the Gredas de **Bolnuevo**. The site has been christened the Enchanted City (Ciudad Encantada in Spanish) due to its resemblance to Cuenca's Enchanted City.



It appears that the origins of the Gredas de **Bolnuevo** date back to the Pliocene time, 5 million years ago. According to scientists, there was initially an inflow of water from the Atlantic, which made its way towards the Mediterranean, flooding coastal areas of the primitive Iberian Peninsula as it progressed. All the signs are that the sea later retreated, and this caused the submerged surface of the land to reappear above the water. And in this case, the atypical formations which we can see today near the beach also emerged. This is the reason why the Gredas de **Bolnuevo** have so many fossils and marine microfossils. Over the years, people used to climb over these strange shapes and have been damaged, so now they have a wooden fence around them.



Bolnuevo has a lot to offer, campsite, many bars and restaurants, walkways and cycleways, nudist beaches, bike hire, **safari tours** (2 man electric jeeps) that tour the coast line and not forgetting the sandy beaches that are manned during the summer months with life guards.



A highlight of the year is the **Sardine Festival**, celebrated on the Sunday following November 17th, when the figure of the Virgen de la Purism (patron saint of Mazarrón) returns to **Bolnuevo**. Cooking on the beach and handing out sardines is a huge tradition.



Next month, I will show you another interesting place not far from Camposol.

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



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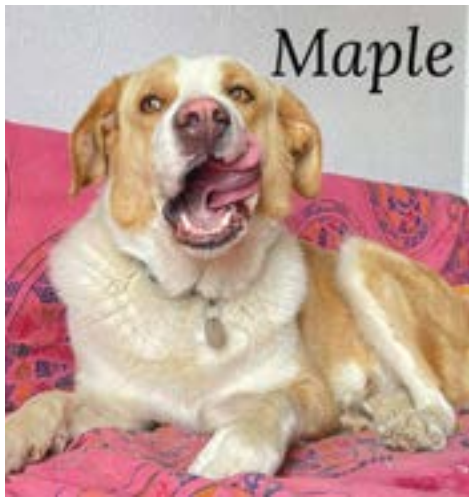
www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/

The summer crowds have gone but unfortunately the pounds are still full of unwanted dogs and cats in all shapes and sizes. As well as responding to requests for help from the surrounding areas we are also trying to release more dogs from the Perrera with our initiative of the **Perrera 20**.

This is where 20 dogs are reserved to us and we try to get them their exit ticket from the Pound. We successfully released our first 20, most of whom have been homed and at the time of writing this we were well advanced into our second cohort.

Trying to help so many dogs (and cats) costs time and money as some of the dogs end up in paid accommodation or present us with unexpected vets bills, so we are constantly trying to raise money with our **fundraising** events. These events are only successful with the participation of our lovely supporters and we hope you continue to enjoy what we have planned in September.

On the 2nd we have our popular **'Pop Up' Market** in Isla Plana taking place by the social club.



Maple

With our usual stalls full of bargains, what better place to shop than by the Mediterranean Sea in this wonderful setting.

If **quizzing** is more your style then the Diner on Camposol B will be holding a **quiz** in aid of **FMA** on the 6th along with a **raffle** and **food**. Plenty of time to revise your general knowledge.

Our final **fundraiser** so far confirmed in September is a day trip to Benidorm taking place on the 20th. Once there the day is yours to enjoy as you wish. Exploring, shopping, swimming, eating and drinking without the hassle of driving yourselves

or finding that elusive parking space. Book your seats in advance.

Further information on all our **fundraisers** can be found on our Facebook page. Keep looking as more events can be added at anytime.

Also on our Facebook page you will find our adoption album full of dogs and cats looking for new homes. Some unfortunately have been there for a long time, **Maple, Fenix, Molly and Tori** to name a few, but you can help them by sharing and liking their posts.



Please contact the team at **FMA** for more information. Join our teaming group. Donate just 1€ per month. <https://www.teaming.net/friendsofmazarronanimals>

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

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





COACH TRIP TO BENIDORM
Wednesday 20 September 2023

Go shopping at the market, wander round the Old Town, go for lunch or relax on the beach

In aid of Friends of Mazarron Animals
Tickets 19 euros
Various pick-up points, including Puerto de Mazarron and Camposol B

Reserve your seats
PM to our FB page Friends of Mazarron animals
or call or Whatsapp +34 711 032 574 or call Mandy +34 606 12 90 34

The Volunteers of FMA
Pop-up Market
Clothes, accessories and homeware
Saturday 2nd September
10am to 1pm



Asociacion de vecinos Isla Plana
Plaza del Mar
Isla Plana

Please contact FMA for more information
PM to our FB page Friends of Mazarron Animals
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A1491

185'000€



Mojácar

NEW LISTING

Valle Azul: 1 Bed, 1 Bath, Top floor apartment. Storeroom. Allocated underground parking. Communal pool. Large terrace. Sea & Mountain Views. South facing.

A1476

125'000€



Mojácar

NEW LISTING

Perla Del Mar. First Floor Apartment. Sea, Beach & Pueblo Views. 2 Beds, 2 Baths. Communal Pool. Roof Terrace, AC/H

A1483

185'000€



Turre

REDUCED!

Striking Villa on a 10,000 m2 plot with a huge usable basement & integral garage. 12x6 salt water pool, 5 Beds, 4 Baths. Lovely gardens & lots of outside space. Good mountain views.

DV1516

540'000€



Mojácar

NEW LISTING

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

DV1522

399'500€



Mojácar

NEW LISTING

Totally refurbished spacious detached property with 4 Beds, 3 Baths, Build size 200m2 on a plot of 500m2. Only 100m from the beach. A/C and great outside space. Great location.

DV1466

355'000€



Cortijo Grande

NEW LISTING

Traditional 3 Bed, 3 Bath villa with separate 1 Bed, 1 Bath guest annex. Private pool. Stunning views. Garage. Lovely grounds.

DV1531

365'000€



Bedar

NEW LISTING

Townhouse. 1 Bed, 1 Bath. Stylish Presentation. Lovely location with views of the village & mountains. Open plan living and dining. Roof solarium.

LV831

135'000€



Cortijo Grande

NEW LISTING

2 Storey Townhouse. Mountain Views. 2 Beds, 2 Baths. AC & Fireplace. Totally Habitable but Needs Modernising.

LV833

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