

# The Chronicle



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November 2023 • Issue 288 [www.costacalidachronicle.com](http://www.costacalidachronicle.com)

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*The Royal British Legion Remembrance 11<sup>th</sup> November*



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DEAR READERS

Welcome to November issue.

As great as it is putting together the best magazine in the area every month, it's always extra special to receive great feedback and know our hard work is appreciated. We really have had such fabulous comments from our customers, advertisers, contributors and readers when out and about and some have even taken the time to write to us so a big thank you to them and everyone for their ongoing support and encouragement. Here are just a few.

"A huge thank you for including us in your editorial page this month, plus in the what's on pages, allowing many more folk to know about us." **Rev Mo, St Nicholas Church**

"Entry in September issue was terrific - thanks again". **Cruising with Mike Smith**

"I am back in Mojacar now, cycle ride complete. Phew it was a tough but amazing journey. I made it all the way to New Mexico, one of the few that actually did (45 days in total). It has been nice to be back - a few of the older people have said to me "we have been following your story in **The Chronicle**". Made me really smile. so thank you". **Lisa, The Great Divide.**

"Picked up a copy of the September **Chronicle** and my husband and I both said the same thing. Love the new layout and clearer text." **Norma's Travels**

November is of course **Poppy** time! Once again we are supporting the **Royal British Legion** and many of our advertisers and groups have generously donated to our appeal by having a poppy on their advert or header in recognition of their donation and support to RBL. We appreciate everyone's generosity to our appeal, especially in these difficult financial times, and at the time of going to print we are just 100€ away from reaching the figure of over 1,000€ raised last year. If you would like to donate, please contact us.

It's with the deepest regret that we have to announce the recent passing of Councillor Silvana Buxton.

**Welcome to:**  
Centro Deportivo Pto Rey  
Digital Service

And finally, we finish with 'adios' to **Healthy H20**. After many, many years of operating in the area and advertising with **The Chronicle**, Phil at **Healthy H20** is taking his well earned retirement and has accepted an offer on his successful business, which should be completed by 1st December. We would like to wish Phil and Sue every happiness in their future and thank them for their loyalty and support to us over the years.

Until next month, have an enjoyable November and see you in December!

**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**

**Shaun Matthews - Camposol Explorers**

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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](mailto:costacalidachronicle@gmail.com)

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# Business News

'Tis' the season to be merry' and ahead of **Christmas**, we'd like to take the time to remind restaurants and any other business that have or may have **Christmas** events and offers to contact us ahead of next month's issue to place your advert and make sure you don't miss out on that all important extra revenue that **Christmas** brings.

Don't leave it too late! **Don Tecnico** in Pto de Mazarrón are now taking orders for **Christmas**. Whether it's a laptop, mobile phone, tablet or printer you're trying to source, have a chat with them and they'll be happy to advise you on the best product for your budget. **968 594 825**

Since returning to rehearsals in September after our summer break, **The Harlequin Rock Choir** have attracted more new members joining our choir. Our next performance is on 5<sup>th</sup> November at Los Balcones, El Pareton (time tbc but somewhere between 11am-3pm) in aid of **Helping Hands** and 23<sup>rd</sup> November at Condado de Alhama at 3pm in aid of **MABS**. **654 411 974**

**Centro Deportivo** Pto Rey in Vera is available for all your health and fitness needs from a high tech gym and classes including yoga, spinning, hits and dance. Outside facilities include a pool, tennis courts, padel, football field, mini golf and driving range. Bouncy castles, pedal carts and trampolines for more leisurely activities. Also café, restaurant, physiotherapy and beauty and wellness area for total relaxation. **950 460 546**

**Healthy H2O** announce they have accepted an offer on the business and it should be completed by 1st December. All contact details of existing customers and renewal dates of water filters will be passed on to the new owners so our customers do not need to worry about the systems installed by Phil and his team. Phil would like to thank everyone for their custom over the many years he has been operating in the area, but at the same time is looking forward to his retirement. **666 302 987**

What's the best **Christmas** present that you can give yourself this year? A solar installation from **Ecocorp Solar** – it's clean green energy with a virtual battery backup! Please see their main advert on page **55**. Call for more information on: **950 096 166**

Natalia Filbee, **Liberty Seguros**, has moved office. Find me on Camposol B (inside Megarsa Pools & Construction). Monday-Friday 10am-1.30pm. The office in Pto de Mazarrón stays the same – open Monday-Friday 4pm-6pm. Contact me on: **669 075 157** for more information.

The Murcia Branch of the **Royal British Legions** Spain's Act of Remembrance is going to take place this year on Sierra Golf Resort in Calle Los Alcazares, 30591, Murcia. Their monument of Remembrance has been blessed by the clergy. It takes place on 11<sup>th</sup> November and starts at 11.30am local time to coincide with the UK 2 minutes silence at 11am GMT. All are welcome to join us.



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Humanists of Murcia

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**Autumn Equinox Celebration**

After a long summer the **Humanists of Murcia** gathered on Bolnuevo Beach to celebrate the Autumn Equinox. Sadly Jon, our Chairman and Joan, our organiser, were unable to join us; we wish Jon a speedy recovery but Annie and Geoff did their best to fill the gaps.

The evening started with games of petanque and big Jenga, whilst those who were not playing started on their nibbles and drinks. Then the roast chickens were distributed to the 5 tables and there was a pause in the games. The semi-finals and finals were finished just as it started to get



Petanca1



Maggie and Pete



Jan and Tom

dark. Tom and Jan were winners of the Jenga and Maggie and Pete won the Petanque.

By the time you read this we will have been on a walk in the countryside and a day spent rafting on the River Segura.

If you would like to join us for

walks, gardening outings, games' evenings and lots of lunches you can get in touch in the following way: visit our Facebook page, call or email us.

For personalized weddings, funerals and naming ceremonies without religion, please contact the celebrant: tel 634 025 711.

**ADITORIAL**



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EDITORIAL



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**Sky In November**

**EARLY NIGHTS AND TIME WITH OUR YOUNGEST**

As we're nearing winter and the days grow shorter and colder, the magnificence of the night sky is getting more and more approachable. Not only are the nights longer but also the darkness arrives much earlier than in summer, allowing us to appreciate the wonders of the night sky as early as around 6-7pm with the sunset being as early as 5.46pm by the end of November. Thanks to that we can enjoy our evening meal under the full starry sky and follow the amazing mythological stories written in the sky. It's also a great time to enjoy the night sky with our youngest family members as it's fully available before their bed time :)



*Preparing the telescope for observations during Astronomy Tour in Finca Astronomica.*

**LOVE AND TRAGEDY WRITTEN ON THE SKY**

Have you heard about the great hero Perseus who saved the

beautiful Andromeda from the clutches of mighty Poseidon? Would you like to hear the story or maybe even see the adventures of the handsome hero on his winged horse with your own eyes? Now's the time to do so! Just look north-east at the evening sky and you will see how the story unravels in front of you.

First, you'll see Cassiopeia, Andromeda's mother, we'll know for her spectacular beauty. Proud of her daughters looks, she has committed a crime of claiming to be the most beautiful girl of all. A crime that brought many sorrows to the people of her city and one that put her on the night sky, forever there, brushing her long and shiny hair. Sentenced to be given to the god of sea, Poseidon, Andromeda was saved by the young hero, Perseus, who riding on Pegasus, a mighty winged horse, saved the damsel in distress from the external life with the greedy god. As the night grows older, you can see the romantic spectacle unravel in the night sky forever written in the stars...

**DAY TIME AND NIGHT TIME MOON**



*Moon during day time*

November evenings is a spectacular time to enjoy the sight of the closest celestial bodies as they are beautifully (and early) visible on the night sky. The Moon will be getting smaller and smaller until 8<sup>th</sup> November during which time it will only be visible very late night and in the morning sky. After it disappears, it will appear again on 16<sup>th</sup> November and will be beautifully visible every afternoon and evening. November full moon, Jakis tam moon, will grace the night sky on 27<sup>th</sup>.

**RINGS AND STRIPES AND THE OTHER MOONS**



*Saturn and Jupiter viewed through the telescope*

Just after sunset on the eastern sky, two shiny dots appear. These are not stars though - it's **Saturn**, followed by **Jupiter**. When looked upon through a telescope both planets, now high in the sky, allow us to see spectacular details of their surface and surroundings. If you don't have a telescope, book your magical evening with **Astronomy Tours, Finca Astronomica** and see for yourself the magnificent rings of **Saturn**, stripes on the surface of **Jupiter** and 4 of **Jupiter's** best recognized moons!



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<p><b>Fiesta familiar</b>  <b>LA MAGIA DE DISNEY</b>  <b>Día: 25 de noviembre</b>  <b>Hora: a partir de las 11:30</b>  <b>Lugar: Mojácar Pueblo</b></p>	<p><b>Family Party.</b>  <b>The Magic of Disney.</b>  <b>25<sup>th</sup> November</b>  <b>from 11.30am</b>  <b>in Mojácar Pueblo.</b></p>
<p>Pasacalles                  Juegos y talleres infantiles                  Disfraces                  Concurso de canciones                  Paella gratis                  Y muchas sorpresas más...                  ¡Ven disfrazad@!</p>	<p>Parades,                  games and children's workshops,                  fancy costumes,                  singing competition,                  free paella                  and many surprises.                  Come disguised!</p>









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**SAMARITANS IN SPAIN SHOW THEIR PRIDE!** Thanks to their Patron, Stevie Spit BEM, **Samaritans in Spain** were invited to attend **Benidorm Pride 2023** as their official charity. This provided them with a vital opportunity to raise awareness with the thousands of people that took to the streets for the Parade as well as those attending the open-air concert afterwards. With the assistance of a group of dedicated volunteers, they were able to participate in the Parade itself and raise much needed funds. They made quite a splash with their branded truck and cheeky 'male awareness campaign' tops!

President, Donna Williams said: *"Being a part of **Benidorm Pride** was a lot of hard work but also very rewarding. Aside from the 510€ raised over the weekend, it was lovely to hear the applause*



*as our Parade float went past and to have people come up to us and say what a difference we had made to their community".*

**Samaritans in Spain** would like to say a special thank you to all the volunteers who gave up their valuable time to walk with them, to Katie and Tim from Ray's Trucks who provided and drove their float and to everyone who donated.

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](mailto:secretary.spainsams@gmail.com) for further information or check out our website [www.samaritansinspain.com/](http://www.samaritansinspain.com/) - we are constantly recruiting.

All listener training is online so geographically it is extremely easy to join us.

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

If you would like to hold an event for us, then please do not hesitate to contact our President on [president.spainsams@gmail.com](mailto:president.spainsams@gmail.com).



If you would like to donate to us, you can do so on PayPal - our PayPal account is [paypal@samaritansinspain.com](mailto:paypal@samaritansinspain.com).

If you are a business owner and you feel that you would be able to sponsor us in any way, then please contact our Treasurer on [treasurer.spainsams@gmail.com](mailto:treasurer.spainsams@gmail.com).

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Samaritans in Spain

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I am delighted to be able to write about our new 2023-24 season. Our programme this year got off to a great start. There is always a mixture of old favourite walks with a smattering of new routes.

Our first two walks were in the former group. The first one on 30<sup>th</sup> September, the night after the harvest moon, was an evening walk and picnic at **Fuente Caputa**, near Mula. This stunning walk features in our walking book and never fails to please. It was made all the more magical by the presence of the light from the moon. Our second walk started at the campsite in **Moratalla** and is always an interesting route.

These two walks start in very similar terrain with a bit of scrambling over rocks



Head torches

beside water. In **Fuente's** case along shallow streams until you emerge at a pool - during the heat of the summer it is a local bathing pool. In **Moratalla's** case it is through a narrow gorge by a flowing river.

After this the routes differ greatly - **Fuente Caputa** is a gentle meander with ever changing landscapes whereas **Moratalla** is a walk with

some high gain, but that always gives you stunning views.



Moratalla walkers

There is also a river crossing that either needs plastic bags for boots or removing them while you wade across. The picnic spot also has a pool for anyone wanting a swim.

Our leaders on these two occasions were seasoned regulars, Martin our President and Jessica led the moonlit walk and Steve and Fiona the camping walk. These four were, with Patricio, the founding members of **WARM** when it became an Association.

We are currently doing battle with the bureaucracy in Murcia to update our registration to the current committee members, but boy is it a long and complex process. By the time it is completed we will be ready for the next change when I retire in June 2024 after five years as Secretary.

Apart from walking, a small group of us have been working together to try and finish our second bilingual walking book. I think it is potentially the final edition considering the number of times we have uttered the words, "Never again". The text

for the final walk should be inserted this week, a beautiful route that overlooks



Last of the sun Fuente

**Ojos** in the north east of Murcia. There has been a core team of three people putting together the book, backed up by route checkers, translators, proof-readers and people who have provided photographs. We hope it will be ready for Christmas. Look out for it! Our next walks are:

**WARM**

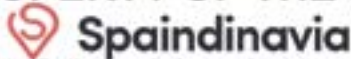
- 4<sup>th</sup> November Coy
- 11<sup>th</sup> November Los Royos
- 18<sup>th</sup> November Salmerón
- 25<sup>th</sup> November Lorca
- 2<sup>nd</sup> December Moratalla
- 9<sup>th</sup> December Casas Nuevas
- 16<sup>th</sup> December El Mingrano
- 23<sup>rd</sup> December Cehegín

**SWARM**

- November 8<sup>th</sup> Monté de Las Cenizas
- November 22<sup>nd</sup> Caravaca
- December 6<sup>th</sup> San Pedro del Pinatar
- December 23<sup>rd</sup> Cehegín
- December 31<sup>st</sup> Mula

If you want information about our walks, please email us.

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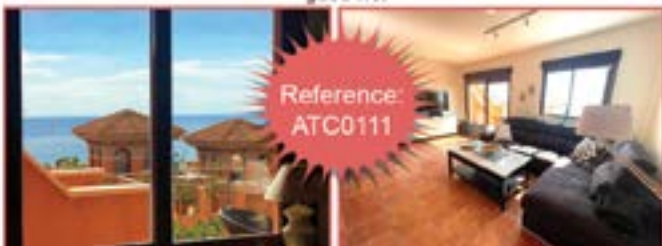
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Azura balcony cabins wonder

P&O Cruise Liner 'Azura', here on the ship's previous Cartagena visit. The pictures are self explanatory, including friends



Adios Azura

'bon voyage' flag salute and the

forward section of passengers balcony accommodation.

Passenger maximum capacity - 3737, with the ship's amenities including 11 restaurants and eating areas, a large open air cinema, 4 swimming pools, gym and theatre.

In preparing this article, the vessel was in the midst of a one way cruise commencing from Valetta in Malta, and terminating in Santa Cruz de Tenerife, Canary Islands with a programmed arrival end of October (2023).

**GROUPS** **ADAPT** **ASOCIACIÓN DE ANGLOPARLANTES**  
<https://adapttheatregroup.wordpress.com>

**Local Community Links**

**ADAPT Theatre Group** is all about supporting the local community, both by sharing something of our language and culture through our pantomime performances and, most importantly, contributing financially to those in need.

Every year we put together boxes of school materials for children whose families are unable to afford them. The school we have worked with most closely over the years is Las Esperanzas, in San Pedro, and this is also the school that regularly participates in our **panto**.

Every year a group of 8 to 12 youngsters practise their dances and learn sentences in English



Cast

with their teacher to join us on stage. Their performances are always a fantastic hit and almost every year we spot a budding star. This year will be no different with 8 young accomplices to the four and a half thieves trying to outwit **Ali Baba**.

The **panto** this year is '**Ali Baba and the Four and 1/2 Thieves**' and takes place at The Casa De Cultura, C/ Alcalde Julio Albaladejo, San Pedro del Pinatar on 30<sup>th</sup>

November, 1<sup>st</sup> December and 2<sup>nd</sup> December - all at 7pm - and 3<sup>rd</sup> December at 12pm.



School materials

Tickets are 4€ and available from:

Bar Amigos Avda Las Salinas, San Pedro

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**Animal Amigos Charity Home Shop**, C/ Penelope Oasis Blvd, Los Alcazares

or email Eric at [ericberg2@hotmail.com](mailto:ericberg2@hotmail.com) or call **656 361 098**

For more information about the **ADAPT Theatre Group** contact Eric or visit our website.

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Light in the Darkness

"Darkness, the truest darkness, is not the absence of light. It is the conviction the light will never return". (Quote by Lois Lane in her newspaper article at the end of the film 'Justice League'.)

We will all go through times of darkness in life; to a point where we can't even see the light at the end of the tunnel. Darkness can be all consuming at times, but how we deal with that darkness is what counts because it determines how we come through it. Fear and despair can so easily take hold, to a point where many may feel there is no way out; hope fades and they lose sight of the light, believing the light will never return.

In Mark 10:46-52, the blind man, Bartimaeus, lived in total darkness every day. His world evolved

around himself because he could not see anything else other than his own darkness. He could not see light, or perhaps even a purpose in his life, except his dependence on other people.

However, on hearing that **Jesus** was nearby, Bartimaeus makes every effort to call out to him. He obviously heard about the miracles that **Jesus** had done and realised that he had a chance to change his world of darkness to a world of light; only **Jesus** could make that happen, because only **Jesus** had the power to turn his life around.

As Bartimaeus called out to **Jesus**, others tried to silence him, but this made Bartimaeus shout even louder. When **Jesus** heard him calling, he stopped, called him over, and said "What do you want me to do for you"? "Rabbi", he said, "I want to see". **Jesus** said

"Go, for your faith has healed you". Instantly, Bartimaeus could see. Bartimaeus' heart desire was to see. To see beyond the darkness of his own situation and know that there was still hope in the midst of it.

John 8:12 - I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

What do you want **Jesus** to do for you today? Whatever your darkness is, or however bad things may look, **Jesus** is the answer. He is able to bring light into your darkness. You need only to believe and call on His name.

Go ahead! Jesus is waiting for your call.

**Susan Bilenkjy**  
**Living Water Church Mojácar**

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

At the time of writing the temperature is still in the high 20s and one wonders if it will rain again... No doubt it will pour down at some point in the foreseeable future when we'll all be missing the sunshine! The heat does make extra work for the gardening group volunteers as the plants need more looking after and with these temperatures, it's very hard work.



Despite the unseasonable weather, the end of year jobs still have to be done and the volunteers have been out trimming back the trees

that have started to overhang the road passing along the rambla. Calle Sierra de la Torrecillas takes a great deal of traffic as it is the main route of the two leading to the bridge connecting B and C sectors of Camposol. Consequently, the group keeps an eye on any of the trees that start obstructing the carriageway.



As usual, alongside the sterling work of the volunteers, we have the inevitable, inconsiderate idiot. Having spent donated funds



time and effort into creating the lovely new rest area in B Sector, residents were annoyed to find an old shower unit dumped there, plus huge amounts of plant waste deposited in the domestic waste bins. Now the council has stopped the twice monthly large item collections this is bound to get worse. Such is life here, but don't forget that you can help to improve things by becoming a **B Clean** volunteer or a member or, at the very least, making sure that you donate to the group funds if possible.



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INFORMATION

GARUM: A FISHY TALE

Egypt was a vital part of the Roman Empire, supplying the grain and bread which kept the masses from starving in the vast city of Rome. Spain was equally important in servicing the food needs of the Empire. Indeed, without Spain's olives, most Roman kitchens, and cooking, would have quickly ground to a halt. Similarly, Spain supplied most of Ancient Rome's **garum** – an immensely popular fish relish used on almost every kind of food. **Garum** fish paste relish was produced in both Cartagena and Pto de Mazarrón. Cartagena's **garum** enjoyed a particularly good reputation with the Romans, but many people throughout the Empire also enjoyed the products of Pto de Mazarrón's massive fish salting factory, situated on the right hand side of the bay, close to the port installations.



Excavated store rooms and tanks.

The remnants of this ancient factory – the Factoria Romana De Salazones – can still be viewed today, at the bottom of Calle Torres, in Pto de Mazarrón. The factory was at its height during the 4th and 5th centuries CE when the Roman Empire, as a whole, was on the point of collapse. Vestiges of the once massive industrial enterprise were discovered in 1976, when foundations were being laid for a new apartment block and the remains of the ancient factory have been designated as a

Spanish Archaeological Site of Cultural Interest since June 1995.



Ancient fish bones recovered from the site

Quadrangular tanks or basins were uncovered, in which tuna, mackerel, mullet, sardines, anchovies and bonito fish were left to ferment in salt for periods of between twenty days and three months. Adjacent storage warehouses were also unearthed, along with cutting and cleaning rooms and the factory's floors were waterproofed with quantities of lime, stone, and crushed ceramics.

Workers (slaves) in the Mazarrón factory removed fish scales and thorns, which were then used as animal feed. As the varieties of descaled fish subsequently fermented, thyme, oregano and fennel were added to create extra flavour. There were, however, different types of **garum** produced in the factory. It was a product which made use of the entire fish, including head, bones and entrails, and the most basic kind of **garum** produced at Mazarrón was hydrogarum, in which the fermented fish remains were mashed together with water. Oleogarum was a slightly more refined (and expensive) **garum**, which was mixed with olive oil, and peppers were used during the production of pimio garum. The pungent mass of fermenting fish was removed from the salt tanks in esparto or wicker baskets, which acted as strainers filtering out all the liquid elements. It was at this

point that the remaining solid fish material was mashed into a paste and further quantities of vinegar, oil and chilli could be added. The **garum** paste was then poured into long amphorae, sealed with lime plugs and removed to the local beach for embarkation on trading ships to all parts of the Roman world. The most highly regarded **garum** produced at the ancient Pto de Mazarrón factory and elsewhere, was the pure mackerel version.

However, the **garum** development process also created other products such as allec, which was the sediment left at the bottom of the **garum** vats. Allec could be used in cooking and 'muria', which was a type of brine, was another by-product of the **garum** production process. The highest quality Mazarrón and Cartagena **garum** could be sold across the Latin speaking world as 'liquaminis flos optimus,' which translates as 'premium best fish sauce,' or 'liquaminis floris flos' which can be translated from the original Latin as 'absolutely the best fish sauce'.



Varieties of Amphorae used for storage and transportation

Mazarrón and Cartagena **garum** made its way to shops across the Roman world, where it would

Continued on page 21



Continued from page 20

often be unloaded into large dolias which were substantial storage vessels. These dolias were situated at the rear of many shops and when the **garum** was purchased, the shopkeeper would decant the product into smaller vessels ready for the customer to take away.

The scale of the profits involved in this **garum** business, for both shopkeepers and the manufacturers in Mazarrón, Cartagena and elsewhere were

often massive. Profits were immense because **garum** was a staple of ancient Roman cuisine. It was a condiment used with almost everything – an equivalent to modern Far Eastern sauces, Worcestershire sauce, mayonnaise, salad cream and vinegar all rolled into one! What did **garum** actually taste like? In truth, it's difficult to know. At its best, **garum** probably had some definite similarities to modern Worcestershire sauce and Far Eastern sauces such as nam-pla from Thailand. Classical

Roman historians do, however, seem to agree that **garum** had a particularly pungent aroma. The renowned British historian and classicist Mary Beard was probably right to conclude that, at its worst, **garum** was simply 'a truly stinking concoction of rotten, salted seafood'. It was nevertheless a concoction which generated considerable wealth in the ancient port of Mazarrón and all along the coast of Murcia.

(Adrian & Dawn L. Bridge, September 2023)

**Free, Really?**

Carol and I once went to a 'Presentation and Free lunch' where we were in danger of either signing-up for something we neither wanted or indeed knew existed, some kind of Time-Share I think, or falling-out with the salesman applying intense pressure. You know the expression "There is no such thing as a free lunch?"

Of course this feeds the belief that you cannot get something for nothing and that we always have to do or give something to get something back. For life this is probably not a bad attitude in itself as why should we get hand-outs or 'freebies' often at someone else's expense? It is quite annoying to deal with people who are 'entitled' and have no intention of lifting a finger themselves. As it happens **God** offers Salvation as a free gift - "for the wages of sin is death, but the free gift of **God** is eternal life in Christ Jesus our Lord" (Romans 6 v 23).

The Bible says it is and this is where it gets tricky. I mean it cannot really mean that it is free. Surely we need to contribute in some way? You know the usual

things like be good, pray, be baptised, fast, give money, go to church, read the Bible, witness, wear black, wash laundry on a Thursday...something? There must be something? Nope. Apparently we rely totally on Jesus's finished work on the cross, dying in our place. It was at his expense, not ours. We might not understand all the details but **God** has made it perfectly clear that He didn't need our help before and as **God** doesn't change, which is another thing the Bible says, He doesn't need our help now. It is the FREE gift of Salvation. Please explain

then what is not to like? REMEMBER We are now HYBRID! You can join us on Zoom on any Sunday Morning At 11am Spanish Time and 10am UK Time ...Or come along to our house and join us there in person; just 20 minutes from Camposol, Alhama, Fuente Alamo and 30 minutes from Pto de Mazárron... give Ken a call for directions. A worship service with a difference.

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## ENTERTAINMENT

### CAMPOSOL COUNTRY AND WESTERN

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Hi from Brian, **Camposol Country and Western Club** organiser. We had our start back on 28<sup>th</sup> September at Marianos on A, entertained by the lovely talented Carolyn May. To say I was disappointed with the turn out is an understatement & an insult to a very good entertainer.

22 people deemed to come on a lovely evening and thanks go to them for their support, but it did result in a big financial loss with so few!!!! Well peeps, as

the saying goes - use it or lose it! If the numbers do not increase then I will have to rethink about it continuing, so come and join us on 23<sup>rd</sup> November and see if we can build the numbers up. It really is a great fun evening.



## RELIGION

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If there is to be peace in the world  
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If there is to be peace in the nations  
There must be peace in the cities.  
If there is to be peace in the cities  
There must be peace between neighbours.

If there is to be peace between neighbours  
There must be peace in the home.  
If there is to be peace in the home  
There must be peace in the heart.

I believe these words have never been so relevant as they are today.

November is traditionally the month when we pause and remember all those whose lives have been lost through wars and conflicts, of all kinds, everywhere in the world. But instead of recalling fatalities from the past, we are now remembering those whose lives have been sacrificed in our present day.

The war continues in Ukraine, as does the fighting and division in many countries around the world. But even as I'm writing this page, we are hearing of the unbelievably large number

of deaths, involving men, women and children, over the last week, in the war between Israel and Hamas. I dread to think of the further casualties there will be, by the time you all read this article. Let us all pray for peace and universal tolerance to prevail amongst all people, everywhere.

On 12<sup>th</sup> November at 11am we will be holding a **Service of Remembrance** in our church, to which everyone will be welcome. It will be a service where we can remember everyone who is no longer in our lives, but are forever in our hearts. No matter when or how they passed away.

#### WE WILL REMEMBER THEM

On a lighter note, what a wonderful Community **Coffee Morning** we had last Wednesday, 32 people attended! The numbers are so gratifying, so thank you all, both the new comers and our regulars. There is so much chatter, laughter and a feeling of togetherness, that I can't help thinking that if it were possible to hold a universal coffee morning, in the same spirit of friendship, the world would be a better

place. Cake and coffee can work wonders! In the meantime, we extend an invitation to everyone to come along and enjoy some sociable time with us, whether you are a member of our church or not, visitor or resident. By popular demand, we will now open from the earlier time of 9.30am to 12.30pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays each month. For this month these will be on the 8<sup>th</sup> and 22<sup>nd</sup> November. Just a reminder that our joint **Carol Service** with **Wellspring Victory Church**, is at Mariano's on 12<sup>th</sup> December at 4pm. This is an open invitation to you all.

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

#### November

- 5<sup>th</sup> Songs of Praise
- 12<sup>th</sup> **Remembrance Sunday**
- 19<sup>th</sup> Holy Communion
- 26<sup>th</sup> Morning Prayer

We extend a very warm welcome to everyone to join us in these services.

Love and blessings, Rev Mo x

Remember to keep a smile in your hearts.



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## A safe haven



In today's world it is difficult to imagine anywhere that we can feel

safe. A safe haven is a maritime expression for a place where a ship or a boat can head to when a storm approaches. Most harbours have a sea wall which takes the brunt of the storms at sea whilst keeping the water behind it calm for ships or boats to be berthed safely. To stay out at sea could be very dangerous when storms approach with the risk of being capsized or even taking in water to such an extent that there is a danger of sinking.

Life can be very much the same if we venture out into situations where there is a high level of risk. We are not meant to stay inside covered in cotton wool, for even then there would be a risk of smothering ourselves.

We have been given free will so we have the ability to make our own choices. However, sometimes we

have to suffer the consequences of the choices we make. To put it simply if we choose to play with fire we run the risk of being burnt.

So it stands to reason that we should be careful about the choices we make and what influences these decisions. The world would say throw caution to the wind, just enjoy yourself not worrying about anything. But if we are honest we all know that is foolhardy.

Being a Christian doesn't make you immune to the problems of this world. Rather it gives you hope for the future. **Jesus** said that in this world you will have trouble but take heart, I have overcome the world. If you follow **Jesus** He will bring you safely to the other side where there is a safe haven and calm, the choice is yours!

## EDITORIAL

# Martinez de la Casa Architects



## EPC Compliance: The Unseen Threat for Unprepared Vendors in Spain's Real Estate Market

In the sunny landscapes of southeastern Spain, where picturesque homes and dreamy villas dot the horizon, the real estate market has always been a thriving hub for property enthusiasts. However, recent events have brought to light a crucial aspect that both vendors and estate agents must not overlook.

This is a true incident that unfolded with one of our clients before summer. The names have been concealed for obvious reasons.

### The Story Unfolds

In a recent incident, a seemingly ordinary couple, Mr. and Mrs. Smith, set out on a mission to find their dream home. They approached a local estate agency, hoping to explore various properties in the region. After viewing several houses, they zeroed

in on one particular property. What Mr. and Mrs. Smith didn't reveal at the time was their hidden identity as civil servants from the "Consumo" authority, responsible for ensuring compliance with various consumer protection regulations, including property-related matters.

### The Turning Point

Mr. and Mrs. Smith revealed their true identity and with a stern request, demanded to inspect the property's **Energy Performance Certificate (EPC)**. The estate agent, caught off guard, found themselves in a precarious situation. The absence of a valid **EPC** isn't just a minor oversight; it's a stark violation of Spanish law that carries substantial fines, ranging from 600€ to 6000€, applying to both vendors and estate agents.

### The Legal Mandate

**EPCs** are mandatory documents in Spain, designed to provide prospective buyers or tenants

with essential information about a property's energy efficiency. These certificates rate properties on a scale from A (most efficient) to G (least efficient) and provide recommendations for improving energy efficiency. By law, **EPCs** must be obtained and made available to potential buyers or tenants when marketing a property.

### Inspections and Penalties

Mr. and Mrs. Smith's visit was not an isolated incident. The "Consumo" authority, responsible for ensuring compliance with property-related regulations, conducts inspections (to Estate Agents and particular vendors) to verify the presence of **EPCs**. The fines for failing to provide a valid **EPC** can quickly add up and significantly impact businesses in the real estate sector.

### A Widespread Issue: Barcelona's Massive Inspection

This pressing issue isn't limited

*Continued on page 25*





Continued from page 24

to south eastern Spain alone. In a broader context, Spain has witnessed a series of inspections targeting non-compliance with **EPCs**. One of the most notable incidents occurred in the vibrant city of Barcelona, where the real estate market has long been bustling with activity. In a sweeping operation, the authorities inspected numerous estate agencies in the Barcelona area. Shockingly, more than 40 estate agents were found in violation of **EPC** regulations, leading to substantial fines and penalties. This high-profile crackdown served as a wake-up call to the entire real estate industry in Spain.

**The Call to Action**

In light of these developments, it is imperative for vendors and estate agents operating in south eastern Spain to recognise the critical importance of **EPCs**. Here are some key points:

**Compliance is Not Optional:** Vendors and estate agents must understand that obtaining and presenting an **EPC** is not optional but a legal

requirement. Preparation is Key: Ensure that every property listed for sale or rent has a valid **EPC** readily available for inspection. This preparation can save you from unexpected fines and legal troubles. Education is Vital: Educate staff and colleagues about the significance of **EPCs**. Awareness and compliance should be part of standard operating procedures.



**Seek Professional Assistance:** If you are unsure about the **EPC** process or need assistance in obtaining certificates, consult with certified energy assessors or professionals who specialise in **EPC** issuance.

**Proactive Approach:** Don't wait for an inspection to remind you of **EPCs'** importance. Take a proactive approach by ensuring all your properties are compliant from the start.

In conclusion, the recent incident involving Mr. and Mrs. Smith, along with the Barcelona inspection,

underscores the paramount importance of **EPCs** in Spain's real estate market. Vendors and estate agents cannot afford to overlook these requirements. Instead, they should embrace them as an integral part of their business operations. By doing so, they not only avoid potential fines and inspections but also contribute to a more transparent and efficient real estate market. The time for action is now.

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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.

This was my first outing this year after my hip operation and I was looking forward to going out again with the group. We had eleven members, some couldn't make it because of other arrangements. It was nice to take our dogs with us on this outing. I called it "The Three Viewpoints", in and around the "Badlands Barrancos de Gebas" and the lake.

## Badlands Barrancos de Gebas

About a 40 minute drive to our first location and on the way leading to the first view point we passed a convey of quad bikes. If you want to explore the **Badlands** and don't want to get your car dirty but explore more of the **Badlands** that a car won't be able to do, please check out 'The Espuna Adventure (Quad Espuna)'. Also you can get a great deal with a meal at Hotel Mariposa.



## What are the Badlands?

Barrancos de Gebas, also known as "**the Badlands**", is a lunar like landscape on the outskirts of Sierra Espuña Regional Park

in Murcia region. **Badlands** are a type of dry terrain where soft rocks and clay-rich soils have been extensively eroded by the elements of rain and wind over a long period of time. Barranco, not surprisingly, means gully or ravine and here there are hundreds of chalky white ravines. Barrancos de Gebas is one of 8 protected landscapes in Murcia and was declared as such in 1995.



On arriving at the first view point we left the cars and walked down to admire the view of the **Badlands** and the lake in the distance. We then had a group photograph and moved on to the next view point much closer to the lake. Some members didn't enjoy the track leading to it as there was some shear drops and found this quite scary. I assured them the next view point was okay. The second location was another view point with information board. The lake "Embalse de Algeciras" which is a reservoir, has a turquoise colour to it. We noticed that the water which is used for local farmers and is fed by a canal nearby was very sparse due to lack of rain this year. We had another group photograph before moving onto our third and last view point. Before we set off I asked two of the group if they wanted to continue as the drive up to the

last location has some shear drops either side and may be too much for them. One of the partners took them to the picnic area while the rest of us continued our drive. Once there we parked the cars and walked about 10 - 15 minutes. No information board but I think it was the best location to view the lake as you are high up looking down on it. Great place to come during sunset. We had another group photograph before going to the picnic spot as we were all hungry.

The picnic spot is a foresters hostel with a restaurant but I've never seen it open. It's a wooded area with plenty of shade and stone tables and chairs, a great spot for a picnic. The dogs enjoyed it and a great end of the day.



Next month, **Camposol Explorers** are out to explore snow wells, plane building and a small museum in the heart of the Sierra Espuna.

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 explore.



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### Discovering Truth and Prayer (Part 1)

Did you know that discovering **truth and prayer** is essential for many people in their everyday life? Can mankind really find truth in a world full of confusion and chaos? Many people define truth as whatever you believe as an individual. But what is truth anyway and how important is it today? What is the link between **truth and prayer**? Why is prayer crucial to the christian? Let us explore the Scripture further.

The word truth is mentioned more than 150 times in Scripture. According to John chapter 18 and verse 37 and 38 it says "Pilot therefore said unto him, art thou a king then? *Jesus answered, thou sayest that I am a king. To this end I was born, and for this cause came I into the world, that I should bear witness unto the truth.* Everyone that is of the truth heareth my voice. Pilot saith unto him, what is truth? And when he had said this, he went out again to the Jews, and saith unto them, I find in him no fault at all". Proverbs chapter 12 and verse 17 it states "He that speaketh truth sheweth forth righteousness, but a false witness deceit".

The age old question is asked over and over again "*what is truth?*" In John chapter 17 and verse 17 it gives the answer "Sanctify them through thy truth, **THY WORD IS TRUTH**". So this simply means that we should accept Yehovah's (Jehovah or God) written words in scripture, which reveals truth. But this is not easy. *We need the guidance of the Holy Spirit*, which is the gift from Yehovah to help us to seek and discover truth. John chapter 16 and verses 13 to 15 quotes

"Howbeit when he, the spirit of truth, is come, he will guide you into all truth. He shall not speak of himself, but whatever he shall hear, that shall he speak. He will shew all things to come. He shall glorify me, for he shall receive of mine and shall shew it unto you. All things that the Father hath are mine, therefore said I, that he shall take of mine, and shew it unto you". This is clearly stating that whatever the Father (Yehovah or Jehovah or God) or the Son (Yeshua or Jesus) speaks, the Holy Spirit can only speak these same words to all who will believe.

According to Proverbs chapter 14 and verse 12 "There is a way that seemeth right to man, but the end thereof are the ways of death". Also in the book of Proverbs chapter 19 and verse 27 it explains "*Cease, my son, to hear the instruction that causeth to err from the words of knowledge*". In other words do not listen to the voices of those who dissuade you from doing what the scriptures clearly teaches. Yeshua (Jesus) himself declared in John chapter 14 and verse 6 "Jesus said unto him, I am the way, the truth and the life. No man cometh unto the Father, but by me". In other words all truth leads us closer to Jesus who is the way, truth and life.

It is important to search scriptures to find truth, but how? Isaiah chapter 28 and verses 9 and 10 explains "Whom shall he teach knowledge? And whom shall he make to understand doctrine?... For precept must be upon precept, precept upon precept, line upon line, line upon line, here a little and there a little". These verses mean that a doctrine or teaching should not be built using one text. There is a need to study ALL the scripture

for clarity for any doctrine.

Proverbs chapter 8 and verses 5 to 7 it says "O ye simple and ye fools, be ye of an understanding heart. Hear, for I will speak of excellent things, and the opening of my lips shall be *right things*. For my mouth shall speak truth, and wickedness is an abomination to my lips". In verse 13 of the same chapter it expresses the following "*The fear of the LORD is to hate evil. Pride and arrogancy, and the evil way, and the froward mouth, I do hate*". In obtaining truth found in Scriptures one must have an open mind. For in John chapter 8 and verse 32 it states "And you shall know the truth, and the truth shall make you free". All who seek truth will have to change their way of thinking. Romans chapter 1 and verse 25 asks the question "*Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed forever. Amen*".

The Scripture states that one must do righteousness and speak truth according to his Law. Psalms chapter 15 and verse 2 clarifies "*He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart*". But what is righteousness according to scripture? In Deuteronomy chapter 6 and verses 24 and 25 it explains "And the Lord commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is at this day. And it shall be our righteousness, if we observe to do all these commandments before the LORD our God, as he hath commanded us". There are many other passages which say

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the same thing.

Revelation chapter 22 and verse 14 reiterates once again "Blessed are they that do his commandments, that they may have right to the tree of life, and enter in through the gates into the city". But what is this city you may ask? Revelation chapter 21 and verses 1 to 4 gives the understanding "And I saw a new heaven and a new earth, for the first heaven and the first earth were passed away, and there was no more sea. And I John saw the holy city, new Jerusalem, coming

down from God out of heaven, prepared as a bride adorned for her husband. I heard a great voice out of heaven saying, behold the tabernacle of God is with men, and he will dwell with them, and be their God. And God shall wipe away all tears from their eyes, and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain. For the former things are passed away". John wrote the book of Revelation and was a disciple of Yeshua (Jesus).

Yeshua (Jesus) came to this world to speak the words of

his Father who sent him. John chapter 8 and verse 26 says "I have many things to say and to judge of you, but he that sent me is true, and I speak to the world those things which I have heard of him". 1st John chapter 2 and verse 4 warns "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him".

I hope you have learned more about the scriptures. Next month I will continue with Part 2.

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

**CHARITY** **Making a Difference** TEL 603 389 006

We have recently been able to make several donations to two schools, **Forget Me Not** charity, and a donation of food to the San José church for their Food Bank in Pto de Mazarron where they distribute food aid to many families in our area.



Food donation to San Jose church

Camposol who give help to people caring for a family member. Without our wonderful team of volunteers who give us their time and effort we would not be able to continue to **Make a Difference** to so many peoples' lives within our community.

The food we donated to the San José church for their Food Bank was purchased through Alan's shop on Camposol A, which we do on a regular basis.



Defibrillator donation to Francisco Caparro school



Presentation to Gines Garcia Martinez school

We donated 2000€ to Gines Garcia Martinez school, and another 2000€ to Francisco Caparro school for them to purchase a portable defibrillator, presented by Archie one of our volunteers.

The donation of 1000€ was presented by one of our volunteers, Caroline, to **Forget Me Not**, a local charity based in

The Costa Calida Cruisers' motorbike club who have a long history of raising money for a variety of local good causes have kindly and generously said that this year they would like to support us. They are having a massive **Memorial Run and Party** on 5<sup>th</sup> November at the fabulous Colina Rojo and the proceeds will be donated to our charity, so please come along and support this

event. All these donations would not be possible without the continued support of our generous supporters so we thank you all on behalf of the various people we help. Our van is at Camposol A Commercial Centre every Tuesday morning between 10.30am and 12pm as a pick-up point for any donations. If there are any large items you wish to donate please call us and we can arrange to pick them up.



INFORMATION

# Birding in Murcia

by Martin O'Hanlon

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

During the last few years I've been writing these articles and describing my birding trips and the birds I've particularly enjoyed seeing. So it seems a bit strange to now be writing about birds I haven't seen. Let me explain a bit more.

I recently spent a few hours driving very slowly over the plains of Cagitán, a Special Protection Area, commonly known as a ZEPA using the Spanish initials. It's an area close to home that I have visited many times over the years. I wouldn't say I know it like the back of my hand, but I know it and its wildlife pretty well after being a constant visitor over the last twenty years. I know all the regular haunts of the resident birds and can normally find most of them after a bit of searching, so it is a pretty familiar site. However, the passage migrants can be a bit of mystery as you never know what will turn up or where. On nearly every occasion I would expect to see between twenty or thirty bird species. However, on recent visits I have been lucky to see even ten different species. It makes me very thoughtful about what has happened to make such a dramatic difference to the biodiversity of the plains. I am aware that it has been very dry and hot during the summer and maybe the local environment has been too harsh for many species to survive and raise their families. It could have resulted in many birds moving to areas with better living conditions. I am also aware that in recent years the plains have been subject to changes in agricultural practices. I have been saddened to see the rapid decline of traditional cereal growing to be replaced by almond growing. Acres of previous cereal plains have been planted with almond trees.

They are grown intensively with no field margins. The land is mechanically cleaned by a form of harrowing on a frequent routine. This means that the fields are devoid of life, without any weeds or other wildflowers and probably resulting in very few seeds or insect life. The plains have taken on the appearance of deserts without any noticeable signs of life. The new sterile almond fields have now become commonplace in Cagitán.



Crested Lark

At the moment, with little scientific evidence, but my own observations, I am beginning to think that the apparent loss of biodiversity is a result of industrialised almond growing replacing traditional practice and climate change. I could of course be wrong, but the loss of biodiversity in recent years is not something I have imagined. Maybe, this apparent loss of biodiversity has meant that a lot of the resident bird species that I normally see aren't about for some reason. I am finding it increasingly difficult to see common resident species such as **Sparrows, Starlings, Larks, Sardinian Warblers, Finches, Little Owls, Green Woodpeckers, Great Tits, Corn Buntings, Choughs**, etc. All birds that I would almost guarantee seeing on previous trips across the plains. My latest meander across Cagitán was

very quiet as I saw only a couple of **Crested Larks**, two **Collared Doves** and a pair of **Magpies**. However, it was interesting that passage migrants were revisiting their old stopping places on their way to Africa. There were lots of **Swallows** passing through in twos and threes, but not bothering to stop. I also saw a couple of northern **Wheatears** on their journey south and a very attractive **Yellow Wagtail** stopping for a rest.



Yellow Wagtail

It wasn't much for a few hours of observation, but it cheered me up. My observations about Cagitán coincided with a scientific report by the RSPB that I read, about the current state of nature in the UK during the last fifty years. I know it's a different country, but it struck me the similarities with my observations in Murcia. It was quite depressing really that it showed that 19% of species have declined by 19% and that one in six species are now threatened with extinction (yes, it is 19% twice). The report highlights that changes to agriculture and climate change are the two biggest causes of this loss of biodiversity. I know the evidence in relation to Murcia is quite sketchy or non-existent, but I can't help feeling that the declines I have experienced here during the last twenty years indicate a very similar story. I also visited the Saladares del Guadalentín, one of my favourite

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Golden eagle

sites. I was wondering if this site would be lacking in bird species like the plains of Cagitán. However, it wasn't long before I came across one of the special birds to be seen here. There was a large bird of prey perched on one of the electric pylons, which turned out to be a juvenile **Golden Eagle**. It sat patiently looking over the landscape and allowed me to watch it quite closely before leisurely flying away after ten or fifteen minutes. It was completely unfazed about my proximity, obviously quite confident in its ability to evade me whenever it wanted. **Golden Eagles** are probably one of the most exciting and emblematic birds for most British people. I suppose its reputation as the largest avian apex predator in the United Kingdom, (it has a wingspan of two metres) coupled with its rarity, has given these magnificent birds such a reputation. Murcia must be one of the best places to see a **Golden Eagle** as it currently boasts a very high density of eagles and a breeding population of sixty eight pairs. It is one of our birds of prey that is currently still increasing its population. The Saladares del Guadalentín is a great place to see them, especially outside the breeding



Iberian Grey Shrike

season, as young birds from Sierra Espuña come to hunt here.



Common Kestrel

I then carried on driving over the Saladares without seeing a huge amount of species, but plenty of **Swallows** and **Northern Wheatears** were about, presumably on their long journeys down to Africa. I was also seeing quite a few **Kestrels** and **Iberian Grey Shrikes**, both of which are residents and small birds of prey. I reckoned

this was a positive sign as there must be quite a good population of smaller species for them to hunt. It appeared to be a healthy food chain. This in turn indicates a healthy biodiversity, so my next visit may be more rewarding. I will try to be optimistic and remain positive.

If you have comments or queries please do not hesitate to contact me.



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**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 and even holiday makers visiting for a few weeks. The only requirement is that the client has to make their own way to the venue to attend. Wow, I can't believe that we are in November already, where has this year gone? **Forget Me Not** has had a very busy year which has included numerous fabulous events. Our next being our annual **Christmas Party** on December 12<sup>th</sup> at the golf club. This is a very popular event when we welcome along our clients, their families, nurses, volunteers and friends of **Forget Me Not**. We will enjoy a wonderful three course **Christmas** lunch and yet again **Father Christmas** will pay us a visit to distribute gifts for our clients. This year we have the wonderful Paul Pryce and Barrington to provide the

entertainment. At **Forget Me Not** we are very fortunate to have local groups and entertainers attend our sessions throughout the year to entertain our clients. This year we have welcomed, Carolyn May several times, Alun Jones, Hartley, Frank with his ukulele, the sing a long group, the ukulele band and Simone. The client's really enjoy being entertained and inevitably participate with a sing along and a dance. **Forget Me Not** are so appreciative for the wonderful support that we receive from these individuals and moreover the joy it provides for our clients. Thanks to you all for giving up your time to support our wonderful clients.

Recently we have received a cheque with a very generous donation from **Making a Difference**. In addition to this we also were presented with a super-duper karaoke machine, a spectacular donation from **Xerxes Tax and Law** firm. Thank you to Helen and Karin from **Xerxes** who popped in to deliver the karaoke machine, set it up for us and joined in a few songs with our clients. Thank you also to Alberto from **Xerxes** who we look forward to welcoming to the group for a karaoke session. **Forget Me Not** continues to welcome new members to the group, so if you think you know anyone who may benefit from attending do not hesitate to contact us.



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RELIGION

www.wellspringvictorychurch.com



Welcome to **Wellspring**- this is a new season for our church.



We are the new pastoral team, Pastors Johnny and Helen Gallagher. We have been part of the church for almost 18 months after 10 years of serving the Lord in both ministry and mission in Tenerife. We have an ongoing vision to grow the church and become a bigger and more present part of our communities in Camposol and the surrounding areas. We, as the Pastors, and our congregation welcome and invite those of you who are seeking something but, don't know what it is you are seeking, to come along and see for yourself that being part of Gods kingdom doesn't mean you can't have fun! That couldn't be further from the truth. Come along and see what we are all about. In addition we would like to invite you to our **Christmas outreach and Carol Concerts** that are happening in December.



**Upcoming events:**

4<sup>th</sup> December **Star Service** with the **English Funeral Director** @ Tanatorio Mazarrón 4-5pm

12<sup>th</sup> December **Sing along Carols** in conjunction with St Nicholas Church @ Marianos Camposol A 4-5pm

14<sup>th</sup> December **Sing along Carols** @ Clover Bar, Condado 6-7pm

18<sup>th</sup> December **Sing along Carols** @ Camposol D (Triangle) 6-7pm

20<sup>th</sup> December **Candlelight Carol Service** @ **The Church**, Camposol B (above Trevi Bar) 6.30-8pm

24<sup>th</sup> December **Christmas Eve Service The Christmas Message** @ **The Church**, Camposol B (above Trevi Bar) 11am-12.30pm

Come and join us for a sing along in this season of Good Will.

A life turned around and turned over to God, and the freedom it brings, is an amazing transformation of mind and a new truth of what we previously thought a fun and fruitful life could be. We are all looking for

something to fill that empty space in our lives and we often fill it with the wrong things, things that give us temporary solutions and a limited time of feeling good. Feeding the flesh gives only a short temporal solution that doesn't last. But by feeding the spirit with Gods love, grace, and mercy we have an eternal promise that lasts forever. (2 Corinthians 4:18 *So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*)

As a community church we are working within our communities to serve people and welcome all. God wants no life to perish and no person to feel lost or unloved, being part of a church family gives us a sense of belonging, love, not only from those around us but from God, whose love is far greater than ours. He confirms to us all that we are precious in His eyes, each and every one of us can become the better version of ourselves. (**Be the better Me**). (Galatians 6:8 *NIV Whoever sows to please their flesh, from their flesh will reap destruction; whoever sows to please the spirit, from the spirit will reap eternal life.*) Where do you see your future? Do you want to change the life you have? Do you want to be the better me? Let God transform you from the person you are today into the person you want to be.

We operate a warm and friendly welcome, in a safe environment with a family of like-minded people to support you along the way. Why don't you drop in and see that we are not just all about Sundays?

**There's so much more to church life!**



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**CHARITY**

# The Royal British Legion

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The **Royal British Legion** (Murcia) Branch welcomes you to the **Poppy Appeal 2023**.

The period between the launch of the **Poppy Appeal** (this year is 13<sup>th</sup> October 2023) and the end of the Acts of Remembrance, being Remembrance Sunday, "Poppytide" has always been our most significant time and has great meaning to all of us within the **Royal British Legion** especially here in Spain, the UK and Worldwide.

The **Royal British Legion** are the Custodians of the Act of Remembrance and have been for the last 102 years and we take our role very seriously. We are the flame that shines brightly in remembrance for those who have lost their lives from the battles of the Great War to the most recent conflicts in Iraq, Syria, and Afghanistan.

The men and woman of the Armed Forces do not always join the Armed Forces with the hope to see conflict, but they are trained and ready for when they do and we as a nation must remember those who do not come home and those that do come home but are never the same after. They do this to protect our nation and as a nation we must do what we can to always remember their sacrifice and that of their families.

The symbol of the **Red Poppy** will be visible throughout this period. We, the Murcia Branch of the **Royal British Legion Spain**, will be holding tabletop fund raising events around the Murcia Region, particularly in Camposol, Cehegín and Calasparra, Corvera Airport, Pto de Mazarrón and wider afield this year within the Murcia region.

The location of our Poppy tables will be publicised on our Facebook Page (Please search for Royal British Legion Murcia Branch).



Many of the bars around the region will have a **Poppy** collection tin and **Poppies** for sale to show support and we thank you in advance for your generosity.

Please don't forget that every cent raised in Spain stays in Spain and is used to support Serving Personnel, our Veterans and their Families here in Spain.

The **Poppy** Shows You Care.

There is only one way to wear your **Poppy** and that is 'With Pride'. It is a symbol of the nation's thanks and remembrance for the selfless work of the Armed Forces community both past, present and future. Each **Poppy** is a personal display of recognition for those who have always been and always will be there, committed to protect us, our freedoms and our society's way of life.

The **Royal British Legions** service this year will be held in a different venue than normal and we will advertise this as widely as possible once all is confirmed, on our Facebook group and on the local Facebook groups. The event will be held on Armistice Day - the 11th day of the 11th month of 1918, the date the guns finally fell silent at the end of the First World War.

Each year this date has subsequently come to represent a moment in which we can all reflect on their sacrifice and remember all servicemen, women and civilians and those from subsequent conflicts that continue to lose their lives, or are injured in the service of their country right up to modern times in conflicts such as Northern Ireland, Bosnia, Falklands, Gulf Wars, Iraq, Syria and Afghanistan and also the vital support they have played in response to humanitarian disasters, recently the pandemic of 2020.

This year marks the following:  
75 years the Windrush Generation and we sincerely thank them for their Service.

70 years of the end of the Korean War and we thank them for their Service.

60 Years of National Service and we thank them for their Service.

We Will Remember Them.

If you need help or support, please contact.

Murcia Branch Community Support: Billie Graham-Thomas (Volunteer and Veteran) **murcia.bcs@rbl.community** Tel +34 711 008 578 (Mon-Fri 10am-4pm)

Murcia Branch Chairperson: Ian Irwin (Volunteer and Veteran) **murcia.chairman@rbl.community**

General Enquiries:  
Murcia Branch Secretary: Lynn Symonds (Volunteer and Veteran) **murcia.secretary@rbl.community**

Murcia Branch Poppy Appeal Coordinator: Lesley Anderson (Volunteer) **murciarbl.poppyappeal@gmail.com**

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**INFORMATION**

**Poppy Appeal**



We would like to thank all the following advertisers/groups and those who have made personal donations to this year's

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- Volunteers of Camposol D Gardening Group
- Volunteers of Green Fingers Gardening Group
- Watermaid
- Welcome House
- Wellspring Victory Church



**Photos, Photos, Photos**

This month a splurge of photographs to highlight the work of the **D group**, firstly the **Summer Ball** and then the results of the hard work of the gardening teams. Enjoy.

**Summer Ball**



A new venue, great food and wonderful entertainment. Yes, the end of **Summer Ball** was a huge success at packed Playa Grande Hotel with everyone enjoying great food and fabulous entertainment. This annual event is always a great night out and all those who attended thoroughly enjoyed themselves. Thank you all for your support, see you next year.

**Remembrance Display**

This autumn the Group has created two displays, firstly at the entrance to Sector D with a **poppy** display and illuminated cross. Secondly at the triangle with a cascade of **poppies**. Both displays have a "Tommy" silhouette. Thank you to Carolin and Sam for coordinating these displays. Please add your own **poppy**, wreath or cross in memory of a lost love one. Displays will remain in place until 15<sup>th</sup> November.

**Carol Service**

Yes I know, where did the year go? See the Group Facebook page for details of the service on 18<sup>th</sup> December. In early December the group will be lighting up the roundabouts and gardens to create a festive atmosphere on D.

**Christmas Party**

The **D Sector Christmas Party** will be held on 15<sup>th</sup> December at Marianos. Please see the **D Group** FaceBook for more details and how to buy your tickets.

**Gardening**



It's been hard work during October for the teams but the pictures show the terrific results. Clearing the stepped garden to open them out for ease of access and to highlight the gardens, spraying and clearing the weeds on what is know locally as "weed alley" and sprucing up the Memorial Gardens in preparation for the Remembrance display.



# Health and Beauty Section



EDITORIAL

## Natural Verdiana

Tel: 610 030 635



### Properties and Benefits of Turmeric Part 1

**Turmeric** is an aromatic spice that is used in the kitchen to flavour different dishes. However, its properties and health benefits have not gone unnoticed by natural medicine.

The best **turmeric** supplements of 2023

In recent years, **turmeric** has become known as one of the healthiest superfoods in the world.

Although the magical root that derives its power from the active ingredient curcumin has been around for thousands of years, its use in the field of medicine in the West is very recent. In Asia, for example, the use of **turmeric** is much more advanced.

In the Far East, **turmeric** and its healing properties were already appreciated more than 100 years ago. In North America, the Indians in particular were known for their generous use of the plant's powder, both as an edible spice and for medicinal purposes.

In fact, **turmeric** can be so beneficial for health that we have



decided to dedicate this article to its magical properties.

In this review, we will highlight some of the health benefits that will show why **turmeric** should be a part of your diet. We will also share with you the results of months of intensive research that reveal which **turmeric** supplement is the most convincing on the market!

### Why turmeric?

Some researchers have been finding more and more evidence of the 'power' of **turmeric** for several years. Many doctors already regularly prescribe **turmeric** to their patients to harness the root's

natural healing powers. There is now even evidence that yellow powder can boost our energy levels, improve our joints and even help achieve greater mobility and flexibility.

It is precisely because of these great health benefits that anyone over the age of 35 should make **turmeric** their first choice in supplements.

### The Three Main Types of Turmeric Supplements

As the popularity of **turmeric** has increased, the supply of supplements made from this root has also increased in the food supplement market. There are many different shapes and types, which we have listed below:

**Turmeric root powder:** This is the most basic form of **turmeric** processed. This is basically finely ground **turmeric**, similar to what you find in the spice corner of your supermarket. It works wonders in cooking, but it only contains trace amounts of the active ingredients curcumin and curcuminoid, so it is not recommended for medicinal use.

**Turmeric Extract** – This is made from ground **turmeric** roots. The big difference it presents with respect to **turmeric** root powder is that it contains approximately 95% curcuminoids. Therefore, it is much more effective.

**Turmeric capsules and powder in bulk** – here the choice is totally up to you and your preferences. The capsules are simple to use and can be easily swallowed with water like any other pill, while the bulk powder has several ways to use, for example mixed with food

Next month we explore how important BioPerine® is in **turmeric** supplements.

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ADITORIAL

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**Everything you need to know about dental implants: a comprehensive guide**

Dental implants have become an increasingly popular solution for replacing lost or damaged teeth. They offer a durable and natural alternative to traditional dentures and bridges. In this article, we will explore everything you need to know about dental implants, from how they work to the placement process and maintenance.

**What are dental implants?**



Dental implants are metal or titanium structures that are placed in the jawbone to replace the roots of lost natural teeth. These artificial roots act as solid anchors for replacement teeth, such as dental crowns. This allows dental implants to securely integrate into the bone structure, providing a stable and long-lasting foundation for a restored smile.

**Placement process of dental implants:**

The placement process of dental implants is generally divided into several stages:



**\*Evaluation and planning:** The first step involves a thorough evaluation of the patient's oral health, including X-rays and scans. A personalized treatment plan is created.

**\*Placement surgery:** During this phase, the dental implant is placed into the jawbone.



This process may require local anaesthesia or sedation, depending on the patient's needs.

**\*Healing:** After the surgery, the implant is allowed to integrate with the bone over several months. This is called

osseointegration and is crucial for the stability of the implant.

**\*Connection of replacement teeth:** Once the implant has fused with the bone, a connector is placed on top. Then, a custom-made dental crown is mounted onto this connector, creating a natural and functional appearance.

**Advantages of dental implants:**

- Dental implants offer several advantages:
- \*Durability:** Dental implants are designed to last a lifetime with proper care.
- \*Improved function:** They look and function like natural teeth, allowing for efficient chewing and a complete smile.
- \*Enhanced aesthetics:** Dental implants restore the natural appearance of the smile, improving the patient's self-esteem.
- \*Preservation of bone:** They help prevent the loss of jawbone, which can occur after a tooth extraction.

**Care and maintenance of dental implants:** Proper maintenance of dental implants is essential for their long-term success. This includes:

- \*Good oral hygiene:** Regular brushing and flossing to prevent infections and gum problems.
- \*Regular dental check-ups:** Visiting your dentist periodically to ensure your implants are in good condition.

**Conclusion:**

Dental implants are a valuable and effective option for replacing lost or damaged teeth. They offer durability, functionality, and aesthetics, making them a preferred choice for many patients. However, it is crucial to follow a proper care regimen to maintain the health of your dental implants. If you are considering this option, consult with a dental professional to determine if dental implants are suitable for you and to obtain a personalized treatment plan.

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And, of course, many thanks to our hosts at the Oasis de las Palmeras whose staff coped admirably with the huge influx of customers – and to our fund raising and organisation team at **FAST**. Last, but certainly not least, thanks to all those who came and supported us on the day. We hope you thoroughly enjoyed the event!



prize raffle, raised in the region of 3,200€.

We would like to thank all those musicians who entertained us: Martin Ross, Rufus y los Bandidos, Michelle Miles, TBC, Heaters, Marilyn Shipley and The Boys from GlamJam together with their sound and equipment gurus David Gordon and John Hutchinson. We know that many of them gave up paid gigs to be with us so many thanks to you all!



**FAST** is entirely funded by your generous donations, receiving no grants or funding from elsewhere. Our fund raising activities are therefore essential for the continuance of the service. October saw one of our biggest fund raising events since the end of the covid pandemic with our very own **FAST FEST** which took place in Bolnuevo. The event was a tremendous success; a full seven hours of non-stop **music** played to an audience of around 350 people, both in the bar and on the beach. We were blessed with a beautiful sunny afternoon and warm evening and, along with a well supported

We would also like to thank our generous local businesses who provided raffle prizes: The Espuna Adventure, La Mariposa Hotel (Gebas), Bolnuevo Hair & Beauty Salon, Oasis de las Palmeras and Elliot's (all in Bolnuevo), La Vista, L'Alegra and Rock & Grill (all in Pto de Mazarrón), Wellness Massage La Mariposa Blanca (Camposol) and The Welcome Group. And our thanks to Costa Calida International Radio Station who assisted with publicising the event.

If you missed this event, maybe it's time to look us up on Facebook and join our **FAST** Fun Team – Camposol group. Here you will find details of all the upcoming events and trips and be able to reserve tickets for payment at the **FAST** desk outside The Diner, Sector B, Camposol between 10.30am -12.30pm each Friday morning. Our **Celebration Ball** – a James Bond themed evening – is fast approaching (18<sup>th</sup> November) and tickets are selling fast for what is sure to be a superb evening. Come and join us!

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Hello there, I'm **Shelby**, and I have a story to share with you. You see, I'm not just any ordinary dog, I'm a dog on a mission to find my forever family.

I came from a litter of 8 dogs and it's been quite a journey. While my brothers and sisters were fortunate

enough to find loving homes, I was the one left behind, waiting for someone special to come into my life. But that's okay because I believe that fate has a plan for me.

Right now, I'm under the loving care of the "Paws - Patas". They've been taking good care of me, making sure I'm healthy and happy while I wait for my new family



to find me. If you're looking for a loyal companion, a buddy for long walks, or just a furry friend to share your life with, I might be the one for you.

All you need to do is contact "Paws - Patas", and they'll be more than happy to help you meet me. I promise to bring endless love, joy, and wagging tails into your life. Let's make this journey together and create beautiful memories that last a lifetime.



**RELIGION**

**The Rockin' Vicar**

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



**'The times they are a-changin'.**

Before the release of '**The Times They Are a-Changin'** (1964), Bob Dylan had already established himself as a prominent cultural figure. In 1962, he released his second album **The Freewheelin' Bob Dylan**, with successful songs such as '**Don't Think Twice, It's All Right** and '**Blowin' in the Wind**'.

He also gained prominence as a live performer and often collaborated with his girlfriend Joan Baez. Together they performed at the **March On Washington** on August 28<sup>th</sup> 1963, where Martin Luther King Jr. delivered his famous 'I Have a Dream' speech.

Sixty years later 'the times they are still a-changin', beyond our control and understanding. What is expedient to attain popularity and support is still central. Who can blame us for shouting with a shrug of the shoulders 'The answer

my friend is blowin' in the wind, the answer is blowin' in the wind.'

In the sixties I was a young man full of hope. Today I am an old man, still full of hope but for a different reason. I still have a dream but it doesn't fit into most peoples agenda. The decades have taught me that there is only one constant who never changes, one Supreme Being who formed us in love and still loves us. Call it God, Allah, Yahweh, Jehovah or whatever, most of humanity believes there is a greater something beyond us.

**The Untouchables** ran as a television series from 1959 to 1963 and starred Robert Stack as Elliot Ness. You may remember it, I do. The other day I came across



a television series called **Unsolved Mysteries** and there he was still going strong in the eighties, Robert Stack as the host of the show. Yes, we sure are Golden Oldies from a Golden Age!

Summer moves into autumn, the way it always has though with different temperatures. Humanity has not changed since the beginning of time, we just hear about 'news' so quickly now. In the Bible, Malachi 3, 6 says 'I am the LORD; I change not and Jesus said 'Heaven and earth will pass away, but my words will never pass away' (Matthew 24, 35). We are free to accept these promises or reject them, our choice. I know what I believe, and why...

If you want to know more or just feel like contacting me, please do get in touch.

Bye for now and God bless  
 Rev Andrew





## Jane Cronin's Step by Step Spanish

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### People Words

It's very easy for language teachers to get stuck in ruts. An example of this is with 'people' words. We always teach the words of jobs (profesor, abogado) and members of the family (hijo, abuelo). We might throw in a few extras like **vecino** or **compañero** and that's as far as it usually goes.

However, the language is full of other 'people' words which are more commonly used than one might think. We had better start with the words for **person** and **people** which have their own little quirks. People, en masse as it were, is in fact a feminine singular word in Spanish **la gente**. Therefore it behaves like all feminine singular words when placed in a sentence. This means that **a lot of people** is **mucha gente** (feminine mucha) and **people think** is **la gente piensa** (piensa in the singular). The word for **person** is **persona** and this is also feminine. This means that if we want to say something like **Pedro is a great person** in Spanish it remains grammatically feminine, like this **Pedro es una persona estependa**.

There are other feminine people words which obey this rule which seems very strange to English speakers. Another example is **la victima**. We might hear

something like this on the news: **el padre de la familia fue una de las victimas**. The opposite of **victima** is a word that also appears from time to time in the news **verdugo**. This basically means **tyrant** or **executioner** but nowadays is often used to describe a person who victimizes or abuses another in a particularly dreadful way. Before we leave criminal matters, the general word for **criminal** in Spanish is **delincuente**. The Spanish word **criminal** refers specifically to someone who murders or physically harms another person, whilst the general word for crime is **delito**. Just thought you might like to know that.

There are many people words which link individuals to where to live. We have already seen **vecino** which as well as neighbour can also mean **local resident**. "David Villa es vecino de Langreo en Asturias" for example. We also have citizen, **ciudadano** (literally a resident of a city or ciudad) and **paisano** (resident of a country). **Paisano** can also mean **compatriot** or **fellow countryman**. Sometimes a Spanish person will say to me 'Ayer estuve con un paisano tuyo' (I was with one of your fellow countryman yesterday). This is usually followed by: "Se llamaba John o Jim o algo así. ¿Lo conoces?" (His name was

John or Jim or something like that. Do you know him?)

As you will have discovered from your **job** words, we sometimes change the endings of verbs and add **-dor** or **-dora** to give us the person who does something, such as **limpiador** (cleaner). This works for non-job words too, for example **jugador** (player), **pensador** (thinker), **vendedor** (seller) **comprador** (buyer), **seguidor** (follower) or simply **trabajador** (worker).. In each case you can just add the letter 'a' at the end to turn the person into a female.

You might want to try out a few more of these, although they don't always work. Sometimes the **dor or dora** ending refers to a machine **ordenador** (computer, from the verb **ordenar**), **lavadora** (washing machine, from the verb **lavar**).

There are many more where these came from and also an interesting way in which the Spanish use adjectives to make people words. More of that next week, I'm sure you can't wait.

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**ENTERTAINMENT**

# Golden Stars

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



**It's Panto Season!**

**Golden Stars Amateur Theatre Group** are presenting **Snow White and the Several Dwarfs** this November at La Molata Social Club, Los Munoces.

This is known as Cantina La Molata on google, the venue being just minutes past Condado on the RM23, turning off at the sign to Venta Aledo.

We are also inviting three charities to run a raffle at our show - **Noah's ARC, FMA and Forget Me Not.**

The performances are on 17th and 18th November at 7.30pm and 19th at 3pm. It's a fun packed family show featuring all the usual characters and a few twists and turns to the original story. There is a bar for refreshments and a large car park on site. The bar opens at 7pm.

Tickets are 7€ for adults and 5€ for children under twelve and can be reserved by email for collection, or purchased directly from venues on Camposol and Pto de Mazarrón - the details are on the poster.

We look forward to seeing you there.



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Remember deadline 15th of the month!!!



**FINANCE**



## Financial Advice

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[keith.littlewood@blacktowerfm.com](mailto:keith.littlewood@blacktowerfm.com)  
website: [www.blacktowerfm.com](http://www.blacktowerfm.com)

**Meet Joe Black**  
Low interest rates vs. high interest rates, strong euro vs. weak euro, bull markets vs. bear markets. What was a good thing last year may be the worst thing this year. *"The only thing certain in life is death and taxes"* quote, made famous by Benjamin Franklin 1789 (and Anthony Hopkins in *Meet Joe Black*).



The same can be said of your investments if you do not review them and keep your portfolios up to date. What seemed like a great idea at the time may not be today. Many investors put their money away, choose funds with a 3-year, 5-year, or even longer time frames and then forget about them. They put the documents in a drawer, only to be shocked at the end of the term when their investments have not met their expectations, or (worse) the fund has been suspended.

The best adviser in the world cannot claim to get it right all the time. They can, however, make sure their clients are seen on a regular basis. They can keep them updated with the performance of their funds and make the relevant changes to ensure their investments are

*Continued on page 45*

Continued from page 44

suitable in the current economic climate. More importantly, they can continue to meet your expectations, manage your risk profile, and handle your diversification needs. I make it my number one priority to always be accessible to my clients, ensuring we speak on a regular basis to review their investments. Do you receive a similar service?

In the current uncertain economic climate, I would urge you to contact your investment adviser today and arrange a review of your own portfolio. The more people I speak to, the more I get the impression they receive no on-going support or advice for the investments they hold. Do you feel like this?

If you feel like this or like a helping hand to review what you have, why not contact me and I will sit down and go through

your portfolio with you. I have been a fully Qualified Financial Adviser for 35 years. I also understand the needs of ex-pats and the rules that apply to Brits living and retiring in Spain. So, if you need to talk through your own situation then please feel free to call me and we can have a no obligation discussion about the best way forward for your Investments.

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

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**CHARITY**

**VERA AND DISTRICT LIONS CLUB**



Tel: Zoe Rylett 639 036 051

Email: veraionssecretary@gmail.com or zoerylett@gmail.com

**Events and Fundraising**

With a fabulous October under their belt (more details next month), **Vera and District Lions** have their eyes on the annual, sell out **Jingle Bell Ball**. This year's event is on December 10<sup>th</sup>, at The Irish Rover in Mojácar, with tickets just 10€ available from the venue, with not one but FOUR live bands. This event is usually a sellout, with a waiting list, so it pays people to buy their tickets early.

**Volunteers**

At this year's gala dinner, three special awards were given to volunteers. Young Volunteers of the Year are Collier Tagen-Hadley and Lily Miles Kirby, who have shown incredible dedication and energy. Volunteer of the



Year went to Jo Pearson, without whom the club president's work and the charity shop in Turre, in particular, would struggle. Jo also offers support to the hugely overworked club secretary.

For anyone wanting to join **Lions** as a volunteer, there are as many roles as there are people. From putting together puzzles for the shop in Turre to ensure that all of the pieces are there, to holding fundraising events, from moving furniture to cleaning the shop weekly, there are no shortages of ways to be involved. The Club has a great, welcoming atmosphere, and you'll be helping many people.

**Where the funds go**

**Vera and District Lions** donate on a regular basis to Asprodalba, an occupational centre for people with mental incapacity, a local children's home and numerous food banks. They also offer individual aid to people needing mobility equipment, support getting to hospital for the long

term unwell, even helping with repatriation in extreme cases.

The Club is constantly reviewing the way that it awards its funds and resources and, with demand higher than ever, has recently introduced new procedures to ensure that money goes where it's most needed locally. Whilst all contributions normally go into a general **Lions** fund, this October saw two exceptions.

One was a shop sale, where proceeds went to the **Lions International Moroccan Earthquake Appeal**. Reducing all clothes in the Turre shop to just 1€ saw three busy days for volunteers (the shop opens Thursday, Friday and Saturday mornings) with 2000€ raised. This was boosted to 2600€ by a fabulous donation of 600€ from the **Living Water Church** in Mojácar. And the **Indalo Players Theatre Group** will be summing up any excess after costs on their fabulous performance of One Flew East, One Flew West at Vera Auditorio. The money from this will, in keeping with the play's theme (an adaptation of One Flew Over the Cuckoo's Nest), be set aside for mental health causes. But whilst all other money generally goes into a 'pot', **Vera and District Lions** always helps a local children's home at **Christmas**. This year is no exception, and proceeds from the annual **Jingle Bell Ball** will be earmarked for this.

**Jingle Bell Ball**  
December 10th 2023  
The Irish Rover, Mojácar  
Doors open at 6pm  
Show starts 7pm  
starring  
Seldom Sober, Lady Ellen,  
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Our Memorial Tree Service enables people to take part in a tangible act of remembrance  
at what can be a very difficult time for many people .  
You are invited to write a message or prayer for your loved one on a star  
which will be provided on the evening.  
There will be an opportunity to place the star upon the tree  
which will be dedicated during the service.  
There will be poems, prayers, Christmas carols and a time for reflection.

During the service we will show photos of your loved ones  
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**WE LOOK FORWARD TO SEEING YOU ALL THIS YEAR.**



**CHARITY**

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PICCOLLAGE

Thank you from the doggies

**RELIGION**  **Salt Church Mar Menor @ THE HUB**

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Is the devil in the detail?

There is a saying that it's the devil that's in the detail, but I do wonder if that's entirely fair. Are we giving him too much credit?

We're privileged today to be able to see some incredible images of the far distant stars and in the solar system and pictures of planet Earth taken from space. Indeed, they are quite something to behold. Perhaps we've been in a situation where we have viewed a landscape or a seascape containing different colours and, if we stop long enough and examine close enough, then everything is quite miraculous. All of our plants and our flowers and our fruit and their trees, so many animals we can take for granted. Each one of them is unique.


And then there's the human body; what a machine! The way it all works, the brain, the eyes, the limbs and this sort of

inherent desire to heal when broken. Surely, we have to ask ourselves, is this all just a coincidence? Has all of this evolved from single cell amoeba? There are many today, even in the scientific world, who perhaps won't go as far as to give credit to the God of the Bible, but will at least claim there must be some form of 'Intelligent Design'.

So, is it 'the devil is in the detail' or perhaps the God of the Bible? Could it be that the devil's mission is to prevent us from seeing the detail, to distort any detail that we do see and to destroy our faith in the one who has created us in His image? The one who has made all that is seen and unseen. The God who is the same yesterday, today and forever.

Well, I don't know what you reckon, but it's worth a thought. For now, do take care, stay safe and thank you for taking the time to read.



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**Salt Church Mar Menor**  
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Camposol shop: 711 016 236

**ANT & DEC** two little brothers abandoned in a box in the heat and left to die. They are only going to be small. These lovely little boys adore mixing with other dogs, are approximately 10 weeks old and have already started their vaccinations.



Ant



Dec

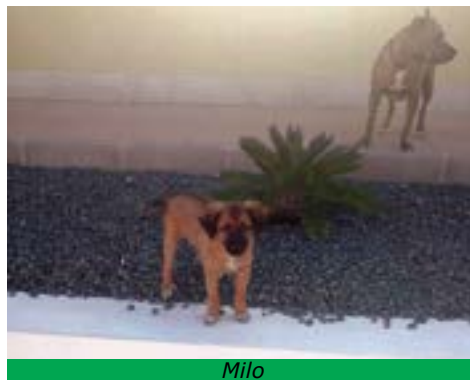
**PEANUT** a super little dog abandoned on Camposol, Mazarrón. Just look at that 'please love me face'. **Peanuts** date of birth 1/10/2022 and he is fully vaccinated and neutered.

**MILO** is another little cutie that was left outside a villa on Camposol, Mazarrón. He is currently being fostered so living



Peanut

in a house with other dogs and learning the ropes with toileting etc. **Milos** date of birth is 26/7/23 and he has started his vaccinations.



Milo

**All adoptions and fosters will be home checked. Part of the adoption agreement is that puppies will be spayed or neutered when they are old enough.**

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

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

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

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

We have a number of raffles coming up - the first is 17<sup>th</sup> November at the **Panto's** first night and the **Noahs ARC disco** on 18<sup>th</sup> November. We have our **Christmas Fayre** on 2<sup>nd</sup> of December and if there are any bakers out there that would like to donate a cake we would be most appreciative.

We would also be happy if anyone has raffle or tombola prizes we could have, you can pop them into the Camposol shop.

**We would like to say a huge thank you to our volunteers who all do a great job, the girls in the shops and the lads on the van that collect the heavier item for the shops in the Port and Camposol and all the Noahs ARC volunteers whatever their role, we could not do this work without you.**

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# Ladies' Chatterbox

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



Hello everyone. I hope you are all doing OK. Isn't it wonderful to be cool at night! We have waited such a long time for it so - enjoy.

Well, we certainly had a busy start to our new season - a fabulous **lunch** with **60's music** at The Diner and Ian Field of Anytime Fitness coming to tell us about health and fitness for all ages. It is advisable we do at least 3 types of exercise a week! Ian also gave a taster class - stretching, yoga moves, and chair exercises to some fab music. Our ladies looked very comfortable and happy to join

in!  
On the 17th of this month we are off to **'shop till we drop'** at Torrevieja Market, the largest in Spain - with 700 stalls, ranging from fruit and veg, clothing, handbags, household items and anything else you can think of. We will then go to Quesada for **lunch**. Tickets are priced at 25€ for members and 28€ for non members.

With the clocks changing - that word springs to mind --- **Christmas....** oh really? Afraid so. This year we are going to see the **Christmas**

**Lights** in Cartagena on December 28th. The cost of this trip is 15€ for Chatterbox members and 18€ for non-members. Family and friends are welcome to join us.

We would love you to come and see us at any of our meetings at The Social Centre, Camposol B on the 2nd and 4th Thursday of the month, the 3rd Thursday is generally our trip day.

Take care of yourselves and remember - be kind x  
Best wishes Sue

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Well hello November. These months are certainly zooming by.

With 112 donkeys there is always some medical problem. Our boy **Mr Snapdragon** started to lose weight, wasn't really interested in his food and generally didn't look well. Blood tests revealed he was suffering from anaemia and hyperlipemia which is very serious. Basically it's too much fat in the blood - age is one factor and we think he is around 25/30 years old. As always we will do our best for him. For more updates, follow our Facebook page.

Our trip to Mojácar was fabulous. Everyone had a super time on our happy bus and I bought two donkeys



home ... they were allowed as are made of straw lol. You will see the donkeys on display in our shops. Our next trip is to **Benidorm** on 8th November and we still have a few tickets left.

**Christmas** with the donkeys. Our event this year will be on the 18th December 11.30am-1.30pm on

Camposol B carpark. Come and say hello to a couple of donkeys - they are always a big hit and don't need to be wrapped! We have been doing this now for 11 years so please join us for a little tippie of mulled wine and a mince pie. This is our way of saying a huge thankyou to everyone who supports us throughout the year ..... now which ones will I bring !! I have a choice or 112 ... now let me think, who's NOT on Santa's naughty list? Our two ponies **Rolly** and **Minstrel** have settled in their new home with Pam and Colin. We love happy endings.



We have also homed one of **Mollies** puppies, little **Evie**. Her new owners, Mike and Pauline, had a dog from me 11 years ago (Saffron) so **Evie** will be great company for her. We have two more of **Mollies** puppies to home so if you are looking for a little friend .... call me.



Our sponsorship scheme is vital to our ongoing work and really does help with the constant rise of feed, water, farrier and vet fees. Alternatively, you could make a donation if you prefer to help care for the 112 donkeys.

### Paypal

[https://www.paypal.me/AARHF?locale.x=en\\_ES](https://www.paypal.me/AARHF?locale.x=en_ES)

### Bank Account

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

Every Monday is Camposol Day - we are on the car park, opposite the garage, 11.30am-1.30pm. You have a choice of Andrea 1 or Andrea 2. Andrea 2 is our sponsorship lady so you can chat about sponsorship. You can also drop donations off. We are very visible wearing yellow t-shirts and yellow panels on the side of our van.

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

Until next month.



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# Food and Drink Recipes



Hearty, comforting dishes using ingredients seasonal to November.

## Carrot & parsnip soup



- ½ tbsp olive oil
- 2 onions, finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- ½ small bunch thyme, leaves picked
- 3 large carrots, peeled and roughly chopped
- 2 large parsnips, peeled and roughly chopped
- 1 litre vegetable stock

- 100ml double cream
- ¼ bunch parsley, finely chopped (optional)

Heat the oil in a large saucepan and fry the onion and celery for 10 mins, stirring occasionally until softened. If they start to catch, add a small splash of water.

Add the garlic, thyme and ½ tsp black pepper and cook for 2 mins. Add the carrots, parsnips and stock and bring to the boil. Reduce to a simmer and cook for 20 mins until the vegetables are soft, stirring occasionally.

Blend using a stick blender until smooth. Add the cream and blitz again until combined, then taste for seasoning. To serve, ladle into bowls and scatter over a little chopped parsley, if you like.

## Creamy chard, squash & parmesan tart

- 400g butternut squash, peeled, deseeded and cut into 2-3cm slices
- 3 tbsp olive oil



- ½ bunch of thyme, leaves picked, plus a few sprigs to serve
  - 1 tbsp butter
  - 5 shallots, thinly sliced
  - 2 tsp light brown soft sugar
  - 1 tbsp sherry vinegar
  - 400g chard, leaves chopped (reserve the stem to use in soups or stews)
  - 40g parmesan or vegetarian alternative, grated
  - 100g mascarpone
  - 30g blanched hazelnuts, roughly chopped
  - chicory salad, to serve
- For the pastry**
- 180g unsalted butter
  - 250g plain flour
  - ½ tsp fine sea salt
  - 1 egg, beaten with a splash of milk, for glazing

An hour before making the pastry, wrap the butter and chill in the freezer until firm. Heat the oven to 200C/180C fan/gas 6. Tip the flour into a large bowl with the salt, stir, then unwrap the end of the chilled butter and coarsely grate into the seasoned flour. Stir everything together using a cutlery knife, then swiftly add 8-10 tbsp ice-cold water, a little at a time, stirring until it starts to clump together. Form into a disc with your hands, adding a little more water if the

*Continued on page 53*



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Continued from page 52

pastry feels dry. Wrap and chill for 1 hr. *At this stage, the pastry will keep frozen for two months.* Toss the squash with 1 tbsp oil, most of the thyme leaves and seasoning. Arrange on a baking sheet and roast for 15 mins. Heat the rest of the oil and the butter in a frying pan over a medium heat and cook the shallots with a pinch of salt for 15 mins until caramelised. Add the sugar and vinegar, and cook for 3 mins more. Season, then leave to cool slightly.

Steam the chard leaves in a steamer basket for 3 mins. Tip into a tea towel and squeeze out the excess water. Roughly chop, then mix with two-thirds of the hard cheese and the mascarpone. Season.

Put a baking sheet in the oven to heat up. Roll the pastry out between two sheets of baking parchment to a 40 x 30cm rectangle. Transfer to a baking tray on its parchment, then peel off the top layer. Spoon over the shallots, leaving a 3cm border. Top with the chard mixture, the rest of the cheese and the squash. Fold the pastry border slightly over the edge of the filling, then brush with the egg wash. Chill for 1 hr. Slide the tray onto the hot baking sheet and bake for 35-40 mins. Scatter over the remaining thyme and the hazelnuts. Serve with a chicory salad.

### Mulled pomegranate juice

1l pomegranate juice  
1 sprig rosemary



1 tsp sumac  
1 cinnamon stick  
½ tsp coriander seeds  
½ orange, sliced  
¼ tsp orange blossom water  
Pour the pomegranate juice into a large saucepan. Add the rosemary, sumac, cinnamon stick, coriander seeds, and orange. Bring to a simmer then pour through a sieve into a jug. Stir in the orange blossom water and pour into heatproof glasses or cups.

### Honey-roasted parsnips

500g parsnips  
1 tbsp flour  
1 tbsp honey  
2 tbsp sunflower oil  
2 tbsp butter  
Top and tail 500g parsnips, cutting any larger ones in half lengthways, then put in a large saucepan, cover with salted water, bring to the boil and cook for 5 mins.

Drain in a colander and let them steam-dry for a few mins. Heat oven to 190C/170C fan/gas 5. Sprinkle 1 tbsp flour and 1 tbsp honey over the parsnips and toss to coat. Put the parsnips in a roasting tin with 2 tbsp sunflower oil, 2 tbsp butter and seasoning. Roast for 40 mins, turning halfway, until golden.



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**GROUPS**



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

This month we cover the recent meeting with the Mayor, Gines Campillo. For a more detailed coverage please see the 2025 FaceBook site.

Present at the meeting were The Mayor, Ginés Campillo and Deputy Mayor and Councillor for Town Planning (Urbanismo) and Infrastructure, Gaspar Miras. The Councillor for Camposol, Silvana Buxton, joined the meeting a short time later.

The Mayor opened the floor for questions and was asked if he would provide an update on what the council is currently working on for Camposol

1. The repairs and resurfacing of Avda Los Covachos are going ahead and work should begin in 6 to 8 months, once the draft specification of works is complete, which should take around 4 months and the construction contract issued for tender and awarded the work can begin. Work on other projects on Avda los Covachos are to be coordinated, the order of work was given as 1st asphaltting, 2nd pavements, 3rd street lighting, 4th road signage and marking.
2. The next round table meeting for the diversion of the Rambla de Los Aznares has been delayed, initially due to the run up to the elections on May 28<sup>th</sup> and latterly because the new officials at regional level were not appointed (until September 14<sup>th</sup> and 25<sup>th</sup>) and CHS at (National Government level) need time to acclimatise. The next meeting is now due to be held on October 11<sup>th</sup>.
3. Replacement lighting has commenced on sector C and will continue in the coming months to other sectors. The council is exploring the best options and is seeking to use some of the €2.9m from Justo and Manoli

settlement for this work.

4. Plan Parcial - The current plans for the modification of the plan parcial to reflect Camposol as it is now rather than what it was supposed to look like when the original plan parcial was lodged with the authorities, are currently being examined by the Regional Authority. (Side Note - The 4 year project to complete the new plan parcial will provide a factual plan of the urbanisation so future major project planning in both public and private areas can proceed, an official suspension has been in place since April 2016). A question was later asked about how the improvements for Camposol will be funded and the delineation was clearly stated. Private roads and areas are the responsibility of the owners within each poligono and public roads and areas the responsibility of the council.

There were then a number of questions from the audience. The following is a summary.

**The white lines near Consum need replacing as they are difficult to see.** The response was that the road markings would be completed when the road repairs are done.

There are no signs for sectors C and D until those sectors are reached, making it difficult for those unfamiliar with Camposol to find their way around.

Car parking in the Consum car park should be made entirely for disabled drivers as they need it and healthy people can park away and walk. The Camposol Business Association is currently in negotiation with the council over parking at the commercial centre, but the car park outside Consum is owned by Grupo

MASA who would need to be consulted.

**The garden waste bin at the top end of Calle Esparraguerra has not been emptied for weeks and weeks.** The response was that the waste removal companies have a schedule they work to and much of the problem is caused by unauthorised dumping by contractors employed by residents, who charge for disposal and then dump the waste in the public areas. Residents were encouraged to report any fly tipping to the police for action to be taken and to take photos of offending vehicles so they can be identified.

**One attendee complained that the water on D15 is reduced every evening, meaning that he cannot take a shower on return from work.** The Councillor for Urbanismo took note to look into this.

**There were complaints about the new recycling centre on C sector adjacent to the golf course roundabout.** It was explained that the council are only going to be using space required to take the rubbish and recycling containers off the road and looking at opening the centre with a hut and personnel to try to prevent people fly tipping in that area.

**A question was put to the Mayor that as the council has taken the role of the developer they have taken responsibility for the completion of Camposol.** It was pointed out that the council has NOT taken the role of the developer.






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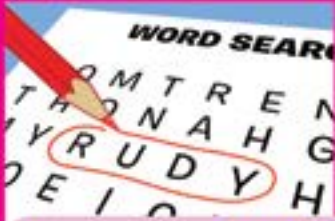
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# PUZZLE

# PAGE



## SUPER SUDOKU

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

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

## 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

A	M	X
E	I	R
I	M	Z

THERE ARE 42 WORDS OF 3 LETTERS OR MORE

## Wordsearch

Translate the words below from English into Spanish

- LILY
- DAFFODIL
- IRIS
- ROSE
- DAISY
- JASMINE
- DAHLIA
- TULIP
- LAVENDER
- MARIGOLD
- POPPY
- VIOLET
- CARNATION
- PEONY
- AMARYLLIS
- ORCHID
- MAGNOLIA
- PETUNIA
- AZALEA
- ASTER
- PRIMROSE

Answers on page 80

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





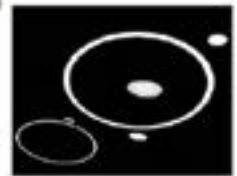
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We have been contacted to find new homes for a miniature pony who is called **Oreo** and has a bad case of laminitis and this old horse

also has a cardiac illness and is retired. As we are still working on building extra paddocks, I'm afraid we can't bring them to the foundation, so if anyone could help providing a sweet home that would be amazing. Although we are a bit behind on schedule on the building work, things are starting to look really nice. All the animals are now completely settled in and our activities will be starting soon. We will be thrilled to see you all soon again!

We are looking for volunteers to help out on the day to day chores



*Lord the retired horse looking for adoption*



*Restoring work on the Casita de aperos at the ranch*

at the ranch so if you have a bit of extra time and energy please contact us.

Our crowdfunding campaign is still running and you can visit it on **chuffed.org** - building a haven for abandoned horses.

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o f p r a y e r.

We can see too how much the Devil 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 puts 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, with a prayer well said, we can command Heaven and earth, and all will obey us.



# Colour Glass Window Tint

Colour Glass Window Tint is a business run from: Condado de Alhama, Murcia covering regions of Murcia, Valencia and Andalucía.

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?



Gold Blue Bronze Green Pink Purple Red Silver

For free no obligation quote and advice contact Glen

Spain: 695 768 134 UK: 07934 561434

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

WhatsApp or Text



## The Essential Guide to the Costa Cálida Issue 2

# More Information

# More Photos

# More Colour

Available from the following places:

Time 4 A Change, Los Alcazares

Best Wishes, Camposol B

Casa Pepolino, Isla Plana

Best Wishes, Puerto Mazarrón

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



CHARITY

FRIENDS OF MAZARRÓN ANIMALS

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



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

Happy Halloween to everyone we hope you all had more treats than tricks?

As always we are constantly looking at different ways to raise money for the animals in our care and in this article we would like to raise awareness of our dogs with Leishmania and ask for your support.

Although Leishmaniasis cannot be cured, it can be managed with cheap medication and most dogs will live a full and happy life with Leish. The disease often goes into remission when a dog is placed in a stable home environment and, with reduced stress and good nutrition, many rescued dogs will be asymptomatic for the rest of their lives meaning they no longer need medication.

A dog catching Leishmaniasis in Spain is not uncommon as there are many stray and abandoned dogs with the disease. These dogs are not to blame; and in some cases one should blame the recklessness of the owners who fail to provide the correct protection for their dogs and allow them to breed and wander, which only exacerbates the situation.



These dogs have the right to a loving permanent home like any other dog.

The dogs currently under our care with Leishmania are, Miss Molly, Gabi, Fenix, Aixa, and Bizzy Lizzie. Because of their condition and the ignorance surrounding Leishmania these dogs may find it harder to find homes, the result of which means in some cases increased kennel fees and increased cost in medication for the charity. Thus we are asking for sponsorship for our leish positive dogs.

November 23<sup>rd</sup> from 10am we are on Camposol A, outside Rendezvous. For those who like to work the grey matter we have two **Quizzes**. November 8<sup>th</sup> the fabulous team at The Diner will be hosting a **quiz** in aid of our charity and on the 15<sup>th</sup> we'll be hosting our own; please follow our Facebook page for more information. Our biggest fund raiser in November will be our **Christmas Fayre** at Oasis in Bolnuevo. Lots of fabulous stalls, food and **Christmas** delights.

Finally, as ever we would like to thank you all for your continued support..

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](mailto:fma.murcia@gmail.com) Bank Account ES39 3058 0206 9227 2050 7854 (BIC CCRIES2AXXX)

THANK YOU

A regular monthly donation until adoption to support their medication or sometimes kennel fees would help the charity a lot, or a one off donation if that is preferable. You can see all the profiles of our Leish positive dogs by visiting our Facebook page and opening our adoption album. They are also pictured with this article. Please contact us if you would like to be involved with donating to this particular cause.

With regard to fund raising we have our usual **Pop Up Markets** this month. November 4<sup>th</sup> from 10am we are in Isla Plana, and

Hand crafted items, gifts, home made cakes/savouries, mulled wine and more. Tombola with prizes donated by stall holders.

Quiz bar will be open for drinks and food also.

**Oasis Bar & Restaurant, Bolnuevo**  
**Christmas Market and Artisan Fair**

Entrance 1 € (proceeds to Friends of Mazarrón Animals)  
**Friday 17th November**  
from 11am until 3pm

For stalls and more information, contact [janice.fisher@live.com](mailto:janice.fisher@live.com)



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**GROUPS**



**Puerto de Mazarrón Ladies' Circle**

Puerto de Mazarrón Ladies Circle

Hello Ladies

I hope you are all well and have been enjoying the lovely weather and then the cooler temperatures at night enabling you to sleep better?



Visit to Alicante Ladies Circle

On 21<sup>st</sup> September we enjoyed a 'bring and buy' where we could all bring items to sell and buy from other members. It appeared to be a successful afternoon, with some of us obtaining lovely bargains. The following week was our trip to Alicante and the opportunity for those who wished to visit the museum to view the Terracotta Warriors. The exhibition was very impressive and our guide explained much of the history of early China. After the museum most had a walk around the paseo and stopped at one of the many restaurants for lunch or some sightseeing

around Alicante. The feedback was very successful and a great experience.



Visit Terracotta Warriors

Then Ian from the gym came to talk to us on 5<sup>th</sup> October about the importance of exercise at any age. Chairacise can be done at any age and there is a weekly class at Camposol B. Everyone joined in the demonstrations and were informed that building the core muscles can help to prevent falls, is good for posture, can reduce lower back pain and helps to keep us active. Our mental well being can also improve. It was an enlightening talk and the ladies enjoyed participating.

Marina came on behalf of **Noah's ARC** to tell us about the work they do looking after their rescued dogs. There are **Noah's ARC** kennels where some are housed, but they also have dogs

being housed in private kennels which has to be paid for and others in fostered care. The dogs in their kennels are walked twice a week on a Monday and Thursday and they are always looking for volunteers.

They are planning to build more kennels so they can house all the dogs in one place and continue to fund raise. The vet bills continue to rise although they do receive a discount from Happy Pets on Camposol B.

The charity shops and fund raising events pay for all of the above and also fund new projects. The shops are run by volunteers and there is a committee who manage the charity.

It was a very interesting and informative talk followed by a collection for the charity.

**Events for November**

- 2<sup>nd</sup> **Lunch** at Playa Grande
- 9<sup>th</sup> **Race Day**
- 16<sup>th</sup> Sue and Sarah Fashions from Zoco Market
- 23<sup>rd</sup> Visit from **MABS Charity** to talk about their work
- 30<sup>th</sup> Trip to Mojácar

New members are always welcome - just come along to one of the meetings as a guest to see what we are all about or visit our Facebook page

Take care everyone

**Alex Woods**

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**GROUPS**



**Camposol C Green Fingers Gardening Group**

www.greenfingersgardenandsocialgroup.com



The **Green Fingers** maintenance team and volunteers have had another busy month. Primarily, they have been trimming the many trees and bushes that, despite very little rainfall, have grown dramatically over the summer months.



They have also been weeding a large area near to the pump station and watering the numerous plants, bushes and small trees. Where the trees are too tall for the



hardy volunteers the professionals were hired with their specialist equipment. The volunteers have started preparing the **Memorial Garden** for the annual display in Remembrance of the Fallen. The first task was to spread five tonnes of white gravel which has been kindly donated by JML Builders. Many thanks to Jay for this kind

donation. If you would like to sponsor a cross in memory of a family member please contact **Green Fingers** Chairman John Osborne at [osbornej43@gmail.com](mailto:osbornej43@gmail.com) or speak to one of the collectors every Wednesday at the collection point.



All monies donated will go to the Murcian Branch of the **Royal British Legion**.

**CHARITY**

**P.A.P.S.**

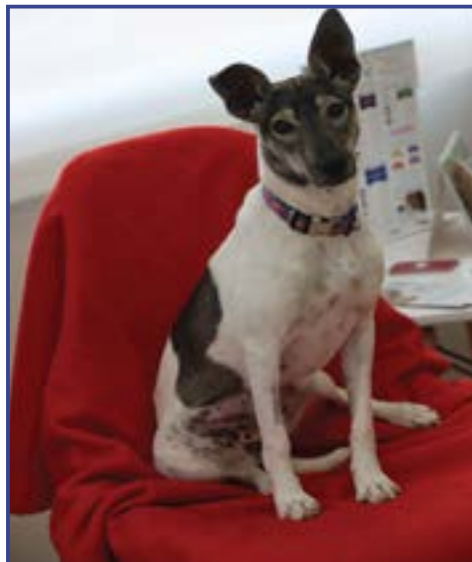
Email: [animalesperrosdelsol@hotmail.com](mailto:animalesperrosdelsol@hotmail.com)



By now, hopefully readers will know that many dogs are handed in to shelters or abandoned through no fault of theirs: illness/death of the previous owner, the birth of a new child, poor training, or the old favourite (true or not): change of circumstance. But we in dog-rescue-land know that the vast majority of these dogs can bring a very special brand of love into any home.

However, adopters - especially new ones - must understand the changes that a rescue dog has to undergo to settle into its new life. It's been dumped or abandoned, lived in noisy, unfamiliar surroundings with stranger-dogs, then (hopefully) whisked away to a brand new home. It is important to give the dogs time to shake the shelter dust off their coats, get their paws under the table, and realise that they're home.

**PAPS** have had some bad experiences with adopters who



say their new dog "doesn't show them affection/isn't loving" or ask us to take them back after just a few days which is disappointing in the extreme. In none of the cases have the people given the poor dog a chance to settle and show their true selves. Depending on the dog, it may take 3 days for the dog to decompress, 3 weeks to learn the new routine and 3 months or more to realise that they're now home, and loved. They should be

allowed this time to settle, don't rush or smother them in too much love (at the beginning), and try to understand how the dog may feel.

This month's little munchkin looking for her big break is **Betsy**, a little Bodeguera girlie who is ridiculously sweet, gentle, friendly and affectionate. Born 1.11.22, approx 35cms, **Betsy** loves playing with other dogs, adores people and was fine with the clinic cat. Has been spayed, vaccinated with passport so she's just waiting for someone to notice her.

Kind donations - large or small - are very welcome either to our PayPal: [animalesperrosdelsol@hotmail.com](mailto:animalesperrosdelsol@hotmail.com) or our bank account: Caixabank, Account: Protectora Animales Perros del Sol or PAPS, Iban ES98 2100 8241 1102 0008 5418 ; BIC CAIXESBBXXX

And don't forget to visit: Support Abandoned Dogs/PAPS in Spain. For all enquiries, e-mail us.



## CHARITY

# MABS Mazarrón

Tel: 634 362 954

mazvolunteers@mabscancerfoundation.com www.mabscancerfoundation.com



### MABS Cancer Support Fundación

Providing practical help and support to those that need us most  
**Volunteers Needed!**



We always need more volunteers in various roles:  
driving patients to their appointments  
working on our van, collecting and delivering furniture etc.  
'manning' reception in our Respite Home,  
helping in our shop in Totana (car share available from Camposol Sector B)

to C&M Construction, Megarsa Pools, Rendezvous, Luz Del Sol, **Ibex Insurance** and Nighthawk Couriers for their support. The welcome reception was held at CAT'S Bar, Tel's Bar and Rendezvous on Camposol A, with music from Southern Impact. The raffle raised a further 878€.

needs respite from spouse or partner with cancer.



We desperately need Patient Drivers to drive patients to their appointments; van workers to help our crews collect and deliver furniture in the local area

If you can spare a few hours to help phone **634 362 954**, email **mazvolunteers@mabscancerfoundation.org** or call in to our Respite Home on Avenida Los Covachos 278 on Camposol B2.

### Recent Fundraising Santander to Madrid Cycle Challenge

The 5 day cycle from Santander to Madrid was undertaken by Lee McGovan, Paul Thomas, Steve Malcolm and John Pate. Their sterling effort raised over 3,000€. So a massive thanks to them and all who sponsored them. Also to Vanessa of Nighthawk Couriers who drove the support vehicle. Thanks also

### Coffee Morning

The coffee morning this year raised 462€ with a further 108€ from Cats Bar from their cake sale. A massive thank you to all the volunteers and to those that attended.

### Craft Sale

The Craft Sale at The Diner on 6<sup>th</sup> October raised a fabulous 118€.

### Quiz and raffle

The raffle at The Diner on 11<sup>th</sup> October raised a total of 219.40€. A big thank you to Jay and his team and all who took part.

### 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 with cancer
- bereavement due to cancer

### Helpline

The most important bit. With your help we can provide:  
Transport with driver to take patients to and from hospitals  
Translators to ensure the diagnosis is fully understood  
Home carers to provide additional care when needed  
Respite and Hospice care in our Respite Home

Medical equipment on loan to patients

1-2-1 counsellors

So, if you need our help just phone our Helpline **620 42 24 10**

How 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** Charity Shop Totana (Facebook) or phone **634 313 478** to arrange collection.

Our drop off points for smaller items are at The Clubhouse on Camposol C, **MABS** Respite Home, Alley Palais on Camposol B and **ASSSA** office at La Pirámide Pto de Mazarrón.

For more information visit our website.







## SPANISH MOTORWAYS by CAR REGISTRATIONS SPAIN

Travelling on the motorways (autopistas) in Spain is an experience that showcases the country's modern infrastructure. Here we look at the difference between Autopistas & Autovías and how they have evolved.

### AUTOPISTAS vs. AUTOVIAS - What's the Difference?

The distinction between 'A' and 'AP' roads is a significant one and is crucial for drivers to understand, especially when considering costs and the nature of the journey.

#### A Roads (Autovías):

These are dual carriageway roads, often designed for high-speed travel but may have intersections, roundabouts, and access points. They might have evolved from older roads and were upgraded to handle increased traffic.

**A Roads** are generally toll-free meaning that travellers can use them without incurring direct costs, though, like all infrastructure, they are funded indirectly through taxation.

While they can be found throughout Spain, **A Roads** are prevalent in regions where the construction of high-speed toll roads may not be economically viable.

#### AP Roads (Autopistas de Peaje):

**AP Roads** are also dual carriageways designed for high-speed travel but are of a higher standard compared to A Roads. They typically have controlled access points with grade-separated junctions and fewer direct entries/exits.

As the 'Peaje' indicates, these are toll roads. Users are required to pay, based on the distance travelled. Toll booths are strategically located at entry and exit points.

**AP Roads** often connect major cities, ports and tourist areas and



are intended to provide a faster, more direct route for long-distance travellers. The tolls collected are used to maintain and upgrade the infrastructure.

#### Junction Numbering

Historically, most Spanish motorways employed a sequential numbering system, whereby junctions were numbered consecutively, starting from the beginning of the motorway. For instance, the first junction would be "Salida 1" (Exit 1), the second "Salida 2," and so on.

However, in more recent times, there's been a shift towards a kilometric system of numbering. Under this system, the junction number corresponds to the distance in kilometres from the motorway's starting point. So, a junction located 15 kilometres from the beginning of the motorway would be labelled "Salida 15." This method offers the advantage of immediately understanding how far along the motorway you are based on the junction number and also allows for new junctions to be added without renumbering the entire motorway.

#### Marker Boards

In addition to junction numbers, you'll likely notice a series of small, rectangular **marker boards** placed at regular intervals alongside the road. Here's what they denote:

**Distance Markers** - These are the most common type of **marker boards**. Placed every kilometre, they display the motorway's code (e.g., A-7 or AP-68), followed by the distance in kilometres from the start of the motorway. The number increases / decreases as you travel further along the motorway. It's

a great tool for drivers to gauge their location, especially if they're awaiting a specific exit.

**Emergency Markers** - Another type of **marker board** you might encounter is the emergency board. These have an added SOS sign and provide crucial information to emergency services. In case of an accident or breakdown, by quoting the nearest marker board's details, drivers can ensure a quicker response as the services can pinpoint their exact location.

**Additional Information** - Some **marker boards** might also display additional symbols or codes that denote features like tunnels, bridges, or other significant infrastructure points.

#### Using Spanish Motorways

Navigating Spanish motorways is straightforward once you grasp the system of junction numbering and the purpose of marker boards. The kilometric system, in particular is intuitive and practical, allowing drivers to ascertain their progress and proximity to desired exits. Meanwhile, the marker boards especially the emergency ones prioritise safety and efficiency. So, the next time you find yourself on a Spanish autopista, you'll be well-equipped to understand the nuances of the road. Safe travels!

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## LEISURE

## NORMA'S TRAVELS

Still on the **Peninsula Valdes** I had a final failed attempt to see dolphins but loved my last day in the Peninsula. My flight wasn't till 7.50pm so I enjoyed the sea views then finished off with a coffee and my kind waitress booked me a taxi and helped me over the road with my bags.

At the airport people in **Madryn** were so warm, genuine and friendly and even Marissa, my dolphin guide, came rushing over and gave me a hug.

The flight back to **Buenos Aires** Jorge Newberry was trouble free with my taxi pick up waiting and my new hotel Up Tribeca was very welcome for a quick shower and sleep. Back to the big city and the heat, noise and traffic and time to change money in a small flower stall. The rate had gone up a bit too. Once I had some money I felt comfortable, although I had been paying for most things by credit card. It's how the economy there works. If we had been there even 2 months previously it would have made a big difference as we would have needed loads of cash and lots of tourists were being robbed.

On my last visit I had seen the outside of the **Recoleta Cemetery** so this time I booked a 2-hour walking tour with Esteban through Airbnb. What a fascinating visit. He was so enthusiastic and his storytelling was great. It was originally the vegetable garden for the Spanish Recoletos Monks who lived nearby before being evicted and it subsequently became a public cemetery. However as **Recoleta** became more gentrified it became the cemetery for the great and the good. It is home to mausoleums of 60-70 wealthy Portenos (the people of B Aires). They were mostly built

between 1880 and 1930 and were imported from Europe. The people aren't buried but are in double lined coffins. Of course, the most famous is the grave of Eva Peron who did not fit the normal criteria as someone gave her family a plot and some of the snobby aristocrats took their coffins off elsewhere when her body was brought to **Recoleta**. Fascinating stories and well worth it.

Friday morning and I was off early to walk to **Teatro Colon** with a quick breakfast stop. The opera house is stunning and I really enjoyed the guided visit, but wow, the heat when I came out! It is so ostentatious and was restored in the last 10 years. It almost made me wish I liked opera!! In complete contrast it is on the edge of Lavelle Park where several families are living.



Opera BuenosAires

My long-awaited trip to see **tango** was next on the itinerary as I had been disappointed by how little there was out in the open, but maybe it was too hot. Friends recommended a show in the basement of Cafe Tortino, one of the oldest and most famous French style cafes in BA. There

is always a queue to get into the cafe but you bypass that with a **tango** ticket. I chose it because it was at 5pm and there was cafe food available at very reasonable prices. There were very lavish evening shows with dinner but I didn't fancy eating alone. The basement was dark and moody and air conditioned and I shared a table with a Brazilian woman called Jordania, who was also travelling alone. Our common language was Spanish with the odd Portuguese and English words thrown in. **Tango** is about the music, the songs and of course the dancing and included a boleador (a gaucho dance) - quite varied and some of it was in a very open stance and quite folkly. Of course, there was some that was much more intimate with unbelievable foot and leg work. A great experience. At the last minute I decided to visit **Palacio Barolo** which was five minutes from my hotel. I had time to walk up to see the Congress building which looks pretty impressive. The tour was great and the guide particularly entertaining, the building was built in 4 years and was an office block. The offices are tiny and certainly not conducive to modern work. We went up to the 14<sup>th</sup> floor by lift but had to walk up a spiralling staircase to the 22<sup>nd</sup> where there were stunning views of the city. On our previous trip to **Argentina** I had been disappointed to have missed BA but to be honest I had mixed feelings about the place this time. Firstly, the heat made doing very much incredibly difficult, I would normally walk everywhere in cities to enjoy the architecture etc. Secondly, the whole money situation made a simple task more complicated. Thirdly,

*Continued on page 67*



Continued from page 66

and sadly, there are incredible numbers of people living on the streets. It left me feeling a bit deflated and definitely hoping **Montevideo** would be different. It was time to head to **Uruguay** and meet up with Chris at the end of his cruise. After breakfast I got a taxi to the terminal for the ferry. I had booked the Buquebus ferry to **Colonia** and then connecting bus to **Montevideo** and had read very mixed reviews, but it was all very organised, immigration leaving **Argentina** and entering **Uruguay** done at 2 windows, metres apart. I was helped by a great couple from **Florida**, who kept me right about when and where to go. Suitcases were checked in like a flight then collected at **Colonia**. I used my last pesos on the ferry for a sandwich and finally left with less than a euro. I collected my bag from the belt, the bus was feet away and just over 2 hours later arrived in **Montevideo**. The route was very green and it was so welcome after city life in **Buenos Aires**.



Constitution Hall

I had booked a hotel close to the bus terminal and it was literally over the road, a nice



Colonia old town

modern clean place. My room had the biggest and comfiest bed of the whole trip. Obviously new country, new currency and above the bus station was a 3-storey shopping mall with ATM machines. Using credit cards in **Uruguay** attracts up to 21% discount in some places.

Chris's cruise ship arrived early but they were docked overnight and were coming to the hotel. They arrived before 9am, just as I was finishing breakfast and the hotel was very accommodating, giving Alan his room five hours early. Chris had a snooze and Alan and I went to get tickets for the bus to **Colonia** for the next day. We decided not to visit **Montevideo** but to go to quieter **Colonia**. We enjoyed a pretty lazy day, but met six others from the cruise for dinner at 8pm. It was fascinating to hear all about the Antarctic cruise and to have some company after two weeks on my own.

Next morning Alan set off for his trip back to the UK and we headed for **Colonia del Sacramento**.

Colonia is a small town with an old town being a UNESCO world heritage site. We were staying at the Mirador Hotel with an indoor and outdoor pool. The welcome was great, but the hotel a bit dated.

More of **Colonia** next time and the final days of the trip.

The Harlequin Rock  
Choir

5th

November at Los  
Balcones, El Paretón in  
aid of Helping Hands  
Charity. Appearing  
between 11am-3pm  
(exact times tbc)

23rd

November at Condado  
Club in aid of MABS.  
3pm



# What's On

## What To Do, Where To Go

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

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

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

- Every Day** **Murcia Ice Rink Open** (5.15-9.15pm, 12-9.15pm at weekends)  
**El Tiempo de la Crisálida Exhibition** @ Museo Ciudad de Mula (Weds-Mon 10am-2pm & Fri/Sat 4.30-7.30pm)  
**Vera International Photo Club Exhibition** @ La Fuente Centro de Arte, Mojácar (Weds-Fri 9am-1pm, Sat & Sun 10am-2pm until 29<sup>th</sup>)  
**Art Exhibition** @ La Fuente Centro de Arte, Mojácar (Weds-Fri 9am-1pm, Sat & Sun 10am-2pm until 15<sup>th</sup>)  
**Art Exhibition** @ Casas Consistoriales, Mazarrón (Mon-Sat 10am-2pm, Weds-Fri 5pm-8pm until 18<sup>th</sup>)  
**Breakfast** @ **The Old Market Tavern**, Pto de Mazarrón (closed Mon)  
**Menu del Dia** @ **The Old Market Tavern**, Pto de Mazarrón 13€ (or 13.50€ incl btl wine for 2). Closed Mon  
**Menu del Dia** @ **Viggos**, Pto de Mazarrón 14€ Mon/Wed/Thur/Fri 15€ Sat all inc a drink  
**Menu del Dia** @ **La Herradura Argentinian Grill**, Cartagena 14.90€/9.50€ under 12's (Tues-Fri)
- Every Mon** **Market** @ Alhama, San Pedro del Pinatar, Caravaca & Huerca Overa  
**Camposol Free Community Sports Walking Football Training** @ D7 9.30am  
**Camposol Free Community Sports Walking Football Game** @ D7 10am  
**Andrea's Animal Rescue Collection** @ Camposol B Car Park 11.30am-1.30pm
- Every Tues** **Market** @ Alhama, La Union, Los Alcazares, Bullas, Jumilla & Los Gallardos  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Mojácar Bowls Club Roll Up** @ Bowling Rink (behind Marina Mar Hotel), Mojácar Playa 9.30am  
**Camposol Free Community Sports Cards/Games/Dominoes** @ Camposol A 1pm  
**San Javier Squalos Rugby** @ San Javier (12-18 yrs 7.30pm/Men 8.30pm/Women 10pm)  
**Helping the Perrera Dogs Volunteering** @ The Perrera (between Camposol & Mazarrón) 9am  
**GoMad available for collections** @ Camposol A Car Park 10.30am-12pm
- Every Weds** **Market** @ Totana, Cartagena, San Javier, Santiago de Ribera, Cehegín, Yecla & Mojácar  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**Camposol C Gardening Group Clean Up 9am/D Gardening Team Work 9am**  
**Camposol Free Community Sports Table Tennis** @ Mazarrón Pavilion 10am  
**Los Bandidos Sea Swimming Club** @ Boracay Beach, Garrucha 1.15pm  
**Camposol Free Community Sports Walking Netball** @ Condado de Alhama 4pm



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- Women's Choir Rehearsals @** Mojácar 8pm  
**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  
**Camposol Free Community Sports Walking Football Game @** D7 10am  
**Guided Tour of Lorca Castle in English** 4€ 10.30am  
**Los Amigos de Mazarrón FC Meeting @** Camposol A 4pm  
**Free Memory Workshop @** Centro de Usos Múltiples, Mojácar Pueblo 5pm (over 60`s)  
**San Javier Squalos Rugby @** San Javier (6-10 years 6pm/12-18 years 7.30pm/Mens 8.30pm/Women 10pm)  
**Spangles Ladies A Capella Chorus Rehearsals @** Centro Municipal las Claras, Los Narejos 10.30am  
**Friends of Mazarrón Animals** available for donations @ Pto de Mazarrón 10-10.30am  
**Mazarrón AA Group Meeting @** Cañadas de Gallego 5.30pm (call first 646 290 420)
- Every Fri** **Market @** El Pareton, Calasparra, Garrucha & Puerto Lumbreras  
**Camposol D Bucket Collection @** The Hut, 9.30am-12pm  
**Camposol Free Community Sports Walking Football @** D7 10.15am  
**Camposol Free Community Sports Petanque @** D26 1pm  
**Fish & Chips @ Viggos,** Pto de Mazarrón  
**Helping the Perrera Dogs Volunteering @** The Perrera (between Camposol & Mazarrón) 9am  
**FAST Desk @** Camposol B 10.30am-12.30pm
- Every Sat** **Market @** Fuente Alamo, Mazarrón, Los Narejos, Torre Pacheco, Moratalla, Mula, Aguilas & Vera  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**Mojácar Bowls Club Roll Up @** Bowling Rink (behind Marina Mar Hotel), Mojácar Playa 9.30am  
**Camposol Free Community Sports Walking Netball @** Condado de Alhama 10am  
**Eco Park 'Coto de las Maravillas' open @** Cehegín 10am-5pm  
**Antique & Collectable Market @** Aguilas 10am  
**San Javier Squalos Rugby @** San Javier (6-10 yrs 10am)  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€ (book at Tourist Office)  
**Guided Visit Museum of the Tower of Santiago @** Totana 10am 2€ (children free)  
**Archaeological See of Begastri @** Cehegín 10am-2pm  
**Astronomy Tours/Star Gazing @ Finca Astronómica**  
**Harlequin Rock Choir Rehearsals @** The Social Centre, Camposol B 1.30pm
- Every Sun** **Market @** Cabo de Palos  
**Antique and Second Hand Market @** Cañadas del Romero 8am-1pm  
**Dog Club Meeting @** Bolnuevo Beach 9am  
**Car Boot Sale @** Camposol A  
**Rastro Market @** Mojácar Pueblo



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



**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)



**NOVEMBER**

- Wed 1** **Todos los Santos (All Saint's Day) National Holiday**
- Thursday 2** **Swan Lake Ballet** @ Aguilas 29€ 8.30pm (www.bacantix.com)  
**Ladies Circle Pto de Mazarrón Lunch**  
**The Corsair Ballet Performance** @ Cartagena from 24€ 9pm  
 (auditorioelbatel.es)
- Saturday 4** **Cartagena Jazz Festival (until 19<sup>th</sup>)**  
**WARM Walk - Coy**  
**Artisan Fair (in aid of Hugo's Farm)** @ Camposol C 1€ 11.30am-3pm  
**Friends of Mazarrón Animals Pop Up Market** @ Isla Plana 10am
- Sunday 5** **SAMM Race Day 10am**  
**Artisan Market** @ Bullas 9am-2pm  
**Artisan Market Mar Menor** @ Santiago de la Ribera 10am-2pm  
**Mazarrón FC v Los Garres (away)**  
**Harlequin Rock Choir** @ **Helping Hands Fun Dog Show & Fayre**,  
 El Pareton  
**Lion King Tribute Show** @ Aguilas from 15€ 6pm (www.bacantix.com)  
**Helping Hands Fun Dog Show & Fayre/Stalls/Food/Music**  
 @ El Pareton 11am-4pm
- Monday 6** **Mini Market** @ La Zona Bar, Los Narejos 10am-1pm
- Tuesday 7** **Free Tour of Los Baños Archaeological Museum in English**  
 @ Alhama 11am  
**Monthly 'B' Clean Meeting** @ Camposol B 4pm  
**SWARM Walk - Monte de la Cenizas**  
**St Nicholas Church Community Coffee Morning** @ Camposol D20  
 9.30am-12.30pm  
**Andrea's Animal Rescue Trip to Benidorm**  
**Friends of Mazarrón Animals Quiz** @ Camposol B
- Thursday 9** **Ladies Circle Pto de Mazarrón Race Day**  
**Ladies Chatterbox Meeting**
- Friday 10** **Camposol Golf Association Quiz (in aid of MABS & Forget Me Not)**  
 @ Camposol B
- Saturday 11** **WARM Walk - Los Royos**  
**Free Guided Tour of Historical Alhama in English** 3€ 11am  
**Murcia Branch of Royal British Legion Act of Remembrance**  
 @ Sierra Golf Resort, Murcia 11.30am
- Sunday 12** **Artisan Market** @ Mula  
**Artisan Market Mar Menor** @ Santiago de la Ribera 10am-2pm  
**St Nicholas Church Remembrance Service** @ D20 Camposol 11am  
**Mazarrón FC v Bala Azul (home)**
- Monday 13** **Los Reyes Golf Society Competition**  
**Paws y Patas Book Sale** @ Mojácar Playa 10.30am-1pm
- Wed 15** **Straight Down The Middle Golf Society Competition**  
**Friends of Mazarrón Animals Quiz (venue tbc)**
- Thursday 16** **Ladies Circle Pto de Mazarrón Weekly Meeting**
- Friday 17** **Fiestas del Milagro, Mazarrón**  
**Ladies Chatterbox Shopping Trip to Torrevieja Market/Lunch at Quesada**  
**Camposol Golf Association Away Day Competition**  
**Golden Stars Mazarrón 'Snow White & The Several Dwarfs'** @ Los Muñoces 7.30pm  
**Friends of Mazarrón Animals Artisan Fair** @ Bolnuevo 1€ 11am-3pm
- Saturday 18** **WARM Walk - Salmerón**  
**Artisan Market** @ Paseo de las Comunidades, Pto de Mazarrón 10am-2pm  
**Golden Stars Mazarrón 'Snow White & The Several Dwarfs'**  
 @ Los Muñoces 7.30pm  
**FAST Celebration Ball**  
**Noahs ARC Disco**
- Sunday 19** **Artisan Market** @ Caravaca  
**Artisan Market** @ Sanctuary de la Esperanza, Calasparra 10am-6pm



- Free Guided Tour of Aguilas Railway Heritage** 11am  
**Golden Stars Mazarrón 'Snow White & The Several Dwarfs'**  
 @ Los Muñoces 3pm  
**Mazarrón FC v Bala Aljorra (away)**  
**Monday 20 Mini Market** @ La Zona Bar, Los Narejos 10am-1pm  
**Wed 22 SWARM Walk – Caravaca**  
**St Nicholas Church Community Coffee Morning** @  
 Camposol D20 9.30am-12.30pm
- Thursday 23 San Clemente, Lorca**  
**Ladies Chatterbox Meeting**  
**Ladies Circle Pto de Mazarrón Weekly Meeting (visit from MABS)**  
**Harlequin Rock Choir** @ Condado de Alhama (in aid of **MABS**) 3pm  
**Camposol Country & Western Evening** @ Camposol A  
**Friends of Mazarrón Animals Pop Up Market** @ Camposol A 10am
- Saturday 25 WARM Walk – Lorca**  
**Camposol Walking Football Club Shopping Trip**  
**The Magic of Disney Family Party feat parades/games/workshops/contests** @ Mojácar Pueblo from 11.30am
- Sunday 26 Mazarrón FC v Molinense (home)**  
**Thursday 30 Ladies Circle Pto de Mazarrón Trip to Mojácar**  
**Adapt Theatre Group 'Ali Baba & The 4.5 Thieves**  
 @ San Pedro del Pinatar 4€ 7pm
- DECEMBER**
- Friday 1 Adapt Theatre Group 'Ali Baba & The 4.5 Thieves**  
 @ San Pedro del Pinatar 4€ 7pm
- Saturday 2 WARM Walk - Moratalla**  
**Mojácar Duathlon** @ Marina de la Torre  
**Adapt Theatre Group 'Ali Baba & The 4.5 Thieves**  
 @ San Pedro del Pinatar 4€ 7pm
- Sunday 3 Santa Bárbara-Archivel, Caravaca (until 8<sup>th</sup>)**  
**San Francisco Javier, San Javier**  
**Artisan Market** @ Bullas 9am-2pm  
**Artisan Market Mar Menor** @ Santiago de la Ribera 10am-2pm  
**Adapt Theatre Group 'Ali Baba & The 4.5 Thieves**  
 @ San Pedro del Pinatar 4€ 12pm  
**Mazarrón FC v Pinatarese (away)**
- Monday 4 Santa Bárbara, Mazarrón**  
**Remembrance Service with English Funeral Director**  
 @ Tanatoria Estavesa, Mazarrón 4pm
- Tuesday 5 Free Tour of Los Baños Archaeological Museum in English**  
 @ Alhama 11am  
**Monthly 'B' Clean Meeting** @ Camposol B 4pm



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Bullas  
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INFORMATION

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Page numbers are in black

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# SPORTS & LEISURE SECTION



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[www.sailingmarmenor.com](http://www.sailingmarmenor.com) **Sailing Association Mar Menor** [sammracing@yahoo.co.uk](mailto:sammracing@yahoo.co.uk)

The second race day of the **SAMM** autumn season on September 17th went well with no surprises.

The first race was delayed due to lack of wind and did not start until 12pm with only 2.8 knots, but as none of the Balaton Sailfish were competing it was decided to go ahead. Excellent start with all 5 dinghies over the line within 30 seconds. Despite the conditions all boats managed to complete 4 laps.

By the start of the second race the wind direction had changed



Trying to make the mark 20.09.23

so it was decided to reverse the course. Due to error by the Race Officer the start was slightly chaotic and a total recall had to be made! Within 5 minutes race was under way again with all dinghies crossing the line together. The wind had increased to 6 knots which helped the competitors have a classic race with four boats completing 7 laps and one 6 laps. Everyone had a good day despite the changing wind directions and the average lap times in seconds after applying handicaps were:-

First race - Cuatro 509, Uno 530,

Dos 541, Tres 565, Laser Radial 572

Second race - Cuatro 367, Dos 384, Laser Radial 412, Tres 419, Uno 439

The next race day was September 20<sup>th</sup> and 4 boats signed on to race - Dos, Tres, Cuatro, Gineta.

Race 1 a gain being delayed waiting for enough wind, starting with 5 knots south westerly



No wind, going nowhere 20.09.23

at 11:15. Dos was first over the line at only +1 second, closely followed by Tres at +5 seconds. Cuatro followed at + 20 seconds with Gineta way behind the line not being able to make any headway.

The wind speed dropped to 3 or 4 knots as Dos led at the first mark followed by Tres and Cuatro 2 minutes behind. Gineta had still not started.

At the end of the first lap Tres had managed to catch Dos and they completed the lap neck and neck. The wind by this time was very light and variable. Gineta managed

start line then stopped with sail problems and drifted backwards across the line. Later she had to be rescued from the race by the support boat and retired.

At the end of the second lap both Dos and Tres tried different tracks to find the breeze, the wind now down to



Cuatro chasing Uno 31.05.23

3 knots variable south easterly. Tres rounded the first mark ahead of Dos who then caught up and passed Tres at the second mark. Cuatro was still behind by one mark. The 2 leading boats changed places yet again with Tres crossing the finishing line ahead of Dos, followed by Cuatro some minutes later.

Cuatro retired to the shore leaving only 2 boats to race. The skippers both agreed that the wind was too light and variable to continue to race. The second race was then abandoned. The wind remained light until we left, after 2.30pm.

Rather a disappointing day, but we tried. Result after handicaps were Dos 1090, Tres 1140, Cuatro 1407.

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**SPORTS**

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



**Los Reyes** played their October game at one of the most attractive courses the society plays, Altoreal.

The course was in excellent condition, and we teed off in lovely fresh conditions, but the weather turned very warm and humid after lunchtime. As usual scoring proved hard on what is a difficult course for the society members.

Winner of Division 1 with an excellent score of 35 points was Jim Niblo with Mark Palmer in second place with 30 points. In



Division 2 Karen Jones won with a good score of 30 points followed by Bernadette Blakeman on 27 points.

There were only two nearest the pin winners on the long par

3s, Karen Jones (10<sup>th</sup>) and Ken Blakeman (17<sup>th</sup>). Nobody won the two's money and the pot will be carried forward to our next fixture. Our next fixture is at Hacienda Del Alamo on Monday November 13<sup>th</sup>.

**SPORTS**

**Drone Seekers International**

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



18<sup>th</sup> September saw 4 of us meet just outside Mula in North West Murcia at an historical location called **La Almoloya**.

It is an ancient settlement set upon a limestone hill 585m above sea level which overlooks a vast area around Mula. The people who settled there (the El Argar elites), took advantage of such a strategic position by establishing an important centre of political and economic power. There is some suggestion it was the first place in Europe to have an elected Parliament.

Around 3500 years ago, **La Almoloya** was abandoned after a deep



crisis and period of upheaval. After thousands of years in abandonment it has now been partly restored to show the habitation area of a lost civilisation. It is understood to be part of a group of settlements in the area linked to La Bastida in Totana.

Meeting in the car park near to the site, an uphill walk – not for the faint hearted - took us to the equally difficult footpath and manmade steps to a rope handle

which helped to get us the top. No wonder they built it there – the living accommodation and buildings would have been very difficult to access for any marauding army. Once at the top – breathing recovered – we could take in the amazing views. A full 360° viewing point and with such a high point, we were above the tree line which made it safe for **Drone Flying**.



Jackie & Harvey the Avata flyers, were soon Goggled up and flying around the ruins. The high pitch of the motors didn't wake anyone and as we were the only ones there – flying freedom was taking place. Rick took a little longer to set up (still learning) after finding his way to a large open area with posts in the middle of the space.

Research showed this area was the Meeting & Discussion Room for 64 people, with the posts being part of the central roof structure. A large stone built circular structure was the water storage area which in those days was called a "Cistern" but no chain or handle was found to get the water out! Great flying weather – a bit of wind but nothing to put off the Drones or the flyers.

Seeing some of the footage and photo's, it gave us a great viewpoint from above as to the layout of the settlement and walkways between the buildings.



Terry had stayed with the car to sort out the food – he was Chef for the day with his amazing collection of camping equipment and sausage, tomato and onion butties were well on their way to being ready when we got back & as a treat, blueberry muffins and flapjacks were brought out later.

The photo's show the Settlement, Meeting/Discussion Room and Terry doing the honours with the food.

A short Video's can be seen on this You Tube link:

<https://www.youtube.com/watch?v=VPDhYyGAsTE>

If you would like to know more about Drones look on the Drone Seekers International Facebook page for information and more spectacular videos.





# Camposol Golf Association



Email: [bettyloyd1560@hotmail.com](mailto:bettyloyd1560@hotmail.com)

## Camposol Golf Association Men's Wednesday Group

4<sup>th</sup> October

Another lovely day for golf at Camposol. Unfortunately, due to the drought conditions 3 greens were out of commission but the **C.G.A. Wednesday Men's Group** rose to the occasion, coming in with good scores as shown below.



Wed. Winners 4th October

1<sup>st</sup> G. Allen, R. Lawrenson, C. Porter, and J. Bennett 1 0 5 points

2<sup>nd</sup> M. Lewis, T. Andrew, S. Dixon, and D. Hopkins 104 points

3<sup>rd</sup> D. Plant, C. Porter, Einar, C. Flanagan 101 points

There were four 2s M. Lewis, C. Porter, R. Lawrenson and J. Lawlor.

Thanks go to R. Lawrenson and G. Allen for the presentation.



Winners Wed. Group 11th October

11<sup>th</sup> October

Lovely blue skies with a little breeze made it another great day for golf.

1<sup>st</sup> D. Degan, Ian Butters and

David Oakes 92 Points  
2<sup>nd</sup> P. Coulstock, D. Bunn and Simon Rowbotham 88 points C/B  
3<sup>rd</sup> H. Pearson, B. Purkis and K. Halliwell 88 points C/B

There were 4 Two's H. Pearson x 2, T. Colvin and E. Toye

Eugene Toye C.G.A. Competition Secretary

## Ladies Fun Golf Day and Lunch

On 26<sup>th</sup> September the **C.G.A. Ladies Group** held their bi-annual Fun Day and Lunch.

Grateful thanks to the generous sponsors: The Clubhouse, The Diner, Cats Bar, the C.G.A., Irene & Bernie Langley, Jean O' Conner, Sind and Alison Vasey.

The winners of a hard fought game of Sixes were Irene Langley, Pat Oakes and Penny Sadler aided by Jean O' Conner whose scorecard they picked.

Winners of the 4 NTP prizes were:

Vron Porter, Irene Langley, Debbie Murray and Hayley Barker.

Nearest the pin on hole 2's ditch Mary Armitage and the straightest drive on hole 16

Debbie McLachlan

After golf the Clubhouse provided a delicious lunch and all had a great day. Thanks to Irene Langley for organising a lovely day.

Debbie McLachlan



Winning team Ladies fun day

## C.G.A. Upcoming Events

### Charity Quiz

On the 10<sup>th</sup> November, the **C.G.A.** are holding a **Charity Quiz Night** upstairs at the Trevi Bar. The proceeds of which will be for the benefit of **MABS** and **Forget Me Not** so come along and have a fun night whilst helping those who help us. If you would like to put in a team of 6 please email [bettyloyd1560@hotmail.com](mailto:bettyloyd1560@hotmail.com)

### Away Day

The **C.G.A.** are having an Away Day at Deserts Springs on 17<sup>th</sup> November - a subsidised price with a buggy for our members is €35. A great deal for a fabulous course.

## C. de G. September Competition

It was a great turnout of 21 teams, for the **Forget Me Not Charity** Competition played on 29<sup>th</sup> September.

Approximately €2,000 was raised, so thank you to everyone who participated.

1<sup>st</sup> Gordon Neilson, Martin Gearey, Pete Constable and Steve Carter 57.2 pts

2<sup>nd</sup> Dave Barker, Barry Wilkins, Mike Jones & Aaron Spence

3<sup>rd</sup> Mary Armitage, Rob Greatley, Brian Verow, and Einer Ellingsether

NTP Mick Shore, Degsy, Alison & Jean O'Connor. Martin Gearey won NTP in 2 on the 8<sup>th</sup>.

Longest Drives Alison Vasey & Aaron Spence

Alison Vasey  
Club Captain

Betty Roberts



## SPORTS

## Los Amigos de Mazarrón FC

www.fb.me/Mazarrón2016

www.mazarronfc.es/introen



The 2023/24 season has started in fine style for **Mazarrón Football Club** who have won their first four games of the season by the scores of 2-1, 3-0, 5-1 and 1-0. The defence with the two centre backs and Captain Taborda in front of them certainly looks good and the defence was certainly tested in the second half at the last of those games at Aguilas. The game was won by a 40 yard screamer hit by Taborda mid way through the first half.

At present the Club have 20 players on their books and with Juan Andreo (Sam) an ex Mazarrón player as the new Manager it gives us hope that the Club will have a fine season and hopefully gain promotion back to the third tier of football in Spain. The list of players I have is notable in that it does not contain two stalwarts of recent seasons, Chici Ardile (who was Club Captain last year) or his brother David. It remains to be seen whether they will be at the Club this season. The squad, as usual, is a mixture of past players (with the notable exceptions mentioned above) and new players to the Club, who appear to have blended together well up to now.

The Club's home games are normally played on Sundays, with varying kick off times, but these 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 and 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, if available.

Forthcoming fixtures for November and early December

are:-

5th November	Los Garres
Away	
12th November	Bala Azul
Home	
19th November	Aljorra
26th November	Molinense
Home	
3rd December	Pinatarese
Away	

Match day admission prices at home games are:-  
10€ for adults and 5€ for juveniles with under 12's free at present.

As usual during the season, **Los Amigos** will be hoping to take a coach of supporters to as many away games as possible. The cost of this is likely to rise because of the increased cost of the coach and a proposal to increase the price charged to 12€ for members and 15€ for non members has been made. An announcement about this will be made as soon as this is ratified by the Committee. To fill some of these match days we are hoping to organise pre-match meals before some of the games as we have always done in the past and these occasions will be advertised beforehand on our Facebook page and at the **Los Amigos** weekly meetings.

The **Los Amigos** bar at the ground will be opened an hour before each home game for the sale of tea, coffee soft drinks and some snacks. Please pay it a visit, as unless it is used, the Committee will consider closing it. No beer is allowed at the ground at present, so this will **not** be on sale at **either** of the bars at the ground at the moment and you should **not** bring any alcohol into the ground either. The Club have been fined twice by the local police when alcohol was found inside the ground after

they banned it's sale. It remains to be seen how long the police will keep the ban in force, but in the meantime, do not give the police any excuse to extend the ban and impose another fine on the Club by acting irresponsibly on this matter.

The end of **Summer Black Tie Ball and Dinner** evening held at Restaurant Amapola in Bolnuevo on 26th September was attended by approximately 60 people and appeared to be enjoyed by all who attended and several people thanked the organisers of the event for a very good evening. Carolynn May provided excellent entertainment for those who wanted to dance and the staff at the venue looked after us very well. The Committee will be looking to arrange a similar evening again next year, but may possibly return to the Spring for holding it, which is the time of year the Gala evening has been held in the past. As those of you who have been members of **Los Amigos** for a number of years know, the event was held after the cost of organising the normal Gala evening at La Cumbre in Pto de Mazarrón became prohibitive because of the increased costs involved in staging the event.

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, also at Mariano's, which only members are allowed to attend.

Please contact: [dereksocialfc@gmail.com](mailto:dereksocialfc@gmail.com)

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Remember deadline 15th of the month!!!



**SPORTS**

**Straight Down the Middle Golf Society**

sdtmsec@gmail.com

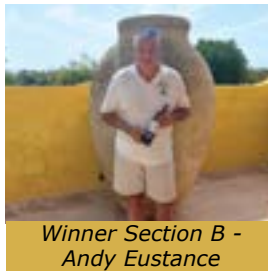


For our September competition we travelled to the wonderful course at Desert Springs. As always the staff were very welcoming and after having a coffee and watching the enormous Koi Carp in the ponds that surround what I consider to be one of the nicest clubhouses in the area, we set off in trepidation of the drive from the first tee. That



Winner and Runner Up Section A - Tony Gleed & Keith Docking

negotiated, we had a great day. The course once again was in tremendous condition, and the narrow fairways and long carries made it a true test. Our thanks go to all of the staff for making our visit very enjoyable.



Winner Section B - Andy Eustance

Results:  
**Section A**  
Winner - Tony Gleed

Runner Up - Keith Docking



SDTM Players - Desert Springs

**Section B**  
Winner (after countback) - Andy Eustance  
Runner Up - Dan Mulhern  
**Nearest Pin Hole 8** - Dan Mulhern

**Best Guest** - Lyn Russell

Our next competition is on 15<sup>th</sup> November at La Serena

**SPORTS**

**Camposol Walking Football Club (CWFC)**

Camposol Walking Football Club



**Murcian Sports**

After a lot of help from club member Cielo Duque and Elena Fernández Herreras at the sports department we are glad to see that the club is now fully registered with the Murcian Sports Department. As the club evolves it is important that we continue to develop our relationship with the Murcian Sports Department and Mazarrón council. We continue to try to encourage players from all communities in the area as it not only enriches the club but hopefully improves some of the football on the pitch.

**WJE Entertainments Cup**

On the 25<sup>th</sup> September club members gathered at Los Balcones Retreat, El Pareton, for



WJE cup

a tournament to give our ladies section and light players some competition. Players were split into 2 teams which consisted of the Ladies section and their de facto goalkeeper Dave Cox against the male lite players. Nearly an hours football took place on the pitch within the retreat and, whilst scores were kept, the spirit of the evening saw the WJE

Entertainments cup awarded to the ladies team. It was pleasing to see the support provided by several of the men's side who play competitively and in conversations could be heard talking about how far the ladies have progressed under Dave Hayes coaching. The football was followed by an excellent BBQ and drinks on the terrace enjoying the views, whilst the cup sponsor Warren 'Wozza' Evans provided entertainment. The club would like to thank Wozza and Los Balcones for the great night.

**Car Boot Sale Challenge**

Over 4 weeks, teams are competing at the boot sale at Marianos to see who can sell the most items. Teams



Car Boot

are tasked with obtaining items and then selling each Sunday morning. At the time of writing 2 teams have already far exceeded expectation with 2 teams still to go. All money raised will be split equally between **Camposol Community Shopping Bag** and **Mazarrón Fútbol Base**. Please support the teams if down at the boot sale, as both charities do great things for

those less fortunate in the community and also for the local kids getting a chance to exercise and play football.



Winning team

**Events and Tournaments**

On 26<sup>th</sup> October the mens team are playing a home friendly against Entre Naranjos at Complejo Deportivo Mazarrón. Anyone wanting to see how competitive **walking football** is played this is a chance to see how much players move, get great exercise and enjoy this ever increasing in popularity sport. On 30<sup>th</sup> October the club will meet for the annual **Presidents Cup**. This year the event will be held at Los Balcones who have kindly agreed to sponsor the event. Club members wishing to play will be split into equal teams and whilst there is a trophy, the day is about getting together, enjoyment and laughter.

In to November we are entered into a 2 day international tournament and are running a Christmas shopping coach trip. Contact us for further information.



**GROUPS**

**Los Bandidos**

Email: ironmankev08@gmail.com



**Los Bandidos race in Rioja**

Just seven **Los Bandidos** runners took on the 13<sup>th</sup> race in the Circuito de Carreras Populares Diputación de Almería 2023 in Rioja on 23<sup>rd</sup> September. It was still 30 degrees at 7pm when the 7.7k, three lap race started, with a short, sharp hill on each lap.

The winner finished in 26:38, with the first lady in 32:11. 150 runners crossed the finish line.



Trophies were awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group as well as to the overall winners. All competitors received a commemorative coaster.

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

- 119 Patricia Mulcahy 43:02 (3rd D-F)
- 126 Corinne ChereL 44:56
- 128 Karen Ayers 45:29 (1st F-F)

In the Sub-14 category Guillermo Moscardo ChereL ran 1k and finished in 7<sup>th</sup> place in a time of 04:44.

Full results: <https://www.cruzanola.meta.es/clasificaciones/v2/rioja-circuito-de-carreras-populares-diputacion-de-almeria-2023---1845/#clasificaciones>

**Los Bandidos tri and run**

A busy day of racing with both the Vera Triathlon and the Carrera Popular de Antas taking place on 8<sup>th</sup> October.

The **Triathlon** consisted of a 750m swim (closer to 900m), 20k on the bike and a 5k run. 13 **Los Bandidos** participated with some completing their first triathlon. The sea was pretty rough and

proved challenging especially for the first-timers. The 3-lap bike course was fairly flat and fast with a tailwind in one direction! The 2 lap run went along the Paseo from La Laguna to Garrucha.

The support from **Los Bandidos** friends and family, as well as others out on the course, was absolutely amazing and encouraged everyone to try their hardest and finish with a smile! Everyone got a medal for crossing the finish line as well as a pre-race goody bag and post-race paella and beer.



The fastest male finished in 59:58 and the female winner in 1:12:33. There were 117 male and 24 women finishers.

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

Men	Swim	Bike	Run	Total	Time
82				Dan Waters	22:32 36:47 23:44 1:23:05
92				Simon Harris	22:19 36:12 26:46 1:25:19
96				Colin Ozane	23:29 41:04 22:53 1:27:27
Women	Swim	Bike	Run	Total	Time
13				Karen Ayers	20:28 40:35 29:49 1:30:53 (1 <sup>st</sup> F3)
17				Catherine Kingswood	23:52 47:18 27:28 1:38:38
21				Helen Ozane	22:42 45:42 31:40 1:40:05 (2 <sup>nd</sup> F3)

Full results: <https://www.cruzanola.meta.es/clasificaciones/v2/iii-triatlon-ciudad-de-vera---1919/#clasificaciones>

The Circuito de Carreras Populares Diputación de Almería 2023 was in Antas. Thirteen **Los Bandidos** runners completed the one-lap,

7k race, which included a couple of tough hills and some steady downhills. The winner finished in a speedy 23:29, with the first lady in 30.43.



139 runners crossed the finish line and trophies were awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group as well as to the overall winners.

- Los Bandidos** results (position, name, time and age group prizes)
- 120 Corinne ChereL 42:44
  - 122 Sharon Howlett 43:01 (3rd D-F)
  - 138 Sarah Briggs 57:30

In the Sub-14 category Guillermo Moscardo ChereL ran 1k and finished in 4<sup>th</sup> place in a time of 05:52.

Full results: <https://www.cruzanola.meta.es/clasificaciones/v2/antas-circuito-de-carreras-populares-diputacion-de-almeria-2023---1855/#clasificaciones>

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



# 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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# PUZZLE ANSWERS

The 9 letter word is

**'MAXIMIZER'**

- maximize
- maimer
- mamzer
- aimer
- immix
- maire
- maize
- mamie
- maxim
- mimer
- remix
- amie
- amir

- emir
- emma
- imam
- maim
- mair
- maxi
- meri
- mime
- mire
- riem
- rima
- rime
- aim
- air
- ame

- ami
- erm
- ire
- mam
- max
- mim
- mir
- mix
- miz
- rei
- rem
- rez
- ria

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





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## INFORMATION

# The Great Divide

Lisa Entwistle is taking on a huge challenge and exciting adventure with a cycle ride from Banff in Canada to New Mexico.

**The Great Divide.** We follow her adventure and in this 3<sup>rd</sup> part we read all about her trip from **Whitefish**. 4 days of pain, exhaustion, exhilaration and forest fires.

### Day 9-10 Whitefish to Seeley Lake

Wild forest fires and all the best plans! The original plan was to go off grid for three days, **Whitefish to Swan Lake**, then to **Holland Lake** then finally out of the mountains at **Seeley Lake**. However, the wild forest fires had other plans for us.

We set off from **Whitefish** and had a beautiful cycle to **Swan Lake**, climbing up through the Swan mountain range. Stopping at Big Fork on route for some brunch. The temperature reaching over 100 degrees by midday made the afternoon cycle pretty difficult and very sweaty. We eventually arrived at **Swan Lake** in time to enjoy the water in the late afternoon/evening sunshine. So many families enjoying the lake was beautiful to see. Then I headed back to camp to make my dried backpackers dinner of mushroom risotto and eat it by the stream before falling into my tent as the sun set. Up early at 5am in the dark, putting down tents and packing bikes with head torches, wanting to head out before the heat of the day. Good job we did, it turned out that wild fires south of us in **Holland Lake** were spreading fast and causing evacuations. We had to come off the GDMBR route and our plan to stop in **Holland Lake** wasn't possible. The only option was to head to the highway and try to cycle south fast, to out run the



fires. A trail angel Dale, who we met at a local store offered to give us a lift in his truck south, ensuring that we would be south of the fires before they closed off the main route 83.

Arriving in **Seeley Lake** we found a campsite and a laundromat where of course you can also take a shower! Ahead of the fires and ahead of schedule, today could have been very different. The universe certainly looked out for us today. A welcome beer in the local 'town' then back to the camp site to reflect on the last couple of days and plan tomorrow (or try to).

### Day 11-12 Seeley Lake to Ovando and Lincoln

What is it really like to ride these roads? In a word, difficult, beyond belief in parts. I would consider myself to be a reasonable cyclist, not the worst and by no means the best, pretty average. I can happily keep up with a club ride and often ride 80-100km on a morning hilly ride. None of that prepared me for the terrain here. It is spectacular but 50km on these roads with all my kit takes on average 6 hours for someone like me.

Many people I have met en route have had the same experience, overestimating their daily mileage. Each day I set off early, usually at 7am to avoid the main heat of the day. Riding on dirt gravel roads that are washboard

all over with no smooth surface in site. After 20km my legs are screaming and the climbs have usually begun. Today the climb was not too long, just a short 12km on really tough, rough rocky roads. Parts made the Paris Roubaix route seem nice, at least that had some tarmac! My fingers were becoming numb from the vibrations, cars passing whilst kicking up dust, making it hard to breath.



Stopping at a stream to refill my camel bag with filtered water was light relief. After 7km of climbing and being on gravel roads for 28km and 5 hours, my right knee started to give me pain. My whole body telling me to stop. My mind telling me to keep going, remembering how much work has gone in to getting me here. I push on. Enjoy it, I keep telling myself. But my body is telling me different. No one tells you how hard these climbs are. Much like tough days in life, they too shall pass. I reach the summit and start the descent. Then my brain has to kick in, one mistake on this downhill on these roads and I will be thrown off with broken bones. Out of the saddle and I started the descent, my legs screaming, my hands now numb, my brain arguing with my mind. Finally, we reach the campsite and tonight it's next to a bar. Sitting with my friends having a beer, meeting other cyclists makes the day all worthwhile.

Until tomorrow.



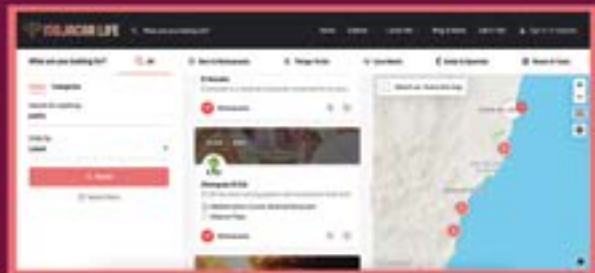
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Mojácar

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LV834

169'000€



Mojácar

NEW LISTING

Los Albaricos. End Terrace. 2 Beds. 1 Bath. Nice terrace with nice views. Communal parking. Storage room. Close to amenities.

LV836

125'000€



Mojácar

NEW LISTING

Invierno Azul. 2 Beds. 2 Baths. Communal Pool. East Facing. Views of the sea, the mountains and the community pool & gardens. AC/H. Off Street Parking.

LV837

159'000€



Mojácar

NEW LISTING

3 Bed, 2 Bath. Fully Reformed Bungalow. Private Swimming Pool. New AC. Modern Kitchen. Closed Garage. Car Port. Roof Solarium with Sea Views. Short Stroll to the Beach.

DV1555

420'000€



Mojácar

NEW LISTING

Eye-catching Villa with separate Guest Apartment. 5 Beds. 4 Baths. 10 x 5 Private Pool. Stunning sea & mountain views. Build size 209m<sup>2</sup>. Plot size 1200m<sup>2</sup>. Electric gates.

DV1560

650'000€



Mojácar

NEW LISTING

New Build Detached Villa. Open Plan. 3 Beds. 4 Baths. Sea Views. Excellent location. Swimming Pool. Closed Garage. Close to Amenities

DV1562

549'000€

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

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