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Costa Cálida Chronicle

Established in 1999



Date: June 2021
Issue: 259
Volume: XXI



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DEAR READERS

What fabulous news on the change in restrictions and the vaccine programme does seem to be gaining momentum. It will be so good if COVID is controlled and friends and family are able to meet up again after so long.

As things have picked up, a number of our advertisers have returned and we also have some new customers:

- Welcome**
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- RJB Decor**
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- Concept Doors**

We have had some super comments from readers/customers recently including:

- * "Just a quick note to say Thank You for yet another great coverage in CCC." - **Helping Hands**

* "I am going to make sure that you all get a big thank you, we know times are hard for all of us right now!" - **OTTO Animal Charity**

We have always tried to help local businesses, groups and charities, but it is always appreciated when we receive lovely comments such as these!

The government has made changes to the way electricity is charged from 1st June. These changes are regardless of which supplier you use. Check out the article by **Evergreen Electrica** on page 72

Everyone needs a bit of fun!
TJ Electrics (Euronics), Camposol B have hidden 4 faces on their advert on page 51 Find all 4, circle them and pop the advert in an envelope to their shop with your name and telephone number to enter a raffle to win a small prize. Alternatively, email the details of where you found the faces to tjelectricalscamposol@gmail.com

Closing date is 30th June and the draw will take place on 1st July.

Take care and stay safe from all of us at the **Chronicle**

THANK YOU TO OUR CONTRIBUTORS

- Adrian & Dawn Leyland Bridge - **History Snippets**
- Andy Hurrell - **Bitcoin/Disease Management**
- George Mitchell - **Never a Dull Moment**
- Jane Cronin - **Learning Spanish**
- Keith Littlewood - **Finance**
- Liz Edmiston - **Life in Spain/Property Matters**
- Martin O'Hanlon - **Birding in Murcia**
- Rainbow Satellites - **TV News**
- Sara Millbank - **Ma Millbank/Sara's Travel Blog**
- Shaun Matthews - **Camposol Explorers**
- Silvana Buxton - **News From Your Councillor**
- Think Spain - **Spanish News**





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CONTACT US

Sales & Marketing - **619 199 407**
 Eva - Sales Representative - **651 659 109**

Patti Benn - Editor - **646 005 017**

Graphic Design
 - costacalidachronicle@gmail.com

Martine Shindler - Office Manager

& Customer Services - **618 451 798**

costacalidachronicle@gmail.com

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www.costacalidachronicle.com/articles-main/costa-calida-chronicle-blog/

Our office address is:

Calle Jara,
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FIND US INSIDE ANOTHER WORLD PROPERTIES ON CAMPOSOL B.

Office Opening hours:

Tuesday 10am-2pm

Wednesday 1.30pm-5.30pm

Thursday 10am-12pm (by appointment only)

Payments can also be made in our office on

Monday-Friday 10am - 4pm

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

To our advertisers.

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

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



Costa Calida Chronicle

Price List - All Prices are excluding IVA

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Full Colour	250,00€	135,00€	85,00€	75,00€	45,00€	40,00€

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

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EDITORIAL

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Professional and Legal Solutions S.L. or better known as **PALSOLICITOR** is a well-established solicitors in Puerto de Mazarrón and La Manga. Opening their doors first in La Manga in 2002 and Puerto de Mazarrón in 2004, they provide an excellent legal and tax service for advice on all matters concerning buying, selling or inheriting.

In their Puerto de Mazarrón office, they have multilingual staff available to meet your needs. They speak English, Spanish, Dutch, French, German and Scandinavian.

They can help:

- * Arranging Rental Contracts.
- * Register you for Holiday Rentals.
- * Submit your Resident or Non-Resident Taxes.
- * Make Spanish Wills - to avoid extra costs to your beneficiaries, it is very important to make a Spanish Will.

Let **PALSOLICITOR** help you with this process.

There can be many pitfalls when buying or selling property in Spain. Having a legal Solicitor who knows the area where you are purchasing is a great advantage. Let **PALSOLICITOR** take the stress from you. You can trust that they ensure that you will buy with all legal documentation in place with no hidden surprises.

The last year has been quite different, with COVID and Brexit meaning virtual property viewings have been taking place. The changes now happening due to Brexit means that UK nationals now come under the military rule for buying certain properties in some areas of Cartagena, Murcia and Alicante, but **PALSOLICITOR** can help with all these changes taking place.

Residencia Changes

You now have to apply for a Non-Lucrative

Visa first with the Spanish Consulate in the UK. Once you have the visa you then have a certain timescale to travel to Spain and register it.

Golden Visa

Are you investing more than 500,000€ in property in Spain? If so this will allow you to apply for a **Golden Visa**. This includes family members and you can choose which country you pay your taxes in. **PALSOLICITOR** can help with this application.

If you need any help in these matters, or any other legal matters in Spain, do not hesitate to contact **PALSOLICITOR** at one of their offices.

La Manga telephone **968 175 552**
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Puerto de Mazarron telephone **968 595 826**
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CHARITY



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 Camposol shop: 711 016 236

Rafa was found wandering around a village not far from Tallante by a couple that looked after him until a place for him was found. He is a big gentle boy around 4 years old. **Rafa** is neutered and fully vaccinated.



Rafa

the moment and the fosterers say he is the perfect dog. **Diamond** is 5 years old, neutered and fully vaccinated.



Diamond

We have a Facebook page NoahsARC Mazarron

We are always looking for goods to sell in our shops on Camposol and in Puerto de Mazarrón to raise funds. We are really grateful for your help, so if you are having a clearout



Blanca GSD

please think of the dogs and puppies in our care. We will be happy to collect any larger items. Please contact **711 016 236** to arrange collection.

Blanca is a beautiful girl around one year old and she really would love a forever home. She is spayed and fully vaccinated.

Diamond is looking for a new home due to his owner being very ill and no longer able to care for him. He is in foster at

If you like the look of any of these dogs or others from our Facebook page please contact Jane on 602 653 639 or email janenahoming@gmail.com

For donations to **Noah's ARC** the PayPal address is: NA1Treasurer@gmail.com

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EDITORIAL



At **esPerro**, Tara and Alex are mad about their canine and feline guests. They have between them, 10 years of running Boarding Kennels in the UK. This is a responsible and dedicated Homestead which offers the best facilities in the whole of Murcia, being built to British Kennels Association standards.

Alex lives on site 24/7 to ensure 1-1 affection and care. On the mountain side of Bullas, the facility is equipped with a doggy pool, a safe sandpit, 4 exercise areas and multiple toys and climbing apparatus. All diets, medical needs and requirements are catered for in this fabulous location. They are fully licensed including a zoological licence for all animals. Their guests enjoy piped music 24/7 which calms nervous guests and Tara and Alex use their

knowledge of all breeds to ensure that the Dogs and Cats in their care have a great time with individual attention and exercise and it's clear that love and cuddles are included! Tara and Alex take videos and photos of your pet and send them to you to give you peace of mind whilst you are away from them. **esPerro** has a direct link with the local vet and offers assistance to the local rescue centre for Dogs and Cats.



it in turns to lounge on cushions in the sun. Each pen has a litter tray, scratch post, tiered shelving, a bed and toys so that the Cats always have something to do.



Services

All essential services are included, but **esPerro** offers a 'Room Service' menu for their guests. Owners can choose from extra walks, homemade treats, socialization with other dogs and extra pool or sandpit time. There is a grooming service offered and the Kennels has a shower area (please ask for details as **esPerro** offers anything from a bath and brush to full grooming). Daycare is also offered.

Fees

Dogs - 15€ per day
Cats - 9€ per day
This is for a 24 hour period. Anything over this is charged an additional day. All dogs and cats must be fully up-to-date with their vaccinations and the book/certificate must be produced on arrival. Discounts are offered for 2 or more pets. Opening times: 8:30am-10:00am and 5:30pm-7:00pm 7 days a week.

Please visit their Facebook page at **esPerro Kennels**
Call/Whatsapp **626 040 363**
Email on info@esperro.es

Kennels

The Kennels have large indoor and outdoor, fully tiled runs. Inside, the Kennels are equipped with a bed, water bowls and blankets. The runs are 6 metres long and the Dogs have all-day access. Outside they all have 'misterters' so that in the heat, small bursts of water above them keep them cool. Inside there are heated beds and a log fire for the winter and fans for the summer. Night lights reassure dogs who are uncertain of the dark. The Kennels are insulated and double glazed, with their own kitchen area with a fridge/freezer, medication locker, sink and washing machine.

There is also a large family room with 6 kennels and a larger run, to which they have access all day.

Cattery

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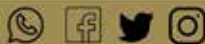
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(We do not know how long this will last in Spain)

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LEISURE



TV News

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Regular readers will know we are involved with **Friends of Mazarron Animals**, a registered Spanish charity that will help any animal in need. Generally we foster at least one dog whilst it is on its way to a new permanent home, but have not had any for about a month. We did 'inherit' two dogs making our permanent residents four in number, so once they are all fully settled together I expect we will take one foster that is in need.

Writing this in mid-May to meet publishers/printers deadlines, the weather seems to have broken from a fairly wet cool spring into almost full summer with temperatures up to 37°C forecast! We even had to break out into shorts overnight! The warm sunshine is probably one of the major reasons us Brits come to Spain, so roll it on.

I have had my 2nd COVID vaccination and Trevor is waiting for his imminent first. Vaccination is the only way out of this situation and to get back to some form of 'normality', so please everyone get yours when called - it is not only about you, but about us all going forward.

TV NEWS

Most problem contacts over the last week were associated with the weather comment above. Satellite signals are heading into their summer levels - as happens every year - when they get significantly lower. All satellite users will get some reduction in service, but the smaller 1.35m offset dishes will lose some channels and as dishes get bigger the problems will be less noticeable, but will be there. Many channels on the 1.90m prime focus dishes will be on the edge of good reception and some cloud or turbulence in the atmosphere can bring a channel failure at times. There is

no 'magic' answer - we cannot 'adjust' the dish to bring channels back - there is just not enough signal. Solutions are to wait until autumn when we expect the stronger signals to return, get a bigger dish, (not recommended as the UK satellite system has a limited life in Spain), or go to internet TV which can have its own issues if not installed properly.



Internet TV depends on two factors working well; the internet supply and the TV system used.

Internet supply is getting better, with many locations having fibre available and technology all-round getting so much better. Fibre is the future and if you get offered it we would recommend taking it. Many of our clients have said that they live remotely and have no chance of fibre, but that is not necessarily the case. Almost all our clients in cities and towns have fibre available and many of our remote clients, including ourselves, have found it available. I have to say that 2 months ago I did not dream of getting fibre at home, but filled in the online application with Movistar (who are doing most of the remote areas) and an engineer came the next day, said yes and installed 300mbs

fibre the following day!
Movistar have NO installation charge and usually have a good plan to entice you in - we got fibre with inclusive telephone (and all Spanish calls) for 19.95€ per month for 6 months then the regular reasonable price. If you can't get fibre yet then most of the 'over the air' operators have improved systems available - ask your ISP.

Elon Musk has launched his satellite internet in Spain - aimed at VERY rural locations - however installation is 499€ and monthly 99€. Not sure how many takers he will get, but if you have found that fabulous rural home but no internet, this is an option. He is installing a string of low-orbit satellites (a rocket launched the other day had 10(!) satellites on board). Internet, Sat Nav and a world wide mobile phone system are in his sights, but like the Tesla car, nothing from Elon comes cheap.

Having got your decent internet you will then need a good IPTV system - well we believe ours is one of the best, so why not have a free no-obligation demonstration and a one week free trial so that you can assess the system for yourself.

That's it for June - another edition in July 2021.

Rainbow Satellites SL - the company for all your TV needs in the Murcia region of Spain.

Contact for free friendly advice on any TV issue:

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LEISURE

CRUISING WITH MIKE SMITH

Facebook Group: Costa Calida Maritimo



May I say what a pleasure it is that at long last have a vessel of interest upon to write that came alongside for just a short time in the middle of May.

From adjacent to the cruise terminal, giving a recorded historical commentary throughout, this vessel stops off at Fuerte de Navidad allowing passengers to alight if

were on lay-up.

Subsequently returning to the harbour, viewing several other types of vessel/cargo facilities, we had an excellent view of El Galeon. This ship is mainly sail-operated at sea, but for convenience and manoeuvrability and where limited wind conditions apply, it is motorised. Due to not observing this vessel under sail, I purchased a post card shown here which depicts the amount of sail available under normal operating conditions.



This is a reproduction Galleon, named 'El Galeon Andalucia' and I had the pleasure of visiting it on Thursday 13th May, firstly viewing from seaward, courtesy of 'Barco Turistico' crewed by the three professional and well trained personnel.

they wish to do so. You can tour this Fort on foot and arrange to be collected when the touring craft returns on the following round trip within an hour approximately. The boat continues passage briefly beyond the harbour entrance offering splendid coastline views in both directions. Cargo berths at Escombreras can be seen; largely oil and gas tanker facilities. On this trip there were several ships within these facilities including a large oil drilling rig and what is believed to be a recent fire-damaged animal transporter. Both vessels



If readers are not familiar with this, it is one of two craft operating entirely different facilities for touring Cartagena harbour. Brief details given here:

Not to make this contribution too boring possibly for many, with permission granted, I will complete my Galleon tour within the July **Chronicle**. Furthermore certain companies are operating non-visiting Port type cruises enjoying on-board facilities including food and entertainment while at sea for a small number of days.



In the short term at least, there appears to be no cruise vessels scheduled, but later in the year hopefully there will be 'action' to report.

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CHARITY

**Santuario Animalista Otteando el Horizonte
(Otto Animal Sanctuary)**



Background

Yolanda and Juan's entire lives revolve around animals. People who know them always turn to them to help where they can. They have been left



Donkeys playing

animals, nursing mothers and their cubs; most of them in very bad condition. All of this has been personally funded by this amazing couple. No-one bringing the animals ever offered any financial help!

The Guardia Civil will ask for their help, because in cases of domestic violence, the woman and her children will be taken in to a safe facility, but they cannot take the animals. They were asked for help after a man with 4 dogs and a donkey died and his heirs did not want to take responsibility for them. The animals were to be put to sleep, but Yolanda and Juan managed to get the dogs adopted. No-one wanted an old donkey in such terrible condition, so to prevent the donkey from being slaughtered, they took it to a Murcian horse-riding club, paying for everything; transportation, accommodation, food, farrier, trainer and veterinarian treatment (castration, vaccines, medication, chip, deworming). The news quickly spread that Yolanda and Juan, in addition to dogs, cats, and rabbits, now also rescued equines and the rest, as they say, is history!



Garcia

They reached a total of 9 equines under their care and the expenses were enormous. Juan and Yolanda had no option but to ask the bank for a loan.

This was to ensure they could continue with their work. They mortgaged the land and took a further bank loan to ensure that they could continue their work as they needed better quality food, as well as other vital improvements to the facility. Legal permits were requested to enable the animals to reside there, as to keep horses on your land in Spain you need a licence known as a 'REGA' number. Juan and Yolanda privately funded a total of 9 horses to reside at the riding club. Only the pigs could live at the sanctuary until the necessary licences were in place. Now, almost 2 years later and in the midst of a pandemic, they decided to set up a legal, non-profit charity to enable them to officially ask for some financial help to continue helping animals.



Luna and Estrella

Mission Statement Help Us Help You

We rescue and help recuperate all kinds of animals that have been exploited, abused, mistreated and/or abandoned.



Quimera

Those considered 'farm' and 'exotic' will be homed in the Sanctuary to live happily and with dignity for the remainder of their lives. Those that are considered 'domestic' are cared for until we find suitable adoptions where we can be assured that they receive the warmth of a home they deserve. We organise activities to educate and make the population aware of being respectful to both animals and the environment.

Teaming

Make a difference: Register for teaming. **Become a valuable team member.**

A monthly euro donation will help towards vet fees and everyday care. If we could get 1,000 teamers just think what we could do! There are tax advantages if

you team for us, as we claim a 75% tax reduction. We currently have 72 teamers which is a fantastic start, but we need many more.

Sponsoring

This provides one to one interaction for the sponsors of their chosen animals and gives some priority visiting to the Sanctuary to allow pampering, grooming and feeding a few treats during your hour visit. Those partially sponsoring an animal donate €20 per month which covers a percentage of the total cost of their keep, but by no means all of it. Please message **630 734 040** to arrange to visit the Sanctuary and choose who you want to be your special friend.



Peggy

Facilities

There is plenty of land for the animals and pens are already in place with shaded areas. There is mains water with automatic water dispensers delivering cool, fresh, unlimited drinking water. Horses can drink up to 80 litres per day in the height of the summer, so water and shade are essential.

Future Plans

Our first priority is to build a brick building for dogs, cats and other small animals. We would also like to partition some of the pens to separate animals such as the sheep and goats. We want to invest in more shade and improve our exercise area.

Visiting

Currently it is only possible for current sponsors to visit without a prior appointment. To make an appointment please call or message **630 734 040**

Fund Raising

A **Quiz** was held on 5th May at The Diner, Camposol B. Sue Pipe made us feel very welcome and we have been given a whopping €503! We would also like to thank the following businesses for their generous raffle prizes: **T J Electricals**, Rose Parker Studio & Art Gallery, **The Salon, CHM**, Kelly Kasey Smith (Iberoptima). We also received some lovely prizes from existing sponsors and members of the public.

Santuario Animalista Otteando el Horizonte (Otto Animal Sanctuary)

Find us on the back service road near Camposol A
 Contacts: Juan and Yolanda
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BY GEORGE R MITCHELL

Blasphemy

The Universal Declaration of Human Rights, article 19 states – "Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers."

Unfortunately, this is not so when it comes to religion.

There is no one single definition of **Blasphemy**, but it could be summed up as insulting a religion or their god, or hurting the feelings of believers. Currently, around 70 countries have **Blasphemy** laws. Pakistan, Saudi and Iran have all handed down death sentences for so-called **Blasphemy**, with Pakistan being one of the worst offenders.

In 2011, Punjab Governor Salman Taseer, a fierce critic of the **Blasphemy** laws, was assassinated by his own body guard. Many hailed the killer as a hero. Soon after the governor's death, Religious Minorities Minister Shahbaz Bhatt, a Christian, who spoke out against the laws and killings, was also shot dead. Basically, no-one dare change the **Blasphemy** laws in Pakistan, for fear of a backlash from very powerful religious leaders.

In many countries, it seems that **Blasphemy** is often used as a political tool to silence and oppress those of another religion. Amnesty International says the law is used "To pursue vendettas and justify vigilante violence." I agree. They went on to say, "On the basis of little or no evidence, the accused will struggle to establish their innocence while angry and violent mobs seek to intimidate the police, witnesses, prosecutors, lawyers and judges."

One of the most prolific cases was that of



Jerusalem

death sentence and spent 8 years waiting in solitary confinement. Thankfully a court overturned her conviction and she was finally released, much to the disgust of hardliners who wanted her put to death. They say that religion is about peace?!

However, even in Europe there are Blasphemy and/or religious insult laws. In Germany in 2016, a man was fined 500€ for displaying a n t i - Christian stickers on his vehicle.

In 2015, Stephen Fry, on a TV show in Ireland, made the following remarks. He said " W h y s h o u l d

he respect a capricious, mean-minded, stupid god who creates a world... full of injustice?" That is his view and, in my opinion, he is entitled to it. It's called 'freedom of speech', which we are rapidly losing. However, a viewer complained and Fry was investigated for **Blasphemy** by the police. Thankfully they later saw common sense and dropped the case. If I could ever get to meet the 'offended viewer', I would politely quote the following from the Bible: "I do not permit a woman to teach or to have authority over a man; she must be silent." (1 Timothy 2:12). This is just one of many countless quotes that I'm sure 'offend' millions of non-believers.

Pakistani Christian Asia Bibi. In 2010 she was convicted of insulting the prophet Muhamad, after a row with her neighbours.

She was given a death sentence and spent 8 years waiting in solitary confinement. Thankfully a court overturned her conviction and she was finally released, much to the disgust of hardliners who wanted her put to death. They say that religion is about peace?!

offensive!

What about a stage play that mocks Jesus? Ban it? No, certainly not, just don't go and see it if that offends you. Maybe as you are reading this, what I've just said offends you and you think it appalling that I believe a play mocking Jesus should be allowed when it offends believers. Fair enough, but I've read the Bible and there's plenty in there that offends me, so should we ban that? No, we shouldn't.

Remember the author Salman Rushdie and his book 'The Satanic Verses'? He was given a fatwah - a death sentence basically. I have long held very strong political views, which are just as important to me as a religion is to others. I have no problem whatsoever with others questioning my political beliefs, so why can't I do the same with religion? For the record I would never choose to deliberately offend anyone's belief system, but why can't I question,

(without fear of arrest or death), some of the outrageous things quoted in religious books?

What is religion so scared of?

Many people these days say "Oh, but you can't say that, it's

offensive to my religion." Well sorry, but many things your religion has done in the name of God, offends me. I think Rushdie summed it up perfectly well when he said, "The moment you declare a set of ideas to be immune from criticism, satire, derision or contempt, then freedom of thought becomes impossible."

I've also read the Quran and there are passages in there that I'm sure 'offend' many, but would I ban the book? No of course not. I do discuss these passages with my Muslim friends - it makes for very interesting conversations indeed!

Someone somewhere will always be 'offended' by something someone else says or writes, but where do we stop? Do we ban everything?

Freedom of speech is I feel absolutely vital to a fully functioning civil society. Without it, we have nothing. I'm sure though there is a line; for freedom of speech comes at a price. It should never promote discrimination or incite violence against someone simply because they are of a different race, ethnicity, sexuality, or have



Mount of Temptation

Look, I have no problem with anyone believing in the Bible, (many of my friends do), but the thing for me is the double standards involved. It's ok for religious books to quote such things, but when others choose to speak out against it, they are accused of insulting and being

Continued on page 19



Continued from page 18

a different set of beliefs from you. Isn't it fascinating though? Some of the same religious zealots who get so angry at you questioning their religion are the very ones who incite violence against others. Pot. Kettle. Black!



Western Wall

very much to visit, I doubt I will ever go to Saudi, Iran or Pakistan. I could end up in jail, or worse,

for simply writing down my thoughts and giving my views.

Could anything be worse than **Blasphemy**? Oh, most certainly yes. Renouncing, abandoning and leaving your religion, 'apostasy', is

deeply frowned upon and in some parts of the world, it carries a death sentence....

Sad, unbelievable, but true!

In my view, as long as you don't make false criminal accusations or incite hatred or violence, you should be allowed to voice your opinion without fear of getting death threats from someone who claims they are 'offended' and certainly without the fear of being arrested by increasingly autocratic or religious authorities.

Surely, we should all be allowed to criticise, challenge and question everything and yes, that includes all religions. Once we lose freedom of speech, that's it, we are done, finished as a fully functioning democracy. I have Christian, Jewish and Muslim friends in numerous countries. I have no problem with them believing in their faith. Why though, do some have a problem with my questioning religion? I never get an answer, other than, "You can't offend my religion". The thing is, I'm not offending it, I'm questioning it and what it stands for and that seems to be their problem. They then turn my questioning religion into 'religious hatred'. It makes no sense. Religion it seems, is not good at taking criticism.

For sure, if you go to say Iran or Saudi and do something as stupid as burn the Quran, that is highly offensive and never acceptable. However, you can be accused of **Blasphemy** if you make derogatory remarks, but what constitutes as derogatory? It could mean basically anything they want; up to them I guess. I could point to numerous things I've written that could be interpreted as **Blasphemy**. I don't think they are, but they could be taken that way if the country deems it so. Internet bloggers have been jailed, lashed and sentenced for expressing views that 'offend' religious beliefs.

Ah, but of course, it's ok to call for jihad against non-believers, or deny woman equal rights, or encourage others to kill in the name of God, or use physical violence to punish your wife. That's acceptable because it's in a holy book, but if I question this, I'm somehow being **Blasphemous**! How? Why?

The entire subject of **Blasphemy**, is a very dangerous game indeed for any journalist. This is why, despite the fact I would like



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Here We Go Again... fingers crossed!
On the opposite page, please see details of our first four fundraising events including the first two from the UK.

- Further shows planned are:
- Nearly Elton** (for The British Legion) - 7th August
 - Queens Of Rock** - 21st August
 - Ghost** - 4th September
 - Dostone** - 9th October
 - ABBA Elite** - date to be announced shortly.

To see footage of all FIVE shows from the UK please go to <https://youtu.be/ngRFFY-9YuA>
Please take time to watch through to the end and see these magnificent performers.

Please will all **CHES** ticket holders and those with reservations please reconfirm to us as soon as possible on **634 456 701**

As always, tickets will be available through Mister Print on Camposol B and we are taking telephone reservations now on **634 456 701**

As we are all very much aware, everything depends on the always confusing regulations surrounding the pandemic. Let's just pray lol.

Once again, from all at **Helping Hands**, a huge 'Thank You' for all your support!

FINANCE

Bitcoin



Ethereum - Now Has A Market Capital Higher Than Bank Of America Mastercard And Paypal!

What is Ethereum?

This is the digital currency upon which the entire crypto currency network called 'the blockchain' is based. **Bitcoin** is also part of this 'blockchain', but by contrast does not support the variety of technological advances upon which **Ethereum** has been developed.

Bitcoin is seen as 'digital gold' and a store of value and a hedge against inflation. **Bitcoin** has a higher market capital than Facebook. However with **Ethereum** now surging in price, this is now also been seen by many investors as an asset likely to grow in value possibly even greater than **Bitcoin**!

With 'price' being the main criteria for a potential gain, many investors believe that **Ethereum** could grow up to 3 times before the year's end compared to **Bitcoin** which may see around double. Hence we now have **Ethereum** as the main player out of the top two contenders. These coins are inherently less risky (or volatile) compared to other lesser priced coins. However the price gain potential in the lesser priced coins is potentially higher.

If all this sounds fraught with danger and complexity you are not alone.

Over the past few months I have been writing this column to help non-crypto investors to switch from money in the bank, to money in digital assets. The returns over the past 5 years in **Bitcoin** have been staggering at 33 x investment. This means that £50 invested in May 2017 could now be cashed in at a staggering £16,650

If you are a 'set it and forget' kind of person then locking **Bitcoin** into a 'Yield' programme could be another possible option. A small deposit can return massive rewards from a highly skilled team that operates the 'blockchain'. Since my own investment in October last year, each month since then has returned a total of 73%. Sounds incredible? Yes, but when we understand how this works, we can then understand how this can be achieved.

The FUD (fear, uncertainty and doubt) narrative that banks are actively involved in, is a desperate attempt to convey the **FUD** message to try and stop the haemorrhaging of deposit accounts bleeding into the better crypto investment returns.

Once you have studied the crypto market for as long as I have, (around 5 hours a day for 8 months), we can begin to make a balanced judgment about the bank narrative and the wiser billionaire investment narrative. In the same way that many said that the internet would not work, Google was a bad investment and Amazon stock was overpriced at \$70 from its opening price in 2001 of \$23 (now \$3467), we now have the same thing in crypto currency assets.

Most USA banks have announced that they will now offer Digital currency to their customers and with

Visa, Mastercard, Pay Pal as well as most merchants now accepting digital currency payments, it will only be a question of time before it all becomes mainstream from the 1% of people who *currently* get this.

'Front running' the market is all about seeing an opportunity *before* 'retail' (Joe public) investors do. We are only at the beginning of this year and the crypto currency space should at least *double* before the year end. After this it will likely see a correction.

A possible 'Black Swan' event will be if governments globally stop money printing and raise interest rates which will have a significant impact on all the markets and pensions as well as crypto. In my view this is unlikely this year.

It's all about seeing the most likely opportunity that so far has not been widely adopted and 'front running' before *everyone* jumps in. Sadly those people late to see the opportunity may be too late to take huge advantage of earlier investors.

With limited supply and the digital economy now reliant on the 'blockchain' upon which the ecosystem is built, the institutional involvement now is unstoppable and these are the reason for the intrinsic value as well as extrinsic value rising rapidly.

Are you ready to dip your toe into the water?

For more detail on how all this works contact me at andrehurrell2000@yahoo.com

As with any financial investment, prices can go down as well as up, so investors should only use money that they can afford to lose. I am not a financial advisor and have no training or qualification in this area. However, my extensive and exhaustive research into all areas of digital investments has returned me a significant return. I am happy to share (for free) to anyone interested in growing their wealth.



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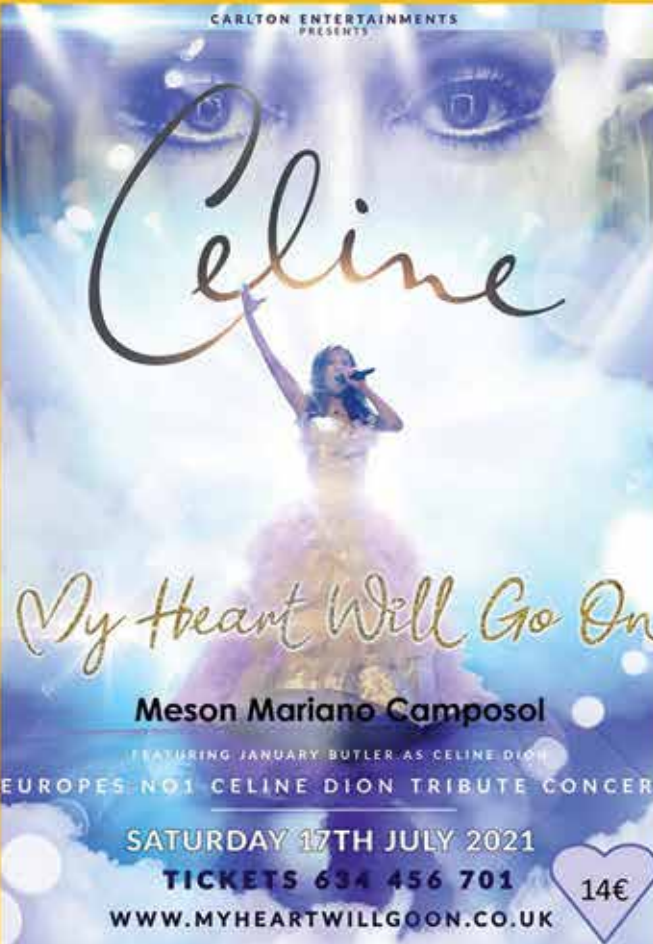
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Los Infiernos Perrera Supporters work tirelessly to try and rehome the dogs from the Perrera. There is also collaboration with other rescue centres.

One such collaboration is with a shelter situated in Lithuania:

Linksmosios Pedutes is in Klaipeda by the seaside. It's a shelter that typically homes cats and dogs and they get all the care they need. Not only do they get good quality food and shelter, but they also get physical and mental exercises daily. With the help of Ema, a dog behaviourist who studied at Cambridge, they always try to solve behavioural issues of the dogs. Their dogs visit the beach at least once a week and enjoy the sand under their paws.



Turco Herman Ava

This shelter knows their dogs and wants to find the best forever homes possible and see their ex-shelter dogs and cats living their best lives. The regulations regarding dogs

classified as dangerous here, are different in Lithuania and many of our more, (how shall I put it?), sturdier looking dogs, have found fantastic homes in Lithuania. All of this made possible by one of our volunteers Laima, who with her daughter, make all the arrangements.



Turco

The photo to the left and above are a couple of photos of some of our lucky dogs in Lithuania:

Meanwhile, one of our long-term residents is still waiting. He has been featured before; a big old lad who really needs a home of his own and a comfy bed. He's recently been tested with cats and passed with flying colours, but he would need to be homed as an only dog. He has highly sponsored travel to the UK and Europe.

Chesse - Cross Breed
DOB: 01/JAN/10
Cat Friendly: Yes
Date of arrival: December 2019

Chesse is an older dog and is a clear example of abandonment. He is a quiet boy and we think he did not escape, but was abandoned.

Chesse arrived very sad with a broken heart. He was discovered one day in an area where the residents left him for just a few days to see if anyone came for him, but nobody did. **Chesse** is still sad and his face is the mirror of the soul and his is damaged. He is sociable, very calm and needs to leave soon. Older dogs are very vulnerable in a cold, wet and hard cage.



Chesse

Fund Raising

We would like to thank The Garrison in Los Alcazares for organizing a fundraising event in May. It was a joint event with another rescue and a great way to socialise; for the volunteers to get a little bit dressed up with no doggy smells.



A lovely afternoon tea was served and a percentage of the ticket price was donated to the two charities, along with funds raised from the raffle.



Our PayPal address is losinfiernosdogs@gmail.com and by using the *Friends And Family Option* (very important), **LIPS** get the full donation. We accept donations in Euros and Sterling. Any donation, no matter how small, is greatly appreciated.

For details of available dogs, please contact the Perrera via the Facebook page **Los Infiernos Perrera Supporters**, or email losinfiernosdogs@gmail.com

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Mark Twain

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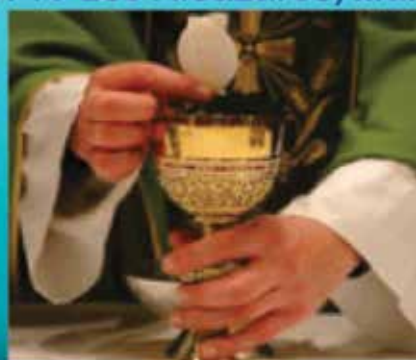
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NEWS

South East Murcia News

We receive information from the South East Murcia region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc, by checking the blog www.costacalidachronicle.blogspot.com/

Check at your local Tourist Office for full details of Events

The use of a masks, complying with safety distances and the use of hydroalcoholic gel is mandatory.

Cabo de Palos Market Sun

Cartagena

www.cartagena.es

Tel 968 128 800 - Market Wed

Activities of Puerto de Culturas (until 30th June)

Tickets from

www.cartagenapuertodeculturas.com

or from the museums and sites of Cartagena Puerto de Culturas.

Tel 968 500 093

Saturdays in June - Cartagena Three Cultures Guided Tour

This route reveals medieval history and the confluence of the three cultures, Christian, Jewish and Muslim. It begins at the Panoramic Elevator, passing through the Castillo de la Concepción, until you reach the Museum of the Roman Theater. 11.30am from the Panoramic Elevator.

Price: individual 13€ (reduced 10€/Cartagena Port of Cultures Club 6.50€)

Sundays in June - Carthago Nova Tour: From The Theater To The Termas

Get to know the two **public buildings, dedicated to leisure and pleasure**, which served as a political and social instrument in Carthago Nova. The route runs through the Museum of the Roman Theatre and the Forum Quarter.

11.30am from the Museum of the Roman Theatre.

Price: individual 13€ (reduced 10€/Club Cartagena Port of Culturas 6.50€)

Nuevo Teatro Circo de Cartagena

Tickets and season tickets can be purchased at the El Batel Auditorium and Nuevo Teatro Circo box office, or for single concerts go to www.auditorioelbatel.es

Saturday 5th June - Concert by the

Cartagena band Ayoho 7.30pm

Saturday 26th June - Concert - Mavica presenting her new work. 7.30pm

The concerts are part of the special programme for the 50th anniversary of the theatre, which hosts performances of the 'Cartagena is Culture' project.

Ramón Alonso Luzzy Cultural Centre Exhibition - El Séptimo Arte

by the young artist from Cartagena, **María Buigues**. The exhibition shows pictorial works of portraits and scenes from famous cinematographic and literary representations. The exhibition consists mainly of pencil drawings and acrylic painting. (until 30th June) Mon-Fri 9am-9pm

Friday 4th June - The Advertisers of The Company Theatre of Delivery

Three advertisers reveal something very important to the human race. Advertisers communicated with other areas of the planet through the Krak system, inform viewers of everything that is happening in real time in different places.

Archaeological Museum - Tickets from cartagenajonda.com

Saturday 5th June - Flamenco flagship in the Region of Murcia, Antonio Ayala 'El Rampa' is recognized by the fans as one of the most complete and knowledgeable of 'cante jondo'. He will be accompanied on guitar by Rodrigo Félix. 7.30pm 15€

Saturday 26th June - Recital of Curro Piñana with Antonio Piñana

One of the **most virtuous performers in the world of Flamenco, Antonio Piñana** will be accompanied by his father, **maestro Antonio Piñana**, the **official guitarist of the Festival del Cante de las Minas** during the 90's. 7.30pm 15€

Events at Tetro Circo Apolo in El Algar

Tickets from **Apolo Theatre** website or 2 hours before the show. Seats will not be assigned when you purchase your seats. The day before the show, spectators will receive their assigned seats by email.

La Union

www.ayto-launion.com

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

Los Alcazares

Market Tues & Sat (Los Narejos)

San Javier

www.murciaturistica.es/en/san_javier/

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

San Javier Squalos Rugby @ Rugby field, PDM Sports Ground

Men Tues & Thurs 8.30-10.30pm

Women Tues & Thurs 10.00-11.30pm

12-18yrs Tues & Thurs 7.30-9.00pm

6-10yrs Thurs 6pm-7pm & Sat 10am-11am

Aeronautical Museum - Visit this museum with photographs and videos showing various items relating to the Spanish Military Air Force.

Entrance free.

Open 10am-2pm

Call 968 582 107 to arrange group visits

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

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

Saturday 5th June - Boat Trip to Mar Menor - SOLD OUT

Saturday 12th June - Tourist-Cultural Route by Tourist Train 10am & 12pm - SOLD OUT

Santiago de Ribera

Tel: 968 571 704 - **Market Wed**

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RELIGION



Email: andy.neale@saltchurch.es
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 Website: www.la.saltchurch.es

Forget James Bond, What About Me...?

Fans of 007 will be very familiar with titles such as 'Die another Day' and 'You Only Live Twice', but did you know the Bible also talks about two births and two deaths?

The first birth is one all go through in flesh and blood and we have all had occasions to attend funeral services saying a fond farewell to those we have loved and lost, but what about the second birth and second death?

The Second Birth, or being born again, is not about enthusiastic religious extremism, but concerns a genuine determination to turn over a new leaf because of a sincere desire to be filled with the Spirit of God in order to live in this world by following His teaching and instruction.

The Second Death is often depicted by all sorts of monstrous art or works like

Dante's inferno. To be sure, the Bible does talk about an eternal existence where God is out of the picture and humankind is able to do just whatever they please. Now, that might sound attractive, but let's think about it. We know what people can do to people and the planet whilst there are restraints in this world, so just imagine what people might do if there are no such restrictions.

The Promise Of The Bible Is This;

We will all experience the first birth and the **First Death**, but...if we undergo the **Second Birth**, we will be spared the **Second Death**.

For those who accept Jesus Christ as our Saviour, then we will not die another day, but we will live twice - a life beyond the grave with God and the promise of no more pain, tears, suffering or death.

How does that sound?

It's worth a thought...

We are just ordinary people who believe and trust in an extraordinary God. If you would like an invitation to a Sunday service, then simply use the link www.la.saltchurch.es/zoom

Kind regards and every blessing

Pastor Andy Neale

Salt Church Los Alcázares
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CHARITY

P.A.P.S.

Email: animalesperrosdelsol@hotmail.com



We Really Need Your Help

After nearly 10 years, during which time we have rescued and re-homed many dogs in Spain, across Europe and the UK, **PAPS** was recently given notice to leave their current rented premises. While this was a seismic shock at the time, we have now got a wonderful opportunity to buy a nearby property and construct a new, purpose-built shelter that will enable us to continue our valuable work rescuing dogs that are in such need of help.



The new land for the shelter

This Will Take Money

To this end, **PAPS** Volunteers and Supporters have pulled out all the stops over the past few weeks to raise money for **Project Buddy**, named after one of our special dogs that sadly passed away before he found his Forever Home. Quite simply, **PAPS** needs more money to make this dream a reality as they are only a quarter of the way towards their target. If you would like to help by donating any amount (every single euro will mean a lot) there are 3 ways of doing this:-

- 1) **PAPS JustGiving Crowdfunder**

2) **Luxury Cruise**

Do you fancy swanning around the Med on a boat, like the rich and famous? Buy a raffle ticket for our luxury 2-hour cruise (departs from Torre Vieja), which includes drinks, nibbles and afternoon tea. What a fabulous relaxing and enjoyable way to while away a few hours in the sun!

3) **Best Buddy Photo Competition**

Show off your best buddy (anything with fur!) to the world, while helping other less fortunate dogs.

Details of the above options are on **PAPS** Facebook page: **Support Abandoned Dogs/PAPS in Spain**. By supporting any of these fund-raisers, you will be helping more abandoned and homeless dogs find sanctuary, bringing them one step closer to new homes and that happiness they so richly deserve, enabling them to share their special brand of love with a new family.

There are so many dogs that need our - and YOUR - help.



The new land

Meanwhile, our normal 'work' of taking in sad, abandoned dogs that need our love and care continues and of course, searching for that special Forever Home. If you are looking for



April, one of 7 special puppies found in a bin
 family friend, please take a look at our dogs' albums on our Facebook Page.

PS

If you have a few hours free during the week and would like to help dogs that have been so unfortunate in their lives, why not volunteer with us? Not only will the dogs be so happy to see you, especially if you give them lots of tummy tickles, but you will meet some great people, whilst making a very valuable contribution to a hard-working charity.

For further information please email animalesperrosdelsol@hotmail.com

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 Remember deadline 15th of the month!!!



RELIGION

MASS IN ENGLISH



Roman Catholic Church:

We are in St Joseph's Church (El Saladillo), near Camposol and Mazarrón Country Club urbanizations (exit 17, RM3 motorway).

Schedule of Masses:

Saturday: Mass at 4.30pm (in English).

Schedule of Confessions:

Saturday from 3.15pm-4.20pm. (Also on request.)

The Autobiography of Saint Thérèse of Lisieux (The Little Flower), a Carmelite sister.

How wonderful is the power of prayer! It is like unto a queen, who, having free access to the king, obtains whatsoever she asks. In order to secure a hearing there is no need to recite set prayers composed for the occasion - were it so, I ought indeed to be pitied!

When I pray, I do as children who have not learnt to read. I simply tell Our Lord all that

I want and He always understands. With me, prayer is an uplifting of the heart; a glance towards heaven; a cry of gratitude and love, uttered equally in sorrow and in joy. In a word, it is something noble, supernatural, which expands my soul and unites it to God.

Sometimes when I am in such a state of spiritual dryness that not a single good thought occurs to me, I say very slowly the "Our Father", or the "Hail Mary" and these prayers suffice to take me out of myself and wonderfully refresh me.

I have noticed that it is the holiest nuns who are most deeply loved; everyone is anxious to seek their company and do them service, without even being asked. These very souls who are well able to bear with want of affection and little attentions are always surrounded by an atmosphere of love.

St John of the Cross, says with great truth: "All good things have come unto me, since I no longer sought them for myself."

Imperfect souls, on the contrary, are left alone. They are treated, it is true, with the measure of politeness which religious life demands; yet their company is avoided, lest a word might be said which would hurt their feelings.



CHARITY

Samaritans in Spain



Our big and exciting news is that we have a new Patron for **Samaritans in Spain!** Stevie Spit BEM, has agreed to become our new Patron. Watch this space next month for a feature on him and hopefully some news about forthcoming events.

2021 continues its trend of donations, with €170 being received from **The Owl Multi Faith Healing Ministry.** The organisation is a group of Ministers, Healers and Friends with mixed religious and spiritual beliefs, currently based in Spain, with a branch on the Costa Blanca. Their Ministers are available for wedding blessings, burial services, cremation and christenings; in addition, they run a 7-week **Healer Taster Course.** Anybody interested in contacting them can do so by email on lencox@hotmail.co.uk

Due to a Board of Trustees reshuffle we were actively looking to recruit at least two further Trustees. If you would like more details of what this entails then please

either a Listener, Fund Raiser or a Shop volunteer please visit our website www.samaritansinspain.com for further information.



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contact secretary.spainsams@gmail.com at the very earliest opportunity. We were hoping to interview at the end of May so hopefully we will have filled the posts by the time you are reading this.

Samaritans in Spain you can do so via PayPal at paypal@samaritansinspain.com

If you being a Trustee wasn't your thing, but you would like to volunteer to become

If you are a business owner and would like to sponsor **Samaritans in Spain** please contact us at pat@samaritansinspain.com

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- Wednesday 2nd June - The American Diner, Benimar - 10.30am
- Wednesday 9th June - The Condado Club, Condado de Alhama, Murcia - 10.30am
- Wednesday 16th June - La Zona, Los Narejos, Los Alcazares - 10.30am
- Wednesday 23rd June - Portobello Kitchen, Villamartin Plaza - 10.30am



To register for any event visit:

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After the death of **Dottie**, our beautiful Vietnamese pig, we missed her more than we could have imagined. She had been with us at least 6 years and she had become an important member of the family. In spite of everything we and the vet did for her, sepsis got into her system and eventually killed her just after Christmas. Now, however, the **Cavalli** family is very happy as we were able to rescue two piglets from a litter of 20 born in Alicante, due to be euthanized. We got the call from a friend in Alicante telling us of the plight of these piglets and we of course decided to rescue at least two of them. The very next day Veronica and Reina set off to Alicante and came back some hours later with these two adorable additions to the family. If anyone would like to be Godfather or Godmother to **Bimba** and **Lola**, let us know.



Rescued Piglets - Bimba And Lola

Our star project, Valkiria, designed to help the women who have suffered from gender related violence, sheltered in the CAVI of Alhama, is well into its second edition. The ten women who signed up for this therapeutic project with our

horses are already showing signs of the incredible benefits given by **Cavalli** style horse-assisted therapy. Although they both witnessed the amazing change in the women who took part in the first edition, Veronica and Reina can hardly believe the progress made by these women in just three sessions. What the relationship between horses and these vulnerable women achieves, is miraculous.



Valkiria Project Second Edition

Poor **Irene**, one of the broiler hens rescued from Barajas Airport around Christmas time, was accidentally trodden on by **Tinker** in his dash to get to his food bucket. Veronica and Reina took her to see the vet at Tucan in Alhama where they go overboard when they get one of



Irene With Her Leg In A Cast

our strange cases in. **Irene's** leg was put in a cast, but it is now off. The break has mended, but a sore remains so **Irene** will be taking antibiotics until she's well enough to join the rest of the hens and **Nevado** in the chicken shack.

Nevado's Blogspot is up and running with a surprise - the raffle of a copy of **Nevado's** story book. It's very easy to take part in the raffle; just click on 'I like' in the post on **Cavalli Foundation** Facebook page, then share the post and lastly become a follower of **El Blog de Nevado** (Nevado's Blog). Fingers crossed that you will be the winner of this very special book. Our winner will be announced on Facebook on Tuesday, 15th June.

For information about our activities keep your eyes on our website www.cavallifoundation.org, on our Facebook page and Instagram or you can Whatsapp or call us on **00 34 636 172 198** Email info@cavallifoundation.org

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Please contact us if you would like to be a **Cavalli Foundation** volunteer. We and all the animals would be very grateful for your help and generosity.

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PROPERTY

Property Matters

What's In a Name??

I started working with the Murcia Tourist Board in 2017 and in the last few years things have certainly changed and developed in the holiday rental market.

The first properties were called 'Viviendas Vacacionales' and had a 'VV' symbol on their plaque. The 'inspection' was just a cursory look around the property; more often than not in and out in 15 minutes and only occupancy levels of Health and Safety issues led to the denying of the license.

How things have changed!

Firstly, your holiday home classification in Murcia has had a new name since 2019; a 'Vivienda de Uso Turístico' or 'VUT'.

The revised classification comes with a checklist with over 30 different criteria, some general to the property and some specific to each area or room. Room measurements are now used to determine the overall occupancy and the layout of the bedrooms and if your rooms are too small, the system will not even accept your paperwork.

I welcome the changes, despite the bureaucracy, as a way to continually improve the quality and safety of the holiday homes in the Region of Murcia. I do have to confess though that one or two of the criteria do make me cringe and I always have to explain to clients that it really isn't ME that makes these things up!

Since the easing of COVID restrictions, enquiries for licences have started to increase again as owners prepare for summer, so I am busy collecting info and submitting papers. Inspections have started up again and although there is a backlog, Turismo assure me they are working through it.

Unfortunately, due to COVID-19 we are seeing that a lot of people who applied for a licence, or have been called for inspection, have now changed their plans and no longer want to rent their properties out due to changing circumstances. If this is the case, I can also apply for a 'desistimiento' to remove the active application and close your file.

Contact me if you need:

- * A pre-application inspection to advise you on what is required to pass the inspection.
- * To make a new application for a Tourist Board licence as a Vivienda de Uso Turístico.
- * To comply with the new rules, having been awarded a VV classification before November 2019.
- * Our Safety/Hygiene pack which includes all the items needed plus bilingual info folder and signage required to be displayed at the property.
- * If you have sold or want to stop holiday lettings and remove the property from the register if you were previously registered with Turismo.
- * To transfer the license to another person

Advice is free, so if you need some guidance on applying or have any doubts on renting your property for holiday rentals, then email me to see how I can help.

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BUSINESS NEWS AND SUPPORTING LOCAL BUSINESSES

We have been giving our advertisers the opportunity to have a free business card advert in our **Supporting Local Businesses** feature for over a year, but now COVID restrictions have been eased and things do seem to be getting back to some sort of normality, July will be the last month that we will be offering this. If things change back to more restrictions, we will of course review this, so if you are an advertiser and you would like to take advantage of this offer in the July magazine, please let your sales person know as soon as possible so that they can reserve the space.

This initiative has proved successful for many of our customers and we are proud to have been 'the leaders' with this campaign, helping our customers where we can, in what have been difficult times for all businesses

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EDUCATION

Jane Cronin's Step by Step Spanish

This month we are going to look at some **Reflexive Verbs** which are used very commonly in everyday expressions. They take the whole concept of **Reflexives** a stage further than what we have learnt so far, as it is difficult in most cases to make sense of them using words like 'myself, or yourself'. The best approach therefore is to accept that this is how certain things are said and learn them for future reference.

The first one is **acordarse** which means 'to remember'.

An extremely common use of this verb is to say:

No me acuerdo.

I don't remember.

If we wish to mention what it is we don't remember, we have to add the word **de**:

No me acuerdo de la palabra

I can't remember the Word.

There is another word for 'to remember' which is **recordar**, which also means 'to remind'. However, the Spanish tend to favour **acordarse**.

The next one is **apuntarse** which means 'to sign up'. **Apuntar** on its own means to 'make a note', so there is an idea of 'noting' one's name on a list. If we wanted to put our

names down for a course we would say:

Quiero apuntarme a un curso.

This is also used in a figurative way. If I want to join a group of friends to go for a meal, for example, I might say:

Me apunto también.

I'll sign up as well.

Cuidar means to 'look after' or 'care for', so 'to look after a child', for example, is **cuidar a un niño**.

The **Reflexive Verb** is **cuidarse**, so if we want to say to someone:

'Look after yourself' or 'Take care' the expression is **cuidate**, (the **te** part being the **Reflexive Pronoun**).

A slightly longer expression is:

Darse cuenta

'To realize' or 'To take into account'.

A phrase we may hear quite often and which is very useful is:

No me di cuenta

I didn't realize.

This is one to remember when excusing yourself for putting your foot in it!

The same **Reflexive Verb**, **darse**, has various uses, another one being 'to turn

round' which is **darse la vuelta**.

If you want to tell someone to turn round, you would say ¡Date la **vuelta**!

Finally, here is the most useful and friendly one of all – **preocuparse** – 'to worry'.

I'm sure at least once you have heard **¡No te preocupes!**, or the formal version **¡No se preocupe!** said to you when you were feeling anxious about something, but you might not have understood it at the time. It simply means 'Don't worry!' and is used in a multitude of situations. It makes a good alternative to the old chestnut **No pasa nada** and is just a nice expression to use to calm someone down who might be getting flustered or upset.

Are you still having trouble with these **Reflexive Verbs**?

No te preocupes.

Don't worry yourself about it!

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

RELIGION

www.wellspringvictorychurch.com



Do you feel secure?

As the memory of those long queues at the Sports Pavilion in Mazarrón fade and we are fully recovered from any side effects of the vaccine, the question is; **Do you feel secure?**

For around fifteen months we have been told where we can go, when we can go, who we can go with, what face covering we must wear, how often we must wash our hands etc. Now the restrictions are slowly coming

to an end, almost everyone has had two doses of the vaccine and that thought of 'normal' that we have yearned for over the past year is about to pop its head over the parapet. **Do you feel secure?**

The return to what most people feel is 'normal' is now only a few weeks away. We'll be able to jump on board an aircraft and visit loved ones again and not just chat on WhatsApp, Zoom etc, but the reality of a real tangible hug from grandchildren is actually going to happen. It's hard to imagine that anyone will not be delighted but; **Do you feel secure?**

Over the past fifteen months many have felt a great threat of insecurity. It's safer to remain indoors rather than risk exposure, but now the freedom of the past is returning – it's becoming reality!

Perhaps now is a good time to ask "Where does my security lie?" Four thousand years ago the Psalmist, wrote a psalm which began with the words:

I lift up my eyes to the mountains – where does my help come from?

Where did his help come from? Could it have been from the hills that surrounded them as they walked on towards Jerusalem?

The second verse gives us this reassuring answer:

My help comes from the Lord - the Maker of heaven and earth.

The parallel today is that our help doesn't

come from COVID rules and regulations, or a return to an imaginary 'normal'. Our real help, our true source of reliable, practical help comes from the Lord and just to reaffirm how reliable this source of help is, the Psalmist defines Him as the Maker of heaven and earth.

If we are feeling insecure in all that has happened and is happening, then it is time to look away from rules and regulations. It is time to stop trying to resolve this issue in our own strength and look up beyond the hills to the Maker of heaven and earth. The one true source of reliability lies in the one who made it all in the first place. Of course, there will be those who say all this COVID nonsense is God's fault, but rational thinking tells us it's a result of the world we live in and how we've made it. God must often look on the state of the world and, with a tear in His eye, call His Son Jesus to His side and ask Him "How long before they turn away from the thinking of that fallen world and look to me for their help and security?"

As Christians, everyone at **Wellspring Church** has found great security in God and His Son Jesus to walk with us through all the difficulties of the past year. We have had to follow the same rules and restrictions as everybody else, but we have been able to do this with the security of walking hand in hand with The Maker of Heaven and Earth.

At the time of writing, we still meet online every Sunday. You can join us by logging on to www.wellspringvictorychurch.com and following the link there.



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FOOD AND DRINK

Ma Millbank's Kitchen



Rosemary and Thyme

To continue from last month's two herbs we now look at **Rosemary and Thyme**. As soon as you hear the name **Rosemary** in cooking, everyone knows it goes so well with lamb, but what else can you make with it? When you season your dinner, think beyond the salt and pepper. **Rosemary**, with its aromatic, earthy smell, is loaded with antioxidants and anti-inflammatory compounds. Both herbs go very well with Lemon and can flavour vegetables to give a twist of a different taste. Like many herbs, they can make a really refreshing tea, but **Thyme** is probably the most used. Dry or fresh, it retains its flavour better than any other herb.

Buen Apetito

Lemon and Rosemary Artichokes

- 2 Artichokes
- 4 Cloves Garlic
- 2 tbsp Olive Oil
- Salt
- Pepper
- 3 tbsp Butter
- 3-4 Sprigs **Rosemary**
- 1 Lemon

Preheat oven to 375°F/190°C. Halve artichokes and scoop out the choke. Brush with lemon to prevent browning and place artichokes cut-side up in oven-safe baking dish. Drizzle olive oil over artichokes. Season with salt and pepper. Slice garlic and lemon, put on top of the artichokes. Place **Rosemary** in dish (reserve 1 sprig), then cover baking dish with foil. Bake for 30 minutes or until artichokes have softened. Melt butter and stir in several rosemary leaves. Dip artichokes into the butter and enjoy!

Lemon and Rosemary Salmon

- 1lb Salmon Fillet

- 1 tbsp Olive Oil
- 1/3 cup Dry White Wine
- 1/8 cup Lemon Juice
- 1 tbsp Honey
- 1/2 tbsp finely chopped fresh **Rosemary** leaves
- 1 tsp Cornstarch
- Salt & Pepper
- Lemon slices and **Rosemary** to garnish

Cut the salmon fillet into serving sized pieces. Sprinkle with salt and pepper and brush the top with olive oil. Heat up a large, non-stick frying pan on medium heat. Add the salmon to the pan, skin side up. Cover with lid or foil and cook for about 3-4 minutes. Flip the salmon and cook for another 3 minutes. Remove the salmon from the pan and set aside. To the same pan add wine, lemon juice, honey and **Rosemary**. Stir and cook for about 2 minutes. Dissolve the cornstarch in a small amount of water (about 3 tbsp) and add to the sauce. Cook for another minute and add the salmon to the pan skin side up. Turn off the heat, cover the dish and let it rest for a few minutes. Flip the salmon before serving and garnish with lemon slices and fresh **Rosemary**.

Creamy Dijon Rosemary Chicken

- 2 large chicken breasts cut in half lengthwise
- Flour for dredging
- 1 tbsp Olive Oil
- 1 tbsp Butter
- 3 sprigs fresh **Rosemary**
- 1/2 cup White Wine
- 3 cloves Garlic (minced)
- 3 tbsp Dijon Mustard
- 1 cup heavy/whipping Cream
- Salt & Pepper to taste

Heat the olive oil and butter over medium-high heat in a large skillet. Dredge chicken

breasts in flour. Fry the chicken for 5 minutes each side, remove it from the pan and set it aside. Remove the **Rosemary** needles from the stems and add the needles to the pan. Let the **Rosemary** cook for about a minute. Add the wine, garlic and Dijon mustard. Stir it until you have a smooth sauce, then add the cream and chicken to the pan. Cook for another 8-10 minutes over medium-low heat until the chicken is cooked through and the sauce has thickened. Season with salt and pepper as desired.

Pork Chops with Salad

- 1/4 cup Dried Cranberries
- 3 tbsp Rice Vinegar
- 2 (1 1/2 inch thick) bone-in Pork Rib Chops, patted dry
- 4 tbsp extra-virgin Olive Oil
- 3 sprigs **Thyme**
- 3 Garlic Cloves, smashed
- 3 tbsp unsalted butter
- 1 small Shallot, finely chopped
- 6 lg/8 med celery stalks, thinly sliced on a diagonal
- 1/2 cup Parsley leaves with tender stems
- 1/4 cup chopped salted, Dry-Roasted Almonds
- 1 oz Parmesan, grated
- Salt to taste

Combine cranberries and vinegar in a small bowl and set aside. Season pork generously with salt, then rub with 1 tbsp oil. Heat a dry medium shallow pan over medium heat. Cook pork chops until first side is deeply browned, 6-9 minutes. Turn pork chops and cook until second sides are browned; about 5 minutes. Add **Thyme**, garlic and butter to pan and swirl to melt butter. Baste chops then transfer chops, thyme, and garlic to a cutting board and let meat rest while you assemble the salad. Combine shallot and a couple of pinches of salt in a large bowl. Pour vinegar from reserved cranberries into bowl. Whisking constantly, gradually add remaining 3 tbsp oil. Add cranberries, celery, parsley, almonds, Parmesan and several pinches of salt. Toss to combine.

Cut along bones to remove meat from pork chops; slice meat 1/2" thick. Transfer meat and bones to a platter along with garlic and **Thyme**, then drizzle any accumulated juices left on cutting board over top. Serve with salad.

Thyme Courgette Sauté

- 1 tbsp Olive Oil
- 1 lb medium Courgette (chopped into fingers)
- 1/2 cup of chopped Onions
- 1 Vegetable Stock Cube
- 1 tbsp fresh **Thyme**

Heat oil in large pan, add courgette, onion and crushed veg cube. Cook for 4-5 minutes until just tender. Sprinkle **Thyme** over and serve.



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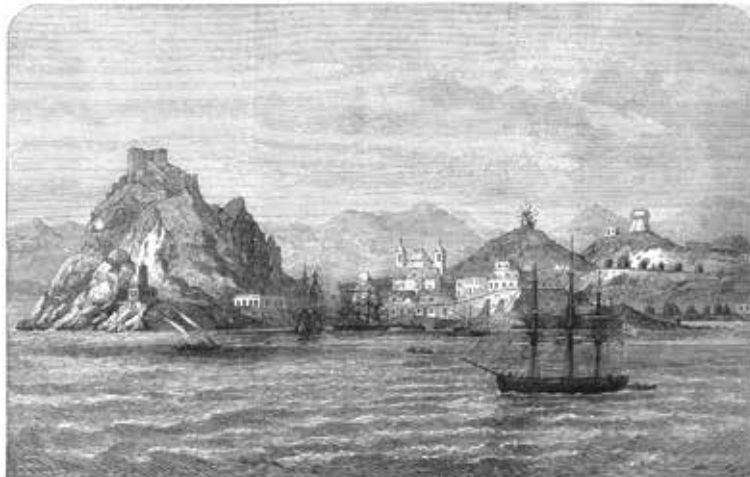
INFORMATION

HISTORY SNIPPETS

By Adrian and Dawn Preece
dalbridge21@outlook.com

Suits You, Sir!

The port town of **Aguilas** has long been a favourite with ex-patriots from the British Isles. Indeed, 67 years ago, on October 22nd 1954, the Coventry Evening Telegraph informed its readers that **Aguilas** in Murcia, Spain, was the "home from home" for the oddest collection of Britons this side of Suez".



Late 19th century view of Aguilas

Indeed, during the first half of the twentieth century, **Aguilas** certainly did have its fair share of eccentric British characters. The Spanish Civil War began in 1936 and for long periods before this, an ingenious, if rather ruthless, single Englishwoman claimed to own much of the land and many of the properties in the town. As a consequence, **Aguilas'** fishermen and many of the town's businesses, paid the woman the appropriate tolls and taxes she requested. In reality, however, there was no documentary evidence whatsoever to support the lady's entirely fanciful claims.

In 1902, a rich British aristocrat, called Hugo Pakenham Borthwick (known as Don Hugo by the locals), arrived in **Aguilas**. Hugo built himself a palatial home on Fraile Island, just by the harbour and lived in some style with two housekeepers and legions of pets and animals. Don Hugo certainly believed in acquiring possessions by the dozen. He had a partiality for ibises (large wading birds) and looked after twelve of them. When an ibis died, it was

buried in a dedicated ibis cemetery, which was tended to by Don Hugo himself. Hugo also had twelve dogs, countless parrots and allegedly always slept with a revolver under his pillow. During the First World War, he may well have spied on local German shipping for the British. When he walked through the town of **Aguilas**, the affluent Englishman always seemed to be dressed in exactly the same suit. Why would such a rich man only have one suit? The answer to this conundrum was given when an **Aguilas** resident eventually gained access to Don Hugo's home (for unexplained reasons). Hugo did in fact have twelve suits, all of which were identical and he would wear one of these suits

during his many walks through the town of **Aguilas**.

The legendarily eccentric Don Hugo adopted a son, who received a boarding school education in England and eventually inherited all his father's financial assets and properties in **Aguilas**. Precisely what happened to Don Hugo is unclear (at least according to the Coventry Evening Telegraph of 1954!), but he certainly became one of the great eccentric British characters forever associated with the Murcian port of **Aguilas**.

Ding Dong Dell, Artist in a Bell!

During 1937, various British journals and newspapers slightly changed the words of the 16th century Elizabethan nursery rhyme "Ding Dong Dell, Pussy's in the Well" to "Ding Dong Dell, Artist in a Bell" to reflect the unfortunate accident which befell Dora Gordon, who was a British artist engaged in painting various Murcian street scenes during the period of the Spanish Civil War.

Dora's Murcian paintings were due to be exhibited at the swish Lefevre Art Gallery in London. At some point in late 1936, or early 1937, she clambered up a tall building in Murcia in order to obtain a clear view of the bustling street scene below. British newspapers weren't clear as to whether Dora was in Murcia City, **Cartagena**, or one of the other larger Murcian conurbations, when the accident happened. At any rate, Dora Gordon began to sketch Murcian street scenes from what she later described as a small oval room, when she was deafened and battered into unconsciousness by the sound and vibrations of an enormous church bell. Rather bizarrely, Dora Gordon had, in fact, found her way inside a large church bell, rather than an oval room.



In theory, a large bell in a small room should have been hard to miss!
(Photo by Raimond Spekking)

It took Dora Gordon some time to recover from the injuries inflicted by the bell. The Nottingham Journal of March 12th 1937 described the incident as an 'ordeal for an artist'. Nevertheless, Dora's exhibition went ahead at the Lefevre Gallery, where her paintings were exhibited alongside those of her husband, Godfrey Gordon, who was also a well-known British artist of the 1930's.

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Health and Beauty Section



EDITORIAL

THE 1:1 DIET

by Cambridge Weight Plan

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finally free of a life controlled by food or the number on the scales.



The 1:1 Diet focus is exactly that - the 1:1 relationship between the Slimmer and the Consultant. It's the very core of our brand.

Mel's Slimmers value the privacy, the confidentiality and more recently with COVID-19, the safety of having their weekly weight-loss support appointment in the comfort of their own home and products personally delivered.

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with food and drink temptations all around you; we won't make you feel intimidated or embarrassed because we know how you feel. We have been there too, and we know how private your weight-journey is to you, as well as your medical conditions and if your diet mindset struggles.

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HEALTH AND BEAUTY

Diabetes Week – 14th-20th June



What Is Diabetes?

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin, or when you can't produce any at all. One in 15 people in the UK have **Diabetes**, including one million people who have **Type 2 Diabetes**, but haven't been diagnosed.

Types Of Diabetes

There are two main types of diabetes:

Type 1 Diabetes means you can't make any insulin at all.

Type 2 Diabetes means that the insulin you make either can't work effectively, or you can't produce enough of it.

They are different conditions, but they are both serious.

Other Types Of Diabetes:

Gestational Diabetes, which some women may go on to develop during pregnancy.

Type 3C

Latent Autoimmune Diabetes in Adults (LADA)

What Causes Diabetes?

In all types of **Diabetes**, glucose can't get into your cells properly, so it begins to build up in your blood. Too much glucose in your blood causes a lot of different problems which can lead to **Diabetes**. We all need some glucose to give us energy. We get glucose when our bodies break down the carbohydrates we eat or drink. This glucose is then released into our blood.

We also need a hormone called insulin which is made by our pancreas. It is insulin that allows the glucose in our blood to enter our cells and fuel our bodies. If you don't have **Diabetes**, your pancreas senses when glucose has entered your bloodstream and it then releases the right amount of insulin so the glucose can get into your cells. If you have **Diabetes**, this system doesn't work.

Symptoms Of Diabetes:

Going to the toilet a lot, especially at night. Being really thirsty.

Feeling more tired than usual.

Losing weight without trying to.

Genital itching or thrush.

Cuts and wounds take longer to heal.

Blurred vision.

Diabetes Complications

Over a long period of time, high glucose levels in your blood can seriously damage your heart, your eyes, your feet and your kidneys, but with the right treatment and care, people with **Diabetes** can live a healthy life. Having some conditions, such as polycystic ovary syndrome, can mean you are more at risk of developing **Diabetes**.

Prediabetes

Some people may have a blood sugar level that is higher than usual, but not high enough to be diagnosed with **Type 2 Diabetes**. This is called **Prediabetes** and means you are at risk of developing **Type 2 Diabetes**. Some people with **Type 2 Diabetes** are able to put their **Diabetes** into remission, meaning your blood sugar levels are healthy without taking any medication. For many people, this can be life-changing.

Managing Your Diabetes

Getting used to life with **Diabetes** can be difficult, but there is lots of information available to help you learn how to treat and manage your condition effectively.

Understanding Your Diet

Eating healthily is an important part of your treatment for **Diabetes**. It will help you keep your blood sugar levels in the safe range. It is important to be physically active every day to help you manage your sugar levels.

1. Choose healthier carbohydrates

All carbs affect your blood sugar levels, so you need to know which foods contain carbs to swap for healthier carbs:

Swap white bread for multigrain, wholegrain, wholemeal, rye, linseed or pumpernickel.

Swap chips and mash for wholemeal pasta, or sweet potato.

Swap white rice for brown rice.

Swap cereals like Cornflakes and Rice Krispies for Weetabix, Branflakes, Shredded Wheat (or supermarket brand ones) or porridge

Fruit and Vegetables

Pulses such as chickpeas, beans and lentils

Dairy like unsweetened yogurt and milk

Make sure non-dairy milk is unsweetened and fortified with vitamins and minerals.

2. Cut down on sugar

We know that cutting down sugar can be really hard at the beginning, so small practical swaps are a good starting point:

Swap sugary drinks, energy drinks and fruit juices with water, plain skimmed or semi-skimmed milk, or decaffeinated tea and coffee.

Try low or zero-calorie sweeteners, also known as artificial sweeteners, instead of sugar.

Have fewer foods like cakes, chocolates, ice cream and biscuits.

Know the other names for sugar on the food label - sucrose, glucose, dextrose, fructose, lactose, maltose, honey, invert sugar, syrup, corn sweetener and molasses.

3. Perfect your portion sizes and plan for snack attacks

Swap cakes, biscuits, crisps and chocolate for plain or low sugar yogurt, unsalted nuts, seeds, fruit and veg

4. Avoid 'Diabetic' foods

Manufacturers are no longer allowed to label food as suitable for **Diabetics**. They don't have any special health benefits, are expensive, could still affect your blood sugar and may cause an upset stomach.

5. Understand the Glycaemic Index

This is a measure of how quickly foods containing carbs affect your blood sugar levels after you eat them. Some foods affect sugars levels quickly and so have a high GI and others take longer to affect blood sugar levels and so have a low GI. Go for carbs with a lower GI, but you will still need to think about portion sizes. Not all low GI foods are healthy, so make sure you read food labels and make a healthy choice.

6. Manage your weight

Making changes to your diet and physical activity levels can help you avoid gaining too much weight. It'll also help you to keep your blood sugar within a safe range.

7. Eat more fish

Try to eat fish regularly. The advice is to eat at least two portions a week, including at least one portion of oily fish - like mackerel, sardines, salmon, herrings, trout or pilchards. Oily fish is really good for heart health, but don't have more than two portions (about 140gm) a week because it contains low levels of pollutants (toxins). Avoid fish which tend to have higher levels of mercury, like swordfish, shark and marlin.

8. Fruit & Veg

These are naturally low in calories and packed full of vitamins, minerals and fibre. They also add flavour and variety to every meal. Fresh, frozen, dried and canned all count. Try to avoid fruit juices and smoothies as they don't have as much fibre and it is important to include them in your diet every day. Fruit and vegetables can also help protect against stroke, heart disease, high blood pressure and some cancers. When you have **Diabetes**, you are more at risk of developing these conditions.

If you are in any doubt, check with your own doctor.

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HEALTH AND BEAUTY

Disease Management



Last month we looked at nutrition and as promised this month we look at part 1 of what I eat every day. This has allowed me to not just reverse my own cancer, but as a bonus reverse debilitating pain levels from hips and back to zero!



What do I eat now?

Just to be clear; the cancer and anti-inflammatory diet is plant-based.

I Do Not Eat Any Meat, Fish, Or Dairy. This includes **Butter, Eggs, Milk & Cheese.**

This is easy for me as I do not eat any processed (or pre-packaged) foods as I can never be sure what it contains or how it has been made, let alone how long it has sat on a shelf. Many products include eggs and butter such as some pastas, breads, pastries etc. I do not have any sugar in a refined form.

In addition (sorry) **I drink almost no alcohol** (except on special occasions). Cooking with wine or beer is OK though!

No White Bread (* see below for allowable type of homemade bread), Crackers, Biscuits, Cakes, Pastries and the like. I do use organic honey, maple syrup or 'Stevia' artificial sweetener. Organic Stevia is great for sweetening, as are 'Xylitol' and 'Monk Fruit' sugar as it does not

spike blood sugar (especially important if you have insulin resistance or Diabetes). Maple syrup can also be used as 'bait' for cancer with bicarbonate of soda (explained next month).

I eat whole fruit separately from other foods especially, Kiwi, Lemons, Apples, Blueberries, Strawberries, Raspberries, Cranberries, Loganberries, Grapes, Pineapple, Oranges, Limes, as well as Tomatoes and Avocados.

*** Re the bread**

Japanese research has linked some cancers with the ingestion of goods baked with yeast. The problem is mycotoxins, which are waste products of yeast. There are many health problems that can be directly attributed to yeast, including atherosclerosis (narrowing of the arteries), obesity, as well as Aides.

lower and ok 2-3 times per week. No Chips! Using white potato is even higher on the glycemic index than Bread. Rice and Pasta are also high, but can be eaten in moderation.

Dark chocolate (at least 92% dairy free) can be eaten with nuts. About 3-4 squares with a palm-size portion of nuts per sitting. I make a fabulous chocolate and nut bar with dates, figs and nuts which makes a yummy sweet and healthy snack for those who love sweet things. If you do not like that, try making nut bars with peanut butter, oats nuts, dates... Hmmm!

For recipes email me at andrewhurrell2000@yahoo.com

What does my typical eating/drinking day consist of?

I start with a large hot mug of Mango and Ginger tea at around 8am. At around 10am I have my only coffee of the day - black so as not to break my 'fast'.

Breakfast is usually around midday (around 16 hours after my last food). The overnight fast allows the body to reset with blood sugar and a condition of autophagy where cellular renewal and repair can take place. New stem cells can replace older worn out cells and should not be overlooked.

I prepare around 400g of fresh fruit including skins with; Raspberries, Blueberries, Apple, Pineapple (not skin), 1/2 Kiwi, 1/2 Banana (not skin), Red Grapes, Pear, Plum, Orange (not skin) and any other fresh seasonal fruit available. I then place around 40g of rolled oats in a cup with boiling water and leave this to soak and absorb the water for a couple of hours. I gently warm this and add the fruit to a ceramic pan and then it is ready to eat. I look forward with huge enthusiasm now every morning to this dish which I often sprinkle with crushed pumpkin seeds for a little added bite. This is followed by another Mango and Ginger tea.

NO FAST FOODS

NO JUNK FOODS

NO PROCESSED FOOD

No flour (using yeast) should be used in a Cancer diet (highly acidic), not even if whole grains are used. However, flour made from almonds, coconuts or chick peas and made with nuts will make a very nice bread with no eggs added.

See this Youtube video for one such bread: <https://youtu.be/ZmU0kFCw-M8>
You Should Not Drink Anything In A Can Or A Bottle

Coffee is acceptable (one or two cups per day). Coffee is acidic and can also leech minerals from the body, as does conventional tea. Decaf green tea is fine as are other teas like Dandelion and Hibiscus tea. The one I mainly drink is a Ginger and Mango tea from Consum.... Amazing!

I use ONLY filtered water to drink and avoid drinking from plastic bottles as this can deliver PCB'S and other carcinogens.

White Potatoes are very high on the glycemic index, but Sweet Potato is much



Next month we look at Part 2 which also includes what to eat when you are 'eating out'!

My free Ebook is available at andrewhurrell2000@yahoo.com

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EDITORIAL

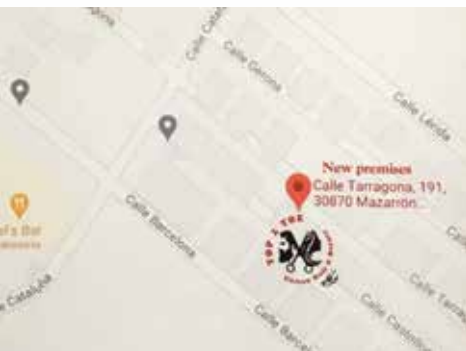


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Lynn and Sharn at **Top2Toe Unisex Hair and Beauty Salon** are pleased to announce that they are celebrating their first year anniversary.



Top2Toe has had an interesting 12 months; growing their business to where they have reached now and due to unforeseen circumstances they have recently re-located **Top2Toe Unisex Hair and Beauty Salon**.



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PUZZLE

PAGE



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

Boggle

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

M	E	B
A	N	R
G	I	C

39 words of 3 letters or more.

Wordsearch

Translate the words below from English into Spanish

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

- BASIL
- BAY
- CARDAMON
- CHILLI
- CHIVES
- CINNAMON
- CUMIN
- DILL
- FENNEL
- GARLIC
- GINGER
- LAVENDER
- MINT
- MUSTARD
- OREGANO
- PARSLEY
- PAPRIKA
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- SAFFRON
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- TARAGON
- THYME
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Answers on page 86



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DAMIAN CÁNOVAS

ALFAREROS



Sprucing up the inside of your House

Following on from last month's feature, this month we are concentrating on the inside of your home ready to welcome friends and family hopefully, or tenants if you rent your house out.



Although we are basically working on the inside, the initial look of the outside of the house, including your front door and windows, will have an impact on the way people view your house. If you are thinking of selling your house, this is really important. Painting the front door with a bright colour will make your house stand out. Change the door furniture or even spray paint it. Make sure you have efficient outside lighting and adding a few pot plants at the entrance will add to the kerb appeal.

The Garden Boutique offer indoor plants and beautiful pots to add some colour to the inside or outside of your home. They also have some lovely decorative items to make your home in Spain look even better. Visit **The Garden Boutique** and have a browse. Easy access on the road from

Mazarrón Town to Puerto de Mazarrón.
Tel **669 565 402/678 021 310**

It's Never Too Late For A Spring Clean!

Just giving your window frames a clean might be all it needs to brighten up the outside of your house, but it also might be time for them to be painted. Just because your window frames are wooden, it does not mean that you can't paint them. If you are unable to clean your windows easily, call in the experts who have the equipment to reach even the most awkward places.

Camposol Cleaning Co is experienced, reliable and fully insured for all your domestic and commercial cleaning services. As summer approaches why not get the inside of your property cleaned? Whether it's the oven you won't be using for a few months, the sofas, or even the tiles give them a call on **711 030 595** for a free no-obligation quote.



When getting your properties freshened up and spring cleaned, do not neglect the chimney. Why not get yours swept and inspected now and be safe and ready for the winter.

Ring **Sooty & Son** on **660 478 881** for an appointment

Replacing fly/mosquito nets is a must now, before the pesky flies come out in their thousands!

Kevin's Flyscreens are fully legal and insured, established 22 years ago. Everything is hand built using the best quality local materials. By limiting their product range they can ensure it's always **Quality Without Compromise!** Their specialty range includes: Flyscreens and Double Glazed Windows. Conservatories, Porches & Terraces can be glazed and/or flyscreened. Also available are Gates & Aluminium Fencing, Aluminium Roofing and External & Internal Doors.
Tel **650 662 579**

If you have persianas, (blinds), check these out to make sure that they are fully functional as you will need these to keep the sun and heat out during the hot summer months. Give them a good clean as well as they have probably not been used during the cooler months. If your window blinds are not functioning well and the cord keeps getting stuck have them renewed or serviced by **Brian Jones**. Also for professional plumbing, including whole house filter system installations, give **Brian Jones** a call on **646 705 021**

Have A Sort Out And De-Clutter

Get rid of those things that are just gathering dust, whether it's ornaments, clothes, or even kitchen utensils. If it's not been worn or used for a year, the likelihood is it never will be! A tidy house is a tidy

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Plants & Deco
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Tel David: 678 021 310
gardenboutique93@gmail.com
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Continued from page 48

mind and you will be surprised how much extra room you have. Don't forget the charity shops who have had a particularly hard time over the last 12 months, losing valuable revenue during months of closure. Most have a collection service to pick up your larger/multiple items. Check the Charity listings in **Contents** on page 4.



Alternatively, you may want to call **CASHCASHCASH** who offer part or full house clearances with instant payment for those unwanted household items that have been lurking in cupboards for years! Whether it's furniture, electrical, white goods, tools, or bric-a-brac, get in touch now on **630 455 336**

Paul Jessop is also available to give you an idea if you are clearing out anything of value. He will give you a fair price for tools, bric-a-brac, collectables and vinyl records. Call **626 421 623**

Once the 'de-cluttering' stage is over you will be on a roll to spruce up your home and we hope some of the ideas in this feature will give you inspiration, make your house special and help local businesses at the same time.

Glass and contemporary home design go hand in hand. You can use glass to open up your living, dining and bathroom areas and add a touch of natural light. Replace shower curtains or patterned screens

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Continued from page 49

with a clear shower screen to give your bathroom a modern touch, or install glass walls with panels to separate your living and dining area whilst still keeping a semi-open plan style. Investing in additional mirrors will give the impression of more space and light.

Bring New Life Into Your Living Space

Just because you live in Spain, your house does not have to have white walls everywhere! There is a common misconception that modern home design is based on white, grey and black colour schemes. The best home décor ideas include areas of colour to brighten and add a touch of personality and flair. Integrate colour into your home with bright wall art, or go bold and choose a bright colour scheme for your cushions or rugs. No matter which colours you choose, just make sure they complement each other. There are some beautiful coloured paints now from pale pastel colours to bright vivid reds and blues. Try painting just one wall or maybe the chimney breast in a different colour to make a statement.



As part of their new *Property Maintenance Service*, **Another World Properties** have a number of collaborations with various trades and can offer recommendations on companies for painting, carpentry, building

and plumbing. All recommendations are businesses they have used personally on their own properties or their rental properties.

Tel **968 592 679**

All under one roof! Whether you need help with painting, tiling, electrics, plumbing or cleaning, you will find **Casa Pro's** fully legal team experienced and dedicated to the job in hand. They really will take care of your property as if it was their own. Call them now for a no-obligation quote on **680 326 817**

With summer just around the corner, **Rhys Brightman** is offering 10% off all paint jobs quoted and completed in June using their new airless paint spray system for a quicker and more professional finish. Fully legal and insured, call **Rhys Brightman** on **659 328 439** for a friendly chat and quote.

RJB Decor has been established in Spain since 2003 and are currently the longest serving, legal English painting and decorating service in the area. Their focus is always to provide the most competitive, reliable service in the area, with over 40 years experience in the painting industry. Put you trust in the number 1 painting and decorating service. Call Martin **699 044 742**

Curtains and blinds can also add colour and style to a room and in Spain they perform more tasks than they do in the UK. In these dry conditions temperatures change much more rapidly and while summers here are hot and winter days can be warm, the winter evenings and nights can be chilly. Good curtains and blinds help to insulate a room, preventing temperature build-up in summer and temperature loss in winter. Vertical blinds, with their rotating vanes, in your glazed-in conservatory will allow you to control the light (and heat).

Choose your curtains carefully and get **Curtain Call** to make them from quality fabrics and fit them for you. Your new made-to-measure curtains will be a lasting investment in your home.

Tel **616 240 171**

If you are thinking of updating your home, why not drop in to **Furniture Plus** in the Piramide Center, Puerto de Mazarrón and take a look at their new Kira range of furniture due in soon? This includes a new range of reclining sofas. **Furniture Plus** offers a large selection of lounge and bedroom furniture, all displayed in their showroom. They look forward to seeing you soon!

Tel **968 153 907**

Upgrade bathroom fixtures and taps for a new look. If you still have a pedestal sink, replace it with a unit which includes the sink. This will update the look of your bathroom and give you somewhere to store cleaning products and toiletries. Paint white units to give your bathroom a bit of colour. Invest in new towels and bath mats to match your new theme. Clean the grout between tiles and if really bad, replace to make the bathroom look like new.

Paul the Plumber has been working in Spain for over 12 years and covers Camposol, Mazarrón, Alhama and further afield depending on the size of the job. With over 35 years of domestic plumbing experience, Paul specialises in bathroom refurbishment, including tiling, as well as the installation of boilers and heating systems.

Tel **634 326 804**

New-Look Kitchens

Paint kitchen cupboard doors for a new look, or just change the doors and buy new handles for that special look. Add moulding

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Continued from page 50

to plain doors to add a bit of character. Many older kitchens have solid and well-functioning cabinets that do not need to be replaced. Instead, doors can be changed and cabinets made into drawer cabinets. There is no such thing as a 'standard' kitchen.

Concept Doors is the only authorised dealer for **Scandor** covering in this area, manufacturing top quality doors and drawer fronts since 2001. Replacing your kitchen for a new, shiny modern one can be messy, time consuming and expensive. **Concept Doors** offer you an easier and cheaper alternative. Their doors and drawer fronts are 'made to measure' to create a bespoke look in a new stylish finish, combining colour and style. Tel/WhatsApp **625 99 88 58**



cupboard doors to light, bright, shiny ones, giving the appearance of more space and without costing a fortune. Who doesn't love a 'new' kitchen? Founded in 1960 and based in Isla Plana. For a free, no obligation quote Tel **626 960 354** (English speaking)

A dirty oven has a build-up of grease which can increase the risk of fire. There is likely to be a lot of bacteria harboured in there which doesn't make a great environment for cooking. Deep cleaning your oven will remove the grease reducing the risk of fire and prevent bacteria breeding.

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Air Conditioning (A/C)

With summer round the corner, check out A/C units and electric fans before you really need to use them. If you don't already have the benefit of air conditioning, now

may be the time to consider it. A/C units outside on terraces etc are not the most attractive, so think about covering the sides with possibly wooden covers.

Louis Harris Electrical, specialists in combined units offering heating and cooling, offer a range of systems throughout the Costa Cálida for studio apartments, large villas or commercial premises. All work is guaranteed and their quality is of a high standard. With over 30 years' experience and established in Spain since 2002, their customer care and after-sales service is of paramount importance to them.

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Multiservicios offer a complete electrical service. Even better is that during June they have a special offer on air conditioning installation; 560€ for Giatsu model and 599€ for the Samsung brand. Both come with 3,000 frigories. There are only 50 units available so you need to be quick! Tel **618 783 709**

T J Electricals, Camposol B are available for servicing, deep cleaning and sanitising your existing air conditioning units. They can also offer new installation with a choice of the latest wall-mounted inverter units from Bosch, Panasonic and Fujitsu to name a few, with a range of outputs to make sure the unit you choose is perfect for the area. **TJ Electricals**; Best shopping experience; Best Quality; Best Price; Best Choice. Tel **868 181 121**

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AROUND THE WORLD

Sara's Travel Blog



Kenya September 2017 - Part 6

Sara and her husband share some of their experiences; some funny, some disappointing and some completely breath taking.

After breakfast, we packed up and said our thanks and goodbyes before setting off on the next leg of our adventure. The best bit about being on a nature reserve was the journey in and out, as there was always something to see. We got our last glimpse of the wildlife before heading on the road to our next stop, **Nyeri**. The journey was not as long as last time, (just two hours), but it was with great excitement that we stopped at the Equator point and got the only photo of our guide Jackson.



The Equator

observation lounges and photographic hides which was also named Tree Tops. The experience became fashionable with the rich and famous because of the guarantee to view the wild life uninterrupted.

Tree Tops became famous worldwide after a visit by the then, Princess Elizabeth. The 25 year old and her husband, Prince Philip, were starting a tour of the commonwealth which included Africa, Australia and New Zealand. The couple were standing in for the king who had been unwell for some time, although not many people knew how ill he really was. After a quick stay in Nairobi, they arrived at Tree Tops and climbed into the tree house which Princess Elizabeth would describe as her most thrilling experience! Later, they were escorted to a state dinner in the Outspan Hotel, hosted by Sir Horace Hearne the then Chief Justice of Kenya. The next day, on 6th February 1952, the Royal couple left Tree Tops when the news arrived that the King had died in his sleep. Princess Elizabeth was now Queen and immediately, headed back to Britain. A black dress had to be taken onto the plane on arrival in London as the Queen had not packed anything suitable. It is now said that she insists that all Royals take mourning clothing with them on any tour.



Paxtu

We arrived at the hotel and were shown into a lovely room which wouldn't have looked out of place in a film set in the 1930's. After a buffet lunch, which the staff had held back for us, we were taken to Paxtu, just a short walk in the hotel grounds. It is now a museum and hasn't changed since the days Baden-Powell lived there and his desk was just the same. The room was full of scarfs, or 'neckerchiefs' as they are called in Scouting, badges from all over the world and books. It was very calming and I could see the attraction of the peace and quiet. His writing room had a beautiful veranda with a couple of rocking chairs and looked out to a beautiful lawn and wood land.



How high

Unfortunately, two years after the Queen left Tree Tops, it was burnt down by the new Mau uprising called the KLFA (Kenya Land and Freedom Army) in protests that lasted several years. In 1957, a new hotel was built and is still there today and this was where we were to stay for two nights. The Queen did return to Tree Tops in 1983 and completed her tour of Africa.

The history of the Princess becoming a Queen was not why we had asked to visit this area. When living in the UK, my husband and I were both Scout Leaders for over 20 years and this was the final resting place for our leader, Lord Robert Baden-Powell. BP had fallen in love with Kenya whilst in the Army, long before he started the Scouts. He was a resident of **Nyeri** in his later years, but visited often in winters when having a break from promoting Scouting around the world. BP was a frequent visitor to Tree Tops and loved to watch the animals around the watering hole. In 1938 BP commissioned a cottage to be built in the grounds of the hotel, which he named Paxtu. It was never clear why they choose this name, but it is thought to have been based on the address of their home in London, Pax Hill and 'tu' meaning two for second home. 'Pax' also means 'peace' in Latin and that was something BP wrote about as he and his wife spent his last three years in the cottage. He and much later, his wife Olive (who founded the Girl Guides) were buried nearby in a graveyard along with the world famous conservationist Jim Corbett, who was a dear friend of theirs.



Hotel bedroom


After dinner we walked around the grounds, but didn't feel the need to go to



the watering hole as we were exhausted. The next day we were taken by Jackson, (he had stayed on, but we didn't know where), to the **Wajee Nature Park**. Here in the St Peters Cemetery is Baden-Powell's grave and on his tomb stone is a circle with a dot in the middle which is the scout sign for 'Gone Home'! We spent some time there and then called into the Scout and Guide Visitors' Centre. We chatted for some time to the young lad there about our experiences and left a County Badge from our scouting days for the collection.

Back at the hotel, the early mornings and travelling were catching up on us, so after dinner it was an early night. The next morning we were heading off to another Safari but this time we would be flying by light aircraft. This for me, with a fear of heights, was going to be the worst bit. I knew it was coming, but the alternative was an 8-10 hour drive on no more than a track. Trust me, I considered it, but too quickly we were there, pulling up to a field with a few people standing around a small airplane. We had already said our goodbyes to Jackson and we were hurried into the plane while someone threw our bags in behind us. I pushed my husband into the window seat and then sat next to him feeling safer in the middle! There were only 12 seats and 8 of them were already occupied. It didn't help me that there were 4 straps like a harness instead of the normal lap belt! The Captain turned round to speak and we could almost touch him. He welcomed us and sent a basket of sweets round which he laughingly said was

the 'inflight food' and said help yourselves to water at the back; as if I could move! I closed my eyes and could feel the plane lifting up. I could hear everything the Captain said, so tried to open my eyes which was worse as I just felt sick. My husband was giving me a running commentary and I was praying it would end soon when I felt the plane going down. That hour went quick I thought, but no, we had only been in the air 10 minutes and were picking up 2 more people! They tried to speak to me, but I felt like I had held my breath for ever and just couldn't open my eyes. We took off again and my nightmare continued! Please make it stop and when would we be there?



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INFORMATION

Birding in Murcia

by Martin O'Hanlon

Email: antrimbirder@gmail.com

For those of you who have been reading these articles in recent months you will know that I am currently in the UK after a Christmas visit. The intention was to return to Murcia at the end of January, but due to COVID travel restrictions I am still here. Although I am missing my usual stomping grounds, it has been a great opportunity to explore the many great birding sites around my new English base in the county of Suffolk. It has also been an opportunity for me to compare some of the birdlife in the two places. Spain and the UK have much in common, as they are both in Western Europe and share the north/south migration routes of many birds. However, Suffolk and Murcia are 2,200km apart, so it has been interesting to note some of the divergence that this latitudinal distance makes. There is much that is familiar as well some clear differences and surprisingly there are even a few different accents in the bird songs!

On a walk one day I was hearing familiar common bird songs, but they were sounding a bit different from what I was used to, so I was struggling to identify the birds quite as readily as I was accustomed. At the time I put it down to being in a different habitat and environment that wasn't triggering my sub-conscious reasoning. As this happened a few times I began to mention it to other birders on chance meetings and did a bit of research.

Evidently, some birds have developed slightly differing local and regional repertoires with differing tones and notes. A very knowledgeable birder told me that the **Chaffinches** in **Holkham**, Norfolk definitely have a local accent and some of their calls sound similar to the contact call of a **Nightingale**. It causes a great deal of confusion for birdwatchers searching for **Nightingales**; a bird that is increasingly

uncommon in the UK and much sought after by local birders. In Murcia it is fairly common around areas of scrubby growth, especially along the banks of the **River Segura**. If you have never heard this enigmatic bird, I suggest you take a stroll along the riverside downstream from the village of **Ojos** during May and early June. You should be rewarded with the sound of their continuous and beautiful singing from dense vegetation, but probably won't get a glimpse of this quite drab bird. However, be quick as they stop singing once the task of raising a family has commenced.



Male Chaffinch

On my regular forays into the countryside the air has been filled with bird song. One bird in particular made my heart skip when I first heard it on a local woodland walk. It was a fairly monotonous song that was quite loud and insistent, 'chiff chaff, chiff chaff, chiff chaff'. **Chiffchaffs** (*Phylloscopus Collybita*), so named because of their calls, are a common bird in both countries. The reason it made me so happy to hear it was the fact that I hadn't heard one for many years and it fleetingly took me back in time to forgotten and pleasant memories. **Chiffchaffs** are very common winter visitors in Murcia, but apart from occasional short contact calls, are silent until they return to their summer breeding haunts. In the UK they are summer visitors, but nowadays there are more birds over-wintering (probably due to climate change). I have to admit that I am now beginning to get a bit bored with the monotony of it all after several weeks of hearing this repeated song!



Chiffchaff

On visits to wetland areas, a bird that I have been hearing a lot is the **Sedge**

Warbler (*Acrocephalus Schoenobaenus*). It is a very common summer visitor here, but is a very good bird to see in Murcia where it is a scarce migrant, occasionally spotted at some of the coastal wetlands and reed fringed riverbanks of the **Segura**. I wonder if the birds I am seeing (or more often hearing, because of their secretive habits) have travelled through Murcia on their return journeys from Sub-Saharan Africa. I haven't spotted any Murcian accents so far, but their songs can be somewhat guttural!



Sedge Warbler

A very regular garden visitor here in Suffolk is the **Common Starling**, a bird which I have never really bothered too much about in the past. However, during winter in Murcia I have been in the habit of checking the flocks of **Spotless Starlings** (*Sturnus Unicolor*) that I bump into, just in case there are **Common** or **Northern Starlings** (*Sturnus Vulgaris*) that have palled up with them for the winter.



Common Starling

In case you are wondering, the **Spotless Starling** is the normal resident **Starling** that you will see all year round, but in winter there are always some **Common Starlings** that make a partial migration south to spend the winter in southern Spain. In the UK we have the pleasure of seeing just **Common Starlings** and it would be an amazing find if a **Spotless Starling** turned up one day. I should probably check all the ones that are visiting the garden,

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Birding in Murcia

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just in case a **Spotless** joined them on their return journey. Well, it costs nothing to dream! The adjoining photographs show the two species in their summer best, but in winter the **Spotless Starling** does have some light, delicate spotting so it is best to double check your identification.



Spotless Starling

Another uncommon winter visitor to Murcia that occasionally gets driven south by cold weather in Northern Europe is the **Siskin** (*Carduelis Spinus*). It is a small and attractive **Finch** with green and yellow plumage with splashes of black and is similar looking to its commonly occurring close relative the **Serin** (*Serinus Serinus*). The **Siskin** is resident in the UK and a few days ago I was pleased to take the attached photo of this male bird in its breeding finery as it came to drink at a woodland pool.



Male Siskin

I am sure you are all quite familiar with **White Wagtails** which are relatively common small birds in Murcia. They are instantly recognisable with their black and white plumage, jerky walking style and a long tail that is in continual movement. Hence, the common name of **Wagtail**. They are also common birds in the UK,



White Wagtail

where they look different as they have far more black in their plumage, especially on their back. English birds are also commonly called **Pied Wagtails** and not **White Wagtails**. Suitably confused? They are in fact the same species, but there are two distinct races; the UK race (*Yarrelli*) and the Continental European race (*Alba*). In winter it is possible to see the very occasional UK bird that has decided to escape the British weather for a few months to visit their southern cousins.



Pied wagtail

Whilst on a trip to the coast I was watching some small waders as they fed along the shoreline and I was pleased to see a few **Sanderlings** (*Calidris Alba*) and **Dunlins** (*Calidris Alpina*) that were in summer plumage ready to fly up to their arctic breeding grounds. I am accustomed to seeing both of these small common waders around the coastline of the Mar Menor, but generally in their drab winter plumage. You do occasionally see them with partial breeding plumage, but clearly there are better opportunities to see them in all their finery when they are 2,200km further north on their journey to the Arctic.



Sanderling - summer plumage

On a visit to the neighbouring county of Norfolk, I regularly see an uncommon **Duck** that I regularly see in Murcia at wetlands such as **Campotejér**. However, in the UK it is very uncommon so I was pleasantly



DS Red-crested Pochard

surprised to see a very striking drake **Red-Crested Pochard** (*Netta Rufina*). It was so unexpected that I had to pinch myself, but there is no mistaking it with any of the other **Ducks** that can be seen in the UK. I suppose it goes to show that birds, like humans, are unpredictable at times and if they fancy going to somewhere unusual and exotic, all they have to do is unfold their wings and away they go - a very enviable lifestyle during a global pandemic.

If you have any comments or queries please feel free to get in touch at antrimbirder@gmail.com

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South Murcia

Including Alhama de Murcia, Camposol Urbanisation, Condado de Alhama Urbanisation, Fuente Alamo, Lorca, Mazarrón, Puerto de Mazarrón, Totana.

NEWS

News From Your Councillor For Camposol and International Relations

Email: silvanaeb@mazarron.es

Law Enforcement

Following official and unofficial reports of domestic burglaries, ATM raids, driving infringements and other misdemeanours, it has been suggested that the Local Police and Guardia Civil should patrol Camposol more frequently. While this would be desirable, it is unfortunately one of the problems of living in a semi-rural municipality; the Guardia Civil's primary function is to investigate reported crime (apart from the Guardia Tráfico who stay mainly on the regional motorways) and it is the Policía Local who carry out routine patrols.

Currently Mazarrón Municipality has 24 Local Police officers, putting aside sickness, holidays, pandemics etc. If they work 8 hour shifts it would mean that on average only 8 are on duty at any given time. By necessity they work in pairs, so only 4 patrols will be available to cover 318.7sq km and a resident population of over 35,000 which virtually doubles in the holiday season. Obviously patrol areas are prioritised according to reported crime figures, also taking into consideration severity and emergency calls. Unfortunately, although a lot of people on Camposol complain to each other about crimes and infringements, only a fraction actually report them to **112**, so Camposol is classed as a relatively low crime area with the corresponding priority. At the time of writing, Mazarrón

Council have a recruitment drive for 8 more patrol officers and have considered 424 applications, but the successful 8 will have to attend the Academy for 2 years before they can perform their duties.

There also seems to be a problem involving the reporting of home burglaries where the owner is not a permanent resident and hence cannot complete a crime report or denuncia as they are in another country. Although this is a problem, it can be overcome if the homeowner appoints Power of Attorney to a trusted neighbour, key-holder, solicitor, or adviser who could report any break-in on the owners' behalf. This could also include the incursion of squatters.

It is also common on Spanish urbanisations where Community of Owners are in operation, that private security is utilised to varying degrees as can be seen locally to a lesser extent on the Mazarrón Country Club and to a greater extent on the Condado de Alhama urbanisation.

Furniture and Large Item Disposal

It has been brought to the attention of Mazarrón Council by the manager of the refuse collection agency that deals with furniture and large item disposal, that items are being left at times not in line with the arrangements published and to greater concern, thrown and strewn over

large areas, (see picture taken by refuse collection manager), making collections more difficult and time-consuming and can even involve specialised vehicles. It also creates a habitat for vermin, not to mention the impression it gives to the urbanisation. To avert the Camposol collection service being stopped, which would mean trips to the Ecoparc or paid-for collection, would users please adhere to the simple rules of only leaving items on the last day or 15th of the month and also to stack or arrange items in an orderly fashion ready for collection.



Your Councillor can be contacted on silvanaeb@mazarron.es

CHARITY



MAMAS

- Mazarrón Animal Medi-Aid

Tel 666 186 037
Registered charity No 9537/1a



So, are you all jabbed up then?! Those queues were something else! They reminded me of attending a big name pop concert!! Hope you are all OK after your vaccinations. Hopefully we can now start to see all our customers when they feel safer. It will certainly be great to see everyone.

We still need your donations; clean clothes, small working electricals, big electricals, bric-a-brac, bedding and furniture of any type. If you can't drop it yourself please give Richard a phone call or email him to arrange to collect.

Do Not Forget

We still need help in the shop. The COVID crisis has cut down the number of people able to help, so we desperately need new volunteers to replace them, especially with the summer holiday season approaching. If you could help even one morning a week please get in touch. Our few remaining

volunteers have kept the shop going through these difficult times but they really need a break now.

Toby

We have given assistance to quite a few dogs and cats and our feature pet this month is **Toby**. Poor sweet **Toby** was horrible savaged by a big stray dog.



(Pictures of his injuries are not suitable to publish!). He was rushed to Paco our vet for emergency surgery, thankfully in time to be helped and he has since made a good recovery. Come and see us **Toby** and let us see how you are.

Richard will be on the Car Park by the roundabout on Camposol B for collection of donations or for a chat on Tuesdays 10am-12pm.

If you haven't been to the **MAMAS** shop, we are in Puerto de Mazarrón. Turn left between Consum and the O'Clock Bar and you will find the shop in the third road on the left; Calle San Juan.

Look after yourselves and we look forward to seeing you.

Tel **666 186 037**
mazarronanimalmedi_aid@zoho.com



CHARITY

AGE Concern Costa Cálida

Lifeline 634 312 516 Advice and Information 634 344 589

VE Day Celebration on Saturday 8th May @ Maypu Restaurante in Puerto de Mazarrón

This was a great success, with a delicious choice of food from the BBQ and super service. Thanks to everyone who came along and joined in the party. As well as a great afternoon we also raised €269 to help towards **Age Concern** funds.

In addition, we were delighted to receive a cheque for the grand sum of €2,000 from the local charity **Making A Difference**. This is much needed help towards our funds during this pandemic. Thank you to Christine Burgess who presented the cheque to us at the lunch and grateful thanks to all at **Making a Difference**. You can see photos on our Facebook site.

We don't have any information yet about our next lunch so until life gets back to normal for us all, please check our

Facebook site **Age Concern Costa Calida** for news of future events and updates.

Although all our regular monthly activities at our **Drop in Centre** have been put on hold, we are still here for advice and information, shopping and medicine collection, so give us a call if you need help. All our phone lines as listed below will be manned as usual. If you would like an in-person chat with one of our team please feel free to go to our **Drop in Centre** which is open at present every Tuesday from 10am-1pm. Masks are compulsory.

Can You Help?

We are always looking for volunteers to help either in our office for a couple of mornings a week, or to assist with arranging our monthly lunches at local restaurants, or simply to give a helping hand to our clients; perhaps drive a client to a hospital appointment, or to get their

shopping from the local supermarket or pharmacy?

If you would like to volunteer for any of the above and meet our friendly team, please give Isabel Stewart a call on **634 344 589** or email **ageconcerncostacalida@gmail.com** and we will get back to you.

Age Concern Drop in Centre

Calle Valencia 12
Camposol A
Mazarrón

Enquiries - 634 344 589

Volunteer Coordinator - 634 312 516

Lifeline Puerto de Mazarrón Area - 634 325 408

Equipment Loan - 634 306 927

(Lines Open 10am-4pm Mon-Fri)

Email **ageconcerncostacalida@gmail.com**

Facebook: **Age Concern Costa Calida**

GROUPS



B CLEAN' GARDENING GROUP

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

Weeds, weeds and more weeds! It's that time of the year when all the lovely plants come into blossom accompanied by the ones we aren't so keen on. Somebody once said that a weed was just a flower in the wrong place. There are clearly too many wrong places! **B Clean's** annual battle with the pesky green invaders is under way once more and the volunteers have been working on the dual carriageway, around the footbridge and other primary locations. Even the previously pristine lines of potatoes in the fields adjoining Camposol B are under assault with unwanted greenery and the farm hands have already been out with their massive spraying machine - perhaps they could take a quick buzz up and down our roads!



Over the last few years, we have been contacted with various requests and ideas for work and projects. Unfortunately these ideas often come from residents in areas where there is very little apparent support for the group and we have no choice but to concentrate on the main jobs due to very limited funds and even more limited manpower. The obvious answer is for more people to assist the general maintenance work and for a bit more cash to be donated

so that we can purchase the equipment and materials needed.



Like all charitable concerns, **B Clean** needs financial support. That comes from one source only; members' subscriptions and donations. Colin Thackwell's marathon cycling efforts in recent months have boosted the bucket collections to around 80€ per week although usually we get 40-60€.



There are 800+ homes on Camposol B, so as a very rough average, weekly donations are equivalent to less than 10 cents per property! If each owner gave just 20 cents it would bring in over

150€ per week which would ensure that we would not have to drain the group's finances for routine maintenance such as the palm cutting. Bearing in mind that Camposol B is home to a very popular commercial sector used by residents and visitors from all over Camposol and the immediate locality, one might expect some of those people passing through the sector would donate too. How much could that generate? Who knows? Whatever it could be, it's got to be significantly more than the income we are working with at present. Needless to say, if we had more than the current 60+ members of **B Clean**, the subscriptions income could help out too. Please remember that nobody in the group claims expenses, so the use of members' own equipment, vehicles, phones etc etc comes from their own pockets.

Sorry to gripe, but we really need funds and people to continue looking after Camposol B, so if you can assist in either, or both capacities, it would be really appreciated.

All enquiries to **B Clean** on **bcleangardening@gmail.com** or Facebook **B Clean Community Gardening**.

Hope to hear from some of you soon!

Costa Cálida Chronicle

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Remember deadline 15th of the month!!!



GROUPS



Camposol C Green Fingers Gardening Group

www.greenfingersgardenandsocialgroup.com



Very heavy showers and high winds, with warm periods in between, have really helped our new plants to flourish, but it has also meant our Volunteers have had to weed extensively and water each week in all areas. This month they have also planted and moved donated plants, dead-headed our many roses and moved the frame for a sign.

The Maintenance Team continued the regular rota of cleaning, weeding and also spraying the streets and the gravelled verges and planted areas with pet-friendly weed killer. Please remember, every Euro of each member's monthly payment is used to

sweep, weed and spray the whole of Lower 'C', although we may only reach your road every few weeks. If you're not a member of our scheme and see our teams working, please



consider joining our Scheme or contributing a little to our bucket. Many thanks to all who have donated during these tough times.

Further information is available on our chalkboards and Facebook or from John our Chairman on **634 325 427** or visit our Facebook groups or the website www.greenfingerscamposol.com

CHARITY

MABS Mazarrón

Tel 634 362 823 www.mabscancerfoundation.com



MABS Mazarrón Cancer Support Fundación

Firstly a huge thank you to everyone who has donated much-needed money, plus all those that have helped by donating furniture, clothes, bric-a-brac etc. that is the lifeblood of our fund raising in our Totana shop. All money raised is used to help those locally diagnosed with cancer.

A special thanks goes to the members of the **Mazarrón Bowls Club** who donated 500€ at their annual **MABS Bowls Competition**



Mazarron bowls

A shout out also to The Diner, Camposol B who recently held a **Quiz** and **Raffle** on behalf of **MABS** and raised 316€. Thank you to Sue and her team.

Books

Thanks to Alix at Alley Palais, Camposol B who has kindly allowed us to have a bookcase in the bar to raise further funds. Feel free to take a book and leave a donation in the **MABS** tin on the bar.

How Do Your Donations Help?

All money raised helps us to provide:
 Drivers 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.
 Medical equipment on loan to patients.

1-2-1 counsellors.

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

- Being diagnosed with cancer.
- Affected by a spouse or partner having cancer.
- Bereavement due to cancer.
- No respite from spouse or partner with cancer.

In April we assisted with:

- 91 Appointments
- 81 Translations
- 37 Drives to hospital
- 3 loans of equipment

The year to date figures to the end of April:

- 413 Appointments
- 384 Translations
- 132 Drives to hospital
- 30 loans of equipment

We are here to help and we are only a phone call away.

Our **Respite Home** on Avenida Los Cavachos, Camposol B is dedicated to the first class provision of Respite Care and Hospice Care. With 24 hour care being given to residents by 2 legally registered Care Agencies.



Respite House

Our shop in Totana in Avenida Juan Carlos I relies on donations from you. Take the first exit at the first roundabout coming into Totana from the RM3. All hygiene rules followed; masks must be worn, everyone must sanitise on entry, only 8 customers

are allowed in the shop at any one time. Larger items go into 72 hour quarantine and smaller items are sanitised. All clothes sold are washed if necessary and are ironed and sanitised before display. We still urgently need furniture, clothes and bric-a-brac to sell to raise funds.



MABS shop

Can you spare a few hours a week?

Our volunteers work hard to meet the demands, but we need more people to lighten the load. We are particularly short of patient drivers and fundraisers, but if you can help in any capacity and have a few hours spare each week please get in touch by telephone, email: mazvolunteers@mabscancerfoundation.com or call into our Respite House on Camposol B.

Help us to Help you

We have donation 'boxes' for clothes, bric-a-brac, books etc. in Alley Palais, Camposol B, The Club House, Camposol C and our Respite House.

Collections

For furniture and larger items, our van runs Mondays, Wednesdays and Fridays for the collection of furniture etc. Call **634 313 478** to arrange collection.

If you need help call our Helpline **620 622 410**

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



CHARITY

FRIENDS OF MAZARRÓN ANIMALS

fma.murcia@gmail.com
+34 626 960 354



It looks like Summer is finally here and we can put away the shoes and jeans and get out the shorts and flip flops. Unfortunately the beautiful sunshine does not mean our work with abandoned animals stops or gets any easier. May saw a new cooperation between FMA and a group dedicated to improving the lives of dogs in puppy farms. Working with the breeders is the first step to a better life for these dogs, who very often suffer physical and mental problems due to their incarceration. **Filidelphia, Spencer and Chanel** are three such dogs and are now under our wing. We hope that this is just the start of an ongoing relationship.

Although many of our dogs get snapped up and ended up in wonderful homes here, in the UK, Germany, Sweden, Italy and Holland, there are always some who seem to be left behind with little or no interest at all. We are still trying



CASH

to bring **Cash** into the FMA family as at the moment he spends most of his time alone at home. He has epilepsy but this is controlled by medication and he is otherwise healthy.

Another dog left behind is **Josh** who has spent far too long in kennels and needs a family to call his own. Surrendered into the Perrera many months ago, but now under our wing, his story is a little complex but you can read all about him on our Facebook page. You can find both **Josh** and **Cash** in our adoption album along with other dogs looking for new homes.



JOSH

We mustn't forget our gorgeous feline friends looking for homes: **Cuca, Toby and Lottie**. If you are interested in adopting a cat please let us know. All three are gorgeous and deserve new homes.

Fund raising events continued with our volunteers working tirelessly at musical events and markets. We cannot thank them enough for giving up their Fridays and Saturdays to support the charity. Please keep following our Facebook page so you are the first to know what's happening, where and when.



OSA

The **100 Club** continues to be a popular watch on a Friday at 8pm. Remember you've got to be in it to win it!

Please contact the team at FMA for more information about us and our work.

Friends of Mazarrón Animals
fma.murcia@gmail.com
Tel +34 711 032 574
<https://www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/>



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GROUPS

Los Palacios Gardening & Community Group

lospalaciosgardening@icloud.com
www.facebook.com/groups/528564140617103

Well slowly but surely we seem to be moving forward towards a more 'normal' situation. With the end of the state of alarm and an ease on the socialising restrictions, albeit with some limits, we can now meet up to have a meal with friends. There is still some way to go yet until there is worldwide travel allowed, but hopefully the situation will improve soon so we can visit our families in other countries.

I am pleased to say that the distribution of vaccines has now speeded up. I think the majority of Camposol residents have now been vaccinated which is good news. We might have had to queue!!! But I have to say that the Mazarrón Health Workers did an excellent job in dealing with so many people in one day.



On 17th April the **Memorial Garden** was used for the **Memorial Service** for Prince Philip who died on 9th April. This area is a



focal point for people to gather when they wish to hold a service of remembrance and we are grateful to Bob and Dave who maintain this area and keep it looking nice. Our volunteers continue to go out regularly, maintaining the area which includes trimming the trees, weeding, mowing, emptying the bins in the **Memorial Garden**, clearing up litter generally and keeping the Post Room clean and tidy. Tony has re-fitted the light on the steps leading down to the post room. In addition to our normal



weekly routine we have a 'blitz' on certain areas throughout the year and in May this was done at the bottom end of **People's Park**. This additional work is done on a Sunday morning when our volunteers join together to concentrate on one area that needs special attention.



Our **Bucket Collection** is held outside Tel's on a Thursday morning and we appreciate any contributions. Our **Library** is open every Friday from 10am-12.30 pm.

If you wish to contact us, our email is lospalaciosgardening@icloud.com and we have a post box in the Post Room on Los Palacios under number **915 Los Palacios Gardening Group**.

We thank you all for your continued support.

CHARITY

Making a Difference

TEL 603 389 006



Last month we had our **AGM** to discuss how we want to proceed for the coming year helping people in our community.

We will continue making our monthly donation to the **San José Church** in Puerto de Mazarrón enabling them to assist families in our area with food and other essential items.

Last year we made a donation to an afterschool programme run by a group of nuns in Lorca. They provide a free safe place that children can attend after school, enabling parents who work and who just cannot afford to pay for afterschool care or clubs. This is a very worthwhile project and so we will be making another donation to help them to continue.



On Saturday 8th May we were able to make a donation of 2,000€ to **Age Concern** who assist many people in our ageing population. They were very grateful for this donation and it was presented by Christine one of our shop volunteers at the **Age Concern VE Day** celebration event at The Maypu Restaurant.

We have sent out emails to all the schools in our area offering to make donations if they have any projects that they need funding for. In these difficult times certain projects or items are not covered by local or regional funding. We have in the past provided schools in the Mazarrón area with four lap tops for their library, air-conditioning units for two or three classrooms for the hotter months to make it more bearable for the children. We have also helped Orphanages in the Cartagena and Lorca areas.

All these projects have been funded from our shop in Puerto de Mazarrón so we would like to thank all our supporters for their donations of items and in some cases money enabling us to continue helping all those families who are less fortunate in our area.

Our shop is open from 10.00am-1.30pm Tuesdays, Thursdays and Saturdays.



Our van to pick up donations will be at Camposol A commercial centre car park on Tuesday mornings from 10.30am-12.00pm. Please call **603 389 006** for any donations of large items you need us to pick up.

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Remember deadline 15th of the month!!!





Shaun runs the **Expat in Mazarrón** YouTube channel, which he began on arriving in Spain in 2015. For those that are new to the channel, it is about Shaun's living in Spain; where he lives, around and about the Mazarrón area, plus other places of interest for walking across a wider area of Murcia. There are many more aspects to living in this area, including the property that can be found on Camposol Urbanisation.

Last year, Shaun set up a new group called **Camposol Explorers** which is specifically for exploring the Murcia area. It is made up of a small group of people (so far) who live in the surrounding urbanizations, who want to explore the Murcia region within a small group, to see and understand its history and beauty of the area.

This past month - April, the weather was the cloudiest and wettest I had seen since living here, but there was a break in the weather and at short notice Shaun managed to get a group of four to go exploring for the day, travelling in two cars due to COVID-19 restrictions.

Our First Location

This was an abandoned mine **Conjunto Mina Luisito** (which can be found on Google Maps - Sat Nav location). It's not far from Camposol heading towards Mazarrón on the RM3, set back behind the two petrol stations (BP & Repsol). There is not much information on this mine.



Mina Luisito

Built circa 1900's, the owners, after digging a shaft hole, hit an underground hot spring which cost too much to pump out and mine so it was abandoned.



Mina Luisito

Second Location

We went to two places, **Las Salinas (The Salt Flats)** which date back to Roman times. This whole area, at one time a salt marsh, is a short distance from Puerto de Mazarrón. This is the last inlet/outlet structure left of the **Salt Flats**.



Las Salinas

Walking further along the beach called **Playa de la Pava** you will notice wooden steps going up to a view point named **Mirador Cabezo del Gavilan**. (Sat-Nav location). This has amazing views in all directions, but looking out to sea you have **Puerto de Mazarrón** in one direction and **Bolnuevo** in the other.



Mirador Cabezo del Gavilan

Third and Final Location:

We went to **Puerto de Mazarrón Docks** to see the **Fishing Harbour**. Resplendent still, but not in sail, was the replica sailing ship **Nao Victoria**. She was built circa 1519, one of five sailing ships built by Spain to circumnavigate the world.



Nao Victoria

Nao Victoria was the only one to return in 1522. She was berthed for a couple of weeks in **Puerto de Mazarrón** before moving further down the coast towards **Aguilas**. She is now a museum ship and the cost to board the ship and look around was 5€ per person. It was an enjoyable experience and the cost contributes to the upkeep of the ship for generations to come. For more information about the ship, check out their website www.fundacionnaovictoria.org



Nao Victoria

We finished our day with a lovely picnic, sitting overlooking the sea. The picnic was made by a fellow explorer named Mandy. "A truly enjoyable day" said by all.

Please check out the video on 'YouTube' - **Camposol Explorers Spain April 2021**

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GROUPS

Ladies Chatterbox

Chris Leiper 602 409 742



Hello Everyone

W a r m sunshine, positivity and thanks are on this month's menu.

As I write this I am getting a little warm, but how lovely to see and feel this weather. We are so lucky to live here and enjoy everything nature has to offer.



In April I mentioned some lovely ladies; Liz MacDonald and Joan Thompson. Liz very kindly donated some material and Joan put her sewing skills into action. As you can see the results are amazing. Thank you Liz and Joan - **Rosa Caritas** will be delighted. More thanks - to Susan Chamberlin who has very kindly donated some wool for our



ongoing knitting projects again for **Rosa Caritas**.



The committee continue to have video meetings to try to come up with ideas for future **Chatterbox** events. Does anyone have any ideas? Please get in touch and let us know.

Just to keep you guessing – there may be some exciting news on the horizon!

Stay safe, look after each other and think 'Positive'.

Lots of love

Sue xx



Hopefully when you read this, a number of you would have had your first and some your second C O V I D vaccination. What progress and how many doors will open for us?

CHARITY



www.fast2016.org

FAST needs more volunteers to enable us to provide the valuable life-saving service.

It has been more than 12 months since we were responding in person. As regulations ease we may be able to resume our valuable service by responding in person. **Call FAST On 868 487 015 For Help And Information**
We Will Be Able To Give Valuable Assistance And Information Over The Phone.

In preparation for our return we will need more Responders. If you would like more information contact **FAST** on recruitment@fast2016.org. **FAST** emergency responders are still at the end of the phone for guidance and information on 868487015. All training is free to the volunteers. In normal times there is a lively social scene, day trips and meals out. It is a good way to make friends and in return give something back to the community.

FAST New Medical Emergency Number Is **868 487 015** For The Area Of Camposol And Saladillo.

If you are feeling down and depressed and need to talk to someone in confidence you can call one of our trained Mental Health First Aiders on **634 308 362**. This service is available to English speakers in the Murcia region

Due to the COVID-19 pandemic **FAST** is unable to attend patients who call us, but our phone system is available 24 hours a day 7 days a week to give advice, information and support in a time of crisis. With the correct advice over the phone you could save a life.

If someone collapses and is not breathing, open their airway by tilting the head back. This stops the tongue from blocking the airway. Call **112** then **FAST**. Start CPR and do not stop until the emergency team arrive, or the casualty is responding.

If you have to call for an ambulance, call **112**. **You can ask for an operator to speak in your language if you do not speak Spanish.** The operator will ask a series of questions so they can prioritise your call. You can ask **FAST** to call for an ambulance for you if you are unable to do so.

FAST is still looking at purchasing defibrillators for Camposol. These may save a life of someone suffering a heart problem. At this time the initial request to the council has come to a standstill due to issues including training, maintenance and ownership, which may not be in the interests of **FAST** or the community. We have attempted to contact the new Chief of emergency services in Mazarrón.

Giving something back to our community is a very rewarding feeling. If you are interested, just email us at recruitment@fast2016.org Without more responders the service we deliver will be greatly reduced or cease to exist.

Stay Safe

In A Medical Emergency Call 112 First Then Call FAST On 868 487 015
If You Or Someone You Know Needs To Speak To A Trained Mental Health First Aider, Call 634 308 362
More information can be found at fast2016.org

You Are Not Alone. All We Do Is For All Of You.



NEWS

South Murcia News

We receive information from the South Murcia region on activities very close to the events happening which is often too late to publish in the current magazine. Keep up to date with fiestas etc, by checking the blog www.costacalidachronicle.blogspot.com/

Check at your local Tourist Office for full details of Events

The use of a mask, complying with safety distances and the use of hydroalcoholic gel is mandatory.

Aguilas

www.aguilas.org

Tel 968 493 285 – Sat Market

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

Contemporáneos de Coronado Permanent Art Exhibition

– Auditorio Doña Elena

Thur-Sun 7pm-10pm

Sunday 20th June – Ruta del Ferrocarril

Check at Tourist Office for availability.

Alhama de Murcia

<http://turismo.alhamademurcia.es/>

Tel 968 633 51 – Tues Market

There are some fabulous walks in the **Sierra Espuña National Park**.

Go to <http://turismo.alhamademurcia.es> and click on **Paths of Sierra Espuña**.

You will find full details of all walks available and a map that you can download.

Tuesday 1st & Saturday 5th June – Guided Tour of Los Baños Museum (approx. 45mins)

Meet at Museum 11am. Discover the history of this thermal complex which is linked to its thermal water springs. See the remains of the baths built by the Romans in the 1st century AD and which were reused in the Islamic period and the 19th century Spa Hotel which are preserved in-situ.

Saturday 12th June – Guided Tour of Alhama Castle (approx. 90mins)

Discover the history of the fortress of Islamic origin. See the defensive enclosures, the fortress and the albacar or housing area in the lower part. (Not suitable for people with reduced mobility.)

Meet 11am 2€

Sunday 20th June – Free Theatrical Tour (approx 90mins)

Various historical figures such as Jaime I El Conquistador or the Marqués de los Vélez will narrate how they lived in their respective times at the same time as they visit the most important cultural points of Alhama. The visit is done on foot, so we recommend comfortable clothes and shoes.

11am from Tourist Office

Fuente Alamo

Sat Market

Every Wednesday – Hacienda del Alamo

Women's Association Coffee Morning

@ The Club House 10am-12pm

Lorca

www.lorcatourismo.es

Tel 968 441 914 – Thurs Market

Lorca Castle – general entry 6€. **Guided**

Tours available in English for 4€ on Thursdays at 10.30am for 22€ to include lunch, with special packages on Sundays. Check at Tourist Office for full details.

Wednesday 9th June – Guided Tour of the Plaza de España to see the most important buildings of the Renaissance and Baroque city: the Council building, the old Colegio de San Patricio building, the Plaza del Caño that houses the buildings of the Pósito de Panaderos from the 16th century and the old Casa del Corregidor from the 17th century. 11.30am for 90mins. 5€ for over 13 yrs. Free under 12 yrs (Amig @ de Lorca card 1€ over 13yrs). Meeting @ Plaza de España Tourist Office. Reservation essential 48hrs before visit.

Sunday 13th & Thursday 17th June – Free Guided Tour of Lorca Old Town (approx. 1hr)

See the Historic Centre of the Plaza de España with the most important buildings including the Council buildings and the Collegiate of San Patricio. See the most important Renaissance and Baroque monuments of Lorca.

11.30am at Plaza de España Tourist Office

Sunday 27th June – Free Theatrical Tour – The Irishman's Secret (75 mins)

This is designed for families with children. During this visit, carried out by actors, you will visit the monumental centre following a mystery plot.

11.30am at Plaza de España Tourist Office. Reservation essential 48hrs before visit.

Mazarrón

www.mazarron.es

Tel 968 594 426 – Sat Market

Free Guided Tours in Mazarrón area.

Visit the Tourist Office or www.visitamazarron.es for full details of all

tours.

38th Car Climb 'Playas de Mazarrón' was held on Saturday 8th May, when the Catalan driver Sergi Panella came first. On the podium he was accompanied by two drivers from the Carthago Team, who organized the event with Mazarrón Council and the Murcia Region Automobile Federation (FARMU).

Puerto Lumbreras

Tel 968 436 153 – Fri Market

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

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

Totana

www.totana.es

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

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

Saturdays – Guided Visit Museum Of The Tower Of Santiago 10am

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

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10 Years In Spain – What Has Happened?

This year will be my tenth anniversary of coming to live in Spain. Like many expats, over the years I have been impacted by frequent changes that have affected the way we live and the way we deal with our finances. A series of global events have seriously impacted on the world economy in that time – many of which you will have forgotten. Although it seems a lifetime ago, it's only 12 years since the worst financial crisis in history (pre-COVID) which resulted in huge financial institutions being bailed out by governments and saw a massive stock market crash.

In more recent years we have experienced several weather phenomena that have really hurt the economy; the worst of these arguably being the Japanese Tsunami which nearly caused a nuclear disaster along with earthquakes which caused the Fukushima Nuclear plant to leak radioactive material. We have also seen the Greek debt crisis of 2015, where banks halted paying out any funds to the public, whilst Ireland received EU support to prevent the same thing happening there – also the Iraq war and the rise of the Taliban saw oil prices plummet. In 2020 we had the beginning of the COVID-19 Pandemic which is ongoing and the true financial impacts of which will not be fully known for years to come.

In recent years there have been a number of specific issues which have affected British expats who came to live in Spain.

2012 Foreign Asset Declaration Requirements

When this became law, initially it caused major panic in the expat communities of Spain and even caused people to move

back to the UK. Most people thought that this was going to be yet another 'tax grab' by the Spanish government and much scare mongering went on due to the sizeable nature of the fines that were being imposed for not declaring accurately. Whilst it has been a method for the Hacienda to collect the right taxes from people, it was not a 'tax grab'. Yes it has caused many to pay more in tax, but with the correct advice and direction this can be mitigated in many ways.

2015/16 UK Pension Legislation Changes

Initially this was described in the news as new legislation to help people have more control over their pension schemes and freedom to do what they wanted with their own funds. I even remember it being reported that people could now go out and buy Lamborghinis with their pension funds if they wished! There was a host of pension reforms in this pensions act aiming to help employers and boost the economy in general. It also meant that the government could draw in tax payments from the public if they had access to their money quicker (as additional tax breaks would not be given). This has enabled many people to use their pension funds to buy property in Spain under the flexible benefits regime and retire earlier than normal as they can bridge the gap in income until they start receiving their state pensions.

2016 Brexit Announcement

Brexit has, and will have, many ramifications for UK expats living in Spain, most of which are still unknown. What has happened in the last few months is that to stay in Spain people have had to 'bite the bullet' and become fiscal residents, provide for their own healthcare and actually apply for residency. Prior to Brexit, many people

lived in Spain part-time and continued to use the UK as their financial base – this is no longer an option. This is the current situation, but back in 2016, the actual referendum result had a massive impact for UK expats in Spain. The Euro/Pound exchange rate plummeted by around 15%. This meant anyone receiving income in Sterling or UK pensions faced a 15% pay cut. Alongside this, certain banks have closed accounts for customers that live outside the UK and UK financial advisers can no longer look after EU clients. If this is the case for you, contact me and I will be able to help.

COVID-19

Although this is a worldwide pandemic, there are problems that have occurred as a result that are unique to UK Expats. There are genuine concerns about the healthcare situation. The language barrier causes additional stress when trying to understand updates to the situation, but the main problems are the restrictions we have on travel preventing our visiting family back home in the UK. This is further compounded by the travel restrictions caused by Brexit. Going back to the UK to sort out finances and property, or to visit the family are firmly put on a hold. One positive however seems to be that everyone is getting better with IT and using social media. Also money is being saved due to a lack of not travelling and socializing, so people are putting a little extra by. Fortunately for us we are a resilient bunch!

If you want more information or wish to make an appointment to discuss your own situation, please call **657 684 094** or email keith.littlewood@blacktowerfm.com

Blacktower

120 Avenida Dr. Artero Guirao 2C
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30740, Murcia

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

The above information was correct at the time of preparation and does not constitute investment advice. You should seek advice from a professional adviser before embarking on any financial planning activity.

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EDITORIAL



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RELIGION

Puerto Lumbreras Christian Fellowship

Tel 619 453 283

It's not new, it's not modern, it's not old - BUT TIMELESS

There's a timeless hymn that I think many will remember, especially those of you who ever went to a Billy Graham crusade whilst he preached at various venues around the UK. I believe George Beverly Shae sang this hymn at many crusades:

"On a hill far away stood an old rugged cross, the emblem of suffering and shame and I love that old cross where the dearest and best for a world of lost sinners was

Puerto Lumbreras Christian Fellowship
 We meet on Sundays at 11am at Paul and Sandra's house.
 We have room for safe distancing bearing in mind the legal requirements.
 ALSO we meet on Wednesday afternoons at 3.30pm for Bible Study.
 We have been covering books such as Ezekiel, Revelation and Colossians plus others.
 All are welcome to join us
 Please call us on 619 453 283 for further details.

slain."
 Chorus
 "So I'll cherish the old rugged cross, 'til my trophies at last I lay down, I will cling to the old rugged cross and exchange it someday for a crown."

Verse 2
 "O that old rugged cross so despised by the world, has a wondrous attraction for me, for the dear Lamb of God left his glory above, to bear it to dark Calvary."

Verse 3
 "In that old rugged cross stained with blood so divine, a wondrous beauty I see, for 'twas on that old cross Jesus suffered and died to pardon and sanctify me."

Verse 4
 "To the old rugged cross I will ever be true, its shame and reproach gladly bear, then He'll call me some day to my home far away, where His glory forever I'll share."

It's at the cross where heaven and hell, sin and forgiveness, death and life, love and hate, acceptance and rejection, believe and unbelief crash forces colliding against each other. The cross depicts four points; north, south, east and west. East and west points go where you like, but never towards north. South points down away from Jesus. North points upwards towards God.

When we are lost and have a compass, we are told "find TRUE NORTH then you can work your way home from there." Spiritually this is true - find TRUE NORTH **Jesus** and you will be on the right road home. The front of the cross shows Jesus

suffering in our place - Verse 3 "In that old rugged cross stained with blood so divine, a wondrous beauty I see, for 'twas on that old cross **Jesus** suffered and died to pardon and sanctify me."

At this the Psalmist 73 verses 21-22 says "When my heart was grieved and my spirit embittered, I was senseless and ignorant. I was a brute beast before you." Realizing this he repents and continues verses 23-24; "Yet I am with you, you hold my right hand, you guide me with your counsel and afterwards you will take me into glory."

The far side of the cross looms a shadow over those who have realized that Christ Jesus has indeed paid the price for their sins. They've repented and been cleansed with his precious shed blood and are forgiven.

Verse 4 of the hymn says "To the old rugged cross I will ever be true, its shame and reproach gladly bear, then He'll call me some day to my home far away, where His glory forever I'll share."

Jude verse 24-25 says "To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy, to the only God our Saviour be glory, majesty, power and authority through Jesus Christ our Lord before all ages, now and forever more, Amen."

**It's TIMELESS
 It's ETERNITY**





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INFORMATION

Northwest Murcia News

Check at your local Tourist Office for full details of Events

The use of a mask, complying with safety distances and the use of hydroalcoholic gel is mandatory.

BULLAS

www.bullas.es

Tel: **968 652 244 Market Tues**

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



Casa-Museo Don Pepe Marsilla.
Photo www.rvbullas.es

CALASPARRA

www.turismocalasparra.es

Tel: **968 745 325**

CARAVACA

www.turismocaravaca.org

Tel: **968 702 424 Market Mon**

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

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

The Carlos Blanco Fadol Museum of Ethnic Instruments in Barranda is signposted and easy access for mobility issues. 5% of his 4,000-piece collection rotates in the space available. 3€ (reduced 2€/child 1€). Check opening times with Tourist Office.

CEHEGÍN

www.turismocehegin.es

Tel: **968 723 550 Market Wed**

The **Archaeological See of Begastrí** open Saturdays & Sundays for tours: 10am-2pm. A video presentation is followed by

a guided tour to see the remains of the Iberian culture before the IV century BC. 2€ pp.

Eco Park 'Coto de las Maravillas' for family activities including zip lines, archery, nature walks and many other organised outdoor activities. They can host any type of event. Campsite, BBQ area and kiosk-bar offering a great menu - and you can book.

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Tel **968 069 202** Mon-Fri 9am-3pm

Email info@conexioncultura.es

www.cotodelasmaravillas.com

JUMILLA

www.jumilla.org

Tel: **968 780 237 Market Tues**

Lovers of art should visit the **Saorin Painting Museum**, a small museum of works by the local artist, Jesus Lozano Saorin and others from the area. Includes sculptures and canvasses.

Reserve guided visit on **660 959 631**.

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



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

Wine buffs can contact a choice of 15 bodegas affiliated to the **Ruta del Vino** for guided visits for small groups or individuals and to buy produce. Liaise with bodegas as most will attempt to coordinate groups and provide a relevant language-guide; or enquire through Tourist Office.

Sunday 6th June - Rock Paintings Sierra De La Pedrera - SOLD OUT

Sunday 13th June - See The Fossil Footprints - SOLD OUT

Sunday 20th June - Visit to Jumilla Castle - check at Tourist Office

Sunday 27th June - Free visit to the Archaeological Site of Coimbra del Barranco Ancho, made up of a town and three necropolises. You can see the reconstruction of one of the houses in the town.

9.30am from parking lot of swimming pool (Avd. De la Libertad). Travel in your car following the guide.

MORATALLA

www.ayuntamientomoratalla.net

Tel: **968 730 208 Market Sat**

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

MULA

www.mula.es

Tel: **968 661 501 Market Sat**

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

MURCIA

www.turismodemurcia.es

Tel: **968 358 749**

Discover the contemporary arts centre **Centro Parraga** in the city centre.

Tel **968 351 410**

info@centroparraga.com

YECLA

www.turismo.yecla.es

Tel: **968 754 104 Market Wed**

Visit Deortegas Almazara to learn about their olive oil production. Limited places - they will try to fit you in with a group or accommodate your group. 8€ pp includes a blind tasting of various oils, a healthy breakfast and a comprehensive guide to the nutritional benefits, origins, production techniques and much more. English-speaking staff has to be pre-booked on request.

Tel **968 969 644**

Email info@deortegas.com

www.deortegas.com



RELIGION

The Rockin' Vicar

There's no justice!

Do you ever say that out loud or think it? You may remember the recent outcome of the postmasters' and mistresses' two decade-long debacle with the Post Office over allegations of fraud and theft following the failure of their Horizon software. This new software had apparently shown cash shortages in their accounts. Some reluctantly agreed to plead guilty to false accounting to avoid going to prison if convicted of theft. Loss of employment, divorce, being shunned by their communities and loss of their homes were the result of this injustice. Some even went to prison.



damage caused cannot be undone.

I was annoyed to see that ITV had withdrawn the final episode of the drama *Viewpoint* after there were newspaper accusations against the leading man. I had watched it all week and was looking forward to the final episode. Many others probably felt the same. What happened to "Innocent until proven guilty"? Unjust.

Justice

Some agree they have received justice in life. Others are still battling on. Many have given up.

The truth is we will never find perfect justice in this dark corrupt world; only pockets here and there. That's why I have hope in a just and loving God who offers true peace; who sets us free from all our fears; shines a light in our darkness.

People let us down, disappoint and criticise. I have never been let down by my Heavenly Father. He is the opposite of all that is hopeless in this world. He wants to reassure and raise up just as He did when Christ lay in the tomb. His justice is perfect.

Oh, you can scoff and mock, or you can accept the truth. Our choice is freely given and free to receive.

If you would like a confidential chat, I'm always available: ahrea2@yahoo.co.uk or ring **634 386 179**

'Bye for now and God bless you
Rev Andrew

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The Essential Guide to the Costa Cálida Issue 2



More Information

More Photos

More Colour

Available from the following places:

- Best Wishes, Camposol B**
- Best Wishes, Pto de Mazarrón (Pyramid Center)**
- Casa Papolino, Isla Plana**
- Costa Cálida Chronicle Office, inside Another World Properties, Camposol B**
- The Post Room, Rio Nalon, Los Alcazares**
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LEISURE

WARM - Walkers around Murcia

Email: warm2005@gmail.com



This is my final contribution this season in what has been a year without any group walks. The end of the state of alarm has relaxed some of the rules and you can now meet 6 people outdoors. We need more relaxation before we can walk as a **WARM** group or a more creative approach with staggered start times. Fingers crossed.

I recently asked members who use our Facebook page to tell me about their favourite walks. Our President Jessica chose the **Caves of Zaen** and two of our walkers did the very



Caves of Zaen

same walk last week. As you can see, they had a well-deserved glass of fizz at the summit. Jess said, "The views from the caves are incredible and until you get there, they're invisible - a complete surprise and unique."



Cheers

Yvonne chose the **Embalse de Cenajo** and

commented "It had varied scenery - river, forest, viaduct, farm fields and the history about Franco's dam was interesting. At the end we convened at the ecohotel, where the viewpoint was stunning. The walk was mainly flat, around 9km, with good paths, so it was perfect for enjoying all the scenery!"



Cenajo

Martin chose the **Four Hills Walk** and explained "I like the physical challenge of the climb to the ridge of the hills that form part of the route. Along the ridge the 360-degree views are spectacular."



Ricote four hills

Richard posted "Just a walk up the side of San Miguel Mountain in Calasparra brings you to the **Ermita**. Once at the top, the views are spectacular over the town and surrounding countryside." This isn't a walk I know, so look forward to it being part of a future programme.



Ermita San Miguel

Tim liked the change of scenery from his coastal home "I enjoyed the **Moratalla Campsite Walk**, with swimming in natural pools."

We are truly blessed in Murcia to enjoy an amazing range of scenery which makes for an interesting walk programme year

after year. As well as enjoying the physical challenge, we all enjoy the social aspects of getting together, often sharing a picnic or a more formal meal together.

We are just refreshing our membership list and here are some of the comments.

"I look forward to seeing old friends again sometime in the future."

"Looking forward to joining in with a group walk again."

"My walking boots are ready to start when we get the programme."

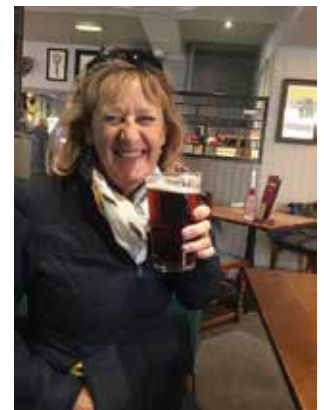
"The chance to spend time with the wonderful walking group called **WARM**."

"Looking forward to some gentle walks with lovely folk."



A reminder of happy days.....a group photo

Finally, I cannot finish this piece without saying a huge thank you to Jessica, our retiring President. She has walked with the group since the early days and was there at the



very start of **WARM** becoming a formal body. She helped me immensely in my first year as secretary and we have continued to work together behind the scenes this year. She is such a kind caring person and makes everyone feel welcome and part of the group. A huge pair of boots to fill!!



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Remember deadline 15th of the month!!!





INFORMATION

SPANISH STUDENT'S VIEWS



The End

Certainly, if one can be sure of anything, it is that life comes with an expiry date. Whether we may think or not about the fact that life and death always come together, all of us are aware that, sooner or later, we are going to die. Obviously, this is out of the top ten matters to discuss with friends when meeting for tea, unless you are a little bit Goth, or like Iker Jiménez, without judging anyone for this. As for me, I fully admit to being scared to death of dying (pun intended), but even worse, what about suffering before death comes knocking? If there are cases where suffering could be avoided, should we deny people their right to die in dignity?



Although it is undisputed that all effort made is never enough for life support, there are, unfortunately, situations where death is but a place of rest. Since all human beings must die eventually, in our sorrow, we may find some relief by knowing there is no pain and no more suffering. This is the

quandary of moral and ethical issues the Spanish Parliament brought into focus last December 17th when, by a vote of 189 to 154, the Congress of Deputies approved a bill allowing euthanasia and physician-assisted suicide in the country.

After decades of social debate, the countdown has started. The ball is now in the country's Senate's court which is responsible for passing the law after its publication in the Official State Bulletin (BOE). Following this ratification, by June 2021, terminal patients in Spain will be allowed to request aid from the healthcare system to end their lives with dignity. With this law in force, no more people will be prosecuted for assisting the suicide of a terminally ill person.

These patients will have the right to have their own decisions respected, provided that they are still in full use of their mental faculties.

As I see it, the right to die with dignity should prevail over any other kind of

human freedom. On no account should we do anything others decide for us if we are already dead in life. Once we have been fully informed about a terminal condition, palliative care and any other alternative available should still be our choice. We all deserve to write our own ending to the story.

María Magdalena López Navarro



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RELIGION

WELCOME HOUSE

Tel 633 447 937

www.sites.google.com/site/casawelcome2013

I sat in the hairdressers, one hand hanging on to my mask and the other my hearing aids while having my hair washed. It's become a way of life, this wearing of masks, with not a chance of lip reading and I can't say it sits well with me.

Will we ever get back to normal, when we can recognise folk and they will see us smiling at them and it won't sound like a complete jumble when they talk to us?

"You didn't mean it to be like this, did you Lord?" went through my mind.

I'm reminded of another time long ago in the Garden of Eden when everything was perfect - no need for masks or hearing aids. There you were enjoying the company of those you had created, chatting with them in the cool of the evening. They just had to spoil it.

The serpent suddenly entered their lives. His lies were convincing and just as suddenly, they were talking and listening to the serpent instead of the one who created them. Suddenly they were aware of their nakedness and their lack of freedom and

so they hid from you. Isn't that what has happened to us many years down the line?

We thought we knew better, thought, "We can handle this. Everything is under control."

How wrong can we be! The only one in control is the one who created us and the universe and we have gone our own way and turned our backs on Him. We have forgotten that He gave us life and breath when all He wanted was a relationship with us and that we might praise and glorify His name.


You didn't mean it to be like this, did you Lord!

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

Lynnda.spain@hotmail.co.uk
Derek.tycymru@gmail.com
Tel 633 447 937

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EDITORIAL



Tel: 951 773 477
www.evergreen-electrica.com

New Electricity Tariffs from 01/06/2021

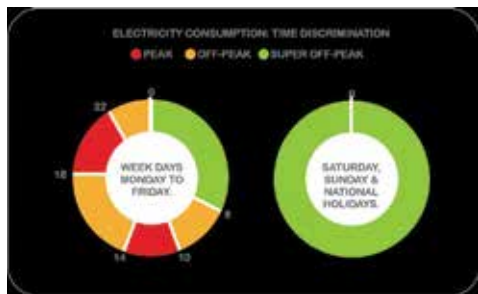
Did you know, the government has made changes to the way electricity is charged from 1st June 2021?

These changes impact every supplier in Spain and therefore regardless of which supplier you use, your electricity bill will look different from June.

How will this impact me?

On the old system, there were many tariffs depending on; What level of potencia you had Whether you opted for a dual tariff (often referred to as Day/Night)

Now, every supply of under 15KW (95% of residential connections) will have the same tariff which is called 2.0TD. On this new tariff everyone will have their consumption split into 3 different time zones:



P1 PEAK - 10am until 2pm/6pm until 10pm

P2 OFF PEAK - 8am until 10am/2pm until 6pm/10pm until Midnight

P3 SUPER OFF PEAK - Midnight until 8am Monday to Friday & all weekend and national holidays.

What should I do?

Obviously the higher percentage of consumption you can get in the cheaper times the better and using timers to operate appliances such as water heaters, pumps etc would be a good idea. During the week, the cheapest time runs through the night, BUT the weekends and holidays have this cheap rate all day.

Do I need to take any action?

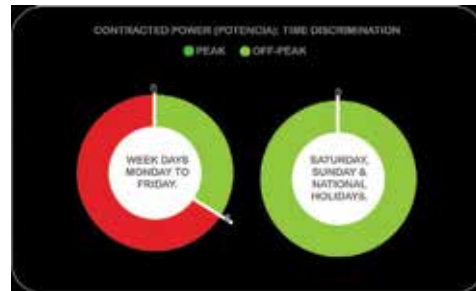
This change is happening automatically for everyone and you don't need to take any action other than our suggestion maybe adapt your electricity consumption habits to get the best out of the new tariffs.

Potencia (Contracted Power)

This is the amount of KWs made available to you at any one time and makes up most of the 'standing charge' regardless of your consumption. From 1st June you can request a different potencia level for the different times, meaning you could save more money. With potencia, it is important not to lower it too much, to a level where you could experience your

system tripping out. This happens when you are demanding more potencia at any one time than you have contracted.

Our recommendation is not to change this initially, but once you receive your first bill with the new tariffs you will see if it is a possibility.



There are also changes happening for those supplies with over 15KW, however for this information, contact your supplier.

For any further information on these changes, we recommend speaking to your electricity supplier and of course, if you would like a quote from **Evergreen Electrica** we are happy to help!

Tel.: 951 383 896
Mobile: 664 643 235

RELIGION



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

'Fake News'

Accustomed to things progressing rapidly these days, I was surprised to hear about new technology which is actually ahead of the curve by many standards, but still quite

limited. This new technology is designed to automatically analyse 'News' statements in order to determine if the 'News' is **'Fake or True'**, which is a 'thing' these days and additionally a job-creator it seems. Who would have thought?

especially in the context of our leaders or our decision makers.

Christianity EXPLORED
Sunday 20th June 2021

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

Great Songs
Grace

Meeting ID: 858 0435 5966
Password: Sharing

Week Six
Sharing The Light

<https://open-door.wixsite.com/open-door/sharing-the-light>

Join us for week 6 of **CHRISTIANITY EXPLORED**
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Log in details are also on the website.

Basically, in this context of analysing 'News', Fake or Otherwise, the 'facts stated' are compared with stored information to determine if they are actually true or not and I think a bit like a Public Access Lie-Detector.

James in the Bible instructs us in the following way; "Above all, my beloved, do not swear, either by heaven or by earth or by any other oath, but let your "Yes" be "Yes" and your "No" be "No", so that you may not fall under condemnation." James 5 v 12.

New technology has to start somewhere and this process is not unique, as I remember my Dad back in the 1970's testing one of the very early electronic calculators for his University. How would you compare today's calculators with the prototypes?

The striking thing is that this advice is from a long time ago and yet relevant today and ahead of the curve, much like most of the Bible's teaching I would argue.

REMEMBER

You can join us on Zoom on a Sunday morning at 11am Spanish Time and 10am UK time.

On Sunday 20th June we will be looking at The Topic of 'GRACE' with Christianity Explored which is a well produced Video raising questions around the Topic.

ZOOM ID - 858 0435 5966
PASSWORD - Sharing

All are really Welcome. Feel free.



TALK TO US ABOUT THE NEW TARIFF CHANGES

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GROUPS

The Royal British Legion



Greetings

Following the sudden resignation of Murcia's Branch 1st point of contact, Mr Bob Hurley, I had the honour of being asked to take over this role. I have graciously accepted and look forward to working with our members and the community of Murcia to enhance the lives of all our members, along with serving members of the Armed Forces, Veterans and their families. I served 30 years in the Royal



Air Force reaching the rank of Sergeant before retiring to Camposol, Murcia, Spain in 2015.

I know there are many Veterans in the region and I encourage you to encourage them and all your friends to become members of our local Branch. Membership is open to all; there is no requirements to have served before becoming a member. You can be a voting member of up to 4 Branches, only having to pay membership fees once. (There is a small Branch fee for each Branch that you join).

I would like to take this opportunity to thank Mr Bob Hurley for all his efforts in running the Branch. It is not an easy job, but is made easier with the help of our members and I am sure Bob passes his thanks on to you all for your support. If you are aware of any Veterans that may require some assistance, with their permission, please contact: Branch Community Support & District North Welfare Caseworker Billie Graham-Thomas on: murcia.bcs@rbl.community Tel **0034 711 008 578** between 1000-1600hrs Mon-Fri

District North Community Support Officer Pamela Twissell-Cross on: Spainnorth.communitysupport@rbl.community Tel **0034 676 451 780** between 0900-1400hrs Mon-Fri

Outside of these hours please contact the UK call centre 7 days a week 0800-2000hrs on (UK) **0044 (0) 2033 768 080** (full rate)

It is going to take a few days to get back up to speed and once I have caught up, we will be having a few get togethers and coffee mornings/afternoons, abiding by the current COVID-19 regulations.

If you would like to become a member, or if you would like to help in any capacity or just to find out a bit more about what we do please contact myself, Carl Thomas on: murcia.chairman@rbl.community **The Branch Secretary**, Lynn Symonds on: Murcia.secretary@rbl.community **The Branch Community Support**, Billie Graham-Thomas on: Murcia.bcs@rbl.community **Poppy Coordinator**, Lesley Anderson, can also be contact through any of the above email addresses.

If you have any ideas for events, functions or fund raising we are more than happy to hear from you, especially as this year marks our Centennial.

Thank You

Carl Thomas
Chairman Murcia Branch Royal British Legion Spain District North

CHARITY

Pets in Spain



Tabitha is around 18 months old and a few



Tabitha

months ago turned up at a family's house and gave birth to 4 kittens. The kittens are now ready to leave mum and she has been sterilised. She is a very friendly and calm cat.



Ellie

Ellie is around 8 weeks old and is one of the kittens from **Tabitha**.

She is in excellent health and has been handled from birth so is very friendly.

India was found in a box with her siblings when just 2 weeks old. She's been in a foster home since then getting bottle fed and will be ready for a home at the beginning of June.



Dixie

Dixie is sister to **India**. She also has a brother that is almost identical to her. They are both looking for forever

homes and are used to other cats and dogs.



India

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What's On What To Do, Where To Go

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

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

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

Please note:

The following are subject to COVID 19 restrictions, so it is essential that you contact the bar/restaurant, group or organisation to check if the event is still on. Events due to be held at The Social Centre, Camposol B will not take place until the restrictions change.

Every Day

Exhibition - El Séptimo Arte @ Cartagana (Mon-Fri 9am-9pm until 30th)
Contemporáneos de Coronado Permanent Art Exhibition @ Aguilas (Thurs-Sun 7-10pm)

- Breakfast @ The Diner, Camposol B 9.30am-1.30pm (9.30am-12pm on Sundays)**
- Breakfast @ Number 6 by Genoa, Mar Menor Golf, Torre Pacheco 9.30am-11.30am (Weds-Sun)**
- Breakfast @ Cee Jays, Pto de Mazarrón (exc Mon)**
- Breakfast @ The Old Market Tavern, Pto de Mazarrón 10am-2pm (12pm Sun)**
- Fish & Chips @ Codfellas, Camposol B (Tues-Sat)**
- Fish & Chips @ The Old Market Tavern, Pto de Mazarrón**
- 'Twisted Tapas' (Caribbean/Continental inspired) @ Welcome Inn, El Pareton 12-5pm (Tues-Sat)**
- 3 Course Menu del Dia @ Quality Indian, Camposol B 9.95€ inc beer/wine or soft drink (exc Mon)**
- 3 Course Menu del Dia @ Piccolo, Camposol B 9.95€ inc drink**
- 3 Course Menu del Dia @ Spice Villa, Camposol B 9.95€ inc drink**
- 3 Course Menu del Dia @ Welcome Inn, El Pareton 10€ inc drink (Tues-Sat) 12-3pm**
- 3 Course Menu del Dia @ The Old Market Tavern, Pto de Mazarrón 10€ inc drink (exc Sun)**
- 4 Course Menu del Dia @ Bocapizza, Pto de Mazarrón 10.90€ (12.90€ Sun)**
- Menu del Dia @ Number 6 by Genoa, Mar Menor Golf, Torre Pacheco (Wed-Fri) from 12€ incl drink**
- Menu del Dia @ La Herradura Argentinian Grill, Cartagena 13.50€ (Tues-Fri)**
- Earlybird Menu del Noche @ Spice Villa, Camposol B 12.50€pp incl sm drink/btl wine between 2 (until 8pm)**
- 3 Course Menu del Noche @ Quality Indian, Camposol B 12.95€**
- 3 Course Menu del Noche @ Piccolo, Camposol B 14.90€ inc drink**



Every Mon

Mazarrón Bay Bridge Club (Competitive Duplicate Bridge) @ Pto de Mazarrón 9.30am
Los Palacios Garden & Community Group Working Party @ Camposol A 9am
Councillor Available (by appointment) @ The Social Centre, Camposol B 10am-12pm

Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm
Andrea's Animal Rescue Collection @ Car Park, Camposol B 11.30am-1.30pm



ADVERTISE HERE!

IF YOU WOULD LIKE YOUR EVENTS TO APPEAR IN OUR "WHAT TO DO, WHERE TO GO" FEATURE, PLEASE CONTACT Martine Shindler - 618 451 798
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Every Tue

Camposol B Clean Working Party @ Camposol B 8.30-10.30am
Camposol Golf Association Ladies' Game @ Camposol C 9am
Mazarrón Bowls Club Roll Up Day @ Hacienda del Alamo 10am
Quiz Night @ Cee Jays, Pto de Mazarrón 6pm
San Javier Squalos Rugby @ Rugby (12-18's) 7.30-9pm
San Javier Squalos Rugby @ Rugby (Men) 8.30-10.30pm
San Javier Squalos Rugby @ Rugby (Women) 10-11pm

MAMAS Collection/Book Stall @ Camposol B Car Park 10am-12pm
Age Concern Drop in Centre Open @ The Social Centre, Camposol B 10am-1pm
Making a Difference for Collections @ Camposol A Car Park 10.30am-12pm



Every Wed

Camposol Golf Association Mens' Game @ Camposol C 8.30am
Camposol C Gardening Group Clean Up @ Camposol C 9am
Camposol D Group Gardening Team Work 9am-11am
Mazarrón Bay Bridge Club (Competitive Duplicate Bridge) @ Camposol 9.30am
Councillor Available (by appointment) @ The Social Centre, Camposol B 10am-12pm
Hacienda del Alamo Women's Association Coffee Morning @ HAD 10am-12pm
Charity Quiz @ The Diner, Camposol B 6€ inc food 1.30pm & 5.30pm
Pilarmonics Music Rehearsals (via Zoom 6.45pm)



Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm

Every Thu

Mazarrón Bay Bridge Club (Better Bridge) @ Pto de Mazarrón 9.30am
Mazarrón Bowls Club Roll Up Day @ Hacienda del Alamo 10am
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12pm
Guided Tours of Lorca Castle in English 4€ (22€ to include lunch)
Online Alpha Course with Salt Church, Los Alcazares 3.30pm
Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)
San Javier Squalos Rugby @ Rugby (6-10's) 6-7pm
San Javier Squalos Rugby @ Rugby (12-18's) 7.30-9pm
San Javier Squalos Rugby @ Rugby (Men) 8.30-10.30pm
San Javier Squalos Rugby @ Rugby (Women) 10-11pm



Steak Night @ The Diner, Camposol B

Every Fri

Camposol D Group Bucket Collection 9.30am-12pm
Mazarrón Bay Bridge Club (Competitive Duplicate Bridge) @ Camposol 9.30am
Los Palacios Gardening/Community Group Book Stall @ Camposol A 10am-12.30pm
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A Farmacia 10.30am-11.30am



Fish & Chips @ Welcome Inn, El Pareton 12-3pm
Fish & Chips @ Cee Jays, Pto de Mazarrón

Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm

Every Sat

The Archaeological See of Begastrri open @ Cehegín 10am-2pm
Guided Visit Museum Of The Tower Of Santiago @ Totana 10am
Guided Visit to La Bastida @ Totana 3.40€ (2.50€ disc) 10am/12pm
Antique & Collectable Market near the Railway Station @ Aguilas from 10am
Eco Park 'Coto de las Maravillas' open @ Cehegín 10am-5pm
San Javier Squalos Rugby @ Rugby (6-10's) 10-11am
Cartagena Three Cultures Guided Tour from 6.50€ 11.30am (June)



Brunch @ Number 6 by Genoa, Mar Menor Golf, Torre Pacheco 12-4pm

Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm
Cavalli Foundation Pony Club Morning

Every Sun

Guided Visit to La Bastida @ Totana 3.40€ (2.50€ disc) 10am/12pm
The Archaeological See of Begastrri open @ Cehegín 10am-2pm
Eco Park 'Coto de las Maravillas' open @ Cehegín 10am-5pm
Carthago Nova Tour: From The Theater To The Termas from 6.50€ 11.30am (June)

Sunday Roast (normal menu also available) @ The Diner, Camposol B 8.50€ 2 courses/10€ 3 courses



3 Course Sunday Roast @ Welcome Inn, El Pareton 10€ 12-3pm
3 Course Sunday Roast @ The Old Market Tavern, Pto de Mazarrón 11€ inc drink 12-9pm
Sunday Lunch @ Number 6 by Genoa, Mar Menor Golf Resort, Torre Pacheco from 15€ 1-6pm



JUNE

- Tuesday 1** **Fiestas Trinitario-Berberiscas, Torre Pacheco**
Guided Tour of Los Baños Museum @ Alhama 11am
Monthly 'B' Clean Meeting @ Camposol B 4pm
Table Top Quiz for Los Amigos Mazarrón & Food @ Camposol 6pm (max 6 per table)
 6€pp (booking essential)
- Wednesday 2** **Ex Pat Briefing Meeting @ Benimar** 10.30am
- Friday 5th** **Telitec Open Day (cava and ice cream) @ Camposol B**
- Saturday 5** **Guided Tour of Los Baños Museum @ Alhama** 11am
Telitec Open Day (cava and ice cream) @ Camposol B
- Concert by the Cartagena band Ayoho @ Cartagena** 7.30pm
Flamenco @ Cartagena 15€ 7.30pm
- Sunday 6** **F1 – Azerbaijan (Baku)**
- Tuesday 8** **Diabetes Awareness Week (until 15th)**
MABS Mazarrón Charity Market (clothes/household goods) @ The Diner, Camposol B 2-5pm
- Wednesday 9** **Dia de la Región, Murcia**
Ex Pat Briefing Meeting @ Condado de Alhama 10.30am
General Meeting of Sailing Association Mar Menor @ Los Narejos 11am
Welcome House Card Crafting Class @ Cehegín 11am
Guided Tour of the Plaza de España @ Lorca 11.30am
- Saturday 12** **Official Birthday of Queen Elizabeth II**
San Onofre y San Antonio, Alguazas
Guided Tour of Alhama Castle (approx. 90mins) 2€ 11am
- Sunday 13** **Free Guided Tour of Lorca Old Town** (approx. 1hr) 11.30am
- Monday 14** **Queen's Tennis** (until 20th)
Los Reyes Golf Society Competition
Los Amigos Golf Society Competition
- Wednesday 16** **Ex Pat Briefing Meeting @ Los Alcazares** 10.30am
- Thursday 17** **Free Guided Tour of Lorca Old Town** (approx. 1hr) 11.30am
- Saturday 19** **Artisan Market @ Paseo de las Comunidades Autónomas, Pto de Mazarrón** 10-2pm



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info@spangleschorus.com

Sunday 20 **St John's Bonfires, Alicante**
Fathers' Day in UK

'Ruta del Ferrocarril' (Railway Route) with Aguilas Tourist Information Centre
 Open Door 'Sharing the Light' on zoom 11am
 Free Theatrical Tour (approx 90mins) @ Alhama 11am
 F1 - France (Le Castellet)



Wednesday 23 Ex Pat Briefing Meeting @ Villamartin 10.30am

Thursday 24 **San Juan y San Pedro, Fortuna and San Pedro del Pinatar**
 Fuente Old Guard Golf Day

Friday 25 **Armed Forces Day**

Saturday 26 **Helping Hands Benidorm Tom (double bill)** @ Camposol A **14€**
Concert - Mavica presenting her new work @ Cartagena 7.30pm
Flamenco @ Cartagena 15€ 7.30pm



Sunday 27 **Free visit to the Archaeological Site of Coimbra del Barranco Ancho** @ Jumilla 9.30am
Free Theatrical Tour - The Irishman's Secret (75 mins) @ Lorca 11.30am
 F1 - Austria (Styrian)



Monday 28 **Wimbledon** (until 11th July)

Tuesday 29 **San Pedro y San Pablo**
San Pedro, Blanca

JULY

Sunday 4 **F1 - Austria (Speilberg)**

Tuesday 6 **Monthly 'B' Clean Meeting** @ Camposol B 4pm

RESTAURANT AND TAKE AWAY GUIDE

LOCATION	RESTAURANT	T Y P I C A L TAKEAWAY FOOD	TEL NO	T A K E A W A Y HOURS	DELIVERY HOURS
Camposol B	Codfellas	Fish& Chips etc.	634374491	Tues 4-9pm, Weds-Sat 1-9pm	Mon-Weds 3.30-7pm
Camposol B	Piccolo	International	968131515	1-3:30 pm and 5:30-9pm	1-3:30 pm and 5:30-9pm
Camposol B	Quality	Indian	968199198	12-3.30pm (exc Mon) and 5.30-11pm	12-3.30pm (exc Mon) and 5.30-11pm
Camposol B	Spice Villa	Indian	968199238	1-3:30 pm and 5:30-9pm	1-3:30 pm and 5:30-9pm
Camposol B	The Diner	Mixed Platters/Fish & Chips	634325388	Mon-Fri 1-6pm	no delivery
Cartagena/La Palma	La Herradura	Argentinian Grill	656264514	tue-Sun 1pm-4pm and Fri-Sat also 8:30 pm - 10:30 pm	no delivery
El Pareton	The Welcome Inn	Traditional British	603373233	Tue-Sat 12-8pm and Sun 12-6pm	no delivery
Pto de Mazarrón	BocaPizza	International	968154004	12-11pm	12pm -midnight
Pto de Mazarrón	Cee Jays Cafe Bar	F&C, Breakfast, Tapas etc	659485646	Tue-Sun 10am-8pm	no delivery
Pto de Mazarrón	Gran Mundo Wok	Asian	968595388	11:30am-4:30pm and 6:30-11pm	11:30am-4:30pm and 6:30-11pm
Pto de Mazarrón	The Old Market Tavern	British	968154330	10am-9pm	no delivery
Torre Pacheco (Mar Menor Golf)	Number 6 by Genoa	International/British	722649365	Weds-Sun 12-10pm	no delivery



CHARITY

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CHARITY No.9.980/1a

www.andreasanimalrescue.com



Happy days at The Sanctuary! The donkeys are so content here. They have space, they're grazing, exploring and more! I can see over the few months some of them have been here a positive difference in their wellbeing and mine too. It melts my heart when I know they are so happy and healthy. Our dream is being realised and we are desperate to be able to show you all our gorgeous donkey haven and hope by the end of the year to be able to welcome you to our little piece of paradise. Paperwork, paperwork it all takes so much time, but we want it to be right.



A few of our happy donkeys enjoying the sunshine

Patience! Not my forte, but I am determined not to get stressed over it!!

All males are castrated now, except little **Enero**, but he's only 4 months old so too young. With the warmer weather there is more risk of infection and flies, so we try and save castrations for the cooler months. If they are not castrated we have to separate them from the rest of the herd and handling them is more difficult. Look at some of the pictures on our **Andrea's Animal Rescue** and **The Henrietta Foundation**



Joe ... a most loyal companion is still looking for a home

page and you will see what I mean about how happy they are.

Our little boy **Joe** the Jack Russell with a horrible gaping wound to his neck having been thrown from a van is doing really well. His stiches have been removed and he is ready to be rehomed. He is very sociable, has a calm nature and walks well on the lead. He is now castrated and is looking for that very inviting lap to have cuddles on!



This little boy was found wandering in the campo, he came to us and was snapped up within a day ... Blaze is off to Scotland

with a family who have another rescue from **AAR** so a ready-made family for him. I love a happy story.

Our Sponsorship Scheme is going from strength to strength

For a minimum of £10/10€ per month you can sponsor a donkey, pony, dog, rabbit, or any of our residents. This would help with their running costs so much.

What you get when Sponsoring:

1. Welcome pack with a free gift

2. Details of your chosen animal which will include the history and rescue of the animal
3. Up-to-date details of **AAR's** work
4. A six monthly update on your new furry friend with photos
5. Christmas Card from your special friend
6. Invitation to special events

We also welcomed another abandoned puppy full of everything creepy and crawly. He was found in the Campo and is only about 8 weeks old, but he has the sweetest disposition. He has already in Scotland

If you are interested in sponsoring one of our animals, please contact Gill via email gillhodgkiess@yahoo.co.uk This would make a fabulous gift for anyone who loves animals; friends, children, grandchildren or treat yourself! Your sponsorship will make such a difference.

As usual I will be on Camposol B Car Park from 11.30am-1.30pm on Mondays to collect any unwanted clothes, furniture, bric-a-brac, books, CD's, jewellery etc. I usually have one or two companions with me. We also welcome donations at our shops in Roldan and Mazarrón Town from 10.30am-1.30pm.

Andrea x

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RELIGION

DID YOU KNOW?

**Did you know?**

There have been many discussions regarding which day is the true Sabbath? Many believe that it's Sunday (1st day), whilst others say, it's Saturday (7th day). How can we be sure which is the correct day?

In over 140 languages, the word for the 7th day is 'Sabbath'. Leading Astronomers testify that the weekly cycle has never changed. (Royal Greenwich Observatory in England & Royal Naval Observatory in US) The Jewish people have kept accurate records of the Sabbath through centuries.

In the New Testament alone the Sabbath is mentioned around 58 times and only 8 times is the first day of the week mentioned. Reviewing these 8 verses, none relate to a change from the scriptural weekly Sabbath. 6 of the 8 verses relate to the resurrection of Yeshua (Jesus) on the first day of the week, of which the majority of Christians believe and accept. Look up the following 6 verses for yourself:

Matthew chapter 28 verse 1
Mark chapter 16 verse 2
Mark chapter 16 verse 9
Luke chapter 24 verse 1
John chapter 20 verse 1
John chapter 20 verse 19

The last 2 verses say "and upon the first day of the week when the disciples came together to break bread, Paul preached unto them, ready to depart in the morning and continued until midnight." Acts chapter 20 verse 7.

Many believe this is evidence that the first day was the Sabbath because they met to break bread, but this does not indicate a change of the Sabbath. In the scriptures, breaking bread means to have a meal with someone or to share food with other people and this gathering took place on a Saturday evening after Sabbath. The last of the 8 verses mentioned states "Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so to you. Upon the first day of the week let every one of you lay by him in store, as God has prospered him, that there be no gatherings when I come." 1 Corinthians chapter 16, verses 1 & 2.

Once again, there is no mention of the Sabbath or evidence of its change. This verse implies that the first day is a good time to settle accounts, set aside an offering for the Lord's work and giving to the people of God who were in need.

Some use Colossians chapter 2, verses 16 & 17 which states "Let no man therefore judge you in meat, or in drink, or in respect of a holyday, or of the new moon, or of the Sabbath days, which are a shadow of things to come, but the body is of Christ." The Sabbath day is a memorial of Creation, not a shadow of things to come. Verses 16

& 17 relate to the yearly Sabbaths (known as the Feast days of the Lord) which were shadows of things to come. Those that were keeping the yearly feasts were not to allow others to judge them for taking part in it. Another verse commonly used is "One man esteems one day above another and yet another esteems every day alike. Let every man be fully persuaded." Romans chapter 14 verse 5. This verse does not mention the Sabbath. When you review the overall chapter it is talking about not getting into doubtful disputations. In Yeshua's kingdom there is no forcing, oppression or compulsion. Everyone must make up his own mind as the scripture is revealed.

Some hold the view that Sabbath keeping, which is a memorial of Creation, is no longer relevant or binding. The majority worship on Sunday, to commemorate the resurrection of Yeshua. Many believe that the Sabbath was made for the Jews only, but the scripture says that the Sabbath was first instituted in Creation week; "and on the 7th day God ended His work of creation which He had made and He rested on the 7th day from all His work. He blessed the 7th day and sanctified it...." Genesis chapter 2, verses 2 & 3. "Thou art worthy O Lord to receive glory, honour and power. You have created all things and for your pleasure they are and were created." Revelation chapter 4 verse 11.

Within the midst of the 10 Commandments, there is the Sabbath commandment which states "Remember the Sabbath day, to keep it Holy. 6 days you shall labour and do all your work, but the 7th day is the Sabbath of the Lord your God. On the Sabbath you will not do any work, for in 6 days the Lord made the heavens and the earth and rested on the 7th day, where the Lord blessed and made it Holy." Exodus chapter 20 verses 8-11. Sabbath is from sunset Friday to sunset Saturday.

The Sabbath was given to everyone from creation, well before the existence of the Jews and still remains for everyone today. The Sabbath is a memorial of Creation. "Yeshua said to them, the Sabbath was made for man and not man for the Sabbath. Therefore the Son of man (Yeshua) is Lord of the Sabbath." Mark chapter 2, verses 27 & 28. "For the son of man is Lord even of the Sabbath day." Mathew chapter 12 verse 8. "Also I gave them my Sabbaths to be a sign between me and them, that they may know that I am the Lord that sanctify them....and hallow (or set apart for Holy use) my Sabbaths and they shall be a sign between me and you, that you may know that I am the Lord your God." Ezekiel chapter 20 verses 12 & 20.

Yeshua kept the Sabbath day Holy. "As His custom was, He went into the synagogue on the Sabbath day and stood up for to read" Luke chapter 4 verse 16.

Paul who wrote several books in the New Testament, also kept the Sabbath day. "and when the Jews were gone out of the synagogue, the gentiles wanted these words to be preached to them the next Sabbath....and the next Sabbath day came almost the whole city together to hear the word of God" Acts chapter 13 verses 42-44. "and on the Sabbath day we went out of the city by a riverside for prayer... Acts chapter 16 verse 13. "and when they came to Thessalonica, where there was a synagogue, Paul, as was his manner was, went into them and three Sabbath days reasoned with them out of the scriptures" Acts chapter 17 verses 1 & 2. "and he reasoned in the synagogue every Sabbath and persuaded the Jews and the Greeks" Acts chapter 18 verse 4.

John who wrote the book of Revelation said "I was in the spirit on the Lords day" Revelation chapter 1 and verse 10. This verse does not say Sabbath, but as mentioned earlier in mark chapter 2 and verse 28 it states "the son (Yeshua) of man is also Lord of the Sabbath".

The purpose of the Sabbath is redemptive in nature. It heals the broken hearted, encourages and uplifts the spirit, brings relief and fellowship with other believers, healthful rest to body and mind through worship and acts of kindness to others. Whoever keeps the Sabbath can expect God's rest, blessings and sanctification. "Then Yeshua said; is it lawful on the Sabbath days to do good or evil? To save life or to destroy it?" Luke chapter 6 verse 9. (Acts of mercy should be shown at all times.)

Due to numerous traditions and regulations imposed by the leaders of the day, they made the Sabbath a burden rather than a delight, by placing man's ideas above Jehovah's (Jehovah) word. "If you turn away your foot from the Sabbath, from doing your pleasure on my holy day and call the Sabbath a delight, the holy of the Lord, honourable and shall honour him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the Lord...." Isaiah chapter 58, verses 13 & 14. Yeshua set the people free from the traditions and regulations imposed by the Leaders and restored true Sabbath worship. (Doing charity and showing mercy). Thus Yeshua magnified the Sabbath and made it honourable. He never changed the Sabbath, for it was to bless and benefit everyone.

I hope you have learned more about the Scriptures. Next time I will look at who and how the Sabbath was changed. If you would like to know more contact Sandra on **602 466 534**





SPORTS SECTION



SPORTS

Fuente Old Guard Golf Society

Email: info@fuenteoldguardgolfociety.com

The game for **Fuente Old Guard** in April was on the 28th at the very popular course of Altorreal Golf in Murcia.

Conditions were perfect for golf and many players were wearing polo shirts and shorts for the first time this year. Our Overall Winner and winner of Division Two this month was Phil Leeming with 36 points followed by Mick Shea coming in as Runner-Up in this division with 31 points.



Overall winner PHIL LEEMING with captain PETER KIRKE

In Division One, Gerry McRobert was ahead of the rest with 32 points scored, but closely followed in second place by Ian Stewart with 28 points.



GERRY MCROBERT winner of division one.

Meanwhile in Division Three, Dave Perry took first prize with Trevor Hill in Runner-Up spot with 26 points.



Division three winner DAVE PERRY

and our guest Eddie Brackenborough, but the **Two's Money Pot** was not won this time.

Our next game is on June 24th at La Torre Golf Resort. Should anyone wish to know more

about **FOGGS**, please contact us by email at info@fuenteoldguardgolfociety.com

Dave May

Nearest the Pin Winners were Dave Mitchell, Mick Shea, Malcolm Archibald

SPORTS

Los Amigos Golf Society



www.losamigosgolfociety.es

Overcast skies and early morning rain appeared with the dawn on Monday 10th May, but that did not dissuade **Los Amigos Golf Society** from venturing out for their May competition at La Serena Golf Course. En-route to the venue, the skies cleared and the sun emerged. To make things a little more interesting, the wind also arrived and stayed with us for most of the day. The format for the competition was an **Individual Stableford** and, with the course in very good condition, it bode well for a good day's golf.

Most of us had visited La Serena previously, but for some, it was their first visit. However, due to the numerous lakes (16) and the vagaries of the wind, it was certainly going to be a thought-provoking if not successful day out. The big hitters made some of the water hazards look easy, but for others, it was amazing how much effect the wind had on what initially looked like



Winner. Dave Lynch

a good drive. Even though the 'Barnes Wallis' effect was applied, there was no advantage gained and the ball stayed in the water.

At this juncture, we would like to take this opportunity of saying welcome aboard to two new members, John Salter and John Price.

Though most of us succumbed to the windy conditions, one man made the most of it and finished streets ahead of everyone else, so here are the results:
 1st place: with 36 points, Dave Lynch.
 2nd place: with 27 points, Eddie Harrison.
 3rd place: with 26 points, Brian Tape.



NTP. Hole 9. John Price

Nearest the Pin results are as follows:
 Hole 9: at 6.65 metres, John Price.

The wind was certainly in control on most fairways, especially the PAR 3's: resulting in several near misses, with only one green being reached, but overall an enjoyable day out was had by all.

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SPORTS

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



We went to a new venue for **Los Reyes** this month. 20 players played New Sierra Golf at Balsicas, a very testing and well maintained 9 hole track.



A society-subsidised fee of 35€ started with a coffee and a well filled toasted bacon sandwich. The entry into New Sierra leaves a lot to be desired. The tree-lined dual carriageway could do with a gardening group's attention!

Onto the golf:
Division One winner on countback with 32 points was Roger Olorenshaw taking home a JB boxed whiskey and glass set plus a sleeve of Titliest balls. 2nd place went to Gary Ahearne who settled for two sleeves of Callaway balls.

Division Two winner with 35 points was Christine Marshall winning a Gin and glass boxed set plus a sleeve of Titliest balls and a handicap cut. 2nd place went to Phil

Leeming on 30 points winning two sleeves of Callaway balls.

Only 2 players won sleeves of Titliest balls for Nearest the Pin. They were Peter Hansford and Graham Booth.

Our next outing is at Valle Del Este on Monday June 14th where for a society-subsidised fee of 45€ members will enjoy a full English breakfast at the Sports Bar before venturing out on the always immaculate course.

New members are always made welcome, and as always we thank our main sponsors Decklid Autos.

Barry

SPORTS

FORMULA 1 REPORT

by Dave Bass Email bassdave.47@gmail.com



Pirelli Gran Premio Del Made in Italy E Dell'Emilia Romagna. Autodromo Enzo e Dino Ferrari, Imola Round 2
Lap record 1m 15.484s held by **L Hamilton Mercedes** (2020)

This circuit hosted the Italian GP in 1980 as Monza was being refurbished and was won by **N Piquet** in a Brabham Ford-Cosworth V8. The first seven cars were all powered by Ford-Cosworth engines, but from the 24 starters 18 were Ford-Cosworth, 2 Ferrari, 2 Renault & 2 Alfa Romeo. It also hosted 25 F1 races as the San Marino GP between 1981 and 2006. The first on 3rd May 1981 was 60 laps around the 5.040km circuit and was won by **N Piquet** driving a Brabham Ford Cosworth V8. The last race on 23rd April in 1906 was 62 laps around the 4.933km circuit was won by **M Schumacher** in a Ferrari V8.

A very cool start to the weekend with the temperature at 11°C. The drivers were warned about the track limits at turns 9 & 15. **Vet** had a brake issue, **Per & Oco** had a coming together causing the session to be red flagged. **Maz** off at the pit lane exit, 2nd red flag. **Tsu** had a PU issue. FP2 was slightly warmer at 14°C. **Vet** stopped at the pit lane exit with a drive shaft problem. **Lec** went into the barrier at the end of the session. FP3 was cold at 10°C. **Lat** clipped the barrier; red flag. **Ver, Nor, Ham, Per & Lec** were top five.

Qualifying in the afternoon was still very cool at 13°C. **Tsu** crashed heavily into the barrier; red flags. Out with **Tsu** went both Haas & Alfa Romeo drivers. Q2 was a trouble free, but out went both Williams' drivers as well as **Alo, Vet, & Sai**.. Q3 had some minor spins & offs. **Ham, Per, Ver, Lec & Gas** were the top five; **Ham** with his 99th pole.

Heavy rain and temperature down to 9°C meant the teams had to change their tyre strategy as inters & wets were the order of the day. **Alo** went off on the out lap clipping the barrier and had to pit for a new front wing. Both Aston Martin cars had brake problems

the mechanics working frantically on the grid to get them underway. Unfortunately **Vet** was not quite ready and had to start from the pit lane. A good start by **Ver** passing **Per** and battling with **Ham** to take the lead. A great battle behind them between **Lec & Per**. Lot of offs in the wet conditions. **Lat** crashed into the barriers with a little help from **Maz**. Safety car deployed for 5 laps during which **Sch** clipped the barrier at the end of the pit lane losing his front wing meaning 2 slow laps before getting it fixed. **Per** went off, rejoined and overtook the 2 cars that had passed him (10 second penalty for overtaking under the s/car). **Vet** was the first to stop for slick tyres on lap 21. **Ham** went off and clipped the barrier and had to pit for a new wing. **Rus & Bot** both crashed heavily into the barriers; red flagged and all back to the pit lane. **Tsu** was shown the black & white flag & handed a 5 sec time penalty for exceeding track limits. **Vet** retired on lap 61 with gearbox gremlins. **Ver** won with **Ham**, who did a great job from 9th at the re-start & **Nor** after a superb drive joined him on the podium. **Ham** posted the fastest lap of 1m 16.702s on lap 61.

Report No 3

The 10 teams have all agreed to trial 'sprint qualifying' this year at 3 venues, with Silverstone to trial the first. The weekend format will be 1hr free practice on Friday morning, normal qualifying format in the afternoon with the results deciding the grid for the sprint race. Saturday morning will be another 1hr free practice with the sprint race of 100kms/30mins in the afternoon with the top 3 drivers being awarded points (3-2-1) & the results determining the grid for the race on Sunday. Are you confused.com???

Heineken Grande Prémio de Portugal 2021 - Sunday
Lap record 1m 18.750s held by **L Hamilton Mercedes** (2020)

Prior to the start of the weekend it was announced that the exits of turns 1, 4 & 15 will be the track limits to watch out for with times being deleted for that lap & the

following lap in practice & qualifying, during the race the black & white flag will be shown after the third occasion after that a report to the stewards.

FP1 was 17°C bright & sunny in the Algarve. **Calum Ilot** was in the Alfa Romeo of Gio. Some spins and off circuit excursions and a lot of times deleted for exceeding the track limits mainly at turns 1 & 4. FP2 was slightly warmer at 19°C but windy. **Gio** was back in his car. Another calm, trouble-free session, but with more spins & offs and times deleted. FP3 on Saturday morning was 17°C and bright & sunny. Turn 14 was added to the track limits. VSC deployed for a short while after an advertising board blew across the circuit! More spins & offs, but not so many times deleted. **Ver, Ham, Bot, Per & Oco** made the top five.

Qualifying was 18°C and very windy. Some minor offs and more times deleted. Both Haas cars went out as did **Lat, Str & Ric**. Q2 was much the same. Out went both Alfa Romeo cars as well as **Tsu, Alo & Rus**. Q3 was not the usual fast and furious 12 minutes. Some minor offs and times deleted. **Bot** got his 17th career pole, with **Ham, Ver, Per & Sai** the top five.

Race day was still very windy and 20°C. The leaders got off the line well with some fierce battles going on behind them. **Ric** had a great start from 16th up to 13th at the end of lap 1. **Räi** ran into the back of **Gio** breaking his front wing ending up in the gravel trap. Safety car deployed. Re-start on lap 7 went smoothly with some position changes making it more exciting. **Sai** was the first to pit for a tyre change at the end of lap 21. Great battles & overtaking manoeuvres throughout the field. **Bot** pitted for a new set of tyres on lap 64. With the fastest lap in mind, **Ver** did exactly that on lap 65 and posted the fast lap only to have his time deleted for exceeding track limits. **Ham** took the win with **Ver & Bot** joining him on the podium. **Bot** posted the fastest lap of 1m 19.865s on lap 66.



SPORTS

Los Amigos de Mazarrón FC



www.mazarronfc.es/introen

Mazarrón FC's season ended in a disappointing fashion when they failed to progress to the second and final stage of the Play-Offs. Having qualified to play in the group for teams that finished in 4th, 5th and 6th places in the two groups, they lost four of their first five play-off games and, with just one game remaining, looked destined to finish bottom of their group. This means that they will continue to play in the Tercera Division next season.



Team v UCAM Murcia -B-

Mazarrón missed a number of chances to win some of their games, coming back from 2-0 down against UD Los Garres, only to lose in added time. A 2-1 home win against a strong UCAM Murcia 'B' side raised hopes, but the following week **Mazarrón** were defeated 2-1 at CD Bullense in a game they should have won easily and which saw their Manager 'Kenny' sent off after an unsavoury touchline incident.



Manager Kenny

In the return game at home to Los Garres, **Mazarrón** totally dominated play, but somehow conspired to lose the game 2-1 after missing chance after chance. With further progression now almost impossible, **Mazarrón** took the lead in the away game at UCAM Murcia and led with 20 minutes remaining, but totally fell to pieces and conceded four goals in the closing stages.

It was a disappointing season and the new squad never reached the heights of the previous year which saw **Mazarrón** reach the Play-Off Semi-Final. Goalscoring was hard to come by with Chiky Ardil top scoring with seven goals and Omar next with just five at the time of writing. These two, along with goalkeeper Emilio, right back Josema, central defender Simpara and local lad Diego were the pick of the

players. It will be interesting to see who will remain next season.



Omar

By contrast, the Mazarrón ladies' team, **Mazarrón Femenas**, are having a fantastic first season. At the time of writing they are unbeaten and are nine points clear of the second placed team at the top of the league. They have a record of P13/W12/D1/L0/F63/A10 Pts 37. Their leading scorers are Cindy with 17, Almudena with 16 and Miriam with 15.

A number of **Los Amigos Supporters** had a meal at La Sienna Restaurant at the final home game of the season against CD Bullense. Members and friends went to the Bar and Restaurant Velasco in Mazarrón on 18th May for an end-of-season meal. Numbers were limited to 30 because of COVID-19 regulations and a coach was provided so that members could enjoy a drink or two in typical **Los Amigos** fashion!!

As restrictions are gradually being lifted **Los Amigos** are arranging a **Table Top Quiz Night** (max 6 per table) at The Diner, Camposol B on 1st June - 6pm start. 6€ per head and everyone is welcome, so please invite your friends. Food to be served from 6.15pm:

- Scampi and Chips
 - Steak Pie with Chips and gravy
 - Quiche and Salad
 - Southern Fried Chicken with Salad and Coleslaw
 - Vegetable & Bean Enchilada with Chips
- To book please email social4losamigos@gmail.com
Please state the number of people/names/food choices.

Los Amigos membership renewals will be accepted from 1st August. Membership is 20€ and includes discounts on all **Los Amigos** activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) will resume

as soon as it is possible. Please email stevebarrow01@gmail.com for a membership form.

Hopefully the **AGM** will be held in mid-June. This has been delayed for almost 12 months because of COVID. The venue and numbers able to attend will depend on the latest restrictions, but details will be announced on Facebook fb.me/mazarron2016 and **Los Amigos** members will be notified by email. Business will include the adoption of the annual accounts and the appointment of President and Vice President and re-election of officers to the Executive Committee. Only current **Los Amigos** members will be allowed to attend.



John Beresford MBE

The twice postponed **Golf Day** and **11th Gala Dinner** has been arranged for March next year. The **Celebrity Golf Competition** will be on Monday 28th March 2022 at Camposol Club de Golf. The **Gala Dinner** will be held on Tuesday 29th March at Hotel la Cumbre, Puerto de Mazarrón. MC Gary Marshall, comedian Lea Roberts and ex-footballer John Beresford have all confirmed that they will be available again. Musical entertainment will be provided by the fabulous Woody. Tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund should email salterkb@hotmail.com. An announcement of when the new tickets are available for sale will be made in our next issue and on our Facebook page.

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SPORTS

Camposol Golf Association



Email: bettyloyd1560@hotmail.com

April Club de Golf Competition

Results:
Despite a number of withdrawals because of the mass COVID vaccination for the 70-79 year olds, 39 players teed off.

Los resultados:

Sin embargo, las renunciaciones por vacunas COVID de esos 70-79 años de edad, 39 jugadores salieron y los ganadores fueron los siguientes:

Div 1

- 1st Dave Hopkins
- 2nd Steve Parsons
- 3rd Gary Lovejoy

Div 2

- 1st Dave Plant
- 2nd Paqui Martínez
- 3rd Des Watts

Nearest the Pins:

- 3rd Ken Halley
- 5th Gordon Neilson
- 11th Alistair Rae
- 13th Colin Reid

Results of St George's Day Charity Texas Scramble:

Resultados del **St George's Day Beneficencia Texas Scramble:**

Winners: Gary Lovejoy, Alistair Rae, Rob Greatley & Alex Bayne
Runners up: John Layland, Dave Freer, Tony Hinkley & Eugene Toye

Nearest the Pins:

- 3rd Ian Chapman
- 5th Alex Bayne
- 11th Danny Lewis
- 13th Colin Reid

After the game we raised money for Charity through a raffle and football cards, which raised €171. When this was added to the entry money gave a total of €281. My thanks to all those who supported the event, donated raffle prizes and helped out on the day.

Después del partido recaudamos dinero para beneficencia a través de una rifa y tarjetas de fútbol, que recaudó €171. Cuando esto se añadió al dinero de entrada dio un total de €281. Mi agradecimiento a todos los que apoyaron el evento, donaron premios de rifa y ayudaron en el día.

Golfer Non-Golfer Results

56 people gathered at 2pm on Saturday 1st May and judging from the quantities of sausage rolls, crisps, beer, bubbly and port consumed, it was definitely going to be a social event rather than a serious golfing occasion! The weather turned out to be better than forecast and apart from a strong breeze behind the drive from the first tee, all went smoothly, if a little tipsily for the 9 holes played. After the golf, food was served on the terrace and a good time was had by all. €120 was paid out in prize money and €15 was added to the **Captain's Charity Fund**. The scores varied from the extremely low to an average of 8-12 points, but the

winner had obviously either practiced or ignored the food and booze during the round, as reflected in their scores.

Overall winners with 17 points - Anne-Marie & Rob.

2nd with 15 points - Mags & Degsy.
3rd after a count-back - Muriel & Irene.

Nearest the Pins on holes 3 and 5 - Brian Tape and Irene Langley.

There are three more competitions to be held during the year on 17th July, 16th October and 18th December. It has been suggested that we play the back 9 on at least one of those dates.

My thanks to all who supported the Club and joined in the fun in the right spirit.

Enjoy your golf and stay safe

Keith Halliwell
Captain

CGA Men's Wednesday Group - 18th April

The format was 3 scores to count **Stableford F u l l Handicap**

- 1st N Morgan, M Lewis, N Smith & G Davies - 108pts, back nine 51pts.
- 2nd Hopkins, T Colvin, D Smith & C Porter - 108pts back nine 50pts.
- 3rd Flavio, S Dixon, D Griffiths and E Toye - 107pts.



Men's Wed. Group Winners

There were five 2s: D Deegan, N Smith, T Colvin, E Toye & D Hopkins.

With thanks to Bob and Ian for the presentation.

CGA Men's Wednesday Group Comp - 5th May

36 players took part in sunny and warm conditions, ideal for some good scores. The course was in great condition after all the rain we had in May, plus all the great work the green staff have put in. Full credit must also go to the owners for work being achieved all over the course.

We are now beginning to get a few new members for this group.
Results: The competition was 3/2/1.

- 1st N Morgan, Flav, P Cooke & D. Bunn - 84pts
- 2nd J Layland, M Lee, D Plant & I Butters - 81pts
- 3rd: J Venables, R Lawrenson, C Reid & T

Hinkley - 80pts

There were 9 Fourballs.

Eight 2's: K Halliwell, D Plant, D Griffiths, C Reid, Flavio, M Lewis, A Rae, E Toye.

Many thanks to Brian and Des for presentation.

Eugene Toye
Men's Competition's Secretary

Ladies -v- Men Competition - Tuesday 27th April



Ladies -v- Men Comp.

The **CGA Ladies Group** accepted a challenge to a match against the **Tuesday Tossers' Men's Group**. It was a fun day and a great competition; refreshed by sausage rolls, pork pies and cava the ladies achieved a resounding win against stiff opposition. They all look forward to defending their trophy soon! The men offered to treat the ladies to lunchtime nibbles but sadly The Club House was unable to supply any food, so it was liquid refreshment only!

Debbie McLachlan

CGA Treasurer Retires

After 7 years as Treasurer, Clive Porter is stepping down. As a show of their appreciation for all the hard work he has put in over the years the remaining Committee treated Clive and his wife to a very enjoyable meal at Piccolo's. Out of funds they bought a suitably engraved memento. Clive was a very diligent Treasurer and will be sorely missed, but Dave Freer has offered his services in this role. We are sure Dave will be an equally impressive Treasurer and the Committee are looking forward to working with him.



Committee at Piccolo's

Enjoy your golfing.
Take care and stay safe.

Betty Roberts



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INFORMATION

Life in Spain



The Not So Bionic Woman - following on from last month's story After arriving at ER at 3am, I was greeted by a friendly nurse who took one look at my cast and said "Don't think that you will be going partying tonight young lady!!"

I was taken up to the assessment ward and for the first time in days, after being connected to a drip with painkillers, I was able to sleep.

I spent the next 24 hours starving, as I was 'nil by mouth' and was kept re-hydrated on a drip, but not allowed even a sip of water. Sunday passed VERY slowly, but I was told that by 6pm I should make it into the operating theatre.



I was finally taken for my chat with the surgeon, who promised me platinum implants studded with diamonds (ha!) and then down into theatre. I wasn't prepared for the sheer number of people present just to put my ankle back together with 2 surgeons taking centre stage. Truthfully, I have no idea how long the operation took, as although the anaesthetic was spinal and I was supposed to be able to stay awake, I just gave in and slept through most of it.

Coming around, my first memory was a pair of lovely brown eyes looking down at me. "You can wake up now, sweetheart" said this Spanish George Clooney. "The clever ones have finished their part and it's time for the good looking ones to take over!"

Well, who was I to disagree?

I was wheeled back to the ward sporting a smaller, lighter cast and happily dozed the rest of the day away. Surprisingly, after only one night in hospital, I was told that I could go home the next day. Starving after 48 hours with nothing to eat or drink, I ate the hospital breakfast and lunch in one go before I was released to David!

I was the proud owner of a large plaque with pins on the right side of my ankle, 2 large screws on the left and a big pin holding it all in place. Within 24 hours I had a lightweight wheelchair delivered and moved into the downstairs bedroom where I was waited on by David and my sons.

Soon I was whizzing up and down the

hall scaring the cats and crashing into the doorjamb and as I got better at handling the wheelchair, I decided to move up to the main floor into my son's bedroom, closer to the kitchen and with more space to work. David and the boys brought my computer upstairs and made me an 'office' in the corner of the living room. The coffee table became my kitchen, with a travel kettle, stock of tea and coffee and snacks. My only problem remained getting into

and out of the shower. With the shower over the bath on this floor, getting in and out was almost impossible, but going up to my en-suite or down to the walk in shower proved equally challenging and painful!

Finally, I hit upon the solution. I wheeled myself to the side

terrace where my son put a large basin of hot water and toiletries. With my cast sealed in a plastic bag, here I was able to hop onto a garden chair, strip off and have a lovely wash with hot water. Good job we have no close neighbours! The final rinse came courtesy of the hosepipe; rather chilly, but never had a basic shower felt so good!!

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NEWS

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You Deserve Spain Ad Campaign To Encourage Holidaymakers To Return

A three-month Europe-wide campaign has been launched by Spain's tourist board urging foreign travellers to return, backed by an €8 million investment and social media advertising.

You Deserve Spain is the slogan on different photographs, the most frequently-seen being one of a family standing on a beach looking out over the sea. Instead of the usual bright sunshine, the people in the image are watching a sunrise over the sea. The advert has been pinned everywhere from Piccadilly Circus to German buses. The campaign is mainly targeting its top four European holidaymaker output countries – France, Germany, Italy and the UK – and to a lesser, but still significant, extent, the four main emerging Spanish tourism markets on the continent, Belgium, The Netherlands, Poland and Sweden. The adverts are tailored specifically towards the four main 'niches' of visitors – young adults, families, adults without children and the retired population.



Videos and billboards feature people at home 'pretending' to be out for a country hike, whilst actually on a treadmill; attempting to cook but without much success and simulating surfing on a board lying on the floor indoors. The picture then changes to these people actually hiking and surfing and, instead of cooking, enjoying local cuisine in restaurants in Spain.

These activities replace the usual scenes of lounging on a beach or by a pool, in a bid to show off a side of Spain that goes beyond mere sun-seeking breaks and to appeal to those who choose their holidays based upon the culture, countryside or cityscape.

The slogan **You Deserve Spain** means, on a subconscious level, the viewer associates travelling to the country as a 'reward' and creates the idea in his or her mind that they

need to practice a little self-care after the challenges of the long pandemic year. It talks like a concerned friend telling people to look after themselves and treat themselves, because they have either 'suffered enough' or 'worked hard for it'. The slogan also generates a sense of trustworthiness, quality and safety, in an attempt to get holidaymakers to overcome their reticence of travelling or going abroad'.

Spain's First-Ever 'Outpatient' Stomach Reduction Operation

The young woman was operated on at the beginning of April and was discharged the same day and cared for at home.

The General and Digestive Surgery at the Germans Trias i Pujol Centre in Barcelona – a hospital better known as 'Can Ruti' – conducted a vertical robotic gastrectomy on a young woman diagnosed as 'morbidly obese'.

After returning home, Can Ruti's 'home hospital' service visited her frequently to monitor her progress and control any pain she may have been suffering.

The procedure forms part of Can Ruti's drive to 'redefine surgical circuits' by coordinating with the 'home hospital' wing, and is a launch pad for a new approach to operations, according to the centre. It is expected to bring about a paradigm shift which could eventually see surgery waiting lists cut if it takes off nationwide. Even fairly complex operations need not involve admission, as all post-op care will be provided at home, freeing up beds.

Costa Del Sol Company Builds Luxury Homes From Discarded Shipping Containers

Creating a circular economy through upcycling and recycling is becoming a trend in just about every industry and household; Plastic waste fished from the sea turned into clothing and home textiles. Battered and out-of-date furniture getting a sophisticated new look with chalk paint and varnish.

Companies and individuals are keen to turn 'rubbish' and 'landfill fodder' into consumer goods. Houses are no exception. A joint venture in Marbella is turning discarded shipping containers into elegant residential homes. Lukas Schween, head of the German family architects business and an estate agent have teamed up to create residential properties that really are 'off the back of a lorry' and are environmentally-friendly. Massive amounts of steel containers are disposed of all the time; even if they do not end up in landfill sites, melting them down to reuse the

material drinks about eight megawatts/hour of electricity, without even taking into account the emissions. Building a home uses up five of them, which is 17.5 tonnes of steel – an iron alloy that would otherwise involve materials mined from the earth's ever-diminishing resources.

Excavation is not normally required; no plant or heavy machinery is employed (creating more emissions) and the only transporting of material needed is that of shipping the containers to the site. The building process takes around six months, most of which is carried out off-site, then the parts are set up on the end plot.

The homes are attractive and energy-efficient. You might expect living inside a lorry to be airless and insufferably hot, but it is not like that at all. The container steel creates the structure, frame and walls, but other materials are added, including plenty of glass for natural light. The end result is open and airy.

Named 'The Astonishing Collection', these elegant eco-builds are a good size, with 3-4 bedrooms, 1-4 bathrooms and approximately 116-220 square metres.

Greater demand for sustainability; recycling rubble and energy-efficiency, planet-friendly, sustainable and energy-efficient homes are more in demand than ever by buyers, especially 'blue-chip property-seekers' with enough funds available to allow them ample choice.

Conventional home-building is now heavily focused on sustainability and on minimum power consumption needs with quality construction involving damp-proofing and insulation to prevent over-use of heating or air-conditioning. Developers normally have to demonstrate their projects' energy-efficiency and environmentally-friendly nature before gaining planning permission. Solar panels are more frequently added as a standard part of the structure.

Local councils are now increasingly calling for residential construction and civil engineering companies to watch their carbon footprints and aim for zero waste. In the past demolitions and major structural renovations would create huge amounts of rubble that would simply get dumped on a waste disposal site, whilst new building material would be mined from quarries or obtained by breaking into mountains. These days, building rubble is more likely to be ground down and turned back into construction material, meaning nothing is disposed of and no plundering of natural resources is involved. Last year, three villages in southern Valencia were said to be among the first in Spain to build and resurface roads using recycled rubble. The district hospital in Gandia was moved to a new site in April 2015 and the old structure, condemned as unsafe, was demolished in 2020. All the rubble from the four-storey building was crushed down to be used again for new constructions.

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