Getting ready for the festive season
See page 88
First of all we would like to send our sincere sympathies to Kevin Cleaves for the loss of Babs, who spent the last year fighting a terminal disease. Kevin and Babs have been a major part of the local community for a number of years and Babs will be sorely missed. Our thoughts are with you Kevin at this very sad time.

It may seem a bit early for some, but we have already started putting information about Christmas in this month’s magazine. See page 80 for information on Halloween, Christmas and the New Year.

Don’t forget to go to our website to vote on your favourite photo to appear on our calendar next year. Click on the tabs to see the photos that have been emailed in for you to vote on. This month’s photo of the month is from Sailing Association Mar Menor.

This month has been extremely busy and we would like to welcome the following advertisers:

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- Jordan’s Mobility Scooters
- Juan Chara
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- Paul’s Diner
- Sooty & Son
- The Oil Boiler Man
- The Club House

**Welcome Back**
- Amapola Restaurante
- Blue Med Invest
- Chimeneas Llamas
- Pool Doctor

We would like to end on a happy note with the news that Sue and Vinny Walker from Another World Properties on Camposol B have just become grandparents to a lovely little boy.

Enjoy this month’s full and informative magazine

From all of us at the

Costa Cálida Chronicle
With Summer almost over and Autumn around the corner, NOW is the time to indulge your body in warm water with soft massage to loosen those muscles and articulations from the aches and pains that this coming Season will bring. Prices start from as little as 4,995 € incl. IVA 21% as plug in and off you go version in several models for to choose from.

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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.”

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More exciting changes at Bar Salud - we are now stocking some Real Ales and have added a small snacks menu including a cheeseboard, ploughman’s lunches and rolls. All this can be washed down with our fine wines and ales in our cool air-conditioned bar. Don’t forget our weekly entertainment and live sports showing on our large TV screens. At Bar Salud there really is something for everybody.
Tel 635 281 478

Visit DFS in San Javier to grab a bargain! The DFS Autumn and Winter Collection with up to half price is now available. Check out their Bedding and Dining range whilst you are in the store.
Tel 968 334 194

For all your legal requirements, call Legal View. They deal with all aspects of Property Conveyancing, Wills, Accounting, Tax and Community Administration as well as all the normal legal requirements of living in Spain.
Tel 968 153 957

When was your oil boiler last serviced? Before the winter really sets in, call the Oil Boilerman. Mark covers Camposol and Totana and the surrounding area, so give him a call on 643 079 024 before he gets too busy.

Paul’s Diner (Azul y Blanco) in Las Palas has now been open 1 month and is already gaining a great reputation for quality food and service with both their Spanish and British clientele. Lots of regular events are already underway with more being planned for the future.
Tel 675 028 656

If you are looking for something different but classy, call in to see the new season’s range of Home Interior products at Sassy and Beau in Puerto de Mazarrón. They also have a new range of decorative objects and soft furnishings, so get down there now to have the pick of the best in town.
Tel 643 652 410

It is great when we get good feedback from our customers as the Sales Team and the Design Team work really hard every month to get the adverts exactly as the customer wants and to make sure that it gets the results to promote their business to the maximum.

To thank these businesses, we would like to give them a free web advert for a month on our excellent website that is updated each and every month.

Spain and Back
Can we say how pleased we are with the continued response we have had from our adverts with you!

Dave and Helen
Private Medical Insurance

Medical Insurance can be confusing and a bit of a minefield as no two policies are alike. Here are some useful tips and questions to ask yourself before you decide on a suitable policy:

Do I need a policy for cover just in my country of residence, the rest of Europe or Worldwide?

By restricting your cover to treatment just in Spain you will certainly reduce the premium and this could be combined with a travel insurance to cover trips outside of your country of residence.

What are the benefit limits on the policy?

This is the maximum the insurer will pay in a policy year and again the lower the limits the less the premium will be. The limits should be realistic at both the lower and top ends – a €15,000 limit may not quite cover a hip replacement and at the other end of the scale you are unlikely to use a €2 million limit.

Do I need a policy for hospital-only treatment, or do I want one that covers outpatient (doctor consultations, tests or scans) as well?

Although a policy that just covers hospital admission will be less expensive, outpatient treatment can get costly, so think carefully before excluding this cover.

Do I need cover for dentists, medicines, pregnancy, complementary medicine such as chiropractic, osteopathy and Chinese medicine?

If these, often optional, risks are included then the premium will be more expensive, so again think carefully before excluding this cover.

What is the excess (deductible) and can I increase it?

The excess is the amount that you pay out of your own pocket before the insurer will reimburse you. It is usually on an annual basis, but some policies apply the excess to each medical condition. If you are generally healthy and don’t habitually go to the doctor then taking a voluntary higher excess is a good way of reducing the premium as most insurers give generous discounts for this.

Will I be able to use any doctor or hospital, or will I have to use a network?

Most of the health insurers Ibex works with have different plans so you can choose the option that best suits your needs. You can use their network of doctors and hospitals to maximise the benefits of the policy and therefore the premium will be lower. The network is usually widespread, so this type of policy can provide real value for money. You can still go outside their network, but be aware that the reimbursement may be lower, usually with a monetary cap on doctor consultations.

Will there be a waiting period before I can claim?

Check the policy conditions carefully as there could be a waiting period of up to 3 months and even 12 to 18 months for certain medical conditions. The international policies tend not to have this waiting period and if you are moving from one health insurer to another without a break, then often the waiting period is waived.

Will my pre-existing conditions be covered?

Generally, if you have an on-going chronic medical condition, requiring check-ups and medication, it will be excluded from the policy. You are usually asked to complete a medical questionnaire and the underwriters will either:

Include any previous/on-going condition
Exclude the condition for a certain period of time
Exclude the condition completely.

With some insurers you do not need to complete a questionnaire and they will underwrite the policy on a moratorium basis, which means that any medical condition that you have had (usually) in the previous 5 years would be excluded for 2 years. It would only be accepted after the 2 year period if you have not taken medication, consulted with a doctor or experienced symptoms during this period.

Private Medical Insurance can be a minefield. Ibex Insurance has a range of policies and we would be more than happy to make a comparison and help you choose the right policy at the right premium.

Come to our Private Medical Insurance Open Day on Thursday 25th October from 10.30am-3pm at Camposol Business Centre, Camposol A and ask Carrie-Ann Harrison, our Health Insurance Specialist, all your medical insurance enquiries. As your local insurance broker, Ibex can find the policy to meet your needs.
Eurospas is the leading suppliers of Hot Tubs & Swim Spas in the Costa Cálida area. Eurospas is a family run business that has been established in the Murcia Region for over 16 years and they understand better than most that choice, quality and customer service are high on everyone’s list of priorities, but they also believe that ‘value for money’ is paramount.

Eurospas holds more than 50 spas in stock at all times, which in most cases means there is no waiting time between ordering & installation and there is a spa to suit every taste and budget. Eurospas also offer reconditioned models from as little as €2,000.

Lower Diabetic Blood Sugar Levels
A study by the New England Journal of Medicine found that bathing in a Hot Tub simulates the beneficial effects of exercise. The result is that patients with type 2 Diabetes, who soak in a hot tub for 30 minutes a day, 6 days a week for 3 weeks, experience a reduction in blood sugar levels by an average of 13%.

Sleep More Soundly
A study in the journal ‘Sleep’ showed that soaking in a Hot Tub prior to bedtime will not only help you fall asleep, but will provide a deeper, more relaxing sleep as the body cools.

Lowers Blood Pressure
A study for the Mayo Clinic recommended that relaxing in a Hot Tub can be beneficial for heart-disease patients. The study showed that relaxing in a Hot Tub is less stressful on the heart and more beneficial than working out on an exercise bike!

Minimise the Pain of Arthritis
The Arthritis Research Campaign recommends using a hot tub as an excellent way to apply heat to arthritic joints. Benefits of a soak in a Hot Tub can include muscle relaxation, decreasing pain and joint stiffness and giving greater ease when performing exercise and daily activities.

Some of the many health benefits of owning a Hot Tub:

Stress Relief
Stress results in muscle tension, headaches, fatigue and soreness. Regular Hot Tub use, through a combination of buoyancy, heat and massage relieves tension and stress. Buoyancy eases pressure in joints and muscles, while heat increases blood flow to muscles and accelerates healing. Additionally, Hot Tub jets provide therapeutic massage, stimulating the release of endorphins, which are the body’s natural painkiller.

Eurospas holds more than 50 spas in stock at all times, which in most cases means there is no waiting time between ordering & installation and there is a spa to suit every taste and budget. Eurospas also offer reconditioned models from as little as €2,000.

To get on the path to a healthier feeling of relaxation in your own home, call Eurospas now for friendly, no-obligation advice and to find out more about their affordable offers and payment upon completion & satisfaction plan.

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See the Eurospas advert on page 5
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October Welcome Dance – Wednesday 17th October
We have the return of the brilliant Meat Loaf Tribute Act, plus the Commitments and the great voice of Sian to make this a fabulous night not to be missed. Tickets €12 (Chicken & Chips €5)

November Welcome Dance – Wednesday 21st November
You will be entertained by the brilliant live band Best of British who will be performing classic hits of the 60’s, 70’s and 80’s and more with the music that made Britain the music capital of the world. Tickets for this not to be missed event €12 (Fish & Chips €5)

Welcome Group Christmas Party Night – Wednesday 12th December
We welcome back after an absence of 2 years another Welcome favourite, the fabulous Loaf Tribute Act and the great voice of Miss Carla Stone. Free mince pies will be served to get the festive period underway. Tickets €12 (Chicken & Chips €5)

New Year’s Eve Party – 31st December
3 great acts in one brilliant party night. The lovely Christine, the crooning Rob Sweeney and the very entertaining Road Runner Duo. With full buffet including Cava at Midnight. Just €20 pp. Tickets selling very quickly.

Welcome Monthly Meeting - Saturday 6th October at Mariano’s 2pm.
Reserve, purchase and collect tickets for any of the Welcome dances, trips and events. Contact Steve for information or details on any trips mentioned.

Petanca – Wednesday 3rd October at 1.45pm to register for a 2pm start

Join Peter & Carole Pont for the monthly friendly game at the rear of Mariano’s, Camposol A. This is a wonderful way of spending a casual afternoon. Only €1 each to play. No membership is required.

Book Swap - Tuesdays 2nd, 16th & 30th October from 10am-12pm
At Calle Barcelona 10, Camposol A. Bring your books, jigsaws and magazines and even DVD’s. Take away as many as you require for just a €1 donation pp.

Ladies’ Evening:
Ladies it’s not too late to join your friends on Wednesday 24th October for a Fashion Show, Stalls selling lots of goodies. Tickets are €5 which includes a free raffle and prize bingo. Dancing to a favourite of the Ladies ‘Woody’. Get your tickets now.

Upcoming Trips & Events:
Wednesday 3rd October at 1.45pm
Jumilla Wine Tasting - Saturday 6th October from 10am-12pm
At Calle Barcelona 10, Camposol A. Bring your books, jigsaws and magazines and even DVD’s. Take away as many as you require for just a €1 donation pp.

The Venice & Greek Islands Cruise from Lisbon for 2 nights and Cadiz for 1 night. Lisbon to Porto for 2 nights stay, Porto. There will be an overnight stop at Avia and then on to Porto for 2 nights stay, Lisbon for 2 nights and Cadiz for 1 night. €775 pp sharing a twin/double room.

Contact Steve on 697 960 590
Email welcomegroupspain@yahoo.com

Contact Steve for reservations, information and all details of any of the trips and events mentioned above on 697 960 590
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infection in both ears. This infection had been left untreated for so long he had to undergo a series of operations to remove the infected bone. He has recovered well and is now ready for a new loving home. He would be best in a home without other dogs, but is a very affectionate dog who loves cuddles and being brushed by all our volunteers. If you fancy giving him a home or just taking him for a walk please contact us using the details below.

Rudi is a German Shepherd cross around 7 years old who has had a very traumatic time. He was found by the police, abandoned on the beach in Aguilas with the most horrendous infection in both ears. This infection had been left untreated for so long he had to undergo a series of operations to remove the infected bone. He has recovered well and is now ready for a new loving home. He would be best in a home without other dogs, but is a very affectionate dog who loves cuddles and being brushed by all our volunteers. If you fancy giving him a home or just taking him for a walk please contact us using the details below.

Monthly Dog Walk
Our next Sunday dog walk is at 10am on 7th October from our shelter just outside Aguilas. You can bring your own dog or walk one of our shelter dogs and then join us for a tasty hot breakfast in T3’s Bar. Contact number below if you would like more details.

Desperately Seeking Foster Homes
We feel that the best option for our dogs is to live in a foster home before they find their forever homes, but we are currently short of fosterers. Foster placements can be for an agreed fixed period or on an ongoing basis. San Animal will cover all the expenses associated with the dog (vets bills, food etc) and can also arrange to provide holiday cover. Please consider taking a dog into your home – you can change its life.

If you would like to meet our dogs or be a fosterer, please call or WhatsApp us on our dedicated phone 675 467 647, through our Facebook page San Animal Santuario or via email to admin@sananimal.org

Charlie’s Story
Former star of hit show ‘The Only Way Is Essex’, Charlie King, called Samaritans in 2011 when he was struggling with the demands of a highly stressful job and the pressure to behave in a certain way.

"I grew up with my mum and sisters. Dad wasn’t around so I didn’t really have a male role model. I knew I wasn’t really like a typical boy. Rugby and football didn’t appeal to me; I was more interested in singing and dancing and I never really had a proper girlfriend. My mum has a successful business and from a young age I was thrust into a business world. I felt under pressure to do well and had to live up to high expectations. I worked non-stop and became obsessive about the restaurant – I wouldn’t share responsibilities and had to be there every waking hour. I was highly stressed and struggled with anxiety. I felt I had no purpose. I was lonely. I started to get really depressed. I had no male friends, or a girlfriend. I remember walking my dog and my head feeling like it was going to explode. I reached the point where I felt I couldn’t go on; like there was no point in my existence. My family didn’t know what to do or say.

This was when I first called Samaritans. Speaking to them really helped me to put my thoughts in order and gave me the reassurance I needed that everything would be ok. I called six or seven times in total. I spoke to someone earlier, I probably wouldn’t have got to the point where I was considering suicide.

If I hadn’t called Samaritans, I honestly don’t know where I’d be today. I have my life to thank them for.”

Should you identify with any of these issues and want to talk to someone in complete confidence then why not give us a call. We are Samaritans In Spain – You Talk We Listen.

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Email pat@samaritansinspain.com

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When deciding on what fire will suit you and your needs, always remember safety. A bad installation can be very dangerous and cause smoke in your home, carbon dioxide poisoning and even an actual fire, so make sure you use an expert like Chimeneas Llamas to help you decide.

If you are looking for an exclusive and perfectly designed fireplace, then come and visit the Chimeneas Llamas show room and meet one of our qualified designers and see our large selection of fireplaces on display. On colder days some will be fully working for you to see.

**An Open Letter From HMA Simon Manley To British Citizens Living In Spain**

As many of you are no doubt aware, this autumn will be an important period in the ongoing Brexit negotiations, leading up to the European Council meeting on 18th October. Ahead of that, you might have seen that the Government has published a series of ‘technical notices’ on a range of areas, to help businesses and citizens prepare in the unlikely event of a no deal Brexit.

Firstly, let me reassure you though that the Government does not want, nor does it expect, a no-deal outcome in the negotiations. As a result of the significant progress made in negotiations, I remain confident that the UK will agree a positive and ambitious deal with the EU - an outcome that is in the interests of both the UK and the EU and in the interest of both British and EU citizens.

Of course we continue to discuss the implementation of the deal agreed last December on the rights of UK citizens currently living in the EU and EU citizens living in the UK with the Spanish authorities, but as a responsible government, we must prepare for all eventualities, however unlikely; hence these ‘technical notices’ on driving licences and travelling between the UK and the EU, amongst other subjects.

I appreciate that this is a period of uncertainty and many of you have questions and want more advice for UK nationals living in Spain. We want to help you prepare for all scenarios and further relevant information will continue to be made available on gov.uk over the coming weeks. Both the Embassy and Consulates will continue with the outreach events that we have planned throughout Spain, with some 20 such events planned between now and the end of the year and ensure that your questions and concerns are shared with the relevant UK government departments.

In the meantime, please ensure you are correctly registered here in Spain and stay up to date with the latest news, by signing up for email alerts and visiting the Living in Spain guide on gov.uk and continue to follow our ‘Brits in Spain’ social media channels, including Facebook.

Our UK in Spain consular teams and I will continue to share with you what we know, when we know it, to provide you with as much clarity as possible.

Simon Manley

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15
The relationship between Jesus and John the Baptist is one of the most touching stories in the New Testament. Their mothers, who were relatives and devoted friends, had spent about six months visiting together immediately before the birth of their two sons. It was John who first identified Jesus as the Saviour, introducing him to the people at the Jordan.

As Jesus commenced his ministry, John continued with his; the two often communicating, always keeping in touch, sending messengers back and forth.

When Herod, the King, took for himself the wife of his own brother, John was arrested by Herod, because John was vocally disapproving of Herod's sin. Herod's wife, because John was vocally disapproving of Herod's sin, wanted to do is get away and be by yourself and grieve, but the demands of life don't allow it. Life just moves too fast.

This is what He invites us to do - from the daily requirements of the long road, to come apart and gather strength for going on. This is what we do when we come together to worship and sing His praises and this is what we are doing every Sunday morning. Why don't you come and join us?

October Services - Sunday 10.30am @ Calle Sobrija 2248, Camposol
7th Songs of Praise
14th Holy Communion
21st Morning Prayer
28th Holy Communion

Camposol Aluminium is a family-run business committed to offering a high quality service with discount prices and a guarantee on all work. The company’s proven track record of recommendations since they have been trading has enabled them to become one of Costa Cálida’s leading suppliers and aluminium installers.

Windows - they have a wide range of Aluminium and UPVC windows suitable for refurbishment, renovation work and new-builds. Their windows will keep your home warm in the winter and cool in the summer, whilst providing a high degree of security.

Doors - there are many to choose from; fully glazed, half glazed and glass sliding doors to name just a few. These are all fitted with high security locks available in both Aluminium and UPVC; all modern and stylish.

Polycarbonate Roofing - using a strong thermoplastic material that’s lightweight and can withstand extreme low and high temperatures, so great for life in Spain. The durable and practical roofing material is perfect for conservatories, patios and deck areas.

Insulated Tile Effect Roofing - insulated roofing sheets provide the wonderful aesthetics of a tiled roof whilst being lightweight, requiring minimal maintenance. The sheets are also easily installed and therefore ideal for home owners looking to repair or upgrade their existing roof system.

Glass Balustrades - these stunning, customised glass balustrades, glazed railings, handrails and fencing are ideal for balconies or terraces. The glass balustrades suit both external and internal applications. They will give your home a modern and stylish look.

Gates Single and Doubles – there is a wide range of single or double gates. Adding a new gate to your property will improve its kerb appeal and add an extra level of security to your home.

Electric Gates – Have you ever thought of having electric gates fitted? This can be a great asset to your property. They look great, save time and energy and more importantly they heighten security. Ask about all the options.

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As I am writing this article it is the beginning of September, so it will be a month out of date by the time you read it, but I have just heard about something interesting that I think is worth a mention.

A flock of 79 White Storks (Cigüeña Blanca) on migration appeared over the town of Moratalla (Northwest Murcia) circling high before landing to spend the night there. Despite being relatively common in the eastern side of the Iberian Peninsula, Storks are uncommon visitors here in Murcia where we usually have just the occasional visitor, so a large flock is quite an event and according to Murcian birders, nothing of this magnitude has been recorded previously in the region. It evidently caused quite a stir in Moratalla with people coming on to the streets to see the spectacle of these large birds slowly descending to roost on buildings and electric towers. Since then there have been more reports of large flocks appearing elsewhere in the region, but it isn’t known if it was the same flock or other groups choosing a migration route across our region.

Storks are large birds, over a metre high, with a wingspan of up to 2.18 metres and are hard to miss when seen in such large numbers. I understand that they stayed overnight and departed the next day when the thermals allowed them to take off, slowly circling and gaining height to continue their migration onwards to Africa. Unfortunately, several of the birds that roosted overnight on electric pylons didn’t manage to leave with their travelling companions as they were found dead, electrocuted at the base of the pylons. The design of many of these old pylons is not safe for large birds who alight on uninsulated parts. Consequently, many of our larger birds, such as birds of prey and Storks are killed every year by electrocution. The electric companies have a legal obligation to correct any unsafe pylons, but they are very slow to rectify the situation and often only react after action from public authorities and/or pressure from environmental groups. The situation is slowly improving, but a lot more needs to be done by the electricity companies to stop this continual and unnecessary waste of life. It seems that company profits often take precedence over rectifying this design fault.

At this time of year I regularly hear the evocative calls of Bee-Eaters (Abejaruco Europeo) in larger groups of maybe 30 or 40, flying a bit higher than normal, as they travel down the valley towards the river and onwards. It’s a contrast to the summer behaviour when a local pair with their young family may be seen flying around their territory hunting for the bees and insects they feed on.

Whilst walking with my wife in the mountains near Benizar (Northwest Murcia) at the end of August, we heard birds calling to each other quite high up near to the cliffs. It was a lovely cheerful, chattering sound that I wasn’t altogether familiar with, but it wasn’t long before I spotted a large group of birds flying rapidly up, down and around in front of the cliffs as they hawked for insects. It was a group of 41 Alpine Swifts (Vencejo Real), but there could have been more as they were quickly interchanging position and direction in a difficult-to-count flying display; a bit like star fighters in the ‘Star Wars’ films. I suspect they were feeding on a swarm of flies at the beginning of their long flight to the southern parts of Africa.

Alpine Swifts are closely related to the more familiar Common Swifts that scream around the roof tops of many of our older towns and villages. However, they are bigger, more powerful and are brown on top with a white throat and chest which is broken by a brown collar. They are summer residents here, breeding in small colonies in
Multitudes of birds travelling down through Spain arrive at a very small launching point which is the hills above the town of Tarifa on the Spanish coast. Consequently, you are able to see thousands of birds soaring above the hills before making the decision to go for it. If the wind direction hasn’t been kind for a few days you can get an impressive build-up of large numbers of some species.

Honey Buzzard
When I was there at the beginning of September there was a massive flow of Honey Buzzards (Abejero Europeo) going over the observatories, sometimes in groups of more than 70 birds crossing in continuous waves. There were other raptors intermingled in these groups, especially Short-Toed Eagles, Booted Eagles and Black Kites. We were also able to see Griffon and Egyptian Vultures, Marsh and Montagu’s Harriers, Bonelli’s Eagle and White Storks with the occasional and less common Black Stork.

Migration of smaller birds is often more subtle, requiring a more studied observation, but for any fans of our larger migrants such as Storks and birds of prey there is only one place to be; Tarifa by the Straits of Gibraltar. It is an amazing place to be in the one place to be; Tarifa by the Straits of Gibraltar. It is an amazing place to be in the autumn, especially on those days when the weather conditions assist the birds to cross the Straits of Gibraltar. Although it is only 9 or 10 miles across the Straits, the large soaring birds rely on thermals to gain height and then wind-assisted passage over the water. It can be a major obstacle if they don’t judge it right, as they will soon tire if they have to do a lot of wing flapping. Ditching in the water would be certain death!

I recently read a blog of somebody describing seeing the dead bodies of swallows on the beach and the Straits of Gibraltar is one of the key migration routes and millions of birds representing about 200 species make this hazardous journey every autumn. Many survive, but many don’t!

Migration of smaller birds is often more subtle, requiring a more studied observation, but for any fans of our larger migrants such as Storks and birds of prey there is only one place to be; Tarifa by the Straits of Gibraltar. It is an amazing place to be in the autumn, especially on those days when the weather conditions assist the birds to cross this narrow stretch of water to North Africa. It can be a major obstacle if they don’t judge it right, as they will soon tire if they have to do a lot of wing flapping. Ditching in the water would be certain death!

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I have been seeing many examples of our summer residents preparing to leave on their autumn migration. It starts quite early in the summer with some very early leavers crossing the Straits of Gibraltar in July and can continue for 3 - 4 months, with the peak movements being from the end of August until the end of October. As can be seen in the featured map, the route from Northern Europe down to Southern Spain is one of the key migration routes and millions of birds representing about 200 species make this hazardous journey every autumn. Many survive, but many don’t!

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I would encourage anybody, keen birder or not, to experience the migration of these large birds in the Straits of Gibraltar as it is truly one of nature’s great spectacles.

However, the Honey Buzzards were the stars of the show because of the sheer numbers. It was very memorable to see this fairly shy, woodland raptor passing continuously and with good enough views to study the various plumage variations that occur in this species. It is regularly reported on migration in Murcia, but only breeds in Northern Spain and the areas in the Northwest of the peninsula. As a bird of prey it is a bit unusual as its principle food source is larvae and wasp nests, but it will also eat reptiles, amphibians, worms and nestlings of small birds.

I would like to thank Salvado Sánchez García for his pictures of migrating Storks, Israel González Quesada for the amazing photo of the Alpine Swift and good friend Juan García López for his photograph of a Bee-Eater.

If anybody wishes to comment or has a query, please contact me on antrimbirder@gmail.com

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Religion

Mass in English

Roman Catholic Church in St Joseph’s Church (El Saladillo), near Camposol and Mazarrón Country Club (exit 17, RM 3 motorway).

Schedule of Masses:
Every Saturday: Mass at 4.30pm (in English)
Every Sunday: Mass according to the extraordinary form (in Latin) at 4.30pm
The first Sunday of the month, the Mass is the Traditional Mass in Latin – therefore, the first Sunday of the month there is no Mass in English.

Schedule of Confessions:
Saturdays and Sundays from 3.15pm-4.20pm (also on request).

The Life and Writings of Saint Padre Pio
Padre Pio: "...renew your faith in the truths of Christian doctrine, especially in times of conflict and renew in a most particular way your faith in the promises of eternal life which our most sweet Jesus makes to those who fight energetically and courageously.

You should be encouraged and comforted by the knowledge that we are not alone in our sufferings, for all the followers of the Nazarene scattered throughout the world suffer in the same manner and are all exposed like ourselves to the trials and tribulations of life.

"In temptations against faith, invoke St Michael and Sts Peter and Paul."

In a letter on December 3, 1916: “You must try to please God alone, and if He is content everybody is content.”

Finance

Pension Tracing Service
Since the Pensions Freedom Act came into force in the UK in April 2015 there has been a huge outflow of money from defined benefit pension schemes and personal pensions in the UK. Many people have taken advantage of the new flexibilities by having control of their own pension pots.

It is true, it is becoming increasing difficult to transfer from some schemes now, as hurdles have been put in place by some providers. These hurdles also ensure that individuals are not transferring their pots to unauthorised schemes. They also double check that the advice they are receiving about the pension transfer is from a qualified Independent Financial Adviser (IFA).

For you the pension holder it is quite an easy process. If you contact a qualified IFA like myself, then we can do all the hard work for you. Here are the steps that you need to take:

Contact the IFA
Complete a letter of authority
Up to 8 weeks later the IFA should have all the information available for you to make your decisions.

The IFA should complete various forms with you including a ‘fact-find and attitude to risk’ questionnaire and should be able to provide you with a detailed report on all the pros and cons of transferring your pension and give you all the options available to you now and when you intend to take the benefits.

You should not wait until you are ready to retire to find out what your options are.

There are many cases where pension pots built up in the UK years ago are now sitting dormant and invested in old funds that are not managed as well as some other funds that are available now. Reviewing your pension pot during the early years on a regular basis can make a huge difference to the size of fund you have when you come to retire.

There is no cost to you to find out about each of your pension pots. Normally a provider will allow you to apply for a transfer value once each year free of charge. They often charge for a second or subsequent application within a 12-month period.

I would strongly recommend you find out about your pension pot now.

You have nothing to lose and you will be better placed to start planning your retirement. I have been involved with pensions now for nearly 30 years and can categorically state keeping on top of your own provision will pay you dividends in the long run.

In today’s financial climate it is essential you do everything you can to make sure your money is safe and secure and what you want to transpire in the future has the best chance of happening.

If you need advice or if have any questions regarding the above you can contact me, Keith Littlewood DipPFS on 657 684 094 or email keith.littlewood@blacktowerfm.com

The local Blacktower office address:
120 Avenida Dr. Artero Guirao 2C
San Pedro Del Pinatar
30740 Murcia

Our office suite is easy to find on the main N332 through road of San Pedro del Pinatar with easy parking. If you want more information or wish to make an appointment to discuss your own situation, call the local office on 968 187 331 or speak to Keith on 657684094 or email keith.littlewood@blacktowerfm.com

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

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Regular readers to the TV newsletter will know that we foster dogs until their forever home can be found. Last month we told you about the arrival of **Shanti** - a beautiful Ibizan Hound - who has really settled in well at the Rainbow household, but has just found a new home in America and will fly on 12th October - passport in order, visa coming and small bag packed!

**Friends of Mazarrón Animals** can always use your help, from fostering to items to sell on our monthly market on first Saturday of each month in Isla Plana, or just a donation; even just €1 will go towards helping animals in need.

Otherwise all is well at the Rainbow house with our own dogs Tasi and Hector so patient with the foster dogs coming and going.

**TV NEWS**

Writing this in mid-September we have seen the temperatures significantly dropping and the satellite signal strengths slowly rising as they do each year, so those of you with smaller dishes who lost channels at the start of summer may see some returning soon. However this summer saw the lowest signal strengths that Rainbow has seen over the years and we wonder if they will get back to last winter’s strengths - time will tell.

If you have a smaller dish (1.35/1.45) there is no magical answer to obtaining 24/7 all channel reception - signals are just too weak, especially in the far south of the region. Clients have ‘pleaded’ with us to improve TV reception, but the only answer is a bigger (1.80) dish or Internet TV. We have concerns about installing a bigger dish, as with the concrete pad needed to mount it on, the cost will be in the region of €850 and Rainbow Satellites feels that will have a limited life - channels are slowly being transferred to frequencies just unobtainable in southern Spain and we feel UK TV by satellite will finish in the not too distant future.

That leaves us with Internet TV which is the way forward. There are ‘grey’ areas about the legality, but then there are ‘grey’ areas about reception by satellite - should we watch the BBC when we do not pay a licence and contribute to its costs? I am not going to get into the argument - but just saying it is a ‘grey’ legal area.

Internet TV is a relatively new way to watch TV and only became possible as internet services both improved and speeds became faster. It works really well, but is totally dependent on the internet quality to the house. Even now some providers will not support Internet TV.

Having sorted your internet, you have to decide on a service provider.

There are a variety of ways to view TV from subscription-free Android type boxes, to full complete IPTV packs. Like most things in life, there is not one scheme to fit all and before you make a decision and spend your money, you should talk to an expert on the subject. Rainbow are happy to talk through all options and recommend the best for you - we do not charge for this service. We often hear of people having bad experiences with Internet TV saying “It’s not for me.” We believe those thoughts only happen because the person has tried a system that is not suitable for them - have a chat and try again!

Easy to use and well maintained Internet TV systems will carry a subscription, but this is necessary to keep the system updated and in good working order. It really is no different from the UK licence fee which is just a subscription to the BBC. Even stations such as ITV exist by advertising which at the end of the day, you, the consumer, pay for. Very little in life is ‘FREE’!

If you are buying a property in this region of Spain, get us to look and chat about TV options before you finally sign. Finding out UK TV is just not possible at a location after you have purchased is too late. Spain is not all sun and fun - winters are long and evenings dark - you will need some heating and a bit of telly!

Article sponsored by **Rainbow Satellites**, the official registered company for all your TV/radio needs in the Murcia region of southern Spain.

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TRUE: The Boilerman doesn’t always answer his phone. When working/driving it goes to answerphone. If you leave a message he will contact you the same day. If urgent, please send a WhatsApp or a text message

TRUE: The Boilerman no longer works with gas or on gas water heaters. He is now focusing on oil boilers, breakdowns, maintenance and installation of heating systems.
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UK Taxpayers - have you declared your offshore assets & income?

UK taxpayers could face penalties if they have failed to disclose undeclared offshore tax liabilities before new legislation came into force on 30th September 2018.

On 30th September, new legislation called Requirement to Correct (RTC) came into force. It requires UK taxpayers to notify HM Revenue and Customs (HMRC) about any offshore tax liabilities relating to UK income tax, capital gains tax or inheritance tax.

HMRC has expressed concern that not all UK taxpayers will realise that they are subject to the requirement to declare their overseas financial interests. Activities such as renting out a property abroad, transferring income and assets from one country to another, or even renting out a UK property when living abroad, could mean that taxpayers may face a tax bill in the UK.

The introduction of this legislation coincides with global transparency measures which will give HMRC automatic access to financial information from over 100 countries. These measures mean that HMRC will be able to detect offshore compliance and tackle tax evasion easily. As a result, HMRC is urging taxpayers to correct any non-compliance.

Key Facts

What is Offshore Tax Non-Compliance?
Offshore tax non-compliance is tax owed to HMRC as a result of an offshore matter or transfer prior to 6th April 2017.

Offshore Matters relate to income arising outside the UK, assets situated outside the UK, or activities carried on wholly or mainly outside the UK. (This might include rental income on a holiday home in Spain or a gain on the sale of a Spanish holiday home.)

Offshore Transfers relate to offshore matters where the income was received outside the UK or transferred outside the UK before 6th April 2017.

What are the Penalties for Non-Compliance?
Unless you have what HMRC deem to be a ‘reasonable excuse’, Penalties under RTC will be between 100% and 200% of the tax, regardless for the reason for the error.

Where Non-Compliance involves an asset, the Penalty will be up to 10% of the value of the asset where the tax is over £25,000 in a tax year. The Penalty will be increased by up to 50% where assets and funds are found to have been deliberately moved to avoid RTC.

Who does this affect?
This affects individuals who were UK residents for tax purposes. These rules do not change the fact that individuals who are not UK resident for tax purposes do not have to pay UK tax on foreign income.

What should you do?
Anyone with offshore financial interests should review their affairs and correct any UK tax irregularities and disclose these to HMRC. Taxpayers were urged to do this before 30th September to avoid higher penalties, but it is still in your best interests to do so as soon as possible as voluntary disclosure can result in lower penalties. Once an individual has notified HMRC of their intention to make a declaration they will have 90 days to make the full disclosure and pay any tax owed.

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Queen Victoria visited Cartagena on 4th September, the first Cunard vessel this year. This is a wonderful looking ship built in Italy. The keel was laid down on 12th May 2006 and floated out on 15th January 2007.

A bottle of Prosecco, keeping with tradition was smashed against the ship side; the ceremony being performed by a Cunard employee, also in keeping with tradition, coins were fixed on board, welded beneath the radar mast. These were a Euro coin and a gold Queen Victoria sovereign.

The ship departed Venice on 24th August 2007 from the builder’s yard to commence sea trials and following handover to Cunard in Southampton on 7th December 2007 and was named by Camilla, Duchess of Cornwall. The ship then undertook her maiden voyage; 10 day Cruise to Northern Europe. Following this was a Canary Island Cruise prior to embarking on her first World Cruise circumnavigating the globe in 197 days.

The first ship to undertake that voyage round the world - also named Victoria - took 1153 days.

The first leg on the Queen Victoria’s cruise was in tandem with Queen Elizabeth 2 to New York where the two ships met the third Cunarder, Queen Mary 2 near the statue of Liberty on 13th January 2008 when a celebratory firework display took place to mark the first time these 3 Cunard ships were together in the same location.

The cost of the Queen Victoria was 270 million dollars. She has 16 decks in total (12 for passenger use) and the capacity is 2081 passengers plus 900 crew. There are seven restaurants, thirteen bars, three swimming pools, a ballroom and a theatre.

It is not generally known that to enable weddings to be performed on board ships to sea – struggling for real friends, finding ourselves seemingly at the bottom of the sea at some point in our lives we suddenly find our own thing. I don’t need God in my life.” Then said, “I can go my own way. I can do my own thing and he had no trouble in finding ‘friends’ to help him enjoy the good life. He could party to his heart’s content and he lived the good life until the money started to run out. Not surprisingly, as the money ran out, so did the friends. He was short of food and had to take the meanest of jobs working for a farmer tending pigs.

Having sunk to the lowest possible status he could imagine he couldn’t help thinking that even the servants who worked for his father were better treated and lived better lives. When he reached rock bottom he decided to return home and ask his father to employ him as farm worker.

He set off and as he approached his father’s house his father saw him and ran to greet him. The young man who had only the clothes of a beggar said to his father, “I was wrong, I have sinned against you. I could never deserve to be shown to have relevance today. Let’s look again at the story and picture God as the father of the story. Many of us at one time or another have said, “I can go my own way. I can do my own thing. I don’t need God in my life.” Then at some point in our lives we suddenly find ourselves seemingly at the bottom of the sea – struggling for real friends, finding important decisions piling up, struggling for real answers.

Well, just as in the story Jesus told, there is a father waiting to hear from us. For many, we want to think that there really is no God - is there? Equally for many there has been the very real discovery that not only does God exist, but He is waiting for the very minute we decide to try and find Him. I say try and find, but in reality He doesn’t exist, but He is waiting for the very minute we decide to try and find Him.

UK vessel Registry does not permitted this, hence in 2011, the Queen Victoria’s port of Registry was changed from Southampton to Hamilton, Bermuda. It is owned by Carnival Corporation & PLC, the parent company to Holland America, Cunard and P & O.
Well, the beginning of September brought life-giving rain. It really was needed, especially for the farmers in this region of Murcia. For those with very little shelter, it was of course, a different matter. Washing and drying your clothes becomes difficult and keeping dry what few possessions you have is almost impossible.

We regularly donate fresh clothing and bedding to those poor souls who are without basic facilities and we are grateful for the plentiful supply we have received lately. We always need food and we thank especially this month, Wellspring Victory Church in Mazarrón for their kindness once again. You have supported us and encouraged us. God bless you.

We are always grateful for your food donations and we try and carry spare bags of food and pray the Lord will put people in our way who are in need.

Thank you all once again. God bless you.

Our Collections Coordinator is Pat West. If you have any donations, please contact her directly on 968 131 765 or 634 343 730.

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World Space Week (WSW) is an annual holiday observed from 4th–10th October in various parts of the world, including Europe and Asia. World Space Week is officially defined as an international celebration of science and technology and their contribution to the betterment of the human condition.

World Space Week (WSW), as declared by the United Nations General Assembly, is held every year during Oct 4-10, in more than 100 countries all over the world. SUPARCO being the National Space Agency of Pakistan has been celebrating World Space Week since 2005. This year SUPARCO is celebrating World Space Week in 16 cities of Pakistan.

The theme for WSW 2018 is “Space Unites the World”
The theme is inspired by UNISPACE+50, an historic gathering of world space leaders which will occur in 2018. UNISPACE+50 will promote cooperation between spacefaring and emerging space nations and help space exploration activities become open and inclusive on a global scale, according to the UN.

WSWA Executive Director Goran Nikolašević said, "World Space Week 2017 broke records with over 4,000 events. Most events were held in countries which are not top space-faring nations, showing the strength of World Space Week in the developing world."

"Rapid growth of World Space Week reflects widespread acceptance of this synchronized timeframe to celebrate space, inspire students using space, and promote space programmes, policies, and organizations."

World Space Week is celebrated by a network of over 1,000 space-related organizations, the largest such network in the world, accordi.

The Association’s Board each year selects a theme for World Space Week to provide a focus of the activities and events that take a place in over 80 nations during 4-10 October. WSW event organizers are encouraged to incorporate the theme into their activities and promotional materials.

To see the history of World Space Week themes, please go to www.worldspaceweek.org/history/.

About World Space Week
The largest space event on Earth, UN-declared World Space Week is celebrated October 4-10 annually. World Space Week consists of a myriad of space-related events held by space agencies, aerospace companies, schools, planetaria, museums, and astronomy clubs in a common timeframe to achieve greater student and public impact through synchronization.

About World Space Week Association
World Space Week Association is the global coordinator of World Space Week. WSWA is an international non-government, non-profit organization incorporated in the United States in 1982. It is led by a Board comprised of global space leaders and dignitaries, an executive team that manages operations, and volunteers that support them. The Association is permanent observer on the UN Committee on the Peaceful Uses of Outer Space and is supported by voluntary contributions of sponsors including Lockheed Martin.
Harriett Richardson

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Fry's Garden Services
The Rockin' Vicar

Computers! We love 'em or loath 'em! When they work, fine. When not ... but what would we do without them? What about mobile phones with all the apps?!!! - Facebook, Messenger, Tweet, Whatsapp etc. Skype is great! I can talk free to my kids all over the world, face to face.

I remember our team leader coming back from a course in 1998, enthusing about learning of Electronic Mail. I tried to stifle a yawn as he went on and on about how great it was. Now I can’t think of life without it. I laugh when I watch a TV programme from the sixties such as Heartbeat or The Royal, when a character needs to make an urgent call and the telephone box is broken or they don’t have a coin. I find myself shouting "Use your mobile!" at the screen, remembering how I always kept a ten pence coin in my pocket for such occasions.

Times change! What we have now and what our kids will experience is mind-blowing.

Life moves so quickly. Time seems to whizz past - soon it will be Christmas!

My wife Jean received a letter from her cousin the other day - a LETTER! Wow! I moaned about why can’t they learn to use email properly? They have it, but say it doesn’t work! I was frustrated that Jean had to waste time writing and posting a letter when a few clicks would have done the job in a fraction of the time. That’s me folks; I want everything done like yesterday. Then I thought about it; that the faster the pace of life, the faster I do things. Can I really, at the end of the day, sit down exhausted and claim "I did loads today"?

Well, what the hell was I doing 20 years ago before I decided not to be a dinosaur but embrace modern technology?

I am looking out of the window watching the guy who looks after our olive grove using techniques that have been passed on for generations, caring for beautiful olive trees that have stood and faithfully borne fruit for centuries. They will be picturesque and useful long after I’m gone ...

When I’ve written this tripe (and emailed it off), I’ll be starting my sermon for Sunday. The text is James chapter 3 verses 1 to 12; about taming the tongue. Verse 12 fits into my thinking above: "Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs?"

I wish I could stand tall, strong, majestic and ageless like an olive tree. It does not speak, but gives so much wisdom, beauty and comfort.

‘Bye for now and God bless
Rev Andrew
ahrea2@yahoo.co.uk
Opening Of New C & B Shop Premises

After a month of gruelling work moving to our new location at Av Juan Viñegla in Mula (off Gran Via near food market), our ‘preloved’ shop had its grand opening on Monday September 3rd. Congratulations to ‘Team Peters’ and all the many volunteers so generous with their time, who made this possible. Our loyal and faithful customers and many more, were all waiting for our shop manager and Chairwoman to cut the ribbon and let shopping begin!

As ever we are grateful for all your donations of items for sale, whether they are clothes, furniture, household items or bric-a-brac, anything in good enough condition for us to sell. Please contact Jean Peters on 628 101 622 or email us at annesivi@gmail.com

We are always looking for more volunteers to help in the charity shop, so if you have a few hours a week to spare, it would help us raise the funds we need to carry on. It is also a great, sociable way to meet other like-minded people and be part of our local community.

Others Ways You Could Help

We are always in desperate need of fosterers for pups and dogs before they go to their forever homes. Fostering is a wonderful opportunity to help a dog on its way to a new life. It increases their chances for adoption by helping to socialise and teach them how to live in a home. At the same time you can enjoy a dog’s company without a long term commitment as we will cover all the costs such as medical, food, transport etc. Best of all, you save a life! All we ask is a small place in your home for one of our dogs or pups.

If you would like to help please email us at annesivi@gmail.com or go to our Facebook page Colitas y Bigotes.

Thank you so much to all of you who responded to our appeal for pots and plant cuttings. We intend to start work on our new kennels in Mula at the beginning of October and amongst the additional jobs we will have is landscaping and planting flowers, bushes and shrubs in order to create a friendlier and homelier environment. Our next request is if any of you have any leftover building materials you do not require and think could be reused. Please mail us at annesivi@gmail.com

Dogs Looking For Homes

Holly and Molly are 2 beautiful little baby girls, 6 weeks old that were found dumped in an irrigation ditch in the campo. They were found by a caring neighbour who took them in, but cannot keep them. Mum was a Labrador and it is thought dad was a passing German Shepherd! They have had their first puppy vacs.

Betty Boop is about 18 months old, found in the middle of the road about to be hit by a car. She is an American Staffordshire cross and is really sweet, loving and good with people, cats and other dogs. She is fully vaccinated and neutered.

Clyde is a big floppy puppy, who has grown into a bigger floppy dog. He is absolutely gorgeous with an open and friendly nature and weighs about 17kg. Born in Feb, he is fully vaccinated. His sister has been adopted and he is so lonely now!

If you can give any of these lovely dogs a home please email annesivi@gmail.com.

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Costa Cálida Chronicle - October 2018

costacalidachronicle@gmail.com

Costa Cálida Chronicle Sales 619 199 407
Northwest Murcia News

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

Don’t let October cool your burning passion to enjoy the delights of NW Murcia. There’s plenty going on throughout the region indoor and outdoor: activities, music and dance, cultural and fun. Make the most of all on offer.

Stay informed online at www.costacalidachronicle.com and our online blog and the relevant Tourist Office websites.

BULLAS
www.bullas.es
T: 968 652 244 Market Tues
Wine Fiesta (until 7th October) Saturday 6th October – Guided Visit at 5pm to the Casa-Museo Don Pepe for 5€ – contact the museum for more info and to reserve your place.

Sunday 7th October - Start the day at 10am with a Promotional Wine Tour ‘The first mosto of the grape harvest’ which comprises a visit to the Casa-Museo Don Pepe, breakfast, wine-tasting, visit the Artisan Market, see a display of grape-treading and sampling of Mosto. Tickets 15€ (7€ for children) Book via Entre Destinos on 968 002 241. If you prefer a later start, at midday for only 5€, you can just enjoy a visit to the Casa-Museo Don Pepe; pre-register at the Museo del Vino.

Sunday 7th October - El Zacatín Artisan Market open from 9am-2pm in the central squares of Plazas Vieja and Castillo and Calle San Anton. The market often coincides with a free guided route to reveal modernist Bullas c. 1900. The tour is in Spanish but guides do speak some English and the route is highly visual. Tickets available from the tourist info point set-up in the market place 15 mins before each tour: 11am/12pm & 1pm.

Thursday 11th October – English language Wine Tour with pick-ups in Los Alcazares and Torre Pacheco by minibus return. Visits the Valle del Aceniche at peak harvest time at a small, family-run winery and includes tapas lunch, wine tastings, wine museum and guided tour. Price 50€ pp 9.30am-5.30pm. Booking essential for max 14 persons. Tel 650 017 327/968 259 155 or email info@mediterraneancartagenatours.com

Tuesday 16th October – Design & Fashion Event with artwork by the talented artist Carlos Blanco Fadol. An art exhibition entitled “La Jungla De Asfalto” by Andres Garcia Mellado runs at the Convento del Carmen in La Glorieta until 12th October; entitled ‘Oceanos Pacificos’. The culture trail continues with a prominent Sculptor Exhibition tracing 500 years of religious mysticism through works of art presented at the former church of the Compania de Jesus. The renowned sculptor Francisco Salzillo ‘exhibits his restored figure of the Virgen del Carmen, and Santiago Ydanez displays an impressive 14-metre canvas painting; examples of a major collection of works until 6th January 2019.

Check out the Carlos Blanco Fadol Museum of Ethnic Instruments in the village of Barranda, in Calle Pedrera, clearly signposted and with easy access for those with mobility issues. Space limits the display to 5% of his 4,000-piece collection yet still conveys a fascinating variety and history of musical instruments. 3€ (2€ disc/ 1€ children). English leaflets and assistants speak English. Check opening times with Tourist Office.

Thursday 11th-Sunday 14th October – Rock Art of Moratalla, a visit to the nearby Rock Art of Moratalla is highly visual with some info in English; 2€ pp and wear comfy walking shoes. Pre-register at Tourist Office.

The Archaeological See of Begastri is open for tours on Saturdays and Sundays at 10.10am/11.15am/12.20pm. 2€ pp.

The Eco Park (Tourism Activity Park) ‘Coto de las Maravillas’ has activities for all the family and all ages, including zip lines, archery, nature walks and many other organised outdoor activities. There is a campsite, BBQ area and kiosk-bar offering a great menu. The park is open throughout each weekend 10am-5pm; weekdays prior booking required. Tel 968 069 202 Monday to Friday 9am-3pm Email info@conexioncultura.es www.cotodelasmaravillas.com

Monday to Friday 9am-3pm

CARAVACA
www.turismocaravaca.org
T: 968 702 424 Market Fri
Photography Exhibition by Tomy Ceballos on show at the Cloisters of the Convento del Carmen in La Glorieta until 12th October; entitled ‘Oceanos Pacificos’. The culture trail continues with a prominent Sculptor Exhibition tracing 500 years of religious mysticism through works of art presented at the former church of the Compania de Jesus. The renowned sculptor Francisco Salzillo ‘exhibits his restored figure of the Virgen del Carmen, and Santiago Ydanez displays an impressive 14-metre canvas painting; examples of a major collection of works until 6th January 2019.

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Continued on page 33
taught me two lessons: first, my English threw cold water on my expectations and to her question. Eventually, I got that she get what she had said, I answered “no” understand. After a few attempts trying to took my ticket and asked something I didn’t My hopes sank when the ticket collector. However, I saw no reason why I would not fit in, since I believed myself to be nearly College of London, I was a bit worried. As the Gatwick Express was taking me to historic and cultural particularities. It has been ten years since I arrived at day in London

Continued from page 32

MURCIA
www.turismodemurcia.es
T: 968 358 749
The Auditorio Victor Villegas hosts the following and more info/bookings available 9am-2pm at the box office or tel 968 343 082.
Friday 5th/Saturday 6th October – Tricicle, renowned mime humour group, will perform twelve of their classic sketches and highly visual gags. Famed for their participation in the 1992 Summer Olympics closing ceremony in Barcelona, their gestural humour does not require knowledge of Spanish. 9pm on 5th and 7pm and 9.30pm on 6th. Tickets 15€-35€.

Wednesday 10th October – Violinist Joaquin Pall Palomares and the OSRM under the baton of resident conductor Virginia Martinez. 8pm. Tickets 8€/11€/13€.

Friday 12th October – Marisa Valle Roso, the northern Spain songstress from Asturias, performs a variety of numbers from varying artistes. 9.30pm. Tickets 12€.

Sunday 14th October – One for the family at lunchtime - fun and music as Clown, Lolo Fernandez performs ‘Concerto for Clown and Orchestra’ with the OSRM. 11.15am when performers explain about their daily lives and about the music to be performed, followed by the concert at midday. Tickets 10€.

Saturday 20th October – The Spanish-French singer-songwriter, Soledad Gimenez Munoz, accompanied by pianist Pepe Rivero. Formerly heading the popular group, Presuntos Implicados, she has performed solo since 2006. 9.30pm. Tickets 20€.

Friday 26th October – As part of the annual “Semana Grande de Cajamurcia”, La Luz Oscura is a performance by the raconteur or ‘jongleur’, El Brujo (the Wizard), contemplates the life of John of the Cross, a Carmelite priest and significant leader of the Spanish counter-reformation whose poetry is considered among the finest of Spain. The show (in Spanish) starts at 9pm. Tickets 24€.

Saturday 27th October – The humour continues with the untold story of Ben Hur (in Spanish), a production of comedy gags and outrageous dialogue. 9pm. Tickets 24€.

Wednesday 31st October – The traditional All Souls’ Night favourite, Don Juan Tenorio by Jose Zorrilla: the more romantic of two versions, written in 1844, graces the stage. 9pm. Tickets 12€.

Several cycles of musical events are held at the Murcia Auditorio throughout the year. For only 36€ you can enjoy six fun musical events for the family; one per month on a Sunday at midday starting on 14th October. Detailed ticket information from the box office or tel 968 343 080

Wednesday 31st October – Learn the traditions and explore the special Markets of All Saints and All Souls Days on an English language Guided Tour, starting at Romea’s Theatre, on to two specific markets, and visiting the Teatro Circo and Baroque Cathedral. 20€ includes tapa refreshments. 10am from Plaza Belluga by main Tourist Office.

YECLA
www.turismo.yecla.es
T: 968 754 104
Sunday 7th October – Free 1.5hr Guided Walking Tour in English through the historic old quarter taking in the most significant buildings and museums, spectacular countryside views and a chance to sample the local sweet Libricos. Pre-book on 968 754 104

Footnote:

Costa Cálida Chronicle Sales 619 199 407

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CULTURAL EVENTS:

Spain’s National Day: 12th October – Day of the National Constitution, a public holiday.

Cádiz, official seat of the Spanish Constitution: 12th October – The Army Band will perform a celebration of the Cádiz Constitution and the Spanish Constitution.

Children’s Day: 12th October – The Fiestas de los Niños include a variety of activities for children throughout the day.

Costa Cálida Chronicle - October 2018
**Rambles of a Would-Be Chorister and a Groupie**

The day finally dawned and the long awaited journey began. We left a pitch black Moratalla at 7.01am, (everyone having taken note of the dire warnings about being late!) in gently falling drizzle. Sixteen members of ‘Coral Voces de Moratalla’ plus three partners/groupies, were on their way to a Choir Festival in **Baena**, Andalucía. We had plenty of room to make ourselves comfortable as we were on a 55-seater coach.

The journey was uneventful apart from a riotous 45 minutes spent telling jokes where most of the punch-lines were lost on us amidst raucous laughter as our brains were working on a time lag, not able to keep up with the Spanish!

Having arrived half an hour early in bright sunshine, we were able to check into **La Casa Grande**, a beautiful old hotel, previously a family home, with an impressive staircase, chandelier and plants cascading down three floors.

Two minutes for a breather and we were off on the ‘official tour’. The starting point was the bus stop on the other side of the park in front of the hotel, where we met up with **‘Coral Ciudad de Cehegín’**. Our guide proudly told us that the town park is the biggest in the province. We all piled onto a mini service bus where we offered our seats to some more ‘mature’ ladies. Our offers were declined, as we were visitors and not in the mood to be ‘knee sitting’ on public transport should be widely encouraged.

**Baena** has a population of some 20,000, but is contained within a clearly defined boundary, with no sprawling outer areas. It’s surrounded by kilometre after kilometre of olive groves and the smell of the pressed olives is noticeable as you walk through the town. There are lots of beautiful buildings, statues and fountains. We started at the castle which has been extensively rebuilt, but from the main boundary, with no sprawling outer areas. It’s surrounded by kilometre after kilometre of olive groves and the smell of the pressed olives is noticeable as you walk through the town. There are lots of beautiful buildings, statues and fountains. We started at the castle which has been extensively rebuilt, but from the main

Then the rehearsal; always a must before a performance as this is when the groupie gets to have a siesta! He even managed to watch part of a football match on TV. What a lovely theatre, Teatro Liceo, is. It looked tiny from the front, barely six metres wide, but we went down some steps to a 400 seat auditorium with great acoustics, brilliantly raked and with very comfy seats. It’s true what they say; ‘disastrous rehearsal, good performance’, as this is exactly what happened! Spirits were very low, but we were on first and rose to the occasion brilliantly. The audience was really enthusiastic and particularly enjoyed it when we donned our chef hats to sing ‘El Menú’. There were great sighs of relief when it was over and we were able to enjoy the performances of the other choirs.

Then, guess what? Correct; more food and drink at one of the peñas. We sat opposite one of the **Baena** choir members and her husband and interestingly we could understand everything that she said, but not a word that came out of his mouth! Thankfully the Cehegin Choir was staying out of town and had ordered their coach for midnight, so the party broke up.

**Baena** is a drumming town during the Easter celebrations, but not for them. The ‘tunica and capriote’ as in Moratalla. They wear incredibly smart military style uniforms with post office red jackets, white shirts, black trousers and a gold, roman style helmet with an enormous feathered plume of whatever colour takes your fancy on the top and a long black hair-piece coming out of the back. I imagine it’s a spectacular sight when they’re all parading down the street. The drums are also very different from the ones that we’re used to; much smaller in circumference, but deeper. Definitely worth coming back to see and hear!

We crossed the Plaza de la Constitución which has a modern Town Hall at one side and a wonderful Baroque building ‘Casa del Monte’ down another, to the casino where we were having lunch; all 120 of us. As you can imagine it was a noisy affair! The main course was seafood paella cooked in three enormous pans. Things were running a bit behind, so during the wait copious amounts of wine and beer were consumed; definitely good for the vocal chords!

Our final stop in **Baena** was lunch, but it was just our choir so a much quieter affair. Delicious food, a cod and egg dish and flamenco, (a bit like a very large, pork croquette with parsley, egg and vinegar), were just two of the six courses. We were working on a time lag, not able to make ourselves comfortable as we were on a 55-seater coach.

Then the rehearsal; always a must before a performance as this is when the groupie gets to have a siesta! He even managed to watch part of a football match on TV. What a lovely theatre, Teatro Liceo, is. It looked tiny from the front, barely six metres wide, but we went down some steps to a 400 seat auditorium with great acoustics, brilliantly raked and with very comfy seats. It’s true what they say; ‘disastrous rehearsal, good performance’, as this is exactly what happened! Spirits were very low, but we were on first and rose to the occasion brilliantly. The audience was really enthusiastic and particularly enjoyed it when we donned our chef hats to sing ‘El Menú’. There were great sighs of relief when it was over and we were able to enjoy the performances of the other choirs.

All too soon Sunday dawned and it was off to Torreparedones, a very important archaeological site that has evidence of habitation since 2,000 BC. It was a beautiful sunny morning, so the ladies of **Baena** very kindly supplied us with bottles of water and straw hats. The site is half an hour from **Baena**, through olive groves and up a very winding track. The views are incredible from the top and again, restoration work is still going on, as are the excavations.

**Chorister’s verdict** - definitely a place to go back to and visit at leisure and enjoy the wonderful hospitality of the Andalucians.

**Groupie’s verdict** - the **Baena** custom of ‘knee sitting’ on public transport should be widely encouraged.
Our second social event of the summer was a Full Moon Walk around the emblematic lump of rock called Almorchón that’s situated on the northern edge of the cereal plains of Cagitan. Just to give you an idea of the area’s vast beauty I’ve attached a photograph that was taken on a previous visit, which shows the distinctive profile of Almorchón on the left-hand side of the building in the foreground. During daytime, Cagitan is a work zone for agriculturalists, but at night-time other creatures rule the territory and any solitary walker should maintain all senses alert. Thanks go to Odette for suggesting the route and leading us safely through the darkness.

It was very difficult to explain to everybody how to arrive at our meeting point. As with many of our routes, we tend to select some very remote areas and Cagitan, although it’s criss-crossed by a network of dirt roads, most of them are designed for tractors. In fact, so direct was the advice of one couple’s GPS that they christened the route ‘The Dakar Rally’! The unique landscape around Almorchón (it lies within the triangle of land between Mula, Calasparra and Cieza) has no mains water or electricity and is therefore typified by endless beautiful, isolated, abandoned hamlets which nowadays serve as little more than grain stores. The lack of light pollution makes it an astronomer’s dream.

We’d been advised to bring torches just in case, but were actually able to find our way using only our enhanced night vision. It would have been sinful not to take advantage of the chance to stop regularly on this short and easy route, to enjoy the night-time atmosphere and the changing views - sometimes over the Ciezan fruit orchards, or towards the Sierras de Oro or de La Molina and sometimes across Cagitan. Surprisingly, within such a relatively small number of people, we represented seven different nationalities and it’s the first time that I’ve met somebody from Armenia. Most conversations were in either English or Spanish as usual (and Dutch) but it’s not often that Russian is also heard on our walks.

Returning to our vehicles, chairs and tables were unfolded from car boots so that the cava and wine could be poured safely. I don’t know how the couple who had flown in to Alicante at 3am coped with the late evening, but it was well after midnight when most of us packed up our picnics and left. Sadly, I couldn’t get my camera to work very well so the remaining photos are poor, but hopefully you can see happy people either on blankets or chairs, all enjoying the evening, the atmosphere and the company.

Changing the subject to an update regarding the progress with the bilingual walking book (15 routes), everything has been checked and re-written many times and also checked out on the ground for accuracy. We’re aiming to have copies available for sale at the end of October.

Summer’s over now and the walking season is soon upon us. The first walk of the new season will be one that’s featured in the book. It’s near Moratalla and will be on Sat 6th October. The programme for the 2018-2019 season is also well underway and hopefully by the time that you read this, it will have been circulated to all WARMers. Full details of future outings are sent to those on the WARM mailing list, normally about a fortnight ahead. If anyone who would like to be added to this list please email Warm2005@gmail.com indicating your nearest large town.

The majority of outings will be in the North-West of the region and only those who are on the mailing list can access the closed WARM Facebook page.
Well, the weather was kind to us for our first day back on the stall on Camposol B, albeit a wee bit sticky. It was great to see both familiar and new faces after our summer break, thanks to you all for your support.

As you know, in August we delivered close to 1,200 pairs of spectacles to the Lions Distribution Centre at Elche donated by the public, largely via Multi Optica, Camposol B, so our Welfare Director, Christine Harrison presented Multi Opticas with a Certificate of Appreciation for their help in the collection of the glasses.

Sadly, our President of 2017/18, Alan Aldrich passed away last year and the club had 3 trees planted in his memory in the Garden of Remembrance on Camposol A.

30 Lions and friends enjoyed a delicious Menu del Dia at El Portichuelo. Many thanks to Alphonso and his team for such a warm welcome.

We are looking forward to November 24th when we are again holding a Hypnotist Evening with Ed Temple. This popular fun evening will be at Mariano’s, Camposol A. The ticket price of €12 includes chicken and chips. Tickets are available at our stall every Friday.

Also in November will be our Strides event on the Paseo in Puerto de Mazarrón, raising money to send Diabetic children to a summer camp to better understand how to live with their condition.

Mazarrón Bahía Lions is a small club and we are always on the lookout for new members to come and lend a hand where needed, whether it be on the Table Top Sale, or helping with our various events, there is always something that you can do to help. It is not all work though! We have a great social life and arrange social lunches at various restaurants. We like to try a different restaurant every month, which is a very good way of making new friends at the same time as trying different foods.

If you would like to find out more about becoming a member of a worldwide organization, please contact George on 634 308 693 or email pauline.bargery@gmail.com

Listen to Costa Cálida Radio for upcoming events or find us on Facebook Mazarrón Bahía Lions where you can see photos of our events

Email pr.mazarronlions@gmail.com

Medical Loans Tel 634 308 693

Pedro José Acosta García was one of the pioneers of Mazarrón painters. He was known as the ‘maestro’ Pedro José.

The best of the present day painters in Mazarrón have studied and trained with him, including his sons, Pedro and Juan Manuel and the boys, alongside their father, restored the churches San Antonio and Convento de la Purísima in Mazarrón Town. Pedro José was also well known for his oil paintings especially those of his hometown, the coastline of Bolnuevo and was so well respected he had a number of exhibitions when he was alive, as well as a homage to him after his death in 2014.

Juan Manuel continues to enjoy painting in oils and to the left is one of his father’s face, captured whilst out fishing for the afternoon. Pedro took on the daily family business as a young boy and has recently started to work again with his brother, forming a partnership with Juan Manuel. They have worked hard to build a great reputation in the area with clients for all types of painting and decorating works.

In recent years they have introduced Acrylic Enamel Lacquering and during the last 12 months they have added waterproofing of terraces and solariums to their services For a free and no obligation quote call 686 960 354
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Spain’s Golf Prodigy Celia Barquín Found Murdered In Iowa

Singles European Champion of 2018 Celia Barquín Arozamena, 22, was found dead on 17th September on the Coldwater golf course after several players reported seeing an unattended golf bag. It seems the Cantabria-born prodigy was violently mugged and died during the attack. The suspect has been named as Collin Richards, 22, and is said to have an extensive criminal record.

Sportswoman of the Year at Iowa State University, Celia is described as a much-loved person and a major ambassador for the college. Her trainer, Christie Martens, said she and the rest of the university are devastated.

Healthcare In Spain ‘Free And Universal’ To All Residents

Free State Healthcare for everyone in Spain has now been officially restored after years of undocumented migrants being denied all bar emergency treatment.

Back in 2012, the PP withdrew SIP, or healthcare system registration cards from all non-EU citizens without a valid residence permit and, only in response to pressure from the opposition, agreed to allow them free emergency treatment, all medical care for the under-18s and pregnancy, labour and delivery. The plan is aimed at those with children or for the unemployed, payable to those whose non-contributory €430 a month. Spain’s government has unanimously agreed to renew the non-contributory €430 a month for the unemployed, payable to those whose contributory dole money has expired. Around 42,000 jobseekers are currently in receipt of it, at a cost of around €50 million to the State.

The plan is aimed at those with children or elderly or disabled relatives who are not in a position to be available for traditional working hours and also other unemployed persons who face major difficulties in entering the job market due to illness, disability or other factors.

Combined Inheritance Tax Will Benefit Fewest

IVA Cuts Free school textbooks for low-income families, reduced IVA on basic products such as staple foods and self-employed persons working less than the minimum wage being exempt from income tax retentions are among the agreements Spanish president Pedro Sánchez has reached with leader of left-wing Podemos, Pablo Iglesias. It is not yet clear whether this will involve reducing the 4% bottom rate or adding more goods and services to the 4% bracket which are currently in the 10% mid-band or 21% top-levels.

They have also agreed to increase income taxes for people earning more than €140,000 a year, or €10,000 a month.

A cap on classroom numbers and a reduction in taxes relating to schooling are among the steps discussed towards reversing the cutsbacks in education imposed by the former right-wing government.

More subjects, including increasing the 6% company tax or Impuesto de Sociedades on profits which some large firms pay, plus extra taxes levied on banks and on certain top-level financial transactions, were discussed.

Other areas where the two leaders coincided ideologically included setting up a State museum, dedicated to those who lost their lives or survived the horrors of Spain’s and Europe’s 20th-century wars and dictatorships, an end to Spaniards abroad having to apply for their right to vote and Iglesias’ proposal for Spain to formally recognise the State of Palestine.

Zero Inheritance Tax Between Parents, Children And Partners

Centre-Right opposition party Ciudadanos wants the government to scrap inheritance tax between parents and children and spouses and dramatically reduce it for more distant relatives. Albert Rivera’s party says the tax should be reduced to zero where the beneficiary is a child or parent, spouse or unmarried partner of the deceased and where the inheritance is the latter’s permanent home. This tax exemption would also apply to second/third-degree relatives or even more distant ones where the beneficiary in question does not own a home of his or her own. Garages and outbuildings, even if not purchased at the same time as the home, would also be included.

Zero tax would, additionally, apply where the inheritance is a business or portfolio of enterprises and is left to either relatives or non-blood relations who had a business relationship with the deceased, such as an employee or trade partner. Farms and other land-based industries, including farmland for non-commercial use, would be included.

Zero tax would apply to inheritances under €1 million, with the tax-free threshold for second/third-degree relatives reduced to €500,000 and, for more distant relatives, €150,000. This would increase to €180,000 where the beneficiary has a disability of at least 33%, or €360,000 where the disability is at least 65%.

Clock Changes

The European Commission says next March will be the last compulsory clock change onto BST and CEST for the Canary Islands and Spain – and after that, each member State will decide for themselves what to do. They will be required to inform the Commission whether they want to stay on summer hours, or whether they will once again change the clocks in October and whether they intend to continue to do so twice-yearly thereafter, or remain on either winter or summer hours.

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Gaza – Uninhabitable by 2020
My fixer Rami and I met each morning at 8am. As we walked, we discussed what we had seen the day previous and what we hoped to accomplish during the day ahead. Interviews with armed political groups complete, it was time once again to focus on the reality of day to day life in Gaza.

Clean water? Sewage? Efficient rubbish collection? Things most of us don’t give a second thought about.

I had been granted an interview with the Director General of Health and Environment for the Municipality of Gaza. He actually spoke excellent English, so for once, Rami was merely an observer.

“How many people are there in Gaza City?”

“700,000 live here, but there’s up to one million in the day as people come in to work. 97% of our underground water is badly contaminated, so we did a proposal for a desalinisation plant, to make fresh water. We’re still waiting for Israeli and international approval for this to happen. We made this proposal ten years ago.”

“So where do you get fresh water from?”

“Many things that are classed as ‘dual-use’ are banned by Israel, but we can buy water. However, after we buy it from Israel, then sell it onto our people, we actually lose money.”

“How much rubbish is created in Gaza City?”

“I looked at posters on the office walls showing numerous species of rat and cockroach and was told that infestations are common. The Director told me under no circumstances ever to drink the water in Gaza; only bottled. He also told me not to even brush my teeth in the tap water and keep my mouth closed whilst showering.”

“You know, our landfill will be full to capacity in two or three years maximum.”

“What then happens?” I asked.

“There’s going to be a humanitarian disaster in Gaza; it’s coming. I’m not talking about rockets fired into Israel or Israel hitting Gaza again, I’m talking about the problems I’ve just outlined.”

One day soon, the people will be able to take no more and hundreds of thousands will march towards the division wall and demand they be let free.”

One hour later, down by the sea, I was shown inside a sewage plant. Bearing in mind that with only maybe four hours of electricity per day, their pumps do not work and with little fuel for a generator, raw sewage is being pumped directly into the sea. On the actual shoreline, standing on top of the pipe that was pumping raw waste into the sea, trying very carefully not to fall in, I took numerous photos. Pausing, I looked at the dozens of fishing boats moored just metres away and said to myself, “I would never eat fish out of here”.

Unfortunately, we had attracted unwanted attention. Hamas had spotted us and a man came over and challenged us as to what we were doing. Long story short; we were taken into a nearby hut with four men. My details were taken and phone calls were made; to whom I have no idea. Ten minutes later we were told we could go. One big burly Hamas guy then smiled and put out his hand towards me. I wasn’t happy, and refused to shake his hand, saying to Rami that I wanted an explanation first.

Rami, looking nervous said to me quickly and quietly, “George, shake his hand.”

A voice in my head scolded me, telling me to remember where I was and who Hamas were, so I shook his hand, but made it clear I wasn’t happy with the way we had been treated.

Continued on page 41
His reply was translated back to me as, “There is no problem. You are welcome in Gaza.”

One hundred metres away from this environmental and human health disaster, stands a brand new gleaming mosque. It must have cost millions. Where did they find the money for this? Even if it was paid for by a foreign donor, surely they could have said, “Thanks, but we’ve got enough mosques, so can we spend the money on generators for a sewage pump system instead?”

By 2pm we were at the main garbage dump right in the middle of the city. All the rubbish from Gaza City comes here, by men who drive carts that are pulled by donkeys. It wasn’t pleasant and I viewed numerous men scavenging amongst the rubbish trying find anything of value. From here, old trucks take the rubbish to the out of town landfill site. This main dump was bad enough, but nothing like what waited me at the landfill.

We drove for around twenty minutes out of the city and past a Hamas armed checkpoint. I was getting used to seeing men with guns everywhere. Eventually we trundled into a huge outdoor area, where around fifty metres away stood the landfill. I got out of the car and the stench hit me like a wall. I pulled my bandana tightly around my mouth and nose, put on my sunglasses and began to walk towards it. Rami followed, hesitantly behind. This thing was huge. It towered over me. I doubt my photo will capture the true size of it. 90% of this could be recycled. It’s a disgrace. I was told that one plant for recycling plastic had been built, but it’s not working due to the Israeli blockade.

The smell was overpowering. I’m not talking about the whiff of a stinky bin in your kitchen, I’m talking toxic. I’d guess there must be a chance of picking up a serious disease around there. Flies buzzed all around me and I felt my skin crawl. Just over the next field, literally a few hundred metres away, stood Israeli watchtowers, fences and the border wall with clean green and healthy Israel just behind. I pulled my bandana even tighter round my face, but it was no use; I was almost gagging. I took some more photos up close of a group of kids in an area of scrap metal vying for bits to sell on. It was time to leave.

Every day I spent in Gaza was completely different, but this one, learning about and seeing the sewage and rubbish problems, was probably the most depressing for me. Back in my hotel room that night, before the electricity cut out, I wrote down my thoughts.

Let’s put aside blame, politics, rockets and attacks by both sides. Let’s ignore the “They did this and they did that,” cries from both sides. The infrastructure and environment in Gaza is at near breaking point. The vast majority of Gazan’s, who are totally innocent of terrorism, are suffering because of the actions of a very few. People are living in filth. Blame? All sides and all factions must shoulder a portion of responsibility here and now. It’s about time human life was put ahead of political and military agenda. Will that happen? No, I’m under no illusion, of course it won’t happen, but, I do believe that a full blown ecological and humanitarian disaster is coming. It has been reported by the UN, that if nothing changes, Gaza could become uninhabitable by 2020. That’s only two years away...

What happens then to its two million people?

I’d say, watch your TV screens for the sight of hundreds of thousands of civilians clambering to get out of this polluted prison. I’m led to believe that Israel is secretly very fearful of this scenario. It should be, because if Gaza does become uninhabitable, I fear there’s going to be a stampede of biblical proportions of civilians trying to get into Israel.
Tenerife
When are you in Spain, but feel like you have gone on a foreign holiday?? When you fly to Tenerife, of course!
Summer 2018 saw me still working out my handover period for my previous business, OwnersAway and getting away for a break in summer was as difficult as ever. The solution came to me one evening when browsing through travel sites and a quick poll of teenage boys and my Spanish ‘other half’ saw 4 votes in favour of a holiday in Tenerife - all the feel of a ‘proper’ vacation, without leaving the country - well, almost.
In fact, getting to Tenerife is not quite as straightforward as it seems. There are direct flights locally, at a price, but I chose to let one of the travel websites search for me and eventually we snapped up bargain seats at 160€ each return, leaving from Alicante with a short stopover in Madrid. Not bad for the last week in June!
With a direct flight time of around 2 hours 30 minutes from Madrid, Tenerife is very accessible and we arrived into the Island’s northern airport after a smooth journey with no problems at all. We were staying in Puerto de La Cruz, only about half an hour from the airport.
The island is stunning, with forest and woodland, a sub-tropical climate and of course the famous volcano Mount Teide, which by a stroke of luck we could see from the apartment block rising up through the clouds into the distance. Just sitting there watching the clouds drift slowly past the peak of the volcano with a glass of wine turned out to be one of the most relaxing things we did - far better than the TV!

Obviously with 2 teenagers, we had to combine action and relaxation in equal quantities, so the next trip was to a cave, where we were taken by minibus to the access point, kitted out in helmets and walked through the forest to descend into the network of caves close to the base of the volcano. This proved to be a superb excursion and our guide was very friendly and certainly knew his stuff. The visit lasts about 2 hours and you need to be reasonably fit and sure-footed to walk inside the caves, as the walkways through the lava are very uneven.
I decided that the ‘action men’ in the family could enjoy an afternoon without me, so I stayed by the pool, book and glass of wine to hand, whilst the 3 Amigos went off to an adventure park with zipwires, throwing themselves off trees and generally burning off their energy.

“What was it any good?” I asked my son on return.
“Superb” he replied “and David enjoyed it more than us!”

What a big kid my other half is!
Next time I will tell you about our volcano adventure, when we made it (almost) to the top of Mount Teide.

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Microdermabrasion provides several important benefits for the skin. The treatment smoothes away dull and rough skin texture and softens the appearance of fine lines, wrinkles and blemishes. It also improves the skin tone by fading the appearance of brown spots.

Microdermabrasion combines the power of a vacuum suction with exfoliation. The vacuum clears out the clogged pores, releasing trapped dirt and oil, while the exfoliation removes the dead skin cells. This leaves your skin clear, healthy and glowing.

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I just want to say I was very pleased with the care I received from your staff. They were pleasant, helpful and professional. I have had MS for many years and try to be as independent as possible but my mobility is very poor nowadays and I often struggle to move my legs. I found that both Kelly and Gill were patient and did not try to rush me. Also they were punctual and efficient. Thank you for providing my care during the time I was in Spain.

Wendy S

Sue Knox and her team look after my Uncle and they welcomed him in to their family. My Uncle’s life has been totally transformed by the professional and caring staff. Thank you.

Rachel H

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Come along, get a gym mat and get ready to get strong, lean muscles. Whilst focusing on your core, Pilates also trains the whole body, increasing the range of motion in your joints.

Is Pilates for you? Adaptable to many fitness levels and needs, whether you are a more senior member of the class, or an elite athlete, Pilates is accessible to all. Pilates also improves your posture and leaves your mind and body feeling energised.

The Condado Club Gym offers two Pilates classes per week. Every Wednesday at 6.30pm and every Friday at 10am, our qualified instructor shows you how to perform Pilates correctly and equally important, shows levels of difficulty to suit each and every member in the class. Each class lasts one hour. Loose fitting clothing is recommended and you do not need to wear trainers.

Our next Pilates course starts Wednesday 10th October and Friday 12th October. Each course is suitable for beginners and advanced members alike and lasts 6 weeks. Booking is required. **

At The Condado Club Gym, you do not need to be a member to enjoy the Fitness Courses ** You will never feel any pressure to conform, we want you to feel success!

** Terms and Conditions apply. All courses must be booked and paid for in advance. A health questionnaire must be completed. The Condado Club Gym reserves the right to refuse admission on medical grounds. All courses on the current timetable are eligible.

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**Welcome To Hypnoslimmer as Featured on CH4 Embarrassing Fat Bodies and Daybreak With Lorraine Kelly**

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*Be the Shape and Size That You Want To Be.*

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How many times have you been on a diet, lost some weight, felt great, only to find it all creeps back on again a few months later? Maybe you even got a little heavier than you were before. You possess willpower for a few weeks; you stick to your low fat, low calorie or low carb regime but in the long term, you just can’t keep it going.

To put it simply, diets don’t work. We think of a ‘diet’ as something we do for a few weeks or maybe months to achieve a short-term goal. The original dictionary definition of diet is, in fact, ‘The usual food and drink of a person or animal’ - something a little more long-term than our current expectations!

Hypnoslimmer is a 4 week programme that addresses the most common reasons for weight gain that it allows you to eat what you want, when you want! You are probably wondering what the catch is - it is simply that you learn to eat only when you’re hungry and stop eating when you’re full. Most of us have learned to ignore that signal from our body over years of conditioning.

Hypnotherapy will help you tune into those signals again. By allowing yourself to eat what you want, but stopping when you’re full, you remove the sense of deprivation you normally get on a diet and you begin to see food as something that’s still enjoyable, but just not as important any more.

Hypnotherapy can help you to become more conscious of your eating habits and to take control of them, rather than have them control you.

Imagine the ‘diet’ implies something you do temporarily. You diet against your normal eating patterns which are controlled by your subconscious mind. You may lose weight, but it is usually only temporary. As soon as you stop dieting, your old eating habits return and beliefs return again and your body goes back to what it was doing before the diet, often leaving you bigger than you were before you actually started the diet.

Most traditional dieting systems will programme your mind to think about food all the time; counting calories, planning meals, avoiding certain foods. This approach is totally wrong. No wonder you end up being bigger than before you actually started the diet.

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Brian developed a technique that will recover the way you used to automatically control your weight when you were a baby. Babies know when to eat and they call for food by crying. When the baby has taken enough food, it rejects the bottle or spoon - the perfect weight control system! Over time, usually due to lifestyle and over encouragement to eat by our elders and piers, we lose this natural ability. Our revolutionary and unique Hypnotic Weight Control Programme will re-programme your subconscious mind to recover your natural latent ability to control your shape and size.

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The Amazing Mind Gym

Scientists at the University of Iowa have shown that we can increase the strength of our muscles and become fitter just by imagining working out. One group of people flexed their little finger in five sessions a week for 4 weeks. Another group just imagined the flexing. At the end of the study the scientists measured the muscle strength of each group.

Those who did the physical flexing had increased their strength in their finger by 30%. Those who just imagined the flexing had increased their muscle strength by 22%, so just by imagining doing the exercises they increased their muscle strength!

If you don’t fancy going to the gym, then take advantage of this pioneering new mind technology. Kathryn Laing, a senior Hypnoslimmer consultant and aerobic expert, produced and recorded this amazing Hypnotic Workout. This virtual workout is now available through our national network of Hypnoslimmer consultants.

A Touch of Relaxation

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This Cibeles style villa, on a plot size of 600m² with a low maintenance garden, consists of 3 bedrooms, 2 bathrooms, large lounge, separate dining area and fully fitted kitchen.

Ref 1683 - 139,995€
This well built semi detached home is situated in the Spanish village of El Paretón within walking distance to all amenities. The property comprises 3 bedrooms, 2 bathrooms (1 ensuite), spacious open plan lounge/kitchen, 2 sun terraces, driveway for off road parking and has an easy to maintain garden with mature fruit trees.
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This property is a real "must see"!

Ref 1684 - 57,000€
This Clasico style villa is located on the Final phase at Camposol, offering excellent views of the surrounding mountains from the solarium.
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Ref 1685 - 129,950€
A well extended semi detached villa located in a prime position at Camposol and benefits from a communal pool and great views of the surrounding countryside from the rooftop solarium
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WWW.ANOTHERWORLD-PROPERTIES.COM
I love Chinese food and make no secret that it is my favourite meal when eating out, but have you ever tried to cook some at home? I have picked some easy recipes that you don't even need a wok for or any special equipment. Even if you have never cooked Chinese food, why not give it a try? Most of the ingredients you need can be bought in any supermarket, including things like oyster sauce and Chinese rice wine and are very tasty. Mind you, before the shops sold Chinese items, I used to go and buy mine from my local Chinese restaurant! Buen Apetito

Special Fried Rice
225g long grain rice
1 clove garlic
150g broccoli florets
2 carrots
100g baby sweetcorn
2 tbsp vegetable oil
50g frozen peas
50g bean sprouts
2-3 tbsp light soy sauce

Cook the rice in a pan of boiling water for 8 minutes. Drain well and spread out on a large plate to stop the rice sticking together. Peel and crush garlic. Peel the carrots and chop into sticks and cut the broccoli into small florets. Heat the oil in a wok or large frying pan and add the carrots and garlic for 2 minutes. Add the broccoli, peas, sweetcorn and bean sprouts and stir-fry for a further 2 minutes. Add the rice and soy sauce and stir-fry for a further 2 minutes and serve.

Fried Chicken Noodles
50g cashew nuts
4-6 tbsp plain flour
Salt and pepper
1 lemon
1 egg yolk
75g breadcrumbs
185g can tuna or cooked fresh tuna
1 tbsp olive oil
1 green chilli
1 red pepper
2 cloves garlic
1 onion

Put the cashew nuts, coriander seeds, cumin and chili powder in a food processor and blend until ground. Heat half the oil in a frying pan and fry the mixture for 1 minute. Stir in the coconut milk, bring to the boil and simmer for 6 minutes. Place the rice noodles in a bowl, cover with boiling water and leave to stand for 2-3 minutes. De-seed the chilies and chop, drain the tofu and chop, slice the spring onion and roughly chop the tomatoes. Heat the remaining oil in a wok or frying pan and stir-fry the chicken for 5 minutes. Add the chilies and spring onions for 2 minutes and add the tomatoes, tofu, the drained noodles and the coconut mixture and cook for a further 2 minutes. Add coriander and serve immediately.

Spicy Prawn Cocktail
400g cooked peeled prawns
½ bunch of spring onions
2 celery sticks
2 tbsp vegetable oil
2 tbsp sunflower oil
4-6 tbsp plain flour

Rinse the prawns and pat dry with kitchen towel. Place in a bowl and add the chopped vegetables in olive oil for 5 minutes or until soft. Drain the tuna and flake into a bowl. Add vegetables and mix in the breadcrumbs. Stir in the egg yolks into the mixture. Grate and then squeeze the lemon into the mixture. Season and divide into balls. Coat each ball with flour. Heat oil and cook for 10 minutes or until golden brown.

Chinese Belly Pork
1.5kg belly pork
2 tbsp salt
2 tbsp soy sauce
2 tsp Chinese spices

For the sauce
3 tbsp soy sauce
3 tbsp dry sherry
1 tbsp dark brown sugar
2cm pieces root ginger

Rub the salt into the pork and leave to dry for 45mins. Wipe the salt off the pork, score the skin in crisis cross lattice. Rub the soy sauce and Chinese spices into the pork and set aside to marinate. Heat the sauce ingredients together until sugar dissolves and take off and allow to cool. Cook the pork and serve by dipping in sauce.

Egg Fried Rice
225g long grain rice
1 clove garlic
2 eggs
2 tbsp sunflower oil
2 tbsp light soy sauce

Cook the rice in a large saucepan of boiling salted water for 10 minutes. Drain, rinse with boiling water, then drain again and set aside. Beat the eggs and set aside. Heat oil in a non-stick wok or large frying pan. Crush garlic and stir-fry for 1 minute, add rice and cook for a further minute. Pour in eggs and stir fry for about 2 minutes or until eggs are almost set. Add Soy sauce to taste and salt and pepper. Serve while hot.
Pearl and Pepper are around 19 months old and in need of new homes. Pearl is a very petite female and Pepper a small male. Both have been sterilized, vaccinated and are very affectionate.

Sally is a stunning small black lab cross and is around 6 months old. She has a very gentle character and is good with other dogs.

Gabriella is a big beautiful 9 month old Spanish Mastin. She is chipped, vaccinated and has her pet passport. Gabriella is good with other dogs and children.

Snowy is a 10 year old house cat and sadly up for adoption after his owner passed away. He loves to sit on your lap and cuddle up. Snowy is chipped, vaccinated and neutered.

Call 645 469 253 for more information on any of the above pets.

From last month’s article Oliver and Paloma found new homes.

www.petsinspain.com
infopetsinspain.com

CALL: 645 469 253

Sally

Costa Cálida Chronicle - October 2018
Getting Fined Without Moving
Excessive speed or driving whilst using a mobile phone are two of the most common causes for which you can receive a traffic sanction, but it is also possible to be fined without your vehicle moving and not only for parking where you shouldn’t.

Many drivers seem oblivious to the fact that you can be fined for washing your car or carrying out repairs in the street. Although the fines are largely symbolic, depending on the municipality, they exist none the less. Water, oil and other deposits can interfere with the road surface and can become a risk. There are also environmental concerns over the disposal of waste, such as water, or other fluids. Car wash facilities have complex recycling and drainage systems to minimise waste of the precious commodity of water.

Not having a clean car can result in a fine! Even if the vehicle isn’t going to move, the lights and reflectors and the number plates must be kept clear. If the vehicle is moving, so must the windows.

Having a number plate in a poor condition, whether the car is being driven or not, can result in a fine of 80€. If the vehicle is permitted on the road, the number plate must be clear.

There are a number of fines possible at the fuel filling station, some of these posing a serious risk, but some less obvious than others: You must not smoke when refuelling, or light incendiaries such as matches.

You are not permitted to refuel with your lights on, or the engine running.

You are not allowed to use your mobile phone or have the radio on. Any of these activities can lead to a 200€ fine and the loss of 3 points.

If you have moved house and you have not notified the DGT of your new address, you can also receive a sanction. It is a simple process to perform and is free, so it is worth notifying them as soon as possible.

There are many more infringements including:

- Not wearing a high visibility vest if you leave your vehicle in an emergency.
- Not placing warning triangles, or putting them in the wrong place.
- Creating excessive noise or disturbances. Using the horn inappropriately

Get Off Your Phone!!!

During a recent campaign, officers from the Guardia Civil, supported by colleagues in the regional and local police, launched special checkpoints around the road network, as well as monitoring from the air, from helicopters and drones.

ASPAYM federation who deal with people with spinal cord injuries and physical disabilities, a real risk in road traffic incidents lent their support to officers trying to raise awareness of the dangers of mobile phone use whilst driving.

Mobile phone use has become one of the major contributing factors to road traffic incidents, mostly due to the development of smartphone use and a need to stay connected to social media.

Spain has a network of smart cameras aimed at combating the plague which haunts road users. These cameras look for things like vehicle occupants not wearing seatbelts and those using a mobile.

Just because your phone is not near your ear, or you are holding in on ‘speaker’, this does not constitute safe practice; you are still using your mobile.

The same applies to updating social media or using WhatsApp. In Spain, the use of Bluetooth earpieces and headsets is also banned whilst driving. The only safe way of using a mobile is by having a true hands-free device.

Currently, if you are caught using your mobile phone you face a 200€ fine and the loss of 3 points.

Loose Objects in the Car

All items in a vehicle must be secured, including occupants, pets or goods being transported, including shopping.

In the event of a collision, loose items keep moving and they keep moving at the speed you were travelling at the time of the collision, increasing in force.

Based on a vehicle travelling at 50km/hr:

A set of keys weighing say 40g; if they impact at 50km/hr, the equivalent weight is that of 500g. If you are involved in a collision and those keys hit you, it is the equivalent of being hit with a 500gm weight.

A torch or an umbrella weighing around 400gm would be the equivalent of a 5kg weight.

A tennis racket weighing 800gm would be the equivalent of a 10kg weight.

Animals must also be secured in transit, not only for their safety, but yours as well. For example, a dog weighing 20kg would convert to the equivalent of 250kg at impact, the equivalent of just under 4 adult humans.

Although a shopping bag may not seem important, when the items become loose, and fly around the vehicle, they act as projectiles which could so easily have a fatal impact.

Cyclists Advised over Responsibilities

The DGT has sent a message through their social media platforms trying to reach out to cyclists to be aware of their behaviour and taking bookings on public roads. The aim was to advise cyclists of their responsibilities and that these rules are there for the safety and security of all road users, including the cyclists themselves.

Wearing a reflective vest is mandatory during times of poor visibility, and it is advisable at all times.

When a cycle is on the road, it is a vehicle just like any other, and the rider must abide by the same laws, including the maximum permitted alcohol level of 0.5 grams per litre in blood or 0.25 milligrams per litre in expelled air.

At pedestrian crossings, you must get off the bike to cross. Cyclists are not permitted to ride across pedestrian crossings any more than a car can. It is also important to remember that the pavement is for pedestrians, unless cycles are expressly permitted.

Using headphones or a mobile phone is expressly forbidden when riding a bicycle.

The most popular mistake is what can result in infractions, all punishable by a fine.

When a circular sign notifies cyclists of the presence of a cycle lane, it is mandatory for cycles to use it. The only exception is high powered racing bikes.

Bicycles must have both front and rear working brakes.

The use of headphones connected to music players or other devices is prohibited.

The wearing of a helmet - in the city it is mandatory for children under 16 and it is compulsory for everyone on the roads outside city limits.

Any manoeuvre must be signalled in advance and performed in sufficient space.

On roundabouts, cyclists in a group have priority when on the roundabout, provided that the lead cyclist has already entered the roundabout.

Lights at the front and rear are mandatory.

When on a one-way street, cyclists must always flow in the direction of the traffic.

A bell is mandatory on a bicycle.

Where cycling is permitted, pedestrians must be given adequate space and clearance.

Do You Know the Latest Changes to Traffic Law?

Roads appear to be becoming more deadly, with a once declining trend in deaths and serious injuries, these now seem to be on the increase again, so governments must act, as if education hasn’t worked, enforcement is the only option.

What changes have been implemented this year so far?

What can we expect soon?

The N332 team is touring the local area with the Road Safety Road Show. Between now and the New Year, they are taking bookings to visit various social and community groups and give a talk on road safety.

If you represent a group, and can get at least 50 people together at your local venue, then get in touch if you would like us to add you to our schedule.

Email news@n332.es for more information
HELP Murcia Mar Menor makes Donation to Los Arcos Hospital

For many years HELP Murcia Mar Menor has provided a hospital visiting service at Los Arcos University Hospital visiting English speaking patients of all nationalities providing magazines and company for those who find themselves in hospital but do not speak Spanish.

In a further move to help their local hospital, on 18th September HELP MMM presented the hospital with 10 new wheel chairs as they are always in great demand by patients.

The presentation to Director of the hospital Tomas Salvador Fernandez Perez, who was accompanied by Manuela Muñoz Sanchez, the supervisor of Safety and Security of patients, was made by Christine Baillie the President of HELP MMM. Janneke Chambers was representing HELP’s caring services.

The hospital was very pleased to receive the chairs and ensured HELP’s President that they would be well used.

This is the fourth presentation that HELP MMM has made during 2018 to help the people of the Murcia Region and in this way they are able to give something back to the area that we all enjoy living in.

HELP Murcia Mar Menor - Thursday 4th October

Are hosting an evening of Music and Fun At the Olympia Restaurant, Mil Palmeres.

Live Music supplied by the ever popular Reef Band

€15 a head including a 2 course meal, or just come for the show for £5. Food served from 7 pm. Music starts 8 pm.

For bookings contact the HELP office in Los Alcazares on 968 570 059 or direct at the Olympia Restaurant.

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Baby Teeth
As dental professionals, we are usually asked by our patients if it is necessary to have replaced all your Baby Teeth with permanent teeth in order to be able to correct bite problems and teeth alignment.

According to your questions, we will try to clarify doubts, specify which problems should be treated early and which can wait. Before getting to the answers, we must distinguish between two types of orthodontic problems: bone problems, which require orthopaedics and teeth alignment, which requires orthodontics. Actually, these problems can be present both in isolation and combined. There are some exceptions, but normally, those that require an early action, are directly related to skeletal problems.

In order to detect these alterations, it is recommended to be checked by an orthodontist at a young age (6-7yrs).

Which problems must be addressed when we still have Baby Teeth?
Crossbite
Normally, the upper teeth tend to sit outside the lower teeth, but when the opposite happens, it is called Crossbite. There are two types of Crossbites: Posterior Crossbite (it is the most common and can be right and left) Anterior Crossbite - (although it is possible to have a combination of both). In most cases, it is due to a small upper jaw. If it is not corrected early, the patient’s jaws will be developed in this position, leading to skeletal asymmetry and other related problems.

Class III
This condition is the result of the overgrowth of the lower jaw, the undergrowth of the upper jaw or a combination of both conditions. If it is not corrected early, surgery would be needed as an adult. In case it is a mild problem, it can be easily corrected, but when it is moderate or severe, it usually requires several stages to correct it completely (although in some cases, it is impossible to correct in its entirety). However, even if it is a severe case and it cannot be completely corrected, early treatment is recommended, since it will be less serious than orthopaedic treatment.

Maxillary Protrusion
This condition is characterized by protrusive upper incisors and it is recommended to be corrected at a young age in order to avoid teeth fracture. Falls are common in children and even if they use their hands to avoid hitting their heads, they are not exempt from hitting their mouth, so, if children have Maxillary Protrusion, they would be more likely to crack a tooth.

Severe Overbite
This condition is observed in patients whose lower incisors get in contact with the palate when biting, producing injuries. For this reason, early treatment is required.

Habits
In order to avoid an abnormal skeletal growth, any Habit directly linked to the mouth must be eliminated as soon as possible (such as thumb sucking, nail biting, placing the tongue between the teeth when swallowing etc).

Severe Lack Of Space
The best way to avoid dental crowding is selecting some baby teeth and removing them, to help permanent teeth find their place. It can be said that we are making room for permanent teeth after removing the remaining Baby Teeth.

In what cases is it recommended to wait until the patient has his/her permanent teeth?
Class II
This condition is when the patient’s jaw is too small for his/her age, when there is an overgrowth of the upper jaw or a combination of both. This problem can only be treated once the patient has reached puberty, since treating it at an early age may not produce the desired results.

Dental Crowding
If there is a moderate lack of space and there are no bone problems, patients should wait until they have their permanent teeth.

Diastema
Gaps between teeth should only be treated once the patient has his/her permanent teeth.

The remaining problems are usually treated when patients have replaced their milk teeth with permanent teeth. However, as we have said at the beginning of this article, in order to detect any situation that needs to be treated at an early stage, it is necessary to visit the dentist for the first time by the age of six.

Mar López Montoro
LG Dental’s Orthodontist
Costa Cálida Chronicle - October 2018

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15 YEAR GUARANTEE
Cabo de Palos – Market Sun
Wednesday 10th October - Free Boat Trip in English from La Manga del Mar Menor to Santiago de la Ribera. A round trip, discovering the history, formation, evolution and peculiarities of La Manga and its surroundings. 12.15pm from the ferry dock in Puerto Tomás Maestre. There will be a stop of approximately 15 minutes. A maximum of 6 places booked at the Tourist Office. Trip may be cancelled due to adverse weather conditions.

Full details and registration at https://cabadepop.com/

Cartagena
www.cartagena.es
Tel 968 128 800 – Market Wed
Thursday 4th October - Guided Tour in English of Naval Cartagena 10.30am from Tourist Office @ Palacio Consistorial. 20€ including tapas & 2 drinks. Booking essential at info@mediterraneancartagenatours.com

Saturday 6th October – 2nd Festival Of Urban Culture
Break and Beatbox Championship, Battle of MC’s Skate, BMX, Bike Trials, Skateboards, Urban Dance, DJ & Graffiti Competitions and Street Art Championships and streetball with exhibitions of Rock & Roller Derby and Tattoos. There will be an Urban Market where you can buy items and find items related to Urban Culture.

Friday 19th & Saturday 20th October - International Symposium on the porticos of the Roman Theatre in the auditorium. The aim of this symposium is to focus attention on a less studied space of Roman theatres such as the Porticus Post Scaenaem. The presentations of the Symposium are intended to cover the various regions of the Empire, so that the main Roman theatres of Gaul and the Roman cities of North Africa will be analyzed, as well as the Italian theatres of Ostia, Volterra and Rome and the porticos of the Spanish theatres of Cartago Nova, Augusta Emerita, Itálica and Guadix.

Exhibitions at Consistorial Palace:
X Anniversary of the Museum of the Roman Theatre Exhibition with photographs of the discovery of the Roman Theatre which was one of the most depressed areas of the Cartagena, almost thirty years ago. Until 22nd October in the Temporary Exhibitions Room of the Museum of the Roman Theatre.

10th Anniversary Exhibition @ Roman Theatre Museum (until 22nd October) Exhibits include photos by Dios Burgos & Jose Albaladejo together with archaeological discoveries.

Exhibition ‘Disforme’, by the artist Daniel Soledispia Villamar (until 22nd October) The artist looks for a different way of representing the city, by deconstructing emblematic buildings such as: the Grand Hotel, the Maestre House, the Town Hall and the Railway Station. He distorts them without deforming them in their entirety.

Open: Tues-Fri 10am-1.30pm & 5pm-7pm
Sat 10am-1.30pm & 5pm-8pm
Sun 10am-1.30pm
Mon closed except for cruise ship visitors.

Exhibition ‘ARA’ by José María Garres on the Byzantine Wall (until 11th November)
Open:
Tues-Fri 10am-2pm & 5pm-8pm
Sat & Sun 11am-2pm

Exhibition Memory of Painting by Cartagena painter Antonio Barceló Basteller (until 11th November) at the Tomás Rico and Víctor Beltrí Rooms
Open:
Tues-Fri 10am-1.30pm & 5pm-7pm
Sat 10am-1.30pm & 5pm-8 pm
Sun 10am-1.30pm
Mon closed except for cruise ships visitors

III Photography Competition ‘Antonio Acosta Hernández’ (until 22nd October) The competition will be focused on the archaeological heritage of all Autonomous Community of the Region of Murcia with the aim of disseminating its historical, cultural and aesthetic values. All photos must be unpublished and original in colour or black & white and should be presented to the headquarters of the Municipal Archaeological Museum ‘Enrique Escudero de Castro’.

Prizes:
1st – 500€ and a trophy sculptured by Fernando Saenz de Elorrieta
2nd – 300€
3rd – 100€

The award ceremony will be held on 16th November at the Municipal Archaeological Museum.

2018 Carnival Poster Contest – deadline 1.30pm 30th October Each participant may present up to three works of technique and free theme, which must have the carnival spirit as well as some element of the City of Cartagena. 1,000€ will be awarded for the winning poster. The works will be presented at the headquarters of the Federation (Graduate Schools, C / Gisbert nº 4 - 1ª Planta 30202 Cartagena) Tel 968 123 564 Email carnaval@carnavalcartagena.es

La Union
www.ayto-launion.com
Tel 688 490 941/692 925 970 – Market Tues

Los Alcazares – Market Tues & Sat (Lo Narejos)
Friday 14th October – Mar Menor Kite Festival @ Playas Las Salinas in Los Narejos
12th – 14th October – Wind Surfing Festival @ Playa de Carrion by the Club Nautico Mar Menor

Saturday 20th October – Ruta A Pie De Arte Urbano - a free guided tour on foot to enjoy urban art in the streets of Los Alcazares. Enjoy some of the murals made by the Cultural Association of the Company of Mario from Los Alcázares. 10am from the Sports Centre, Avenida Joaquín Blume. Comfortable shoes are recommended. This visit may be suspended due to adverse weather conditions. Check availability at Tourist Office.

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 & Women Tues & Thurs 10.00-11.30pm
12-18yrs Tues & Thurs 7.30-9.00pm
6-10yrs Thurs 6pm-7pm & Sat 10am-11am

Oktoberfest @ Recinto Ferial (until 14th October)
Beer/food & music.

Santiago de la Ribera – 968 571 704 – Market Wed

San Pedro del Pinatar
www.sanpedroturismo.com
Tel 968 182 301 – Market Mon & Thurs (Lo Pagan)
Sunday 7th October – Free 2hr Bird Watching
Numerous species of birds that live and visit this enclave will be observed, included the Flamingo (Phoenicopterus Roseus), Essential binoculars. Depart 5.30pm from the Flamenkos roundabout, in front of Las Salinas Visitor Centre. Wear comfortable shoes, no flashy clothes, anti-mosquito cream/spray, sunscreen, hat, food and water.

Torre Pacheco
www.torrepacheco.es
Tel 968 570 937 – Market Thurs (Balsicas) & Sat (Dolores)
Yo-Encuentro gives notice of a changing season SALE on 9th, 10th & 12th October.

We said last month that in our first 7 months of trading we were more than delighted with all that occurred. Having partly paid for our set-up costs we were still able to donate some €4,000 to our charity contacts, which included care for the elderly, a children’s home, Debra, orphans in Kenya and India, a pet charity, Abraham project and still retain a small amount in our emergency fund.

We are able again to provide Caritas (Murcia) with a van load of surplus items this month to distribute to the homeless and other charities they support, so everything possible that is donated is either sold or recycled.

This autumn we intend to look for other local charities that need support. We will always listen to suggestions from our friends and customers. The HELP Mar Menor charity will be on our list this Autumn as well as a small orphanage we have contact with in the poorest part of India.

Thank you for making such great donations and being great customers as well. Let’s keep on growing this year so we can bless more people through our charitable donations!

We have some great new stock being prepared for our ‘Between Season Sale’; top brand clothes, small furniture, paintings, golf equipment, almost you name it we’ve got it! We have a good range of Christmas decorations as well.

We will have special bargain rails and bins at €1, €2, €3 and €5.

Many know the great quality of the items we have for sale. If you have not visited us before then October 9th, 10th and 12th, between 10am and 2pm is when to come.

I remember writing the September news sweating in the August heat. A little different now with the recent rains! It set me thinking about Noah when he said “yes” to God to build an enormous boat in the middle of nowhere, countless miles from any water! In the end it proved to be the right decision. Same with us at times when we are called on by our Father to make decisions that may seem out of place!

Faith is a difficult subject to discuss in such a short article, but one way of looking at it is; in whom, or what, can we put our trust in today’s world? Life seems so secure until...the unexpected happens. It is surprising then how often we utter a prayer or a curse to a God that we don’t normally pay any attention to. We all need to believe in something.

The old faithful verses of John 3.16 still stands; “God so loved the world (you and me) that He gave his son Jesus to die on the cross for us and that if we believe in Him we will have everlasting life”. That is a promise that never fails.

We started our new season of the ‘English Speaking Branch’ of The Alpha Centre at 10am on 9th September. Our Spanish friends join us for coffee and cake at 11.30am and they have their service later.

We have started a series of talks studying 2 Corinthians, which could easily be titled “A spiritual health warning to the Church!” Many of the things Paul had to deal with in writing this letter to the Church in Corinth in 55 AD are so similar to what the wider Church in 2018 AD needs to hear. This is interesting as we have had the Cartagena/ Roman pageants these last weeks and Cartagena had yet to hear the Gospel of Jesus that Paul was sharing in other parts of the Mediterranean.

We are a friendly bunch of people at Mar Menor Church; more elderly (in body not mind!) than young, from different backgrounds and denominations. The concept that binds us together is one Father, one Jesus, one Holy Spirit and the desire to do what the Bible teaches - Love the Lord your God with all your heart and mind and love your neighbour as yourself.

Come and join us.
More details on our website www.marmenorchurch.org
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Summer opening hours:
Tuesday, Wednesday and Friday 10am-2pm

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We have some great new stock being prepared for our ‘Between Season Sale’; top brand clothes, small furniture, paintings, golf equipment, almost you name it we’ve got it! We have a good range of Christmas decorations as well.

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Well readers, what a month we have had!

We were just merrily going along when BANG; we were told about a donkey in San Javier. I don’t have to tell you the story do I? It was kept as a pet, they can’t look after it any more, no money. The excuses go on and on as anyone in the rescue business knows. Anyway we were making the necessary arrangements for the transport, movement orders etc, when another call three days later alerted us to this time in Denia. Here we go again; all the same conditions apply to these as with the first, so how could we refuse. Mum, dad and baby makes three - so that made four more mouths to feed. We were assessing the situation when our friend in Murcia contacted us to say that the paperwork was complete for the donkey in the pererra! Well, what’s another one in the grand scheme of things? Welcome to number 55! That’s not her name. That’s the total equines within our charity!

Most people would think that was enough, but we also took in four mastin pups, a pregnant bitch that has since given birth to 9 gorgeous pups (unfortunately 2 didn’t make it into this world), a pet rabbit also came our way and a lady needs to re-home her chickens and ducks that we will take when the time is right. OMG

As you can see, we have been busy with all animals. If you would like to follow the progress of these and others in our care, you can find our page on Facebook. This is updated every day.

Until next time.
Andrea xx

Liberty Seguros Insurance - The More You Take The Higher Your Refund

Liberty Seguros, the expats’ number 1 choice for insurance, is offering more discounts to both existing and new customers through a new Cashback promotion, from now until December 20th 2018.

To continue their loyalty to existing customers, for every new car or home policy taken out, they will receive 60€ Cashback, so as much as 120€ for just two new policies. There is also no limit on the number of policies taken out, so if you own two or three cars and more than one home, customers can get 60€ Cashback for every new policy contract. Moreover, existing customers will benefit from an additional customers’ discount.

New clients are not forgotten either. They will get 30€ Cashback on the first policy they take out for either car or home insurance and for all subsequent new policies, 60€ each. This could mount up to 90€ Cashback for just two policies and even more if they have more cars or homes.

Incredibly, there is no limit on Cashback whether you’re an existing or new customer, so it’s the perfect time to switch your insurances to Liberty Seguros and save money and put more towards your Christmas presents!

The main condition that is applicable is that premiums are paid by direct debit and your refund is credited to that same bank account. For convenience, payments can be set up both in Spain or in your home country bank account, as long as it is within the Single Euro Payments Area (SEPA) zone.

Customers must be aware that these offers apply to new comprehensive car and home. In some cases, minimum premiums will apply to be eligible for the Cashback. Some other conditions may apply.

Liberty Seguros continues its commitment to reward loyalty to their valued existing customers, doing its utmost to offer the best service and price possible.

Over 175,000 expat clients already choose Liberty Seguros as their insurance provider and this figure grows almost every day because of the excellent service and quality of cover clients get.

In order to achieve this and to assist those that prefer a more personalised service and a face to face chat, Liberty Seguros has an extensive network of 300 brokers and agents that are dedicated to providing unbiased, friendly, expert advice. Speaking your own language, these brokers and agents will be pleased to advise you.

With insurance, not only for car and home, but also life, pet, business, commercial, leisure, public liability, personal injury insurance and funeral plans, today Liberty Seguros is considered the expat’s number one choice in Spain.

To find out more visit www.libertyexpatriates.es or simply call 913 422 549
The more you take out, the higher your refund.

Until 20th Dec. 2018

Existing customer?

\[ 60€ + 60€ = 120€ \text{ CASHBACK with 2 new policies} \]

New client?

\[ 30€ + 60€ = 90€ \text{ CASHBACK with 2 new policies} \]

Are you already a Liberty Seguros customer?
Take out an additional Car or Home policy and get 60€ Cashback.

For new clients, the first policy will give you 30€ Cashback and 60€ for the second policy onwards.

No limit on policies! No limit on Cashback!

Visit your agent, call 91 342 25 49 or go to www.libertyexpatriates.es

Offer valid from 26th September 2018 to 20th December 2018. Policies must be paid by direct debit. Not for renewals or replacements. Applies only to new comprehensive car and home policies. Conditions and minimum premiums will be applied in all cases. Visit our website or ask your broker/agent for full details.
Accountancy is a financial science based on gains and losses - money gained, money lost. Here at Cavalli Foundation our accounting is based on lives saved as opposed to lives lost. Fortunately our gains are always huge as compared to our losses.

This summer we lost our Golfo; such a tragedy. On the happy side we asked Pixie to step up and take his place. She’s doing a great job helping in riding classes with the smaller children. She’s not Golfo, but she’s perfect in her own way.

The water that came down from the mountains during the rain storms at the beginning of September caused havoc. The force of the water washed away our perimeter wall leaving nine of our horses without protection during the night and in danger of wandering onto the main road, the deadly Rm-603 that claims animals’ lives every day. However, swift reaction from one of our dads and a team of volunteers brought in by Pedro Ferrer from Centauro Quiron managed to rebuild the wall in two days. We would like to give all these friends a vote of thanks for their generosity and kindness and also to Ben Earnshaw who has set up a Gofundme platform from England to help pay for materials and the hire of a digger and cement mixer.

Does Your Pool Need A Revamp?
Revamp Pools is a family-run business based in Mazarrón, but working all over the Costa Cálida area. The owner Chris Pearce has been in the construction industry for 25 years gaining an excellent reputation and it seems to have followed him here to Spain with him receiving some fantastic reviews and people recommending him to friends and family. We believe it’s down to the way he works.

When a pool is being refurbished, the most important thing is preparation, in order to carry out the best finish. Revamp Pools always uses the best quality products, making sure that the job will last and the customer is satisfied. There are cheaper products on the market, but Revamp Pools would rather spend a little more on the right products, so always make sure that any company you employ, uses good quality grout etc.

Here are a few of the warning signs your pool needs a Revamp so you can avoid any more deterioration that could be very costly in the future:

1. Patches of grout missing means the adhesive layer which holds the tiles has been compromised, usually by algae (fungus) getting under the tiles causing tiles loss. When there is heavy tile loss, this means the pool may need a partial re-tile, or a complete strip and re-tile which is a much more costly job.
2. The capstone or pool surround can also become old and cracked. This can be repaired and renovated at a not-so expensive price and will look like new when finished.
3. The other things to deteriorate over time are the pool lights which often collect water inside the units. These can again be replaced at a very reasonable price that will not break the bank.

Revamp Pools Services
* Acid clean
* Pressure washing
* De-grout
* Re-grout
* Tile replacement
* Complete re-tile
* Capstone refurbishment
* Replacement pool lights
* Pool stairs and step rails supplied and fitted.

Call today on 682 912 097 for a no-obligation quote or some advice. Email chris.jpearce@hotmail.co.uk
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1 MONTH: 58€  ANNUAL TICKET: 250€
OUR STORAGE AREA IS HARD STANDING WITH EXCELLENT
DRAINAGE. NO PROBLEMS WITH FLOODING

Find more information at www.airparkmurcia.com
or call us anytime on 618 806 989.
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+34 682 912 097
www.revamppools.com
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**Super Sudoku**

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

**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.

```
G A T
O R I
D A L
```

**45 words of 3 letters or more.**

**Wordsearch**

Translate the words below from English into Spanish:

- ARCH
- AWNING
- BACK
- BASEMENT
- CHAIR
- CRAB
- DATE
- DIMPLE
- EAR
- EVERYBODY
- FISH
- FIST
- GRAPE
- GUEST
- GUEST
- HAIR
- HARD
- ICE
- ILL
- JACKET
- JOB
- KEY
- KNIFE
- LEG
- LIP
- MATTRESS
- MIRROR

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**Answers on page 98**

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[Image of a Sudoku puzzle, Boggle grid, and Wordsearch puzzle with some words listed on the page.]
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South Murcia

Costa Cálida Chronicle - October 2018

C-Sector Green Fingers Gardening Group

Our Maintenance Team continue the rota of weeding, cleaning and spraying this month as part of the continual programme covering all streets of C Sector North. They have also cleared a large amount of silt and stones from our streets after the heavy downpours, to make sure all were clear and the roads safe for passing traffic.

This month the Volunteers have spent many hours watering, trimming trees and shrubs and the inevitable weeding! We also filled two dangerous potholes on Sector B with concrete.

We would like to welcome back Project Manager Ken and also appeal to any more of you who would like to join our Wednesday Morning Volunteers, either on a regular or occasional basis; you will be rewarded with a free breakfast! Contact us if you can spare a bit of time and energy, or just turn up at 9am at the Welcome Wall at the bottom of the dual carriageway and help improve our area while making new friends in the process! Just get in touch with Graham, our Chairman on 604 253 604. All the effort means ‘C’ is looking better each year and also because of the donations you generously give, either regularly to our scheme or in the buckets. Thank you.

Please check chalkboards and Facebook for any more news http://www.greenfingersgardenandsocialgroup.com/

End of summer; autumn in Spain started officially on 23rd September. Back to normality. Kids back to school and Camposol Reading Club back to monthly meetings.

The first meeting after the summer break was on 6th September; lively and full of laughter as usual. We followed our customary agenda and voted on the two books for October from a list of 9 interesting suggestions. The choice fell on; The Zanzibar Wife by Deborah Rodrigues - this is a bewitching story of clashing cultures and conflicting beliefs, of secrets and revelations, of mystery and magic, by the author of the beloved international bestseller The Little Coffee Shop of Kabul and The Montains Echoed by Khaled Hosseini - crossing generations and continents, moving from Kabul, to Paris, to San Francisco, to the Greek island of Tinos.

With profound wisdom, depth, insight and compassion, Khaled Hosseini writes about the bonds that define us and shape our lives, the ways in which we help our loved ones in need, how the choices we make resonate through history and how we are often surprised by the people closest to us.

September’s first book was The Fear BY C.L. Taylor. Cally Louise Taylor has been working herself up to become a full-time author since before the age of 8, touching psychology, admin and design on the way. Her first published works were romantic novels, but pregnant with her son she got the idea to try her hand on psychological thrillers. This has produced 5 stand-alone novels within the genre which have sold in excess of a million copies.

Phew did the debate roll! The group was divided in two: ‘Hated the Book’, who in general felt that the flow and elements of the book did not make any sense and ‘Loved the Book’, who felt it was a perfectly paced thriller. The theme though, older men grooming young teenage girls, will send a chill down everyone’s spine. The manipulation and abuse associated will put the fear into any parent.

2nd of September’s books was The Year Of Surprising Acts Of Kindness by Laura Kemp. Laura Kemp appears to be her own lady, not adhering to either trends or political correctness. She is a journalist who became freelance as she cannot get up and ready in the morning to attend to a day-job.

Once more the group was split in two, but with reverse opinions. The book is a shamelessly romantic novel, but the ‘like-it’ group found that it was a true feel-good story. The opposition deemed it close to senseless, verbal diarrhoea. Points and counterpoints worded strongly, but with no animosity. Notwithstanding the segmentation of the group, the discussions were full of laughter and good-humoured reasoning.

We meet every first Thursday of the month between 2pm-4pm in The Social Centre, Camposol B. The next meeting will be on Thursday 4th October. You can also follow us on Facebook, if you cannot do the meetings.

Please contact Chris Leiper on 968 199 441 or email chrisleiper1944@gmail.com for further information.

Autumn is well on the way now and we have already had heavy thunderstorms and showers, but they have been followed by lovely sunny days and cooler nights - the perfect growing weather for weeds! It has been good weather for transplanting any overgrown or unwanted shrubs or plants too, so you might like to donate some to us from your garden! Our team will come and move them to a place where they can grow for everyone to enjoy, or they can be left behind the ‘Welcome to C’ wall. Thanks to all of you for those plant donations received so far.

Please contact Chris Leiper on 968 199 441 or email chrisleiper1944@gmail.com for further information.
Volunteers
We are looking for nice people to help us run our charity shop in Puerto de Mazarrón. We get bags of donations that need sorting and putting out for sale. It’s not hard work; we chat and drink tea and eat biscuits! You’ll see some bargains as well! Please consider giving us a hand.

Dog of the Month
This month was difficult for our dog of the month as he thought eating stones would be fun, but they gave him a very bad stomach. This resulted in an emergency operation which his owners were not financially ready for! Happily we were able to give them a hand and Robbie’s operation was a success. Behave yourself you naughty boy!

How We Are Able To Help
We couldn’t help any animals if it wasn’t for your donations. We appreciate clean second-hand clothes and small electrical items (that still have life in them!!) We appreciate any furniture no longer of any use to you and can arrange to collect it from you if you contact us.

Of course we couldn’t raise funds if you don’t come to the shop, so why don’t you call at the shop and have a browse. You will be amazed at how well stocked the shop is. We can have dishwashers, fridges, washing machines, also always in - lots of beds. A collection of pictures, mirrors and other occasional furniture, it’s definitely worth a visit.

Drop Off at Camposol B Lower Car Park
Every Tuesday 10am-12pm you will find Richard waiting patiently for you to call for a chat (loves a bit of gossip does our Richard!) You could drop off any bits and pieces or organize to have a larger item delivered.

Where Are We?
You will find the shop in Puerto de Mazarrón, past Lidl and Mercadona. Turn left at Consum where you can see the O’clock Bar opposite. Three roads up, MAMAS is in the third street on the left; Calle San Juan. Tel 666 186 037 Email mazarronanimalmedi_aid@zoho.com

Helping you helping animals
Registered charity No 9537/1a

We had a packed house for our first meeting after the summer break and welcomed many new members. The room was buzzing with chatting as ladies caught up with news of old friends and new.

All ladies of all ages are invited to join our group which meets each 2nd Thursday of the month with speakers and activities, at the Social Centre, Camposol B at 2pm.

This year, in addition to these meetings, we will also be coming together each 4th Thursday of the month at the same time and place, to chat informally over a cuppa. This is a great opportunity to meet people if you are new to the area, or just looking for new friends.

On 11th October our speaker will be Tony Smith, The English Funeral Director who will tell us about his work. Please do not be deterred by the subject as I am sure we will find it most interesting and informative.

On sale will be tickets for our October Excursion to Totana on Thursday 18th, when we are lunching at Venta La Rata, after a visit to a pottery for browsing and shopping. The coach will leave Camposol B car park at 11am. Lunch is at 1pm and we will be returning to Camposol at 4.30pm. The cost for this trip is 20€ pp for a 3 course lunch including a drink. The menu choices will be available on booking.

The afternoon of 25th October is a Coffee and Chat Afternoon and tickets for all outings will be on sale.

Looking further ahead, there is the opportunity for some early Christmas Shopping on Thursday 15th November, when we are taking a coach to Murcia, firstly to Ikea and then to the Nueva Condomina for lunch, window shopping or some serious retail therapy. Details of timings and cost will be available at the October meetings.

Plans are underway for our Christmas Lunch which is on Thursday 13th December, in place of our usual meeting. The Amapola Restaurant has been booked and we will give all the details when finalised.

Chatterbox’s aim is to offer the opportunity to meet other ladies through our meetings, trips and lunches. We are committed to making everyone feel valued and included and think that having time for a chat is important, especially as most of us are away from family. Don’t be alone, come and meet us, you will be made very welcome.

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Costa Cálida Chronicle - October 2018

FORGET ME NOT

Forget Me Not is here to offer respite care for carers of loved ones with Alzheimer’s/ Dementia or any other long term illness. We offer free respite care for the Mazarrón area.

We see our numbers growing monthly, so our need for volunteers grows too. We would like to invite anyone that could join our team to contact us; no experience is needed just empathy and a smile! We are a small group made up of nurses and volunteers and would welcome new volunteers at the Social Centre, Camposol B on any Monday from 10.30am-1.30pm or email deevanloon@gmail.com

Forget Me Not encourages carers to enjoy some time to themselves knowing that their loved ones are safe and enjoying a morning with us. We know that being a carer can be lonely and sometimes just talking and sharing can be a comfort. Please come and join us if you think we can be of help to you.

Forget Me Not is a registered charity with ongoing fund raising events. Our monthly Jumble Sales take place on the first Saturday of each month. The next sale is on Saturday 6th October from 10.15am-12pm. Come along and grab yourself a bargain!

If you have any good quality jumble or bric-a-brac that you would like to donate, please bring it along to one of our Monday meetings or to the actual Jumble Sale.

We thank everyone that cares about us, gives donations or attends any of our fund raising events. Thanks go this month for the donation from Harlequin Rock Choir after their performance at the Camposol Fiesta. Also thanks go to Betty and Lloyd Roberts from Camposol Golf Association who donated the proceeds of their recent Quiz Night.

If you would like more information about Forget Me Not, please feel free to pop in to one of our Monday meetings for an informal chat and a cup of tea - we will make you most welcome.

CHARITIES

In A Medical Emergency Call 112 Then FAST On 968 970 625

CST/FAS T is a group of volunteers based on Camposol, Mazarrón whose purpose is to attend medical emergencies on Camposol before the emergency services arrive. They also attend if the call does not require an ambulance. They can provide information over the phone and support to the patient and family when we arrive.

Example

Whilst writing this article, I am on duty; a 12 hour night. I get a call from someone who needs FAST to help them. After taking their details, I call my partner and agree to meet and get to the incident as soon as possible. We arrive and deal with the situation until the emergency services arrive. When our work is complete, we prepare to leave. The feeling that we have helped the person in pain, but also given comfort and support to family and friends, is so rewarding.

FAST were called out 27 times in August, resulting in 14 ambulances being called. That means we saved the ambulance teams 13 visits to Camposol. The FAST Responders provided comfort and support to family and friends whilst waiting for the arrival of the ambulance teams, or advice if an ambulance is not required. It is sometimes better to transport the casualty in their own vehicle. They can get to the medical centre much quicker. Since FAST was formed in 2011 they have attended over 1,055 calls for help up to the end of August.

The cost of keeping this service on the road is expensive. We are always looking for more ways to raise funds. In September we had donations from Mia at the Vista Bar, Camposol A. On 7th September we had a €600 donation from the SOS (Silly Old Sods), at Oscar’s Bar, Camposol B.

FAST have a Golf day arranged on 12th October at the Camposol Club de Golf. This will be open to all who have a golf handicap and all 18 holes have been sponsored by local businesses. More information can be obtained by emailing committee@fast2016.org

TRIPS

Trip to Seville and Cordoba - 29th October to 1st November.

3 nights B & B in a 4 star hotel the Don Paco. There will be a day trip to Cordoba included. Tickets €260 including insurance available from FAST Stall outside TJ Electricals, Camposol B on Fridays or email trips@fast2016.org or phone 634 314 379

FAST also has a table at the Golf Club market on a Wednesday.

EVENTS

FAST Autumn Ball was on 22nd September. More details in the next issue of the Costa Cálida Chronicle.

If you would like to know more about CST/FAST and join this great team of volunteers, please email recruitment@fast2016.org or call in to the Social Centre on a Tuesday morning between 10am-12pm. We are always looking for new team members. We also need supporters to help raise funds to finance this service, so if you can give a few hours to sell raffle tickets or be a fundraiser in any way, you will be made most welcome. There is always a cup of tea or coffee on the go on Tuesday mornings.

FAST will be running a first responder course on Camposol in October. Contact recruitment@fast2016.org or committee@fast2016.org for details. FAST WORKING FOR EVERYONE ON CAMPOSOL.

www.fast2016.org

SOS silly old sods presenting Baz with a cheque

Community Respite Care for the Mazarrón Area

www.forgetmenotmazarron.es

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If you would like more information about Forget Me Not, please feel free to pop in to one of our Monday meetings for an informal chat and a cup of tea - we will make you most welcome.

www.costacalidachronicle.com

Costa Cálida Chronicle Sales 619 199 407
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FOR FURTHER INFO CALL 634 314 379
Or email trips@fast2016.org

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Opening hours 9am-until late.
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NOW UNDER NEW MANAGEMENT

WEDNESDAY 31ST OCTOBER! IT’S HALLOWEEN AT THE BLACKBULL

Children’s Halloween party from 5-7pm
7pm - til late fun for the adults with Retro performing.
Prizes for the best costume and a free buffet

Happy Hour Monday to Friday 4pm - 6pm
Menu del Noche every Wednesdays 5-9pm
Joker Card every Friday at 6pm
Friday night is Disco and Karaoke night with DJ Sean Bodie
Friday 12th October
Michelle’s Birthday party - All welcome from 7pm
Disco and buffet
Showing all live Premiere football matches
with happy hour prices
Weekly entertainment and great food
See the What’s On Guide for our events
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!

Aguilas
www.aguilas.org
Tel 968 493 285 – Sat Market
Every Saturday – Antique & Collectable Market near the Railway Station. From 10am

Sunday 7th October – Free Theatrical Tour of Aguilas including steep walk to Castle (minimal entry fee) 10.30am from Tourist Ofi ce

Saturday 13th October – Free Guided Tour of Historical Aguilas in Spanish. 11am from Tourist Ofi ce. Booking essential at Tourist Office.

Saturday 13th October – The Magic Flute @ Auditorio Infanta Elena. Tickets 25€/30€

Friday 19th October – OCRM Regional Symphony Orchestra – Beethoven @ Auditorio Infanta Elena. 8.30pm. Tickets 10€ (10 concerts until June 2019 90€/45€ for students and children)

Sunday 21st October – Free Guided Railway Tour 10am from Monumento de Ferrocarril. Book at Tourist Ofi ce.

Sunday 28th October– Free 4km Coastal Walk
The local path runs entirely through the Protected landscape of Cuatro Calas and allows you to enjoy the natural and cultural areas that have made it worthy of protection, as well as being included by the European Commission in the Natura 2000 Network as a place of Community Interest. 10am from Playa de Calarreona. Book at Tourist Ofi ce.

Thursday 1st November – Swan Lake by the Russian National Ballet @ Auditorio Infanta Elena.8.30pm. Tickets 20€-25€

Alhama de Murcia
http://turismo.alhamademurcia.es/ www.mazarron.es
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 fi nd full details of all walks available and a map that you can download.

Sunday 21st October – Free Theatrical Tour of Alhama
11am from Tourist Ofi ce

Sunday 28th October – Walk in Sierra de Carrascoy from Alhama 3C. Walk to peaks of Majal Blanco. 8am from Recinto Ferial. Booking at Tourist Office.

Lorca
www.lorcaturismo.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.

Weekdays in October – Tour of San Patricio and Las Tres Plazas Monday to Friday except holidays 11am from Tourist Ofi ce Plaza de España. 10€ (children under 12 free)

Saturday 20th October – Free Guided Tour of Historic Lorca 8.30pm from Tourist Information Point. Booking essential.

Saturday 27th October – Free Theatrical Tour of Lorca 8pm from Tourist Office

Mazarrón
www.mazarron.es
Tel 968 594 426 – Sat Market
Saturday 6th & Sunday 7th October - La Copa Del Rey De Motos De Agua
More than 70 Jetski riders will compete in the event, coming from all over Spain and Portugal. The competition will be held at Campeonato de España de Flysky in Puerto de Mazarrón.

Book Now Free on Internet
The printed book by Joaquín Ruiz Garcia sold out but it can be viewed in the municipal libraries. The book, exploring the history of 18th Century Mazarrón surnames, is now available on the Dialnet portal at https://dialnet.unirioja.es/servlet/libro?codigo=716925

The author analyzes the local society through marriage links that occurred at a time which coincides with the mining splendour.

Free Guided Tours in Mazarrón area. Visit the Tourist Office or www.visitamazarron.es for full details of all tours.

Puerto Lumbreras - Tel 968 436 153 – Fri Market
Saturdays (4pm) & Sundays (12pm) in October - Guided Tour of Medina Nogalte Cave & Castle 3€ (children under 12 free). More details at Tourist Office.

Saturday 27th October – Night Visit to The Astronomical Observatory of The Cabezo De La Jara 10pm €3 (children under 10 free). Payment in advance essential.

Totana
www.totana.es
Tel 968 418 153 – Wed Market/Fri in El Pareton
Saturdays & Sundays in October - Guided Visit to La Bastida 3.40€ (2.50€ disc) 10am/12pm. Book at Tourist Office.

Saturdays in October – Route Gastro Alfarera – 3½hrs
Meet and visit the site of ‘Las Ollerías’. 9.30am from Martin’s Cafeteria. C / Don José María, 6. Totana.
Schedule:
Breakfast
Guided tour through pottery areas Visit to the Pottery “El Poveo”
Work around or tile painting (optional) Return to the starting point.
Appetizer
For more information and reservation: Martin’s Cafeteria 686 174 959

Saturdays in October – 1hr Free Guided Visit Museum Of The Tower Of Santiago
The museum is divided into fi ve levels. The fi rst level houses the chapter house that refers to the delivery of the lands of Totana to the Order of Santiago. The second level is the choir of the church, which shows the Mudéjar 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, where the old clock of the tower is shown, whose sound has marked the life of the town. The fourth level is not visitable, since it contains the current clock and the last level is the bell tower, where the second oldest bell of the Diocese is located, dating from 1470, with curiosities that only visitors can discover. 10am. Booking at Tourist Office essential.
The meeting was held on 22nd August and those present were:
Diego Conesa, Government Delegate for Murcia.
Mario Urrea, President of the CHS (Confederación Hidrográfica del Segura – Rivers Authority)
Joaquín López, PSOE’s Secretary General for the Regional Assembly
Alfonso Baños, PSOE Regional Assembly Member
Alicia Jimenez, Mayoress of Mazarrón
Pedro Martinez, Deputy Mayor
Domingo Hernandez, Councillor for Basic Services
Isabel Viviancos, Councillor for Sanitation
Juan Miguel Munoz, Councillor
Domingo Valera, Councillor
Gaspar Lorente, Councillor
Pedro Guillermo, Councillor

CRA contingent of 5
Antonio Sanchez, President of Murcia Tranparente.
Alicia Jimenez opened the meeting stating the Town Hall’s proposal of Option 3 for the re-routing of the Rambla de los Aznares had been accepted by the CHS and would be advanced to the project stage when the CHS approved the modifications so the work contract could then be put out to tender. On completion of the works and other amendments, Camposol would also be added to the Plan General of Mazarrón.

Diego Conesa continued that after the project was drafted, the issue of finances would have to be settled and suggested a co-financing arrangement between Mazarrón Council and the Murcia Regional Government. The CHS would not be involved in any funding as it is only responsible for issuing the relevant authorisations.

Mario Urrea added that he was working towards reducing the flood risk to areas in the Segura basin of which the Guadalentín Valley formed part and the Rambla de los Aznares being an important issue which must be resolved.

Silvana Buxton, CRA Chairman, asked why 4 years after the floods in 2014, nothing had been done physically to protect the residents in the flood risk areas of the Urbanisation and why had the modifications still not been passed by the CHS so the process could move forward. Also, 5 months after the Regional Assembly approved a dedicated Commission to be set up between the CHS, Murcia Government and Mazzarrón Council to solve Camposol’s problems it was still not in existence.

The meeting then follow a heated discussion. Mario Urrea confirmed that even though he had only been in post for 22 days he would expedite the approval of the modifications. Alicia Jimenez spoke about funding for the work, pointing out that the CHS had already fined Mazarrón Council 4 million euros over this issue, so paying the fine and funding the work would be very difficult and agreed that it would be necessary to apply for EU finance. Regional Assembly representative Alfonso Baños said a lot of work had been done by the Assembly to get the issue this far, just to be left by the wayside.

Temper subsided and assurances were given by all authorities; the CHS would expedite the plans so the Works Project could be drafted; the Council would communicate with the Regional Government regarding co-financing and EU funding and the proposed inter authority commission would be instigated, but still no date for the commencement of work could be given.

It should be noted that in 8 months there will be local and regional elections. The CRA Committee will do its upmost to pressurise the relevant departments and authorities to process the Rambla issue as far as possible before election excuses come into effect.

For more information and tickets please ring Shirley on 968 956 070 or Linda on 968 956 278 or email mccsocialclub@yahoo.co.uk

Our website is now up and running so lots of information and photos of previous trips we have made. If you wish to make any comments then please do so on our blog www.mazzarronccrsocialclub.com

Please read the t & c’s on our Website

Rambla Progress Meeting with the Authorities.
The Government Delegate for Murcia and President of the CHS (Rivers Authority) met with the CRA, Regional Assembly members and Town Hall officials to discuss the current progress being made in the re-routing of the Rambla de los Aznares on Camposol D. The meeting formed part of a series of visits on the same day by the Delegate and CHS President to areas of flood risk. Other meetings were held in Lorca and Los Alcázares.

Following are the comments made:
Diego Conesa, CRA Chairman, asked as far as possible before election excuses come into effect.

Costa Cálida Chronicle Sales 619 199 407
Friends of Mazarrón Animals would like to say a big thank you to everyone who has volunteered, fostered, donated & attended an event. For a small group of volunteers your support really makes a difference.

This month Tony, the tiny terrier, benefited from your help. Found in a dried up river bed, miles from anywhere, he is lucky to be alive. Dehydrated, anaemic, coated in mud & cement, he spent a week in the vets being stabilised before joining the Gibbs gang in Isla Plana. He has found his very small feet amongst the rest of the pack, but his journey to full health will take time, but that is what this boy has now - time to get well, to enjoy life. Left for dead, he now has a second chance. He will be one of the lucky ones. It’s your support & donations that help Tony & other animals in need. If Tony could speak, we think he’d be saying “thank you”. He can’t, but we can; so thank you!

We have some great events coming up in October, starting with the regular Monthly Market at Isla Plana on Saturday 6th October. There will be lots of handmade items, home cooked goodies & bargains to be had, plus live music by One More Time.

Saturday 13th October is an Evening with the Happy Pluckers. This 4 piece acoustic band play a wide variety of well-known classics in their own unique way. Bring your table, chairs & picnic for a fun evening overlooking the sea.

Saturday 27th October sees the return of the wonderful Troupers Swing Band. This is the ‘not to be missed’ evening with the back drop of the Mediterranean Sea. Booking is essential.

If you would like more information about any of the events or ways you can help & be part of the solution please contact FMA. murcia@gmail.com or visit our Facebook page Friends of Mazarrón Animals.

Donations to help more animals can be made at the PayPal address fma.murcia@gmail.com

We are in desperate need of a van driver for our donation pick-ups and drop-off service, so if you have a couple of hours to dedicate to us we would be very grateful for your assistance.

If you have any large item of furniture or several bags of clothing, bedding, or bric-a-brac, please call Terry on 603 389 006 and we can arrange to pick these up. Our van is also on Camposol A Car Park every Tuesday morning from 11.00am-12.30pm, so if you have any unwanted items please bring them along and they will be gratefully received.

We thank you all for your continued support.
October Forthcoming Events

Welcome Group Ladies’ Day – Wednesday 24th October @ Mariano’s Restaurante, Camposol A starting at 7.30pm.

Age Concern will be there with a selection of fashions modelled by our glamorous ladies. Tickets can be bought from Welcome Group.

Table Top Sale – Friday 26th October @ Camposol B Commercial Centre 9am-1pm. Please support by donating bric-a-brac and any other useful items and coming along and check out our bargains.

Dates For Your Diary

Christmas Fayre - Saturday 24th November @ Mariano’s Restaurante, Camposol A 11am-2pm. Entrance €1.

Note to all stallholders: please phone 634 336 484 if you would like a stall.

New Year’s Day Sponsored Swim - Tuesday 1st January 2019

Are You Interested In Volunteering? We are looking for a Team Leader for fundraising to take over from our outgoing fundraiser, Bill Roberts, from 1st January 2019. We have willing volunteers to help on the ground and you will receive full support from our Committee. Training and guidance will be given by Bill. If you are interested in helping out with this valuable and rewarding activity please phone Mags on 634 344 589.

Costa Calida Radio and Total Star Radio

PJ’s Pizzeria & Grill, Rudy’s and The Diner who supported the Camposol Fiesta providing an excellent bar and food service during the evenings Cat’s, Tel’s and Sabores del Sur supporting the Car Show and allowing us to use their electricity Businesses across Camposol and Mazarrón for their very generous donations to our Grand Prize Draw

There are so many others who have contributed, but we just don’t have sufficient editorial space to thank them all individually, so a huge thank you to everyone who helped to make this year’s Fiesta a great success.

Please keep supporting our fundraising events and we will strive to bring you bigger and better Fiestas each year.

Contacts: Facebook group: Search for Camposol Fiesta 2017, and click join. Website www.camposolfiesta.es Email camposolfiesta2017@gmail.com Visit us on our Friday Fiesta Stall on Camposol B outside the Quality Restaurant 10.30am-12.30pm
Bilingual Evangelical Church in Fuente Alamo

As we go about our daily lives I’m sure we’ve all seen signs which limit the load that can be carried by a bridge, a ladder, or maybe an elevator. Engineers have worked out the exact amount of weight and stress that certain structures can safely withstand and so they give us warnings to tell us not to exceed the maximum load and so keep us safe.

We, as human beings, also have our load limits, which vary from person to person. Some people can bear the pressures of trial and temptation better than others. Yet, no matter how tough we think we are, we all have a breaking point and can only take so much.

At times our circumstances and people around us seem to be pushing us beyond what we think we can endure. Worries about our health, personal relationships, finances etc. begin to overwhelm us, but there is an answer.

When trials and temptation press down on you, be encouraged. You have a Heavenly Father who loves you. He knows you better than you know yourself. He knows the limits of your ability to stand up to life’s pressures. He’s there for you, so draw on His strength. He loves you.

At times like this it is so important to choose your friends well. It is also important to choose where you spend your time. Have you considered giving church a try? Why not join us on Sunday morning? You will find a place full of the tangible love of God where those who come feeling condemned have their spirits lifted; where the sad and depressed are restored; a place where the love of God in people’s hearts is so strong that gossip and backbiting are rejected; a place where you will be welcomed whatever your circumstances; a church where there is no religious judgement. Just come and sit quietly at the back if that’s where you’re comfortable. You will be put under no pressure to do anything that you don’t want to do.

Come and join a great bunch of very ‘normal’ people from all walks of life and many nationalities. You’ll have a great time and it may change your life for ever.

Our Sunday morning services start at 11.30am at Calle Espinar 13, Fuente Alamo.

For more information telephone Rachel (English) on 618 963 976 or Pastors Ginés and Toñi (Spanish) on 629 283 080.

Eddie

Eddie is a handsome Collie/Galgo cross picked up as a stray on Condado de Alhama. He has been in kennels far too long and would love a home of his own. Eddie’s dob is down as 1/3/2011 making him around 7 years old. He has been neutered and is fully vaccinated.

Bella

Bella is a beautiful Shih Tzu. She was found in a terrible state. Her coat was so matted she couldn’t see out of her eyes. As you can see after a lot of tender loving care she looks lovely. Bella is approximately 8 years old and she does have a slight thyroid problem which she is currently on medication for. She has been spayed and is fully vaccinated.

Slinky

Slinky is a beautiful puppy of about 10 weeks old. He and five siblings were left at the bins when they were only days old. Due to the loving care and bottle feeding by their fosterer they have survived and are all available for adoption. They have had two of their puppy vaccinations so far.

Pearl & Opal

Pearl & Opal are two lovely pups that were so lucky to survive. Their wonderful Mum was picked up pregnant and starving from the motorway. She gave birth to seven pups, but because she was so malnourished, five died, but against the odds these two lovelies made it. They are 6 weeks old now and will start their vaccinations shortly.

We have lots of puppies and older dogs; all sizes to suit your home. All dogs and puppies available for adoption will be subject to a home check, and in certain circumstances with the older dogs Noah’s ARC would be happy to assist with vet costs.

Please contact us on 602 653 639 or info.noahsarc@gmail.com if you are interested in either fostering or adopting.
THE POPPY APPEAL-LAUNCH 2018
will take place in Benidorm on Friday 19th October
In the presence of The Mayor of Benidorm,
Defence Attaché,
Representation by the British Consulate,
The Royal British Legion Representative
Mr David Whimpenny,
District North Spain Chairman, Mr Don Cubbon

Parade of Standards,
Led by The Torrevieja Pipes and Drums
Commences 12.00 hrs from Calle Castelló proceeding along
the Paseo de Levante Beach to the Daira at the Rincon de Loix

Please join us
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For further information please email:
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Aljorra – El Albujon – El Mingrano – San
Isidro – Los Puertos – Cuesta Blanca –
Tallante – Valdeletiscso – Torre Pacheco –
Mazarron – Isla Plana – La Azohia - and all
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Visit Our Rescue Centre
Sue and Rod Weeding, a British couple who founded the Easy Horse Care Rescue Centre back in 2008.

You are invited to come and meet our rescued horses, ponies and donkeys during our open day, held on the first Sunday of each month from 1pm to 4pm. Entry is free and children are welcome.

On the day, we offer a Free Guided Tour of our stables and fields at 2pm sharp. Make sure you pop along at this time to be able to meet our horses.

During the tour, you will hear the incredible survival stories of some of our most famous horses, including beautiful Bronson, who survived being beaten with a hammer; Captain and Hope, whose terrible starvation case helped change the face of animal welfare in Spain; and Luceiro, who lost an eye but remains one of our most majestic and spirited horses.

“Maybe you can’t change the world by saving one horse, but you can change the whole world for the horse that you save.” – Sue Weeding, Easy Horse Care co-founder.

Don’t forget to use the hashtag #easyhorsecarerescuecentre on social media, so you can see all of your beautiful photos!

Meet Sue and Rod and you might like to stop for a cool drink, cake or savoury vegetarian snack in our little café, named Charity’s Tearoom after one of our very special donkeys. Meet others who are also keen to support this worthwhile charity.

While you’re there, you can also purchase t-shirts, keyrings, books and more. Proceeds from these sales help feed our equines and allow us to continue our work to improve animal welfare across Spain.

We are located in the Alicante region of southeastern Spain, just outside Rojales at Partido Lo Garriga, 59. Check out the website http://www.easyhorsecare.net for a map and detailed directions to the Rescue Centre. We hope to see you here!

Interested in private tours for groups?
We can offer one-hour private tours outside of our free monthly Open Days for groups interested in hearing our story and meeting our residents. Please note we ask a minimum donation on the day of €50 per group, or €5 per person for groups of 10 or more, to help cover the time it takes to prepare the centre and arrange extra volunteers. To request a tour, please email pr@easyhorsecare.net with your name, contact details, number of people and the day you would like to visit – we will do our best to accommodate you.

Would you like to stay at our Rescue Centre?
We offer a relaxed and fun working holiday programme, designed to let you enjoy sunny Spanish life whilst making a positive difference in the daily lives of abused and neglected horses, ponies and donkeys. You could be one of a maximum of six people selected to come and live at our Rescue Centre from one week to two months – you decide how long you would like to stay, depending on how much time you have to spare. Contact us for full details.

Would you like to get to know our rescued residents one-on-one?
We are always looking for enthusiastic volunteers who can commit to regularly helping brush and groom our horses or muck out their stables and fields. Grooming is a lovely peaceful way of whiling away a few hours outdoors while directly helping improve the wellbeing of our rescued animals. Contact us for more details of how to volunteer.

www.easyhorsecare.net
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Use of Ser and Estar part 3

We’ll start off this month by reiterating the difference between the use of ‘ser’ and ‘estar’, namely that ‘ser’ describes ‘who’ and ‘what’ and ‘estar’ describes ‘how’, ‘where’ or ‘when’. We have looked at a few specific examples of this and this month we will explore the differences further. Always remember that there is often no hard and fast rule. It can be a question of what you actually want to say and also, whilst I’m being nice and reassuring, remember that the Spanish are quite used to foreigners getting the two verbs mixed up, so they can usually figure out what you’re trying to say, without your needing to feel too embarrassed.

Here are some more specific examples of the difference between these two verbs ‘to be’, when used with adjectives. Let’s take the word ‘maduro’ which can mean ‘ripe’ referring to food and ‘mature’ when referring to people. We would say of a young person ‘es maduro’; ‘he is mature’, describing his character, whereas of fruit we would say ‘está maduro’, ‘it’s ripe’, that is, in a state ripe for eating.

Sometimes the difference is less obvious, but quite important. What about if we feel a bit overweight, maybe through eating too much over Christmas? We should say ‘estoy gordo’ or ‘estoy gorda’ (I’m in a state of fatness at the moment) rather than ‘soy gordo’ or ‘soy gorda’ (I am a fat person). At least that way we give the message to ourselves and others that there is really a ‘thin person underneath’!

One example of my long list of mistakes whilst grappling with these concepts was when I misused the word ‘pendiente’. This actually means ‘earring’, but when used as an adjective with ‘está’ it also means ‘attentive/waiting’. It’s not a good idea to say to a group of young students ‘soy pendiente’ (I’m an earring!) but if you do, you won’t make the same mistake again.

Moving away from descriptions now, there are a couple of examples of when the verb ‘está’ is used to form specific grammatical constructions. One is the ‘present action’ or ‘present continuous’ tense, which we have talked about before, in which we use the appropriate form of ‘estar’, plus the present participle, as in ‘Estoy aprendiendo español’, ‘¿Estás escuchando?’ ‘¿Está jugando’ etc.

The verb ‘está’ is also often used with past participles when they change into adjectives. For example, the past participle of ‘romper’ (to break) is ‘roto’ (broken). We have seen before how to say this like: The child has broken the cup. El niño ha roto el vaso. However, we can also say: The cup is broken. El vaso está roto.

In this sort of transformation which describes the state of something, we will always use the verb ‘estar’. This is why, incidentally, we say ‘está casado’, ‘está divorciado’, ‘está muerto’ as they are adjectives formed from the past participle of verbs.

People often think it is strange to use ‘estar’ to describe someone as married or dead, particularly if they have been taught that ‘estar’ is used to describe a temporary situation. However, if we reject ‘temporary’ and ‘permanent’ as a useful rule and follow this grammatical explanation, it might just make a bit more sense!

To round this up and referring to the same subject area, we would say ‘soy soltero’ (I am single) using the verb ‘ser’. This is because we are saying ‘I am a single person’. ‘Soltero’ is a noun which can also be an adjective, but it is not a past participle.

I am skirting on the edge of an abyss here, but I hope you realize I am doing this all for your sakes, to help you to understand something that is actually a little complex. If it doesn’t make sense, please just go back to the explanation: ‘because it is’ or even ‘because the teacher says so’ or better still ‘because that’s what the Spanish say’ and that will have to do!

Jane Cronin’s “Step by Step Spanish” articles are available as e-books at www.janechronin.eu where you can also obtain Jane’s “Step by Step Internet Spanish” course.

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**Information**

**Liquid Damage**

We’ve all been there at some point; you’ve got a cup of tea next to your device and next thing you know, whoosh, it’s dripping wet.

Some laptops have a plastic barrier in place to try and prevent liquid getting inside and damaging the fragile components and some phones are ‘water resistant’, but do not rely on it as these can fail and most devices do not have these features. Whether yours does or does not have these protections, the steps to try and mitigate damage are the same:

1. If the device is still on, turn it off quickly. If you have to pull out the power plug then do so.
2. Remove any batteries from the device.
3. Leave the device turned off for a few days to allow it to dry thoroughly.
4. Do not attempt to charge it up during this time.

The above steps will improve your chances of successfully reviving your device, but as liquid damage is invisible and unpredictable, there is no sure-fire way to know what the damage will be.

It’s worth noting that a device can be perfectly functional for weeks or sometimes even months after a spill and then suddenly die due to the liquid damage.

Play it safe and back up your data onto a USB stick or hard drive regularly to prepare in advance for this eventuality. After all let’s face it, most of us have elbowed our drinks.
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Some difficulty in locating the Water Plant became clear that there was going to be as I was working through the design, it won’t bore you with the details. Anyhow, Treatment Plant for expansion plans, but I faced a problem which was less engineering and more an issue of the mind.

Working as an Engineer many moons ago I agreed that the Fire Pond Option should be budgeted and proposed. Unfortunately, Yins got us nowhere. Eventually it was In the end it was done and is still there.
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Costa Cálida Chronicle Sales 619 199 407
What a start to our ‘winter’ season!
The last time Sharna Knight sang for us was as a ‘stand in’ for another artiste who didn’t turn up. That night she said that she could probably only manage about an hour of Country Music as she normally sings Rock ‘n Roll & 60’s/70’s music. She went down so well that we had to book her again. She said she would have to ‘brush up’ on some songs she knew to give us a full Country Night. She certainly did that by giving us solid Country Songs no-one else sings, such as Charlie Rich’s Most Beautiful Girl in the World, Dwight Yoakum’s 1000 Miles From Nowhere, Loretta Lynn’s Coal Miner’s Daughter. Sharna also sang a few songs from her normal repertoire such as Summertime Blues and Ricky Nelson’s Garden Party. These have such a strong Country feel to them and everyone enjoyed them - in fact she got a standing ovation at the end of the night. Everyone was aware of the effort/practice she must have put in to entertain us.

Thank you Sharna. You were very much appreciated. We will have to wait until next year to see you again!

Our programme for the rest of this year is:
Friday 5th October - Cherry K
Friday 2nd November – Bobby Valentine
Friday 7th December - Red Cherries
Ann and Roy’s Line Dance Classes continue in the Camposol Social Centre each Wednesday and Thursday. All levels catered for.

Thank you Sharna. You were very much appreciated. We will have to wait until next year to see you again!

We have a dance on the 1st Friday of each month in Mariano’s, Camposol A, starting at 7.45pm. Requests are played until the live act comes on at 9pm. Entry is only €4.
RED – Entertainment
ORANGE – Special menus
PURPLE – Market, exhibitions, leisure & meetings
GREEN – Charity & non-profit making events
BLACK – Fiestas & important events

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

Every Day
Riding Lessons and Hacking @ Cavalli (exc Tues)
Football Academy @ Condado Club Gym, Condado de Alhama 9.30am-11.30am & 6-8pm (Mon-Fri)
Tour of San Patricio and Las Tres Plazas, Lorca 10€ (under 12’s free) Mon-Fri 11am
Photographic Exhibition @ Cartagena (until 12th Oct)
Photographic Exhibition @ Cartagena (until 22nd Oct)
Art Exhibition @ Mula (until 29th Oct) 10am-2pm (exc Tues)
Exhibition ‘ARA’ @ Cartagena (until 11th Nov)
Painting Exhibition @ Cartagena (until 11 Nov) Closed Mon
Art Sculpture Exhibition @ Caravaca (until 6th Jan 2019)

Breakfasts @ Tropic Ana’s, Camposol A from 3.50€ 9am-12pm
Breakfasts @ The Diner & Bar, Camposol B (exc Sun)
Breakfasts @ Elliot’s, Bolnuevo (exc Sun)
Ploughs and Meal Deal @ Bar Salud, Camposol B 4€ inc a pint/large glass wine (Tues-Fri)
Happy Hour @ Black Bull, Camposol B 4-6pm (exc Sat & Sun)
Earlybird Menu @ Quality Indian, Camposol B 12.95€ 6-8pm
3 Course Menu del Noche @ Elliot’s, Bolnuevo 17€ 6.30pm-9pm (exc Sun)
4 Course Menu ‘Especial’ @ La Chara, Isla Plana 23.50€ plus IVA inc water/wine/beer/liqueurs (lunch & eve)

Every Mon
Lessons/Hacks @ Cavalli, La Costera de Alhama
Mazarrón Bay Bridge Club @ Pto de Mazarrón 9.30am
Los Palacios Garden & Community Group Working Party @ Camposol A 10am
Gentle Yoga @ Yogamayga, Bolnuevo 10am
Yoga Stretch & Breathe @ Yoga Shala, Isla Plana 10.30am
Chatterbox Sew and Sew @ The Social Centre, Camposol B 2.15pm
Zumba @ Condado Club Gym, Condado de Alhama 5.30pm
Yoga @ Condado Club Gym, Condado de Alhama 6.30pm
Quiz @ The Club House, Camposol C

Platos Combinados Night @ Tropic Ana’s, Camposol A 6-8.30pm

Age Concern Drop In Centre Open @ Calle Valencia 12, Camposol A 10am-1pm
Forget Me Not Book/DVD/CD Sale @ The Social Centre, Camposol B 10.15am-12.30pm
Forget Me Not Respite Care @ The Social Centre, Camposol B 10.30am-1.30pm
Andrea’s Animal Rescue Collection @ Car Park, Camposol B 11.30am-1.30pm

Every Tue
Ashtanga Flow @ Yoga Shala, Isla Plana 8am
Mazarrón Bowls Club Roll Up Day 9.45am
Yoga @ Yoga Shala, Isla Plana 10.30am
Camposol B Clean Working Party @ Camposol B 8.30am-10.30am
Camposol D Sector Community Group Working Party @ Camposol D
Camposol Golf Association Ladies’ Game @ Camposol C 9am
MCC Residents Library Open @ Mazarrón Country Club 2-4pm
Free Spanish lessons @ Universidad Popular, Calasparra 4pm
English/Spanish Language Exchange @ Isla Plana Social Centre 6-9pm
San Javier Squalos Rugby @ Rugby field, PDM Sports Ground
(12-18yrs 7.30-9pm/men 8.30-10.30pm/women 10-11.30pm)
Quiz Night @ Paul’s Diner (Azul y Blanco), Las Palas 7pm

Menu de Noche @ Tropic Ana’s, Camposol A
Steak Night @ The Club House Bistro, Camposol C
MAMAS Collection/Book Stall @ Camposol B Car Park 10am-12pm
Age Concern Drop In Centre Open @ Calle Valencia 12, Camposol A 10am-1pm
FAST Available for New Volunteers @ The Social Centre, Camposol B 10am
Making a Difference for Collections @ Camposol A 11am-1pm

Every Wed

Mar Menor Golf Society Competition
Lessons/Hacks @ Cavalli, La Costera de Alhama
Camposol C Gardening Group Clean Up @ Camposol C 9am
Market @ The Club House, Camposol C
Gentle Yoga @ Yogamayga, Bolnuevo 10am
Power Yoga @ Condado Gym, Condado de Alhama 10am
Costa Cálida Cruisers (Motorcycle Club) Meeting/Ride @ Camposol A 10am
Yoga Flow @ Yoga Shala, Isla Plana 10.30am
RC Sailing Mar Menor Meeting 10.30am
Level 1 Spanish Lessons @ The Social Centre, Camposol B 3€ 2.30pm
Level 2 Spanish Lessons @ The Social Centre, Camposol B 3€ 3.45pm
Level 3 Spanish Lessons @ The Social Centre, Camposol B 3€ 5pm
Aerobics 45 @ Condado Club Gym, Condado de Alhama 5.30pm
Slim ‘n Trim @ Condado Club Gym, Condado de Alhama 5.30pm
Pilates @ Condado Club Gym, Condado de Alhama 6.30pm (starts 10th)
Beacon of Light Meetings @ Cañadas del Romero 7pm
Line Dancing @ The Social Centre, Camposol B

Italian Trattoria Menu Night @ Tropic Ana’s, Camposol A
Specials Menu Night @ Paul’s Diner (Azul y Blanco), Las Palas
Menu del Noche @ Black Bull, Camposol B 6-9pm

MABS Mazarrón Craft Group @ MABS Centre, Camposol B 11.30am
HAH Mar Menor Book & DVD Club 2.30-4.30pm

Every Thu

Mazarrón Bay Bridge Club @ Pto de Mazarrón 9.30am
Mazarrón Bowls Club Roll Up Day 9.45am
Spangles Ladies’ Barbershop Harmony Chorus Rehearsals @ Los Alcazár C 10am
Guided Tours in English of Lorca Castle 4C 10.30am (22€ to include lunch)
Card Making @ The Social Centre, Camposol B 11am
MCC Residents Library Open @ Mazarrón Country Club 2-4pm
Free Spanish lessons @ Universidad Popular, Calasparra 4pm
Los Amigos de Mazarrón FC Meeting @ Camposol 4pm
Mazarrón AA Group @ Meeting Room adjacent to Cañada de Gallego Church 5.30pm
San Javier Squalos Rugby @ Rugby field, PDM Sports Ground (6-10yrs 6-7pm/12-18yrs 7.30-9pm/men 8.30-10.30pm/women 10-11.30pm)
Quiz @ Black Bull, Camposol B
Line Dancing @ The Social Centre, Camposol B
Quiz with Steve the Snip @ Pto de Mazarrón 8.30pm

Jam Night @ The Club House, Camposol C

Little Starfish Dog Rescue Table Top Sale @ Lower Car Park, Camposol A from 10am
Age Concern Drop In Centre Open @ Calle Valencia 12, Camposol A 10am-1pm
JJ’s Puppy Rescue Table Top Sale @ Lower Car Park, Camposol A 11am-1pm
HAH Mar Menor Book/Card Stall @ Los Narejos 2-4pm

Steak Night @ The Diner & Bar, Camposol B from 5.30pm

Every Fri

Friday Art Group @ The Social Centre, Camposol B 9.45am-12.30pm
Pilates @ Condado Club Gym, Condado de Alhama 10am (starts 12th)
Boot Camp @ Condado Club Gym, Condado de Alhama 11.15am
Ashtanga Flow @ Yoga Shala, Isla Plana 10.30am
Los Palacios Gardening/Community Group Book Stall @ Camposol A 10.30am-12.30pm
Joker Card @ Black Bull, Camposol B 6pm
Quiz Night/Open The Box @ The Diner & Bar, Camposol B

Fish & Chips @ Viggos, Pto de Mazarrón
Mixed Grill Night @ Tropic Ana’s, Camposol A
Fish & Chip Night @ Paul’s Diner (Azul y Blanco), Las Palas
Fish & Chip Night & Chip Shop Menu @ The Club House Bistro, Camposol C
Every Sat
3½hr Tour of Las Ollerías, Totana / Breakfast/Pottery Visit/ Refreshment
Guided Visit to La Bastida @ Totana 3.40€ 10am/12pm
1hr Free Guided Visit Museum Of The Tower Of Santiago, Totana 10am
San Javier Squalos Rugby @ Rugby field, PDM Sports Ground (6-10yrs 10-11am)
Antique & Collectable Market @ Aguilas 10am
The Archaeological See of Begastri Tours @ Cehegín 10.10am/11.15am/12.20am 2€
Tourism Activity Park Coto de las Maravillas Open, Cehegín 10am-5pm
Harlequin Rock Choir @ The Social Centre, Camposol B 1.15pm
Guided Tour of Medina Nogalte Cave & Castle, Pto Lumbrreras 3€ (under 12’s free) 4pm

Live Entertainment @ Bar Salud, Camposol B
Live Entertainment @ La Cumbre Hotel, Pto de Mazarrón
70’s & Soul Disco with Bernie Mac @ Black Bull, Camposol B from 7pm

MABS MMM Book Sale @ Los Alcázares 10am-2pm
HELP MMM Sale of up-market clothes @ Los Alcázares 10am-1pm
JJ’s Puppy Rescue Table Top Sale @ Pto de Mazarrón

Every Sun
Guided Visit to La Bastida @ Totana 3.40€ 10am/12pm
Samm Meeting @ Los Narejos 10am
Costa Cálida Cruisers (Motorcycle Club) Meeting/Ride @ Pto de Mazarrón 10am
The Archaeological See of Begastri Open @ Cehegín 2€ 10.10am/11.15am/12.20am
Tourism Activity Park Coto de las Maravillas Open, Cehegín 10am-5pm
Guided Tour of Medina Nogalte Cave & Castle, Pto Lumbrreras 3€ (under 12’s free) 12pm

2 Course Roast Lunch @ Tropic Ana’s, Camposol A 6€ inc small drink
Lunchtime Carvery @ The Club House Bistro, Camposol C from 9€
Antique & Collectable Market @ Los Alcázares 10am-1pm
Roast & Carvery @ The Diner & Bar, Camposol B
Roast Lunch @ Elliot’s, Bolnuevo
3 Course Roast Dinner @ The Club House Bistro, Camposol C from 12€ 6-9pm

Live Entertainment @ Blues House, Bolnuevo 3pm

OCTOBER
Monday 1
Oktoberfest @ Recinto Ferial, San Javier (until 14th)
Spiritual Gathering with Corina Talbot @ The Alma Centre, Condado de Alhama 3€ 6.30pm

Mazarrón Bahia Lions @ Camposol A 5pm

Tuesday 2
Kayaking/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip
Welcome Book/Jigsaw Swap @ Calle Barcelona 18, Camposol A 10am
Los Nietos Golf Society Competition
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm

HAH Volunteer’s Meeting @ Las Claras, Los Narejos 10.30am

Wednesday 3
Welcome Petanca @ Camposol A 2pm 1€
Specials Night (Pork Solomillo/Chips/Peas) @ Paul’s Diner, Las Palas 6.50€
MABS MMM Volunteer’s Meeting @ Centro Cívico, Roda Bar, Roda 11.15am
Age Concern Talking Shop Social @ Calle Valencia 12, Camposol A 1.30-3.30pm

Thursday 4
Downhill Cycling/4 Course Lunch @ La Mariposa, Gebas 39€ inc bike/guide/safety equip
Guided Tour in English of Naval Cartagena 20€ inc tapas & 2 drinks 10.30am
Camposol Reading Group @ The Social Centre, Camposol B 2-4pm

HELP MMM Music & Fun/Reef Band/2 Course Meal @ Mil Palmeres 7pm 15€ (music only 5€)

Friday 5
Mime Humour Group Perform @ Murcia 15€-35€ 9pm on the 5th
Launch Night of ‘Friday Night Live’/‘Best of the Triangle’ @ Alley Palais, Camposol B 8pm
Costa Cálida Country Music Club Night/Cherry K @ Camposol A 4€ 7.45pm

MABS Murcia NW Outdoor Market Stall @ Calle Segura, Calasparra 9am-1pm
Mazarrón Bahía Leo Club @ The Social Centre, Camposol B 7-9pm

Saturday 6
Fiestas Patronales, Santomera
La Copa Del Rey De Motos De Agua (Jetski Competition) @ Pto de Mazarrón
2nd Festival Of Urban Culture-BMX/Bike Trials/Skateboards/Dance/Graffiti @ Cartagena
ADAPT Meeting @ Pensionista Centre, Lo Pagan 10.30am
Welcome Meeting @ Camposol A 2pm
WARM Walk - Moratalla
Guided Visit to Casa-Museo Don Pepe @ Bullas 5€ 5pm
Mime Humour Group Perform @ Murcia 15€-35€ 9pm and 9.30pm

American Platter Night @ Tropic Ana’s, Camposol A
Byron G Man Sax @ Bar Salud, Camposol B 8.30pm
Los Duques @ The Club House, Camposol C
Forgotten Not Jumble Sale @ The Social Centre, Camposol B 10.15am-12pm
FMA (Friends of Mazarrón Animals) Market/One More Time @ Isla Plana
JJ’s Puppy Rescue Table Top Sale @ Pto de Mazarrón

Sunday 7
Virgen del Rosario, Puerto Lumbreras, Librilla and Mula
Fiestas Patronales, Torre Pacheco
Feria y Fiestas Patronales, Alhama de Murcia
Nuestra Señora del Rosario, Lorqui
La Copa Del Rey De Motos De Agua (Jetski Competition) @ Pto de Mazarrón
Artisan Market @ Bullas 9am-2pm
Wine/Artisan Market Tour inc Breakfast/Wine Tasting @ Bullas 15€ 10am
Free Theatrical Tour of Aguilas includes steep walk to Castle (minimal entry fee) 10.30am
Free Guided Tour of Bullas 11am, 12pm 1pm
Free guided Tour (in English) of Yecla
Guided Visit to Casa-Museo Don Pepe @ Bullas 5€ 12pm
Mazarrón FC v Mar Menor CF (home)
Free 2hr Bird Watching @ San Pedro del Pinatar 5.30pm

That Noname Band @ Blues House, Bolnuevo 3pm
Songs to Worship with The Rev @ Bar Salud, Camposol B 8.30pm
San Animal Santuario Dog Walking @ Aguilas 10am

Monday 8
Guided Walk followed by 4 Course Lunch inc beer/wine @ La Mariposa, Gebas 12€
Spiritual Gathering with Barbara Almond @ The Alma Centre, Condado de Alhama 3€ 6.30pm

Tuesday 9
Yo Encuentro Between Season Sale @ Los Belones 10am-2pm

Wednesday 10
Welcome House Card Crafting Class @ Cehegín 11am
General Meeting of Sailing Association Mar Menor @ Los Narejos 11am
Free Boat Trip in English from La Manga to Santiago de la Ribera 12.15pm
Los Amigos de Mazarrón FC President’s Bash/Supper/The Geckos @ The Diner, Camposol B 10€ 7.30pm
Violinist Joaquin Pall Palomares @ Murcia from 8€ 8pm
Yo Encuentro Between Season Sale @ Los Belones 10am-2pm
MABS Murcia NW Volunteer’s Meeting @ 5pm
Charity Event/‘Magic of The Musicals’ @ The Club House, Camposol C 5€

Thursday 11
Bullas Feria Tapas Route (until 14th)
Ladies Chatterbox Group @ The Social Centre, Camposol B 2pm
Wine Tour in English/Tapas Lunch/Wine Tasting 50€ 9.30am-5.30pm

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Friday 12
- Downhill Cycling/4 Course Lunch @ La Mariposa, Gebas 39€ inc bike/guide/safety equip
- Michelle’s Birthday Party/Disco/Buffet @ Black Bull, Camposol B from 7pm
- Done and Dusted @ Alley Palais, Camposol B
- Marisa Valle Roso @ Murcia 12€ 9.30pm
- FAST Golf Day @ Camposol
- Making a Difference Table Top Sale @ Camposol B Commercial Centre 10–2pm
- Yo Encuentro Between Season Sale @ Los Belones 10am-2pm
- FAST Book Stall @ Camposol B Commercial Centre

Saturday 13
- Fiestas de Octubre, Los Alcazaires
- Free Guided Tour of Historical Aguils in Spanish 11am
- Pie Night (choice of 3 pies) @ Tropic Ana’s, Camposol A
- Just Mi (Michelle Miles Solo) @ The Club House, Camposol C
- Mr Northern Soul – Ian P @ Bar Salud, Camposol B 8.30pm
- The Magic Flute @ Aguilas 25€/30€
- Friends of Mazarrón Animals/The Happy Pluckers @ Yoga Shala, Isla Plana 6€ 7pm

Sunday 14
- Artisan Market @ Mula
- Mazarrón FC v CD Cleza (away)
- ’Concerto for Clown and Orchestra’ @ Murcia 10€ 11.15am (family event)
- Live Entertainment @ Blues House, Bolnuevo 3pm
- Songs to Worship with The Rev @ Bar Salud, Camposol B 8.30pm

Monday 15
- River Rafting/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip/guide
- Camposol Golf Association Away Day 35€ (opt 3 Course Meal) @ The Diner, Camposol B 12€
- Spiritual Gathering with Brenda Dean @ The Alma Centre, Condado de Alhama 3€ 6.30pm

Tuesday 16
- Kayaking/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip
- Welcome Book/Jigsaw Swap @ Calle Barcelona 10, Camposol A 10am
- HELP MMM General Meeting @ Las Claras, Los Narejos 11.30am

Wednesday 17
- Welcome Dance/Meat Loaf Tribute/The Commitments/Sian @ Camposol A 12€
- Age Concern Coffee Morning @ Calle Valencia 12, Camposol A 11am-1pm

Thursday 18
- Fuente Old Guards Golf Society Game
- Ladies Chatterbox Group Trip to Totana Pottery/3 Course Lunch 20€

Friday 19
- Downhill Cycling/4 Course Lunch @ La Mariposa, Gebas 39€ inc bike/guide/safety equip
- Poppy Appeal Launch @ Benidorm 12pm
- Backyard Session @ Alley Palais, Camposol B
- OSRM Regional Symphony Orchestra – Beethoven @ Aguilas 10€ 8.30pm
- MABS Murcia NW Outdoor Market Stall @ Calle Segura, Calasparra 9am-1pm
- MABS MMM Share & Care Group @ San Javier 11am-1pm
- Mazarrón Bahia Leo Club @ Cultural Centre, Camposol B 7-9pm (12-18 year olds)

Saturday 20
- Kayaking/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip
- Artisan Market @ Paseo de las Comunidades Autónomos, Pto de Mazarrón
- Free Guided Tour of Urban Art @ Los Alcazaires 10am
- Free Guided Tour of Historic Lorca 8.30pm
- Meat from the Farmyard Night @ Tropic Ana’s, Camposol A
- Retro @ Bar Salud, Camposol B 8.30pm
Woody @ The Club House, Camposol C  
Soledad Gimenez Munoz @ Murcia 20€ 9.30pm

Noah’s ARC Dog Show @ Canadas de Romero from 1.30pm

Sunday 21  
Artisan Market @ Caravaca  
“Ruta del Ferrocarril” (Railway Route) @ Aguilas 10am  
Artisan Market @ Sanctuary of la Esperanza, Calasparra 10am-6pm  
Free Theatrical Tour of Alhama 11am  
Mazarrón FC v FC La Unión Atlético (home)

Live Entertainment @ Blues House, Bolnuevo 3pm  
Songs to Worship with The Rev @ Bar Salud, Camposol B 8.30pm

Monday 22  
Guided Walk followed by 4 Course Lunch inc beer/wine @ La Mariposa, Gebas 12€  
Open Week @ ASSSA, Pto de Mazarrón (until 26th)  
Spiritual Gathering with Annette Rodgers @ The Alma Centre, Condado de Alhama 3€ 6.30pm

Tuesday 23  
Kayaking/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip

Wednesday 24  
Ex Pats Breakfast Briefings @ Camposol A 11am  
Straight Down The Middle Golf Society Game  
Welcome Ladies Night/Fashion Show/Bingo/Raffle/Woody @ Camposol A 5€

Carolynn May’s Supreme Dreams @ The Club House, Camposol C

Thursday 25  
Private Medical Insurance Open Day @ Ibex, Camposol A 10.30am-3pm  
Ladies Chatterbox Group @ The Social Centre, Camposol B 2pm

Friday 26  
Downhill Cycling/4 Course Lunch @ La Mariposa, Gebas 39€ inc bike/guide/safety equip  
La Luz Oscura @ Murcia 24€ 9pm

Halloween Party @ Alley Palais, Camposol B

FAST Book Stall @ Camposol B Commercial Centre  
Age Concern Table Top Sale @ Camposol B Commercial Centre  
Making a Difference Table Top Sale @ Camposol B Commercial Centre 10am-2pm  
HELP MMM Charity Market @ Los Alcazares 11am-1pm

Saturday 27  
Guided Tour of Cehegín 2€ 11.15am  
Free Theatrical Tour of Lorca 8pm  
Story of Ben Hur (Comedy in Spanish) @ Murcia 24€ 9pm  
Visit To Astronomical Observatory Of The Cabezo De La Jara 3€ (under 10’s free) 10pm

Mexican Night @ Tropic Ana’s, Camposol A

Paul Christie @ The Club House, Camposol C  
Live Entertainment (artist to be confirmed) @ Bar Salud, Camposol B 8.30pm

Friends of Mazarrón Animals/The Troupers @ Yoga Shala, Isla Plana 10€ 7pm

Sunday 28  
Walk in Sierra de Carrascoy from Alhama 3€ 8am  
Artisan Market @ Plaza del Castillo, Cehegin 10am  
Free 4km Coastal Walk of Aguilas 10am  
Mazarrón FC v Lorca FC (away)

Live Entertainment @ Blues House, Bolnuevo 3pm  
Songs to Worship with The Rev @ Bar Salud, Camposol B 8.30pm

Monday 29  
Spiritual Gathering with Morag Bullock @ The Alma Centre, Condado de Alhama 3€ 6.30pm

Uncle Tom Cobley @ The Club House, Camposol C

FAST Trip to Seville & Cordoba/B&B in 4 Star Hotel 260€

Tuesday 30  
Kayaking/4 Course Lunch @ La Mariposa, Gebas inc transport to lake/equip  
Welcome Book/Jigsaw Swap @ Calle Barcelona 10, Camposol A 10am
**Monthly “B” Clean Meeting** @ Camposol B 4pm

**MABS Mazarrón Volunteer Meeting** @ Camposol B 11.30am

**Wednesday 31**
- **Guided Tour of Murcia (in English)** 20€ (inc tapa refreshment) 10am
- **Ex Pats Breakfast Briefings** @ Pto de Mazarrón 11am
- **Children’s Halloween Party** @ Black Bull, Camposol B 5-7pm
- **Halloween Party for Adults**/Free Buffet/Retro @ Black Bull, Camposol B from 7pm
- **Halloween Night/All you can eat BBQ/Live Entertainment/Quiz** @ Blues House, Bolnuevo 12€

**NOVEMBER**

**Thursday 1**
- **All Saint’s Day**
  - **Halloween Camp** @ Cavalli (until 4th Nov)
  - **Camposol Reading Group** @ The Social Centre, Camposol B 2-4pm
  - **Mazarrón FC v UCAM Murcia CF “B”** (home)

**Friday 2**
- **Swan Lake by the Russian National Ballet** @ Aguilas 8.30pm 20-25€

**Saturday 3**
- **ADAPT Meeting** @ Pensionista Centre, Lo Pagan 10.30am
- **Guy Fawkes Night** @ Tropic Ana’s, Camposol A
- **JJ’s Puppy Rescue Table Top Sale** @ Pto de Mazarrón

**Sunday 4**
- **Artisan Market** @ Bullas 9am-2pm
- **Mazarrón FC v SFC Minerva** (away)
- **Live Entertainment** @ Blues House, Bolnuevo 3pm

**Monday 5**
- **2 Night Stay/3 Activities/Meals** @ La Mariposa, Gebas 169€ pp
- **Mazarrón Bahia Lions** @ Camposol A 5pm

**Tuesday 6**
- **Kayaking/4 Course Lunch** @ La Mariposa, Gebas inc transport to lake/equip
- **Stamp Collectors Meeting** @ Biblioteca, Pto de Mazarrón 6pm

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### Menu del Dia

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<th>Name</th>
<th>Location</th>
<th>Price</th>
<th>Courses</th>
<th>Starters</th>
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<td>1 drink</td>
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<td>Mon-Sat</td>
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<td>Isla Plana</td>
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<tr>
<td>Tropic Ana’s</td>
<td>Camposol A</td>
<td>€ 6,00</td>
<td>2</td>
<td>4</td>
<td>10</td>
<td>opt</td>
<td>1 drink</td>
<td>no</td>
<td>Everyday</td>
</tr>
<tr>
<td>Viggos</td>
<td>Pto de Mazarrón</td>
<td>€ 10,00</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>yes</td>
<td>1 drink</td>
<td>or dessert</td>
<td>Mon-Sat</td>
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</table>
Festive Events

We all like to celebrate and one of the best times of year are Halloween, Christmas and New Year’s Eve. Whether it is a quiet, romantic meal in your favourite restaurant or a good old ‘knees-up’ with friends and family, we can certainly show the Spanish how the Brits can party.

There is a great choice of bars and restaurants in the area and many of them will be offering fantastic menus and music to celebrate the festive season. You will have to be quick booking the best venues, many of which will be providing live music with some of the most popular artistes.

Alley’s Legendary Family Spooktacular Halloween Party this year is on “Friday Fright Night” 26th October at Alley Palais at Camposol B. So put on your scariest costume (and face) and join in the ghostly goings on. Free Entry. See our advert on page 89

Make a note in your diary NOW for Spooky Wednesday on 31st October - a freaky night of Halloween Fun & Frolics at Blues House, Bolnuevo - all you can eat BBQ, Entertainment and Quiz. Get in the ‘Spirit’ and come in fancy dress (prize for best costume), 12€. Reserve your table now by calling 968 150 967

For the best Home Cooked Food in the area call into Elliot’s in Bolnuevo. They have an extensive A la Carte Menu as well as delicious Sunday lunches. Bookings are also now being taken for Christmas. Tel 968 158 499

Looking for a change from a traditional English Christmas lunch? Join the Spanish at La Chara in Isla Plana before or after a stroll on the beach. Their Christmas menu has just been announced and the good news is the price is just 34€ plus IVA for 5 courses; Cava, Wine, Water, Coffee and Festive Sweets included. Book now on 968 152 016 See page 89 for our advert

Our readers will be pleased to hear that Paras Indian & Continental Restaurant on Camposol B Commercial Centre have announced they will be open on Christmas Day & New Year’s Eve with special menus. For further information or to book call 968 199 606 See our advert on page 83

The Diner (page 84) at Camposol have THE most amazing menu for Christmas Day; all the old favourites of Prawn Cocktail, Turkey Crown/Beef/Gammon/Pork Loin, Pigs in Blankets, Honey Roasted Parsnips and Christmas Pudding, but with a modern ‘twist’ which includes Baked Goats Cheese with Hazelnut Crust & Balsamic Onions, Chestnut & Shallot Tatin with Mushroom & Madeira Sauce and Baileys Banana Trifle with Toffee Sauce to name a few. At just 28.50€ including Bucks Fizz on arrival and Mince Pies & Port to end the meal, book now to avoid disappointment on 968 153 355

The Quality Indian on Camposol B Commercial Centre will for another year, due to popular demand, be open with a special Christmas Lunch Menu and a special evening meal for New Year’s Eve. All their meals are freshly prepared to order and include all the traditional favourites. The chef has over 25 years of experience including several years in a 5 star Indian Hotel so you can be sure of ‘QUALITY’ food and service. Call to reserve your table now on 968 199 198 See our advert on page 81

Something Different
Before family arrive or you head off to spend Christmas elsewhere, instead of celebrating Christmas with friends or a group you volunteer for, why not try something different instead of following the usual ‘Menu del Dia’ or ‘Pre-Christmas lunch’ routine?

Between 1st and 8th December, Vida Mosaics Gallery & Studio have an Open Week for a taster of Mosaics and a complimentary drink. There is also the option for parties of 6-8 to visit the retreat for a day’s workshop including lunch. Vida Mosaics is perfect for unique Christmas gifts or pick up a gift voucher for a mosaic making course. Tel 968 163 529 Go to page 73 for more information

Elliot's Restaurant/Bolnuevo Tel 968 156 490 or 671 246 574

FOR THE BEST HOME COOKED FOOD IN THE AREA
Bookings now being taken for Christmas!
Breakfast Menu
Menu del Dia
Menu del Noche
Delicious Sunday lunches from 12.30pm to 3.30pm. Booking essential
Extensive a la carte menu
Opening Hours: Mon-Sat 10am-3pm & 6.30pm-close
Sun 12.30pm-3.30pm

The Authentic American Dining Experience
Blue's House

Halloween
31st October
"ALL YOU CAN EAT" BARBECUE, ENTERTAINMENT & QUIZ NIGHT, PRIZES FOR FANCY DRESS (OPTIONAL) & QUIZ WINNER
12€

Live Music Every Sunday From 3pm
3 Course Menu del Dia Inc A Drink & Coffee, Just 10€

Kitchen open from 12pm until 11pm
Ribs and Burgers all home made
Reservations for food advised
**The Club House Bistro**

Tel: 968 978 855 for more information  
www.theclubhousecamposol.com

- Monday Night Quiz Night
- Tuesday Steak Night
- Thursday Night Jam Night
- Friday “Fish & Chips & Chip Shop Menu”
- Sunday Lunchtime Carvery from €6
- 3 Course Sunday Roast Evening Dinner €12

**La Chara Restaurante, Isla Plana**

TCP Quality Authentic Spanish Dining.

We believe that we have one of the most extensive and reasonable a la carte menus in the area.

**Opening Hours:** Tuesday - Sunday 12.30pm to 3.30pm & 7.30pm to 10.30pm  
30868 Isla Plana Pto de Mazarrón (Cartagena)  
Tel: 968 152 016

**La Chara Restaurante Specials**

- **Christmas Day**
  
  **Entrantes (On The Table)**: Prawns in shells, variety of croquettes, serrano ham & cheese.

  **Starters**: Typical Spanish stew or stew of chickpeas with turkey & chorizo or vegetable soup, lemon sorbet.

  **Main Course**: Spanish style stuffed turkey with vegetables & roast potatoes or slow-cooked lamb or baked sea bass with potato & potato sage.

  **Desserts**: Pumpkin cake with vanilla ice cream, coffee & cava & Christmas sweets, white or red wine, mineral water.

- **4 Course Menu**
  
  **Special with Extensive Menu**
  23.50€ plus IVA  
  Includes water, wine &/or beer, coffee & liqueurs.

  **4 Course Menu Del Dia**: 10.50€ plus IVA

Available Tuesday to Saturday including a bottle of wine for 2, or a beer, soft drink, dessert or coffee.

**WEEKLY LIVE ENTERTAINMENT, QUIZ NIGHT, JAM NIGHT, STEAK NIGHT, FISH AND CHIP NIGHT, SUNDAY CARVERY. WE DARE YOU TO NOT FIND SOMETHING YOU LOVE AT THE CLUB HOUSE AND ALLEY PALAIS. CHECK THE CCC WHAT’S ON FEATURE FOR FULL LISTINGS.**
New Commodore Presents Trophies

Following the unexpected resignation of the incumbent SAMM Commodore for health reasons, an EGM was called for September 12th to elect a new member to the post. George Noden, a long time member of SAMM and an experienced sailor and competitor, was duly elected un-opposed.

The EGM was followed by the normal SAMM monthly meeting during which the results (based on the low score system) of the Spring race programme were announced.

17 races comprised the main series and, when the worst 6 scores were dropped, the results were completely dominated by boats from the Shoestring boat share group.

First the Gamba ‘Shoestring Uno’ with 28 points. Second the Laser 2000 ‘Shoestring Dos’ with 32.75 points. Third the other Laser 2000 ‘Shoestring Tres’ with 45.5 points.

Shoestring members who had sailed on the boats during the series collected the trophies.

SAMM’s Autumn Race Season Underway

The races should have started on September 9th, but the day was cancelled due to the stormy weather, so it was encouraging to see 13 competitors and the 8 officials arrive bright and early on Sunday 16th; 3 Shoestring dinghies, 2 Balaton Day sailers and 2 independent dinghies comprised the fleet.

The new timetable that sets fixed times for the day was nearly thrown into disarray when the gate to the beach refused to open and CTD had to get their maintenance man to clear the problem. Then all the locks to the jetty and the control office were found to have seized after weeks without use. However, a liberal application of silicon spray and a few taps with a hammer managed to free them and the 4 lap morning race started on time at 11.30am.

The wind was from the NNW at only 3-5 knots, so it was a reaching start with all boats starting within seconds of each other. Balaton’s Sirocco was across the line first, closely followed by Shoestring’s Dos and then the remaining five in a bunch. Within 10 minutes the wind had swung 60º to NNE and after 27 minutes another 15º to ENE and up to 6-7 knots. It finally settled from that direction, but was very variable. The race was decided mainly by how well the crews read and reacted to these early wind shifts.

The first to finish was the fastest boat in the fleet, the Topaz Duo and the last one of the slowest, Balaton’s Sirocco.

As the wind had increased to 6-8 knots, the Race Officer set the second race at 5 laps over the same course and this started promptly at 2.30pm.

John Down in his Quba caused mayhem at the start. As you know, boats on port tack must give way to boats on starboard. Most of the fleet started on port tack and were horrified to see that John had chosen starboard which meant his course after starting was almost directly down the length of the line. There were very loud shouts for “water” from John and frantic manoeuvring by all the others to get out of his way without impeding anybody else. The Topaz took advantage of this to follow the Quba across the line and these two were soon tussling for the lead, which, as the faster boat, was taken by the Topaz before the first mark.

The wind was again variable and the Race Officer was forced to shorten to 4 laps. On the last lap Balaton’s Mistral thought they had hit the final mark, so did a 360º penalty and re-rounded, but still managed to win the race on handicap. Her sister boat Sirocco was second and the Quba third.

Racing is every Sunday, weather permitting, at the CTD Centre in Los Narejos on the Mar Menor. The day starts at 10am and all are welcome.

For more details see the SAMM website at http://sailingmarmenor.com/groups/samm-racing/
Costa Cálida Chronicle - October 2018

The August meeting of Fuente Old Guard was held on Thursday 30th at the very popular course of Altorreal in Murcia.

As always in August the weather was very warm and a little humid, but the course was in great condition despite course maintenance having taken place 10 days before.

The Overall Winner on the day was Dave Griffiths in great form, with 36 points which also gave him top spot in Division Two.

Overall Runner-Up was Paul Tunbridge with 31 points and that also put him ahead of the rest in Division One.

Runners-Up in these divisions were Neil MacFarlane and Dave Griffiths, but the Two’s Money Pot was not won and rolls over to our next game.

Nearest the Pin winners were; Roger Olorenshaw, Neil MacFarlane, Dave Davidson and Dave Griffiths, but the Two’s Money Pot was not won and rolls over to our next game.

Our next game is at Hacienda Del Alamo on 18th October and should anyone wish to know more about FOGGS, please contact us by email at info@fuenteoldguardgolfsgociety.com

Dave May

The Los Nietos Golf Society September day out was at Fuente de Alamo; the course was in good condition, but some of the fairways were a little bereft of grass as a result of the summer heat. Hopefully they will recover quickly.

A longer course than some that we play, so suiting the longer hitters was reflected by the scores and winning individuals. As always there was a great welcome from the club house and the golf shop was really friendly. Another great turnout of players and we enjoyed some good weather.

There were some great performances on this rather long course with Pat Hurley h/c 19.5 winning with a magnificent score of 39 points and from what we understand, if he hadn’t 3 putted most of the greens he could well have added a good few more points! (Vic, our Handicap Secretary may take this into consideration!!)

Well done also to Trevor Beechey h/c 13 with a creditable 37 As Runner-Up.

Nearest the Pins were won by Iain Furniss h/c 13 on holes 5 and over the lake on 8. Captain Tim Bromage h/c 19 was Nearest the Pin on 12 and our Handicap Sec, Vic Beattie h/c 13 was nearest on Hole 15.

The Longest Drive on hole 11 was won by Runner-Up Trevor Beechey.

The presentation and evening meal was well supported on our return to Lismos in the village.

Our next outing will be at the North Course at La Manga resort on 2nd October. It is our Captain’s Day and so to make it an event worth remembering we have asked the Scorpions from La Serena to join us. We will be fielding over 50 players and there will be prizes on each hole for ladies and gentlemen and the format of the day will be a Shambles! (I hope not in every sense of the word!!)

We will return to Lismos for supper and on the following night we meet at Antonio’s for our Ladies’ Night Dinner and Dance.

Iain Furniss

Ian Price

Pat Hurley

Division Two Winner Dave Griffiths

Paul Tunbridge with Captain Paul Western

Roger Joy Winner of Division Three

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Iain Furniss

Ian Price

Pat Hurley
San Javier Golf Society

San Javier Golf Society Individual Stableford Qualifier at La Serena on Monday 3rd September

Swarling humid conditions meant that several players wilted in the latter stages of the game, with the notable exception being first placed in Division One, Kev Parker with 42 points. Second was Mark Pollitt with 36 and third was Doug Daughtrey with 35.

In Division Two the winner was Vice-Captain Ty Williams with 36, just holding off Captain Dave Farrington in second with 32, followed by Clyde Sandry, also on 32.

Nearest the Pins were won by Jim Moffatt, Ross Graham, Kev Parker and Jeff Belt.

The Gross 2 (for 50€) was not claimed and will roll over to our next game.

We have several upcoming games, the details of which can be seen on the calendar of our website. Full details will be emailed to all members.

For further information on our society, to play as a guest, or to join, please phone Barry Beale on +34 649 245 889 or look at our website at www.sanjaviergolfsociety.co.uk and Facebook page at www.facebook.com/sanjaviergolfsociety

Underway for the New Season

After months of searing heat and limited activity, it feels like we are coming out of hibernation. Suddenly it’s all happening and the pace is picking up. Our part-time members who thought mistakenly that they could escape to UK to avoid the heat of the summer are now returning just in time to join the domestic programme already underway. The first rounds of the annual Club Championships in nine categories are being played and as we go to print the Mazarrón Trophy in a 3-2-1 format is being hotly contested by the members. Further afield in the wider bowling community we have members competing in the Regional Valencian Championships and the fixture lists have been published for the start of the inter-Club Leagues seasons from October through to March 2019.

The first rounds of the Championships are beginning to tell a tale! A number of our ‘new-to-the-sport’ members are proving to be a handful for our more experienced ranking bowlers. Having joined up in the Spring and with the practice and coaching through the summer months now paying off, some surprising results are emerging from hot competition across the board. Case in point – Keith Miller joined as a rookie to the game in March, took to it like a duck to water and worked like a Trojan to improve under guidance, went back to UK in July, joined his local Club Cowpen and Croften BC in Blyth and promptly won his first ever competition with Men’s Pairs partner Bryan Turner to lift his first ever trophy! There are other new members showing the same sort of progress which says a lot for the coaching by their mentors and even more for the enthusiasm of these new members.

The Club is represented in two inter-club leagues in the region. The Mazarrón Mariners team plays on Mondays in the South Alicante League and start their programme away from home against Vistabella Eagles on 15th October. As winners of the Voyager Division last season the team are now promoted to the Discovery Division and anticipate some stiff opposition this time round.

The Mazarrón Miners team plays on Fridays in the LLB Southern League and have just newly been relegated by a narrow margin from Division A to Division B of the topmost league in Spain. Their first fixture is at home to San Luis Leopards on 5th October when the team will be keen to put down their marker for promotion back to Division A. Captain Jim Coughlan’s intention is to give an opportunity to play in a team to all members wishing to play competitively at inter-club level while yet assuring that teams selected each week are up for the challenge.

New players, new members are always welcome on our Club mornings Tuesdays and Thursdays. Contact Colin Appleton on 605 492 937 or Jimmy Cochrane on 653 093 937 or email to the Secretary at mazarronbowlsclub@outlook.com

More information at www.mazarronbowlsclub.webs.com

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Jobs to be done - marking the centreline.

Members and friends at practice.

Keith Miller (left) wins his first trophy.
Club de Golf August Competition
On Tuesday 29th August 39 players contested the monthly club de golf competition at Camposol. This was a great turn out in the heat of the summer and it’s pleasing to see the levels of participation holding up through the hottest months of the year. Conditions were still and calm to start with, but obviously soon heated up with a gentle breeze coming into play about half way round. With holding greens scoring opportunities were good and this was again reflected in the closeness of the scores.

Winner with 38 points was Club Captain, Colin Reid. 2nd - Jose Sierra with 37 points just edging out Alan Kilminster to 3rd place on count back. 4th - Steve Parsons with 36 points.

Heineken Levante Competition
On 13th September 80 players, our biggest field so far this year, competed in the Heineken Levante Tour Pairs Competition. This is always a popular and well attended competition as Heineken always do a great job providing great prizes, tapas and of course Heineken Beers. After the recent rains the course was soft with the greens played somewhat slower than recent months. Congratulations to Dennis Jones and Vice Captain Neil Smith who scored a very impressive 47 points to win 1st place. 2nd with 45 points were Derek Clarke and Andy Saunders.

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Charitable Donations
On Monday 6th August, members of the CGA presented a cheque for 450€ to representatives from MABS outside their super new MABS Respite Home on Camposol B. A similar donation of 450€ was made to Forget Me Not on 10th September and the remaining 450€ will be presented to FAST on their Charity Golf Day on 12th October. This money was raised from the Quizzes organised by the CGA.

Firemen v Policemen Competition
On Friday 7th September, this fun-packed event with lots of good natured banter between the teams ended up with the Firemen losing by 4½ to 3½ games with all the other matches draws. Dennis Jones playing for the Police, managed a ‘Hole in One’ and as there were 40 players and the beer was flowing freely, he was presented with the CGA sponsored prize of a Magnum of Cava. The Firemen and Policemen who flew over especially for this event have resolved to come back again next year. This very popular Annual event was first played on the 9th September 2009.

Ladies longest drive went to Veronica Porter and Barry Wilkins took the men’s longest drive. ‘Great shot’ to you both.

Nearest the Pin Winners:
Mark Cole, Dave Hopkins, Mark Taylor and me (just edging out Flavio by 40cms or so, much to his chagrin!) I would like to thank Heineken for all their support and contribution on the day.

CGA Charity Quiz - Friday 2nd November @ The Club House
We would like as many people as possible to come along to help support the people who support - FAST, MABS and Forget Me Not. Everyone welcome. MC and Quiz Masters are that excellent team Phil and Ida Halton. I am sure we will have a fun night out whilst helping these very worthy charities. The cost on the door will be 5€ for the Quiz with optional Chicken Curry/Chilli & Rice at 5€. There will be a sign up sheet put up in the Bar and in the Gent’s Changing Room.

CGA Away Day Monday - 15th October @ Aguilon
40€ including a buggy, but with sponsorship. CGA Members 35€. Individual Stableford Competition with separate prizes for Ladies & Gents. Details have been forwarded by email. The Signup Sheet is in the Men’s Changing Room. An optional 3 course meal has been organised at The Diner for 12€ to include a glass of wine. Non-playing partners welcome.

CGA Christmas Party – 8th December @ Hotel Costa, Mazarrón Town
Entertainment by Rob Sweeney. 8 course meal with all drinks provided whilst eating, followed by coffee and a liqueur. Tickets 30€ with 5€ for transport from various stops on Camposol and Mazarrón Country Club

Betty Roberts
Following promotion to the Tercera Division, Mazarrón FC opened the 2018/19 season with a 2-0 home victory over Huercal Overa CF from Almeria. It was a hard-fought game with the visitors having most of the possession, but Mazarrón battled hard and came through with goals from new signings Salva Ballesta and Dani Barrelin.

Forthcoming Fixtures:
7th October - Mar Menor CF - home
14th October - CD Cieza - away
21st October - FC La Union Atlético - home
28th October - Lorca FC - away
1st November - UCAM-Murcia CF B - home
4th November - SFC Minerva - away

The usual coach load of Los Amigos supporters made the long trip to Yecla for the away game against Yeclano Deportivo on Sunday 16th September. It was a very long day out with pick up at 12.15pm and not arriving back in Camposol until around 9.30 pm. There was the usual stop for lunch just outside Jumilla for a most enjoyable Menu Especial accompanied by plenty of soft (or alcoholic) drinks before continuing to the game at Yecla.

Los Amigos de Mazarrón FC President’s Bash – Wednesday 10th October @ The Diner, Camposol B 7pm for 7.30pm

The increased fixture schedule means that we will have the novelty of four midweek games in the coming season. Home games are normally played on Sundays with varying kick off times. Los Amigos de Mazarrón FC organise a supporters’ coach to most away games at €10 for members and €12 for non-members For longer journeys a stop is often made en route for refreshments. Full details of all games, dates and kick off times are advertised in the local media, on www.mazarronfc.es, on Facebook fb.me/mazarron2016 and on posters at various points throughout Camposol and Mazarrón.

are also returning to help us celebrate this very special occasion along with our UK Ambassador Tony Currie, former Aston Villa star Chico Hamilton and Peter Reeves, formerly of Charlton Athletic and England Under 23. We also hope that two of our other local regular celebrity guests, former speaker Alvin Martin and Mark Higgins will be able to join us as well. Steve Daley was our guest speaker in 2013 and continues to entertain audiences throughout Great Britain with his after dinner tales of his life as a professional footballer which have won him awards for his after dinner speeches. He was transferred from Wolves Wanderers to Manchester City in September 1979 for a then record English transfer fee of just under £1.5 million; a transfer which has since seen him described as the biggest waste of money in football history!!

Comedian Gary Marshall will be MC and towards the end of the evening Woody will entertain for the last hour and a half or so dancing the night away.

Tickets, which include a five course meal with local beer, house wine and soft drinks included during the serving of dinner are €50.

Celebrity Golf Day - Monday 25th March @ Camposol Club de Golf.

Tramway Financial Management will again be sponsoring this event at which many of the visiting celebrities will be taking part. Full details will be announced in next month’s edition.

Los Amigos de Mazarrón FC hold weekly meetings and new members are very welcome. These take place every Thursday at The Club House, Camposol C at 4pm. General meetings are held on the last Thursday of each month when only members are allowed to attend. Membership is €20 with discounts available on most social events and coach travel. You can buy events tickets and season tickets at the weekly meetings or email pamada.1130@yahoo.co.uk

Among the celebrity guests will be our two very first guest speakers, Dave Bassett and Jan Molby. Steve Daley, Steve Kindon and Alex Stepney.
Summer Heat is Cooling Off
On 29th August, members and guests arrived at Lorca Golf Resort to find a course in excellent condition, with fairways and greens better than we have seen for many a day. Compliments must go to all the staff there for its condition, especially through the hot summer months.

The day started with sunshine and light winds, so scoring was relatively easy, although some members find crossing the ravines on this course quite a test of driving skills.

Later in the morning the breeze strengthened and shots became a little more difficult, but returns at the 19th hole, showed that most people had enjoyed the day.

In 3rd place was a tie between Roy Alderslade & Jim Niblo with 32 points.

In 2nd place was Paul Bartlett with 34 points.

The Overall Winner was Paul Allsop (pictured) with 35 points.

There was only one Nearest the Pin winner and that was Wyn Griffiths on the 8th hole.

The October game will be at Camposol on Wednesday 24th October.

All members and guests should let the secretary know as soon as possible if you wish to play.

Geoff Sharp
hatters45@msn.com

Los Amigos Golf Society

It is with great sadness that, after suffering a relatively short illness, we have to report the death of our Captain, Les Dryden. He was a very jovial and extremely popular man, both within our Society and other elements of the community. Appointed Captain for 2018, Les performed his captaincy duties with great diligence and enthusiasm. He will be sadly missed by all.

Monday, 3rd September saw 36 players, including two guests make their way to Altorreal for our September competition. 30 minutes before play commenced, a shower of rain arrived and just as quickly departed leaving us with bright sunshine and looking forward to a good game of golf.

The format for the day was a Single Stableford with nine four balls of mixed abilities. Altorreal is also a challenging course presenting a variety of problems to our members, as indicated by the individual scorecards. Having played as a guest many times, Eric Ferbus, in his very first competition as a society member, certainly announced his arrival with his achievements on the day.

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Division 2
1st - with 32 points - Eric Ferbus
2nd - with 28 points - Richard Moss
3rd - with 27 points - John Girvan

Division 3.
1st - with 27 points - Eddy Spong
2nd - with 26 points - Les Jales
3rd - with 25 points - Phil Linton

Nearest the Pin
Hole 5 - at 3.42 metres - Eric Ferbus
Hole 8 - at 5.8 metres - Arthur Anthoney
Hole 10 - at 6.2 metres - John Girvan
Hole 17 - at 4.17 metres - Geoff Ewins

Our Presentation Evening was held in the restaurant at Camposol Club de Golf. An excellent supper meal was provided and much appreciated by all. Naturally, our thanks go to all the restaurant staff.

Les Jales, Vice-Captain, presented the prizes.

Division 1
1st - with 36 points - Glenn Read
2nd - with 30 points - Neil MacFarlane
3rd - with 29 points - Geoff Ewins

Winner Div. 1 Glenn Read

Winner Div. 2. Eric Ferbus

Winner Div. 3. Eddy Spong

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Racing Point UK (Force India) started as a new entry, therefore losing the teams points (59) accumulated this season, although the drivers Per & Oco kept their tally. The Deputy Team Principal Robert Fernley stepped down with Otmar Szafmauer becoming Team Principal.

It was a very cool 15ºC start to the weekend in the Ardennes forest for qualifying.

Ham got his 5th pole position at Spa, 6th of the season and the 78th of his career.

Vet, Oco, Per & Gro made up the top five, Oco with his best ever qualifying position, Per & Gro with their best of the season, Alo with his worst of the season. Vet’s Q2 time of 1m 41.501s was a new track record.

Race day at the fabulous Spa Francorchamps circuit, Ham had a very good start, but Vet had a better one getting past the Briton. There were problems again behind them as Hül out-braked himself and ran into the back of Alo launching the McLaren over the top of Lec (proving that the ‘Halo’ system works) eliminating all 3 drivers and bringing out the safety car for 3 laps. Bot clipped Sir. Räi was hit by Ric causing both to pit for repairs but the Ferrari had too much damage and had to retire on lap 8. Ric also returned to the garage to retire on lap 20.

After a flurry of pit stops it was a very good and exciting race with plenty of overtaking. Vet got his 5th win of the season, 3rd at Spa & 52nd of his career and taking 3rd place in the all-time winning list.

Ham & Vet joined him on the podium, the first podium at Spa for Vet. Bot did well to get from 17th on the grid to finish in 4th place.

15 drivers reached the chequered flag and Bot posted the fastest lap on lap 32 with a 1m 46.286s which is a new lap record, 0.291s faster than last year.

Bot also recorded the fastest-ever lap time of 1m 14.577s.

Eau Rouge (Red Water) is named after the river that runs beneath the circuit at that point the river contains a high concentration of iron giving the water a reddish colour.

This will be the 63rd Belgian GP but only the 51st to be held at this venue as there was no Belgian GP in 1957, ‘59, ‘69, ’71, ’03 & ’06. For 1972 & ’74 it was held at the Nivelles – Baulers circuit 30kms south of Brussels. In 1973 and ’75 until ’82 the race was held at Zolder to the West of Brussels.

The first F1 race held here in 1950, was 35 laps of the then 14.120km on public roads through the wooded hills of the Ardennes South West of Liege and was won by J M Fangio driving an Alfa Romeo. There were only 14 starters for that race, ten of whom made the chequered flag with 4 drivers on the lead lap. The 1983 race was shortened down to 6.949km with more minor alterations being made due mainly to the upgrading of the safety regulations and the lap increased slightly to the present 7.004kms in 2009. This area has its own micro-climate, so the weather can prove to make or break the race weekend, but most of the drivers love to race around this fantastic and historical circuit. Schumi still holds the record for most wins at Spa with current drivers having won here; Räi (4) Ham (3), Vet (2) & Ric (1).
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Full Steam Ahead!
For me, 13th September every year is always a day of celebration as it marks the anniversary of the day I first set foot on Spanish soil as a resident in 2005. Thirteen years on and my love affair with Spain continues and in those 13 years my life has changed enormously.

As I sit and write this article, by coincidence also on 13th September, I have one more thing to add to that list of changes; the signing off of the handover of my old business, and the excitement of now being 100% ‘full steam ahead’ into the new!!

What has been happening through the summer with regard to Tourist Board registrations and inspections? Well, the quick answer is “not a lot”, due to two main reasons:

The inspectors and staff in the department were on holiday and most properties are occupied. Therefore it becomes impossible to arrange the inspections, as the guests’ permission is needed to allow access to the property.

By the time you read this, things will be back to normal, summer visitors all left and inspections and checkups will resume. I expect many of you will have forgotten the content of the articles written before the summer season, so it’s time for a little reminder about the rules of renting out!

Remember that to legally rent out your property here in Murcia you only have 2 options:
Choose a good rental agent and place 100% of the responsibility for bookings, payments and client care in the agency’s hands and be registered under the agency code (which can only be used by the agent and on the agent’s adverts, not by the property owner).
Register yourself as the ‘responsible’ with a private registration and take bookings and payments directly.

With the second option you do still obviously need a reliable local contact for key holding, guest care and cleans and be able to provide a 24 hour contact number in case of problems.

With the quieter times now upon us, make it a priority to get your affairs in order. Remember that there is now a new law which asks agencies and websites to report your earned income and so renting ‘under the radar’ will be increasingly difficult as this information is shared with the authorities. Don’t get fined, get registered!!

Liz Edmiston
Murcia Solutions (Relocation Assistance, Tourist Board Registrations, Translation & Problem Solving Services for non-Spanish speakers)
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We have had quite a busy summer, but generally in a good way.

First of all, we had an ‘Information Station’ at the Camposol Fiesta on Camposol A on Saturday 25th August. This gave us an opportunity to promote our group to those who may not be on social networking sites. I was pleasantly surprised by the amount of people who stopped by to enquire about the group’s activities. It was also interesting to note how many people knew little or nothing of our existence. Hopefully, this type of publicity will increase people’s awareness.

A special thank you to Denise, Carl and Ade for helping out. Next year I must remember to take a gazebo!!!

During the month of August, I am pleased to say that reported crime has been at an all-time low. In fact, there has only been one recorded burglary on Camposol, together with some suspicious activity at the unoccupied Monsora houses. That is a remarkable feat by anyone’s standards. Well done and a big thank you to all the patrollers and rooftop watchers.

On Sunday 9th September, one of our members on Camposol D became aware of some suspicious activity at a neighbour’s house. Their quick thinking and positive action led to a burglary being thwarted and a stolen car being recovered. Well done to everyone involved. Although the offenders made their escape, we now know that the car, a hire car, had been stolen from Orihuela. A great team effort which sends out a clear message to any would be offenders.

Finally, we have now put in place an initiative put forward by one of our coordinators. We have set up a ‘gofundme’ page where people can make donations to our group. This was in response to people asking how they could help us financially. Any monies received will be used to fund the translator service we currently have in place.

By reporting all crimes, Police presence will increase on Camposol. In addition to this, as the darker nights are approaching, we will be looking towards updating some of our equipment in order to assist those that volunteer. Anyone wishing to donate can do so by following the link from one of the Camposol Security Group pages, or going to ‘gofundme’ and searching for Camposol Security Groups. All donations will be very gratefully accepted.

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