DEAR READERS

With all the changes in travel restrictions, now may be the time to explore what is available locally. Our feature this month Out & About (pages 46-48) again gives you some ideas of where to go within Spain during August. There is so much to see and do locally that you will be struggling to find time to miss your family and friends who may be unable to visit again this year.

Summer is definitely here, so take care in the sun. Put plenty of sun-cream on and stay out of the direct sun whenever possible. Drink plenty of water and keep alcohol to a minimum as this will dehydrate you very quickly in the heat. Keep your salt intake up as much as possible as lack of salt may cause cramps.

Remember your pets in the heat. Make sure that there is always fresh water and shade available. Make sure that you do not walk your dogs in the heat of the day. If the roads feel hot to you, they will be hot for your dog. Don’t take dogs out in cars and certainly don’t leave them in a car even if you leave a window open. Cars heat up very fast and a dog can die of heat stroke very quickly.

We would like to welcome the following advertisers who we will help to promote over the next few months:

**Welcome**
Golf Delux
The Barberz
The Old Market Tavern

**Welcome Back**
Amapola Restaurant
MedB
Professional Electrician/Painter
Rosy’s Cleaning Services
Solar Light Centre

Our Contributors play a huge part in making the Costa Cálida Chronicle the most popular magazine in the area and we would like to welcome Catharina from Interior y Deco and Dr Machi Mannu from MedB to the team.

Enjoy the month of August and take care respecting any COVID restrictions in force. From all of us at the Chronicle
Car Registrations Spain

Need to Import your UK registered vehicle into Spain?

We are specialists in all aspects of vehicle importation and can provide you with a low cost, professional, and quick service.

**We’ll Provide you with:**
- Fully Managed Process
- Headlight Realignment
- Spanish Registration Documentation
- Import Tax Paid
- Road Tax / SUMA paid
- New Spanish Registration Plates

**Free Quotation Available**

Spain: 711 001 721
info@car-registrations-spain.com

UK: 02380 200 706
www.car-registrations-spain.com

---

**CAR SOLUTIONS MAR MENOR SL**

We are Europe’s Headlight Realignment Specialists

Need new LHD headlights? Call us 868 990 576

Calle Severo Ochoa B1, 3 - Polígono Los Alcázares, Murcia 30710

---

costacalidachronicle@gmail.com
Costa Cálida Chronicle Sales 619 199 407
Costa Cálida Chronicle - August 2021

Aditorial
- Telecable 32
- The Salon & The Salon 2 62
- Working 58
- XLR Radio 60

Around the World
- Never a Dull Moment 18
- Sara’s Travel Blog 56

Charity
- Age Concern Costa Calida 26
- Andreas Animal Rescue 79
- Cavalli Foundation 12
- Easy Horse Care Rescue Centre 54
- FAST 31
- Friends of Mazarrón Animals 28
- Helping Hands 21
- HELP Murcia Mar Menor 50
- Los Infiernos Protectora Supporters 50
- MABS Mazarron 29
- Making a Difference 28
- Noah’s ARC 34
- Otto Animal Sanctuary (OAS) 53
- PAPS 40
- Pets in Spain 40
- Samaritans in Spain 23

Education
- Jane Cronin’s ‘Step by Step Spanish’ 8

Entertainment
- Spangles 16

Finance
- Financial Advice 40

Food and Drink
- Ma Millbank’s Kitchen 66

Groups
- B Clean Gardening Group 25
- Los Palacios Gardening Group 24
- Sector C Green Fingers 24

Health and Beauty
- Disease Management 64
- LG Dental & Indent Dentist 61
- MedB 62

Information
- Advertisers Directory 80–81
- Birding in Murcia 44–45
- Business News 6
- Catharina’s Interior Advice 58
- Classifieds 78
- Contact Us 4
- Contributors 2
- Dear Readers 2
- History Snippets 14
- Life in Spain 79
- Price List 4
- Puzzle Answers 78
- Spanish Student’s View 38
- World Water Week 23rd-27th August 22

Leisure
- Camposol Explorers 27
- Cruising with Mike Smith 36
- Puzzle Page 42
- TV News 10

News
- British Embassy, Madrid 20
- News from your Councillor for Camposol and International Relations 26
- Northwest Murcia News 39
- South East Murcia News 52–53
- Spanish News 72

Religion
- Did you know? 82
- Mass in English 8
- Open Door 32
- Puerto Lumbreras Christian Fellowship 60
- The Rockin’ Vicar 37
- Welcome House 38
- Wellspring Victory Church 16

Special Pages
- Health and Beauty 61–64
- Northwest Murcia 37–39
- Out and About in August 46–48
- South East Murcia 50–54
- South Murcia 24–31
- Sports 73–77
- What’s On 67–69

Sports
- Camposol Golf 73
- Formula 1 76
- Fuente Old Guard Golf Society 74
- La Vuelta 77
- Los Amigos de Mazarron FC 75
- Los Amigos Golf Society 74
- Straight Down the Middle Golf Society 73

CONTACT US

Sales & Marketing - 619 199 407
Eva - Sales Representative - 651 659 109
Patti Benn - Editor - 646 005 017

Graphic Design - costacalidachronicle@gmail.com
Martine Shindler - Office Manager & Customer Services - 618 451 798
costacalidachronicle@gmail.com
www.costacalidachronicle.com

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

Our office address is:
Calle Jara, Camposol B, Mazarrón, Murcia 30875

FIND US INSIDE ANOTHER WORLD PROPERTIES ON CAMPOSOL B.
Office Opening hours:
Tuesday 10am-2pm
Wednesday 1.30pm-5.30pm
Thursday 10am-12pm (by appointment only)

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

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

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

Costa Calida Chronicle

Price List - All Prices are excluding IVA

<table>
<thead>
<tr>
<th>Size of advert</th>
<th>Full Page</th>
<th>Half Page</th>
<th>Quarter Page</th>
<th>Medium</th>
<th>Small</th>
<th>Business Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>19cm wide x 26,5 cm high</td>
<td>250,00€</td>
<td>135,00€</td>
<td>85,00€</td>
<td>75,00€</td>
<td>45,00€</td>
<td>40,00€</td>
</tr>
<tr>
<td>19cm wide x 13,1cm high</td>
<td>12,6cm wide x 8,7cm high</td>
<td>6,25 cm wide x 5cm high</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

Find us inside Amber Pools, Camposol

Quality Hot Tubs and Swim Spas

The longest established Spa specialist in this part of Spain

NO DEPOSIT, PAYMENT ON COMPLETION & SATISFACTION

We supply chemicals, filters, and spare parts for all makes of spas.

All our Spas are CE certified  We deliver anywhere in Spain

Renew  Relax  Refresh

SPECIAL OFFER ON THESE 3 MODELS - 4950€

Have you considered a reconditioned spa?

We have good quality reconditioned spas available

We will buy, move or part exchange your old Spa

Call us to find out our “deal of the month”

650 722 905 or 650 769 103

www.eurospas1.com

e-mail: eurospas@gmail.com
If you are an existing customer and you have some Business News that you would like to share with our readers then why not email it to us to be included on our Business News page. Please keep your news to about 50 words and send us an email by 15th of the month, to costacalidachronicle@gmail.com with Business News in the subject box.

**Richardson Insurance**, Camposol A, specialize in commercial insurance for your business, company, autonomos and commercial premises. Tailormade policies are adaptable to suit you, including cover for your work equipment, consequential losses and all risk accidental material damage, among many others. Extra benefits include 24hr English speaking assistance, legal protection and 100% flexibility.

Please contact us for a quote!
Tel/Whatsapp: 0034 669 046 167
Landline: 968 199 121

---

**The Solar Light Centre** has been trading in Spain for over 15 years. We provide a professional, friendly and reliable service to all our customers. The range includes String Lights, Matching Wall and Pillar Lights, PIR Security Lights and much more. Visit The Solar Light Centre at Garden Centre Serrano, Camposol, B on Thursdays 10am-2.30pm and El Zoco Market AP7 Junction 754 on Sundays 9.30am-2pm.

Tel 968 551 464
Mob 680 547 297/711 042 435

---

**James, the Original Camposol Barber** has recently opened as The Barberz on Camposol A, 228 Castellon de la Plana, opposite the butchers. It’s a relaxed, masculine feeling shop that offers a lot of services from a modern skin fade to that scissored taper, ear, nose or beard waxing and even a traditional hot towel shave.

For an appointment, please call or WhatsApp 641 360 131

---

**Corral Associates** legal team are ideally situated near the Notary in Puerto de Mazarrón. They can assist in all legal matters including accounts, tax, inheritance issues and buying and selling property. For your convenience they also have an office in Murcia and they have English-speaking staff.

For a preliminary chat, call 968 078 754

---

**It is never too late to change your kitchen!** You can change the look of your kitchen by just changing the doors. **Concept Doors** can change the door and drawer front to give your kitchen a make-over. Forget about changing the whole kitchen! Save money and mess by calling **Concept Doors**.

For a no-obligation quote, call/ WhatsApp 625 998 858
www.conceptdoors.es

---

**Corral Associates** legal team are ideally situated near the Notary in Puerto de Mazarrón. They can assist in all legal matters including accounts, tax, inheritance issues and buying and selling property. For your convenience they also have an office in Murcia and they have English-speaking staff.

For a preliminary chat, call 968 078 754

---

If you are planning a plane trip away from RMU Corvera Airport, call **Airpark Murcia** to secure a reservation for your car. You are guaranteed safe and secure storage while you are away. **Airpark Murcia** can also arrange servicing and repairs as well as your ITV whilst you are away.

Prices from 35€ a week or just 285€ a year.

Call 618 806 989 for full information.

---

**Eurospas** have the perfect solution - invest in a spa. Enjoy a relaxing experience, with a host of health benefits including; relieving stress, easing pressure in joints and muscles, minimising arthritic pain, lowering diabetic blood sugar levels as well as helping you sleep better.

**Eurospas** currently have 3 models on special offer, or call to discuss quality reconditioned spas on 650 722 905/674 694 558

---

Philip of **Handyman Builder** has been legally working in Spain for over 7 years, converting buildings, building walls, laying patios, plastering, painting and all other aspects of home improvements. Please call for a no-obligation quote and we can work together to get your project just as you would like it.

Tel 602 643 436

---

Have you recently purchased a new home and need your locks changing? Perhaps you want to upgrade your security to ‘anti-snap’ locks? Maybe you need a spare key for your car?

Look no further as **Alan Eustace Locksmith** (646 726 686) and **Keysmar** (968 596 186) are literally the ‘one stop shop’ for all your locksmith requirements

Don’t forget that **Alan Eustace Locksmith** is available 24 hours every day for emergencies on 609 265 899
Mass in English

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

Schedule of Masses:
Saturday: Mass at 4.30pm (in English).

Schedule of Confessions:
Saturday from 3.15pm-4.20pm. (Also on request.)

The Autobiography of Saint Thérèse of Lisieux (The Little Flower), a Carmelite sister. I remember an act of charity with which God inspired me while I was still a novice and this act, though seemingly small, has been rewarded even in this life by Our Heavenly Father, “Who sees in secret.”

Shortly before Sister St Peter became quite bedridden, it was necessary every evening for someone to leave medication and take her to the refectory. It cost me a good deal to offer my services, for I knew the difficulty, or I should say the impossibility, of pleasing the poor invalid, but I did not want to lose such a good opportunity, for I recalled Our Lord’s words: “As long as you did it to one of these my least brethren, you did it to Me.”

Every evening, when I saw her shake her sand-glass, I understood that she meant: “Let us go!”

Summoning up all my courage, I rose and the ceremony began. First of all, her stool had to be moved and carried in a particular way and on no account must there be any hurry.

“You are going too fast,” she would say. “I shall fall and hurt myself!”

When we reached the refectory without further mishap, more troubles were in store. I had to settle my poor invalid in her place, taking great pains not to hurt her. Then I had to turn back her sleeves, always together out of the way (‘to get herself together’), so we keep the Reflexive Verb all together out of the way (‘to get herself up’). Here the particle is se because we are in the third person singular.

Nos vamos a ir mañana.
We are going to go (away) tomorrow. The reflexive verb is irse – ‘to go away’. It would be equally correct to say Vamos a irnos mañana.

¿Preferies ducharte o bañarte en la bañera?
Do you prefer to have a shower or have a bath? A rather personal question I think! Please do not feel obliged to answer.

Los chicos tienen que irse temprano.
The young people have to go off/leave home. The verb irse, kept together in one word. The se is because it is the third person plural ‘they’ form.

¿Os habéis acordado del regalo?
Have you (plural) remembered the present? Here the verb is acordarse (to remember) which is followed by the word de. The sentence is in the recent past tense. Notice that when a verb form is made up of two words, (eg. habéis acordado) they are never separated, so the os goes in front.

Hay que apuntarse pronto.
You have to sign up soon. (Normally in English we would replace the word ‘one’ for the impersonal use of ‘you’.)

Hay que is a form we haven’t mentioned before. It has the impersonal meaning ‘one has to’. This form takes the third person, hence the pronoun se.

¡Cuídate mucho, cariño!
Look after yourself darling! or ‘Take good care’ or words to that effect.

This is an imperative or command from the verb cuidarse (to look after oneself).

¿No te das cuenta del problema?
Don’t you realize the problem? This sentence is negative and a question all in one. The infinitive is darse cuenta (to realize). The reflexive pronoun goes in front of the verb, but after the word ‘no’.

Yo no quiero irme, me quedo aquí.
I don’t want to go, I’m staying here. Those of us who have had children will be familiar with this sentence. Quedarse is ‘to stay’. In English we would say ‘I’m staying here’, but in Spanish it takes the present simple tense ‘I stay here’ – Me quedo aquí – aquí me quedo.

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’.

Translating and Comments
We finished the last lesson with some sentences which you were supposed to be looking at for this month. It’s no good hunting around for them now – they went in the cat’s litter tray last Tuesday. Not to worry, here they are again with accompanying comments.

Me voy a levantarme temprano.
Here we have the reflexive verb levantarse used in the infinitive after voy a. The reflexive pronoun me has to agree with the subject ‘I’ or yo. This could also be written as Voy a levantarme temprano. I nearly forgot – it means ‘I’m going to get up early’.

A mi madre le gusta levantarse a las ocho.
My mother likes getting up at eight o’clock. Here we have the same verb in the same kind of structure, but in this case we have a few other fiddly bits caused by the use of gustar, (lit: ‘to my mother it pleases her’), so we keep the Reflexive Verb all together out of the way (‘to get herself up’). Here the particle is se because we are in the third person singular.

¿Os habéis acordado del regalo?
Have you (plural) remembered the present? Here the verb is acordarse (to remember) which is followed by the word de. The sentence is in the recent past tense. Notice that when a verb form is made up of two words, (eg. habéis acordado) they are never separated, so the os goes in front.

Hay que apuntarse pronto.
You have to sign up soon. (Normally in English we would replace the word ‘one’ for the impersonal use of ‘you’.)

Hay que is a form we haven’t mentioned before. It has the impersonal meaning ‘one has to’. This form takes the third person, hence the pronoun se.

¡Cuídate mucho, cariño!
Look after yourself darling! or ‘Take good care’ or words to that effect.

This is an imperative or command from the verb cuidarse (to look after oneself).

¿No te das cuenta del problema?
Don’t you realize the problem? This sentence is negative and a question all in one. The infinitive is darse cuenta (to realize). The reflexive pronoun goes in front of the verb, but after the word ‘no’.

Yo no quiero irme, me quedo aquí.
I don’t want to go, I’m staying here. Those of us who have had children will be familiar with this sentence. Quedarse is ‘to stay’. In English we would say ‘I’m staying here’, but in Spanish it takes the present simple tense ‘I stay here’ – Me quedo aquí – aquí me quedo.

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’.

EDUCATION

Jane Cronin’s Step by Step Spanish
THE BIGGEST ADVENTURE GOLF IN EUROPE

OPEN EVERY DAY FROM 10AM

Golf and food 16€
Children 13€
Golf 10€
Children 7€

Tel: 968 584 221
info@golfdelux.com
www.golfdelux.com

Address:
Calle Séneca 1, POL. IND. Los Alcázares,
30710 Los Alcázares, Spain
GPS: 37.73735,-0891820

Find us on Facebook
Rainbow Satellites support the local charity Friends of Mazarrón Animals (FMA). We usually have a foster dog in residence along with our own two, but circumstances have not allowed that in recent months. We are now looking for a suitable foster that will fit in with the household. Many people we speak to ask us how we can let a foster dog go having had it in the house - in some cases months. It is extremely difficult and there certainly have been tears, but we know we have given that dog the first step up in a new life and we can now help another. The time between accepting the rescue and that permanent home is always the big problem. We can always kennel them – and we have some fabulous kennels that help us – but there is nothing like a home to start the rehabilitation often needed. These dogs can be ‘difficult’, but the rewards are tremendous. Please consider a foster – there will always be lots of back up from FMA.

**TV NEWS**

Into midsummer and we are at the annual point of satellite signals being at their weakest and this year most signals seem to be the weakest we have ever known. Most satellite systems will have lost a channel or two and the smaller the dish the more problems you will have. We get many phone calls asking us to come and realign a dish to get the channels back, but for some, that is just not possible. We see so many ‘experts’ on social media saying how the satellite has moved, but this is not the case. If the satellite moved the many millions of dishes looking at it would need readjusting and I can assure you the TV companies are not going to do that. Satellites are in a fixed stationary orbit (compared to earth) and barring a major technical problem that is where they are staying. It is the hot thinner air that attenuates the signal every summer.

**Solutions**

Get a bigger dish – not recommended as the UK satellite system has a limited life – we give it 3 years when there won’t be much to watch on satellite so any money spent on a bigger dish will just be wasted. You can wait until autumn when we expect the signals to become stronger again, although every winter they never get back to the levels of the previous winter.

Get Internet TV. Anyone who listens to the continuity announcers will have noted they are now always ‘pushing’ everyone to watch on a streaming service and the regular TV antenna system/satellite is last on the list. They also put whole series on the Internet stream way before regular TV. This is all to move your viewing habits to the Internet so the more conventional methods can be closed down. The hugely expensive satellite system will not get replaced and all the TV frequencies used by regular antenna will be sold to the mobile phone companies – then you will see some huge innovations in phone technology.

**Internet TV**

We know many have had bad experiences and have said ‘never again’. There are lots of reasons for this, amongst them Internet issues where the ISP cannot handle the new huge demand of TV watching and the very ‘amateur’ systems that have been flying around with unscrupulous vendors and market stalls. Things really have moved on with most ISPs improving their service and fibre optic transmissions becoming available to most, along with many professionally managed Internet TV systems that will carry a small subscription to keep them running – not like free TV Apps that all disappear after a while simply because they have no income!

The Rainbow Satellite systems are all excellent TV packs with lots more included and are backed by our warranty and after-sales service – 23 years in this business! The best way to see and appreciate a system is to have a free no-obligation home demonstration and the loan of a box for up to a week to properly assess. Just contact us to arrange.

That’s it for August - another edition in September 2021.

Rainbow Satellites SL - the company for all your TV needs in the Murcia region of Spain. Contact us for free friendly advice on any TV issue rainbowsubs@gmail.com Tel (0034) 686 358 475 www.rainbowsats.org Find us (and like us!) on Facebook
WE NEED YOUR PROPERTY
WHETHER FOR SALE OR RENT

SALES, RENTALS & PROPERTY MAINTENANCE
CENTRO COMERCIAL B, (NEXT TO HAPPY PETS)
URB CAMPOSOL, MAZARRÓN

+34 968 592 679
SALES@ANOTHERWORLD-PROPERTIES.COM
WWW.ANOTHERWORLD-PROPERTIES.COM
Wow!! Is it ever hot!!
Our horses are handling the heat very well; better than us in fact.
The geese have a splash around in their pool or the drinking buckets.
The hens and the cockerels seem to be the worst off.
This heat has also brought a plague of biting flies and mosquitoes so the four fly traps donated by T J Electricals, Camposol B, have been an absolute Godsend to us and our horses.

Our horses are handling the heat very well; better than us in fact.
The geese have a splash around in their pool or the drinking buckets.
The hens and the cockerels seem to be the worst off.
This heat has also brought a plague of biting flies and mosquitoes so the four fly traps donated by T J Electricals, Camposol B, have been an absolute Godsend to us and our horses.

Our latest rescue has been a young female cat that was being fed next to the hospital rubbish bins. She was called No Name by the bar workers at the Gallery. However, a Cavalli volunteer noticed she had a nasty injury that needed attention. She was taken to the vet where she had an urgent operation and all the necessary treatment. She’s a lovely little cat, getting better as the days go by. If anybody would like to give her a name, please do. How can she go through life called No Name? You can make your suggestions via Cavalli Foundation Facebook page or on the Blog elblogdenevado.wordpress.com

Bimba and Lola, our rescued piglets, are now taking part in Cavalli’s summer activities involving children from 3-12 years old to establish a feeling of responsible ownership towards animals as part of an educational programme geared towards animal welfare. Today’s children will be tomorrow’s adults and they will be the ones who generate the change the world needs with regards to better treatment and care of all animals.

Our therapeutic projects have finished tremendously successfully and we are very grateful to the organisation Making a Difference for the very generous donation their members made to the little ones who took part in Early Horse Riding. We must also thank the department of Social Equality of Alhama Council for the support and budgetary funds that made the second edition of Valkiria possible and gave happiness and confidence to the ladies who took part after suffering gender-related violence. Although our projects have finished for the summer, the team is already working on new ideas to be started in the Autumn; amongst them a new project which will be presented to regional primary schools.

Our latest rescue has been a young female cat that was being fed next to the hospital rubbish bins. She was called No Name by the bar workers at the Gallery. However, a Cavalli volunteer noticed she had a nasty injury that needed attention. She was taken to the vet where she had an urgent operation and all the necessary treatment. She’s a lovely little cat, getting better as the days go by. If anybody would like to give her a name, please do. How can she go through life called No Name? You can make your suggestions via Cavalli Foundation Facebook page or on the Blog elblogdenevado.wordpress.com

Bimba and Lola, our rescued piglets, are now taking part in Cavalli’s summer activities involving children from 3-12 years old to establish a feeling of responsible ownership towards animals as part of an educational programme geared towards animal welfare. Today’s children will be tomorrow’s adults and they will be the ones who generate the change the world needs with regards to better treatment and care of all animals.

Our therapeutic projects have finished tremendously successfully and we are very grateful to the organisation Making a Difference for the very generous donation their members made to the little ones who took part in Early Horse Riding. We must also thank the department of Social Equality of Alhama Council for the support and budgetary funds that made the second edition of Valkiria possible and gave happiness and confidence to the ladies who took part after suffering gender-related violence. Although our projects have finished for the summer, the team is already working on new ideas to be started in the Autumn; amongst them a new project which will be presented to regional primary schools.

Our latest rescue has been a young female cat that was being fed next to the hospital rubbish bins. She was called No Name by the bar workers at the Gallery. However, a Cavalli volunteer noticed she had a nasty injury that needed attention. She was taken to the vet where she had an urgent operation and all the necessary treatment. She’s a lovely little cat, getting better as the days go by. If anybody would like to give her a name, please do. How can she go through life called No Name? You can make your suggestions via Cavalli Foundation Facebook page or on the Blog elblogdenevado.wordpress.com

Bimba and Lola, our rescued piglets, are now taking part in Cavalli’s summer activities involving children from 3-12 years old to establish a feeling of responsible ownership towards animals as part of an educational programme geared towards animal welfare. Today’s children will be tomorrow’s adults and they will be the ones who generate the change the world needs with regards to better treatment and care of all animals.

Our therapeutic projects have finished tremendously successfully and we are very grateful to the organisation Making a Difference for the very generous donation their members made to the little ones who took part in Early Horse Riding. We must also thank the department of Social Equality of Alhama Council for the support and budgetary funds that made the second edition of Valkiria possible and gave happiness and confidence to the ladies who took part after suffering gender-related violence. Although our projects have finished for the summer, the team is already working on new ideas to be started in the Autumn; amongst them a new project which will be presented to regional primary schools.

Our latest rescue has been a young female cat that was being fed next to the hospital rubbish bins. She was called No Name by the bar workers at the Gallery. However, a Cavalli volunteer noticed she had a nasty injury that needed attention. She was taken to the vet where she had an urgent operation and all the necessary treatment. She’s a lovely little cat, getting better as the days go by. If anybody would like to give her a name, please do. How can she go through life called No Name? You can make your suggestions via Cavalli Foundation Facebook page or on the Blog elblogdenevado.wordpress.com

Bimba and Lola, our rescued piglets, are now taking part in Cavalli’s summer activities involving children from 3-12 years old to establish a feeling of responsible ownership towards animals as part of an educational programme geared towards animal welfare. Today’s children will be tomorrow’s adults and they will be the ones who generate the change the world needs with regards to better treatment and care of all animals.

Our therapeutic projects have finished tremendously successfully and we are very grateful to the organisation Making a Difference for the very generous donation their members made to the little ones who took part in Early Horse Riding. We must also thank the department of Social Equality of Alhama Council for the support and budgetary funds that made the second edition of Valkiria possible and gave happiness and confidence to the ladies who took part after suffering gender-related violence. Although our projects have finished for the summer, the team is already working on new ideas to be started in the Autumn; amongst them a new project which will be presented to regional primary schools.

Our latest rescue has been a young female cat that was being fed next to the hospital rubbish bins. She was called No Name by the bar workers at the Gallery. However, a Cavalli volunteer noticed she had a nasty injury that needed attention. She was taken to the vet where she had an urgent operation and all the necessary treatment. She’s a lovely little cat, getting better as the days go by. If anybody would like to give her a name, please do. How can she go through life called No Name? You can make your suggestions via Cavalli Foundation Facebook page or on the Blog elblogdenevado.wordpress.com
Ice Ice Baby

In February 1935, a tiny baby girl was found abandoned amongst a load of fresh fish, in a fish ice-box, at an unnamed location (probably in the environs of what is now modern Murcia City). The baby was alive, but in a poor condition and nobody ever discovered her true identity. The story of the baby’s discovery was undoubtedly a tragic one, which was reported in newspapers across the UK. However, papers like the Hartlepool Northern Daily Mail (which reported on the incident on February 11th, 1935) were keen to point out the more positive aspects of the case and show how the local Murcian community rallied round to give the abandoned baby girl the best possible start in life.

To begin with, the sad tale of the baby in the fish ice-box was heavily publicised in Murcia and beyond. As a result, the baby was quickly adopted by a loving family and didn’t face life being brought up in an orphanage. Secondly, once the baby girl had been removed from the fish-box, she was treated in a local hospital where nurses clubbed together to buy the foundling appropriate swaddling clothes. Local Murcian students also heard of the baby’s plight and organised activities which raised over £12 for the infant (roughly equivalent to nearly £900 in 2021). Moreover, this money was placed in a local savings bank for the child. The generosity of spirit shown by the local people of Murcia, in response to the ice-box baby case, certainly caught the attention of the British press at the time. It was a sad tale which ended quite well and provided a fillip to depression-hit people in both Britain and Spain.

Murcian Cycling Mayhem

The Tour of Murcia cycle event was started in 1981. For the first four years, only amateurs were allowed to compete in the competition, which originally consisted of five stages. This was scaled back to three stages in 2011 and then two stages in 2012. Between 2013 and 2018, the Tour of Murcia was a single day event and moved to mid-February in the racing calendar. After the end of the COVID pandemic, the event is expected to resume as a two-day competition.

In 2001, European press and television focused on the event after a monumental pile-up (involving over twenty cycles and riders) occurred just before the finishing line of the 146.9 km first stage between Murcia City and Aguilas. Twenty-six year old Danish cyclist Tayeb Braikia crashed to the ground, not far in front of the finishing line, slid into the barriers, and then bounced back into the middle of the race peloton. The unfortunate Dane was run over by numerous pursuing cyclists, who all crashed out of the race. In total, over twenty bikes were involved in the collision, which left Braikia lying on the ground in a pool of blood. The accident completely overshadowed the achievement of Austrian Werner Riebenbauer, who won the first stage. (The overall winner of the 2001 Tour of Murcia was Spain’s Aitor Gonzalez).

The Irish Independent newspaper of 8th March 2001 also devoted some column inches to Lance Armstrong, the US cyclist, who competed in the 2001 Tour of Murcia. By this time, Armstrong had already won the Tour de France on two occasions and he went on to secure five more consecutive victories in the French Blue Riband cycling event. Armstrong was later revealed to have been using performance-enhancing drugs, over a sustained period of time in order to achieve sporting pre-eminence. In 2001, he finished well down the field in the Tour of Murcia competition – ‘taking it easy early in the season’ - according to the Irish Independent.
TJ Electricals
euronics
Camposol
August 2021

Need air conditioning...OFFER EXTENDED!
Buy one A/C unit and then...

-10% 2nd unit
-12.5% 3rd unit
-15% 4th+ units

Discounts applied to units in descending price order
Valid for units ordered and deposit paid
By the end of August. Installation can be at a later date
Cost of any additional pipework/trunking etc. not included in discounts

868 181 121
tjelectricalscamposol@gmail.com

ERIKS METAL WORK
and home security
Established since 1999 in the Murcia Region
Tel Stan: 636 050 008
Email: stan@eriksmetalwork.com
www.eriksmetalwork.com

WE MAKE OR REPAIR
* REJAS
* DOORS
* GARDEN GATES
* RAILINGS
* CARPORTS
* STAIRCASES ETC

RUSTY REJAS? LET US:-
* SANDBLAST
* POWDERCOAT
* RE-PAINT
* GALVANISE
THEM FOR YOU

MANUFACTURE OF GARDEN SHEDS AND STORAGE ROOM - ALL SIZES, MAINTENANCE FREE GALVANISED STEEL AND POWDER COATED IN YOUR CHOICE OF COLOUR
MOBILE WELDING SERVICE AVAILABLE
Summer has arrived with a vengeance. It seems as though this year we just weren't prepared for it. We jumped straight from a wet and dreary winter right into the heat of summer. Of course, we can add to this the slow and steady withdrawal from the strictness of COVID into an on/off relaxing of the rules and by the time you read this the rules may have changed again.

The return to normality will still take some time, but perhaps now is the time to ask what sort of ‘normality’ do we want to get in touch with Lyn Baines if you would like to book them for an event or you are thinking about joining them. You can find out more on their website www.spangleschorus.com or email info@spangleschorus.com

Photographer: Gary Beaudin

Spangles is a ladies’ a cappella chorus, singing in four part harmony. They rehearse every Thursday from 10.15am-1.15pm at Centro Municipal, Las Claras. They are hoping for more open-air, public performances while the good weather lasts, so don’t hesitate to sing with us when we sang their favourite Spanish songs.”

Spangles is a founder member of the Spanish Association of Barbershop Singers (SABS) and their concert was attended by board members of the Association.

“Spangles” First Performance In 18 Months
After eighteen long months of online coaching and safely-distanced, masked rehearsals, Spangles performed in public for the first time at La Torre Golf Resort in Roldan, Murcia.

“It was the best feeling ever to stand together and make music for an audience again. We have so missed not having public performances and it was thrilling to be back in public,” said Valerie Lynch, Musical Director.

The resort holds a market every Wednesday and Friday evening during July and August, which is attended by approximately 750 people. Spangles sang in a beautiful setting, which allowed them to safely-distance and sing in the open air to an audience of more than 50 people.

Relax will come as a welcome change at first, but when the dust settles will the ‘same old same old’ be what we really want? Let’s face it, the ‘normality’ we used to know wasn’t always what we would have preferred. There was always a space in our lives which never seemed to be filled no matter how hard we tried.

What can fill this space in our lives? What is it that seems to be missing or creating doubts in our lives?

The world will not return to the same ‘normal’ as it experienced before. There will always be a nagging doubt in the minds of some people regarding safety. There will be a need for ongoing injections to keep us safe and the habits of a lifetime will change to conform to the new normality.

There is only one universal constant freely available to everyone. The Bible tells us that Jesus Christ is the same yesterday and today and forever. (Hebrews 13:8)

Perhaps this season of COVID has caused you to sit down and take stock about your life, its purpose and destiny. As you searched for the answer have you considered Jesus?

In the Bible in John’s Gospel and Chapter 14 Jesus has a long discussion with His disciples about their destiny.

‘Do not let your hearts be troubled. You believe in God; believe also in me. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.’ Thomas said to him, ‘Lord, we don’t know where You are going, so how can we know the way?’ Jesus answered, ‘I am the way and the truth and the life. No-one comes to the Father except through Me. Jesus starts by saying “Don’t worry I have a place for you in my Father’s house and I am going to take you there.” Perhaps like us the disciples seemed to question everything, prompting Jesus to explain more and more. Jesus finishes this short discourse by saying He is the only way to the Father’s House.

As you sit down and consider the post COVID future, are you asking questions to which you don’t seem to have the answers? Have you considered Jesus?

How do you picture Church? Wellspring Church is very different and promises you a very warm welcome. At Wellspring Church we have found answers to many of life’s questions through our faith and trust in Jesus. We meet every Sunday at 11am in the room above Trevi Bar, Camposol B and we extend a warm welcome to you to come and discover Jesus for yourself.

The post COVID normal could be a lot more exciting than you had ever thought possible. Come and find out!
A1 PAINTING & DECORATING
INTERIOR - EXTERIOR

Complete Painting & Decorating Service including:
- Internal & External Walls/Ceilings
- Internal Doors
- Kitchen Units: Neptuno 700€/Rosa or Fortuna 400€
- Rejas
- Restoration of Hand Painted Furniture

Professional & Reliable Service
No Job Too Small

+34 611 299 681
+44 7702 819 372
+44 8455 276 940

davidtj1@sky.com

Fully Insured and Legal

Camposol Cleaning Co.
Domestic & Commercial
Specialist Cleaning Services

What We Do
- Oven Cleaning
- Window Cleaning
- Appliance Deep Clean
- Pressure Washing
- Rug & Carpet Cleaning
- Upholstery Cleaning
- Tile & Grout Cleaning
- Pool Cleaning
- Builders Cleans
- End of Let Cleaning
- Key Holding & more

For all your pest control needs from big to small, contact us on the details below

Book us today on: (+34) 711 030 595
You can also reach us on: (+44) 7908 417 193

www.camposolcleaningco.com

XEREXES
TAX AND LAW
YOUR TAX AND LAW FIRM

0034 968 006 087
0034 868 283 993

info@xerxeslaw.com

www.xerxeslaw.com

TAX
CONVEYANCING
WILLS & INHERITANCE
LITIGATION
ACCOUNTING & BUSINESS SET-UP
RENTAL REGISTRATION
NIE & RESIDENCIA

In association with CUELLO ABOGADOS

Av. Río Segura, 3. 30860 Puerto de Mazarrón, Murcia.
Is It Time to Say Goodbye to Google?

Do you value your security and privacy? I bet your answer is "Yes, of course I do". You lock your door at night, draw the curtains, lock your car, don’t keep your bank card pin number in your wallet, maybe have a home alarm system installed or a security light that comes on.

This is all good, but what about ‘online’? I accept that not everyone is ‘online’, but most are these days. You probably use internet security to protect you from viruses and other nasty stuff. If you do; well done! I’d imagine and hope, you use decent passwords for your email and banking and other such accounts. Unbelievably, many don’t, often using such passwords as 1234, or their pet’s name. Give yourself a well-deserved pat on the back if you take sensible precautions.

You would therefore be forgiven if you now think you take your online security and privacy seriously.

One more question for you - Do you use Google?

I bet 99% will answer, “Yes of course I do.”

Sorry to drop a bombshell, but if you do use Google, you’re not taking your privacy seriously at all.

The internet and harvesting of your information has changed rapidly over the past ten years, yet most folks still use the internet as they did years ago, with scant regard for their own privacy. It’s time to change that! It’s time to ditch Google!

Maybe you’re scratching your head right now and think I’m an idiot and talking nonsense.

How can we possibly not use Google in the modern world? We need to be online for a plethora of reasons.

You are absolutely right. We do, but we don’t need to use Google to be online.

According to Statista, almost 90% of us use Google to search online. No other provider comes remotely close. Google’s rise to world dominance is nothing short of remarkable. We really do live in a Google world.

Why do so many of us use Google?

We are conditioned that way, as most of us seem to think it is the only way to go online. To be fair, Google is fast, ultra-efficient and best of all, it’s totally free.

All correct. Apart from the last one. It is not free and far from it!

Remember that old phrase, “There is no such thing as a free lunch”? That’s Google.

We really are led to believe that we need Google. The truth is, we don’t. You don’t need Google to go online. You don’t need Google in your life.

The power that Google has over you if you use it, is close to unimaginable. Numerous tech experts now advise you to ditch Google and take back your privacy.

Google prioritises your search results towards its own products and services - understandable for them, but not good for you. You are directed towards what they want you to see and buy and because Google collects your search information and shares it with advertisers, your future searches are bombarded with ads for products you really don’t need nor want.

Google has even been fined after investigations into anti-competitive behaviour. No surprise there!

We’ve all been married to Google for years, but it’s grown way beyond a mere search engine. It is now an intrusive collector of your data. It is also a massive advertising giant with your data as its currency. I believe, it’s time to say, "Thanks for the past good times Google, but it’s now time to get divorced.”

How to browse the internet?

There are numerous options out there such as DuckDuckGo, Qwant and Swisscows. I use a company called Startpage and with them none of the above happens.

Are you interested in taking back control of your privacy, but think it’s just too complicated and a major hassle? Believe me it’s not. It’s a doodle.

Let’s get started.

First up, change your browser. For privacy reasons, I wouldn’t use Chrome or Microsoft Edge. One of the best browsers for your privacy, according to a growing number of experts, is Firefox. It is so easy to do. Just download it, then in your settings make it your default browser. Most importantly, for your actual search engine, use something like DuckDuckGo. I made the change around three years ago on the advice of a friend who knows a heck of a lot more about these things than me.

I have to admit, initially I was highly sceptical. How could anything possibly compete with the likes of Google? Was I about to step back into an outdated 1999 version of the internet? Not at all. My new search engine is brilliant; in fact, it’s better than Google in my opinion.

When you use an alternative to Google, you can search what you want to see, not what the provider wants you to see - no more ads popping up everywhere, pushing you to buy products usually related to Google and no more mining of your data.

How is all this possible?

Simple. Startpage for example, does not collect or share your personal information. They don’t track you or profile you. There is no filter bubble, so you actually get a wider variety of results.

It is so easy to use, you won’t believe it. Simply go to startpage.com or DuckDuckGo.com and in your computer settings make your choice your default search engine, then use it as per normal.

The search engine I use is based in Holland which has strict privacy laws and therefore is not compliant with any US laws like the intrusive Patriot Act, which can force a search engine company by law to hand over all the data they have on you. They cannot be forced to hand over your data and even if they did, there wouldn’t be any, because they don’t keep any. Check them out, they are a breath of fresh air.

What about email?

The chances are, you are still using a free account, like AOL, Yahoo or possibly Gmail. Remember that’s not free either. Again, it’s about your data and who you give it away to. Google has admitted in the past that they have scanned or ‘read’ some customers emails, although they now say they don’t. Think about that…!

Every time you buy something online, you get a confirmation email sent to your Gmail, which then allows them to follow your shopping history and what you’ve been spending your money on.

Once I ditched google, I then ditched my free Gmail account. I now use Startmail. Again, based in Holland, they do not read your emails. Ever! They say, “Privacy is not just our policy, it’s our mission.” I get no spam. My address is shared with no-one.

How good is my new email provider for privacy? I’ll tell you how good it is. Because they have not signed up to the new ‘initiative’ to force internet providers to make its users’ data accessible to the authorities, the Kremlin has blocked it in Russia. That speaks volumes. Putin blocking an email provider is the best recommendation of the email provider’s efficiency ever.

Another very good alternative for your email is Proton Mail. I use it for work.

Take back your privacy. It’s yours. It’s precious. Your data belongs to you, not big corporations. Ditching Google is easy and liberating. If you do it, you’ll never look back.
FIBRE

TELITEC CUTS PRICES FOR
EXISTING & NEW CLIENTS

up to 600 Mb / from 25 00 €
plus IVA per mth

Tel: 965 743 473
sales@telitec.net
www.telitec.com

Saving Our Planet With Fibre
Keeping You Connected...
A Message from Patron of the Royal British Legion, HMA Hugh Elliott

Most of you will know me as British Ambassador to Spain, but like many of us, I wear and have worn a variety of other hats. I’m a husband and a father. I have served as trustee of the British Spanish Society and Chair of Canning House, the UK’s centre for Latin America and Iberia. I am Patron of the British Benevolent Fund and an active supporter of Multiple Sclerosis charities. I also keep up the struggle against the impact of the gastronomic wonders of Spain through being a mediocre hockey and squash player. However, one of the roles I am most proud to fulfil is that of Patron of the Royal British Legion in Spain. We have just celebrated Armed Forces Day and the centenary of The Legion and I wanted to reflect a little on what it means to me and why its work is so important to UK Nationals in Spain.

I was honoured to attend a recent event in Orihuela, alongside serving officers, veterans, families, reservists and volunteers, to mark this double commemoration. Recently, I was lucky enough to be able to visit HMS Kent, while she made a port visit to Alicante – a visible demonstration of the close cooperation between the British Armed Forces and our Allies. It was international collaboration brought to life: we had a British frigate, working as part of a NATO task group, under the command of a Spanish admiral, contributing to Europe’s regional security. The ship’s captain had nothing but praise for the welcome he and his crew had received in Alicante, which is a glowing testament to our countries’ continued cooperation on defence and security. In historical terms we are in a particularly good place, as not all of the previous HMS Kents (and there have been eleven since 1652) enjoyed the same relationship with the Armada!

The work of The Legion is likewise both longstanding and bilateral. Over the last 100 years, it has fought to improve the lifelong care and support to serving and ex-serving personnel and their families, but its achievements are wider than many appreciate, both as champion of the Armed Forces and its contribution to wider society. It works very closely alongside Spanish charities such as Cruz Roja and makes every effort to relieve pressure on the Spanish support services where they can. Speaking at the anniversary event, the mayor of Orihuela, Emilio Bascuñana Galiano, could not have been more welcoming or supportive.

To many of us, The Legion is only visible during the Poppy Appeal, but as I was able to hear in person from Don Cubbon, District North Chair and many others in Orihuela, it provides year-round support, which goes largely unseen. Two years ago, the branches around Alicante and Murcia provided invaluable financial and practical assistance to those who were victims of the devastating floods. Over the last 18 months, the fundraising climate and COVID restrictions have made the work of the Community Support Team incredibly tough, but The Legion’s dedicated volunteers have found ways to deliver much-needed support to its beneficiaries in Spain, despite the difficult circumstances.

The Legion is an essential partner to our Consulates – sharing our Brexit and travel advice, providing financial assistance to welfare cases and supporting British prisoners with visits. The emotional, practical and financial support it has provided to vulnerable UK Nationals in incredibly complicated and challenging circumstances has been truly invaluable. It is not an overstatement to say that some individuals would not have made it through without it. That is why the work of the Royal British Legion in Spain matters and why, as we mark this important moment in its history, I look forward, come November, to wearing my poppy with pride; safe in the knowledge that – whatever the challenges of the future – The Legion will continue to serve our communities here in Spain for the next 100 years and beyond.
Another month passes and what a month! At the time of preparing this editorial we, like most of you, are suffering the unbearable heat. Whilst we are so lucky to be able to escape with fans, air conditioning and many with swimming pools, we cannot but think of those without such luxury, those for whom it is not possible and those animals without a home or left outside under the sun!

Please, if you know that animals pass by in your area, be considerate and help them by leaving bowls of fresh water daily for them. This is not a lot to ask really and could make a difference between life and death for one poor soul!

On a very, very sad note, we recently lost our beloved tiny Luna. A weeny Yorkshire Terrier, Luna was no longer able to be kept and her owner surrendered her to us. She moved in with our other 18 residents and began her retirement with us. We are so lucky that all of our dogs accept any newcomer and she was soon playing or curling up with one or another of them. Having had no essential vaccinations, passports, rabies or chip, this was then all done by the lovely Ana at the Veterinary Clinic on Camposol A. Luna then came into season which confirmed she had not been sterilised either and therefore that was to be the next procedure.

Two days ago Luna was not her normal self; not eating, not moving and clearly unwell. The following morning Roger took her to our other vets, Clinica Veterinaria Huercal Overa, where she was diagnosed as suffering with Pyometra, a life threatening uterine infection that most typically affects older or unspayed dogs, along with another problem of mammary tumours. Then hospitalised whilst our vets did their utmost, Luna began experiencing fits and despite all efforts she passed during the night.

This is another reason why all responsible rescues neuter their animals before homing, or if not old enough, insist by contract that it is done within a certain period of time. With considerable effort due to continuous regulation changes surrounding the pandemic, we were finally able to bring the amazing CHESS, FOREVER QUEEN, to Mariano’s to entertain our supporters. Having prepped everything for the evening, ie tables, staging, lighting etc we were then informed that a new regulation, that very day, dictated that the event be moved outside onto the terracing. We were then faced with the decision to either postpone or move to the terracing! Being determined not to let ticket holders down again, we moved outside. It was not as good visually, or as comfortable, but our guests were very supportive and, from what we experienced, they had a great time!

On that note we would like to add that CHESS are returning for us on 18th December to liven up our pre-Christmas celebrations! Fingers crossed we will be returning to the large salon and everyone can dance, rock with the CHESS lads and have a real celebration!

Tickets are already selling for our shows, ELTON JOHN on 7th August and QUEENS OF ROCK on 21st August. More top quality artistes coming from the UK via Carlton Entertainment.co.uk.
The theme for 2021 is Building Resilience Faster and will be held entirely online in a new digital format designed to ensure that people across the world can collaborate to find solutions to the world’s greatest water-related challenges. Thanks to the generosity of the convening organizations, all sessions will be available free of charge to registered participants, but participants are encouraged to purchase a Networking Pass, to get access to the full World Water Week experience. Your Networking Pass opens the door to discussions, speed networking, post-session conversations and other interactive activities that allow you to expand both your knowledge and your network.

There will be more than 300 sessions on a broad range of topics. Much of the programme evolves around five top challenges that require our immediate attention – learn more here about how they are linked to water.

Topics that will be explored during World Water Week 2021:
1. How has the global pandemic changed people’s perception of water, sanitation, and hygiene?
2. How can smallholder farmers become more food secure?
3. What can business do to strengthen biodiversity?
4. How do countries develop water-related solutions ahead of the climate summit COP26?

World Water Week is known as an unusually friendly and hands-on conference where it is easy to meet people from all over the world, including students, CEOs, top politicians, grass-root groups, researchers, intergovernmental organizations and many others. One-third of participants are under 35, almost half of whom are women. Some participants are distinguished authorities on different water issues, while others have only just discovered that water is crucial to something else that they care deeply about, like climate policy, poverty reduction or city planning. What all these participants have in common is that they want to collaborate to address the world’s major challenges. If you feel the same way join World Water Week 2021!
Our fundraising efforts continue at a pace and June saw three wonderful events:

19th June @ The Friendly Bar in Orihuela Costa.
This event featured our Tombola & Name The Teddy and raised a magnificent €421. Our volunteers Les and Denny did a wonderful job on the day, thank you.

19th June @ Brew Rock in Albir.
The event was the brainchild of Charlie Brown who was keen to raise awareness of mental health in Spain as well as raise money for an organisation that is trying to help people cope with their struggles - Samaritans in Spain. He approached Lisa Griffin who is the owner of the Brew Rock who was only too happy to host it. Mario is an entertainer and is very well known for his Boy George tribute act. It was Mario that asked the various artistes if they would be willing to give up their time and perform at the event. There were around 25 acts in total and the event continued into the early hours. The money raised was a truly staggering €3308.43, via a very successful Raffle, the selling of Cakes and a number of Collections that went round throughout the day and evening to which people gave very generously.

28th June @ The Emerald Isle in Orihuela Costa.
This was an event hosted by our Patron, Stevie Spit BEM. It featured our Tombola, Name The Teddy and a new game with the Treasure Map. It was a great afternoon. Thank you to all at The Emerald Isle and our volunteers, Donna and Les, who helped out in raising a wonderful €418.

If you would like to Volunteer to become either a Trustee, Listener, Fund Raiser or a Shop Volunteer please visit our website www.samaritansinspain.com for further information.

Our Listeners remain available on our Freephone number 900 525 100 from 10am-10pm, 7 days a week, 365 days a year. ALL calls are confidential. IF you need to talk then please call us.

If you would like to donate to us, you can do so via PayPal on paypal@samaritansinspain.com
If you are a business owner and would like to sponsor us in any way, please contact us at pat@samaritansinspain.com

---

If you would like to donate to us, you can do so via PayPal on paypal@samaritansinspain.com
If you are a business owner and would like to sponsor us in any way, please contact us at pat@samaritansinspain.com
Holiday time is here again at last after so many months during COVID restrictions: the returning holiday-home owners remark that they’ve not visited for such a long period and that they’ve noticed a big difference since the last time they visited. All the plants and trees have grown a huge amount after the wet Spring followed by such warm weather! Thanks to everyone for your donations and to those who give unwanted plants and pots (plus cool drinks offered to our Maintenance Team workers). Apologies if we wake anyone; the team begin sweeping, spraying and cleaning at 7am on Mondays during Summer because of the exhausting heat - it’s impossible to clean streets silently! Four members of our Team also went across to Camposol B to help their volunteers clear the central reservation on their part of the dual carriageway this month.

Our Wednesday Volunteers have been - surprise, surprise - weeding and watering! This is a huge burden in the Summer months, so if you have any spare time, please give the plants near your home a drink. Every area is suffering in these high temperatures. They have also been planting donated trees & plants, trimming, plus dead-heading established ones and more overgrown areas have been cleared.

There have been a couple of road accidents on our section of dual carriageway this month, resulting in the volunteers helping with a tree being transplanted and rubble cleared from the road. We welcomed new volunteer John4, who kindly turned out despite only being here on holiday and returning volunteer, Andrew. We would like to invite anyone else interested in volunteering with us to come down to the Welcome Wall on Camposol C at 9am on Wednesdays: a free breakfast is on offer!

May we politely request that dog owners pick up any mess their pets leave behind? It only takes a minute to put a bag in the bin and will keep the area smell, germ and poo-free, thanks.

Further information is posted either on our chalkboards, Facebook groups; Green Fingers Camposol and Camposol C Sector Group or contact John, our Chairman, on 634 325 427

The ‘Palm Troopers’ are out cutting back the overgrown trees, the Ground Workers are out mowing, watering, weeding and Joan is doing a marvellous job pruning the roses (at 7.30am!) in the Memorial Garden, on a Monday and they are looking lovely. Alan continues to look after the Post Room (which he does over the weekends) and I am sure all of us on Camposol A appreciate his efforts. We will not be having any ‘blitz’ clean ups during August, but these will start again in September when the weather is cooler.

We are sad to say that Rob, who many of you know and have passed at the top of the stairs for many years on Market Day, has ‘hung up his hat’. We are very grateful to Rob for all his hard work over the years.

The ground surrounding the new Play Area has been cleared by the Council. We are told that the Mayor is planning an official opening, but we do not have a date for this as yet.

We will be doing a Bucket Collection at some of the music events being held at Cat’s Bar on a Thursday afternoon and possibly a Raffle once a month. We are grateful to all of you who contribute at these events which helps with our running costs.

Our Library will remain open through the summer months and is open from 10am-12.30pm. We have a large selection of books for you to choose from.

I have been asked to remind you that if you have any large items to be collected by the rubbish collectors could you leave these outside the bins the day before the collection dates which are the 1st and 16th of the month. This will avoid the streets looking untidy for weeks at a time.

We are planning some social events for later in the year and these will be posted as soon they are finalised.

Enjoy the summer and we thank you all for your continued support.

If you wish to contact us, our email is lospalaciosgardening@icloud.com. We also have a box in the Post Room on Camposol A under number 915 Los Palacios Gardening Group.
Hello Ladies,

What an unexpected life we have been obliged to lead these last 18 months or so! There has been nothing like it ever before in our lifetimes. I think we have all coped amazingly well. We have in the main stayed isolated, not going out, not mixing, but still finding things to do. We have supported local businesses whenever possible; knitted, crocheted and sewed for our continuing support of Rosa Caritas.

The last few weeks have been, as usual, a mix of positives and negatives. As the temperature rockets to record highs, the B Clean working party was anxious to get the weeding of Los Covachos completed before the group had to stand down. This substantial task has been completed albeit with assistance from Greenfingers group.

The oleanders have produced a remarkable number of blooms despite the late pruning of the bushes caused by a combination of COVID restrictions and lack of volunteers. Due in no small part to the efforts of Colin Thackwell, we have received sufficient donations to fill the hole in the group's finances arising from the payment to contractors to do the palm tree cutting again this year. It will, of course, be remembered that this is a situation in which private individuals are effectively funding work which is the responsibility of Mazarrón Council, so we hope that this is the last time we have to attack the piggy bank in this manner.

Finally, some work has been carried out to restore the petanca pitches which had suffered earlier this year when the heavy rain (remember what that is anybody??), had washed down soil and clay onto the gravel paths. The retaining walls have been reinforced and the blockwork topped off with new tiling. This work was carried out in addition to the usual work party schedule with donations of materials by members. As and when time permits, other work will be carried out to try and stabilise the area to prevent a repetition of the slippage.

Unfortunately, the usual ‘minus’ was still there, namely limited support of the group’s work by members of the public. We still have just 4 people turning out on a Tuesday morning to undertake the basic maintenance of the sector, plus a few individuals who perform other gardening and clearance duties on a more ad hoc basis. It is rather embarrassing to admit that one of the regular attendees to the work sessions doesn’t even live on B but elsewhere on the urbanisation! The lack of support was highlighted when members of Greenfingers felt the need to volunteer their services to assist with the weeding of Covachos so that the work could be completed before the Summer break. We were, of course, hugely grateful for their aid, but doesn’t anybody else feel even a bit uncomfortable that this had to happen? At present, less than 1% of the population of Camposol B actually helps look after their home ‘turf’. The day-to-day maintenance of the public areas is a big enough job and when you add problems caused by fly-tipping and wanton damage to trees and plants, it really is too much for so few people. Perhaps, after the Summer and our work resumes, more volunteers will take up the challenge and help keep their area looking as good as possible. Fingers crossed???

The last few weeks have been, as usual, a mix of positives and negatives. As the temperature rockets to record highs, the B Clean working party was anxious to get the weeding of Los Covachos completed before the group had to stand down. This substantial task has been completed albeit with assistance from Greenfingers group.

The oleanders have produced a remarkable number of blooms despite the late pruning of the bushes caused by a combination of COVID restrictions and lack of volunteers. Due in no small part to the efforts of Colin Thackwell, we have received sufficient donations to fill the hole in the group's finances arising from the payment to contractors to do the palm tree cutting again this year. It will, of course, be remembered that this is a situation in which private individuals are effectively funding work which is the responsibility of Mazarrón Council, so we hope that this is the last time we have to attack the piggy bank in this manner.

Finally, some work has been carried out to restore the petanca pitches which had suffered earlier this year when the heavy rain (remember what that is anybody??), had washed down soil and clay onto the gravel paths. The retaining walls have been reinforced and the blockwork topped off with new tiling. This work was carried out in addition to the usual work party schedule with donations of materials by members. As and when time permits, other work will be carried out to try and stabilise the area to prevent a repetition of the slippage.

Unfortunately, the usual ‘minus’ was still there, namely limited support of the group’s work by members of the public. We still have just 4 people turning out on a Tuesday morning to undertake the basic maintenance of the sector, plus a few individuals who perform other gardening and clearance duties on a more ad hoc basis. It is rather embarrassing to admit that one of the regular attendees to the work sessions doesn’t even live on B but elsewhere on the urbanisation! The lack of support was highlighted when members of Greenfingers felt the need to volunteer their services to assist with the weeding of Covachos so that the work could be completed before the Summer break. We were, of course, hugely grateful for their aid, but doesn’t anybody else feel even a bit uncomfortable that this had to happen? At present, less than 1% of the population of Camposol B actually helps look after their home ‘turf’. The day-to-day maintenance of the public areas is a big enough job and when you add problems caused by fly-tipping and wanton damage to trees and plants, it really is too much for so few people. Perhaps, after the Summer and our work resumes, more volunteers will take up the challenge and help keep their area looking as good as possible. Fingers crossed???
News From Your Councillor For Camposol and International Relations

Email: silvanaeb@mazarron.es

Mazarrón Council is not responsible for areas or properties not belonging to the public administration such as private homes, private pools, private land, industrial spaces, private parking areas etc.

It is illegal for the Council Environmental team to enter private areas, therefore they should not be asked or expected to provide vermin or mosquito treatment outside of their legal boundaries. House-owners are responsible for the treatment of pools with mosquito larvae, as well as using the appropriate insecticide to kill cockroaches, or purchasing the widely-available mouse/rat traps to eliminate rodents within their home or garden. The presence of vermin in public areas should be reported to the Council Helpline Linea Verde, who will inform the appropriate department accordingly.

Citizens are responsible for maintaining the hygiene and health standards of their private properties. They must take adequate measures to control pests, such as:

- Maintain the pools with the appropriate level of chlorine to avoid the proliferation of mosquitoes.
- Cover the pool with a tarpaulin if they are not going to use it for a long time.
- Regularly watch out for rodents in the areas that present the most risk (pantries, garages, etc.).

Protecting one’s property from vermin and mosquitoes is of major importance when living outside the city, so that the best of country life can be enjoyed by everybody.

Your Councillor can be contacted on: silvanaeb@mazarron.es

Leaflets provided by Mazarrón Council with Recommendations For Pest Control are available from the Camposol Social Centre. They broadly provide the following information which include clarifications on the obligations of the Council and the responsibilities of the citizens:

The Council is responsible for pest control in public spaces and public buildings or facilities that are publicly owned and generally used by the citizens. These include municipal buildings, public roads, public areas, cemeteries, boulevards, municipal swimming pools, sports and social centres, parks and gardens, etc.

Camposol is situated in a beautiful rural area, which offers a nearly-perfect environment, plagued sometime by the presence of vermin and mosquitoes, which, fortunately, can be kept at bay with some extremely effective insecticide-sprays available at every supermarket and ferreteria.

It has been a very busy few months for all that help with Age Concern and we would like to thank everyone for their continued support and donations.

We are very pleased and excited to announce our move to new premises on Avenida Los Covachos 2B, Camposol C. We will be having a grand opening day on Monday 6th September. All are welcome to come along and see our new Age Concern Social Centre House and enjoy the celebrations with us. This new start will help us as an organisation to offer more to the community.

The Social Centre House will be open Monday to Friday, 10am-2pm. Each day Age Concern will be offering various interests and activities, when people can come together and share similar hobbies and interact with like-minded people for some fun and time well spent together.

Let's Catch Up Over Tea, Coffee and Cake

We have also been busy preparing various fund raising events for the months ahead, so please have a look at our Facebook page Age Concern Costa Cálida. Give us a click and a ‘like’. Stay updated with our regular posts and have a look at the various events and save the dates in your diary and book your tickets!
Shaun has run the Expat in Mazarron YouTube channel since arriving in Spain in 2015. It’s all about him living in Spain, where he lives (Camposol), places of interest, property, going out walking and many more things about Spain. Shaun set up Camposol Explorers which is about going out exploring once a month in the Murcia Region. If you want to join, please contact Shaun on FaceBook Expat in Mazarron.

July outing to Sierra Espuña.

Our first location was Castillo de Aledo (Google Maps Sat Nav location) about a 40 minute drive from Camposol. Aledo was built in the Middle Ages by the Moors as a castle. The only thing standing now is the Tower and some defense walls.

The Tower is open to the public during the week from 11am-2pm. The cost was 1€ entry. There are some amazing views from the top.

Shaun has run the Expat in Mazarron YouTube channel since arriving in Spain in 2015. It’s all about him living in Spain, where he lives (Camposol), places of interest, property, going out walking and many more things about Spain. Shaun set up Camposol Explorers which is about going out exploring once a month in the Murcia Region. If you want to join, please contact Shaun on FaceBook Expat in Mazarron.

July outing to Sierra Espuña.

Our first location was Castillo de Aledo (Google Maps Sat Nav location) about a 40 minute drive from Camposol. Aledo was built in the Middle Ages by the Moors as a castle. The only thing standing now is the Tower and some defense walls.

The Tower is open to the public during the week from 11am-2pm. The cost was 1€ entry. There are some amazing views from the top.

By 1924 the use of these wells came to an end. As you can see from the group photograph, you can go down inside the snow well. Make sure you wear your walking boots and have plenty of water with you.

Our second location was Mirador Sierra (Google Maps Sat Nav location). At the carpark you can see the snow wells. Built between the 16th & 19th Century, 28 snow wells, (most are just ruins), but two have been completely re-built for viewing.

Our second location was Mirador Sierra (Google Maps Sat Nav location). At the carpark you can see the snow wells. Built between the 16th & 19th Century, 28 snow wells, (most are just ruins), but two have been completely re-built for viewing.

Our third location was Sierra Espuña (Google Maps Sat Nav location). This is the Information Centre of the Espuñas, which houses a small museum telling you about the Park. It is a good starting point for walks and there are plenty of places to go off exploring. If you’re lucky you may see squirrels, wild sheep, wild boars and you may see the golden eagles above. There is also an electric point if you have an electric car.

Our third location was Sierra Espuña (Google Maps Sat Nav location). This is the Information Centre of the Espuñas, which houses a small museum telling you about the Park. It is a good starting point for walks and there are plenty of places to go off exploring. If you’re lucky you may see squirrels, wild sheep, wild boars and you may see the golden eagles above. There is also an electric point if you have an electric car.

The Tower is open to the public during the week from 11am-2pm. The cost was 1€ entry. There are some amazing views from the top.

Our second location was Mirador Sierra (Google Maps Sat Nav location). At the carpark you can see the snow wells. Built between the 16th & 19th Century, 28 snow wells, (most are just ruins), but two have been completely re-built for viewing.

Our second location was Mirador Sierra (Google Maps Sat Nav location). At the carpark you can see the snow wells. Built between the 16th & 19th Century, 28 snow wells, (most are just ruins), but two have been completely re-built for viewing.

We then back tracked towards Totana to La Santa, the old monastery which is now a hotel, for a coffee to end the day.

By 1924 the use of these wells came to an end. As you can see from the group photograph, you can go down inside the snow well. Make sure you wear your walking boots and have plenty of water with you.

Our third location was Sierra Espuña (Google Maps Sat Nav location). This is the Information Centre of the Espuñas, which houses a small museum telling you about the Park. It is a good starting point for walks and there are plenty of places to go off exploring. If you’re lucky you may see squirrels, wild sheep, wild boars and you may see the golden eagles above. There is also an electric point if you have an electric car.

Our third location was Sierra Espuña (Google Maps Sat Nav location). This is the Information Centre of the Espuñas, which houses a small museum telling you about the Park. It is a good starting point for walks and there are plenty of places to go off exploring. If you’re lucky you may see squirrels, wild sheep, wild boars and you may see the golden eagles above. There is also an electric point if you have an electric car.

Please check out the video on YouTube channel - Camposol Explorers Spain July 2021.

Our next outing is to Oasys, a Spanish Western-styled theme park near the town of Tabernas in Almeria Province, also known as Mini Hollywood. This outing will take place (weather permitting) on Friday 6th August and of course subject to the restrictions on group numbers allowed at that time.
Dogs of all shapes sizes and personalities cross our doorstep and our priority is to find them all loving and caring homes. Unfortunately some just seem to take longer than others. It is of no surprise that the majority of dogs found in Spanish Perreras are large or have a PPP label (perros potencialmente peligrosas/potentially dangerous dogs) and we are often approached to help in their rehoming. Dog breeds that are considered to carry this label include the Pit Bull Terrier, Rottweiler, Staffordshire Bull Terrier, American Staffordshire Terrier, Dogo Argentino, Fila Brasileiro, Tosa Inu and Akita Inu. Owners of these dogs must follow certain rules and regulations in Spain, but once put in place they are not too arduous or difficult to implement. We have great difficulty finding homes for these often wonderful and friendly dogs. One should never be put off because of paperwork from owning these lovely breeds, especially if you have the correct knowledge and experience. They will provide you with as much love and devotion as any other dog breed and as such are deserving of a loving family.

In Spain the onus is put on the owner to prove that they have the capabilities to look after such dogs which can only be a positive thing.

We would like to bring your attention to the following procedures which are necessary in order to own a PPP dog:

* Probably the most time consuming task is obtaining a licence which is mandatory. You should apply for your licence at your local Town Hall who will inform you of the appropriate department to approach. You will be checked to see if you have a criminal record and there will be a health check both mental and physical. They may also confirm if there have been any complaints made by neighbours against you. This process incurs a small cost, but once gained, the licence will last for five years and means you are qualified to own and walk a PPP dog. It is not a difficult feat.

* Other requirements of owning one of these dogs are that they must be muzzled when you are out in a public place. You must also have your dog microchipped, insured and its vaccinations must be up-to-date; something you would hope all responsible dog owners would do anyway.

* The insurance is perhaps the easiest to acquire and comes in at around €30 a year.

Remember that regulations can change depending on where you live in Spain and some dogs might be considered dangerous because of certain characteristics; it is always best to check.

If you feel you would like to offer a PPP dog a home, please contact FMA for more information.

Don't all dogs deserve a chance?

Private message our Facebook page at Friends of Mazarrón Animals
Tel +34 711 032 574 (WhatsApp or Message) Spanish and English


Join our teaming group.
Donate just €1 per month. https://www.teaming.net/friendsofmazarronanimals

Donations can also be made at:
PAYPAL fma.murcia@gmail.com
Bank Account ES39 3058 0206 9227 2050 7854 (BIC CCRIES2AXXX)
Without your help we can’t help the people that need us most. A massive thank you to everyone who has helped by donating much-needed money, furniture, clothes, bric-a-brac etc. which are the lifeblood of our fund raising in our Totana shop. All money raised is used to help those locally diagnosed with cancer, so a huge shout to all our volunteers without whom we couldn’t continue.

**What We Do**

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

* Being diagnosed with cancer.
* Affected by a spouse or partner having cancer.
* Bereavement due to cancer.
* Respite from spouse or partner with cancer.

Since the quiz started in June at Rendezvous, Camposol A, the quiz and raffle have raised an impressive 586.20€. A big thank you to all who made it possible and all those who bought raffle tickets. It is hugely appreciated and really makes a difference.

**The Diner Quiz**

The Charity Quiz at the Diner raised 350.30€ on June 16th. Once again a massive thank you to all who bought tickets and to Sue and her team for all the sterling work.

**MABS Respite Home** - Avenida Los Covachos, Camposol B

This is dedicated to the first class provision of Respite Care and Hospice Care, with 24 hour care being given to residents by 2 legally registered Care Agencies.

In July a reserve water tank was installed to ensure that there is no loss of water in the future due to frequent water leaks on Camposol and to ensure the comfort and safety of any residents.

Opening times 10am-2pm Monday-Friday

**MABS Shop, Avenida Juan Carlos I, Totana**

We rely on donations from you! Take the first exit at the first roundabout coming into Totana from the RM3.

We still urgently need furniture, clothes and bric-a-brac to sell to raise funds.

Opening times 10am-1pm Monday-Thursday

**Small Items**

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

**Collections**

For furniture and larger items, our van runs Mondays, Wednesdays, Thursdays and Fridays. Please call 634 313 478 to arrange collection.

If you need help call our Helpline 620 62 24 10

For more information go to www.mabscancerfoundation.com
Check at your local Tourist Office for full details of Events
The use of a masks, complying with safety distances and the use of hydroalcoholic gel is mandatory.

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

Contemporaneos de Coronado
Permanent Art Exhibition – Auditorio
Doña Elena
Thur-Sun 7pm-10pm

Free Outdoor Films
Monday 2nd August – Mujercitas 10pm
Tuesday 3rd August – Jumani. SIGUITE
Nivel 10pm
Saturday 7th August – Truhanes. Projection y Plastica 9.30pm
Friday 13th August – Padre No Hay Mas Que Uno 10pm
Saturday 14th August – Forest Gump 10pm

Mazarrón Jazz Festival @ Plaza Antonio Cortijo
Tickets at 10€ available from Archaeological Museum/Library/El Horntillo Cinema/Sol y Mar Bar Restaurant
Friday 6th August
Randy Greer & The Cole Diggers
Saturday 7th August
The Swing Machine Orchestra
Ruta del Ferrocarri
Check at Tourist Office for availability.

Alhama de Murcia
http://turismo.alhamademurcia.es/
Tel 968 633 51 – Tues Market
There are some fabulous walks in the Sierra Espuña National Park.
Go to http://turismo.alhamademurcia.es and click on Paths of Sierra Espuña. You will find full details of all walks available and a map that you can download.

Sunday 8th August - Speed Painting Competition from 9am @ Gebas Social Centre
Register at Tienda Catalina, Alhama by 2pm on Friday 6th August.

Fuente Alamo
Sat Market
Every Wednesday – Hacienda del Alamo Women’s Association Coffee Morning @ The Club House 10am-12pm

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.

Viva Lorca Festival 10€/15€
Friday 17th September – Bombai
Saturday 18th September – Shinova
Saturday 25th September – La Pegatina

This open-air festival will be held at La Herta de la Rueda/Plaza de España/La Merced Complex
Tickets from www.compralaentrada.com

Mazarrón
www.mazarron.es
Tel 968 594 426 – Sat Market
Free Zumba Classes
Playa del Puerto 10.30am & 6.30pm
Playa de la Rey 12pm & 8pm

Free Guided Tours in Mazarrón area.
Monday 2nd August – Castillicos
Tuesday 3rd & Saturday 7th August – Historical Puerto de Mazarrón
Friday 6th August – Sierra de Las Moreras-Casal de Bolnuevo
Monday 9th August – Camping Las Torres-Los Molares
Tuesday 10th August – Lonja de Pescadores
Thursday 12th August – Lagrimas de San Lorenzo
Saturday 14th August – Mines of Mazarrón
Monday 16th August – Puntas de Calnegre-Percheles
Thursday 17th August – Lonja de Pescadores
Friday 19th August – La Atalaya-Coto Fortuna
Saturday 21st August – Cabezo del Plomo
Monday 23rd August – Evening Tour of Mazarrón
Tuesday 24th August – Torres de Los Cabelleros
Friday 27th August – El Alamillo-Rambla Alameda-Balsicas
Saturday 28th August – Mines of Mazarrón
Monday 30th August – 1st Stage of Via Verde – Mazarrón-Saladillo
Tuesday 31st August – Lonja de Pescadores
Saturday 4th September – Mines of Mazarrón

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

Neighbourhood Summer Events
Tuesday 3rd August – Sports Events @ San Isidro Sports Track, Mazarrón 7pm
Wednesday 4th August – Film - Padre no Hay Más Que Uno 2 @ San Isidro Sports Track, Mazarrón 10pm
Tuesday 10th August – MultiAdventures @ La Aceña Sports Centre 7pm
Wednesday 11th August – Film – Trasto @ La Aceña Sports Centre 10pm

Tuesday 17th August – Film – Zapatos Rojos Y Los Siete Trolls 10pm - venue to be confirmed
Tuesday 24th August – MultiAdventures @ Next to the Campsite, Bolnuevo 7pm
Wednesday 25th August – Film – Campeones @ Next to the Campsite, Bolnuevo 10pm
Tuesday 31st August – MultiAdventures @ Next to Casa de la Cañadica 7pm

Wednesday 1st September – Film – Las Gallina Turuleca @ Next to Casa de la Cañadica 10pm

Concerts and Theatre
Tuesday 3rd August – Monologue with David Guapo @ Mirador Bahia 10pm
Thursday 5th August – Recital of Poetry Mares de Papel @ Mirador Bahia 10pm
Friday 6th August – Las Caporales @ Town Hall Square, Mazarrón 10pm
Saturday 7th August – Javi Chou @ Town Hall Square, Mazarrón 10pm
Tuesday 10th August – Monologue with Carmen Alcayde, Carolina Noriega & Nerea Garmendia @ Mirador Bahia 10pm
Thursday 12th August – ‘Paraisos Urbanos’ with Juan del Van @ Mirador Bahia 10pm
Friday 13th August – ‘Nana’ with Raphael Garcia Castillo @ Mirador Bahia 10pm
Thursday 19th August – Author Javier Sierra @ Mirador Bahia 9pm
Friday 20th August – ‘Apnia’ with Rafael Garcia Castillo @ Mirador Bahia 10pm
Friday 27th August – ‘Pedro Cano. Pintar el Viaje’ with Rafael Garcia Castillo @ Mirador Bahia 9.30pm
Saturday 28th August – Closing Event - Heavy Metal ‘Dunidain’ @ Mirador Bahia 10pm

Free Summer Cinema 10pm @ La Isla
Monday 2nd August – Sonrisas y Lagrimas
Thursday 5th August – Atrapa La Bandera
Monday 9th August – La Pantera Rosa
Thursday 12th August – El Otro Lado de la Cama
Monday 16th August – Con Faldas y A La Loco
Thursday 19th August – Superlopez
Monday 23rd August – Mucho Ruido y Pocas Nueces
Tuesday 26th August – 100 Metros
Monday 30th August – Los Cabelleros Las Preferien Rubias

Free Jazz Concerts
The Department of Culture of the Mazarrón City Council and the Jazzaza Club (Murcia) have prepared a series of Jazz concerts that will take place during the summer months in Puerto de Mazarrón. Rejazz will feature one in August and one in September. All concerts will start at 10pm at El Mirador de Bahía. Cabezo de la Rey - Puerto de Mazarrón.
Now the summer heat has arrived, we urge you to remember to keep hydrated, drink plenty of water and avoid direct sunlight if not using sun protection. Wear a hat and avoid strenuous exercise during the hottest part of the day.

If you have to call for an ambulance, call 112. If you have to call for an ambulance, please give them the name Mr Barry Hamilton, who is the President of MABS, the Murcian Health Authority.

It has been more than 16 months since we were responding in person. As regulations ease we may be able to resume our valuable service by responding in person. recruitment@fast2016.org

As we have been unable to train in the Social Centre, Camposol B since March 2020 all our Responders need to be refreshed and recertified with the Murcian Health Authority. We need access to the Social Centre to carry out this essential training. Again this will be a decision made by the local authorities.

Call FAST On 868 487 015 For Help And Information.

We Will Be Able To Give Valuable Assistance And Information Over The Phone.

If You Are Feeling Lonely, Down or Depressed and Need To Talk to a Trained Listener in Confidence, You Can Call Our Help Line on 634 308 362. This Service Is Available To All In The Murcia Region

FAST is still looking at purchasing defibrillators for Camposol. These may save a life of someone suffering a heart problem. We have attempted to contact the Chief of Emergency Services in Mazarrón, but he has not been available. We have now written to him and the local Mayor.

Now the summer heat has arrived, remember to keep hydrated, drink plenty of water and avoid direct sunlight if not using sun protection. Wear a hat and avoid strenuous exercise during the hottest part of the day.

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

The FAST nurses are collecting on Camposol every Monday. Please give them a friendly wave. We appreciate all donations no matter how small. Thanks to Allen’s shop in Camposol for helping change our collection money.

Our Authorised Trainers conducted a course on AED (Automatic Electronic Defibrillator) and CPR (Cardio Pulmonary Resuscitation) at the Camposol Golf Club for 8 of their employees, as the Golf Club has purchased a defibrillator for their use.

A Golf Club near San Javier have approached the Murcian Health Authority to ask where they can get an English speaking First Aid trainer for their Golf Club. The MHA (Murcian Health Authority) gave them the name Mr Barry Hamilton, who is the President of FAST and Chief Trainer. A first aid course is being arranged for them. Each student has to be registered with the MHA.

After discussions between Mr Tony Dwyer, FAST’s Procurement Officer and MABS’ Bev Thompson, FAST members agreed to purchase some essential items for MABS Camposol. They have a funding problem due to their fund raising shops that have been closed during the pandemic. MABS are members of the Camposol Charities Round Table Group along with FAST, Age Concern and The Royal British Legion. We thank all those who donate to FAST. We are certain that the good people of Camposol trust us to spend their donated money wisely.

It is with great sadness that we have to report the sad death of a former responder, Andy Burnett. Our thoughts are with Sharon and their family.

In a Medical Emergency Call 112 First Then Call FAST On 868 487 015
If You Or Someone You Know Is Depressed or Lonely or Just Needs To Share Their Concerns, They Can Call the FAST Help Line On 634 308 362.

More information can be found on our website; fast2016.org

YOU ARE NOT ALONE. ALL WE DO IS FOR ALL OF YOU.
The Advantages Of Having Your Internet With An Own Municipal Data Network

In this article we will try to explain why it is important to choose a local telecommunications company with their own municipal data network, like Grupo Telecable.

Grupo Telecable have a series of values that set them apart from other service providers and having their own physical infrastructure for data transmission in the towns where they operate is probably among the most important ones. They also have their own staff of installers and their technical team to solve any issues.

Grupo Telecable do not subcontract any service. This gives them the power of total management of the network, enabling them to immediately tackle any fault or problem that might occur. For instance, a snow storm such as the one that occurred in January this year in a large part of Spain caused some local problems in the main trunk connection to Madrid. This was due to the weight of the snow, making it impossible to access certain locations, together with a fire in business premises affecting their own cabling in the town. These events can cause short interruptions of service, which are normally resolved within a few hours by their technical team.

These problems that occur, in most cases by weather conditions or human accidents, are unpredictable. Similar issues affect the water supply of our towns, or the electric, and roads and railways, and also telecommunications services.

However, due to the fact that Grupo Telecable own their telecommunication networks and they do not rent these from third parties, they can locate the fault immediately it occurs and their technical team, also part of Grupo Telecable, is ready to go and resolve the issue without the need to wait for their customers to call and for them to contact the network provider to request assistance. This is what happens with other companies that do not own their data network and when a problem occurs, they need to rely on third parties, which sometimes are competing with the company for the same market.

From the beginning, Grupo Telecable has in-sourced, creating departments, logistical platforms and their own cabling within the company in order to provide their thousands of customers a quality service, with total control of their own network and of the different departments operating in it. This grants them a competitive advantage for problem diagnostics and resolutions when any unforeseen event occurs.

It is important for Grupo Telecable to keep growing, but they will not compromise the highest quality of service to their customers.

The satisfaction of their customers is reflected in their purpose statement: “Cutting edge technology with traditional customer care.”

Chained-Up

Here in Spain, I recently read an account concerning a dog being rescued from a yard without shade, shelter, sufficient food or water. In itself this would have been bad enough but in addition the poor animal was also chained-up and couldn’t even walk around the small space it was living in and this had been going on for at least three years. Remember that temperatures in Spain can get into the 40ºC range and then freezing in the Winter.

Once rescued and treated for the inevitable hair loss and other physical afflictions the dog had endured, he was re-homed and now lives with people who care for him and will love him for the rest of his life. What sort of low-life individuals would treat any animal with this complete lack of care and attention? Perhaps they are related to the chicken farm workers who played ‘football’ with chickens as the ball before stuffing them into cages to send them for slaughter and ultimately supermarket shelves, or the companies who still use animals for research to test for any adverse effects from the cosmetic products they are hoping to sell?

Unwanted pets are dumped miles from home and left in the wild to cope for themselves because their owners cannot be bothered anymore. God cares about people. Remember that Jesus came and died to release us from our chains, but God also cares about animals He has created and we should too.

Threatening Nineveh with destruction because of their cruelty and debauchery God said to Jonah, “And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left and also many animals?”...Jonah 4 v 11.

Remember

You can join us on Zoom on any Sunday Morning at 11am Spanish Time and 10am UK Time.

On Sunday 22nd August we will be looking at The Topic of ‘James And John’ with Christianity Explored which is a well produced Video raising questions around the Topic. ZOOM ID 858 0435 5966 PASSWORD is - Sharing

All Are Really Welcome Feel Free.
Just relax!

It is time to enjoy the best internet service

We strive to give you the most efficient service proven for years, excellent customer care and the best value for money.

C. Barcelona local 1, C.C. Sector A, Camposol  ☎ 968 171 144
Av. de la Libertad 257, Los Alcázares  ☎ 868 170 700

www.grupoteleicable.es

Fibre Optic
up to 600 Mbps
from € 25,00 /Month iva incl.

Cutting edge technology with traditional care
Otto Animal Sanctuary (OAS) is a legally registered charity based near Camposol A showing compassion to all animals. Current residents include horses, donkeys, dogs, cats, pigs, chickens, rabbits and tortoises.

**Fostering**
We have a number of dogs needing foster homes. Please visit our Facebook page for updates on dogs looking for foster homes.

**Sponsorship**
We are delighted to report that more sponsors have come forward since our last update. Pandora is a beautiful young filly, now being partially sponsored by Diane and Ian.

Colt, our lovely Appaloosa horse is being partially sponsored by Mandy. (*Partial* sponsors pay €20 per month, but the true cost to keep the animal is at least 10 times higher than that so we do have multiple sponsors for the larger animals.)

Sponsors get to spend quality time on a one-to-one basis with their chosen animal.

**OAS Teaming**
Register for teaming. Once registered you can join the group to become a valuable team member. Your monthly 1€ donation collectively will help towards vet fees and everyday care.

**Fund Raising**
On Monday 6th July, outside The Diner, Camposol B, John Fitzmaurice was publicly 'waxed' to raise money. He saw our post about our caravan being stolen. It was our only source of shelter and storage. John and his family raised €480 as donations kept arriving over the following days. John and Deana’s daughter Devon, and her best friend Holly, went round to all the other bars on the night asking for donations in exchange for 'Daddy Getting Waxed'. Well done girls!

Debbie Balser recently got married and sent us a very generous donation of €100. Congratulations to Mark and Debbie and a big thank you!

Watch out for details on future events which sadly are still all subject to change regarding restrictions.

**Volunteer Groups**
We are continuing to receive offers of help at OAS, but we could still use more please. A group of ladies who love horses have organised a rota system during the evenings. It is hard work, but good fun. Please let us know if you can spare a few hours per week.

**Equipment**
A lady kindly donated all the garden tools from her shed, but we still need more wheelbarrows, pitchforks and shovels please.

**Veterinary Supplies**
The vets on Camposol A has a list of items we desperately need. There is also a donation bin outside Luz Del Sol estate agents where you can leave items such as flea and tick treatments or wormers. Thank you to the lady who left a bag of carrots in the bin.

**Food**
Piensos Fuentes, Mazarrón Town (next to Navarro Stationery) will accept donations of animal food. They have a list of horse feed, corn for the chickens and pig food.

We are keen to build our own brick-built kennels and cattery on the existing land at OAS, but we have to wait to obtain licences.

Visitors are very welcome, but due to COVID restrictions it must currently be by appointment only. Please contact us on the number above. Visiting the sanctuary in person is the best way to understand how we work. Weekend visits are encouraged and Tyler is a very capable bi-lingual young man with an in-depth knowledge of all the residents. We look forward to seeing you!
Short Term and Long Term Parking at RMU Corvera Airport

Providing both Internal and External Parking for both short term and long term reservations.
Meet and greet service right outside the main terminal building, situated just 3 kms away from our secure storage areas.
Also providing other main services such as Servicing, Repairs, ITV’s and Valets whilst you are away.

Prices start at just 35€ per week or just 285€ per year. Call us now on 618 806 989 to reserve your place.

Find more information at www.airparkmurcia.com or call us anytime on 618 806 989.
Email: sales@airparkmurcia.com
WE LOOK FORWARD TO MEETING YOU!

TALK TO US ABOUT THE NEW TARIFF CHANGES

When switching to a new electricity supplier, here is your checklist:

- Is the switch easy?
- Do they speak my language?
- Will I save Money?
- Is the company reputable and been around for 10 years?
- Is it a completely free switch with no upfront payments?

At Evergreen Electrìca we have been helping our clients save money and get great service for over 10 years. We keep things very simple: Send us your bill – we send you an offer – you sign a contract online. Why complicate things any more than this?

+34 951 383 896 sales@evergreen-electrica.com evergreen-electrica.com
It will probably have been noted that Cartagena Port Authority has recently commenced accepting a small number of cruise ships through their facilities. The first ship was Mein Schiff 2 which was accepted providing passengers wished to proceed ashore. They were marshalled in groups and were escorted and not permitted to wander individually.

This ship, operating on a joint venture based in Hamburg between TUI AG and Royal Caribbean Cruises, was reportedly operating in the premium volume segment. There are seven vessels in the fleet; the first being Mein Schiff followed by Mein Schiff 2 which was christened in 2019. There is currently a new-build, Mein Schiff 7 which is programmed for delivery in 2023. This business consists of TIU Cruises, Hapag-Lloyd Cruises and a line regularly visiting Cartagena, Marella Cruises.

For those statistically minded, the building of the featured ship cost EUR 500 million!

The itinerary for Mein Schiff 2 at the current time is operating on 4 day cruises from Palma De Mallorca. It visited Cartagena for the first visit on June 19th and the ship departed on the same day on passage to Cadiz. It returned to our port on 26th June, again from Palma De Mallorca. It was on this visit that my pictures were taken.

Mein Schiff 2 reportedly accommodates up to 2,894 passengers with a crew of 1,000. They advertise a large selection of cabins and suites.

Cartagena Port authority informs me that 39 ships are scheduled for the remainder of 2021, but this of course depends on the COVID situation.

The next ship was AIDAPERLA which arrived and departed on 14th July. This is another German operating company.
Well, Wimbo and Wembo have come and gone. Some may say thank goodness; others like tennis and football - or one or the other. You can't please all the people all the time. Doesn't the saying go “You can please some of the people all the time, and all the people some of the time but you can't please all the people all the time”?

Ha, that applies not only to pleasing, but also to fooling. Maybe like me you get fed up with trying to please and conned by being fooled. Older age and growing wisdom tend to aid sorting the wheat from the chaff. There again, wisdom doesn’t always come with age ...

What am I trying to say? Good question. Perhaps like me you envisaged how the football would end and the vitriolic comments that would follow. There's always another day, another Wimbledon and next year the World Cup.

Every week I produce a video here at The Olive Grove Retreat in Calasparra, Murcia and put it on Facebook. I’m still working on YouTube, but hopefully will work it out before too long. Our Retreat is a small, friendly and welcoming place set in olive groves where people can come to find peace and quiet. The videos are short informal Worship Services, made with my wife and a couple of guys from Ireland and Anglesey who are part of the team at the Retreat. We meet on Zoom and record our videos which reach a lot of people. I feel this is a whole new ministry for our time; not expecting folk to come to our chapel, but reaching out to them in their own home.

You can view our videos by looking at: Olive Grove Retreat, Calasparra on the Internet and clicking News in the menu. If you email me I can send you the link.

‘Bye for now and God bless
Rev Andrew
ahrea2@yahoo.co.uk
Tel 634 386 179
For all these reasons, we may find in the rest of the world, this language, due to its huge influence in (for instance, translated newspapers are the target text). This leads to many misunderstandings in (two languages they are working with and be aware of the differences in culture, translation). Nevertheless, they may not (of the most essential skills of human beings; thus, they have always dealt with translation. Nevertheless, they may not be aware of the differences in culture, grammar or even vocabulary between the two languages they are working with and this leads to many misunderstandings in the target text. For instance, translated newspapers are often full of calques, that is, the transfer of structures from the source language to the target language, when these structures do not exist in this target language; many unnecessary borrowings from English are also found when you are translating from this language, due to its huge influence in the rest of the world.

For all these reasons, we may find in an article of a Spanish newspaper sentences such as “El ‘delivery’ está cada vez más demandado debido a la pandemia” or “La Corte sentenció en contra de los republicanos”.

Why do you need to use ‘delivery’ instead of ‘entrega a domicilio’? It is true that in American Spanish they usually use the word ‘corte’ as a translation of ‘court’, but in Spain, ‘tribunal’ is commonly-used. You would rather use ‘corte’ meaning ‘cut’ or when referring to a royal court (‘la corte real’).

Even some grammatical structures are being transferred, as we can see in some translated Spanish sentences: “lavo mis manos” or “cepillé mi pelo” is a typical English sentence, using the possessives rather than the articles when referring to body parts (I wash my hands; I combed my hair), but in Spanish you would use a reflexive pronoun and the articles, as in “me lavo las manos” and “me cepillé el pelo”. Still, we find the former sentences more and more frequently due to mistranslations!

Many situations will require at least some training or knowledge in a specialised field to perform a proper transfer of the meaning from one language to another, for example, when you are required to translate a legal document such as a contract. Not only do you need to master the specialised terms, but also to understand what the structures of these documents in these legal systems are like, or whether a legal concept exists in the legal system of the country of both languages.

If you are dealing with a video game, you will need to know at least a little bit of programming, to understand what tags (symbols used in programming to change fonts, underline the text, introduce a changing value, and so on) mean and whether you are supposed to translate them or not. If you have a tag that says “TIME” you probably should not change it, otherwise, instead of the exact time it is when you are playing the game, you will see displayed on the screen the translated word (or even worse, a fatal error in the programme will not allow you to play).

These are only some of the tricks of the trade translators need to learn when they are trained to become professional translators. The path to professional translation is so diverse and it is fine in that way since they are needed in so many fields! They may be lawyers, doctors or engineers that acquire a very high level of a foreign language and with a one-year masters or a short course in translation they have enough knowledge (they already have the knowledge of the field and a very good level of the foreign language), or maybe they are bilingual thanks to their parents and they only need to learn to translate properly! All of this is fine, but before criticising the subtitles in a movie for saying ‘Bye!’ instead of ‘See you later!’ as the original version does, bear in mind that there is probably a reason behind that change (in that case, surely time and space constraints).

Daniel Granados Meríoño
Escuela Oficial de Idiomas de Murcia

We have just watched the finale episode of season two called ‘The Chosen’. An epic series on YouTube, you can also download an app so that you can watch it on TV.

It’s about a young man making his way in life as a carpenter; hard work in any day and age trying to make a crust for himself and keep a roof over his head, but that didn’t stop him being a friend to whoever he met. The children particularly loved him and the toys that he fashioned. At first they thought him a little strange, but unlike most of the older folk, he always had time for them and would tell amazing stories. He roamed the countryside looking for work, meeting many people. One day his whole life changed.

He’d been invited to a wedding. It was to be a big event and he took with him some of his friends he had gathered around himself along the way. They had stood by him on his journeys, but they were a rum lot... They each were very different and came from all walks of life; some with very little means, but then there were others who had been well educated. He had chosen each one especially, because of their individual characters and they spent many hours together talking.

Anyway, back to the wedding! There were great celebrations with lots of dancing, eating and drinking; that was until the wine ran out! The host was desperate and had no idea what to do. It so happens that the young man’s mother was also there and asked him if he could help out and that was when everything changed!

A cliff hanger? Maybe! Why not watch it and find out what happened. Start with season one. You never know, you just might end up one of the young man’s chosen friends.

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

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

Welcome House
3A Campillo y Suertes
Cehegin

Welcome House
Check at your local Tourist Office for full details of Events

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

BULLAS
www.bullas.es
T: 968 652 244 Market Tues
Visit Casa-Museo Don Pepe Marsilla. Guided tours (in English) for only 2 persons (5€ pp) or there is an audio guide system in English. Museo del Vino has a shop with bodega prices. To visit either/info, tel 968 657 211, Tourist Office, or email casamuseodonpepe@bullas.es

CALASPARRA
www.turismocalasparra.es
T: 968 745 325
A river beach has been created near the road bridge (Calasparra – Venta Olivas) where a part of the river has been cleared and a safe bathing area established. An area of the bank has been reconditioned to provide a beach/picnic area. There will be lifesavers and members of the Protection Civil on site Monday to Sunday every morning and every afternoon during the summer. Equipment will include canoes and all the equipment for a river rescue and saving lives.

CARAVACA
www.turismocaravaca.org
T: 968 702 424 Market Mon
A museum gem explores Caravaca’s history of skilled craftsmanship and remarkable engineering. An amazing collection of miniatures portray these skills, including Caravaca’s manufacture/export of espadrilles. Located at Calle Puenteclla No 3, Bajo. Tel 968 795 620 for opening times.

The Carlos Blanco Fadol Museum of Ethnic Instruments in Barranda is signposted and has easy access for mobility issues. 5% of his 4,000-piece collection rotates in the space available. 3€ (reduced 2€/child 1€). Check opening times with Civil on site Monday to Sunday every morning and every afternoon during the summer. Equipment will include canoes and all the equipment for a river rescue and saving lives.

CEHEGÍN
www.turismocehegin.es
T: 968 723 550 Market Wed
The Archaeological See of Begastri open Saturdays & Sundays for tours: 10am-2pm. A video presentation is followed by a guided tour to see the remains of the Iberian culture before the 1V century BC. 2€ pp.

Eco Park ‘Coto de las Maravillas’ for family activities including zip lines, archery, nature walks and many other organised outdoor activities. They can host any type of event. Campsite, BBQ area and kiosk-bar offering a great menu – and you can book. Open weekends 10am-5pm; weekdays prior booking. Tel 968 069 202 Mon-Fri 9am-3pm

Email info@conexioncultura.es
www.cotodelasmaravillas.com

JUMILLA
www.jumilla.org
T: 968 780 237 Market Tues
Lovers of art should visit the Saorin Painting Museum, a small museum of works by the local artist, Jesus Lozano Saorin and others from the area. Includes sculptures and canvasses. Reserve guided visit on 660 959 631.

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

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

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

MORATALLA
www.ayuntamientomoratalla.net
T: 968 730 208 Market Sat
Tours to the Rock Art of Moratalla are available encapsulating prehistoric to medieval styles and worthy of its UNESCO World Heritage status. There are several routes and modes of transport – details on www.turismomoratalla.com, info@turismomoratalla.com, or tel 696 807 037

MULA
www.mula.es
T: 968 661 501 Market Sat
El Cigarralejo Museum and Casa Pinatada with relatively new exhibitions may have escaped your attention to-date – info from Tourist Office.

MURCIA
www.turismodemurcia.es
T: 968 358 749
Discover the contemporary arts centre Centro Parraga in the city centre. Tel 968 351 410 info@centroparraga.com

YECLA
www.turismo.yecla.es
T: 968 754 104 Market Wed
Visit Deortegas Almazara to learn about their olive oil production. Limited places - they will try to fit you in with a group or accommodate your group. 8€ pp includes a blind tasting of various oils, a healthy breakfast and a comprehensive guide to the nutritional benefits, origins, production techniques and much more. English-speaking staff has to be pre-booked on request. Tel 968 969 644 Email info@deortegas.com www.deortegas.com
Little Button needs a home!

Five weeks ago this 4 week old kitten was spotted in the gutter beside the main N332 road. Exactly how she got there is not known. She was injured, unable to put any weight on her back left leg and her left eye was closed and swollen. It was a miracle that she was still alive. She was placed into a foster home, but needed regular visits to the vet clinic for treatment, including manual administration just to empty her bladder.

A week later we were so relieved when she started using the injured leg and to pass urine without manual manipulation by a vet. A few days later, despite treatment to her eye, it worsened and bulged out and she was rushed during the night to the emergency animal hospital in Guardamar. A scan revealed that she had a large abscess undoubtedly caused by the physical trauma shortly before she was rescued.

Unfortunately after 5 days in the animal hospital on intravenous drips the decision was made to remove the eye. Now back in her foster home she is running round playing with anything that moves. We have named her Button and for some lucky person she will make the most wonderful pet companion.

If you would like to meet Button, please call or message in Whatsapp to: 645 469 253
Email: info@petsinspain.com

From last month’s edition Pepper, Spice and Chilli have all been adopted.

Financial Impact Of Moving To Spain

For many years, people from the UK have been coming to Spain to live full or part time and in many cases it has been easy to avoid any disruption to the way Finances are managed. Some people have chosen to become Spanish Fiscal Resident, but others have chosen to keep their finances and taxes under the UK system. Following Brexit and rules surrounding the amount of time you can legally stay in Spain and without the freedom of movement – this is no longer an option.

If you are now considering ‘biting the bullet’ and taking up full time residency in Spain, there are some very important considerations that you must take into account:

Do you own a property in UK? Are you keeping it or selling it?

You may have owned your UK home for many years and moved to Spain without actually selling. After you are a tax resident in Spain you may not benefit from the CGT (Capital Gains Tax) free allowance you get in the UK for your main residence. As your main residence will become Spanish and you sell your UK home in future years, you may be subject to a huge Spanish CGT bill that could have been avoided with proper life planning. Also there is no getting away with not telling Spain about your UK property, as once you are resident in Spain, each year you will have to complete an Overseas Asset Declaration (Modelo 720) to include all the assets you own outside of Spain valued in excess £50,000. Failure to do so can result in large fines.

Do you have Pension Funds?

Part of your financial planning in funding your move to Spain may be the use of your Pension Pots. This is where very major mistakes can happen. One example is the Tax Free element allowable as a UK resident. This is TAXABLE as a Spanish resident as ‘earned income’ and can result in a huge tax bill if not planned for properly.

Do you have an ISA?

These are great for saving if you live in the UK as they are completely tax free. Many people have built up substantial ISA funds and portfolios. If you move to Spain, you can keep your existing ISA, but are not allowed to contribute any more into it. You will NOT retain the tax benefits though. If you do have an ISA it is very important to take advice and look at what alternatives could be tax efficient for you if saving tax is important, but more importantly make yourself aware of the tax implications to avoid an unexpected tax bill in your second year living in Spain.

Above are just 3 examples in which you can be caught out by easy-to-make financial mistakes that you may not have considered. If you are thinking of moving to Spain, please make sure you do not fall foul and speak to a Qualified Financial Adviser as well as a Tax Specialist because some of the above can be very easy to avoid and plan for. Make sure ALL your bases are covered.

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

Blacktower
120 Avenida Dr. Artero Guirao 2C
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.

Blacktower Insurance Agents & Advisors Ltd is authorised and regulated in Cyprus by the Insurance Companies Control Service and registered with the DGS in Spain.

Blacktower Financial Management (Cyprus) Ltd is authorised and regulated in Cyprus by the Cyprus Securities & Exchange Commission and is registered with the CNMV in Spain.

This communication is not intended to constitute and should not be construed as investment advice, investment recommendations, or investment research. You should seek advice form a professional adviser before embarking on any financial planning activity.

Pets in Spain

A scan revealed that she had a large abscess undoubtedly caused by the physical trauma shortly before she was rescued.

Unfortunately after 5 days in the animal hospital on intravenous drips the decision was made to remove the eye. Now back in her foster home she is running round playing with anything that moves. We have named her Button and for some lucky person she will make the most wonderful pet companion.

If you would like to meet Button, please call or message in Whatsapp to: 645 469 253
Email: info@petsinspain.com

From last month’s edition Pepper, Spice and Chilli have all been adopted.
Confidence is priceless

Our advice, your advantage

Knowing you’ve chosen wisely is always a great feeling, but sometimes you might need a little extra help and advice in order to make the best decisions. When planning for retirement, a little knowledge is just not enough. Blacktower has more than 30 years’ experience helping to make retirement wealth plans that work.

- UK & International Pension Transfers
- Retirement Wealth Portfolios
- International Investments

Get in touch today at:

Keith Littlewood - Costa Cálida
keith.littlewood@blacktowerfm.com
T: + 34 607 064 004

120, Avenida Dr. Antoni Quirós 20, Dan Pedro del Pinatar, 30740 Marfil

www.blacktowerfm.com

Blacktower Financial Management International Limited is regulated in Gibraltar by the Financial Services Commission under number 50603. Blacktower Financial Management Limited in the UK is authorised and regulated by the Financial Conduct Authority.
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 5 letter word.

Wordsearch

Translate the words below from English into Spanish.

BEEF  BEER  BREAD  CHICKEN  DESSERT  FISH  FORK  GLASS  KNIFE  LAMB  MEAT  PORK  PORTION  SALAD  SAUCE  SHANDY  SOFT DRINK  SOUP  SPOON  VEGETABLES  WATER  WINE  WINE GLASS

Answers on page 78
OFFSET PRINTING
MULTICOLOR AND DIGITAL

- BOOKS
- CATALOGUES
- FLYERS
- SCHOOL AGENDAS
- LOCAL NEWSPAPERS
- COMMERCIAL STATIONERY

Polígono Industrial “Marimingo” - 30180 BULLAS (Murcia)
Tfno. y Fax: 968 653 424 - E-mail: entornograf@entornograf.com
www.agendasescolares.net
I am now back in Suffolk after nearly a month touring Northumberland and Scotland. Last month I wrote about the first part of the trip, so I will finish it by describing some of the birds and birding experiences in the second half.

As we continued north it was a beautiful and scenic drive to our next stopping point of Aviemore situated in the centre of the Scottish Highlands and the Cairngorms National Park. A walk to the summit of Cairn Gorm seemed a reasonable idea, so a drive to the highest ski station took us up a good way and gave a good starting point for the ascent to the top of the mountain range at 1,309mt. Starting the walk on the steepest route up to Windy Ridge proved to be a mistake! It didn’t get its name undeservedly. When we arrived at the ridge it was ‘blowing a hooley’, a Scottish expression for extremely windy. Having no desire to be blown away, an immediate descent to the ski station seemed a sensible option, so we explored some of the more sheltered mountain slopes on the opposite side. It was an interesting excursion, but the birdlife was hard to come by. In the area we walked it was environmentally degraded, probably by historic over-grazing and more recently by the ski industry. The mountain slopes were bare, had little vegetation and there was no sign of the dwarf trees and shrubs which would normally grow in the gullies and more sheltered areas. However, we were kept amused for a while by a pair of Crested Tit (Lophophanes Cristatus) who were carrying food back and forth to what must have been a very hungry family at the nest.

Ring Ouzels breed on the high moors and mountains of Northern Europe and are very hardy versions of the much more common Blackbird. They are similar looking, but have a white crescent on their chest. In Murcia they are winter visitors to our higher mountains and can regularly be seen at the north of Scotland. It is confined to the Caledonian Pine Forests, such as Abernethy. Although we had a very pleasant walk in the forest and around the loch for a few hours we only came across one Crested Tit; a very confiding bird that was obviously intent on having its photo taken as it posed quite beautifully and patiently on a nearby branch. It was quite a surprise as they are normally hyper-active little blighters as they search for small insects amongst the leaves and branches of pine trees.

Following the visit to see the Grebes, the journey took us to the southern end of Loch Ness at Fort Augustus, then across to the island of Skye to catch a ferry from Uig to Lochmaddy on North Uist. A three to four hour car journey followed, but the time seemed to fly past as we admired some dramatic and beautiful scenery along the route.

The landscape of the islands is very different from the mainland. There are few hills, very few trees and you are never far from the sea. The coastline is spectacular with wide expanses of sandy bays and rocky inlets and a backdrop of clear blue seas. In fact there is water everywhere, because the islands are covered with a myriad of inland lochs, often surrounded by peaty bogs. The islands are sparsely populated with scattered crofts (smallholdings) mainly situated in areas of machair (gaelic word) which are the low-lying fertile plains that have been naturally built up by windblown sand. The machair was full of wildflowers and must be a botanist’s paradise because even our untrained eyes were seeing several species of flowering Orchids. The peat bogs also had their unique plant life and it was fascinating to see some of the insectivorous plants like Sundews thriving there.

As we continued north it was a beautiful and scenic drive to our next stopping point of Aviemore situated in the centre of the Scottish Highlands and the Cairngorms National Park. A walk to the summit of Cairn Gorm seemed a reasonable idea, so a drive to the highest ski station took us up a good way and gave a good starting point for the ascent to the top of the mountain range at 1,309mt. Starting the walk on the steepest route up to Windy Ridge proved to be a mistake! It didn’t get its name undeservedly. When we arrived at the ridge it was ‘blowing a hooley’, a Scottish expression for extremely windy. Having no desire to be blown away, an immediate descent to the ski station seemed a sensible option, so we explored some of the more sheltered mountain slopes on the opposite side. It was an interesting excursion, but the birdlife was hard to come by. In the area we walked it was environmentally degraded, probably by historic over-grazing and more recently by the ski industry. The mountain slopes were bare, had little vegetation and there was no sign of the dwarf trees and shrubs which would normally grow in the gullies and more sheltered areas. However, we were kept amused for a while by a pair of Crested Tit (Lophophanes Cristatus) who were carrying food back and forth to what must have been a very hungry family at the nest.

Ring Ouzels breed on the high moors and mountains of Northern Europe and are very hardy versions of the much more common Blackbird. They are similar looking, but have a white crescent on their chest. In Murcia they are winter visitors to our higher mountains and can regularly be seen at the top of Sierra Espuña, the Revolcadores and some sites in the Northwest such as Bajíl. Whilst in the Highlands a visit to Loch Garten and Abernethy Forest was certainly on the agenda. A very common bird of Murcia’s pine woodlands is the small and cute-looking Crested Tit (Lophophanes Cristatus), but in the UK it is very uncommon

On arrival we found out that a recent storm had destroyed their waterside nest a few days beforehand. Fortunately for us, they weren’t giving up and were making another attempt to re-build, so we were able to watch them from a waterside hide. In their summer plumage they are quite stunning birds to see with reddish-brown colour to the neck and sides, black on their backs, cheeks and forehead and bright yellow ears! However, there’s not much chance of seeing one in Murcia as it has only been recorded once before; a single bird at the reservoir of Alfonzo X111, near Calasparra in 1985.

Following the visit to see the Grebes, the journey took us to the southern end of Loch Ness at Fort Augustus, then across to the island of Skye to catch a ferry from Uig to Lochmaddy on North Uist. A three to four hour car journey followed, but the time seemed to fly past as we admired some dramatic and beautiful scenery along the route.

The landscape of the islands is very different from the mainland. There are few hills, very few trees and you are never far from the sea. The coastline is spectacular with wide expanses of sandy bays and rocky inlets and a backdrop of clear blue seas. In fact there is water everywhere, because the islands are covered with a myriad of inland lochs, often surrounded by peaty bogs. The islands are sparsely populated with scattered crofts (smallholdings) mainly situated in areas of machair (gaelic word) which are the low-lying fertile plains that have been naturally built up by windblown sand. The machair was full of wildflowers and must be a botanist’s paradise because even our untrained eyes were seeing several species of flowering Orchids. The peat bogs also had their unique plant life and it was fascinating to see some of the insectivorous plants like Sundews thriving there.

Serious birders will travel far to see some special breeding birds on the islands, such as Red Divers (Gavia Stellata) and Black-Throated Divers (Gavia Arctica), Red-Necked Phalaropes (Phalaropus Lobatus), Great Skuas (Stercorarius Skua) and Arctic Skuas (Stercorarius Parasiticus), Hen Harriers (Circus Cyaneus) and Corn Crake (Crex Crex), to name a few. However, much that I like to see these birds, I am quite happy to quietly enjoy and observe the lesser stars of the

**Continued on page 45**
Continued from page 44

The number of Short-Eared Owls (Asio Flammeus) silently hunting during daylight hours was a delight to see. They glided effortlessly a few metres above the ground, hunting for voles to feed their hungry young families. These Owls are very occasional winter visitors in Murcia and are seen on passage from time to time.

A very uncommon Gull in Murcia that has the odd sighting in most winters has the unfortunate name of Common Gull (Larus Canus). It is a bird that I have been unfamiliar with for a number of years, so it was great to see lots of them on the islands and familiarise myself with their identification. They are more gentle-looking than some of the big thuggish-looking Gulls that they hang around with and as Gulls go, they are quite pretty. I suppose with the name they have, they have to be common somewhere!

A bird you definitely won’t see in Murcia and which is becoming increasingly uncommon in most of the UK is a Twite (Carduelis Flavirostris), an LBJ (little brown job). These small Finches were common winter visitors to the Northwest coast where I grew up, but they probably haven’t been seen there for years. They breed on treeless moorland habitat so the landscape was perfect for them and there were certainly plenty around, providing me with many memories of my childhood birdwatching.

The most exciting and enjoyable day of our trip was a visit to one of the southernmost points of the archipelago, the uninhabited island of Mingulay. (There is a famous folk song ‘Mingulay boat song’ - no, I’d never heard of it either!). It was an early start with a couple of hours drive via the islands of South Uist, Benbecula and Eriskay to catch the car ferry to Barra. Then we had another drive to meet a small fishing boat to sail the 12 miles out to the island. Fortunately, the captain deemed the weather to be good for the trip as it is cancelled on many occasions.

On arrival at the island we had to transfer to land using a small rubber tender as the swell made landing difficult, but with a little bit of trepidation we managed to time our jumps onto the rocky ledges of our improvised landing jetty. A slow walk up to the grassy slopes of a nearby headland gave spectacular views of the pristine sandy bay below us with groups of Seals pulled up on the beach. Progressing uphill, a very strange looking Starling flew past us and landed on a hillside rock. It certainly wasn’t the normal colour as it was two tone, black and pink with a pinkish beak - no mistaking that one - it was a Rose-Coloured Starling (Pastor Roseus), a lifer for me (‘bimbo’ in Spanish), absolutely amazing! Normally, they would only be seen in Eastern Europe, but this year there had been several reports of birds being seen in Western Europe, including Spain (as far south as Albacete). It is a species that has experienced several abnormal irruptions in recent years. Maybe a prelude to western colonisation?

We were in high spirits as we picnicked on the hillside surrounded by Puffins (Fratercula Arctica) taking off, landing and delivering sand eels to their offspring underground in the burrows; all with a view of a clear blue sea and sandy bay with noisy seals singing below us. Occasionally a Great Skua (pirates of the skies) would fly overhead harassing the returning seabirds to steal their catch of fish. All was quite memorable.

On returning to the fishing boat, our captain decided to risk returning by the western cliffs, although he thought it may be a bit rough. This meant going through the gateway to the Atlantic where the swell from the surrounding islands made our small boat dance around like a cork being tossed into a torrent. It was an amazing and scarly exhilarating experience as we hung on to the sides. Fulmars were gliding effortlessly around the boat as we passed close to the towering cliffs with thousands of nesting seabirds around us as they flew back and forth to their nest ledges. I will never forget the island of Mingulay.

If you have any queries or comments please do not hesitate to contact me on antrimbirder@gmail.com.
OUT AND ABOUT IN AUGUST

Shop Locally
Eat Locally
Enjoy Locally

You do not have to go far to find a completely different world, although during August many of the usual trips and tours will not be taking place due to the heat! For much of what is going on locally, check this month’s local news - NW Murcia News (page 39) / SE Murcia News (page 52) / South Murcia News (page 30)

Check out What’s On on pages 67-71 to see where to go and what to see locally in August. Some of the charities have events organised including amazing music nights over the next few weeks including Helping Hands (see pages 21)

There are horse/donkey charities that have days when you are welcome to visit the rescue centres to see how they look after the many abandoned animals. Please phone to book:
Cavalli Foundation - see page 12
Easy Horse Care - see page 54
Otto Animal Sanctuary (OAS) - see page 34

For those of you who would like to see more of the local area, The Olive Grove Retreat in Calasparra is one place where you can go to relax and find peace and calm. This area of the Costa Cálida has so much to offer. Whilst on your break, visit the Sanctuary of Nuestra Señora de la Esperanza, Calasparra which is a stunning church set in the side of the mountain. Call Rev Andrew for more information and availability on the Olive Grove Retreat on 634 386 179

Our Essential Guide to the Costa Cálida gives you some excellent information on local places to visit. This little booklet is one of the best ways to find what is close to home on the Costa Cálida. The Essential Guide to the Costa Cálida is available to buy for only 5€ from:
Costa Cálida Chronicle office (inside
Another World Properties, Campsol B)
Best Wishes, Campsol B and Puerto de Mazarrón
The Post Room, Los Alcazares
Cosas y Cosas, Ciehegin
If you have difficulty in obtaining a copy, please call Patti on 619 199 407

Bars/Restaurants
There is a fantastic choice of restaurants in the area. You can choose from a quiet little Spanish bar in one of the pretty back streets, a lovely bar close to the beach or one of the many busy bars/restaurants that offer a variety of cuisines:
If you are out exploring Caravaca, a must is a visit to Cafeteria Plaza for that coffee and freshly baked cake, tapas or sandwich. Just sit and watch the world go by and enjoy the ambience of a typical Spanish café. You are sure to be tempted to buy some goodies to take home! Tel 646 924 969

The newest restaurant on Campsol A, Fiesta, (under the same management as Quality Indian on Campsol B), has the same high standard of food and service. They offer International Cuisine including Indian, Mexican, Italian (pizzas and pastas), as well as fish, meat and steaks. A fixed price lunch and evening menu is also available as well as takeaway and free local delivery.
Fiesta in Spanish translates to ‘Party’, so what are you waiting for? Don’t miss out. Reserve your table on 968 199 226/632 741 661

Hotel Playasol and Amapola Restaurant have re-opened for the summer season and offer lunch and dinner in beautifully set dining areas in the hotel gardens around the swimming pool. This is the perfect place to celebrate birthdays, anniversaries, weddings or balls in private function rooms or in the gardens. A la Carte, Menu of the Day and Evening are available Tue-Sat (closed Mondays) Information & Bookings call 968 156 503 or reservas@hotelplayasol.es or call Kate on 660 328 092

La Herradura, Argentinian Grill Restaurant, near Cartagena is set in a stunning rural setting. Try this lovely Restaurant for some authentic Argentinian cuisine; a must for meat lovers, but catering for all. With their wonderful cozy terrace, or beautifully decorated dining rooms, you can be assured to have a perfect dining experience. You are assured of a warm welcome in great surroundings and you might even get a glimpse of the beautiful horses on site. Bookings strongly advised on 656 264 514

If you are a lover of Indian food, then you won’t be disappointed with Quality Indian, Campsol B. Open 7 days a week for lunch and dinner, you can choose from their ‘A La Carte’ menu or the option of a special lunch menu at 9.95€ (including a drink), or their ‘Earlybird’ menu at 12.95€ (including a drink) between 6-8pm. Their meals are freshly prepared to order and include all the traditional favourites. The chef has over 25 years’ 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

Take a break from the sun, sea and sand and visit Restaurante Gran Mundo/Wok in Puerto de Mazarrón. Help yourself to an array of salads, cooked starters, fish, seafood, Sushi, beautiful meats, fresh vegetables and finally the large selection of desserts if you still have room. Everything is freshly prepared. You will not be disappointed and you certainly won’t leave feeling hungry. A la carte is also available. For reservations call 968 595 388

The Old Market Tavern in Puerto de Mazarrón serves traditional British fare in a relaxed and friendly atmosphere. For anything from English Breakfast, Menú del Dia, Traditional Sunday Lunches and Fish & Chips. This bar/restaurant is open Tue-Sun from 10am until 10pm For reservations please call 968 154 330

Local Adventure Experiences
Mazarrón and Cartagena Town Halls have arranged various sports activities during the summer. For reservations please call 968 154 330

For more information & bookings: 968 156 503 or 660 328 092 (Kate) or info@hotelplayasol.es

Amapola Restaurant & Hotel Playasol
www.hotelplayasol.es

Lunchtime and Evening
3 course menu
20€
Incl bottle of wine for 2 except at weekends.
A la carte also available.
The perfect venue for birthdays, weddings, balls and celebrations.
Closed Sunday evenings and Mondays.

Continued on page 48
WOK
RESTAURANTE CHINO
GRAN MUNDO

Buffet Libre/Wok and A la Carte

Open every day
11.30am until 4.30pm
6.30pm until midnight

SIGHTSEEING TOURS

COME FLY WITH US
Join us in the skies above Murcia in our 2 seat aircraft.
We offer trial flights and full training by
fully qualified British instructors.
Be a passenger or take the controls on your first flight.
SUNFLIGHT AVIATION
Alhama Airpark
Tel: 07775 742582
or 0034 634 313 972
Email: flyren12@gmail.com

Gift
Vouchers
Available

For more information go to our website at
WWW.SUNFLIGHT.INFO

ARGENTINIAN GRILL
CARTAGENA
www.laherradurarestaurante.com

SPECIALISING IN ARGENTINIAN MEATS
COOKED ON THE BBQ

ALL YOU CAN EAT
"MENU DEL DIA"
(SERVED AT YOUR TABLE)
INCLUDING SALAD AND
CHIPS €13.50 PER PERSON
OR €8.50 FOR CHILDREN
UNDER 12 YEARS OLD

Summer is here so come and enjoy a
wonderful meal on our beautiful terrace or
just come and enjoy a drink in the middle of
the countryside and close to nature, away
from the noise but not far from Cartagena.
Enjoy our excellent meats and
typical Argentine specialties in an
amazing atmosphere.

OPENING HOURS:
Monday closed
Tuesday to Sunday 1pm - 4pm
Friday and Saturday also from
8.30pm until close

WE HAVE LARGE ROOMS FOR
ALL KINDS OF CELEBRATIONS
AND A LARGE TERRACE.

CARRETERA DE LA PALMA KM. 2.5
CARTAGENA (JUNCTION 184 / 185
OFF THE A30)

FOR RESERVATIONS CALL
656 264 514
EMAIL
INFO@LAHERRADURARESTAURANTE.COM
Top 6 Happiest Towns in Spain

With restrictions relaxed and travel is permitted to other regions in Spain, over the next 6 months we will be giving you an insight into the top 6 ‘happiest’ towns in Spain as discovered by Think Spain. These might give you that encouragement to visit somewhere different within Spain. There are so many beautiful places to see and if you are not happy to travel out of Spain at the moment, these write-ups will give you some information for you to decide where you would like to go.

6th Position – Málaga – (happiness rating: 54% above average)

You might be very happy if you find yourself in Málaga. The provincial capital of the Costa del Sol, with its bustling shopping, nightlife and beaches, bars, pavement cafés and restaurants serving up typical local cuisine and some of the best weather in the country, is unscientifically but anecdotally and widely held to be one of the cities with the highest level of quality of life in Spain.

Beaches

You may just want to relax on a beach and swim in the beautiful sea. We are spoilt with choices of super clean beaches: The Mazarrón Municipality beaches this year that have been awarded Blue Flags are: Playa del Mojón, El Alamillo, El Rihuete, Playa del Puerto, Bahía/Junta de los Mares, Nares and El Castellar. In addition, the beaches of Bolnuevo, Las Moreras, Castellar, Nares, Bahía/Junta de los Mares and El Rihuete once again have the ‘Q’ quality flag. The Ecoplaya Flag has also been awarded to Bolnuevo Beach, added to those in the Bahía/Junta de los Mares, Nares, El Rihuete, and El Castellar beaches. The beaches that display the significant flag of Playa sin Humos are: Nares, Bahía, La Reya, El Rihuete and El Castelar.

Cycling - La Vuelta

See page 77 to see when and where you can see some of this famous cycling race this year. The closest dates and places to view the race are Stage 8 on 21st August starts in Santa Pola, Alicante and finishes in La Manga. On 22nd August stage 9 starts in Pto Lumbreras.

The Alcazaba

The impressive Renaissance cathedral, the 14th-century Islamic Gibraltar Castle

Málaga’s pedestrianised C/Larios is one of the most elegant, up-market shopping streets in Spain, built in the late 19th century with funds provided by the powerful, wealthy local family of the same name and its majestically stately homes converted into boutiques and bars make it one of the Costa del Sol’s most-visited boulevards.

The city walls and eight watchtowers offer a splendid urban and maritime panorama, the Roman amphitheatre – built by order of Emperor Augustus in the first century CE (AD), but only rediscovered 1,900 years later by workmen building a block of flats. This Bohemian arty SoHo district, the tropical Málaga Park with its Eden-like botanical gardens and the bustling Atarazanas market in a sumptuous Arab-style building that was used as a workshop in Mediaeval times and the Pompidou Centre and Málaga Thyssen art museums with their collections of internationally-renowned masters such as Zurbarán and Sorolla, mean you might end up so busy you forget to check out the beaches and the élite, luxury yacht marina with its extensive boardwalk, vast shopping and restaurant area and the iconic lighthouse and Malagueta Beach.

You could end the day by chilling in the balmy warmth of the Al-Andalus Hammam, or Arab baths, near the Thyssen Museum and book yourself a massage whilst you’re there.

Are you looking for something different to do with your visitors? How about a flight over Murcia with Sunflight Aviation in a 2 seater aircraft? You can choose to be just a passenger or you can take control of the aircraft on your very first flight. Trial flights and full training from Alhama Airpark is also available as well as Sightseeing Tours. If you are stuck for gift ideas why not purchase a voucher?

Málaga City is also a hotbed of culture and heritage. Make a beeline for the Picasso Museum if you don’t have time for much else. Whatever your views on surrealism and cubism as opposed to pretty pictures where you can clearly see what they are of, this iconic artist is a massive cog in the wheel of Spain’s history and his and his generation’s contribution to the creative world transcends continents. It’s colourful and everyone likes colour.

The Alcazaba, or 11th century Muslim fortification, at the foot of the Gibralter Mountain, could easily swallow up a day and ‘selfie’ opportunities abound with its Mediaeval arches, fountains, patios, gardens, palaces, towers and intricate, eye-catching Islamic decoration.

Costa Cálida Chronicle Sales 619 199 407
THE ENGLISH FUNERAL DIRECTORS
(Let our family look after your family)
WE OFFER A 24 HRS ENGLISH FUNERAL SERVICE
LOCAL TO WHERE YOU LIVE.
WE ALSO OFFER
PRE-PAID FUNERAL PLANS
FUNERAL INSURANCE (From as little as £2.50 per week)
REGISTER WITH THE ENGLISH FUNERAL DIRECTORS

"NOT ALL FUNERAL PLANS ARE THE SAME.
NEED TO GET A COUPLE OF QUOTES.
YOU WILL BE SURPRISED AT THE DIFFERENCE!"

For more information visit www.EnglishFuneralDirector.com
Email info@englishfuneraldirector.com

Contact Tony Smith or Michelle
Tel 650 631 719 (24hrs)
or 699 483 233.

Casa Pro

ALL UNDER ONE ROOF!

Keyholding
(with contract)
Garden and general property maintenance,
Cleaning
(including windows and swimming pools)
Building work
(including electrical, tiling, painting and plumbing)

We are fully legal and offer official contracts for peace of mind.
We take pride in our work and will take care of your property as if it was our own.

So contact us now - 0034 680 826 817
casapro2021@gmail.com

Cash Fruits Market

Tel. 868 08 02 60
Opening Hours
Monday - Saturday: 9am until 9.30pm
Sundays: 9am until 2pm

Cash Fruits Market is a store specialising in fruits and vegetables
Our prices and variety will surprise you

Ctra de Mazarrón Pto KM 2 - We are next to Hiper Cash Costto, Mazarrón
At Last HELP Concludes its Bike Raffle

On Saturday 26th June HELP Murcia Mar Menor was at last able to present the bike that they have been trying to raffle for nearly two years. The machine was donated to HELP by an expat who was returning to the UK in the summer of 2019 and it was decided to raffle it to raise some much needed funds for the Charity.

As with so many plans made over the last couple of years, every time a date was set to draw the winning ticket, Spain went into a lock down due to the COVID-19 epidemic and the draw had to be cancelled.

Due to the lifting of restrictions HELP was able to hold a Fun Golf Morning at Golf Delux on Friday 18th June and it took the opportunity to draw the winning ticket for the much-delayed raffle. The lucky winner, Amber Hetherington, was presented with the machine by Joan Mitchell, Office Manager for HELP at their office in Los Alcazares. Amber was delighted with her prize and we wish her many happy hours using it.

PayPal address losinfiernosdogs@gmail.com
Please use the ‘Friends and Family’ option so we get the full donation. Donations accepted in Euros and Sterling. Any donation, no matter how small, is greatly appreciated.

Contact the shelter via Facebook Los Infiernos Protectora Supporters, or email losinfiernosdogs@gmail.com

Dog walkers are always needed. Mon/Wed/Fri/Sat mornings from 9am-1pm.

A dog will teach you unconditional love. If you can have that in your life, things won’t be too bad. – Robert Wagner

Summer is here and don’t we know it!

Keep your dog cool in hot weather:
Encourage them to stay in shaded areas, away from direct sunlight.
Put down damp towels for them to lie on.
Fill a hot water bottle with cold water, but keep an eye out for any signs of chewing as the material could be harmful if swallowed.
Put the garden sprinkler on.
Keep a paddling pool in the shade for them to splash about in.
Try and avoid taking your dog out in the midday sun. Early morning or evening walks will be cooler and more pleasant for your best friend and you.
Just like humans, dogs are at risk of burning in the sun if they are not protected, especially lightly coloured or thinly coated dogs. Specially formulated sun cream for dogs is available at most pet shops.
Hot surfaces, particularly sand or tarmac can really hurt your dog’s foot pads. If these surfaces feel too hot for you, it will be too hot for your dog.

Never Leave Dogs In Cars
Leaving a dog alone in a hot car can be fatal. Even when parked in the shade with the windows open, dogs can become distressed very quickly. Make sure you always have a plan so your dog isn’t left alone in the car or any other enclosed spaces.

Heatstroke
Act fast if you think your dog has heatstroke. Take them to a cool, shaded area. Apply towels soaked in cold water to their head, neck and chest and let them drink water or lick an ice cube. Never place them directly into ice cold water or give them too much to drink as they may go into shock. Contact your vet as soon as possible.

Water
It is important to ensure your dog has access to plenty of clean drinking water all year round, but especially during the summer. If you’re out and about with your dog, ensure you always have a bottle of water and a bowl for them.

Dogs available for adoption.
Boss - mixed breed. DOB: 01/02/19
He is a big lad who walks beautifully on a lead. He was very upset in the shelter as he appears used to having a home. The other dogs do stress him out, so he needs his own space and a family again.

Flipper - Pastor Belgian Cross. DOB: 01/03/2015
He is good with cats and has a lovely thick coat. He is quite strong and is excitable walking with other dogs but shows no sign of aggression. Flipper is affectionate, but sad looking, so he really needs a home.

PayPal address losinfiernosdogs@gmail.com
Please use the ‘Friends and Family’ option so we get the full donation. Donations accepted in Euros and Sterling. Any donation, no matter how small, is greatly appreciated.

Contact the shelter via Facebook Los Infiernos Protectora Supporters, or email losinfiernosdogs@gmail.com

Dog walkers are always needed. Mon/Wed/Fri/Sat mornings from 9am-1pm.

A dog will teach you unconditional love. If you can have that in your life, things won’t be too bad. – Robert Wagner
Mass in English
Saturdays at 6pm
Tel: +34 689 025 362

Catholic Church of
Our Lady of the Assumption
Calle de la Iglesia,
30710 Los Alcázares, Murcia

SUMMER SALE
DON'T MISS OUT

3639€
AFTER EVENT 3099€

Lucius leather power corner sofa.

Come down to your local DFS today

DWS San Javier
next to Cafè No 32, San Javier
Tel: 668 324 104 | sanjavier@dfs.co.uk | dfsupains.com

Opening hours
Monday, Tuesday, Wednesday, Friday 9.20am - 8pm,
Thursday 9.20am - 6pm, Saturday 10am - 2pm.

The Lucius leather power corner sofa.

Costa Cálida Chronicle - August 2021
**South East Murcia News**

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

---

**Check at your local Tourist Office for full details of Events**

Complying with safety distances and the use of masks and hydroalcoholic gel is advised.

**Cabo de Palos**

**Market Sun**

**Cartagena**

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

Register at Love You

**Thursday 12th August - I Extend My Hand to You**

**Free Exhibition**

**– Cartagena.**

Kilometres through the municipality of Pola to La Manga, traveling more than 90

**Cycling Tour of Spain**

**Wednesday 4th August - I Will Always**

**Tue-Sat 10am-8pm**

Open:

between 1950 and 1990.

**A collection of domestic films that were**

**of domestic cinema**

**Salvi Vivancos**

**Film**

**Salvi Vivancos**

**geography, humour and energy that**

integrates young and old alike.

**Tickets and more information at**

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

**Teatro del Mar**

**Wednesday 8th August - Wonderful World**

**of Drilo**

(by younger audience) 5€

**9.30pm**

**Thursday 26th August - The spectacular dance of**

**Los Vivancos**

20€/30€/40€ 10.30pm

**Friday 27th August - Laughter with the**

**Comedy Nights** by Jordi Sánchez and Xavier Delfell 15€ 10.30pm

**Saturday 28th August - Queen Generation Tribute**

15€ 10.30pm

**Sunday 29th August - The Musical of**

**Sleeping Beauty**

5€ 10.30pm

**Tickets and more information at**

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

**https://cartaginesesyromanoses.com/**

for more information

**Organised Sport**

The municipal swimming pool of the Casa de la Juventud is open to the public as are the pools of Pozo Estrecho and La Aljorra. The groups range from 3 years to adulthood.

**Municipal football, basketball, beach volleyball and handball schools are also**

being resumed. Check at the Tourist Office for more information.

**Cycling**

**Saturday 21st August - A stage of the**

**Cycling Tour of Spain** will run from Santa Pola to La Manga, traveling more than 90 kilometres through the municipality of Cartagena.

**The National Museum of Underwater Archaeology (ARQVA)**

**Free Exhibition – Mar Menor** (until 15th Aug)

**Family images. Common spaces by the**

audiovisual creator and preserver of domestic cinema **Salvi Vivancos**.

A collection of domestic films that were filmed in family settings over five decades, between 1950 and 1990.

**Open:**

**Tuesday-Sat 10am-8pm**

Sun & hols 10am-3pm

**Garden of ARQVA**

**Wednesday 4th August - I Will Always Love You** with Ingrid Bergman 9.30pm

Register at [museoarqueologico.cartagena.es](http://museoarqueologico.cartagena.es)

**Paco Martín Auditorium**

**Thursday 12th August - I Extend My Hand to You**

**Iconic CantaJuego** and their faithful friends, Coco, Pepe and Buby among other characters, display a show full of music, choreography, humour and energy that integrates young and old alike.

**Tickets 17.60€-28.60€ from**


**The Nights of the Salt**

**Thursday 19th August - Tribute Concert**

to Luis Miguel with Xandro Leima.

**Friday 20th August - India Martínez**

15€ 10.30pm

**Saturday 21st August - Los Morancos**

20€/30€/40€ 10.30pm

**Sunday 22nd August - Wonderful World of Drilo** (for younger audience) 5€ 9.30pm

**Thursday 26th August - The spectacular dance of Los Vivancos**

20€/30€/40€ 10.30pm

**Friday 27th August - Laughter with the**

**Comedy Nights** by Jordi Sánchez and Xavier Delfell 15€ 10.30pm

**Saturday 28th August - Queen Generation Tribute**

15€ 10.30pm

**Sunday 29th August - The Musical of**

**Sleeping Beauty**

5€ 10.30pm

**Tickets and more information at**

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

**Teatro del Mar**

**Wednesday 8th August - The Port of Cartagena** will host a summer theatre festival for 10€ with a season ticket available for the six plays for 40€.

**Tickets from**

[cartagena.cultura.com](http://cartagena.cultura.com)

**Wednesday 4th August - Malnacido**

9.30pm

In the province of Ourense in 1852, Manuel Blanco Romasanta was a serial murderer killing at least 13 people. During his trial, Romasanta tells the story of his life in which he suffered mistreatment and humiliation due to his natural condition and alleges that the crimes were carried out not by him, but by a wolf that lives inside him.

**Saturday 5th August - For Them**

9.30pm

An actress prepares a conference on Leonor de la Cueva y Silva and decides to turn this conference into a tribute to all women.

**Friday 6th August - Glubs**

8pm

Four crazy sailors appear apparently disoriented inland and their sole objective is to find a port to embark as soon as possible. In this humorous work the sailors will fish for sharks, meet crazy parrots and fight hilarious battles, dragging viewers through a cascade of crazy and absurd situations against the backdrop of the seductive world of the sea.

**Friday 6th August - It’s My Hero**

9.30pm

A single character, the hero, a demigod who maintains a conversation at all times with his father, the Olympian Zeus, will lead to the protagonist’s own conflict.

**Saturday 7th August - Clowns**

9.30pm

A mother of two girls, begins a journey with them to try to hide from a monstrous creature, possibly a dragon; a dragon that chases them.

**Sunday 8th August - Coriolano**

9.30pm

The play begins with a scene of class struggle, where the Roman people have started a revolt demanding wheat, because the Roman leaders live in opulence while the people live in utter misery. The tragedy revolves around the semi-legendary figure of Gaius Marcio Coriolano, a brilliant Roman general who, after a campaign against the Volsc people who threatened Rome, is placed in the position of choosing between remaining firm in his ideas, or renouncing them in order to be able to reach the highest levels of power in Rome.

**El Batel, Cartagena**

There will be performances of concerts, theatre, humour, monologues and magic, offering a vibrant cultural life during the summer season.

**Friday 6th August - Rufus T. Firefly**

will present new songs from his next album.

**Saturday 7th August - Cristian de Moret**

another of those artistes touched by the magic wand of genius, will present a unique project with Flamenco art fused with Rock and Electronics.

**Friday 13th August - will feature a double concerts with Guadalupe Plata and Bigote Chino.**

**Saturday 14th August - Guadalupe Plata**

will also be represented with **Antlínez.**

**Friday 20th August - the versatile Maren**

will perform her songs.

**Saturday 21st August - Rock will be the**

protagonist, with another double concert with **Los Fusiles** and **Los Bengala.**

**Friday 27th August - A family show, Olimplaff, will be performed with three actors, through gestural language, clown and pantomime to delight all, especially the little ones.**

**Saturday 28th August - The closing show**

will be the last of the double concerts of **Izaro** and **Amateur.**

To this extensive programme of the

Continued on page 53
Summer is always a difficult time for rescue shelters and the poor dogs with the heat and people thinking more about getting away, than adopting a new member of their family. PAPS continues to work hard to provide for the dogs in its care, but they always need funds and helping hands to assist its operations.

PAPS would be unable to operate without our wonderful volunteers who generously give up their time to help in so many ways. Volunteers can choose the amount of time they want to give, from just an hour or two each week to much more if they so wish, depending on the jobs they take on. People can provide a welcome treat of a dog walk outside the confines of the shelter. It’s so good to see the pleasure it gives these dogs - not to mention treats and cuddles. Much as it may seem a less pleasurable experience, poop-scooping and cleaning are a major element in any enjoyable experience, poop-scooping and cuddling.

As we are still urgently trying to raise money to help construct our new shelter, any donation - no matter how big or small - would be very welcome:
PayPal: animalesperrosdelsol@hotmail.com (Friends/Family Option.)

Who wouldn’t like a more mature gent with good manners and a loving nature? Email: animalesperrosdelsol@hotmail.com.

Volunteers are always needed to do accounts, reply to emails, take dogs to the vet, groom, do home-checks - anything and everything that will help the dogs. Anyone with an eye or interest in photography or video would always be welcome to enable us to show off our furry stars to their best on social media, or if they have a literary leaning, they could help with social media or newspaper/magazine articles. Cyber-boffs’ could help with internet matters/ Facebook, etc. Basically, there are so many skills that could be of great use to a charity like PAPS. It is also a lovely way of meeting new and interesting people, so, if YOU have just a little time to spare each week, why not volunteer to help our dogs? Email address is below for information.

Our Top Dog for August is Boris, who is desperately looking for a new home. He’s a bit shy initially, but once he loses his bashfulness, this big softie unleashes the full extent of his loving heart with cuddles, kisses and occasionally sitting on laps! He’s 8 years old (dob.17/2/13), approx 55cms and loves playing with a stone or tiles! Wouldn’t it be lovely if he could find a home with lots of soft toys to play with instead of stones or tiles?

Continued from page 52

‘Xtraordinary Nights’ is added that of ‘Los Veranos de El Batel’, which will be held in different rooms of the auditorium. The protagonists of these evenings will be: the comedians, Marta de Grana and Goyo Jiménez; the JOSCT Big Band and Friends, who will have as guest vocalists: Arde Bogota, Nunatak, Ayoho, Karmacadabra and Rio Viré; the work of Anfritión de Molier, starring: Pepón Nieto, Toni Acosta, Pele Martinez and Paco Touss among others. Magic and Paco Tous will also fill the auditorium with the show ‘Karmacadabra and Rio Viré; the work of Anfritión de Molier, starring: the protagonist. Javier Vázquez as the protagonist.

Tickets can be purchased at www.auditoreioelbatel.es or at the auditorium ticket offices.

La Union
www.ayto-launion.com
Tel 686 049 941/692 925 970 – Market Tues Until Saturday 7th August – Flamencan Festival

Los Alcazares
Market Tues & Sat (Los Narejos)

Saturday 28th August - Bonnie Tyler @ Polydeportivo 9pm
Tickets 25€ from www.produccionesinternacionales.com

San Javier
www.murciaturistica.es/en/san_javier/
Tel 968 172 041 – Market Wed & Thurs

San Javier Squalos Rugby @ Rugby field, PDM Sports Ground
Mens Tues-Thurs 8.30-10.30pm
Women Tues & Thurs 10.00-11.30pm
12-18yrs Tues & Thurs 7.30-9.00pm
6-10yrs Thurs 6pm-7pm & Sat 10am-11am

Aeronautical Museum – Visit this museum with photographs and videos showing various items relating to the Spanish Military Air Force. Entrance free.
Open 10am-2pm

Call 968 582 107 to arrange group visits

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

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

Santiago de Ribera – 968 571 704 - Market Wed

San Pedro del Pinatar
www.sanpedroturismo.com
Tel 968 182 301 – Market Mon & Thurs (Lo Pagan)

Free Turtle Tours
Tuesdays & Fridays in August 11.30am-1pm
More details from Las Salinas Visitors Centre

Torre Pacheco
www.torrepacheco.es
Tel 968 579 937 – Market Thurs (Balsicas) & Sat (Dolores)

PAPS. Email: animalesperrosdelsol@hotmail.com

As we are still urgently trying to raise money to help construct our new shelter, any donation - no matter how big or small - would be very welcome:
PayPal: animalesperrosdelsol@hotmail.com (Friends/Family Option.)

Who wouldn’t like a more mature gent with good manners and a loving nature? Email: animalesperrosdelsol@hotmail.com.

P.A.P.S.
Is there such a thing as too much choice?
One of the wonderful freedoms that so many of us enjoy is the concept of choice; what to wear, what to eat and where to go. However, one of the difficulties that can stop us in our tracks is too much choice!

Traditional advertising has been usurped by the internet which enables companies to bombard us 25 hours a day, 8 days a week endeavouring to convince us to buy this, that or the other in order to make our lives happier. Indeed, marketing experts speak about something called ‘Post Purchase Dissidence’ which is a state of anxiety wondering if we should have chosen something else, or that there might have been a better deal just around the corner.

Perhaps this plays on a tendency we have to compare ourselves with others and, if it’s not just me, we do tend to compare ‘upwards’ with those who have bigger houses, posher cars and seemingly shinier lifestyles rather than consider how well off we are compared to others far worse off than ourselves.

One of the famous Ten Commandments tells us to not be envious and one of the major players in the New Testament, a man called Paul, speaks about learning to be content. There were times he enjoyed plenty and others when he was without, but this man learned to be content because he knew that God was with him whatever the circumstances.

Maybe there is something in having to learn contentment because it does not come naturally. Could this be a time when we stop, take stock and thank God for the many blessings we enjoy. Rather than look to where the grass appears to be greener (but still needs cutting by the way), we might be moved with compassion to see how we can help others improve their situations.

I don’t know what you reckon, but it’s got to be worth a thought.

We are just ordinary people who believe and trust in an extraordinary God. You are welcome to join us each Sunday at 10.45am in ‘La Galeria’ Plaza 525 Los Alcazares (entry is through the Tipsy Thistle bar & restaurant)

Kind regards and every blessing
Pastor Andy Neale
Salt Church
Los Alcazares
www.la.saltchurch.es

Follow us on Facebook: @saltchurchlosalcazares
Watch us on YouTube: Salt Church Los Alcazares YouTube
Ministerio de Justicia Numero Registro 217-SG
Código de Identificacion R030048111

Recognition and Respect from Rojales Town Hall
Thanks and appreciation has been given to Rojales Town Hall from the Easy Horse Care Rescue Centre. The council have announced they are donating €6,000 to help assist in the work that the centre does.

It is the third year running that Rojales, but, for example, in neighbouring Almoradi, we have rescued 27.”

It is the third year running that Rojales Town Hall has been a support for us. Whenever we have needed anything they have tried to find ways to help us.”

Operating for over a decade rescuing and caring for abandoned and neglected equines from all over Spain, Sue says it is quite an achievement to get recognition from the Town Hall and hopes others will follow suit and support them also. “We really are doing a public service. We have only actually taken 3 animals from Rojales, but, for example, in neighbouring Almoradi, we have rescued 27.”

Easy Horse Care Rescue Centre requires to operate on a weekly basis. They were recently asked to do a costing of how much they have spent over the years caring for these animals and the amount is staggering at over €1.7 million. Much of this has come from Rod and Sue’s own pockets, but the rest is thanks to the selfless work of the many volunteers and donations from their supporters and the Rojales Town Hall. It’s amazing how many people have helped make a difference with animal welfare and Sue and Rod will continue to do so in every way they can.

It is thanks to their supporters and Town Halls like Rojales that will allow and help them to continue their work.

Easy Horse Care Rescue Centre have organised tours starting at 12pm. These are run by volunteers with a maximum of 15 people at €10 pp. Masks should be worn to go along with the government restrictions. The best days are Saturday and Monday for English and Sunday for Spanish speaking. Please to book stating numbers via WhatsApp on 652 021 980 or email rescue@easyhorsecare.net

For more information on the work the Easy Horse Care Rescue Centre does or to make a donation, visit their website www.easyhorsecare.net
Molly was found on Mazarrón Country Club. Molly is looking for a very special home because she is blind, which is probably the reason she was abandoned. She also has a problem with her hip which is being investigated at the moment. Molly is only 9 months old and really deserves a chance of a good life.

Bonnie, a beautiful GSD x puppy thrown out by a local farmer is approximately 1 year old. Bonnie will be a fairly large girl, so training will be essential. She will be spayed and fully vaccinated.

Blanca is a beautiful girl around 4 years old. A very loving girl, she really would love a forever home. Blanca is spayed and fully vaccinated.

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

For donations, our PayPal address is NA1Treasurer@gmail.com

We are now collecting dog biscuits to help our dogs in kennels. If anyone would like to donate, please leave them at either the Noah’s ARC shop on Camposol or in Puerto de Mazarrón. They will be gratefully received.

A Number Of Strays Have Been Sighted Around The Area And Due To The High Temperatures, Please Help By Putting Water Down. It Could Save Lives.

For details of all our dogs looking for homes, please look at our Facebook page NoahsArc Mazarrón

We are always looking for goods to sell in our shops to raise funds and are really grateful for your help, so if you are having a clearout please think of the dogs and puppies in our care. We will be happy to collect any larger items. Please contact the shop to arrange collection on 711 016 236

We are specialists in legal services and conveyancing

* All traffic matters (Spanish plates, driving licenses)
* Legal services and conveyancing
* Spanish wills and inheritance
* NIE, Residencia, Nationality

We have personnel that can assist you in English and Spanish

Office hours: 9am - 2pm and 4.00pm - 7.30pm

Call Us Now On
671 682 579
Or
968 971 893

Avenida Dr Meca, nº38, Pto de Mazarrón
Tel: 968 154 045 or 619 173 626
Fax: 863 172 104
solicitors@gestoriacarvajal.com

Locomurcia
For All Your
TV
Internet
Computer
CCTV

Requirements
Note: We Are Allowed To Work As Normal During The COVID Pandemic
After a wonderful night’s sleep in our big double bed it was fabulous to wake up to the sound of the animals nearby. Birds were singing, insects seemed very loud and you could hear the sound of elephants calling in the distance. It was so bright and light, I wondered if we had overslept, but then came a knock on the door with our 6am call and a tray of tea and biscuits. I could get used to this and so started day 2 at the Mara Enga Lodge on our second safari.

Showered and dressed in our safari attire, it was off to a buffet breakfast before our early morning drive out. The breakfast room was full of everything you could imagine; pastries, fruit, cereals, along with every kind of egg you wanted the chef to cook! There were even many types of sausages and bacon, but also, to our great surprise, there were English baked beans. On each table there was even a bottle of HP sauce! We asked our waiter Ben how they managed to get these British items in such a remote place and he said he would get someone to explain. A few minutes later a man appeared at our table who introduced himself as John, one of the co-owners with his cousin Mark, who we had met on our arrival yesterday. John came from Essex in the UK and really missed baked beans and HP sauce so he shipped them over and then, feeling guilty, he shared them with his guests. We had to go on our drive, but he promised to catch up with us later.

We are off again with Les in the back and me at the front behind the driver; I felt that was the safest place! A radio call came in about a pride of Lions asleep near a spinney with long grass. We headed over and on the way got stopped by a massive jeep with lots of camouflage and cameras everywhere. It turned out to be the National Geographic team who filmed for the TV channel and live streaming. Salem, our guide, knew them well and got chatting. They were asking if we had seen the female Cheetah with her 3 cubs. They had been trying to follow her but lost the tracks. We said we had seen her, but now there were only 2 cubs, but they were looking strong and well. Salem told them where we saw them yesterday and wished them luck.

We found the Lions and sure enough, several males, at least 10 females and many cubs were all asleep after, we presumed, a long night hunting. We took photos and, apart from the odd tail swish to get rid of the flies, they didn’t move.

Onwards we saw huge herds of Wildebeest, or Gnu their African name, busy feeding on the lush grass to get ready for the next stop on their migration. Wildebeest have very strong forelegs and shorter back ones, can live up to 40 years and are the main part of the migration. Females breed at the end of the rainy season and the new born are quickly able to run with the herd. The blue Wildebeest are the type found in the Maasai Mara on the migrations as the Black Wildebeest live in southern Africa and stay in a 1 mile range of their habitat. Salem then drove for some time until finally stopping and encouraging us to get out of the jeep. A large stone column stood in the middle of nowhere, but he told us to go and look at some writing on the top!

It seemed this was the border between Kenya’s Maasai Mara and Tanzania’s Serengeti, but there were no barriers or fence. This was the only mark he told us although all the guides knew where the border was. Guides from Tanzania didn’t come into Kenya and vice versa, but the

Continued on page 57
animals could roam freely. This was also one of the main reasons for the great migration continuing as it has done for centuries.

As far as the eye could see, the Serengeti lay in front of us, spanning 5,700 sq m. The landscape didn’t change in this area, so it was difficult to see where one country ended and the other started. We stepped over the imaginary line just so we could say we had been to Tanzania when a radio call came in; Black Rhino had been spotted. We headed off again in the jeep at a neck breaking speed, but half an hour later the Rhino had moved.

They moved on and so did we, feeling very happy. It was getting late and would soon be dusk so we headed back to the lodge for a BBQ and evening’s entertainment of dancing, Maasai tribe style. Every day on this trip just seemed to get better and better then just as we were about to make the trip back up the hill to the lodge, Salem pulled over and told us to get our binoculars out. There under a tree was the female Cheetah with her 2 cubs, resting for a while after another busy day trying to survive in the wilderness. That evening, we chatted to John to find out his story and how he ended up owning a lodge here.

At last, and feeling very privileged; there in front of us was not one, but two Black Rhino. They were slightly smaller than a normal Rhino and were busy eating very long grass. We couldn’t get too close as they spooked very easily, but Les got up above the bars of the jeep and managed to get some photos with his long lens. We saw the two horns and the distinctive hooked upper lip that is different from the common Rhino’s square lip. Thanks to persistent conservation efforts across Africa, Black Rhino numbers have doubled from their historic low 20 years ago to around 5,600 today. However, the Black Rhino is still considered critically endangered and a lot of work remains to bring the numbers up to even a fraction of what it once was. There are thought to be only 30 breeding females in Kenya.

We headed back for lunch and a quick siesta and we were then back out on a drive. First stop was another lodge which was much bigger than ours and only 4km from the air strip. Serena Lodge had the only garage in the area and sold petrol/diesel which was the reason for our visit. You could also use the toilet facilities here for a small fee instead of checking the tyres. We had a look around, but found it very clinical and not very inviting compared to where we were.

We headed out again and saw more Elephant herds with babies running around very happily playing tag chase, it seemed. We took some videos of a couple of really small babies who ran back to mum when they needed to hide. They were very small so were able to run under the adult’s legs, it was very funny. After a little while, a warning stamp and ear flapping told us it was time to move on. Suddenly, the radio sparked up with a sighting and we were off again.

Continued from page 56
The most important thing for making your house a ‘home’ is to put something personal in it. One or more items that you absolutely love will give your house that wonderful home feeling, especially beautiful handmade accessories that never get boring in an interior. They have made a soul and a journey through time and history radiates from that making it something interesting you want to keep looking at!!

Wood is a beautiful natural product and in the past it has been used for so many purposes. A unique wooden item brings any interior to life. Even a sleek modern interior becomes something special with an old, unique wooden statue, candlestick, table or wooden panel.

Play with some colours you like. Here in Spain the sun is shining, the sky is blue and the sea is turquoise. Let these colours continue in your house or terrace, as with this you create the holiday feeling in your own environment and you will feel more positive. You will get that feeling with a few turquoise cushions or a shell necklace. Let the colour of your cushions come back in a candlestick or candle, or in a unique wooden box. With this you create unity in your interior.

Next month I will have some new styling tips!

If you prefer personal advice, come to Catharina Interior y Deco on Saturdays from 10am-1pm in Big Mat in Mazarrón.
Tel 644 070 911
Love Catharina

Workking has an established and enviable reputation for providing some of the best quality heating installation and home reform services in the area. Workking was founded by UK nationals 15 years ago and they have become one of the favourite suppliers of these services among the expat population and holiday home owners.

Workking guarantees the best possible results for their clients, taking advantage of the best products available on the Spanish market.

Workking embraces the latest technological innovations, specialising in heating, solar power, kitchens and bathrooms.

Workking ensures that all products and workmanship are of the very highest quality offering their expertise throughout the Costa Blanca, Costa Cálida and Costa Almería.

Workking start and finish complete jobs renovating homes and updating central heating, air conditioning, pipework, floors, kitchens and bathrooms including the furniture. This can be a huge undertaking, especially with the language barrier, but Workking guarantees quality and top workmanship. Ask about their range of special deals which are designed to solve the problems faced by those who purchase older properties with the intention of carrying out a complete renovation with environmentally friendly and economical living standards. Also ask about installations such as solar power and cost-saving technology, helping you to realize your dream of making your older home in the south of Spain feel brand new.

Contact Workking for more information on 658 302 689
Is There A Place Prepared For You?
A pretty subject death is not, but it’s been faced by many more people in the past 18 months than anyone expected. The challenge to death is what do we face after it? Many people I know think this life is all there is and don’t think beyond that. Some say I have had a good life, had a good time and got money in the bank and don’t want to know about God thank you. Jesus spoke these words to His disciples just prior to His death. John 14 verses 1-4 “Let not your heart be troubled neither be afraid. Trust in God. Trust also in Me. In my Father’s house are many rooms. If it were not so I would have told you. I am going there to prepare a place for you and I will come back and take you to be with Me that you also may be where I am.” You see the there was to the cross to die. The I will come back is Jesus’ resurrection from death, the take you to be with Me is Jesus’ ascension into Heaven where He will take all those who believe in Him.

These places are for those who enter the narrow gate. Matthew 7 verses 13-14 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction and many enter through it. But small is the gate and narrow the road that leads to life and only a few find it.” How can you know if a place has been prepared for you? How can you find that narrow road? Jesus says “Come to Me all you who are weary and burdened and I will give you rest.”

Unless you know you are weary, that your life hasn’t been as good as you kid yourself and that the money in the bank doesn’t meet your needs because there are times you feel empty inside and can’t put your finger on why, Jesus says to “YOU” simply “COME TO ME”.

Jesus said, John 14 verse 6, “I am the WAY the TRUTH and the LIFE.”

How do we enter into that WAY, the TRUTH and the LIFE? The TRUTH is Romans 5 verse 8, “God demonstrates His own love for us in this. While we were still sinners Christ died for us.”

The WAY is Acts 2 verses 37-39, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins and you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off, for all whom the Lord our God will call.”

This is THE WAY to know THE TRUTH to assure you that you have a place prepared for you in Heaven with Jesus and eternal LIFE after your death. There is no other way to receive total assurance.

God bless you all.

---

XLR Radio Music During COVID 19

By Cathy of XLRadio.co.uk

From Andi Sweetland a listener

Question to myself? Why didn’t I find XLR earlier? I have only been listening to XLR since the beginning of March 2021, but I won’t go to any other station now.

I would like to thank EVERYONE at XLR for not only the music they play, but for all the hard work they do in the background to deliver great entertainment to the listeners. The music played is vast in era and genre. I’m an early bird so the Breakfast Shows for me are a must. Missing this is like starting the day without breakfast! We’re entertained with music, the weather report, Celebrities Birthdays and What the Papers Say, often wondering why both chuckle over the Star (LOL).

If you listen to Mal’s shows on Monday, Wednesday and Fridays they have a treat as at 08.30am it’s Knock Knock for the Bradshaws.

If you listen to Cathy’s Breakfast shows on Tuesday and Thursdays be sure to wear your gym clobber as the music is fast tempo and energetic at times. Tuesday at 2pm brings a novel concept from DJ Martin with his Take Control Tuesday, where listeners can select up to 30 songs. If selected, they will be aired on Martin’s 2 hour slot. Believe me this is true, as I’ve had two listed aired so far.

In the evenings there are also shows from Dazzle, Lance, Wayne and now Chris to entertain us until the witching hour. They are all fantastic presenters in their own unique ways.

Sorry if I have missed your name off - YOU ARE ALL BRILLIANT!

Friday and Saturdays at 12am-12pm we have the wonderful Tony Blackburn Show. Sorry slipped on the keyboard; should say The Steve Snip show. Sorry the jokes may be bad but they make me chuckle.

There is so much more I could write, but that would have filled at least 6 A4 sides!

The Meeting Room is a brilliant idea, where not only can you talk to the presenters to request songs, but you can also chat and have light-hearted banter with other listeners. While in the Meeting Room I have met lovely people and hope to meet more in the future.

Love my XLR Meeting Room family xxxxx

XLR Presenters - Hats of to you ALL. Keep it going. You have my vote any day. From the bottom of my heart a BIG THANK TO YOU ALL XXX

There is also one other person we need to thank - well when I say person I do mean a Cat; yes A Cat; Bobcat and his nightly duties of borrowing a few songs and here, there and everywhere LOL.

---

Puerto Lumbreras Christian Fellowship

We meet on Sundays at 11am at Paul and Sandra’s house. We have room for safe distancing hearing in mind the legal requirements. Also on Wednesdays at 3.30pm for Bible Study. We have been covering books such as Ezekiel, Revelation and Colossians plus others.

All are welcome to join us. Please call us on 619 433 283 for further details.

---

Playing the decades you love.
24hrs a day 7 days a week.
Requests welcome.

Find out show schedules and more from our website xlradio.co.uk

---

www.costacalidachronicle.com
Alzheimer’s And Periodontal Disease

What if an excellent oral health – concretely free of periodontitis – may prevent one from suffering dementia due to Alzheimer’s?

On January 23rd 2019, a magazine called ‘Science Advances’ published an article that indicated the presence of certain toxic substances, called ‘gingipains’, in the brain of patients suffering from Alzheimer’s. The importance of this research is that its conclusions show a clear association between the periodontal disease and Alzheimer’s. Periodontal disease has been a usual suspect for researchers for several years. However, in patients with Alzheimer’s, it was not possible to clear up if the presence of ‘gingipains’ in the brain was caused by a direct infection with P. Gingivalis or due to a progressive tooth decay of a patient with progressive cognitive deficiencies that affected his mouth, as a result of the limitation on his oral hygiene.

From my point of view, it is important to highlight the critical vision of this research for several reasons:

* Firstly, the authors of this research, Stephen S Dominy and Casey Lynch, are researchers from Cortexyme, a company responsible for the development of ‘gingipain’ inhibitors. However, they lead a group of researchers from five universities around the globe: USA, Australia, Poland, Norway and New Zealand.

* Secondly, it is specified that they do not think that they have discovered the etiological factor of Alzheimer’s disease, but by verifying the presence of P. Gingivalis in the mice’s brain and the production of beta-amyloid peptide (a protein associated to Alzheimer’s), scientists are convinced that they have an important line of investigation, which creates a strong connection between infectious agents and Alzheimer’s progression.

* Last but not least, it would give some hope, because cognitive deterioration could be preventable by maintaining an excellent oral health.

Independently from the previous analysis, this study represents an incredible advance in the association between periodontitis and Alzheimer’s and, of course, it establishes the importance of keeping excellent oral health to avoid an impact on our general health.

I can only state that research continues following this line, but there is still a lot of research to consolidate the causal link between Alzheimer’s and periodontal disease. However, the recent studies are encouraging in the search for a treatment to eradicate a disease that deeply affects the life of those who suffer it, feeling completely alone.

If you want to read the study, here is the link: [https://advances.sciencemag.org/content/5/1/eaau3333.full](https://advances.sciencemag.org/content/5/1/eaau3333.full)
Extra Virgin Olive Oil Is The Best Cooking Oil – Australian Study

Australian scientists compared the effects of heating Extra Virgin Olive Oil against other oils. They found that Extra Virgin Oil is one of the safest and most stable oils at high temperatures.

In the study, published in the journal, Acta Scientific Nutritional Health, scientists heated various oils to cooking temperatures. They performed several tests to determine the stability and toxicity of several oils, including Extra Virgin Olive Oil, refined olive oil, canola oil, sunflower oil, coconut oil, avocado oil, peanut oil, rice bran oil, and grapeseed oil.

Cooking oils produce toxic polar compounds linked to a host of chronic diseases, including heart diseases, Alzheimer's disease and autoimmune diseases. The scientists wanted to know which of the oils produced the most toxins and posed the most significant health risks. The oils were purchased from supermarkets in Australia, meaning that the results produced were directly applicable to home cooking.

The Method
The scientists heated the oils to temperatures of 180°C/350°F for over six hours, which is more than average cooking times and temperatures and means that they went much further than is typical for meal preparations.

The results showed that Extra Virgin Olive Oil produced the lowest concentration of toxins of all the oils. This ties in with traditional knowledge of Extra Virgin Olive Oil as a healthy oil and the healthy 'Mediterranean Diet' theory.

This study differed in its approach from other studies that have looked at the safety of oils. Typically, the smoking point of oils has been the method employed to determine toxicity rather than heating times and temperatures. The smoking point will not always predict the performance and safety of oil when it is heated. For example, Extra Virgin Olive Oil has cooking and frying temperatures below its smoking point. Thus, measuring its toxicity at this low temperature does not reflect its effect when consumed in day-to-day life.

The Results
When the Australian scientists examined the indicators that measured the health safety of oils, such as the total level of unsaturated fats, oxidative stability and UV coefficient, they found that Extra Virgin Olive Oil came out as the best cooking oil. Interestingly, the worst was canola oil.

Before you head to the supermarket to load up on Olive Oil, you should know a crucial difference between Extra Virgin Olive Oil and refined or ordinary Olive Oil.

Extra Virgin Olive Oil is produced by cold pressing the oil from the olive fruit using traditional methods. Ordinary Olive Oil, by contrast, has been refined with chemicals that destroy its health-sustaining properties.

The results of this study show that Extra Virgin Olive Oil is something we should all include in our diets – not just as a salad dressing but also as a cooking oil.

Good Oils: Coconut Oil, Palm Oil and Sesame Oil.

Bad Oils: Corn Oil, Sunflower Oil, Canola Oil, Safflower Oil, Rapeseed Oil, Soybean Oil, Rice Bran Oil and Grapeseed Oil.

Dr Machi Mannu is a medical doctor and specialises in medical diagnostics and Science-based Natural Medicine. To book A Full Body Scan in Torrevieja - Spain or Donegal (Ireland) call +34 865 616 862 or visit www.medbhealth.com

Extra Virgin Olive Oil, by contrast, has been refined with chemicals that destroy its health-sustaining properties.

Dr Machi Mannu is a medical doctor and specialises in medical diagnostics and Science-based Natural Medicine. To book A Full Body Scan in Torrevieja - Spain or Donegal (Ireland) call +34 865 616 862 or visit www.medbhealth.com

The Salon's joint team consists of the following:

- 6 fully qualified Hairstylists, 3 of whom are also qualified Nail Technicians.
- 1 fully qualified Beautician/Nail Technician
- 1 qualified Junior Beautician/Nail Technician

The Salon's fully qualified Stylists and Beauticians have many years of experience and have all kept up with new treatments & techniques.

The Salon offers various treatments from head to toe. Keep a look out for their special offers on Facebook.

The Salon Campsol Sector A Commercial Centre

Gift vouchers also available for those special occasions,

To contact The Salon for an appointment Tel/WhatsApp 691 916 717

We look forward to seeing you all soon!!

* 1 qualified Junior Stylist

**NEW IMPROVED LOCATION & SPACIOUS NEW PREMISES**

Still following all the COVID-19 protocol with social distancing & PPE
We have your health as our no 1 priority!
**Total Health MOT**

Whole Body Diagnostic Scan, Report, Consultation and Therapy

- Detailed Examination of All Organs and Systems
- Diseases Present and Complications
- Detection of Viruses, Bacteria and Fungi
- Food Allergies and Sensitivities
- Detection of Lead, Mercury and Other Environmental Toxins
- Non-Invasive Blood Test
- Body Composition Analysis

**CALL TODAY** +34 865 616 862

**Address:**
Calle Caramujo, 1161 Punta Marina, Punta Prima, Torrevieja, 03185, Alicante

**Donegal**
Ballaghderg, Letterkenny, Co. Donegal

**fb.com/medbclinic**  [www.medbhealth.com](http://www.medbhealth.com)

---

**Costa Cálida Chronicle - August 2021**

---

**ASSSA Insurance**

since 1935

**Health insurance for Visa and Residencia**

- Suitable coverage for Visa and Residencia.
- No copayments.
- No waiting periods for Visa.
- Personal and professional assistance in your language.
- Top doctors and the best private clinics.

Additionally, get great **lifetime discounts** now!

- **Los Alcázares** - 968 574 459 - losalcazares@asssa.es
  Urb. Oasis - c/c Ñebiopole, 110
- **Puerto de Mazarrón** - 968 135 966 - mazarron@asssa.es
  Av. Dr. Meca, 109 - C.C. la Pirámide - Local 9

[asssa.es](http://asssa.es)

---

**The Salon & The Salon 2**

**UNISEX HAIR SALON INC BARBER SHOP**

2 BEAUTY ROOMS & 3 NAIL BARS

SECTOR A COMMERCIAL CENTRE. CAMPOSOL

TEL/WHATSAPP 691 916 717 OR 653 463 490

NEW BIGGER & MORE SPACIOUS PREMISES

CALLE BARCELONA 22 & 23 In-between the vets & The Tech shop

PLEASE NOTE THE SALON 2 HAS NOW MERGED WITH THE SALON.

MARICARMEN, SHAUNA & TEGAN FROM THE SALON 2 HAVE JOINED THE REST OF THE TEAM AT OUR NEW BIGGER & MORE SPACIOUS PREMISES.

---

**Unisex Hair Salon**

- Hair by Melissa, Tanya, Ella, Maricarmen, Tegan, Wendy, Shauna, Lynsey and Domini
- Dry Cut from 11€
- Blowdry from 10€
- Cut & Blowdry from 19€
- Genes Cuts from 5€
- Regrowth Colour Inc Blowdry from 19€
- Foils Half Head Inc Blowdry from 25€
- Foils Full Head Inc Blowdry 30€
- Farm Inc Blowdry from 25€

**Beauty Room**

- Beauty by Wendy, Lynsey and Fallen
- Non Surgical Face Lift Bio-Opt RF 1 hr 20€
- Diamond Fha Microdermabrasion & Steam Facial 1 hr 25€
- Luxury Facial 1 hr 20€
- Waxing from 4€
- Brow Tint 6€
- Eyelash Tint 7€
- Henra Brows 10€
- Spray Tan 20 mins 15€
- Hopi Ear Candies 15€
- Eyelash Individual Extensions 30€
- Eyelash Lift & Tint 30€
- Dermataph tangled facial 1 hr 25€

---

**Nail Bar**

- Nails by Ella, Maricarmen, Tegan, Lynsey, and Fallen
- CND Shellac Polish Hands Or Toes Inc Soak Off 14€
- Manicure Normal Polish 15€ Or Shellac/ Gel Polish Inc Soak Off 18€
- Pedicure Normal Polish 18€ Or Shellac/Gel Polish Inc Soak Off 21€
- Gel/Acrylic Extensions 35€
- Infills 18€ Inc Polish 25€
- Overlays 20€ Inc Polish 27€
- Nail art extra

---

**Teeth whitening - smile white**

(non peroxide & non bleach gel)

Full treatment 60€ or Express treatment 10€

---

**** MASSES ****

- Swedish full body massage 1 hour 27€
- Back & shoulder massage 30 min 17€
- Indian Head massage 30 min 15€
- Deep tissue massage 30 min 19€
- Hot-stone massage 1 hr 30€
- Bamboo massage 1 hr 30€
- Lymphatic drainage massage inc reflex point foot massage 1 hr 25€ or 1 hr 35 30€

---

***OFFERS OFFERS***

**Offer No 1**
Non Surgical Face Lift 45 Mins & Hands Or Toes Shellac/ Gel Polish 27€

**Offer No 2**
Luxury Facial 45 Mins Hands Or Toes Shellac/ Gel Polish 27€

**Offer No 3**
Eyelash , Brow Tint & Brow Shape 13€

**Offer No 4**
Pedicure Inc Polish & Manicure Inc Polish 30€

**Offer No 5**
Mini Pedicure Inc Polish & Mini Mani Inc Polish 25€

---

**The Salon Camposol Unisex Hair & Beauty Salon**

---

costacalidachronicle@gmail.com
Costa Cálida Chronicle Sales 619 199 407
Ashwagandha - the answer to our stress and anxiety levels, caused by too much Cortisol!

A recent scientific study has found a huge connection between Cortisol in relation to stress, anxiety and depression. Ashwagandha is very revered herb of the Indian Ayurvedic system of medicine.

With so many people feeling the effects of the past couple of years of bad news and COVID related issues, it is no wonder the doctors have been prescribing more and more drugs in an attempt to help the symptoms of those people affected. The mechanisms of action of these drugs are not well researched and it is not really known why which drug could help and which drug could make things actually worse!

The recent study confirms that elevated Cortisol levels (a stress hormone) if consistently high physiology is effected on a number of different levels. This can effect inflammation (like osteoarthritis and rheumatoid arthritis) to hormone imbalance, as well as cognitive decline like Alzheimer’s.

In the study they found that ‘the cortisol content’ of adrenals was reduced significantly in animals subjected to 5 hours constant swimming compared to the non-swimmer group. This is why people using Ashwagandha report elevated energy levels while also having far better resting sleep.

Ashwagandha was also found to be useful in the prevention of stress-induced ulcers of the gastrointestinal tract.

Ashwagandha is a plant mainly found in India and historically used to promote intellect and memory, or when memory is compromised following head injury, or a prolonged illness and in older age.

There are dozens of studies that show that Ashwagandha slows, stops and reverses cognitive decline, therefore Ashwagandha can be used to treat Alzheimer’s, Parkinson’s, Huntington’s and other neurodegenerative diseases at any stage of the disease, even before a person has been diagnosed and is still in the state of mild forgetfulness, etc.

Ashwagandha also exhibited an antidepressant effect, comparable with other mainstream drugs. The investigations support the use of Ashwagandha as a mood stabilizer in clinical conditions of anxiety and depression.

Ashwagandha is an analgesic that soothes the nervous system from pain response. The powerful anti-arthritic properties of Ashwagandha are now widely accepted and documented.

Conclusions

The available scientific data support the conclusion that Ashwagandha is a real potent regenerative tonic, due to its multiple pharmacological actions like anti-stress, anti-arthritic and anti-inflammatory etc. It is useful for different types of diseases like Parkinson, dementia, memory loss and stress-induced diseases.

Ashwagandha is used as a household remedy by Indians, who consider it as the best tonic for old people and children and a remedy by Indians, who consider it as the best tonic for old people and children and as an aphrodisiac by young people. It has also been shown to be helpful in all forms of cancer including prostate and lung cancers, especially in the last stages, giving patients a lot of health benefits. In the trial, some cases of lung cancer patients have refused modern therapy, recovered clinically with therapy of Ashwagandha.

The above findings clearly indicate that the traditional use of Ashwagandha has a logical and scientific basis. Large scale clinical studies are needed to prove the clinical efficacy of this herb, especially in stress-related diseases, neuronal disorders and cancers.

Just to be clear and cutting through the jargon, anyone suffering from anxiety, depression and stress is at risk from secondary health problems which often manifest themselves in inflammation which can lead to around 85% of all known diseases. Ultimately cancer can follow where Cortisol levels remain high and immune response is limited thanks to the high Cortisol levels.

If you are suffering from stress, bad sleep patterns, or low energy levels then you could be an excellent candidate to supplement with Ashwagandha which is widely available in capsules from suppliers.

The studies are just the beginning of a health revolution where we now have the tools to naturally combat the ravages of time in a natural, safe way that complements our physiology by helping to block the very stress hormone which is the pre-cursor to so many longer term problems.

I am not a huge advocate of supplements, since a good plant-based diet should give us more than enough of the essential nutrients to sustain a healthy body. However the help this plant can offer is one that should be on our shopping list as we age, as it is not available from normal food choices.

To read the clinical study for yourself just go to https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252722/

Andy
Email me at andrewhurrell2000@yahoo.com for my free eBook.
**Ice Creams and Sorbets**

The hot weather has arrived and it’s time to think about ‘cooling down’ food. My grandchildren love to visit the Ice Cream shops, but have you tried making your own Ice Cream or Sorbet? We made sugar-free ice cream for granddad last year which turned out brilliantly. With Ice Cream machines now more affordable in the shops it couldn’t be easier, but don’t worry if you haven’t got one as the recipes below will show you how to make them without one. You can keep home-made Ice Cream in your freezer for up to three months, but it degrades when in contact with air, so putting cling film over the surface before you seal the container will help to preserve the texture. How long the Ice Cream takes to freeze will depend on the temperature of your freezer, its size, how full it is and the depth and material of the container used. It really is worth trying your own Ice Cream.

**Buen Apetito.**

---

**Peach Ice Cream**

750ml Single Cream
5 Egg Yolks (beaten)
150g Caster Sugar
350g fresh Peaches

Peel the peaches and puree the fruit in a jug using a hand blender and put to one side. Make a simple custard by pouring the cream into a saucepan with the beaten egg yolks and sugar. Put this on the cooker and heat on a medium heat stirring frequently to prevent the bottom burning. You need to bring this almost to the boil, but not quite. This ensures the egg is cooked into the mixture and the sugar has all dissolved. Pour into a cold jug and leave to cool down. When cool, mix in the fruit purée and put the mix in your Ice Cream maker, following the manufacturer’s recipe timing. Alternatively you can freeze it in the freezer, but Ice Cream makers freeze more quickly producing smaller ice crystals.

**Melon Ice**

1 Melon
75g Caster Sugar
3 tbsp Maple Syrup
142ml Double Cream
½ Lemon (juiced)
400g Vanilla Yoghurt
Mint Leaves to decorate

Cut the melon in half and scoop out the seeds and throw away. Scoop out the flesh from half a melon and purée with the sugar, maple syrup and cream. Add the lemon juice. Whisk in the yogurt and turn into a rigid freezer-proof container. Freeze for 2 hours or until almost firm, remove from freezer and beat to break up the ice crystals, then return to freezer until solid. Serve with melon balls made from the half melon left, some more maple syrup and decorate with mint.

**Lemon Frozen Yogurt**

6 Lemons
100g Caster Sugar
142ml Whipping Cream
200g Low Fat Vanilla or Plain Yogurt

Scrub the lemons, cut off the tops, scoop out the flesh and juice into a saucepan, remove the pips and heat gently with the sugar. Simmer for 2 minutes, then remove from heat and allow to cool. Stir in cream. Whisk in yogurt and turn into a rigid container and freeze for 2 hours. Remove from freezer and break up the ice crystals. Scoop into lemon shells and return to freezer until solid.

**Grapefruit Sorbet**

3 Pink Grapefruit
1 Egg White
Basic Syrup (as above recipe)

Squeeze the juice from the grapefruits and stir into basic syrup. Turn into rigid container and freeze for 2 hours. Remove and stir to break up ice crystals. Whisk egg white and add to sorbet with the nuts. Return to freezer and freeze until solid.

**Italian Cassata**

5 Egg Yolks
2 tsp Cornflour
175g Caster Sugar
600ml milk
284ml Double Cream
100g Glacé Fruit
250g Ricotta Cheese
1 Lemon
50g Blanched Almonds

Whisk egg yolks, cornflour and 150gr of the caster sugar. Heat milk until almost boiled. Whisk into the egg mixture. Place over a pan of simmering water and cook custard until it thickens. Allow to cool, but stir to prevent skin forming. Whip the cream and then fold half into the custard mixture. Turn into a rigid container and freeze for 2 hours. Break up the crystals and then spread the mixture into a 1.5 litre pudding basin and freeze until solid. Chop up the glacé fruit, beat ricotta and grate the lemon rind. Beat remaining sugar, double cream and the chopped glace fruit into the ricotta. Chop the almonds and fold in. Spoon into the centre of pudding basin. Freeze until solid. Serve with whipped cream and glace fruit.

**Basic Sugar Syrup for Sorbets**

1 Vanilla Pod
175g Caster Sugar
½ Pint Water

Put vanilla pod into a saucepan with sugar and ½ pint of water. Bring to the boil and simmer for 5 minutes. Allow to cool and remove vanilla pod.

**Kiwi Sorbet**

6 Kiwi Fruit
½ Lemon
2 tbsp Pistachio Nuts
1 Egg White
Basic Syrup (as above recipe)

Peel kiwi and finely chop; sieve to remove seeds. Add to the basic syrup. Grate rind and juice from lemon and add. Turn mixture into rigid container and freeze for 2 hours. Remove and stir to break up ice crystals. Whisk egg white and add to sorbet with the nuts. Return to freezer and freeze until solid.

**Grapefruit Sorbet**

3 Pink Grapefruit
Basic Syrup (as above recipe)
2 Egg Whites

Squeeze the juice from the grapefruits and stir into basic syrup. Turn into rigid container and freeze until semi-frozen. Remove and stir to break up the ice crystals. Whisk the egg whites and fold into sorbet and return to freezer until solid. Decorate to suit. For a rough sorbet add flesh from grapefruits with the juice at the beginning.
RED – Entertainment
ORANGE – Special menus
PURPLE – Market, exhibitions, leisure & meetings
GREEN – Charity & non-profit making events
BLACK – Fiestas & important events

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

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

Please check South Murcia News/SE Murcia News/NW Murcia News for more information on some events.

Every Day
- National Museum of Underwater Archaeology Exhibition – ‘Mar Menor’ @ Cartagena (until 15th Aug)
- Contemporary de Coronado Permanent Art Exhibition @ Aguilas (Thurs-Sun 7-10pm)
- Free Zumba Class @ Playa del Puerto, Pto de Mazarrón 10.30am & 6.30pm (Aug)
- Free Zumba Class @ Playa de la Reya, Pto de Mazarrón 12pm & 8pm (Aug)
- Fish and Chips @ The Old Market Tavern, Pto de Mazarrón (exc Mon)
- 3 Course Menu del Dia @ Quality Indian, Camposol B 9.95€ inc drink
- 3 Course Menu del Dia @ Fiesta, Camposol A 9.95€ inc a drink
- Menu del Dia @ The Old Market Tavern, Pto de Mazarrón 10€ incl a drink/btl wine for 2 (Tues-Sat)
- Menu del Dia @ La Herradura Argentinian Grill, Cartagena 13.50€ (Tues-Fri)
- 3 Course Lunch Menu @ Amapola Restaurant, Bolnuevo 20€ exc Mon (inc btl wine for 2 exc Sat/Sun)
- 3 Course Menu del Noche @ Quality Indian, Camposol B 12.95€ incl a drink
- 3 Course Evening Menu @ Fiesta, Camposol A
- 3 Course Evening Menu @ Amapola Restaurant, Bolnuevo 20€ exc Sun/Mon (inc btl wine for 2 exc Sat)
- Fiesta @ La Union (until 7th)

Every Mon
- Los Palacios Garden & Community Group Working Party @ Camposol A 9am
- Councillor Available (by appointment) @ The Social Centre, Camposol B 10am-12pm
- Friendship Group @ Los Alcazares 11am
- Age Concern Quilt, Knit and Natter Club @ Age Concern Social Centre House, Camposol C 10am-2pm
- Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm
- HAH Help at Home Table Top Sale @ Los Alcazares 10am-1pm
- Andrea’s Animal Rescue Collection @ Car Park, Camposol B 11.30am-1.30pm
- Easy Horse Rescue Open Day @ Rojales 12pm

Every Tue
- Camposol B Clean Working Party @ Camposol B 8.30-10.30am
- Camposol Golf Association Ladies’ Game @ Camposol C 9am
- Mazarrón Bowls Club Roll Up Day @ Hacienda del Alamo 10am
- Free Turtle Tours @ Santiago de Ribera 11.30am (Aug)
- San Javier Squalos Rugby @ San Javier (12-18 years 7.30pm)
- San Javier Squalos Rugby @ San Javier (Men 8.30pm)
- San Javier Squalos Rugby @ San Javier (Women 10pm)
Age Concern Games Day @ Age Concern Social Centre House, Camposol C 10am-2pm
Age Concern Fiery Darts & Lemon Tarts @ Age Concern Social Centre House, Camposol C 10am-2pm
Age Concern Check Mate Chess Club @ Age Concern Social Centre House, Camposol C 10am-2pm

Every Wed
Camposol Golf Association Mens’ Game @ Camposol C 8.30am
Camposol C Gardening Group Clean Up @ Camposol C 9am
Camposol D Group Gardening Team Work 9am-11am (closed Aug)
Camposol & Mazarrón Bridge Club (Competitive Duplicate Bridge) @ Camposol 9.30am
Councillor Available (by appointment) @ The Social Centre, Camposol B 10am-12pm
HAD Women’s Coffee Morning @ Hacienda del Alamo 10am-12pm
Pilarmonics Music Rehearsals (via Zoom 6.45pm)

Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm
Age Concern Health & Wellness with Faye @ Age Concern Social Centre House, Camposol C 10am-12pm
Age Concern Bereavement Group @ Age Concern Social Centre House, Camposol C 1pm

Every Thu
Solar Light Centre @ Camposol B 10am-2.30pm
Mazarrón Bowls Club Roll Up Day @ Hacienda del Alamo 10am
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12pm
Spangles Ladies A Capella Chorus Rehearsals @ Los Narejos 10.15am
Free Turtle Tours @ Santiago de Ribera 11.30am (Aug)
Mazarrón AA Group @ Cañada de Gallego 5.30pm (please call first on 646 290 420)
San Javier Squalos Rugby @ San Javier (6-10 years 6pm)
San Javier Squalos Rugby @ San Javier (12-18 years 7.30pm)
San Javier Squalos Rugby @ San Javier (Men 8.30pm)
San Javier Squalos Rugby @ San Javier (Women 10pm)
Age Concern Catch Up With Tea/Coffee/Cake @ Age Concern Social Centre House, Camposol C 10am-2pm

Every Fri
Camposol D Group Bucket Collection @ The Hut, Camposol 9am-11am
Camposol & Mazarrón Bridge Club (Competitive Duplicate Bridge) @ Camposol 9.30am
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A 10am-12.30pm
Los Palacios Gardening/Community Group Bucket Collection @ Camposol A Farmacia 10.30am-11.30am

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

Every Sat
San Javier Squalos Rugby @ San Javier (6-10 years 10am)
Guided Visit Museum Of The Tower Of Santiago, Totana 10am
Guided Visit to La Bastida, Totana 3.40€ (2.50€ disc) 10am/12pm
Archaeological See of Begastri @ Cehegín 10am-2pm
Antique & Collectable Market @ Aguilas 10am

Los Infiernos Perrera Supporters Dog Walking @ San Javier 9am-1pm
Easy Horse Rescue Open Day @ Rojales 12pm
Cavalli Foundation Pony Club Morning

Every Sun
Solar Light Centre @ El Zoco Market 10am-2pm
Guided Visit to La Bastida, Totana 3.40€ (2.50€ disc) 10am/12pm
Archaeological See of Begastri @ Cehegín 10am-2pm
3 Course Sunday Roast @ The Old Market Tavern, Pto de Mazarrón 11€ 12-9pm
inc 1 drink or btl wine for 2

Easy Horse Rescue Open Day @ Rojales 12pm

AUGUST

Monday 2
Free Guided Tour – Castillitos, Mazarrón
Free Summer Cinema/Sonrisas y Lagrimas @ La Isla, Pto de Mazarrón 8pm
Free Summer Cinema/Mujercitas @ Aguilas 10pm

Tuesday 3
Monthly ‘B’ Clean Meeting @ Camposol B 4pm
Stamp Collectors Meeting @ Biblioteca, Pto de Mazarrón 6pm
Free Guided Tour - Historical Puerto de Mazarrón
Free Multi-Adventure Afternoon-Children/Families @ Garden of San Isidro, Pto de Mazarrón 7pm
Free Summer Cinema/Jumanji @ Aguilas 10pm

Wednesday 4
Semana de la Juventud, Blanca
Theatre Performance – Málacido @ Cartagena 9.30pm
Free Summer Cinema/Padre No Hay Mas Que Uno 2 @ Garden of San Isidro, Pto de Mazarrón 10pm

Thursday 5
Theatre Performance – For Them @ Cartagena 9.30pm
Free Summer Cinema/Atrapa La Bandera @ La Isla, Pto de Mazarrón 10pm

Friday 6
International Beer Day
Camposol Explorers – Outing to Oasys (Mini Hollywood, Almeria Province)
Walking Tour – Sierra de las Moreras/Calas de Boinuevo
Theatre Performance – Glubs @ Cartagena 8pm
Free Magic Show for Children @ Paseo del Rihuete, Pto de Mazarrón 9.30pm
Theatre Performance – It’s My Hero @ Cartagena 9.30pm
Free Concert by Swing Machine Orchestra @ Pto de Mazarrón 10pm
Free Concert by Los Caporales @ Plaza Ayuntamiento, Mazarrón 10pm
Rufus T. Firefly @ Cartagena
Randy Greer & The Cole Diggers Jazz @ Aguilas

Saturday 7
Free Guided Tour - Historical Puerto de Mazarrón
Free Singing Games Children/Families @ Paseo de Boinuevo, Pto de Mazarrón 9.30pm
Theatre Performance – Clowns @ Cartagena 9.30pm
Free Summer Cinema/Truhanes. Projection y Plastica @ Aguilas 10pm
Free Performance by Monologist Javi Chou @ Plaza Ayuntamiento, Mazarrón 10pm
Cristian de Moret @ Cartagena
The Swing Machine Orchestra @ Aguilas
Helping Hands “Nearly Elton” @ Camposol A 15€

Sunday 8
Speed Painting Competition @ Gebas, Alhama 9am
Free Puppet Show for Children @ Pto de Mazarrón 9.30pm
Theatre Performance – Coriolano @ Cartagena 9.30pm

Monday 9
Walking Tour – Camping Los Torres/Los Malores

Tuesday 10
Free Guided Tour – Lonja de Pescadores, Mazarrón
Free Multi-Adventure Afternoon-Children/Families @ La Aceña, Mazarrón 7pm

Wednesday 11
Free Summer Cinema/El Otro Lado De La Cama @ La Isla, Pto de Mazarrón 10pm

FOR UPDATED WHAT’S ON NEWS FROM OUR ADVERTISERS AND LOCAL TOURIST INFORMATION OFFICES
Martine - 618 451 798
costacalidachronicle@gmail.com
Thursday 12  International Youth Day
World Elephant Day
Walking Tour - Lagrimas de San Lorenzo

Friday 13  International Left Handers Day
World Organ Donation Day
Free Magic Show for Children @ Paseo del Rihuete, Pto de Mazarrón 9.30pm
Free Singing Games Children/Families @ Plaza del Ayuntamiento, Mazarrón 10pm
Free Summer Cinema/Padre no hay mas quo uno @ Aguilas 10pm

Guadalupe Plata/Bigote Chino @ Cartagena
Age Concern What’s In The Box Table Top Sale @ Age Concern Social
Centre House, Camposol C 10am-2pm

Saturday 14  La Vuelta Cycle Race (until 5th Sept)
Guided Route – Mines of Mazarrón
Free Puppet Show for Children @ Paseo de Bolnuevo 9.30pm
Free Performance by Monologists @ Plaza Ayuntamiento, Mazarrón 10pm
Free Summer Cinema/Forest Gump @ Aguilas 10pm

Guadalupe Plata/Antilópez @ Cartagena

Sunday 15  National Holiday – Asunción (Assumption Day)
Feria y Fiestas del Vino, Jumilla
Asunción de la Virgen, Aguilas and Mazarrón
Fiestas de Agosto, Blanca
Free Singing Games Children/Families @ Pto de Mazarrón 9.30pm

Monday 16  San Roque, Ceuti, Fortuna and Villanueva del Segura
Walking Tour – Puntas de Calnegre/Percheles
Free Summer Cinema/Con faldas y a lo loco @ La Isla, Pto de Mazarrón 10pm

Tuesday 17  Free Guided Tour – Lonja de Pescadores, Mazarrón
Free Multi-Adventure Afternoon–Children/Families @ Cañada de Gallego,
Mazarrón 7pm

Wednesday 18  Free Summer Cinema/Zapatos rojos y los siete trolls @ Cañada de Gallego,
Mazarrón 10pm

Thursday 19  World Photography Day
World Humanitarian Day
Tribute Concert to Luis Miguel with Xandro Leima @ Cartagena

Friday 20  World Mosquito Day
Walking Tour – La Atalaya/Coto Fortuna
Free Puppet Show for Children @ Paseo del Rihuete, Pto de Mazarrón 9.30pm
Free Concert by Filiu @ Plaza del Ayuntamiento, Mazarrón 10pm
India Martínez @ Cartagena 15€ 10.30pm
Maren @ Cartagena

Saturday 21  Free Guided Tour – Cabezo del Plomo
Free Singing Games Children/Families @ Paseo de Bolnuevo 9.30pm
Free Musical Concert @ Plaza del Ayuntamiento, Mazarrón 10pm
Los Morancos @ Cartagena 20€/30€/40€ 10.30pm
Los Fusiles/Los Bengala @ Cartagena
Helping Hands Queens of Rock @ Camposol A 16€

Sunday 22  Christianity Explored/Open Door via Zoom/with songs 11am
Free Magic Show for Children @ Pto de Mazarrón 9.30pm
Wonderful World of Drilo (for younger audience) @ Cartagena 5€ 9.30pm

Monday 23  World Water Week (until 27th) See page ??
Free Summer Cinema/Mucho ruido y pocas nueces @ La Isla, Mazarrón 10pm
Free Night Walk of Mazarrón

**Tuesday 24**

San Bartolomé, Beniel, Cieza, Librilla, Moratalla and Ulea
Guided Tour – Torre de los Caballos
Free Multi-Adventure Afternoon-Children/Families @ Bolnuevo, Mazarrón 7pm

**Wednesday 25**

Free Summer Cinema/Campeones @ La Isla, Mazarrón 10pm

**Thursday 26**

Women’s Equality Day
International Dog Day

- Fuente Old Guards Golf Society Competition
- Free Summer Cinema/100 Metros @ La Isla, Mazarrón 10pm
- The spectacular dance of Los Vivancos @ Cartagena 20€/30€/40€ 10.30pm

**Friday 27**

Walking Tour – El Alamillo/Rambla Alameda/Balsicas
Free Singing Games Children/Families @ Paseo del Rihuete 9.30pm
Comedy Nights by Jordi Sánchez and Xavier Deltell @ Cartagena 15€ 10.30pm
Olimplaff (Family Show of Clown and Pantomime) @ Cartagena

- Age Concern What’s In The Box Table Top Sale @ Age Concern Social Centre House, Camposol C 10am-2pm
- Free Singing Games Children/Families @ Paseo del Rihuete 9.30pm
- Comedy Nights by Jordi Sánchez and Xavier Deltell @ Cartagena 15€ 10.30pm
- Olimplaff (Family Show of Clown and Pantomime) @ Cartagena
- Age Concern What’s In The Box Table Top Sale @ Age Concern Social Centre House, Camposol C 10am-2pm
- Free Singing Games Children/Families @ Paseo del Rihuete 9.30pm
- Comedy Nights by Jordi Sánchez and Xavier Deltell @ Cartagena 15€ 10.30pm
- Olimplaff (Family Show of Clown and Pantomime) @ Cartagena

**Saturday 28**

San Agustin, Fuente Alamo
Fiestas Patronales, Las Torres de Cotillas
Guided Route – Mines of Mazarrón
Free Magic Show for Children @ Paseo de Bolnuevo 9.30pm

- Free Concert by Dúnedein @ Mirador de Bahia, Pto de Mazarrón 10pm
- Free Concert by The Chirigota de Benijafar @ Plaza del Ayuntamiento, Mazarrón 10pm
- Queen Generation Tribute @ Cartagena 15€ 10.30pm
- Almazzarock Concert (Free) @ Hotel la Cumbre, Pto de Mazarrón 11pm
- Izaro/Amateur @ Cartagena

**Sunday 29**

Free Puppet Show for Children @ Pto de Mazarrón 9.30pm

- The Musical of Sleeping Beauty @ Cartagena 5€ 10.30pm

**Monday 30**

Walking Tour – Via Verde/Tramo Mazarrón/Saladillo
Free Summer Cinema/Los caballeros las prefieren rubias @ La Isla, Mazarrón 10pm

**Tuesday 31**

Free Guided Tour – Lonja de Pescadores, Mazarrón
Free Multi-Adventure Afternoon-Children/Families @ La Cañadica, Mazarrón 7pm

**SEPTEMBER**

**Wednesday 1**

Fiesta del Polvorín, Archena
Free Summer Cinema/La Gallina Turuleca @ La Cañadica, Mazarrón 10pm

**Friday 3**

Free Magic Show for Children @ Paseo del Rihuete, Pto de Mazarrón 9.30pm

**Saturday 4**

Guided Route – Mines of Mazarrón
Free Puppet Show for Children @ Paseo de Bolnuevo 9.30pm

**Sunday 5**

Walking Tour – Los Rincones/Hoya de los Izquierdos
Free Singing Games Children/Families @ Pto de Mazarrón 9.30pm

**Monday 6**

Romería del Niño de las Uvas, Jumilla
Los Amigos Golf Society Competition

- Age Concern New Office Open Day @ Avda de los Cavachos 2B, Camposol C
- Age Concern New Office Open Day @ Avda de los Cavachos 2B, Camposol C
- Age Concern New Office Open Day @ Avda de los Cavachos 2B, Camposol C

**Tuesday 7**

Making a Difference for Collections @ Camposol A 10.30am-12pm

**Wednesday 8**

Fiestas Patronales, Calasparra and Pliego
Virgen de la Consolación, Molina de Segura
Virgen del Buen Suceso, Cieza
Virgen de las Maravillas, Cehegin
Virgen de las Huertas, Lorca
**Catalunya Is 'Capital Of Whales'**

Whales have made themselves at home off the coast of Catalunya. A total of 222 have been spotted this spring alone, nearly double the number seen in the sea-mammal 'feeding zones' identified by conservationists since they started off the ‘Rorqual Project’ in 2013. Of those seen in spring 2021, around 75 have been identified through drone footage and the rest sighted by humans.

The high rainfall and low temperatures in winter and early spring in Mediterranean Spain meant an increase in plankton, particularly krill, in the area, for *Rorqual* or *Fin Whales* to feed on. Three satellite markers have been set up to follow the *Fin Whale’s* movements and these have been key to discovering where the feeding grounds are. May seems to be the month when numbers are highest.

Some of the biggest threats to the survival of Mediterranean Whales are human-generated, such as collisions with large boats. There are laws in place to protect Whales, Dolphins and other sea creatures, making it illegal to sail up close to them.

One very regular visitor, nicknamed *Bruixa* ('Witch'), has been seen in seven different years and in 2021, has been spotted five times. In June and July, the Whales which settle in Catalunya to feed start to head south towards the Atlantic, are *Rorquals* which spend their summer in the Ligurian Sea and follow towards the southern hemisphere.

Between summer and September, Whales can be seen from eastern Spain, particularly *Cabo de Palos* (Murcia Region), *Cabo de Gata* (Almeria province), Dénia and Jávea (Northern Spain, particularly *Cabo de Palos*) close to them.

**Summer Traffic Fine ‘Myths’**

When road traffic law breaches refer to ‘licence points’, a Spanish licence starts off with 12 and these are deducted for offences, leading to a ban once the total falls to zero.

**Fact or fake?** The General Directorate of Traffic (DGT), part of the transport ministry, can fine you for not wearing a mask in the car if you’re travelling with people from outside your household.

**A bit of both:** The DGT cannot and will not fine you, because it’s not a traffic offence – it’s a public health law. The Guardia Civil can and possibly will. They are likely to tell you all to put your masks on and warn you that a repeat failure to do so will cost you.

**Fact or fake?** Smoking whilst driving can cost you licence points and a fine of up to €4,000.

**Fake:** There’s no law against smoking and driving. If you are putting other road users at risk, by groping around on the floor for your lighter etc instead of looking out of the windscreen, it is considered a distraction creating a hazard. Smoking a spliff before or whilst driving is illegal, as is the consumption of any non-medical drugs that remain in your system when you’re at the wheel.

**Fact or fake?** The new emergency telephone number for urgent traffic-related issues, such as accidents, is 088 and, unlike the 112, 062 or 091 numbers, which carry a charge, 088 is free.

**Fake:** The 112 emergency hotline, and the 062 to the Guardia Civil or 091 to the National Police are free of charge. If your pay-as-you-go phone is out of credit, you can call them and if your phone battery is too low to make calls but enough to keep it switched on, you can still ring 112. Calling 088 could mean you get a hefty phone bill, as it is a premium-rate number set up by contractors. Don’t chance it and delete any messages you get referring to it, or to any other numbers that are not the three mentioned above.

**Fact or fake?** It’s a legal requirement to carry a breathalyser in your car on Spain’s roads. At police checkpoints, passengers as well as drivers will now be breathalysed, with passengers facing fines if they are over the limit.

**Fake:** Passengers can drink as much as they want, provided they do not act in such a way as to present a danger whilst under the influence and will not be breathalysed. It is not the law in Spain to carry a breathalyser in your car.

**Fact or fake?** Traffic authorities are now sending fine notifications via email, with links to click on to arrange payment.

**Fake:** This is another attempt at identity theft, trying to steal your passwords and bank data and clear out your account.

**Fact or fake?** It’s a legal requirement to carry a breathalyser in your car. If you have been caught on camera breaking the speed limit or committing any other driving offence, you will be notified by post – normally registered post – and a speed-camera letter will include a photograph of your car at the time and location concerned. This letter will give you details of how to pay.

**Fact or fake?** If you have registered yourself on the DGT’s online platform – accessed with a digital certificate – you will get your notifications on here and you may receive an email telling you that you have a ‘new notification’, inviting you to open the traffic authority website in a separate tab. Don’t click on links you get via email, of any type, unless you trust the source.

**Fact or fake?** You can be fined for driving whilst wearing flip-flops or in bare feet, driving whilst naked from the waist up, drinking from a water bottle whilst at the wheel, or hanging a hand or an elbow out of the window.

**Fake:** There is no specific law about any of these in Spain, but if doing so affects your being able to drive safely, or prevents others from driving safely, a police officer may consider you should be fined.

**Fact or fake?** If your passenger sits with his or her feet on the dashboard, you can be fined.

**Fake:** There is no specific traffic offence of ‘feet on dashboard’, although a fine or, at least, a warning may be given if this sitting position obscures your clear view through the windscreen.
Straight Down the Middle Golf Society

June Meeting – La Torre Golf Resort - Wednesday 23rd June

We had 22 golfers including one lady golfer and we would like to attract more lady golfers for future meetings. The weather was very pleasant, with a nice breeze picking up in the afternoon to keep things manageable. The course played very well, but many of the players found themselves in the sand – something that is almost unavoidable playing La Torre. We played our normal Stableford Competition and the players that mastered the course the best were:

Section A
Winner – Wyn Griffiths with 38 points
Runner-Up – Russ Conley with 35 points

Section B
Winner – Roy Alderslade with 43 points
Runner-Up – Laurence Willey with 38 points

Nearest the Pin
Hole 9 – Wyn Griffiths
Hole 15 – Wyn Griffiths

On Tuesday 29th June we held our belated (due to COVID restrictions) AGM at The Vista Bar, Camposol A. Some interesting points were discussed regarding handicaps, subscriptions, committee members and social events. With regard to the final point of social events, for all future events we will be known as The Vista Bar Straight Down the Middle Golf Society and we will be using the Vista Bar as our home base. After each competition we will convene in The Vista Bar for prize giving and refreshments. Thanks goes out to Dave for his hospitality.

Anyone interested in joining us (male or female) please contact Jim Niblo on sdtmsec@gmail.com

Andy Eustance

Club de Golf Competition Results - 29th June
Currencies Direct sponsored the June Qualifier when a field of 44 players took to the tees on an excellent day for golf. There was less wind than normal and some cloud cover to keep the temperatures reasonable.

Results:
1st John Price 38 pts (cb)
2nd Alan Hebblethwaite 38 pts (cb)
3rd Jim Hall 37 pts (cb)
4th Rob Greatley 37 pts (cb)
5th Dave Mitchell 36 pts (cb)
6th Mary Armitage 36 pts (cb)

Nearest the Pins:
Hole 3 Derek Clarke
Hole 5 Ian Chapman
Hole 11 Ian Richardson
Hole 13 Gary Davies
Hole 8 (second shot) Neil Smith

Prizes were also awarded to 5 players recording a two, namely Ian Richardson, Des Watts, Pete Evans, Alan Hebblethwaite and Eugene Toye.

Congratulations to the prize winners and it was a delight to see Mary Armitage playing in competitions once more and even coming in the prizes.

Keith Halliwell
Captain

CGA Men’s Wednesday Group Comp - 23rd June

It was an excellent turnout of 16 pairs on a glorious Wednesday morning. The scoring was outstanding and my partner Tony Hinkley had a heat wave of net birdies - 7 in all; one after the other on holes 5 to11.

Results for the Men’s Fourball, Betterball Stableford Competition:
1st T Hinkley, E Toye - 45 points (cb)
22 back 9
2nd N Morgan, I Butters - 45 points 21 back 9
3rd D Jones, K Halliwell - 45 points 20 points back 9
wins 3 place back 6
4th D Watts, B Purkis - 45 points 20 points back 9

Thanks to Pete & Gary for a splendid job of checking the cards etc.

CGA Men’s Wednesday Group Comp - 7th July

The weather now is very hot and the golf course is still in very good condition and looking very green for this time of the year. Good work again by the green staff.

We have a couple of new players who are making their mark early on and are now in the winners’ enclosure.

Results:
1st M Cole, D Noakes, P Coulstock, G Lovejoy - 118 pts
2nd Flavio, M Lewis, G Neilson, C Reid - 117 pts
3rd Degsy, D Llewis, R Lawrenson, N Smith - 115 pts

There were nine 2s - too many to mention. Well played to all winners. 35 players took part, 8 four balls, one 3 ball.

Eugene Toye
CGA Men’s Competition’s Secretary

The Camposol Golf Association AGM has been postponed indefinitely until it is safe to gather in numbers.

Enjoy your golfing
Take care and stay safe.

Betty Roberts

Costa Cálida Chronicle - August 2021
For our July competition on Monday, 5th July, 24 members of Los Amigos Golf Society travelled over to Roda. A much-reduced turn out than normal as many members are still confined to the UK for many reasons, one of which is COVID-19.

Prior to arrival at the golf club, it was recommended by one or two members to indulge in a Full English Breakfast at a small restaurant just two minutes from the golf course; an excellent recommendation and an excellent breakfast for just €4! Well-fortified, we continued to the golf course and looked forward to an enjoyable game of golf.

The course was in pristine condition which led one person into believing it was going to be a nice easy day out. A long-term member, was so confident of achieving total success that he forgot all about his injured finger. However, a sympathetic buggy partner with one of those fantastic distance measuring watches which breaks into fits of laughter when a golf shot goes astray, showed some pity by keeping his watch on mute!

Overall, a really good day out enjoyed by everybody in hot conditions.

June 24th was the date that Fuente Old Guard went off to have a day at the beach; otherwise known as La Torre Golf Resort. While some of us were digging our way round the dunes, many of the high scorers were able to come in with 30 plus points on their cards and none more so than Malcolm Archibald with 37 points scored. This made Malcolm winner overall and winner in Division Two with Mark Palmer close behind also with 37 points; the matter decided on countback.

In Division One, Ken Blakeman was ahead of the rest with 34 points followed in second place by Kevin Jones and Ian Stewart, both with 34 points. The matter was also decided on countback in Kevin’s favour.

In Division Three another score of 34 was recorded by Andy Paul giving him first place, but only just ahead of Roger Joy who was Runner-Up with his 33 points score.

For re-registration of cars, motorbikes & motor homes. Also the transfer of ownership of Spanish registered vehicles

Contact Leigh Blann
Mobile: 671 608 503
Who after re-registering over 2000 vehicles, will put you on the right side of the road.
www/spanish-number-plates.com
info@spanish-number-plates.com

ANDY PAUL with captain PETER KIRKE

Nearest the Pin Winners were:
Andy Paul, Dave May, Phil Atkinson, Brian Hills and Mark Palmer with the Two’s Pot equally shared by Roger Olorenshaw and Neil MacFarlane.
Our next game is at El Valle on August 26th.

Should anyone wish to know more about FOGGS please contact us by email at info@fuenteoldguardgolfsociety.com

Dave May
The big news from Mazarrón FC after the 2020/21 season, was that the Board of Directors had resigned and that new investors were taking over MFC. No details of the new Board are to hand at the time of going to press and it is unclear as to who, if any, of the previous Directors will remain. It is appropriate to thank our outgoing President Ruben Martinez Collado for the tremendous work he has put in over the past few years.

Ruben has overseen the rise of the MFC back to the Tercera Division and so close to gaining promotion to the Segunda Division via the playoffs. He has been a great friend to Los Amigos de Mazarrón and was always grateful for the support we gave to MFC, both on the field and financially. Together with Vice President, Blas, Secretary Miguel Angel Coy, Treasurer Gerard Mulligan, Sporting Director Fernando del Alamo and Technical Secretary, the long serving Juan Andreo, they have transformed the fortunes of MFC. I am sure they have found that, to take MFC to the next stage of its development, new investment is needed and we hope to hear news from the new regime shortly.

The Mazarròn Feminas Ladies’ Team, which had already been guaranteed promotion, clinched the championship in their final home game of the season with a 6-1 win over CD Zeneta. It was a remarkable achievement in their first year of existence and they finished three points clear of 2nd placed SMX Athletic Club de Murcia with a record of P22 W18 D1 L3 F95 A25 Pts53. Leading goal scorers were Cindy with 24 goals with Miriam with 22.

Following the AGM in June, the new Executive Committee is looking at ways to encourage more support for MFC at both home and away games.

Congratulations to MFC’s player Chiky Ardil who was voted Player of the Tournament at the recent World Cup Qualifying event in Navarra Portugal. Chiky scored twice, the second goal seven seconds before the end of extra time, to help Spain to a 5-4 victory over the last World Cup runners up Italy and take Spain through to the World Cup Finals in Moscow from 19th-21st August.

The twice postponed Golf Day and 11th Gala Dinner has been arranged for March next year. The Celebrity Golf Competition will be on Monday 28th March at the Camposol Club de Golf. The Gala Dinner, once again sponsored by the Mazarrón Entertainments Group, will be held the following night, Tuesday 29th March at the Hotel la Cumbre. The Hotel has recently been taken over and a meeting is scheduled with the new owners in early August to confirm prices etc as it is over two years since our last agreement. An announcement of when the new tickets are available for sale will be made as soon as possible and on our Facebook page.

MC Gary Marshall, comedian Lea Roberts and ex-footballer John Beresford have all confirmed that they will attend. Musical entertainment by Woody. Tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund should email salterkb@hotmail.com

Our last Golf Tournament
Racing began with the temperature at 25°C. A great start from Lec holding on to his lead. Per & Vet got away well gaining position. Rus had to pit with a puncture at the end of lap 1. Ham got passed Lec to take the lead on lap 2. Oco retired with a loss of power on lap 3. Str crashed heavily into the barriers following a left rear puncture. Safety car deployed. A problem for Sch in the pit lane with a loose wheel. At the re-start Vet did well making up another 2 places. Bot was passed by both Alfa Romeo drivers dropping him down to 14th place. Ver had a great race at the front until lap 46 when he crashed heavily into the barrier with a left rear puncture. Safety car then red flags. Rus pulled off with gearbox gremlins. Ham got alongside Per at turn1, but locked up and went down the escape road emerging in 16th place. Per took the chequered flag in style, his second win in F1 & first as a Red Bull driver. Vet & Gas joined him on the podium. Ver recorded the fastest lap on lap 44 with a time of 1m 44.481s.

53 laps @ 5.842kms/3.630mls 309.626kms/192.398mls.
Lap record 1m 32.740s held by Vettel Ferrari 2019.

Paul Ricard is renowned for being a high tech test circuit and boasts no less than 247 different potential track layouts, 64 of them with sprinkler systems.

Oco signed a new 3 year deal with Alpine. Good for the Frenchman & the team.

FP1 was bright and sunny with 2 French drivers (Oco & Gas) taking part, as well as the rebadged Alpine (formally Renault) with the hope of impressing their home crowd. Sch crashed into the barrier but got out and back to the garage. Bot went wide over the sausage kerbs causing some damage to his front wing. Vet also hit the barrier and limped back to the pits. FP2 was still bright, sunny and windy. More off-circuit excursions some causing minor damage & times deleted. FP3 was a fairly calm final hour session but not without some more lock ups. Ver, Bot, Sai Per & Ham were the top five.

Q1 in the afternoon was still windy. Rus had an engine change after he stopped in FP3 with a water leak. Ver had his car repaired after his morning crash. Str & Gio caused 2 red flags in the first 9 minutes. Out went both Haas drivers & Lat. Q2 was again action packed. Ric crashed into the barrier at turn 3. Red flags again. Out went Rus, Räi, Ric, Oco & Vet. Tsu crashed at turn 3. Sai hit the wall in the escape road trying to avoid the stricken Alpha of Tsu. Lec got his first pole at this circuit and his second consecutive of the season and 8th of his career. Ham, Ver, Gas, & Sai made up the top five. Nor got a three place grid drop for continuing on track after the red flags were shown.

Formula 1 1 Report
by Dave Bass Email bassdave47@gmail.com

Costa Cálida Chronicle - August 2021

Formula 1 Socar Azerbaijan GP Baku Street Circuit.
6. 51 laps @ 6.006kms/3.753ml = 306.306kms/191.410ml.
Lap record 1m 43.009s Charles Leclerc (2019).

After missing out last year due to COVID, this was the 5th race at this circuit around tight & twisty the City streets.

FP1 was bright and sunny, but with some high wind and 26°C. Just into the session saw a VSC to clear some debris off the circuit. There were a lot of spins and cars using the escape roads after locking up but no major dramas. FP2 was again bright and sunny but with gusty winds. Lat stopped on track causing the session to be red flagged. Lec crashed into the barrier at turn 15 but managed to crawl back to his garage. More spins and tripped down the escape roads. FP3 on Saturday morning was still very windy. Ver crashed into the barrier at turn 15. Another red flag. Rus stopped on track. VSC again. More lock ups, spins and tripped down the escape roads. Gas, Per, Ham, Lec & Sai were the top five.

Q1 in the afternoon was still windy. Rus had an engine change after he stopped in FP3 with a water leak. Ver had his car repaired after his morning crash. Str & Gio caused 2 red flags in the first 9 minutes. Out went both Haas drivers & Lat. Q2 was again action packed. Ric crashed into the barrier at turn 3. Red flags again. Out went Rus, Räi, Ric, Oco & Vet. Tsu crashed at turn 3. Sai hit the wall in the escape road trying to avoid the stricken Alpha of Tsu. Lec got his first pole at this circuit and his second consecutive of the season and 8th of his career. Ham, Ver, Gas, & Sai made up the top five. Nor got a three place grid drop for continuing on track after the red flags were shown.

The good news is that the Turkish GP is back replacing Singapore on the 3rd of October.

FP1 was a fairly good first session but with a lot of spins, off circuit excursions with times deleted at turns 9 & 10. FP2 was much the same. Gas had a PU problem at the end of FP1 so took no part in this session. Bot spun his car leaving the pit box, narrowly missing the McLaren crew. More spins, offs & times deleted. FP3 was a little cooler and a trouble free session with the exception of more offs & times deleted. Ver, Bot, Ham, Nor & Per were the top five.

Q1 was cool and overcast. More offs and times deleted. The final 5 minutes were chaotic. Out went both Haas drivers as did Räi, Oco & Lat. Q2 was fairly calm, but out went Gio, Vet, Ric, Sai & Rus. Q3 was an exciting 12 minutes with a lot of time swapping. Ver got his first ever back-to-back pole positions giving Red Bull their first pole at this circuit. Bot, Ham, Not & Per the top five. Bot got a 3 place drop for dangerous driving in the pit lane in FP2 & Tsu 3 places for impeding Bot in Q3.

The race began at 26°C. Ver got away well. Nor was in a battle with Per, as the field bunched up. Lec, Aleo & Gas were 3 abreast with Lec clipping Gas causing damage to his front wing & a puncture for Gas. Both pitted with Gas retiring with suspension damage. From lap 22 the action started with pit stops causing a few position changes. Good battles throughout the field. Ver won for the 3rd time at this circuit. Ham & Bot joined him on the podium. Ham posted his fastest lap with 1m 07.058s on lap 71.

71 laps @ 4.326kms/2.688mls 307.146kms/190.861mls.
Lap record 1m 05.619s held by C. Sainz Jnr 2020.

Q1 was cool and overcast. More offs and times deleted. The final 5 minutes were chaotic. Out went both Haas drivers as did Räi, Oco & Lat. Q2 was fairly calm, but out went Gio, Vet, Ric, Sai & Rus. Q3 was an exciting 12 minutes with a lot of time swapping. Ver got his first ever back-to-back pole positions giving Red Bull their first pole at this circuit. Bot, Ham, Not & Per the top five. Bot got a 3 place drop for dangerous driving in the pit lane in FP2 & Tsu 3 places for impeding Bot in Q3.

The race began at 26°C. Ver got away well. Nor was in a battle with Per, as the field bunched up. Lec, Aleo & Gas were 3 abreast with Lec clipping Gas causing damage to his front wing & a puncture for Gas. Both pitted with Gas retiring with suspension damage. From lap 22 the action started with pit stops causing a few position changes. Good battles throughout the field. Ver won for the 3rd time at this circuit. Ham & Bot joined him on the podium. Ham posted his fastest lap with 1m 07.058s on lap 71.

www.costacalidachronicle.com
Costa Cálida Chronicle Sales 619 199 407
La Vuelta - 14th August - 5th September
The Tour of Spain will start in Burgos instead of the usual Madrid and will end on 5th September in Santiago de Compostela. The route will go from one cathedral to another in a loop that offers a new ‘Camino de Santiago’ which will be the inauguration of a new route - The Cyclists’ Path.

The first 8km of the 3336.1km will be an urban individual time trial within the city of Burgos. The route will revolve around its cathedral, the locality’s most emblematic monument, which celebrates its 8th centenary this year. The two following stages will be held within the Province of Burgos, with a finale in the district of La Gamonal and another at Picón Blanco, the first unprecedented high-altitude finale of La Vuelta 21.

The peloton will travel East, with stops in the provinces of Soria, Guadalajara, Cuenca, Albacete, Valencia and Alicante; the latter leading to a new climb; the Balcón de Alicante.

Heading further South, the race will hold a finish-line in the Region of Murcia, marking the end of the first week of competing at the renowned Alto de Velefique, in Almeria.

Following the first rest day, the race will resume at Roquetas de Mar and will slowly travel through Andalusia. The provinces of Málaga, Jaén and Córdoba will see the peloton ride past before returning to Extremadura for the first time since 2013.

The provinces of Badajoz and Cáceres will host two departures and two finish-lines. Pico Villuercas is an extremely tough unprecedented La Vuelta climb that stands out for its spectacular nature. Just before the next rest day, Ávila will mark the end of the second week with a finish-line at the historic town of El Barraco, the birthplace of some of the best Spanish cyclists in history.

The riders will have a rest before the final stretch of the race that promises to thrill spectators. Cantabria will hold a stage entirely within the autonomous community, before giving way to the Lagos de Covadonga climb. The Principality of Asturias wants to become the centre of La Vuelta 21, by linking the mythical climb with a stage that will face a brand-new mountain pass, the Altu d’El Gamoniteiru.

The race will resume in Galicia with a finish-line in Monforte de Lemos and a stage held entirely within the Province of Pontevedra that will delight Classics specialists.

Coruña is the province chosen to host the final stage of La Vuelta 21. The final time trial will be in Santiago de Compostela with a departure from Padrón.

1st stage - August 14th: Burgos - Burgos/8km. (CRI)
2nd stage - August 15th: Caleruega - Burgos (Gamonal)/169.5km.
3rd stage - August 16th: Santo Domingo de Silos - Picón Blanco/203km.
4th stage - August 17th: Burgo de Osma - Molina de Aragón/163.6km.
5th stage - August 18th: Tarancón - Albacete/184.4 Km.
6th stage - August 19th: Requena - Alto Montaña de Cullera/159km.
7th stage - August 20th: Gandía - Balcón de Alicante/152km.
8th stage - August 21st: Santa Pola - Manga del Mar Menor/163.3km.
9th stage - August 22nd: Puerto Lumbreras - Alto de Velefique/187.8km.
August 23rd: Rest Day
10th stage - August 24th: Roquetas de Mar - Rincón de la Victoria/160.2km.
11th - August 25th: Antequera - Valdepeñas de Jaén/131.6km.
12th stage - August 26th: Jaén - Córdoba/166.7km.
13th stage - August 27th: Bélmex - Villanueva de la Serena/197.2km.
14th stage - August 28th: Don Benito - Pico Villuercas/159.7km.
15th stage - August 29th: Navalmorral de la Mata - El Barraco/193.4km.
August 30th: Rest day
16th stage - August 31st: Laredo - Santa Cruz de Bezana/170.8km.
17th stage - September 1st: Unquera - Lagos de Covadonga/181.6km.
18th stage - September 2nd: Salas - Alto Gamoniteiro/159.2km.
19th stage - September 3rd: Tapia - Monforte de Lemos/87.8km.
20th stage - September 4th: Sanxenxo - Mos/173.6km.
21st stage - September 5th: Padrón - Santiago de Compostela/33.7km.
Boggle Answers:
The 9 Letter Word IGNORANCE

ENGRAN
ARCING
CERING
CRINGE
ORANGE
ANGER
ARGON
GRAIN
NICER
NORIA
RANGE
CIRE
I want to start out with a massive shout out to The Diner on Campsolos who held a Quiz and Alatona Golf on the outskirts of Murcia who held a Golf Day. Together they raised approximately 1200€ for AAR. That is an incredible amount of money and we are so grateful for the time and effort and contributions everyone made.

We are always trying to come up with different ways to boost our funds and with 87 donkeys and equines in our care a fun day or event hosted by bars, businesses or local organizations is a great way to do that. If you love donkeys and want to support a local charity, then please get in touch with me if you feel you could host something along these lines. We also have lots of donation tins for loose change that would sit very prettyl on a counter or desk!

Arriving at the clinic for the first time, my mobility was assessed and my exercises set by the therapist’s orders! By the end of the first week, we had firmed up the routine to flexing exercises, an equilibrium board (more aptly the wobble board as all I seemed to do was wobble around on it!) and a routine on the parallel bars to make any ageing ballerina proud. I quickly got into a routine of 20 minutes with some good farrier and veterinary intervention and management by way of diet it can be kept under control. Just Joe is just smashing and is already making himself at home! He will need casting once the summer is over and all the flies have gone away.

Arturo was kicked or bitten by another donkey resulting in a horrid injury just below his bottom. I took one look at it and knew we needed to get him to the hospital in Alicante who did an amazing job and he didn’t need to stay in. They had to remove the maggots that had made a home in his bottom, gave it a good clean and some antibiotics. I know how painful it is to have a good ‘hoofing’ from a donkey, but they are affectionate animals and look for their trusted humans to be petted or simply stand nearby. They can form extraordinarily strong bonds with their fellow donkeys and when they die even mourn them. Donkeys are defensive animals and whereas a horse’s first response to a threat is to run, a donkeys is to stand and fight!!!

If you would like to donate to AAR: Paypal: andreasanimalrescuemurcia@hotmail.com

BankCaja Rural/IBAN: ES9830185470682015846617
BIC: bcoeesmm018
The Account name is Andreas Animal Rescue and the Henrietta Foundation

We are the only fully legal donkey sanctuary in the whole of Murcia and with 87 donkeys to fund we cherish every donation that comes our way, including the items for our shops in Mazarron and Roldan.

Please help us to save more. With your continued help and support we can do this.

Every Monday there will be a representative from AAR (usually me!) in the car park on the roundabout of Camposol B where you can drop things off 11.30-1.30pm. We are very visible with the yellow panels on the side of our vans. Larger items can be collected by prior arrangement, or items can be dropped off at either shop between 10.30am & 1.30pm.

That’s it for this month
Andrea x
Advertisers’ Business Directory

Page numbers are in black

Accountants:
Corral Associates (77) 968 078 754
Legal View (36) 968 332 058
Xerxes Tax & Law Firm (17) 968 006 087

Airport Parking:
Airpark Murcia (35) 618 806 989

Architects:
Martinez de la Casa (13) 665 810 411

Bars, Cafés & Restaurants:
Amapola (46) 968 199 226
Cafeteria Plaza (37) 968 705 406
Golf Delux (9) 968 584 221
La Herradura Restaurante (47) 656 264 514
Quality Indian (69) 968 595 388
Restaurant Gran Mundo (47) 968 595 388
The Old Market Tavern (48) 968 154 330

Blinds - Repairs & Made to Measure
Brian Jones (12) 646 705 021
Curtain Call (57) 616 240 171

Builders/BUILDING SERVICES:
Alan Eustace (Dehumidification Service) (12) 609 265 899
Brian Jones (12) 646 705 021
C & G Fabrications (13) 966 764 730
Catharina Interior y Deco (59) 602 643 436
C & G Fabrications (13) 618 783 709
Handyman Builder (75) 622 648 038
Ken Sherwood (7) 679 646 859
Kwik Fix (27) 634 317 310
Mobile Car Mechanic Peter (7) 664 410 324

Cleaning:
Cafeteria Plaza (37) 968 705 406
Xerxes Tax & Law Firm (17) 968 006 087

Computer Repairs/Sales/Services:
Alex Woods (22) 696 667 182
Lomocrucia (55) 671 682 579
The Tech Shop (14) 965 058 499

Deliver Service:
Miss Peas (56) 711 008 041

Dentists:
Clinica Dental Dr Olivier Houdusse (7) 968 153 645
Indent Dentist (Fuente Alamo) (61) 968 596 306
LG Dental (61) 968 186 660

Electricians & Electricals
Evergreen Electrica (35) 951 773 477
Louis Harris (33) 619 712 821
MultiServicios (34) 618 783 709
Professional Electrician (73) 680 588 377

Entertainment:
Harlequin Rock Choir (68) 654 411 974
Spangles (67) 968 154 045

Finance:
Blacktower Financial Management (41) 968 153 396

Funeral Plans:
ASSSA (63) 968 574 459
Pto de Mazarrón (22) 968 595 388

Gardening:
Anchor Landscapes (55) 622 648 038
Jardineria El Milagro (14) 605 778 351

Hairdressers & Barbers:
Camposol Barberz (8) 968 136 501
The Loft Hair & Beauty Salon (63) 608 016 880

Health & Beauty:
Camposol Barberz (8) 641 360 131
The Loft Hair & Beauty Salon (65) 617 646 147

Insurance:
ASSSA (63) 968 574 459
Pto de Mazarrón (22) 968 199 226

Internet Services/Internet Cafés:
Phone Repairs (83) 965 743 473

Legal Services:
Camposol Barberz (8) 968 136 501

Locksmiths:
Alan Eustace Locksmith (12) 968 153 396

Painting & Decorating:
A1 Painting & Decorating (17) 968 199 226

Professional Painter (73) 968 006 087

Spares:
Cars Sales/Mechanics/Services:
Car Registrations Spain (3) 971 001 721
Car Solutions Mar Menor SL (3) 968 990 576
El Valle Autodesguace (29) 968 630 600
Ken Sherwood Mechanic (7) 679 646 859
Kwik Fix (27) 634 317 310
Mobile Car Mechanic Peter (7) 664 161 129

Specialist Vehicles SL (79) 968 146 158

Cleaning:
Cafeteria Plaza (37) 968 705 406
Xerxes Tax & Law Firm (17) 968 006 087

Oven’s Cleaning (27) 680 588 377
Servicios Shiny (75) 626 745 168

Computer Repairs/Sales/Services:
Alex Woods (22) 696 667 182
Lomocrucia (55) 671 682 579
The Tech Shop (14) 965 058 499

Delivery Service:
Miss Peas (56) 711 008 041
Plumbers:
Brian Jones (12) 646 705 021
Camposol Heating & Maintenance (7) 968 199 184
Paul the Plumber (34) 634 326 804

Printing & Design:
Entorno Gráfico (43) 968 653 424

Property Rentals/Management/ Maintenance:
Another World Properties (11) 968 592 679
Casa Pro (59) 680 326 817
Servicios Shiny (75) 626 745 168
Spaindivania (40) 643 414 664

Property Sales/Purchases:
Another World Properties (11) 968 592 679
Camposol Property Sales (2) 631 484 511
Natalia Filbee (65) 669 075 157
Prime Property Murcia (14) 868 580 320
Spaindivania (40) 643 414 663

Removals & Storage:
Easy Move Spain (76) 0044 07736 843 410
Lord’s Removals (81) 608 061 872

Retail Outlets
A Time 4 A Change (51)
El Algar 968 136 501
Los Alcazares 608 016 880
Cash Fruits Market (49) 868 080 260
DFS (51) 968 334 194
Furniture Plus (84) 968 482 456
Keysmar (12) 968 596 186
Miss Peas (56) 711 008 041
Solar Light Centre (7) 711 042 435
The Tech Shop (14) 965 058 499
TJ Electricals (15) 868 181 121

Security:
Alan Eustace Locksmith (12) 609 265 899
C & G Fabrications (13) 966 764 730
Erik’s Metal Works (15) 636 050 008
Keysmar (12) 968 596 186
Solar Light Centre (7) 711 042 435

Solar Power:
Freesol (20) 659 232 507
Solar Directa (37) 659 315 130
Workking (49) 658 302 689

Spas & Hot Tubs:
Eurospas (5) 650 722 905

Sport & Leisure:
Golf Delux (9) 968 584 221
Helping Hands Charity Events (21) 634 456 701
Sunflight Aviation (47) 634 313 972
The Olive Grove Retreat (37) 634 386 179
XLR Radio (60) www.xlrradio.co.uk

Swimming Pool Construction/ Maintenance/Repairs:
David Pools (13) 635 997 964
Kön Pool Service (23) 626 684 979
Pools Camposol (65) 635 997 964
Watermaid (59) 646 705 088

Telephone/Mobile/Providers/Repairs
Iphone Repairs (83) 663 675 502
Telecable (33)
Camposol 968 171 144
Los Alcazares 868 170 700
Telitec (19) 965 743 473
The Tech Shop (14) 965 058 499

Translation
Alex Woods (22) 696 667 182
Costa Cálida Property Serv (31) 968 199 251

TV & Satellite:
IPhone Repairs (83) 663 675 502
Locomurcia (55) 671 682 579
Rainbow Satellites (10) 686 358 475
Telecable (33)
Camposol 968 171 144
Los Alcazares 868 170 700
Telitec (19) 965 743 473
Web TV (41) 647 424 430

Vetranic Clinics:
Clinica Veterinaria Sur Este, Pilar de la Horadada (53) 965 352 438
Did you know that Yehovah (Jehovah or God) has provided his people with Commandments and Laws in the Scriptures (Bible) to govern their lives? The purpose of these Commandments is to demonstrate Yehovah’s perfect love to mankind and how we are to relate to him with all our heart; also, how we should love and behave towards each other. Even the world recognises that we need laws to govern society for the purpose of peace and harmony. (For example; do not steal, kill or bear false witness) Can you imagine a world without laws or rules to live by?

Within the Torah (Law or Instructions), which is the first five books of the Scriptures (Bible). The Torah includes Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The 10 Commandments is also referred to as the Covenant or the Testimony. “....and he wrote upon the tablets the words of the covenant; the 10 Commandments. It came to pass that Moses came down from Mount Sinai with the two tables of testimony, tables of stone, written with the finger of God” (Exodus chapter 34 and verse 14).

Listed below are the 10 Commandments copied from Exodus chapter 20 from verse 1 to 17. “Yehovah gave to Moses, after communing with him on Mount Sinai the two tables of testimony, tables of stone, written with the finger of God” (Exodus chapter 31 and verse 18) saying:

I am the Lord your God, which have brought thee out of the land of Egypt; out of the house of bondage. Thou shalt not have any other gods before Me. Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Thou shalt not bow down thyself to them, nor serve them, for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me, but showing mercy unto thousands of them that love Me and keep My Commandments.

Thou shalt not take the name of the Lord thy God in vain. The Lord will not hold him guiltless that takes His name in vain. Remember the Sabbath Day to keep it holy. Six days shall you labour and do all your work, but the seventh day is the Sabbath of the Lord thy God. In it thou shalt not do any work, neither thy son, daughter, maidservant, manservant, cattle, stranger that is within your gates. For in six days the Lord made heaven and earth, the sea and all that is in them and rested the seventh day. Wherefore the Lord blessed the Sabbath day and hallowed it (or made it Holy). Honour thy father and mother that your days may be long upon the land which the Lord thy God gives thee.

Thou shall not kill. Thou shall not commit adultery. Thou shall not steal. Thou shall not bear false witness against thy neighbour. Thou shall not covet thy neighbour’s house, wife, maidservant, manservant, cattle or anything belonging to thy neighbour.

The first 4 commandments refers to the relationship between Yehovah and His people and the last 6 refers to our relationship with each other. “Thou shalt not avenge, nor bear any grudge against the children of thy people, but love thy neighbour as thyself...” (Leviticus chapter 19 and verse 18). “...if ye shall hearken diligently unto My commandments which I command you this day, to love the Lord your God and to serve Him with all your heart and soul” (Deuteronomy chapter 11 and verse 13). These same words are mentioned again in Deuteronomy chapter 6 and verse 5.

In the New Testament it summarises the 10 Commandments “Thou shall love the Lord thy God with all thy heart, soul and mind. This is the first and great commandment. The second is like unto it, “thou shall love thy neighbour as yourself”. On these two commandments hang all the law and the prophets” (Matthew chapter 22 and verses 37 to 40). Similar statements are made in the following passages. (Mark chapter 12 and verses 30 and 31) (Luke chapter 10 and verse 27) (James chapter 2 and verse 8) (Galatians chapter 5 and verse 14).

Romans chapter 13 and verses 8 to 10 summarises it clearly. “Owe no man anything, but to love one another, for he that loves another has fulfilled the law. For this, thou shall not commit adultery, nor steal, nor bear false witness, nor covet. If there be any other commandment, it is briefly comprehended in this saying; namely, “Thou shall love thy neighbour as yourself. Love works no ill to his neighbour, therefore love is the fulfilling of the law.”

The 10 Commandments (covenant or testimony) are all about LOVE for Yehovah and LOVE for your neighbour. (In the Catholic Bible the 2nd Commandment was removed and the 10th Commandment was divided in two to maintain the 10 commandments).

I hope you have learned more about the Scriptures. Next time I will explore whether the 10 commandments is still binding today and what this means to the believer and non-believer.

If you would like to know more, contact Sandra on 602 466 534
IPTV TAILORED FOR UK AUDIENCES

ROCK-SOLID ENGLISH
IPTV INTERNET TV!
FROM IPHONE REPAIRS COSTA CALIDA

INSTALLATION INCL
BOX & SETUP FOR

€ 125

12 MONTH CONTRACT € 240
6 MONTH CONTRACT € 140

7 - 14 DAYS CATCH UP!

VERY SIMPLE TO USE AND COMES WITH A MANUAL
ALL YOUR UK TV FAVOURITES COVERED
FROM A LOCAL TRUSTED PROVIDER
TECHNICAL SERVICE & SUPPORT 24/7
DONT PUT PRICE OVER QUALITY
FREE TRIALS AVAILABLE

COME TO THE SHOP FOR A FREE DEMO

BASED IN PUERTO DE MAZARRON NEXT TO FURNITURE PLUS

663 675 502 / 868 175 508
WWW.FACEBOOK.COM/IPHONEREPAIRSPUERTODEMAZARRON
IPHONEREPAIRSCOSTACALIDA@OUTLOOK.COM
Furniture Packages
From only 2,500€

Now in our 17th Year of Trading

Now stocking quality pillows, quilts, mattress protectors and toppers

Value for money, free delivery and full assembly included

Tel: 968 153 907 enquiries@furnitureplus.es

Centro Comercial ‘La Pirámide’, Puerto de Mazarrón
above the Yaho Restaurant, opposite Food Co.

August hours, Mon-Fri: 10-4, Sat: 10-2 Free, easy parking

www.furnitureplus.es