

June 2024

Issue 134

Almería Living

A Great Read - Original, Inspiring, Local

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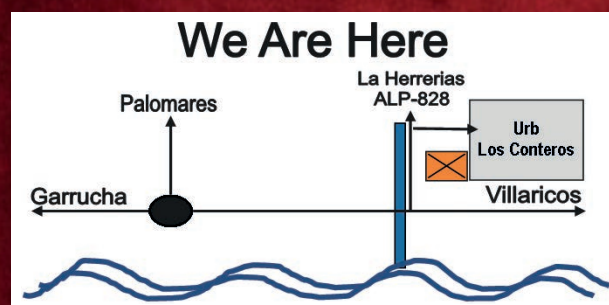
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Almeria Living

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Puerta Rey, Vera Playa, Vera Town, Antas El Real,
Los Gallardos, Velez Rubio and many surrounding towns

Welcome to the June 2024 issue of Almeria Living - the 6th issue of the year so far - can you believe it!!

We often do a feature and remember to thank all the Mums out there every April but we seem to neglect all our wonderful Dad's on their special day in June. I am one of the very lucky ones to have both my parents still around to help and guide me so, it is with much love I send my Dad a very Happy Father's day message and best wishes to all the other Dad's too!

I don't know about you all, but I am struggling with water conservation when it comes to watering my plants and providing hydration for the birds. I am succeeding in every other way with quicker showers, shorter loo flushes, turning the tap off as I clean my teeth and so on. I haven't bought any new summer plants this year to help in some small way to ease my guilty conscience. It's time for that rain dance again and lots of buckets at the ready.

Once again, I am very grateful to all my scribes, who have brought you a great mix of articles and stories to read.

We continue our 'Welcome to....' feature with a visit to the bustling market town of Huércal Overa. (p.23-p.26)

My continued thanks goes to all our advertisers, who support our magazine and reap the benefits of doing so. Local businesses rely on our trade so please try to use them whenever you can.

We hope you enjoy your read this month. Please don't forget to tell our advertisers that you saw them in the Almeria Living.

Take care and stay safe. Talk again in July.

Karen (Ed)

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Deregistering from the Spanish System

There comes a time for some people to decide that Spain is no longer the country they want to live in. Many return to their home country, whilst others take the plunge for new lands and adventures.

Whatever the reason and wherever you go it is important that you deregister from the Spanish system.

Some of this information will not apply to you as it depends what type of resident you have been.

Padron

The padron is the official register that each townhall has, to keep a record of the number of people living in its municipality. Therefore, it is important to get your name removed from this list. If you are a non-resident then you should definitely not be on the Padron.

After you have applied to be removed from the list, you will have to go back again to the townhall to collect the certificate that confirms this deregistration has happened. Once you have this certificate you can deregister from the rest of the Spanish system.

Residencia / TIE Card

You will need to cancel and surrender your residencia or TIE card at the Oficina de Extranjeria in your province. In exchange, they will issue a stamped document that includes the date of cancellation. This is the proof that you are no longer a resident in Spain.



If you have come over on a visa then this step is not necessary because the visa TIE will expire in 1 or 2 years anyway, leaving you as non-resident.

Tax

Hacienda, the Spanish Tax Office need to know that you are no longer a resident of Spain. They will need a copy of your Padron deregistration and completion of the 030 form. In return, they will issue a certificate to verify non – resident tax status. They will

also request a notification/certificate from the UK or new country of residence confirming that you have reregistered there.

Deregistering does not prevent you from completing a fiscal (residential) tax return for the previous year if that was applicable to your circumstances.

Medical

If you are returning to your own country and have been in the Spanish medical system, you should hand in your medical cards to the main Centro de Salud for your area. Make sure that any forthcoming hospital appointments have also been cancelled to free the space for someone else.

If you are moving to another country (not your homeland), besides carrying out the actions above you may consider getting a certificate from the Social Security office that confirms Spain is not responsible for your medical cover. I came across this situation recently when someone moved to France, and it is not so easy to do if you are not close by or able to converse with the office.

Vehicle

If you are taking a Spanish registered vehicle out of the country, then it is important to notify Trafico and apply for a ‘baja or exportación’ so they can remove the vehicle from their database and not charge you the annual tax. This should be prepared before the vehicle and your leave Spain, but the procedure will not be actioned until the vehicle has been registered in the new country.

Driving Licences

If you choose to do so, you can still use your Spanish licence in the UK for a period time or you may prefer to contact the DVLA and exchange it for a UK licence without taking a test. You will be able to drive in the UK with your EU driving licence until it expires, you reach 70, or until three years after you become a UK resident again. You can also still use your Spanish licence to hire vehicles in the UK too. For other countries, we recommend you check with the local authorities for more information.

As always if you would like any further advice or assistance with any of the above you can call or visit the offices of C.A.T. Services in La Alfoquia.

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National Parks in Spain

Spain boasts 16 national parks distributed on the peninsula and the two archipelagos. In March 2023, Nina started our journey to visit them all and now our travels come to an end



The Doñana National Park is the most important area of wetlands in Spain and on the whole European continent. Spreading between the provinces of Huelva and Seville, it has been protecting a mosaic of ecosystems around the Guadalquivir marshes since 1969.

The parts adjacent to the Atlantic Ocean see millions of migratory birds arriving every year as Doñana is a place where hundreds of species come to spend the winter, stop over, or breed, and the protection the park offers is paramount for their survival.

Its setting at the southern end of Europe, very close to Africa, has turned this corner of Andalucía into a natural paradise with a priceless biological diversity.

Several unique species of animal live in the Doñana National Park, some of them in great danger of extinction, such as the Iberian Lynx and the Iberian Imperial Eagle. The large, hoofed animals and the marine birds are easily observed in this territory where nature presents a different face in every season.

The estuary of the Guadalquivir and the beaches, dunes, riverbanks, and wetlands, the Mediterranean shrubland and all the biodiversity within have gained international recognition for Doñana as a Biosphere Reserve and World Heritage site.

When the first humans settled here, the wetlands were covered by

sea. For many years now, remains from the Neolithic Area have been found in the sand, near the dunes, on the riverbank, and in the long-established dunes of this natural space.

Ancient travellers thought the area was home to the mythical country Tartessos. The Romans established themselves and stayed there until the fifth century thanks to the rich fishing and their fish curing factories. In the 15th century, aristocratic dominance started, and any utilisation of resources that might be detrimental to the royal hunting parties was prohibited.

The park has always been frontier country, which can be seen from the 16th century battlements towers, still standing, which protected the population from attacks by Berber pirates.

Doñana National Park has been named after the estate that the Duke of Medina-Sidonia owned in the heart of today's park, where he constructed a palace for his wife, Doña Ana Gómez de Mendoza y Silva.

In the 18th century, the exploitation of the forests to create meadows and pastureland for livestock, as well as the development of hunting preserves, laid the foundation of the park's destiny.

The scientific and naturalist interest in the park started in the 19th century, and it attracted bird fanciers from all over the world. Around the mid-20th century, Professor José Antonio Valverde mobilised the international scientific community to try to protect Doñana.

This was the start of a conservationist movement that ended up buying 7,000 hectares on behalf of the state. This happened in



collaboration with the WWF, and the goal was to create the Doñana Biological Reserve.

Doñana was finally declared a National Park in 1969. Today it covers an area of 54,251 hectares

The park's flora includes more than 900 species of vascular plants and bracken, thanks to the diversity of the aquatic and terrestrial ecosystems.

Continued on page 8



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..... Continued from page 7

There are some outstandingly rare and endemic plants which are included in regional, national and international catalogues of Endangered Species. Amongst them are toadflax, which grows in established sand, and the coastal juniper, a subspecies of the *juniperus oxycedrus*, which in Doñana manages to survive the changing dunes, and it is the only subspecies of juniper on the Iberian Peninsula that forms part of the coastal vegetation. Also of special interest are plants found in the wetlands, streams, lagoons and marshes.

The majority of the herbivores and predators of Doñana, some 80 species of vertebrate, live in the reserves, which are the last refuge for certain emblematic species within the park. The Iberian Lynx and the Iberian Imperial Eagle are endemic to the Iberian Peninsula and they are two of the rarest and most threatened species on this

planet.

There are also exceptional representatives within the extensive traditional livestock farming, such the Marismeña horses and cows, the latter of which are the origin of several American cow breeds, including the Texas Longhorn. Both species are unique to the ecosystems of Doñana, according to the National Catalogue of Indigenous Breeds.

There are many ways of visiting and getting to know Doñana. A network of visitors' centres, itineraries, observatories, guided tours and other infrastructures meant for public use enables us to get to know the biodiversity of the national park.

Most of the visitors' centres are situated on the borders between Huelva, Seville, and Cádiz, on the edge of the park. The guided tours in motor vehicles run through the interior of the park where it is possible to see ecosystems and the traditional forms of life representative of Doñana.

It is also possible to get on board the Real Fernando, a boat named after the first steam ship built in Spain, on the banks of the Guadalquivir, for a trip along the waterways of the park.

There are two events in Doñana that take place without fail every year, and which are closely associated with the park: The El Rocío Pilgrimage and Fetching the Mares.

The El Rocío Pilgrimage is celebrated in the week before Pentecost. Brotherhoods from Huelva, Sevilla and Cádiz start a pilgrimage to the village of El Rocío to pay homage to the Patrona de Almonte, the Virgin of El Rocío.

Livestock also plays a part in the traditional fiestas and the way of life in Doñana. Every year on 26th June, the farmers gather the mares, colts and foals of the national park and drive them to the nearby town of Almonte.

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There has been, and there still is, a lot of polemic amongst scientists, agriculturists, nutritionists, and consumers whether organic food is better for you than conventionally produced crops and meats. Conventionalists have often dubbed those in favour of organic food 'snobs', maintaining that there is no scientific basis for claims that organic food is healthier.

However, a study carried out by the Karolinska Institute in Sweden found that organic food is indeed more beneficial for our general physical condition than products that have been grown using insecticides, chemical fertilizers, and antibiotics.

Here are some of the advantages from consuming organic foods:

- They reduce the risk of allergies. Pesticides and antibiotics interfere with the development of the immune system. Statistically, people who live on organic farms and those who consume organic products have a lower than average occurrence of allergy.
- They help prevent obesity. Pesticides change the behaviour of the metabolism; some of them even increase obesity in that they increase the appetite and promote the generation of fatty tissue.
- They reduce the risk of neurological disorders. Many pesticides

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are toxic for the neurons and they increase the risk of developing neurological complaints and intellectual deficiencies. Exposure to pesticides is a recognised risk factor for Parkinson's disease.

- They prevent cancer. The study also found that due to the higher content of antioxidants, 'promoting the consumption of organic foods in the general population can be a promising preventative strategy in the fight against cancer'.

- They fight resistant infections. The exaggerated use of antibiotics in conventional animal farming stimulates the apparition of bacteria resistant to medication. In organic animal production antibiotics are only used when strictly unavoidable, thus diminishing the development of antibiotic resistant bacteria.

- Their Vitamin C and antioxidant contents are higher. A two-year-study analysed that the content of vitamin C, yellow and orange carotenoids and total phenolic compounds in organic and non-organic peppers and found that the vitamin C content was 15% higher and the other compounds 12% higher in the organic peppers.

The growing of organic food also stimulates the accumulation of antioxidants in the plants due to the fact that they have to fight microorganisms without the help of pesticides in earth that contains less minerals (nitrogen, phosphorus, and potassium, which form part of the mineral fertilizers used in conventional agriculture).

Ecological agriculture does not use mineral fertilizers, but compost (from vegetable residue) and manure.

So, strike a blow for organic food and help both your body and the environment!

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With their first year of providing a quality food and drinks offering to customers from far and wide, Tremain Jones, the very proud owner of Torre Bahia and his team, are looking forward to serving the community for many years to come.

With over 35 years' experience in the hospitality industry Tremain moved a few years ago, along with his family, to sunny Spain and, whilst experiencing the food offered across the region (although good) he felt there was an opportunity to provide a venue where the quality of food and service levels were consistently high every time you visit – Torre Bahia is that venue!

With a keen eye for detail and quality Tremain uses only fresh, locally produced food ensuring he and his team deliver an exceptional service and quality every time – but you can see that for yourself with the reviews available to view on both Trip Advisor and Google – there are not many businesses that can 'boast' of achieving the

'No.1' status on Trip Advisor in their first 6 months of trading in the area – that is some achievement!

Tremain is very proud of the fact that his team are the same team that he brought on board when he opened the restaurant and puts a great deal of the success achieved down to the consistency of staff he employs and the hard work and care they put into his business and the customers that visit the restaurant.

A lot of thought was put into the layout and decoration of the lounge bar & restaurant to give the right ambience with new artwork pieces recently added to create an even warmer environment for clients as they enjoy their visit.

With the seasonality we experience here in Spain, Tremain was very conscious that the restaurant needs to be 'cosy' in the winter – hence the installation of log burners to create the 'cosiness' – and also comfortable in the warmer summer weather with air conditioning so, no matter when you come, you can relax and enjoy food and drink with family and friends in total comfort.

The terrace area also provides you with outdoor dining and has both sunny and shaded areas.

Offering a stunning lunch menu which includes two courses and a glass of cava or a cana for 19:95€ - with seasonal changes to the offer depending on produce availability – you will be guaranteed exceptional food and service for a great price.

The evening menu offers a full a la carte option which also caters for gluten-free, vegan and vegetarian diners.

Not forgetting our superb Sunday Lunch which is available between 1pm and 5pm (booking is advisable) with the option to sample one of our amazing home-made desserts!

All the food is lovingly prepared by their passionate team of chefs and kitchen staff who, like the rest of the team, have been at the restaurant since the day it opened.

Attracting a wide range of nationalities and returning holiday makers who want to continue their enjoyment of the Torre Bahia experience, Tremain and the team will continue to provide you with the best service and quality they possibly can and look forward to welcoming you to one of (if not the) best restaurants in Mojácar.

Here's just one of many reviews....

Best restaurant in Mojácar!

May 2024 • friends

Absolutely superb restaurant - arranged evening meal for a party of 23 who were visiting Mojácar for a walking football tournament - the service and hospitality was first class and without exception everyone commented that it the best restaurant anyone had visited in Spain. Tremain was brilliant to deal with when booking the meal and the service and kitchen staff on the night could not have made the evening more enjoyable.

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Cooking with Nina



Chicken Wingz

I've mentioned before that I buy those ready-marinated chicken wings rather than marinating them myself. They are always marvellous both for BBQ and oven dishes.

These I got from the butcher's rather than from a supermarket, where they are always very red. They were just as great!

This is what I did with them.

Ingredients for two:

600g marinated chicken wings

1 whole garlic, cut in half

700g mixed root vegetables (I used carrots, beetroots, celeriac, and potatoes), peeled and cut into chunks

Olive oil

Salt and pepper

Place the root vegetables in a greased oven proof dish, season with salt and pepper and distribute the chicken wings on top.

Tuck the halves of garlic in as well and drizzle or spray with olive oil.

Stick the dish in the oven at 200°C for about an hour.

Retrieve.

Serve.

Like easy? Get going!!

Food Glorious Food!

There's no rhyme or reason for the recipes this fair month of June, except its stuff I cooked and liked and decided to share with you.

I haven't had much time to cook lately, been away for a long weekend and I go to dog training three evenings a week, which really interferes with dinner cooking, but I've managed to squeeze in a few meals.

Would I ever not??

This month we've got chili con carne, tuna fish frikadelles, chicken wings, and some lovely lomo ibérico.

Read, cook and enjoy!





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Most people know good old chili con carne and have a recipe that they use.

However, I always like to try different chili con carne recipes, and the spices that are used vary quite a lot. Apart from the chili, of course – and then I don't even use that!! You see, I don't like very hot food, I'm quite the wimp and just want a tickle of hot, just for the excitement, no more. So I use sambal oelek which is a very mild, hot paste that just suit me.

So my chili con carne comes without chili... But don't worry, it does have carne in it!!

If you want to use real chili instead of sambal oelek, put it in from the beginning to cook with the meat.

Ingredients for four (it freezes a treat):

- 1 onion, chopped
- 3 cloves garlic, chopped
- 500g minced beef
- ¼ tsp hot paprika
- ½ tsp cinnamon
- ½ tsp cumin
- 1½ tsp oregano
- 1½ tsp sambal oelek
- 1 tin tomatoes
- 1 tin kidney beans, drained and rinsed
- 1 tin sweetcorn, drained and rinsed
- 250ml (pref. beef) stock (or as much as you need)
- 20g dark chocolate, chopped
- Olive oil, salt and pepper

Heat the oil in a pan and cook the mince over medium high heat until it starts crumbling. Add the onion and garlic together with the paprika, cinnamon and cumin. Cook for a minute or two.

Add the tomatoes and stock with the oregano and sambal oelek and let it all cook for 10-15 minutes.

Time for the kidney beans and sweetcorn, throw them in and bubble on for another ten minutes.

Finally stir in the chocolate and keep stirring until it's melted and mixed with the meat sauce.

Season to taste and adjust the 'heat'.

Serve with rice in bowls with a fresh, leafy salad!

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Lomo Ibérico with Spaghetti and Endives

Once more, this is one that was born from what I had in the fridge once I'd decided to use some Iberian pork I had bought for no other reason than that I fancied it.

I had a bit of gorgonzola, an endive, and a few cherry tomatoes, and it all combined beautifully!

I even managed to cook for just one person and thus had no leftovers to contend with.

Ingredients for one:

- 2 thin pork chops
- 1 endive, halved lengthwise
- 1 clove garlic, thinly sliced
- 10 cherry tomatoes
- 40g gorgonzola, sliced
- 75g spaghetti
- Olive oil

Cook the spaghetti according to the instructions on the packet.

Heat some oil in a frying pan, quickly fry the garlic slices until golden, then throw in 6 of the cherry tomatoes and let them bubble along until they break down.

When the spaghetti is cooked to your liking, drain, and pour it into the pan with the tomatoes and garlic. Turn to coat all, sprinkle with black pepper and cover to keep warm.

While waiting for the spaghetti to cook, heat some oil in another frying pan and brown the endive over a medium-high heat. Add the tomatoes to the pan and fry the chops for just a minute on each side in the same pan.

Put the cheese slices on top of the meat, turn down the heat and cover the pan.

Serve the tossed spaghetti with chops, cherry tomatoes, and endives.

It's really yummy, I promise!



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Tinned Tuna Fish Frikadelles

I only tried this recipe recently and I was amazed by how scrummy, meaty and delicious these frikadelles are – especially with me not being a great tinned tuna fish fan.

Unfortunately, it's hard to find big tins of tuna fish in brine, so I bought a six-pack from Día to make up the quantity.

Ingredients:

- approx. 350g tuna in brine (drained weight)
- 2 eggs
- 100g grated onion
- 2 cloves garlic, finely grated
- 200ml parsley, finely chopped
- 1 tsp salt
- Freshly ground pepper
- 200g Greek yoghurt
- 150ml fine breadcrumbs
- Oil for frying

Drain the tuna, put it in a bowl and stir in eggs, onion, garlic, salt and pepper. Then add the yoghurt and breadcrumbs and mix well.

Leave to rest in the fridge for about half an hour.

Heat the oil in a frying pan, shape the frikadelles with a spoon and your hand and fry them in batches for 12 minutes, turning occasionally.

Serve hot or cold with remoulade and whatever else takes your fancy, they are delicious and versatile!



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He took the opportunity of opening the Aljambra in January after the closure of Bar Limaria where he was head chef.

The Aljambra offers a superb menu including Tapas and full menu choices. Gluten free options are easy because Carl makes everything from starters to desserts, therefore most items can be adapted to suit.

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Aljambra is open for food and drinks Friday - Tuesday from 11.30 until late.

Wednesday and Thursday closed

Sunday lunch is served from 12.00 noon until 18.00 with a full menu also available from 17.00.

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Jason's Meat Free Recipe: Courgette, bean and halloumi (warm) salad



So, the 'warm' is in brackets as this can be served warm, room temperature or cold. They're all great versions of themselves... horses for courses and all that.

I'm still going with the seasonal courgettes, although I think this will be the last recipe that involves real stove-top 'cooking' until the autumn. It doesn't look a lot at first glance, it's quick, and is really straightforward to make, but it's protein rich and so very filling, as

well as being light on the palate and super-tasty. It can be made vegan by swapping out the halloumi for plain or flavoured tofu: either way, add another 30 minutes to marinate the tofu slices in some oil and lemon juice before griddling them. Serve it with some bread and/or rice, and perhaps a leafy salad. If you're planning to serve it at room temperature, just let it cool down. If planning to eat it cold, refrigerate after it has cooled and then eat, cold - don't reheat - within a couple of days.

Serves 2

- 2 medium sized courgettes
- 1 x tin or medium jar borlotti beans (rosecoco, haricot or pinto will also be fine)
- 200 g pack halloumi (or equivalent tofu)
- 10 cherry tomatoes, halved
- 2 tbsp extra virgin olive oil, and a little for drizzling
- 1 dessert spoon lemon juice
- 1tsp Dijon mustard (1 tsp grain or ½ tsp English mustard also works)
- 1 tsp dried oregano
- (optional) 1tsp lemon zest
- Salt and ground black pepper, to taste

First drain the beans in a sieve. Slice the courgettes, lengthways and thinly (5mm is fine, but, taking great care with your fingers, the thinner the better). Heat a griddle pan (a frying pan will work too), and while it is getting hot, mix the slices gently in a drizzle of oil and some salt and pepper. Set to one side. Then, stir the olive oil, lemon juice, oregano, and mustard (and lemon zest if using), to make a dressing, in a tumbler or small dish, and season to taste. Cut the halloumi (tofu) into 1cm thick slices and halve the tomatoes.

Put the beans, dressing and tomatoes into a small saucepan and gently warm through on a very low heat. While they're warming, add the courgettes to the hot griddle/frying pan and cook hot on both sides until stripey and/or golden, put them on a plate and keep warm. Griddle/fry the halloumi (tofu) in the same pan until cooked.

Cut the courgettes at an angle and mix with the beans and tomatoes. Add the halloumi (tofu) and serve. Just to note that you can use dried beans, but they would need to be soaked overnight and then cooked ahead of following the rest of the recipe.

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Puzzle Time

Puzzle solutions on page 82

Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

		4			8			
3	6		4	8		1	2	
1						3	9	
				9				
2	9	8	3					
4	5	8	6			9	1	
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			7					
5	3	4			9			

6				2			4	3
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5	4		6			3	1	7

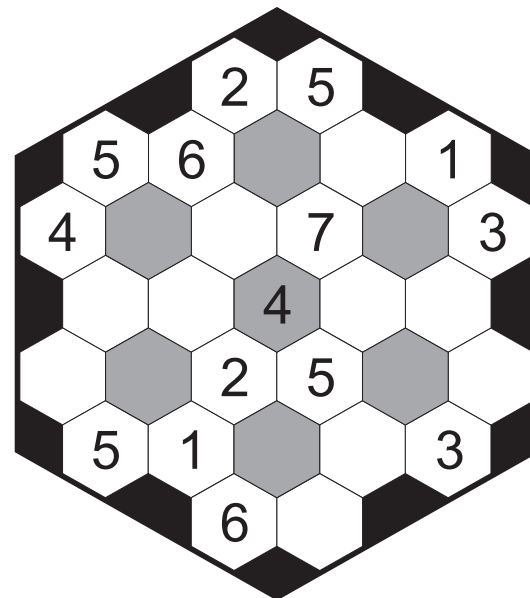
Samurai Sudoku

				5		1	2	3			4		7	8	2	5
6		5	3	2	8	4	9		1				5	2		9
		4			9	6	3	5			8				6	8
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		8	5			9		1			6	1				4
								6								
5						7		4								

Rosetta

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while ensuring that:

1. No number is repeated in a horizontal row
2. Each number for 1 to 7 are represented in the 7 grey hexagon cells



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The Huércal Overa market is held every Monday on the main road leading from the football ground past the schools, park and shops all the way to the Cinema roundabout. On Thursday's it is moved to the streets all around the old church square in the centre of town.

It is one of the largest markets in the area and parking is easy. You can buy almost everything from clothes, shoes, pots and pans, bed linen, curtains, rugs, sun glasses and even roast chickens cooked at the market, to take home for lunch. The Fruit and Veg section is always very interesting due to the size, freshness and often unusual local produce available, all reasonably priced. The market usually starts around 9.30am and finishes at approx 1pm. Although the fruit and veg stalls are usually up and running earlier than 9.30am.

There are many restaurants catering for most people's needs and this is an ideal opportunity to widen your experience of Spanish food,

wines and eating habits.

The Andalusian cuisine relies on fragrant herbs, ripe tomatoes, heart healthy olive oil, garlic, and seafood. Huércal Overa's cuisine follows these guidelines.

Migas is one of the town's most popular dishes. Cubes of bread are pan fried in olive oil with chunks of pork or beef and plenty of garlic. It is both filling and satisfying with bursts of garlicky flavour in every bite. Another garlicky dish, Garlic Colorao, is a rich dish full of local produce that is cooked with masses of garlic.

All the local towns and villages have their own celebrations and festivals throughout the year and Huercal Overa is no exception. The main Feria of Huercal Overa takes place over the middle weekend of October. The majority of the whole week becomes one big holiday & celebration. Many things are happening throughout the town, music concerts, bull fighting etc, but the main area of interest is the market place with a huge fair with food, drink and dance marquees are set up and everyone enjoys themselves throughout the day and night.

Huercal Overa is also host to The Medieval Market which takes place the week before Christmas in the square next to the Main Church. There are numerous stalls with all the stall holders dressed in medieval costumes selling all sorts of hand made, soaps, cheeses and other foods, toys, metal work and much more.

February hosts Carnaval Week where adults and children alike prepare all year long to parade around the town streets in Fancy costumes.

Huercal Overa is very well known for its Semana Santa Procession where during Easter week as well as many other events, huge floats with religious statues are carried through the town.

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The Huércal Overa Tower

This 15 metre tall fortified tower is the most iconic symbol of Huércal-Overa and overlooks the town from the east, standing on the foothills of the sierra de Almagro, above the El Saltador rambla.

It stems from the Hispanic-Muslim era and consists of a large three-storey tower on top of a solid base surrounded by a lower perimeter wall reinforced by towers.

The construction did not only serve for watching over the Lorca-Vera road, but was also a key part of the eastern defenses of the Granada Muslim dynasty. It was built before 1436, which was the year of a Castilian siege that was successfully resisted, although the exact date of its construction is unknown.

It was manned by Muslim convicts, 'homicianos', the majority of whom had been convicted for murder. This explains why the tower

was constructed to be difficult both to enter and to exit.

The tower was surrendered to Fernando the Catholic in 1488.

The Junta de Andalucía had the tower restored a couple of years ago at a cost of more than 500,000€, as it is registered as a Historical Andalusian Monument.

The archeological findings around the tower have shown that it is a castle surrounded by a wall with other smaller towers that made up a significant defensive complex, between the kingdoms of Granada and Castile. During the restoration they also found inside the remains of a drawing called 'tree of life' which is one of the iconographic features of the universe as the most important Islamic culture.

The access to the tower is now via a lower platform that serves as a car park. From here a new pedestrian track has been constructed which takes you to the lower viewing platform from where there is a stairway to the tower itself.

In the interior the brick has been cleaned and repaired, the bad mortar has been removed and the floors have been tiled with ceramic tiles. In the exterior the façades have been restored so that you again can appreciate the size of the tower.

The restoration has been carried out sympathetically with light materials that could be removed to reverse the tower to its previous state.

The tower is open to the public weekends only, mornings from 10.30 to 13.30 and afternoons in winter from 16.00 to 19.30, in summer from 17.30 to 21.00.

The access road is located across the rambla, passing by the vehicle breakers yard near the old bridge. Once over the rambla the tarmac road winds up the hill with stopping places en-route.

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The Iberian Lynx – the World's Most Endangered Feline

The Lynx is a medium-sized feline which measures 80- 110 cm from its head to the tip of its tail, the tail only measuring about 15 cm. The males are larger than the females.

Its dense fur is red brown with black markings, which serves as an efficient camouflage in its natural habitat.

The ears are pointed and are topped with long hairs of the same colour as the tip of the tail. The lynx also has characteristic sideburns on both sides of the face.

This beautiful feline likes living in mountainous and forested areas, but it can also be found in low scrub and pastures where its favourite prey, the rabbit, lives. The lynx's habitat is closely linked to the presence of rabbits, although it is possible for it to adapt to other prey and expand its territory to different climatic conditions.

The Iberian lynx is a solitary and territorial creature, which prefers to carry out its hunting and other activities at night or at dusk. During the day, it sleeps in natural hidey-holes such as caves or bushes, except in winter when it is also active in the daytime.

A solitary creature, the lynx only socialises during the mating season, when a male can share his territory with one or more females and their offspring.



Continued on page 28

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..... Continued from page 27

It is a hunter whose diet mainly consists of rabbits. It also chases other prey such as ducks, hoofed animals and partridges, especially in winter when the rabbit population is reduced.

When it hunts, the lynx normally quietly sneaks up on its prey to surprise it, although sometimes it hides in the undergrowth and waits for the prey to come its way. On a normal night a lynx will travel a distance of 5-7 km, always the same route, between dusk and dawn. The males travel further than the females.

Normally monogamous, it is not unusual for the lynx to show polygamous tendencies in the mating season which is in December and January. During this period, the males compete about the females and mark their territory with urine and visible markings.

The cubs are born 65-72 days after the successful mating, in March and April. There are usually between one and four cubs who are covered in soft grey fur. They develop quickly and get very curious and active as the weeks go by. Once they are two months old, they start accompanying their mum when she goes hunting, and they become independent when she comes on heat the following winter.

The lynx reaches sexual maturity when it is a year old and lives to be 10-15 years of age.

The Iberian lynx is a valuable species. Its presence in nature contributes to maintaining the ecological balance and protect the

ecosystems where it lives.

However, it is a sad and well known fact that it is still in danger of extinction. The good news is that extensive rescue programmes seem to be slowly turning the tide.

The species hit an all-time low at the turn of the millennium with only 100 known specimens alive – and only 25 of these were breeding females!

So, what caused this beautiful feline to become almost extinct?

Like all endemic species, the lynx's requirements of its habitat are quite specific, and its main food source is the European rabbit. The population of the latter species dropped dramatically over the second half of the last century (by approximately 80%) due to an epidemic of myxomatosis (in the '50s) and a haemorrhagic virus (in the '80s), and although the lynx can also eat small rodents and birds, this decimated the population.

And the rest is the same old story of human greed, selfishness and stupidity.

The lynx has been hunted mercilessly for various reasons. Some farmers considered it vermin and thought it threatened their live-stock, although others, more enlightened, realised that the lynx was actually a good ally for keeping the rabbit population from ravaging the crops and the foxes from ravaging small farm animals like chickens.

Another reason for killing the lynx was its spectacular fur, which was a valued trophy for hunters.

And thousands of specimens fell victim to illegal poisoning, which ironically was usually directed at other species, but which of course kills fox, wolf and lynx – and all other beings – alike.

The rapid expansion of infrastructures also took its toll with hundreds of lynxes getting killed under the wheels of cars that travelled along new roads which cut through the animals' habitat.

However, it now looks as if environmentalists and ecologists managed to turn the tide in the nick of time. In 2003 an extensive 'ex situ' breeding programme was initiated. A population of healthy and genetically viable specimens was held captive to guarantee the breeding of new specimens which would be healthy, strong and apt for being introduced into the wild.

Thanks to extensive protection schemes and the breeding programmes, the lynx population now counts over 2,020 specimens living in the wild. And not only has the number of individuals risen, the lynx population is slowly spreading from being found exclusively in Andalusia to living also in Castilla-La Mancha, Extremadura and Portugal.

But Andalucía is still home to by far the largest populations of Iberian lynx: A total of 461, divided into four habitats in Seville and Córdoba. The populations in Córdoba are now so extensive that they can be considered one large population, and it is thought that they stretch across the Sierra Morena up to the southernmost populations of Castilla-La-Mancha.

There is still a long way for the Iberian lynx to go before it is out of danger, but on the IUCN (International Union for Conservation of Nature) Red List, its status has changed from 'Critically Endangered' to 'Endangered'.

Thanks to the good works of ecological organizations, the Iberian lynx may still return to its former splendour and inhabit the Iberian Peninsula from north to south.



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GOING GREEN

By Jason Lowther

Deep Sea mining/rare earth metals

Deep-sea mining is one of those science fiction possibilities that has now become science fact.

A cold business calculation would show that seeing as the oceans cover 70+% of the planet, twice the area that has been explored on land lies undiscovered under the sea. Our hi-tech lives and the battle to become less dependent on fossil fuels mean that more raw materials are needed, and countries with deposits in their territory are charging a premium. At the bottom of the oceans, particularly the Indian and Pacific Oceans, what are called polymetallic nodules can be found. These are a potential mineral resource for metals including copper, nickel, cobalt, and 'rare earth' elements. These 'rare earth' metals are important, since they are used in making electronics like rechargeable batteries and touch screens, among other things. The nodules of greatest mining interest are potato-sized and shaped and sit on deep sea floor in an area of the central Pacific Ocean called the Clarion-Clipperton Zone (CCZ). It is a vast area spanning 5,000 kilometres, at depths of around 4,000 - 5,500 metres. Scientific estimates reckon to around 21 billion tonnes of desirable material on the seabed.

The CCZ though, is an area beyond national jurisdiction, the 'High Sea', meaning no nation has control of it. The High Seas, which represent 65% of the area of the oceans, totalling more Km2 than the land above the waves, belong to no-one...and to all of us. Beneath the High Seas is the seabed, which is termed 'the Area' by the 1982 United Nations Convention on the Law of the Sea (UNCLOS). Part

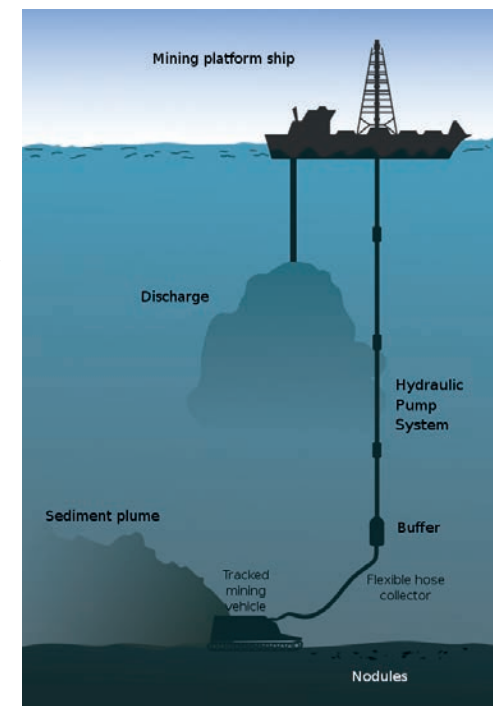
XI of UNCLOS tells us that 'The Area and its resources are the common heritage of mankind'. Historically, when things have been assumed to belong to 'no-one' then there's a free for all. In this respect think of the disasters of the colonisation of Africa, Asia and the Americas, mostly by European explorers claiming land for their monarchs or shareholders; and think of Klondike, the crazy goldrush in the last decade of the 1800's that cased mayhem, death and destruction in the wilderness. With both, a small proportion become rich beyond their wildest dreams at the expense of indigenous peoples and the environment. It's even in the language, with terms like 'goldrush' and 'Klondike mentality' signifying bonanzas that have negative consequences.

UNCLOS was signed in 1982 but did not come into force as law until 12 years later. Most of that delay was caused by states not being able to agree on the best way to regulate deep sea mining. At the time, the technology was speculative. Thirty years later it is real, and the practice, in such areas, is regulated by the International Seabed Authority (ISA), a body set up by the Convention. The US-based National Oceanic and Atmospheric Administration (NOAA) has observed that the deep-sea mining industry is developing specialised underwater mining equipment to harvest this remotely located mineral resource. That will involve recovering the nodules from the ocean floor to be shipped back to land for processing. The concern here is that doing so could result in the destruction of life and the seabed habitat in the mined areas, much as we have grown

used to seeing with bottom trawling. An added complication is that the very deep seabed takes a very long time to recover.

Because the CCZ is outside national jurisdiction, deep-sea mining in this region is overseen by the ISA. Currently, contracts for mining exploration in the CCZ have been granted to 16 deep-sea mining contractors, with exploration areas covering approximately 1 million Km2 (to put that into perspective, about twice the land area of Spain, give or take). Alongside this the ISA has designated nine areas as protected from any mining activity, which total more in area, but which border the licensed sites. NOAA states that they have been chosen so as to 'protect and represent the full range of biodiversity and habitats in the region, including variations in nodule abundances, food availability, and seafloor topography'.

A number of concerns have been voiced in respect of the environmental and other impacts of deep-sea mining. In terms of environmental impacts, attention has tended to be drawn to the potential for ecosystem disruption and biodiversity loss. Deep-sea mining can destroy unique and fragile deep-sea ecosystems. In addition, the deep sea is home to many undiscovered species. Mining can lead to the loss of biodiversity before these species are even known to science. It was long thought that the deep ocean was lifeless. It is proving to be anything but. An article published in the journal Current Biology



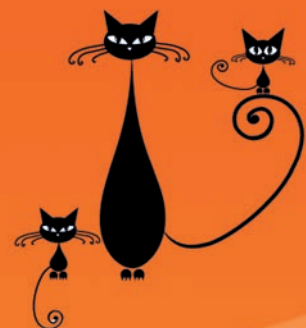
in 2023 identified in excess of 5000 species living in the CCZ area and estimated that 88-92% of them were unknown. Other than direct impacts from the machinery, sediment plumes are created from the operation of the mining machinery, and these can smother marine life, disrupt filter-feeding organisms, and affect water quality over large areas. This can disrupt feeding, breeding, and other critical biological processes. Is this really what we would want to inflict on a pristine (apart from the plastic!) environment that has been secretly and successfully getting on with life for eons?

The machinery used in deep sea mining generates significant noise and light, which can disrupt the behaviour and communication of marine animals, particularly those that rely on echolocation and communicate by sound, such as whales and dolphins. Sub-sea noise is understood as particularly problematic in areas where oilfields have been developed, or along shipping routes. It is believed by some

that whale strandings often arise as a result of noise either scaring or confusing the animals. There is also the risk of chemical pollution – either from leaks of discharges from the vessels and machinery used, or by the release of toxic substances trapped in the seabed, such as heavy metals, which can contaminate the water and accumulate in the food web. This pollution may pose risks to marine life and human health.

Continued on page 32

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..... Continued from page 31

Alongside this there are concerns in respect of the regulatory scheme. These manifest in a sense that the current regulations may not be stringent enough to prevent significant environmental harm. There's a call for stronger protection and a more precautionary approach, as I'll explain a little further on. There are also real conundrums to solve around how any benefits of deep-sea mining will be distributed. Because the resources are legally defined as the common heritage of mankind, developing countries and future generations should benefit from these resources. It is only very wealthy companies and nations that will have the ability to recover minerals in this environment, and to date, there is no binding agreement on mechanisms to ensure fair distribution.

Finally, the technological aspect and the economics of the enterprise also throw up some matters to ponder. The technology is still in developmental stages, although quite advanced now, with uncertain economic viability and potential unforeseen environmental consequences. It is very expensive, as noted, and so the high costs and technical challenges associated with deep sea mining pose questions about its feasibility and long-term sustainability.

The issue is very much current and dynamic. There remain a number of debates ongoing as to how deep-sea mining, especially in pristine areas which do not form the territory of a particular country should proceed, if at all. Some environmental groups, such as Greenpeace and the WWF, along with scientists advocate for a moratorium on deep sea mining until more is known about its impacts and effective regulations can be put in place.

Indeed, a number of countries have voiced concerns about it and support measures of different strength to oppose the practice until it is better understood and regulated. France is the most vociferous calling for a complete ban on the activity. Other states have either

called for a moratorium or a so-called 'precautionary pause'. The moratorium was proposed by a number of Pacific Ocean States in 2022. In autumn 2023 the UK announced it would support the moratorium, and Spain is a supporter of a precautionary pause.

The countries and their stances are shown below, and if you're interested you can read more at (<https://deep-sea-conservation.org/>).

- Ban: France.
- Moratorium: Federated States of Micronesia, Fiji, Palau, Samoa, Canada, New Zealand, Switzerland, Mexico, United Kingdom.
- Precautionary pause: Brazil, Costa Rica, Chile, Dominican Republic, Ecuador, Finland, Germany, Ireland, Kingdom of Denmark, Monaco, Panama, Portugal, Spain, Sweden, Vanuatu.

In addition, the EU has called on the Commission and the Member States to promote a moratorium on deep-seabed mining until such time as its effects on the marine environment, biodiversity and human activities at sea have been studied and researched sufficiently. It is also calling of the moratorium to continue until it can be managed to ensure no marine biodiversity loss nor degradation of marine ecosystems. In summary, while deep-sea mining holds promise for accessing valuable resources, it raises significant environmental, regulatory, and ethical concerns. The challenge lies in developing and enforcing regulations that protect deep sea ecosystems while ensuring equitable benefits from these resources.

Of course, this is the challenge in waters where no state has a territorial claim. Some states, for example Papua New Guinea and, more recently, Norway have expressed a desire to undertake deep-sea mining in their own waters. A coastal state may claim an area of 200 nautical miles as an Exclusive Economic Zone (EEZ), according to the Law of the Sea Convention.

In the EEZ, a country retains control over fisheries, mineral deposits, the right to lay cables (and a whole list of other rights and responsibilities). The Norwegian project is for an area of 280,000 Km2 in a very sensitive area of its Arctic waters. That the proposal in controversial is probably best seen in the fact that WWF-Norway has challenged the legality of the grant of permission to do so and in May this year its CEO, Karoline Andaur commented that, "We believe the government is violating Norwegian law by now opening up for a new and potentially destructive industry without adequately assessing the consequences.

It will set a dangerous precedent if we allow the government to ignore its own rules, override all environmental advice, and manage our common natural resources blindly" (see <https://www.wwf.no/> for more information).

For sure, this is one to watch. Is it really a good idea to inflict yet another untested way of grabbing resources from the already overburdened oceans?

BLACK AND WHITE

Miss Heavingham sighed as she looked out at her class of six and seven year olds. It was two thirty, the sun was blinding the children sitting on her right, while the ones on her left seemed to have fallen asleep.

Two Thirty was story time on Fridays - but Miss Heavingham wasn't in the mood.

She had finished last week's Harry Potter tale and hadn't had time to pop into the school library to select another book. Being new to teaching, on days like this she wondered if she had chosen the right profession.

'Isn't it story time, Miss?' asked Sadie Brown peering up from her oversized Disneyland watch.

Miss Heavingham smiled through gritted teeth. 'You're quite right, Sadie.'

The children who were awake, sat up straight and prepared for the usual treat. The others dozed on.

Miss Heavingham wrinkled her brow. What could she do to make this lesson interesting and at the same time disguise the fact that she was quite unprepared?

She spoke in her best schoolmarm voice.

'Children, today we're going to do something quite different. We're going to make up our own story.'

'What's the story to be called, Miss?' asked George, a frown spreading over his freckled face.

Miss Heavingham looked down at her shiny new black shoes, bought with her first pay cheque, while fingering her new white necklace, a present from her boyfriend.

'Black and White' she announced as though that had been the plan all along.

'Can I begin?' begged George, already halfway out of his chair.

'Please do.'

George strode to the front and took a deep breath. 'My cat's black and white ... his name's Timmy. On Monday we thought we had lost him ... but he came home on Tuesday.' George paused for effect, 'with a dead mouse in his mouth.'

'Thank you, George.'

Little Joan Patterson burst in.

'My mum says nothing is ever black and white, Miss. What on earth does she mean?'

Miss Heavingham was soon warbling on about people taking things

By Evelyn McCrorie



at face value and only scratching the surface. The class had started to fidget.

Mary Clark broke in. 'When I do art, I mix black and white and get different shades of grey, depending on how much black or white I use.'

'Well observed, Mary!'

Janice Bentley was waving her hand furiously. 'My granny says they used to have a black and white telly. It must have been awful. And her set wasn't much bigger than my tablet.'

Miss Heavingham was about to correct the word 'telly' when a sleepy voice from the back droned. 'Was your gran's tablet black and white too?'

'Don't be silly, James.' Janice turned to the boy with a withering glance. 'Tablets weren't invented then.'

'How on earth did people manage without them?' asked a now wide awake James.

There followed an animated discussion about good old fashioned black ink used on good old fashioned thick pads of sparkling white paper, striped humbugs, Ayr United's football strip, even the Black and White Minstrel Show which Sarah said her grandad had seen in London.

They were in the throes of marvelling about silent movies - black and white of course - when the three o'clock bell rang.

'Home time, children' announced a relieved Miss Heavingham.

'Can we do this again, Miss?' asked George, eyes sparkling.

'Why not?' answered Miss Heavingham, slinging her black and white bag over her shoulder as she ushered the children out into the sunshine.

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Hallelujah!

By Jos Biggs

My nice new bag, with its jolly red stripes, was perfect, except for its pocket on the front, which was baggy.

I could foresee that I was going to lose things out of said pocket unless I addressed the situation - I would have to sew something on the pocket to reduce its bagginess.

I don't do sewing - I would rather tightrope walk into the jaws of Hell than sew something, but as tightropes are hard to come by, and Hell is closed for the weekend, I was going to have to sew.

With trepidation I rummaged around in the sewing box seeking Velcro; it seemed a preferred remedy for my bag's baggy pocket.

I located the Velcro, the book of needles and thread - I even found the gizmo that allows me to thread needles without loss of temper.

With extreme self-control, as I know that loss of temper anywhere near needles is not a good idea, I threaded a carefully selected needle, using the gizmo, of course.

I knotted the thread - it took me 3 goes. I cut a square of Velcro



from the strip, took a deep breath, straightened the bag to take the executive decision where to sew on the Velcro - not an easy decision - both halves go on opposite sides, yet still have to meet!

I steeled myself ready to make the first stitch. I readied the needle for insertion.

It was at this point that I noticed the Velcro was self-adhesive!

Hallelujah! I am saved!

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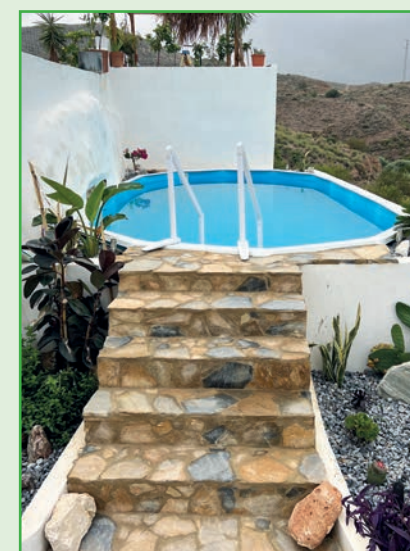
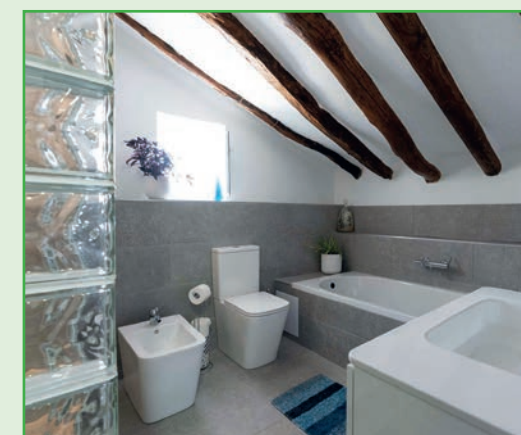
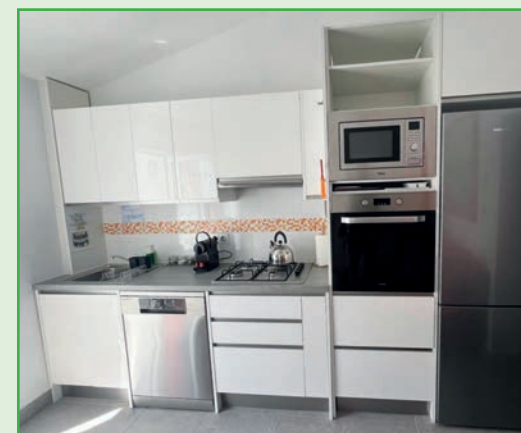
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The festival of San Juan is celebrated on June 23rd during the shortest night of the year; marking the summer solstice. A magical night that welcomes the summer season.

It is a celebration that usually involves roaring bonfires, fireworks, music, drinks, food and friends. Legends, tradition and magical rituals are connected by the common elements: fire and water.

Some mystical people believe that on this night paranormal events can occur because ancient pagan gods get closer to humans. For this reason many magical rituals are celebrated. Young people jump over fires which according to legend, gives more strength to the sun, which loses hours of light during the summer.

Pagan and Religious tradition meet in these awesome celebrations. They all share some things in common, yet each also has its own peculiarity.

It is a night full of Superstition. If you want to be lucky for the next 12 months you may want to:

Jump over a bonfire three times to be cleansed and purified.

Burn a piece of paper with your lovers name on it.

Burn something old and personal to leave behind bad spirits from the past and start a new phase.

Swim in the sea after midnight to purify the soul and body.



La Noche De San Juan



In cities and towns, particularly those close to the sea, the celebration is very important. Lalín, in Galicia, celebrates O Corpiño, during which people touch an image to botar fora o meigallo, to take out bad things. In Alicante's Fogueres de Sant Joan, two hundreds bonfires burn all over the city during the night. In Palamós and Roses (Girona), fireworks and bonfires are made on the beach, while in Las Palmas de Gran Canaria, the people build bonfires of waste products, and after the burn, bathe in the sea, which they have filled with fruits and flowers.

Another tradition, especially for women, requires the women of the house to prepare perfumed water combining the scents of seven plants - among them rosemary, roses and laurel - and to bathe or wash their faces in the water, again to purify themselves for the new season.

Depending where you experience San Juan, you might find yourself almost entranced by the spectacle. The smell of smoke permeates the air and there is a feeling of camaraderie that crosses age, culture, and

background.

So welcome to the magical night of San Juan. San Juan is about changes. It is about night to day; it is about fire to water. Fire purifies and water recuperates, refreshes, and rejuvenates.

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Just over forty kilometres northwest of Madrid, nesting in the mountains at some 900m altitude you will find the small town of El Escorial, home of just over 15,000 inhabitants.

It was also the political centre of Spain under Felipe II, and the place where he decided to build a big basilika and monastery in 1557 to thank God after winning the battle of St Quintin. The complex also includes a library and a pantheon.

El Escorial is an amazing example of Spanish renaissance architecture and much more than just a mausoleum for the monarchs, which is probably what it is most famous for.

The whole complex has an astonishing 2,673 windows 1,000 doors, and in the basilica there are 43 altars.

The basilica contains two large tombs, one either side of the principal altar. One is for Felipe II, the founder of El Escorial, the other for his father Carlos I. They are accompanied by various relatives.

The crypt of the complex, El Panteón de los Reyes, comprises a circular chapel decorated with marble and golden bronze. This is where all the kings and queens from Carlos I onwards rest with the exception of Felipe V and Fernando VI, who were buried in other churches.

Other members of the royal family lie in the Pantheón de los Infantes.

The Royal Apartment is where Felipe lived when he stayed at the



monastery. The king's chambers are quite modest quarters, and next to the bed there is a window overlooking the altar so that Felipe could follow the mass even when he was bed bound by gout.

The monastery is still functioning, and public access to this area is limited.

There are other buildings on the grounds, the most famous of which are la Casita del Príncipe and la Casita del Infante.

La Casita del Príncipe was designed for the crown prince, Carlos IV to be, by the architect Juan de Villanueva, who is probably most famous for the Prado Museum in Madrid, with which the building does have certain similarities.

La Casita del Infante was designed by the same architect in 1771 for Gabriel de Borbón, son of Carlos III. It is a small 'villa' with Italian style gardens and one of the best views of the monastery.

El Escorial is well worth a visit, but you do need to be fairly fit as there is a lot of walking involved.



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BLOOD!

By Vic Davey

The head bounced once and rolled towards me, blood spraying in it's wake. It came to rest, face up, the dead eyes staring into mine. The mouth was twisted into an ugly rictus, the blood-stained teeth grinned, mockingly. A sense of relief swept over me. I had my justice at last.

Someone stepped forward, grabbing the head by it's hair and tossed it, unceremoniously, into the waiting cart to be reunited with it's body. The crowd bayed for more but I had seen enough and turned away just as another victim was dragged kicking and screaming towards the block.

I pushed my way through the throng and heard the dull thud of metal on wood, once, twice and then thrice as a stubborn head was parted from torso and a cheer went up.

I reached the edge of the square and stepped into the main cobbled thoroughfare which traversed the city. Although I had grown up here, I had never got used to the usual stench of effluent, excrement and rotting vegetables which assaulted the senses.

Heavily laden carts clattered and rumbled in each direction and street vendors and hawkers competed with each other for attention from the sparse audience, most of whom were at the Executions. Three and four storied wooden houses lined each side, their roofs almost touching in an arc as they overhung the street below, threatening at any moment to topple into it.

I badly needed a drink and knew where I would get one. Sidestepping a pile of steaming manure, I headed down a side-street and was grateful to see the sign for The Green Man Inn swaying gently in a breeze which had sprung up.

I pushed open the door and stepped in. As soon as Dick the Landlord



saw me he poured a large measure of gin and pushed the glass across the bar. I took a good slug and then sat, heavily, into my usual chair. "No prizes for guessing where you've just come from then," he remarked.

I took another glug and shook my head. "Why do I do it?" I asked. "Why do I put myself through it every time?"

Dick's daughter Liz came around the bar and sat next to me. "You know why," she said, gently, "because you live in hopes that one day he'll be there." She reached across and touched my hand. "Then your revenge will be complete, your brother's killer will be brought to justice and you will find peace."

It was true. I had searched for years for the man who had murdered my brother in cold blood until word reached me just a month ago he had been caught for a second murder and was in prison in my home town.

I turned to her, "I found him," I said simply, with a wide grin. "He can't hurt anyone ever again". I held up my glass in a mock toast when I spotted it on my sleeve, a speck of blood.....his blood.



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Cantoria Walking Football Team

On 26th April Cantoria Walking Football team hosted a mini tournament at their home ground Cantoria Football Club on a day of sunshine

Cantoria provided two teams and there were two teams from Turre and one from Esquina Park Rangers who made the journey from Rojales.

The games were played over two pitches as a mini league and each team played a total of eight games, playing each other twice.

Some attractive football was played and despite some close results the eventual winners were the visitors Esquina Park Rangers.

The winners trophy was kindly presented by the Lady Mayor of Cantoria who also accepted the donation of a Defibrillator box from Cantoria Walking Football Club and now sits below the scoreboard at the ground.

Throughout the day the snack bar was open for food and drink and everyone was in agreement that it had been an excellent day of football.

If you would like to learn more about Cantoria Walking Football Club contact the Club Secretary Keith Rayner on +34 634 32 63 50

We play twice a week at Cantoria Football Club on Tuesday and Friday starting at 9.30am until 11.00am



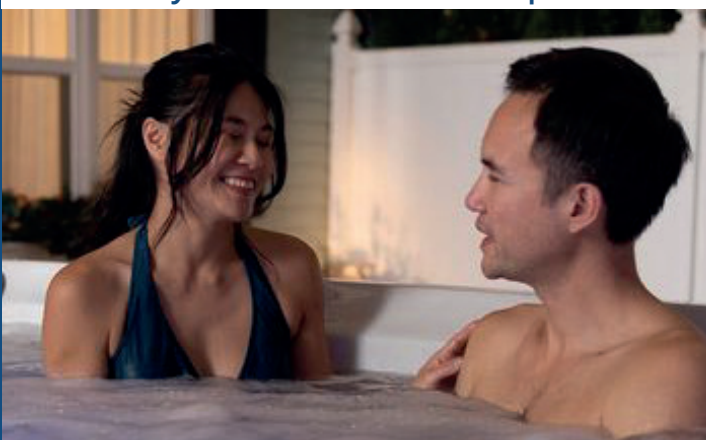
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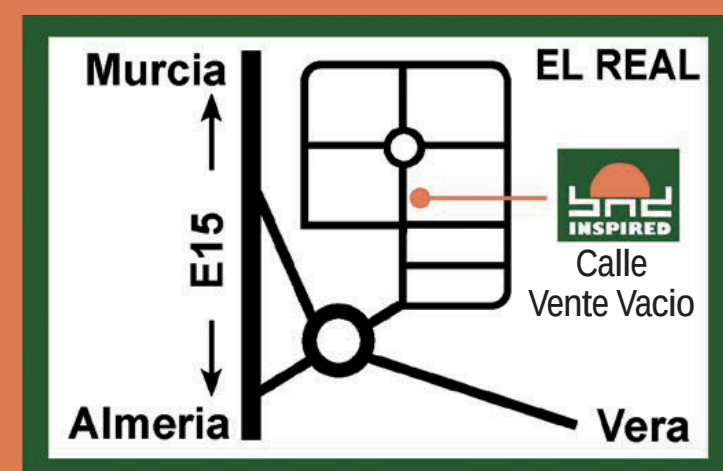
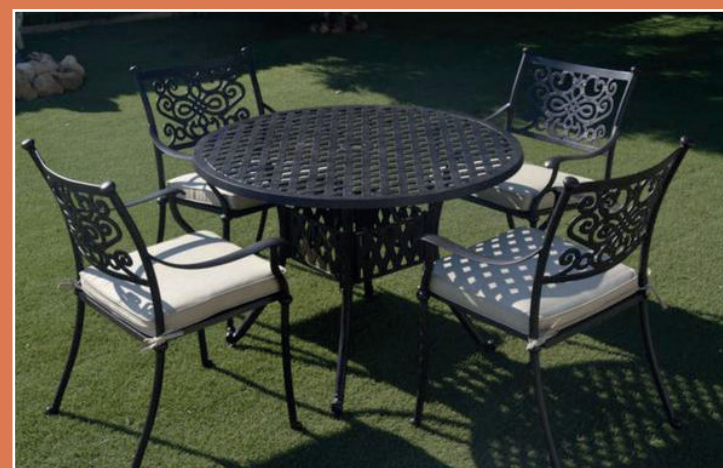


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DARK BEHIND IT.....!

I hadn't planned on spending the night alone, not in this Godforsaken place, miles from anywhere or anyone.

Well, I hadn't planned on being here at all, actually. He had insisted, actually more than insisted, almost forced me into the car, citing our urgent need to talk. Precisely what I wanted to avoid.

We had driven in total silence, up, up and up the mountain as I watched the terrain become wilder and ever more deserted. His brother's lodge was buried deep in the pine forest and in any other circumstances, I would have considered it idyllic. But not today.

On reaching the lodge he had immediately produced papers for me to sign. I'd been signing quite a few papers recently, and because I was so preoccupied with the business, I hadn't demurred. Until this time. I said I wanted to read it first.

'Quite unnecessary,' he assured me, 'just routine ordering of supplies.'

Something in his manner made me uneasy.

'Just let me cast an eye over what I'm signing,' I replied.

His sudden fury astounded me, and we had a terrible row. My mind was still numb from the shock of hearing the accusations he'd thrown at me, before storming out to the car and tearing off, leaving me standing perfectly still and bemused (and, of course, stranded) in the kitchen.

I became aware of the approaching twilight and looking through the small windows, the pine trees looked oddly eerie. Childhood lines came back to me "Dark behind it rose the forest, rose the dark and gloomy pine trees".

Enough! I told myself sharply. If I have to stay the night, certainly

until his anger subsides, I'd better check things out.

There was a chill in the air now and I headed to the door intent on finding firewood before darkness descended totally. I pulled the door first and then I pushed it, but it wouldn't move. I went to the back of the lodge, but the only other door was just as stubbornly stuck closed.

Swallowing hard to control a feeling of rising panic, I tried both doors again, then turned to the windows. With something like horror, I noticed for first time the metal bars, the rejas, on all the windows.

In an effort to think coherently, I searched the kitchen for the oil lamps that I remembered from my last visit. The cupboards were depressingly devoid of anything resembling a light or even a candle and the blackness of the forest night was descending fast.

Real fear was taking hold of me now, my initial anger totally subsumed by the helplessness of my situation. It was now pitch black. Not a thing could be seen inside nor outside the lodge. Had there been a moon the pine trees would have blocked its light.

Suddenly, I heard the sound of a car. Thank God! He had calmed down and had returned for me. With this thought came pure rage. How dare he do this to me! The car stopped and I waited - and waited.

What was he doing? I'd heard him get out of the car and then nothing. I started calling, then shouting, yelling. Nothing.

I became aware of a crackling sound, then frighteningly, the pungent smell of fire. A terrible realisation came to me. I screamed and my insides melted. I must have fainted.

Continued on page 46

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..... Continued from page 45

I have no idea how long I'd been unconscious, but I was suddenly and acutely aware of intense heat. Fire! Oh, my God, fire.

Realisation came flooding back and with it an overwhelming feeling of panic. What can I do? What, dear God, can I do?

Anger, white hot anger, came to my rescue. The ba++++d, he's not getting away with this easily, not while I have a single tortured breath left in my body. I crept into the kitchen on all fours, taking in as much of the Oxygen as I could at that low level.

Soaking a tea towel, I wound it dripping round my head and face and made for the bedroom. I was so desperately tempted to smash the glass in front of the rejas, but some long ago memory of open windows fanning flames came to mind - I had no idea if that applied to flames outside, but I could take no chances.

I ran both taps into the bath while picking out a voluminous bed

cover which I submerged totally in the water. I paused to take stock. I could see little more than outlines in the unforgiving blackness, but the heat was intensifying.

'I must find a weak spot in the timber frame, and some sort of tool for breaking through.'

The wood axe of course was outside. It was impossible, I cried to myself. The flames had really got hold and my mind had frozen in terror.

A sudden memory came to me from last summer. There was a trapdoor, my God, a trapdoor into a sunken wine or beer store. But where? Think, think for God's sake, minutes only to spare. Surely it would go from the kitchen.

Wrapped in the soaked bed cover, and armed with the heaviest kitchen utensil I could find, I crawled to the kitchen, banging the floorboards along the way for a hollow sound.

Voila! That's what I should have said if I could have remembered my French, but just a trembling, whimpering, thank you God, escaped my lips. Everything now was too hot to touch, and I was too far from water to re soak my protection. With a superhuman effort, powered by pure hatred of my captor, the trapdoor lifted and with it came a welcome blast of cool air.

Not a moment to spare, this bonfire would soon encompass everything. I dropped down into what was little more than a cave. I secured the trapdoor closed again; it might afford me precious seconds. Looking around, the space was illuminated by the flames above and I was able to make out a door which I remembered led through a passageway and down to the lake.

Sobbing uncontrollably now, I crawled and dragged and pulled myself, sweating and all but unconscious from the heat, through the door and along the tunnel. And there was light at the end - or at least moonlight.

I will never forget the feeling of unbelievable relief as the blessed cool night air touched my cheeks.

To be continued

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La Saca de las Yeguas - Fetching the Mares

Spain's many fiestas attract visitors from near and far; some of them have become big, international events, while others have a more local and traditional feel.

One of the most emblematic of these traditional fiestas takes place in the Doñana Natural Park in western Andalucía, and it incites general interest because of its remote origins that date back more than 500 years.

The fiesta is called 'la Saca de las Yeguas' (Fetching the Mares), and the first written referral to this event dates back to 1504. It is a tradition which connects the town of Almonte in the Huelva province with the Doñana territory through livestock farming.

Every year, preceding the annual San Pedro fair which starts at the end of June, the citizens of Almonte have an important historic rendezvous with some of the inhabitants of the natural park.

The protagonists of the event are the mares and their foals that live in semi freedom in Doñana. Groups of 'yegüerizos' (men and women dedicated to the care of mares and their offspring) enter the national park where they round up the animals that live there all year.

On 26th June, these 'cowboys', for want of a better word, drive more than a thousand heads of livestock from the Doñana Natural Park past the Shrine of San Rocío, (which, in its own right, is the destination of a large, annual pilgrimage), through pine covered sandy tracks to the town of Almonte.

As the evening draws in, the horses are led through the streets of the town in a great, constantly moving and changing flock.

When they reach the other side of town, they are taken to the town's livestock enclosure, and the cleaning process starts. The horses have their manes and tails cut, and they are wormed and shod.

The day after, the livestock fair starts, and dealers and breeders look at the specimens and bid on those they find interesting. Deals are sealed in the most traditional way. With a simple handshake. A couple of days later, those mares and foals that were not sold are returned to their natural habitat, the marshlands of the Doñana Natural Park.

This breed of horse is known in Spain under the name 'marismeña'



which translates as 'marshlander'. It stems from primitive horses that lived in the marshlands of the Guadalquivir river. Over the ages they have been crossed with other breeds, mainly those proceeding from Northern Africa.

Some historians believe that the Marshlander was the horse that the explorers took along on their search of the western route to India and thus the ancestor of the 'native' American horse breeds such as the mustang and the appaloosa.

Over the last few years, Fetching the Mares has become a great tourist attraction which has helped making people from all over the world aware of the beautiful natural space of Doñana and the wonders it offers.

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What is Happening in the Local Property Market. June 2024

By Voss Homes Estate Agents with offices in Huércal Overa & La Alfoquia

Without wanting to sound like a stuck record each month....the local property market is booming so now is a great time to buy or sell.

Something interesting which is happening more and more is "Local Property Chain Sales".

Many buyers ask us whilst viewing properties.... "Why are the vendors selling? Are they going back to the UK, Belgium, The Netherlands etc.

However, in reality a large amount of our vendors know what a fantastic place the Huercal-Overa, Taberno, La Alfoquia & Zurgena area is and what great amenities and communities we have and just want to move within the same area.

As usual people's lives have "moved on" and their requirements & priorities have changed. Some want to down-size or even up-size. Some want to move closer to amenities or further into the local countryside. Some want to keep busy so buy a property that needs modernising etc. Also some buyers have extra money in the bank earning little interest so also buy a second smaller property to rent out for income.

Many properties we sell in our area are to people who live in the neighbouring towns, coast & countryside but have preferred what our area has to offer.

A few tips for property sellers:-

1. DO NOT take negative viewing feedback personally. Cast



your mind back to when you were buying your properties? Your probably saw lots of properties that were suitable or you really liked but you just didnt get the right "vibe". That is now the same for the people who are viewing your property. So if you are given feedback like "the rooms are too small", "the garden is not big enough", "the walls are too low" just ignore it and look forward to when the right buyer comes along and loves your property.

2. DO NOT go "multi agency". Your property will get "over-advertised". What you are actually doing is putting your property in the "Bargain Bin" of properties that no one wants to buy.

3. DO NOT listen to the agents knocking on your door with fabulous stories about clients they have who are "desperate" to buy your property, but will only buy it through them. Tell them if this is true then just contact your existing agent and work with them. We bet they won't!

4. DO NOT fall for the low commission trick. If an agent offers you for no good reason an amazingly low commission then it is obvious they dont want to actually sell your property. They obviously do not earn enough money to invest enough in advertising, staff costs, company vehicles etc. that is vital to be able to sell properties. Obviously they are treating it as a hobby and just want to just earn enough so they can have a nice little holiday. Sorry, but if you pay peanuts, you get monkeys.

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Pickup points and timings will vary depending on demand

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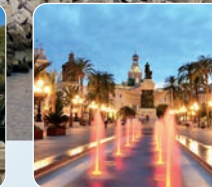
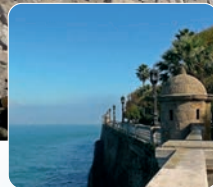
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Pickup points and timings will vary depending on demand

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Visits to Cádiz & Jerez



Malaga Christmas Lights



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Breakfast - days 2 + 3



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December '24

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Benidorm Christmas

4 Nights
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25th

23rd - 27th
December '24

Price Includes:
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Four nights in 4* hotel
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Proposed Mini Breaks 2025



Here are the proposed mini breaks being arranged by Parra Travel for 2025

Ubeda/Baeza ~ March

Ronda ~ April

Toledo/Aranjuez ~ May

Cuenca ~ June

Segovia/Avila ~ September

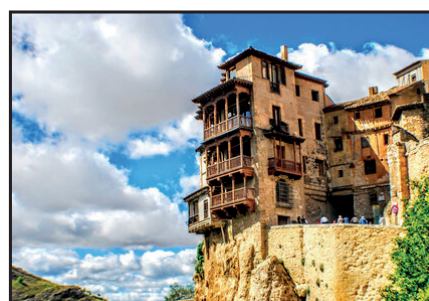
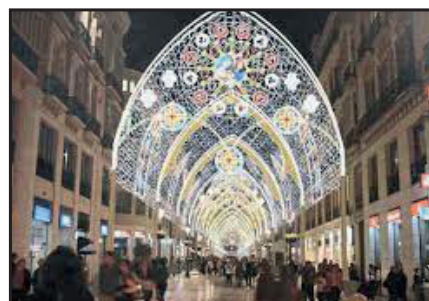
Barcelona ~ October

Gibraltar ~ November

Malaga (Christmas Lights) ~
December

Benidorm ~ Christmas

At the time of going to print no fixed dates or prices have been confirmed



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What do you value most when it comes to your skin?

Is it a short list of ingredients you can pronounce, multi-use products you can use for your body and face? Are you interested in products that clear and prevent acne, soothe irritated skin, and smooth fine lines and wrinkles?

Skincare needs change as you get older—what you put in your body is just as important to as what you put on it.

Essential Oils in the Shower

After a long day or an intense workout, create your own luxurious, healing steam room by adding a few drops of your favourite essential oils to shower gels. Essential oils are potent, liquid plant extracts that are used for many health, wellness and beauty purposes. Eucalyptus, lavender or peppermint oil allow you to breathe deeper to calm your nerves and soothe the muscles before settling in for a good night's sleep. A little goes a long way—5-10 drops is all you need to relax.

DIY Sugar Scrub

Sugar is a natural humectant that draws moisture from the environment to help hydrate the skin. Sugar scrubs are used as topical exfoliants to gently scrub away dead skin to reveal the healthier and younger looking skin underneath.

This is a simple DIY sugar scrub recipe:



1 cup organic granulated sugar (Brown sugar is softer than white sugar. Use white sugar to make the scrub for your feet, and brown sugar for a total body scrub.)

Continued on page 56

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..... Continued from page 55

½ cup oil (Some online recipes recommend coconut oil or olive oil, but use sweet almond oil for the scent and lightweight texture.)

20+ drops of essential oils of your choice (tea tree oil for the antifungal properties, especially when making a sugar scrub for feet.)

Store what you don't use in a wide-mouth glass jar.

Aloe Vera Gel as a Skin Moisturiser

The medicinal properties of aloe vera gel—the substance obtained from the cells in the center of the plant's leaves—have been used for thousands of years.

Aloe vera absorbs quickly without leaving a sticky film, heals

dry skin, soothes sunburns, psoriasis and cold sores. The anti-inflammatory and cooling properties of the gel provide a protective layer to retain the skin's moisture.

Mix a few pumps of 100% clear, fragrance-free gel with fragrance-free Alba lotion, and apply it to the entire body, paying extra attention to hands and feet. It's lightweight and can be worn year-round without clogging pores or worsening acne.

Jojoba oil as A Deep Conditioner

Jojoba oil is an oil-like wax extracted from the seeds of the jojoba plant.

It is rich in vitamins and minerals that nourish hair, including vitamin C, B vitamins, vitamin E, copper, and zinc to prevent hair loss and promote thickness.

Use as a weekly hair moisturizer by massaging a few drops into wet hair and scalp and then shampooing and applying a leave-in conditioner to seal in the moisture. By using jojoba oil, hair retains moisture longer between washes and keeps a healthy shine without having to reapply oil sheen sprays.

You can add jojoba oil to your shampoos and conditioners for extra moisture and shine.



Oil Cleansing

Researchers are starting to uncover the many benefits of washing your skin with Almond or Jojoba oil and water.

Oil cleansing removes makeup, dead skin cells and dirt, lifts excess oil and cleans whiteheads and blackheads. Do some research to find out which type of oil is best for you based on your skin type.

Try using this method every day for 1 week until your skin stops responding (it may start looking dull) and then use monthly as needed, primarily in the summer.

Vitamin E for Dark Spot Removal

Black skin is more prone to dark spots and scarring due to the higher levels of melanin as compared to other complexions.

Use a few drops of vitamin E oil on those spots at night to help lighten and soften them over time. This sticky, fragrance-free oil also helps smooth and hydrate skin, lighten stretch marks and reduce pain and inflammation for newly forming breakouts.

Use it at night (because of its super sticky texture) and rinse thoroughly with warm water before applying your favourite moisturizer in the morning.

Finding What Works for You

The beauty industry is largely unregulated and new products are introduced every day.

It's easy to get swept up in the desire for skin that looks good, but what matters most is the health of your skin and finding a skincare routine that is easy, affordable and fits with your lifestyle.



Before you spend big on products you might not need, research your skin type and consider trying natural remedies that are less likely to worsen any conditions you're trying to address.

Try a sample of anything new on one section of your inner arm to see how it reacts before using it all over your face or body.

And speak to your dermatologist if you're experiencing chronic skin issues.

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Stay Well in the Heat!



Every summer hundreds of people die from heat stroke – and every year there will be more as global warming makes itself felt. A heat stroke is the sudden internal crisis of your body when your temperature reaches 40°C or more, and it can be fatal. Even for young people.

Apart from the obvious things we can do to try to avoid such a dire fate – avoid going out in the heat of the day, avoid strenuous exercise, using sun hats etc. – what we eat and drink can also help us stay on the right track.

Rule number one is always: Drink lots of water! Doctors reckon that in summer we should drink 3 litres of water a day.

However, many people do not actually like drinking water, and then what to do?

hot enough for it to start sweating; as air reaches the sweat on your skin it helps cool you down. Provided, of course, that you wear cool, loose clothing.

Another way to help your body sweat is eating hot, spicy food. The spices stimulate the thermo sensors in your mouth, and they make your body feel hot and encourage it to produce sweat. When the sweat evaporates it cools you down.

As far as things to be avoided are concerned, it will come as no surprise that alcoholic drink is top of the list.

Alcohol makes you pee and dehydrates you; this is not to say we can't have a couple of beers on a hot summer's day (in the shade), but excessive consumption of alcohol can be dangerous.

Eating fruit with high water content will help top up your water intake. Water melons and strawberries are 95% water and 5% matter, and other melons 80-85% water depending on the kind. Other fruits also have a high water contents and it is always a good idea to add fruit to your diet.

Vegetables also have high water content; stuff like lettuce, cucumber, celery and radishes contain 95% water and the humble tomato 94. All are good ingredients for a nice, refreshing salad, or indeed that wonderful Spanish summer tradition: Gazpacho!

I always refer to Gazpacho as liquid salad, and a large glass provides you not only with water but also with many of the natural salts and minerals you lose when you sweat.

Hot drinks may be the last thing you fancy on a sweltering summer's day, but a mug of hot tea or decaf coffee will make your body feel just

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150 Years of Osteopathy!

2024 marks 150 years since the birth of Osteopathy!

Osteopathy was invented in 1874 by Dr. Andrew Taylor Still, an American physician and surgeon, who was becoming increasingly dissatisfied with what he saw as the excessive and often harmful interventions endorsed by orthodox medicine.

The Osteopathic philosophy he created, worked on the principle that structure and function are interrelated; each piece of the body contributing to the harmonious function of the whole person.

He named this pioneering approach to healthcare, which promoted the idea of preventative medicine, with a focus on treating the disease rather than just the symptoms, 'Osteopathy', from the Greek 'osteon' (bone) and 'pathos' (suffering), to convey the importance of the musculoskeletal system in health.

Although a lot has changed since 1874, Dr. Still's Osteopathic philosophy continues to drive today's Osteopathic treatment approach, and also continues to differentiate Osteopathy from other Primary Healthcare modalities.

"This milestone not only honours the remarkable achievements of the past but also underscores the ongoing contributions of Osteopaths in enhancing the health and quality of life of individuals across Europe and beyond."

(Hanna Tómasdóttir, President of Osteopathy Europe, 2024)

HAPPY 150TH BIRTHDAY OSTEOPATHY!

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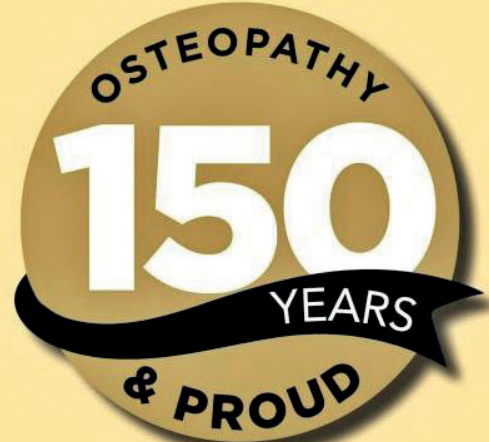


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Use A Teaspoon To Prevent Sunburn This Summer



According to a new study from King's College London, sunbathers are risking skin cancer by failing to put on enough sunscreen and should be using the 'teaspoon method' to ensure adequate protection and to save you from painful burns, tan lines and skin cancer..

Scientists have found that people are actually getting less than half the sun protection they think from their sunscreen because they apply such thin layer.

So, how much cream are we meant to be applying?

Well, the Telegraph reports sunscreen manufacturers calculate SPF protection layers based on 2mg of cream per cm² of skin. However, the majority of people use just 0.8mg for the same area which is equal to 40 per cent of what they should be using.

As a result, scientists suggest we should apply at least half a teaspoon

(3ml) to each arm, the face and neck. A full teaspoon (6ml) should then be applied to each leg, and the front and back of the body.

Author of the report Anthony Young, Professor of Experimental Photobiology at KCL, said that an average-sized woman wearing a bikini in the sun should be applying sunscreen at least three times a day. As a result, she should be going through one 100ml bottle of lotion per day.

'Most people who use an SPF 20 sunscreen will actually be getting something like SPF 4 because they aren't applying enough,' claims Professor Young. 'They overestimate the protection they are getting and they stay out in the sun too long and get burned.'

Professor Young also suggested that as people don't use sunscreen in the same way they're tested by manufacturers, people should use 'a much higher SPF than they think is necessary'.

The scientists' study involved separating 16 volunteers into two groups of eight. The first cohort were exposed to ultra violet radiation to simulate sunlight over one day, while wearing sunscreen of varying thickness. The second group received exposure over five days to mimic sunbathing conditions on holiday.

Researchers found sunburn was reduced by 40 per cent when cream was applied correctly. Skin biopsies also showed that proper sun cream application lowered sun damage 7.5 times compared to using no sun protection.

So, when it comes to applying sunscreen this summer, it's not just about what SPF you're applying, but how much and how often.



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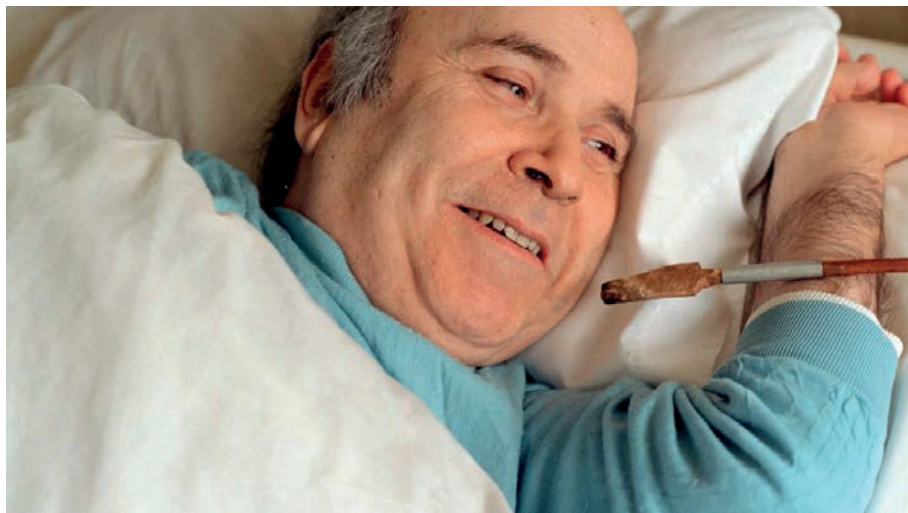
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Ramón Sampedro - a Fighter for the Right to Die



Ramón Sampedro Cameán, Spanish sailor and writer, 5th January 1943 to 12th January 1998.

Born in the Galician town of Porto do Son, Ramón went to sea at the age of 22 working on a Norwegian ship. On his travels he visited 49 ports around the world.

On 23rd August 1968, at the age of 25, he head-dived into the sea off a rock on the As Furnas beach not far from his birthplace; the sea was rough with unpredictable currents, and the young sailor suffered a bad accident fracturing his seventh cervical vertebra which left him quadriplegic.

Some three months later he faced reality and realised that there was

no 'going back' to the life he had once known. He went to live in his parents' house where his family looked after him.

In 1993 he started his fight for the right to a dignified death and asked the courts of first instance in Barcelona and Noya (where he now lived) for permission to refuse the tubes that were used for feeding and medicating him. This was denied and he went to the Constitutional Court, where his wish was also turned down. He even went to the European Commission and the Court of Human Rights in Strasbourg, but to no avail.

In May of 1996 Sampedro met, through a mutual friend, Ramona Maneiro from his native Galicia. By the time he met her, Sampedro had realised that he would never be able to commit assisted suicide in a legal manner, and he came up with a plan. He left his

family, some of whom were opposed to his wish to die, got himself set up in a flat in Boiro, 25 kilometres from his native town, and selected eleven friends to help him, one of them Ramona Maneiro. He provided each one of them with a key and then chose cyanide as his method of death. He knew that the Christmas of 1997 would be his last.

He gave each of his eleven friends separate instructions, each with an action which on its own did not constitute a crime.

One was to buy the cyanide. Another to analyse it. The third to measure out the correct amount. The fourth to move it from one place to the other where the fifth collected it. The sixth mixed the



poison and the seventh poured it into a glass. The eighth put a straw into the glass and the ninth put the glass within his reach. The tenth collected his farewell letter, and the eleventh collaborator was to record his last living moments on video.

On Sunday 11th January 1998, Ramona Maneiro left his apartment at nightfall and the next morning her sister, Lupe, entered to find Ramón dead. The day before this, he had recorded a video tape

where he announced his intention and wish to die and 'that he was completely aware of what he did, that he had wished to die since he was 29 and that nobody was to be held accountable for his actions'. Moments after pronouncing his last words, he drank the glass of cyanide which put an end to his suffering. He died in Boiro on 12th January 1998, and his death was televised on 4th March although the viewers were spared and were shown just 20 seconds of his final agony.

The person closest to Sampedro, Ramona Maneiro, was arrested and accused of assisting a person in committing suicide. Her house was searched and the investigators watched several of her videotapes showing family scenes from Christmas and a recording of her next to Sampedro's bed reading aloud two poems. She was released due to lack of evidence.

Sampedro turned his wish to die into a fight for the defence of individual freedom and euthanasia. For years he corresponded with several people, many of them in the same situation as himself. These letters are collected in his book called 'Letters from Hell' together with poems and personal thoughts that he wrote down during his confinement in bed. He criticised those who were against his wish to die, both family and friends, and especially mentioned the legal and religious authorities who are repeatedly attacked in the book.

Ramón Sampedro eventually had to take the law into his own hands to be liberated from the confines of his body. But his fight was not in vain, he helped bring awareness and information about a widespread problem which has been increasingly debated for the last thirty years, both in religious, political and medical circles.

One June 25th 2021 a new law came into force in Spain permitting assisted suicide as long as it is done in accordance with the rules of the same law.

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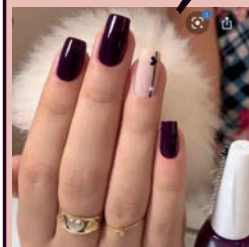
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Puzzle Time

Puzzle solutions on page 82

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			8	1	3		4	
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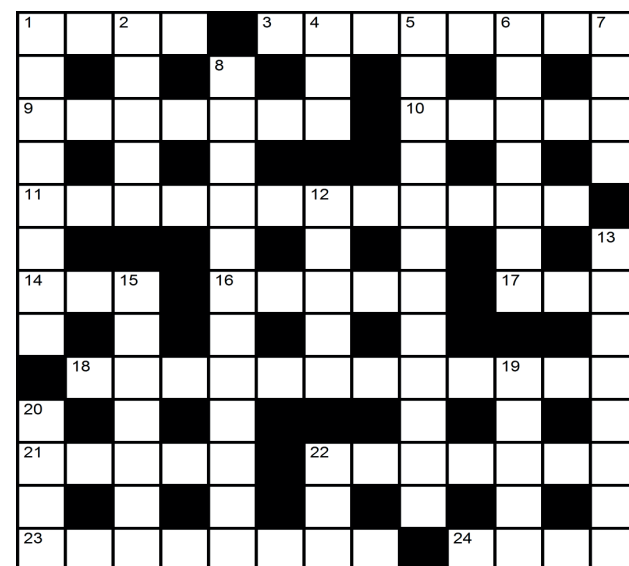
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3				4			8	2
5					2			6
		4		5	6	8		
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							1	
	4	7						
			4			9		
				1	6		3	

Medium



Across

- 1 Bills, e.g.
- 3 Automated devices
- 9 Function
- 10 One of the largest rivers in Africa
- 11 Massive fuel carriers
- 14 Aged
- 16 Committee head
- 17 Sky god
- 18 Amazement
- 21 Caustic substances
- 22 Lean
- 23 Trying
- 24 Combines

Down

- 1 Medieval weapon
- 2 Brew
- 4 Chopper
- 5 Flu cloth
- 6 West African republic
- 7 Lord's worker
- 8 Impulsively
- 12 Primitive calculators
- 13 Civilizations
- 15 Send away
- 19 Terminated
- 20 Channel
- 22 Source of light



Trades & Services

Above Ground Vs. Below Ground Hot Tubs

Which Is Right for Me?

Installing an outdoor hot tub can be an incredibly rewarding experience. There's no doubt that any time of the year you'll enjoy the relaxing, stress-reducing benefits a hot tub provides, whether it be in the cold winter or the dog days of summer. Still, there are a few things you'll need to consider before you get carried away with daydreaming about those relaxing soaks in your new tub, most important of which is whether you prefer the price point and convenience of an above-ground hot tub or the aesthetic appeal of a below-ground model.

Above-Ground Hot Tub

Generally speaking, most people who choose an above-ground spa do so for one of several important reasons, such as portability, ease of installation and lower costs. Still, it's important to look at all the pros and cons of this type of hot tub to see whether it's right for you.

Advantages

Lower costs, both for purchasing the unit and to operate it

Easy to install, as most units can be plugged directly into a 240-volt outlet

Portable and fairly easy to transport, meaning you can take it with you if you move

Simple to cover and can be equipped with an integrated cover for added convenience

Usually feature between 30 and 100 jets, ensuring everyone can enjoy a relaxing hydro massage.

Low maintenance and easy to access mechanics, which are also protected from the weather for enhanced durability

Disadvantages

Not as aesthetically pleasing

Can be more difficult to get in and out of, especially for the elderly or anyone with disabilities

Not as many options for size or shape

More limited options for interior surface materials



In-Ground Hot Tubs

The improved aesthetic look and more customizable options are what leads most people to choose this style of hot tub. That being said, in-ground spas also have their own drawbacks.

Advantages

Nearly unlimited potential to choose whatever shape or size you wish

Can be installed fully submerged or partially exposed above ground

Ability to integrate whatever features you wish, such as speakers, lights and

even fountains or waterfalls

Numerous material choices available, ranging from stone and concrete to acrylic, tiles, vinyl and much more

Disadvantages

More expensive to install and maintain

Most contain only 5 to 20 jets

May be difficult or expensive to find a custom cover for any large or odd-shaped tub

Usually only contain bench seating instead of the range of seating options available with portable models, meaning short people could find themselves over their heads

Design Ideas

No matter which style of hot tub you end up choosing, there are a number of ways to ensure that it fits with your outdoor space. For instance, you can use skirting to build up the area around the hot tub to create an outdoor patio and seating area, allowing even those who don't want to get in the water to still enjoy the party. Another popular option is to build a simple gazebo-type structure around the tub, which gives you the added benefits of extra privacy and protection from the elements.

At the end of the day, you really can't go wrong with either style of hot tub. Both above-ground and in-ground models will still provide all the same benefits to your health, happiness and overall well-being, making the decision to buy a hot tub one of the most rewarding decisions you'll ever make.



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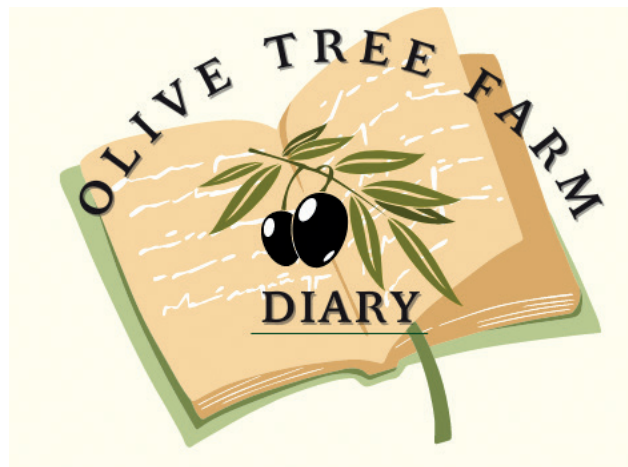
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Wow what a May we've had here at Olive Tree Farm! Apparently, we aren't done hatching, because that incubator has been running overtime!

Last time, we left the hatching news at one duckling in the tank with two non-ducky tank-mates, as our rogue hen sparked a moment of drama and indignation with her egg-hoarding and sudden nest abandonment during The Big Hatch, causing us to do a mad rescue spree.

All in all, three ducklings hatched, but one really struggled to work his way out of the shell so we had to intervene. Unfortunately, that little guy only lasted a couple of days. At least we tried!

Then, on a visitation to our local farm shop for a feed run, we stumbled across a cage of three Muscovy ducklings. Our favourite breed... I don't need to explain what happened next, do I?

Our tank was now cheeping with life, now housing two chicks and five ducklings... but this created new questions.



One of the Khaki Campbell eggs we hatched produced a yellow chick, and it was growing at a fast rate! Normally Khakis hatch in darker variations, so we had a sudden doubt in our own expertise. What was it? Was it definitely a duck? We're pretty sure it was a duck egg...

All our research and looking at photographs of goslings versus ducklings confirmed that it was indeed a duckling. A big one! I'm not even sure how they fit inside that little egg!

It often makes sounds the others do not, however, so we are wondering now what other secrets our Khaki Campbells may be hiding. Perhaps they have another breed within the bloodline? The farm dramas and mysteries continue to unfold!

Up on the farm itself, mum duck and mum goose were being very determined on their clutches of eggs. The goose, no matter the little tantrum she gave, had no choice but to let us take the eggs from her. They were starting to rot, it was an obvious smell, but luckily hadn't exploded yet. We had to take them away or she wasn't going to give up, and therefore likely get sick.

The mother duck seems to have had some kind of incident of her own, but all we have are theories. An egg went missing, and she



stopped sitting. We saw no evidence of shell anywhere, no sign of a duckling either, but we knew the hatching was imminent. She wasn't coming back, however, and before the eggs cooled any more, we decided to bring them down.

We weren't sure if any would hatch, not knowing how long they had gone without mum's heat, but it seemed such a waste not to try.

As of writing this, we have two ducklings who hatched two days ago, and a couple of eggs still sitting in the incubator. One final candling later today will let us know whether to give up or not.

The new babies wouldn't do well being trampled by the gangling, bigger ducklings, so this was the push for us to finally make the move with the twenty chicks up to the farm so the bigger ducklings could enjoy the aviary and adjust before their eventual move.

We had helping hands from Logan, Lucas and Melody to get our happy chicks into their new home – and Melody insisted on picking up every single one for a kiss and cuddle to be sure they settled in with love. The children are up every day to see and play with the chicks while Ben feeds the farm (I supervise – Melody is a strong-armed little lady and her love of the chicks can be maybe a little too much).

Being up there so often means my new hobby of tree-watching has had fruitful rewards. The buds blossomed into flowers, and now I'm counting olives – or I would be if there weren't so many!

Little green baubles, baby olives, are clinging to the branches, settling in before they get ready to swell. I'm giddy as a kid on Christmas morning!

We have trees that are a few steps ahead of others, but we are getting eagle-eyed with this business and can spot blossom sprouting, ready to follow the others and make that glorious fruit.

To finish off our month, we decided to celebrate all this growth and life with a new plant addition: a mulberry tree. Animals love it, humans love it, and we are more than willing to share with our menagerie when the tree has settled its roots.

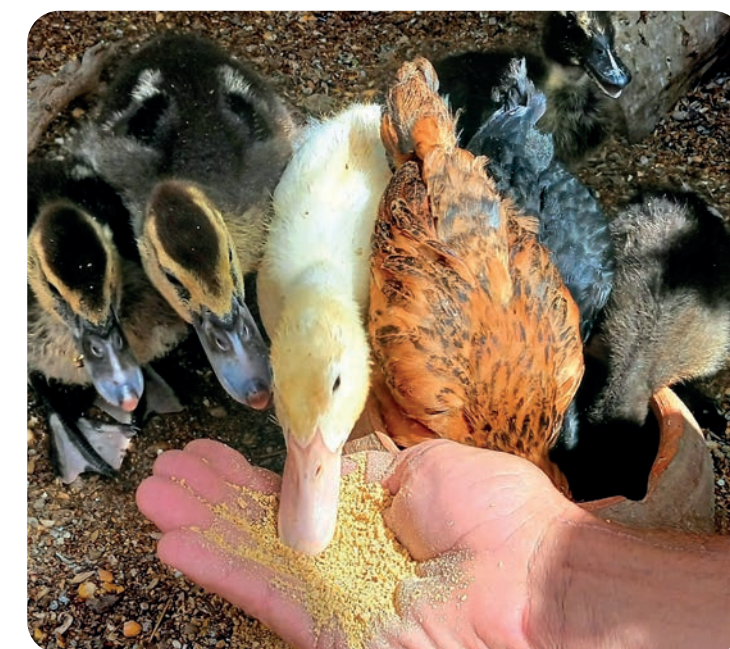
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What is Truth?

That's not a song lyric question, by the way. In the context of this article it's a tasty little philosophical appetiser for this month's written banquet.

In its most literal form, the "truth" is a statement of fact that is backed up by incontrovertible evidence. I know we're walking a very thin line here so I'll try to keep my balance. In reality, however the truth is a version of events that is supported by a majority or can be advocated "beyond reasonable doubt" in a court of law (or more often than not, court of public opinion). Members of a society can also be conditioned to believe a specific version of the truth. Back when everything was in black & white it was perhaps easier to portray events in a manner designed to elicit the desired response. Television was in its infancy and the main delivery methods were in cinemas, newspapers and radio. Don't forget that everything was much more regional. People in Lincoln had no idea what was going on in Plymouth. It was largely irrelevant to them and vice versa.

The fact is that truth has been manipulated for as long as we've had leaders and followers. If you want a society to follow a specific set of guidelines then they have to believe in them. They have to want to follow and want to protect that version of the truth, ideally to such an extent that they would be willing to lay down their lives to do so. "Whoa, easy up, Mulder!", I hear you cry. "Take a chill pill". Don't worry folks, I'm not sat here typing in a tin foil hat, twitching ever so slightly. There is a point.

Getting people to believe in you is a fundamental sales tactic. If they can do that, then they will be much more receptive and relaxed and willing to part with their cash. Advertising today is much more sophisticated and subtle than it used to be. Anyone that can remember adverts in the seventies may cringe at some of the subject matter. There were some golden moments; the PG Tips chimps, Mr. Milk Tray, and the crumbliest flakiest chocolate... all memorable.

The problem was that all this advertising was expensive to create



and deliver. I know we sometimes wax lyrical about the good old days when everything was black & white, there were only three channels to choose from and programmes had 20 million viewers but that was partly because there was nothing else to watch. A leading purveyor of information & entertainment during those times was the BBC, which has always been funded by a license (technically a subscription in all but name). This license meant that the BBC was effectively answerable to its shareholders (the license paying public) for the content it supplied.

In its past the BBC has been lauded for its innovation, integrity, and impartiality. BBC output such as Dr. Who, Top Gear, various David Attenborough wildlife series have been highly profitable and were translated and delivered worldwide. It's ironic really that a government selling itself as an advocate for business would be unable to see it's worth and try to run it into the ground but I digress...

The BBC was one of the first institutions to adopt video streaming with its iPlayer website, publicly launched in July 2007, which aimed to allow viewers to catch up with missed episodes for up to 7 days. This development was cited as being fundamental to the continued success of the BBC.

There has been quite a bit of BBC bashing going on over the last decade and curiously enough it seems to come from those who would benefit from a weakened corporation.

The current (and probably not by the time you read next month's article) UK Government has made several swipes at the BBC regarding impartiality. The BBC's impartiality has been a cornerstone of its identity from pretty much day one. The corporation has always leaned slightly to the left but this is an understandable and desirable result of its social charter, putting people at the centre of everything it does. Downing Street really hasn't liked that over the past decade.

Traditionally the BBC has been allowed to appoint senior managers based on criteria such as "are they good at the job?". However, over recent years there has been interference from the UK Government

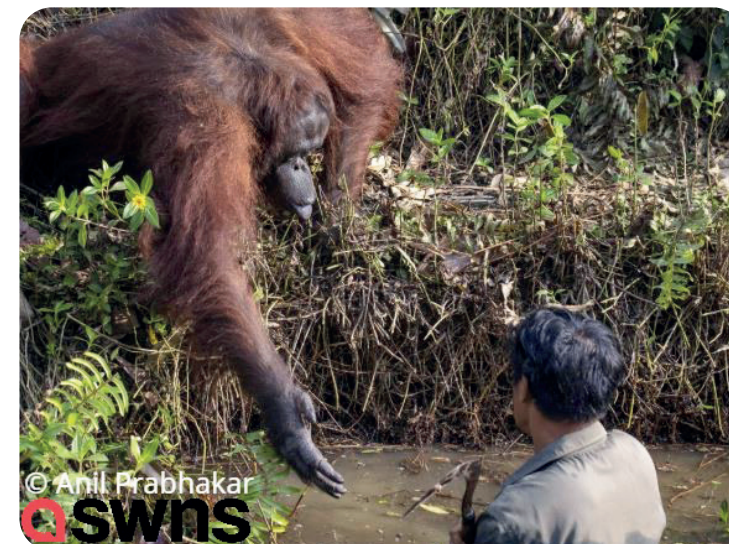
that has installed "their" men into top jobs. This, supposedly to steer output in a more correct and sympathetic direction, backed by the feral bloodlust of the BBC's competitors (you know who I mean).

How many times have you heard the BBC being accused of being "anti Tory"? It simply isn't true. The BBC is impartial (or was until it got knobbled) and disagreed – that is part of its purpose. Accusing it of bias and then putting your mates in charge so it says what you want is, erm, more than a little hypocritical?

And isn't that the crux of the matter? How can we discern the truth in a world that's run by large corporations that control what we see and hear on a daily basis? It's not a problem on a local level, you can see what is happening with your own eyes whether that's roadworks at the Bougainvillea roundabout or where Aldi are opening their next store in Puerto Rey. Where it gets tricky is online. How do you discern truth from propaganda?

I'll give you an example; I recently posted a photo of an Orangutan offering a helping hand to a man who appeared stuck in a swamp (probably in Borneo). Harmless enough, you'd think. A bit soppy maybe but nonetheless a heartwarming image of nature's forgiving spirit... Not on your life! Facebook removed it because it was deemed to be "fake news"!

With all the hate and misinformation going on at the moment, this organisation wasted valuable resources removing a picture of an Orangutan! I have robustly challenged this intrusion but it seems that the whole fact-checking system is automated and controlled by an AI algorithm with no human supervision whatsoever.



Logically, the free availability of information via the internet means that we should be able to fact check everything. Ha! Good luck with that... We'll take the online Encyclopaedia Wikipedia as an example. The ideal behind Wikipedia was to include everyone in the combined knowledge of the planet. Everyone can contribute and that's fine in principle. Where it falls down is that it's open to abuse, for instance; apparently Janis Joplin speed walked everywhere and was afraid of toilets and Karen "Amy Pond" Gillan is "The President of the Supreme Court of Gingers"...

There is so much information out there that it is almost impossible to control and very easy to manipulate. When books were the only source of information, it was easier to check because you had time. It was a physical entity and you could see if it had been tampered with. You could keep a copy and if anyone reprinted, you'd be able to check. That's not to say that the truth has not been rewritten in the past; the Bible has been rewritten several times in its illustrious 2000-odd year history, supposedly to "improve accuracy" but in the end it comes back to that old chestnut – control.

Society, especially in times of unrest needs certainty. People tend to admire strong leadership, even if it is somewhat suspect aka Donald Trump, Vladimir Putin and several others that "shall not be named".

So, in answer to the question and to quote the man himself; "The Truth is Out There!"

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Anyone out there??

Having obtained 65 years, I'm going off piste for a change and not talking about vintage electronics. Are we alone? Well, it's a nice comforting thought to have, isn't it? There may be other civilizations around, bit like ourselves, bickering with each other, playing jazz and watching their version of Coronation Street. Just by doing the sums, we know there are tens of thousands of likely planetary systems that could be just right for supporting a form of life that we could recognise, similar to ours, based on gravity, air, water, Guinness and all the other stuff to go with it. And then, out of that pot of chances, there could be some existences that have a makeup, evolutionary status and sense of humour similar to us to communicate with.

But what are we looking for and how are we looking for this new neighbour? Let's take timescales for a moment. The nearest solar system that is thought to be similar to ours is around 30 light years away, (long). Okay, for a start, if we found evidence, whatever that may be, it's all too late. That existence will almost certainly be long gone and if they just so happened to be probing us at the same time, nice to have seen you were there, shame we couldn't have met up. That's the first problem. Whatever we think we found, is purely academic?

The majority of searches for ET's torch bulb lit finger have been centered around scanning the skies looking for radio transmissions. I thank Bernard Lovell for this and in my next life, I will want to shake his hand. We think that we might pick up a signal that we could understand, in a format we could process and within a spectral range that we can receive and demodulate, decode or whatever. In turn, we beam out signals into the ether in the hope that a "Little Purple People eater" (1959, Shep Wooley, rock n roll tune. Listen to it, classic USA paranoia!) might tune in and say, wow, great Louis Armstrong. But, those Earthlings can stuff that East Enders crap. The Human race has evolved over the last 200,000 years let's say. A total drop in the ocean regarding the number of light years away as I mentioned earlier. Add into this, it is only during the last 140 years of that 200,000 years, we have been able to communicate by varying degrees of electromagnetic radiation - Radio. Toward the late 1800s we discovered how electromagnetic radiation worked and that this could be used to communicate over distance. We started with spark transmitters, which basically was creating an electrical noise



that could be picked up a few feet away. That developed into Morse Code. Shame Google of the day mistranslated ICEBERG! As we realised energy could be transmitted as waves, we started to hone down and create tuned circuits. Radio waves at a few thousand cycles could be sent across distances. As time went on, we developed higher frequency systems and we found that signals could be trapped within the earth's various enegerised atmospheric layers and talking to the other side of the world was easy. VHF, UHF, Troposcatter, radar, 5G are natural progressions of our ability to transmit electronic signals. A significant amount of this energy radiates away from the Earth. Yep may fall upon someone's green ears.

fall upon someone's green ears.

But as said, our ability to look for and send radio "shouts" has only developed in the last 140 years of the last 200,000 years of our existence. Add that into the Light Years distance away bit, we take a wet finger in the air and assume other existences have had the same evolutionary experience, the chances of us bumping into one another is so small that my Sinclair calculator says "NO". That's of course if we can understand ET speak, I still struggle with Spanish. Apart from a morbid curiosity and a theoretical challenge, is it worth bothering with?

We just do not know enough do we? Taking Quantum physics, we think we know it all. This changes the way possible communications between like minded beings could happen. In my opinion, that is where we need to be ploughing our efforts into. That would take care of worrying about light years, time travel etc. We could transfer ourselves all over the place to when and wherever we wanted. I could nip on the Inter-Galactic Interweb (assuming we have been allocated more I.P. Addresses by then and Windows has updated correctly), search for a gig in a bar in Alpha Centauri (Twinned with Arboleas), pack my 1935 Selmar alto sax in my backpack and beam myself over. Just in time to be back for work the next day and that's after frequenting an evening with a 12 legged alien lady and puffed on some ripe cosmic herb.

The "Experts" (ex meaning has been and spurt meaning drip), say the Human race has about 350 years left on Earth before we trash it and us.. So we need to get a move on and have a look for Earth 2.

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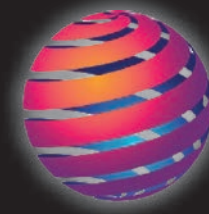
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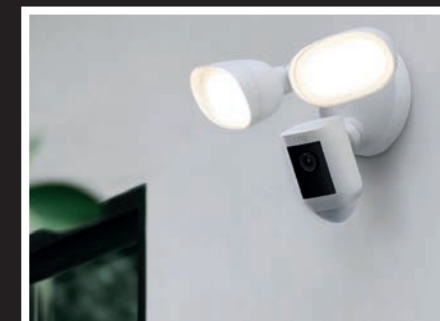
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Pets Corner **Dakota – She Is - Housetrained!**

Isn't she??

Whenever I have taken a new dog into my home, be it a puppy or an adult, I have always taken it out every 3-4 hours day and night for the first days to prevent it from having any accidents indoors. Every time it does its business, I say a certain word (in Danish, so won't bother you with it), and as time goes by and it gets used to a normal routine, I just have to say that word (if I'm in a hurry, say) and it will do what needs doing.

It has never failed.

Until, that is, Dakota, she of the strong opinions and her own mind, came along.

She soon learned to do her business outside, except a daily 'deposit' under the dining table, a habit that only a dog-off spray on the floor persuaded her to abandon.

From then on, she hasn't had any problems or accidents, and I considered her housetrained.

When we went for a long weekend in Alicante in October last year, I had the problem that she would not go at all. I spent half the first night walking round the little park next door, repeating 'her word' again and again, but to no avail.

She got all through the second day and halfway through the second night before she suddenly woke me up and said 'NOW!!' I threw collar and lead on her and a coat around myself, and we hurried down the stairs and only just reached the park before she let go, bless her. And did she let go!!

She managed to do both ones and twos once more while we were away, and I reckoned the problem had been solved.

But she didn't really start going to the toilet in public until we started going on the weekly nature walk with the training club. There, she gets so excited that she simply can't hold back when the need comes over her.



With the blessing of my dear Karen (Ed) we went off for another weekend in Alicante last month – this time with my beloved sister, Pia.

I was prepared for toilet stress regarding Dakota, but to my great relief, she duly squatted and did a number two on our first morning walk the day after arriving. Great was my joy, and great was the praise I lavished on her!

No number ones, though, but I was not unduly worried, that would happen in due course, I was sure.

Continued on page 74



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..... Continued from page 73

We were out and about every day, all day long, and by the end of day one she still hadn't had a pee. I decided to take her out for a long walk before bedtime, but this proved unnecessary. As soon as we got back to the hotel, she ran out onto the balcony, squatted, and emptied her bladder.

You can imagine the amount that an adult German shepherd can pee after not going for 30 hours – she almost flooded the balcony! Thankfully, the drain was blocked, so no unwanted liquids escaped, and we could clean it all up with toilet paper and rags.

She carried on the same for the rest of the time we were there – did her big jobs happily enough in the morning, then squeezed her bladder tight until we got back to the hotel at the end of the day. Out onto the balcony and let go.

There was no point in telling her off, although I didn't exactly praise her, either. And I realised what the problem is. All her life, she has been used to walking in and out of the house as she pleases. I've got 1,500 m2 of fenced land and never close the doors to the house, not even when I'm not at home. (I've got nothing worth stealing anyway).

So she's never had to learn to pace herself. Other dogs learn to go when they are out on a walk, because they know that is their opportunity to get it done. Dakota has never learned or had to do that.

I'll think about how to correct it – after all, I need to be able to bring her with me when I go visiting. There's not a problem for short day visits, she never



has any accidents, but longer stays obviously need working on.

We had a wonderful time in Alicante! I was a little disappointed that she still went for other dogs when she saw them before me. Generally, if I saw them first, I could gently persuade her that they also had a right to be there, but many times I was caught unawares, and she made a racket.

My sister, Pia, had met Dakota last summer when she was just a young puppy, and they loved each other then, as they also did this time.

Dakota treated the hotel room as her own, and luckily I'd brought lots of blankets and sheets so as not to get dog hairs on hotel furniture and soft furnishings.

Where I am obviously the sensible mum thinking about education, long-term training plans and the consequences of my actions, Pia is the hilarious aunt who roughs and tumbles and indulges.

It doesn't do Dakota any harm for a few days, on the contrary, and we were all relaxed and happy and enjoyed ourselves.

We're already talking about where our next long weekend will be spent...

In the meantime, Dakota is coming on like a house on fire at training, and as I mentioned earlier, she runs free with the others now on our club nature walks.

We've still got problems with new dogs in new places, but I know we'll get there.

Watch this space!!

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MOTORING SECTION

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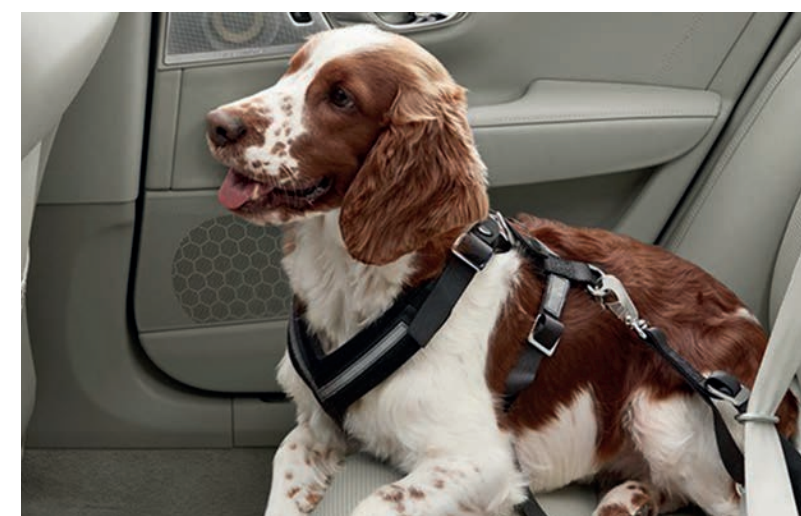
We've all long been used to traveling short and long distances with our pets in the car, but it is only in the last decade or two that it has become the norm rather than the exception for our Spanish fellow citizens.

Pet friendly hotels are popping up all over the place in Spain (and the rest of Europe), and it is becoming increasingly common to take your pet with you on holiday.

This has led to a strict policy on how our little and large loved ones should be transported; both for their own safety, for ours, and for the traffic safety in general. Not complying can lead to heavy fines.

The Spanish Law on Traffic and Road Safety establishes that the driver of a vehicle must have a free field of vision and complete freedom of movement in order to minimize the risk of accidents and injury. This means that objects and animals must be transported without interfering with these two requirements.

Cats and other small pets are always best transported in a transport box with plenty of space to move on long journeys. The transport



box must be safely fixed on the back seat or, for even greater safety for both man and beast, on the floor behind the front seats.

This method of travel is also acceptable with small dogs.

Continued on page 78

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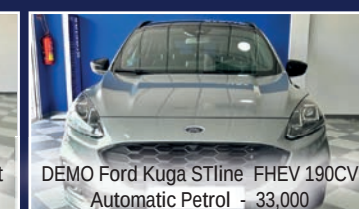
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..... Continued from page 77

Another way of transporting small and medium dogs is on a safety harness clipped into the safety belt socket or fastened around the seat belt. The harness should ideally have two straps attached to two different sockets or seat belts to maximise safety.

When you buy the harness, remember to take the length of the straps into consideration. The dog must not be able to reach the front of the car.

The straps should be fastened to your dogs back rather than to his neck.

If you have a minivan or an estate car, a wire grid separating the back from the seating is a good solution for all sizes of dog. This way your dog has his own travelling space which does not interfere with yours.

The grate is best mounted from the ceiling of the vehicle to the bottom and comply with DIN 75410-2 standards.

The disadvantage of this system is that your dog can get badly injured in case of an accident. If he is loose in the back and the car crashes he will get thrown against the grid at high speed.

So the ideal solution for medium and large dogs is a transport cage placed in a transversal position in the back behind and as close to the wire grid as possible.

As mentioned earlier, it is important that the enclosure is of adequate size. The dog must be able to stand, sit, lie down, and turn in the cage. Make sure that there are no loose articles about that can hurt the animal in case of an emergency brake.

It is recommended that you avoid feeding your pet just before going off on or indeed during a journey. At least two hours should pass between the last feeding and the start of the journey.



Plan your stops in advance. Your dog should be allowed a chance to get out, have some fresh air, stretch his legs, do his business, and drink without hurry. When you make a stop, do not leave your pet in the car – especially not in summer!

If you are going abroad, remember your pet's passport. The animal must be microchipped and be vaccinated against rabies. Check each country you are going to visit to see if they require any special vaccines that your dog may not have had yet.

Know your Policemen

Few things can confuse people moving to Spain more than the different Spanish police forces that exist throughout the country – each of which wears a different uniform and each of which has a different ambit of operation from the other force!

The Spanish police is essentially composed of three forces: the Guardia Civil, the Policia Nacional and the Policia Local.

1. Guardia Civil



To all intents and purposes, the Guardia Civil is a conventional police force who operate in exactly the same way as the police of any other modern European country. They have the resources, powers and facilities of a normal police force and are generally admired within Spain for their high level of discipline and professionalism. Whilst they are a military force (with military ranks) in peacetime they act under the civil authority and have no extraordinary powers.

Importantly, the remit of the Guardia Civil is to police rural areas and towns under around 20,000 people. So, they do not operate in urban areas with a population that exceeds this number. If you suffer a crime or you need police help in a rural area of Spain then it is to the Guardia Civil to whom you must turn – and who will attend to the investigation of any problem.

2. Policia Nacional

The Policia Nacional are normally dressed in black uniforms with

white shirts but they can be seen also wearing blue, military-style uniforms. Like the Guardia Civil, they are a conventional police force, albeit that they are a completely civil force with civil (rather than military) ranks. It is to them that you must go if you suffer a crime or need police help within an urban area – and it is only the Policia Nacional who will respond to (or investigate a crime) in a town of some 20,000 people or more.



3. Policia Local

Finally, there is the Policia Local. This is a force which is recruited, funded and controlled by local town halls and that is responsible to the elected Mayor. The Policia Local wear blue uniforms with white shirts and respond to minor crimes.

Mostly the Policia Local deal with local authority enforcement matters, together with urban (city, town or village) traffic control and any associated violations. Crimes are not investigated and any serious matter is immediately handed over to either the Guardia Civil or Policia Nacional – as appropriate to the demographic area. Almost all Spanish police are armed although occasionally this is not the case with village Policia Local.



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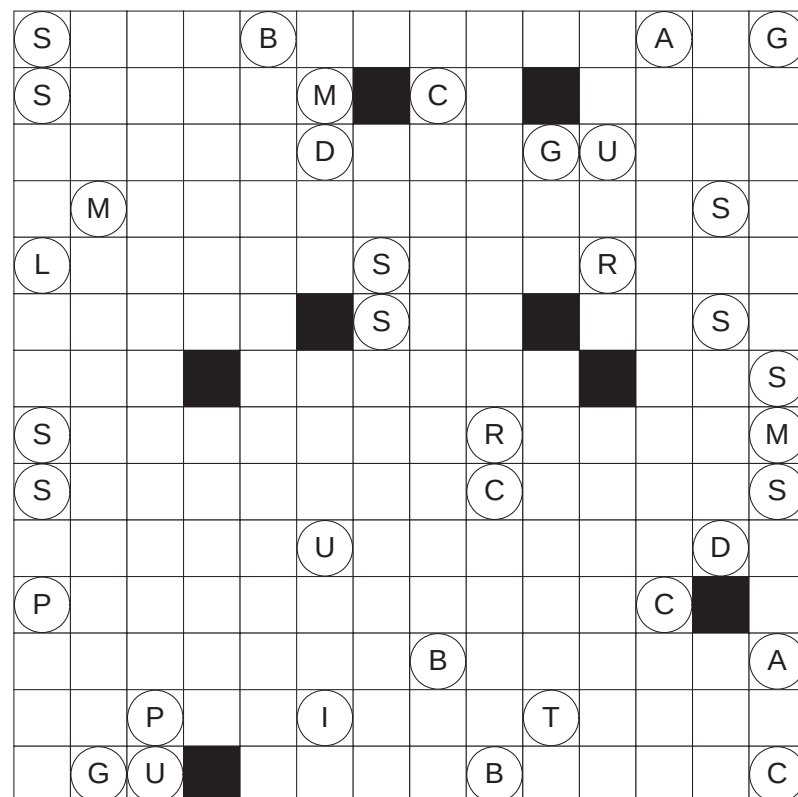
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Puzzle Time

Reverse Word Search



Puzzle solutions on page 82

Each of these circled letters is the first letter of one or more of the words on the given word list.

Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search – horizontally, vertically or diagonally, reading frontwards or backwards.

Remember, any starting letter may be used by more than one word at the same time!

Aspen	Duels	Sissy
Awkward	Glass	Snags
Basis	Grassy	Soaked
Blocks	Gulls	Sobbing
Braises	Input	Spurs
Buoys	Larks	Stigma
Burro	Marines	Supercomputers
Byways	Marrow	Swells
Chalks	Meteorologists	Trash
Clams	Plain	Uncover
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Consul	Resting	Unset
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San Juan and the Cavall Menorquí

The fiesta of San Juan – Summer Solstice – is celebrated every year all over Spain.

One of the most emblematic celebrations takes place in Ciudadela on the island of Menorca in the Balearics.

The main character of this annual celebration is the horse – more accurately the Menorquin horse, Cavall Menorquí

On the morning of San Juan the riders, all dressed in black and white, ride their horses through the streets of the city until they all congregate when Mass is over to start the traditional celebration, known as ‘el jaleo’.

They ride into the main square, which is crowded with revellers, and show off their horsemanship making their horses jump to the rhythm of the traditional music which is always played by a local band.

The boisterous crowd make the horses rear as a symbol of their power and grandeur.

This happens for two days running at the Fiesta de San Juan, and once the ‘jaleo’ is over, the authorities serve free drinks and the horses enter the square for one final time, rear and show off their nobleness before they take their final bow.

The music and celebrations continue long into the night, and the drinks flow freely – mainly in the shape of Menorca gin and lemonade, the traditional drink of the fiesta.

Apart from being the main character at the Fiesta de San Juan, the Menorquin horse is



one of the most famous symbols of the island.

It is a native breed to Menorca which has been bred there since time immemorial. Genetic studies show that its forefathers came from southern Spain, and it is a close cousin to the Mallorquin and the (now extinct) Catalá breeds.

Thanks to the annual Fiesta de San Juan in Menorca, the Menorquin horse, which was originally used for work in the fields, is now famous far beyond the borders of Spain. And it is a unique breed indeed.

The Menorquin is a very calm and obedient horse, which is furthermore strong and stalwart. All the specimens are black, they have a low tail and medium size ears.

They are ideal for riding and suit any kind of rider – they even have patience for the inexperienced tourist riders who wish to experience the island from horseback.



They are well suited for classic dressage but also have their own school, the Menorcan school of dressage.

This school differs from classic dressage with certain different movements, and the fact that the rider holds both reins in one hand.

The Menorquin horse was recognised as a separate breed in 1988 and today there are more than 3,000 specimens of the breed registered by the Association of Breeders and Owners of Menorquin Horses.

CASH MACHINES

9	5	4	1	3	2	8	6	7
7	3	6	9	4	8	5	1	2
8	1	2	7	5	6	4	3	9
1	6	7	5	2	9	3	4	8
2	9	8	3	1	4	6	7	5
3	4	5	8	6	7	2	9	1
6	8	1	2	9	3	7	5	4
4	2	9	6	7	5	1	8	3
5	7	3	4	8	1	9	2	6

CASH MACHINES

6	1	5	8	2	7	9	4	3
8	2	7	3	4	9	1	6	5
3	9	4	1	5	6	7	2	8
9	3	6	2	1	5	8	7	4
7	8	1	9	6	4	5	3	2
4	5	2	7	8	3	6	9	1
1	6	3	4	7	8	2	5	9
2	7	9	5	3	1	4	8	6
5	4	8	6	9	2	3	1	7

CASH MACHINES

3	4	8	5	1	7	9	2	6
5	6	1	2	9	3	4	8	7
2	7	9	4	8	6	3	5	1
9	7	3	4	6	5	8	1	2
6	1	5	3	2	8	4	9	7
2	8	4	7	1	9	6	3	5
4	5	6	2	9	3	1	7	8
3	2	7	1	8	4	5	6	9
8	9	1	6	5	7	2	4	3

CASH MACHINES

1	5	7	4	9	3	8	6	2
2	8	9	7	5	6	4	3	1
3	4	6	8	2	1	5	7	9
5	6	1	9	8	7	3	2	4
9	2	8	3	4	5	7	1	6
4	7	3	6	1	2	9	8	5

CASH MACHINES

2	8	6	4	5	7	1	3	9
7	9	5	8	1	3	2	4	6
1	3	4	6	9	2	7	8	5
8	1	7	5	2	9	3	6	4
3	4	9	1	7	6	5	2	8
5	6	2	3	4	8	9	1	7

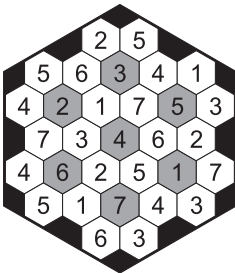
CASH MACHINES

4	2	6	8	3	7	1	5	9
3	9	1	6	4	5	7	8	2
5	7	8	9	1	2	4	3	6
2	3	4	1	5	6	8	9	7
8	1	5	7	9	3	2	6	4
7	6	9	2	8	4	3	1	5

CASH MACHINES

1	4	7	3	6	9	5	2	8
6	5	3	9	8	1	4	7	2
9	8	2	5	7	1	6	4	3

Puzzle Time Solutions



S (S A B Y W A Y S S A R G)

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



Marina de la Torre: 3 Beds. 2 Baths. 2 x Communal Pools. Parking Space available to rent. Covered Terrace with glass curtains. New Bathrooms & New Kitchen. Ultra-modern and well maintained.

A1482

149.950€

Mojácar



Guardia Vieja: Front Line Complex with Super Huge Communal Pool. Ground Floor Apartment with 1 Bed and 1 Bath. Lovely Terrace. Excellent Views.

A1521

124.999€

Bédar



Luxury Villa within walking distance of the village. Refurbished to a High Standard with quality fixtures & fittings. 3 Beds. 3 Baths. Superb Sea and Mountain Views. Private Pool. Solar Power. Electric Gates + + +.

DV1571

585.000€

Mojácar



La Gaviota: Commercial Premises for sale. 4 Rooms. 2 Bathrooms. Kitchen Area. Air Conditioning. Ceiling Fans. Easy Parking Outside Front Door. Close to Beach and Amenities.

C7008

75.000€

Mojácar



Cantal Homes: Modern Apartment. Ground Floor. Huge Terrace Spanning the length of the apartment. 2 Beds. 2 Baths. Communal Pool. Allocated Parking. Storeroom. 2 Minute Walk to Beach & Amenities.

A1520

229.000€

Mojácar



Mojácar Bella: Stunning Penthouse Apartment with Excellent Presentation. 2 Beds. 1 Bath. Fantastic Sea & Beach Views. Communal Pool & Gardens. Closed Garage Available by Separate Negotiation.

A1518

199.000€

Mojácar



Macenas Beach: Spacious Townhouse with 3 Bedrooms & 3 Bathrooms. Communal Pool. Integral Garage & Storeroom. Lots of Outside Space and Sea Views. 24-hour on site Security. Excellent Opportunity.

LV846

325.000€

Mojácar



Rincon de la Bahía: Close to beach, bars & restaurants. Great Location. 3 Beds. 2 Baths. Communal Pool & Gardens. Easy OSP. AC/H. Wood Burner. Huge Terraces and Sea Views.

LV839

192.000€

Mojácar



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DV1562

549.000€

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