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MAY 2026

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PUBLISHER STO Media Group
SALES EXECUTIVE Martine Shindler - martine.homeandliving@spaintodayonline.com - 680 588 377 (Mazarrón, Mojácar)
SALES EXECUTIVE Jenny Grogan - Jenny@alicantetoday.com - 647 472 825 (Alicante)
EDITOR Jenny Grogan
DESIGNER Jamie Dumbarton



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LETTER FROM THE EDITOR

As we welcome the vibrant month of May here in Spain, there's an unmistakable shift in pace and atmosphere. The days stretch longer, the temperatures rise, and life effortlessly moves outdoors. Across our stunning coastal regions—from Alicante and Torrevieja to Quesada, Orihuela Costa, Mazarrón, and Mojácar—this is the season when the true essence of Mediterranean living shines through. Cafés and terraces fill with laughter, local markets come alive with colour, and homes open up to embrace the sunshine.

May is a time of inspiration, making it the perfect moment to refresh your living space. Whether you're introducing lighter fabrics, rethinking your outdoor areas, or simply adding small seasonal touches, this is the month to create a home that feels both inviting and energised. In Spain, the line between indoor and outdoor living blurs beautifully, and we're reminded just how important our surroundings are to the way we live, relax, and connect.

In this edition of Home & Living, we've placed a special focus on helping you make the most of this uplifting time of year. Inside, you'll find a carefully curated mix of home inspiration, design ideas, and practical advice tailored to life here on the Costa. From garden styling and terrace transformations to interior trends that reflect the light and warmth of the season, our goal is to bring you content that is both aspirational and achievable.

We also continue to highlight the fantastic local businesses that serve our communities. From Alicante through to Mojácar, our region is home to talented professionals and trusted services that help turn houses into homes. Supporting local remains at the heart of what we do, and we are proud to provide a platform that connects our readers with the very best the area has to offer.

As always, this magazine is created with you in mind—our readers who value style, comfort, and the unique lifestyle that Spain provides. Whether you are a long-time resident or new to the area, we hope each page offers ideas, inspiration, and a sense of connection to the places we are fortunate to call home.

Thank you for being part of our Home & Living community. We hope this edition inspires you to embrace the season, enjoy your home, and make the most of everything May in Spain has to offer.

Wishing you a bright, beautiful, and inspiring month ahead.

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Ibiza in May: The Island's Best-Kept Secret

When most people think of Ibiza, their minds immediately jump to world-famous nightlife and high-energy summer crowds. But those who truly know the island understand that its real magic reveals itself much earlier in the year—especially in May.

Before the peak season arrives, Ibiza offers a completely different experience. The island feels calmer, more authentic, and beautifully unhurried. It's a time when you can truly appreciate its natural beauty, rich culture, and relaxed Mediterranean charm without the intensity of the summer rush.

In May, Ibiza is in full bloom. The countryside is lush and green, wildflowers line the roads, and the air carries that perfect balance of warmth and freshness. The beaches, from hidden coves to long stretches of golden sand, are peaceful and inviting—ideal for long walks, quiet swims, or simply soaking in the views.

Some of the island's most beautiful spots are at their very best this time of year. Cala Comte offers crystal-clear turquoise waters and breathtaking views across small offshore islands—perfect for a quiet afternoon by the sea. Cala d'Hort, with its dramatic backdrop of Es Vedrà, provides one of the most iconic and serene landscapes on the island. For something more secluded, Cala Xarraca in the north is a hidden gem, known for its natural beauty and tranquil atmosphere.

If you're looking for long, open beaches, Ses Salines stretches elegantly along the southern coast, while Cala Llonga offers a softer, family-friendly setting surrounded by green hills. Meanwhile, Benirrás Beach in the north is famous not only for its clear waters but also for its peaceful, bohemian feel—especially in the quieter spring months.

Beyond the coastline, the island's character truly shines. Traditional villages, local markets, and family-run restaurants offer a slower, more personal experience. It's the perfect time to explore Ibiza's historic corners, discover artisan shops, and enjoy long, leisurely lunches overlooking the sea. The pace encourages you to pause, unwind, and reconnect—with nature, with your surroundings, and with yourself.

There's also a unique light in Ibiza during May. Soft, golden, and ever-changing, it enhances everything it touches—from whitewashed buildings to dramatic cliffs and tranquil countryside. It's no wonder the island has long inspired artists, creatives, and those seeking something a little more meaningful than the usual holiday experience.

Ibiza in May isn't about parties—it's about presence. It's about early morning walks, discovering hidden coves, sunset views without crowds, and the simple pleasure of experienc-

ing one of the Mediterranean's most beautiful islands at its most genuine.

For those looking to see a different side of Ibiza, this is the time to visit. Peaceful, picturesque, and full of quiet charm, May might just be the island's best-kept secret.



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Sip into Summer: 6 Luxurious Cocktails to Savour

Summer is made for indulgence. For moments when the sun warms your skin, the breeze whispers through the palms, and the perfect cocktail is in your hand. From vibrant, fruity creations to sparkling, elegant sips, these six cocktails elevate every sunny afternoon, poolside escape, or golden-hour gathering. Each one is a celebration of flavour, color, and summer sophistication.



1. Watermelon Mint Cooler

Juicy, sun-ripened watermelon meets fresh mint and a whisper of lime, lifted with a splash of vodka. Light, vibrant, and impossibly refreshing—a cocktail that feels like summer in a glass.

2. Tropical Piña Colada

Velvety coconut cream and golden pineapple blended with premium rum create a luscious, silky drink. One sip and you're transported to a private paradise, no passport required.



3. Strawberry Basil Spritz

Fragile strawberries, fragrant basil, sparkling prosecco, and a hint of elderflower. A light, floral indulgence, delicate and sophisticated—perfect for toasting long summer evenings.

4. Citrus Gin Fizz

A refined twist on a classic: premium gin, fresh lemon and lime, soda water, and a whisper of orange bitters. Crisp, sparkling, and effortlessly chic—the essence of summer elegance.



5. Mango Margarita

Golden, sun-kissed mango puree meets smooth tequila and fresh lime, kissed by a salted rim. A tropical luxury cocktail that balances sweetness and tang with impeccable style.

6. Blueberry Mojito

Deep-hued blueberries, fresh mint, lime, premium rum, and soda water combine for a visually striking, flavour-rich mojito. Bold, vibrant, and effortlessly glamorous.



Summer Indulgence Tips

Choose premium ingredients: Fresh fruits, high-quality spirits, and chilled glassware elevate every sip.

Garnish with flair: Herbs, citrus, and edible flowers turn cocktails into works of art.

Savour slowly: These are not just drinks—they're a summer experience to be enjoyed fully.



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Sprint into May: Events & Festivals



Torre Vieja's May Fair

returns from 7–10 May 2026 at Antonio Soria Park, bringing a vibrant burst of Andalusian flair to the Costa Blanca. With traditional dress, live music, dancing, and festive casetas, the event promises four days of colour, culture, and community spirit—firmly securing its place as one of the town's most anticipated celebrations.



The San Javier Air Show

returns from 1–3 May 2026, transforming the Mar Menor coastline into one of Spain's most dynamic aviation stages. With its main display on Sunday, the event blends precision aerobatics, military power, and coastal spectacle, drawing large crowds to the beaches of Santiago de la Ribera. Free to watch and set against a striking seaside backdrop, it remains a standout date in the region's calendar—where sky, sea, and speed converge in a tightly choreographed display of flight.



Centre de Tecnificació Esportiva d'Alacant., Alicante

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In 2026, the legendary Harlem Globetrotters celebrate a century of history and spectacle with The 100th Anniversary Tour. On The 100th Anniversary Tour, attendees will relive a century of impossible plays: gravity-defying dunks, spectacular shots from the stands, four-point baskets, unexpected tricks, and the unmistakable humour that has made the Harlem Globetrotters a legend of sport and entertainment.



Bay City Rollers, Benidorm

Date: 13/05/2026

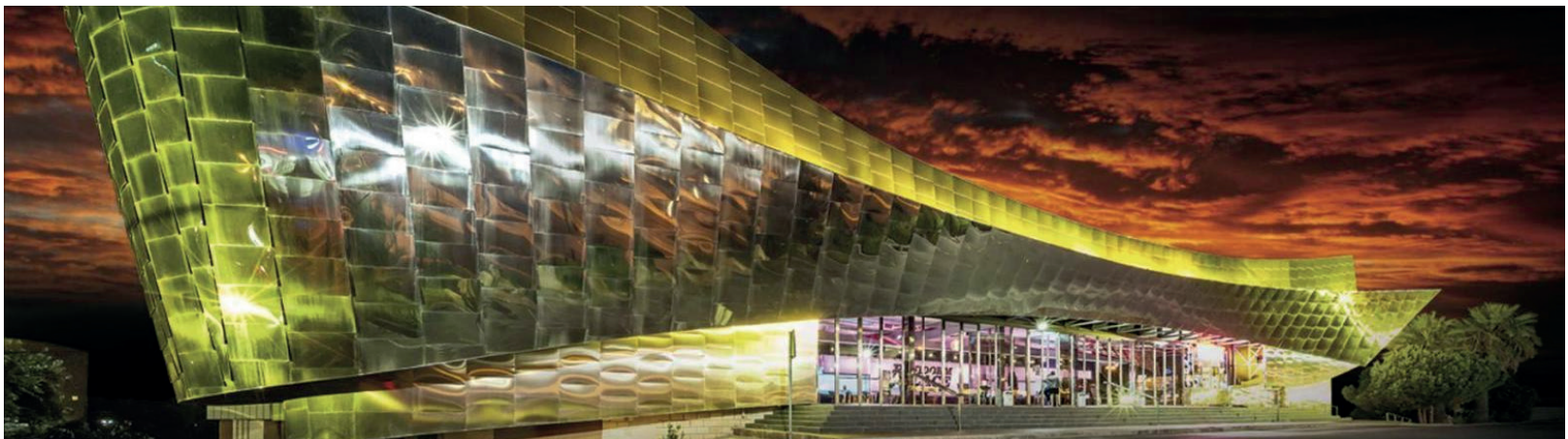
Time: 20:30

Location: Benidorm Palace

Prices: 35€ - 45€

Get ready to Keep on Rollin' with the legendary Bay City Rollers! On May 13th, 2026, the iconic pop-rock band of the '70s brings their infectious energy to Benidorm Palace. Doors open at 19:00, show starts at 20:30.

Led by original member Stuart "Woody" Wood, the Rollers are back with a fresh new line-up and a brand-new album, Keep on Rollin', blending new tracks with reimagined classics like Bye Bye Baby, Saturday Night, and Shang-a-lang.



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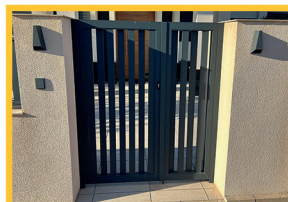
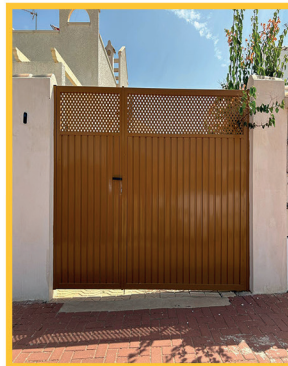
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TV NEWS

Here we are into May when spring will be heading for summer and we will all be saying how hot it is! Writing this in mid April the days are lovely and warm but the evenings still require a little heat on – although the woodburner is in summer recess. The Rainbow household animals are all fine as is the garden – still not watered manually yet – we seem to get a good downpour every 10/14 days. Rainbows sponsored charity, Friends of Mazarrón Animals, still takes up much of our time – we run the 100 club weekly – a little fun on a Friday night – we have a few numbers available – 2€ a week and you could win 100€ - contact us for more details.

TV News - We still get enquiries for installing and maintaining UK satellite TV – but in Southern Spain this is just not a viable option any longer. You will need a huge 1.8m satellite dish (getting close to 1000€ installed) and many channels will be unavailable on a 24/7 basis. The frequencies being used for the mainstream channels are just not available down here – the footprint is tightly focused on the UK. If you have a dish receiving some channels keep it as a back up but new installations just do not make financial sense. The way forward is internet TV – and those few words open up a minefield of options. We at Rainbow offer a professional secure system with an all inclusive channel list, catch up TV, a film and box set library along with radio. You will need a good stable fast internet supply – fibre is the popular source these days but if fibre is not available then the excellent Starlink can be installed just about anywhere. We offer a free no obligation in home demonstration and a loan box for a week so that you can fully assess the system before committing to buy. We are not the cheapest (or most expensive!) but it does work and we have full back up facilities with a maintenance team on 24/7 call. Beware of the cheaper

Firestick and Android options. Firesticks will shut down this year – Amazon have stated they will track and close all the illegal APP's loaded onto Firesticks – they have started in France. Those similar APP's used on Android boxes are being blocked by the BBC and others. If you want reliable UK TV with service back up then call in one of the professionals. TV for other nationalities within Spain is available but transmission services vary country by country. Germany still maintains a good free satellite system, other countries have paid for satellite systems whilst others are going the internet route as per the UK. Contact us for more information. We can use Google translate to communicate so a written enquiry is preferred.

That's it for May – more TV information in June 2026. Article sponsored by RAINBOW SATELLITES SL – the TV company for ALL your TV and Radio needs in the region of Murcia. Contact us by phone, whatsapp or email, or take a look at our website. We are also on Facebook – take a look and like us!



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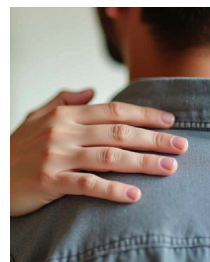
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Where to Walk

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In Spain's southeast, the landscape shifts effortlessly between salt-white coastlines, palm-shaded groves, and sunburnt hills. It's a region made for slow walking—and even slower looking.

Along the water

At Parque Natural de la Serra Gelada, the path traces the edge of the Mediterranean, where limestone cliffs fall sharply into deep blue water. The light here is clean and architectural, especially in the early morning, when the horizon softens into a pale gradient.

Closer to the city, Cabo de las Huertas offers a quieter rhythm—rocky coves, salt-worn paths, and the gentle movement of locals weaving through the landscape. It's less dramatic, but deeply lived-in.

Green spaces, reimagined

The vast Palmeral de Elche feels almost transportive. Beneath a canopy of palms, filtered light falls across narrow irrigation channels, creating a quiet geometry of shadow and repetition.

In contrast, the Huerta de Murcia remains grounded in daily life. Paths wind between citrus trees and smallholdings, where the scent of lemon and earth lingers in the air. It's less about spectacle, more about texture.

Inland, where the light deepens

The wetlands of Parque Natural El Hondo unfold in stillness—broad skies reflected in shallow water, reeds shifting gently in the breeze. On the right day, the scene reduces to colour and reflection.

Further west, Sierra Espuña rises into pine-covered slopes and long, open views. By late afternoon, the light settles into warmer tones, softening the edges of the terrain.

A more elemental landscape

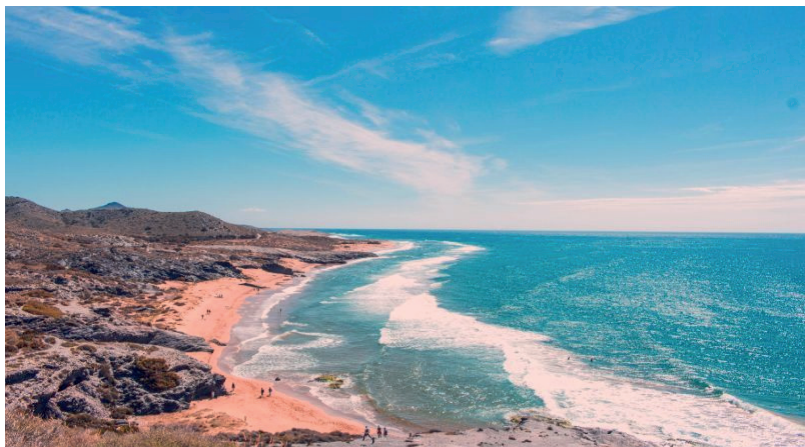
In Calblanque Regional Park, the coastline remains largely untouched. Sand, sea, and low hills meet without interruption, shaped only by wind and time.

Nearby, Barranco de Gebas offers something altogether different—an eroded, almost lunar terrain, where the palette shifts to chalk, clay, and shadow.

Villages above it all

The Guadalest Valley opens out in layers: a still reservoir, distant peaks, and a village balanced improbably on rock. It's a view that invites pause.

In Altea Old Town, the mood softens. Whitewashed streets, flashes of bougainvillea, and glimpses of sea create a quieter, more intimate sense of place.



INSURE WITH JANE

Launched at the beginning of 2026, Insure with Jane was born from a passion for delivering a more personal, client-focused approach to insurance. After more than four years in the private health insurance sector, Jane recognised she could offer greater value, guidance and care to those navigating insurance in Spain.

With over 22 years of experience living and working in Spain, Jane brings a deep understanding of the Spanish healthcare and insurance systems. She now works exclusively with Santa Lucía Seguros – one of Spain’s most established and trusted providers, with a history spanning over a century. Renowned for its leadership in funeral, life, and home insurance, the company offers comprehensive cover tailored to clients of all nationalities.

As the only British-born manager within the company, Jane proudly leads the Lorca team. Based in Camposol, she is committed to delivering a truly personal service, visiting clients in their homes across Camposol and surrounding areas. Her hands-on, one-to-one approach ensures every client receives clear advice, ongoing support and peace of mind.

Throughout May, Jane’s team is offering exclusive promotions, making it the perfect time to review your insurance needs. Whether you are looking for health cover to meet visa and residency requirements or simply want expert, no-obligation advice, Jane is here to help every step of the way.

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A Blooming Narrative : Spain's May Flower Traditions

As spring unfurls its full palette across Spain, May becomes a month of colour, scent, and timeless celebration. From historic Andalusian cities to the sun-washed streets of the Costa Blanca, floral festivals invite both locals and wanderers to wander through aromatic streets, lively plazas and blooming neighbourhoods. These ephemeral spectacles – part tradition, part artistry – are not only a feast for the senses but a source of inspiration for how we live with flowers at home.

Flower Crosses of Alicante – Barrio de Santa Cruz

Each year in Alicante, the charming Barrio de Santa Cruz – with its cobbled lanes and whitewashed houses – is transformed in early May into an open-air gallery of flower-covered crosses. Local residents and neighbourhood groups spend weeks preparing elaborate floral crosses that line the narrow streets, filling the air with colour and fragrance. The festival traditionally runs from the start of May through the first days of the month, making it a signature spring highlight on the Costa Blanca.

Here, tradition blends with conviviality: visitors wander from cross to cross, enjoying street music, parades, family-friendly activities and the simple joy of blossoms in full bloom. Evening “verbenas” (open-air festivities) and fireworks add to the atmosphere, while children play and visitors savour local bites and drinks amid the floral splendour.

At Home Inspiration: Let the intricate patterns and colour combinations of Alicante's floral crosses influence your own spring décor – think layered climbers with contrasting blooms or symmetrical arrangements centred on a dramatic focal bloom.

Cruces de Mayo Across Spain

The Cruces de Mayo tradition – where communities erect and decorate crosses entirely from fresh flowers – stretches beyond Alicante. In historic cities like Córdoba, entire neighbourhoods become fragrant galleries of floral art, illuminated at night and paired with music, dance and folk celebrations.

Though each city's interpretation varies, the common thread is a community rhythm that celebrates spring's abundance and invites a leisurely exploration of colour, scent and craftsmanship.

At Home Inspiration: Use season-long blooms – such as carnations, geraniums or roses – in layered vases or symmetrical tableaux as a nod to this tradition's visual poetry.



Temps de Flors – Girona’s Floral Exhibition

In northeastern Spain, Temps de Flors in Girona remains one of the country’s most enchanting floral celebrations. Historic buildings, monuments and gardens are infused with imaginative floral installations, creating a dialogue between the city’s ancient stone and ephemeral blooms.

For design lovers, this festival is a masterclass in contrast, scale and placement – from towering floral sculptures in cloistered courtyards to delicate petal arrangements framing Gothic doorways.

At Home Inspiration: Borrow Girona’s juxtaposition of textures by pairing soft flowers with weathered woods and metallic accents for interiors that balance tactile contrast with refined beauty.



Why These Festivals Matter

Spain’s May flower traditions are not merely seasonal celebrations – they are cultural expressions of colour, community and connection to nature. For the Home & Living reader, they offer more than travel inspiration: they are a window into how flowers have long shaped human spaces, from village streets to urban squares.

This spring, bring that same sense of celebration to your home – through thoughtfully chosen blooms, curated vignettes that echo festival colour palettes, and spaces that embrace natural beauty with intention.

Flower Wisdom: Let festivals like Alicante’s flower crosses and Girona’s floral artistry remind you that blossoms don’t just decorate – they elevate, connect and transform spaces into experiences.



Making Your Front Room Summer Ready: The Spanish Way



Let the House Breathe

In Spain, the approach to summer interiors is not about decoration. It is about subtraction. The Spanish instinct, refined over centuries of living with serious heat, is to strip back, cool down, and let air and light do the work that furniture and fabrics cannot. The front room — the sala — transforms in May as reliably as the markets do. Heavy throws are folded away. Curtains come down or are exchanged for something lighter. The house is made ready to receive the summer, and the summer is made welcome. What follows is not a shopping list. It is a philosophy, with some practical suggestions attached.

Start With the Windows

Everything begins here. The Spanish relationship with windows is sophisticated and counterintuitive to northern visitors: in summer, the goal is not to let light in but to manage it. Light brings heat. Heat is the enemy.

Persianas — the slatted wooden or aluminium rolling shutters found on virtually every Spanish home — are the single most effective tool a front room has. If you have them, use them properly: closed against the midday sun, angled to allow airflow without direct light. If you are renovating, fit them. Nothing a designer sells you will work as well.

Linen curtains in unbleached white or the palest sand filter light without blocking it entirely. They move in a breeze. They make a room feel like it is exhaling. Replace heavy drapes from October through May and notice immediately how the room changes character.

Interior shutters — painted wood, traditionally in white or the faded greens and blues of the Mediterranean coast — serve the same purpose with considerably more elegance. In the older casas of Murcia, Valencia, and Andalucía, they are original features worth preserving or replicating.



The Floor Beneath Your Feet

Cool floors are not an aesthetic choice in Spain — they are a necessity. The instinct to cover them is a northern habit worth abandoning entirely in summer.

Terracotta tiles — the barro cocido that tiles the floors of traditional Spanish homes from Seville to Cartagena — absorb heat during the day and release it slowly at night, regulating temperature in a way no synthetic material matches. Left bare in summer, with perhaps a single woven rug at the sofa, they are the foundation of a properly summer-ready sala.

Hydraulic tiles — the patterned cement tiles seen in Barcelona apartments and the grand old houses of the Costa Blanca — are enjoying a well-deserved revival. In blues, greens, and the ochres of the Valencian coast, they bring pattern to a room without the visual weight of patterned fabric.

If you have wooden floors or carpet, a large natural-fibre rug — seagrass, jute, or esparto grass, the latter woven in Murcia for centuries — cools the visual temperature of a room considerably. Roll up wool rugs and store them until October.



Furniture: Less, and Lower

The summer sala in Spain has always been sparsely furnished. This is not poverty — it is intelligence. Fewer pieces mean more air circulation, easier cleaning, and a room that feels expansive rather than cluttered.

Rattan and cane furniture, once dismissed as grandmother's taste, has returned with considerable force and deserves the rehabilitation. Light, cool to the touch, and genuinely beautiful when well-made, a rattan armchair or sofa frame softens a room without adding visual weight. Look for Spanish and Portuguese makers rather than mass-produced imports.

Linen upholstery in white, stone, or the washed blues of the Mediterranean replaces heavier weaves. It creases, which is part of its charm — a creased linen sofa in a summer sala looks lived-in and right in a way that a tightly tailored velvet never could.

Lower furniture suits summer rooms. The Spanish tradition of the low divan, the floor cushion, the ottomán positioned for afternoon rest — these create a horizontal, unhurried quality that feels appropriate to the season. Clear the mantelpiece. Take the heavy mirrors down. Let the walls breathe.

Plants: Bring the Terrace In

The Spanish front room in summer blurs the line between interior and exterior in a way that northern interiors rarely attempt. A large terracotta pot of geraniums moved inside near a window. A trailing bougainvillea trained toward a light source. Fig branches in a tall ceramic vase — a single gesture, enormously effective.

For a front room without direct garden access, citrus trees in pots — a small limonero or naranjo — perform brilliantly. They want sun and a little water and they will scent the room faintly on warm evenings when the windows are open. They are also deeply, specifically Spanish in a way that a succulent arrangement never quite achieves.

Esparto grass baskets used as planters, magazine holders, or

storage bring texture and a reference to traditional Murcian craft that sits comfortably against both modern and period interiors.

Scent and Sound

These are the details that complete the transformation and are almost always overlooked.

In coastal Spain in May, the evening air carries a particular combination: jasmine, salt, the faint resinous note of pine warming in the last of the afternoon sun. Jasmine on a windowsill or near the door. A candle or diffuser in neroli, bergamot, or the clean marine notes of a good Valencian fragrance house — Carner Barcelona or the Murcia-based Acampora are worth investigating.

And sound: the rhythm of summer in a Spanish sala is slow. Ceiling fans — the wide-bladed, unhurried kind — are both functional and atmospheric. The white noise of a fan, the distant sound of a street coming to life in the cooler evening air, windows open rather than air conditioning sealed shut. The home that leans into summer rather than fighting it is the home that feels right all season long.

The One Rule

If there is a single principle that organises all of this, it is the one the Spanish have always known: in summer, the house serves the life, not the other way around. Rearrange for how you will actually live — late breakfasts, long lunches, evening gatherings as the heat drops. Move the furniture toward the windows when they can be opened. Create a clear route between the sala and the terrace or the street. Make the room easy, cool, and generous.

The rest is detail. Beautiful detail, but detail nonetheless.



Food in Spain

May Styled

Costa Cálida & Costa Blanca: Where Rice Meets the Sea

These two neighbouring coastlines — Murcia's intimate Costa Cálida and the long, sun-bleached arc of Valencia's Costa Blanca — form the true heartland of Spanish rice cookery. May is the ideal moment to be here: the water is warming, the terrace restaurants have just reopened, and the summer crowds are still weeks away.

Caldero del Mar Menor — The signature dish of the Costa Cálida, born among the fishermen of the Mar Menor lagoon. Rice cooked in a rich, deeply flavoured broth of scorpionfish and ñora peppers, served in two acts: first the rice, then the fish alongside alioli. Every village along the lagoon has its own version, and locals will argue passionately about whose is definitive.

Arroz a banda — The great rice of the Costa Blanca, particularly around Dénia, Altea, and Gandía. Cooked entirely in a concentrated fish stock until the grains are loose and deeply savoury, it arrives with a generous bowl of alioli on the side. The name means “rice apart” — historically the rice and the fish that flavoured the stock were served separately. Order it for two at minimum.

Arroz con bogavante — Lobster rice, found at the better restaurants along both coasts. Less austere than arroz a banda, more celebratory — the lobster split and laid across the pan, the rice stained coral and glossy. A May lunch dish if ever there was one.

Dorada a la sal — Sea bream baked under a thick crust of rock salt, cracked open at the table. The fish inside is improbably moist and clean-tasting. A staple of the Costa Blanca's beachside restaurants, best ordered when the catch is local and the olive oil comes from the Alicante groves just inland.

Pulpo al ast — Octopus slow-roasted on a spit over wood embers, a speciality of the Costa Cálida that you rarely find elsewhere in Spain. The exterior chars and crisps; inside it is yielding and smoky. Eaten with bread, olive oil, and cold white wine, it is one of the most purely satisfying things the Murcian coast produces.

Salazones — The salt-cured fish of Murcia are extraordinary and almost unknown outside Spain. Mojama (salt-cured tuna loin), huevas de maruca (cured fish roe), and salted grey mullet roe — sliced thin and eaten with a drizzle of olive oil and a glass of local monastrell wine. The towns of Águilas and the Mar Menor coast are the places to seek them out.

The local wine is Monastrell — a thick-skinned red grape that thrives in the hot Murcian interior, particularly in the DOs of Jumilla and Yecla just inland from the coast. In May it is best

drunk slightly cool with the salazones and the rice dishes. On the Costa Blanca, the Alicante DO produces both red Monastrell and a rare, honeyed sweet wine called Fondillón, aged for decades, which deserves to be far better known. For something lighter, horchata de chufa made fresh in Valencia and sold along the Costa Blanca is one of Spain's great drinks — cold, milky, faintly sweet, made from tiger nuts grown in the Valencian huerta. Not a wine. Not to be missed.

At the Market

May brings the first of the season's tomatoes to southern markets — still small, still imperfect, infinitely better than anything sold in winter. In Catalonia, broad beans (faves) are at their peak, eaten raw with a sliver of cured sausage and a glass of cava. Asparagus — both green and the prized white variety from Navarra — is everywhere and extraordinary. Strawberries from Huelva, the finest in Europe, are at their last and sweetest gasp before the heat ends the season.

What to Order Across Spain

Espárragos de Navarra — White asparagus, fat and silky, served cold with mayonnaise or vinaigrette. A seasonal obsession that Spaniards take extremely seriously.

Habas con jamón — Broad beans sautéed with jamón serrano, garlic, and a little olive oil. A tapa so simple it feels like a trick. It isn't.

Gazpacho — By May the south is warm enough that the first jugs of gazpacho appear on restaurant tables, often unsolicited. Drink it as the Andalucians do — from a glass, not a bowl.

Fritura de pescado — Along the Andalucian coast from Málaga to Cádiz, mixed fried fish arrives in paper cones at chiringuitos opening for the season. Anchovies, squid, small red mullet — dusted in flour, fried in clean olive oil, eaten standing up.

The One Thing Not to Miss

If you are in Spain in May and you find yourself near the coast — any coast — order whatever the fisherman brought in that morning. Ask the waiter. Point at what the table next to you is eating. The seasonality of Spanish coastal cooking in late spring, before the tourists arrive in force and the menus calcify, is one of the quiet great pleasures of European food culture. Don't overthink it.





The Spanish BBQ

It Begins the Night Before

The Spanish barbecue is not a spontaneous affair, whatever it may look like from the outside. The relaxed group around the grill, the unhurried pace, the food that arrives perfectly timed and apparently effortless — none of this happens without organisation. It simply happens with organisation that has been made invisible.

May is the finest month for it. The evenings are warm but not oppressive, the light lasts until nine, and the produce at the market is at its best. A BBQ in Spain in May, done properly, is one of the great simple pleasures of living here. Here is how to organise one without losing your mind or your afternoon.

The Night Before

This is where the actual work happens, and it is not much work.

Marinate the meat. Chicken thighs, pork ribs, lamb chops — anything that benefits from time in a marinade needs to go in the night before, not two hours before. A marinade applied the morning of the barbecue is largely decorative. One applied twelve hours earlier has fundamentally changed the meat. Thirty minutes of preparation the night before saves an hour of anxiety the day of.

Make the alioli. It keeps perfectly in the fridge for twenty-four hours and is considerably better made the day before when the garlic has time to mellow slightly. Make it once, cover it, forget about it.

Check the gas or charcoal. This sounds obvious. Every season, somewhere in Spain, a barbecue is delayed by forty minutes while someone drives to a petrol station for a new butano bottle or a bag of charcoal. Check the night before. Buy what you need then.

Set the table. Outdoor tables in May collect dew overnight — wipe down and lay up in the morning, not when guests are arriving. Plates, glasses, serving dishes, tongs, a large board for resting meat. Know where everything is before the day. The Spanish cook seasonally and opportunistically, and the BBQ menu should reflect what the market offered that morning, not a rigid plan made three days earlier.

Prepare the vegetables. Peppers, aubergines, onions for escalivada can be left whole — they need no preparation beyond existing. But any salads, chopped herbs, or bread should be ready and covered by midday.

Bring meat to room temperature. Take everything out of the fridge two hours before it goes on the grill. Cold meat on a hot grill is the single most common cause of BBQ food that is charred outside and undercooked within.

Prepare your station. Everything the cook needs within arm's reach of the grill: a tray for raw meat, a separate clean tray for cooked meat, tongs, a brush, kitchen paper, a cold drink.



A cook who has to walk back into the kitchen repeatedly loses control of the fire.

Timing the BBQ: A Working Order

This is where most home barbecues go wrong – not in the cooking but in the sequencing. Everything arrives at once or nothing arrives together. The solution is a simple order of service, decided in advance and stuck to.

Light the coals at least 45 minutes before cooking

This is non-negotiable with charcoal. Pale grey coals with a red heart, not black coals with yellow flame. Food put on too early will taste of lighter fluid and cook unevenly. If using a chimney starter – which every serious BBQ cook should own – coals are ready in thirty minutes. Without one, allow forty-five to sixty.

Gas grills: preheat for fifteen minutes with the lid closed.

The Order of Service

Two hours before guests arrive

- Meat out of the fridge
- Table set, drinks in the fridge or ice
- Alioli, salads, bread ready and covered

45 minutes before eating

- Light the coals

30 minutes before eating

- Whole fish, if serving – they take longest and benefit from a slightly lower heat

- Thick pork cuts

20 minutes before eating

- Chicken thighs – need consistent medium heat, not the fierce initial blast

- Lamb chops

10 minutes before eating

- Gambas – two minutes per side, serve immediately
- Chuletón – if the fire is right, eight minutes total, then rest

As the main courses rest

- Escalivada vegetables go directly onto the dying embers
- They will be ready forty minutes later as a side or the following day's lunch.



Beach Days Pack Light, Live Well

The Art of the Spanish Beach Day

There's a particular kind of tired that comes from bringing too much to the beach — the heavy cooler, the overfilled bag, the sense you've packed for an expedition rather than an afternoon. In Spain, people tend to do it differently: take less, choose well, and stay longer.

In May, along the Costa Blanca and Costa Cálida, you don't need much. The light is soft but bright, the sea is just about warm enough, and the beaches are still calm. A good day really comes down to a few thoughtful things.

The Bag

It starts with the bag. A simple woven straw or esparto tote works for a reason — it's light, it doesn't trap heat, and the sand shakes out easily. You can fit more in than you expect, and it feels right for the setting.

If you need more space, a soft canvas bag with a few pockets keeps things organised. Big hard coolers are rarely worth the effort.

Sun Protection

Sun protection matters more than people think this early in the season. A strong SPF for your face, something slightly lighter for your body, and the discipline to reapply after swimming.

A proper hat — one that holds its shape in the breeze — makes a real difference. So does a loose linen shirt when the sun is at its highest; it's cooler than you'd expect and far more comfortable than trying to stay ahead of a burn. Polarised sunglasses help cut the glare and make the whole day easier on your eyes.

What to Lie On

For sitting and lying down, keep it simple. One large towel is enough. Many regular beachgoers now use flat-woven hammam towels — they dry quickly, fold small, and double as a wrap if needed.

A small cushion is a quiet luxury if you plan to read or nap. And if you're unsure about the beach underfoot, it's worth slipping in a pair of water shoes just in case.

Food and Drink

Food doesn't need to be complicated to feel good. Cold water is the priority — more than you think you'll need — and an insulated bottle keeps it properly refreshing for hours.

Beyond that, keep things simple: good bread with jamón, olives in a small container, fruit that handles the heat, crisps, and maybe a piece of local cheese. Nothing that melts or needs assembling. If it's that kind of day, a chilled rosado or cava works perfectly.

The Small Things

The smallest things often make the biggest difference. A dry pouch for your phone saves a lot of worry. A light pareo can be shade, cover, or windbreak depending on the moment.

A bit of cash is still useful for beach bars that don't take cards. And a tiny first aid kit — barely noticeable in your bag — can quietly rescue the day when it's needed.

What to Leave Behind

What you don't bring matters too. The bulky extras, the things you feel you should use but won't. The beach is easier when it's not overthought.

Before You Leave

A quick mental check is enough: towel, sunscreen, hat, sunglasses, water, something to eat, and a bag to carry it in.

That's really all it takes. The rest is just being there — in the light, by the water, with enough time to enjoy it.





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'Making A Difference'

We are now going into the warmer months and we have a good supply of summer clothes for purchase at very good prices. We are still doing the Pop-Up Shop with our van which goes to Urbanizacion Camposol Commercial Centre lower car park on Sector A, the first Tuesday of every month. This month we look forward to seeing you on 5th May between 10.30am - 12.30pm. You can also bring along anything that you wish to donate to us. Small donations can also be taken to Alens shop on Sector A Camposol any other time as Alen has kindly allowed his shop to be a donation point for us.

We have recently made donations to The Samaritans, MABS and Cavalli Therapy Centre to the sum of 5000€. We, as a regular donation, give food to the value of 1000€ every 2 months to Puerto de Mazarrón Food Bank, ran by San José Church, who look after more than 50 families in this area. We also made a donation to the Day Centre for the Disabled situated in Mazarrón town (see photo). This donation was received by the Director of the Centre, Miguel Angel Ruiz, together with Councilwoman for Sports and Social Services, Maria Isabel Carrillo Vivancos and our Mayor Gines Campillo Mendez. This enabled them to organize a day trip for their members to Victor Villegas in Murcia to enjoy performances by the conservatory students and then for a lunch together. This was jointly funded by ASAPDEM, the Spanish charity for the disabled young people in our area. We also donate

to them twice a year. Their Social Centre is based in Puerto de Mazarrón. We are only able to make these donations because of the generosity of our supporters who give articles for us to sell in our shop, located in Puerto de Mazarrón, along with monetary donations from supporters who give us the proceeds of events they have held. We also receive monetary donations from kind individuals, including Anne Tucker. Anne volunteered with our charity some time ago, but through ill health was unable to continue. However, she supports us by donating 50€ each month and we thank her for her generosity.

We are always looking for volunteers to help our team 'Make a Difference' to so many families in this area. We especially need van drivers and able bodied people to help collect furniture etc that's donated to us.

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We would like to thank all our team of volunteers who give the charity their time and effort to 'Make a Difference' in our area. Thank You.



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DID YOU KNOW?

What is wisdom? (Part 2)

Last month I started to look at wisdom and what it was. This month I will continue to look at what is wisdom and what wisdom is compared to. How important is wisdom to the believer? Let's search the Scriptures for more insight.

Let's review some passages taken from the book of Proverbs. In Proverbs chapter 2 and verses 10 and 11 it states "When wisdom entereth into thine heart, and knowledge is pleasant unto the soul. Discretion shall preserve thee, understanding shall keep thee". Chapter 3 and verses 13 and 21 declares "Happy is the man that findeth wisdom, and the man that getteth understanding. My son, let not them depart from thine eyes, keep sound wisdom and discretion". Chapter 4 and verses 5 and 7 says "Get wisdom, get understanding, forget it not, neither decline from the words of my mouth. Wisdom is the principal thing, therefore get wisdom and with all thy getting get understanding".

Proverbs chapter 10 and verse 23 explains "It is as sport to a fool to do mischief, but a man of understanding hath wisdom. The mouth of the just bringeth forth wisdom, but the froward tongue shall be cut out" (or stopped). Proverbs chapter 11 and verses 2 and 12 "When pride cometh, then cometh shame, but with the lowly is wisdom. He that is void of wisdom despiseth his neighbour, but a man of understanding holdeth his peace". This is reiterated in Proverbs chapter 13 and verse 10 which says "Only by pride cometh contention, but with the well advised is wisdom". Proverbs chapter 23 and verse 9 declares "Speak not in the ears of the fool, for he will despise the wisdom of thy words". Proverbs chapter 15 and verse 33 explains "The fear of the LORD is the instruction of wisdom, and before honour is humility".

Ecclesiastes chapter 7 and verse 19 says "Wisdom strengthen the wise more than ten mighty men which are in the city". Look at this example found in Ecclesiastes chapter 9 and verses 14 to 18 "There was a little city and a few men within it. There came a great king against it, who besieged it and built great bulwarks against it. Now there was found in it a poor wise man, and he by his wisdom delivered the city, yet no man remembered that same poor man. Then said I, wisdom is better than strength. Nevertheless the poor mans' wisdom is despised, and his words are not heard. The words of wise men are heard in quiet more than the cry of him that ruleth among fools. Wisdom is better than weapons of war, but one sinner destroyeth much good".

Yehovah declares in Jeremiah chapter 9 and verses 23 and 24 "Thus saith the LORD, let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches. But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercises loving kindness, judgement, and righteousness, in the earth, for in these things I delight, saith the LORD". Jeremiah chapter 10 and verse 12 states "He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion". (This verse is repeated in Jeremiah chapter 51 and verse 15).

In the book of Daniel chapter 2 and verses 20 to 22 it reveals "Daniel answered and said, blessed be the name of God forever

and ever, for wisdom and might are his. And he changeth the times and the seasons, he removeth kings, and setteth up kings. He giveth wisdom unto the wise, and knowledge to them that know understanding. He revealeth the deep and secret things, he knoweth what is in the darkness, and the light dwelleth with him". This text is taken from the book of Romans chapter 11 and verse 33 "O the depth of the riches both of the wisdom and knowledge of God, how unsearchable are his judgements, and his ways past finding out". There is a comparison in 1st Corinthians chapter 2 and verses 5 to 10 and 13 which confirms "That your faith should not stand in the wisdom of men, but in the power of God.

Howbeit we speak wisdom among them that are perfect, yet not the wisdom of the world, nor of the princes of this world, that come to nought. But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory, which none of the princes of this world knew. For had they known it, they would not have crucified the Lord of glory. But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man the things which God hath prepared for them that love him. But God hath revealed them unto us by his spirit. For the spirit searcheth all things, yea, the deep things of God. Which things also we speak, not in the words which mans wisdom teacheth. But which the holy spirit teacheth, comparing spiritual things with spiritual". Yehovah (Jehovah or God) has made it clear in 1st Corinthians chapter 3 and verses 19 to 21 "For the wisdom of this world is foolishness with God. For it is written, he taketh the wise in their own craftiness. And again, the Lord knoweth the thoughts of the wise, that they are vain. Therefore let no man glory in men..."

In Ephesians chapter 1 and verses 8, 9 and 17 it reads "Wherein he hath abounded toward us in all wisdom and prudence. Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself. That the God of our Lord Jesus Christ, the father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him".

As can be seen from the various texts, true wisdom comes from Yehovah (Jehovah or God). According to James chapter 1 and verse 5 it states "If any man lacks wisdom, let him ask of God, that giveth to all men liberally..."

To conclude, James chapter 3 and verses 13 to 17 reflects this warning "Who is a wise man and endued with knowledge among you? Let him show out of a good conversation his works with meekness of wisdom. But if you have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual and devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle and easy to be intreated, full of mercy and good fruits, without partiality and without hypocrisy". True wisdom comes from Yehovah.

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

From Winter Roads to Summer Drives

The Car Changes With the Season

Spain's roads transform in May as completely as its markets and its front rooms. The mountain passes that were cautious, grey affairs in February become something else entirely – open, warm, and worth driving for their own sake. The coastal roads fill with light. The interior empties of traffic while the coast begins its slow summer awakening.

The transition from winter to summer driving in Spain is not simply a matter of weather. It asks a few practical things of the car and the driver. Get those right and the road is yours.

The Car Itself

Tyres first, always. If you have been running winter or all-season tyres, May is the moment to return to summer compounds. Winter rubber softens and wears quickly above 7°C – on the hot tarmac of a Murcian summer afternoon, the difference in handling and braking distance is meaningful. Check pressures at the same time. Heat causes pressure to rise, and underinflated tyres on a fast coastal road in August are a problem that begins in May when the checks are skipped.

Air conditioning service – the single most commonly neglected item on the Spanish summer checklist. A system that worked adequately in September may have lost refrigerant over winter. Have it checked and regassed before the first serious heat arrives rather than after. A car with ineffective air conditioning on the AP-7 in July is not a small inconvenience.

Sun protection for the interior – a quality windscreen sun shade prevents the steering wheel from becoming genuinely untouchable and protects the dashboard from the UV degradation that fades and cracks it over time. The fold-flat silver reflective type takes up no space in the boot and earns its place immediately.

Wiper blades – worth replacing in spring. Winter rain and road salt leave blades streaky and ineffective. Summer driving brings its own challenges: insects on the screen, sudden brief storms, and the fine dust that coats everything in the Murcian interior. Fresh blades cost almost nothing and are noticed immediately.

The Drive Itself

The shift in how Spain should be driven in summer is as important as the mechanical preparation.

Earlier starts. The instinct to leave mid-morning works in March. In July it does not. The roads along the Costa Blanca and Costa Cálida between Alicante and Cartagena move freely at seven in the morning and considerably less freely at ten. The earlier departure also means arriving before the sun is at its full height, which changes the quality of the day entirely.

Route choices shift. The inland roads – the N-340 through the Murcian interior, the roads through the Sierra de Espuña, the quieter routes connecting the small towns behind the costa – become the better choice once the coastal highways fill. They are slower in distance and faster in practice, and they pass through a Spain that the summer tourist traffic

never reaches.

Night driving becomes genuinely pleasurable in a way it is not in winter – warm air through an open window, empty roads, the smell of wild herbs warmed and then released by the cooling evening. The Spanish tradition of driving after dinner rather than before it has practical wisdom behind it.

On the Road in Spain: A Few Reminders

For those driving in Spain from elsewhere, or returning after a winter away from the roads:

Speed camera culture on Spanish motorways is consistent and unsentimental. The variable speed limits on the major autopistas around Valencia, Murcia, and Alicante are enforced by overhead gantry cameras. They change with traffic conditions and are easy to miss if you are not watching. Fuel on the interior routes – if you are taking the quieter inland roads through Murcia or the back routes of the Costa Blanca, fill up before you leave the last town of any size. Petrol stations on minor roads are infrequent and occasionally closed in the midday heat.

The One Drive Worth Making in May

Before the summer traffic arrives in force, the coastal road between Cartagena and Águilas on the Costa Cálida – the RM-332 hugging the Mar Menor and then south through the volcanic coastline of the Cabo Tiñoso headland – is one of the most quietly spectacular drives in southeast Spain. Empty in May, warm, with the sea visible on long descents and the scent of rosemary coming through the window. Stop in Mazarrón for coffee. Continue to Águilas for lunch. Do it before June. After that, it belongs to everyone.



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Find Your Flow: Pilates on the Spanish Coast

Breathe. Move. Relax.

Along the sun-drenched shores of Costa Cálida, Costa Blanca & Costa Almería Pilates isn't just a workout—it's a lifestyle. Bright, airy studios offer guided classes for all levels, focusing on posture, core strength, and mindful movement. Instructors help each participant move safely and effectively, creating a space where strength and balance meet relaxation.

Pilates on the Beach

There's something magical about practicing Pilates with sand beneath your feet and the sound of waves in the background. Outdoor beach sessions transform each exercise into a full-body experience, combining natural resistance from the sand, fresh sea air, and the calming energy of the Mediterranean. Sunrise or sunset classes add a touch of serenity that indoor spaces can't replicate, making every session as much about mind-body connection as it is about fitness.

"Practicing Pilates on the beach turns movement into a celebration of the senses."

Mind & Body Benefits

Pilates improves flexibility, posture, strength, and focus while reducing stress. Whether in a studio or on the beach, small group classes foster a sense of community, motivation, and support. For locals and visitors alike, it's an invitation to slow down, breathe, and reconnect with the body and mind.

Quick Tips for Coastal Pilates

Best time: Early morning or sunset for cooler temperatures and gentle light.

Bring: Mat, towel, water, and sun protection.

Focus: Breathe deeply and enjoy the surroundings, letting the natural environment enhance your practice.





Recipes



Mediterranean Cheese Board Easy Appetizer

Ingredients:

Cheeses:

- 1/2 cup feta cheese, cubed
- 1/2 cup goat cheese, rolled into small logs
- 1/2 cup Manchego or aged hard cheese, sliced
- 1/2 cup fresh mozzarella or brie

Accompaniments:

- Kalamata olives
- Cherry tomatoes
- Cucumber slices
- Roasted red peppers
- Mixed nuts (almonds, walnuts, or pistachios)
- Dried fruits (apricots, figs, or dates)
- Fresh herbs (parsley, rosemary, or thyme)
- Pita bread, crackers, or sliced baguette

Olive oil for drizzling

Honey or fig jam (optional)

Directions:

- Arrange cheeses across a large serving board, spacing them evenly.
- Add olives, cherry tomatoes, cucumber slices, roasted red peppers, nuts, and dried fruits around the cheeses.
- Place pita, crackers, or sliced baguette along the edges.
- Drizzle olive oil lightly over the cheeses and vegetables. - -

Add a small bowl of honey or fig jam if desired.

-Garnish with fresh herbs for a vibrant Mediterranean look.

Serve immediately as an easy and elegant appetizer.

Nutritional Information (per serving, approx.):

Calories: 390
Protein: 15g
Carbohydrates: 22g
Fat: 26g
Fibre: 3g
Sugar: 6g

Greek Grilled Chicken Gyro Grazing Board with Feta Dip



Ingredients:

- 2 lbs boneless skinless chicken thighs or breasts, cut into strips
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 pita breads, warmed and cut
- 1 cucumber, sliced
- 1 cup cherry tomatoes
- 1/2 red onion, thinly sliced
- 1 cup olives (Kalamata or green)
- 1 cup shredded lettuce

Fresh parsley and dill for garnish

Feta Dip:

- 1 cup feta cheese, crumbled
- 1/2 cup Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 clove garlic
- 1 tablespoon fresh dill
- Black pepper to taste

Directions:

In a bowl, whisk together olive oil, lemon juice, garlic, oregano, paprika, cumin, salt, and black pepper. Add chicken and marinate for at least 30 minutes (up to 4 hours).

Heat a grill pan or skillet over medium-high heat and cook the chicken strips for 8–10 minutes, turning occasionally until fully cooked and lightly charred.

Prepare the feta dip by blending feta, Greek yogurt, olive oil, lemon juice, garlic, dill, and black pepper until smooth and creamy.

Arrange cooked chicken on a large grazing board. Surround with pita bread, cucumber, cherry tomatoes, red onion, olives, and shredded lettuce.

Place the feta dip in the centre and garnish everything with fresh parsley and dill.

Serve immediately, allowing everyone to build their own gyro-style bites.

Nutritional Information (per serving):

Calories: 560
Protein: 44g
Carbohydrates: 30g
Fat: 28g
Fibre: 4g
Sugar: 5g

Charities & Groups Directory

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N M C Z K B E A C H T D N E
G Y L R D I S B M P K A S G



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POOL	PICNIC	SANDALS	SUNGLASSES
HAT	BALL	PARK	ICE CREAM
BEACH	VACATION	CAMPFIRE	SHELL

FILL-IN, or CRISS-CROSS, else KRISS-KROSS, CROSSWORD PUZZLE

Fill in the blanks with the words provided.

5 letter words

ARROW
EASEL

6 letter words

ASSUME
BAILEE
COCOON
FUSION
GLIDER

MORASS
NEWBIE

NOTICE
RESCUE

SPIRIT
TRITON

UNLINK

8 letter words

LOCATION
SALESMAN

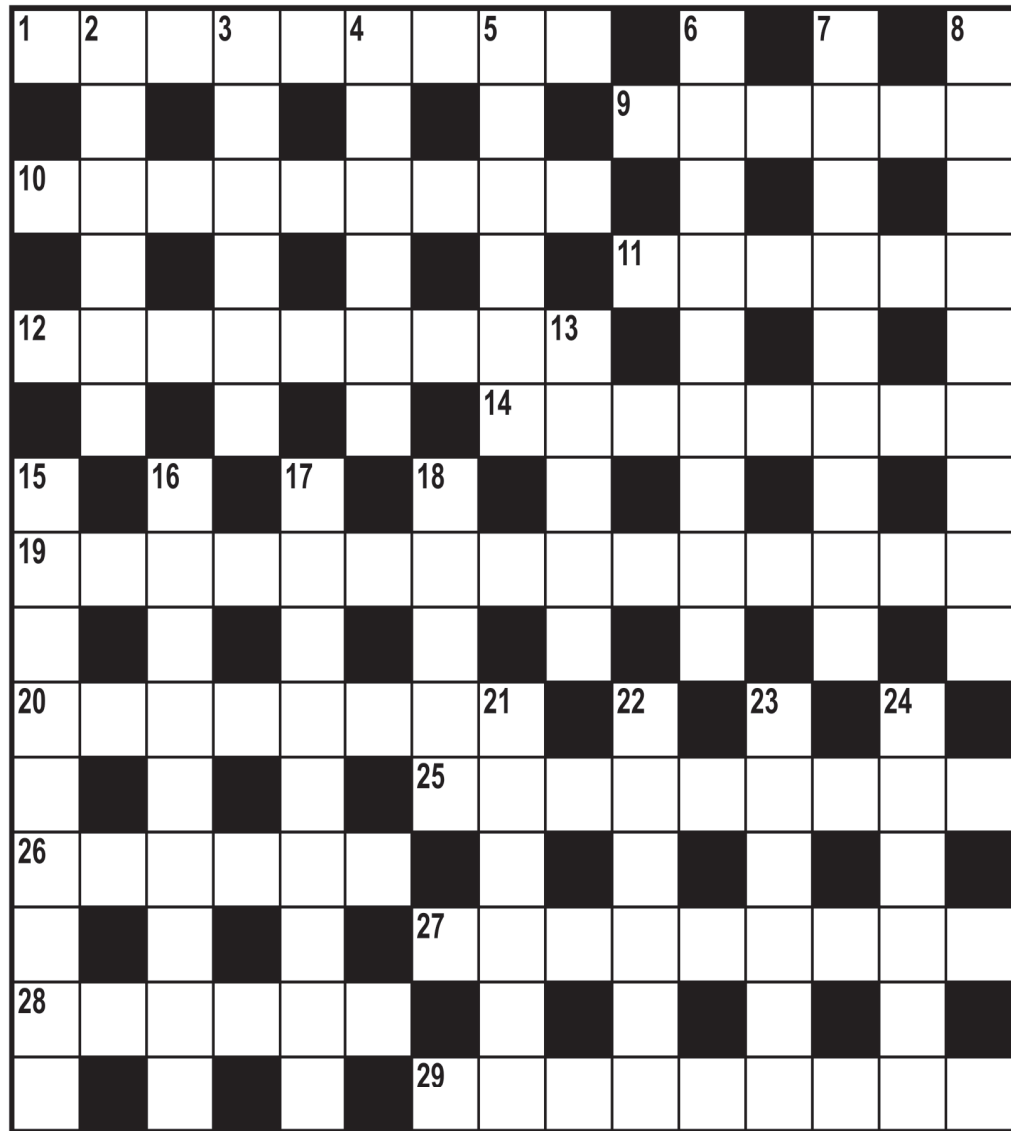
9 letter words

BEEKEEPER
INVERNESS
JELLYFISH
LOWERCASE

MINIATURE
OBVIOUSLY
SOVEREIGN
SPACESHIP

STAGE NAME
TRATTORIA
VOICEMAIL
WEDNESDAY

15 letter word
EMPEROR PENGUINS



ANSWERS:

Across: 1 STAGE NAME, 10 MINIATURE, 11 RESCUE, 12 LOWERCASE, 14 SALESMAN, 19 EMPEROR PENGUINS, 20 LOCATION, 25 WEDNESDAY, 26 FUSION, 27 OBVIOUSLY, 28 SPIRIT, 29 BEEKEEPER.
Down: 2 TRITON, 3 GLIDER, 4 NOTICE, 5 MORASS, 6 SOVEREIGN, 7 VOICEMAIL, 8 INVERNESS, 13 EASEL, 15 JELLYFISH, 16 SPACESHIP, 17 TRATTORIA, 18 ARROW, 21 NEWBIE, 22 UNLINK, 23 ASSUME, 24 BAILEE.

WHAT'S ON?

Events



Every Day

Noah's ARC Dog Walking @ Mazarrón

Every Monday

Market @ Alhama & Huerca Overa
Camposol Walking Football Club @ Pto de Mazarrón 10am-11am

Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park 10.30am-11am
Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm

Every Tuesday

Market @ Alhama & Los Gallardos
Los Bandidos Cycle Ride from Mojácar Playa See their FB page for times
Loose Woman on Tuesday Meeting @ Marsalada, Mojácar Playa 1.30pm

Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am
Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am
Noah's ARC available for donations @ Spar, Mazarrón Country Club 10am-12pm

GoMad available for collections @ Camposol A Car Park 10.30am-12pm
Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojacar Playa 11am
Proceeds to Donkey Charity

Every Wednesday

Market @ Totana & Mojácar
Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times
Los Bandidos Sea Swimming Club @ Mojácar. See their FB page for times

Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón
Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

Every Thursday

Market @ Lorca
Los Bandidos Cycle Ride from Mojácar. See their FB page for times
Camposol Walking Football Club @ Pto de Mazarrón 10am-11am
Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm
Over 60's Memory Workshop @ Centro de Usos Múltiples, Mojácar

Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am
Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (Call 646 290 420)

Every Friday

Market @ El Pareton, Garrucha & Puerto Lumbreras
Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm
Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm
Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm
Black Pudding Sandwich Special @ El Encuentro, Mojacar Playa

Line Dancing @ Centro de Usos Múltiples, Moíácar 5€ 4-8pm (proceeds to Charity)

Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am
Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am
Noah's ARC Stall @ Camposol B Commercial Centre 9.30am-1pm
Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm

Every Saturday

Market @ Fuente Alamo, Mazarrón, Aguilas, & Vera
Free Guided Walk @ Mojácar until May (call 950 615 025 to reserve)
Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times
Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€

Black Pudding Sandwich Special @ El Encuentro, Mojacar Playa

Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm

Every Sunday

Market @ Pto de Mazarrón
Antique and Second Hand Market @ Cañadas del Romero 8am-1pm
Car Boot Sale @ Camposol A
Beach Dog Club Meeting @ Bolnuevo Beach 9am
Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 9.30am
Free Yoga Class @ Playa del Descargador, Mojácar 10am (until May)
Los Bandidos Cycle Ride from Mojácar. See their FB page for times
Rastro Market @ Centro de Usos Múltiples, Mojácar Pueblo
Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
St Nicholas Church Service @ Camposol D20 C/Sobrija 11am
Dog Walking/Socialisation @ Turre (from Plaza Constitución) 11.30pm

Paella Special @ El Encuentro, Mojacar Playa 1.30pm
Black Pudding Sandwich Special @ El Encuentro, Moíácar Playa

Día del Trabajo (Spain)

MAY Friday 1st

Sunday 3rd

Fiestas de la Santa Cruz, El Estrecho (Fuente Álamo)
Los Mayos, Alhama de Murcia

St Nicholas Church Songs of Praise @ Camposol D20 C/Sobrija 11am
Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am

Monday 4th	Bank Holiday (UK)
Tuesday 5th	Monthly 'B' Clean Meeting @ Camposol B 4pm GoMad available for collections @ Camposol A Car Park 10.30am-12pm
Wednesday 6th	Legal & Financial Seminar/ Free Lunch from Thy Will be Done @ Benijófar 12pm (see April issue for further info)
Thursday 7th	PAWS-PATAS Bingo Lunch Club @ The Snug, Mojácar Playa 1.30pm 10€ inc lunch
Friday 8th	Used Vehicle Show @ IFEPA, Torre Pacheco 10am – 8.30pm (see April issue)
Saturday 9th	Used Vehicle Show @ IFEPA, Torre Pacheco 10am – 8.30pm (see April issue)
Sunday 10th	Used Vehicle Show @ IFEPA, Torre Pacheco 10am – 8pm (see April issue) Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am
Tuesday 12th	PAWS-PATAS Book Sale @ Scotty's , Mojácar Playa 10.30am-1pm HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm
Wednesday 13th	St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
Saturday 16th	Walk & Talk for PAWS-PATAS/MACS from Red Cross, Mojácar Playa 10€ 10.30am
Sunday 17th	St Nicholas Church Morning Prayer @ Camposol D20 C/Sobrija 11am Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
Thursday 21st	PAWS/PATAS Wellness Morning incl yoga/tai chi/meditation/tarot cards/ breakfast on the beach by Titos, Mojácar Playa 30€ 10am
Sunday 24th	Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am
Monday 25th	Bank Holiday (UK)
Wednesday 27th	St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
Sunday 31st	Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am

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LOS BANDIDOS CYCLE/RUN/SWIM GROUP	see our fb page	
LOS PALACIOS GARDENING/COMM GROUP	634 312 853	
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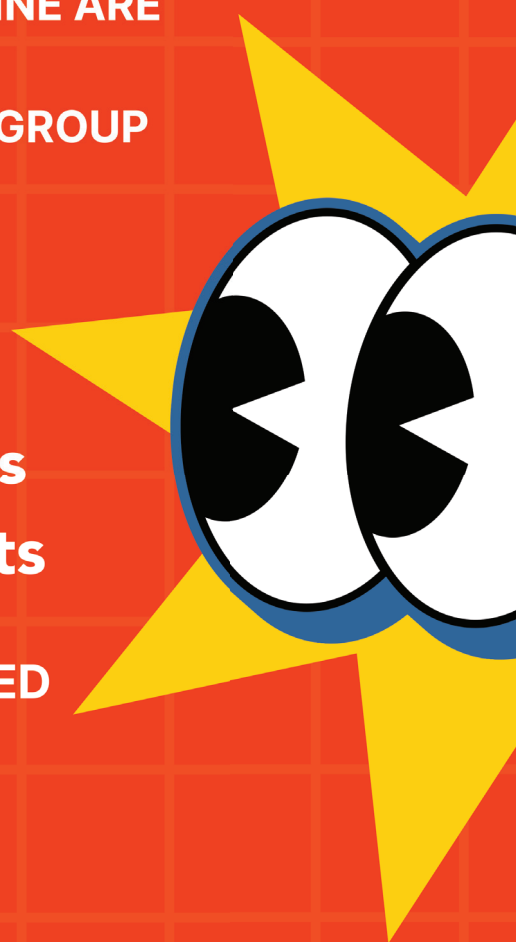
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Bryan White Insurance (26)
950 472 098

Filbees Insurance (41)
669 075 157

Santalucia Insurance (15)
655 457 152

Kitchen Wraps:

SJ&A Printworks (26)
624 014 594

Legal Services:

Corral Associates (30)
968 078 754

Costa Cálida Prop Services (43)
968 199 251

Filbees (41)
669 075 157

Gestoria Carvajal (27 & 30)
968 154 045

Legal View (30)
968 332 058

Spanish Number Plates (26)
966 753 375

Leisure:

WH Travel (6)
966 761 492

Money Transferes:

Currencies Direct (13)
Mazarrón 968 976 383
Mojácar 950 478 914

Plumbers:

Multiservicios (26)
618 783 709

Property Rentals/Management/Maintenance:

Evoca (9)
618 454 893
966 619 010

The Finishing Touch (44)
968 380 071

Property Sales/ Purchases:

Filbees Real Estate (41)
868 058 750

Prime Property Murcia (41)
868 053 149

The Finishing Touch (44)
968 380 071

Removals & Storage:

Lord's Removals (30)
608 061 872

Security:

C & G Fabrications (13)
966 764 730

Erik's Metal Works (11)
636 050 008

Smoking Supplies:

E-Cigs (26)
699 800 878

Solar Power:

Go Solar (15)
654 596 247

Spas & Hot Tubs:

Eurospas (5)
650 722 905

Translation/Hospital Appointments:

Costa Cálida Prop Services (43)
968 199 251

TV & Satellite:

Rainbow Satellites (12)
686 358 475

VICTORY CHURCHES SPAIN

Give generously and joyfully for God loves a cheerful giver. (2 Corinthians 9:7 NIV Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.)

It is far better to give than to receive, we gain so much pleasure when we give to others and see the joy it brings to them. That giving can be something as small as our loose change through to extravagantly giving thousands of Euros. But it isn't about what we give, it is our motive behind our giving that counts. We can be millionaires and reluctantly pop cents into a charity box, or we can be poor, generously giving our last cent to help someone more needy than we are.

The motive of our heart is what counts when we give out to others. Giving is not just about money, it is about giving to help others, taking time to assist when someone needs our help, giving to support another person. Giving doesn't have to come at a financial cost. We all have something to give, something to bring to the table, something that can help someone else. Do you want to be the one to give? The one to help another in their time of need?

The bible shows us time and time again of how our giving enriches the lives of others. God led by example when He gave His only Son as a sacrifice for our sins. (John 3:16 NIV For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life).

Jesus paid the ultimate price for us. How much would you sacrifice to help another person? We can't help everyone, but we can all help someone. Be encouraged to do something good to help someone in need, in whatever way you can. One small act of kindness can make a world of difference. We at Victory believe in going the extra mile. How can we help you?



 **Costa Cálida**
Property Services S.L.

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Our company is dedicated to service and our experience of over 20 years will provide our clients with the care and attention they expect.

Urbanización Camposol, Centro Commercial A,
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VICTORY CHURCHES SPAIN
Serving God Serving People

**A community Church,
Serving God, Serving People.
Our Sunday service is at
11am at the Calle Villaricos de
la Alumbres 17, Mazarron,
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Tele:  +34 711 073 419
 +34 711 075 152
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*Carretera de Fuente Álamo, 69 Bajo,
30153 Corvera (Murcia)*