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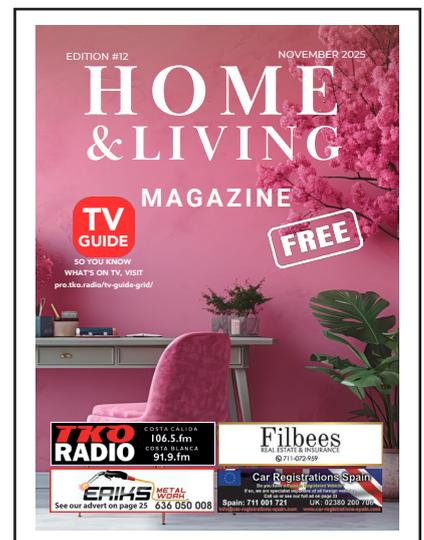
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# H&L

# EDITOR'S NOTE

As November takes centre stage, there's an undeniable elegance in the air – a season defined by golden light, rich tones, and the kind of inspiration that makes home feel extraordinary. This issue of Home & Living is designed to draw you in, spark fresh ideas, and make you want to turn every page.

We begin with interior inspiration that captures the essence of autumn. On page 10, explore this season's most striking colour trends and timeless design touches, curated to help you transform your home into a space of warmth and understated luxury. From rich, earthy hues to layered textures, these trends bring an effortless sophistication to any interior.

This month, we're also excited to welcome How2Franchise on page 13 – our newest advertiser and a trusted partner for entrepreneurs and business owners ready to grow. Whether you're curious about franchising or already have a business you want to expand, their expert guidance provides the clarity and direction you need to take the next step confidently.

On page 18, we shine a light on an important local development: the New Camposol Legal Platform formed in response to the proposed biogas plant. This growing movement is uniting residents, sparking conversation, and shaping the future of the local community.

For those looking for something exciting this month, turn to page 28 to discover the IFEPA Event, where more than a thousand cars are waiting for their new owners. It's a must for car enthusiasts and anyone who loves a great day out. And don't miss our What's On section on pages 30–32, packed with vibrant local events, seasonal highlights, and unique experiences that make November one of the most exciting months of the year.

And that's not all – this issue is also filled with inspiring home and health articles designed to help you live better, feel more at ease, and bring more beauty into the everyday.

This is November at its finest – rich, inspiring, and full of reasons to keep turning the page.

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THE PICTURESQUE OLD TOWN IN ALTEA

## Against the Odds: How Nicci Found Her Place in Altea

When Nicci left the UK for Spain, she was chasing something more than sunshine. She wanted a life that felt lighter — one that gave her freedom to work on her own terms, to live near the sea, and to rediscover what it meant to feel at home. Altea, a coastal town on the Costa Blanca, would give her all of that eventually. But not without testing her first.

Nicci grew up in Porthcawl, a seaside town in South Wales. She studied French and Spanish at Cardiff University, spending time abroad during her degree and falling in love with Mediterranean culture. After graduating, she completed a PGCE in teaching and moved to Valencia, where she spent several years teaching at an international school. Those years gave her not only a grounding in Spanish life, but also a taste for independence — the sense that home didn't have to be a single fixed point.

Her move to Altea came next. "I'd always loved Spain," she said in her interview with Spend Life Travelling. "But loving somewhere on holiday and living there are two very different things." It's an honest reflection many expats share — a reality often glossed over in glossy brochures and Instagram posts.

Altea is known for its striking beauty and easy charm. Nestled between Benidorm and quieter coastal villages further north, it offers a balance between lively energy and peaceful daily life. Cobble streets lead up to a hilltop church with its blue-domed roof, a familiar landmark that overlooks the Mediterranean. Whitewashed houses line the streets, cafés spill onto sunny terraces, and the promenade is made for long, unhurried walks.

It's the kind of town where it's easy to slow down, breathe, and feel part of something steady and real.

Nicci didn't arrive with a company transfer or retirement savings. She arrived with a teaching background, language skills, and the determination to build a new life. At first, she continued working in education, but eventually transitioned into freelance digital marketing and social media management, giving her the flexibility to work for clients back in the UK. Her income wasn't tied to the local job market — a huge advantage — but it also meant that success depended entirely on her own efforts.

The first few months in Altea were far from effortless. Bureaucracy moved at its own pace. Opening a bank account, setting up utilities, and registering her address felt like trying to solve a puzzle with missing pieces. Each small task took twice as long as she expected. And then there was the language barrier. "I thought my Spanish would just come naturally," she admitted. "But it doesn't. You have to work at it."

So she did. She forced herself into conversations she could easily have avoided. She practised in cafés, at the pharmacy, in shops. Her Spanish wasn't perfect, but bit by bit, her world grew wider. A place that had felt foreign started to feel more accessible.

Working remotely brought its own challenges. The romantic idea of opening a laptop by the sea didn't always match reality. Internet connections could be unreliable, time zones tricky, and there were days when the loneliness of working alone hit hard. It's easy to feel isolated when you're building a life abroad, and Nicci was no exception. "There were evenings when I wondered if I'd made a mistake," she said. That doubt is something many

## A VIEW OVER THE TOWN OF ALTEA



expats share quietly – the part that doesn't make it into social media updates.

But Nicci didn't let that doubt define her story. Instead of re-treating, she decided to build roots. She began attending local events, joining groups where expats and locals mixed, and slowly, friendships grew. She made a point of learning how things really worked in Altea – the fiestas, the rhythms, the quirks of everyday life. "You can't expect Spain to bend to your way of doing things," she explained. "You have to adapt to it."

Her turning point didn't come from a single big moment. It came in layers – the first time she confidently sorted out paperwork on her own, the first conversation in Spanish that didn't leave her exhausted, the day a neighbour greeted her by name. Those were the moments that quietly stitched her into the fabric of the town.

Her work life stabilised too. With routines built around her freelance schedule, she discovered a balance she'd never had back in the UK. Morning walks by the sea replaced long commutes. Afternoon meetings with clients in London happened from her sunny terrace. The flexibility that once felt daunting became her greatest asset.

Today, Nicci lives what many people dream about, but her story isn't built on dreamlike perfection – it's built on resilience. She didn't just arrive and fit in. She struggled, adjusted, and learned how to truly belong. "I stopped feeling like I was on the outside looking in," she said. "I started feeling like I lived here."

She's clear-eyed in her advice to others thinking about doing the same. "Moving to Spain is amazing, but it's not magic," she

said. "You have to work at it – with the language, the culture, the lifestyle. If you push through the hard part, it's worth it. But you can't skip it."

Now, she wakes to the sound of waves, walks familiar cobbled streets, and runs her freelance business on her terms. She has neighbours who know her, friends who feel like family, and a sense of peace she couldn't quite find back home. Altea isn't just where she lives – it's where she belongs.

Nicci's journey is a quiet reminder that starting over isn't a one-time act; it's a process. It's made up of dozens of small, determined choices. And for those reading this with their own half-formed dream of living in Spain, her story proves something powerful: the difficult part is not the end of the dream. Often, it's just the beginning.

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# EARTH SEASON

## Earthy Tones & Natural Textures: November's Hottest Colour Trends

As the evenings draw in and the sunlight softens, November brings a natural shift in how we want our homes to feel. Gone are the bright and breezy shades of summer – those pops of yellow, playful pinks and refreshing cooling blues – and in their place come earthy tones and tactile materials that create interiors with depth, warmth and a sense of calm.

This is a season that favours comfort and connection to nature. Rather than trying to replicate summer's brightness indoors, the focus turns to creating spaces that feel grounded and inviting.

### A Warm and Grounded Palette

This season's colour direction draws inspiration from natural landscapes. Terracotta, cinnamon, caramel, soft clay and muted neutrals are the core shades, with olive green and ochre adding gentle depth. These hues have a softness that's easy to live with and a warmth that works well in both contemporary and traditional interiors.

In a modern flat, a terracotta wall can introduce character without dominating the room. In older homes, layered clay and olive tones complement period features and natural timber beautifully. For those less inclined to paint, accessories such as ochre cushions, a clay-toned throw or a warm caramel rug are an effortless way to achieve the same effect.

### The Power of Texture

While colour establishes the mood, texture is what gives a space its personality. Natural materials – linen, wool, rattan, raw wood and jute – create depth and visual interest. A linen

sofa draped with a woollen throw, a woven rug underfoot, or a wooden side table with a natural finish all contribute to a layered, comfortable look.

This approach doesn't rely on polished perfection. Slight variations in material and tone create an interior that feels authentic rather than staged.

### A Connection to the Outdoors

Another key element of this November trend is a closer connection to the outdoors. Dried flowers, pampas grass, olive branches and eucalyptus stems introduce a gentle, natural touch. Earthenware and ceramics with matte finishes work well alongside reclaimed wood or stone. These pieces don't overpower a room – they soften it, adding a sense of quiet structure.

Unlike synthetic materials, these natural elements age gracefully, developing character over time and giving spaces a sense of permanence.

### Creating a Space to Breathe

What sets earthy tones apart from summer's brighter palette is their ability to make a room feel settled and composed. While sunny yellows and ocean blues bring lightness and energy, terracotta, clay and ochre offer warmth, calm and balance.

In darker months, when time indoors increases, these tones and textures help shape spaces that feel comfortable without excess. Whether through a complete redesign or a few carefully chosen updates, this is a timeless approach that complements any interior style.

This November, embrace warmth over brightness, texture over gloss, and a palette that reflects the season itself.



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# NOVEMBER FUN

When summer fades and the crowds disappear, Spain in November reveals a different side of itself. This is the time when the country slows down, villages open their doors for traditional harvest celebrations, and cities turn to cultural festivals instead of peak tourist season. For those who live here, it's one of the best months to step outside familiar routines and experience Spain as it really is.

Just before the month begins, the small mountain village of Pujerra (Málaga) holds its annual Chestnut Festival – typically at the end of October and over the first weekend of November. Visitors gather for roast chestnuts, local music in the village square and authentic local flavour. It's an example of how rural towns preserve their traditions.



A few days later, the village of Alcaucín (Málaga) hosts its own chestnut celebration on Sunday 2 November 2025. Smaller than Pujerra's but just as warm, it offers a genuine way to enjoy local culture without large crowds.

As the month goes on, olive country comes into its own. In Baena (Córdoba), the Jornadas del Olivar y del Aceite brings tastings and open mills in mid-November, with weekday activities announced locally each year. Visiting during the week

gives you a close-up view of the harvest without the weekend rush.



November is also a rich month for culture, and this year's calendar is packed with weekday events worth noting:

- **International Sherry Week** (Andalucía) – Monday 3 to Sunday 9 November 2025
- **Gaditanoir** (Cádiz) – Wednesday 5 to Friday 7 November 2025
- **Málaga International Jazz Festival** – Monday 3 to Tuesday 11 November 2025 (weekday concerts on 3-7 & 10-11 November)



- **Seville European Film Festival** (SEFF) – Friday 7 to Saturday 15 November 2025 (weekday screenings from 10 to 14 November)

- **Huelva Ibero-American Film Festival** – Friday 14 to Saturday 22 November 2025 (weekday programming from 17 to 21 November)

- **SICAB – International Horse Show** (Seville) – Tuesday 18 to Sunday 23 November 2025 (weekday programme 18 to 21 November)

Outside the festivals, November is simply a lovely time to be in Spain. The beaches are quiet, markets overflow with chestnuts, citrus fruits, pomegranates and mushrooms, and travel is calmer and more affordable. It's a month made for exploring without pressure.

November doesn't shout. It hums with real life – chestnut smoke in the air, the scent of fresh olive oil, a weekday film screening, a stroll through a quiet market. For anyone living in Spain, it's a season that shows why this country is special far beyond the summer sun.

Tip: For exact schedules and venues, check each organiser's official listings; weekday options are highlighted above so readers can plan confidently without relying on weekend dates.



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The year is coming to an end and we here at Victory Church have had an amazing year. It's at this time of year we start to reflect on how the past year has been. So, let us ask you how has your year been?

As with most people, life has its ups and downs. But it's not the problems in life that we have to worry about, it's how we deal with the problems. We can turn our tests of life into our testimonies; our mess can become a message, our trials can become our most triumphant moments. Knowing that God has the ability to bring something good out of every situation and circumstance is what gives us the strength to face even the most challenging of times.

Who do you turn to in your times of trouble? We have a hope and trust in Jesus Christ, knowing that He can transform every difficult situation and circumstance into something that can be used for good.

He strengthens us in times of need, and He guides us through every situation. (For I can do everything through Christ who gives me strength. Philippians 4:13 NLT). Knowing that God is with us every step of the way gives a reassurance and a confidence in knowing that no matter what is going on in our lives, God will make a way for us.

He will never leave us nor forsake us. (Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you nor abandon you. Deuteronomy 31:8 NLT).



We at Victory are now preparing for our Christmas celebrations. We will once again be out in the communities sharing the Love of God and reflecting on the real reason behind the season. We would love you to get to know Jesus as we know Him and we would like to spend time getting to know you.

We have a desire to spread the word of God to those who don't yet know Him, and to show how He loves each and every one of us without discrimination.

Come along and see for yourselves how a life shared with Jesus is a life transformed. We look forward to meeting and sharing in this journey with you.



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## Where Nature Meets Architecture

### Plants as Architectural Elements

Plants are no longer just something you place in a corner for a hint of green. More and more, they're shaping interiors as structural elements — influencing how rooms flow, feel and function. This approach treats greenery as part of the architecture itself, not an afterthought. It defines zones, guides movement, shapes airflow and sets the visual tone of a space. The result is a more balanced, intelligent way of designing interiors that feel calm, purposeful and alive.

### From Accessory to Structure

For years, plants were treated like finishing touches. A fern on a shelf. A potted palm in an empty corner. Something added once everything else was done. But when greenery is part of the plan from the beginning, it can transform how a room works. A tall philodendron acts like a living column, pulling the eye upward and creating a sense of height. A sculptural bonsai can replace a lamp or sculpture as a centerpiece. A slim cluster of palms can separate open-plan zones without the hardness of a wall or partition.

In these cases, plants shape the space itself rather than simply softening it. They guide how people move, where their attention lands, and how the atmosphere feels.

### The Power of Placement

Placement determines whether a plant quietly disappears or becomes a defining feature. A single large specimen by an entrance anchors a room and sets its tone. A trailing vine across a beam can lead the eye through a hallway and subtly influence how people navigate it.

Climbing plants on frames or wires work beautifully as soft partitions. They let light and air flow freely, unlike fixed structures, yet still create a sense of division. Moss walls are another clever tool, regulating humidity and softening acoustics while adding depth and texture without requiring heavy construction.

### Living Walls That Work

Living walls are perhaps the clearest example of plants used architecturally. They're planned as part of a structure, not added afterward. A living wall absorbs sound, supports healthy humidity levels, and brings texture that makes spaces feel larger. In offices, it disrupts the sterile feel of commercial design. In homes, it turns a blank surface into something both functional and striking.

Moisture-loving plants thrive in bathrooms and kitchens, creating a calm, spa-like environment. In living areas or entryways, structured greenery makes a clean, modern statement that doesn't fade into the background.

### Statement Plants as Design Features

Statement plants rely on presence, not quantity. A single, perfectly shaped monstera or fiddle-leaf fig can define an entire corner. A Japanese maple, carefully positioned, adds structure and depth indoors.

Bonsai and topiary bring another layer through their controlled, architectural forms. These plants are not accidental; they are shaped and maintained with purpose. Their silhouettes are as deliberate as a designer chair or pendant light. In minimalist interiors, they soften hard lines and introduce an organic counterbalance.

### More Than Aesthetic Value

This integration isn't just visual. It changes how a space behaves. Living walls regulate temperature and humidity. Large-leafed plants diffuse light, creating softer, calmer interiors. Sculptural greenery absorbs sound and quiets echo, making rooms feel more comfortable to inhabit.

These effects are subtle but powerful. Spaces designed with plants at their core often feel more grounded, less harsh and easier to be in. Research consistently shows that biophilic design improves mood, focus and general wellbeing — something people register instinctively, even if they can't explain why.

### The Future of Plant Design

As biophilic principles continue to shape modern interiors, plants are moving from decoration to design element. Walls may soon be built to support living panels. Open spaces could be divided with trained vines or suspended planters. Statement trees may take the place of traditional sculptures or lighting fixtures.

This is not about adding more greenery. It's about using plants with intention, just as we do with materials, furniture and light. A single well-placed specimen can carry the weight of an artwork. A living wall can replace shelving. A sculptural tree can define the atmosphere of a room.

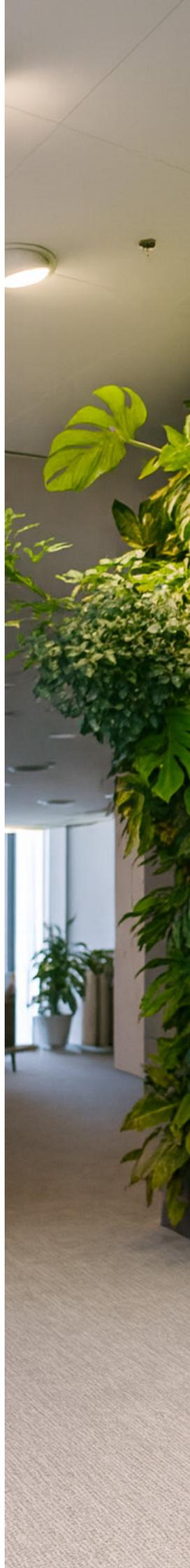
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# AGAINST BIOGAS

## New Camposol Legal Platform against proposed biogas plant

Residents, associations and local businesses unite to defend the environment and quality of life in Camposol

The newly formed Camposol Legal Platform Against Biogas, promoted by the GREEN CAMPOSOL Association, will initiate legal proceedings challenging the approval of the proposed biogas plant planned near the Camposol urbanisation, seeking its relocation to a more suitable site away from residential areas.

Residents, local associations, groups and concerned businesses have joined forces to act in a coordinated and lawful manner to protect the community and its environment.

The group has been formally established with a NIF (tax registration number). A bank account will be opened for fundraising purposes, and a GoFundMe page will also be launched to support the legal costs.

While petitions and protests remain valuable, the Platform considers that legal action offers greater guarantees of success, being independent from political decisions.

The first fundraising event will have taken place by the time the magazine is published – a Halloween Festival with live music, DJ's, fancy dress and activities for all ages.

If the opposition to the biogas project is successful, any remaining funds will be reinvested into local community improvements.

The Platform will launch a new Facebook group, "Camposol Legal Platform Against Biogas", which will operate alongside "STOP Biogas Plant NOW", to keep residents informed and involved in the fundraising activities.

Once the threat of the proposed biogas plant has been resolved, the Platform will be dissolved, as provided in its Statutes, while the GREEN CAMPOSOL Association will continue its environmental and community work in the area.



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# JUST US

## Just Us: Simple Games That Bring Couples Closer

The strongest love stories rarely rely on grand gestures. They're built in the quiet of ordinary nights — when two people choose each other over everything else. When the television is finally switched off and the world outside softens to a hush, something gentle happens: conversation returns, laughter finds its way back, and the living room becomes more than just a place to sit. It becomes your shared world. These simple, thoughtful games are designed to help couples reconnect. No screens, no scripts, no pressure. Just two people, one evening, and the quiet spark that first brought them together.

ters is the way you build it together. You'll lean closer, laugh more freely, and listen more carefully. Tip: speak softly and let the pauses breathe.

The Question Bowl invites curiosity back into the room. Earlier in the day, write down five meaningful questions each on slips of paper. Not the usual small talk — ask the things that open doors: "What moment of ours plays in your head the most?" or "What part of us do you hope never changes?" Take turns drawing and answering. Optional twist: add a wild card question you've never asked before.



The Shared Story Game is about rediscovering your rhythm together. Every couple has its own language — small looks, private jokes, and familiar pauses. One of you begins with a single line of an imaginary story, something simple and quiet: "The evening began quietly, with the sound of the rain outside..." The other continues. Back and forth, line by line, the story unfolds. It might be playful, romantic, or completely ridiculous. What mat-

Truth or Imagination blends memory with daydreaming. One begins with "I remember when..." or "Imagine if..." and the other builds on it. It's not about plans or solutions — it's about exploring inner worlds and remembering why you fit.

The Hidden Notes Game turns your space into a treasure map of your story. Before the evening starts, hide little notes with kind words or shared memories around the living room. Take turns finding and reading them aloud. Even a scribbled line can feel magical when discovered unexpectedly.

Finally, the What If Game invites you to dream together. Ask soft questions like, "What if we went back to the place we first met?" or "What if we built the home we always talk about?" You're not making plans — you're opening doors to shared imaginings.

Why these nights matter is simple: television can fill a room, but your voices can transform it. A quiet living room, soft lighting, and no distractions become the stage for something real. These small games aren't about winning or losing; they're about creating moments that build trust, warmth, and a love that grows quietly, steadily, and beautifully when two people are truly present with each other







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# SPANISH LAW TRAFFIC

## Spain's First AI-Controlled Highway - Speeds Up to 150 km/h!

Spain is making headlines once again, this time, for testing a stretch of motorway where artificial intelligence decides how fast you can legally drive.

On the AP-7 motorway in Catalonia, between Maçanet de la Selva and El Vendrell, a new AI-controlled system is being installed that will allow speed limits to automatically change in real time and under ideal conditions, increase from the normal 120 km/h up to 150 km/h.

This makes it the first highway in Spain to legally allow speeds above the national limit.

### How It Works

The system uses a network of cameras, sensors, and weather data to monitor conditions across the highway.

Artificial intelligence then analyses the data, including traffic flow, visibility, rainfall, and road surface conditions and sets the most suitable speed limit at that moment.

These new dynamic limits appear instantly on digital road signs, adjusting to whatever the AI deems safe.

If the road is quiet, dry, and visibility is perfect, the limit can climb to 150 km/h. But if there's fog, congestion, or rain, it can automatically drop to 100 km/h or even 80 km/h.

### The Goal

Authorities say the aim isn't simply to drive faster... it's to drive

smarter. By letting AI control the limit, the system hopes to:

- Reduce accidents by lowering limits when conditions are risky
- Improve traffic flow by smoothing congestion before it forms
- Cut emissions and fuel use by avoiding constant braking and acceleration
- Test the readiness of Spain's highways for connected and autonomous vehicles in the near future

### The Controversy

Not everyone's convinced. Some critics argue that relying on AI for something as sensitive as speed limits raises big questions:

What happens if the system malfunctions or misreads conditions?

How quickly will the signs update if weather changes suddenly?

And most importantly, can drivers really trust an algorithm to decide what's "safe"?

There's also the issue of enforcement:

If you're doing 145 km/h when the limit instantly drops to 120 km/h, could you still be fined?

For now, this is just a trial, and drivers on that stretch are not being fined for speeds up to 150 km/h while the system is tested.

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## Unusual Sports You Might Just Get Obsessed With Along the Costa

Some sports sneak up on you. You try them once, just for fun, and suddenly you're watching clips online, talking tactics over dinner, and roping friends into weekend sessions. The stretch of coastline from Alicante down to Mojácar – with its golden beaches, mild winters and buzzing outdoor culture – is the perfect place to stumble into your next unexpected obsession.

While padel, golf and football might rule the headlines, there's a hidden world of sports here that are anything but ordinary – clever, fast, surprisingly addictive, and easy to get started with. Even better, they're already being played locally, right on your doorstep.

Below are some of the most unusual but very real sports you can actually try in this region. You'll find the basic rules, where to play, and just enough to tempt you to Google the rest and dive in head-first.

### Footgolf – Alicante & Costa Blanca

Footgolf is exactly what it sounds like: golf, but with a football. You tee off by kicking a size-5 ball and aim to get it into a larger hole in as few kicks as possible. Out-of-bounds adds a stroke, and lowest score wins. Rounds are typically 9 or 18 holes, making it brilliant for relaxed weekends with friends. One of the best places to play is El Plantío Golf Resort, on Carretera Antigua Alicante-Elche, where Footgolf Costa Blanca runs a well-kept course and welcomes beginners. The setting is beautiful, and it's become a hit among locals and expats alike.

### Bossaball – Andalucía's Beaches

This one is impossible to watch without wanting to try it. Bossaball is a mix of volleyball, football and trampolines, played on a giant inflatable court with a net in the centre. Teams of three to five score points depending on where the ball lands – three if it hits the trampoline zone, one elsewhere. It's high energy, fast, and surprisingly beginner-friendly. Seasonal Bossaball setups appear along Andalucía's southern beaches, particularly during spring and summer. Events and courts often pop up in areas like Málaga, Almería, and Marbella.

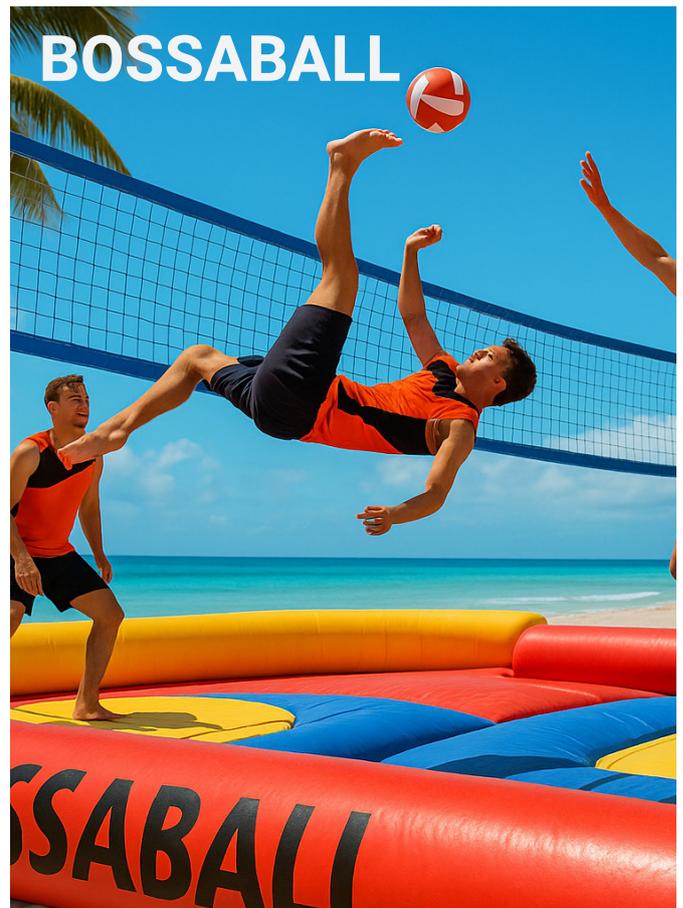
### Flag Football – La Nucía

This fast-growing, non-contact version of American football is perfect for those who love strategy and speed. Instead of tackles, players wear flags that opponents must remove to stop play. Games are usually five-a-side, with four downs to score a touch-down. It's ideal for anyone who wants the thrill of the sport without the rough tackling. You can train and play with the La Nucía Spartans at the Polideportivo Camilo Cano, a modern sports complex that welcomes both newcomers and experienced players.

### Extreme Biking & Canyoning – Costa Blanca Adventure

For those who prefer a real adrenaline rush, the Costa Blanca's mountain terrain offers some of the most thrilling routes in Spain. Extreme biking combines off-road cycling with steep, technical descents, while canyoning involves navigating through ravines, waterfalls and natural pools. Professional instructors are available to guide all levels, so you don't need to be a pro to try it. A number of adventure tour companies operate around Alicante, Benidorm and the surrounding valleys, offering guided experiences and equipment rental for first-timers.

Before diving in, we recommend searching each sport online to learn rules, gear and local schedules. The Costa is full of surprises – and one of these unusual sports might just become your new obsession.





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# AUTUMN GLOW



## 5 Autumn Drinks That Keep You Hydrated and Your Skin Healthy

Autumn isn't just about golden leaves and cosy jumpers. As temperatures drop, heating comes on and humidity levels fall, the air turns noticeably drier. What many people don't realise is that this doesn't just affect your surroundings — it affects your body too.

Dry, heated environments pull moisture from your skin and speed up water loss through breathing and evaporation. Even if you're drinking plenty of water, it's easy to become dehydrated without realising. And when hydration dips, your skin is often the first to show it. Elasticity, texture and glow all depend on proper moisture balance.

The good news? Hydration doesn't come only from creams and serums. What you drink can have a direct and powerful impact on how your skin looks and feels.

These five drinks use only fresh, natural ingredients. They're quick to make, backed by nutritional science, and perfect for keeping your skin glowing and your energy up through the colder months.

### 1. Warm Apple & Cinnamon Glow Cup

Simmer apple juice (or chopped apples with water, then strain) with cinnamon and ginger. Apples contain quercetin, a plant compound linked to improved skin resilience and reduced inflammation. Cinnamon supports circulation, while ginger adds gentle warmth and encourages healthy blood flow. A squeeze of lemon provides vitamin C, which plays a crucial role in collagen production. This drink is simple, aromatic and restorative — perfect for chilly days.

### 2. Pumpkin & Oat Comfort Blend

Pumpkin is rich in beta-carotene, converted in the body to vitamin

A, supporting skin renewal and repair. Cook pumpkin until soft, blend it with warm oat milk and finish with a pinch of nutmeg or cinnamon. Oats contain avenanthramides — natural compounds known for their calming, anti-inflammatory benefits. The result is a smooth, golden drink that's as comforting as it is nourishing, ideal for a slow autumn afternoon or evening wind-down.

### 3. Pomegranate & Citrus Hydration Tonic

Pomegranate and citrus fruits deliver vitamin C and polyphenols, both of which protect the skin from oxidative stress and dryness. A pinch of sea salt adds electrolytes, helping your body retain water more effectively. Finish with sparkling or still water for a crisp, tangy tonic that supports hydration, boosts energy and keeps skin plump and radiant.

### 4. Pear, Ginger & Chia Seed Cooler

Pears are softly sweet and naturally hydrating. Blend them with fresh ginger and water, then stir in chia seeds and let the drink rest for around 10 minutes. This allows the seeds to swell, creating a slow-release hydration effect. Chia seeds also provide omega-3 fatty acids, which strengthen the skin barrier and help lock in moisture. It's light, refreshing and ideal after exercise or during a busy day.

### 5. Cucumber, Celery & Lemon Morning Elixir

Cucumber and celery are over 90% water and packed with essential minerals like potassium and magnesium. Lemon adds a bright dose of vitamin C. Blended with cool water, this drink helps replenish overnight water loss and balance electrolytes naturally. It's crisp, clean and the perfect way to rehydrate first thing in the morning.

# IFEPA EVENT

## More than a thousand cars await an owner at IFEPA

From November 28<sup>th</sup> to 30<sup>th</sup>, the 40th Automotive and Related Industries Show will be held at IFEPA-Torre Pacheco (Murcia). This is the largest trade exhibition and the main support and reinforcement for automotive sales in the Region of Murcia and surrounding provinces.

For three days, the 27,000 square metres of IFEPA's facilities will be occupied by more than 1,000 new and pre-owned vehicles, an attractive offering for those looking to buy or change their car. More than 50 companies, including dealerships and second-hand dealers, mostly from the Region of Murcia, will participate.

An event where attendees will not only have the opportunity to find the most competitive brands in the automotive market, but also the advantages of buying a car at a trade show, not only because

of the time savings from having everything on offer concentrated in one space, but also because of the offers and promotions that companies have prepared for those who decide to buy there.



This is a highly valued event for the public, who await its arrival to make their purchasing decision, attracted by the wide range of models, prices, and conditions offered by the exhibitors.

### Related Industries

Representatives from the auxiliary industry will also be present at the show, bringing the latest in supplies, spare parts, accessories, vehicle repairs, etc, offering a wide range of products to professionals, featuring the latest technologies on the market.

The event takes place on 28<sup>th</sup> and 29<sup>th</sup> November between 10am and 8.30pm, and on 30<sup>th</sup> between 10am and 7.30pm

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**Paul Blackmoore (Practice Principal) with little helper Benny, his rescue French Bulldog**

I do not know about you but this year seems to have flown by?

The years do seem to go past faster as we get older don't they?

Do you know the Christmas number one 40 years ago was "Merry Christmas everyone" by Shakin' Stevens?

And 40 years ago the last thing on our minds was:

- I need to ensure I have my Will up to date;
- I need to organise a Power of Attorney in case I get dementia in the future;
- I need to consider my funeral arrangements.

## WHERE HAS THIS YEAR GONE? - CHRISTMAS IS ALMOST UPON US

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3. Ensure we have a Spanish Power of Attorney in Spain organised, appointing our loved ones to take care of our finances if we are unable to ourselves;
4. Have a Spanish Advanced Directive for health organised so our wishes regarding how we want to be treated

(or not), if we cannot speak for ourselves, are affected;

5. Have a Lasting Power of Attorney registered with the appropriate Office of the Public Guardian in the UK to cover any finances (including bank accounts) that we hold there, again, appointing our loved ones as our attorneys;
6. Have the appropriate funeral plan arrangements decided upon in Spain so we do not leave our nearest and dearest a financial and logistical burden when the time comes;
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# WHAT'S ON?

## Events

**Every Day** **Noah's ARC Dog Walking @** Mazarrón

**Every Mon** **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 Tues** **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, Mojácar Playa 11am Proceeds to **Donkey Charity**

**Every Wed** **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  
**Climbing Workshop-Mothers & Children @** Mojácar 5.15pm & 6.30pm

**Every Thurs** **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 Pueblo 5pm

**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 Fri** **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

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

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

**Every Sun** **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 Multiples, Mojácar Pueblo  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€  
**Dog Walking/Socialisation @** Turre (from Plaza Constitución) 12.30pm

**NOV 25**

**Sat 1** **Día de Todos los Santos (All Saint's Day)**

**World Vegan Day**

**Friends of Mazarrón Animals Pop Up Market @ Isla Plana Social Centre 10am-2pm**

**Sun 2** **Children's Road Run @** Mojácar 9am (register [atletismofaa.es/carreras populares](http://atletismofaa.es/carreras populares))  
**10km Adult Run @** Mojácar 10am (register [atletismofaa.es/carreras populares](http://atletismofaa.es/carreras populares))  
**St Nicholas Church Songs of Praise @** Camposol D20 C/Sobrija 11am

**Tues 4** **Monthly 'B' Clean Meeting @** Camposol B 4pm

**Thurs 6** **PAWS-PATAS Bingo Lunch Club @** The Snug, Mojácar Playa 10€ 1.30pm

**Fri 7** **Vera & District Lions Race Night @** Bar Jaleo, Turre 5€ 7pm

**Sat 8** **International Dog Show/Pet Fair @ IFEPA, Torre Pacheco 9am-8pm**

**Sun 9** **International Dog Show/Pet Fair @ IFEPA, Torre Pacheco 9am-6pm**  
**St Nicholas Church/Victory Church Remembrance Service @** Camposol A 12pm



**Christmas Fayre**

**SATURDAY 15TH NOVEMBER AT MARIANO'S, CAMPOSOL A**  
**10.30AM - 2.30PM. 1EURO ENTRY**

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**Tues 11**

**Remembrance Day**

**PAWS-PATAS Book Sale** @ Scotty's, Mojácar Playa 10.30am-1pm

**HELP MMM Coffee & Company** @ Calle Helena, Los Alcazares 11am-12.30pm

**Weds 12**

**St Nicholas Church Coffee Morning** @ Camposol D20 C/Sobr9.30am-12pm

**Fri 14**

**World Diabetes Day**

**Sat 15**

**Artisan Market** @ Paseo de las Comunidades, Pto de Mazarrón 10am

**Noah's ARC Christmas Fayre** @ Mariano's, Camposol A 1€ 10.30am-2.30pm

**Sun 16**

**International Day For Tolerance**

**St Nicholas Church Holy Communion** @ Camposol D20 C/Sobrija 11am

**Weds 19**

**International Men's Day**

**Thurs 20**

**Charity Quiz** @ The Snug, Mojácar Playa 2pm

**Sun 23**

**St Nicholas Church Morning Prayer** @ Camposol D20 C/Sobrija 11am

**Trex Andalucia Christmas Fayre** @ Trex Andalucia, Turre 11am-2.30pm

**Tues 25**

**International Day for the Elimination of Violence against Women**

**Weds 26**

**St Nicholas Church Coffee Morning** @ Camposol D20 C/Sobrija 9.30am-12pm

**Sun 30**

**St Nicholas Church 5<sup>th</sup> Sunday Service** @ Camposol D20 C/Sobrija 11am

**Andreas Animal Rescue Trip to El Zoco Market 20€ (30€ incl lunch)**

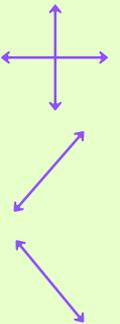
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|--|-----------------|--|
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| B CLEAN                                |                 | bcleangardening@gmail.com                |
| CAMPOSOL D GARDENING/COMM GROUP        | 634 103 668     | sectordphone@mail.com                    |
| CAMPOSOL WALKING FOOTBALL CLUB         | 634 103 668     | sectordphone@mail.com                    |
| CLIMBING WORKSHOP FOR MOTHERS, MOJÁCAR |                 | nlinareo@mojacar.es                      |
| CLOUD 9                                |                 | c9drama@gmail.com                        |
| FORGET ME NOT                          | 603 121 416     |  |
| FRIENDS OF MAZARRÓN ANIMALS            | 711 032 574     | fma.murcia@gmail.com                     |
| GOLDEN STARS AMATEUR THEATRE GROUP     |                 | goldenstarsmazarron@gmail.com            |
| HARLEQUIN ROCK CHOIR                   |                 | randcjackson56@gmail.com                 |
| HELP MAR MENOR                         |                 | helpmmm@gmail.com                        |
| LINE DANCING, MOJÁCAR                  | 648 217 503     |  |
| LOS AMIGOS DE MAZARRÓN                 |                 | d.c.greenfield@hotmail.co.uk             |
| LOS BANDIDOS CYCLE/RUN/SWIM GROUP      | see our fb page |  |
| LOS PALACIOS GARDENING/COMM GROUP      | 634 312 853     |  |
| MAKING A DIFFERENCE                    | 603 389 006     |  |
| MAZARRÓN AA GROUP                      | 646 290 420     |  |
| NOAH'S ARC                             |                 | info@noahsarcmurcia.com                  |
| PAWS PATAS                             |                 | dogs@paws-patas.org/ cats@paws-patas.org |
| ST NICHOLAS ECUMENICAL CHURCH          | 634 143 260     |  |
| VERA & DISTRICT LIONS CLUB             | 711 005 682     | lionsshopturre@gmail.com                 |
| WELLSPRING VICTORY CHURCH              | 711 073 419     | info@wvces.es                            |

# November Interiors



## WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| U | E | P | E | P | S | P | M | E | R | E | D | S | E |
| T | I | R | L | A | Y | E | R | I | N | G | E | U | S |
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| N | I | T | U | T | C | O | Z | Y | A | A | G | A | R |
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Can you find the words hidden in the puzzle?

AUTUMN  
COZY  
CRISP

DESIGN  
ELEMENTS  
FALL

FURNITURE  
HARVEST  
INTERIOR

LAYERING  
PALETTE  
NOVEMBER

# DANCING BERRY CHEESECAKE

Ingredients: 200g digestive biscuits, 100g unsalted butter (melted), 500g cream cheese, 150g caster sugar, 200ml double cream, 2 large eggs, 1 teaspoon vanilla extract, zest of half a lemon, 200g mixed berries (blackberries, raspberries, redcurrants and blueberries), and icing sugar for dusting.

To begin, crush the digestive biscuits into fine crumbs and combine with the melted butter. Press this mixture evenly into a lined square tin to form the base, then chill in the fridge while preparing the filling. In a large bowl, beat the cream cheese and sugar until smooth and creamy. Add the eggs one at a time, then stir in the double cream, vanilla and lemon zest until silky. Gently fold in most of the berries, keeping some aside for decoration.

Pour the filling over the base, smooth it out and bake at 160°C for 35–40 minutes, or until the centre has a slight wobble. Cool completely in the tin, then chill for at least four hours or overnight. Cut into slices, top with the remaining berries and a light dusting of icing sugar for an elegant finish.



# HOMEMADE BAO PERFECTION

To make fluffy bao buns with a fragrant vegetable filling entirely from scratch, begin by preparing the dough. In a large mixing bowl, combine 250 grams of plain flour, two tablespoons of caster sugar, half a teaspoon of fine salt, one teaspoon of instant yeast, one tablespoon of sunflower oil, and 130 millilitres of warm water. Mix everything together until a soft dough forms, then knead it on a lightly floured work surface for around ten minutes until it becomes smooth and elastic. Lightly oil a clean bowl, place the dough inside, cover with a damp tea towel, and allow it to rise in a warm place for about one hour or until doubled in size. Once the dough has risen, punch it down to release the air and divide it into eight equal pieces. Roll each piece into a small oval, fold it in half, and place it on a square of baking paper. Cover again and leave to rest for thirty minutes.

While the dough is proving, prepare the filling. Heat one tablespoon of sesame oil and two tablespoons of sunflower oil in a frying pan over medium heat. Add one small carrot cut into thin matchsticks, half a cucumber sliced into strips, one red pepper finely sliced, and a small bunch of spring onions chopped. Stir-fry for three minutes, then add two tablespoons of hoisin sauce, one tablespoon of light soy sauce, and one teaspoon of rice vinegar. Stir until everything is coated and glossy, then remove from the heat.

Steam the bao buns for eight to ten minutes until they are puffed and fluffy. Gently open each bun, spoon in the vegetable filling, and top with forty grams of chopped roasted cashews, a handful of fresh coriander, and a teaspoon of toasted sesame seeds. Serve immediately while warm.





# ROASTED LAMB ELEGANCE

To prepare this elegant lamb dish from scratch, begin by gathering the ingredients. You will need two lamb rump steaks, approximately 250 grams each, one large Maris Piper potato, 50 grams of unsalted butter, one tablespoon of olive oil, one sprig of fresh thyme, two cloves of garlic, one medium sweet potato cut into small cubes, 150 grams of savoy cabbage, 300 millilitres of good-quality beef stock, 100 millilitres of red wine, one teaspoon of plain flour, salt, and freshly ground black pepper.

Start by preparing the potato fondant. Peel the potato and cut it into thick discs. Heat the butter and olive oil in a heavy-bottomed frying pan over medium heat. Add the potato discs along with the thyme and crushed garlic. Season lightly, then cook for five minutes on each side until golden brown. Pour in just enough water to cover the base, cover the pan, and gently braise for around twenty minutes until tender.

Next, heat a separate frying pan with a drizzle of olive oil. Add the sweet potato cubes, season with salt and pepper, and cook over medium heat for twelve to fifteen minutes, stirring regularly until they are soft on the inside and caramelised on the edges. Once cooked, remove them from the pan and set aside. Season the lamb rumps generously with salt and pepper, sear them in a hot frying pan for two to three minutes on each side, then transfer to an oven preheated to 180°C and roast for eight to ten minutes. Rest the meat for at least five minutes.

For the sauce, return the lamb pan to the hob, sprinkle in the flour, add the red wine and reduce by half. Pour in the beef stock and simmer until glossy. Blanch the cabbage for two minutes, then drain. Plate the fondant, sweet potato, cabbage, sauce, and sliced lamb.



# EXPAT BUBBLE

In many coastal towns and inland villages across Spain, the signs are easy to spot. English voices drift across sun-baked plazas. Union Jacks flutter gently from shopfronts. Signs for roast dinners and Sunday quizzes stand shoulder to shoulder with the old stone walls of centuries-old buildings. It's a picture-postcard setting, but for many expats, it's also a subtle trap: the comfortable, familiar world of the expat bubble.

This bubble isn't malicious. It's born from the human instinct to cling to what feels safe. Moving to a foreign country, even one you love, comes with a thousand small unknowns: language barriers, bureaucracy, cultural gaps. So it's no wonder so many people build little islands of familiarity – English-speaking neighbours, familiar foods, shared jokes. Over time, though, that island can quietly become a wall.

One of the clearest signs you're living in the bubble is how little you actually need to engage with the Spanish world around you. If your daily routine can be done entirely in English, if most of your friends are fellow Brits, if you know the expat bars better than the local feria dates, you may be orbiting Spain rather than living in it. This kind of separation doesn't just happen to retirees; it affects digital nomads, families and long-term residents alike.

There's also a quieter cost to this comfort. Research into migration and integration shows that people who stay cocooned in their own cultural networks often report higher levels of isolation and lower levels of belonging. They are "in Spain" geographically, but emotionally and socially they're still somewhere else. It's a strange sort of limbo: the sunshine is real, but the connection is thin.



This theme is something explored in more personal terms in the feature on pages 8–9, where Nicci talks about her first few months in Altea. Her story shows how hard it can be to break the habit of staying in familiar circles – and how much richer life becomes when you finally do. But while her journey is unique, the challenge she faced is shared by thousands across the country.

The good news is that integration doesn't mean abandoning the English side of life. Many expats find great comfort in knowing that there are trusted English-speaking services, businesses, clubs and groups nearby. These are lifelines for many, especially in the early months of settling in. The real key is balance



– building a life that draws on the security of the English-speaking community while also stepping into the Spanish world that surrounds it. One doesn't have to replace the other. They can complement each other beautifully.

One of the most powerful shifts is to change the spaces in which you spend your time. If every social outing is to an expat bar or club, swap just one evening a week for a local event – a concert in the plaza, a village festival, or even something as ordinary as sitting in a Spanish café where no one speaks English. At first, it can feel like being on the outside of a private joke. But give it a few weeks, and faces become familiar. The first nod turns into a smile. A smile becomes a conversation.

Another tip is to link integration to your routine, not just your spare time. Language classes help, but real change happens when you go to the dentist who only speaks Spanish, register for a local workshop, buy your bread from the market stall run by the same family every week, or join a gym where the chatter isn't in English. That repeated, everyday contact slowly rewires how you live.

Social media can be either a wall or a bridge. Many expats spend years in online groups that never move offline. But some communities mix expats and locals through shared interests – hiking groups, cultural meet-ups, language tandems. If your Facebook or WhatsApp feed looks like it could be in Surrey with better weather, it might be time to join something that makes you stretch a little.

Integration isn't about perfection. It's about showing up. Even stumbling through a conversation, asking a neighbour for advice, or offering to help at a town event builds invisible threads that make you part of the place, not just a visitor with a long lease. And the beauty is, you don't have to give up the English world you love to do it. You just make space for something more.

The bubble isn't a prison. It's a habit – and habits can change. The people who feel most at home in Spain aren't the ones who erase their British identity. They're the ones who learn to blend it with their Spanish surroundings. And if you need a little inspiration, just turn back to pages 8–9. Nicci's story is a reminder that the most meaningful moments happen when you step off the island and into the heart of the place you chose to call home.



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# LEST WE FORGET



## NOVEMBER 11

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# TV NEWS

You will be reading this in November – well into autumn with some heating on and the log fires burning of an evening. Writing this in mid-October we have just had the rains – the Rainbow house had a constant 24 hour downpour but nothing too severe as many of you had. Let's hope the major rains have finished and we can have those warm, but crisp, winter days we see in southern Spain. All is good at the Rainbow house – animals all get older as do the owners!

TV News ..... The bad weather did have some effect on TV viewing. With most of us viewing by the internet now, remember you are dependent on two 'paid for services' – your TV supplier and your internet supplier. Both are responsible for good TV viewing and the weather can affect both services. We understand the thought process "the TV is not working – contact the TV service provider", but in more than half of the instances of problems the internet supplier has the problem. When making a TV fault report we suggest both the TV supplier and the internet supplier are contacted – then whoever has the fault can look at fixing it straight away.

These days everything seems to be price related – quality and service seem not to come into the equation. We at Rainbow have clients on every internet supplier in southern Spain – we really do know the better ones. The more expensive, Movistar, Vodafone, Starlink amongst others, really do supply a better service – we rarely have a TV problem with these suppliers. The companies always offering cheaper prices at faster speeds are

the ones with more problems.

The quality of internet is not just about the speed, a parameter we can all easily measure, but about so many other factors too – stability and routing being just two. The cheaper suppliers buy in cheap routes – highly complex - but your signals will go here there and everywhere to get to you. The more expensive suppliers use direct routing – far more reliable. Our mobile phone 4G routers often perform better than the cheaper fibre suppliers.

Then you have to find a reliable TV supplier – all we can say is that Rainbow is certainly in the top five! Give us a try for a week free of charge and see if we are better than your existing – but remember all TV suppliers are dependent on your internet supply.

We at Rainbow can usually help all nationalities get their own language TV – unfortunately our language skills are fairly limited but WhatsApp a message to us and Google translate can help us chat to each other!

That's it for November – more TV information in December 2025 (when we will be able to say the C word!)

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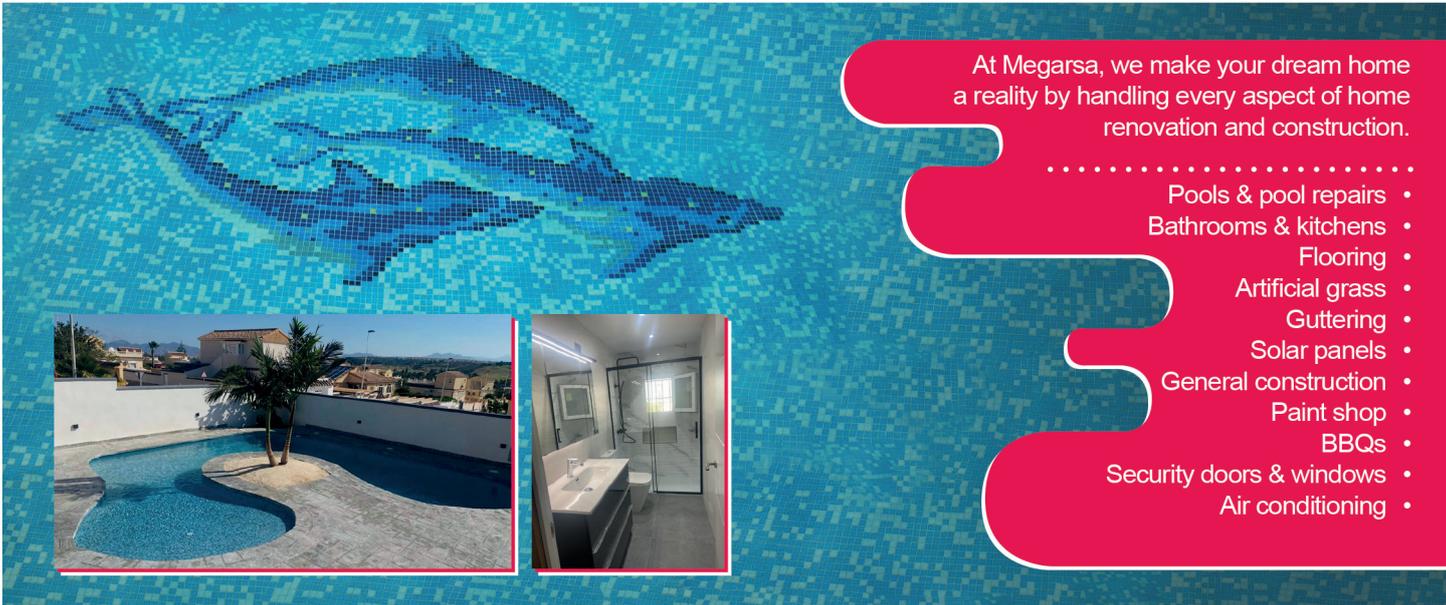
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# DID YOU KNOW?

## The origins of the immortal soul concept

Did you know that the words 'immortal soul' does not exist in the Scriptures? Where did this concept come from? How did it become entangled in christianity?

The dictionary definition of immortal is "Someone or something that is immortal is famous and likely to be remembered for a long time". Soul in the dictionary is "Your soul is part of you that consists of your mind, character, thoughts and feelings. Many people believe that your soul continues existing after your body is dead". The Catholic Church defines the soul as "The spiritual principle of human consciousness and freedom, soul and body together form one unique human nature. Each human soul is individual and immortal, immediately created by God. The soul does not die with the body, from which it is separated by death and with which it will be reunited in the final resurrection".

The immortality of the soul comes from secular history. Many pagan religions incorporated this concept within their beliefs.

Neither the words 'immortal soul', nor the concept can be found anywhere in the Old or New Testament. Prior to the Babylonian captivity the concept of the immortal soul did not exist. This crept in as Gods people started to mingle their beliefs with the surrounding nations. According to Hebrew understanding the soul is referred to as 'a living being'.

The Babylonian (or Babel) religion played a very important role in the spreading of the immortality of the soul concept to the other nations. After the flood in Noah's time, the LORD made a covenant that the whole earth would never be flooded again, so therefore they should go and multiply upon the earth. This is referred to in Genesis chapter 9 and verses 1, 11, 13 and 14 explaining "And God blessed Noah and his sons, and said to them, be fruitful and multiply and replenish the earth. I will establish my covenant with you. Neither shall all flesh be cut off any more by the waters of a flood. Neither shall there any more be a flood to destroy the whole earth. I do set a BOW in the cloud, and it shall be for a token of a covenant between me and the earth. And it shall come to pass, when I bring a cloud over the earth, that the BOW shall be seen in the cloud". This is what the rainbow reminds us of when we see it in the sky.

In Genesis chapter 10 and verses 1, 6, 8, to 10 it gives some background "Now these are the sons of Noah, Shem, Ham and Japheth. After them sons were born after the flood. And the sons of Ham were, Cush, Mizraim, Phut and Canaan. And Cush also begat Nimrod. Nimrod became a mighty one in the earth. He was a mighty hunter before the LORD. Nimrod's kingdom was Babel, and Erech, and accad, and Calneh, in the land of Shinar. (Nimrod was the grandson of Noah) Babel is a Hebrew word meaning gate of god and confusion (confusion of sounds and voices, different languages).

By the time of Noah's grandson's generation, Nimrod, there was a change. People started to turn from the promises of the LORD. They failed to trust his covenant that there would never be a flood throughout the earth again (shown by the symbol of the rainbow in the sky, as stated above).

Genesis chapter 11 and verses 1, 2, 4 to 9 adds more details

"And the whole earth was of one language, and of one speech. And it came to pass, as they journeyed from the east, that they found a plain in the land of Shinar and they dwelt there. And they said let us build a city and a tower, whose top may reach unto heaven, and let us make a name, lest we be scattered abroad upon the face of the earth. The LORD came down to see the city and the tower which the children of men built. And the LORD said, behold the people is one and they have all one language, and this they begin to do. Now nothing will be restrained from them, which they have imagined to do. The LORD said, let us go down and there confound their language, that they may not understand one another's speech. So the LORD scattered them abroad from thence upon the face of all the earth, and they left off building the city. Therefore is the name of it called Babel because the LORD did there confound the language of all the earth. From then did the LORD scatter them abroad upon the face of the earth".



From the above background, you can see how cultures, rituals and doctrines have some similarities around the world. When the people were scattered from Babel, they took with them their (Babel or Babylonian) religion, including the immortality of the soul. Over time the immortality of the soul became embedded in many of the prominent world religions. For example, Hinduism, Buddhism, Jainism, Sikhism, Taoism, Confucianism and others. More on these other religions next month.

Zoroastrianism was the main religion of the Persian empire and Egyptian belief. They were firm believers in the immortality of the soul and judgement. They greatly influenced many different nations and cultures.

The Egyptians believed in the afterlife, judgement and that Osirus played an important role in this. There are ancient records which mention this, like the book of the dead outlining the journey and judgement of souls.

Plato, the Greek philosopher under the instructions and teachings of Socrates taught that the body was separated from the immortal soul at death. Plato was a key player in promoting this concept of the immortal soul, which eventually reached to the western culture (this also included the idea of reincarnation). There are several comments recorded in the international standard bible encyclopedia which states that ancient Israel were swayed by the Greeks "We are influenced always more or less by the Greek, Platonic idea that the body dies, yet the soul is immortal. Such an idea is utterly contrary to the Israelite conscience and is nowhere found in the Old Testament" (1960, vol.2, "Death", page 812).

As you can see, there have been several influences which have infiltrated the house of God. Please note that everyone has freedom of choice to choose eternal life according to the Scriptures. See the promise in John chapter 15 and verses 15 and 16 "That whosoever believeth in him shall have eternal life. God so loved the world that he gave his only begotten son, that whosoever believeth on him, shall not perish, but have eternal life".

I hope you have learned more about the Scriptures. Next month I will continue to look at the immortality of the soul (Part 2) and other religions.

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



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# SHARED TRUST

Exploring Cooperative Training Methods That Respect Your Pet's Autonomy

For decades, traditional pet training has centred on obedience: the expectation that a dog, cat, or other companion animal will follow commands consistently and without question. But increasingly, trainers and behaviourists are recognising that obedience alone does not build trust or wellbeing. Modern approaches shift the focus from control to cooperation – a method grounded in animal behaviour science that respects a pet's autonomy and fosters a stronger, more ethical bond.

Cooperative training begins with understanding how animals learn. According to principles of operant conditioning, behaviour is shaped by its consequences. Conventional obedience training relies heavily on cues and rewards – or in some outdated cases, punishment – to enforce desired actions. In contrast, cooperative training uses positive reinforcement within a framework that allows the animal to make choices. The difference is subtle but significant: the pet is not simply performing; it is participating.

A key example is voluntary care training, widely used in progressive veterinary and grooming practices. Instead of forcing a dog to tolerate a nail trim or ear cleaning, cooperative methods involve desensitisation and counterconditioning. The animal is gradually introduced to the procedure, rewarded for calm behaviour, and crucially, allowed to opt out. Research published in journals such as *Journal of Veterinary Behavior* shows that when animals retain the option to withdraw, their stress responses decrease markedly. Over time, most choose to participate willingly.

Consent-based handling is also used in zoo and laboratory settings, where cooperation is not just ethical but essential for safety. Applying the same principles at home builds trust. Instead of physically restraining a dog to clean its paws, a trainer might use a "chin rest" behaviour – the animal places its chin on the handler's hand voluntarily. If it lifts its head, the procedure pauses. This clear communication reduces conflict, and compliance is no longer coerced but offered.

Cooperative training also recognises that not all "disobedience" is defiance. Often, it signals discomfort, confusion, or competing motivations. For example, a dog that refuses to sit on wet grass may not be ignoring a cue; it may simply find the sensation unpleasant. Respecting this preference and adjusting the training context prevents unnecessary stress and builds a more reliable behaviour in the long run. It also acknowledges that animals, like humans, have boundaries.

Scientific studies support the effectiveness of choice-based learning. Research from University of Helsinki and University of Lincoln has demonstrated that dogs trained using positive reinforcement and autonomy-based methods show lower cortisol levels, better retention of learned behaviours, and increased willingness to engage in future training. These animals are more confident problem-solvers, not just command followers.



Cooperation is not permissiveness. Clear boundaries and consistency remain essential. But instead of viewing the human as a commander and the animal as a subordinate, cooperative training frames both as partners in communication. Signals are two-way: the human gives cues; the animal provides feedback. This creates a relationship rooted in trust, not fear.

Experienced owners often underestimate how much agency their pets are capable of handling. Cats, for example, can be trained to voluntarily enter carriers for vet visits through choice-based shaping. Horses can learn to present hooves for trimming without being tied. Even small animals like rabbits can participate in cooperative grooming sessions. These interactions make routine care less stressful and enhance the overall quality of life for both the animal and the human.

As the science of animal behaviour continues to evolve, so too does our responsibility to train with respect. Beyond obedience lies something far more powerful: a relationship built on mutual trust and voluntary engagement. Cooperative training doesn't just make animals easier to live with – it makes their lives better. And when they are given a voice in the process, they almost always choose to say "yes."

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**DON'T MISS OUR CHRISTMAS FAYRE AT MARIANO'S, CAMPOSOL A ON 15TH NOVEMBER . SEE WHAT'S ON PG 30-32 FOR FURTHER INFORMATION".**



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# MAD CHARITY

We have been able to make donations to several societies over the past months. To Mazarrón Day Centre, who provide social activities for the disabled and elderly in our area, we donated a shower seat and packs of adult incontinent pants. We have also donated food to the San José Church for their Food Bank.

Last month we made a donation of 2000€ to the charity, Forget Me Not, who provide respite care based in Camposol.

This month we are going to make a donation of 1000€ to The Royal British Legion for their Poppy Appeal.

At our recent meeting we have proposed we approach the local Red Cross with a suggestion that we could supply their beach Lifeguard posts with defibrillators. There was an incident on one of our local beaches during this summer where if a defibrillator had been available a life may have been saved. We will also be making another donation to the

Food Bank over the next month. This is a regular donation made to the Church Food Bank every two months throughout the year.

Our van will be at Urbanisation Camposol Sector A Commercial Centre every first Tuesday of the month, for any donations. At other times you can call us on 603 389 006 to collect or alternatively, Alen's shop on Camposol Sector A has kindly volunteered to accept smaller donated items.

We are always looking for new volunteers to join our team, so please call on the above number to find out how you can help us help others within the Mazarrón area.

We would like to thank all our supporters for their continued support and all our team of volunteers who give their time and effort to Make a Difference to so many people in our area.

Thank you.



Planning a trip for the festive season? Get the right cover before travelling.

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# JOY CALENDAR

This November, joy doesn't have to come from big moments. It can live in the quiet, everyday actions that shape our days. That's why this month we're bringing you the 30 Days of Joy Challenge – a simple way to weave small bursts of happiness into daily life. No pressure. No rules. Just meaningful, feel-good moments designed to ground, uplift, and reconnect you with what matters.

## Here's your 30-day calendar of joy:

- Day 1: Write down one thing you're genuinely grateful for.
- Day 2: Take a slow walk outside without headphones.
- Day 3: Call or message someone you've not spoken to in a while.
- Day 4: Cook something comforting and enjoy it without distractions.
- Day 5: Sit by a window with a hot drink for ten quiet minutes.
- Day 6: Write a kind note to yourself.
- Day 7: Declutter one small space.
- Day 8: Try a new recipe or food.
- Day 9: Compliment a stranger.
- Day 10: Go to bed 30 minutes earlier.
- Day 11: Send a heartfelt message to someone you appreciate.
- Day 12: Play your favourite music while doing something ordinary.
- Day 13: Take a tech-free hour.
- Day 14: Buy or pick a small bunch of flowers.
- Day 15: Do a gentle five-minute stretch before bed.
- Day 16: Write down three good things from your week.
- Day 17: Give something away – time, kindness, or a small gift.
- Day 18: Read a few pages of something inspiring.
- Day 19: Try something creative.
- Day 20: Take a different route on your walk or drive.
- Day 21: Write a handwritten note or postcard.
- Day 22: Sit in silence for five minutes.
- Day 23: Make your favourite childhood snack.
- Day 24: Do something kind anonymously.
- Day 25: Revisit old photo albums or memories.
- Day 26: Say "thank you" in a meaningful way.
- Day 27: Rearrange a cosy corner of your home.



- Day 28: Watch the sunrise or sunset.
- Day 29: Do something that makes you laugh.
- Day 30: Write down five joyful moments from this month and keep them.

By the end of the month, you'll have thirty simple but powerful reminders of how joy grows in the everyday. These aren't tasks to tick off – they're invitations to feel more alive, more connected, and more at ease with the world around you.



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