

EDITION #3

FEBRUARY 2025

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# EDITOR'S NOTE

Dear Readers,

As we step into February, I want to take a moment to extend my heartfelt thanks to each of you for your unwavering support and loyalty to **Home & Living Magazine**. Whether you're a long-time subscriber or a new reader, your enthusiasm and engagement fuel our passion for creating meaningful, inspiring content. We're delighted to be part of your journey towards crafting homes filled with comfort, style, and joy.

February is often seen as a month of transitions. Winter still lingers, wrapping us in its crisp embrace, but signs of spring begin to peek through, offering a hint of warmth and renewal. It's a time of quiet reflection and forward-looking optimism—a perfect backdrop for creating moments of comfort and connection within our homes.

This month, we celebrate the beauty of both the big and small things in life. From the joy of Pancake Day to the cosiness of a quiet evening by the fire, February reminds us that cherished traditions and moments of relaxation bring warmth even to the chilliest days. At Home & Living, we believe in the power of thoughtful living to transform everyday life. Each page of this magazine is crafted with the intention to inspire and uplift, helping you celebrate the joys of home. Whether it's the familiar comfort of your favourite spaces or the anticipation of what lies ahead, there's something truly special about this time of year. We are grateful for the many blessings we are able to share with you, and we are mindful of the gentle guidance that steers us toward brighter days.

As the days begin to lengthen, February offers us a quiet nudge to pause, reflect, and savour the present. It's a time to enjoy the beauty of home while looking forward to the changes and opportunities that come with the seasons ahead.

Finally, I'd like to express my gratitude to our talented team and contributors who pour their hearts into every page of **Home & Living**. Their dedication and creativity are what make this magazine a trusted companion in your home and lifestyle journey.

Thank you for inviting us into your home each month; it's an honour we don't take lightly. Here's to a February filled with warmth, thoughtfulness, and mindful living.

With warm regards,  
**Home & Living Magazine Team**





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# CAR REGISTRATIONS SPAIN

What Do the Coloured ITV Stickers in Spain Really Mean?

by **Car Registrations Spain**

If you've driven in Spain, you've probably seen those colourful stickers in the windscreen's top right corner. But what do they mean? Let's uncover their role in road safety and compliance.

## What Do the Colours Mean?

The ITV windscreen stickers are visual proof that your vehicle has passed its safety and emissions inspection. Each year, these stickers come in a different rotating colour to make it easy for authorities to spot whether your vehicle is up to date.

Here's how the system works:

- The colours follow a rotating cycle denoting the year of expiry as follows:



Green stickers: 2025, 2028, 2031



Yellow stickers: 2026, 2029, 2032



Red stickers: 2027, 2030, 2033

The sticker also shows the month and year of your next inspection by means of a punch hole. For example, if your sticker is punched at "12/2025," your ITV expires in December 2025.



## Understanding the Sticker

Each ITV sticker contains important details to ensure clarity and compliance:

- Month and Year of ITV expiry
- Region of Issue
- ITV Station Number

## Only One Sticker!

- Did you know you could face a fine of up to €100 if you don't display your current ITV sticker, or if you display more than one?

- To avoid confusion and potential penalties, it's crucial to remove old stickers before placing the new one on your windscreen.

## Why Are ITV Stickers So Important?

- They show that your vehicle meets Spanish safety and environmental standards.
- Authorities can tell at a glance if your vehicle is overdue

## Keep Your Vehicle Legal and Safe!

The ITV windscreen sticker isn't just a formality, it's your vehicle's badge of safety and compliance. By keeping your sticker up to date, you're not only avoiding fines but also ensuring your car is roadworthy and environmentally friendly. Don't take chances - stay legal, stay safe, and enjoy worry-free driving on Spanish roads!

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# CLOSER, KINDER FAMILIES

A closer family starts with small, intentional actions. Dedicate tech-free evenings for family dinners or game nights. Create a shared space for conversations, like a cosy living room corner with soft lighting.

Celebrate achievements—big or small—and encourage open communication by listening without judgment. Small gestures, like leaving notes of encouragement or planning a surprise outing, build stronger bonds.

Kindness begins at home, and it's the key to lasting closeness.



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# BIG STYLE, SMALL SPACE

Making a small space stylish is like solving a delightful puzzle. First, think vertically: shelves, tall bookcases, and hanging plants maximise storage without sacrificing style. Opt for multi-functional furniture, like ottomans that double as storage or sofa beds that save precious space.

Choose a light, neutral palette to create an airy feel, but don't shy away from bold accents. A colourful rug or a statement wall can inject personality without overwhelming the room. Mirrors are a small-space saviour—they bounce light and make any area feel larger.

The key? Quality over quantity. A few well-chosen pieces make your space functional, beautiful, and uniquely yours. Small truly can be stunning.



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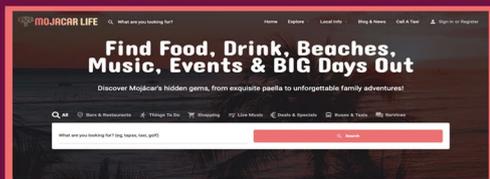
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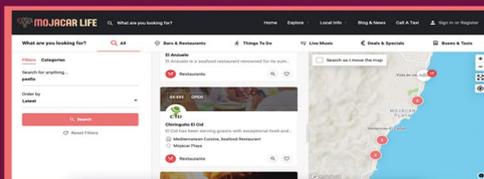
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# CEILINGS THAT WOW



Why should walls have all the fun? Ceilings are the unsung heroes of design, waiting to make a statement. Start with colour: painting your ceiling a contrasting shade or a rich hue adds drama and depth. For a softer look, go pastel—a blush pink or sky blue ceiling creates a tranquil atmosphere.

Want texture? Wooden beams, coffered ceilings, or tin tiles add charm and character. For a modern twist, consider wallpapering the ceiling with geometric patterns or floral prints. And let's not forget lighting! A striking chandelier or pendant light can act as the crown jewel of your space. Ceilings are your fifth wall—use them wisely, and watch your room come to life.



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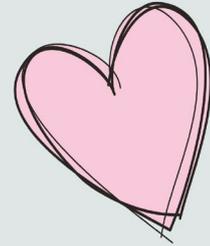
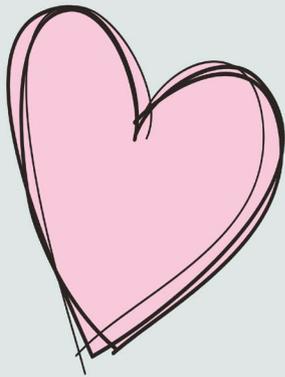
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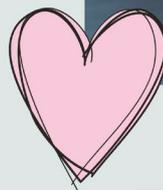
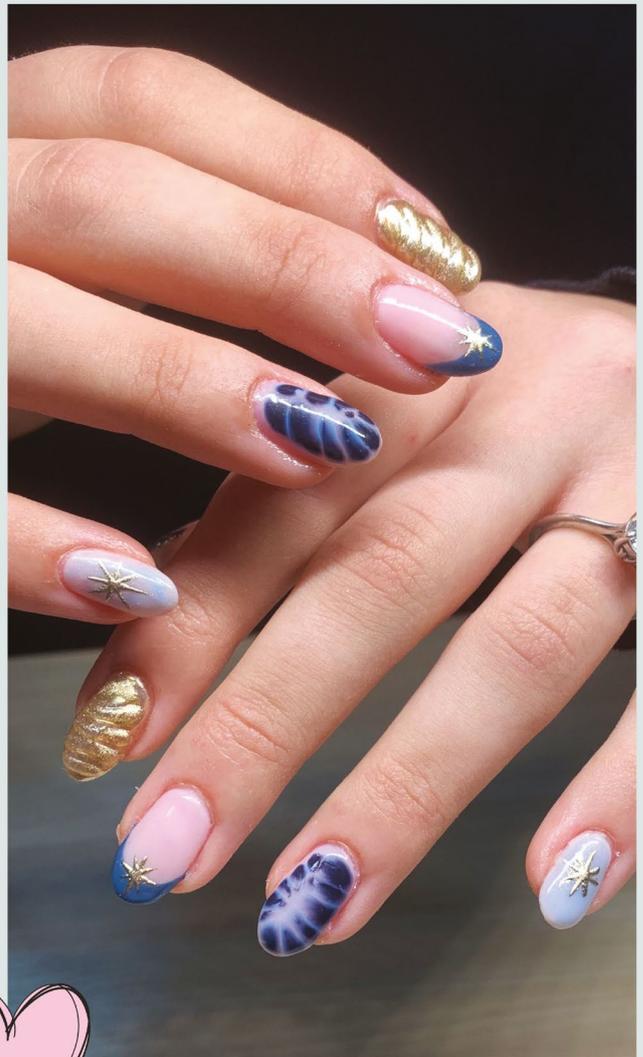


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# MAXIMALIST OR MINIMALIST?

The great design debate: should you go big or keep it simple? Maximalists love bold colours, eclectic patterns, and spaces filled with personality. Think velvet sofas, gallery walls, and layered textures. It's all about abundance—more is definitely more.

Minimalists, on the other hand, champion clean lines, neutral tones, and functional design. Their mantra? Less is more. A minimalist space is serene, with every piece serving a purpose.

The best part? You don't have to choose. Mix styles by pairing sleek furniture with bold art or keeping a neutral base and adding bursts of colour. Your home, your rules.







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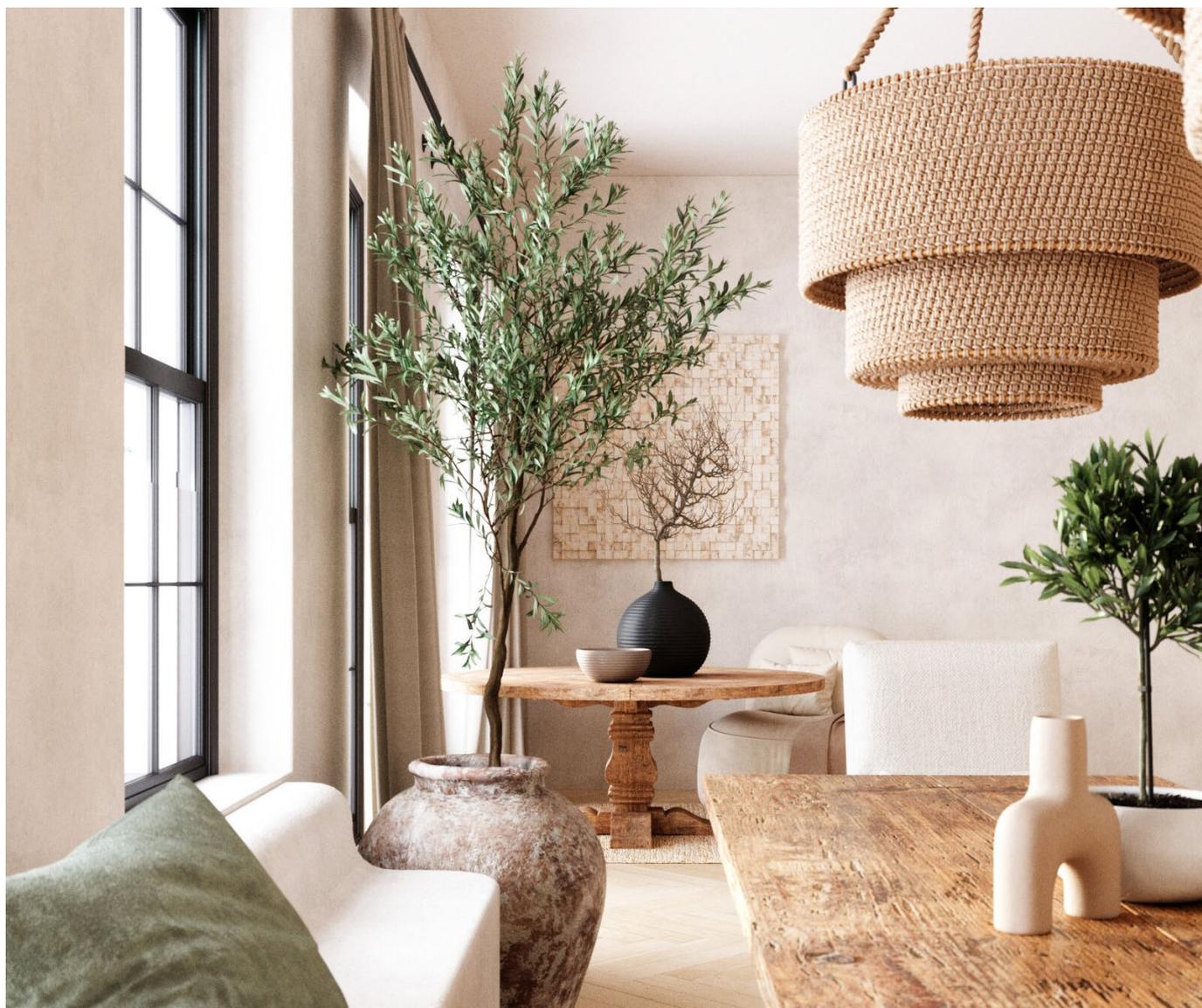
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Perennially popular green

Green is perfect for pretty much any room, with its versatile palette and comforting atmosphere. Whether you're going for a muted pistachio shade or a luxurious emerald green, now is the time to get the paint rollers out and start finding your perfect hue.

It also lends itself well to furniture, with a green sofa offering a strong focal point for a room, and works just as well for walls, curtains, and other decorations.



## Ref 2822: 3 Bed 2 Bath House in Mojácar Village



€180,000

This immaculately presented and quirky property has a large terrace and a private roof terrace offering 360° views. The upper level is comprised of entrance hall, living/dining room with a fireplace, kitchen, bathroom and bedroom. The living room offers access to a partly covered terrace with storage area and a stairwell to the roof terrace. The remaining 2 bedrooms and a bathroom are situated on the first floor, accessed via a stairwell from the living area. The property is right at the heart of the village, just a short walk to all amenities and a short drive to the beach.

## Ref 2525: New Apartments in Cuevas del Almanzora



From 195,000€

Private residential development with a selection of NEW 2 and 3 bed apartments with a wealth of high quality features, set around a swimming pool, within beautiful landscaped gardens, occupying an enviable position on Desert Springs Resort. The apartments provide spectacular views over the championship golf course and mountain ranges, as well as towards the coastline and are within easy access to all resort facilities. Each property has the use of a parking area, gardens, swimming pool and a private roof solarium. From 195,000€ (3 bed apartments are also available for 235,000€ plus costs). Call us for information on the launch price with free membership of Desert Springs Golf Club.

## Ref 2876: Villa in Vera Playa



435,000€

4 bed/3.5 bath immaculately presented detached villa with a large private swimming pool, car port with electric gates, lots of terracing, an easy to maintain garden with BBQ and gorgeous mountain views. Accommodation comprises a large entrance hall, fully fitted and well-equipped kitchen, living room and separate dining room, both with direct access to a covered terrace, laundry area with toilet, bathroom, double bedroom, large office area with a granite stairwell leading to the upper level. The 1st floor is comprised of master bedroom and ensuite, 2 further double bedrooms, bathroom and large storage area. The property is ideally located for Vera Town, beaches and several golf courses.

## Ref 2363: New Town Houses in Cuevas del Almanzora



From 290,000€

Exceptional offer on a select number of luxury 2 bed/2 bath town houses with private roof terrace, gardens and parking at Desert Springs Resort. This is a unique opportunity to purchase one of a LIMITED selection of six marvellous town houses set around a private swimming pool, within beautifully landscaped gardens, providing spectacular views over the cricket oval and mountain ranges. The properties benefit from double glazing. Each Property has use of the parking area, the gardens and swimming pool, all maintained by the Cricket Residences Community.. Call us for information on the launch price with free membership of Desert Springs Golf Club. From 290,000€

## Ref 2545: Villa in Mojácar Playa



475,000€

Large 3 bed/3 bath secluded villa with private swimming pool, jacuzzi, BBQ area and large external underground storage, all set in a tranquil cul-de-sac with stunning mountain views, just a few minutes walk from the sea and all amenities. The property also benefits from a large lockup garage and a roof terrace with 360° views. Accommodation on the ground floor of this well proportioned villa includes living room with a lovely double height ceiling, separate kitchen, ensuite bedroom and a second bathroom. On the upper level you'll find a lounge, 2 double bedrooms and a family bathroom. Both levels benefit from several terraces.

## Ref 1034: Villa in Cuevas del Almanzora



From 375,950€

Buenaventura Model Villas - a range of spacious three bedroom villas located on Desert Springs Golf Resort, Europe's only international award-winning luxury family resort and championship desert golf course. Their design captures the ambience of the old farmhouses (cortijos) of the Almanzora and Spanish Levante region, a rich and evocative style known today as Spanish Colonial. There are 3 choices of villa, all with parking, a communal pool, gardens and mountain views. Call us for information on the launch price with free membership of Desert Springs Golf Club.

# NATURE-INSPIRED HOMES

Transforming your living space into a nature-inspired sanctuary has never been more in vogue. Think earthy tones, organic textures, and biophilic design elements that connect your home to the outdoors. Start with natural materials like bamboo, rattan, or reclaimed wood for furniture. Add depth with cosy jute rugs, linen curtains, and ceramic accents.

Don't forget the power of plants! Introduce easy-care options like monstera or fiddle-leaf figs to create that lush indoor jungle vibe. For something uniquely British, why not a corner herb garden? Not only does it look fabulous, but it also adds a fresh twist to your cooking.

Finally, maximise natural light to complete the look. Large windows or mirrors strategically placed to reflect sunlight will bring warmth and serenity to any space. A nature-inspired home isn't just a trend—it's a lifestyle.



# WELLSPRING

February always sends out that feeling of love. For those few romantics left in the world it is a time to share the love and romance we have with our loved ones. Nothing says "I love you" quite like a bouquet of red roses and a big heart shaped balloon! But why do we humans feel we have to wait until a special occasion to show our loved ones how much we care for them? The true act of giving and receiving love is a free gift to all and for all, it costs nothing and requires no effort for us to love one another.

The best way to show love is with your time. Fancy costly gifts perish eventually and the value they once held is no more. But that day you sat next to the broken person, smiled, held out your hand, embraced them with a warm hug, well that will never fade, not from their memory anyway. That short spell of time meant more than you could ever imagine and it's something they won't forget.

You see our time is so precious and so short, but it's something we all have and it's something we all need. We all need someone's time at some point in our lives. Jesus came to earth to show us the gift of love through His time. (John 15:13 NIV "Greater love has no one



than this: to lay down one's life for one's friends".) Who else in history lived to die for the sake of freedom for others. That freedom wasn't just for the people of old, it was for everybody. That love wasn't just for His family and friends, it was for you and me, people He had never met. Jesus can teach us all something about how to live the right way, in harmony and peace with one another. What a great gift and it doesn't cost a penny. His love,

peace, joy and wisdom is there for the taking. Maybe you need a bit of that love in your life to see that striving for worldly success isn't the answer to your problems. If so, then come along and let us show you the Jesus we know and see for yourself that true Valentine is not February 14th. The true Valentine (Latin word meaning Strength) is Jesus Christ Himself.



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# WHAT'S ON?

## Events

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

**Every Mon** **Market** @ Alhama & Huercal 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 Tourist Office 9.25am  
**Loose Woman on Tuesday Meeting** @ Mojácar Playa from 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 Best Indalo Hotel, Mojácar Playa 8.55am  
**Los Bandidos Sea Swimming Club** @ Boracay Beach, Garrucha 1.15pm  
**Climbing Workshop-Mothers & Children** @ Mojácar 5.15pm & 6.30pm

**Every Thurs** **Market** @ Lorca  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**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  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**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  
**Beach Dog Club Meeting @** Bolnuevo Beach 9am  
**Beach Dog Club Meeting** opposite Pueblo Best Indalo, Mojácar 9.30am  
**Car Boot Sale @** Camposol A  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Rastro Market @** Centro de Usos Multiples, Mojácar Pueblo  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€  
**Free Yoga Session @** Playa del Descargador, Mojácar 11am-12.30pm  
**Free Roller Skating @** Car Park by Playa del Descargador, Mojácar 11am-12.30pm (until May)  
**Dog Walking/Socialisation @** Turre (meet at Plaza Constitución) 12.30pm

## FEB 2025

**Sat 1** **WARM Walk – Baterias de Ceniza**

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

**St Nicholas Church Songs of Praise @** Camposol D20 C/Sobrija 11am

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

**Weds 5** **SWARM Walk - Bullas**

**Sun 9** **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am

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

**Thurs 13** **Ladies Chatterbox AGM @** The Social Centre, Camposol B 2-4pm

**Fri 14** **Noahs Arc Valentine Disco/Bernie Mac @** Camposol A 12€ (includes food) 7pm  
**Friends of Mazarrón Animals Alex Tipping @** Pto de Mazarrón 10€ 7pm

**Sat 15** **Artisan Market @** Paseo de las Comunidades, Pto de Mazarrón 10am  
**WARM Walk – Coto de Maravillas**

**PAWS PATAS 'Deal or No Deal' Event @** Los Gallardos 5€ 7pm

**Sun 16** **St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am

**Weds 19**

**SWARM Walk – Bullas**

**MACS 10<sup>th</sup> Anniversary/Bingo/Raffle/Music/Food @** Mojácar Playa 5€ 2pm  
(tickets 634 368 446)

**Thurs 20**

**Ladies Chatterbox Trip to Lorca**

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

**Fri 21**

**Mojácar Carnaval**

**Indalo Players Comedy @** Centro Multiples, Mojácar 10€ 6.45pm

**Sat 22**

**Mojácar Carnaval**

**WARM Walk – Embalse de las Ciervas**

**Indalo Players Comedy @** Centro Multiples, Mojácar 10€ 6.45pm

**Sun 23**

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

**Indalo Players Comedy @** Centro Multiples, Mojácar 10€ 1.45pm

**Weds 26**

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

**SWARM Walk - Abaran**

**Friends of Mazarrón Animals Quiz @** Pto de Mazarrón 3€ 7pm

**Thurs 27**

**Aguilas Carnival (until 8<sup>th</sup> Mar)**

**Ladies Chatterbox (Presentation by Authors Dawn & Adrian Preece)**

**Fri 28**

**Country & Western Night @** The Diner, Camposol B

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LADIES CHATTERBOX			onlyforsue23@gmail.com
LINE DANCING, MOJÁCAR		648 217 503	
LOOSE WOMAN ON TUESDAYS	YES		
LOS AMIGOS DE MAZARRÓN	YES		d.c.greenfield@hotmail.co.uk
LOS BANDIDOS CYCLE/RUN/SWIM GROUP	YES		
LOS PALACIOS GARDENING/COMM GROUP		634 312 853	
MAZARRÓN AA GROUP		646 290 420	
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## Stuffed aubergines

This is a flavourful and wholesome vegetarian dish that embodies the essence of Mediterranean cuisine. The recipe begins by halving and hollowing out aubergines, then roasting them until tender. Meanwhile, the filling is prepared by sautéing diced onions, garlic, and the scooped-out aubergine flesh in olive oil. To this, a mix of cherry tomatoes, cooked quinoa, and chopped spinach is added, seasoned with cumin, smoked paprika, and a touch of oregano for bold, aromatic flavours. A handful of crumbled feta or plant-based cheese enhances the richness, while fresh parsley and a squeeze of lemon juice brighten the dish. The filling is spooned into the roasted aubergine shells, topped with breadcrumbs for a crispy finish, and baked until golden and bubbling. These stuffed aubergines are satisfying, nutrient-dense, and perfect as a main course or side dish, offering a delicious taste of the Mediterranean.



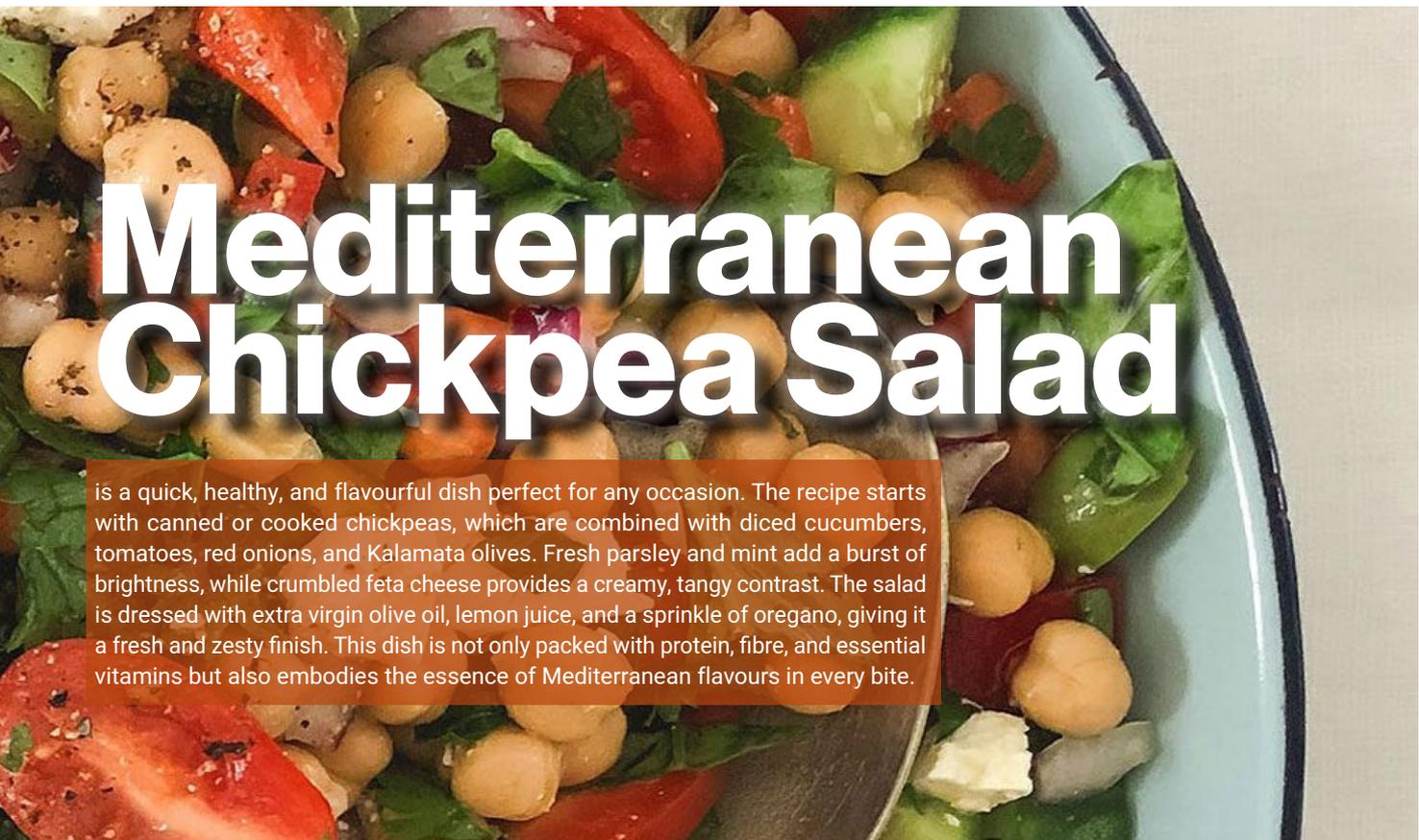


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# Mediterranean Chickpea Salad

is a quick, healthy, and flavourful dish perfect for any occasion. The recipe starts with canned or cooked chickpeas, which are combined with diced cucumbers, tomatoes, red onions, and Kalamata olives. Fresh parsley and mint add a burst of brightness, while crumbled feta cheese provides a creamy, tangy contrast. The salad is dressed with extra virgin olive oil, lemon juice, and a sprinkle of oregano, giving it a fresh and zesty finish. This dish is not only packed with protein, fibre, and essential vitamins but also embodies the essence of Mediterranean flavours in every bite.

## Stuffed vine leaves (Dolmas)

This recipe is known as dolmas, a delicious and savoury vegetarian dish that embodies the essence of Mediterranean flavours. It begins with vine leaves, either fresh or jarred, which are carefully blanched if fresh, or rinsed if preserved. The filling is made from a combination of cooked rice, pine nuts, and a mix of herbs like dill, parsley, and mint, which bring a refreshing and fragrant quality to the dish.

Sautéed onions and garlic are added to the rice mixture, along with a squeeze of lemon juice and a drizzle of olive oil, creating a balanced, tangy, and savoury filling. Some variations include adding raisins or currants for a hint of sweetness, enhancing the dish's complexity.

To stuff the vine leaves, each leaf is placed shiny side down, and a small spoonful of the filling is placed at the base of the leaf. The leaves are then carefully rolled up tightly, folding in the sides as you go to create neat, compact parcels. The stuffed vine leaves are arranged in a pot, layered with extra lemon slices and olive oil, and simmered slowly in vegetable broth until tender.

Dolmas are typically served warm or at room temperature, often with a side of tangy yogurt or tzatziki for dipping. This Mediterranean vegetarian dish is not only light and satisfying but also packed with healthy fats, fibre, and vibrant flavours, making it a perfect appetizer, side dish, or light main course.





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THE SNUG MOJACAR

# WALL ART TRANSFORMS

Wall art isn't just for large rooms—it can have a huge impact in small spaces too. Choose pieces that complement your colour scheme and don't overwhelm the room. Framed prints, canvases, or even a gallery wall of smaller artworks can make a space feel cohesive and stylish.

Mirrors can double as wall art while making a small room appear larger. Position them to reflect natural light and brighten the space. Remember, the key is to balance scale and simplicity. A single statement piece or a well-arranged collection can add personality without cluttering the room.



# YEAR-ROUND GARDENS

A garden isn't just for summer. With clever planning, your outdoor space can shine all year. Start with evergreen plants like boxwood or holly that provide structure in winter. Seasonal flowers like crocuses or snowdrops ensure colour when the weather turns cold.

For a cosy vibe, invest in outdoor heaters, string lights, and blankets to extend patio season. Adding a fire pit or sheltered seating area makes your garden inviting, even on chilly evenings.

A year-round garden is a haven—no matter the weather.





**Wine Red**

In 2025, wine emerges as the definitive hue for interiors, embodying a sensual yet understated opulence with its deep, rich earth tone. This deep, versatile tone bridges the gap between rich jewel tones and natural neutrals, lending depth and warmth to spaces. It's used in accents throughout – never the walls – imagine a wine-hued Catalpa chair, its French modernist lines made regal by the richness of the colour. The understated yet confident glamour of applying this jewel tone to glassware or lighting – in a richer hue.

# Noah's A.R.C. Animal Rescue

Registered Animal Charity No 9.971/1

Helping the animals of Mazarrón for a better future for all!



## ADOPT ME

### BAILEY



BAILEY WAS BORN IN JUNE 2021 AND IS A BEAUTIFUL DOG. HE REALLY LOOKS FORWARD TO HIS WALKS WITH OUR VOLUNTEERS - IT'S THE HIGHLIGHT OF HIS DAY. WHAT HE'D REALLY LOVE THOUGH, WOULD BE TO GO OUT WALKING WITH A FOREVER FAMILY. COULD YOU GIVE THIS SUPERBOY A HOME? WE'D LOVE TO HEAR FROM YOU. BAILEY IS NEUTERED AND FULLY VACCINATED ALTHOUGH HE HAS A MEDICAL CONDITION THAT IS TREATED WITH TWO TABLETS A DAY WHICH ARE NOT EXPENSIVE TO PURCHASE.

### TOMY



WE ARE STILL SEARCHING FOR A HOME FOR THIS WONDERFUL BOY TOMY. HE HAS BEEN IN KENNELS FAR TOO LONG. HE IS A REAL GEM WAITING TO BE DISCOVERED - A DREAM DOG, SUPER SOCIABLE WITH DOGS AND HUMANS, A REAL FAVOURITE AND SO WELL BEHAVED ON AND OFF LEAD AND LEARNS QUICKLY. HE LOVES TO PLAY BALL AND TUG WITH HIS ROPE. HE'S BEEN ON A VISIT TO OUR VOLUNTEER'S APARTMENT FOR A FEW HOURS AND HE DIDN'T PUT A PAW WRONG! WE THINK HE IS THE PERFECT DOG. TOMY IS NEUTERED AND FULLY VACCINATED.

### COOKIE



COOKIE IS JUST OVER 2 YEARS OLD AND IT REALLY IS HER TIME NOW TO FIND HER NEW FAMILY. WE THINK THAT SHE WOULD PROBABLY BE HAPPIER IN A HOME WHERE SHE'S THE ONLY DOG GETTING ALL THE FUSS AND ATTENTION, SHE IS A TRULY LOVELY GIRL, A LITTLE WARY AT FIRST BUT ONCE SETTLED SHE IS AN ANGEL. COOKIE ENJOYS HER WALKS AND IS A BIG FAVOURITE WITH OUR VOLUNTEERS, SHE IS A REALLY GOOD GIRL ON THE LEAD. COOKIE IS SPAYED AND FULLY VACCINATED.

### SNOOPY



SNOOPY HAS BEEN AT THE SHELTER SINCE HE WAS A PUP, BORN IN OCTOBER 2022. HE'S A CURIOUS, ENTERTAINING LITTLE FELLA AND HE GETS ON WELL WITH THE OTHER DOGS AT THE SHELTER, AND IS USED TO BEING IN THE HOUSE WITH THEM ALL. HE WALKS WELL ON A LEAD AND HE SITS NICELY WHEN OFFERED A TREAT. AS HE'S STILL RELATIVELY YOUNG SNOOPY WOULD PROBABLY BENEFIT FROM A LITTLE BIT MORE TRAINING, PARTICULARLY AROUND RECALL. SNOOPY IS NEUTERED AND FULLY VACCINATED.

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# TV NEWS

Also arriving with the New Year are many rescue Galgo dogs no longer wanted by their hunter owners. It keeps our supported charity, **Friends of Mazarron Animals (FMA)**, busy; 10 rescued in 10 days during the start of January. These dogs will now get good homes, something they have never known and not be subjected to the horrible deaths many Spanish Galgos suffer. Galgos are exempt from any animal welfare laws, they are not considered as pets but as working animals. Any dog rescued cost in the region of €250 – passport, inoculations, disease tests, flea and parasite control and neutering, and that's before any other veterinary needs. If you can help with a euro or two it is always appreciated. **Rainbow Satellites** also run the exclusive "100 club" – get in touch if you want to be a member – 2€ a week with a good chance to win 100€.

TV NEWS ..... For our German readers who still get all their TV from a satellite (with a small dish) you may have lost many channels around January 7<sup>th</sup> as ALL the SD versions have now closed, with HD

only being transmitted. You may find the HD versions somewhere in the TV channel list but your satellite digibox may need a rescan – contact us if any problems. UK TV by satellite is close to being finished in southern Spain (it will not be long before it also closes in the UK) with many channels unavailable and many marginal.

We at **Rainbow** will no longer work on UK satellite dishes as we simply cannot get a satisfactory channel list for viewing and replacement parts are becoming increasingly difficult to source, as manufacturers reduce their output (if not stopping altogether), meaning what is available is expensive and often not economically viable for many. Internet TV is the way forward and that has many options. The simplest is probably to watch the main providers' internet versions – TV on demand with no schedules. This is quite a basic way to watch and it will require a smart TV with a VPN – we at **Rainbow** can help with both.

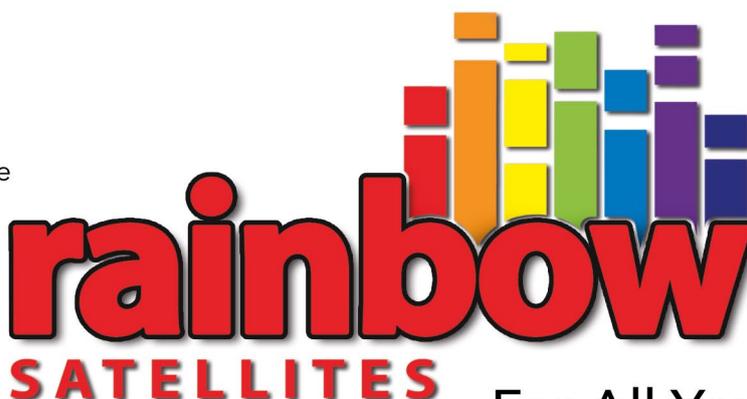
Our own IPTV service is a more comprehensive way to watch

with no VPN required and we do offer a free no obligation in home demonstration and loan box for a week – try it and see! It does carry a subscription, but think of it as a TV licence that all us Brits are fully used to! Many holiday home owners shy away from IPTV systems and struggle with their satellite system as, understandably, they do not want to pay a full year's subscription, but we at **Rainbow** are the only company we know of to offer a PAYG internet TV subscription – just pay when you are here at your holiday home (A minimum fee does apply). Contact **Rainbow** for full details – and get rid of that monster satellite dish!

That's it for February – more TV information in March 2025.

Article sponsored by **RAINBOW SATELLITES SL** – the TV company for ALL your TV and Radio needs in the region of Murcia.

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# DID YOU KNOW?

## Pride and Humility (Part 1)

Did you know that the Scriptures has much to say about '**Pride and Humility**'. What does it say about **Pride and Humility**? Why is **Pride and Humility** even mentioned? Are they negative or positive? How does **Pride and Humility** affect people? How important is it for people to understand **Pride and Humility** and their relevance in the Scriptures?

What is the definition of '**Pride**' according to the dictionary? "It is a sense of ones own proper dignity or value, self respect, reasonable self esteem, confidence and satisfaction in oneself. Pleasure or satisfaction taken in an achievement, possession, or association. Arrogant or disdainful conduct or treatment, haughtiness. **Pride** is the quality of being proud, which means having an excessively high opinion of one's own worth or importance. The feeling or attitude of superiority over others".

**Pride** is mentioned in the Scriptures about 50 times. In 2<sup>nd</sup> Chronicles chapter 32 and verse 26 it states that Hezekiah, King of Judah, humbled himself. "Notwithstanding Hezekiah humbled himself for the **Pride** of his heart, both he and the inhabitants of Jerusalem, so that the wrath of the Lord came not upon them in the days of Hezekiah". In Job chapter 33 and verses 16 and 17 Yehovah (Jehovah or God) warns man to turn from **Pride**. "Then he opened the ears of men, and sealeth their instruction, that he may withdraw man from his purpose and hide **Pride** from man". According to Psalms chapter 10 and verses 2 and 4 it tells of what **Pride** does "The wicked in his **Pride** doth persecute the poor, let them be taken in their devices that they have imagined. The wicked, through the **Pride** of his countenance, will not seek after God. God is not in all his thoughts".

God knows how to protect his people from harm. In Psalms chapter 31 and verse 20 it states "Thou shalt hide them in the secret of thy presence from the **Pride** of man, though shalt keep them secretly in a pavilion from the strife of tongues". Psalms chapter 36 and verse 11 is comforting "Let not the foot of **Pride** come against me, and let not the hand of the wicked remove me". Psalms chapter 59 and verse 12 notes "For the sin of their mouth and the words of their lips let them even be taken in their

**Pride**, and for cursing and lying which they speak".

Proverb chapter 8 and verse 13 makes it clear "The fear of the Lord is to hate evil, pride and arrogancy, and the evil way, and the froward mouth, do I hate" Proverbs chapter 13 and verse 10 says "Only by **Pride** cometh contention, but with the well advised is wisdom". The outcome of **Pride** is detailed in Proverbs chapter 11 and verse 2 "When **Pride** cometh, then cometh shame, but with the lowly is wisdom". Proverbs chapter 14 and verse 3 clarifies "In the mouth of the foolish is a rod of **Pride**, but the lips of the wise shall preserve them". There is always a consequence to **Pride**, this is made clear in Proverbs chapter 16 and verses 5, 6 and 18 "Everyone that is proud in heart is an abomination to the LORD, though hand join in hand, he shall not be unpunished. By mercy and truth iniquity is purged, and by the fear of the LORD men depart from evil. **Pride** goeth before destruction and a haughty spirit before a fall". Also in Proverbs chapter 29 and verse 23 it states "A man's **Pride** shall bring him low, but honour shall uphold the humble in spirit".

In the book of Jeremiah chapter 48 and verses 29 and 42 there is the example of the **Pride** of Moab "We have heard the **Pride** of Moab, (he is exceedingly proud) his loftiness and his arrogancy and his **Pride**, and the haughtiness of his heart. And Moab shall be destroyed from being a people because he has magnified himself against the LORD". Jeremiah chapter 49 and verse 16 is similar "Thy terribleness hath deceived thee, and the **Pride** of thine heart...".

Nebuchadnezzar, the King of Babylon once made the following statement in the book of Daniel chapter 4 and verses 30 and 31 "The King spake and said, is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honour of my majesty? While the word was in the kings mouth, there fell a voice from heaven saying, O King Nebuchadnezzar, to thee it is spoken, the kingdom is departed from thee". King Nebuchadnezzar was removed from being King for 7 years. He had to learn humility and that he was not in control, but Yehovah (Jehovah or God) was. When he was humbled, Yehovah restored his position. Look at what he (Nebuchadnezzar) says in verse 37 "Now I Nebuchadnezzar praise and extol and honour the King of heaven,

all whose works are truth, and his ways judgement, and those that walk in **Pride** he is able to abase".

Another example of **Pride** is also mentioned in the same book of Daniel chapter 5. Belchazzar the last King of Babylon, had made a great feast, and through his **Pride** he tried to elevate himself above Yehovah (Jehovah or God). Belshazzar was reminded in verse 20 by Daniel (who wrote the book) of what had happened to King Nebuchadnezzar "But when his heart was lifted up and his mind hardened in **Pride**, he was deposed from his kingly throne, and they took his glory from him".

(Yehovah had taken his position from him for 7 years)

Daniel pronounced judgement upon Belchazzar and said in Daniel chapter 5 and verses 22, 23, 27 and 28 "And though his son, O Belshazzar, hath not humbled thine heart, though knewest all this. But hath lifted up thyself against the Lord of heaven...Thou art weighed in the balance and found wanting. Thy kingdom is divided and given to the Medes and the Persians". (this came to pass).

Note that the very night Daniel informed Belshazzar of what would happen, Daniel chapter 5 and verses 30 and 31 declares "In that night was Belshazzar the King of the Chaldeans slain. Darius the Median took the kingdom, being about threescore and two (62) years old".

Jeremiah chapter 9 and verses 23 and 24 states "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". In 2<sup>nd</sup> Corinthians chapter 10 and verses 17 and 18 it says "But he that glorieth, let him glory in the Lord. For not he that commendeth himself is approved, but whom the Lord commendeth".

I hope you have learned more about the Scriptures. Next month I will continue with **Pride and Humility**.

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

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# MARTINEZ DE LA CASA ARCHITECTS

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**Authority's Respect:** Gain unwavering respect from authorities. Once issued, your property's extensions or alterations become untouchable by Spanish authorities, shielding you from fines or demolition orders.

**Title Deed Incorporation:** It is also employed to integrate extensions into your property's title deeds.

**Enhance Tax Upgrades:** A retrospective licence/certificate of antiquity is the primary document required by the taxing department to upgrade the SUMA/council tax for house extensions or pools.

**Market with Confidence:** When marketing an illegally extended property, instill confidence in agents and potential buyers. The licence acts as a shield, assuring that alterations cannot be fined, thus securing a seamless selling process.



**Navigate Official Upgrades:** Utilize it to upgrade official maps (Catastro). The licence validates extensions or alterations, streamlining the process and ensuring compliance with legal requisites.

However, not all property owners are eligible for a retrospective licence. The conditions are as follows:

- In the Murcia area, existing building work must be a minimum of 4 years old.
- In the Almeria area, the building work should be over 6 years old.
- In the Alicante area, the building work must have been completed before the 20th of August 2014 (over 11 years approximately).

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# CORNERS THAT SHINE

Every home has awkward corners that feel like design dead space. But with a little creativity, they can become showstoppers. Try adding a cosy armchair with a chic floor lamp for the perfect reading nook. Or, install floating shelves to display books, plants, or collectibles.

For larger corners, a decorative ladder with hanging blankets or fairy lights creates a homely touch. Want a bold statement? Place a tall, sculptural plant like a bird of paradise to fill the void with style.

Corners are where creativity thrives—think beyond functionality and let your imagination shine.





# OPEN-PLAN LIVING

Open-plan living is all about flow and versatility. But making it work requires smart zoning. Rugs, furniture placement, and shelving can define spaces without walls. Use colour or lighting to separate dining, lounging, and working areas. Storage is key—keep clutter at bay with hidden cabinets or multi-functional furniture. And don't forget acoustics: soft furnishings like curtains and cushions reduce noise. Open-plan living is a blank canvas. Design it to fit your life, and enjoy the seamless space.

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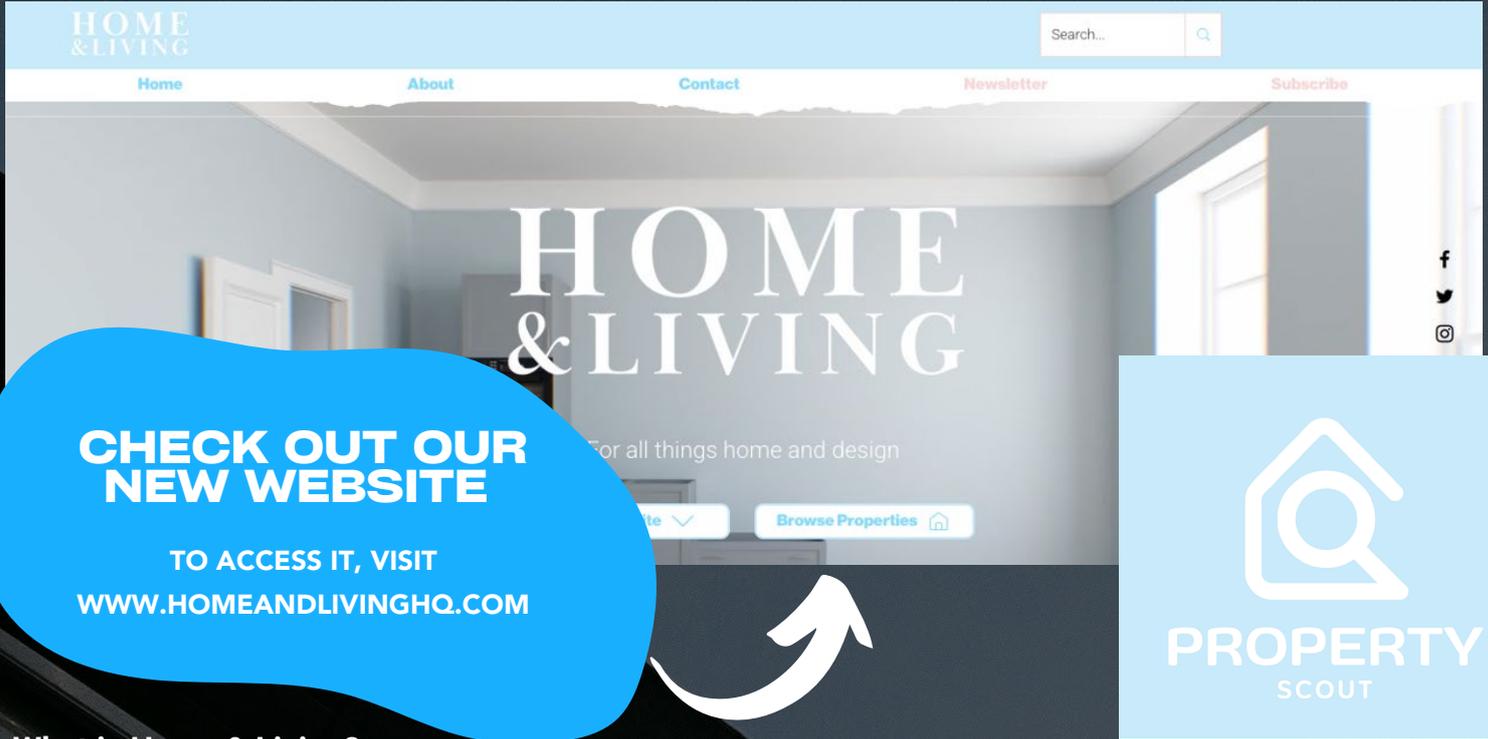
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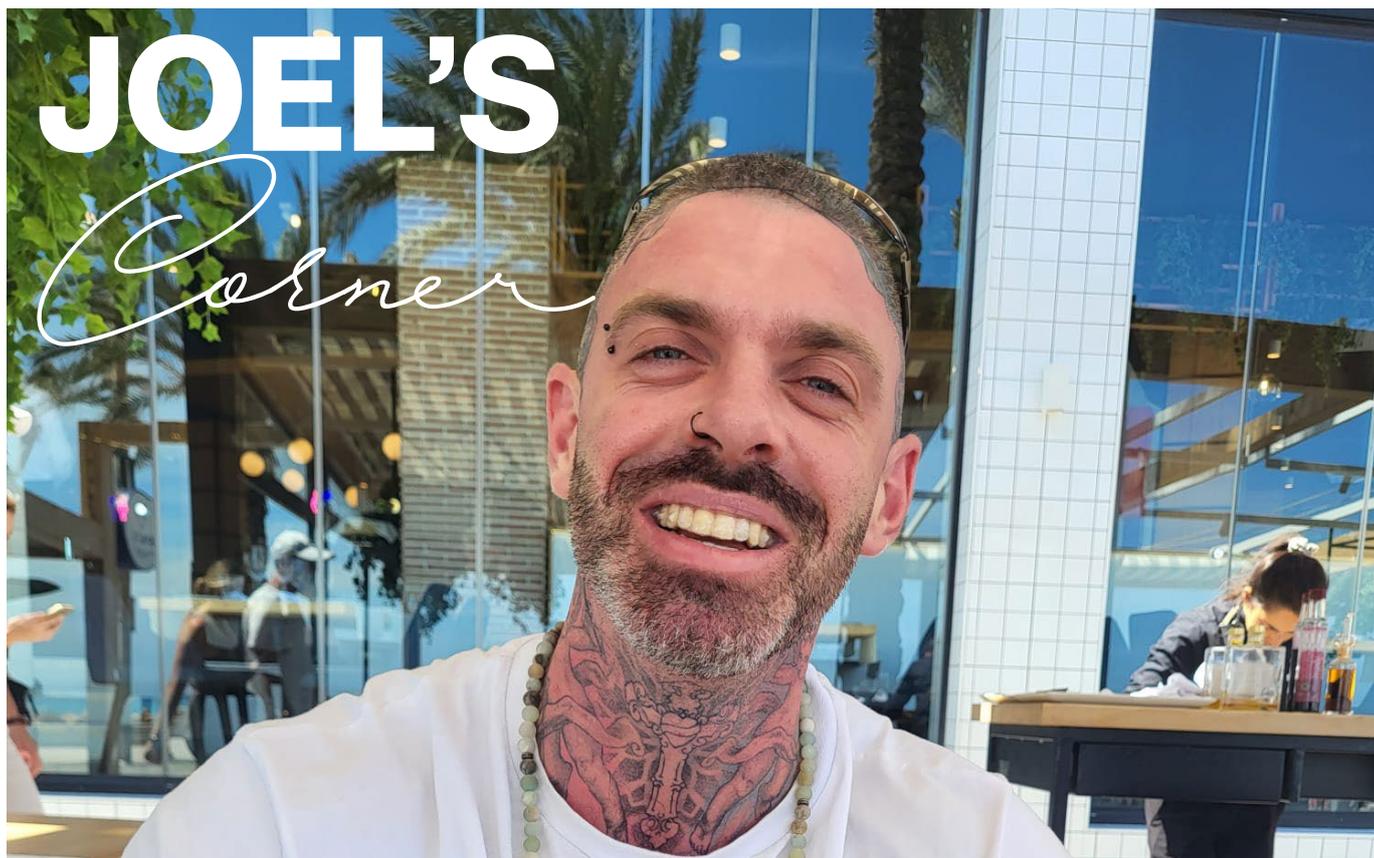


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# LUXSPARIUM

Well, here we are. A month in to 2025 already. I always think there's something special about the first few months of a New Year, don't you? A fresh start, new possibilities and a chance to reflect on where life's taken us.

I've been spending my evenings lately thinking about how lucky we are to live in Spain. Even in winter, the sun manages to brighten our days and believe me, it does more than that! I've been loving how solar heating keeps my home warm through these cooler nights. It's amazing to think the same sun that gives us those summer tans can also keep us cosy in the cooler times and save a few euros on the energy bill while it's at it.

Speaking of cosy, I've been pouring so much love into Luxsparium recently. You know me, I'm a sucker for a good sauna session after a long day, or even a soak in a proper stone jacuzzi (not that plexiglass stuff!).

I think we all deserve a little sanctuary at home, especially now when life can feel so busy. There's something grounding about having a space that's just for you, where you can unwind and let the world melt away for a while. So here's to new beginnings, sunny winters, and finding more ways to create a little peace in our homes and our lives. Let's make 2025 a year to truly take care of ourselves."





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