

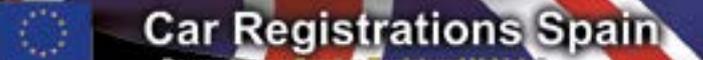
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EDITOR'S NOTE

As the days lengthen and the weather grows warmer, March presents the perfect opportunity to refresh and rejuvenate our homes. With the promise of spring on the horizon, it is a season that invites us to breathe new life into our surroundings, introducing warmth, beauty, and a timeless sense of sophistication. This month, we are thrilled to share with you a collection of interiors that inspire and remind us all of the enduring elegance that thoughtful design can bring.

Spring is a time for reimagining our spaces. It offers a chance to embrace a lighter, more radiant aesthetic, where even the smallest of changes—whether in colour, texture, or arrangement—can make a profound impact. In this issue, we present a selection of ideas to help you elevate your home, ensuring that each room radiates both style and comfort, creating an atmosphere that feels as fresh and welcoming as the season itself.

Our homes are reflections of who we are. They should be havens where we can find peace, rest, and a sense of belonging. This edition delves into the art of creating such spaces—ones where every detail is carefully considered to enhance the overall harmony and beauty of the environment. Whether through the selection of fabrics, the arrangement of furniture, or the careful introduction of accessories, it is these thoughtful touches that truly transform a house into a home.

Within these pages, we celebrate timeless design and the beauty of interiors that stand the test of time. Each feature reflects a dedication to quality and craftsmanship, offering spaces that are both elegant and enduring. We hope that the examples we've curated inspire you to infuse your own home with the same sense of refinement and tranquillity.

Above all, we would like to extend our heartfelt appreciation to you, our readers. Your continued support and engagement mean the world to us. It is because of you that we are able to bring this publication to life each month, and for that, we are truly grateful. We hope that this edition serves as a source of inspiration and joy, encouraging you to create a home that is as beautiful and welcoming as your heart desires.

Thank you for being part of our journey. We are honoured to share this space with you, our readers, and our advertisers, and look forward to continuing to inspire you for many months to come.

Warmly,
The Home & Living Team



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INDOOR BOTANY

Bringing plants into our homes is far more than an aesthetic choice; it is a lifestyle enhancement with tangible benefits for our health, well-being, and overall environment. While they add a touch of natural beauty, houseplants also influence air quality, mental health, and even our cognitive functions. Their presence transforms interiors into more tranquil, restorative spaces, subtly enriching our daily lives in ways we often overlook.

One of the most widely discussed benefits of houseplants is their ability to improve air quality. Plants absorb carbon dioxide and release oxygen through photosynthesis, helping to maintain a fresh and balanced atmosphere indoors. Some species, such as peace lilies, snake plants, and pothos, are believed to help filter out toxins like formaldehyde, benzene, and ammonia, which are commonly found in household items like cleaning products, furniture, and paints.

While NASA's famous study suggested that plants can remove volatile organic compounds (VOCs) from indoor air, more recent research indicates that the effect is limited in real-world settings. That said, plants still contribute to better indoor air by increasing humidity and reducing airborne dust, making the air feel fresher and potentially benefiting those with respiratory conditions.

Houseplants do more than just clean the air; they also have a profound impact on mental well-being. Studies have shown that being around greenery can lower stress levels, reduce anxiety, and improve mood. The act of caring for plants, whether watering, pruning, or simply admiring their growth, fosters a sense of mindfulness and relaxation.

Indoor plants have also been linked to improved focus and cognitive function. A study from the University of Exeter found that productivity can increase by up to 15% in spaces that include plants. Whether in a home office or a study corner, surrounding oneself with greenery can enhance concentration and creativity.

Beyond their physiological benefits, houseplants contribute to the overall ambience of a home. They introduce texture, colour, and a sense of nature, making interiors feel more inviting and alive. Certain plants, such as lavender and jasmine, even have natural calming properties, releasing fragrances that promote relaxation and better sleep.

Even the simple act of placing a plant on a windowsill or a desk can change the atmosphere of a space, making it feel more vibrant and full of life. As living organisms, plants create a subtle connection between the natural world and our indoor environments, reminding us that even within walls, nature can thrive.



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TERRACE TRANQUILLITY

In today's fast-paced world, the terrace has become more than just an outdoor space; it's a retreat—an oasis where one can escape the hustle and bustle of daily life. Whether you have a modest city balcony or an expansive terrace overlooking a garden, the key to creating a tranquil outdoor haven lies in thoughtful design and the subtle infusion of calming elements.

The first step in achieving terrace tranquillity is to consider the atmosphere you wish to create. For many, this means embracing soft, neutral tones that evoke a sense of serenity. Soft greys, gentle whites, and muted blues can all be used to create a harmonious, relaxing environment. These colours work well against the backdrop of greenery, allowing plants and flowers to become the focal point of your space. To further enhance the tranquil feel, choose furnishings in natural materials like wood, rattan, or stone. These timeless materials not only blend seamlessly with the outdoors but also contribute to a calming, earthy vibe.

Comfort is, of course, paramount in any outdoor sanctuary. Plush cushions and throws in soft fabrics such as linen or cotton can transform your terrace into a cosy haven. A comfortable chaise longue or a carefully placed hammock can encourage relaxation, offering the perfect spot for reading, sipping a cup of tea, or simply enjoying the gentle sway of the breeze. Additionally, soft lighting plays a crucial role in setting the mood during the evening. Consider stringing fairy lights across the railing or placing lanterns around your terrace. The soft, flickering glow creates an inviting atmosphere, perfect for evening relaxation.

Plants are another essential element in cultivating terrace tranquillity. A combination of lush greenery, flowering plants, and aromatic herbs can infuse your space with natural beauty and fragrances. Cascading ivy, lavender, or rosemary can add texture and scent, enhancing the overall sensory experience of your terrace.

To take your terrace retreat to the next level, consider incorporating a small water feature. A tabletop fountain or a trickling wall-mounted water feature can introduce a soothing auditory element, bringing the gentle sound of flowing water into your space. This not only masks city noise but also fosters an atmosphere of serenity, helping to melt away the stresses of the day.

By embracing simplicity, comfort, and nature, your terrace can become a peaceful escape—a tranquil retreat where you can unwind, reconnect with nature, and find respite from the demands of everyday life.



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Wooden & Woven Materials for a Boho Bedroom

For a warm, stylish, and affordable bedroom, incorporating wooden and woven natural materials is a perfect choice. Rattan headboards, bamboo furniture, and jute rugs bring texture and a relaxed, boho vibe, making your space feel inviting and cosy.

Woven pendant lights or rattan lampshades add a soft, diffused glow, enhancing the room's natural warmth. These materials are not only budget-friendly but also create a sense of calm and comfort. Paired with neutral tones, soft lighting, and linen bedding, they transform your bedroom into a peaceful retreat, perfect for relaxation.

Ref 2859: Mojácar Pueblo



110,000€

Quirky 1 bed/1 bath south east facing apartment in the heart of Mojácar Village, within walking distance to all amenities and services, a short drive to the sea and 3 golf courses in the area. The property is distributed between entrance hall, living room, kitchen, a double bedroom and a bathroom. Annual IBI (council tax) is currently 158.48€ and waste collection 51.40€ quarterly, making this an attractive and cost effective property.

Ref 2881: Turre



125,000€

Immaculate 2 bed/2 bath ground floor apartment with 3 large terraces. It also benefits from a private underground parking and communal swimming pool in Turre, and is within walking distance to all amenities & services. This well-appointed apartment comprises living room, fully fitted & well-equipped kitchen, double bedroom, family bathroom, main bedroom with a dressing area & en suite shower.

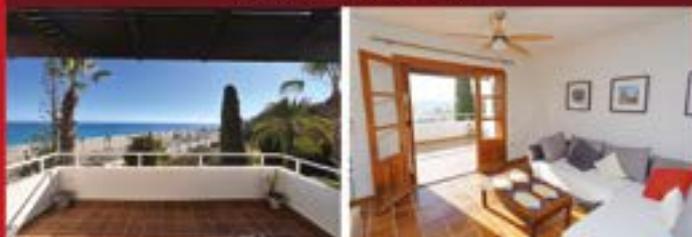
Ref 2843: Villaricos



135,000€

2 bed/2 bath fully furnished ground floor apartment located in this lovely coastal village of Villaricos, well known for its beaches, marina, and Sunday market. The apartment is in the heart of the village with all amenities to hand and comprises a covered terrace overlooking the complex's magnificent swimming pool/ landscaped gardens, living room, fully fitted & well equipped kitchen, main bedroom with ensuite bathroom, second double bedroom, family bathroom, roof terrace with sea views and non allocated parking.

Ref 2875: Mojácar Playa



249,000€

South east facing large 2 bed/1 bath fully furnished penthouse with uninterrupted sea & mountain views, less than 1 minute walk to the promenade, Las Ventanicas beach & close to all amenities. The apartment comprises living room (with access to a partly covered terrace offering uninterrupted sea and mountain views), fully fitted kitchen, family bathroom & 2 large bedrooms. The property benefits from a private underground parking space and secure storeroom, an outdoor swimming pool and landscaped gardens.

Ref 2884: Sierra Cabrera



249,950€

3 x 3 bed/2 bath townhouses with large terraces and breathtaking mountain views, on the first phase of this 12 property development. When completed, a communal swimming pool surrounded by green areas in the heart of the complex, with native plants and carefully tended vegetation will enhance the natural beauty of the surroundings. A space designed for relaxation and enjoyment, in perfect harmony with the landscape.

Ref 2880: Cuevas del Almanzora



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DID YOU KNOW?

Pride and Humility (Part 2)

Did you know that **humility** plays an important part in Scriptures? Last month was spent looking at **pride** and its consequences. This month **humility** will be looked at in detail. What is **humility**? Why is **humility** mentioned in the Scriptures? Why is it essential for the believer of the word of God? Can **humility** be obtained? Lets search the Scriptures to see what it has to say about **humility**.

What is '**humility**' described as in the dictionary? "The quality or condition of being humble. Freedom from **pride** and arrogance, lowliness of mind, a modest estimate of one's own worth. A sense of one's own unworthiness through imperfection and sinfulness, self abasement, humbleness".

To be humble is the opposite to being proud and arrogant. Jehovah warns against **pride** and desires that people humble themselves before him. Mark chapter 7 and verses 21 to 23 states "For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, **pride**, foolishness. All these evil things come from within, and defile the man".

There is a serious warning in 1st John chapter 2 and verses 15 to 17 which explains "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the **pride** of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof, but he that doeth the will of God abideth for ever".

Acknowledging Jehovah is wisdom. Proverbs chapter 15 and verse 33 notes "The fear of the LORD is the instruction of wisdom, and before honour is **humility**". Fear in this sense means respect or reverence. Also Proverbs chapter 18 and verse 12 confirms "Before destruction the heart of man is haughty, and before honour is **humility**". Proverbs Chapter 22 and verse 4 says "By **humility** and the fear of the LORD are riches, honour and life".

In 1st Peter chapter 5 and verses 5 and 6 it clarifies "...And be clothed with **humility**, for God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in

due time". There is a promise from Jehovah (Jehovah or God) that if we acknowledge Him, He will hear us when we call upon Him. 2nd Chronicles chapter 7 and verse 14 explains "If my people who are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin, and will heal their land".



Jehovah (Jehovah or God) hears when one calls upon Him in spirit and truth. Psalms chapter 10 and verse 17 tells us "Lord, thou hath heard the desire of the humble, thou wilt prepare their heart, thou wilt cause thine ear to hear". Proverbs chapter 16 and verse 19 makes it clear "Better it is to be of a humble spirit with the lowly, than to divide the spoil with the proud". This is what Jehovah says of Himself and what He does for the humble. Isaiah chapter 57 and verse 15 explains "For thus says the high and lofty One that inhabiteth eternity, who's name is Holy, I dwell in the high and the holy place, with Him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones".

In the following texts they reiterate the theme for the necessity of humility. In Mathew chapter 23 and verse 12 it says "And whosoever shall exalt himself shall be abased, and he that shall humble himself shall be exalted". James chapter 4 and verses 6 and 7 states "But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you". 1st Peter chapter 5 and verse 6 tells us to "Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time".

Jehovah (Jehovah or God) truly hates pride for it separates us from Him and

each other. Proverbs chapter 6 and verses 16 to 19 confirms what He hates "These six things doth the LORD hate, seven are an abomination unto Him. A proud look, a lying tongue, and hands that shed innocent blood, a heart that deviseth wicked imaginations, feet that are swift in running to mischief, a false witness that speaketh lies, and he that soweth discord among brethren".

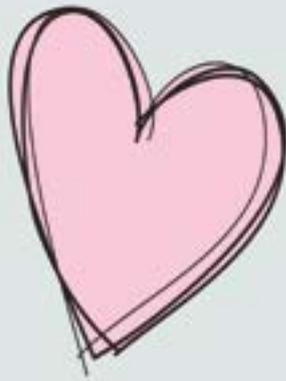
Pride is definitely a problem with mankind. Proverbs chapter 27 and verses 1 and 2 says "Boast not thyself of tomorrow, for thou knowest not what a day may bring forth. Let another man praise thee, and not thine own mouth, a stranger, and not thine own lips". Luke chapter 14 and verse 11 reminds us "For whoever exalteth himself shall be abased, and he that humbleth himself shall be exalted".

Humility is a gift from Jehovah. But what does Jehovah require from mankind? Micah chapter 6 and verse 8 explains "He hath shown thee O man, what is good, and what does the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God". Romans chapter 12 and verse 2 states "And be not conformed to this world, but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God". Jehovah is the provider and sustainer of all things. Everyone should look to Him for help, comfort and peace through the gift of His holy spirit (or spirit of holiness).

Psalms chapter 25 and verse 9 confirms "The humble will he guide in judgement, and the meek will he teach his way". 2nd Corinthians chapter 5 and verse 17 says "Therefore if any man be in Christ, he is a new creature, old things are passed away, behold, all things are become new". Salvation has come to all who would believe. Choose today whom you shall serve, the commandments of men which leads to destruction or the commandments of Jehovah which leads to Salvation? Everyone will ultimately make a choice.

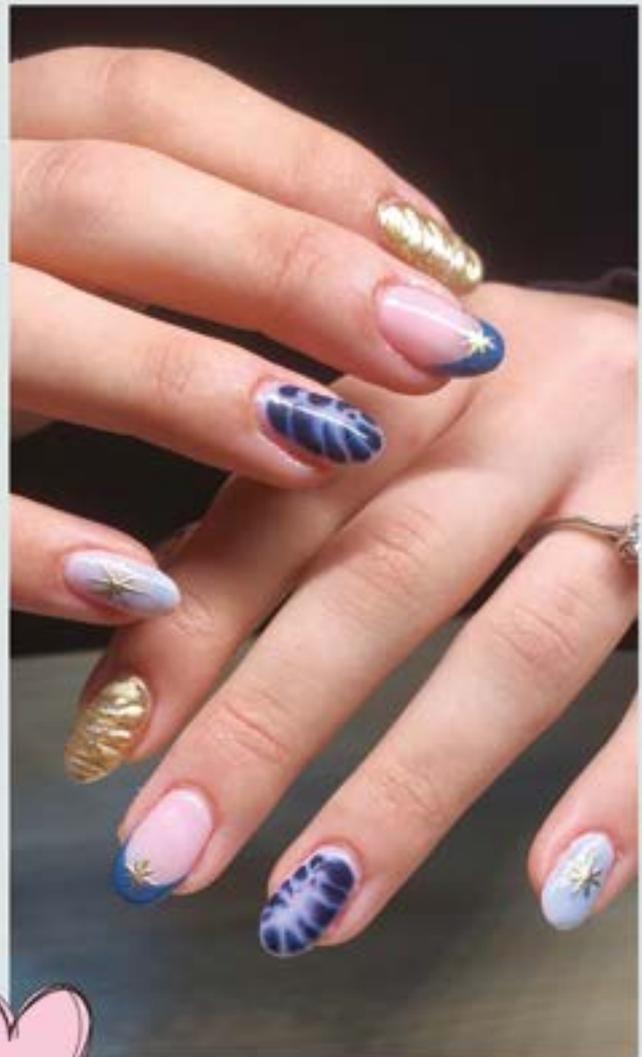
I hope you have learned more about the Scriptures. Next month I will look at 'Peace and Safety'.

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AQUATIC ELEGANCE

In the realm of refined living, where elegance meets tranquility, the aquarium has emerged as a symbol of sophistication—an interior centrepiece that is as visually arresting as it is soothing. While traditionally viewed as a hobby for enthusiasts, the modern aquarium has transcended its practical purpose, becoming an emblem of luxury, seamlessly blending into the most opulent of interiors.

Owning an aquarium is akin to curating a living piece of art—an ever-evolving display of mesmerising colours and movement, its inhabitants gliding effortlessly through a microcosm of underwater serenity. Beyond its aesthetic grandeur, an aquarium elevates the ambience of a space, evoking a sense of peace and refinement that few other interior features can achieve. The soft, undulating glow of the water, the hypnotic motion of delicate fins, and the quiet bubbling of a well-maintained tank create an atmosphere of effortless indulgence.

Yet, beyond its artistic and decorative appeal, an aquarium also brings an unexpected charm. Fish, often underestimated as pets, possess an enchanting allure not dissimilar to that of beloved canines. While they do not leap into one's lap or wag a tail in greeting, they do recognise their caretakers, responding eagerly at feeding times, their tiny mouths opening in hopeful anticipation. Some species, such as bettas or certain cichlids, even develop distinct personalities, engaging playfully with their reflections or exhibiting quirky behavioural traits that endear them to their owners.

Much like an exquisitely bred dog, each fish is unique—a living jewel gliding effortlessly through its aquatic haven. The array of species available allows one to tailor an aquarium to their exact aesthetic preference, whether opting for the regal majesty of angelfish, the striking vibrancy of discus, or the gentle grace of koi. Their silent companionship offers an understated yet deeply satisfying form of connection, one that soothes the mind and elevates the soul.

The Art of Maintenance:

While an aquarium is undeniably a luxurious statement piece, its maintenance is an art in itself—one that requires dedication, precision, and a discerning eye for detail. Unlike a static work of art, this living masterpiece demands careful balance, ensuring that its delicate ecosystem remains pristine and harmonious.

Regular upkeep is essential, though it need not be arduous. A well-designed, high-end aquarium system incorporates advanced filtration, automated feeders, and LED lighting programmed to mimic natural daylight cycles. With these innovations, the process of maintaining an aquarium is seamlessly integrated into a luxurious lifestyle. Water quality must be carefully monitored, with periodic testing to ensure the correct pH balance and nutrient levels. A gentle weekly water change prevents imbalances, while a curated selection of aquatic plants aids in oxygenation and aesthetic appeal.

Cleaning an aquarium is not merely a chore but rather a ritual of refinement, much like polishing fine silver or tending to a perfectly manicured garden. The process allows one to engage with the space, observing the gentle interactions between its inhabitants and ensuring their environment remains an oasis of beauty and tranquility. For those who prefer a truly effortless experience, professional aquarium maintenance services offer bespoke care, ensuring the tank remains a pristine and captivating focal point without the need for hands-on involvement.



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AMY



AMY WAS A SHEEP DOG BEFORE SHE CAME TO OUR KENNELS AND NEVER KNEW THE MEANING OF LOVE AND CUDDLES BLESS HER. WE REALLY LOVE HER AND SHE HAS COME ON LEAPS AND BOUNDS. HOWEVER, SHE TENDS TO BE JEALOUS IF ANOTHER DOG GETS A FUSS WITHOUT HER SO WE FEEL SHE WOULD BE BEST AS AN ONLY DOG. SHE IS A JOY TO WALK AND WILL MAKE A LOVELY FAMILY PET. AMY IS SPAYED AND FULLY VACCINATED. D.O.B JAN 2020

LILY



LILY IS A REALLY SWEET LITTLE PODENCO WHO WAS TERRIFIED WHEN SHE WAS RESCUED AND IT MAKES YOU WONDER WHAT HAPPENED TO HER. SHE HAS BEEN IN FOSTER CARE SINCE MAY 2024 AND HAS COME A LONG WAY, STILL SHY BUT MUCH HAPPIER AND LIKES TO GO FOR WALKS NOW. LILY IS SPAYED AND FULLY VACCINATED. D.O.B JAN 2022

FLOSSY



FLOSSY IS A CATALAN SHEEPDOG WHO WAS FOUND ABANDONED ON A GOLF COURSE AND BROUGHT TO OUR SHOP ON CAMPOSOL. FLOSSY IS A MED/BIG GIRL AND STILL A LITTLE NERVOUS BECAUSE SHE HASN'T HAD A LOT OF CONTACT WITH PEOPLE. FLOSSY IS SPAYED, FULLY VACCINATED AND BLOOD TESTED WHICH WAS NEGATIVE FOR LEISHMANIASIS. D.O.B AUG 2023

ALL ADOPTIONS OR FOSTER HOMES WILL BE HOME CHECKED.

ALL THE ABOVE DOGS HAVE BEEN ABANDONED AND LET DOWN BADLY BY HUMANS. IT IS NOW OUR AIM TO FIND THE PERFECT HOMES FOR NOT JUST THEM, BUT ALL THE DOGS IN OUR CARE. IF YOU WOULD LIKE TO MEET ANY OF OUR DOGS PLEASE CONTACT JANE ON [602 653 639](tel:602653639) OR EMAIL JANENA150@GMAIL.COM

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Golf is often perceived as a game of skill and patience, but at its core, it is a sport dictated by geometry. Every shot, from a delicate chip to a powerful drive, is an interplay of angles, arcs, and physics. A perfect shot is not simply a matter of strength—it requires mathematical precision, biomechanics, and environmental awareness.

The Science of the Swing

A golf swing follows a geometric path, with the club moving along a controlled arc. The ideal swing plane aligns with the golfer's natural posture, ensuring fluidity and maximum power transfer. The attack angle, or the angle at which the clubface meets the ball, is crucial—just a few degrees off can mean the difference between a flawless shot and a mishit.

Angles and Impact

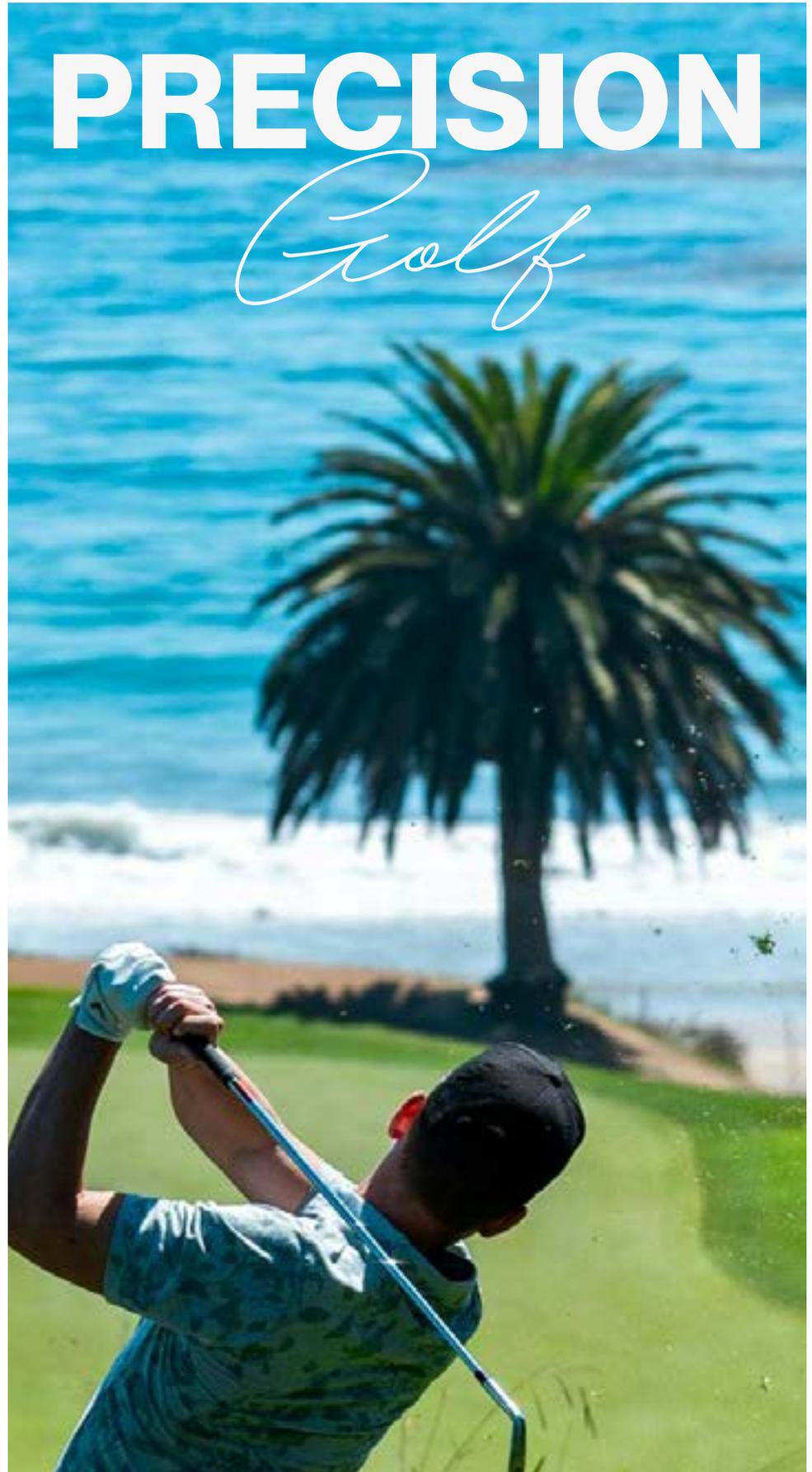
The clubface angle at impact determines the ball's direction and spin. A precise loft angle can influence backspin, helping the ball land softly, while a lower loft creates distance. Spin plays a vital role—the Magnus effect explains how backspin generates lift, keeping the ball airborne longer. Side spin, however, can cause slices or hooks, making control essential for accuracy.

Course Geometry and Strategy

Golf courses are designed with geometric challenges in mind. Fairways curve to test shot-shaping abilities, while greens feature subtle slopes requiring a keen understanding of angles for successful putting. Reading terrain contours and adjusting for wind or elevation is as much a mental exercise as it is a physical one.

The Art of Precision

Mastering golf means mastering geometry. The ability to manipulate angles, adjust for conditions, and control spin separates elite players from amateurs. Whether shaping a shot around a dogleg or sinking a breaking putt, golfers who embrace the game's mathematical foundation elevate their play to an art form—where every stroke is intentional, calculated, and beautifully precise.



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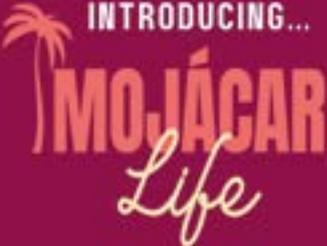
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VELVET VIBES

There are certain materials that, over time, transcend fleeting trends and become synonymous with luxury and sophistication. Velvet is undoubtedly one of these timeless fabrics, revered not only for its sumptuous texture but for its rich, opulent appearance that transforms any space it graces. From regal upholstery to decorative accents, velvet has a remarkable ability to elevate a room, infusing it with a sense of refinement and grandeur. Indeed, a single velvet chair or cushion can significantly enhance the atmosphere of a room, making it feel instantly more luxurious and inviting.

At its core, velvet is a fabric that speaks to the senses. Soft, plush, and indulgent, it invites touch and, when illuminated, catches the light in a way that creates a depth of colour and texture few materials can achieve. Its varied pile—whether long or short—adds to its tactile appeal, providing both visual and physical comfort. Velvet's inherent shine and luxurious depth give it the ability to command attention without overwhelming the space, making it an ideal choice for those wishing to infuse their interiors with sophistication.

One of the most remarkable qualities of velvet is its versatility. It is a material that can be used across a variety of design styles, seamlessly blending into both traditional and contemporary spaces. Whether in deep jewel tones, such as emerald green or sapphire blue, or in muted, understated hues like dove grey and soft taupe, velvet offers a rich palette that works with virtually any décor. Its ability to change with the light means it can shift in tone throughout the day, enhancing a room's mood as the natural light fluctuates.

Introducing velvet into your home need not require a complete overhaul of your interiors. Even the smallest of velvet accents can make a significant impact. Consider a velvet armchair placed in a quiet corner, for example. A single piece of velvet furniture can become the focal point of a room, drawing the eye and creating a sense of indulgence that is subtle yet striking. Velvet chairs, with their plush seats and graceful lines, offer the perfect balance of luxury and comfort. When paired with more understated elements, such as a neutral sofa or sleek wood furniture, they provide depth and texture, transforming an otherwise simple space into something truly special.

For those desiring a more dramatic transformation, velvet can be incorporated into larger pieces. A velvet sofa or chaise longue, for example, is an iconic statement piece that will undoubtedly become the heart of any room. The tactile allure of velvet, combined with its ability to absorb and reflect light, makes it the perfect fabric for furniture that you wish to stand out. In a living room or drawing room, a velvet sofa can ground the space, offering both elegance and comfort in equal measure.

Velvet is also a superb choice for accessories, adding luxury to a room with minimal effort. Cushions, throws, or curtains in velvet can instantly elevate the atmosphere without requiring a complete redesign. A velvet cushion placed on a sofa or an elegant velvet throw draped over an armchair can add a layer of opulence and warmth, inviting relaxation while enriching the room's overall aesthetic.

The beauty of velvet lies in its ability to balance grandeur with subtlety. It is a material that can be used sparingly to create an atmosphere of refined elegance, or it can be employed more boldly to make a statement. Whether used for a piece of furniture or as a small accent, velvet transforms any space into a sanctuary of sophistication.

In essence, velvet is more than just a fabric—it's a declaration of style. It has the power to elevate the ordinary and bring a touch of luxury to even the most modest of rooms. Whether you choose to incorporate velvet through a statement chair, an upholstered sofa, or a delicate cushion, the effect is always the same: a space that feels elevated, indulgent, and undeniably elegant. Velvet is, without a doubt, a timeless material that will continue to define luxury in the world of interior design for generations to come.



Sculpted Wall Art: A Living Room Showstopper

For a luxurious and unique living room, sculpted wall art creates a striking focal point. Unlike traditional artwork, these designs are built into the wall, adding depth, texture, and movement.

From organic waves to geometric patterns, sculpted walls play with light and shadow, changing throughout the day. A subtle monochrome design offers a sleek, modern look, while bold textures or metallic finishes create drama.

This custom-made feature adds exclusivity and elegance, turning your living space into a sophisticated retreat. In Spain, artists like Andrés Izquierdo specialize in these bespoke installations, ensuring a stunning and personal statement wall.



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WELLSPRING

We are rushing through the months, March is here, the clocks go forward, summertime begins, and time is standing still for no man.

We make decisions daily about our lives, but are we considering our destiny? There's one very important decision that we all must make, and that is - are we following Jesus? Are we walking a path with Him by our side as our Lord and Saviour, living in His will, knowing we will spend eternity in heaven with Him, or are we just chancing our bets? The only way to get to heaven is through having a relationship with Jesus.

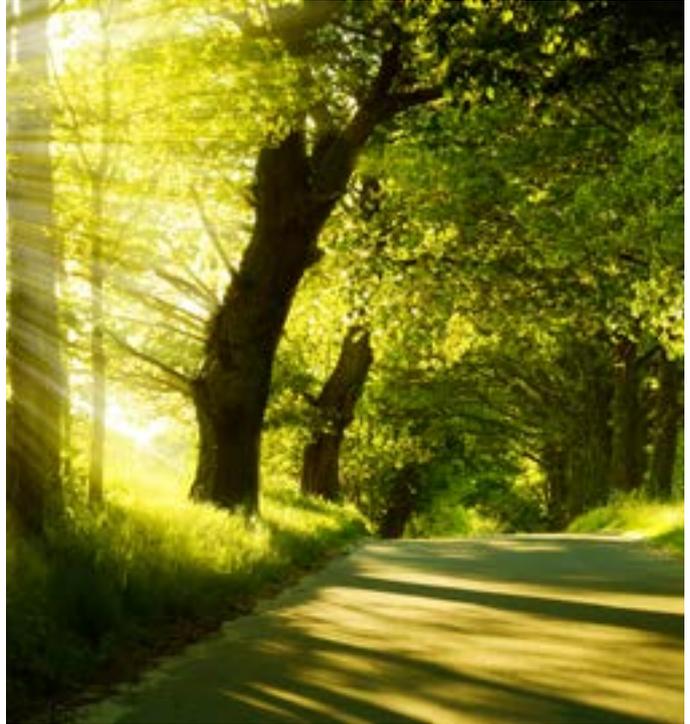
(John 14:6 NIV Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.")

Knowing where our destiny lies is what gives us hope and peace of mind, it helps us navigate the rocky roads of life and gives us comfort in knowing that we have a place with the Father in Heaven. The only way to heaven is through having a relationship with Jesus Christ. This life we have here on earth is temporary we are just passing through. But where are we passing to? If we have a relationship with the Lord then we know where we are going, the true word of God never fails so we can be certain of our destiny.

It tells us in John 14:3:

(John 14:3 NIV And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.)

Jesus came to earth and paid the price for all our wrongdoings, His sacrifice gave us hope of life eternal. But He also gave us free will, freedom to choose how we live our lives. Freedom to make our own decisions.



So can we encourage you to come and share your life with our one true saviour, come and see a life transformed by relationship, come and see for yourself where your destiny lies, He won't disappoint. We at **Wellspring** have a warm and inviting environment that is welcoming to all and we would like to welcome you into our family and show you the love of God.

All you need to do is show up! He will do the rest.



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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 Tourist Office 9.25am

Loose Woman on Tuesday Meeting @ El Chacho, 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 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 Walking Route @ Mojácar 9.30am (950 615 025 to book)
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 Múltiples, 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

MAR 2025

Sat 1

St David's Day

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

Sun 2

Trex Andalucía Sanctuary Car Boot Sale @ Turre 11am-2pm

Tues 4

Monthly 'B' Clean Meeting @ Camposol B 4pm

Fri 7

Vera & District Lions Race Night @ El Chacho, Mojácar 3€ 7pm

Sat 8

International Women's Day

Tues 11

Paws Patas Book Sale @ Scotty's, Mojácar Playa 10.30am-1pm

Weds 12

Commonwealth Day

Thurs 13

Ladies Chatterbox Meeting @ The Social Centre, Camposol B 2-4pm

Sat 15

FMA Jersey Boys/Olly Murs/Take That Tribute @ Condado de Alhama 15€ 7pm
Helping Hands Barn Dance @ Senator Hotel, Aguilas 10€ 8.30pm

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

Mon 17

St Patrick's Day

Weds 19

Spanish Father's Day

Thurs 20

Ladies Chatterbox Trip to Santa Eulalia/Lunch
Quiz @ The Snug, Mojácar Playa 2pm

Sat 22

World Water Day

Sun 23

Andrea's Animal Rescue Day Trip to Benidorm 20€

Thurs 27

Ladies Chatterbox (Presentation on Nutrition & Exercise)

Fri 28

Country & Western Night @ The Diner, Camposol B 8pm

Sat 29

Friends of Mazarrón Animals Fashion Show @ Mazarron Country Club 3€ 12.30pm

Sun 30

UK Mother's Day

Start of British Summer Time (clocks go forward an hour)

MACS "The Big Mac 10" @ Hostal Rural, Turre 5€ from 12pm

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IFEPA EVENT

IFEPA, in Torre Pacheco (Murcia) is preparing for another year to host the 29th edition of **EQUIMUR** - International Purebred Horse Show, considered the second most important equestrian event in Spain, and the most important in the Region.

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One of the pillars of **Equimur** are the shows, to which the best horse trainer in the world, Santi Serra, returns, who will perform on Saturday and Sunday.

Tickets can be purchased at www.ifeпа.es/equimur

These shows, which have limited capacity, will include vaulting, classical dressage, vaquera dressage, carriages, horse dancing with flamenco dancers, carousel, etc.

In addition to the Purebred Spanish Morphological Competition - P.R.E, the National Vaquera Dressage Competition, Classical Dressage, High School, Indoor Carriage Competition, amongst others will be held, along with a shopping gallery, where companies related to the equine sector will show their latest developments in nutrition, accessories and equestrian fashion, with a livestock club area.

Visitors will also be able to enjoy a corral area where the mares participating in the competition are displayed, with a box area outside that houses the male participants.

There will also be demonstrations of horseshoeing and forging, and information where you can learn more about the equine world.

Visitors will also be able to enjoy a gastronomic area.

Visit **EQUIMUR** between 3rd and 6th April, 2025

Thursday: from 9am to 8pm

Friday and Saturday: from 9am to 9pm

Sunday: from 9am to 7pm

Tickets can be purchased at www.ifeпа.es/equimur

Advance tickets have a reduced price until the day before the start of the fair.

Tickets to the shows are purchased separately from the general admission price.

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MIDDLE EASTERN BRUNCH

For a delicious and hearty Middle Eastern-inspired brunch, start by heating olive oil in a small cast-iron pan over medium heat. For a green shakshuka, sauté finely chopped spinach or kale with garlic and onions until softened. Crack an egg into the pan, cover, and allow it to cook gently until the whites are set but the yolk remains runny. Sprinkle with crumbled feta, toasted pine nuts, and fresh parsley for a burst of flavour.

For a classic tomato shakshuka, heat olive oil in another pan and cook onions, garlic, and chopped tomatoes with a pinch of cumin and smoked paprika until the sauce thickens. Make a small well in the sauce and crack an egg in the centre. Let it cook uncovered for a soft yolk or cover for a firmer texture. Finish with crumbled feta, fresh parsley, and a drizzle of olive oil.

Serve both variations with slices of creamy avocado, warm flatbreads, and labneh or strained yoghurt, sour cream or mascarpone drizzled with olive oil and a sprinkle of black sesame seeds. Enjoy with crusty sourdough or grilled halloumi on the side for a rich and satisfying meal.





COMFORTING MISO RAMEN

For a rich and comforting bowl of miso ramen, begin by preparing the broth. In a saucepan, heat sesame oil and sauté minced garlic and ginger until fragrant. Add vegetable stock, a generous spoonful of miso paste, and a dash of soy sauce, allowing the flavours to melt over a gentle simmer. Cook the ramen noodles separately according to the packet instructions and drain.

Meanwhile, prepare the toppings. Pan-fry slices of marinated tofu or seitan until golden and crisp, then sprinkle with sesame seeds. Blanch sugar snap peas until just tender, and slice shiitake mushrooms for an earthy depth of flavour. Arrange the cooked noodles in a deep bowl, ladle over the hot miso broth, and carefully place the toppings on top, including fresh bean sprouts for crunch and pickled daikon or radish.

Finish with finely chopped spring onions, a handful of baby spinach, and an extra drizzle of sesame oil. Serve immediately with chopsticks and a spoon, allowing the rich broth and fresh ingredients to combine in every bite.



BEYOND TRENDS

When it comes to decorating, most people fall into the trap of chasing trends—one minute it's all about soft sage and muted beige, the next it's deep navy and burnt orange. But here's the truth: your home should feel like you, not a fleeting Pinterest board. The colours you surround yourself with shape your mood, energy, and even productivity, so why settle for shades that don't speak to you?

The secret to finding your perfect palette isn't in trend reports; it's in your everyday preferences. Look at your wardrobe—are you drawn to deep jewel tones, soft pastels, or classic neutrals? If you instinctively gravitate towards crisp white shirts and navy tailoring, you may find a refined, monochrome interior soothing. If your wardrobe is bursting with warm rusts and olive greens, chances are you'll feel most at home in earthy, nature-inspired shades.

Think about how certain places make you feel. The cosy warmth of a pub with rich mahogany and deep greens? The airy freshness of a coastal retreat with soft blues and sandy tones? Your favourite places already reveal the colours you're subconsciously drawn to.

Forget what's "in"—your home should be an extension of who you are. The right colours won't just look good; they'll feel right. So next time you pick up a paintbrush, ask yourself: am I choosing this because I love it, or because it's trendy? If it's the latter, put the tin down and start again.



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SENSES AT PLAY

A kitchen isn't just about cooking—it's about how the space feels. If it's noisy, cold, or cluttered, cooking can feel like a chore. The way a kitchen is designed—the sounds, scents, and textures—affects how enjoyable it is to use.

Sound: How to Stop Your Kitchen Sounding Like an Echo Chamber

Hard surfaces like tiled floors and glossy cabinets make kitchens noisy, amplifying every clatter and beep. A large rug or runner absorbs sound, making the space feel calmer. Fabric blinds, cushioned chairs, and wooden shelving also help soften noise, preventing that hollow, echoey effect.

Scent: Designing a Kitchen That Smells Inviting

A kitchen should smell fresh and inviting, but poor ventilation can trap cooking odours. A good extractor fan or air purifier near the kitchen entrance keeps air circulating. Keeping a window slightly open while cooking helps avoid stuffiness. Potted herbs like rosemary and mint provide a subtle, natural fragrance and can be used in cooking.

Touch: The Textures That Make a Kitchen Feel Inviting

Cold, clinical kitchens feel unwelcoming, but the right materials can change that. Wooden shelving, butcher's blocks, or stone backsplashes add warmth and texture. If a full renovation isn't an option, woven baskets, linen tea towels, and soft cushions on dining chairs instantly make the space feel cosier.



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How to Add Character to Your Space with Colourful Cushions and Statement Decor

Some rooms have that effortless charm—the kind of space you walk into and instantly feel at home. Looking at this cosy yet vibrant bedroom, it's clear that interiors aren't just about furniture placement; they're about personality, texture, and most importantly, colour.

The bold, embroidered cushions steal the show, proving that soft furnishings are one of the easiest ways to inject life into a space. If you love the idea of adding colour but aren't ready to paint the walls, cushions are your secret weapon. Mix patterns, contrast textures, and don't be afraid to go bold—rich pinks, deep blues, and intricate embroidery add layers of warmth and interest without overwhelming the room.

The wooden headboard, detailed with colourful mosaic tiles, adds a touch of artisan charm, showing how small details can make a huge difference. If you're looking to add character to your bedroom, think beyond the usual plain wood or upholstered headboards. Upcycling an old piece of furniture with hand-painted tiles or carved elements can turn something functional into a focal point.

Mirrors, like the oversized one above the bed, are another brilliant trick. Not only do they open up the space, but an ornate frame adds depth and grandeur. Choose a metallic or intricately carved mirror to bring a sense of old-world charm into a modern setting.

If your home is feeling a little uninspired, take notes from this space—play with textures, embrace a mix of patterns, and let your cushions do the talking.

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TV NEWS

March is here and still no significant rain in our area. Garden has been watered just about every week throughout the winter. Never happened before.

Rainbows sponsored charity, **Friends of Mazarron Animals**, has been busy with discarded Galgos at the end of the hunting season. They have taken over 40 to new homes with the help of other charities. A mere drop in the Spanish ocean but absolutely significant to those 40. To chip, passport, inoculate and neuter costs around 250€ per dog, and that is before finding anything else that needs to be treated.

TV News The move towards Scheduled TV as we know it, will disintegrate its future where there will be no run-make a series of videos with each see some news on, say Ukraine, you the latest Ukrainian snippets. We the available latest news so that you to see. We can see some advantage we should all be watching (war, murder just not be clicked on by the mass-charge would like? We get calls from ticks and the like saying "is there a is and we at **Rainbow** have it. Ask for and a loan box for a week so you no cost. Yes we are a bit more illegal apps and supplied by an illegal works well, is easy to use and has a



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installation and repairs, but gener-repairs/installations as so many

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

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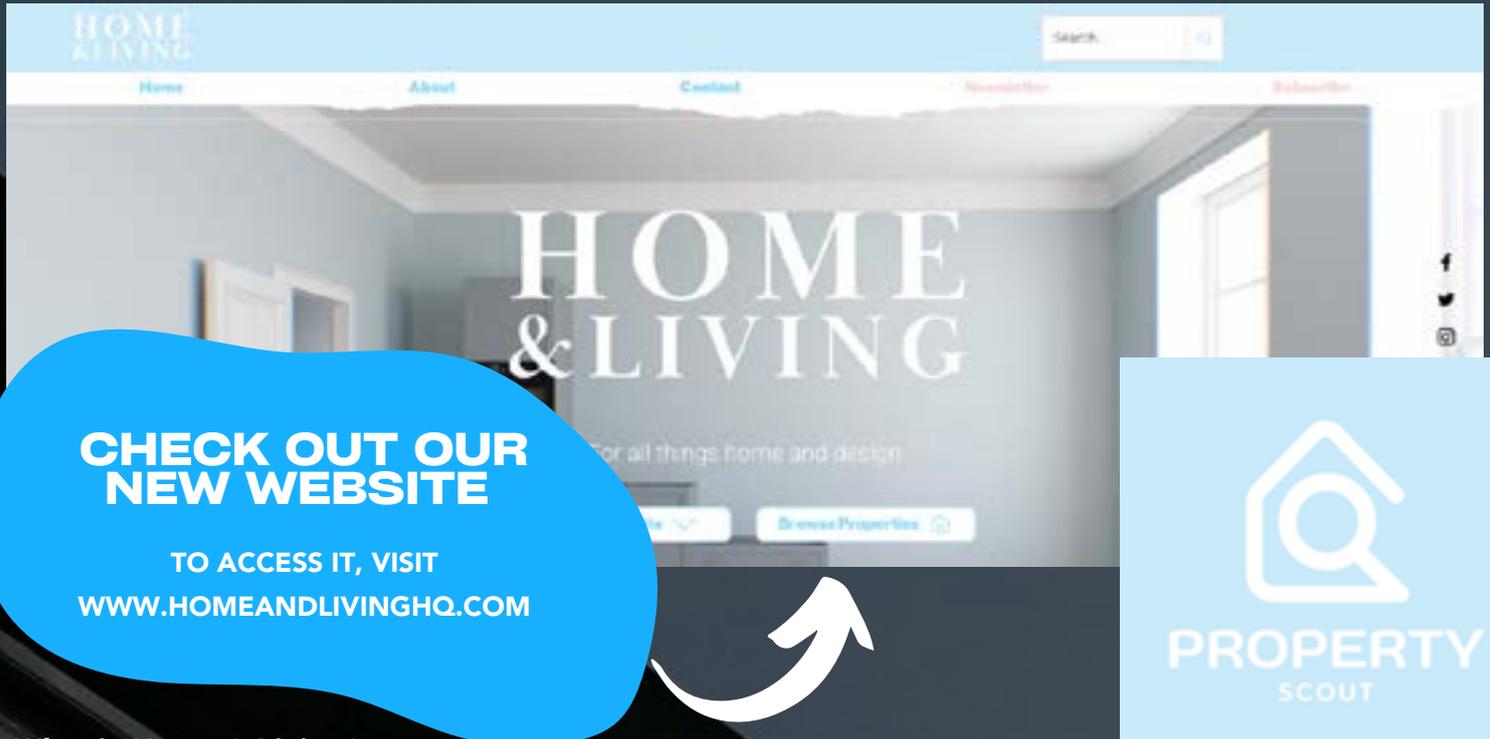
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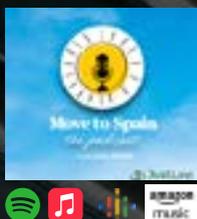
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C & G FABRICATIONS

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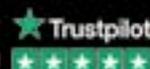


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Hello, everyone! Joel here from **Working Solar & Heating and Luxsparium**.

As the days grow longer and the promise of summer sunshine draws near, it's the perfect time to consider upgrading your home's comfort system. Today, I'm excited to talk about a fantastic solution that can both cool and warm your home efficiently: heat pumps.

Year-Round Comfort: Heat pumps are incredibly versatile, offering cooling in the summer and heating in the winter. This two-in-one system uses advanced technology to extract heat from the air outside your home to keep you cosy in winter and reverse the process to cool your home in summer.

Energy Efficiency: One of the biggest advantages of heat pumps is their efficiency. They use significantly less electricity compared to traditional heating and cooling systems, which means they're not only better for the environment but also easier on your wallet.

Perfect Pair with Solar: To maximize your energy efficiency and potentially reduce your electric bill to zero, consider pairing your heat pump with a solar panel system. Solar power captures the abundant energy of the sun, converting it into electricity that can power your heat pump and other appliances. This synergy not only maximizes the use of renewable resources but also provides a reliable, cost-effective power solution for your home.

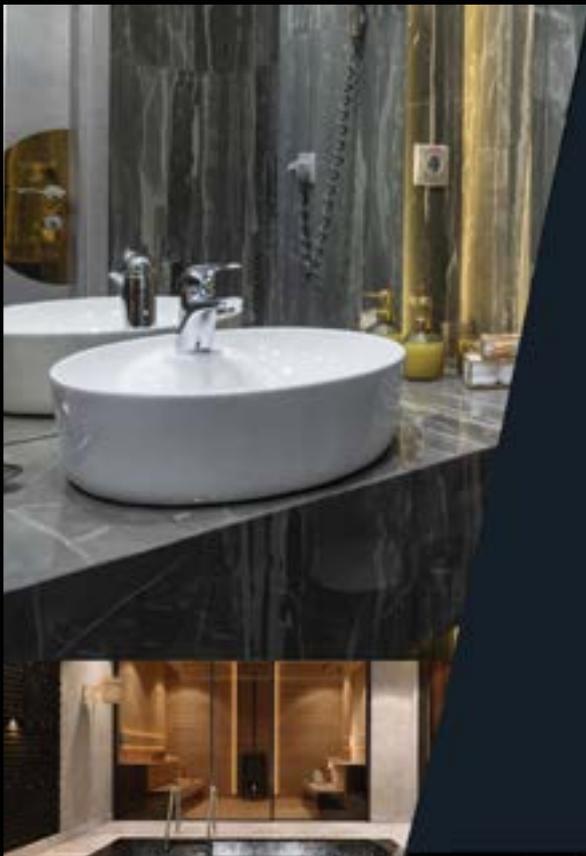
Reduced Carbon Footprint: By combining heat pumps with solar power, you're taking a significant step towards reducing your home's carbon footprint. This eco-friendly duo not only ensures that your home remains comfortable, but also supports a healthier planet.

Future-Proof Your Home: Investing in a heat pump and solar system prepares your home for the future, ensuring you stay comfortable during any season while keeping energy costs low.

As the warmer months approach, it's a great time to explore how these technologies can improve comfort and efficiency in your home. I'm here to help guide you through every step—from selection to installation. Let's make your summer cool, comfortable and eco-friendly. Reach out anytime; I'm just a call or email away!

Here's to a sustainable and comfortable summer! From my family to yours, let's enjoy the sunshine responsibly.





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