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# H & L

# EDITOR'S NOTE

As the golden days of summer fade gently into memory, we now welcome the season of crisp mornings, warm colours, and cosy evenings. Autumn has a way of slowing life down just enough for us to pause, reflect, and savour the moments that matter. It is a time for gathering around the table, bringing more comfort into our homes, and enjoying the beauty of small rituals – whether that's making your favourite soup, lighting a candle in the evening, or walking through the park as the leaves begin to change.

Here at Home & Living, we've taken that same spirit of comfort and inspiration into this issue. Our pages this month are filled with ideas designed to help you create a home and lifestyle you'll truly love – whether it's discovering smart ways to refresh your interiors, learning how to bring more greenery into your living spaces, or finding new recipes and experiences that spark joy. We like to think of this magazine not just as something to read, but as a companion that you can turn to for inspiration, encouragement, and connection.

We are also delighted to welcome new friends to our Home & Living family of advertisers. A warm thank you goes to Wagging Tails Dog Groomers (page 25), who will ensure your four-legged companions look their very best; to My Lawyers in Spain (page 15), who provide expert legal advice and peace of mind; to IFEPA (page 13), with their unmissable Antique Fair, perfect for treasure hunters and lovers of timeless pieces; and to Generali (page 21), who bring trusted insurance solutions to support your every need. Their partnership makes it possible for us to keep delivering the very best to you, and we are proud to have them as part of our community.

This issue also comes with something rather exciting – your chance to win free tickets to the Master Senior Golf Tournament at La Manga Club, one of Spain's most spectacular courses. This prestigious three-day event takes place from 6th to 9th November and promises an unforgettable atmosphere of sport, elegance, and celebration. Entering couldn't be simpler – just turn to page 26, follow the instructions, and email us your answer at [info@spaintodayonline.com](mailto:info@spaintodayonline.com). For golf lovers, it's the perfect opportunity; for those who have never been before, it's a wonderful way to experience something truly special.

As the season shifts, we encourage you to take this opportunity to make your home feel like a sanctuary. Add small touches of comfort, explore a new hobby, or plan a day out to discover something new in your community. Every season brings its own pleasures, and autumn, with its warmth and charm, is a reminder to slow down and enjoy them fully.

So, whether you are reading this issue curled up with a hot drink, sitting in your garden while the sun still lingers, or browsing during a quiet evening, we hope you find stories, ideas, and inspirations that brighten your days. After all, our mission has always been simple: to celebrate the joy of living well at home, and to share that joy with you.

With our warmest wishes,  
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# LUSH ESCAPE

Step into a sanctuary where tropical vibrancy meets refined comfort. With every detail thoughtfully composed—from the hand-painted mural alive with colour to the gentle ripple of warm water—this is more than just a room; it's an experience. The round jacuzzi sits at the heart of it all, inviting moments of calm that feel entirely your own. Paired with natural textures and soft loungers, the atmosphere is one of effortless escape. It's a space that doesn't just look beautiful—it feels beautifully personal, turning the simple act of unwinding into something extraordinary.

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## Art, Earth & Home

### Building Cortijada Los Gázquez in Andalucía

High in the remote Sierra María–Los Vélez Natural Park, nestled among pine forests, rocky hills, and almond groves, lies Cortijada Los Gázquez—a unique off-grid ecological retreat and artist residency built on the ruins of five abandoned farmhouses. Today, it is a sanctuary of creativity, sustainability, and meaningful living. But when British artists Simon and Donna Beckmann first stumbled upon the site, there was little more than crumbling stone walls and empty silence. What they have created since is nothing short of transformative.

This is not just a story of home renovation. It's a story of vision, of partnership, and of the powerful beauty that can emerge when art, nature, and purpose collide.

### From Derelict to Dream

The journey began in 2006 when Simon and Donna, both creatives with a deep affinity for the environment, left behind the noise of city life and began searching for something slower, richer, and more connected. What they found was a forgotten cortijada—five traditional Spanish farmhouses grouped together in the arid highlands of Almería. The site, though rich in history and rustic charm, had been uninhabited for decades.

The buildings were in ruins. Roofs had caved in, windows were shattered, and the dry land surrounding them was cracked and neglected. Where many would have turned away, Simon and Donna saw potential. With a shared commitment to sustainability and artistry, they envisioned not just a home, but a living, breathing space for creative exchange and ecological regeneration.

Rather than modernising the ruins beyond recognition, they

chose to work with the bones of the place—embracing its architectural heritage and enhancing it with considered design. Using traditional Andalusian techniques and materials such as lime plaster, stone, timber, and handmade tiles, they restored each building carefully, honouring the soul of the structures while introducing modern elements with a light touch.

### Designing a Self-Sufficient Life

What sets Cortijada Los Gázquez apart isn't just its stunning design—it's how it functions. The property is entirely off-grid, powered by solar panels, a wind turbine, and biomass boilers. Rainwater is collected through ancient-style systems and stored in aljibes—traditional cisterns—before being filtered and used throughout the property. A natural reed-bed system treats greywater from showers and sinks, which is then used to irrigate the surrounding orchards and gardens.

Every element of daily life has been reimaged to fit within a circular, sustainable system. And yet, the experience of staying or living at Los Gázquez is far from rugged. Interiors are warm and welcoming, with reclaimed furniture, natural finishes, and curated details that speak to both function and beauty. Rooms breathe with light and air. Spaces are shaped for reflection and conversation.

In a world increasingly defined by consumption and disconnection, Simon and Donna's approach is a quiet revolution: proving that living gently on the land can be both practical and profoundly fulfilling.

### Joya: A Home for Creative Renewal

At the heart of the cortijada is Joya: arte + ecología, a pioneering artist-in-residence programme that invites creatives from around the world to spend time in deep creative exploration. Here, painters, photographers, writers, sculptors and musicians come not



only to make art, but to experience a slower rhythm of life—one shaped by seasons, soil, and stillness.

The retreat has hosted hundreds of artists over the years. Many describe their time at Los Gázquez as life-changing. There are no urban distractions, no noise, no rush. Instead, there are quiet dawns, star-filled skies, long meals at communal tables, and the soft hum of wind through olive trees. The residency is structured around presence and place—art that grows out of context, not apart from it.

Simon and Donna also hold exhibitions, workshops, and open studio events, welcoming visitors into their world to share in the dialogue between art and ecology. Their home becomes, in every sense, a place of exchange—of ideas, of values, of stories.

#### A Life Built, Not Bought

For Simon and Donna, Los Gázquez is not a weekend escape or a hobby project—it is their full-time home, and a way of life shaped by intention. Together with their twin children, they have built not only walls and roofs, but also routines, friendships, and a way of seeing the world that prioritises connection over convenience.

Life here is not always easy. There are water shortages, harsh winters, long summers, and the challenges that come with remote living. But within these constraints, the Beckmanns have created a rhythm that feels both deeply human and refreshingly modern. A home that is honest. A life that is crafted with care.

As their ecological practices have deepened, so has their vision. What began as a restoration project has grown into a model for what sustainable living can look like when rooted in art, culture, and land stewardship. Their home is also a learning space—a living example for others who wish to build homes that align with values of environmental responsibility and creative freedom.

#### A Blueprint for Conscious Living

What makes Cortijada Los Gázquez truly inspiring is its layered meaning. It is a home. A studio. A school. A sanctuary. A place where beauty, sustainability and soul live side by side. Where the boundaries between living and creating blur in the most natural of ways.

For readers of Home & Living Magazine, this story offers more than interior inspiration. It is a call to imagine differently. Whether you're planning a move to Spain, renovating a rural home, or simply dreaming of a lifestyle shift—Los Gázquez offers a quiet assurance that another way is possible. That home doesn't have to mean more stuff, but can instead mean more meaning. More intention. More life.

As the world spins ever faster, perhaps the real luxury today is slowing down. Returning to craft, to nature, to honest materials and simple beauty. And in that stillness, rediscovering what "home" truly means.

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# MAD CHARITY

After the heat of the summer we re-open our shop on Tuesday 2<sup>nd</sup> September.

Unfortunately, due to lack of volunteers, we will only be able to visit Camposol A Commercial Centre once a month to pick up donated goods. However, Alen at his supermarket on Camposol A has kindly volunteered to make his shop a drop off point for donations any other time.

We are appealing for volunteers to join our team, drivers and shop volunteers required. So if you have some spare time and would like to help us Make a Difference to so many people in our area please call us on 603 389 006.

We do have a Facebook page which is Making A Difference, an Instagram App named making\_a\_difference\_mazarron and an email address which is [gomad7135@gmail.com](mailto:gomad7135@gmail.com) You can contact us on these avenues as well as our mobile phone number.

We are in the process of planning our future Donation Programme and intend to start this month to donate to some of our previous charities and schools in the area who have benefited from this programme before. However, we are always appealing for new societies and charities who need some financial help to realise a project they wish to undertake, but are struggling to make it a reality due to lack of funds. Our only stipulation is that it must be a project or act that benefits people. Therefore, if you know of anyone that needs a helping hand you can call us on the above mentioned telephone number or via our email address and we would be glad to take details and put your suggestion forward for consideration.

The photo's are of recent donations, one to the Mazarrón Day Centre with Councillor Maria Isabel Carrillo and Salvador Sanchez who is the Director of the Day Centre in attendance and presented by Hillary, one of our volunteers and our President Paul. The other photos is a donation to the San Jose Church Food Bank, presented by our President and his wife, Amanda, who is also a volunteer.

We are planning to do a 'pop-up' shop at a venue to be arranged sometime before Christmas with some quality items that have been kindly donated to us. We will let our supporters know where and when nearer the time

We are continuing to supply food to the San Jose Church Food Bank, situated in Pto de Mazarrón, which we do every other month throughout the year. Alen, from Alens Shop situated on



Urbanizacion Camposol kindly supplies the food at cost price, enabling us to donate these, mostly unperishable items, and make such a difference to so many families in the Mazarrón area.

We thank all our supporters for their continued support and all our volunteers who give their time and effort to enable us to Make A Difference in our Community.

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Very importantly, over the course of the year, the colour window tint on your windows will reduce the price of your utility bills: in the summer months it will help to keep cool air in and decreases the use of air conditioning and in the few winter months it helps keep the warmth in.

As owners of your own home in Spain, you can appreciate the beautiful colours of your homes. The different colours of film Colour Glass Window Tint brings more style and colour to your homes, so why not put some class to your glass today?



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# STYLED HISTORY

There is a certain poetry in discovering a piece of furniture or an object that has lived a life before you. Antiques, whether an elegant Georgian chair, a gilt-framed mirror, or a porcelain vase with the faintest trace of patina, carry with them whispers of another time. They are not relics of the past to be tucked away in attics; they are treasures waiting to be reimagined in the present.

For many, the idea of sourcing antiques feels intimidating, conjuring images of dimly lit shops or dusty corners piled high with forgotten oddities. Yet, the most extraordinary finds often lie in precisely these unexpected places. Step into a second-hand shop in a quiet town, and you may stumble across a French side table with carved details that would sit comfortably in a Parisian salon. Browse a country market, and a simple glass decanter may reveal itself as the missing touch to a perfectly composed dining room. The beauty of antiques is that they need not always be expensive nor sourced from grand auction houses; often, they are hiding in plain sight, waiting for a discerning eye.

The secret lies in seeing not just what the object is, but what it could become. A mirror with a worn gilt edge might be dismissed by some, but positioned above a marble fireplace, it transforms into a dramatic centrepiece. A faded velvet armchair, once overlooked, can be reupholstered in a fabric of your choosing, turning it into a statement piece that marries old-world craftsmanship with contemporary elegance. Antiques are not fragile relics to be feared; they are the anchors of character within a room, offering contrast to modern design and depth to minimalist interiors.

Styling these treasures does not require years of expertise or formal design training. The key is balance. One unique antique can sing when placed against clean, modern lines. A Louis XVI chair, for instance, does not need to be surrounded by its his-

torical companions. In fact, its beauty is heightened when set beside a sleek sofa or glass coffee table. The dialogue between old and new creates interiors that feel sophisticated yet lived-in, polished yet personal.

Consider also the charm of juxtaposition. A rustic farmhouse bench beneath a glossy contemporary artwork creates a vignette that feels both grounded and elevated.

A delicate porcelain tea set can be displayed on open shelving in a modern kitchen, softening its edges with a touch of heritage. These combinations are what transform a house into a home with layers of personality and style.

There is also a certain joy in knowing that no one else will have the exact same piece as you. Antiques carry stories, but when styled thoughtfully, they become part of your story too. They resist the disposable nature of fast interiors, offering instead a sense of permanence and individuality. And in a world that often prizes uniformity, curating your own collection of treasures is a quiet rebellion in favour of taste, discernment, and refinement.

So, next time you find yourself passing by a second-hand shop or browsing a weekend flea market, pause and take a look inside. What may appear at first glance as worn or ordinary might be the very piece that brings soul and elegance into your home.

Styled with intention, antiques are not reminders of the past but markers of timelessness, bridging eras with grace.

The art of living beautifully is not in buying everything new, but in recognising the value of what has already stood the test of time. With a keen eye and a little imagination, those hidden treasures can be elevated to their rightful place — not in the forgotten corners of history, but at the very heart of your home.



# IFEPA EVENT

## Antiques Fair / Classic and Antique Vehicle Show at IFEPA

The Region of Murcia Fair and Exhibition Centre will host the 21st Antiques, Auction, Retro, and Vintage Exhibition and the 21st Classic and Antique Vehicle Show - Retro Auto - between September 27<sup>th</sup> and 29<sup>th</sup>.

Almost 100 exhibitors from various parts of Spain, as well as other countries such as Great Britain and France, will take part in the 21st edition of this exhibition - a direct sales trade fair, ranked as the most visited of its kind in the country.

This fair is aimed at audiences of all ages, as well as collectors and decorators, always in search of unique, original and one-of-a-kind pieces. It is now in its 21st year and has been the most visited fair in the country since its inception. It is an ideal place for those curious about new decorative trends and the lives of previous generations through their objects.

More than 40,000 pieces will be on display at this unique event in South Eastern Spain, organized by IFEPA in collaboration with the company Llobregat S.F., headed by Josep María Camps, who was responsible for and inventive in introducing this trade fair concept to Spain, following its success in France, where it originated.

As usual, visitors will be able to participate in several free work-

shops on furniture restoration and enter a raffle for an elegant 1950s table clock.

## Retro Auto Show

Also taking place at the same place and same time is the 21st Classic and Antique Vehicle Show (RETRO AUTO), co-organized by the Ruta del Sol Club of Murcia, in collaboration with the Santa Rosalía Classic Vehicle Club in Torre Pacheco.

More than 200 classic and antique vehicles will delight attendees at an event that will bring together enthusiasts who rebuild classic and antique cars, motorcycles, spare parts, clubs, and associations.

A large number of spare parts dealers will participate, making thousands of parts, such as spares and accessories, available to the public for vehicle restoration.

In addition, the Murcian Association of Friends of the Railway will set up several models that will allow a journey through history, including the old Murcia Railway Station, which was located in the Plaza Circular.

More information and reduced-price tickets can be purchased at: <https://ifeпа.es/feria-antiguedades-retroauto-vehiculo-clasico/>



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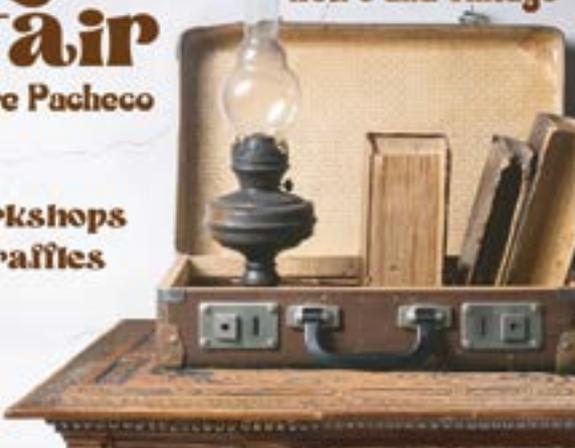
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# SPANISH VITALITY

For many British expats, the move to Spain begins as a lifestyle choice: better weather, a slower pace, and an undeniable charm in the plazas and coastal towns. But science suggests that the Spanish way of life is not only pleasant — it's a recipe for longevity. In fact, Spain consistently ranks among the world's healthiest countries, with some of the longest life expectancies in Europe. For those who have swapped drizzle for sunshine, this is more than coincidence; it is a testament to daily habits that add vitality and years to one's life.

## Food That Fuels Longevity

The Mediterranean diet is no fad. It is consistently recognised by nutritionists as one of the healthiest patterns of eating in the world. At its heart is balance: fresh vegetables, pulses, fruit, fish, olive oil, and nuts.

Spanish kitchens brim with dishes that capture this naturally. A drizzle of golden extra-virgin olive oil — rich in heart-protective polyphenols — is not simply a garnish but a daily staple. Fish, especially oily varieties such as sardines, anchovies, and mackerel, arrive at the table grilled, baked, or marinated. These provide omega-3 fatty acids that keep the cardiovascular system resilient. Lentils and chickpeas, simmered into hearty stews, bring fibre and plant-based protein that regulate blood sugar and support digestion.

Even the way Spaniards eat matters. Meals are rarely rushed affairs. Families and friends gather around the table, often for long lunches, creating both nourishment and connection. Studies confirm that eating in company lowers stress and improves digestion, an overlooked ingredient in health.

## Activities That Keep the Body Young

Spaniards are not obsessed with gyms, yet they remain active. The secret is that movement is woven into daily life. Walking to the market, strolling along the promenade in the evening, or tending to a small vegetable patch provides consistent, low-intensity exercise. Science shows that such regular movement, accumulated throughout the day, is more effective for longevity than occasional bursts of intense activity.

Swimming is another Spanish staple. Whether in the Mediterranean, the Atlantic, or a municipal pool, this gentle, full-body exercise supports mobility well into older age. Many small towns also keep community dance traditions alive, where music, rhythm, and laughter combine to boost both cardiovascular health and mood.

Expats can take this lesson to heart: it is not about radical fitness regimens, but about finding joy in natural, daily movement. A morning walk to the bakery, an evening swim, or joining a local walking group can make all the difference.

## The Science of Sunshine and Social Ties

Sunlight in measured doses is another unspoken medicine of Spanish life. Exposure to the southern European sun encourages the body's production of vitamin D, essential for bone strength, immune function, and even mental health. Britain's grey skies simply cannot compete.



But perhaps the strongest predictor of longevity in Spain is community. Research repeatedly finds that strong social bonds protect against disease and extend life expectancy. In Spain, neighbours know one another, cafés brim with chatter, and plazas are filled with the hum of conversation late into the evening. Loneliness — one of the modern West's silent killers — has far less room to take hold.

## How to Embrace It More Fully

For expats already here, the benefits are within easy reach. Shop like a Spaniard: choose seasonal vegetables, fresh fish, and legumes from the local market, and prepare them simply with olive oil and herbs. Embrace the rhythm of eating your main meal at lunch, giving your body more hours to digest before sleep.

Resist the urge to drive everywhere. Make walking your default, even if it is a short stroll after supper. If you live by the coast, make swimming a weekly ritual. If not, find joy in cycling or gardening — both firmly part of Spanish life.

Most importantly, lean into the culture of connection. Say yes to the neighbour's invitation for coffee, linger at the café table after a meal, and make time for genuine conversation. It is this blend of nourishing food, daily movement, sunlit air, and human warmth that truly explains why life in Spain is longer — and better.

## A Convincing Decision

For those who once questioned whether the leap to Spain was the right one, science has an answer. By choosing this land of sunshine and sociability, expats are not just chasing a dream; they are investing in years of health and happiness. And in the quiet rhythm of a Spanish afternoon, as friends gather and the air smells faintly of the sea, the decision feels less like chance and more like destiny.

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# KITCHEN GRAVITY

Every host knows the experience. You've spent days perfecting the living room, arranging the sofas just so, plumping the cushions, perhaps even lighting candles in preparation. The dining table is set immaculately. Yet, when guests arrive, where do they gather? The kitchen. It's a universal truth: parties, family get-togethers, even casual visits somehow gravitate towards the hum of the kettle, the scent of something bubbling away on the stove, and the simple comfort of being near food.

There's a fascinating psychology behind this phenomenon. The kitchen is not merely functional; it's deeply symbolic. From an evolutionary perspective, food has always meant survival and community. Long before modern houses, fire pits were the centre of the tribe. People came together to share warmth, stories, and sustenance. That instinct hasn't left us. Even today, we are naturally drawn to where food is prepared because it signals safety, generosity, and life itself.



Another reason guests end up in the kitchen is emotional intimacy. Living rooms can sometimes feel staged, especially when they're styled for show. Cushions perched neatly and breakable ornaments don't always invite relaxation. The kitchen, on the other hand, feels unpretentious. It's where the host is most themselves: stirring a pot, opening the fridge, wiping down a counter. Guests feel closer to you when they're with you in this space, rather than sitting formally across the room.

So, how can you design a kitchen to embrace this inevitable truth and make it a joyful, welcoming hub rather than an accidental crowding spot? The first step is seating. Even in smaller kitchens, introducing a couple of stools at a breakfast bar, a slimline bench along a wall, or a small café-style table can transform the space from purely functional to social. Guests can perch comfortably

with a glass of wine, keeping you company without hovering awkwardly by the oven.

Lighting is another crucial factor. Too many kitchens are either harshly lit with bright white spotlights or left gloomy under a single bulb. Layering the lighting can shift the atmosphere from task-oriented to inviting. Consider dimmable pendants over an island or warm under-cabinet lighting that creates a glow in the evening. A kitchen with mood lighting suddenly feels like the heart of the home rather than just a workspace.

The way you organise your kitchen also makes a difference. Guests naturally want to help – to chop a vegetable, pour a drink, or serve a plate. If everything is hidden away or difficult to access, they'll hesitate. By keeping certain areas guest-friendly – glasses in an easy-to-reach cupboard, snacks visible on a counter, perhaps a drinks station with ice, lemons, and mixers ready to go – you send a signal that people are welcome to join in. It changes the energy from “my kitchen” to “our space.”

The sensory side of the kitchen shouldn't be underestimated either. The clink of glasses, the smell of herbs, the gentle bubbling of a pan – all of this creates an atmosphere of warmth and togetherness. Unlike the living room, where sound often comes from the television, the kitchen's soundtrack is human. Conversation is punctuated by laughter, chopping, pouring, sizzling. It feels alive.

There's also something powerful about visibility. In the living room, guests often sit facing forward, their attention anchored by a focal point such as a television or fireplace. In the kitchen, everyone tends to stand or sit in a circle around a counter or island, naturally creating more inclusive conversation. The physical layout encourages eye contact, which is why kitchens often spark livelier discussions than sofas ever could.

For those who want to take this even further, think about your kitchen as the stage of your home. Hosts are often performing – pouring wine, stirring, serving – while guests watch, join in, and share the experience. An open-plan kitchen-dining area removes the barriers completely, blending the preparation and enjoyment of food into one fluid moment. Even if you don't have the space for a full renovation, simply opening a doorway or using lighter colours to create a sense of openness can make a kitchen more inviting.

Ultimately, people don't gather in the kitchen because of design trends, but because of a deep human need for connection. Food is love, and being near its preparation is as comforting now as it was thousands of years ago. By leaning into this truth, rather than fighting it, you can create a kitchen that not only looks beautiful but also works in harmony with the natural flow of life.

So the next time you wonder why your guests never sit on those perfectly arranged sofas, smile. They're exactly where they're meant to be – in the warm, beating heart of your home.



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# GARDEN GEMS



Hydrangeas



Camellias



Japanese Anemones



Hostas



Boxwood (Buxus)



Olive Trees



Ornamental Grasses (such as Miscanthus and Fountain Grass)



Roses



Agapanthus



Agapanthus



Daylilies

Creating a garden that looks effortlessly expensive does not have to mean endless hours of pruning, watering, and coaxing delicate plants back to life. The secret lies in choosing the right plants—those that provide lushness, structure, and colour throughout the seasons with very little attention. By selecting hardy, reliable species, you can achieve a garden that feels luxurious and full without the constant upkeep that more demanding plants require.

One of the best starting points is evergreen shrubs, which serve as the backbone of any elegant outdoor space. Varieties such as boxwood, holly, and laurel keep their glossy leaves all year round, ensuring your garden never looks bare, even in winter. These plants provide instant structure, and when clipped neatly, they create the kind of polished, manicured look often seen in high-end gardens. For those who prefer a softer effect, camellias and azaleas offer lush greenery and seasonal blooms with very little maintenance, adding both sophistication and vibrancy.

Grasses are another secret to low-maintenance luxury. Ornamental varieties like miscanthus, fountain grass, and blue fescue sway gracefully in the breeze, adding movement and texture. They require almost no attention beyond an annual trim, yet they provide a designer look that feels contemporary and natural at the same time. Their ability to catch the light makes them particularly stunning at sunrise or sunset, giving the garden an atmosphere that feels curated and intentional.

For bursts of colour without the fuss, perennials are the gardener's greatest ally. Plants such as daylilies, geraniums, salvia, and echinacea return year after year with minimal care, filling borders with rich tones. Hydrangeas are particularly effective in creating a sense of luxury, with their enormous heads of flowers that last for weeks and look just as beautiful when dried. Roses are another classic option, but to keep them low-maintenance, choose shrub or groundcover varieties that are more resistant to pests and require less pruning.

Ground cover plants should not be overlooked either, as they are an effortless way to make your garden appear lush and full. Creeping thyme, vinca, or pachysandra can cover bare soil with carpets of greenery and flowers, suppressing weeds while softening the landscape. The effect is both practical and indulgent, giving the impression of abundance without additional work. Pairing these with climbing plants such as jasmine or bougainvillea can also create vertical layers of greenery and colour, turning a simple fence or wall into a focal point.

Trees, too, can transform a garden into a space of grandeur with surprisingly little effort. Olive trees and magnolias are popular choices, as they thrive in many climates and offer an air of elegance without constant pruning. For smaller spaces, Japanese maples bring sculptural form and striking foliage while demanding very little in terms of maintenance.

The key to achieving low-maintenance luxury lies in layering these elements thoughtfully. By combining evergreens for structure, grasses for texture, perennials for colour, and ground cover for fullness, your garden can look polished and lush all year round. With the right selection of plants, the upkeep is reduced to occasional trimming, seasonal feeding, and enjoying the space you've created. Ultimately, a truly luxurious garden is not about how much work it demands, but how effortlessly it makes you feel surrounded by beauty.

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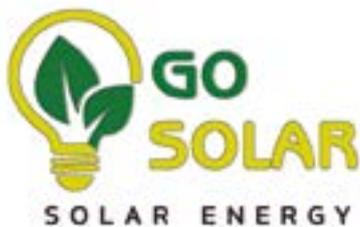
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# VICTORY CHURCHES SPAIN

The seasons are changing and so are we. We were formally based on Camposol and known as Wellspring Victory Church. We now have our own building in the town of Mazarrón. And have changed our name to Victory Churches Spain. We are part of the Victory movement that was originally founded in Canada by Dr's George and Hazel Hill. That won't be changing, we are just relaunching and rebranding back to our roots.

The Church was founded here in Spain in 2006 and was set up as Victory Churches Spain. We have an ongoing vision for the church to grow in an international community where we can be at the heart of a multicultural society and share the word of God with different nationalities. It is an exciting time for us all and, of course, a very busy time. We will be holding our grand relaunch on the 21<sup>st</sup> September and would like you to come and join us. If you've never been to church or have not been for a long time, we invite you to come along and see what we are all about.

The church is not only a place for people to come and spend time with our Lord and Saviour, but it's a place of sanctuary, a family, a place of belonging, a community and a home.

We at Victory build our values on the word of God and are acceptant of everybody. We are warm and welcoming and our new environment now allows us to reach out further in the communities to offer support and care for those in need. There is a place for everyone!

Our motto is "Serving God Serving people" and we are here to

do just that, to give hope to the people.

We would like you to be inspired by the Word of God to find hope in God and His revelation to mankind, trusting in Him for all things.



(Romans 15:13 NLT I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit).

God is truly our comforter in time of need and we are here on earth as His hands and feet to do His will. We would like for you to be part of that too.



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# SMARTER LIVING

Technology can sometimes sound confusing, but at its heart, a “smart home” is simply a house where some devices can connect to the internet, talk to each other, and be controlled easily by you. This doesn’t mean filling your home with complicated gadgets. It means choosing the right products that genuinely make everyday life easier, safer, and more comfortable.

If you’ve ever wished you could turn off the lights without getting up, see who’s at the door before opening it, or play music in every room at the touch of a button, then smart home technology can do that for you. And the best part is that you don’t need to be a tech expert—these devices are designed to be straightforward and practical. Below are some of the best items available on Amazon Spain that can help transform your home into a modern, smart living space.

## 1. Amazon Echo Dot (5th Generation)

The Amazon Echo Dot is a small speaker with a built-in voice assistant called Alexa. You can ask it questions (“What’s the weather today?”), set reminders (“Remind me to take my pills at 8pm”), or even tell it to play music. The Echo Dot can also control other smart devices in your home. For example, if you have smart lights, you can simply say, “Alexa, turn off the lights,” and it will do it for you.

**Why you need it:** It makes daily life easier, helps you remember tasks, and allows you to control your home with just your voice.

## 2. TP-Link Tapo Smart Plug

This little plug fits into your normal wall socket. Once it’s connected, you can plug in any device—like a lamp, a coffee machine, or even a fan—and control it from your phone or through Alexa. For example, you can set your coffee machine to start brewing in the morning without even leaving your bed.

**Why you need it:** It gives you control over everyday appliances and helps save energy by turning things off when not needed.

## 3. Philips Hue Smart Bulbs

These are light bulbs that you can screw into your existing lamps or light fittings. Once connected, you can control them with your phone or voice. You can dim the lights, change the brightness, and even choose different colours if you like. Imagine reading a book with soft warm light, or bright white light when you’re working—all controlled without touching a switch.

**Why you need it:** They add comfort and convenience. You can also set timers so the lights turn on automatically in the evening, which is especially helpful if you’re away from home and want it to look like someone’s in.

## 4. Ring Video Doorbell

This is a doorbell with a built-in camera. When someone rings it, you get a live video feed on your phone, showing you who is at the door. You can even talk to the person without opening the door. For example, if the delivery man comes when you’re out, you can still tell him where to leave the package.

**Why you need it:** It makes your home more secure and gives peace of mind, especially if you live alone or travel often.

## 5. Roborock Robot Vacuum Cleaner



This is a small machine that moves around your house by itself, vacuuming your floors. You can set it to clean at certain times, or start it with your phone. Some models even mop as well as vacuum.

**Why you need it:** It saves you time and energy, especially if cleaning feels like hard work. You can sit back and relax while the robot does the job.

## 6. Arlo Indoor Security Camera

This is a small camera you can place in your home. It connects to your phone, so you can check in whenever you like. It can alert you if it senses movement, so you know what’s happening even when you’re not at home.

**Why you need it:** It improves safety and provides peace of mind. Perfect if you travel or want to keep an eye on pets.

## 7. Broadlink Universal Remote Control

This clever device allows you to control your existing TV, air conditioning, or stereo using your phone. Instead of having several remote controls lying around, you can use just one app to manage everything.

**Why you need it:** It simplifies life, reduces clutter, and is great if you often misplace remote controls.

### Why Go Smart?

The main reason to turn your house into a smart home is not to show off gadgets but to make life simpler, safer, and more enjoyable. Each of these devices takes away small daily annoyances—like getting up to switch off lights, struggling with cleaning, or worrying about security.

With a few simple additions from Amazon Spain, your home can become more comfortable, more secure, and easier to manage, no matter your age or experience with technology. A smart home isn’t about complicating your life—it’s about giving you more control and peace of mind with very little effort.

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When people talk about golf's greats, the same names always roll off the tongue—Tiger Woods, Jack Nicklaus, Rory McIlroy. But the sport's history is full of fascinating characters who once dazzled crowds and shaped the game, yet today they're often overlooked. Let's dust off the scorecards and take a walk down the fairways of some truly unforgettable, though less-remembered, golfers.

### 1. Tony Jacklin – The Man Who Brought Britain Back

In the late 1960s, British golf was in the doldrums. Then came Tony Jacklin, a young man from Scunthorpe who shocked the golfing world by winning The Open in 1969, the first Brit to do so in nearly two decades. He followed it up with a U.S. Open win in 1970. But Jacklin's legacy didn't stop there—he transformed Europe's Ryder Cup team from perennial underdogs into serious contenders, laying the groundwork for future triumphs.

### 2. Laura Davies – Power Personified

Before women's golf truly gained mainstream attention, Laura Davies was out there smashing records. Known for her fearless swing and enormous drives, she won more than 80 professional tournaments worldwide, including four majors. Davies proved that golf wasn't just about patience and precision—it could be bold, fast, and exciting. She broke stereotypes and inspired countless young players, male and female alike.

### 3. Seve Ballesteros – The Shot-Maker

Mention the name Seve and older golf fans immediately smile. From the beaches of Spain to the greens of Augusta, Ballesteros became known for his daring creativity and charisma. He wasn't just playing golf—he was inventing it shot by shot. His 1979 Open Championship win at Royal Lytham and his two Masters victories in the '80s made him a European icon. Even more, his passion lit up the Ryder Cup, where he became a symbol of Europe's fighting spirit.

### 4. José María Olazábal – Quiet but Brilliant

Seve's protégé, Olazábal, was quieter in personality but just as impressive with a club in hand. His silky short game and calm demeanour earned him two Masters titles and made him one of the most reliable Ryder Cup players in history. In 2012, he captained Europe's team in what became known as the "Miracle at Medinah," one of the greatest comebacks in golf.

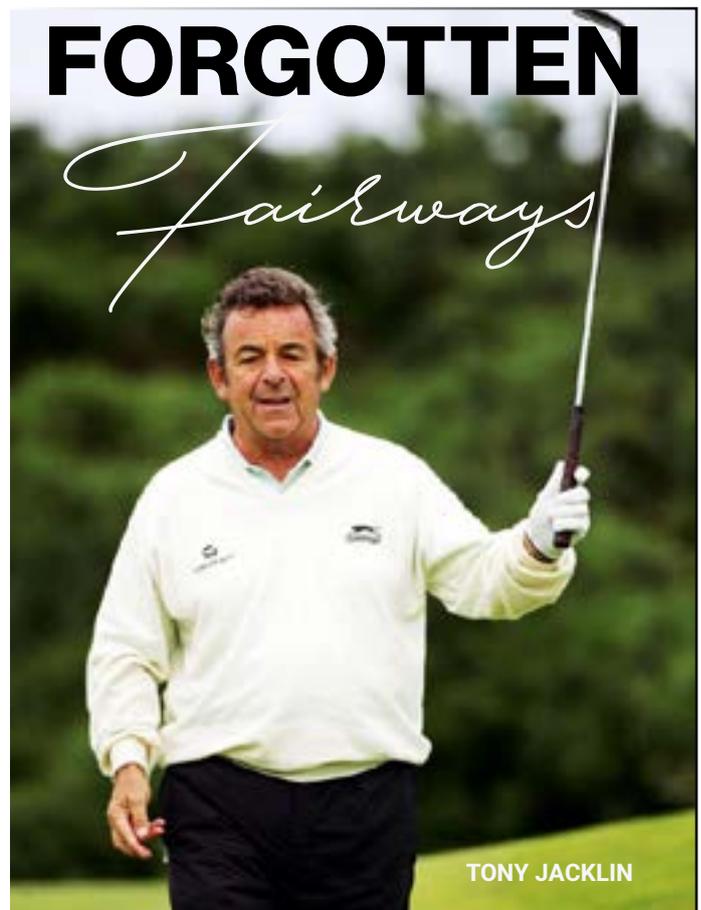
### 5. Sandy Lyle – Scotland's Gentle Giant

Tall, laid-back, and immensely talented, Sandy Lyle gave Britain two of its most celebrated golfing moments. His victories at The Open in 1985 and The Masters in 1988 cemented him as one of the greats. Who could forget the bunker shot at Augusta that rolled perfectly onto the green, sealing his Masters triumph? It was one of the most iconic shots of the decade.

### Why They Matter Today

These golfers weren't just winners; they were trailblazers who pushed the sport forward. They showed personality, resilience, and flair at a time when golf could seem slow or elitist. Their achievements paved the way for today's stars, and remembering them isn't just about nostalgia—it's about appreciating the roots of modern golf.

So next time you watch Rory McIlroy thunder a drive or see Jon Rahm sink a putt, spare a thought for the players who came before. Without their boldness, breakthroughs, and unforgettable moments, the game we love today wouldn't be nearly as thrilling.



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Win free tickets to this years European Senior Masters Championship Golf at Real Golf, La Manga Club with Murcia Today, Andalucia Today, Alicante Today, TKO Radio and Home & Living (formerly The Chronicle), between Thursday 6<sup>th</sup> and Sunday 9<sup>th</sup> November.

This local Murcia golf competition is going from strength to strength, and again there will be coverage of the event on Sky Sports Golf. Sponsors include Equals Money, Murcia Today, Andalucia Today, Alicante Today, TKO Radio, Home & Living, Bentley Leicester, Coca-Cola, La Manga Rent a Car, Marena Murray, Heniam & Associates, La Quinta Club, La Manga Life Magazine, Lamborghini Leicester, and many more.

### Who is playing at the European Senior Masters Championship 2025?

This year the event is hosted by Ryder Cup Star, Peter Baker, and players include major winners Ian Woosnam, Paul Lawrie, Colin Montgomery, as well as Philip Price, Jean Van de Velde, Jim Furyk and Costantino Rocca.

If you're interested in joining us at this esteemed golfing event, which is growing in prestige year on year, you could be lucky and win 1 of the 100 free tickets which Spain Today Online is giving away. Each ticket covers admission for 2 people for all 4 days.

All you have to do to enter the prize draw is answer a simple question and email us the answer to [info@spaintodayonline.com](mailto:info@spaintodayonline.com).

Here's the question you have to answer:

Who won the US Open in 2006 and which country did this person come from?

Be sure to get your answers in before midnight on Friday 31<sup>st</sup> October, when the competition deadline comes to an end.

Lucky winners will be contacted by email with instructions on how to pick up their tickets.

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# BEAUTY BASICS

In today's fast-paced world, where store shelves are filled with bottles of cleansers, creams, and soaps boasting "miracle" formulas, more people are looking for simple, natural alternatives. Many commercial beauty products contain harsh chemicals, artificial fragrances, and preservatives that can irritate skin and contribute to long-term health concerns. This has sparked a growing movement of people turning back to nature, crafting their own skincare items using chemical-free ingredients.

Making your own soap and skincare at home is easier than you may think. It not only gives you complete control over what goes on your skin, but it is also fun, creative, and sustainable. With a few affordable ingredients—many of which may already be in your kitchen—you can create nourishing products that work just as well, if not better, than store-bought versions. Whether it's a bar of soothing handmade soap, a revitalising scrub, or a refreshing aftershave gel, these recipes are practical, gender-neutral, and designed for everyday living.

## Why Choose Homemade?

Our skin is the body's largest organ and absorbs much of what we apply to it. When you switch to natural, homemade skincare, you're avoiding synthetic detergents, parabens, and artificial fragrances that can strip the skin of natural oils or trigger sensitivities. Homemade products allow you to tailor your skincare to your personal needs, whether you're battling dryness, irritation, or simply want a chemical-free lifestyle. There's also the added benefit of sustainability: by reusing jars and tins, you cut down on packaging waste, making this a win for your skin and the planet.



## Cold-Process Soap

One of the most rewarding projects is making your own bar soap. The cold-process method may sound intimidating, but once you understand the basics, it becomes a satisfying craft. Always remember to wear gloves and goggles when handling lye, and allow plenty of curing time for a safe, gentle soap.

Ingredients: 300 g olive oil, 200 g coconut oil, 100 g shea butter, 80 g lye (sodium hydroxide), 220 ml distilled water, and a few drops of your favourite essential oil.

Method: Dissolve the lye slowly into the water and let it cool. Gently melt the oils and butter together, and when both mixtures are around 40–45°C, pour the lye water into the oils. Blend until the texture thickens to a custard-like consistency. Stir in essential oils, pour into a mould, and let it set for two days. Cut into bars and leave them to cure for four to six weeks. The result is a natural, chemical-free bar that nourishes skin instead of stripping it.

## Coffee Scrub for Smooth Skin

If soap making feels a little advanced, start with this super-easy coffee scrub. Coffee grounds make a brilliant natural exfoliant, removing dead skin cells and leaving skin smooth and glowing. Caffeine is also thought to stimulate circulation, making this scrub a favourite for both men and women.

Mix half a cup of used coffee grounds with a quarter cup of melted coconut oil, two tablespoons of brown sugar, and a teaspoon of vanilla extract for fragrance. Massage gently onto damp skin, then rinse. It's especially effective on rough areas like elbows, knees, or dry winter skin.

## Soothing Aloe Aftershave Gel

Men's skincare often gets overlooked, but irritation from shaving can leave skin red and sore. A homemade aloe vera aftershave gel is cooling, antiseptic, and perfect for calming skin post-shave—or even as a general soothing gel for anyone.

Combine half a cup of pure aloe vera gel with two tablespoons of cooled green tea, five drops of tea tree oil, and five drops of lavender oil. Store in a pump bottle in the fridge for a refreshing splash of hydration whenever you need it. Green tea is rich in antioxidants and helps reduce inflammation, making it an excellent, everyday replacement for harsher store-bought aftershaves.

## Nourishing Lip Balm

Dry lips are common year-round, but commercial balms often rely on petroleum jelly. With just a few ingredients, you can create a rich balm that hydrates naturally.

Melt two tablespoons of beeswax pellets with two tablespoons of coconut oil and one tablespoon of shea butter. Stir in a few drops of peppermint or vanilla oil, then pour into small tins or tubes. Once cool, you'll have a soothing balm perfect for everyday use.

## Expanding Your Homemade Collection

Once you've tried these basics, it's easy to get creative. Add oats or honey to soap for extra nourishment. Blend sugar and olive oil with lemon juice for a brightening hand scrub. Infuse bath salts with lavender for a relaxing soak, or mix jojoba oil with cedarwood essential oil for a natural beard balm. If green tea isn't your favourite, chamomile tea or cucumber juice are also excellent bases for calming skin products. The possibilities are endless, and because you're working with safe, recognisable ingredients, you can experiment without worry.

## The Joy of DIY Skincare

Making your own soap and skincare products at home is more than a hobby—it's a lifestyle shift. It encourages mindfulness, creativity, and self-care, while also helping you cut down on waste and embrace natural living. Best of all, it's empowering. There's a unique satisfaction in knowing the soap in your bathroom or the balm in your pocket was made by your own hands, free from harsh chemicals and tailored to your needs.

By switching to homemade products, you're giving your skin—and yourself—the gift of health, simplicity, and sustainability. In the process, you may even discover that the best beauty secrets have always been found in nature and in the comfort of your own kitchen.

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# WHAT'S ON?

## Events

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

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

**Forget Me Not Respite Care** @ The Social Centre, Camposol B 10.15am

**Friends of Mazarrón Animals Collection** @ Camposol B Lower Car Park 10.30am-11am

**Andrea's Animal Rescue Collection** @ Camposol B Car Park 11am-1pm

**Every Tues** **Market** @ Alhama & Los Gallardos  
**Los Bandidos Cycle Ride** from Mojácar Playa - see their FB page for info

**Helping the Perrera Dogs Volunteering** @ Mazarrón Perrera 9am

**Helping the Perrera Cats Volunteering** @ Mazarrón Perrera 9am

**Noah's Arc available for donations** @ Spar, Mazarrón Country Club 10am-12pm

**GoMad available for collections** @ Camposol A Car Park 10.30am-12pm

**Qi Gong & Tai Chi** on the beach. Meet at Samsara, Mojácar Playa 11am Proceeds to **Donkey Charity**

**Every Wed** **Market** @ Totana & Mojácar  
**Los Bandidos Run/Walk/Jog** from Mojácar - see their FB page for times  
**Los Bandidos Sea Swimming** @ Mojácar - see their FB page for times  
**Climbing Workshop-Mothers & Children** @ Mojácar 5.15pm & 6.30pm

**Every Thurs** **Market** @ Lorca  
**Los Bandidos Cycle Ride** from Mojácar - see their FB page for times  
**Camposol Walking Football Club** @ Pto de Mazarrón 10am-11am  
**Los Amigos de Mazarrón FC Meeting** @ Camposol A 4pm  
**Over 60's Memory Workshop** @ Centro de Usos Múltiples, Mojácar Pueblo 5pm

**Friends of Mazarrón Animals** available for donations @ Pto de Mazarrón 10-10.30am

**Forget Me Not Respite Care** @ The Social Centre, Camposol B 10.15am

**Mazarrón AA Meeting** @ Cañadas de Gallego 5.30pm (Call 646 290 420)

**Every Fri** **Market** @ El Pareton, Garrucha & Puerto Lumbreras  
**Camposol D Bucket Collection** @ The Hut, Camposol D 9.30am-12pm  
**Los Palacios Gardening Group Library** @ Camposol A 10am-12.30pm  
**Climbing Workshop-Mothers & Children** @ Mojácar 5.15pm & 6.30pm

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

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

**Every Sat**      **Market @** Fuente Alamo, Mazarrón, Aguilas & Vera  
**Los Bandidos Run/Walk/Jog @** Mojácar – see their FB page for times  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€

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

**Every Sun**      **Market @** Pto de Mazarrón  
**Car Boot Sale @** Camposol A  
**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 8.30am  
**Los Bandidos Cycle Ride** from Mojácar – see their FB page for times  
**Rastro Market @** Centro de Usos Múltiples, Mojácar Pueblo  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€  
**Dog Walking/Socialisation @** Turre (meet at Plaza Constitución) 8pm

**Juke Box DJ @** Mojácar Playa, all proceeds to **PAWS-PATAS** 9pm

## SEPT

**Tues 2**      **Monthly 'B' Clean Meeting @** Camposol B 4pm

**Thurs 4**      **PAWS-PATAS Bingo Brunch @** The Snug, Mojácar Playa 10€ 12pm

**Sat 6**      **Friends of Mazarrón Animals Pop Up Market @** Isla Plana Social Centre 10am-2pm  
**PAWS-PATAS/ELEOS Charity Event @** Vera Water Park 11am-7.30pm

**Sun 7**      **St Nicholas Church Songs of Praise @** Camposol D20 C/Sobrija 11am

**Dougie Munro @** The Suite, Algorfa 8pm



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- Tues 9**      **PAWS-PATAS Book Sale @** Scotty's, Mojácar Playa 10.30am-1pm  
**HELP MMM Coffee & Company @** Calle Helena, Los Alcazares 11am-12.30pm
- Weds 10**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm
- Fri 12**      **"Rock Against Cancer" @** Torrevieja (rockagainstcancer.es) 6pm-2am
- Sat 13**      **"Rock Against Cancer" @** Torrevieja (rockagainstcancer.es) 6pm-2am
- Sun 14**      **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am
- Friday 19**      **Boyan @** The Suite, Algorfa 8pm
- Sun 21**      **Victory Churches Spain Re-Launch @** Calle Villaricos de la Alumbres 17, Mazarrón 11am  
**St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am
- Weds 24**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm  
  
**Noah's Arc Pop Up Shop/Raffle/Music @** Camposol C
- Fri 26**      **Antiques Fair/Classic & Antique Vehicle Show @ IFEPA,** Torre Pacheco
- Sat 27**      **Antiques Fair/Classic & Antique Vehicle Show @ IFEPA,** Torre Pacheco
- Sun 28**      **Antiques Fair/Classic & Antique Vehicle Show @ IFEPA,** Torre Pacheco  
**St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am  
  
**Lucy Lucia @** The Suite, Algorfa 8pm

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# CLASSIC PEACH COBBLER

To make a classic peach cobbler, you will need ripe peaches, plain flour, caster sugar, baking powder, a pinch of salt, unsalted butter, and a little milk. Begin by preheating the oven to 180°C (fan 160°C) or gas mark 4. Slice the peaches and place them into a greased baking dish or ovenproof skillet, sprinkling over a spoonful of sugar to enhance their natural sweetness. In a mixing bowl, combine flour, sugar, baking powder, and salt, then rub in chilled butter with your fingertips until the mixture resembles fine breadcrumbs. Pour in enough milk to create a thick, soft batter that will spread easily.

Drop spoonfuls of the batter evenly over the peaches, allowing some of the fruit to remain visible. As the cobbler bakes, the topping will puff up and turn golden, while the peaches beneath release their juices and create a rich, bubbling filling. Bake for about 35 to 40 minutes, or until the crust is crisp and lightly browned. Serve the cobbler warm from the oven with a generous scoop of vanilla ice cream or a dollop of clotted cream for a comforting, homely pudding that celebrates the sweetness of summer fruit.



# PLANTAIN TOMATO CURRY

To prepare a warming plantain curry, gather three ripe plantains, two onions finely chopped, three large tomatoes or a tin of chopped tomatoes, two cloves of garlic, a piece of fresh ginger, one green chilli, a handful of fresh coriander, three tablespoons of vegetable oil, a teaspoon of cumin, a teaspoon of turmeric, a teaspoon of curry powder, half a teaspoon of paprika, a pinch of salt, and about two hundred millilitres of vegetable stock. A splash of coconut milk at the end adds richness but is optional.

Peel the plantains and cut them into thick coins. Heat a little oil in a frying pan and cook the slices for a couple of minutes on each side until golden, then set aside on kitchen paper. In a separate pan, warm the remaining oil and gently fry the onions until golden. Add grated ginger, crushed garlic, and the chopped chilli, cooking until fragrant. Stir in the cumin, turmeric, curry powder, and paprika so the spices coat the onions.

Add the chopped tomatoes and cook until the sauce thickens and darkens, which should take around ten minutes. Pour in the stock, stir, and simmer gently for another ten minutes. Carefully return the plantain slices to the pan, spooning the sauce over them so they soak up the flavour without breaking apart. Let the curry bubble for a final five minutes before tasting and adjusting seasoning.

Finish with a scattering of fresh coriander and, if you like, a drizzle of coconut milk for creaminess. Serve hot with basmati rice or chapatis. The sweet plantain contrasts beautifully with the savoury spiced tomato sauce, making a dish that feels both comforting and satisfying.





# CREAMY TRUFFLE PASTA

There are few dishes more comforting yet indulgent than a bowl of creamy truffle pasta, and by adding tender chicken, the dish becomes a heartier, more satisfying meal that balances luxury with substance. To prepare it, you will need fresh tagliatelle or fettuccine, skinless chicken breast cut into thin strips, double cream, unsalted butter, a touch of olive oil, one finely chopped garlic clove, a spoonful of truffle paste or a drizzle of truffle oil, a generous grating of Parmesan cheese, sea salt, freshly ground black pepper and, for those lucky enough to find them, fresh truffle shavings to garnish.

Start by placing a large pan of salted water on the hob and cooking the pasta until al dente, retaining that slight firmness. While the pasta cooks, heat the butter with the olive oil in a wide pan, allowing the oil to prevent the butter from burning and to provide a subtle background flavour. Add the strips of chicken and sauté gently until golden and cooked through. Stir in the garlic and let it soften briefly, releasing its aroma without browning. Pour in the double cream and allow it to simmer gently until it begins to thicken. At this stage the truffle paste or oil is incorporated, giving the sauce its unmistakably earthy depth. Season lightly with salt and pepper, then stir through the Parmesan until it melts into the cream, creating a smooth, glossy sauce.

Drain the pasta, reserving a little of the cooking water, and fold it into the sauce along with the chicken. Add a splash of the reserved water if needed, ensuring the pasta ribbons are evenly coated. Serve in warmed bowls, topped with extra Parmesan and, where possible, a scattering of fresh truffle. Though fresh truffle can be hard to source in Andalucía, truffle pastes and oils are available in specialist shops in Málaga, Marbella and Seville, or from online suppliers such as Trufas Alonso.



# TAIL TALK

Dogs have been loyal companions to humans for thousands of years, bringing joy, protection, and unconditional love. However, caring for them properly goes far beyond providing food and water. A dog's health, happiness, and longevity rely on attention to their physical, emotional, and mental well-being, along with proactive healthcare. While most owners truly adore their pets, many unintentionally make mistakes that can shorten or reduce their quality of life. By understanding these pitfalls, you can ensure your four-legged friend thrives.

## Feeding and Nutrition

Overfeeding remains one of the biggest issues in dog ownership. Those soulful eyes can be persuasive, but too many treats or overly generous portions lead to obesity—a condition linked to diabetes, arthritis, heart problems, and reduced life expectancy. Ex-



cess weight also makes daily movement uncomfortable. Stick to recommended portions and choose a high-quality, balanced diet. Dogs can also enjoy healthy extras in moderation: plain cooked chicken, turkey, salmon, sardines in water, scrambled egg, carrots, cucumber, broccoli, spin-

ach, pumpkin, blueberries, raspberries, bananas, and seedless apple slices. These natural foods provide essential vitamins, fibre, and antioxidants to support digestion, skin, and immune health. Always avoid harmful foods such as onions, garlic, grapes, raisins, chocolate, avocado, and anything containing xylitol.

## Exercise and Mental Stimulation

Daily exercise is essential but often underestimated. Most dogs need 30 minutes to two hours of activity depending on age and breed. Beyond walks, realistic options include playing fetch, tug-

of-war, or chase in the garden; hide-and-seek with toys or treats around the house; puzzle feeders; short training sessions; and scent games using hidden treats in boxes. For active breeds, agility courses, slow cycling together, hiking trails, or even a safe beach run can work wonders. Regular exercise not only strengthens their body but also keeps their mind engaged and reduces behavioural problems caused by boredom.



## Training and Behaviour

Training is key for safety and harmony. Basic commands such as "Sit", "Stay", "Come", and "Heel" help keep your dog under control in any situation. Positive reinforcement—rewarding good behaviour with treats, play, or praise—is far more effective than shouting or punishment, which can lead to confusion and anxiety.

## Healthcare and Warning Signs

Routine veterinary visits are vital to detect issues early and keep vaccinations, parasite prevention, and microchipping up to date. Spaying or neutering also helps prevent certain health risks. Pay close attention to changes in your dog's behaviour or appearance. Warning signs include scooting, persistent scratching, vomiting, diarrhoea, limping, sudden aggression, excessive thirst, unexplained weight changes, bad breath, or lethargy. Seek veterinary advice promptly if these occur.

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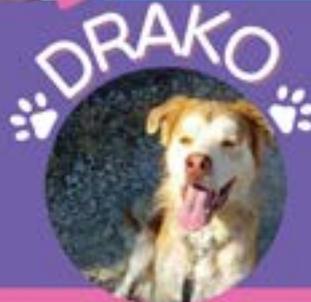
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# SPANISH LAW TRAFFIC

If you own a Spanish vehicle then you may have noticed that your Spanish registration document contains a bit more information than many other European countries, but do you know what all the extra information is? Here we provide a guide to the letter codes for that you will find on a standard passenger vehicle:

## VEHICLE INFO

CL - Vehicle classification

## MANUFACTURER INFO

A.1 - Name of vehicle manufacturer

A.2 - Address of vehicle manufacturer

B.1 - Completed vehicle manufacturer's name

B.2 - Completed vehicle manufacturer's address

## MODEL VARIANT

D.1 - Brand

D.2 - Type / Variant / Version

D.3 - Commercial Name of vehicle

D.6 - Origin, if imported etc

## WEIGHTS & MEASUREMENTS

F.1 - Maximum permitted technical laden mass

F.1.1 - Maximum permitted mass on each axle separated by "/"

F.1.5 - Maximum permitted mass on the 5th wheel or coupling device, if applicable

F.2 - Maximum permissible laden mass

F.2.1 - Maximum permitted mass on each axle, separated by "/"

F.3 - Maximum technically permitted mass of the assembly

F.3.1 - Maximum permitted mass of the assembly

F.4 - Vehicle Height

F.5 - Vehicle Width

F.6 - Vehicle Length

F.7 - Track of Front Axle

F.7.1 - Track of Rear Axle

F.8 - Rear Overhang

G - Mass of vehicle

## HOMOLOGATION

J - Category of Vehicle

K - European Type Approval

K.1 - completed vehicle homologation number

K.2 - ITV certificate number of the base vehicle



## AXLES, WHEELS & TYRES

L - Number of Axles & Wheels

L.0 - Number and position of Axles with twin wheels

L.1 - Number and position of Drive Axles

L.2 - Tyre Dimensions with load and speed rating

M.1 - Distance between Axles

M.4 - Distance between the 5th Wheel or Coupling

## TOWING & TRAILERS

O.1 - Towable mass with brakes

O.1.1 - Drawbar

O.1.2 - Halftrailer

O.1.3 - Centre Axle Trailer

O.1.4 - Trailer without brakes

## ENGINE

P.1 - Engine size (cc)

P.1.1 - Number of Cylinders and Layout

P.2 - Engine Power (kw)

P.2.1 - Fiscal Horsepower (CVF)

P.3 - Fuel Type

P.5 - Engine Identification Code

P.5.1 - Engine Manufacturer (or brand)

## SEATING

S.1 - Number of Seats

S.2 - Number of Standing Spaces

## NOISE

U.1 - Noise Level when stationary

U.2 - Engine speed at which the noise level is measured

## EMISSIONS

V.7 - CO2 emissions

V.9 - Euro Status

## OTHER ITEMS

R - Colour

Z - Year and serial number of short series

Whilst this list is by no means exhaustive, it covers the main codes that you will come across on a typical Ficha Técnica vehicle registration document. The Ficha Técnica also doubles as an ITV card and newer versions now have a guide to the codes in Spanish



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# TV NEWS

September is here and we at Rainbow have had a busy summer, not only with TV installations and problems, but also with our sponsored charity "Friends of Mazarrón Animals" (FMA). Animal rescue continues all year but fund raising in the summer heat is always difficult. Please support any events that will be organised for the autumn and if you can afford to, please make a donation. Every euro counts.

TV News ..... Internet TV continues to be the only way to watch all UK TV with many channels simply not available on the satellite system any more. With internet TV successful viewing is dependent on two services you will need to rent; the internet and the TV system.

As a general rule you can gauge the quality of both requirements by the price which, so often these days, is the primary factor, but you should also take quality into account for trouble free TV viewing.

Internet companies often try to drive prices down by using ever cheaper routing. Remember your local internet supplier will not be able to get your request to, say, Ryanair in Ireland, without using the national, international and local internet infrastructure. Cheaper internet suppliers will usually have complex lengthy routes often with significant delays. Generally, you will need to pay a bit more for direct fast routing. To book a Ryanair flight or shop on Amazon the cheap slower routes are usually fine but live TV is a totally different demand on the internet; waiting a second for Amazon to respond is acceptable. Waiting a second for live TV (buffering) is not. So, think about quality and not just price. In our experience the national operators (Movistar, Vodafone, Orange and Starlink) are the best.

For your TV service supplier of course, we, at Rainbow, would suggest our service. Again, we are not the cheapest (nor the

most expensive) but the system is excellent. Try us for a no obligation week free of charge to assess for yourself. The firestick sold on the Sunday market is cheap but problems will arise and will there be a service/back up facility on a Saturday morning just before the football starts? Therefore, for successful UK TV viewing don't just look at price. Look at the whole package and what you are getting.



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

That's it for September – more TV information in October 2025.

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## THY WILL BE DONE



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

I often read on forums that a Will can be organised directly through a notary effectively cutting out the "middle man" saving 40€ or so on average against our own fees and this is 100% true as if you are simply looking to save money upfront, going directly to a notary will always be cheaper than using ourselves to produce your legal documents and then paying a notary for their services afterwards.

However, let's take a minute to remember **WHY** we are organising a Will for your Spanish estate in the first place - it is to guarantee that your wishes are

## WHEN YOU DIE IN SPAIN IT'S NOT JUST ABOUT WHAT WILL HAPPEN IT'S ALSO ABOUT WHAT WON'T

adhered to **AND** to **ENSURE** that your beneficiaries have as little hassle and expense and cost as possible once you have died.

Clients of Thy Will Be Done are **ASSURED** of the following:

1. Their beneficiaries will not need to travel to Spain to arrange an NIE number - our UK office can easily organise this directly with them and the Spanish Consulate;
2. Their beneficiaries will not have to seek out an English-speaking Abogado (solicitor) in Spain and pay for that Abogado to have Power of Attorney to act for them - if we are nominated as executors within a Spanish Will, we will immediately liaise directly with the UK beneficiaries in English and the Spanish authorities in Spanish;
3. Their beneficiaries will not have to pay an unknown amount for Spanish probate to be conducted as our probate fees are guaranteed in advance at just 1.75% + iva of the estate value as standard or even lower at only 1.16% + iva if

the client has Priority Client Cover in place (just 4.99€ per month with no minimum contract);

4. Their beneficiaries will not have to deal with 2 legal entities, one for the Spanish estate and one for the UK estate as we take care of probate in both jurisdictions seamlessly at the same time.

So, when considering if it's worth cutting out the middleman you should perhaps consider just one question?

### What would your beneficiaries think?

Call us Monday to Friday 9-4 (except red days) on **865 756 058** and a convenient time can be arranged for us to talk through your options either over the phone or (for those clients that are close to our Spanish office in Benjofar) a face to face meeting can be arranged and, our advice is always **FREE** - you only pay if you engage us to produce your legal documents.

Thy Will Be Done - so your beneficiaries **WON'T**!

# DID YOU KNOW?

What is the Soul?

Did you know that the word soul is mentioned many times in the Scriptures? What is the soul? Where does the soul come from? What is the purpose of the soul? How can the soul be defined? Why is there misunderstandings regarding the soul? Let's explore what the Scripture has to say about this important issue of the soul.

Dictionary definitions of soul are "the spiritual part of a person that some people believe continues to exist in some form after their body has died, or the part of a person that is not physical and experiences deep feelings and emotions". "The principle of life, feeling, thought and action in humans, regarded as a distinct entity separate from the body and commonly held to be separable in existence from the body. The spiritual part of humans as distinct from the physical part".

In Genesis chapter 2 and verse 7 it clearly explains **"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul"**. Lot was the nephew of Abraham in the Old Testament. Jehovah allowed the escape of Lot from destruction in the land of Sodom and Gomorah. Lot said in Genesis chapter 19 and verses 19 and 20 "Behold now, thy servant hath found grace in thy sight, and thou hast magnified thy mercy, which thou hath shown unto me in saving my life and I cannot escape to the mountain, lest some evil take me, and I die. Behold now, this city is near to flee unto and it is a little one. Oh let me escape thither, and my soul shall live".



Isaac (the son of Abraham) talks about his own soul or own life in Genesis chapter 27 and verses 1 to 4 stating "And it came to pass, that when Isaac was old, and his eyes were dim so that he could not see, he called Esau his eldest son. He said to him, my son, and Esau replied to him, here I am. Isaac said, behold now, I am old, I know not the day of my death. Now therefore take, I pray thee, thy weapons, thy quiver and thy bow and go out to the field, and take me some venison. Then make me some savoury meat, such as I love, bring it to me that I may eat, that my soul may bless thee before I die". Also, in Genesis chapter 34 and verses 2, 3 and 8 it is evident the soul refers to the living man "And when Shechem the son of Hamor the Hittite, prince of the country, saw her, he took her, and lay with her, and defiled her. And his soul clave unto Dinah the daughter of Jacob, and he loved the damsel, and spake kindly unto the damsel... Hamor communed with them, saying, the soul of my son Shechem longeth for your daughter. I pray you give her him to marry".

Leviticus chapter 4 and verse 2 refers to the soul as a living being "Speak unto the children of Israel, saying, if a soul shall sin through ignorance against the commandments of the LORD concerning things which ought not to be done...". Leviticus chapter 5 and verses 1, 4 and 17 clarifies "And if a soul sin, and hear the voice of swearing, and is a witness, whether he has seen or known of it, if he does not utter it, then he shall bear his iniquity. Or if a soul swear, pronouncing with his lips to do evil, or to do good, whatsoever it be that a man shall pronounce with an oath, and it be hid from him,

when he knoweth of it, then he shall be guilty in one of these. If a soul sin, and commit any of these things which are forbidden to be done by the commandments of the LORD, though he wist it not, yet is he guilty, and shall bear his iniquity". Leviticus chapter 6 and verses 2 and 4 the LORD spoke to Moses saying " If a soul sin and commit a trespass against the LORD, and lie to his neighbour in that which was delivered him to keep...then it shall be, because he hath sinned, and is guilty, that he shall restore that which he took violently away, or the thing which he hath deceitfully gotten...".

Again in Leviticus chapter 26 and verses 15 and 43 it reiterates that the soul is a living being " And if ye shall despise my statutes, or if your soul abhor my judgements, so that ye will not do all my commandments and break my covenant...Then the land also shall be left of them, and shall enjoy her sabbaths, while she lieth desolate without them, and they shall accept of the punishment of their iniquity, because they despised my judgements, and because their soul abhorred my statutes".

The same theme continues throughout the book of Deuteronomy confirming that the soul in Scripture refers to a living being who is able to make decisions. Deuteronomy Chapter 4 and verses 9 and 29 explains "Only take heed to yourself, and keep thy soul diligently, lest though forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life, but teach them thy sons, and thy sons son. But if from thence thou shalt seek the LORD thy God, thou shalt find him, if you seek Him

with all thy heart and with thy soul".

Deuteronomy chapter 6 and verse 5 declares "And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might". Deuteronomy chapter 10 and verse 12 repeats this "And now Israel, what does the LORD thy God require of thee, but to fear the LORD thy God, to walk in all His ways, and to love Him, and to serve the LORD thy God with all thy heart and with all thy soul".

In Deuteronomy chapter 13 and verses 6 and 8 it mentions "If thy brother, the son of thy mother, or thy son, or thy daughter, or thy wife of thy bosom, or thy friend, which is as thine own soul, entice thee secretly, saying, let us go and serve other gods, which thou hast not known...thou shalt not consent or hearken unto him".

It is important to recognise that there is much misunderstanding with regards to the meaning of soul in Scripture. So far one can see **the soul refers to the physical living human being**. Jehovah (Jehovah or God) wants all to be absolutely clear on this matter. John chapter 17 and verse 17 states "Sanctify them through thy truth, thy word is truth". John chapter 14 and verse 6 says "Jesus saith, I am the way, the truth and the life. No man cometh unto the Father, but by me".

I hope you have learned more about the Scriptures. Next month I will continue with the soul (Part 2)

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661 644 042

El Griego (15)  
602 573 506

## Made to Measure:

Kevin's Fly Screens (29)  
650 662 579

## Builders/Building Services:

C & G Fabrications (19)  
966 764 730

Handyman Builder (29)  
602 643 436

Kevin's Fly Screens (29)  
650 662 579

## Car Rentals:

Costa Coches (29)  
639 081 067

## Cars Sales/Mechanics/Services/ Spares:

Autohouse La Manga (17)  
654013833

Car Registrations Spain (39)  
711 001 721

El Valle Autodesguace (23)  
968 630 600

Ken Sherwood Mechanic (33)  
679 646 859

## Computer Repairs/Sales/ Servicing:

FIXTECH (29)  
696 667 182

## Electricians & Electricals

Multiservicios (29)  
618 783 709

## Finance:

Blacktower Financial Management  
(41)

Office  
968 187 331

Keith  
657 684 094

Currencias Direct

Camposol (25)  
968 976 383

Mojácar (25)  
950 478 914

## Funeral Plans:

Ibex Insurance (23)  
968 595 945

Thy Will Be Done (45)  
865 756 058

## Gardening:

Anchor Landscapes (33)  
622 648 038

Jardineria El Milagro (18)  
610 949 595

## Health & Beauty:

Healthy H20 (23)  
666 302 987

La Pelu (23)  
664 821 554

## Heating & Aircon:

Multiservicios (29)  
618 783 709

## Insurance:

Bryan White Insurance (29)  
950 472 098

Generali (21)  
900 903 433

Ibex Insurance (23)  
968 595 945

InsureSpain (47)  
660 170 355

Natalia Filbee Insurance (19)  
669 075 157

# DIRECTORY

## Leisure:

IFEPA (13)  
968 336 383

## Legal Services:

Corral Associates (33)  
968 078 754

Costa Cálida Prop Services (33)  
968 199 251

Gestoria Carvajal (23 & 33)  
968 154 045

Legal View (23)  
968 332 058

Marena Murray (17)  
968 175087

My Lawyer In Spain (15)  
966 943 219

Natalia Filbee (19)  
669 075 157

Professional & Legal Solutions  
PALS (11)

Pto de Mazarrón  
968 595 826

Condado de Alhama  
968 595 826

Spanish Number Plates (10)  
966 753 375

## Outdoor Living:

Colour Glass Window Tint (11)  
695 768 134

Kevin's Fly Screens (29)  
650 662 579

Pinturas Acosta (29)  
626 960 354

## Pet Care:

Wagging Tails (36)  
711 076 280

## Plumbers:

Multiservicios (29)  
618 783 709

Property Rentals/Management/  
Maintenance:

Mojácar Estates (9)  
950 478 935

## Property Sales/Purchases:

2let2sell2buy (39)  
968 979 876

Filbees Real Estate (19)  
868 058 750

Mojácar Estates (9)  
950 478 935

Prime Property Murcia (10)  
868 053 149

The Finishing Touch (52)  
968 380 071

## Radio:

TKO Radio (41)  
711 084 860

## Removals & Storage:

Lord's Removals (20)  
608 061 872

## Security:

C & G Fabrications (19)  
966 764 730

Erik's Metal Works (51)  
636 050 008

## Solar Power:

Go Solar (19)  
654 596 247

## Spas & Hot Tubs:

Eurospas (7)  
650 722 905

## Swimming Pool Cleaning/ Construction/Maintenance/ Repairs:

Megarsa (25)  
643 274 735

## Translation/Hospital Appointments:

Alex Woods (29)  
696 667 182

Costa Cálida Prop Services (33)  
968 199 251

## TV & Satellite:

Rainbow Satellites (40)  
686 358 475

# METAL MASTERY

Living in Spain's Murcia region offers many rewards – long sunny days, warm weather, and a relaxed pace of life. However, for homeowners, the climate also brings challenges, particularly for exterior metalwork. Whether it's gates, railings, rejas, or staircases, metal is constantly exposed to intense sunlight, dust, and in many places, the salty sea air. Choosing the right finish can make the difference between metalwork that lasts decades and metalwork that begins to rust after just a few years.

Powder coating is a popular choice for those who want both durability and style. The process involves applying a dry powder made of pigment and resin to the metal using an electrostatic charge, before curing it at high temperatures. This forms a hard, even surface that stands up well to Spain's intense UV exposure. Powder coating is available in an almost limitless range of colours and finishes, from subtle matt shades to glossy, contemporary tones, making it ideal for homeowners who want their gates or railings to match the design of their home. Once applied correctly, it requires very little maintenance, usually only an occasional wash to remove dust. However, powder coating is only as good as the preparation beneath it. Any rust must be completely removed, often through sandblasting, before the coating is applied. While highly durable, it is not indestructible. Over many years, particularly in coastal areas, any damage to the coating can allow corrosion to develop underneath.

Galvanising, on the other hand, is all about maximum protection. This method coats steel with a layer of zinc, usually by dipping it into molten zinc, creating both a physical barrier and a sacrificial layer that corrodes in place of the steel. The result is exceptional corrosion resistance, making galvanising especially valuable in coastal areas where salt in the air accelerates rust. Properly galvanised steel can last for decades with minimal upkeep, even in harsh weather conditions. The appearance, however, is distinctive – a silvery, sometimes slightly mottled finish that some people love for its industrial look, while others prefer to cover with paint or powder coating for a softer aesthetic. The process is often more expensive upfront than painting, but the reduction in maintenance and replacement costs over time can make it a smart long-term investment.

Painting remains the most traditional method of protecting metal. Using a combination of primers and topcoats, painting provides a protective barrier and offers unlimited possibilities in terms of colour and style. It is often the most cost-effective option initially, particularly for smaller projects or repairs, and can be done on-site without the need for specialist equipment.

This makes it ideal for quick touch-ups or hard-to-move structures. However, in Spain's hot sun, paint is prone to fading, cracking, and peeling. This means that regular maintenance and repainting are necessary to keep metalwork looking its best. The metal surface must also be properly cleaned and rust-free before painting to ensure a strong and lasting finish.

Deciding which finish is right for your home depends largely on location and priorities. Those living close to the coast will benefit most from galvanising, which offers the strongest defence against salt corrosion. Inland homeowners who still face strong sunlight may prefer powder coating for its stylish, modern appearance and durability against UV damage. Painting works well for those on a budget or for projects where colour changes may be more frequent. For ultimate longevity, some homeowners opt for a combined approach – first galvanising the steel to guard against rust, then applying powder coating for visual appeal. Although this combination costs more initially, it can

extend the lifespan of metalwork significantly while keeping maintenance to a minimum.

In Murcia's climate, protecting your exterior metalwork is more than a question of style. It is a practical investment that preserves the value and appearance of your home. Choosing the right finish can save you time, money, and effort, while ensuring that your gates, railings, and staircases remain both secure and beautiful for many years. Whether you are restoring rusty rejas or installing brand-new metal features, taking the time to select the most suitable protective treatment will reward you with lasting results and peace of mind.





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