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NERJA CENTRE

3 beds sunny apartment located in the centre of town. In need of renovation. Walking distance to all amenities.

Price: €139,000
Ref: CN48646



URB. NARICHA

Beautiful sunny villa with 4 beds, 3 baths. Surrounded by spacious terraces with stunning views. Private garage, storage. Communal pool and gardens.

Price: €299,000
Ref: CN48601



TORRECILLA

3/4BR Stunning spacious 220m2 family townhouse in a privileged area, 2 min walking to the beach and town centre. Roof terrace with splash pool. Private garage with storage area.

Price: €595,000
Ref: CN48669

PROPERTY OF THE MONTH



JARDINES DE BURRIANA

3 bedroom property with 2 terraces, 2 bathrooms. Walking distance to Burriana beach and town centre. Communal pool and gardens. Private garage.

Price: €295,000
Ref: CN48629



URB. ALMIJARA II NORTE

3 beds townhouse with stunning mountain and country views. Spacious terrace and interior patio. Storage room. Communal pool and gardens.

Price: €250,000
Ref: CN48703



CAPISTRANO VILLAGE

6 beds renovated beautiful 200m2 villa, 500m2 plot. Private pool and gardens. Excellent location close to all amenities. Sea views. Private 60m2 garage.

Price: €820,000
Ref: CN48227



MARO

Typical Spanish townhouse in the beautiful village of Maro. 3BR, andalusian sunny patio and roof terrace with stunning views. In need of renovation.

Price: €320,000
Ref: CN48645



TORROX PUEBLO

4BR Spacious townhouse with beautiful views. Storage room and private garage. Communal pool with outdoor kitchen and gardens.

Price: €235,000
Ref: CN48634



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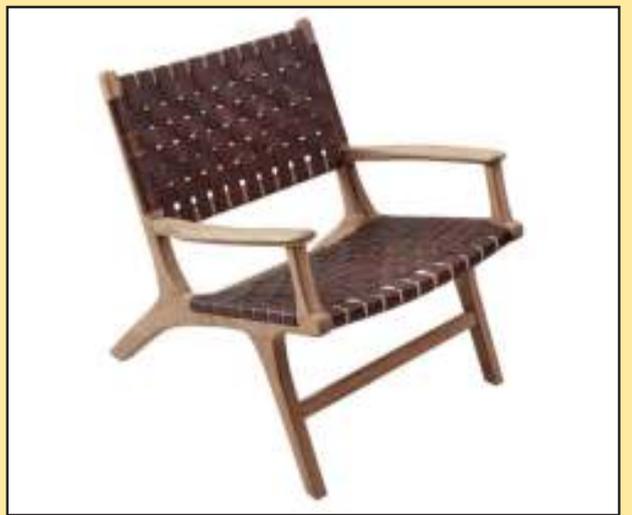


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Country Property of the month

Torrox Costa: Price: **€225.000** TCP190



This tranquil country house is located in El Morche, it is around 15 minutes to the coast. The house is situated on a plot of 585m² and the house itself is 122m². As you enter the property you are met with a small gated drive which can fit 2 cars and then a garage big enough for 1 car and space for storage, this is fitted with an electric door and it has a water sanitization system built to make the water extremely clean and drinkable. As you enter the property itself you are met with a very bright and modern space. To the right hand side you have an open plan kitchen with modern appliances, a spacious pantry cupboard. Furthermore there is a large living room and dining area with a log fireplace. To the left hand side of the property you have the main bedroom with built in wardrobes an en-suite fully equipped with a large bath, shower, sink and

toilet all finished to a very high standard. You also have a house bathroom which is also finished to a very modern standard with a shower, sink and toilet. To the right of the bathroom you have the second bedroom which has plenty of space for a double bed and is fitted with built in wardrobes. On the outside of the property you have a lovely patio/terrace with beautiful sea views and plants. You also have a gravelled area which would be ideal for a swimming pool, garden or BBQ area. The plot also comes with its own private water and fruit trees all with automatic irrigation system already in place. A fantastic property with a very attractive price!



Arenas: Price: **335.000€**



- Living space: 104m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage : No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Mountain
 - Area: Countryside
- Ref.CP506

Sayalonga: Price: **585.000€**



- Living space: 329m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Sea views
 - Area: Countryside
- Ref. CP557

Canillas de Albaida: Price: **315.000€**



- Living space: 130m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Mountain
 - Area: Town
- Ref.CP571

Cómputa: Price: **112.950€**



- Living space: 113m²
 - Bedrooms : 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Town
- Ref. TH986

Cómputa: Price: **98.000€**



- Living space: 124m²
 - Bedrooms : 4
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Mountain
 - Area: Town
- Ref. TH1030

Torrox: Price: **75.000€**



- Living space: 48m²
 - Bedrooms : 1
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Mountain
 - Area: Town
- Ref. TTH548

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Cover photo by Fotos Guerrero

Welcome to Streetwise magazine -

Nearly November already, time is passing far too quickly! The U.K. has yet another prime minister, hopefully this time it will work out and he will be able to sort out many of the problems in the country. The unrest due to the rising cost of living is very real. I've spoken to many people of different ages who are financially struggling but still feel extremely lucky to be living here in Spain. Fingers crossed it slows down soon! There are lots of great articles in this months issue, a big thank you to all the contributors who make Streetwise a great read. As always check out our advertisers services and offers, and please support your local businesses.



Our fb page is now live. Just write streetwise magazine and look for the picture on the left. If you have anything of interest for our Streetwise readers please send to info@streetwise.es or call 638474718

We have a packed Streetwise for you, enjoy! Dawn x

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Nice studio for sale in "El Capistrano Village". It is composed of: living room/bedroom, equipped kitchen, bathroom, terrace with great sea views and a large private garden. It has a great location, very close to the Capistrano Village swimming pools and close parking.

Price: €135.000

Ref: NV: PO28



New houses on El Capistrano. Groundfloor: ample terrace, 2 bedrooms, 2 bathrooms, cloakroom. Upstairs: spacious, bright lounge-dining room, open plan kitchen, terrace with partial sea views, bedroom, bathroom. Amazing roof terrace with private pool and 360° of stunning sea and mountains views.

Price: €395.000

Ref: NVBLOQ-JES



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, a/c. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views. Several communal pools, restaurant, bar, mini market, laundry, ample garden areas, etc..

Price: €240.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref: NV.P080B

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Bungalow on 2 floors with a/c. and furnished. 1st floor; patio, double bed, twin bed, bathroom, laundry room. 2nd floor; terrace with partial sea views, living-dining room with TV, equipped kitchen, double bedroom with en-suite bathroom. Communal pool and gardens.

Price: €285.000

Ref: Casa Stefan



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price: €220.000

Ref: NV.PO117B



Townhouse in Nerja. Comprising: 2 beds, living room, bath and terrace. Completely renovated, south facing, beautiful sea views. Ground floor: Kitchen-living room with direct access to the terrace. 1st floor: Beds and bath. It also has a beautiful community pool and parking.

Price: €265.000

Ref: NV.ALG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of 2 bedrooms, 1 bathroom, fully equipped kitchen, nice living room and good size terrace with sea views. Facilities such as a communal pool, gardens and parking.

Reduced to: €229.900

Ref: NV.DA09



Nice apartment, next door to El Capistrano Village. Comprising good sized south facing terrace overlooking the communal pool. Sea views, sun all day, bright lounge-dining room, with fireplace, fitted kitchen, 2 spacious beds with built-in wardrobes, bath, parking area.

Reduced to: €218.500

Ref: NV.DA08



Semi-detached house La Rabitilla area, Torrox. Basement: Garage, storage room, Ground floor: Living room, equipped kitchen, toilet and a bed. 1st floor: 4 beds, bath. Attic floor: several terraces with views, laundry room. House with good light, many renovated elements, solar thermal energy, private garden, communal pool.

Reduced to: €238.000

Ref: NV.RABI



Fully renovated villa, ready to move in to. Privileged location in Capistrano Village. 1st floor:- patio-garden, terrace with sun most of the day, bright living room with TV, dining room, equipped kitchen, toilet. 2nd floor:- beautiful sea views, double bedroom with en-suite, bedroom with 2 beds, bathroom. Pools, restaurant and bar.

Price: €440.000

Ref: NV.OL159

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Husband of the mayor of Marbella, prosecuted for laundering money for drug trafficking

The Swedish businessman based on the Costa del Sol, Lars Gunnar Broberg, has been prosecuted for allegedly laundering part of the profits of a network of drug traffickers. The businessman's son from a previous marriage, Joakim, was also apparently part of it. Along with Lars Broberg, some thirty people have been prosecuted, including a local police officer who would have been assigned to the councilor's escort service.

Six fires destroy 81% of all the area burned in Andalusia

There have been 153 fires, 28 less than last year, but the hectares burned have skyrocketed to 15,564, which represents an increase of 2,668.43 hectares compared to

2021. 81% of the entire area that has been burned, were due to only 6 fires.

Three detainees accused of kidnapping and beating a young man to pay off a debt

The kidnapped young man agreed to steal for the detainees after being beaten with a baseball bat and threatened with a pistol. The National Police have arrested three individuals, one of them a minor, accused of kidnapping and beating a young man to pay off an alleged debt.

A woman enters the ICU after being stabbed by her husband in Huelva

The Civil Guard has arrested a man, who had previously been denounced by his partner for threats. The woman was admitted to the Intensive Care Unit of a Huelva hospital after her husband, whom she was divorcing, allegedly stabbed her three times last Tuesday.

Nerja worker seriously injured following electric shock

A 41-year-old worker was seriously injured after an electric shock at an establishment on Nerja's Paseo Burriana late October, according to the 112 Andalusian emergency service.

Continued on page 13

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TORROX COSTA

Centrally located one bedroom apartment in Torrox Costa. Spacious distribution. Newly glassed in terrace with lovely views over the garden and the sea. Promenade and all amenities within easy walking distance. Communal pool. Great rental history.

Price: €137.000

Ref: 6552AP1



PERIANA

Luxury villa with stunning panoramic country and lake views. The villa offers 4 beds, 4 baths, 60m² lounge, spacious kitchen and a completely self-contained guest apartment. 15x5m heated swimming pool, under floor heating and a/c throughout.

Reduced to: €695.000

Ref: 6551VI5



TORROX COSTA

Lovely holiday apartment on Peñoncillo beach in Torrox Costa. Comprising of 2 bedrooms, bathroom, lounge with open kitchen and a very large terrace. Communal pool and garden. Close to the beach, restaurants and a supermarket. Sold furnished

Price: €189.000

Ref: 6550AP2



TORRE DEL MAR

Great new development of modern apartments with large terraces. Close to the centre, beach & promenade. 1, 2, & 3 bedrooms available. Fully air conditioned and including modern kitchens, garages and storage rooms.

Starting from: €183.000

Ref: 6548DEV



TORROX COSTA

Beautiful detached villa in Torrox Park comprising of 2,5 bedrooms, bathroom, guest WC, spacious kitchen, lounge, lovely conservatory and a private garage. In perfect conditions, fully furnished, great sea views, private plot of 300 m², jacuzzi, communal pool.

Price: €349.000

Ref: 6553VI2



COMPETA

Beautiful renovated cottage between Torrox and Competa. Easy asphalted road access. 120 m², 3 beds, 2 baths, lovely rustic interior and various wonderful terraces. Private parking and pool. Wooden beams, doors, windows and shutters. Full of charm.

Price: €295.000

Ref: 5439VI3



TORROX

Modern town house at the edge of the village. Comprising of 3 bedrooms, 2 bathrooms, kitchen with patio, lounge with fireplace, lovely roof terrace with sea views and a spacious garage. Fully furnished and air conditioned. In great condition.

Price: €189.000

Ref: 6503TH3



TORROX COSTA

Bright & sunny West facing apartment with 2 bedrooms, huge bathroom, guest WC, lounge with open kitchen and a very large terrace with breathtaking sea views. Coming with a large storage room and a nice communal pool. Fully furnished.

Only: €240.000

Ref: 6524AP2



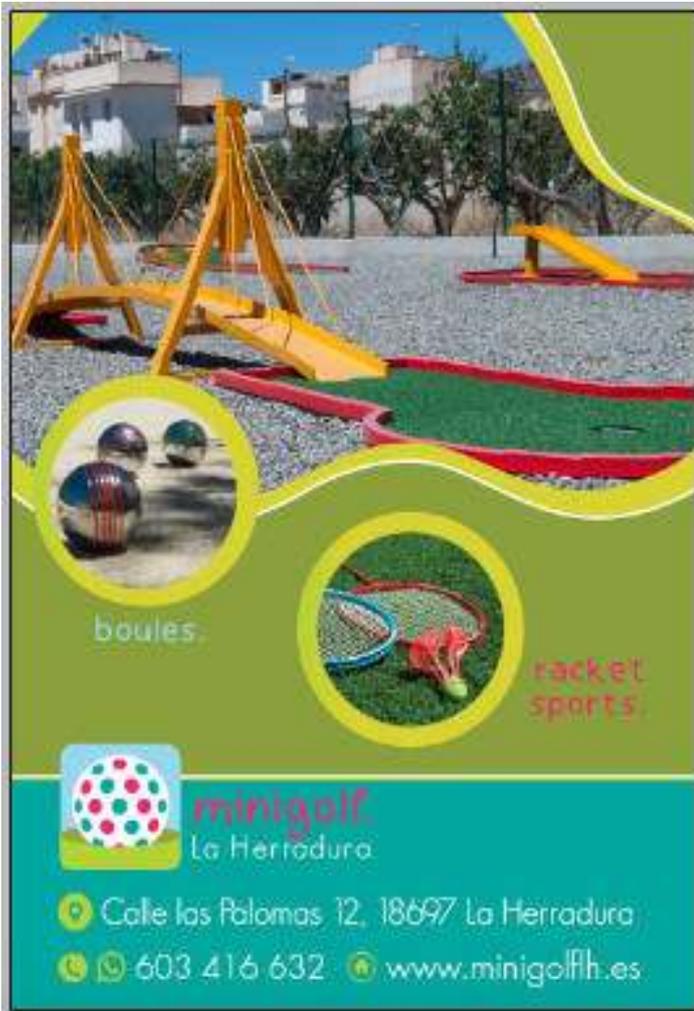
NERJA

Great new development close to completion. Last available penthouse with 2 bedrooms, 2 bathrooms, spacious lounge with open kitchen and 2 terraces with a total of 55 m². Large windows, A/C and communal pool. Parking spaces available.

Price: €325.000

Ref: 6453DEV

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Minigolf La Herradura

La Herradura now has its own minigolf course called Minigolf La Herradura which has been built by an ex-golf trainer, a former member of the PGA of America.

The man behind it, Scott Huston, is an American who has lived in several European countries including Germany, Northern Ireland and Denmark. For the last 17 years he has called La Herradura home.

Minigolf La Herradura lies between the main road (N340) and Calle Las Palomas 12 where the entrance is, just one street behind the post office. It has 18 holes and covers a good part of the 1,100 sq/m plot - on the rest of it are two petanque lanes and an ar-ea for racquet sports such as mini tennis, air badminton and the new fad of "Pickle-ball". There is also space for restrooms, administrative reception and a store room.

When asked how he decided on this project, he said he had played minigolf as a kid and often on vacations over the years. "At 56 years old I decided I had a better chance of scoring well on golf holes measuring four to six meters that 400 to 600 meters."

He added, "One thing I'd like to make clear, as this is a very novel concept in Spain, is that minigolf is not a short form of the golf you'd see on TV, but simply putting the ball into a hole through various obstacles. The holes are made of artificial grass as is the racquet sports area and the course is made from existing land with gravel path-ways. No water is required for the entire plot aside for the restrooms."

For more information regarding prices, hours, upcoming tournaments, availability for private parties, etc., please see the **website: minigolfh.es**, or feel free to ring Scott anytime on 603 416 632.



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NEW

BURRIANA (Ref: DG1891)
EXCLUSIVE

One bedroom apartment in Edf. Bahamas, close to Playa Burriana, Nerja's premier beach. Delightful communal pool & gardens and walking distance to all amenities.

Price: 169.000€ EPC rating D



NEW

CAPISTRANO (Ref: DG1890)
EXCLUSIVE

Well presented garden apartment on the sought-after Capistrano Pueblo. Good access from the road and totally renovated. Garden and sunny terrace. Close to all amenities.

Price: 210.000€ EPC pending



NEW

BURRIANA (Ref: DG1889)

Two bedroom two bathroom duplex townhouse with garage close to Playa Burriana, Nerja's premier beach. Walking distance to all amenities. Lovely sea views from south facing terraces.

Price: 385.000€ EPC rating E



NEW

FRIGILIANA (Ref: DG1887)

Studio apartment in Frigiliana centre, sold furnished.

Price: 120.000€ EPC pending

PRESTIGE PROPERTY

BURRIANA

(Ref: DG1886)

A rare opportunity to acquire a residence on the exclusive & newly built "Royal Palms" development behind Playa Burriana, Nerja's premier beach. Comprising of two lounges, three bedrooms, three bathrooms, garage, various terraces & private pool. Top quality throughout. Immaculately kept community gardens & pool.



Price: 750.000€

EPC rating C

PRESTIGE PROPERTY

BURRIANA

(Ref: DG1871)

EXCLUSIVE

A rare opportunity to acquire a residence on the exclusive Calle Primavera, situated above Playa Burriana, Nerja's premier beach. Large open plan lounge diner, kitchen, two double beds, two baths, utility on lower floor, master suite on upper floor with walk-in wardrobe, generous ensuite and changing area. Separate guest apartment. Various terraces around the pool and landscaped gardens. Stunning sea & beach views throughout.



Price: 1.390.000€

EPC pending

PRESTIGE PROPERTY

EL PEÑONCILLO

(Ref: DG1880)

Contemporary designed detached villa recently constructed to a very high standard with quality finish and many features such as an integrated music system, LED lighting, sauna & spa, cinema room, underfloor heating, pre-installed air-conditioning, outside kitchen & infinity pool. Superb sea views and close to the beach at El Peñoncillo.



Price: 750.000€

EPC rating A

PRESTIGE PROPERTY

CASA BLANCA - WEST NERJA

(Ref: DG1879)

EXCLUSIVE

Large detached villa with four bedrooms, four bathrooms, three lounges, seven different terraces and pool. Currently configured as main house and guest apartment, but could be changed as required. Delightful sea & mountain views through-out. Walking distance to Nerja's Playazo Beach.



Price: 675.000€

EPC pending



BURRIANA (Ref: DG1863)
EXCLUSIVE

Impressive & spacious semi-penthouse apartment, with the 'wow' factor, sea views, close to Burriana beach, exclusive gated urbanisation. 2 beds, 2 baths, bright, generous south and southwest terraces. A wonderful opportunity, perfect home or holiday home, good rental property with maximum rental potential.

Price: 499.000€ EPC pending



NERJA (Ref: DG1885)
EXCLUSIVE

Centrally located apartment in the much sought-after Las Palmeras. 2 bedrooms, 2 bathrooms with southwest facing terrace with pool, garden & sea views. Easy access to all amenities.

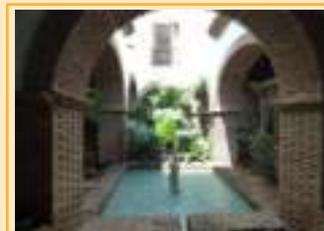
Price: 475.000€ EPC rating E



LA NORIA (Ref: DG1840)

Modern, bright, end of terrace townhouse in the sought-after Residencial Jardines de la Noria. 3 bedrooms, 2 bathrooms, two terraces and small fruit tree garden. 2 parking spaces and storeroom. Communal pool, gardens and patios.

Price: 299.000€ EPC pending



CAPISTRANO (Ref: DG1647)
EXCLUSIVE

One bedroom apartment in Capistrano Village centre totally renovated to a high standard. Lift access and within easy walking distance to bars, restaurants, shops and delightful communal pools and gardens. Good rental history and existing client base. Sold furnished and ready to go!

Price: 169.000€ EPC rating F

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Rishi Sunak the new Tory Prime Minister

The U.K. have a new Prime Minister, the third in four months, a succession of moves that reflects the magnitude of the political earthquake that is shaking the United Kingdom.



Protests spread through Europe from the fear and uncertainty of the rising cost of living

Germany, Italy, the United Kingdom have registered demonstrations in recent weeks against the increase in the cost of living. One in five Europeans are surviving thanks to their savings and one in 10 skip a meal.



Pair arrested for stealing 280 chairs and 20 tables from catering establishments in Fuengirola and Mijas

National Police officers arrested two men, aged 37 and 19, for allegedly stealing 280 chairs, 20 tables and five umbrellas from half a dozen catering establishments in Fuengirola and Mijas. Those arrested acted at night taking advantage of the businesses being closed and transported the stolen items in a rental van. The value of the stolen furniture amounts to about 16,000 euros.

Malaga families spend 65 euros more a month more on food than a year ago

Prices in the province have risen by 16.2%, more than anywhere else in Spain. The latest inflation figures show that shoppers in Malaga province are paying 16.2% more for basic food items than they did a year ago, which is significantly above the national average (14.4%) and behind only Badajoz (18.6%) and Cuenca (17.7%).

Spain's new cycling law ends impunity for driving offenders who cause death or serious injury

Known as Spain's new cycling law, the bill was approved last month and is already in force. This reform of the

Continued on page 14

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the Penal Code aims end impunity for driving offenders who cause death or serious injury and thus reinforce protection for victims. Under the new law, all carelessness on the road that leads to loss of life or serious injury will be considered a crime and will be prosecuted under criminal law.

Man in serious condition after being shot four times in Mijas

A 21-year-old man has been admitted to Malaga's Regional Hospital in a serious condition after being shot four times in Mijas late October. The incident happened in the vicinity of Belinda beach, on the Calahonda residential development.

New Caminito del Rey visitor centre opens with 240 parking spaces

Four years after its construction was finished, the Caminito del Rey visitor centre in Malaga province finally opened its doors late October. A bus service will connect the visitor centre with the entrance and exit of the walkway route, parts of which are suspended high above a gorge.



Royal British Legion (Nerja Branch)
Remembrance Day 2022

Sunday 13th November 11:30am
Al Andalus Hotel, Maro

The RBL Lunch will follow at
Hotel Al Andalus, Maro

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Kim Bowe on 711 077 576 Email: kim_bowe1@hotmail.com

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Calle Los Huertos, 97 Local 5, Nerja



Avda. Chimenea, Nerja

Fully detached Spanish villa built on three levels over 160m2 of built area on a plot of land 306m2. It comprises three bedrooms and three bathrooms. All bedrooms have access to outside terrace with fantastic views of the mountains and some sea views. Gardens surround the property including a well-kept grass and mature trees. There is a built BBQ just off the living area. In addition, the property has a gated parking area with space for a large vehicle.

Price: 420,000 euros Ref. JG981TPM



Urb. San Juan Capistrano, Nerja

As you open the gate entrance you are welcome to the property with two front sunny terraces, both measuring more than 40m2 and offering very nice views to the Mediterranean Sea. There is a bright open plan living & dining space with an adjoining fully fitted kitchen. There is one double bedroom with wardrobe space and a family bathroom with a walk-in shower. Under the property there is a large guest bedroom with an en suite full bathroom and a separate storage room.

Price: 220,000 euros Ref. JG984TPM



Urb. La Noria, Nerja

Recently fully refurbished detached villa with private swimming pool, gated parking space, mature garden and extensive sun terraces offering fantastic sea views. The property is built on three floors and comprises four double bedrooms, two bathrooms and one guest toilet. Features include externally insulated, A/C & heating throughout, under floor heating, electric blinds, double glazing, solar water heating, alarm with external sensor and cameras, electric gate entry, Jacuzzi bath, steam shower.

Price: 650,000 euros Ref. JG189



Edf. Verde Mar, Nerja

Apartment for sale situated in Verde Mar, one of the most sought-after apartment complex in the Parador area of Nerja, on calle Carabeo. The apartment has a south facing terrace with fantastic sea views. It comprises 3 bedrooms, although one is used as an additional sitting area, a new bathroom and a separate toilet. A/C & heating throughout. This is an ideal holiday rental investment.

Price: 590,000 euros Ref. JG986



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The Most Unique Places to Visit in Spain in Winter

What to Expect From Spain in Winter

Spain is one of those perfect year-round destinations. It's sunny and hot in summer, and Spain's winter weather is mild and pleasant. Of course, there is a good deal of temperature variation across the country, and you'll find it very different in the North than in the South!

Here's a list of all the most beautiful historic towns and cities in Spain, and what makes them special. They might not be the first places that pop to mind, but an amazing winter vacation in Spain requires a little more creativity than a summer vacation, and these are the places that fit the bill best.

1. Salamanca

Salamanca has been nicknamed La Dorada, meaning 'the golden one', for its enchanting sandstone buildings, which often glow golden and bright. This is a great destination for younger travellers looking for something a little different. The University of Salamanca is the 4th oldest in the world! Because of this incredible university, the vibrant culture and nightlife rival that of much bigger cities. Salamanca is rich with history and heritage. So many cultures have moved through it in the millennia and influenced the city's customs and architecture. You'll see this in the plazas, in the food, and of course, in the wonderful buildings.

The city's Plaza Mayor is certainly one of the most beautiful in Spain. And be sure to visit Casa de las Conchas, a very unusual 12th-century building studded with carved shells. There are a great many museums and attractions here, making it one of the top places to visit in Spain – particularly in winter.

2. Logrono, Rioja

One of the food capitals of Spain, Logrono is a gorgeous town in La Rioja. It is the cultural and social centre of the region. But, it retains a charming small-town atmosphere and historic buildings, contrasted with its lively inhabitants and the great deal going on. Logrono is a very unknown city to the outside world. This makes it the perfect place to visit for those looking for a secluded vacation. No tourists or crowds. You'll also find some of the best wines in the

country, not to mention the best food! Indulge in the various local cuisine, find a cosy hotel, and enjoy the fine winter days. The fairytale landscape and perfect Spanish sunsets will make you wish you never had to leave.

3. Sos del Rey Católico, Zaragoza

Another incredible place to get away to and avoid the crowds of tourists is the small town of Sos del Rey Catolico. This historic town is gorgeous, with sandstone houses and tiny cobblestone streets. Located on high ground, this town has served as a stronghold since the 10th century. It is beautifully maintained and feels as if you are stepping back in time. You'll expect knights to come clanging around the corner, and Spanish monarchs to lay claim to the historical centre. Instead, what you'll see is the residents playing backgammon and hanging up laundry. And plenty of cats. This is the perfect place for those interested in history and tranquillity. Visit the ancient castle, the 15th-century palace, the medieval market and town square, and the rocky city walls.

4. San Mateo, Cantabria

San Mateo in Cantabria is one of the lushest green places in Spain! The coastal village is the perfect place to relax, and the surroundings will have you exploring for days. This area is a backpacker's dream. Most of the beaches can only be reached by foot, keeping them near empty and natural. The water is very cold in winter, but if you combine a trip to the beach with a hike through the green mountains, you'll want to jump in anyway. You can spend your days trekking through the wilderness. The landscape is dramatic and beautiful, and remarkably green in the winter months. You'll definitely want to bring your camera!

5. Malaga

Discover historic fortresses and Roman amphitheatres in this historic city. A uniquely impressive cathedral, an old quarter filled with pedestrian-only spaces and gorgeous architecture. The legendary artist, Pablo Picasso, was born right here. So, if you're an art enthusiast, this city will be like a dream come true, it is one of the best cities to visit in Spain. The house he was born and grew up in is now a charming little museum of his life and works. You'll also see marks of Picasso in the city, like a statue of him sitting on the bench, where you can sit right alongside him!

Malaga is a more modern, and more populated destination than the aforementioned stops. But, there is a great deal of history here, and a culture that you can't help but be drawn to. Enjoy the food and the attractions, watch flamenco shows and relax on the beautiful white-sand beaches.

6. Avila

Famous for its 11th century walls, Avila is one-of-a-kind. The capital of its province, this small city sits atop the hill, looking out over the wild landscape and farmlands. The walls are in incredibly good condition, and you can walk along the ramparts in many sections, overlooking Avila and its surrounds. It truly feels like you're strolling along in a storybook, and the birds are about to start singing in tune with you. The city also has a lovely medieval monastery, a 17th-century convent, and one of the most beautiful Roman cathedrals in Spain. Religion has played a huge role in the structure of Avila, and you can see marks of it everywhere. The locals, too, are mostly Roman Catholic. Avila is also surrounded by striking mountains and a landscape wild and beautiful. You can spend days hiking the rough trails, or just take a few hours out of exploring the city to see the sights. It's good to keep in mind that the Spanish winters in Avila grow very cold, so you can look forward to a vacation here that will include plenty of hot chocolate and Spanish stews.

7. Segovia

The perfect day trip from Madrid, or better yet, multi-day trip, Segovia is a striking city. Its tall 2000-year-old Roman aqueduct is iconic, with over 160 high arches. Many centuries of settlement by different European factions have left it with a beautifully complex architectural tradition.

Take walking tours to see the city and its many historic monuments and unusual buildings, like the pointed house. They have signs up across the little city, so you can comfortably explore it on your own.

Try unique Segovian cuisine, like the delicious local cake, Ponche Segoviano. Spend your afternoons drinking wine and reading in the cafes. This is the kind of place you want to discover at a languid pace.

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THE IMPORTANCE OF THE TAX FORM 210

THE IMPORTANCE OF THE TAX FORM 210 - (ANNUAL DEEM INCOME TAX) - FOR NON-RESIDENT PROPERTY OWNERS

The Tax Returns that all Non-Resident Property owners should be submitting annually is called, Modelo 210, and the period for submitting this declaration is the calendar year, (i.e. 1st January to 31st December each year). The Annual Deem Income Tax due for the tax year 2021, must be paid before the 31st December 2022.

Many NON-RESIDENT PROPERTY OWNERS have not paid these annual taxes, not because they wish to commit tax fraud, but due to mere ignorance of the existence of this tax. Usually because nobody has ever informed them.

Everyone should be aware that ignorance of the Law is not an excuse for not paying this tax, so we recommend any NON-RESIDENT who owns a real estate property in Spain seeks tax advice to make sure they know what their tax obligations in Spain are.

The tax form 210 is operated on a self-assessed system. This means that Non-residents have the obligation to prepare, calculate and pay their own Deem Income Tax every year.

Nowadays, the Inland Revenue computers can

easily check who is not paying these taxes, so it is important to ensure that the annual tax form 210 is paid and submitted on time every year.

As this is not an easy process, we recommend that non-resident property owners should get professional assistance to prepare these annual taxes.

If you are a NON-RESIDENT PROPERTY OWNER IN SPAIN, you still have plenty of time to comply with this Tax law. It's better to do it before the Inland Revenue contacts you.

José Manuel Garzón, Solicitor. Head of Axarquía office.

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Wildlife gardening in a mediterranean climate.

The story of storeys

When planning your garden, try to incorporate as many storeys as you can: the upper storey (or canopy), mid-storey and understorey all have important roles for birds and other wildlife. The upper canopy, the taller trees, is where many birds feed, and it is also used as a vantage point to check for predators. The mid-storey is usually made up of climbing plants, which offer a safe bridge from the upper canopy to the understorey, and larger shrubs. Depending on the plants chosen for the mid-level, this can also provide food for insectivorous and nectar-feeding birds. The understorey is very important for the ground-feeding birds. If you have a tree surrounded by lawn, then birds (such as blackbirds and robins) will be feeding in the open with

a greater distance to cover to get back to safety. A good understorey will incorporate native plants that provide both cover and food for birds that feed on or near the ground. Plant diversity, in terms of both species and height, will encourage a range of birds in your garden. Where there are only one or two dominant plant species you may similarly notice that one or two types of birds dominate your garden. For example in Australia the popularity of exotic flowering plants and native hybrids with larger flowers has been very beneficial to the Noisy Miner (*Manorina melanocephala*) but detrimental to the smaller honeyeaters which have been pushed out of many urban gardens. A range of flower sizes and types should mean that there are different plants available to different birds.

It's not just dead wood
If you look carefully at any large dead tree, or large

trees with dead branches, then you will see nature's apartment blocks. If there is no danger in leaving dead trees or branches in place, then consider waiting for nature to take its course. Dead wood is a source of insects for birds and other animals, as well as providing important nesting places for woodpeckers, owls and other birds such as the Eurasian wryneck (*Jynx torquata*), which nested one year in a hole in one of our large oak trees. Even once they have fallen, dead branches continue to provide cover, basking sites or foraging sites for lizards, birds and small mammals. Don't remove fallen logs if you don't need to, or if they fall in an inconvenient place simply move them to another spot in the garden. Lawn alternatives
There are very good reasons to use lawn alternatives for local wildlife. Lawns provide little in the way of food for birds and

pollinators. Wildlife-friendly alternatives on the other hand, like native grasses or groundcover plants such as *Thymus roegneri*, will support a wide range of bees, butterflies and other pollinators. Traditional lawns also require more chemicals than lawn alternatives. Many fertilisers, herbicides and pesticides used on lawns have been linked to bird mortality.

Mud puddles

When bird-watching along remote rivers we have often seen large groups of butterflies gathered at the water's edge, and wondered why. This activity is called "puddling" and principally occurs around mud or where soil is saturated. The butterflies are gathering sodium and other minerals from the wet soil using their probosces. This sodium is essential for successful breeding as butterflies use a lot of sodium in producing and laying their eggs. So why

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not try and attract them to your garden with some strategically placed mud puddles? Standing water should be avoided because of mosquitoes, so try to plan puddles that can be re-moistened as necessary but which have sufficient drainage. Putting mud in a shallow tray or bowl, or in raised wooden boxes, should do the trick, and could create an interesting feature in your garden. Certainly if you succeed in getting it covered with butterflies it will become quite a talking point... Your mud can be either dirt- or sand-based, but try to use soil with a high mineral content and little organic material. You can even make a sodium solution with sea salt and water to add to the mud for a richer offering. Other wildlife will also appreciate access to a good mud source. Some birds, like house martins (*Delichon urbicum*) and barn swallows (*Hirundo rustica*), use mud when building their nests. Many types of bees also build hives or fill breeding tubes with mud. As with feeders

and water, make sure your mud puddles are protected from predators and ensure that the soil and water are free from chemicals such as garden herbicides and pesticides.

Bare earth

Each year you'll see a female mammoth wasp (*Megascolia maculata flavifrons*), the largest in Europe measuring up to 6 cm. They are solitary wasps, are not dangerous and do not build hives. Instead they burrow into the earth and nest underground. For these wasps and many solitary bees it helps if you leave patches of bare earth (perhaps in the midst of shrubbery), particularly if you have south-facing slopes with well-drained and sandy soils. The warmth on south-facing slopes helps on cold spring mornings and soil that isn't too compacted makes for easier tunnelling. Solitary bees and wasps are fantastic pollinators in your garden: research in Europe found that some species had to visit over 2,000 flowers in order to gather enough pollen to feed one larva.



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Online video **Canillas de Albaida Fantastic property!**
 Fantastic 3 beds, 2 bath + wc south/east facing villa (225m²) in an elevated position with spacious rooms, private pool, great outside spaces and unobstructed stunning views of the sea, mountains villages and the beautiful countryside.
Price: 440.000 euros
 ref: v 1431 **EPC: E**

Online video **Torre del Mar New this month!**
 Fantastic 1 large bedroom apartment (90m²) centrally located with easy reach of all amenities. Registered for use as an office. With living/dining, separate kitchen/dining and light wood floors.
Price: 150,000 euros
 ref: t 1475 **EPC: in progress**

Competa New this month!
 Unique business opportunity, 2 properties (167m² combine) offering permanent living & rental potential, great outdoor space with lovely views, shared swimming pool, great location with easy access to 2 villages.
Price: 349,000 euros
 ref: v1471 **EPC: in progress**

Online video **Algarrobo Great opportunity!**
 Traditional furnished 1 bed 1 bath village house (57m²) close to the coast, with living room, separate kitchen, front terrace and a quiet village location.
Price: 65,000 euros
 ref: t1466 **EPC: in progress**

Online video **Benamargosa Lake views!**
 Superb 4 bed, 3 bath (127m²) countryside villa with lounge and separate kitchen, sunroom, surface pool set in raised decking, outside kitchen/BBQ area, hot tub, detached garage and great Lake Vífuela views.
Price: 395,000 euros
 ref: t1397 **EPC: E**

Online video **Archez Price reduced!**
 Very reasonably priced & renovated traditional 2 bed 2 bath village house (72m²) in a quiet corner close to the main plaza. Able to drive to the house and parking nearby. This charming house would make a wonderful holiday home/rental property.
Price: 84,000 euros
 ref: v1417 **EPC: E**

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up, costs.

Royal British Legion Poppy Walk

The Royal British Legion Nerja Branch kicked off their 2022 Remembrance events ,as always ,with their annual Poppy Walk.

Twenty six walkers (and 3 dogs!) took part walking from the Al Andalus Hotel, Maro to the centre of Nerja.

Among them was 84 year old Dave Roy, former Warrant Officer with the Argyle and Sutherland Highlanders.

The event raised over 2,300 euro for this year's Poppy Appeal.

Special thanks to Sharon and Fred from the Chapel Bar who organised an excellent buffet and live music afterwards.

Much enjoyed by all who attended.

Thank you also to everyone who participated in or supported this event.

We will remember them.



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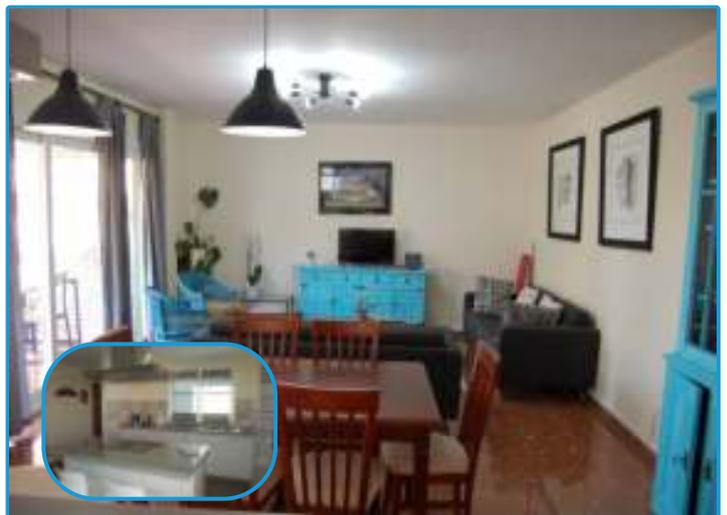
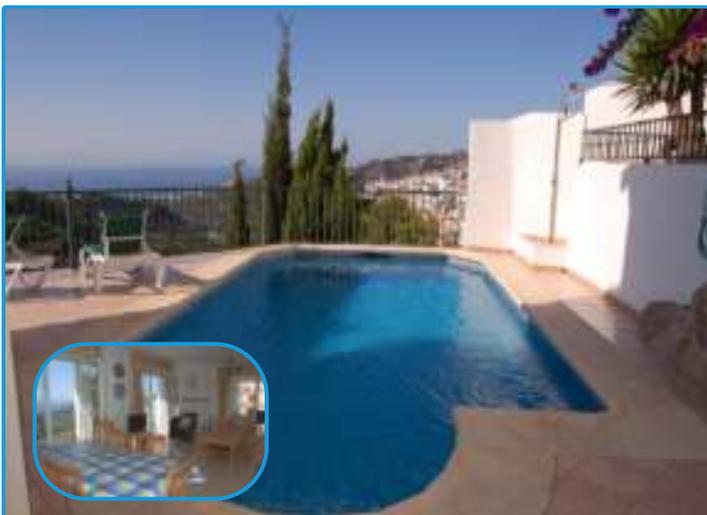
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Siamese Cat in Frigiliana

Recently, in the summer, a tourist couple were staying in Frigiliana and during their stay, had noticed a cat that never moved off of the balcony opposite.

They soon realised that no-one was actually living or staying in the apartment and that the cat was indeed stuck.

They made enquiries as to the owners of the cat, but to no avail. It was then that the husband took it upon himself to rescue it and shimmied up onto the balcony.

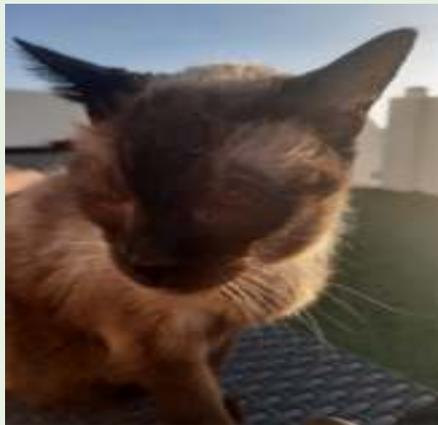
The poor thing was looking sorry for itself and was a bit bedraggled, but with the cat now safe in their holiday apartment, they made contact with Costa Animal Society to see if we could help.

Through our contacts, we managed to find a foster home for her, but unfortunately when she was taken to the vet, she was found to have either a liver or kidney condition which meant it would be hard to re-home her.

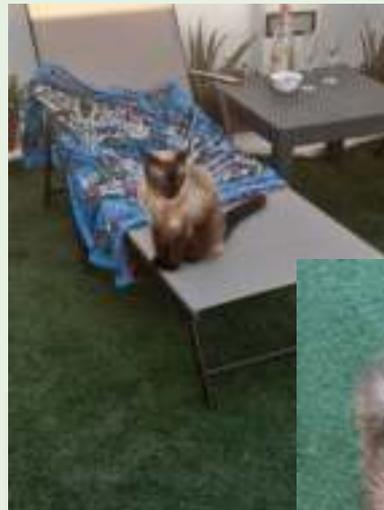
At the same time, it was determined that she was an "old lady", so has been called "Grandma" (or Abuela in Spanish)

In light of these facts, the fosterer decided to give Grandma the best care she could and she will now live out the rest of her years in a caring home.

We at Costa Animal Society (C.A.S.) are always in need of people to foster or adopt our animals, so if you think you would like to help, please contact us on costaanimalsociety@gmail.com or through our Facebook page.



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Axarquia Animal Rescue



Arenas Pups

The Arenas 6, are 6 beautiful puppies found tied in a plastic bag in the bins near the village of Arenas. 5 boys and 1 girl, estimated at 4 weeks old when found on 6th September. Safe in a foster home, and they will be ready for homes of their own when 8/9 weeks old. If you would like more information, please email axarquia-rescue@hotmail.com or have a look at our website www.axarquiaanimalrescue.com



Treacle

Treacle - AAR 2519

Treacle will be a big boy but he has a beautiful, gentle soul. He is affectionate, adores people and loves his cuddles. Well socialised and relaxed around the 6 other dogs he lives with. He will patiently wait while the cats try to eat his food without complaint. He was found in a plastic bag at approximately 5 weeks old. Despite this fact when checked by the vet he was surprisingly healthy. Fully vaccinated and negative for Leishmaniasis. Currently in foster, ready to travel in Spain or abroad. If you would like the love of Treacle in your life please email axarquia-rescue@hotmail.com, quoting AAR 2518

Axarquia Animal Rescue 11th birthday year foster campaign!



Djacko

Djacko - AAR 2580

Say Hello to Djacko. He is a gorgeous puppy with a great personality! He has not had his first vet visit yet, but he looks like a podenco type dog. His foster carer says that he likes to have a lot of space to run and play, so he is probably best suited to a house with a lot of secure outside space. He gets on very well with other dogs but does not like the foster carers cat. If you think that you can offer Djacko a loving home, please contact axarquia-rescue@hotmail.com

She is looking for a forever home and will make a fantastic family pet. Please email axarquia-rescue@hotmail.com if you're interested in this little cutie.



Norma

Norma - AAR2578

This beautiful, calm and gentle lady was found wandering around the Almachar campo in August. Named Norma after her rescuer, she has been estimated by the vet to be about 2 years old. Good with other dogs and walks well (without any pulling) on a lead. She is currently in our kennels but would really benefit from being in a home with a loving family. If you can help this lovely mastin find a (permanent or foster) home, please contact: axarquia-rescue@hotmail.com quoting reference AAR2578. If you foster her, AAR would be willing to pay all her costs, including food whilst we continue to try to find her a permanent home.



Blu

Blu - AAR 2583

This little girl was found wandering In Riogordo and was taken in and fostered by her finder. She's only 5.1 kg and around 4 years old. Her foster mum says that she is a little superstar. Good with dogs and cats, sleeps all night in her bed, a little timid to begin with but then the tail starts to wag.



Moro



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MORO - AAR2586

Is a beautiful 18 month old German Shepherd mix neutered male. Very intelligent, friendly with people and dogs, living with a lovely foster lady and another dog. He was given up by his original family due to sad circumstances. Weighs 26Kg, 51cm tall. Moro is house trained and working on general training as he did not have any in his previous home. He is doing very well and loves walks. He loves other dogs when off the lead but can be a bit reactive on the lead. This is something his trainer is working on with him. He has a tendency to chase cats and that is something that's being worked on too. He would be best suited in a home that is experienced with dogs. He will be the most loyal and friendly dog. He is microchipped, vaccinated and has a passport so ready to travel in Spain and abroad. Moro is longing for a forever home. If you have room in your heart and home for Moro please email as soon as possible: axarquia-rescue@hotmail.com

THE BENEFITS OF A RAW DIET FOR YOUR DOG

As humans, our bodies need proper nutrition to reach their optimal health and strength. When we don't receive the right amount of nutrients in our system, our body begins to falter, and our immune system weakens. We are more likely to get sick, tired, or depressed. This also applies to our dogs, making what we feed them just as important as what we provide ourselves. Compared to other forms of dog food available, a raw diet is the best food your dog can eat. Raw dog food, also known BARF, is filled with biologically appropriate ingredients for your dog. A dog that eats raw food is generally healthier than one that doesn't because a raw diet has the greatest bioavailability of nutrients. This means that your dog's meal is much easier to digest than any other dog food, allowing all the nutrients to be absorbed. Feeding a raw dog food diet is the best and most natural diet that provides the nutrition and health benefits your dog needs for enhanced optimal health.

WHAT'S WRONG WITH DRY FOOD?

Dry food has always been the most popular dog food to feed our dogs, but now we know more about canine nutrition and more about what goes into dry food and how harmful it can be. Like processed food, dogs can digest kibble, but they won't receive the nutrients an authentic meal provides. Dry dog food, like kibble, lacks the essential nutrients and vitamins necessary for the dog's biology. To thrive, dogs need the amino acids, vitamins, probiotics, prebiotics, and nutrients that a natural raw meat diet can provide. Commercial dog food companies claim that they provide your dog with these nutrients, but that is a myth! Dry food is processed in extreme temperatures that destroy half of any nutritional value it has. They are packed with artificial flavours, colours, fillers, and preservatives, none of which are benefiting your dog's health. Instead of processed dry dog food, feed your dog raw meat formulas that will give your dog the nutrients nature intended them to consume! A raw dog food diet will

DOG SCHOOL - NERJA

Karen Wallace

mimic meat, bone, organs, and some vegetation consumed in the wild. A raw diet is biologically appropriate and will give your dog the essential nutrients needed to provide them with optimal health and longevity. With this being said, many specific benefits are leading to a healthy life. A natural fresh raw diet can give your dog many health benefits, improve their current conditions, prevent future disease, and help them thrive.

WHAT ARE THE BENEFITS OF A RAW DIET?

- Benefits Include:-
- Stronger Immunity
 - Healthy Weight
 - Reduced Allergies
 - Better Digestion
 - Less Gas
 - Smaller Stool
 - Reduced Allergies
 - Increased Energy
 - Improved Dental Health
 - Less Vet Visits
 - A Healthier Happier Dog

There are a lot of things that might make you think twice before starting your dog on a raw diet. People sometimes claim that it's complicated – not any more. Most raw food just looks like mince and is stored in the freezer. Defrost what you need and serve it to your dog; it's that simple! Or you might worry about bacteria - This is probably the biggest of the raw dog food myths out there. Raw dog food that is prepared safely does not put your dog at risk of bacteria or contamination. Raw dog food goes through several different safety checks including routine salmonella tests, and deep freezing helps to eliminate any bacteria. Treat it just like any other meat that you might be cooking for your own dinner. Dogs' immune systems are designed to handle the various sources of bacteria and germs that they come into contact with on a daily basis. A raw diet can help their gut bacteria to neutralise any pathogens,



meaning raw can provide beneficial nutrients without any increased risk. You may hear some say it's expensive – it can be. The cost of high-quality ingredients and the safe handling of raw food does mean that raw dog food costs more than the cheapest kibble. However, in comparison to some of the more nutritious commercial food diets, it can still be competitively priced. The health benefits and savings on vet bills outweigh the small extra costs, and you can't put a price on a healthy happy dog! Feeding my own dogs a healthy and appropriate diet has always been a passion of mine and I recently passed a Diploma in Canine Nutrition, so it seemed an obvious path for me to take to begin stocking healthy dog food at snacks at Dog School, so I've joined forces with a local raw food supplier and am now stocking a wide range of different flavours of complete raw food and natural snacks and chews. If you want to know more about how to transition your dog onto a healthy raw diet, or place an order, go to www.dogschoolnerja.com/raw-shop



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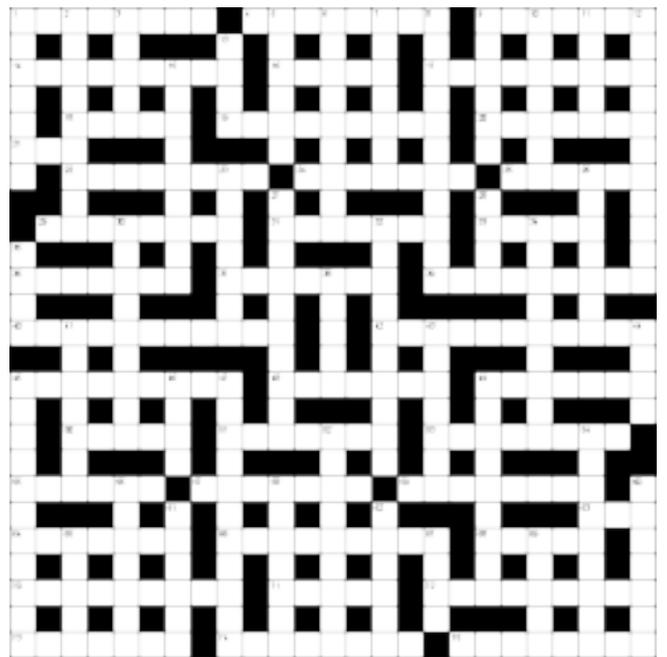
Across

- Pitiless (8)
- Slope (8)
- Cure-all (7)
- Rabid (9)
- Greek letter (5)
- Small openings (9)
- Choose (5)
- Obstructions (9)
- Brother or sister (7)
- Atmosphere (3)
- Insinuation (8)
- Small fry (7)
- Type of hat (6)
- Announces (8)
- Lackadaisical (7)
- Desert plants (5)
- Unfathomable (7)
- Mundane (7)
- Measure of size (9)
- Improvement (11)
- Subdivided (11)
- Heedful (9)
- Fruit (7)
- Large rock (7)
- Throw out (5)
- Ordinary (7)
- Teeth (8)
- Light beams (6)
- Accumulate (7)
- Astonishes (8)
- Hearing organ (3)
- Obtain (7)

- Eggplant (9)
- Become liable to (5)
- End (9)
- Scottish landowner (5)
- Sapient (9)
- Hates (7)
- Longing (8)
- Postponed (8)

Down

- Declination (7)
- Variety of mandarin orange (9)
- Svelte (5)
- Root vegetable (6)
- Breed of dog (9)
- Empowered (7)
- Surpassed (11)
- Gratify (6)
- Illustrious (7)
- Welsh canine (5)
- Tryst (11)
- Singing voice (4)
- Large church building (9)
- Merit (7)
- Sentiment (7)
- Exemplify (10)
- Fraudulent scheme (4)
- Light (9)
- Unforseen (10)
- Goes on (9)
- Nemesis (4)
- Deduct (5)



- Milliners (7)
- Keeps back (7)
- Arrow (4)
- Increased speed (11)
- Scintilla (4)
- Intricately (11)
- Waving (9)
- Musical instrument (9)
- Artificial lake (9)

- Dried grapes (7)
- Herbaceous plant (7)
- Lauded (7)
- Part of a flower (6)
- Concealed (6)
- Unit of weight for precious stones (5)
- Direction (4)



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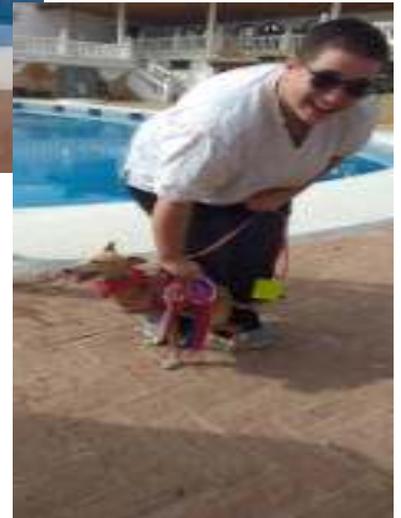
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| APPLAUSE | EVITA | MAME |
| BARNUM | FOSSE | OKLAHOMA |
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| CAMELOT | GREASE | PIPPIN |
| CAROUSEL | GYPSY | RAGTIME |
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ARIES:- (March 21st - April 19)

Yes, some people have been a bit selfish of late but there is no point getting worked up about it. The Sun in your opposite sign puts others in the driving seat, so let them choose the destination – and pretend you are happy with where you end up.

Luckiest day:- Saturday

TAURUS:- (April 21 - May 21)

Money matters and work-related issues are under excellent stars as the new week begins, so don't be afraid to push yourself forward and take a calculated risk or two. Influential friends may, if asked nicely enough, help you move up in the world.

Luckiest day:-Wednesday

GEMINI:- (May 21 to June 20)

It does not matter how challenging your current situation might be, you will deal with it with ease. Mars in your sign linked to the Sun in the most dynamic area of your chart means you enjoy being put to the test, because you enjoy winning.

Luckiest day:- Friday

CANCER:- (June 21 - July 22)

You will find yourself in the company of some rather strange people today and chances are you will thoroughly enjoy yourself. What previously seemed out of the ordinary will now seem perfectly normal, which could be worrying for someone as conservative as you!

Luckiest day:- Saturday

LEO:- (July 23 to August 22)

Don't worry if some people oppose every suggestion you make today, because you don't need their blessing or their assistance and will push ahead with your plans regardless. As a Leo you don't care in the slightest what other people think of you.

Luckiest day:- Tuesday

VIRGO:- (August 23 - Sept. 22)

Be careful when dealing with cash and other financial matters over the next 24 hours because you could easily take a risk that does not need to be taken. A powerful Sun-Mars link will make a gambler of even the most risk averse of Virgos.

Luckiest day:- Sunday

LIBRA:- (Sept. 24 - October 23)

It will be tempting to use today's Sun-Mars link to force others to go along with your plans but while you may be successful in the short-term you will also create bad feelings that could hold you back later on. Persuasion is infinitely better than coercion.

Luckiest day:- Monday

SCORPIO:- (Oct. 23 - Nov. 22)

The time is fast approaching when you must turn your back on the past and think only of the future. The Sun's move into your sign next weekend will energize you both physically and mentally, even more so if you get plenty of rest between now and then.

Luckiest day:- Friday

SAGITTARIUS:- (Nov.23 -Dec. 21)

You may be good at giving advice but how good are you at taking it? The message of the stars today is that you must listen to what friends and relatives are telling you. Don't let their words of wisdom enter one ear and immediately exit the other!

Luckiest day:- Saturday

CAPRICORN:- (Dec.22 - Jan.20)

You seem to be in one of your impulsive moods and the good news is it will work mostly in your favor. The only danger is you may take on too much and wish later on that you had been a bit more selective. Choose your challenges wisely.

Luckiest day:- Friday

AQUARIUS:- (21 - Feb. 18)

You have made a lot of noise in recent weeks about what you can do and how much you are going to accomplish. Now you will be expected to deliver. If you make a serious effort over the next few days you could make some serious money too.

Luckiest day:- Wednesday

PISCES:- (Feb.19 - March 20)

Keep your mind free of negativity today, even if you have to lie to yourself about what's going on in your immediate environment. This will be one of those days when like attracts like, so make sure your thoughts are positive at all times.

Luckiest day:- Thursday

Horoscopes.

by Kristian Marconi

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740.

Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

Recently a group of international friends of Lux Mundi, Torre del Mar, had a 4 nights/5 days' excursion to Cartagena. On arrival at the lovely, completely refurbished hotel, there was time to go out for lunch and to explore the city. The following day there was a guided visit to the Roman sites, including the Roman Theatre Museum and spectacular Amphitheatre, the tour was extremely interesting with so much history in Cartagena.

The next day there was a visit to Murcia, the 7th largest city in Spain. It was a glorious day and many people visited the beautiful Cathedral of Santa Maria, created in 1394 on the site of a former mosque. The Royal Casino of Murcia with its fabulous facade was well worth a visit. This building which is celebrating its 175th anniversary is quite spectacular, and the most beautiful room is the ballroom with a majestic canvas of exotic landscapes covering the ceiling. There are also some beautiful sculptures in the



Pompeian Court, including replicas of 'Danae' and 'La Amazona' by Policiata, which came from the Vatican Museum. Murcia is a lovely city and some of the group enjoyed looking around the shops.

There was free time on the 4th day to further explore Cartagena and, despite storms and torrential downpours during the morning, everyone enjoyed themselves visiting the fantastic Naval Museum, the Spanish Civil War Museum, the Military Museum and other interesting buildings.

The final morning was also free to walk around and to have a leisurely lunch before the return journey home. This trip was very enjoyable with a lovely group of people! Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.



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Carrot Soup

Carrot soup

Serves:- 6

Ingredients:-

- 10 carrots, scraped and sliced
- 1 1/2 tablespoons sugar
- 2 cups water
- 3 tablespoons all-purpose (plain) flour
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 4 cups fat-free milk
- 2 tablespoons chopped fresh parsley

Preparation:-

In a large saucepan, heat the carrots, sugar and water. Cover and simmer until the carrots are tender, about 20 minutes. Drain the carrots, reserving some of the liquid. Set aside.

In a separate saucepan over medium-high heat, whisk together flour, pepper, nutmeg and milk. Cook, stirring constantly, until the white sauce thickens. In a blender or food processor, add the cooked carrots and white sauce. Puree until smooth. Add reserved liquid to desired consistency. Ladle into separate bowls and garnish each with 1 teaspoon parsley. Serve immediately.



Vegetarian Chili Soup

Vegetarian chili Soup

Serves:- 8

Ingredients:-

- 2 cups diced onion
- 1 cup diced celery
- 1 cup diced bell pepper
- 2 cloves garlic, minced
- 2 tablespoons water
- 2 Fresno peppers, diced
- 2 quarts crushed tomatoes (no salt added)
- 2 cups cooked pinto beans (no salt added; if canned, rinse under water)
- 2 tablespoons ground cumin
- 1 tablespoon chipotle pepper (or smoked paprika)
- 1 tablespoon ground black pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon dried oregano

Preparation:-

In a stockpot over low heat, cook onion, celery, bell pepper and garlic in 2 tablespoons of water until onions become translucent, about 10 minutes. Add the remaining ingredients. Cover and simmer for 1-2 hours, stirring occasionally. If chili becomes too thick, thin with a little water.



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Clam Chowder

Clam chowder

Serves:- 6

Ingredients:-

- 1 cup diced carrots
- 1 cup diced celery
- 2 cups diced yellow onion
- 2 cloves garlic, minced
- 2 ounces lean ham, diced
- 1 tablespoon canola oil
- 1 cup diced fresh clams
- 1/2 cup clam juice
- 2 cups low-fat milk
- 1 1/2 cups low-sodium vegetable stock
- 1 teaspoon minced thyme
- 1 teaspoon minced oregano
- 1 teaspoon fennel seed
- 1 teaspoon black pepper
- 1/2 cup diced red potatoes
- 1/4 cup brown rice, uncooked

Preparation:-

In a saucepan over medium heat, saute carrot, celery, onion, garlic and ham in canola oil until lightly brown, about 10 minutes. Rinse clams under running water, drain. Add clams and clam juice, continue to cook slowly to reduce volume by half. Add milk, stock, seasonings, potatoes and rice. Bring to simmer, reduce heat and cook for 1 hour, until rice is cooked and stew has thickened considerably.

Gazpacho with chickpeas

Serves:- 6

Ingredients:-

- 1 can (15 ounces) chickpeas (also called garbanzo beans), rinsed and drained
- 6 cups unsalted vegetable juice
- 1 cup (about 16) cherry tomatoes, quartered
- 1/2 cup chopped, seeded cucumber
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh cilantro or parsley



Gazpacho with Chickpeas Soup

- 1/4 teaspoon hot pepper sauce
- 1 to 3 garlic cloves, minced
- 1/4 cup lime juice
- 6 lime wedges

Preparation:-

In a large bowl, add the chickpeas, vegetable juice, tomatoes, cucumber, onion, cilantro, hot pepper sauce, garlic and lime juice. Stir well. Cover and place in the refrigerator for at least 1 hour or until well-chilled. To serve, ladle the cold soup into chilled individual bowls and garnish with a lime wedge. Serve immediately.

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RAMSAY HUNT SYNDROME

ALL ABOUT RAMSAY HUNT SYNDROME: THE TYPE OF FACIAL PARALYSIS THAT JUSTIN BIEBER SUFFERS.

The famous Canadian singer Justin Bieber has been affected by Ramsay Hunt syndrome, a rare pathology. Because of this, he has had to stop his concert performances in order to recover quickly, which is why we want to tell you in greater detail what this disease that has affected this talented character is all about.

But what is Ramsay Hunt Syndrome?

The little-known Ramsay Hunt Syndrome is a type of facial paralysis, triggered by the presence of a varicella-zoster virus infection in the ear, which attacks the facial nerve, causing painful symptoms and possible hearing loss in more severe cases. The varicella-zoster virus, also known as shingles, emerged for the first time in 1907 and the neurologist Ramsay Hunt was the one who described the presence in several cases of papules in the ear and mouth area, and along with it the presence of facial paralysis peripheral.

What are the symptoms of Ramsay Hunt Syndrome?

The main symptoms of Ramsay Hunt Syndrome are the presence of

blisters, rashes or eruptions around the ear or internally in it (this symptom may not always be present), as well as weakness or state of facial paralysis on the side of the ear. affected. On the other hand, there are other symptoms that can also occur in this syndrome and that are characteristic of facial paralysis, these are:

- Earache
- Fever
- Hearing loss
- Sensations of dizziness
- Difficulty closing the eye
- Sensation of dry mouth and eyes
- Loss of taste perception
- Tinnitus (ringing in the ears)
- Nausea
- Vomiting

It is important to emphasize that due to the fact that this syndrome can present a number of signs and symptoms that are so varied, it can be classified into four stages:

- **Stage I:** Presence of otalgia and rash in the territory of the facial nerve
- **Stage II:** Includes the symptoms described above and ipsilateral peripheral facial paralysis
- **Stage III:** Includes the presence of pain, rash, facial paralysis, tinnitus, hearing loss and dizziness
- **Stage IV:** Involvement of other cranial nerves, mostly cranial nerve V.

What are the causes and risk factors of Ramsay Hunt Syndrome?

Ramsay Hunt syndrome is caused by the outbreak or reactivation of the varicella-zoster virus in the geniculate ganglion of cranial nerve VII and nearby nerves. This reactivation of the virus can be caused by the weakness in the body's defense system in the presence of this infection, likewise the consumption of medications or immunosuppressive drugs make people more vulnerable to suffering from this syndrome, in addition to suffering from other pathologies such as HIV, COPD, chronic kidney disease, depression, among others, can make the person more fragile or weak from the appearance of shingles or herpes zoster.

How is the diagnosis of Ramsay Hunt Syndrome?

In order to have an accurate diagnosis, it is important that, in the presence of the aforementioned

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
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PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP .A 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		

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symptoms, a doctor, after a prior assessment and physical examination of the area of his opinion, certifies the presence of this syndrome. The doctor is the trained staff and will be the one who evaluates and decides whether or not it is a Ramsay Hunt syndrome or, failing that, another type of facial paralysis caused by herpes zoster. Part of this evaluative process begins with the achievement or not of commands to open and close the eye and the mouth, as well as to smile. It is also important to know the background and medical history of the patient, as well as the characteristics of the pain, since pain from herpetic neuralgia is characterized by burning and jolting sensations, loss or increase in sensitivity, and numbness.

How is Ramsay Hunt Syndrome treated?

The treatment of Ramsay Hunt Syndrome goes hand in hand with several types of treatments, among which the use of antiviral agents in the first instance stands out with the aim of reducing the presence of the most acute symptoms, and accelerating the process of combating the disease. On the other hand, the use of steroids is also part of the treatment in conjunction with antivirals, in this way it seeks to reduce the inflammatory process, the presence of dizziness, as well as accelerate the healing process of skin wounds in the area. Other treatments to use are analgesics to help reduce severe acute pain, although sometimes antivirals also have this analgesic function. Last but not least is the PHYSIOTHERAPEUTIC approach, which seeks to stimulate and maintain muscle function, given from the brain areas to the face area, and from there improve and control facial movement in the best possible way. Rehabilitation and physiotherapy treatment in facial paralysis has shown great benefit and efficacy in the recovery of this pathology; facial exercises

in front of the mirror and the application of different techniques such as electrostimulation, kinesiotape, thermotherapy and acupuncture, among other physiotherapeutic tools are used for the treatment of facial paralysis.

What are the possible complications of Ramsay Hunt Syndrome?

Complications after the presence of Ramsay Hunt Syndrome are usually frequent in adults and immunosuppressed people, especially post-herpetic neuralgia in which chronic pain can be present for a long time until the skin lesions (blisters) resolve. have completely healed. Likewise, the presence of allodynia (abnormal perception of pain) is another of the sequelae or complications of this syndrome and is quite recurrent. In another instance, in severe cases, damage to the cranial nerves, secondary bacterial infections, hearing loss on the affected side, the presence of tinnitus, neurological disorders, meningoencephalitis, and myelitis may be part of the consequences of this syndrome. Therefore, being assessed and treated by a health professional early will be of great help to prevent this virus from leaving greater consequences and complications after its outbreak.

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Blueberry Smoothie Bowl

Serves- 2

Ingredients:-

- 1 c. frozen blueberries
- 1/2 c. unsweetened almond milk
- 1 1/2 scoops protein powder
- 2 tbsp. unsweetened almond butter
- 1 tsp. pure vanilla extract
- 1/2 c. fresh blueberries
- 1/4 c. vanilla granola
- 2 tbsp. sliced almonds
- 2 tsp. hemp seeds
- 1 tsp. ground cinnamon

Preparation:-

In blender, puree frozen blueberries, almond milk, protein powder, almond butter, and vanilla until creamy. Divide between two bowls. Top each bowl with fresh blueberries, granola, almonds, hemp seeds, and cinnamon before serving.



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November 18th is the 15th European Antibiotic Awareness Day, an annual European public health initiative, to raise awareness about the threat to public health of antibiotic resistance and prudent antibiotic use. The latest data confirms that across the European Union the number of patients infected by resistant bacteria is increasing and that antibiotic resistance is a major threat to public health.

Before the discovery of antibiotics, thousands of people died from bacterial diseases, such as pneumonia or infection following surgery. Antibiotics were once considered "wonder drugs" - efficiently fighting diseases from pneumonia, diarrhea, ear and sinus infections. Since antibiotics have been discovered and used, more and more bacteria, which were originally susceptible, have become resistant and developed numerous different means of fighting against antibiotics. Because resistance is increasing and few new antibiotics have been discovered and marketed in recent years, the problem of antibiotic resistance is now a major public health threat. Yesterday's wonder drugs have become not so wonderful in face of new super bacteria ironically mutated

through the misuse of antibiotics.

Data from the European Antimicrobial Resistance Surveillance Network (EARS-Net) show that there is a North-South gradient with low rates of resistance in Scandinavian countries and the Netherlands and high resistance rates in Southern Europe. Countries with lower resistance rates have generally lower use of antibiotics, whereas countries with higher antibiotic resistance rates use more antibiotics. Embarrassingly, it is the medical profession that is most culpable for the inappropriate use of antibiotics. Studies indicate that nearly 50% of antibiotic use in hospitals is unnecessary or inappropriate. Some doctors may not have kept up to date on the latest protocols for the right use of antibiotics. Other doctors write out prescriptions to "be safe".

Patient demands can put pressure on doctors to prescribe antibiotics even though they are ineffective for their infections. Almost everyday I am asked for antibiotics for viral infections, such as a cold, cough, flu or most bronchitis. It usually would be easier to write out the prescription than face the frustration and, sometimes, anger when I explain that antibiotics are not going

Awareness Day

to make them feel better, make them less contagious or cure their viral infections. In fact, each time a person takes antibiotics, sensitive bacteria are killed, but the resistant germs are left to grow, mutate and multiply. Repeated, inappropriate use of antibiotics will jeopardize the effectiveness of essential drugs leaving you more vulnerable to the life-threatening super bacterias.

Hospitals, clinics and your own doctor's surgery are great breeding areas for microbes! Viruses and bacterias are spread from patient to patient in airborne molecules and through physical contact. Medical professionals may forget to wash their hands or change gloves between patients! Hygiene is one of the most important factors in preventing the spread of contagious infections.

Antibiotics are needed when your doctor diagnoses you with an infection caused by a bacteria. Lab tests are essential to make a good diagnosis.

A sore throat caused by Streptococcus A can not be definitively diagnosed by simply looking at the throat. - no matter how much redness and pus there is.

Acute bronchitis, or chest cold, occurs when the bronchial tubes leading to the lungs become inflamed. This usually follows an upper respiratory infection like



a cold. Antibiotics are rarely required in acute bronchitis as it is almost always viral in origin -no matter how green and gooky the sputum you are coughing up. Acute rhinosinusitis had been traditionally treated with antibiotics, however a study published in the Journal of the American Medical Association in found that antibiotics were ineffective in treating the majority of

these infections. Antibiotic therapy should be reserved for acute rhinosinusitis patients meeting specific criteria and then should be narrow-spectrum agents targeting the most likely pathogens such as Streptococcus pneumoniae or Haemophilus influenzae.

Preventing an infection is easier than treating one. No antibiotic or other

medication is as effective as practicing good hand hygiene. Keep your immune system healthy with a vitamin-rich, low-fat diet. Reduce environmental risk factors by not smoking and avoiding second-hand smoke.

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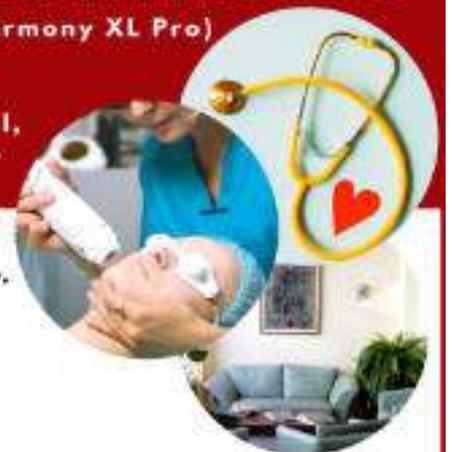
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Who are my clients?

Let me give you an idea of who use a Personal Trainer or which people use the group classes to get fit. The answer is: everyone!!

As I live and work in Torrox Pueblo lots of my clients are foreigners that enjoy their retired life here in Southern Spain. But there are also young kids with physical problems training with me.

Most elderly have minor problems with their back , shoulders or knees. Every client is different and needs a different program and approach. I even train a man that



recently got a new heart. I exercise with him from his bed as he has lost most of his muscles due to being in a coma for 4 weeks and in the hospital for 4 months. I have another client that I train at home because she is handicapped. Still she does a hell of a plank (4-5 minutes!).

The women in my Bootcamp and Pilates groups are all of different ages and physical abilities because I implement different levels of each exercise. So basically everyone that needs some more attention, specific exercises because of injuries, or does not have the willpower and determination to exercise by themselves , use a Personal Trainer.

Exercise prevents high blood pressure, diabetes, falling , even demencia etc. , it increases your resistance to the flue for example and makes you more optimistic and happier! So get out there! Hike, bike, run , swim or join a class of Yoga, Pilates, Bootcamp, Spinning etc.. Stay healthy! Just do it!



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Here are 12 foods that may rev up your metabolism.

1. Protein-rich foods

Protein-rich foods such as meat, fish, eggs, dairy, legumes, nuts, and seeds, could help increase your metabolism for a few hours.

This is because they require your body to use more energy to digest them. This is known as the thermic effect of food (TEF). The TEF refers to the number of calories your body needs to digest, absorb, and process the nutrients in your meals. Research shows that protein-rich foods increase TEF the most. For example, they increase your metabolic rate by 15–30%, compared with 5–10% for carbs and 0–3% for fats.



2. Mineral rich foods

The minerals iron and selenium each play different but equally important roles in the proper functioning of your body. However, they do have one thing in common. They're both required for the proper functioning of your thyroid gland, which regulates your metabolism. Research shows that a diet too low in iron or selenium may reduce your thyroid's ability to produce sufficient amounts of hormones, which could slow down your metabolism. To help your thyroid function to the best of its ability, include selenium- and iron-rich foods like meat, seafood, legumes, nuts, and seeds in your daily menu.

3. Chili pepper

Capsaicin, a chemical found in chili peppers, may boost your metabolism by slightly increasing the rate at which your body burns calories. In fact, a review of 20 research studies notes that capsaicin, from supplements or the peppers themselves may help your body burn around 50 extra calories per day. Moreover, capsaicin may have appetitereducing properties. Similarly, adding cayenne pepper to your meal may increase the amount of fat your body burns for energy, especially following a high fat meal. However, this fat-burning effect may only apply to people unaccustomed to consuming spicy foods.



Continued on page 43

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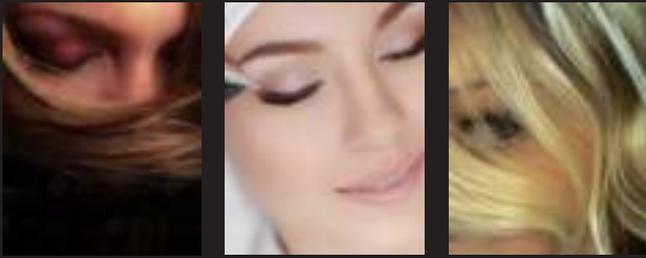
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Causes of Depression - Chemical Imbalance or Social Challenges?

Part 2

Disconnection from a Hopeful or Secure Future

If you are severely depressed you find it hard to contemplate, plan for, or get excited about the future. Equally, if you feel you have no control over your life or destiny, for example through poverty, you are more likely to slide into depression.

The Role of Genes and Brain Changes

The brain makes its own structures based on experience. So if you are constantly unhappy or frightened your neural pathways and brain activity reflect this and create a pattern.

Thankfully, with our brains being adaptable, we can change these pathways when we are happier and feeling safe.

Genes can also lead us to being more prone to depression but your genes are activated by your environment, so mostly they only come into play when a person has experienced great stress, adverse living conditions or childhood trauma.

So to stop the depression epidemic what do we need to do?

Make Work More Meaningful

This can be a challenging one to change but one company in America has led the way with an

innovative workplace change. It's a bike shop and under the old system the workers felt unfulfilled and depressed, they were just cogs in a wheel.

Then one of the employees took over and instead of running the shop as the boss, he set it up as a co-operative. Everyone has shares in the business, everyone has a say and everyone feels valued and respected.

All the workers are dramatically less anxious, stressed and depressed than they were before, even though they are still doing the same job.

Reconnect with Others

Instead of being focused on me, me, me (which is so easy to do when suffering from depression) it's time to think of helping others, of building connections and building a supportive community around you.

Working on community projects helps people reconnect with each other, as well as gaining pride and satisfaction in their work. If this is very difficult where you live you can try and find online groups with similar interests so that you still become part of a community.

Reconnect to Meaningful Values

In São Paulo, in Brazil, the city's government banned all outdoor advertising. 70% of the population said they felt healthier and less under pressure without the constant reminder to own more material goods. Often what we buy fills a void and gives us an instant short-lasting high.

But this can also remove you from what really matters: family, friends, honesty etc and keep you from the satisfaction that these key values bring. In looking closely at why you spend and what your true values are, you can change your perspective and reduce depression.

Find Sympathetic Joy

Often we don't need to experience things for ourselves to feel happiness. Sharing in someone else's happiness can often lift our spirits, for example watching a newly married couple or puppies playing. Compassion and empathy with others helps us to connect. Loving-kindness meditation can help to build your compassion and desire to help others.

Katrina Jones (BA Hons, Cl. Hyp)
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Restore Faith in the Future

The Canadian town of Dauphin did an experiment. They gave every citizen \$19,000 to see what the effects were. It benefited the community in many ways but one result was that mood disorders and depression dropped by 9% in just 3 years. People made big changes in their lives, some took degrees, some spent more time with their children and some took a lower paid job with more personal satisfaction. The future looked brighter, filled with more choices.

Living like this, people didn't need pills to help them cope with a mind numbing or difficult existence, they automatically became happier and more mentally stable.

So if you are struggling with depression, it is worth considering your social circumstances and seeing if you can make some changes. If you can make changes and feel happier you may want to reduce your medication but remember to speak to your doctor first.

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4. Coffee

The caffeine found in coffee may help increase metabolic rate. Several studies have noted that people who consume at least 270 mg of caffeine daily, or the equivalent of about 3 cups of coffee, burn up to an extra 100 calories per day. Furthermore, caffeine may help your body burn fat for energy, and it seems especially effective at boosting your workout performance. However, its effects vary from person to person, based on individual characteristics such as body weight and age.



5. Tea

Tea contains health-boosting compounds called catechins that may work in tandem with caffeine to boost metabolic rate. In particular, both oolong and matcha green tea may increase fat oxidation and may help you burn extra calories when part of an exercise plan. In addition, oolong and green teas may help your body use stored fat for energy more effectively, increasing your fat-burning ability by up to 17%.

Part two in the December issue

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in English 902 102 112	Nerja 952 524 519	Nerja	952 521 531
Guardia Civil	La Herradura	Torrox Costa	952 532 155
Frigiliana 952 533 003	958 630 017/670 995 257	Street Markets	
La Herradura 958 640 015	Torrox 952 531 030	Monday	Torrox Costa
Nerja 952 520 091	Airports	Tuesday	Nerja, Salobreña
Torrox	Granada 958 245 200	Wednesday	Algarrobo Costa, Rinconde la Victoria
Costa & Pueblo 952 538 008	Málaga 952 048 804	Thursday	Frigiliana, Torre del Mar, Velez Malaga,
Local Police	Train Stations	Friday	Almuñecar, La Herradura (summer only), Salobreña
Frigiliana 952 533 126	Granada 958 271 272	Saturday	Competa
Nerja 952 521 545	Málaga 952 329 261	Sunday	Nerja (car boot), Torre del Mar, Velez Malaga
Torrox 952 539 828	Consulates		
Torredel Mar 952 549 238	Belgium 952 599 159		
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What's On information is published FREE!
Details should reach us by the 15th of the month previous.
Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinaso, Almuñecar, Sundays at 9.30am. Chaplain: - Fr. Nigel Thomas.

Community Bible Fellowship
Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja. Tel: 952 520 291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm. Parish priest: Father José María.

Presbyterian Church, Torre del Mar
We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church
Whether you live in Nerja or are revisiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service.
During this time of uncertainty, God's word Reminds us that the Gospel shines brightest in times of darkness. We are a Bible based Church

community continuing to help people find their way to God.
Sunday Service 11.00am.
Prayer Meetings Wednesdays 11.00am
Pasaje San Miguel, Nerja, 29780.
Email: info@nlcnerja.com
Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

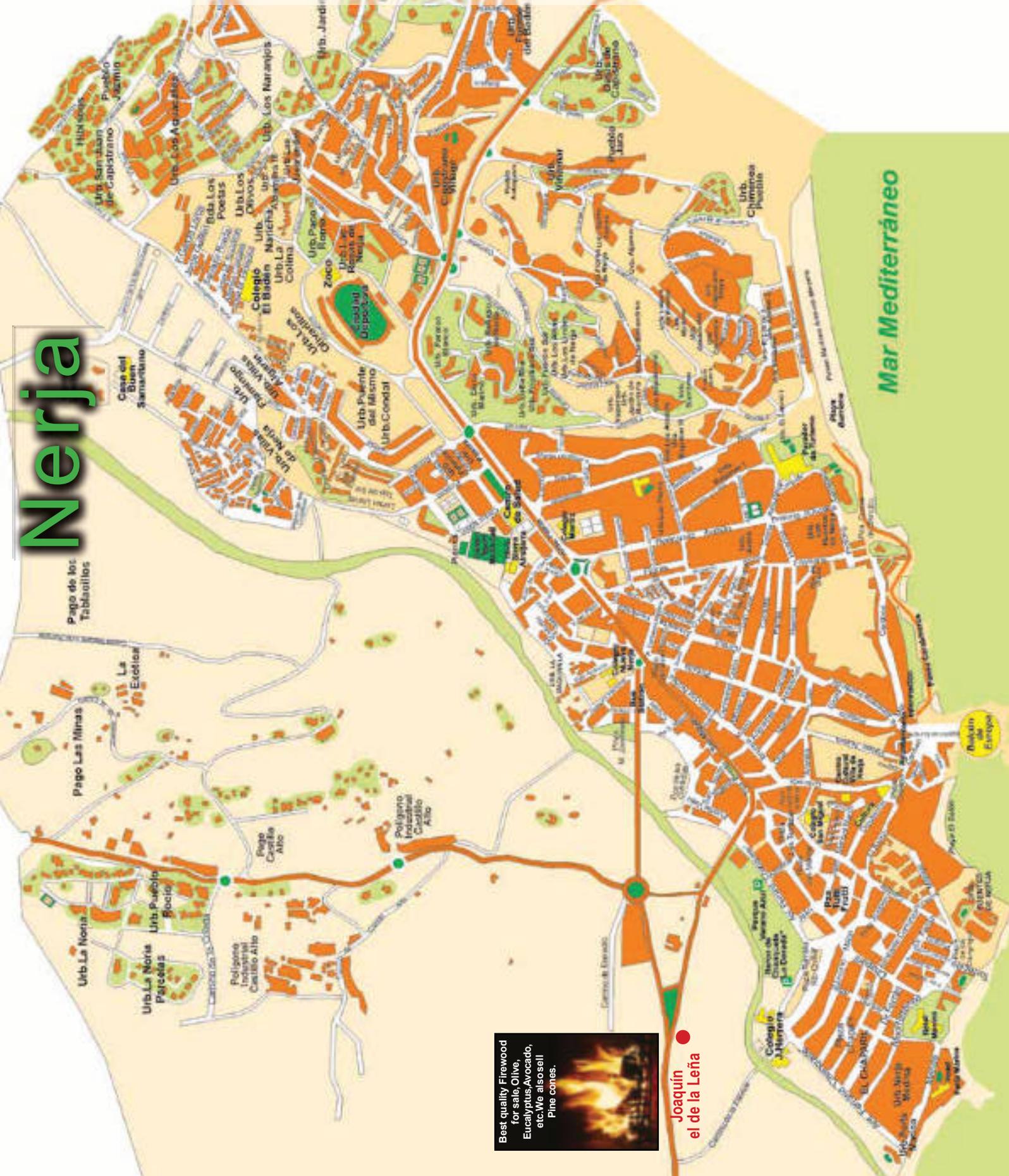
Lux Mundi centre, Torredel Mar - To be advised!

St. Barnabas IERE (Anglican), Torre del Mar
Tel: 952 030 461. www.stbarnabas-spain.com.
Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

The Anglican Church of St. George, Málaga
Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capel-
la de San José, Calle Linares 7, Veléz Málaga.
Chaplain: Fr. Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar
Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop. Tel: 634 540 519.
Minister: Rev. Colin Dickson. Tel: 654 894 658

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NEWS & What's ON



Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish), Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them. A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er} I, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

NOVEMBER upcoming EVENTS & EXCURSION PRESS RELEASE

We continue our regular activities: Spanish practice groups (limited numbers per group, Art group on Wednesdays and coffee morning every Friday.

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Wednesday - Craft Group is very important so do you have a hobby that you can bring along and share, Crochet or Knitting. Macrame, Lace Making, Card Making, Scrap booking, Cross Stitch there are so many crafts out there. Refreshments are available from the kitchen and donations towards opening costs will be gratefully received. We hope to see you there.

Wednesday 2nd November -

Quiz Night. Please come along to the Centre and have a fun night out with your team of 6 friends. Light refreshments available and drinks can be purchased. Tickets available at the Centre 7€ or with a Friend of Lux Mundi card 6€. Doors open at 6.00pm and the fun starts at 6.30pm.

Thursday 17th November -

Excursion to Marchen. Come and enjoy a day in the Andalucía country side visiting the town founded by the Romans at a communication point between the cities of Seville and Antequera. It has many places of interest, including the Ramparts and Casa Palacio (palace). There will be a stop for breakfast. Arrival in Marchena at 11:00 approx for a guided tour in English visiting local monuments and also a tasting of some of the local products. After the tour, free time

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KÖMMERLING

for lunch and departure at 16:00 for the return trip. Tickets available at the Centre price 35 Euros and 32 Euros with a Friend of Lux Mundi card. (Proceeds for fundraising).
 Departure times: Algarrobo (Lidl) 07.45, Caleta (Vets) 07.50, Torre del Mar (Bus Station) 08.00

Friday 25th November - Prayer preparation for Advent. At the Parish Church of San Andrés, Torre del Mar. After the Mass.

Tuesday 13 to Thursday 15 December - Excursion to Seville and Italica.

Tuesday 20th December - Excursion to Malaga Christmas Lights.



41 CLUB NERJA PRESS RELEASE - "WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. "Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Facebook page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality".

Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288.

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory.

From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com



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Opening hours:-
 Monday to Saturday
 10a.m. till 2.30p.m.

Nerja Arts Society

Lecture date: November 15th 2022 (18:00) Centro Cultural Nerja

Hieronymus Bosch or El Bosco: a Netherlandish artist in Philip II's Spain
 Sophie Oosterwijk

Lecture Description:

The fantastic worlds peopled by devils that the Early Netherlandish painter Hieronymus Bosch (d. 1516) created have often been 'explained' as the work of a visionary, a heretic, or even a hallucinating madman. Yet to his contemporaries Bosch was a gifted artist who received prestigious commissions and whose work inspired many. Long after Bosch's death his work was avidly collected by that most Catholic of kings, Philip II of Spain: this is why so many of his works are now housed in the Prado and in the Escorial, and why 'El Bosco' is often wrongly believed to have been a Spanish artist. This lecture will look at Bosch's art within its historical and cultural context in order to gain a better understanding of this intriguing painter whose works was to inspire surrealist artists such as Salvador Dalí.



THE ARTS SOCIETY
 NERJA

The Dr Rob. Heymans Lecture
 Live and on Demand Lecture in English

**HIERONYMUS BOSCH
 OR EL BOSCO**
 A Netherlandish Artist in Philip II's Spain
 by Sophie Oosterwijk

Tuesday 15 November 2022 at 18:00 (Spanish time)

www.TheArtsSocietyNerja.com #A0907106

Centro Cultural, Calle Granadilla, Nerja
 Tickets only available on the night from 17:00

Visitors can meet and discuss the artist and his work at home
 by appointment with

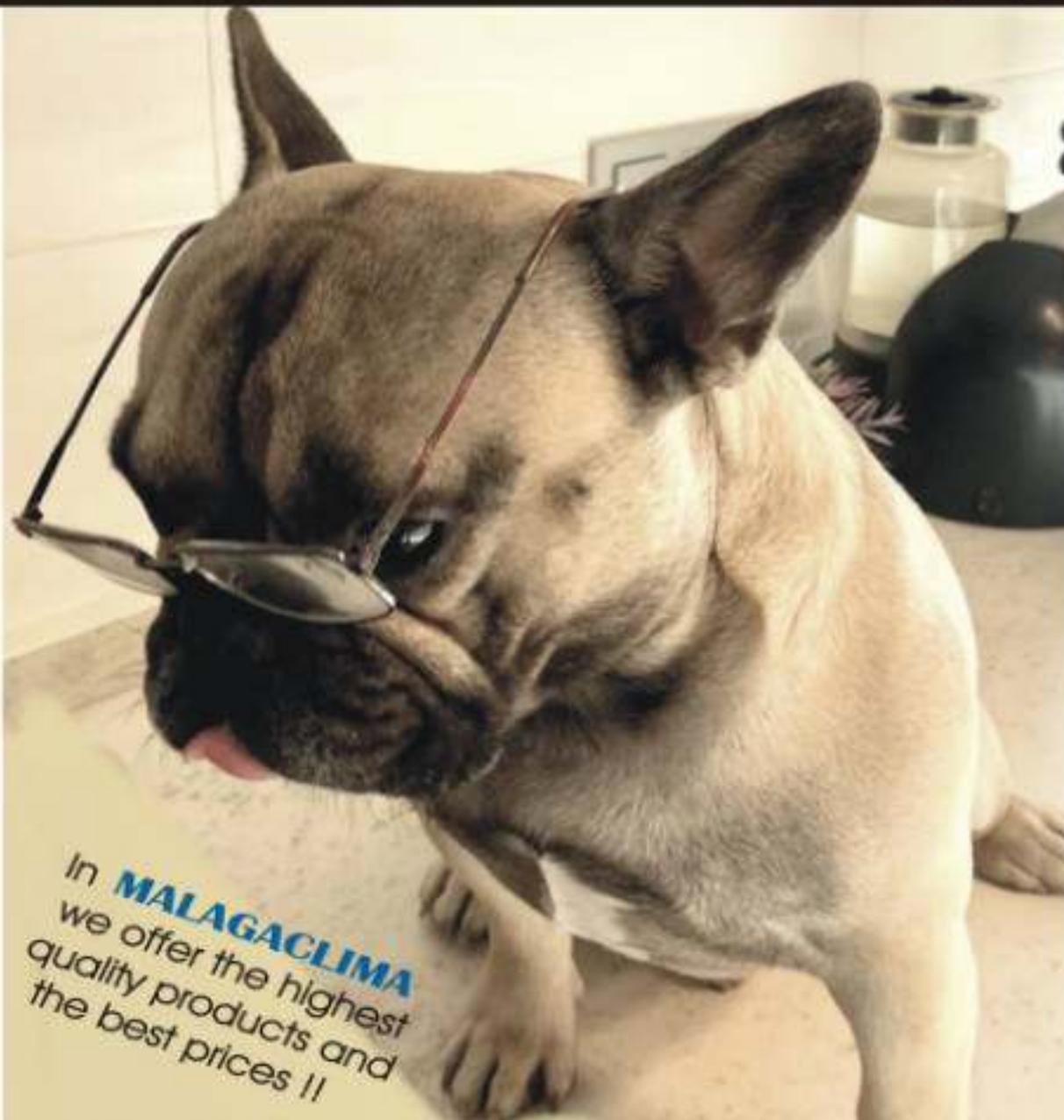


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About Sophie Oosterwijk
 Born in Gouda (Netherlands). Has an MA and PhD in English Literature (Leiden), an MA in Medieval Studies (York) and a PhD in Art History (Leicester). Has taught at the universities of St Andrews, Leicester and Manchester, Sotheby's Institute of Art, National Trust, V&A, U3A, WEA and other organisations, and organised many study days, tours and visits. Also a regular lecturer for Cambridge University and travel companies, and Honorary Research Fellow with the School of Art History at the University of St Andrews. Numerous publications.



Lecture date: November 22nd 2022 (17:00) Centro Cultural Nerja
 Creating an Imaginary World - Theatre Design from Temple to Playhouse into the Picture Frame and out again Bertie Pearce

Please note - this lecture starts an hour earlier than usual.

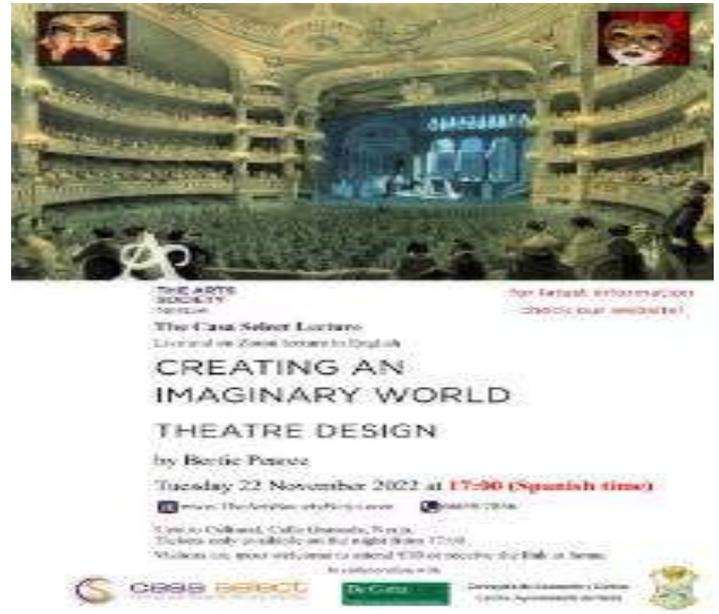
Lecture Description:

Theatrical scene design is one of the world's most beautiful, varied and lively art forms. In this talk, Bertie looks at the relationship between actor and audience and how this transformed the space and architecture of theatre throughout the ages. Beginning with the Greeks and their remarkable innovations to pageants, masques, liturgical drama, through the science of perspective, to court theatre. A quick glance at Commedia dell'arte before entering the Elizabethan stage of the Globe and the Fortune and arriving at the Theatre Royal in Drury Lane. From great architects such as Inigo Jones and Frank Matcham, to practitioners such as Granville Barker and Gordon Craig and designers Cecil Beaton and Oliver Messel, Bertie brings to life the magical world of theatre. Please note - this lecture starts an hour earlier than usual.

About Bertie Pearce

Has a BA (Hons) in Drama from Manchester University, and a Diploma Internationale from the École Internationale du Théâtre, Jacques Lecoq. A member of the Inner Magic Circle, with Gold Star. Past experience includes lecturing and performing on cruise ships, and to U3A, historical societies, festivals, schools and colleges. In addition, has

toured the world with a magic cabaret show and a one man show entitled All Aboard. Has written articles for newspapers and magazines on entertainment and theatre. Bertie Pearce is no stranger to us in Nerja. The last time, in November 2021, the talk was delivered from his home using Zoom. We are hoping he will in Nerja in person for this talk.

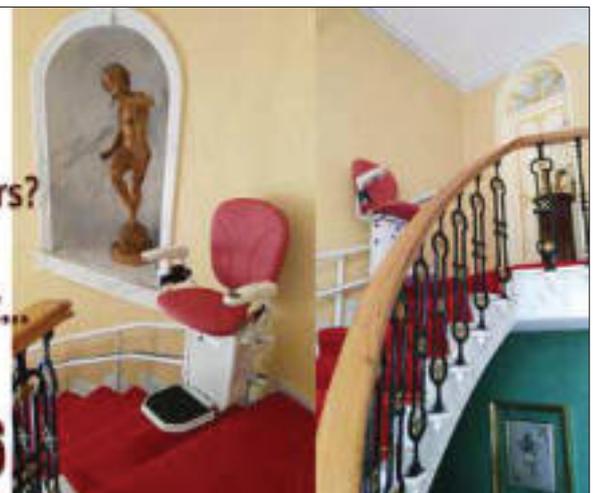


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Torrox Countryside

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An attractive, 2 bedroom detached country villa with a welcoming garden, private pool and driveway for 2 cars, plus further parking available. Accommodation is bright and maximises the stunning views which can also be enjoyed on the sunny south facing roof terrace boasting incredible coastal views. Also included, is a 2 bedroom Mobile Home currently let out as an Airbnb with income, accessed via its own private entrance with a covered terrace and private outside garden space with a garden shower.

The villa comprises an open-plan lounge/dining area incorporating a log fire, a fully equipped oak style kitchen with a fitted Bosch Oven and Hob, Bosch Fridge Freezer, integrated Dishwasher and Microwave. There are 2 bedrooms, both fitted with solid oak wood flooring and en-suite bathrooms (one with shower, one with bath) and include wardrobes. The swimming pool is located and viewed directly from the lounge area.

There are 100 avocados trees, farmed to provide additional income, plus fruit trees such as Lemon, grapefruit, and Olive. There is a 'Water Share' attached to the property and water is provided by Patamalara.

Other features include: Mosquito nets on windows; gas fired radiators, newly installed Air Conditioning units for hot/cold options; utility room with Valiant gas combination boiler, water softener, washing machine; WIFI; all curtains and blinds plus some other furniture items. Must be viewed!

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- Baths: 1
- EPC: G
- Living Space: 127 m²
- Private Pool

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REF: 7486

Sole Agency: Fantastic villa with stunning sea views. Private pool, garage and mature gardens. Only 5 minutes from the beach and close to amenities.

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- Baths: 2
- EPC: E
- Living Space: 100 m²
- Plot: 2.749 m²

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