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Spain In September

Fiestas And Ferias

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# Welcome To Our September Edition

There is something rather special about September in Spain. While much of northern Europe begins to prepare for autumn, here the days remain warm, the sea still invites an afternoon swim, and long evenings on the terrace continue to remind us why so many of us chose to make Spain our home.

September is often described as the month of new beginnings and many of us take the opportunity to refresh our homes, gardens and lifestyles. It is the perfect time to embrace change-not through dramatic transformations, but with small improvements that make everyday life more comfortable and enjoyable.

In this month's edition, we've gathered plenty of inspiration to help you make the most of the season ahead. We hope you'll discover something that sparks a new project or simply encourages you to appreciate the home you've created here in Spain.

As always, we've also included features celebrating the unique lifestyle that makes living in Spain so rewarding. September brings grape harvests, local fiestas and bustling markets filled with seasonal produce. It's a wonderful time to explore nearby villages, discover hidden restaurants, or simply enjoy a leisurely coffee in your favourite plaza while watching daily life unfold. These simple pleasures are often the moments that remind us we've found more than just a new country-we've found a new way of living.

You'll also find our regular lifestyle features, delicious recipes to tempt your taste buds, our monthly horoscopes, and ideas to help you enjoy the weeks ahead with family and friends. Whether you're a long-time resident or have only recently started your Spanish adventure, we hope every page offers useful tips, fresh inspiration and plenty of reasons to fall in love with your surroundings all over again.

*Happy reading, and as always, thank you for letting us be part of your journey.*



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A scenic view of a Spanish town at sunset. In the background, a hilltop is crowned by a large, ancient stone castle with multiple towers and battlements. The sky is filled with soft, colorful clouds in shades of pink, orange, and purple. The town below is densely packed with buildings, mostly in warm tones of terracotta, ochre, and white. The foreground is filled with the dark, out-of-focus foliage of trees, creating a sense of depth and framing the town.

# Spain In September

is summer's gentle farewell  
-warm days, cooler evenings, and  
the perfect season to fall in love  
with home all over again.



# The Fiestas & Ferias

September is a wonderful month for getting out and exploring the provinces of Alicante and Murcia. With the intense summer heat beginning to ease, towns and cities come alive with fiestas, concerts, cultural activities and traditional celebrations, making it an ideal time to discover somewhere new.



In Orihuela, the annual Fiestas in honour of the Virgen de Monserrate take place from 6th – 21st September. Highlights include the traditional pilgrimage on 6th September, the main religious celebrations on 8th September, and a spectacular fireworks display. There is also a concert A la Luz de las Velas on 12th September, adding a particularly atmospheric touch to the programme.

September is also a good month to explore Alicante city, where the cultural calendar continues after the summer season. Concerts, theatre, exhibitions and dance provide plenty of opportunities for an evening out, while the city's restaurants and terraces make the most of the cooler nights.

Across the border in Murcia, September means one thing above all: the Feria de Murcia. The festivities get underway in early September, with the official opening taking place on 4th September.

This year's celebrations include music, traditional activities and entertainment for all ages. The Feria de Atracciones at La Fica begins on 3rd September, bringing around 150 attractions to Murcia. Alongside traditional favourites such as the Ferris wheel and bumper cars, 2026 sees the return of the popular El Ratón Vacilón and the introduction of a spectacular 40-metre-high attraction. There are also special family and inclusion days during the fair.

And for something truly magical make sure you are in Mojácar on 19th September, when its historic old town hosts the famous Noche de las Velas. Artificial lighting is switched off, and the whitewashed streets are illuminated by candles, creating an enchanting atmosphere beneath the night sky.

September is an excellent time to explore the smaller towns and villages of Alicante, Almería and Murcia provinces, with local fiestas, food fairs and cultural events offering a taste of traditional Spanish life away from the main tourist resorts. Keep updated at [spaintodayonline.com](http://spaintodayonline.com) or contact the relevant Tourist Offices.



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# The Many Ways

There is something rather special about waking up in a new destination without ever having to repack your suitcase.

**C**ruising has evolved enormously over the past decade and today there is truly a voyage to suit every style of traveller. From intimate river journeys through the heart of Europe to luxurious ocean voyages crossing seas and continents, cruising offers an effortless way to experience multiple destinations in a single holiday.

Having travelled extensively and experienced several styles of cruising myself, I can understand why so many travellers return to it time and again. The appeal lies not only in the destinations, but in the journey itself. Every day brings a new skyline, a new culture, a new port, or a new stretch of countryside unfolding beyond your window.

One of my favourite cruise experiences has been sailing with VIVA Cruises on the Rhine. I've now travelled with them twice, and each voyage has offered a different perspective on some of Europe's most beautiful waterways. From historic riverside cities and charming medieval towns to vineyard-covered hillsides and impressive architecture, the scenery is constantly changing. River cruises bring you right into the heart of the city, leaving you free to wander through cobbled stone alleys which lead to impressive cathedrals, restaurants and parks. In many cities, you can take a guided walking tour, where historians will bring the cities to life with their tales of the past.

What particularly impressed me was the relaxed atmosphere onboard with Viva Cruises. Their excellent dining, attentive service and thoughtfully planned excursions allowed us to immerse ourselves in each destination while still enjoying the comforts of life onboard. The ships often spend an overnight in central locations, meaning you can go out in Amsterdam and come home with the morning light, just in time for breakfast to be served on the ship!

**A** new experience that Viva are offering is a Jazz River Cruise, where live performances form an integral part of the journey. As the ship sails between picturesque ports, talented musicians will create a unique ambiance that transforms an already memorable cruise into something truly special. Any Jazz fan will know that this is a great opportunity to enjoy music, fine dining and leisurely sailing through some of Europe's oldest cities.

The beauty of modern cruising is the sheer variety available. One traveller may prefer a cultural journey along the Rhine or Danube, while another is drawn to the glamour of the Mediterranean, the exotic appeal of Southeast Asia, or the indulgence of a luxury voyage aboard one of the new generation of premium ships. Increasingly, travellers are discovering that cruising can be the perfect centrepiece to a much larger adventure. Traditional cruising has blended with modern vacation needs, making cruising accessible no matter what kind of holiday you are looking for.

Some of the most rewarding itineraries combine a cruise with time spent exploring independently before or after sailing. A few nights in Singapore before embarking on an Asian cruise, a city break in Venice before discovering the Adriatic, or a luxury hotel stay in Barcelona ahead of a Mediterranean voyage can add another dimension to the holiday.

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# To Cruise The World



**A**s travel specialists, we are also seeing growing demand for tailor-made long-haul journeys that combine cruising with bespoke land arrangements. Whether it's an extended tour of Vietnam and Thailand, a journey around Australia and New Zealand, or even a round-the-world adventure, today's travellers are seeking experiences that are carefully curated around their own interests and ambitions.

Ultimately, cruising remains one of the most enjoyable ways to see the world. It offers comfort without compromise, discovery without complexity, and the opportunity to experience multiple destinations while enjoying the journey itself. Whether sailing along the Rhine to the sound of live jazz, exploring the treasures of Southeast Asia, or embarking on a luxury ocean voyage, every cruise tells its own story.

And perhaps that's why so many people fall in love with cruising: every morning brings a new horizon, and every journey leaves you with a collection of memories that lasts long after you've returned home.

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# Caring For Furry

# Friends



As the intense heat of summer gradually begins to ease, now is a more comfortable time for both pets and their owners. After weeks of high temperatures, long sunny days and disrupted routines, September is the perfect time to help your four-legged friends settle back into a healthier, more comfortable routine.



## ● Watch for parasites



Warm weather means fleas, ticks and mosquitoes remain a concern well into autumn. September is an important month to make sure preventative treatments are up to date. Speak to your vet about the most appropriate protection for your pet, particularly if you live in an area where mosquito-borne diseases are prevalent. Check dogs after walks, especially around the ears, paws, neck and between the toes, and regularly inspect cats that spend time outdoors.

## ● A September health check



The change of season is also an excellent opportunity for a general health review. Check that vaccinations and routine treatments are up to date, inspect your pet's teeth and claws, and arrange a veterinary appointment if you have noticed changes in appetite, weight, behaviour or energy levels.

## ● Keep an eye on the heat



Although temperatures may be falling, please remember September can still be extremely hot, particularly in southern Spain. Continue providing plenty of fresh, clean water and make sure your pet has access to shade and a cool place to rest. Avoid walking dogs during the hottest part of the day. Early morning and evening are generally much more comfortable, while pavements can remain surprisingly hot and may burn sensitive paw pads. If you are unsure, place the back of your hand against the pavement for several seconds – if it is too hot for you, it is too hot for your dog.

## ● Ease back into exercise



After a summer of shorter walks and quieter days, now is a good time to gradually increase exercise. Don't suddenly expect an older or less active dog to manage long walks. Build up distance and activity slowly, particularly if your pet has spent much of the summer indoors.







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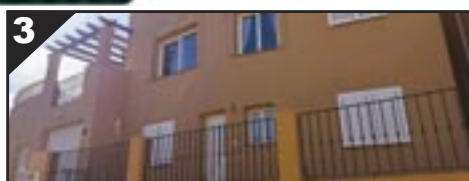
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# Give Your Skin A Seasonal Reset

After months of sunshine, sea swimming, air conditioning and long days outdoors, your skin may need a little extra attention as summer gives way to autumn. For expats living in Spain, the change can be less dramatic than in northern Europe, but September and October still bring shifts in temperature, humidity and daily routines that can affect the way skin looks and feels.

**T**he first step is to keep using sunscreen. Autumn may bring cooler temperatures, but UV exposure does not disappear when summer ends. If you are still enjoying outdoor lunches, walking, gardening or days at the beach, make a broad-spectrum SPF 30 or higher part of your morning routine. Pay particular attention to the face, neck, ears and hands – areas that are regularly exposed. After a summer of intense sunshine, skin can also become dehydrated.

Apply moisturiser while the skin is slightly damp to help lock in hydration. For those dealing with pigmentation or uneven skin tone after summer, now can be tempting as a time to start a more intensive routine. Ingredients such as vitamin C, niacinamide or retinoids may be useful, but introduce them gradually. If you have spent considerable time in the sun, give your skin time to settle before introducing strong treatments. Do not forget the rest of your body.



Heat, perspiration, salt water and air conditioning can all contribute to moisture loss, leaving the complexion feeling tight or looking dull. As temperatures begin to fall, consider switching to a slightly richer moisturiser, particularly if your skin tends to become dry.

Exfoliation can still have a place, but moderation is key. If your skin tolerates it, a gentle chemical exfoliant used once or twice a week may help improve the appearance of dull skin. Avoid combining several powerful active ingredients at once, particularly if your skin is already sensitive from months of sun exposure.

Now is also a good time to introduce hydrating ingredients. Look for products containing ingredients such as hyaluronic acid, glycerine or ceramides. These can help support the skin barrier and improve the feeling of dryness.

Arms, legs, elbows and feet can become dry as the weather changes, so keep a body moisturiser nearby and apply it after showering. A nourishing hand cream is also useful, particularly for anyone who spends time outdoors. Finally, remember that good skin starts with everyday habits. Drink plenty of water, eat a varied diet, get enough sleep and avoid very hot showers, which can strip natural oils from the skin.

Living in Spain means autumn can still feel like summer, particularly along the Costa Blanca, so there is no need for a complete overnight change of routine. Instead, make small adjustments as the weather changes. Keep protecting your skin from the sun, restore lost moisture and introduce new products slowly. With a little seasonal care, your skin can look healthy and comfortable long after the summer holidays are over.



# Making A Difference



We are now going into hopefully a cooler time. The shop re-opened on 1st September and our pop up stall will be at Camposol A sector car park between 10.30-12.30pm

**O**ur shop was closed during August, but we took the opportunity to re-vamp, clean and sort out new donations. This month we are reducing all our furniture in our September Sale, so if you are in need of furniture please come and check out our items in the shop in Pto de Mazarrón, Calle Sierra Espuna Ordenacin Bahia, 31. Telephone number 603 389 006.

During July we were very pleased to make a 2000€ donation to the very worthwhile charity, Forget Me Not, based in the Social Centre on Camposol. We were invited by Miguel Angel Ruiz, the Director of Mazarron Day Centre, to their Fiesta Verano where they presented a slide show of all their activities over the past year, to which we have made several donations towards. They then put on a Concurso Got Talent show, which

was absolutely marvellous. We were made to feel very welcome into this Spanish community.

We also were able to make our usual food donation to the San José Church Food Bank during August. Alen from Alen's shop on Camposol provides the food at cost price enabling us to do this every 2 months throughout the year. So we would like to thank him and his family for this gesture.

We would also like to thank one of our long term volunteers for the time and effort he has dedicated to us over the past 16 years. Steve has now decided to leave and we respect his decision and wish him all the best for the future. Thank you Steve, you will be greatly missed.

Additionally, we would like to take this opportunity to thank all our volunteers for their time and effort and also to our many supporters. Without their dedication we would not be able to help Make A Difference to so many families and other charities helping people in our community.

We are always in need of volunteers to help our worthwhile cause, especially to help on our van delivering furniture for our customers and picking up donations, so need to be able bodied. If there is anyone out there who would like to come and join our team of volunteers please call us on 603 389 006 or drop into our shop.

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# Hablando Español

Learning Spanish can sometimes feel like a mountain to climb, but you do not need to master every grammatical rule before you can start chatting.

Pay attention to familiar words, too. English and Spanish share thousands of words, particularly in areas such as travel, technology and business.

Once you start spotting these similarities, your vocabulary can grow surprisingly quickly. For everyday conversations, memorising useful phrases is often more valuable than learning isolated words. Instead of simply learning ayuda (help), learn ¿Me puede ayudar? – “Can you help me?” Instead of memorising precio (price), try ¿Cuánto cuesta? – “How much does it cost?”

In fact, there are plenty of simple shortcuts that can help expats sound more confident and understand everyday Spanish more quickly. One of the easiest tricks is recognising “-ando” and “-iendo”. These endings are used for actions happening right now and are similar to adding “-ing” in English. For example, hablar (to speak) becomes hablando (speaking), while comer (to eat) becomes comiendo (eating). So if someone asks ¿Qué estás haciendo? – “What are you doing?” – you might reply Estoy trabajando (I’m working).

Another useful shortcut is to learn common word patterns. Many Spanish words ending in “-ción” are similar to English words ending in “-tion”. Información is information, nación is nation and situación is situation. Likewise, words ending in “-mente” often work like English words ending in “-ly”: rápidamente means quickly and normalmente means normally.

Do not be afraid to use gestures, facial expressions and context. Spaniards are generally accustomed to hearing different levels of Spanish from visitors and expats, and making mistakes is part of learning. If you forget a word, describe what you mean using simpler words.

Finally, listen carefully to how Spanish is actually spoken around you. Watch Spanish television, listen to local radio, read signs and menus, and pay attention to conversations in shops and cafés. You will soon notice that everyday Spanish is often much less formal than the language found in textbooks.

The secret is not knowing every word – it is having enough confidence to use the words you do know. Start small, practise every day and, before long, those little shortcuts will become second nature.

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# ife\*pa Show Time

The past is more alive than ever at IFEPA with the Antiques and RetroAuto Fair.

The Fairs and Exhibition Centre of the Region of Murcia will host the 23rd Antiques, Auction, Retro and Vintage Unpacking Fair and the 23rd Classic and Antique Vehicle Show-RetroAuto between September 25th and 27th, an unmissable events for lovers of antiques, collectables, decoration and classic cars. Nearly one hundred exhibitors from various parts of Spain, as well as from countries such as France and Great Britain, will participate in this direct sales trade fair, considered the most visited in Spain in its category.

The fair is aimed at both collectors and interior design professionals, as well as the general public, who will find thousands of objects steeped in history, unique pieces and vintage items that are once again setting trends in the world of interior design. It's a journey through different eras via objects that retain their historical and aesthetic value. More than 40,000 pieces will be on display at this unique event in southeastern Spain, organised by IFEPA in conjunction with Llobregat S.F., a company directed by Josep María Camps, who pioneered this type of fair in Spain after its success in France,

where the concept originated. As a new feature, attendees can participate free of charge in restoration workshops, led by Lakeone, where they will discover techniques and tips for restoring and preserving antique furniture and objects from industry professionals. In addition, all visitors will be entered into a drawing for an exclusive Lladró porcelain piece from the 1970s, a collector's item that will be the perfect finale to this edition.

## ● Retro Auto Show

The 23rd Classic and Vintage Vehicle Show-RetroAuto, will be held concurrently, co-organised by the Ruta del Sol Club of Murcia, in collaboration with the Santa Rosalía Classic Vehicle Club of Torre Pacheco. More than 200 classic and vintage vehicles will delight enthusiasts at an event that will bring together historic cars, motorcycles, spare parts dealers, clubs and associations dedicated to the preservation and restoration of automotive heritage. Show Visitors will also find thousands of parts, spares and accessories for the restoration of classic vehicles.

As a complement, the Murcia Association of Friends of the Railway will set up several model railways that will allow visitors to travel through the history of the regional railway, including a recreation of the old Murcia station located in Plaza Circular. The event hours are: Friday and Saturday, between 10:30am and 9pm and Sunday between 10:30am and 8pm.

More information and advance ticket sales at:  
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# Victory Churches Spain

The heat of the summer was intense, and as we begin a new season we are looking forward to what God has in store for us here at Victory Spain.

**W**e have had many visitors through the summer months with families bringing children.

Children are such a joy to have in the church, they bring new life and excitement, they are precious gifts from God, and he cherishes each and every one of them. (Psalm 127:3 NLT Children are a gift from the Lord; they are a reward from him.)

We as parents have a duty to teach our children right from wrong. But we also need to teach our children about Jesus, it is one of the best things we as their parents can do.

Teaching children about God is more than just reading them stories; it's about helping them understand and experience His love, wisdom, and guidance. It's about creating a foundation for their journey through life. (Deuteronomy 6:6-7 NIV These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you



walk along the road, when you lie down and when you get up.) Children learn not only from our words but also by observing our actions. As the children are about to return to school after the summer break it is important that they are not only taught academic subjects that set them up for their future, but that we also teach them about God.

Our behaviour and actions have incredible influence on them. Our daily lives serve as a reflection of our beliefs and the lessons we teach take root in the hearts of little children. This doesn't mean we have to be perfect parents, no one is, but by living out our faith and demonstrating God's love, we provide our children with powerful lessons they can carry into adulthood.

Here at Victory, we have created an environment where children are safe to explore their faith and ask questions. Our Sunday school environment is full of exciting things for them to do. Bring along your children or grandchildren to come and experience the love of God for themselves. Maybe you just need a touch from Jesus yourself. Our door is always open, and God's arms are waiting to embrace everyone.



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# Be Safe And Secure

Good security doesn't have to mean turning your property into a fortress.

A combination of strong physical barriers, sensible habits, good lighting and modern technology can help protect your home while keeping it welcoming and attractive.

## ● Check your locks

Make sure exterior doors and accessible windows have good quality, working locks. Also replace anything damaged, loose or outdated.

## ● Consider security grilles

Install sturdy rejas on vulnerable ground-floor windows and doors. If you have small walls with only trees obscuring your view, the installation of railings to the top of the wall ensures extra protection. Choose a design that complements your property's style.

## ● Secure your property

Garden and driveway gates should close properly and have reliable locks. Automatic gates should also be maintained regularly. Use roller shutters when leaving the property, particularly at night or when you are away.

## ● Improve outdoor lighting

Motion-activated lighting around entrances, pathways, garages and terraces can deter unwanted visitors and improve visibility.

## ● Make your home look occupied

If you're going away, use timers for selected lights and ask a trusted neighbour to collect post or keep an eye on the property. An overflowing post box can advertise an empty home.

## ● Consider an alarm system

A professionally installed alarm can provide an additional layer of protection. Smart systems may also allow you to receive alerts while travelling.

## ● Check your perimeter

Inspect walls, fencing, gates and other access points regularly. Trim bushes and trees that could provide concealment close to windows or entrances.

## ● Think about security before you travel

Before leaving Spain, check every door, window, shutter and gate. Don't advertise your absence publicly and avoid leaving spare keys in obvious hiding places.



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# September horoscopes....

September brings deep inner growth, realistic progress, and shifting cosmic energy. Key astrological highlights include the New Moon in Virgo on 10th September, the Sun entering Libra on 22nd September, and a powerful Full Moon in Aries on 26th September.



## Aries:

September encourages you to slow the pace after a busy summer and focus on creating balance in your daily routine. Whether you're settling back into work or enjoying life in Spain after the peak tourist season, organisation will be your greatest asset.



## Taurus:

Comfort and creativity take centre stage this month. Your home becomes a place of inspiration, making it the perfect time to redecorate, tackle a DIY project or refresh your outdoor living space. Financial matters remain steady, although it's wise to avoid unnecessary luxuries until later in the autumn.



## Gemini:

Short trips and local adventures bring unexpected discoveries. At work, stay flexible as plans may change without warning. Love benefits from spontaneity, while family life becomes calmer as everyone settles into a new routine. Embrace curiosity-it will lead to memorable opportunities.



## Cancer:

September brings stability after an emotional summer. Financial confidence grows through careful planning rather than risky decisions, making this a sensible time to organise savings or tackle household improvements. Family remains your greatest source of happiness, and gatherings around the table create lasting memories.



## Leo:

Your confidence is infectious, attracting new friendships and strengthening existing relationships. Romance is warm and optimistic, with plenty of reasons to celebrate together. Towards the end of the month, take time to reflect on your achievements before setting fresh goals for autumn.



## Virgo:

Happy birthday, Virgo! September marks the beginning of a rewarding personal chapter. Your practical approach helps you organise every aspect of life, from finances to future travel plans.



## Libra:

As your birthday season approaches, September encourages reflection before new beginnings arrive. Social invitations increase towards the end of the month, bringing new friendships and exciting connections. Embrace balance-it will become your greatest strength.



## Scorpio:

This month invites you to look beyond immediate concerns and focus on long-term goals. Career ambitions receive a welcome boost, particularly if you're willing to step outside your comfort zone.



## Sagittarius:

Adventure calls, even if it's only a weekend away. September inspires you to explore new places, cultures and ideas, making it an excellent month for discovering more of Spain.



## Capricorn:

Family responsibilities may require extra attention, but they'll also strengthen important bonds. Avoid becoming so focused on practical matters that you overlook opportunities to relax.



## Aquarius:

Fresh perspectives arrive through conversations with people from different backgrounds, something that's easy to enjoy within Spain's vibrant international communities.



## Pisces:

September encourages you to focus on wellbeing, both physically and emotionally. Small lifestyle changes, from healthier meals to more time outdoors, will make a noticeable difference. Your compassionate nature strengthens friendships and family ties, but don't forget to set healthy boundaries.



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# Preparing Your Patio Garden for Autumn

After the long, hot days of summer, autumn brings a welcome change to outdoor living in Spain. Temperatures gradually become more comfortable, evenings feel fresher and patios once again become places to sit, dine and entertain.

It is also the perfect time to give your patio garden some attention and prepare it for the cooler months ahead. Begin by inspecting your plants and removing any dead, damaged or scorched leaves. Summer heat can take its toll, particularly on container plants, so check for signs of stress, pests or disease. Autumn is an excellent time to prune many plants, although avoid cutting back everything at once. Some Mediterranean plants benefit from careful pruning after flowering, while others should be left until later in the year. Remove dead flowers and tidy up overgrown growth to keep the patio looking attractive.

Plants grown in pots can gradually exhaust the nutrients in their compost. Early autumn is a good opportunity to replace tired compost, refresh the top layer or move plants into more suitable containers. Check that pots have adequate drainage holes. Heavy autumn rain can quickly cause waterlogged roots, particularly where containers sit directly on tiled patios. Raising pots slightly on feet or stands allows excess water to escape.

It is also worth checking whether plants are still in the right position. As the sun becomes lower in the sky, areas that were intensely hot during July and August may become more suitable for sun-loving plants, while sheltered corners can provide protection for more delicate varieties.

## ● Choose plants for the season

Autumn does not have to mean the end of colour. Cyclamen, pansies, violas and chrysanthemums can provide attractive

seasonal displays, while herbs such as rosemary, thyme and sage are well suited to the Mediterranean climate. Consider combining plants with different heights and textures to create interest. Evergreen shrubs and architectural plants can provide structure throughout the year, while seasonal flowers add colour.

Although autumn in much of Spain can remain pleasantly warm, temperatures can fall considerably at night, particularly inland. Move frost-sensitive plants into more sheltered positions and consider bringing particularly delicate containers indoors when colder weather is forecast. A covered terrace or sheltered corner can provide additional protection. Avoid placing plants too close to heaters or in poorly ventilated indoor spaces, however.

## ● Look after your furniture

Your patio is not just about plants. Give outdoor furniture a thorough clean before the autumn season begins. Wash cushions and allow them to dry completely before storing them somewhere dry. Wooden furniture may benefit from a suitable protective treatment, while metal furniture should be checked for rust or peeling paint. If your patio is exposed to heavy rain or strong winds, consider using breathable protective covers or moving smaller items into storage.

Finally, think about comfort. Add a few outdoor cushions, a lightweight throw and some warm lighting to make the patio inviting as the evenings become cooler. Solar lights, lanterns and candles can create a welcoming atmosphere without requiring major changes.

With a little preparation, your patio garden can remain an important part of your Spanish home well beyond the summer. Rather than closing the doors on outdoor living, autumn is an opportunity to create a more comfortable, colourful and practical space to enjoy throughout the cooler months.



# TV News

**A**ll is well at the Rainbow house with the garden in its summer "hang on" state with the heat and the lack of water, although we do give it a weekly soak. We see so many people give their garden a daily quick spray round. That is no good for the plants and a total waste of water. Spend time once a week giving the ground around the plants a good soaking, although two exceptions are smaller pots and baskets that do need a daily soak and succulents that really need very little. The Rainbow dogs are fine. Don't forget to look at the charity we support on Facebook - Friends of Mazarrón Animals.

## ● TV NEWS

Watching TV from a country you are not living in is a legal nightmare often with no clarity. We at Rainbow are certainly not legal experts but there are a few guidelines we can outline. We will concentrate on internet TV as satellite TV is generally not fully available in the area we cover. Using a Firestick, Android or similar to watch live TV will require an APP to be loaded on the device which have generally been deemed to be illegal and certainly not approved by the device manufacturer, many of which are actively closing/blocking them. IPTV boxes are an absolute grey area and apart from the UK there have been many opportunities

for countries to clarify the situation which have not been proceeded with. The EU have had several attempts to sort the situation but nothing has been finalised. So, the majority of non nationals in a country use IPTV to watch their national TV. Finally, there are the official internet TV boxes from both Sky and Freeview/Freesat called Freely.

Using these boxes outside the UK would definitely break the providers rules that are agreed on purchase but probably not be illegal. The issue with Sky is the extortionate fees charged. No one will pay those when they are offered much cheaper versions. Freely is excellent but has no subscription channels, however, is adequate for millions of Brits and has catch up TV and access to the free channel streaming services. Ask us for more details. We at Rainbow Satellites can probably assist with any TV viewing problems for any nationality. Initial chat is free of charge. A WhatsApp message is our preferred means of communication.

That's it for September, More news in October 2026. TV News is sponsored by Rainbow Satellites, the legal company for all your TV and Radio needs.

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As September arrives, Spain undergoes a remarkable transformation. Across the country's vineyards, the long, sun-drenched days of summer give way to cooler mornings, and hillsides alive with rows of ripening vines become the centre of one of the nation's oldest traditions—the annual grape harvest, or 'la vendimia'.

carefully monitoring rainfall, sunshine and temperatures before making the crucial decision about when to harvest. Picking too early can result in grapes lacking sweetness, while waiting too long may reduce acidity and alter the wine's balance. Many vineyards use scientific testing alongside generations of family experience. Sugar levels, acidity and flavour development are measured daily before harvest begins, often in the cool hours before sunrise to preserve the grapes' freshness.

### ● Tradition Meets Technology

Although romantic images of hand-picked grapes remain common, modern Spanish winemaking successfully blends tradition with innovation. Premium vineyards often continue harvesting by hand. Skilled pickers carefully select only the healthiest bunches, placing them into shallow baskets to prevent crushing. This labour-intensive process helps maintain grape quality and allows damaged fruit to be discarded immediately. Larger commercial vineyards frequently use mechanical harvesters that gently shake grapes from the vines during the night when cooler temperatures protect the fruit.

# Discovering Wine

**F**or many expats living in Spain, September is one of the best months to experience authentic Spanish culture. The beaches are quieter, temperatures become more comfortable, and wine-producing regions burst into life with festivals, tastings and celebrations that have changed little over centuries. Whether you're a casual wine drinker or a more enthusiastic connoisseur, understanding Spain's winemaking traditions adds another layer to appreciating your adopted home.

### ● A Country Made for Wine

Spain is home to the largest area of vineyards in the world, covering almost one million hectares. Spain's diverse climate and geography create an extraordinary range of styles. From the cool Atlantic breezes of Galicia to the dry plains of Castilla-La Mancha and the sun-soaked Mediterranean coast, each region produces wines that reflect its unique landscape. This concept, known as 'terroir', combines climate, soil, altitude and local traditions to create wines with distinctive personalities.

More than 70 official wine regions, known as Denominaciones de Origen (DO), help protect quality and preserve traditional production methods.

### ● Why September Matters

September marks the busiest period of the Spanish wine calendar. Winemakers spend the year nurturing their vines,

These sophisticated machines allow enormous vineyards to be harvested quickly before weather conditions change. Once the grapes arrive at the winery, speed becomes essential. Red grapes are crushed with their skins, which provide colour, tannins and flavour during fermentation. White grapes are usually pressed immediately, separating the juice from the skins to preserve their lighter, fresher character.

Temperature-controlled stainless-steel tanks have revolutionised modern winemaking, allowing producers to carefully manage fermentation while preserving delicate fruit aromas. Yet many wineries still mature their finest wines in traditional oak barrels, adding complexity through months or even years of ageing.

### ● Spain's Signature Grapes

Tempranillo is undoubtedly Spain's flagship red grape. Producing elegant wines with flavours of cherry, plum, vanilla and subtle spice, it forms the backbone of famous Rioja and Ribera del Duero wines.

Garnacha, thrives in Spain's hot, dry climate. It creates rich, fruity reds and increasingly impressive rosés.

Monastrell, particularly important around Alicante, Jumilla and Yecla, produces bold, full-bodied wines with dark fruit flavours, pepper and earthy notes



Among white grapes, Albariño from Galicia offers crisp citrus flavours and refreshing acidity, while Verdejo from Rueda has become one of Spain's most popular white wines thanks to its vibrant tropical fruit character.

### ● The Art of Ageing

One distinctive feature of Spanish wine is its clear ageing classifications. Young wines, often labelled 'Joven', are designed for immediate enjoyment and showcase fresh fruit flavours. A 'Crianza' wine has spent a minimum period ageing, usually at least two years for reds, including time in oak barrels. A 'Reserva' receives longer ageing, developing greater complexity, smoother tannins and deeper flavours.

At the top sits 'Gran Reserva', produced only in exceptional vintages and aged for several years before release. These wines often represent remarkable value compared with similarly aged wines from elsewhere in Europe. Understanding these labels makes choosing wine in supermarkets and restaurants far less intimidating.

reds and aromatic sweet wines. Jumilla, Murcia, has become famous for outstanding Monastrell wines offering remarkable quality at affordable prices. Yecla, Utiel-Requena, Bullas and Valencia all produce excellent wines that are often overlooked by visitors yet are widely enjoyed by locals. Exploring these lesser-known regions can become one of the great pleasures of living in Spain, offering excellent wines without premium price tags.

### ● Raising a Glass to September

The grape harvest is far more than an agricultural event-it represents the culmination of a year's work, centuries of tradition and the beginning of another vintage that may eventually grace dinner tables around the world. Whether enjoying a leisurely vineyard tour, attending a lively harvest festival or simply selecting a locally produced bottle for an evening meal on the terrace, every glass tells a story of sunshine, soil, craftsmanship and patience. As vineyards echo with the sounds of harvest once again, there's no better time to discover why wine remains one of Spain's greatest treasures. After all, the best way to understand Spanish wine isn't simply to drink it-it's to experience the season that brings it to life.

# Harvest Season

### ● Wine Tourism in Harvest Season

Many wineries open their doors to visitors during harvest, offering guided tours that explain 'every stage of production, from grape selection to bottling. Some even allow visitors to witness grapes arriving from the vineyards or participate in traditional grape-stomping demonstrations.

**W**ine routes throughout Spain combine vineyard visits with historic villages, local restaurants and regional gastronomy. Harvest festivals feature live music, artisan markets and opportunities to sample newly fermented grape juice alongside mature wines. For expats seeking weekend adventures beyond the coast, these experiences provide an excellent introduction to rural Spain and its agricultural traditions.

### ● Perfect Pairings

Spanish wines are designed to complement food rather than dominate it. A chilled Albariño pairs beautifully with seafood, grilled fish and Mediterranean salads. Verdejo works wonderfully with tapas, olives and goat's cheese. Tempranillo complements roasted lamb, Manchego cheese and traditional Spanish stews. Monastrell's richer character makes it an excellent partner for grilled meats, barbecues and hearty autumn casseroles.

### ● Looking Beyond Rioja

While Rioja remains Spain's most internationally recognised wine region, adventurous wine lovers will find exceptional bottles elsewhere. Alicante DO produces increasingly acclaimed





# Recipes

## Meatballs With Tomato Sauce

### ● SAUCE INGREDIENTS

Half an onion, chopped finely  
2 x cloves garlic, crushed or grated  
Half a green pepper, chopped finely  
Can of sieved tomatoes (Triturado)  
Pinch of sugar  
250g frozen peas  
Half a glass of white wine

### ● MEATBALL INGREDIENTS

400g minced pork  
100g minced chicken  
2 x garlic cloves, crushed or grated  
Handful of parsley, chopped  
Zest and juice of 1 lemon  
Splash of red wine  
Salt & pepper  
2 eggs  
200g fresh white breadcrumbs

There's something magical about recipes that fills Spanish kitchens with delicious aromas and brings everyone wandering in to ask, "What's cooking?" Bring a taste of Spain straight to your table with these delicious traditional recipes!

Bursting with authentic flavours and made with simple, wholesome ingredients, it's the kind of dish that has been enjoyed in Spanish homes for generations.

### ● METHOD

First prepare the meatballs by mixing the chicken, pork, garlic, parsley, zest and juice of the lemon, salt and pepper and red wine. Add the eggs and breadcrumbs and mix well. Set aside whilst working on the sauce

Fry the onion, garlic and green pepper in a little oil until soft. Liquidise in a blender and then add the can of tomatoes, a splash of water, a pinch of sugar and salt and pepper to taste. Transfer to a saucepan and cook for around 5 minutes then add the peas, white wine and half a glass of water.

Add the meatballs and cook gently for around 10-15 minutes until the meatballs are cooked. If preferred you can fry the meatballs in a little oil before adding to the sauce, then cooking for 10-15 minutes (this gives the meatballs a crispier outside).





Comforting, hearty, and full of Mediterranean charm, these are more than just a meal—it's a little taste of Spanish tradition in every bite. Whether you're sharing it with family, friends, or enjoying a cosy meal for one, these recipes are sure to become a favourite. ¡Buen Aproveche!

#### ● METHOD

Drain the chickpeas and put in a large pan, together with the chicken, pork, doble caldo stock cube and enough water to cover the meat. Cover the pan with a lid and cook gently for an hour, adding water as and when necessary to ensure the meat is covered at all times.

Add the green beans, potatoes, carrots, salt and pepper and a pinch of saffron powder (or turmeric) to add colour.

Simmer for 20 minutes, until the vegetables and meat are cooked. Enjoy with sliced crusty bread.

Another tasty meal that only needs some crusty bread to mop up the juices of the sauce.

# Recipes

## Meat, Chickpea & Vegetable Stew

#### ● INGREDIENTS

400g tin chickpeas  
2 x skinned chicken breasts cut into bite size pieces  
Half a kilo of pork, bones and fat removed, cut in to bite size pieces  
1 x doble caldo stock cube  
Half a packet of green beans  
1 kilo of potatoes, peeled and diced  
3 x carrots, peeled and diced  
Salt and pepper  
Saffron powder





# Get Active The Spanish Way



You do not need a monthly gym membership, expensive equipment or hours spent on a treadmill to stay fit in Spain. With sunshine, beautiful scenery and an outdoor lifestyle on your doorstep, there are plenty of enjoyable ways to keep moving – and many cost little or nothing.

## ● Walk your way to fitness

Walking is one of the simplest ways to improve fitness, and Spain offers endless opportunities to make it interesting. Instead of driving to the shops, consider walking whenever practical, or make a daily stroll part of your routine. Explore your local streets, head along the paseo or discover a new route through the countryside. For a greater challenge, introduce hills, increase your pace or extend your distance. A brisk 30-minute walk can become an effective cardiovascular workout without feeling like exercise.

## ● Take to two wheels

Cycling is another excellent way to explore your surroundings while working your legs and improving cardiovascular fitness. Coastal promenades, cycle paths and quieter country roads can provide enjoyable routes for recreational cyclists. If you live somewhere particularly hot, plan rides for early morning or later in the evening and always carry water. A helmet, suitable clothing and lights are essential if you are cycling on roads.

## ● Make the most of the beach

Living near the coast provides a natural fitness playground. Walking on sand is more demanding than walking on a firm surface, while swimming provides a full-body, low-impact workout. Why not combine the two? Start with a brisk beach walk, follow it with a swim and finish with some gentle stretching. You can even add simple bodyweight exercises such as squats, lunges or push-ups.

## ● Try hiking

Spain's mountains, hills and nature areas are ideal for hiking, with routes to suit everyone from beginners to experienced walkers. Hiking develops strength, balance and stamina while offering the added benefit of getting out into nature. Start with shorter, well-marked routes and gradually increase the distance and difficulty. Good footwear is important, particularly on rocky or uneven terrain.

## ● Dance like nobody's watching

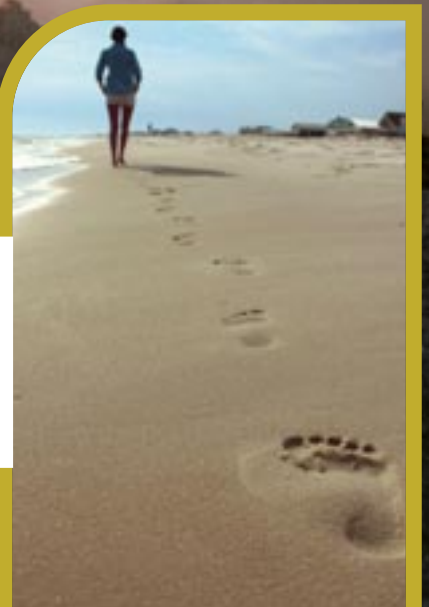
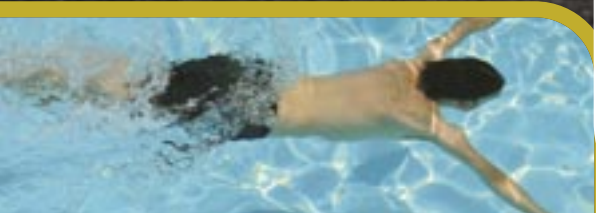
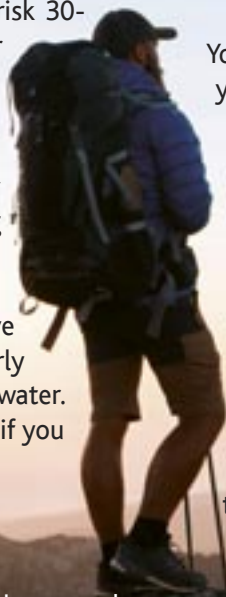
Exercise does not have to feel like exercise. Dancing is a great cardiovascular workout and a wonderful way to enjoy Spanish culture. Try a local flamenco class, join a salsa group or simply put on your favourite music at home and dance for 20 or 30 minutes.

## ● Use your surroundings

You can create an effective workout using little more than your own body weight. A park bench can provide support for step-ups or triceps dips, while a set of stairs can become a surprisingly challenging cardio workout.

The key is consistency rather than intensity. Aim to build movement into everyday life, whether that means walking to meet friends, swimming at the beach, gardening, cycling to the shops or taking the stairs instead of the lift.

For expats living in Spain, fitness can be less about finding time to visit a gym and more about embracing the outdoor lifestyle. Stay active, enjoy your surroundings and make exercise part of the way you live.





# Driving Through The Seasons

For many expats living in Spain, driving is part of everyday life, whether it is the trip to the supermarket, a coastal journey or a longer drive to visit friends.



**B**ut as summer gives way to autumn, conditions on Spanish roads can change more than you might expect. During summer, the biggest challenge is often the heat. High temperatures can affect tyres, batteries and engine cooling systems, while a car parked in direct sunlight can become extremely hot. Air conditioning is essential, particularly during the hottest part of the afternoon. Summer also brings increased traffic, especially around popular coastal resorts, with holidaymakers, rental cars and motorbikes making roads considerably busier.

By autumn, temperatures become more comfortable, making longer journeys much more enjoyable. However, the changing weather brings its own considerations.

Sudden rain can follow long periods of dry weather, making roads slippery as accumulated dust, oil and other debris are washed into the surface. Drivers should reduce speed and allow extra stopping distance during heavy downpours.

Autumn also means shorter daylight hours. Also check that headlights, brake lights and indicators are working properly, particularly if you regularly drive in the early morning or evening. Rural roads can become more challenging after dark, with limited lighting and pedestrians, cyclists or animals sometimes difficult to spot.

For expats, autumn is also an excellent time for exploring Spain by car. With the intense summer heat easing and tourist traffic reducing, scenic routes, mountain villages and inland towns become much more appealing.

Whatever the season, checking your vehicle, adapting your driving style and allowing extra time for changing conditions will help keep your autumn journeys safe and enjoyable.

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# Autumn-Proof



After a long, hot Spanish summer, autumn can feel like a welcome change. But while winter in much of Spain may be considerably milder than in northern Europe, cooler nights, heavy rain, strong winds and increased humidity can still take their toll on your home.

**B**ut for expats, particularly those who own a property that may spend periods unoccupied, autumn is the perfect time to carry out essential maintenance and consider a few improvements. A little preparation now can make your home warmer, drier, safer and more comfortable throughout the cooler months – while potentially saving money on repairs and energy bills.

## ● Start with the roof and gutters

The roof is one of the most important areas to inspect before the autumn rains arrive. Summer heat can cause tiles, sealants and other materials to deteriorate, while debris can accumulate around drainage points. Check for cracked or displaced roof tiles and look for signs of water damage around ceilings and upper walls. Flat roofs and terraces deserve particular attention, as standing water can reveal problems with drainage or waterproofing.

Gutters and downpipes should also be cleared of leaves, dirt and other debris. If water cannot drain away properly, it can overflow against walls, terraces and foundations. If your property is surrounded by trees, this may need to be repeated during the autumn and winter. If you are not comfortable inspecting the roof yourself, bring in a professional. It is considerably easier – and usually cheaper – to deal with a small problem before it becomes a major leak.

## ● Check windows, doors and shutters

Spanish homes often have excellent outdoor shutters, but these also need maintenance. Check that shutters open and close properly, lubricate moving parts and inspect the frames for damage. Pay attention to the seals around windows and doors. Small gaps may not seem important, but they can allow cold air and moisture inside. Replacing worn seals is a relatively

# Your Home

inexpensive home improvement that can make a noticeable difference. If your home still has older single-glazed windows, autumn could be a good time to consider upgrading to modern double glazing. While this represents a bigger investment, improved insulation can make the property more comfortable throughout the year and may reduce the need for heating and cooling.

## ● Give the AC system some attention

After working hard throughout the summer, your air conditioning system deserves a little maintenance. Clean or replace filters according to the manufacturer's instructions and consider having the system professionally serviced if it has been heavily used. Many modern air-conditioning units can also provide heating, making them particularly useful during the cooler months. Before relying on yours as a winter heating source, make sure it is working efficiently.

If your home has older heating equipment, autumn is also a good time to consider whether an upgrade would be worthwhile. Modern, efficient systems can provide greater comfort while helping to control energy consumption.

## ● Look for damp and condensation

One of the biggest surprises for some expats is that a mild Spanish winter does not necessarily mean a dry one. Coastal homes in particular can experience increased humidity, while poorly ventilated rooms may develop condensation and mould. Inspect bathrooms, bedrooms, cupboards and rooms that receive little sunlight. Look for dark patches, peeling paint, musty smells or condensation around windows.

Ventilation is important. Open windows when weather conditions allow, particularly after showering or cooking, and avoid drying large amounts of washing indoors without adequate ventilation.







A dehumidifier can be useful in particularly damp properties, while extractor fans in kitchens and bathrooms can help remove moisture at source.

### ● **Protect against heavy rain**

Spanish rainfall can be unpredictable, and periods of intense rain can put considerable pressure on drainage systems. Check terrace drains, balconies and patio areas to ensure water can escape quickly. Make sure exterior drains are free from leaves and debris and check that rainwater is directed away from doors and walls.

Inspect exterior walls for cracks and damaged render. Small cracks can allow water to penetrate, gradually causing much more serious damage. Waterproof exterior coatings may be worth considering where appropriate.

### ● **Give the garden a makeover**

Autumn is an excellent planting season in many parts of Spain. As the extreme summer heat fades, gardens can become easier to maintain and new plants have time to establish themselves before the next summer.

Consider replacing thirsty summer plants with Mediterranean varieties that are better suited to local conditions. Native and drought-tolerant plants can reduce water consumption while creating an attractive garden.

Trees and larger shrubs should also be checked for damaged or unstable branches, particularly if your property is exposed to strong winter winds.

### ● **Improve insulation**

Insulation may not be the first home improvement that comes to mind when living in Spain, but it can make a significant difference. Many properties, particularly older homes, were designed in mind for keeping the summer heat out rather than retaining warmth during winter.

Roof insulation, wall insulation and improved window glazing can all help regulate indoor temperatures. Even relatively simple measures can help. Thick curtains, thermal blinds and

draught excluders can reduce heat loss through windows and doors. Rearranging furniture so that sofas and chairs are away from cold external walls can also make rooms feel more comfortable.

### ● **Check plumbing and water systems**

Before colder weather arrives, inspect exposed pipes, outdoor taps and water connections for leaks or damage. While prolonged freezing conditions are uncommon in many coastal parts of Spain, inland areas and higher elevations can experience much colder temperatures.

If you own a property that is left empty during winter, make sure you know exactly how to shut off the water supply. Consider asking someone you trust to check the property periodically, particularly following periods of heavy rain or extreme weather.

### ● **Make your home feel cosy**

Practical maintenance is important, but autumn is also an opportunity to make your Spanish home more inviting. Swap lightweight summer textiles for warmer throws, cushions and bedding. Add rugs to tiled floors, introduce softer lighting and create comfortable areas for relaxing during cooler evenings.

Perhaps the most important autumn home improvement is simply being proactive. Walk around your property, inside and out, and make a note of anything that needs attention. Deal with leaks, cracks, faulty shutters, blocked drains and damaged seals before the winter weather exposes them. For larger jobs, get quotations early rather than waiting until problems become urgent. For expats, autumn is also an excellent time for exploring Spain by car. With the intense summer heat easing and tourist traffic reducing, scenic routes, mountain villages and inland towns become much more appealing.

Whatever the season, checking your vehicle, adapting your driving style and allowing extra time for changing conditions will help keep your autumn journeys safe and enjoyable.





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# The Art of Sobremesa

For many expats arriving in Spain, one of the most enjoyable cultural discoveries is that a meal does not necessarily end when the plates are cleared.

Instead, conversation continues, coffee is served, perhaps another drink appears, and everyone settles in for another hour or two. This relaxed tradition is known as *sobremesa*. Literally referring to the time spent "over the table" after eating, *sobremesa* is an important part of Spanish social life. It is not simply an excuse to linger over coffee. It is a chance to talk, laugh, exchange news and enjoy the company of family and friends without constantly watching the clock.

## ● More than a meal

In many countries, eating can be a relatively functional part of the day. In Spain, particularly when people are dining socially, the meal itself is often only part of the experience. Food provides the reason for people to gather, while *sobremesa* provides the opportunity to connect.

Conversations can range from family news and local gossip to politics, holidays, sport and plans for the weekend. There is rarely a strict agenda, and the conversation may wander in several different directions before eventually coming to an end.

For expats, embracing *sobremesa* can be a wonderful way to become more familiar with Spanish culture. Accepting an invitation to lunch or dinner and staying afterwards can provide opportunities to practise Spanish, meet new people and develop friendships.



## ● Forget the clock

One of the biggest adjustments for expats can be learning not to rush. If you are invited to a Spanish family lunch, do not assume that everyone will finish eating and immediately get up. Lunch might begin in the early afternoon and continue well into the evening, particularly at weekends or during celebrations.

Coffee, dessert and drinks can all become part of the extended occasion.

*Sobremesa* can also explain why Spanish restaurants may feel different from those in other countries. Diners are generally not expected to hurry away simply because they have finished eating. A table can remain occupied while conversation continues.

## ● A tradition worth adopting

You do not need to follow a strict formula to enjoy *sobremesa*. The important ingredient is time – time to put down your phone, forget the day's schedule and simply talk. For expats living in Spain, it can also be a useful reminder that settling into a new country is about more than learning practical routines. Culture is often found in the small, everyday moments, and *sobremesa* is one of the most enjoyable.

So next time lunch finishes and nobody seems ready to leave the table, resist the temptation to check the time. Pour another coffee, join the conversation and relax. After all, in Spain, the meal may be finished – but the afternoon has only just begun.





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# Discover Murcia



Often overshadowed by Spain's better-known destinations, the city of Murcia offers expats an opportunity to experience a more authentic side of southeastern Spain.

**W**ith its elegant historic centre, lively plazas, excellent food and relaxed Mediterranean atmosphere, Murcia is a rewarding destination for a day trip, a weekend visit or a closer look at life away from the coast. Situated on the banks of the Segura River, Murcia combines the character of a historic Spanish city with the energy of a modern regional capital. Its compact centre makes it particularly easy to explore on foot, with many of the main attractions, cafés, restaurants and shops within comfortable walking distance.

## ● Begin in the historic centre

A good place to start exploring is the Plaza del Cardenal Belluga, one of Murcia's most impressive squares. Dominated by the magnificent Cathedral of Murcia, the plaza provides an excellent introduction to the city's architectural heritage. The cathedral itself is a fascinating mixture of architectural styles, reflecting centuries of additions and alterations. Its ornate Baroque façade is particularly striking, while the interior contains numerous historic features and works of art.

From the square, wander through the surrounding streets and discover smaller plazas, traditional buildings and independent shops. Murcia is a city that rewards those who explore without a fixed itinerary.

## ● Explore the Real Casino

One of the city's most unusual landmarks is the Real Casino de Murcia, a spectacular building that combines several architectural influences. Despite its name, it is a historic social club rather than a conventional casino. Visitors can admire its lavish interiors, including the impressive Moorish-style courtyard, elegant ballroom and richly decorated rooms. It provides an insight into the lifestyle of Murcia's wealthy nineteenth-century society.

The Floridablanca Garden, one of Murcia's oldest public gardens, is another attractive spot for a peaceful stroll. Its mature trees provide welcome shade during the warmer months.

## ● Taste Murcia

Food is an important part of the Murcia experience. The region's fertile agricultural landscape has earned it a reputation for fresh fruit and vegetables, while local cuisine combines Mediterranean ingredients with distinctive regional traditions. Look out for dishes such as zarangollo, a simple combination of courgette, onion and egg, and pastel de carne, a traditional meat pie with a distinctive pastry top. Local tapas bars are ideal for sampling several dishes rather than committing to one large meal.

Murcia's cafés and restaurants also make the city particularly enjoyable for an unhurried lunch or an evening meal. Take your time, enjoy the atmosphere and embrace the Spanish tradition of sobremesa. For expats, Murcia offers something beyond the familiar attractions of Spain's coastal resorts. It is a living, working city with universities, businesses, markets, cultural venues and neighbourhoods where everyday Spanish life continues at its own pace.

Whether you visit for the architecture, food, shopping, history or simply the pleasure of wandering through its streets, Murcia deserves a place on your Spanish travel list. For those living in the region, it is close enough to make a spontaneous day trip – but once you arrive, you may find yourself wanting to stay a little longer.





# Living Under The Sun

There's a particular kind of Spanish garden magic that happens just before the sun goes down.

Photographers call it the golden hour – the day's heat finally softening, golden light, a table set outside. A well-designed pergola makes that hour possible all summer long, and increasingly, homeowners from Alicante through Murcia and down to Almería are choosing solar pergolas: custom made and fitted to your space, typically cut, powder-coated steel in a colour to suit your home or urbanisation, with stainless steel also available.

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The appeal is as much aesthetic as practical – one investment, two returns: an architectural feature you'd want regardless, and power generation that pays for itself.

There's longer-term value too. As energy efficiency becomes a bigger factor in how Spanish homes are valued, a solar pergola isn't just a lifestyle upgrade – it's a genuine asset, appealing to future buyers as much as current owners. Outdoor living is a bigger part of how we use our homes here, with a pool heat pump quietly extending the swim season into autumn, ready for family visiting at half-term. A shade structure earns its place quickly; offsetting energy use is simply a bonus.



Go Solar is based in Mojácar with a distribution centre in Murcia – soon adding an office in Orihuela, working across Alicante, Murcia and Almería – installing pergolas, roof solar, carports and pool heat pumps, each designed around the property. The process is handled start to finish: a free, no-obligation site survey, followed by all the planning and permits. If you're planning a garden refresh this autumn, a solar pergola is worth a look – as much for the lifestyle it creates as the energy it saves.

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| X | H | P | S | A | N | J | G | B | A | P | R | X | R | P | L | I | R | I | V |
| J | M | P | H | L | E | B | I | D | O | G | X | S | E | A | S | A | V | C | K |
| B | G | L | G | T | T | O | W | B | A | S | B | R | L | X | T | W | I | H | F |
| F | B | N | E | W | Y | O | F | H | T | E | O | H | K | G | O | O | C | Z | F |
| S | S | H | I | G | D | E | G | R | Q | C | R | I | J | E | N | L | E | U | H |
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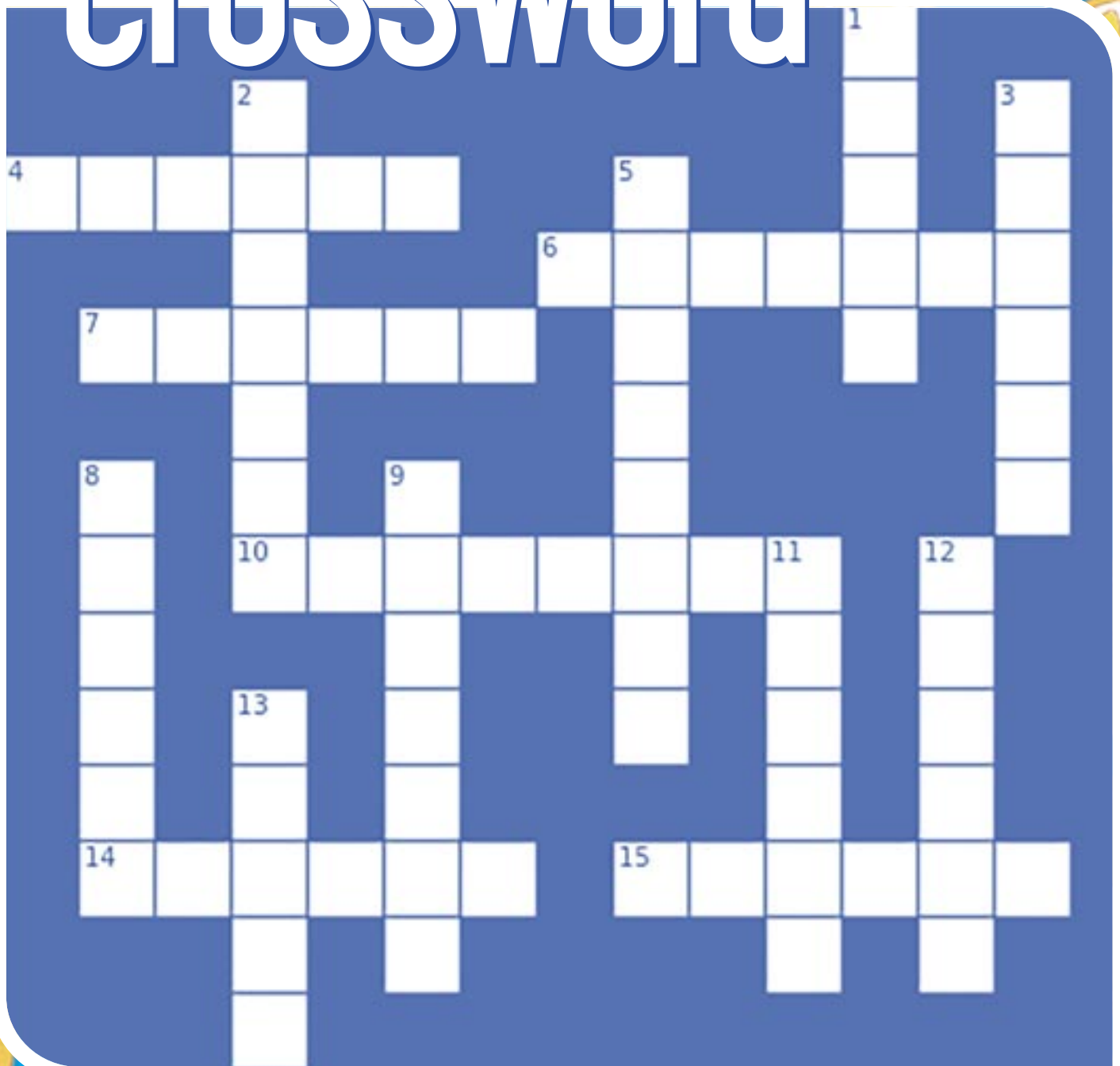
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HUMBLE

CHAIR  
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STONE



# Crossword



## ACROSS CLUES

- 4: Combat sport with gloves (6)  
6: Intelligent marine mammal (7)  
7: Citrus fruit (6)

- 10: Large grey mammal with trunk (8)  
14: Hopping animal with long ears (6)  
15: Winter snow sport (6)

## DOWN CLUES

- 1: Japanese rice and fish dish (5)  
2: Tallest land animal (7)  
3: Yellow curved fruit (6)  
5: Tall land formation (8)

- 8: World's most popular sport (6)  
9: Flightless bird from Antarctica (7)

- 11: Racket sport with net (6)  
12: Land surrounded by water (6)  
13: Striped horse-like animal (5)

## DOWN ANSWERS

- 1: Sushi  
2: Giraffe  
3: Banana  
5: Mountain  
8: Soccer  
9: Penguin  
11: Tennis  
12: Island  
13: Zebra

## ACROSS ANSWERS

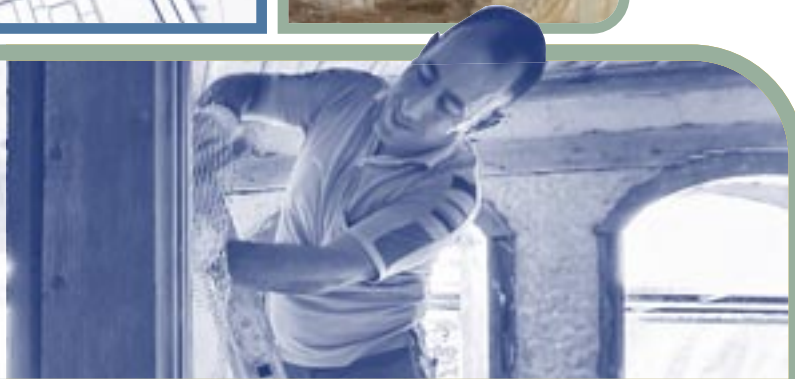
- 4: Boxing  
6: Dolphin  
7: Orange  
10: Elephant  
14: Rabbit  
15: Skiing



# Renovation Mistakes To Avoid



Renovating a home in Spain can be an exciting way to create a property that suits your lifestyle, but for expats, the process can sometimes be more complicated than expected. Differences in regulations, construction methods, paperwork and working practices can all create unexpected challenges.



**A** little preparation can make the difference between a successful renovation and an expensive headache. One of the biggest mistakes is starting work before checking with your local Ayuntamiento. Not every project requires the same type of authorisation: depending on the work and the municipality, you may need a building licence, a declaración responsable or other documentation. Rules also vary between autonomous communities and individual municipalities. In the Valencian Community, for example, certain reforms can fall under the declaration-responsibility system, while other works require a licence. Never assume that replacing a kitchen, removing a wall, installing new windows or altering a terrace is automatically considered a minor job. Check before work begins.

## ● Choosing the cheapest quote

A low quotation can look attractive, particularly when you are working with a tight renovation budget, but the cheapest option is not necessarily the best value. Make sure quotations clearly explain what is included, including labour, materials, waste removal, taxes and any associated professional fees. Ideally, obtain several detailed quotes and compare like with like. A vague estimate can quickly become much more expensive once work is under way.

Language barriers can make finding reliable tradespeople particularly challenging. Ask for references and examples of previous work and make sure you understand exactly who will be responsible for the project. For larger renovations, consider using an architect or other qualified technical professional. Depending on the nature of the work, technical documentation or professional certification may be required.

## ● Forgetting about older construction

Many Spanish properties, particularly older village houses and apartments, can conceal problems behind apparently sound walls and floors. Damp, outdated electrical installations, plumbing issues, poor insulation and structural problems may not become obvious until work starts.

Before finalising your renovation budget, allow a contingency fund for unexpected discoveries. Building in around 10–20 per cent for unforeseen costs can provide valuable breathing space.

## ● Changing the plan halfway through

It is tempting to make changes once you see the renovation taking shape, but moving walls, changing materials or altering specifications during construction can cause delays and additional costs. Where a project is subject to a licence, significant changes may also require the relevant planning documentation to be amended.

## ● Ignoring the practicalities

Finally, remember that renovating in Spain means dealing with dust, rubble, deliveries and potentially neighbours. Check whether permission is required to use communal areas, scaffolding or the public highway, and establish how construction waste will be removed.

Most importantly, always keep copies of contracts, invoices, permissions and certificates throughout the project. Good paperwork may seem tedious, but it can prove invaluable if you sell the property in the future.



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# What's On

YOUR WEEKLY GUIDE TO EVENTS & ACTIVITIES



|                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Every Day</b><br>    | <ul style="list-style-type: none"> <li>• Noah's ARC Dog Walking @ Mazarrón</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Every Mon</b><br>    | <ul style="list-style-type: none"> <li>• Market @ Alhama &amp; Huercal Overa</li> <li>• Camposol Walking Football Club @ Pto de Mazarrón 10am-11am</li> <li>• Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am</li> <li>• Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park 10.30am-11am</li> <li>• Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm</li> </ul>                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Every Tue</b><br>    | <ul style="list-style-type: none"> <li>• Market @ Alhama &amp; Los Gallardos</li> <li>• Los Bandidos Cycle Ride from Mojácar Playa. See their FB page for times</li> <li>• Volunteering with cats &amp; dogs @ Mazarrón Perrera 9am</li> <li>• Making a Difference available for donations @ Camposol A</li> <li>• Noah's ARC available for donations @ Spar, Mazarrón Country Club 10am-12pm</li> <li>• Qi Gong &amp; Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS</li> </ul>                                                                                                                                                                                                                                                                            |
| <b>Every Wed</b><br>   | <ul style="list-style-type: none"> <li>• Market @ Guardamar, La Mata, San Miguel del Salinas, Totana &amp; Mojácar</li> <li>• Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times</li> <li>• Los Bandidos Sea Swimming Club @ Mojácar. See their FB page for times</li> <li>• Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón 4pm</li> <li>• Climbing Workshop-Mothers &amp; Children @ Mojácar 5.15pm &amp; 6.30pm</li> </ul>                                                                                                                                                                                                                                                                                                            |
| <b>Every Thur</b><br> | <ul style="list-style-type: none"> <li>• Market @ Lorca</li> <li>• Los Bandidos Cycle Ride from Mojácar. See their FB page for times</li> <li>• Camposol Walking Football Club @ Pto de Mazarrón 10am-11am</li> <li>• Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm</li> <li>• Over 60's Memory Workshop @ Centro de Usos Multiples, Mojácar Pueblo 5pm</li> <li>• Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am</li> <li>• Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am</li> <li>• Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (Call 646 290 420)</li> <li>• Qi Gong &amp; Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS</li> </ul>                                                     |
| <b>Every Fri</b><br>  | <ul style="list-style-type: none"> <li>• Market @ El Pareton, Garrucha, Los Montesinos, Puerto Lumbreras &amp; Torrevieja</li> <li>• Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm</li> <li>• Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm</li> <li>• Climbing Workshop-Mothers &amp; Children @ Mojácar 5.15pm &amp; 6.30pm</li> <li>• Line Dancing @ Centro de Usos Multiples, Mojácar €5 4-8pm (Proceeds to Charity)</li> <li>• Volunteering with the cats and dogs @ Mazarrón Perrera 9am</li> <li>• Noah's ARC Stall @ Camposol B Commercial Centre 9.30am-1pm</li> <li>• Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm</li> </ul>                                                                                        |
| <b>Every Sat</b><br>  | <ul style="list-style-type: none"> <li>• Market @ Aguilas, Almoradi, Fuente Alamo, Mazarrón, Playa Flamenca &amp; Vera</li> <li>• Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times</li> <li>• Guided Visit @ La Bastida, Totana 10am/12pm from €2.50</li> <li>• Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm</li> <li>• Qi Gong &amp; Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS</li> </ul>                                                                                                                                                                                                                                                                                                                |
| <b>Every Sun</b><br>  | <ul style="list-style-type: none"> <li>• Market @ Campoamar &amp; Pto de Mazarrón</li> <li>• Antique and Second Hand Market @ Cañadas del Romero 8am-1pm</li> <li>• Rastro Market @ Centro de Usos Multiples, Mojácar Pueblo</li> <li>• Beach Dog Club Meeting @ Bolnuevo Beach 8am</li> <li>• Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 9.30am</li> <li>• Los Bandidos Cycle Ride from Mojácar. See their FB page for times</li> <li>• Guided Visit @ La Bastida, Totana 10am/12pm from €2.50</li> <li>• St Nicholas Church Service @ Camposol D20 C/Sobrija 11am</li> <li>• Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am</li> <li>• JUKEBOX DJ Zeppelins, Mojácar Playa 9pm, €1 a song, all proceeds to PAWS-PATAS</li> </ul> |



# September

- **TUES 1:** Monthly 'B' Clean Meeting @ Camposol B 4pm  
GoMad available for collections @ Camposol A Car Park 10.30am-12.30pm
- **SUN 6:** Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am  
St Nicholas Church Service Songs of Praise @ Camposol D20 C/Sobrija 11am
- **MON 7:** Bereavement Café, Mazarrón @ Casa Club, Camposol 3-5pm
- **WED 9:** St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
- **SAT 12:** Feria de Murcia
- **SUN 13:** St Nicholas Church Service Holy Communion @ Camposol D20 C/Sobrija 11am  
Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
- **MON 14:** HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm
- **FRI 18:** Start of Carthaginenses y Romanas, Cartagena (until 27th)

Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am  
St Nicholas Church Service Morning Prayer @ Camposol D20 C/Sobrija 11am

- **MON 21:** International Day of Peace
- **TUE 22:** Autumn Equinox
- **WED 23:** St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
- **FRI 25:** Retro/Vintage Antique Fair & Classic/Antique Vehicle Show @ IFEPA, Torre Pacheco 10.30am-9pm
- **SAT 26:** Retro/Vintage Antique Fair & Classic/Antique Vehicle Show @ IFEPA, Torre Pacheco 10.30am-9pm
- **SUN 27:** Retro/Vintage Antique Fair & Classic/Antique Vehicle Show @ IFEPA, Torre Pacheco 10.30am-8pm  
St Nicholas Church Service Holy Communion Harvest Festival @ Camposol D20 C/Sobrija 11am  
Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am



Please check Facebook pages or contact organisers for the latest updates.  
**SUPPORT LOCAL • GET INVOLVED • MAKE A DIFFERENCE**



**AGE CONCERN:** 634 344 589 ageconcerncostacalida@gmail.com

**ANDREA'S ANIMAL RESCUE:** 690 906 565 andreasanimalrescuemurcia@hotmail.com

**B CLEAN:** 727 770 944 bcleangardening@gmail.com

**CAMPOSOL D GARDENING/COMM GROUP:** 634 103 668 sectordphone@gmail.com

**CAMPOSOL WALKING FOOTBALL CLUB:** 634 103 668 sectordphone@gmail.com

**CAVALLI FOUNDATION:** 636 172 198 info@cavallifoundation.org

**CLIMBING WORKSHOP FOR MOTHERS, MOJACAR:** nlinareo@mojacar.es

**CLOUD 9:** c9drama@gmail.com

**FORGET ME NOT:** 603 121 416

**FRIENDS OF MAZARRON ANIMALS:** 711 032 574 fma.murcia@gmail.com

**GOLDEN STARS AMATEUR THEATRE GROUP:** goldenstarsmazarron@gmail.com

**HARLEQUIN ROCK CHOIR:** randcjackson56@gmail.com

**HELP MAR MENOR:** helpmmm@gmail.com

**INDALO PLAYERS:** indaloplayers@gmail.com

**LINE DANCING, MOJACAR:** 648 217 503

**LOS AMIGOS DE MAZARRON:** d.c.greenfield@hotmail.co.uk

**LOS BANDIDOS CYCLE/RUN/SWIM GROUP:** See our facebook page

**LOS PALACIOS GARDENING/COMM GROUP:** 634 312 853

**MABS MAZARRÓN:** 620 422 410

**MAKING A DIFFERENCE:** 603 389 006

**MAZARRON AA GROUP:** 646 290 420

**NOAH'S ARC:** info@noahsarcmurcia.com

**PAWS PATAS:** dogs@paws-patas.org/ cats@paws-patas.org

**SAMARITAS IN SPAIN:** 900 525 100

**ST NICHOLAS ECUMENICAL CHURCH :** 634 143 260

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# Avoiding Scams

Living in Spain brings plenty of positives, but being unfamiliar with local systems, language and procedures can sometimes make expats particularly attractive to scammers.

**F**rom suspicious text messages and fake bank emails to dodgy tradespeople and online shopping scams, fraud can take many forms. The good news is that a few simple habits can significantly reduce the risk.

## ● Be wary of unexpected messages

One of the most common scams is phishing, where criminals impersonate a bank, government department, delivery company or other trusted organisation to obtain personal or financial information. Messages may arrive by email, SMS or even WhatsApp and often create a sense of urgency.

You might be told that your bank account will be blocked, a parcel cannot be delivered or a payment needs to be authorised immediately. INCIBE, Spain's National Cybersecurity Institute, advises against clicking suspicious links and recommends contacting the organisation directly through its official website or telephone number.

For expats, messages appearing to come from the Agencia Tributaria, local authorities or banks can look particularly convincing. Never assume that a message is genuine simply because it uses official-looking logos or Spanish language.

## ● Don't be rushed into paying

Urgency is one of a scammer's favourite weapons. If someone insists that you must transfer money immediately, stop and check the request independently. This applies particularly to unexpected requests for bank transfers, card payments or

Bizum. If someone claims to represent a company you use, find its telephone number independently rather than calling the number provided in the message. The Banco de España stresses that legitimate organisations will not ask for passwords, PINs or online banking security credentials by email, text or telephone.

## ● Check before hiring

Scams aren't limited to the internet. Renovations, repairs and maintenance can also present risks, particularly when language difficulties make it harder to establish exactly what is being offered. Before paying a deposit to a builder, plumber, electrician or other tradesperson, ask for a written quotation explaining the work, materials and costs. Check references where possible and be cautious about anyone demanding a large cash payment before work begins. For significant projects, using properly qualified professionals and keeping invoices and documentation can provide valuable protection.

## ● Protect your accounts

Always use strong, unique passwords and activate two-factor authentication wherever possible. Keep your phone, computer and apps updated, as security updates can help protect against known vulnerabilities. INCIBE specifically recommends two-factor authentication as an additional defence against phishing and other online fraud. Regularly check your bank statements and card transactions. Spotting something suspicious quickly can make it easier to take action.

## ● If you think you've been scammed

Don't be embarrassed. Scammers rely on people feeling too ashamed to report what happened. Contact your bank immediately if financial details or payments are involved, change compromised passwords and preserve emails, messages, screenshots and other evidence. INCIBE also provides a service for reporting online fraud.





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

Registered Animal Charity No 9.971/1

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## CONTACT US FOR MORE INFO

EMAIL: [janenahoming150@gmail.com](mailto:janenahoming150@gmail.com)

CALL: 602 653 639

VISIT: [www.noahsarcmurcia.com](http://www.noahsarcmurcia.com)

# ADOPT ME



## PUPPIES



- Our lovely puppies are now ready for adoption. They are sweet, happy babies who have been well socialised with children, other dogs and our wonderful volunteers, who have worked so hard with them. They are fully vaccinated and microchipped, and now ready to leave kennels for loving forever homes with people who have the time, patience and commitment to continue their training and help them grow into wonderful family dogs



## MOLLY



Mixed Breed Girl, Approx. 5 Years Old. Beautiful Molly is one of our volunteers' favourites. Cruelly abandoned and found in a terrible state, she has remained a wonderfully sweet and loving girl despite everything she has been through. Molly has limited vision but has adapted incredibly well and enjoys life in her own way. She is affectionate, gentle and good with other dogs. Kennel life can be difficult for her, so we are looking for a calm, loving adult home where she can feel safe, secure and truly cherished



## ALFIE



11-Year-Old Jack Russell Gentleman looking for his retirement home. This lovely gentleman may be 11, but he still has plenty of life and love to give. He adores food, treats, cuddles and being close to his people. He is good with other dogs and has been lovely with children, including younger ones. A gentle, affectionate boy who enjoys both companionship and a good snooze, he is now looking for a loving home where he can enjoy his retirement surrounded by people who will cherish him



## ANGEL



Small Crossbreed Girl, 15 Months. Angel is a tiny 5-6kg girl who has already been through so much. Found abandoned with her puppy, Susie, she was a devoted and loving mum despite her own hardships. Susie has now found her forever home, and it is Angel's turn. She is currently being fostered and proving to be a sweet, quiet and well-behaved little house guest. Shy but very affectionate, Angel just needs a calm, adult-only home where she can gain confidence at her own pace and discover how wonderful life can be



ALL THE ABOVE DOGS HAVE BEEN ABANDONED AND LET DOWN BADLY BY HUMANS, BUT IT IS NOW OUR AIM TO FIND THE PERFECT HOMES FOR THEM AND ALL THE DOGS IN OUR CARE. IF YOU WOULD LIKE TO MEET ANY OF OUR DOGS PLEASE CONTACT JANE ON 602 653 639 OR EMAIL [JANENA150@GMAIL.COM](mailto:JANENA150@GMAIL.COM). PLEASE REMEMBER THESE DOGS AND PUPPIES NEED TIME TO ADJUST IN A HOME SO PATIENCE AND UNDERSTANDING IS PARAMOUNT.



**PLEASE REMEMBER HOW HOT THE PAVEMENTS ARE WHEN WALKING YOUR DOG, THEY CANNOT TELL YOU HOW DANGEROUS IT IS BUT, WE POLITELY CAN**

DONATE ❤️

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WE ARE ALWAYS LOOKING FOR MORE VOLUNTEERS TO WALK THE DOGS AT THE KENNELS, SO IF YOU LOVE DOGS AND ARE LOOKING FOR SOME EXERCISE THIS WILL COVER BOTH. IT IS A GREAT MORNING STARTING AT 9AM AND FINISHING WITH A NICE CUPPA. PLEASE CALL PAUL ON 604 172 627 FOR FURTHER INFORMATION.



A little early, but one for your diaries about the Christmas Fayre, amazing how fast it comes around. Saturday 14th November at Mariano's, Camposol A, Mazarrón, between 10.30am-2.30pm. Just £1 entry. Loads of stalls, raffle, tombola, scrummy cake stall, bric a brac. To book a stall for £10 message us via whatsapp on 605 296 858 or via our FB page







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