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Price: €185.000

Ref: NV.SUS



Beautiful apartment in San Juan de Capistrano. Consists 2 bedrooms, living room-kitchen, bathroom, a/c and a large terrace. The property is 60 metres built plus thirty metres of terrace. Completely renovated with high quality materials and in a modern style. Communal swimming pool.

Price: €319.000

Ref: NV.BAR



Spacious ground floor apartment, comprises large living-dining room with sat. TV, private garden, interior terrace, equipped kitchen, bath, toilet and 2 beds. A/C, communal swimming pools, bars, restaurants, etc. bus service to Nerja and the beaches.

Price: €245.000

Ref: Casa Swallow



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.

Reduced to: €165.000

Ref: NV.P080B

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Nice townhouse, approx.. 90m2, comprises 2 floors. Ground floor: terrace, double bed, bath with a shower, washing machine and a 2nd bed. Upper floor: spacious living-dining room with TV, equipped kitchen, terrace with sea views. A/C and wifi access. Furnished. Communal swimming pool.

Reduced: €259.000

Ref: Villa Robles



Great duplex in Capistrano Village. Comprising 1st floor: living room, kitchen, bathroom, bedroom and a large terrace with beautiful views of the sea. A spiral staircase connects both floors. 2nd floor: bathroom with a bathtub, bedroom and a terrace with views. The house enjoys beautiful views of the sea and the Capistrano area.

Price: €254.000

Ref: NV.B8



Nice ground floor apartment, comprises of small garden, terrace, lounge-dining room with cable TV, equipped kitchen, bathroom with shower and washing machine, twin beds bedroom. It enjoys communal facilities such as several swimming pools, ample garden areas, restaurant, bus service into Nerja and the beach, etc.

Price: €157.000

Ref: Casa Mike



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden. Ground floor: large garden, terrace area, living room/kitchen. 2nd floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

Price: €399.000

Ref: NV.62



Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 200m2, plot 600m2. Renovated and ready to move in. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.EXO



Impressive villa with private pool and sea views, in the prestigious urbanization of Capistrano Village. Built on 2 floors, 6 beds, 3 baths, kitchen, living room, garage (3 cars) and a large garden. Build 200m2, plot 600m2. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.JAZ



Terraced apartment with 180° of sea views, sun all day round. Comprises 2 beds, bath, lounge/dining room with cable TV, equipped kitchen with washing machine and ample terrace. A/C and wifi. Communal pools, gardens. Restaurant, bar, mini-market close. Steps to access apartment, not suitable for people with reduced mobility.

Reduced to: €198.000

Ref: Casa Capuchinos

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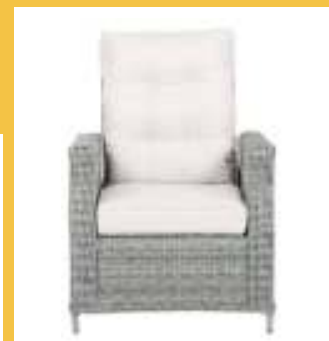
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Country Property of the month

Torrox:

Price: €260.000

TCP218



Situated on a plot of approximately 2.700 m², with fruit trees; especially avocado and almond trees. Spectacular country house in Torrox approx.. 90 m² of living space. The main feature of this property is the large outdoor area where you can enjoy the sunny mornings that this type of villa offers, the jewel in the crown being the swimming pool with sea and mountain views. From the entrance to the plot, an access in good condition gives way to a gate that leads into the house. Surrounded by a large outdoor space and covered terrace, we enter the spacious living room where the chimney predominates, giving a traditional touch to the house. Next to the spacious living room, the open plan fully equipped kitchen with breakfast bar leads to the 3 bedrooms that make up this house. All of them are spacious and bright rooms. One of the two

bathrooms of the house is located in the master bedroom, and the second one at the end of the corridor. Finally, there is also a laundry room and a second fully covered back terrace with summer kitchen and barbecue, ideal for summer evenings. This wonderful country property offers wonderful panoramic views towards the beach and the mountains, and a large outdoor parking area with various seating areas. Included in the sale is a water share of a community of irrigators. It also has 2 water tanks, of 5.000 and 3.000 litres respectively. Undoubtedly, this villa is ideal for that family who wants to enjoy it all year round, as a second home, or even as an investment for holiday rental.



Cómputa:

Price: 138.000€



- Living space: 113m²
- Bedrooms : 2
- Pool: No
- Garage : No
- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Village

Ref. AP273

Comares:

Price: 374.500€



- Living space: 125m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref. CP654

Canillas de Albaida: Price: 495.000€



- Living space: 231m²
- Bedrooms : 4
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP655

Cómputa:

Price: 149.950€



- Living space: 60m²
- Bedrooms : 1
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Village

Ref. TH1089

Canillas de Albaida: Price: 139.999€



- Living space: 91m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Village

Ref. TH1099

Torrox:

Price: 325.000€



- Living space: 187m²
- Bedrooms : 6
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Village

Ref. TTH617

In conjunction with Cómputa Properties S.L.

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Lux Mundi Norwegian Bishop visit text and photo

Lux Mundi Ecumenical Centre (Foundation Lux Mundi Centro Ecumenico), Calle Nueva No 3, Fuengirola, 29640.

Opening hours Monday to Friday 10.00 to 13.00 it would help if you telephoned first to make an appointment.

For further information please contact the Centre, Tel 952 474 840, email luxmundif@gmail.com

Thank you very much for the fantastic recent visit we had at the Lux Mundi Fuengirola Centre.

We had the pleasure to welcome at our Centre the Bishop of Bergen in Norway Rev. Ragnhild Jepsen, Jeffrey Huseby General Secretary of the Norwegian Church abroad, Lise Tørnby, Espen Holm, Jannecke Bjørge Køhn and Kristin Leite.

We had the opportunity to explain to them the work of Lux Mundi and the work of the Diocesan Office for Ecumenism and we were accompanied by Hans Krab Koed and Delyth Bressington from the Danish Church and Lisa Tegby and Britta Snickars from the Swedish Church.

We were very pleased to strengthen the links we already have with the Norwegian Church and shared our interest to built Unity amongst all Christians.

We also give thanks to our volunteers who helped us to welcome them at our premises.



Marzo/March 2024

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**Horoscopes, puzzles, Nerja map,
directory, Spanish news,
what's on
and much more...**

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Chocolate cookies with metal fragments sold in supermarkets in Spain

The affected cookies from the Netherlands have been sold in Andalucía and in several other regions of Spain in the supermarkets Aldi and Lidl. Dutch health authorities sent the Spanish Food Safety and Nutrition Agency an alert notification due to the presence of metal fragments in chocolate cookies. The products in question are Cookies Aux Trois Chocolats, from the brand Arizona; Grandino triple chocolate, by McEnnedy; and Nougatelli, by Sondey.

PSOE and Partido Popular parties form coalition in Axarquía village

In Arenas the PP and PSOE have reached an agreement to govern together. As the two main parties in Spain, they are normally in opposition. Arenas with just 1,300 inhabitants, the PP and PSOE have reached an agreement to govern together. PP councillor, Manuel Ríos is still the mayor.

Woman found dead in Huelva, locked up without food and water!

A wife and husband have been arrested in Huelva for allegedly neglecting and killing a 58-year-old woman who had special needs and lived with them. The victim was the mother and mother-in-law of the pair arrested in Jabugo, in southwestern Spain. She has a disability of 33% and depended on her daughter and son-in-law. But she died on 31 December last year "in a total state of neglect", according to investigators.

They also allegedly prevented medical professionals who visited the victim from accessing the home, as well as the social worker assigned to the woman due to her level of dependency. According to Guardia Civil, the suspects prohibited other members of the family from visiting or having contact with the victim, "exclusively taking on her care and using her pension in a self-interested manner".

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Man leads police on a chase from Malaga city to Antequera

The man who had a restraining order against him, got in his ex partners car and threatened her after she had dropped her son off at school. The man injured his ex-girlfriend with a knife, then after the police chase, smashed into other vehicles in Antequera and was eventually arrested by the Guardia Civil. The man is a 51-year-old of Moroccan origin.

Continued on page 12



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Price: €298.000

Ref: 6590TH3



TORRE DEL MAR

Lovely little studio apartment in the centre of Torre del Mar. Within easy walking distance to the promenade and the beach. Completely renovated with parquet floor, new kitchen, bathroom, air conditioning. Nicely decorated.

Price: €126.000

Ref: 6513ST



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



VALLE NIZA

Great new development of modern apartments close to the sea. 2 bedrooms, fitted kitchens, spacious terraces with sea views. All apartments include private parking spaces and storage rooms. Extensive communal gardens with swimming pool.

Prices from only: €246.000

Ref: 6586DEV



TORROX

Stunning country villa with breath-taking panoramic sea views. 207 m² built size with 3 beds, 2 baths, guest toilet, spacious kitchen, lounge, large terraces, infinity pool and guest apartment. Only 10 minutes away from the village with good access.

Price: €850.000

Ref: 6231V13



TORROX COSTA

Large corner town house (231 m²) with private pool and a huge garage in the basement. Comprising of hall, 3 beds, 2 baths, separate kitchen, lounge, outside storage room and a lovely roof terrace. Close to the centre, beach & promenade.

Price: €325.000

Ref: 6582TH3



TORRE DEL MAR

Only 2 houses left! New development of 14 semi-detached villas close to the centre of Torre del Mar. 200 m² built with large basement, 3 bedrooms, 3 bathrooms, open lounge-diner with American kitchen and lovely terraces with great views.

Price: €549.900

Ref: 6280V13



TORROX COSTA

Large family home close to the centre, the promenade and the sea. 223 m² with 3 beds, 3 baths, large kitchen, lounge, various terraces and a spacious 2 car garage in the basement. Comes with a pool and a Skoda Fabia.

Price: €450.000

Ref: 6572V13



TORROX COSTA

Completely renovated very spacious 2 bedroom apartment close to the beach of Peñoncillo. Beautiful new kitchen. South facing and with breathtaking sea views. Lovely communal gardens with an Olympic size pool and paddle courts.

Price: €259.000

Ref: 6573AP2

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Cocaine smugglers arrested on the Costa del Sol

More than 800 officers took part in a police operation with 32 arrests in Ecuador and Spain; the criminal gang is accused of smuggling more than three tonnes of the drug into Europe. National Police and the tax agency's customs surveillance service have dismantled, in collaboration with the National Police of Ecuador, an alleged criminal organisation dedicated to international cocaine trafficking, hidden in fruit containers, from Ecuador and money laundering using a complex business network.

Seven arrests were made in Malaga province, and one in Cadiz, as well as two others in Barcelona, two in Madrid and one in Valencia. There are 18 other detainees in Ecuador and one in the United Kingdom. Police searches were carried out in four Andalusian provinces: Cadiz, Granada, Malaga, and Seville.

14-year-old boy dies after drinking energy drink laced with 'pink cocaine'

A 14-year-old boy has died in Getafe in central Spain after he drank a can of energy drink that was allegedly spiked with two grammes of what is known as pink cocaine, a mix of ketamine, ecstasy and cocaine. The boy's parents have filed a complaint with the National Police, who are investigating whether the teenager was aware of what he was drinking, or whether he was tricked into taking it, as his parents suspect. The victim had met up with other young people he had met via Instagram. According to the first version of the story told to police, the other youngsters allegedly poured two grammes of pink cocaine in a can without the victim and his friends noticing. They then allegedly fled through the metro and posted a video on social media telling of their "feat" and mocking the minor, according to sources. The video has since been deleted.

The police later said that the boy had drunk the concoction voluntarily.

Within minutes, the boy collapsed; the intoxication caused by the drink was fatal. The 14-year-old, but he could not be saved.

Thief burrowed in and out of Mijas golf course to steal from golfers

A man has been arrested for several thefts at golf courses in Mijas after allegedly digging holes under fences to gain access before stealing items left in buggies. After a spate of thefts over several weeks the 36-year-old man had allegedly stolen wallets, iPhones and luxury watches, among other items. Plain-clothed police officers then launched a secret operation in which they caught the alleged crook red-handed in the act.

The Romanian national allegedly gained access to the golf courses through holes he dug under the fences, allowing him to enter and leave the premises without suspicion. He would also leave his vehicle parked near the golf course so he could allegedly leave quickly with the loot.

Social media comments investigated after death of two Guardia Civil officers

Six crew members of the high-powered drug-trafficking boat which rammed an inflatable police boat, killing two Guardia Civil officers, in the Andalusian town of Barbate last Friday night, the authorities have turned the spotlight on the social media comments made in support of the criminals.

"Hit them!", "ram them!" and other similar comments were made after videos were uploaded of the narco-boat

Continued on page 16

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Nerja Ref: 155/P Price:  149.000
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Torrox Pueblo Ref: 135/P Price:  112.000
 2 bedroomed apartment in Torrox Pueblo, completely new, very centrally located. Parking space included.



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 Large villa in the heart of Torrox Costa comprising 3 bedrooms and parking. Plot 200m². South facing and only 200 metres from the sea.



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 Country house in Manzano Alto. comprising 3 bedrooms. Plot 5.000m². South/West facing, sea views and only 7 minutes away from Torrox.



Torrox Pueblo Ref: 110/P Price:  159.000
 Village house in Torrox Pueblo. comprising 2 bedrooms, 2 bathrooms, 2 terraces and a large cellar. Sea views.



Torrox Costa Ref: 118/P Price:  685.000
 Luxury detached villa. comprising 3 bedrooms, 3 bathrooms, garage and gym. Lovely garden, BBQ. Stunning sea views.



Frigiliana Ref: 277/P Price:  235.000
 Little country house (apero) in Frigiliana, 40m², swimming pool, BBQ and parking. Plot 2.300m². Only 5 minutes from Nerja.

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ARIES:- (March 21 - April 19)

Don't waste precious time trying to explain to the world what you are up to. If friends and loved ones, people who should know you well, cannot see what your aims are then how do you expect strangers to understand? Trust yourself and get on with it.

Luckiest day:- Tuesday

TAURUS:- (April 21 - May 21)

Something is about to change in your life in such a big way that you will never be the same again. You may end up being a better person, and you will certainly be more successful, but the way you look at the world will be transformed.

Luckiest day:- Friday

GEMINI:- (May 21 - June)

Questions of the "Who am I?" and "What is life all about?" variety will infuse your thoughts during this month and the answers are there if you are willing to open your mind wide enough to let them in. Don't be afraid of the truth.

Luckiest day:- Tuesday

CANCER:- (June 21 - July 22)

At this time of year you have a tendency to worry so much about the future that it becomes hard to think clearly. Fortunately, what happens this month will remind you that, overall, you are still one of the lucky ones, and nothing is going to change that.

Luckiest day:- Saturday

LEO:- (July 23 to August 22)

What occurs this month will be unusual to say the least but if you can accept it and embrace it you will find that life becomes a lot more enjoyable. The world is changing so fast now that you really have no option but to let go of the past.

Luckiest day:- Sunday

VIRGO:- (August 23 - Sept. 22)

Don't worry too much if your work routine is thrown into disarray now because the plain fact is you have been following the same path too long and need to start moving in a more challenging direction. The planets will give you the kick start you need.

Luckiest day:- Thursday

LIBRA:- (Sept. 24 - October 23)

Cosmic activity in the most creative area of your chart will stir things up this month and the opportunities that reveal themselves will have you dancing in delight. Don't hesitate for even a second, make the world your own.

Luckiest day:- Saturday

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

Upheavals on the home front are likely this month but don't get too excited because it's no big deal. If there is bad feeling between you and a family member now is the time to resolve it once and for all. It will be easy to kiss and make up.

Luckiest day:- Wednesday

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

Social activities are under excellent stars at the moment, so get out there and shine. If you receive an invitation to a party or some other kind of get together you must accept it, because the planets suggest you will have the time of your life.

Luckiest day:- Monday

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

Your attitude to money and possessions is about to undergo a change for the better. Most likely that means you will no longer be obsessed by making as big a profit as you can. At the very least you will no longer worry about making ends meet.

Luckiest day:- Friday

AQUARIUS:- (Jan 21 - Feb. 18)

Any doubts and fears you have will disappear as fast as morning mist now that mind planet Mercury is moving into your sign. The simple fact is there are so many options open to you now that whatever you choose to do will work out fine.

Luckiest day:- Sunday

PISCES:- (Feb.19 - March 20)

Why do you seem to believe that everything is falling apart? Most likely it is the influence of the Sun, Mercury and Pluto all moving through the most sensitive area of your chart. Take heart: this is just a passing phase and will be over soon enough.

Luckiest day:-Monday

Horoscopes.

by Kristian Marconi



Urb. San Juan de Capistrano

Discover a stunning apartment in sought-after Urb. San Juan de Capistrano, boasting two communal pools and proximity to eateries and a minimarket. Enjoy panoramic Mediterranean views from spacious sunny terraces. The refurbished interior offers open-plan living, two bedrooms, and a modern kitchen. Luxury amenities include double-glazed doors and air conditioning.

Price: 299,000 euros

Ref. JG161

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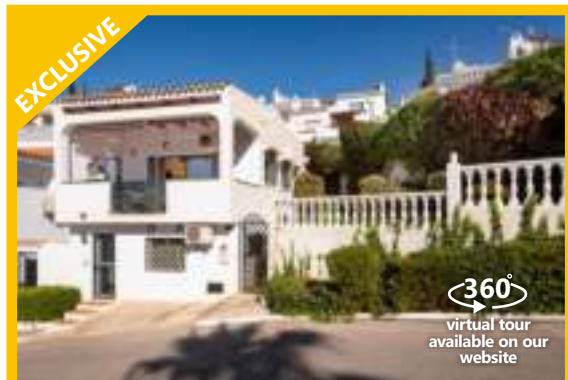


Urb. Nueva Nerja

Townhouse built on two floors, with a spacious roof terrace offering stunning views of the communal pool, mountains, and sea. The lower level features an open-plan living and dining area with a fireplace, a guest toilet, and a fully fitted kitchen with access to a back patio with a built-in BBQ. Upstairs, a family bathroom and two double bedrooms, each with balconies. The sunny roof terrace beckons for al fresco dining and relaxation. Air conditioning & heating throughout.

Price: 265,000 euros

Ref. JG164TPM



Urb. Naricha, Nerja

Detached house with a private garden, sea views, and a self-contained apartment. Residents enjoy communal amenities like a pool and easy parking. The house features two bedrooms, a modern bathroom, and an open-plan living space leading to a south-facing terrace and rooftop with sea views. A separate guest apartment features one bedroom, one bathroom and open plan kitchen and living space. The private garden includes a charming BBQ area.

Price: 275,000 euros

Ref. JG146TPM

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Edf. Bahía, Nerja

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Price: 365,000 euros

Ref. JG100

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ramming the small Guardia Civil vessel. Some commentators of the lawless behaviour at the mouth of the port in Cadiz province, also applauded and cheered the narco-traffickers.

Almost 30 arrests were made during farmers' protests across Andalucía

Four people are being investigated in connection with the unauthorised demonstrations and roadblocks, organised by the 6F movement on social media. There have so far been 26 arrests across the Andalucía region in relation to the unauthorised farmers' protests in Spain.

Evacuation in Sierra Nevada as a torrent of mud cascades down several ski slopes

Several ski slopes in Andalucía's Sierra Nevada were invaded by a torrent of mud. No injuries were reported, since the ski station was closed due to bad weather.

3 Andalucía beaches are among the best in Spain, according to National Geographic

The region not only offers expanses of sand and turquoise waters, but also has a unique wealth of biodiversity and historical features that captivate nature lovers and visitors in general. Spain has an impressive array of beaches. The three beaches are in the Huelva and the province of Almería.

Junta ditches red tape to attract investors to the region

The Junta de Andalucía gave the green light this week to a new decree to strip back the amount of bureaucracy created by the regional government. Regional ministers want to make Andalucía the most attractive part of Spain for investment but to do so they need to do away with as

much paperwork as possible. The ambitious decree contains more than 450 measures and changes to rules and regulations. The Junta has christened it 'Andalucía Simplifica', (Andalucía makes it simpler). The Andalusian government sees this to be the most important political initiative of its term in office and is predicting it will be a turning point in attracting investment to the region and therefore in boosting the regional economy.

Benidorm policeman and his son, a trainee officer arrested

The National Police operation, which was launched in Malaga, seized a stash of 250 kilos of hashish and arrested four gang members. In collaboration with the Moroccan authorities the National Police have dismantled a criminal organisation allegedly dedicated to international drug trafficking. The investigation, which began in Malaga city, has led to the arrest of six people in Alicante province. Among those arrested are a Local Police officer from Benidorm and his son, a National Police trainee officer. The officers arrested the four members of the gang, among them, the two policemen and four searches were carried out, in which a pistol and a revolver were seized, as well as multiple rounds of ammunition of different calibres.

Six months prison sentence for locking his dog in a car. Although a one year jail term given, the sentence was reduced after the 64-year-old pleaded guilty and offered the mitigating circumstance of being under the influence of alcohol. In Jaén the sentence of the 64-year-old man was six months in prison for leaving his dog locked in the car.

Continued on page 28



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Almuñecar - €380,000

Ref: 51758

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My garden in Spain...

February and March:

The annual flowers that I have planted are all looking good. That very welcome rain brought them on incredibly well. For the future, I only intend to have annuals in pots, as I want perennials and other permanent plants around the garden to make life easier.

You usually have to wait a year and longer for perennials to flower so I was really pleased to find seeds of perennials that flower the first year, in the Thompson and Morgan catalogue. I order them by telephone and when they arrived sowed them into the pots in the sun room. They are now all little strong plants, which will be planted out in a few weeks time. The picture on the package shows flowers of red, yellow, blue, pink and white in an assortment of height and spread.

Some of the annual plants that I grew last summer very kindly sowed their seeds and have started to shoot up. In fact, some of the plants didn't die off completely and grew on throughout the winter. Are they now perennials I wonder?



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All hard work and useful advise that went into the pruning earlier on is paying off as all the climbers are racing towards the sky. With the help of a very experienced gardening friend I have tackled the rose pruning and have been rewarded with my first rose of the season. It is a beautiful scented bloom the colour of claret in its outer petals graduating to a deep pink in the middle. Fully opened it measures 7 inches in diameter and in some ways resembles a Peony. There are another 7 buds in this lovely rose, nearly ready to open.

Another useful ground cover plant that I have ben introduced to is Uñas de Gatos which means Cats claws. It has spikey, fleshy leaves and roots very quickly from cuttings. It has huge flowers, some in deep pink, some in yellow that resemble Helichrysum. I have managed to germinate most of the Wisteria seeds and now have 7 plants to bring on. The sun room is proving to be a very useful place for seed growing, as the outside temperatures seem to vary too much to use the little greenhouse for any germination at the moment.



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Canillas de Albaida **New this month!**
Well presented 4 bed, 3 bath villa (176m²), including a 1 bed, 1 bath guest house. Spacious living spaces, large sunroom and covered terrace. Easy access, private pool area, stunning views and many fruit trees.
Price: 495.000 euros
ref: v 1532 **EPC: C**



Cómpeta **New this month!**
Charming 2 bed, 1 bath townhouse (58m²) with 2 beds and 1 bath. 3 roof terraces with countryside, mountain and village views and a bodega. Located within walking distance of all local amenities, great lock up and leave holiday home.
Price: 99,000 euros
ref: t1531 **EPC: E**



Online video

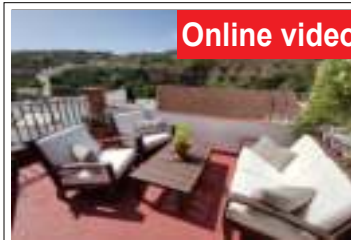
Cómpeta **Price reduced!**
Beautifully presented, well maintained 2 bed, 2 bath villa (152m²), bright airy interiors, various terraces, space for above ground pool and open countryside views.
Price: 239,950 euros
ref: v1503 **EPC: C**



Salares **New this month!**
Beautifully renovated 2 bed, 3 bath townhouse (157m²). With a stylish rustic feel, great roof terrace, quiet location and a courtyard with above ground pool and wonderful views.
Price from: 185,000 euros
ref: t1527 **EPC: E**



Salares **Price reduced!**
Lovely spacious 4 bed, 2 bath country villa (134m²) with living/dining and open kitchen. There are stunning views of the mountains, set in a quiet location, great outside spaces and a covered pool (retractable). A must to view!
Price: 279,000 euros
ref: v1328 **EPC: E**



Online video

Árchez **New this month!**
A great lock up and leave 2 bed, 1 bath townhouse (126m²), open plan living/dining, with separate kitchen and utility room, sunny roof terrace with mountain, countryside and village views, great internal courtyard.
Price: 145,000 euros
ref: t1509 **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.

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VSR4052 LAS LOMAS DE FRIGILIANA

Price: €645.000

Detached villa 133m², three bedrooms, two bathrooms, bright lounge/dining room, leading to a private south facing terrace, private pool, sun terrace, SEA VIEWS, BBQ area, large basement, store room and private parking. Sought after location, easy access.

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VSR2141 BURRIANA AREA

Price: €795.000

Detached villa 199m2, SEA VIEWS, 3 bedrooms, 3 bathrooms, Including a spacious independent apartment, generating a high rental income, on a yearly basis, private pool, garden and terraces. Close to Playa Burriana.

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Tyson

TYSON... Is a lovely boxer who was found abandoned along the river bed in Nerja with his little friend Inky, which has since been adopted. He is about 4 years old and unfortunately was tested positive for leishmaniasis for which he takes medication daily. This has also affected his eyes so he needs eye drops daily. He can be aggressive at feeding time. He likes to eat a LOT but stays quite slim. Tyson is fully vaccinated and castrated and weighs about 20 kilos. He is very happy being with other dogs.

HECTOR... The poor lad has been with us for quite a while now after being abandoned in Nerja. He had spent a year or so at another kennel when he was young and is now five years old. He is very much an Alpha male and doesn't get on well with other male dogs. Unfortunately he is not too keen on cats either. Hector is about 20 kilos and is fully vaccinated and castrated. He loves to play and has a healthy appetite.

BRUNO... Came in as a rescue dog from a friend of a friend. He was in bad condition and covered in bites and scars and was quite aggressive. He is a lot quieter now but doesn't like other male dogs. He weighs about 25 kilos and is fully vaccinated and castrated. He loves being outside which makes us think that he had been enclosed a lot at some stage of his life.

The Costa Animal Society...



Bruno

As you can see from the above, due to their early lives and abandonment, they struggle to interact with other animals, so it may be better if these dogs were to go to a home on their own, where they can receive the love and care that they deserve.

If you would like to meet Bruno, Hector or Tyson, please contact Seacrest Kennels on 711 028 847 or 646613885, or email us on costaanimalsociety@gmail.com

You can find us on Facebook - Costa Animal Society CAS, where there is more information. Or pop into our shop in Castilla Perez 2, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

To help CAS in their work and donate, please go to our website where you will find our bank details.

Web - costa-animal-society.square.site



Bruno

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AAR2650 – Kyra

This lovely lady is 11 months old and surprisingly still looking for a forever home. She is lively, friendly and loving. Her favourite game is fetch but she loves to cuddle up on the sofa after a walk. She is medium sized and fully vaccinated so all she needs is her own family. Please email axarquia-rescue@hotmail.com for more information or take a look at our website where you will see more photos.



AAR 2650 - Nyiah

This handsome boy is a mastin cross and will be medium to large. He is a calm, laid back boy who loves to be cuddled. He is currently in foster with his siblings but will be ready for local adoption around February 14th. He is a stunning puppy who steals everyones heart. Please email axarquia-rescue@hotmail.com

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Axarquia Animal Rescue



Ziggy

AAR2604 - Ziggy

Born February 2022 Ziggy is a deaf dog, stuck in a world of silence. He has striking eyes, one green and one blue. Ziggy loves to play with other dogs but to him, Cats are the enemy. He is quite high energy and strong, weighing 33kg, he would need a home with a decent amount of secure outside space for him to run and play and burn off the excess energy. For these reasons we feel he would be best suited to a home without "young" children. He loves human company and would be a very loving companion. Ziggy has been learning sign language and understands signs for "no", "recall", "good boy" and "to calm down" which all work very well provided he is looking at you. The more difficult part of training Ziggy is getting his attention in the first place. His adopter would need to have patience and understanding of the needs of a deaf dog and be willing to work with Ziggy to enable him to live the best life possible in his silent world. Please contact us for more information;

axarquia-rescue@hotmail.com

AAR2731 - Murphy

A 3 months old Podenco Cross, found nearby a house in Cutar along with his brother Brady. Finder cannot keep so he is with AAR to be rehomed. Murphy has started his vaccines and is ready for adoption here in Spain. Murphy is a cute little boy who loves to be around humans,

adores cuddles & hugs. Plays well with other dogs. He just wants to please everyone. For more information email axarquia-rescue@hotmail.com



Murphy

AAR2732 - Brady

A 3 months old Podenco Cross, found nearby a house in Cutar along with his brother Murphy. Started vaccines and is ready for adoption here in Spain. Brady is a cute little boy who loves to be around humans, adores cuddles & hugs. Brady gets on well with other dogs, and loves being the centre of attention. Estimated to be medium in size when fully grown. For more information email

axarquia-rescue@hotmail.com



Brady

AAR 2724 - Meg

A Mastin cross. Sadly her mother was killed weeks after the birth by a hit and run driver. She's now seven weeks old in foster care with her siblings. As if things weren't hard

enough, Meg developed Parvo disease but she's a tough little girl and battled back to health. Meg is the strongest of the pups and leads the litter. She learns fast and is thriving. She's expected to grow to medium size. Meg has started her vaccinations, and is ready to be adopted here in Spain.

Please give this gorgeous girl a loving home.

Email axarquia-rescue@hotmail.com for more information.



Meg

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It has been a very tough year for us, and most Rescue Charities. What with the after math of covid where people took in dogs, and then decided they didn't want them anymore, and now the new laws and all the uncertainty is putting people off from adopting, plus the normal abandonments that we still sadly see on a regular basis. We rely on volunteer foster homes and reduced rate kennels to house the dogs that we take under our care. Foster homes are desperately needed to help us continue with what we do, we supply all items necessary, food, and of course cover vet costs. If you could open your home to an animal in need, please contact us - we are desperate for long term and short term fosters.

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Does your dog love to play?

By Karen Wallace

Playing with your dog regularly will teach you about your dog's personality and strengthen the bond between you. By preventing boredom, providing exercise and giving an outlet for your dog's natural instincts, play can ensure inappropriate behaviour does not develop.

What games do dogs like to play?

It depends on your dog's personality. Watch what your dog does when excited. Does your dog chase, grab or pounce on things? Experiment with a few different toys and, using a toy, mimic your dog's natural play behaviour.

Games

Games fall into four main categories

- Tug of war – toys to use include ragers and rubber rings
- Chase and retrieve – use balls and Kongs on rope
- Hide, seek and search – can be played with people, toys or food
- Pounce and shake – squeaky toys encourage this type of play

Whatever toys you use make sure they are suitable for your dog. Check the toys regularly to ensure there are no small parts that could be chewed off and swallowed.

Have a selection of toys and swap them every few days to keep your dog interested.

Basic rules of play

- Before you begin to play make sure you can easily take things away from your dog. If not, teach the 'leave' command
- Don't play rough and tumble wrestling games or allow your dog to chase children. Both are exciting for your dog but can encourage games that are out of your control.
- Keep toys below waist height so that you don't encourage your dog to jump up
- Have frequent, daily, play sessions at home and when out for walks
- Play in short bursts of up to five minutes and finish whilst your dog is still keen to play
- When playing use an exciting voice with lots of praise and encouragement
- For dogs that are keen to play only start the game when they are doing something you want – such as lying down quietly. This will encourage good behaviour.
- Tidy toys away at the end of each play session
- Never force your dog to play
- Have fun!

Teaching your dog to play

Sometimes we come across dogs that haven't learned to play with toys. It may be that your dog has had other dogs to play with or hasn't learned to play with toys as a puppy. The following will help you encourage your dog to play with you and toys.



Dog playing tug

Only have one dog at a time in the room whilst teaching to play. You will probably have to get down to floor level and keep your voice high-pitched and excited. Don't push the toy towards the dog – especially towards the mouth or face. Instead pull the toy away and cradle it as if it is something special or delicate to look at, but not have. Keep turning away from your dog and then occasionally drop the toy and snatch it back. This game will encourage your dog to compete for the toy. When your dog does grab the toy have a short, exciting game of tug of war. For more sensitive dogs that are reluctant to grab a toy you may be able to encourage them by using an old sock with tiny pieces of cheese in the toe. Start the game when your dog is naturally excited and as your dog pulls at the sock to get to the food you can gently pull back. Encourage your dog with gentle praising, building to excited physical and verbal praise when your dog is more enthusiastic. Dogs can also be encouraged to play with toys by using a toy designed to have food pushed into it. Show your dog the toy, let your dog sniff the food and then roll the toy along the floor. Your dog will

follow it and then be rewarded by being allowed to chew the food out. Your dog will associate the toy with food and will soon enjoy chasing the toy along the ground.

Training

Remember training should be fun too and can also incorporate play. It keeps your dog's mind occupied and you can use games and food treats to reward good behaviour.

If you'd like to know more about how to teach your dog to play, or how to brush up on your training skills, why not join one of our classes at Dog School? Get in touch by dropping me an email, or take a look at what's on offer on the website:

www.dogschoolnerja.com



If you have questions or need any help please drop me a message on social media or

send me an email:

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WEDNESDAY
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AGILITY CLUB - LEVEL 1

FRIDAY
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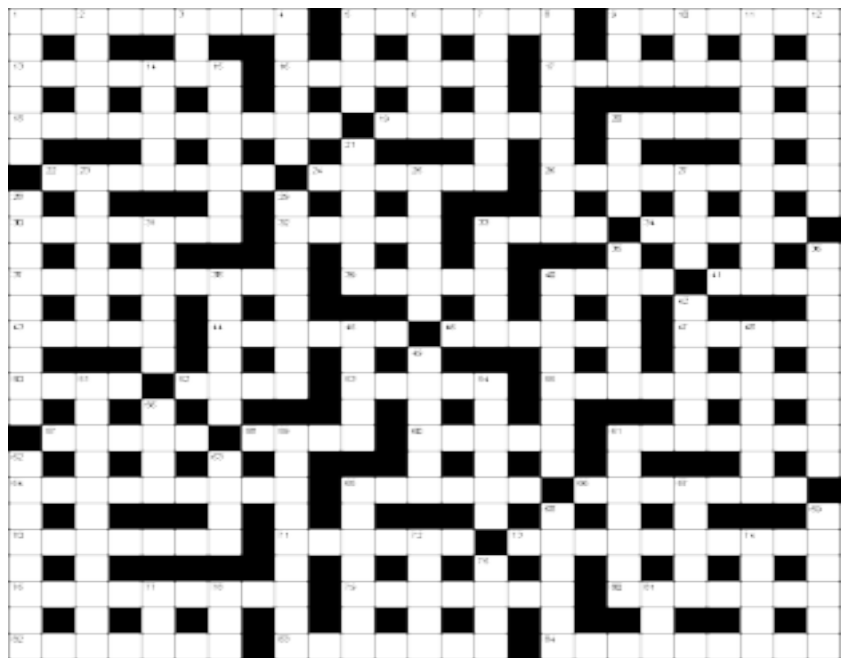
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17. Deliberated (9)
18. Alimentary (10)
19. Eerie (6)
20. Type of bird (7)
22. Demolish (7)
24. Talented (6)
26. Custom (9)
30. Responses (7)
32. Part of a jacket (5)
33. Tallies (4)
34. Banquet (5)
37. Whirlpool (9)
39. Boredom (5)
40. Notice (4)
41. Continent (4)
43. Dapper (5)
44. Disregard (6)
46. Previously (6)
47. Greek epic poem (5)
50. Woodwind instrument (4)
52. Urban area (4)
53. Overwhelming fear (5)
55. Owned (9)
57. Legal excuse (5)
58. Corrosive substance (4)
60. Large oval fruit (5)
61. Green (7)
64. Consumption (9)
65. Pale (6)

66. Cane syrup (7)
70. Time interval (7)
71. Birds of prey (6)
73. Recalled the past (10)
76. Does away with (9)
79. Methods (7)
80. Aromatic herb (7)
82. Give evidence in court (7)
83. Show (7)
84. Spotted dog (9)

Down

1. Third sign of the zodiac (6)
2. Cove (5)
3. Rodent (3)
4. Dullness (6)
5. Female relative (4)
6. Slumber (5)
7. Roped (7)
8. Coded (9)
9. Implore (3)
10. Decompose (3)
11. Fans (11)
12. Askraine (8)
14. Decree (5)
15. Mariners (7)
20. Male deer (4)
21. Uncomplicated (6)
23. Requiring the least effort (7)
25. Claws (6)
27. Notion (4)
28. Court game (9)
29. Mercy (8)
31. Compositions (6)
33. Nimble (5)



35. Concurs (6)
36. Nominee (9)
38. Dried grape (6)
40. Arachnid with a sting (8)
42. Directly proportional (6)
45. Quick (5)
48. Set up (7)
49. Tooth coating (6)
51. Duties (11)

54. Frank (6)
56. Wading bird (4)
59. Talked (9)
61. Dizziness (7)
62. Watchful (8)
63. Business concern (4)
65. Mythical winged horse (7)
67. Stage whisper (5)
68. Stopped (6)
69. Abut (6)

72. Display tripod (5)
74. Omnivorous mammal (5)
75. Refuse to accept or believe (4)
77. Roman 3 (3)
78. Grass used as fodder (3)
81. Distilled from fermented molasses (3)



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in the town of Cazorla, in the middle of July and with temperatures above 40C, which led to the death of the animal due to heat stroke. In the evening, and according to the police report, the accused, under the influence of alcohol, fell on a public road and after being treated for a shoulder injury, was transferred to the Local Police station. Officers addressed the man's concern about the condition of the dog but when they arrived at the vehicle the animal was already dead. The veterinarian's autopsy report stated that the dog died from heat stroke.

Police smash gang that robbed bank cash machines across Andalucía using explosives and 'pizza slide' technique

National Police officers arrested seven people in the provinces of Cordoba, Malaga and Almeria. Police have smashed an alleged gang of criminals for feeding homemade explosive devices into ATMs so they could flee with cash stolen from bank machines throughout Andalucía. The technique called "the pizza slide" involve inserting the device into the cash dispenser hole via a metal rod, before exploding the device to break open the ATM and gaining access to the money. Following extensive investigations, National Police officers arrested seven people in Cordoba, Malaga and Almeria provinces.

Drought crisis takes its financial toll in Andalucía

The drought crisis in Andalucía cost 4.2 billion euros to the region in 2023 and projections for this year predict it will cost a further 4.5 billion this year, new figures show. The figures were revealed as the Junta president Juanma Moreno travelled to Brussels to ask European Commission vice-president Maroš Šefčovič to activate a solidarity fund the EU sets aside for disaster situations. Moreno presented a report which detailed the impact the ongoing drought crisis is having on the Andalusian economy. The economic impact was 4,270 million euros in 2023 and is expected to be 4,525 this year.

New tourist property law in Andalucía gives town halls power to limit numbers of apartments

Town halls in Andalucía will be able to limit the numbers of tourist apartments in buildings and districts from February in cases of reasons of "overriding public interest". The holiday letting industry in Andalucía now faces a new era as a fresh law has been brought in by the regional government to control a surge in self-catering properties. The new regulations are designed to increase professional standards and improve relations with local full-time residents.

Valencia tower block fire

Emergency services confirmed that 14 people were injured in the blaze that devoured buildings in Valencia. Fire devastated two blocks of flats, of 14 and 10 floors respectively in Campamar, a district of Valencia city. The flames spread with unusual speed across the façade and a huge column of smoke could be seen from several towns near the city for much of the afternoon and evening. The fire started, for reasons as yet unknown, shortly before 6pm in a flat on the seventh floor of the complex, which consists of two blocks and is located in the Campanar district of Valencia city. It then spread across the entire façade within minutes.

Holy Week parade will take place March 23rd

The Councilor for Culture, Ana María Muñoz, has made public the rules of the tronillos parade that will take place on March 23rd. In this sense, he has indicated that the

participating tronillos will be made by hand and will not be able to parade images of more than 70 centimeters in height. The maximum age to participate in the parade is 12 years old and the maximum number of hairpin holders will be 10 boys and girls. Each round will not have more than 25 participants. Participants in the parade must maintain an aesthetic in their clothing and may wear insignia made by hand. The order number you will occupy in the parade will be designated by date in the entry register. All registrations must be authorized by parents or guardians.

In the parade, each tronillo will be accompanied by only 2 adults, except for children under 6 years of age, who may be accompanied by up to a maximum of 4 adults. It is necessary to be 30 minutes before the start to be able to organize the start. The organization reserves the right to not allow anyone who does not comply with these rules to participate in the parade.

You will have to pick up the registration form at the Villa de Nerja Cultural Center, Calle Granada, 45, from 11:00 a.m. to 2:00 p.m. Once completed, tickets will be registered at Nerja City Hall, either in person or through the electronic office until March 15. The information telephone numbers are: 952523863 / 670289240.



The City Council will proceed to remove the damaged truck in Castillo Alto

The Councilor for Security, Francisco Arce, has reported that the court has authorized the destruction and removal of the truck that was intercepted at a checkpoint with 100 kilos of hashish in Nerja, at one of the roundabouts leading to the highway, in July 2021. The vehicle, with a Polish license plate and a large tonnage, was sealed by court order and parked in the Castillo Alto industrial estate, as the Civil Guard lacked an adequate vehicle depot. A year later, in July 2022, the truck went up in flames. The users of the industrial estate had expressed their discomfort at the presence of the truck that had not been able to be moved to a suitable place "as a result of the Civil Guard's lack of resources because the Government of Spain does not provide it with the necessary resources to act." duly in circumstances such as the one that has given rise to this situation," said Francisco Arce. Now the court has authorized the Civil Guard to proceed with the destruction and removal of the trailer, but the Benemérita "again lacks the means to do so," Arce said, so it will be the City Council that will carry out this task. "So we are working to find the best system that does not cost the people of Nerja money or costs us as little as possible," the councilor indicated. Francisco Arce added that "we are in no way responsible for the situation but, what the Government of Spain does not assume, we are going to have to assume." Since it is a large vehicle and due to its poor condition, everything seems to indicate that it will have to be "cut into pieces" for scrap metal.



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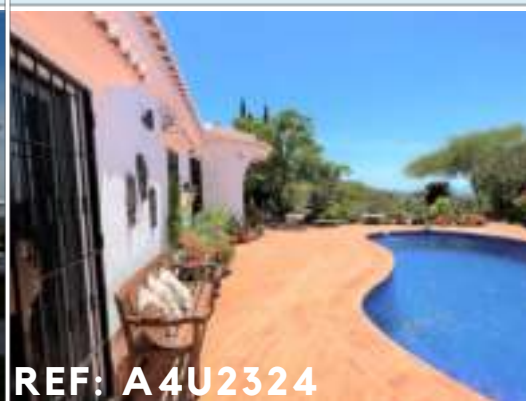


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Set in the picturesque landscape of Frigiliana, this enchanting 2-bedroom cortijo invites you to experience the best of Andalusian life. Conveniently situated just a mere 5-minute drive or a leisurely 10-minute walk from the heart of the village, this property offers a perfect blend of both accessibility and serene privacy.

A unique feature of this estate is the separate 35m2 outbuilding, brimming with potential. It awaits transformation into an independent 1-bedroom apartment, presenting an exceptional opportunity for those considering rental income or an idyllic guest retreat.

Step inside the main residence to discover a welcoming lounge that flows seamlessly into a dedicated dining space. The adjacent kitchen, equipped with all essential amenities, ensures you have everything you need to cater to family and friends. Two spacious bedrooms and a modern bathroom round off the internal living spaces.

Outside, the expansive grounds captivate with a large, private swimming pool – the perfect oasis for cooling off during those hot Spanish summers. The surrounding gardens, meticulously maintained and thoughtfully landscaped, provide a tranquil backdrop for relaxation and al fresco dining.

This cortijo is not only a home but an opportunity. Priced for a swift sale and available for immediate viewing, don't miss your chance to own a slice of Frigiliana paradise.

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CENTRALLY LOCATED HOUSE IN FRIGILIANA

This historic village house in Frigiliana offers ample space for renovation and personalization. It features a spacious lounge, dining area, 3 bedrooms, and multiple private terraces, including a roof terrace. The property also includes storerooms that can be converted into additional rooms. With access from two streets, it has potential for creating a separate apartment or multi-level development, such as a hostel or apartment hotel.

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DETACHED LUXURY VILLA IN FRIGILIANA

This luxury villa, just a 5-minute drive from Frigiliana, offers a grand retreat in the heart of southern Spain. With 7 spacious bedrooms and 5 well-appointed bathrooms across its 520 square meters, it provides ample space for both family and guests. The villa boasts traditional Andalucian charm and luxury, featuring a welcoming lounge, stylish dining area, and a fully equipped kitchen. It connects indoor and outdoor space perfectly.

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This 1-bedroom townhouse in Almachar offers great renovation potential and customization opportunities. It features an open-plan lounge and dining area, an equipped kitchen, and 1 bathroom, making it a cozy and manageable living space. The property is not only suitable for personal use but also holds promise as an investment for rentals or long-term holding. It is attractively priced and ready for immediate viewing.

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Featuring a cozy lounge and dining area that seamlessly connects to the equipped kitchen, offering a functional and inviting space for entertaining and relaxation. Two comfortable bedrooms and a well-appointed bathroom ensure everyday convenience. While the property is livable as is, it presents a exciting opportunity for personalisation and renovation to create your dream home. There are many standout features.



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Greek Easter Soup

Serves: 6 - 8

Ingredients:-

4 tbsp. extra-virgin olive oil
 2 ½ lb. lamb shanks, trimmed of fat
 2 large yellow onions, peeled and quartered
 2 medium carrots, peeled and halved
 2 bunches scallions, finely chopped
 1 ½ lb. boneless lamb shoulder, minced
 ½ cup long-grain rice
 3 bunches fresh dill, finely chopped
 8 cups shredded romaine lettuce
 4 eggs
 Juice of 4 lemons
 Salt and freshly ground black pepper

Preparation:-

Heat 2 tbsp. of the oil in a large pot over medium-high heat. Add lamb shanks and cook, turning to brown on all sides, for about 12 minutes. Add onions, carrots, and enough water to cover (about 16 cups). Bring to a boil, then reduce heat to medium and simmer, skimming occasionally, for 2½ hours. Strain stock, discarding vegetables but reserving shanks. Pull meat from bones, cut into small pieces, then return to pot with stock. Heat remaining 2 tbsp. oil in a large skillet over medium-high heat. Add scallions and cook until they are wilted, 3 - 5 minutes. Add the lamb shoulder and brown, stirring frequently, 5 - 7 minutes. Transfer to stock pot. Add rice, dill, and lettuce. Bring to a boil, then reduce heat to medium, and simmer until rice is soft, 30 - 45 minutes. Just before serving, make the egg lemon sauce by beating eggs with lemon juice in a medium bowl until frothy. Temper eggs by whisking in 2 cups hot broth, a little at a time, then stir the sauce into the soup. Season to taste with salt and pepper and serve.



Frittata with Ricotta Cheese and Roasted Peppers

Serves:- 4 - 6

Ingredients:-

½ cup grated pecorino
 2 tbsp. roughly chopped flat-leaf parsley leaves
 1 ½ tsp. kosher salt
 1 tsp. chopped fresh oregano
 8 eggs, beaten
 Freshly ground black pepper, to taste
 3 tbsp. extra-virgin olive oil
 1 large yellow onion, halved and thinly sliced
 1 small waxy potato, peeled and sliced into 1/8" rounds
 1 red bell pepper, roasted, peeled, and cut into 1/4" strips
 ¾ cup homemade or store-bought ricotta

Preparation:-

Arrange a rack in the middle of the oven and heat to 425°. In a large bowl, whisk together ¼ cup of the pecorino, parsley, ½ tsp. of the salt, oregano, and eggs and season with black pepper. Set egg mixture aside. Heat the oil in a 10" non stick ovenproof skillet over medium-high heat. Add the remaining salt, onions, and potatoes and cook, stirring occasionally, until lightly browned and soft, about 20 minutes. Remove skillet from heat. Add the egg mixture to the skillet and stir to distribute the onions and potatoes evenly. Scatter the peppers over the top, spoon the ricotta over the mixture in 6 dollops, and sprinkle with the remaining pecorino. Bake until lightly browned and the centre is set, about 15 minutes. Run a rubber spatula around the edges of the frittata to loosen it. Slide the frittata onto a serving plate. Season with more black pepper, if you like.

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Chinese Lazy Chicken Wings

Serves:- 4

Ingredients:-

For the Mala Spice Mix (makes approx.. ½ cup):

- ½ cup dried erjingtiao chiles, coarsely chopped
 - 2 tbsp. cumin seeds
 - 1½ tsp. fennel seeds
 - 1 tsp. whole cloves
 - 2 black cardamom pods
 - 2 star anise
 - 3 tbsp. sugar
 - 1 tbsp. kosher salt
- For the chicken wings:
- 2 lb. chicken wings
 - 1 tsp. kosher salt
 - 4 cups plus 2 tbsp. vegetable oil, such as peanut
 - ½ cup dried erjingtiao chiles, cut into 1-in. pieces
 - 1 tbsp. whole Sichuan peppercorns
 - 3 scallions, green parts removed, thinly sliced
 - ¼ cup finely chopped cilantro leaves, for garnish

Preparation:-

Make the mala spice mix: In a medium wok or skillet set over medium-low heat, toast the chiles, cumin, fennel, cloves, cardamom, and star anise until fragrant, 3 - 4 minutes. Transfer to a small bowl to cool to room temperature.

When the mixture is cool, add the sugar and salt. Using a spice grinder or a mortar and pestle, grind the mixture into a fine powder. (Store in an airtight container for up to 2 weeks.)

Make the chicken wings: In a large bowl, add the chicken wings and salt and rub to evenly coat. Into a large wok or pot fitted with a deep-fry thermometer, add 4 cups of the oil and turn the heat to medium-high. When the temperature reads 250°F, add the wings to the wok and fry, working in batches, until cooked through and lightly golden, 10 - 15 minutes per batch. Transfer the wings to a large paper towel-lined platter, arranging them in a flat layer. Refrigerate, uncovered, for at least 12 hours, up to 24 hours. Reserve the oil in the wok.

When ready to re-fry, set the same wok over high heat, with the reserved oil in it. When the temperature reads 400°F, return the wings to the wok and fry until golden brown, about 5 minutes per batch. Transfer the wings to a cooling rack and dust the mala spice mix evenly over them. (Discard the oil.)

Use a paper towel to wipe the wok clean, then heat the remaining oil over medium-high heat until it is hot but not smoking. Add the chiles, Sichuan peppercorn, and scallions and stir-fry, tossing continuously, until fragrant, about 2 minutes. Return the wings to the wok, lightly dust with more mala spice mix to taste, and toss gently to coat. Transfer to a large platter, garnish with cilantro, and serve.



French Lemon Tart

Serves:- Makes one 8" tart

Ingredients:-

For the crust:

- 2 cups flour
 - 2 tbsp. sugar
 - ½ tsp. salt
 - 12 tbsp. unsalted butter, chilled and cut into pieces
- For the filling:
- 1 ¼ cups sugar
 - 2 eggs
 - 10 tbsp. butter, melted and cooled

Juice and minced zest of 2 lemons



Preparation:-

For pastry, put flour, sugar, and salt in a bowl. Cut in butter (mixture should resemble coarse cornmeal). Sprinkle with 3 tbsp. of ice water to hold dough together, then form into a ball, wrap in plastic, refrigerate for at least 1 hour.

Preheat oven to 375°. Flatten dough into a 9" round on a lightly floured surface, place in an 8" tart pan, prick bottom with a fork, cover with foil, chill for 20 minutes. Fill tart shell with pie weights or dried beans and bake for 15 minutes. Remove weights and foil, bake for 5 minutes more. Set aside to cool.

For filling, beat sugar and eggs together until mixture is pale yellow. Gradually add melted butter, mix well, then stir in lemon juice and zest. Spoon filling into tart shell and bake until crust is golden and filling is set and lightly browned, about 25 minutes. Cool completely before serving.




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PHYSIOTHERAPY IN THE ELDERLY



Physiotherapy in the elderly is focused not only on the therapeutic aspect in relation to the various pathologies that are more common with advanced age, one of the fundamental fields to take into account in our treatment is prevention and orientation towards obtaining a higher quality of life. Physiotherapy treatments in the elderly are aimed at people from 60 years onwards, it is considered to be the age where this life cycle begins.

One of the misconceptions of physiotherapy is that it should only be used when there are health problems that require this treatment, but this is a wrong idea since physiotherapy in the elderly consists of three essential

components that allow improve or prevent risk situations.

The three pillars of physiotherapy in the elderly:

- **Preventative physical therapy:** It is better to prevent a fall than to treat the fractures that may occur. If we get our patients to have good joint width, strength and good balance, the chances of having an accident are much lower.

Above all we must prevent them from losing their motor skills and prepare them to get used to having a good life that will always depend on having independence in as many areas as possible. Preventive physiotherapy is mainly responsible for ensuring that in old age our patients are capable of



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TORNADO PILATES 9:15H	NIÑAS PILATES 9:15H	TORNADO PILATES 9:15H		TORNADO PILATES 9:15H	NIÑAS PILATES 9:15H	TORNADO PILATES 9:15H		TORNADO PILATES 9:15H		TALLERES
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being the most functionally independent while continuing to relate in their physical environment with greater motor and orientation abilities.

• **Diagnostic physiotherapy:** This type of physiotherapy is used to assess the injury, pain or in the event of a fall, to identify the limitation of mobility, since when you have an you type of discomfort you should turn to a specialist doctor to determine the type of injury, the severity of it to determine what type of procedure is required.

• **Traditional physiotherapy, rehabilitation:** This is the best known category of physiotherapy, in it we are dedicated to the treatment of an injury or injuries of various degrees, treatments after surgical intervention, etc.

In this way, physiotherapy in elderly patients is similar to any other type of ordinary treatment, with the exception that we will have to adapt to the psychology of these patients and their specific needs, be able to encourage and support them to see that they have a good expectation of recovery is as important as the treatment itself.

NEED FOR PHYSIOTHERAPY IN THE ELDERLY

One of the main functions of physiotherapy in the elderly is to maintain a degree of mobility and independence that allows us to feel good and capable in the environment in which we operate.

It is precisely for this reason that it is so important that older adults always have options to have this type of treatment, physiotherapy does not have to be only a restorative therapy and it is precisely in the field of the elderly where physiotherapy can further extend its action and prove its extraordinary health benefits in the broadest sense of the word.

In this way, physiotherapy in the elderly intervenes with effective techniques to treat motor deficiencies, schedule adapted physical exercise, strengthen muscle strength, improve endurance and balance, assess posture and always aimed at restoring confidence in their abilities to our greater good.



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Urinary Tract Infections – Complicated and Uncomplicated

Urinary tract infection (UTI) is the most common of all bacterial infections and can occur at any time in the life of an individual. The urinary system is designed to keep out microscopic invaders and generally does a pretty good job at it – but sometimes the defences fail. About 95% of the time bacteria multiplies at the opening of the urethra and travels up to the bladder. Even then, when bacteria is introduced into the bladder, there are a number of defence systems protecting the urinary tract against an active infection. Some of these defences include:

- Urine is normally sterile and itself works as an antiseptic, washing out bacteria during normal urination.
- Ureters work to prevent urine from backing up into the kidney when the bladder forces out the urine through the urethra.
- The bladder's mucous lining has antibacterial substances that eliminate many pathologic organisms.
- The prostate gland secretes infection fighting substances in men.
- A healthy women has lactobacilli in the vagina, which maintains an acidic low pH environment that is hostile to other bacteria.

Still sometimes bacteria manages to enter despite the body's various defences and a urinary tract infection ensues.

Less frequently but more seriously, the bacteria spreads and infects the kidney causing pyelonephritis.

Urinary tract infections are not treated alike depending if they are classified as complicated or uncomplicated.

Uncomplicated UTI's are usually found in non-pregnant, pre-menopausal women. Complicated UTI's are defined variably but generally include patients with underlying disease such as diabetes, post-menopausal women, pregnancy, alcoholism, under 12 years of age, all men, structural abnormalities, and catheter use- just to name a few.

There is a significant difference in the treatment of complicated and uncomplicated UTIs. Too often I am seeing patients who fall in the complicated category given antibiotics regimen suitable for an uncomplicated infection. I usually see these patients in a significant level of distress. They tell me tales of weeks of on-going treatment with changing antibiotics all resulting in no cure for their pain and discomfort.

From diagnosing to treatment, there is a difference in what is effective for complicated and uncomplicated UTIs.

Uncomplicated UTIs

The popular and quick "dipstick" to test urine is acceptable for pre menopausal women with an uncomplicated presentation (no fever or kidney pain). The optimal duration of treatment in these cases is three days. Single-dose therapies have an unacceptable rate for the infection to come back mutated and nastier! If these patients are still symptomatic after three days, they require a laboratory urinalysis along with a microbacterial culture to identify the causative organism. Numerous

studies have shown that it is not acceptable to simply change the antibiotic with out having that culture!

Complicated UTIs

Pretty much everybody else with UTIs fall into the complicated category of infection and need their first urine sample sent for biochemistry and culture in a lab as well as a dipstick at the doctor's surgery.

Why not just use the "dipstick"? Not for these more complicated infections. The main disadvantage of the dipstick is that, while "instant", the information may not be very accurate. Additionally, the information given in dipstick testing is pretty limited as the dipstick is a qualitative test rather than a quantitative one – it does not give a precise measurement of the quantity of the abnormality. Therefore, dipstick urine results do not show both normal and abnormal values.

The ability of the dipstick to replace microscopy is an ongoing controversy. Many studies, including those presented to the American Academy of Emergency Medicine, show that a negative dipstick test simply cannot be counted on to rule out pyruia - pus in the urine.

Post menopausal women need laboratory urinalysis and gynaecological evaluation with ultrasound are needed.

Many complicated UTIs require a urological exam with ultrasound to rule out underlying structural or anatomical abnormalities. Antibiotics in complicated UTIs need to be taken for ten to fourteen days.



Urinary tract infections in all men, as a general rule, are considered complicated infections and the possibility of the infection having ascended to the kidney or having ascended from the prostate must be considered. Laboratory urinalysis, microbacterial culture and

specialist urological consultation are required.

If you are concerned about the health of your urinary tract system, take a look at the www.urologyhealth.org, the website for the American Urological Association.

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15 Things You Can Do to Prepare for a Healthy Spring

Spring is a season of renewal and growth, and it's the perfect time for women to focus on their health and wellness. As the weather warms up and the days get longer, there are plenty of opportunities to get outside, exercise, and eat healthy. Here are some spring health tips for women to help them feel their best and make the most of the season.

Get Active Outdoors

After a long, cold winter, getting outside and being active is essential for our physical and mental health. If you are looking for an activity that's easy to start, consider the following:

- Walking
- Jogging
- Hiking
- Biking

Taking a yoga class or practicing tai chi outside can also be a great way to enjoy the spring weather which will promote relaxation and mindfulness.

Eat Fresh and Health

Spring is a great time to begin eating fresh, healthy foods. As the weather warms up, farmers' markets start to open, offering a wide variety of fresh produce. Try incorporating more fruits and vegetables into your diet, including:

- Leafy greens
- Berries
- Asparagus
- Artichokes
- Leeks
- Rhubarb
- Fava beans
- Watercress
- Radishes

Eating a diet rich in fruits and vegetables can help lower your risk of chronic diseases, such as heart disease and cancer. Improving your diet is the first step in learning how to establish good health habits right now.

Stay Hydrated

Staying hydrated is necessary as the weather gets warmer. It's important to drink plenty of water throughout the day to keep our bodies functioning properly. Try infusing your water with fresh fruit, such as lemon, lime, or strawberries, to add flavour and antioxidants.

If you are doing physical activity, pay close attention to your water intake. If you notice any of the following, drink plenty of fluids and seek medical attention if symptoms become severe:

- Dark, strong-smelling urine
- Feeling thirsty
- Dizziness
- Fatigue
- Dry mouth
- Confusion

Protect Your Skin

As you spend more time outdoors, it's important to protect your skin from the sun's harmful rays. Wear sunscreen with an SPF of at least 30 and reapply every two hours or more frequently after swimming or sweating.

Wear a hat and sunglasses to protect your face and eyes. It's also important to avoid the sun during peak hours, typically between midday and early afternoon.

Spring Cleaning

Spring cleaning isn't just good for your home, it's also good for your health. Decluttering and organizing your home can help reduce stress and improve mental health.

It can also help you identify potential health hazards, such as mould or dust. Cleaning your home can be a great way to get some exercise, especially if you tackle tasks like vacuuming, sweeping,

or mopping that requires walking around and arm movements.

Practice Mindfulness

Spring is a season of renewal and growth, which are great reminders to practice mindfulness and meditation. Taking a few minutes each day to do something relaxing like deep breathing exercises can help reduce stress and improve mental clarity. It can also help you feel more present.

Get Enough Sleep

Getting enough sleep is important for physical and mental wellbeing. Aim for seven to eight hours of sleep each night to help your body and mind feel rested and refreshed. Develop a bedtime routine that helps you wind down and relax before sleep. Avoid using electronic devices before bed because the blue light can interfere with sleep.

Boost Your Immune System

Spring is beautiful, but it can also bring allergies and colds with it. Taking steps to boost your immune system can help keep you healthy all season. Eating a healthy diet, getting enough sleep, staying hydrated, and practicing good hygiene can help protect you from illness. Taking supplements, such as vitamin C, echinacea, and probiotics, can also help support your immune system.

Take a Digital Detox

In today's digital world, it can be challenging to disconnect from technology. Taking a digital detox, even for a day or two, can be a great way to reduce stress and improve mental health. Many people find that constantly checking notifications, messages, and social media can become an unhealthy habit. In many cases, it can increase stress and make it harder to manage time. Plan for regular breaks to avoid suffering from information overload.

Try Something New

Spring is often associated with new beginnings, and it's a great time to try something new. Whether it's taking a cooking class, learning a new language, or trying a new hobby, stepping outside of your comfort zone can help you grow and develop as a person. Trying new things can also help reduce stress and improve mental health by providing a sense of accomplishment and satisfaction.

Connect with Nature

As the weather gets warmer, communing with nature can improve your health and outlook. Take a walk in the park, go for a hike, or spend a day at the beach. Being in nature can help reduce stress, improve mood, and boost creativity. It can also help you feel more connected to the world around you.

Practice Self-Care

Taking care of yourself is essential for your health. If you haven't already, this spring is a good time to start self-care and develop healthy habits. Take a relaxing bath, get a massage, or practice yoga. Taketime for yourself, read a book, watch a movie, or spend time with friends.

Manage Stress


Stress can have a negative impact on our wellbeing. Try introducing stress management techniques this spring. This can include practicing mindfulness and meditation, exercising regularly, getting enough sleep, and taking breaks throughout the day.

Check in with Your Health

The renewal of Spring reminds us to check in with our health and schedule any necessary appointments or screenings.

Surround Yourself with Positive Energy

Surrounding yourself with positive energy can help improve your health and wellbeing. Spend time with friends and family who uplift and support you. Avoid negative people and situations that bring you down. Create a positive and supportive environment.



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Not sure what anti-ageing treatment would be suitable for you?

YOU MAY HAVE heard of an anti-ageing treatment from your friend that worked well for her, but you should know that every anti-ageing treatment can't be effective for all skin types. While some anti-ageing treatments sound too good to be true, others may be too expensive or ineffective on your skin.

Read on this article by Dr. Nivedita Dadu (Skin specialist who leads Dr. Nivedita Dadu's Dermatology Clinic) to understand how different non surgical anti-ageing treatments work.

1. SKIN TIGHTENING LASER: These lasers not only stimulate the skin but also the aponeurotic sheath around the muscles (SMAS). Hence deeper and better results are expected which are more prolonged. These lasers work by heating the dermis and stimulating collagen growth, while cooling the surface to prevent any damage during the procedure.

Pros - Cost effective, painless, full face and neck treatment done in every session.

Cons – Multiple sessions needed.



2. ANTI WRINKLE INJECTIONS: These are injections that lessen the ability of selective muscle movement, which ease the appearance of expressive lines around the eyes, forehead, and mouth over time to reduce wrinkles.

Pros – Works selectively on target muscles only.

Cons – Costly, results last only for a few months.



3. DERMA ROLLER: Derma roller/collagen induction therapy/microneedling – A derma roller is a hand held device with microneedles. The roller is moved up and down on all parts of the skin on the face or the affected area. This results in stimulating collagen, elastin, and neovascularisation. Some skin clinics also apply serums to the treated area, specific to your skin concerns, (hyaluronic acid, growth factors and skin boosters for anti-ageing). Needling sessions are typically spaced around a month apart.

healthwise

Pros – Safe, effective and cost effective anti-ageing treatment.

Cons – Minimal down time, works well in early stages of ageing.



4. VAMPIRE FACELIFT: The technique is based on harnessing the natural healing power of your own blood. The growth factors and proteins present in the blood promote healing of the damaged skin. So, the Vampire Facial or Facelift controls ageing as it is infused or topically applied to the skin by boosting the new collagen production.

Pros – Utilizes the properties of your own cells to rejuvenate the skin, no foreign body introduced.

Cons – Limited anti-ageing properties, as with any other injectable, chances of bruise, pain or tenderness which may last up to a couple of days.

5. COLLAGEN INDUCTION THERAPY: This is a combination of derma roller and growth factor therapy. Growth factors (which are extracted from patient's own blood) when applied to the skin after microneedling, penetrates the skin through the tiny channels the microneedles create. This triggers surrounding cells to proliferate and repair damage.

Pros – Cost effective, incorporates the advantages of both, Microneedling and Growth Factor Therapy.

Cons – Downtime up to a few days, works well for early signs of ageing.

6. HYALURONIC ACID INFUSION: Hyaluronic acid is a popular and effective skin hydrating ingredient. In the treatment procedure, multiple weights of hyaluronic acid are applied, as well as different aspects of hydration and skin health are addressed. This treatment method improves the elasticity of the skin.

Pros – Very effective for dry, dull, dehydrated skin, increases hydration and elasticity of skin.

Cons – Not for someone looking for aggressive anti-ageing treatment.

7. FILLER: Filler is an injectable gel containing hyaluronic acid that restores youthful volume to cheeks, cheekbones and chin, that have become thin due to weight loss or age related facial fat loss.

Pros – Quick results, single session, results are long term.

8. IPL LIGHT THERAPY OR PHOTOFACIAL: This therapy utilizes the properties of IPL (intense pulse light) laser which has scientifically proven collagen boosting and facial rejuvenation properties.

Pros – Relaxing as a facial, no down time.

Cons – Good for early signs of ageing.

9. HIGH INTENSITY FOCUSED ULTRASOUND (HIFU): HIFU uses the power of Ultrasound to safely lift and tighten skin. Ultrasound is a form of energy that is different from light such as IPL and Lasers or Electrical (Radio Frequency) energy. HIFU works focusing on the structural layers of the skin. HIFU treatment for face and neck will usually take a short duration.

Pros – Single session, no down time.

Cons – Expensive.

10. DIAMOND POLISHING: Works by exfoliating the dull, dead, damaged layer of skin.

Pros – Gives a fresher look.

Cons – Good for early signs of ageing only.

11. CHEMICAL PEELS LIKE TCA: Works by exfoliation.

Pros – Glow with anti-ageing.

Cons – Works well for early signs of ageing, down time up to a few days.

12. PERMANENT MAKEUP: You will look younger with adjusted eyebrows. An eyeliner opens the eyes and lashes look fuller.



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La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

Town Halls

Frigiliana-952 533 002
La Herradura-958 827 794
La Herradura Foreign
Residents-958 838 618
Nerja-952 548 400
Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

Hospitals

Motril-958 603 506
Nerja Ambulatorio-
951 289 662
Vélez Málaga-
951 067 000
Carlos Haya-951 290 000

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339.
www.nerjaalmuñecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol, 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 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

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 visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about an hour and half. With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".
John 14:6
Sunday Service 11.00 a.m.
Prayer Meetings Wednesdays 11.00 a.m.
Pasaje San Miguel, Nerja, 29780.
Email: info@nlcnerja.com
Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284
Tel: 952 030 461. www.stbarnabas-spain.com.

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.
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
Chaplain: Fr.Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemálaga.org or contact one of the chaplacy wardens. More information can be found at: www.stgeorgemálaga.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: 654 884 658



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (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

LUX MUNDI, TORRE DEL MAR MARCH COMING EVENTS & EXCURSION

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00 to 13.00.

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Offers now a good selection of Autumn/Winter clothes at very good prices. Donations in good conditions are always welcome.

Every Thursday - Spanglish. General conversation between Spanish and English friends. Time 16.30 to 17.30.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 11.00 to 13.00.

Wednesday 6th March - Women's Worlds day of Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 17.00.

Friday 23rd March - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

Friday 29th March - St. Barnabas Church Service, An Hour before the Cross. At the Centre. Time 11.00.

Sunday 31st March - St Barnabas Service Easter Sunday. At the Centre. Time 11.00.

COMING EXCURSIONS

Tuesday 9th April - Coach excursion to Gibraltar. Ticket price: 23 Euros with friends card, visitors 25 Euros.

Thursday 18th April - Coach excursion to Cabra. Ticket price: 36 Euros with friends card, visitors 40 Euros.

Friday 7th to Sunday 9th June - Coach excursion to Ronda for Romantica celebrations. Ticket price: Double room per person 240 euros with Friends card, visitors 260 euros. Single room 335 euros with Friends card, visitors 355 euros.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. It is registered social club with the Ayuntamiento in Velez Malaga, is a non political and secular organisation & during these very difficult financial times we try to keep costs down.

We offer an opportunity to make lasting friendships, to help each other & share information but primarily to have fun in a friendly and inclusive association. You do not have to be a member to join us on our trips.

Do come along and meet us.

We meet every Tuesday between 12 and 2 pm at Restaurant and Bar La Vega in Torre del Mar

Trips & Event

March 2024

1st - Trip to Gib €18 and includes €1 for the driver.

22nd - IKEA & Guzmans Garden Centre

April 2024

5 day trip to Madrid including 2 day trips. For more information contact Gail.

For further information, please contact Gail on 95 106 7723 or 626 370 695 or email:- phoenixsocialclub@yahoo.co.uk or check out our FB page.

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NEWS & What's ON

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



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 for free.

Please send all information to info@streetwise.es

or call Dawn on 638 474 718.

All information is required by the 15th monthly.

A.P.A Animal Charity Shop C/. Chaparil, Nerja
Tel:- 634 406 659



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Brian Karet, 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 Face- book 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, whomay 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 Brian Karet can be contacted via email at briankaret@sky.com

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.



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www.malagaclima.es



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.

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.



Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!

Want to join a choir?

Vélez-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.

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.



CAR BOOT SALE

EVERY TWO WEEKS
10th AND 24th MARCH 2024
9 a.m. to 2 p.m.

Viveros Garden Paradise, Torrox
(near Lidl Torrox Costa)

Pitches cost €8 in aid of
Tail Torrox Animal Rescue
(Advanced reservations only)

Contact Gill on 711 070 836

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
Edificio Tucuman (opposite Café Trebol),
Nerja.

Your unwanted things always needed! - kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc..
Anything you think will still be of use to other people.

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



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RESIDENCIAL BOREAL NERJA

Do not miss this opportunity!

This is an extraordinary luxury residence, located in a private urbanization whose unbeatable environment of tranquility and well-being awakens senses under the Mediterranean Sun....

This magnificent residential area - for sale off plan - has 6 levels with 24 x 2-bedroom homes designed with meticulous detail using the highest quality materials, and a top floor with 2 x 3 bedroom penthouse homes with very large terraces of more than 50 m².

The prices of the 2 bedroom apartments vary between €215,975 and €265,975 and €265,975 and €359,975 respectively. The penthouses are priced at €345,975 and €359,975 respectively.

PRICES FOR 2
 BEDROOM FROM
 €215,975 TO €265,975

PRICES FOR 3 BEDROOM
 PENTHOUSE FROM €345,975
 TO €259,975



All homes have large windows in the living room and master bedroom with access to large terraces to enjoy views of the sea and nature. The kitchens are integrated into the living room. The master bedroom has an en-suite bathroom and lined built-in wardrobes as in the second bedroom. The bathrooms have a shower tray. There is centralized air conditioning in the living room and bedrooms. There is also an opportunity to personalise your new home with extras to choose from.

All communal areas are attractive, very modern in style, landscaped with plant, ambient lighting system and a wonderful community pool with a staircase entrance and integrated submerged lighting.

There are a total of 26 parking spaces, 7 of which have a storage room assigned. The prices for these car parks start at €27,995. The 19 parking spaces without storage cost from €17,995. Independent storage rooms are available from €4,495. The garages have pre-installation of electrical outlets for electric cars. Cycloparking, where you can store bicycles.

Get in touch with us NOW to reserve your new home.



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SAYALONGA

REF: 7579

EXCLUSIVE: Fantastic Finca with guest apartment 15 mins from the coast; 3 bedrooms, 2 bathrooms, 2 lounges with fireplace, 2 kitchens. Private pool, garden, storage, patio, porch and stable. Amazing Sea views.

Built: 207 m²

Plot: 10.200 m²

EPC: E

PRICE: €327.000



ALMAYATE

REF: 7494

EXCLUSIVE: Lovely positioned villa only 5 minutes drive to the coast with Sea views; 2 bedrooms, 2 bathrooms, living/dining-room, extra storage/office space, double garage, gas central heating, Jacuzzi, porch...

Built: 120 m²

Plot: 900 m²

EPC: In Progress

PRICE: €469.000



TORROX

REF: 7631

EXCLUSIVE: Hacienda style large country house with studio in need of some updating: 5 bedrooms, 3 bathrooms and lounge with a fireplace. Courtyard, swimming pool, storage, several terraces, parking area. Ideal as B&B.

Built: 240 m²

Plot: 7.000 m²

EPC: E

PRICE: €399.000



CANILLAS DE ACEITUNO

REF: 7616

REDUCED PRICE: Fantastic Country-Villa between Canillas de Aceituno and Vélez-Málaga with 3 bedrooms, 2 bathrooms, garage and storage. Private pool, extensive terraces, central heating. Mountain views.

Built: 271 m²

Plot: 8.611 m²

EPC: D

PRICE: €385.000

29754 Cómputa

Plaza Almirante, 21

Tel.: +34 952 51 61 78

29770 Torrox

Calle Elisa Ortigosa, 7

Tel.: +34 952 53 91 25

29740 Torre del Mar

Avda. Andalucía, 32B

Tel.: +34 952 54 18 86

