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Price: €895.000

Ref: REST



Detached house in Capistrano Garden. Comprising: 3 bedrooms, 3 bathrooms, open kitchen-living area and several terraces. Roof terrace with pool. Private parking. It has a total of 110 squares meters plus terraces, divided in 3 floors. The house is was built just a few year ago with high quality materials and a modern style. Sea views.

Price reduced: €475.000 Ref: NV.GARDENS



Nice apartment in Capistrano Village. The apartment consists of 1 bedroom, bathroom, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €196.000

Ref: NV97A



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000

Ref: NV.39B

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Nice apartment in Capistrano Village. Comprising 1 bedroom, bathroom and living/dining room leading onto terrace with sea views. Parking place close by the communal pool is also very close. The village has bus stop in the door and access to the pools. Big supermarkets are 2 minutes walking.

Price: €167.000

Ref: 75A



Impressive detached villa with private pool in Nerja, in the Alhambra urbanization. Comprises:- 5 large bedrooms, 3 bathrooms, kitchen, living room, several terraces and the patio that includes a private pool. Sea views.

Price: €649.000

Ref: NV.005



Beautiful apartment in Capistrano village with one bedroom. The apartment is fully renovated with sea views. It has a rental license and a big rental potential.

Price: €186.000

Ref: NV.79B



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 reduced: €370.000

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



Beautiful detached house in Almuñecar. The house has more than 120 square meters built distributed over 3 floors, where we find: 3 bedrooms, 3 bathrooms, living room, kitchen, large outdoor areas and garage. It has a communal pool and barbecue area with incredible views.

Price reduced: €275.000

Ref: NV.JES



Completely renovated and ready to move into, this property has 2 bedrooms, a large living room, kitchen, bathroom and toilet, distributed over 2 floors. 5 minutes walk from Burriana beach, in the center of Nerja.

Price: €300.000

Ref: V. Flamenca

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Indian tequila: One man's quest to perfect a national spirit



Desmond Nazareth enjoying the fruits of his labour

Indian tequila: one man's quest to perfect a national spirit

What happens when you try making tequila, Mexico's drink, in India? Alex Travellii downs a glass to find out...

In a quiet part of Goa on the west coast of India, three identical enamelled cups were perched on a bar. Each contained a clear alcohol, in one cup was a local Indian spirit. The other two had different brands of mezcal. This spirit is made from agave, a plant grown across a semi-arid swathe of Mexico, the best known variant of which produces tequila. To judge the drinks, a veteran of boozy sabbaticals in Oaxaca, the spiritual home of all mezcals, sipped from each cup twice. He couldn't identify the Indian imposter. Why should anyone care which was mezcal or the home-grown approximation? The pursuit of authenticity is a funny thing. The bizarre case of India's first and only agave spirit is a prime example of that.

Desmond Nazareth, a year old from Mumbai, has spent the past years working to perfect an Indian equivalent to tequila and other mezcals. It is made from semi-wild agave, more than km from tequila's cultural and legal home. A cartoon motif of Nazareth appears on a range of orange plastic screw capped bottles labelled "Indian Agave spirits" under the brand name Desmoindji and Dj. Though it is still a fairly small operation, some 13.00 cases, each containing nine-litres, were sold and demand is growing. The drinks are now available in a number of bars and shops in the more liberal parts of India.

Tequila is made from blue agave, a particular variety of spiny succulent native to Mesoamerica which can be found on Mexico's dusty plains. Mezcal, its country cousin, can be made from a number of different agaves. Like many other

regional foodstuffs, parmesan and champagne among them, there are tight restrictions over what products can be called tequila or mezcal.

According to World Trade Organisation regulations, no spirit with these names can be made anywhere else in the world.

In the 1980s Nazareth moved to America to study film-making. During this time he began making cocktails as a way "to please people, or to charm them". The margarita was an indispensable part of his arsenal. But when he moved back to Mumbai in 2000, he found that the main ingredient for his drink of choice was both scarce and pricey.

Nazareth had a hunch that the terroir of India's semi-arid Deccan plateau might be similar to that of central Mexico. He knew that agave plants, brought by European colonists centuries ago, already criss-crossed the landscape.

A good agave plant takes 10 to 12 years to mature. But mimicking the correct method of distilling is tricky. To make tequila, the barrel shaped trunks of mature agave are pared-down, steamed and finally distilled in special copper stills. The right equipment isn't sold outside Mexico. So, in 2007, Nazareth and his business partner went as sightseers to see how the experts did it. The pair were welcomed by producers in and around the town of Tequila, and took pictures of the machinery. When they returned to India, they commissioned steelmakers to make pressure chambers, guillotine like cutters to slice up the agave hearts and distilling pots. Nazareth opened his factory in 2010. He built what he described as "madness in the middle of nowhere". The first thing you see as you approach the site in Andhra Pradesh in south-east India is a curious looking water tower, built in the shape of a Martini glass. On the star shaped plot, surrounded by fields, one man's daydream has become India's first craft distillery. The borders, which stretch to 2.5km, are planted high with manicured giant agave. Over the past decade, tens of thousands of their offspring have been propagated in the surrounding countryside.

A neat cluster of buildings inside the perimeter is painted pink to match the granite hillside at sunset. Workers swing a long-handled version of an Indian sickle to first cut off its spiny leaves and hack down the agave, and then later to trim clean the agave hearts (they find the Indian tool nimbler than the traditional Mexican hoe, the coa de jima). Others load discarded biomass into a furnace. Technicians mind the towering, stainless-steel vats of agave juice. It ferments in one vat and is then moved to the pot stills.

Nazareth took on his first employee in 2007, now

Continued on page 16



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Country Property of the month

Torrox:

Price: €870.000

TCP242



Country property less than a 10 minute drive from Torrox and the sandy beaches. Build 500 m2, plot 9,000 m2. Amazing panoramic sea and mountain views and a lot of outdoor space. Ample parking space along with a closed garage. Main property divided into 2 independent living areas, separated by a garden. Hallway greets you at the main door, to the left of the entrance is a small toilet, leading to a spacious living room that connects to a cozy indoor courtyard, perfect for winter evenings. Adjacent to the living room, there is a well appointed kitchen. Main house includes 2 bedrooms, family bathroom plus a small toilet. Second independent property features 3

bedrooms, 2 with en suite bathrooms, plus an additional toilet. This part of the property also has a small office, laundry room, and a storage room. Stairs from the garden leads to the pool (5 x 10 meters). Adjacent to the pool, you'll find a sauna and shower room. Next to the pool, a third property provides additional living space. Top floor: living room, shower room, toilet, bedroom. Ground floor: studio apartment with living room, bedroom with en suite bathroom, kitchen area. Successful rental investment for many years. Book your viewing now!



Cómputa:

Price: 469.000€



- Living space: 118m²
- Bedrooms: 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP624

Cómputa:

Price: 299.000€



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

Ref. CP639

Nerja:

Price: 395.000€



- Living space: 197m²
- Bedrooms: 3
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Greenery
- Area: Town house

Ref. NTH025

Cómputa:

Price: 410.000€



- Living space: 277m²
- Bedrooms: 8
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Town house

Ref. TH579

Torrox:

Price: 169.000€



- Living space: 80m²
- Bedrooms: 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Town house

Ref. TTH653

Cómputa:

Price: 395.000€



- Living space: 120m²
- Bedrooms: 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. V265

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Welcome to Streetwise magazine -

Welcome to the October issue of Streetwise magazine. During October there is plenty to keep you busy.

The Torrox Feria takes place from the 2nd to 6th October.

The Nerja Feria takes place from the 8th to 13th October, also there are several Octoberfest festivities taking place in several towns along the Costa del Sol. Enjoy!

Dawn x



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Lost Parrot Harry, sadly missed!

Lost in Calle Bolina, Residential Amaya area of Torrox Costa. An Amazon orange wing parrot. Answers to the name Harry and is extremely tame. Please can you check your gardens. Any information please contact **Michael Stockdale**. Calle Bolina 10, Residential Amaya. Call 0034 628 338 999 plus whatsapp. Please help us find him, he is sadly missed!



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Galeria Luz de la Vida organizes the 6th International Art Symposium Luz!



The 6th International Art Symposium Luz! 17th to 24th October. Calle Laberinto 15 bajo Cómputa, (opposite Restaurant El Pilon, only accessible by stairs!)

Art & creation...

...be moved by the energy, light & inspiration!

The gallery has a history with artists from all over the world, since 2015 groups of International artists have been visiting the charming mountain village Cómputa. It has been a big honour they travel from far away to get inspired in Spain! Dutch artist, gallery owner and art event organiser Lieuwke Loth has been organising art symposiums since 2015.

The symposium is a public event where locals, art-lovers and other visitors can meet the International artists and experience how they create their art with spontaneity, originality and creativity. This event broadens horizons and help to improve understanding of other cultures, countries and art.

Each time again it has been a great International event, which has brought a lot of joy and new connections. Lieuwke does the curation and always looks for professionalism, authenticity and creativity in the art works. Artists from all over the world have been gathering to find new friendships and inspiration, to exchange information about art events and galleries, to exchange about techniques and ideas related to their profession.

This time the Symposium will take place in the Natural park of Cómputa, if you like to visit the artists there, please contact us: 0031-650408977 (whatsapp)

Check the website for a schedule of shuttle trips.

Possibilities to visit the finca during the creation days: Fri. 18th, Sat. 19th, Mon. 21st, Tue 22nd.

For more information:- fb: symposiumluz <http://www.galerialuzdelavida.com/symposium-luz/>

Participants:-

Lill Thelin (DK) - www.instagram.com/lillthelin - www.lill-thelin.dk

Anne Kroner (DK) - <https://www.instagram.com/annekroner>

Phuc Van Dang (VM) - PHUCISME <https://www.facebook.com/phucisme>

- www.instagram.com/phucisme

phucisme - www.phucvandang.com

Anja Sysette Hojgaard Schmidt (DK) -

www.instagram.com/ansysart

Joana Trzcinska (PL) - www.facebook.com/joanna.trzcinska.35

- www.joanna-trzcinska.pl

Ula Dzwonik (PL) - <https://www.facebook.com/ula.dzwonik>

- www.instagram.com/uladzwonik

Lieuwke Loth (NL) - www.instagram.com/lieuwkeloth - fb:

Lieuwke Loth Art - www.lieuwleloth.com

Galeria Business hours in October: 3rd, 4th, 5th/ 10th, 11th, 12th/ 17th, 18th, 19th of October. Thurs. - Sat. 10am - 2pm.

Symposium week activities at Galeria:-

Sat. 19th of Oct introduction of each artist at 6:30pm

Wed. 23rd of Oct: Project 'Square' with the artists: 4pm - 6:30pm + music

Thurs. 24th of Oct Inauguration Symposium LUZ at 6:30pm

Continued on page 10



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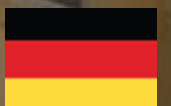
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+ music Fri. 25th gallery closed
Sat. 26th of Oct 11am - 2pm

Exhibition Symposium LUZ:-
Sat. 26th of Oct - Sat. 23th of Nov (Gallery is open Thurs -
Sat. 11am- 2pm)

Galeria Luz de la Vida, the ART place in Competa!
This year the gallery celebrates its 10th Anniversary with
extra events and activities. Competa has been a place for
artists and art lovers for decades now, if not longer.
This October Month it's THE place to be if you like to see
art and to meet artists!

In the week 17th till 24th of October we'll have our 6th
International Art Symposium LUZ.

This special art place, run by the Dutch lady Lieuwke Loth,
attracts artists and art-lovers from all over the world. Here
you can find International art of good quality, from lasercut
art works to ceramics to paintings. The little garden got her
design years ago and with the beautiful trees and plants
and Anne-Barbara's mosaic on the wall it has a special
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NERJA

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Price: €325,000

Ref: NERJA



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Price: €680,000

Ref: CN48680_1



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Ref: IN-828_INM



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Exclusive villa for sale in the Natural Park of Cerro Gordo, La Herradura, build 433 m2, plot 1.000m2.

The villa has 2 double garages. Comprises:- 4 bedrooms, 4 bathrooms, large living room with fireplace, kitchen, solarium and gardens. All rooms of the property are south facing with spectacular views of the sea and the natural park.

Very quiet private residential area. Private access to the beach of Cantarriján.

In the heart of the natural park and easily accessible, only 6 minutes from the motorway.

The villa has some extraordinary and special characteristics, for someone looking for something different and completely unique.



TORROX COSTA

PRICE:- €225.000

Centrally located apartment surrounded by supermarkets, bus stop, restaurants, etc. Close to beach and promenade. Communal gardens and pool.

Comprises:- living room, private terrace, fully furnished, equipped independent kitchen, 2 bedrooms, 1 bathroom and 1 toilet. Solarium accessed by communal stairs. A/C in living room. North/West facing. The price includes a parking space in the communal garage.



Almijara, Nerja

Price:- €350.000

Spacious townhouse for sale. Ground floor:- terrace with jacuzzi, chillout area at the entrance, living room, separate kitchen, bathroom and backyard converted into a cozy relaxation area. Top floor:- 3 bedrooms and bathroom. Facing east/west with panoramic views towards the mountains. Quiet urbanization, approx..5 mins to centre and beach. Communal pool and sauna. Parking for residents, good condition, ready to live in.

www.andalucianhomes.com

**ARIES:-****(March 21 - April 19)**

Stay calm this month no matter what happens in either your personal life or your working environment. There are going to be some really big changes over the next few weeks and the smart way to be ready for them is to adopt an upbeat attitude.

Luckiest day:- Wednesday**LEO:-****(July 23 to August 22)**

Don't worry if you cannot find the words to express yourself this month because everyone seems a bit tongue-tied at the moment, so your failure to get your message across is unlikely to be noticed. Your best bet by far is to say nothing at all.

Luckiest day:- Thursday**SAGITTARIUS:-****(Nov.23 -Dec. 21)**

It would appear that you have lost your way and need to retrace your footsteps to find out where you went wrong. Ultimately, of course, all roads lead to the same destination but this road is special for you, so find it again and move on.

Luckiest day:- Monday**TAURUS:-****(April 21 - May 21)**

You will encounter a setback of some kind this month but it's nothing you cannot deal with, so keep thinking and keep your emotions in check. Whatever the setback may be it also has the potential to throw up new possibilities, which you can make use of.

Luckiest day:- Monday**VIRGO:-****(August 23- Sept. 22)**

If someone you work or do business makes you an interesting offer this month it might be best to turn it down. Let them know that this is not the right time for you to get involved but you may be up for it later on.

Luckiest day:- Sunday**CAPRICORN:-****(Dec.22 - Jan.20)**

There is sometimes a fine dividing line between success and failure and what occurs this month will make it easier to see where that line is located. Yes, a few things have gone wrong of late but Lady Luck is still very much on your side.

Luckiest day:- Friday**GEMINI:-****(May 21- June)**

If your enthusiasm for life wanes a bit this month just keep telling yourself that it's no big deal and that it won't be long before you are back to your bubbly best. The immediate outlook is much better than you seem to realize, so believe in yourself.

Luckiest day:- Sunday**LIBRA:-****(Sept. 24 - October 23)**

Resist the urge to be overly assertive this month. You may think you have to move fast and push hard but in fact the opposite is true. Everything is back-to-front and upside-down at the moment, so the less you do the more you will achieve.

Luckiest day:- Tuesday**AQUARIUS:-****(Jan 21 - Feb. 18)**

There is no point trying to back out of a commitment because the universe won't let you. Having promised to finish a task in days rather than weeks you must now see it through to completion. If not, your reputation will plummet.

Luckiest day:- Saturday**CANCER:-****(June 21 - July 22)**

You won't get peace of mind by ignoring issues that need to be dealt with. Prepare yourself mentally and emotionally for what lies ahead, roll up your sleeves and then get stuck into transforming a challenging situation into a triumphant one.

Luckiest day:- Friday**SCORPIO:-****(Oct. 23 - Nov. 22)**

Last month's eclipse wasn't as challenging for you as it was for some people, but you still need to be on your guard this month. Be especially wary of people who say that a creative project must be abandoned. They don't know what they are talking about.

Luckiest day:- Thursday**PISCES:-****(Feb.19 - March 20)**

Keep in mind at all times this month that in the greater scheme of things there is no such thing as good luck or bad luck. Every event, be it encouraging or indifferent, has the potential to enlighten you. What can the world teach you this month?

Luckiest day:- Wednesday

Horoscopes



This exceptional 4-bedroom detached villa offers breathtaking views of the Mediterranean Sea and is set on a **585 m² plot**, a rare find in Nerja. Located in the prestigious La Alhambra urbanization, just minutes from the town center and Burriana Beach, the villa features a vast private garden, pool, and gated parking.

The property spans three floors, with the main entrance on the mid-level. Upon entry, a spacious hallway leads to a guest toilet and an open-plan kitchen, flowing into a generous dining area. The bright living space features a fireplace and opens onto a south-facing terrace with stunning sea and mountain views.

A few steps down from the terrace, you'll find a beautifully maintained garden, private pool, and a side terrace with a BBQ area.

The upper floor is dedicated to the master bedroom, with an en-suite bathroom and private terrace offering panoramic sea views.

The lower level includes three additional bedrooms, two with direct access to the garden and pool, a family bathroom, laundry room, and two storage areas.

La Alhambra offers communal pools and well-kept gardens, with ample street parking nearby. This villa has excellent rental potential, and a viewing is highly recommended.



Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga





he has 32 people working for him. But he encounters bureaucratic obstacles at every corner. In the early days, Mexican trade officials called him to ask if he was producing their national spirit. When he told them he was producing "Indian agave spirits" they let him be. But the Indian authorities couldn't work out what licence Nazareth needed to sell his produce.

One official asked him, "What the hell is agave?" Another told him that he needed an Ayurvedic licence, which usually covers the production of natural medicine.

Though many types of alcohol are available in India, they are often drunk under a puritanical glare. Imports are expensive and can be bought only in the metropolitan centres of some states. Where booze is legal, rough and tumble stores do brisk business.

Some shops sell crude "country wine". Others offer heavily taxed Indian Made Foreign Liquor, which starts life as a "neutral spirit", an ethanol that can be made from molasses, rice or wheat. Artificial colour and flavouring are added later and the mixture is watered down.

This end product may then be labelled whisky, gin, rum or nearly anything else.

In contrast to these ethanol based drinks, Nazareth's agave spirits come straight from the field just like the Mexican original.

Nazareth also faces another hurdle: sentimental

drinkers who want the real thing. Indian agave spirits have no place on the world stage.

Since the shelves of supermarkets around the world are already well stocked with authentic tequila, the only sizeable market the Indian one is likely to find is a local one (though Nazareth's product has been sold in America since 2017).

But Nazareth is tenacious.

Recently he turned his distilling expertise to mahua, a traditional Indian moonshine made from the dried flower of the mahua tree.

Nazareth now has the backing of the government of several Indian states to make his new production benefit the tribal people who've drunk it for centuries.

Unlike his Indian agave, he hopes it could someday become to India what tequila is to Mexico or whisky is to Scotland.

Indians could rally round it with patriotic fervour and foreign drinkers might swoon at its exotic bouquet.

Even if it does taste a bit like grappa.

Alex Travellii is an Indian correspondent and Asian news editor

Photographs: Atul Loke

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Spanish Winter Evergreens



Cheddar Pink (*Dianthus gratianopolitanus*)

Dianthus gratianopolitanus – Cheddar Pink

Has neat and tidy mounds of blue-gray, linear leaves that develop into broad mats that are 12 inches (30 cm) or more in width.

The low-growing silvery foliage contrasts nicely with other perennials. Flowers will continue all winter.

Helleborus

This genus has tons of choices that fits most climates. The Christmas Rose is popular for its mid-winter white flowers. Others have flowers in shades of green, red, and purple.

Awesome for winter interest, it has great foliage and flowers.



Helleborus



Autumn Joy (*Sedum* 'Herbstfreude')

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Sedum 'Herbstfreude' - 'Autumn Joy'

This plant has fleshy leaves and grows to 24 in (60 cm). It has large heads of pink flowers that appear in autumn and eventually fade to copper colour and then turn red.

So do not cut them back until the spring to get the most interest from this plant.



Lilytuft (Liriope muscari and spicata)

Liriope muscari and spicata – Lilyturf

A clump forming perennial with beautiful flowers and eye-catching foliage. This is good to group with other plants for interest. Good for a ground cover or path edging.



Italian Arum (Arum italicum)

Arum italicum – Italian Arum

Grows to 12 inches (30 cm). This is a tuberous perennial with broad arrow-shaped leaves that appear in the autumn. The foliage dies back in the summer just as the decorative red berries appear. After the berries die, the foliage reappears, remains until the next summer, and is lush and green all winter.

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Salares

New this month!

Beautifully renovated 2 bed, 1 bath townhouse (157m²), and an independent 1 bed, 1 bath guest house (129m²). With a stylish rustic feel, both houses benefit from the courtyard with above ground pool and wonderful views.

Price: 270.000 euros

ref: t 1553

EPC: E



Canillas de Aceituno **New this month!**

Bright, modern 3 bed, 2 bath villa (161m²), open plan living/dining/kitchen, purpose built jacuzzi with fountain, fantastic outside space with fruit & olive trees, far reaching views, quiet location, accessed by part conc./part unmade track.

Price: 325,000 euros

ref: v 1551

EPC: E



Cómpeta

New this month!

Well presented 1/2 bed, 1 bath + cloakroom townhouse (65m²), kitchen/dining, separate lounge and study/2nd bedroom, balcony and roof terraces with town, countryside and sea views, easy walking distance to all local amenities.

Price: 165,000 euros

ref: t1549

EPC: D/E



Online video

Cómpeta

Fantastic property!

A unique opportunity to purchase a 4 bed, 2 bath villa (185m²) finished in a modern/rustic style. spacious outdoor terraces, large pool and exceptional sea, mountain and village views. A fantastic home or high quality rental property.

Price from: 559.950 euros

ref: v1514

EPC: E



Online video

Cómpeta

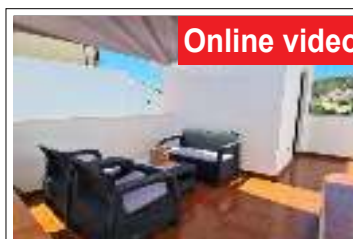
Fantastic B & B!

Boutique guesthouse (122m²) run as a successful business. Fully reformed, very high standard. With 4 double en-suite guest rooms & single guest room with sep. shower room. Located in a prime situation – sensible offers considered!

Price: 399,950 euros

ref: b1428

EPC:



Online video

Archéz

Charming property!

Reasonably priced & renovated traditional 2 bed 2 bath village house (72m²). Quiet corner close to the main plaza. Able to drive to the house, parking nearby. Charming house would make a wonderful holiday home/rental property.

Price: 79,950 euros

ref: t1506

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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Price:- €865.000

NEW Detached villa, 162m2, modern design, split across 4 levels. Comprising four bedrooms, four bathrooms, the lower level could be used as a 5th bedroom, or an office, utility and storage area. Sold unfurnished, there are many extras, a lift, solar panels, marble floors throughout, good quality build. Private pool, large private roof terrace, with SEA VIEWS. Private parking, quiet location.

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The Costa Animal Society...

Costa Animal Society

Now that the summer is nearly over, why not pop into our new premises to view our "Autumn Collection".

As always, there are many a bargain to be had and some things that you may not have realised you needed! Our shop is now much bigger than the old one, so searching for that item is much easier. Our friendly staff are always on hand to help and be assured that every single cent raised, after paying our rent and utility bills, goes toward the benefit of the animals in our care.

Our new address is:- Calle Antonio Millon 13, Nerja. Right next door to Café Aloha

We are open Mon – Sat – 10:00a.m. – 2:00p.m.

If you would like to meet any of our dogs, please contact Seacrest Kennels on

711028847 or 646613885, or email us on costaanimalsociety@gmail.com

You can find us on Facebook - Costa Animal Society CAS where there is more information.

We are also looking for volunteers to help in the shop. One four hour shift is not hard to do and your efforts would really help our charity. You would be working with our experienced staff and would learn from them.

You can use Facebook Messenger to contact us or pop into the shop during opening hours.

Many thanks to those that support us already in various ways.

Duke

Duke was brought to CAS by a Spanish gentleman who found him wandering near the caves area of Maro last year. He was quite skinny and undernourished so he was placed in kennels to fatten him up. He's now a lovely, healthy, lively three year old neutered male with all vaccinations and paperwork up to date. He has a gregarious but loving personality who loves the company of people and other dogs as long as they are not aggressive themselves, but has not lived with cats.

Duke is a large Podenco or Pharaoh Hound type dog who now weighs about 35 kilos. He is castrated, vaccinated and in good health. Duke is a long legged athletic boy so will need a home where he has room to run or will be taken out on several walks a day. He also loves his cosy cuddle time.

Let's find him a home where he can run to his heart's content and then snuggle up by his family's side.



Duke

If you would like to meet Duke, please contact Seacrest Kennels on 711028847 or 646613885, or email us on costaanimalsociety@gmail.com
You can find us on Facebook - Costa Animal Society CAS where there is more information.

You can also pop into our shop Mon – Sat, 10:00 – 14:00, where our staff will be willing to help.

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AXARQUIA ANIMAL RESCUE



Nellie

AAR 2749 - Nellie Nellie is one of a litter of 9 pups born to a campo mum around the 1st February 2024. After spending time in kennels we were lucky enough to secure her a loving foster home where she started to gain confidence and enjoy home life. That foster place came to an end and we were very fortunate to find her another foster home. She settled straight in and made friends with the resident dogs. Nellie has a very sweet nature, she will collect things, hers or not, but she is not destructive in any way. She still gets nervous when taken out in more built up areas and would benefit greatly from more exposure. She has tested negative to Leishmania and other Mediterranean diseases and she is also neutered. Passport at the ready she is ready for the next stage of her life, her forever home. Please email axarquia-rescue@hotmail.com if you would like the lovely Nellie in your life.

AAR 2747 - Betsie Betsie is one of 9 pups born to a campo mum. She is 7 months old and is a bundle of friendly fun. Loves cuddles. Betsie has been in kennels with her mum and siblings, since she was born. She is desperate for her forever home. Betsie has had all her vaccinations and her passport so can travel abroad. If you would like to meet Betsie please let us know at axarquia-rescue@hotmail.com



Betsie

AAR 2746 - Luna Luna was one of nine puppies born to a campo mum, currently in kennels with her mum and a few of her siblings Luna is a very sweet girl. She absolutely loves all other dogs. Luna would benefit from a home with another dog or dogs. Luna just adores all her canine friends and loves to play and be part of a pack. The volunteers that come to walk Luna at the kennels say she is very obedient and good on her walks. Luna loves to cuddle and is just such a sweet girl. Luna loves her treats and food. Luna is currently living in kennels. Luna would love to find her forever home!! ♦♦♦ Do you have room in your home and heart for Luna?



Luna

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Axarquia Animal Rescue



Abby

AAR 2755 - Abby Beautiful Abby turned up in someone's garden. Luckily they were able to care for her for a few days, to give us time to find an alternative. Abby lives in kennels now while we find her a foster or forever home. We do know that she is very friendly, she loves human attention and goes easily into the car. She prefers to be outside but she needs to learn to be with a family and share her life with them indoors and outdoors. Abby has started her vaccination, and she is being treated for Leish at the moment. Abby is a dog who was kept outdoors with not much human or other dogs contact. Therefore she needs a lot of training, care and patience to get her settled

in a home environment with people.

Due to her Leish, her eyesight is weak which makes her a bit anxious of her surroundings. This will be checked soon by the vet. Besides she is a great dog who enjoys cuddles and craves for love. Abby is fully vaccinated, chip & passport. She is ready for adoption and she can benefit a lot in a foster home too. Abby deserves a second chance to enjoy her life with people instead of being abused and abandoned. If you have time and patience to help Abby get better, and could offer her a foster home, or better still, her forever home, please email us at axarquia-rescue@hotmail.com for more information



Monty

AAR 2429 - Monty

A Dalmatian cross, born 03/01/2019. He was found wandering alone in the campo road.

Monty is a loyal loving dog but can be reactive towards other dogs, especially small dogs. He is not a naturally aggressive dog but might react when other dogs approach him, especially when they are off lead. He needs a home within the Axarquia region of Southern Spain, without other dogs, cats or children.

He pretty much needs to be an "only

child" in the family. It would be preferred if his adopter or his foster has experience with reactive dogs and he will need secure outside space. Monty will need to have structured training and daily exercise to stimulate his brain.

If you are a sporty person and you have time and energy to spend with Monty, then he will be a very happy companion.

Monty has lots of love to give to his human family. Cuddles and hugs are his favourites. He has been in kennels for so long now, it would really be lovely if he could find his ideal home.

If you are interested in giving Monty his loving forever home or even to foster him and give him the chance to socialise and adapt to a good safe environment, please email:

axarquia-rescue@hotmail.com for more information.

AAR 2604 - Ziggy

Ziggy was born 10th February 2022, he is a very special boy as Ziggy is deaf. He is a fit and healthy boy weighing in at some 36kg. The following was written by Ziggy's foster mum: Being Special

Hello. Are you busy? I'd just like to tell you a bit about myself if that's ok So my name is Ziggy. I'm about 2 years old. I'm extremely big and strong (39 kgs) - some people say I even look a bit scary although I'm not. Personally I think my best feature are my eyes; one blue, the other brown. Oh

and I nearly forgot ... I'm completely deaf. I've been living with my new foster family now for nearly a year. I say family as there's quite a lot of us - mum and dad of course, a handful of very excitable chickens, 3 annoying cats and best of all seven 4-legged friends like me!! SEVEN!!! Can you believe it!! After having no friends at all I now have 7 - I'm really part of their gang. I'm also getting along with the cats although they do creep up on me, scare me and make me cross. Mum says that's just because I can't hear them!

So I imagine you might be wondering about me being deaf? Well it's not the best thing to be is it but I think it makes some people extra specially nice to me.

To start with my mum and dad are teaching me hand signals. So I've learnt when to come to them, when I'm good and behaving well (and when I'm not) and also when it's time for food. I picked THAT signal up really quickly which wasn't hard as all my other friends go crazy when it's brekkie or teatime. In fact I've learnt a lot of important things by just watching them.

What I do find challenging is the actual space around me. What I mean by that is sometimes when I lay on the floor, I get up and bump into my mum or dad or even step on the smaller animals - I do seem to get in people's way quite a bit and I know I'm VERY clumsy because of my size.

However I've noticed that the grownups are starting to watch out for me when they move about. It can be really tricky when we're all in the kitchen but overtime it's got better - they have been very patient with me. When I first arrived at my new foster home I was so bewildered and unsure what to do and where to go, that I just sat on my dad's lap for an hour. Normal dogs would find it scary too with all the noise and commotion but of course I couldn't hear a thing. For the first few weeks I would hide in the bathroom - sometimes I'd even get into the empty bath to hide.

The other problem I have is that I have no idea when people come to our house to visit. I can't hear cars arriving, or the sound of footsteps or the door ringing. This frightens me so my mum and dad always take me

outside and let me see who's arriving and give me time to get used to them. So I think that's about it ... except that I really really really hate flies and wasps. I'm always chasing them and trying to snap them up. My dad says that it's a blessing I can't hear them buzzing else I'd be knocking everything and everyone over!!

Oh my mum has asked me to tell you about what SHE thinks is the cutest and most lovable thing about me which is that they have to physically wake me up most mornings as I don't hear the alarm clock or the other dogs getting excited to go out. Apparently I sleep like a baby and I love it when they come and gently tap and rub my back. See!! Being deaf isn't all that bad at all! If you can offer Ziggy his forever home please email:

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Ziggy



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Dog Training Classes

If your dog isn't the anxious or aggressive type, group dog training classes are a great way to kickstart you and your dog's training education. Learning to interact and communicate with your dog in a public place even just one hour a week will improve your relationship immensely.

As a dog trainer and group class instructor, I wanted to compile a list of the things you need to know in order to get the most out of your experience. If you follow these simple tips, you and your dog are sure to be at the top of your class!

1. Bring extra special food rewards!

Group training classes are full of exciting, interesting, and distracting things. Let's be real, your dog would much rather explore and socialise than learn to "stay". What's a dog parent to do? Up the ante! Bring some sort of reward that your dog would never get at home, like boiled chicken or string cheese. It can also be helpful to bring an extra special toy to keep things interesting! Get creative and have fun with it.

Bonus tip: Having a treat pouch or bag can also be very helpful. Treat pouches allow you to reinforce behaviour much faster and more easily than having treats in a plastic bag or in your pocket.

2. Ask Questions

If your teacher explains something that you don't quite understand, ask follow up questions. As instructors, we do not expect our students to be dog trainers. We love when pet owners go the extra mile to understand the content taught in class. Don't be shy! If you need extra help with something, speak up, that's what we're here for!

3. Take your dog outside

If the only place (outside of your normal home/walk routine) you bring your dog each week is training class — good luck! Imagine if you only left your home for one outing a week, and this outing was the only place where you had the opportunity to hang out with other people, and here you were expected to give someone your undivided attention.

Now imagine you were a puppy being asked to do this. It's the same for our dogs!

When you give your puppy or dog the opportunity to become accustomed to being in new places a few times a week, this ensures they are being set up for success and can learn and engage successfully when they actually go to their weekly dog training class. The goal is to desensitise your dog to the hustle and bustle of the outside world. This way, group dog training class will just be another place of the many places they get to go.

Getting your dog to a new place away from your regular home/walking route at least three times a week is a great start!

4. Practice during the week

Just like any experience, you will get out of your group dog training class what you put into it. If your dog only practices the skills taught in class, in class, then you won't get very much out of it. Practice the skills you're learning in your group dog training class everywhere! Practice at home, on walks, in

the car, at the park, and any public place where dogs are allowed; practice in busy areas with distractions.

If you need more inspiration or guidance, ask your trainer for homework assignments. We have plenty of ideas on how to make this training stuff stick.

5. Be patient!

This is likely going to be one of the most difficult and demanding experiences your dog will ever have! Don't expect your dog to be perfect by the end of the first class. In fact, expect them to be all over the place. Group class for your dog is like what Disneyland is for a small child. There's so much going on and it's super distracting. Try to be kind and understanding of this, or better yet, enjoy it! Dogs are hilarious. Revel in the joy and ridiculousness of your dogs behavior and try not to worry so much about them being perfect right away. It's also important to be patient with yourself! This stuff is not easy and learning to 'speak dog' can be a little daunting at first. Give yourself time and you'll be fluent in no time.

6. Don't stop training stop after class is over because training never stops!

This is the big one. One of the most common questions I've been asked as an animal trainer is, 'How long does it take to train a dog?' I think this question is indicative of a general misunderstanding of what training actually is.

Training is teaching. Learning to train your dog is simply learning how to teach your dog in a way that they will understand. When a student is training to become a doctor for example, there is a school/university period, certainly, but the training never really ends. The doctor is practicing their basic skills every day and is hopefully taking opportunities to learn new ones. Luckily for us our average pet doesn't need to learn how to perform surgery, but the general concept of training and learning and

By Karen Wallace



communicating is universal. Have your dog practice those basic skills every day, and try to continue to expand those basic behaviours throughout their lives.

7. Make it fun!

Training class does not need to be serious. It should be fun! If you aren't having fun in class, your dog probably isn't either. Dogs learn through play — the more playful you can be in class, the better. And the best part about making it fun is that you will enjoy class more as well!

Take a look at some of the classes on offer at Dog School – Beginners Life Skills – start your training off by learning the basics in a fun, supportive class. Agility is a great way to give a busy dog the exercise they need or build confidence in a shy rescue dog. You don't have to be a fitness freak to take part! It's all on our website at

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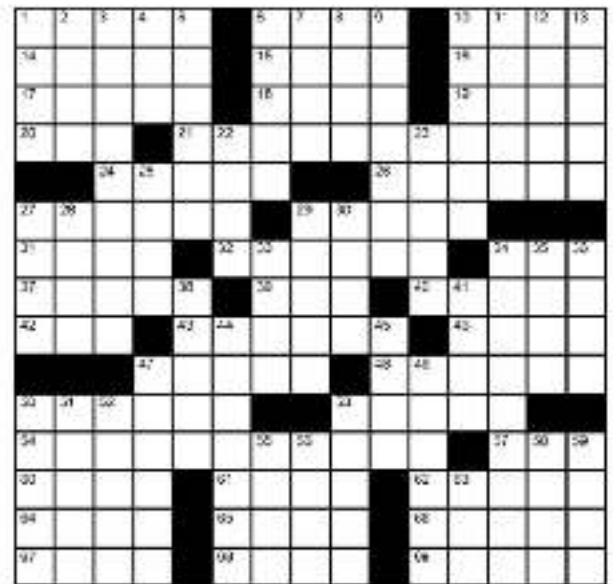
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Across

1. Z Down, probably
6. 2017 Zelda, acronym
10. R, Z, N, Q, and R, e.g.
14. Demean
15. Definite integral can determine this
16. Nat 1 or 20
17. Roughly
18. Shakespearean tragedy, King ____
19. Geek & Sundry series, [16 Across] ____
20. Equal fifth's Fakarua Smith, for short
21. I am Groot, wedding crasher?
24. Alakazam's preferred utensil
26. Distrust
27. Last
29. Buoyant data type?
31. Lazy physics teacher might have done this, poorly?
32. They move at Hogwarts
34. print("gemini rays" [9:3])
37. Titan god, or a collection of maps
39. Retired, pro Protoss player
40. m In y-meet
42. mxt In y-meet, acronym
43. Star Wars species sporting headtails
46. Programming environments, acronym
47. Mouse's purpose
48. Solare's homeland
50. Groot in Guardians 2
53. Proficient in stealth, likely
54. Arthus in a wooly sweater?
57. Excel UI element, for short
60. Young hawk
61. ____ Kong, city
62. The name is ____ Rogar ____
64. print("hello world"[1:5])

Down

1. Blood Pit, Cyron, or Banna Pve Classic, e.g.
2. Fawn McGregor cosplayers
3. Nintendogs, by FromSoftware?
4. Gateway key
5. Halfling Ring bearer, before Smogol
6. Father to Yara and Thoon Grayjoy
7. Succeeded Nugget, preceded Pie
8. Squid
9. Fighter
10. Batch file or screenplay
11. To have maneuvered a digital steed?
12. Carcassonne-style games
13. Cubic meter
22. Twitch-religated this painter's popularity
23. Callach
25. Katniss' favourite snack?
27. A minor crime might get you one
28. d20 roleplaying game, ____ finder
29. Error, serve, or discontinuity
30. Facebook button
33. MacDuck Air
34. Kratos, after 10,000 situps?
35. Mr. Mime, e.g.
36. Aperture Science competition, Black ____
38. Drowsy adjective (and what they drink)
41. Slimer DS
44. Minerva, Luna, and Ginny, e.g.



45. His Watch received critical acclaim
47. Super effective against Grass and Fairy types
49. GW's Emperor God, Heldenhammer
50. Knight's horse
51. Biological taxon
52. Knodorn
53. Hobbes or Sabot, e.g.
55. "I help me Obi-Wan Kenobi. You're my only
56. Bent in the presence of royalty
58. Sooken
59. Lines in landscape
63. Redstone, e.g.



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Fruit

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K	W	W	R	R	M	M	Q	G	G	R	R	P	T
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Expat's Commitment to Expats in Costa del Sol



In the town of Nerja, where the sun shines brightly and the Mediterranean Sea beckons, a new company is making waves in the telecommunications sector. Expat Internet, a local provider of fiber optic internet, mobile services, and television, is dedicated to serving the expatriate community that has made this beautiful area their home.

We are Expat Internet

In recent years, many expatriates have felt a growing disconnect with traditional service providers. The lack of personalized support and understanding of their unique needs has left many feeling frustrated when trying to navigate contracts for essential services like internet and mobile plans. Language barriers often

exacerbate these challenges, making it difficult for expats to find reliable assistance.

Recognizing this gap in the market, we founded Expat Internet with a clear mission: to restore that sense of closeness and community between service providers and expatriates. Our goal is to simplify the process of setting up home internet contracts and other essential services.

Our primary focus is on building relationships with our clients. We understand that moving to a new country can be overwhelming, and navigating the complexities of setting up internet and phone services should not add to that stress. We want to make the process as smooth as possible. Our team are fluent in English, which means we can communicate effectively with our clients and ensure that language is never a barrier.

At Expat Internet, we offer a comprehensive suite of services designed to meet the diverse needs of our clients. Our team understands the specific challenges faced by expatriates in Spain, and we are here to guide them every step of the way. Whether it's explaining technical details in plain language or providing support during installation, our commitment is to make our clients feel at home.

We provide fiber optic internet, mobile services, and television that keep you entertained and connected to your favorite shows and channels. Whether someone is looking for high-speed internet for remote work, keep in touch with family and Friends, catch up on the latest news or enjoy a movie night with family, we have solutions that cater to various lifestyles.

In conclusion, Expat Internet is more than just a telecommunications provider; we are a partner for expatriates in Spain. Our dedication to personalized service and understanding of our clients' needs sets us apart from traditional operators. We invite all expats in the area to experience the difference with Expat Internet.

One of the cornerstones of our business is our commitment to exceptional customer service. We understand that questions and issues can arise at any time, which is why we are always available to assist you. Whether you have technical problems, billing inquiries, or questions about your contract, our team is just a phone call, email, or visit away.

We also recognize that technical issues can be frustrating, which is why we encourage our clients to visit our office for assistance. Our team is ready to troubleshoot any problems you may encounter, ensuring that you can get back to enjoying your services as quickly as possible.

We invite you to join the Expat Internet family and experience the difference for yourself. Whether you are looking to set up internet services in your new home, need assistance with your mobile plan, or simply want to chat about your options, we are here for you.

Together, let's make your experience in Spain as enjoyable and connected as possible.





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SCAN ME



Butternut Squash Soup with crisp Pancetta

Butternut Squash Soup with Crisp Pancetta

Ingredients:-

4 medium butternut squash (6 pounds)
6 tablespoons unsalted butter, cut into 8 pieces
Kosher salt
Freshly ground black pepper
12 very thin slices of pancetta (3 ounces)
2 tablespoons extra-virgin olive oil, plus more for drizzling
1 large Spanish onion, chopped
6 thyme sprigs, divided
1 bay leaf
2 quarts chicken stock or low-sodium broth
2 tablespoons heavy cream
Sugar (optional)

Preparation:-

Preheat the oven to 400°F. Halve the squash lengthwise and scoop out the seeds. Set the squash on a rimmed baking sheet, cut sides up. Put a piece of butter in each

cavity and season generously with salt and pepper. Drape the squash halves with the pancetta slices. Roast the squash for 45 to 50 minutes, or until tender.

Transfer the pancetta to paper towels to drain. Crumble and set aside. Scoop the squash out of the skins into a bowl.

In a large, heavy stockpot, heat the 2 tablespoons of olive oil until shimmering. Add the onion, season with salt and pepper, and cook over moderately high heat, stirring, until softened but not browned, about 6 minutes. Add 3 of the thyme sprigs and the bay leaf. Stir in the squash and the stock and bring to a boil over high heat, stirring frequently. Reduce the heat and simmer the soup for 15 minutes, stirring occasionally.

Pick out and discard the thyme sprigs and bay leaf.

Working in batches, transfer the soup to a blender or food processor and puree until thick and creamy-smooth, about 1 minute per batch. Transfer the soup to a clean saucepan. Stir in the heavy cream and season with salt and pepper (and sugar if desired).

Reheat the soup if necessary. Ladle into 12 bowls. Garnish the soup with the pancetta, the leaves from the remaining 3 thyme sprigs, and a drizzle of olive oil.

Rustic Apple-Rye Bread

Ingredients:-

Cracked Rye Soaker
3/4 cup cracked rye berries (about 3 1/2 ounces)
.50 cup boiling water
.50 cup buttermilk
1/4 cup cold water (about 60°F)
tablespoon mature sourdough starter (about 1/2 ounce)
1/2 cup whole-grain dark rye flour (about 1 1/8 ounces)



Rustic Apple Rye Bread

Dough:-

2.50 cups warm water (about 80°F), divided
6.50 cups bread flour (about 1 3/4 pounds)
1.50 cups whole-grain dark rye flour (about 6 3/8 ounces), plus more for work surface
2.50 tablespoons kosher salt
Cooking spray
2 medium apples (about 13 ounces), unpeeled and cut in 1/4-inch pieces (about 2 1/2 cups)
1/4 cup raisins
1 tsp ground cinnamon (preferably Ceylon)
Hot water, for steaming

Preparation:-

Make the cracked rye soaker: Stir together cracked rye berries and 1/2 cup boiling water in a small heatproof bowl. Let stand 1 hour. Stir in buttermilk. Cover and let stand at room temperature overnight (12 to 16 hours).

Meanwhile, make the rye levain.

Stir together 1/4 cup cold water and sourdough starter in a 2-cup liquid measuring cup until starter is mostly dissolved. Stir in flour until smooth. Cover tightly with plastic wrap, and let stand at room temperature until mixture is bubbly, at least doubled in volume, and smells sour like yogurt, 12 to 16 hours.

Make the dough Combine rye levain and 2 1/4 cups warm water in a large bowl. Stir well until levain is mostly dissolved. Add bread flour and rye flour; mix with hands until all ingredients are well combined with no dry spots.



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Cover with a clean towel, and let stand at room temperature until dough stiffens slightly, about 30 minutes. Add salt and remaining 1/4 cup warm water to dough in bowl. Using a squeezing motion, incorporate salt and water into dough. Stretch and fold dough onto itself in bowl until it forms a tight and mostly smooth ball, 3 to 4 minutes. Cover bowl with a clean towel, and let stand at warm room temperature (about 80°F) until airy and slightly risen, about 2 hours, performing a set of stretch and folds (4 folds in every set and rotating bowl 90 degrees after each) every 30 minutes.

Add cracked rye soaker to dough. Stretch and fold dough back onto itself in bowl until cracked rye mixture is mostly combined, about 1 minute. Cover bowl with a clean towel, and let stand until slightly risen, about 1 hour, performing 1 set of stretch and folds after 30 minutes.

Turn dough out onto a lightly greased (with cooking spray) work surface. Using hands, gently stretch dough into a 16- x 12-inch rectangle. Sprinkle evenly with apples, raisins, and cinnamon. Starting from a short end, roll dough up jelly roll-style. Fold one-third of roll in toward centre and other third on top, like a letter, and return to large bowl. Cover with a clean towel, and let stand at room temperature 1 hour and 30 minutes, performing 1 set of stretch and folds after 45 minutes.

Turn dough out onto a lightly floured (with rye flour) work surface, and divide in half (about 2 1/2 pounds each). Shape each half into a ball. Cover with a clean towel, and let stand 20 minutes.

Invert a 4-inch bowl, and place it inside of a 9-inch bowl. Line larger bowl with a linen kitchen towel, draping it over inverted bowl to form a ring-shaped moat. Dust towel generously with rye flour. Repeat with a second set of bowls, a towel, and rye flour. Set aside. Working with 1 dough ball at a time and keeping remaining dough covered, uncover and dust lightly with rye flour. Press bottom of a pint glass (about 2 1/4 inches wide) firmly into centre of dough ball to form an indentation. Keeping dough ball on work surface, poke through centre of indentation using fingers to form a hole, stretching hole to about 4 inches in diameter, dusting generously with flour as needed to prevent sticking. Invert dough ring onto 1 prepared proofing bowl so that hole in centre fits around inverted 4-inch bowl. Repeat process with second dough ball. Cover each bowl with a clean towel, and let stand at room temperature until slightly risen, about 1 hour.

Transfer covered bowls to refrigerator, and chill overnight (12 to 16 hours).

Preheat oven to 500°F with a pizza stone on centre rack. Place a baking pan (such as a 9-inch round cake pan) on lowest oven rack under pizza stone during final 5 minutes of preheating. Working with 1 loaf at a time and keeping remaining loaf in refrigerator, invert loaf onto a parchment paper-lined baking sheet or a parchment paper-lined pizza peel. Using a small, sharp knife or a lame, cut about 6 (3- to 4-inch-long) slashes (about 1/4 inch deep) into top of loaf. Slide loaf from parchment-lined baking sheet onto preheated pizza stone. Using a kettle or a measuring cup with a long spout, carefully and quickly pour hot water into cake pan to a depth of about 1/2 inch. Immediately close oven door to trap steam. Reduce oven temperature to 475°F, and bake until loaf is dark golden and internal temperature registers 205°F, 30 to 35 minutes. (Remove cake pan from oven if all water evaporates before loaf is finished baking.) Transfer loaf to a wire rack, and let cool completely, about 2 hours. Meanwhile, repeat process with second loaf, letting oven preheat to 500°F and refilling cake pan with hot water in between loaves.

Apple Cider Aperol Spritz

Ingredients:-

1 1/2 ounces
apple cider
(store-bought)
3 ounces
Prosecco
1 1/2 ounces
soda water
1 apple slice
(for garnish)
1 pod star anise
(for garnish)



Apple Cider Aperol Spritz

Preparation:-

Make apple cider (if using homemade). Wash, de-core, and quarter your apples and add them to a large pot or dutch oven along with the quartered orange.

Add brown sugar, all spice, cloves, star anise, cinnamon stick, nutmeg, cardamom pods, and water. Stir until combined, about 30 seconds.

Simmer dutch oven on low heat for four hours. Using a wooden spoon, crush down apples until texture resembles applesauce.

Strain mixture through a fine mesh sieve.

Strain, again, through cheesecloth over the fine-mesh sieve.

Add apple cider to a wine glass along with Aperol.

Add 3 to 4 ounces of Prosecco and ice.

Top with about an ounce of soda water.

Garnish with star anise and apple slice.



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healthwise

EXERCISE AND CANCER HOW?, WHEN? AND WHY?



Introduction

Too often we are greeted by cancer patients with low levels of physical activity and/or generalized disacondition. Sometimes this situation comes from afar and occurs because the person has never been physically active or has performed little exercise, but many times we encounter patients who were active and have ceased to be so because they believed that in their situation the exercise was discouraged or because they are afraid that their symptoms will worsen. Although this trend has

been reversed over time among patients with chronic pathologies, especially cardiac or respiratory diseases, mainly thanks mainly to the efforts of the scientific community to investigate and disseminate the positive effects of exercise, in the case of cancer patients we find that this trend still persists.

However, the truth is that over the past two decades, multiple studies have been conducted that have shown that exercise in the oncology population is safe and feasible and is effective in improving physical condition,



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9:15H	TORREDA- PLATES	GRUPO- PLATES	TORREDA- PLATES	TORREDA- PLATES	GRUPO- PLATES	TORREDA- PLATES
10:30H	TORREDA- PLATES*** próximamente	TORREDA- PLATES	TORREDA- PLATES*** próximamente	PLATES		TORREDA- PLATES*** próximamente
11:30H	TORREDA- VODCA	TORREDA- VODCA*** próximamente	TORREDA- VODCA	TORREDA- VODCA*** próximamente		
17:00H	TORREDA- PLATES	TORREDA- PLATES	TORREDA- PLATES	TORREDA- PLATES		CLASES PRIVADAS - CON RESERVA
18:00H	TORREDA- PLATES*** próximamente	TORREDA- VODCA*** próximamente	TORREDA- PLATES*** próximamente	TORREDA- VODCA*** próximamente		CLASES PRIVADAS - CON RESERVA
19:00H	TORREDA- PLATES FUNKY	TORREDA- PLATES	TORREDA- VODCA 19:00-21:00H*** próximamente	TORREDA- PLATES FUNKY	TORREDA- PLATES	CLASES PRIVADAS - CON RESERVA
20:00H	TORREDA- VODCA	TORREDA- VODCA 20:00-22:00H*** próximamente	TORREDA- VODCA	TORREDA- VODCA 20:00-22:00H*** próximamente		CLASES PRIVADAS - CON RESERVA

cancer-related fatigue and health-related quality of life. In fact, as with respiratory or cardiac patients, physical exercise in cancer patients not only does not worsen fatigue or dyspnoea, but is the main treatment for them. But the benefits of cancer exercise are not limited to symptom control, but recent studies have observed among other effects a decrease in body weight in breast cancer, a reduction in tumor growth in patients with colon cancer, or an increase in adherence and completion rate of anti-cancer therapies such as chemotherapy.

Benefits of physical exercise at different stages of cancer

The benefits of exercise in cancer patients extend throughout the clinical process and even begin at the preventive level. In this sense, it has been found that the practice of physical exercise is related to a lower risk of certain types of cancer such as colon, prostate or breast and very possibly has effects on the incidence of others such as lung or ovarian cancer.

According to a systematic review published in 2015, performing the equivalent of 2.5 hours of exercise per week meant a 13% reduction in the risk of cancer death. Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment. Oncology pre-provisioning, as these programmes are known in the scientific field, are generally based. Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment. Oncology pre-provisioning, as is known in the scientific field to these programs, is usually based on a multimodal intervention in which smoking disinhabitation, psychological support and nutrition are included in addition to physical exercise.

Although these programs are not yet implemented in clinical practice, several studies have shown that such programs are effective in increasing aerobic capacity, muscle strength and optimizing the nutritional profile prior to surgery, as well as accelerating post-surgery recovery. For patients receiving chemotherapy or radiation therapy, physical exercise may help to mitigate the effects of these treatments, improve physical condition even in patients in advanced stages, and improve response to treatment and survival.

As with other types of chronic pathologies, the real challenge in cancer patients is to keep the exercise practice in time. To this end it is important to



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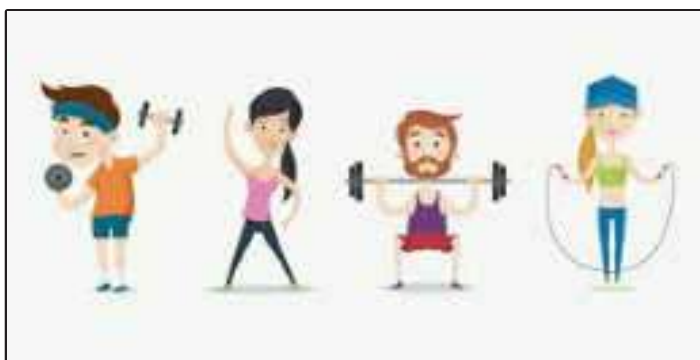
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emphasize from the outset that the benefits of exercise are only preserved if the person remains physically active on a regular basis and therefore the planning of the exercise in this population must be accompanied by a motivational interview in which the preferences of the individual are identified as well as the possible barriers and facilitators. In cancer patients, in addition to the well-known benefits of regular physical activity in the general population (reduction of cholesterol and/or blood glucose levels, reduced blood pressure, increased muscle and bone mass, etc.), in cancer patients the practice of exercise both during and after treatment is linked to a reduction in the risk of relapse and risk of death either from cancer or any other cause.



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Kids who watch lots of TV have a lower bone mass as adults!

KIDS WHO WATCH a lot of television may build less bone during critical years, and be more vulnerable to osteoporosis and bone breaks later in life as a result, a new study suggests.

Children and teens followed until age 20 – when bone mass is peaking – had lower bone mass at that age the more hours they had spent watching TV in childhood, researchers reported online July 4th in the *Journal of Bone and Mineral Research*.

‘What we need to make clear is that it’s not necessarily the act of watching TV that is driving the link between TV and health outcomes, but the act of sitting for long periods,’ said Natalie Pearson of the School of Sport, Exercise and Health Sciences at Loughborough University in the U.K. who was not part of the new study.

‘The first set of data collected on TV viewing in the current study was collected 19 years ago,’ and since then more and more young people have started watching TV on demand, using iPads, smart phones and apps, she told reporters by email.

For the study, led by Joanne A. McVeigh at Curtin University in Perth, Australia, the parents of more than 1,000 Australian kids reported how much TV each child watched per week at ages 5, 8, 10, 14, 17 and 20 years – though at older ages the kids started to

self-report their own TV watching habits. Researchers sorted the kids into three groups based on their TV watching patterns over time: about 20 percent watched less than 14 hours of TV per week as children and teens and were considered consistent low-level watchers, more than 40 percent watched 14 or more hours per week as children and teens and were consistent high-level watchers, and 35 percent increased from low to high levels of TV watching per week over the years.

At age 20 the participants had x-ray scans to assess bone mineral content. The researchers accounted for height, body mass, physical activity, calcium intake, vitamin D levels, alcohol, and smoking at age 20, and still found that kids who were consistently high-level TV watchers at younger ages had lower bone mineral content than others as adults.

Immobilisation for prolonged periods of time is detrimental to bone health, said Dr. Sebastien Chastin of Glasgow Caledonian University in the U.K., who was not part of the new study.

‘Sitting watching television does two things, it takes away from being active, therefore we do not get the benefit of physical activity and second it



immobilises us for prolonged period of time which we know from bed rest studies triggers physiological response that change the balance in our body chemistry that keeps our bone strong,’ Chastin told reporters by email. ‘Several studies have shown over the years that there is a relationship between the time we spend sitting and bone health,’ he added. ‘Poor bone health ultimately can lead to osteoporosis (brittle bone disease) which affects over 200 millions women worldwide,’ he said ‘You can imagine that a fall on a brittle hip is more likely to result in fracture. Our bodies reach peak bone density around age 22, after which time bone density decreases over time, though we can slow the decrease by maintaining an active and healthy lifestyle,’ Chastin

Continued on page 38

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said. 'Impact sports (not contact) are the most beneficial for bone health,' he said, citing parkour or 'free running' in particular for muscle strength, balance and coordination.

'It is often very difficult to make parents and doctors aware of the very long term health implications of sitting (at a screen or other sitting occasions such as school time, work time, travel, etc.) for long periods, as in today's society we are very interested in the immediate responses to our actions and not what will happen 20 years down the line,' Pearson said. There are practical ways to break up periods of seated screen time, like getting up during ads or while working on a computer getting up to answer the phone instead of emailing a colleague or friend, she said.

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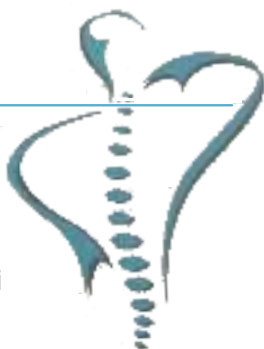
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Stroke physiotherapy rehabilitation

Every year nearly 600,000 people have a stroke in Spain; or 1 person has a stroke every minute. One in four stroke survivors will experience another stroke within five years.

Physiotherapy enables people to relearn lost abilities, regain independence and reduce the risk of further strokes. From 24 hours after a stroke, it is important that physiotherapists begin rehabilitation in short frequent spells, focused on getting out of bed, standing and walking. This repetitive task training helps people regain movement and relearn everyday activities.

Physiotherapy helps stroke survivors incorporate the physical activity recommendations into their daily routine to reduce the risk of another stroke by up to 35%.

Physiotherapy improves recovery of function and mobility after stroke. NICE recommends a minimum of 45 minutes of physiotherapy up to five days a week. High intensity therapy is needed to relearn lost abilities.

Physiotherapists can provide circuit training, involving intensive repetition of everyday activities, to help people walk further, faster, with more independence and confidence.

Integrating endurance and strength training into rehabilitation reduces disability. Core stability and exercises incorporating balance, weight-shifting and gait improve balance after stroke.

Rehabilitation should continue for as long as the person is showing measurable benefit from treatment and has achieved their agreed goals.

Sarah Lazenby is an experienced physiotherapist who trained at Kings College, University of London. She now lives and works in Malaga, Spain. Her expertise is in falls prevention and rehabilitation including stroke/head injury rehabilitation, post surgery rehabilitation and management of long term neurological disorders. She works in Nerja and at the new rehabilitation facility in Torrox, **Jubilee House**.



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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

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Why tax planning is rewarding

Tax planning is an integral part of effective wealth management, and taxation should be taken into account when making decisions about your savings, investments and pensions. Whether your main objective is to preserve your wealth, provide an income or generate growth, tax planning plays an important role in protecting and making the most of what you have.

While the tax tail shouldn't necessarily wag the investment dog, there are numerous benefits to strategic tax planning, especially for expatriates with cross-border considerations.

Less tax for you

The most important benefit is probably to reduce your overall annual liability for income, capital gains and wealth taxes on your savings, investments, assets and pensions in Spain.

We all need to pay tax, but if there's a more tax-efficient way to hold your capital and assets, shouldn't you explore if it could work for you? Many people fail to do so and unknowingly pay more than necessary, such as capital gains tax when switching between investments.

Much depends on how you hold these assets, so investigate what compliant, tax-efficient arrangements are available in Spain. You may be surprised by how much tax you can save each year. If you hold onto UK assets, you may miss out on more effective structures in Spain that may provide other benefits like estate planning advantages and currency flexibility.

Less tax for your heirs

Of course, the less tax you pay in your lifetime, the more you have to spend now or pass on to your heirs.

But with some investment structures, you may also be able to lower the inheritance tax liability for your heirs. Ideally, you want a solution that will limit inheritance taxes while also providing tax-efficient income and growth throughout your lifetime.

By Kelman Chambers,
Partner,
Blevins Franks

Estate planning benefits

A significant bonus of strategic tax planning can be that the arrangements you put in place also help make things easier for your family when you are gone. Many tax-efficient investment arrangements also offer more estate planning flexibility and control. For example, they may allow you to bypass succession laws on investment assets, and the capital can pass to your chosen heirs without the complications and delays associated with probate.

Some UK pensions are only transferable to spouses on death, but when transferred to a Qualifying Recognised Overseas Pension Scheme (QROPS) or reinvested in a suitable tax-efficient structure for Spain, you could pass funds on to other chosen beneficiaries, often without probate.

Note, however, that if you are already tax resident here, Spain applies an income tax charge to the fund value when a non-EU pension contract is transferred into an EEA pension scheme.

Maximising returns

Effective tax planning plays a part in helping returns outpace the cost of living. Ultimately, what counts when assessing the value of investments are 'real' returns, after tax, expenses and inflation are deducted. If inflation is higher than your bank interest, you're effectively losing money. And that's before tax is added into the equation.

Property, to give another example, is often lauded for producing relatively high long-term returns, but with stamp duty, local rates, capital gains and wealth tax applied, tax liabilities can be large compared to other assets.

With investments, the starting point should be ensuring your portfolio is well diversified and

suitable for your situation, goals and risk tolerance. But without suitable tax planning, returns can be diminished by taxes that could have been avoided or reduced.

If you own many different investments individually, moving them into a wrapper like a life assurance policy for the tax benefits also makes your life easier. With the investments consolidated into one policy, there's less for you to manage, and less time wasted when completing your annual tax declarations and Modelo 720.

Getting the best results

Tax planning should not be done in isolation or as an afterthought – make it a fundamental part of your investment, pensions, estate planning and overall wealth management strategic plan.

Schedule regular reviews to adjust your arrangements to keep up with any life changes or tax reforms, including new opportunities.

It's easy to get DIY tax planning wrong, which

could lead to an unwelcome tax bill, not to mention the stress of sorting it out. Expatriates have the added complication of dealing with the tax rules of more than one country.

For the best results, talk to an adviser with in-depth understanding of cross-border taxation, including how the local tax regime interacts with UK rules. As well as offering peace of mind that your tax and wider financial planning is fully compliant, they can ensure it meets your needs and goals in the most tax-efficient way today, without burdening your family with unnecessary tax headaches in the future.

The tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; individuals should take personalised advice.

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Belgium-952 599 159
Denmark-952 211 797
France-952 226 590
Germany-952 363 591
Ireland-952 475 108
Sweden-952 604 383
UK-902 109 356 /
913 342 194

Tourist Offices

Frigiliana-952 534 261
La Herradura-958 610 314
Nerja-952 521 531
Torrox Costa-952 532 155

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
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@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.
Tel: 634 540 519.
Minister Rev. Colin Dickson. Tel: 654 884 658



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 OCTOBER ETC. COMING EVENTS & EXCURSIONS

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 Wednesdays and Fridays. Offers a good selection of Household goods, spring and summer clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10 to 13.00.

Every Friday - Conversation group. Time 10.00 to 11.00. A donation of 3 euros per session to support the Centre.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

Friday 4th October. Excursion to see Annie at the Salon Varieties Fuengirola. Annie is a famous musical with music by Charles Strouse, lyrics by Martin Charnin, based on a book by Thomas Meehan. It is about Little Orphan Annie who lives in New York.

There will be time for you to have a meal before the show which starts at 19:30.

Tickets available at the Centre, price: 44 euros with Friends card or 47 euros for visitors available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets) 15.35, Torre del Mar (Bus Station) 15.45. Return approx. 22.45.

Tuesday 8th October - How to deal with Strokes. (ACT FAST). ENTRANCE FREE. Please come to A VERY IMPORTANT TALK in English which will be given by Staff from the Emergency Health Service. It will cover all aspects from early signs seen in a person and how to deal with it when it happens. Refreshments will be available. Time 10.45 for 11.00. At the Centre.

Friday 25th October - Taizé Prayer for Unity at St Andrés Church Torre del Mar. After the mass.

COMING EXCURSIONS

Thursday 28th November. Excursion to Viveros Guzmán, the Miramar shopping centre and Iceland. Please come and join us, bring a friend along, and see the wonderful display of plants, Christmas decorations etc. in this very large garden centre, Viveros Guzmán.

You will arrive at 10:15 approx. and there will be time for shopping and refreshments. The bus will leave at 12.00 for the short drive to the Miramar shopping centre.

You may choose to get off the bus at the shopping centre or at Iceland and you will have free time to have lunch and to do some shopping.

The bus will pick up from both stops at 16:25 and 16:30 respectively. Tickets available at the Centre, price: 20 euros with a Friends card for visitors 23 euros available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 09.00, Caleta (Vets) 09.05, Torre del Mar (Bus Station) 09.15. Return approx. 16.30.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, 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.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

Trips/Events – all trips/events include a drivers gratuity.

October 2024:-

1st - Trip to Gib €18 pick up Algarrobo Lidl at 08.30
4th - 7th - Mini Break to Cadiz, ½ board in the Hotel Victoria Playa. €285pp includes accommodation and coach. Single supplement €440
 €100 deposit per person required and is non refundable. Travel Insurance required.

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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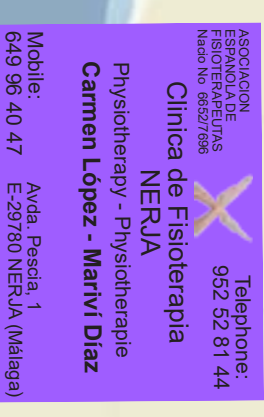
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Nerja

www.streetwise.es

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Buen ambiente, distintas nacionalidades, excelente repertorio
Conciertos, comidas, posibilidad de viajar, etc.)

Jueves de 17:30 a 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

¡ VEN Y OYENOS !

LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY
We welcome new members, all voice parts
- male and female, all nationalities.
Great multi-cultural atmosphere, wide repertoire,
concerts and social events.

Thursdays, 17:30 - 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

COME AND JOIN US !
653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

"NEW MEMBERS WELCOME ALL YEAR ROUND."
CALL US!

Axarquia Animal Rescue
Rescue and care for stray and abandoned animals.
Adopta y cuida de los animales abandonados y sin hogar.
Adopta y cuida de los animales abandonados y sin hogar.
Adopta y cuida de los animales abandonados y sin hogar.

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

Save a Life
Adopta y cuida de los animales abandonados y sin hogar.
Adopta y cuida de los animales abandonados y sin hogar.
Adopta y cuida de los animales abandonados y sin hogar.

Types of foster:
- Foster parent: responsible for the animal's care and well-being.
- Foster parent: responsible for the animal's care and well-being.
- Foster parent: responsible for the animal's care and well-being.

FUNDACIÓN cudeca
CIUDADANOS DEL CÁNCER / CANCER CARE HOSPICE

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 Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

We can also assist by telephone
on 95 256 4910 or
email: cudeca@cudeca.org

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

YOGA FUSION DANCE
Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.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 career, she meets real yogis who teach her and pass on their knowledge.

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

41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770 41 Club
Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Vélez-Málaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 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 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice monthly 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 on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

POPAPECUNIA CHARITY SHOP
Avda. Rodríguez Acosta, Edif. Tucuman (opposite Cafe 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 10 a.m. till 2.30 p.m.



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The penthouse is distributed over 2 bedrooms, 1
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The entire apartment has been renovated and
furnished to a high standard.

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holiday rental.



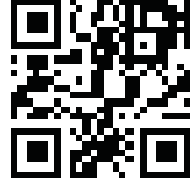
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SAYALONGA

REF: 7579

HIGHLY REDUCED!! Exclusive country house with guest apartment 15 minutes from the coast; 3 beds, 2 baths, 2 lounges with fireplace, 2 kitchens, private pool, garden, storage, patio, porch, stable; amazing Sea views.

Built: 206 m²

Plot: 10.200 m²

EPC: E

PRICE: €297.000



TORROX

REF: 7830

EXCLUSIVE! Well presented country villa within 5 min. to the village & 12 min. to the coast; 3 beds, 2 baths, lounge with fire place & open plan kitchen, private pool, 2 terraces, garage, storage and amazing sea views.

Built: 147 m²

Plot: 6.000 m²

EPC: In Progress

PRICE: €429.000

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ALCAUCÍN

REF: 7824

EXCLUSIVE: Traditional country house walking distance to Alcaucín and 25 min. to the coast; with 4 beds, 2 baths, a lounge with fire place, large kitchen, garage, private pool, garden and amazing mountain views.

Built: 120 m²

Plot: 1.637 m²

EPC: In progress

PRICE: €349.000



CÓMPETA

REF: 7696

Unique townhouse partly renovated, located in the center of the village with a guest house: 5 beds, 3 baths, 2 toilet rooms, kitchen, lounge, 2 courtyards, roof terrace with bar & bbq, stunning panoramic views over the village & the Sea.

Built: 188 m²

EPC: E

PRICE: €180.000

29754 Cómpera

Plaza Almijara, 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
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