

# The Weekly Post

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## Police issue advice about burglaries

**By Shelley Liddell**

Easter is a time of rest, a time to travel, visit relatives or just relax.

However, one of the most unpleasant experiences you can have when you get home is finding that your locks have been forced.

In this situation, the National Police have recommended that you stay calm and take appropriate measures to ensure your safety and resolve the situation effectively.

The first thing to do is not to enter immediately.

"This may seem obvious,

but in times of stress it is easy to give in to the impulse to enter the house to assess the damage or retrieve belongings," note the police.

However, it is important to stop and call 091.

"The intruders may still be inside or may have left some kind of trap or danger," they state.

"The police will have the necessary resources to deal with the situation and take the necessary steps to ensure the safety of you and your property.

"So call and wait for their



arrival."

Once the police have arrived and checked the scene, then you should go to the police station and do an official report, they add.

Tips to prevent burglary

include installing high security locks; keeping doors and windows locked; illuminating the exterior of your home; not leaving keys outside the house; and installing a security system.

## Spring jobs in the garden



Page 15 Photo: Alamy/PA

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# Doorstep deception

A married couple allegedly stole jewellery and cash from an elderly resident of Almoradí who they convinced to let them into his house by pretending that one of them felt unwell.

According to the Guardia Civil, the victim reported to them on February 15 that the value of the stolen goods amounted to €3,000.

The method apparently used by the criminals in this case is so well-known to police that it is actually known as the 'glass of water' con, as they will feign illness and ask for a drink, then both enter and while one keeps

the victim busy, the other searches the house for valuables to steal.

Officers based in Almoradí made a series of enquiries which led them to suspect a man and a woman, aged 54 and 59 respectively, who were married and lived in the municipality, and had a 'multitude' of previous records for property crimes, the Guardia Civil spokesman explained.

Officers managed to recover the stolen jewellery, which had been sold to a gold dealer shop in the municipality.

The couple were arrested

on February 26 on suspicion of theft and handed over to a court in Orihuela, which released them both on bail subject to precautionary measures.

The Guardia Civil reminded that they put on talks which offer practical advice to older people on how to prevent crimes like this one, as part of the force's 'Plan Mayor Seguridad'.

They also reminded that it is important not to open the front door to strangers or let them into a block of flats, 'because criminals will use any excuse to enter your home'.



Photo: Guardia Civil



Photo: Town hall

## Easter gathering

By Irena Bodnarec

The traditional 'La Mona' Easter gathering took place on Monday at the Séquia Mare park in Benidorm – postponed from Easter Sunday due to rain.

The event attracted nearly 3,000 members of more than 170 penyas (associated clubs).

It was a fun family day of celebration, with food, drink and music.

Mayor Toni Perez, councillor for fiestas Mariló Cebrenos, fiesta Queens and other members of the fiesta commission attended the afternoon of celebration, where monas – a special Easter cake – and chocolates were distributed by the penya association.



Photo: CHS

## They did it for the ducks

An estate at the western edge of El Hondo natural park in Crevillente has been acquired for the project to restore the population of the marbled teal, one of the most endangered ducks in Europe.

Ecologists say the purchase 'is a massive step for the protection of threatened species of ducks, especially

the marbled teal'.

Finca La Raja has a surface area of 90 hectares and was bought by the Segura river and water authority (CHS) for over €865,000, financed by the EU marbled teal LIFE project.

Full report in Friday's

**Costa Blanca News**

## Forced entry to help fall victim

Local police in Almoradí reported that 'one of the most rewarding services' that they carry out is to help elderly residents, 'especially when they have suffered falls or domestic accidents'.

They noted that they received a call from a homeowner last week informing them that there may have been an accident in a neighbouring property as they could hear a person calling for help.

A spokesman for the local force said officers immediately went to the home, where they found that the



Photo: Local police

front door was locked.

When a family member arrived with a key, they were unable to open it 'because it was locked from the inside'.

"Finally they were able to enter from the adjacent property and had to break the

kitchen window to get inside," he said.

They found an elderly person who had suffered a fall but was in 'stable condition'.

He noted that paramedics arrived to give treatment to the injured person.

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# Cough syrup con-man

Local police in Elche have arrested a man who they found to have numerous bottles of medicine and fake prescriptions.

Officers in the Carrús district saw a vehicle making suspicious manoeuvres so ordered the driver to stop and called another patrol to help them search it and the occupants.

On the floor of the car they found five bottles of Toseína, a cough syrup containing codeine, which one of the men claimed were his and he had to help him sleep.

The officers also found a compartment which was closed with screws and contained a large number of private prescriptions for the same medicine.

Suspecting that these had been obtained fraudulently, the officers went to a pharmacy to ask the staff there if the prescriptions were fake, since they contained uncom-



Photo: City hall

mon errors for this kind of document, such as saying 'medicana' instead of 'medicina' and 'coleglado' instead of 'colegiado'.

They also telephoned the doctor named on the prescriptions, who said she had never practised in Alicante province and was working for the social security, which made it impossible that these

private prescriptions had been issued by her.

The doctor also told the police that she had already reported that her stamp from the professional college of doctors had been used before to fraudulently obtain medication.

The suspect was arrested for a public health offence and falsifying documentation.



Photo: Town hall

## Another star

By Irena Bodnarec

'El Xato' restaurant in La Nucía has physically received their 2024 Michelin star to put up on the façade of their establishment.

This is the sixth consecutive year that the restaurant has received this distinction from the prestigious international guide.

This year it will celebrate 109 years since it opened its doors and over the century has adapted and evolved its gastronomy without ever forgetting its roots and flavours.

They are now in their fourth generation at the helm and received their first star in 2019.

## A sporting life



Photo: Town hall

Planting has been carried out around the Mayte Andreu sports centre in Almodarí.

Councillor for employment, Carmen Berná said workers from her department and members of the T'avalem employment workshop have been carrying out the project.

The flora which has been installed includes aromatic

plants, citrus trees and other fruit trees.

They have also created a Mediterranean wood section.

Sra Andreu said the scheme would provide shade in some areas and also enhance the area.

This has been possible 'thanks to the students who have worked to transform this zone into a corner which is full of life', she noted.

## Fire training for the police

By Irena Bodnarec

Officers from Benidorm's local police, National Police and Guardia Civil attended a training day to 'refresh their knowledge' and explain protocols in the event of a fire, explained councillor for security Jesús Carrobes.

He highlighted: "It is essential to be up to date to know how to act in any type of incident, offering continuous training to our officers - how to act safely and in a coordinated manner to give the best possible response."

The session called 'joint action against fires' was given by members of the



Photo: Town hall

Alicante provincial fire- and took place at the Llorca Linares social centre.

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# Improvements on the books for Callosa's Calvario area

Callosa de Ensarrià council is finalising the details of a project to improve the Calvario green area.

This project, which was launched last year, is funded by the Alicante provincial government with a €54,152 grant.

The first step will be to remove all existing waste from the area and take it to an authorised landfill site for appropriate treatment.

The sides of the path will also be cleared, gravel re-

moved and topsoil laid for the planting of ornamental plants and shrubs, explained a council spokesperson.

A dedicated drip irrigation system will also be installed.

The existing concrete pavement will also be demolished to connect the two areas of the site and underground street lighting will be installed.

Finally, the path in the Calvario green area will be paved in printed concrete with a textured finish and

waterproofing resin.

The improvement works are expected to start after Easter, as the project has yet to be tendered and awarded to the contractor, 'which will be done shortly'.

Mayor of Callosa, Andrés Molina, said: "This is one of the many projects that we are going to carry out in this new term of office, with which we are going to significantly improve the appearance of Callosa."



Photo: Town hall



Photo: Town hall

## Police congress for Benidorm

By Irena Bodnarec

The first national congress of local police will take place on April 12 and 13 at Terra Mítica in Benidorm.

Around 700 officers from more than 20 towns and cities have registered to attend the event which has been organised by the National Union of Local

Police chiefs and commanders (Unijempol) and the SPPLB, with the collaboration of Benidorm town hall.

Presentations will be made by judges from the Supreme Court as well as other police commanders on current issues including security, detection of sex-

ual trafficking, and use of weapons, among others.

On the second day there will be exhibitions from the canine unit, the reserve and security group (GRS) of the Guardia Civil, the parachute brigade (BRIPAC) of the army, and on TASER electronic control devices.

## Residents voice anger over one-way system in Altea

A decision to eliminate the traffic lights along the Altea-Albir promenade and operate a one-way system along the road – from Altea to Albir – has angered some residents.

Changes to the bus route mean that stops have been eliminated.

Altea council had for some time promised to remove the temporary traffic lights located in front of the yacht club, installed during the pandemic to improve social distancing.

Full report in Friday's

**Costa Blanca News**



Photo: I Bodnarec

## Callosa d'en Sarrià asks residents for ideas to improve bus service

By Shelley Liddell

At the end of last year, the Callosa d'en Sarrià town council organised a desk where residents could submit their suggestions regarding the public bus service.

All these suggestions are collected by two municipal employees at the main information desk in the town

planning department of the Callosa d'en Sarrià town hall, located in Calle Ramón y Cajal, and can be handed in every morning from Monday to Friday between 08.00 and 14.00.

These requests or complaints, which range from the price of the ticket to the timetables and frequency of the

buses arriving or departing from Callosa d'en Sarrià, must be handed in at this desk so that the council can ask the General Directorate of Transport of the regional government to carry out the necessary improvements requested by the citizens.

In some of the last plenary sessions, several residents of

Callosa d'en Sarrià came to present their suggestions and complaints in this regard, which they formulated at the end of the rounds of citizens' questions. The council team took note of these complaints and passed them on to the regional government.

When asked about this, Andrés Molina, the mayor of Callosa, urged the citizens to work together: "It is better and more effective to make these suggestions in just five minutes at our municipal desk than on social networks.

These suggestions from the people of Callosa will not be lost".

He also promised to take them personally to Valencia to ask for more frequencies or whatever is necessary, stating that "we already got two more frequencies a few months ago after sending complaints to the regional transport and we want to improve public transport for Callosa, so my personal commitment is firm and I will take these complaints and suggestions and defend them wherever it is necessary".

# The Pink Ladies are feeling blue

By Maria Wilson

It is with great regret that the Maria and the Pink Ladies have had to announce that they have to close the office at Flamenca Beach CC, Orihuela Costa.

They will, however, still be able to book screening appointments for members of the public.

For the past few months the back of the office has been flooded on a daily basis, due to an upper level unit suffering severe leaks with water finding its

way to their office. Maria Wilson, president of AACC Orihuela Costa said "My husband Carl is going into the office every day to get rid of approximately 50 litres of water, yes that's every day. The cupboard units have all fallen off the walls, half the ceiling has collapsed, the electricity keeps on tripping and so we have taken the decision to close at it is neither safe nor healthy for us to continue to operate from there."

They will continue to book screening appointments for



Photo: MATPL

members of the public, so anyone needing to book an appointment can do so by any of the following ways: Call Maria on 633 487 595, email [info@pink-ladies.org](mailto:info@pink-ladies.org) or visit [www.pink-ladies.org](http://www.pink-ladies.org) and on

Mondays the Ladies are at Zenia Boulevard between 12.00 and 14.00 too.

Maria adds, "We are also looking for a new place to operate from so if anyone has a cheap unit we can rent please

call me on the above number.

She says, "We have been very fortunate that PSI Consultants who own our current office have let us use it rent free for the last 10 years so we are very grateful for their kindness."

# On top of the world

By Alan Moore

Whilst this lovely weather continues, the Costa Blanca Mountain Walkers are able to lead several walks each week.

On Wednesday, March 27, Mary led a group of 17 from Castell de Castells, on the Serrella, Las Freginals, Alt de Tronca and Pla de Balcón.

Under clear skies, the group had some spectacular views and scenery

throughout the route and in part overlooked Guadalest. They had to brave some strong winds on the mountainside but the jolly group enjoyed the wonderful collaborate. Over five hours they walked 12 kilometres and climbed 700 metres.

To find out about the group and the walks we lead, see our website <http://cbmwalkers.org>

Photo: Mary Gough



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# New dates for Studio 32's next production

The talented musical theatre group Studio 32 is presenting the musical comedy 'The Pajama Game' at the Cardenal Belluga theatre, San Fulgencio from Thursday, May 2-Saturday, May 4 inclusive. This is roughly a month earlier than planned due to the theatre having been commandeered by the powers that be.

Based in a pajama factory in Cedar Rapids, Iowa, it follows the story of the workers, who, led by their union representative Prez, are seeking 7.5 percent pay rise from their miserly

boss, Mr Hasler.

Featuring memorable songs such as Hernando's Hideaway and I'm not at all in love, it also captures the blossoming romance of grievance committee chairman Babe Williams and the new factory superintendent Sid Sorokin (played by Doris Day and John Raitt respectively in the 1950s film version.

Tickets are €12 each and are available online from [studiothirtytwo.org](http://studiothirtytwo.org), or from the following outlets: The Post Box, Doña Pepa, Rojasles; Cards and



Photo: Studio32

More, La Marina urbanisation; San Quesada, Rojasles; The Post Room, Fulgencio, Con Amor, Ciudad Quesada, Rojasles; Elipacrafts, Ciudad Benijófar; and Bob's Bar, La Marina urbanisation, San Fulgencio.

## 'Bon appétit' Torrevieja U3A

By Barry Weston, Torrevieja U3A press officer

The Marina Bar in Torrevieja was packed on Friday night as members of the Torrevieja U3A poured in for a delicious French-themed meal.

After the meal was finished and cleared away, the audience was entertained with an interesting talk given by Dave McCall, who, as his alter ego Dave Emsworth, has written many historical novels over many years.

We were taken back in

time to World War II, as he told us stranger than fiction stories featured in his novel 'A Betrayal of Heroes', and he also informed us how many countries, including Spain, played important parts in bringing the war to a conclusion.

It was a thoroughly enjoyable evening and thanks must go to our social events club and The Marina Bar for hosting the event.

## EHCRC fundraiser

The Club in Ciudad Quesada (Rojales) is hosting a fundraiser in aid of Easy Horse Care Rescue Centre (EHCRC) on Sunday, April 14 from 20.00.

The event will feature live music courtesy of Peoples People and friends, including a special party set by 'A girl called Sue'.

There will also be a grand raffle, full bar service, food, and more.

Admission is free.



L-r: Choir treasurer Semiramis Budemberg with Sylvia Tatnell and choir secretary Rita Thornley, and with Tony Grande

## Thank you from the English Choir

A huge thank you to all the friends, family and followers of the English Choir, Teulada. Thanks to you, recently, we were in a position to give two local charities a cheque for €800 each. If you bought a ticket to one of our performances in 2023, threw money into a bucket, maybe sang Christmas carols with us, we wanted you to know how grateful we are for your support.

Pictured are Tony Grande from the Make A Smile charity and Sylvia Tatnell from the Alzheimer's day centre in Teulada, who came to receive the donations and explained what the money would be used for. We found the whole experience very uplifting and inspiring, and we hope you will continue to help us support local charities in 2024.

A special mention to Positive Signs and Designs whose own personal donation was producing the larger than life 'cheques' which made the whole presentation so much more polished.

The English Choir is undergoing a name change in the near future, to truly reflect and represent what it is all about. For many years people thought we were solely an English choir

singing English songs, which is far from what we have become over the last few years. We now have a number of different international members and sing several non-English songs within our repertoire, and over a third of our members are not English. We have therefore democratically voted and agreed to the new name of 'The International Choir' but will also respond to The English Choir if contacted that way.

We are very pleased to be currently arranging our programme of events for 2024 and will be announcing these in the near future. However, two concerts that have already been arranged are those featuring winning songs from past Eurovision song contests. These will take place on:

Wednesday, May 22 at the casa de cultura, Jávea old town  
Thursday, May 23 at Los Arcos restaurant, Pedreguer

Tickets will be available in due course.

We look forward to performing for you in the upcoming season and hope to see as many of you as possible at our performances.

Photo: The English/International Choir

► For full reports on social and cultural events see Friday's **Costa Blanca News**

## Cancer support initiative launched

HELP of Marina Alta launches new initiative for those affected by chemotherapy and radiotherapy.

The organisation is launching a project in collaboration with Heaven Hair and Beauty Salon in Moraira and other partners.

The aim of this project is to provide aesthetic services for anyone affected by cancer surgery or cancer treatment, along with advice and support, including financial assistance.

Services include 3D tattooing after breast reconstruction, and head coverings for hair loss during treatment.

Chemotherapy or radiotherapy is a stressful experience for anyone. Losing your hair because of medical treatment or illness, even if it is temporary, can be difficult to deal with.

We can help you through this with advice on where to find businesses that offer head coverings and wigs.

Here are some other ways we can help:

- Making appointments and accompanying you to assist and translate if necessary
- Breast reconstruction - we are here to help with the next phase of your recovery journey
- Helping you to find experienced professionals who provide a sympathetic and discreet service
- Offering assistance and advice for those who would like 3D-effect areola tattooing. From your initial consultation appointment to the final treatment

We can be there every step of the way and will subsidise your purchase if the cost is prohibitive.



HELP Marina Alta is a registered charity operating for 40 years, helping the community and in collaboration with Denia hospital where we have a desk in the main entrance.

We are looking for more partners and sponsors for our project. If this could be you please contact Hilary on 634 345 014.

To make a donation directly to support this project, use reference IT'S ABOUT YOU and your name, and donate directly to HELP Marina Alta La Caixa ES11 2100 9015 2102 0016 2933.

To find out more about HELP of Marina Alta visit the website [helpmarinaalta.org](http://helpmarinaalta.org) or see Facebook - HELP of Marina Alta.

Photo: HELP



Club president, Ross Ord, at the controls of Idleford Junction

Photo: MAMRC

## Hi-tech railway modelling

By David Grove

Idleford Junction is just one of the layouts to be found at the clubroom of the Marina Alta Model Railway Club in Teulada. It is a 00 gauge former prize-winning exhibition layout, originally constructed by members of the Bassetlaw North Notts Railway Society in the UK and exhibited more than a dozen times in the Retford area between 1992 and 2005. Since being purchased by Marina Alta Model Railway Club (MAMRC) president, Ross Ord, in 2007, the layout has been converted to Digital Command Control (DCC) with train schedules controlled by a Windows computer. This digital control system permits realistic running of multiple train routes and schedules. Fortunately, the club can boast members with the experience or curiosity to develop this system although more members with an interest in this field would be extremely welcome.

Club members are currently embarking on the construction of a brand new 00 layout on which the DCC system will need to be integrated with a conventional d.c. system, offering members opportunities to practise skills in design and construction of layouts, including building baseboards, laying and wiring track and constructing buildings and other scenery.

As well as these layouts, the Marina Alta Model Railway Club has d.c. 00 gauge and N gauge layouts which are always under continuous development.

The club is always open to new members and often has visits from guests who enjoy viewing the layouts and sometimes running their own models on them. Anybody with an interest in model railways can find out more via [mamrc.weebly.com](http://mamrc.weebly.com), searching MAMRC with Google or Facebook or by emailing [mamrclub@gmail.com](mailto:mamrclub@gmail.com).

## Can you help?

Reach Out-Extiende La Mano Torrevieja is an established charity supporting homeless people and families who find themselves at risk of social exclusion.

The organisation is currently in need of new volunteers who are able offer 'just a few hours a week', which can be 'flexible throughout the year to suit you'.

Reach Out-Extiende La Mano is situated at Calle Bella Antonia 1, Torrevieja and open Monday to Friday from 10.00-13.30.

"If you can spare even a few hours and would be interested in joining our team of volunteers to help, please get in touch.

"You could help make a change to someone's life through volunteering and we are always grateful for any assistance," says the charity.

Here are a few questions to help you decide. Could you... Help with sorting donations and

stocking our charity shop? Help prepare lunch in our kitchen?

Drive our small van or large car to collect or deliver items?

Help customers in our charity shop?

Host an event or provide services to help raise funds?

If you can answer yes to any of the above, then Reach Out would welcome your help as a volunteer.

To get in contact and for further information, email [secretary@reachouttorrevieja.eu](mailto:secretary@reachouttorrevieja.eu), telephone 96 571 30 63, or visit the website at [www.reachouttorrevieja.eu](http://www.reachouttorrevieja.eu)

Photo: Reach Out



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## U3A Marina Baixa - hands of friendship

By Joan Flint, press officer

On March 20 the vice president, Elizabeth Potter treasurer, Anne McGrath and her husband, Joe along with member, Linda Cox, met with the mayor of Callosa d'en Sarria, Andres Molina and councillor for health and culture, Maria Isabel Ferrandiz to donate €324 to the town's food bank. U3A Marina Baixa regularly donate funds to food banks throughout the membership area. All the money raised by the association is donated by members through the monthly raffle, and plans are already in place to donate a further €300 locally next month.

Comments were recently received from members of the Solo Amigos group on what being a member of U3A Marina Baixa means to them. Two of the comments are given below, which reflect the friendship to be found within the membership.

"Thank you very much for such an enjoyable afternoon. As a recent member I found everyone so friendly and didn't feel alone."

"That's how friends are made. I'm so proud of our lovely group."

On Monday, March 25 the general meeting took place at the casa de cultura in Alfaz

del Pi. A total of 57 members attended and a remarkable €172 was raised through the raffle. The speaker, Elaine Mitchell gave an enlightening talk on the meaning behind Pablo Picasso's painting 'Guernica' which is based on the devastating destruction of the Basque village of Guernica on April 26, 1937. A large number of bombs were dropped, killing hundreds of people in just three hours, although the exact number will never be known. Over 70% of the village was destroyed. The huge painting which is 7.77 metres long is now housed in the Reina Sofía museum in Madrid, and its complexity is certainly open to interpretation by the individual. However, Elaine's informative talk enabled members to explore the painting and understand in detail this magnificent work of Picasso.

After the meeting 18 members met for a superb lunch at the Yang Hu Chinese restaurant in La Nucía.

The next general meeting will be on Monday, April 22 at the casa de cultura, Alfaz del Pi at 11.00. New members are always welcome and membership remains at just €10 for the year.

## Pesky phantoms

By Gillian Ashworth

Ever think that you're hearing things, or that your partner has gone a bit doolally? Noël Coward played this to the full in his very funny play *Blithe Spirit*, when a medium conjures up the deceased wife, who tries to destroy the husband's marriage to his second wife.

Charles Condomine is seeking information for his next novel regarding supernatural beliefs and phenomena, not really believing that Madame Arcati was any good at her profession. His wife, Ruth, played by Lesley Davies, is by turn perplexed, annoyed or angry at her husband's strange babblings, as she can't see the ghostly Elvira,

played by Arabella Wallace.

Lesley needs little introduction to regular Players' enthusiasts as she has performed in several productions such as *Look Out He's Got a Gun*, *I Colitus*, and most recently *Wife After Death*. Her comedic timing and facial expressions are brilliant.

Arabella has only performed with Jávea Players since 2023, but then she is a tender 18-year-young, although mature beyond her years. She acted and sang in *Oliver!*, *Will & Whimsy*, and Jávea's *Got Talent* – and is definitely proving that she has plenty of the latter.

Don't delay, book now. Playing at the Unión Musical, Gata from April 22 to 27 at 19.30.



Arabella Wallace Photo: JP

The 22nd is a gala evening with cava and canapés following the performance. The Saturday is a matinée at 16.00. Coach transport, if sufficient interest, from interiors, Jávea port on April 22 and 23 (€10) and April 24 from La Senieta, Moraira (€12).

For more information: <https://javeaplayers.com/jp/>

For full reports on social and cultural events see Friday's **Costa Blanca News**

## A sweet trip

Calpe U3A took a day trip to the Villajoyosa Valor chocolate factory in March. A total of nine of us boarded the mini bus at the Sol Ifach hotel. In less than 40 minutes we were at the Valor factory. We had time for a coffee and a chat and met the new members - David and Julie, who were invited to join our tour, in English, by guide Carmen.

The tour took 45 minutes and we learned about the introduction of the cocoa bean from Ecuador and its importance in the production of chocolate.

The family have been chocolatiers for 130 years, Valeriano López Lloret was the founder in 1881. In 2006, on the 125th anniversary, the factory was visited by the Prince and Princess of Asturias (now the Spanish King and Queen).

After the tour of the factory we got to the shop and found free samples of the chocolate. We bought gifts and thanked



our guide Carmen.

Time for lunch at a restaurant beside 'las casas de colores' (the coloured houses) and after a leisurely meal we drove home to Calpe.

We would like to thank Dorothy, Jo and Shirley for booking the day trip.

### Monthly meeting

On Friday, March 15 the monthly meeting of U3A Calpe took place at LAFMA. People were most impressed with the new chairs, tables and brightly painted room. This month, one of the volunteers from Calpe Cat Shelter gave an interesting

talk on how they look after cats and work on sterilising them to try and limit the growth of the feral cat community in the town. Karen Flack was presented with several kilos of cat food to help the shelter.

U3A Calpe are meeting at Yodel on April 9 from 17.30-19.30 to socialise. New potential members are most welcome, just email [u3acalpe.president@gmail.com](mailto:u3acalpe.president@gmail.com)

Full details can be found on Facebook and on the website [www.u3acalpe.org](http://www.u3acalpe.org)

Photos: David Stockton

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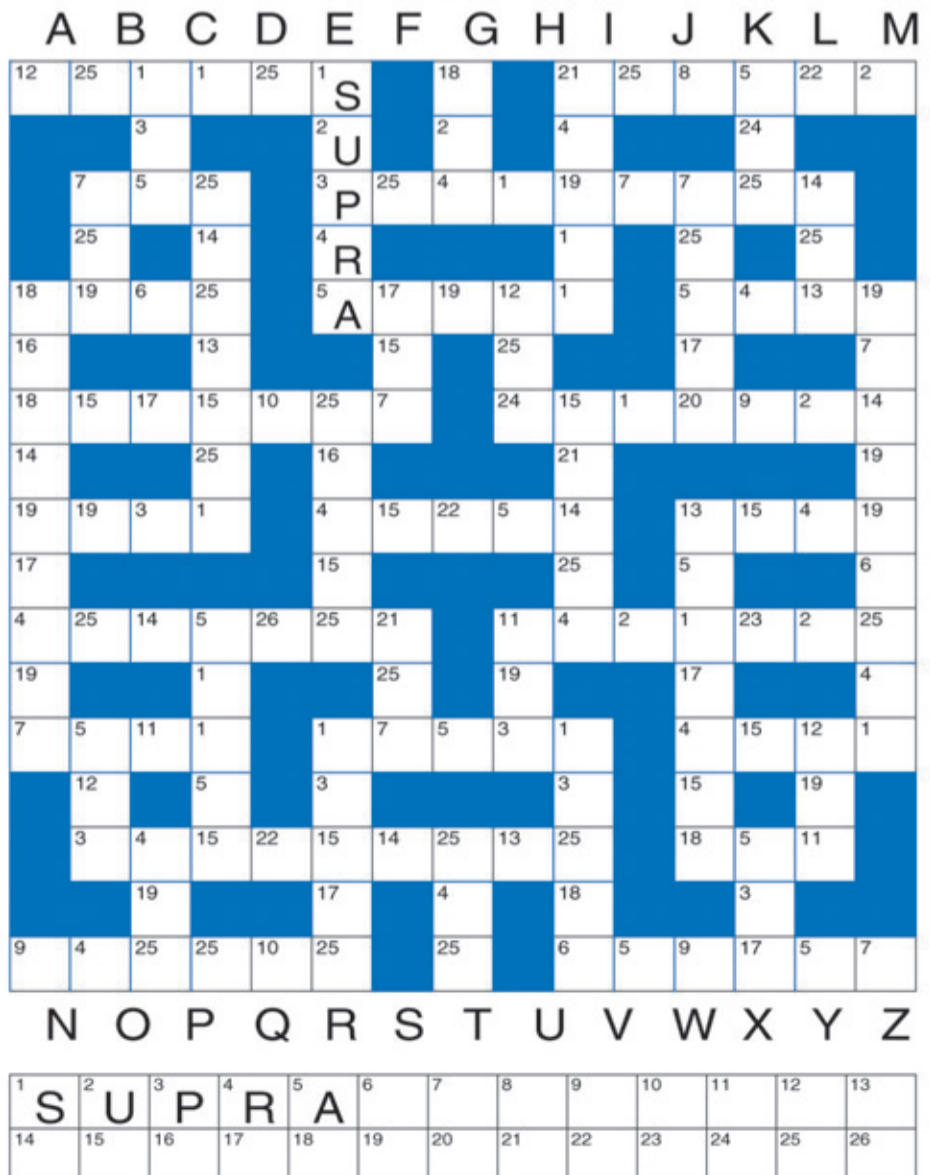


# Crazy letters

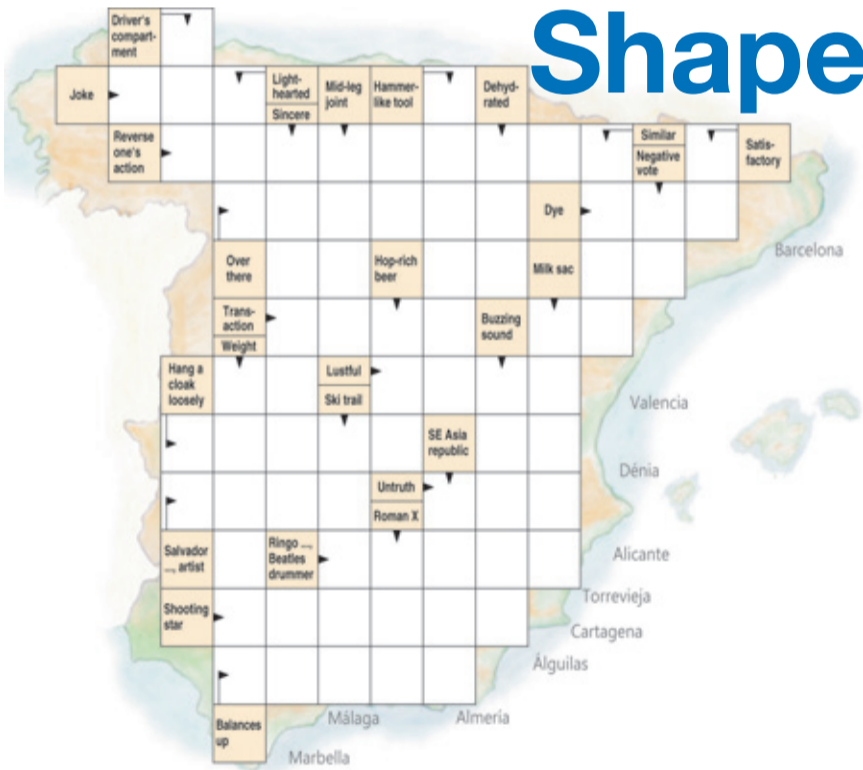


# Crack the code

Each number in the grid represents a letter of the alphabet. Some letters are already decoded to get you started.

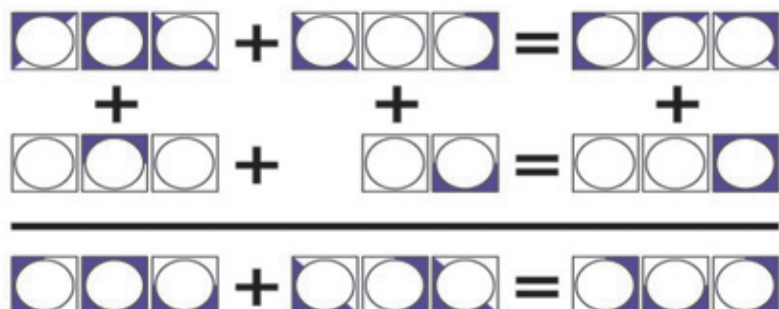


# Shape



# Brain teaser

Each symbol represents a number from 0-9



# Regular exercise can help you sleep

By Jamel Smith, PA

People with consistent fitness regimes are 42% less likely to have difficulty falling asleep, research suggests. Here's how to make a routine stick.

Ever noticed you tend to sleep better when you're more in the groove with your fitness regime?

A new long-term study published in the journal *BMJ Open* this week found that regularly exercising twice a week or more significantly cuts the risk of insomnia.

People who do regular exercise were 42% less likely to have difficulty falling asleep than those who were inactive, and 22% less likely to report symptoms of insomnia, according to the research.

## Like the sound of improving your sleep by getting into regular exercise?

Everyone's fitness journey is different – so there's no one-size-all approach when it comes to exercise. But here are a few simple tips to help you get into a regular routine...

### Set short-term goals

While long-term goals can provide a helpful sense

of direction towards a healthier lifestyle, focussing on far-away outcomes may dampen motivation if they seem unreachable.

"Setting short-term goals can act as a stepping stone to help you reach your target," suggests Olly Banks, personal trainer at Fitness First. "Whether it's something simple like turning up to a set amount of workouts in a week, or just staying consistent with your nutrition, short-term goals help make positive steps towards the bigger picture."

### Set realistic targets

Martyn Oakey, head of fitness at Everlast Gyms, part of Sports Direct, emphasises the importance of setting attainable expectations.

"It's great to be ambitious, and we all want to start as we mean to go on, but the worst thing you can do is set a goal that is too ambitious," says Oakey. "Set an attainable fitness goal, something that you can work towards that can keep you motivated."

If goals don't align with your lifestyle and what you enjoy, motivation can quickly fizzle. By being realistic from the beginning,



Photos: Alamy/PA

you're more likely to stay consistent with your efforts.

### Work-out with a friend

Penny Weston, a fitness and wellness expert and director of Moddershall Oaks Country Spa Retreat, says: "Keeping exercise fun and consistent is key: for many people, making it a part of your social life is the way to achieve this."

"Often, we are subconsciously looking for an excuse not to do a workout and will find plenty of other things to do instead, but if

you know you've scheduled it with a friend, you are more likely to attend as you do not want to let them down."

A bit of extra competition with a friend could "actually make you work a bit harder" too, Weston notes: "I know that if I run with a friend who can run further and faster than me, I will give it my all to make sure I keep up with them. The beauty of working out with someone is you are there to inspire and support each other."

Gavin Cowper, fitness

expert and owner of Exercisci, adds: "Having a workout buddy also provides motivation, support and encouragement, making it easier to stay committed to your goals. Schedule regular workout sessions together, or join a fitness class or club to connect with like-minded individuals."

### Diversify your workout routine

To prevent boredom and hitting a plateau in your fitness journey, try mixing up your workouts with different cardio, strength training and flexibility routines, or explore new classes and bootcamps in your area.

Oakey adds: "There are hundreds of workout trends online that can transform your current workouts into something fresh and exciting."

"If you're not entirely sure, consult with a personal trainer for advice on whether the trend will truly be beneficial, as well as tips on technique and incorporating this into your current workout routine in a way that avoids injury."

### Celebrate your successes

As our own toughest critics, we often berate ourselves for not meeting goals. Yet, slip-ups are inevitable sometimes. So remember – setbacks are normal and not the end of the



world! Focus instead of what you are doing well.

Banks says: "If you set a short-term goal and stick to it, acknowledge and celebrate this, just as much as you would acknowledge when you've slipped up."

"We often forget we need to reward ourselves when we reach a goal, instead of just setting another one straight away and forgetting that success."

You could even motivate yourself with some physical rewards. Oakey adds: "Whilst it's not the solution for every workout-motivation-slump, it's no secret that buying new sports gear can add a new layer of excitement for working out. So why not set a goal, and once



the gym or a class for a solid workout. Experts say you can achieve excellent results at home using just your body weight – and this is a great option when life gets busy.

Weston says: "If you did want to make things a bit tougher, why not add some water bottles to use as weights?"

You can also use towels as resistance bands, and chairs, as long as you have secured them properly, for exercises like tricep dips. Stairs are also great for running up (carefully!) and strengthening your calf muscles with toe lifts."

completed, treat yourself to a new pair of running trainers or workout gear?"

**Work-out at home**

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Mac has already found his own home, and now Micky (above) and Mora (below) are waiting



for their chance. Would you like to accompany Micky or Mora on their journey to adulthood and provide them with a loving and sheltered home?

Please contact APAD on 966 427 678, send an email to [info@apad-apad.org](mailto:info@apad-apad.org) or see [www.apad-apad.org](http://www.apad-apad.org)

**PEPA MAMI** was born approximately June 2021. She's sterilised, blood tested and vaccinated.

She enjoys going for a walk with her rescuer and their own two cats and two dogs!

If you have place in your family for Mami please contact Pepa on 650 304 746, send an email to [p.e.p.a.animalcharity@gmail.com](mailto:p.e.p.a.animalcharity@gmail.com) or see the website [www.pepaspain.com](http://www.pepaspain.com)

**AKIRA MERLIN** is four years

old, has spent a short time in foster and is more than ready for his forever home. A sweet but nervous boy, he will need to be adopted locally, preferably by a family with another dog, so that they can come to get to know him before taking him home.

Please contact Akira on 657 689 567 or email [akirashelter@aol.com](mailto:akirashelter@aol.com)



**K9 Club** This is one-year-old **PIXIE** She is looking

for her loving forever home. Her mum is a small to medium podenco, both her and her sister Peaches crave attention, cuddles and lots of play time, she is young enough to join any family, and gets on with all the other animals.

Call or WhatsApp on 711 075 305 or email [k9clubinfo@gmail.com](mailto:k9clubinfo@gmail.com)



**BARC TOBY** is 10 years old born on January 1, 2014. He is passported and sterilised with vaccinations up to date.

Toby loves to run in the campo so needs a lot of room and exercise and a fenced garden and can escape. Toby has to be taken on the leash when cyclists are in sight, he loves to race with them but he walks very well on a lead. Toby wants to be friends with everyone but he still gets scared by any fast movement, umbrellas and walking sticks, fireworks and gunfire (hunters).He loves to play with adults, children and other dogs, but is not interested in any toys. However, he likes to nibble on our old, worn out sandals.

Toby knows all the important orders sit, stay, up, down, here, away, good boy, etc. His favourite word is 'snack' - after he's been a good boy, of course. Toby only barks if an unknown vehicle or person stops at the gate. He is house trained and if he needs to go outside, he comes to let you know. We try to keep Toby at a healthy 22 to 23 kg. There would be a lot more to say about this lovely and funny boy. His fosterers found him a joy to have and will miss him, but do hope that a nice home can be found for him, he so much deserves it.

For more information about Toby please WhatsApp Sue on +34 643 80 23 00.



**Animal Angells**

**NELLIE** was sadly injured by a fire-work in her right eye. She is a seven-month old beautiful, friendly, lovely girl who needs a home. Sterilised and up to date on all vaccinations. A new friend and owner would make her dreams come true.



So, if you or someone you know would like a new little friend then please call Sue from Animal Angells on 696 103 092. Please make 2024 a better year for these lovely cats and kittens.

**APROP COPITO** has been

in a foster home for some time now but is looking for a permanent home very soon. He is 8 years old, dog and child friendly, confident and well behaved in the home. A super medium sized dog perfect for any family scenario. Although sometimes he can be a little reactive in new surroundings it is nothing of huge concern.

Please contact us by email at [apropego@gmail.com](mailto:apropego@gmail.com), or call 654 6160 43.



## Fishing for words



## Crazy letters



## Brain teaser

$$\begin{array}{r} 182 + 237 = 419 \\ + \phantom{00} + \phantom{00} \\ 303 + 35 = 338 \\ \hline 485 + 272 = 757 \end{array}$$

## Shape



## Crack the code



1	2	3	4	5	6	7	8	9	10	11	12	13
S	U	P	R	A	K	N	J	F	Z	B	M	G
14	15	16	17	18	19	20	21	22	23	24	25	26
L	I	Y	T	C	O	H	D	V	Q	W	E	X

# These are the spring jobs you need to do in the garden

**By Sam Wylie-Harris**

After the long Easter weekend, the clocks going forward and springtime signalling buds coming into bloom, your patch of greenery is now a hub of activity...

"Making sure your garden is 'spring ready' is a wonderful way to get yourself outside and enjoy the early spring sunshine," encourages David Domoney, gardener and chartered horticulturist.

"I always look forward to the early spring months, as there are so many excuses to get outside – and in the garden."

## Weeding

One of the most important overall gardening jobs you should focus on, regardless of whether it's your flowering beds or your vegetable patch, is weeding, says Domoney.

"Making sure you are on top of perennial and annual weeds

is essential to guaranteeing a healthy garden patch.

"Hoeing a larger area will be ideal for dislodging small and annual garden weeds, whilst weeding by hand will help you to remove more established weeds," he advises.

"You could use a digging or border fork for this, or a more directed approach, using a hand fork to wrestle those weeds out from the root."

## How to have the perfect vegetable patch

There are plenty of gardening tasks you can start this time of the year in your vegetable patch, suggests Domoney. "Now is the perfect time to plant onions, shallots and garlic sets – you can do this successively to produce batches of this crop throughout the year."

Starting now, he says you can do this every few weeks, through to April, which will extend your cropping season. Also, you can plant your second-early and main crop potatoes at this time, after any risk of frost has passed, notes Domoney.

"The second earlies, 'new' potatoes, will be ready to harvest in July and August, and the main crop potatoes can be enjoyed from August to October, perfect for warm meals in cooler temperatures."

"Additionally, early April is ideal for sowing flowering companions for your vegetable plots, such as pot marigolds, whose fragrant foliage can deter some pests from your crops," he adds.

## Consistent flowering

With flowers starting to

make their appearance, there are several ways you can ensure consistent flowering, advises Domoney.

"If you would like to produce a pollinator-friendly wildflower meadow, get started early by sowing seeds in trays. Then, once any risk of frost has passed, these can be sown outside for the perfect treat for your local pollinator population."

You can also use this time to plant your roses, shrubs, and climbers, which gives them plenty of time to establish before flowering in the coming months, highlights Domoney.

He also suggests sowing sunflowers, too. "A brilliant task to enjoy with your children. Sunflower seeds are large enough for small fingers to handle, and their quick growth gives children a wonderful reward for their efforts in no time."

## Domoney's spring gardening check list...

**Create a planting calendar:** So you can make sure your garden beds are fully prepared for sowing seeds, what time of the year to sow them, and when you can expect to harvest.

**Prep before you sow:** Ensure your garden is ready to cultivate the healthiest and most productive plants by improving your soil before sowing and planting.

Organic matter dug into the soil, any compost you have produced last year, or even composted leaves you have been saving from last autumn will all add wonderful nutrients to the soil.

**Start seeds indoors:** Sow some long-season seeds indoors,



Photos: Alamy/PA

which are better suited to more consistently warm soil to start them off. Some great examples include broccoli, cauliflower, and tomatoes.

**Collect rainwater:** Make sure you have a water butt or a similar alternative to collect rainwater. Now is the perfect time to do it, with April showers looming, as you never know when precious rainwater will be

sparingly available in summer dry spells.

**Sharpen your tools:** Make sure your garden tools are spring-ready. Give them a good clean if you haven't already, making sure to put them away dry to avoid rusting. Sharpen secateurs and check the edges of spades and hand tools like trowels, in case they could do with some attention too.



Photo: Heather Hayton /PA



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# International taekwondo open kicks off in La Nucía

By Jasmine Rokadia

Olympic medallists and athletes from around the world will be attending La Nucía's, Ciudad del Deporte (city of sport) from tomorrow April 4 to April 8 when it hosts the '21st international taekwondo Spanish open G1'.

The event will bring together a total of 1,900 athletes from 30 countries in four intense days of competition. It is a G1 open contest, scoring for the World Championships and the Paris 2024 Olympics. It will serve as a preparatory event for the European Championships to be held in Serbia in May.

Starting on Thursday, the

event will take place in two of the town's sports pavilions: Camilo Cano (competition) and La Muixara (training and warm-up), with the best international and national taekwondists competing, including those who will make up the Spanish national team, many of whom have a guaranteed place at the Paris 2024 Olympic Games.

The event presentation was attended by Jesús Castellanos, president of the royal Spanish taekwondo federation and Bernabé Cano, mayor of La Nucía.

On Thursday, April 4 the poomsae and freestyle categories will compete. From here, the national team that will

represent Spain at the next European Championships will be selected.

Combats will take place from April 5 in the Camilo Cano pavilion in cadet, junior, master and senior categories. A total of six competition rinks will be set up on the central court of the pavilion.

On Friday, April 5 it will be the turn of the cadet combat category.

On Saturday, April 6, the junior and masters will compete in combat, and on Sunday it is the turn of the senior combat category.

The Spanish delegation will be made up of 41 athletes, in-



cluding Hugo Arillo, Joan Jorquera, Daniel Quesada, Jon Andoni Cintado and Cecilia Castro. The Olympic medallist Adriana Cerezo will also be accompanying the team.

Entry is free to the public but space is limited. The event will be streamed via the RFETaekwondo youtube channel [www.youtube.com/channel/](http://www.youtube.com/channel/)

UCIldNUTmkuqTvt2 QgJ0N9kA. All six rinks will be broadcasted live, giving the competition worldwide coverage.

This is the fourth time that La Nucía has hosted this competition, as the 11th edition was also held there in 2013, the 19th edition in 2022 and the last year's 20th edition.

Photo: Town hall

# Away game for Huesitos-La Vila rugby club

Huesitos-La Vila suffered their first home defeat of the season on March 24 against San Cugat.

Although the half-time score wasn't indicative of the final outcome, as La Vila only trailed 7-12, the Catalan

team secured a comfortable 46-12 victory, thanks to a superb second-half in which they scored five tries to the home side's one.

Sant Cugat piled on the tries and conversions, gradually widening the gap on

the scoreboard and the home side were unable to turn the tide despite their best efforts.

La Vila dropped one spot in the table and are now fifth. However, with just two rounds to go, anything can

happen, especially with four teams (third to sixth) separated by a mere four points.

Playing away Huesitos-La Vila's next opponents are Zarautz this Sunday April 7, starting at 12.00

Photo: Club de Rugby La Vila



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**SCOOTER**

Model: **TAJO BIPLAZA**  
Autonomy: 50 km  
Speed: 15 km/h  
Max weight: 228 Kg  
Size: 195 cm x 68 cm

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**SCOOTER**

Model: **NALÓN SPORT**  
Autonomy: 35 km  
Speed: 10 km/h  
Max weight: 160 Kg  
Size: 119 cm x 64 cm

**+VAT 2180€**

**SCOOTER**

Model: **TORMES**  
Autonomy: 15 km  
Speed: 8 km/h  
Max weight: 115 Kg  
Foldable model

**+VAT 1850€**

**SCOOTER**

Model: **JUCAR SPORT**  
Autonomy: 25 km  
Speed: 8 km/h  
Max weight: 120 Kg  
Size: 109 cm x 52 cm

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**STAIRLIFT**

Model: **FREECURVE**  
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Max length: 35 m  
Max angle: 61°  
Indoor / outdoor use for curved stairs

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Autonomy: 50 km  
Speed: 15 km/h  
Max weight: 228 Kg  
Size: 145 cm x 69 cm

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**SCOOTER**

Model: **MIÑO SPORT**  
Autonomy: 18 km  
Speed: 6,8 km/h  
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Size: 104 cm x 49 cm

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