

**2022 Issue 3**

**Nov/Dec**

# NEWS & VIEWS

The Newsletter for the International Club of Salobreña

# ICS WINTER LUNCH

**7 December 2022**

**BOOKING NOW!**  
See Page 7

# What's in this issue?

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## Mini Club Ideas Survey!

It isn't just vegetables that are better when they are fresh! We think the same goes for ideas! We are always on the look out for new initiatives. It is true that we have a pretty full calendar already but that doesn't mean that we can't look at new ideas...

Here are a few to think about:

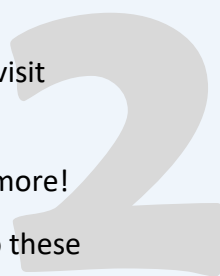
IT Problem Solving—help for those pesky computers, mobile phones, routers, printers. Basically gadgets!

Photography— How to take better photos!

Astronomy— the Sierra Nevada has a host of astronomical observatories that invite the public to visit them!

Regular Whist Drives—we “dabble” with whist a couple of times a year, but maybe we could do more!

We will be undertaking an “End of Year Survey” and what we would like is to get your reaction to these suggestions and maybe even let us have one of your own!



# From The Chair...

As the year draws to a close we are already looking ahead to opportunities that await us in 2023. We will of course be inviting you, our members to do the same. As ever we want to follow your lead as much as possible. What you would like to see included in our club events and activities. That gives us the very best chance of keeping the ICS relevant and well supported.

But before we wind up 2022 I want to briefly reflect on the successes since our last Newsletter, our fantastic trip to Madrid, Toledo and most importantly, didn't disappoint. Our first overnight trip for quite some time, the first for myself and our current committee and pretty much went to plan with high levels of fun and enjoyment all round!

Other recent highlights include Terry's Talk on the history, or rather lives, of the US Presidents, a fascinating delve into lesser known facts about these prominent historical figures! Well done Terry! Another huge success was our first Romeria with ICS hosting it's very own reception in our very own marquee! The highlight for me was being approached by one of the very founders of the ICS who saw our marquee and came over to say hi. I hope to meet with her soon to get a better understanding of the very earliest days of the ICS and make sure that it is properly documented. I couldn't write without mentioning the hugely successful Petancas On The Pitches which is now up and running on Friday mornings... It is a delight to see so many of us getting together on another day on the week to share some fun times. Thanks Mr Treasurer, David, for making that bit of ICS magic happen!

We still have a fun calendar ahead for the remainder of 2022... Our trip for Sights and Lights of Malaga, our Winter Lunch '22 and even Christmas Tapas and Carols to wind up the season. We have one extra item this year that sits in the middle of our Winter Recess! A trip to Granada to see Tchaikovsky's The Nutcracker ballet performed live by the Ballet De Kiev on 29 December! A fun final event for the year!

So onto 2023. One of the most important dates in our calendar will soon be upon us... our Annual General Meeting, which we have scheduled for Wednesday 18 January at 11am. Check out the details in this Newsletter. We can hit the tape running this year as we agreed at our last AGM that our committee appointments would be for two years. We do have one space on the committee however and if you are interested in finding out more about what is involved then please do let us know.

Thanks again to each and every one of you for your continued support for the many items in our pretty full calendars. It wouldn't be possible without it!

Mark Clifton

Chair/Presidente ICS



# ICS Committee 2022

Chair	- Mark Clifton
Secretary	- Debs Shanley
Treasurer	- David Barrow
Vocale	- Yvonne Bautista
Vocale	- Giles Killick
Vocale	- Sinikka Castilla
Vocale	- Phil Grove
Vocale	- Michael Gimenez



## Committee News

Our current elected committee will be beginning their second year of office in 2023 as agreed at our AGM in 2022. But we do have one vacancy!

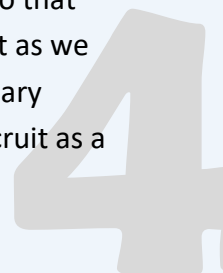
Are you interested in joining our team? Do you have what it takes to help make the ICS magic happen? It can't go without saying that it is important to work well with others and problem solving is a great skill for any committee member! But what is vital is enthusiasm! Without that, it might be a struggle!

Your committee meets on the first Wednesday of every month for up to two hours.

We host trips and activities of course and we are always there to help if you have any queries or questions about the ICS.

Yes we do have to register with the authorities so that there is a clear line of sight for accountability but as we have already registered for the period upto January 2024 we will take a new Committee member recruit as a "Co-opted Committee Member".

Interested? Then let us know!





# Our Pilgrimage to Santiago de Compostela

By Cristina and Michael Gimenez

Michael and I live in Almuñécar. We arrived here September 1, 2021 from Charleston, South Carolina. We are enjoying our life here in Andalucia and have had the opportunity to become acquainted with our new home by taking trips with the International Club of Salobreña to Antequera, El Torcal, Malaga, Madrid, Toledo, and Gibraltar. We traveled with friends to Ronda, El Acebuchal, and Alhama de Granada and have also visited Capileira and Granada. So, to celebrate our first year in Spain, we decided to explore more of our new country.

Michael's great-grandparents were from Galicia, so he's been particularly eager for us to experience that province. Galicia is probably most famous for the pilgrimages to the Cathedral in the capital, Santiago de Compostela. "Santiago" refers to the apostle Saint James, and for more than a thousand years, people have been traveling the many routes of the Camino de Santiago to reach his burial place. We thought this would be a splendid way to see much of Galicia!



You may wonder why a follower of Jesus would be buried so far from the Holy Land. Legend has it that James had been preaching in Spain and was martyred on his return to Jerusalem. When King Herod refused him burial there, James's companions, Theodore and Athanasius, brought his body back to Spain. In Padrón (about 30 kilometers south of present-day Santiago), they met Lupa, a Celtic queen of the Finisterra region, who gave them permission to dig a

grave in the inland woods. That they did, where they happened onto a Roman cemetery, but for many centuries after that, no one knew where the gravesite was.

Then one day sometime in the ninth century, a hermit named Paio noticed an eerie light emanating from the forest. When he followed it, he discovered a primitive burial ground and an aged Christian altar. He told the local bishop; word reached King Alfonso II in Oviedo; and once he visited the site, Alfonso ordered a modest church to be built there.

The early pilgrims came to Santiago to atone for their sins, pray to be healed, and other religious reasons. Most were poor, and many—unable, financially or physically, to make the return trek—stayed on to work on the construction of the church or to care for the pilgrims pouring in after them.

Now there are seven well-established Camino de Santiago, or routes of Saint James: Camino Primitivo (*the Original Way*), Camino Francés (*the French Way*), Camino Portugués (*the Portuguese Way*), Camino del Norte (*the Northern Way*), Via de la Plata (*the Silver Way*), Camino Inglés (*the English Way*), and Camino Finisterre-Muxía.

To receive the coveted Compostela, the certificate from the Cathedral of Santiago de Compostela that proves you made the pilgrimage, you must complete at least 100 kilometers on foot or horseback (200 kilometers if you're cycling). Verification comes



from the stamps in your Pilgrim's Credential, or Passport. You get a stamp in each town you pass through (churches, hotels, libraries, cafes, etc.), with a required minimum of two stamps per day for the last 100 (or 200) kilometers.

We decided to travel the Camino Francés. It is the best marked, has the best infrastructure and facilities, is the most advertised and the most popular. It runs from Saint-Jean-Pied-de-Port on the French side of the Pyrenees to Roncesvalles on the Spanish side, then another 780 kilometers through the major cities of Pamplona, Logroño, Burgos, and León. Every Camino is partitioned into stages of approximately 25 kilometers in length. This is considered a reasonable number of kilometers a pilgrim can cover in a single day – leaving early and finishing before dusk. A typical walk on the Camino Francés takes at least four weeks, allowing for one or two rest days and traveling over 20 kilometers each day.

Since we wanted to earn a Campostela, we'd have to walk at least 100 kilometers. We knew that goal was attainable, but given our ages, doing a lot more would be pushing it. So that determined our starting point: Sarria. The Camino Francés is divided into 33 stages, and we began our Camino at stage 29 – Sarria to Portomarin – and 115 kilometers from Santiago.

Many pilgrims carry all their possessions on their backs. Typically, they start early in the morning and try to reach their stopping point for the night by 14:00. There are businesses that will transport your baggage/backpacks for you, even arrange your accommodations and meals. Most such companies plan five days of walking from Sarria to Santiago, the final five stages of Camino Francés.

We are *not* fast walkers, so the thought of six-plus hours on the road each day was not appealing. Then we found The Natural Adventure, a company which offered a Camino package that can cover that route in a "relaxed" 12 days—10 days of walking and two days of rest—for an average of 11 km each day. That was more like it! The company organized our accommodations (with breakfast), would transfer our luggage to the next stop, and we had them also arrange our evening meals as well. We opted to stay an additional night in Santiago de Compostela after the Camino. Santiago is now a thriving city of some 100,000, with a university and a beautifully preserved Old Town that's a UNESCO World Heritage Site and we wanted to ensure we would be able to have enough time to explore the city.

Once we committed to a pilgrimage that September, we began training in July. Each morning, we'd get up early, leaving our house about 5:45 and walking until 9:00 or so to avoid the summer heat. Our first morning, we walked east along the Paseo San Cristobal to the Pulpo on the Paseo Puerta del Mar and returned – about 3 kilometers. We began planning on walking three days a week and slowly built up to three or four days consecutively. Each day we would extend our walk by an additional five or so minutes. Eventually we were walking to the end of Paseo de Velilla and 12 kilometers round trip. Now was the time to begin adding a change in elevation. We live near the Mirador de Corregidora restaurant and began walking from our home down to the Paseo San Cristobal to Velilla and then vary the return route through Almuñécar. By the time we left for the airport, we were walking four consecutive days in a row followed by a day of rest and 12 kilometers.

We flew out of Malaga to Santiago. The next day, we took a bus to Sarria. Our lodging each







night was in a country guesthouse or small hotel. All were very comfortable, and our meals were delicious and filling. We spent the first afternoon in Sarria reviewing the documents and information provided by The Natural Adventure, exploring a little of Sarria to locate the starting point of our Camino, and enjoying a lovely dinner adjacent to a beautiful park. After a good night's sleep, we were ready to begin our journey to Santiago.

Carrying only our daypacks, we always set out before 8 a.m. and normally stopped twice along the way, for coffee and a snack. There were markers to indicate the direction and the distance remaining to Santiago, so we never got lost. We walked on gravel, hard dirt, or paved roads over rolling hills and usually reached our stop by 14:00. We'd thought on our longest day we'd have to cover 14.5 kilometers, but in reality, it was 20.6 kilometers—our itinerary did not factor in the changes in elevation due to the hills! We discovered this early on and were so thankful we weren't trying to reach Santiago in five days!

We met wonderful people on the Camino, and our paths crossed with some several times, but we usually had the road to ourselves. If we were leaving one of the larger towns, we'd encounter other pilgrims, but then they'd blow past us, leaving us unimpeded views and a silence broken only by the sounds of birds and cattle.

Some of the memorable highlights of our journey include crossing the River Miño into Portomarin. Portomarin is home to the church of San Xoan, the most Romanesque monument on the Camino. It was painstakingly rebuilt, stone by stone, when it was moved up the hill into new Portomarin when the original town was submerged under the waters from the Belesar Reservoir. Just outside of Ventas de Narón, we passed by Casa de Carneiro. Holy Roman Emperor Charles V in 1520 and King Philip of Spain (on his way to marry Mary Tudor) in 1554 were among the guests there. In Melide, we were joined by pilgrims from the Camino Primitivo and in Arzua, by folks on the Camino del Norte. Lavacolla, historically, was where medieval pilgrims came to wash (*lavar*) and purify themselves before entering the city. Today due to its proximity to the airport, it reminds us that Santiago is within reach. About 5 km from the city is the Parque de Monte del Gozo (*Mount of Joy*). Here medieval pilgrims would have been able to see the towers of the Cathedral and rejoice. Today, it is a beautiful leisure spot for the city to enjoy. Atop one of the hills stands a statue of 2 pilgrims looking/pointing toward the Cathedral. What struck us most on our Camino were all the beautiful tiny chapels and cemeteries that dotted the landscape and served the tiny hamlets we passed along the way.



As we drew closer to Santiago, other routes merged into the Camino Francés, so we encountered more pilgrims, every one of them cheerful and encouraging. We met many women traveling by themselves, blind pilgrims with their guides, folks in religious life, families with elementary-school-aged children, even dogs and their humans. Many folks from Spain, Scandinavia, Germany, Canada, the U.S., Mexico, Colombia—just to name a few. It was lovely hearing all the different languages as they passed us.... All of us walking where pilgrims have trod for more than a thousand years!

On our last day, we walked down a narrow street into the vast plaza, the Praza do Obradoiro, just as the Cathedral bells tolled noon. The plaza is enclosed on each side by a big building: the Cathedral; the elegant 18<sup>th</sup>-century Pazo de Raxoi (Raxoi's Palace) which is now the town hall; and the [Hostal dos Reis Católicos](#), founded in 1492 by the [Catholic monarchs](#), [Isabella of Castille](#) and [Ferdinand II of Aragon](#), as a

pilgrims' hospice and now a five-star [parador](#). So you literally don't see the plaza until you're in it.

As we approached the cathedral, several people were walking away from the plaza, beaming and wishing everyone "*Buen camino!*" The exhilaration of arriving at the Cathedral was palpable. We savored the moments and celebrated with hugs and photos and then headed to the pilgrim offices to collect our certificates. Then we marked our accomplishment by going to one of the oldest hat shops in Santiago so that Michael could buy a *boina*. A boina is a wool beret typical of Galicia and the Basque region of Spain. Michael's grandfather was from the Basque region and he used to wear one. Michael has always wanted one and we were happy to find Sombrerería Iglesias in Santiago where he was able to get one to honor his grandfather and heritage.



Later, we returned to the plaza and a Pilgrim Mass at the cathedral. There were many groups in attendance and pilgrims from all over the world. At the end of the Mass, we had the privilege of seeing the Botafumeiro. The Botafumeiro, which means "*censer*" in Galician, is one of the most famous symbols of the Cathedral of Santiago de Compostela. It is a large thurible or incense burner (used during worship services) that hangs by means of a system of pulleys and ropes from the main dome of the Cathedral and swings toward the side naves. It takes eight men (*tiraboleiros*) to move it. It weighs 53kg and measures 1.5 meters. It hangs from a height of 20 meters and can reach a speed of 68 km/h when swinging from one transept to the other. Liturgically, as the smoke from the incense rises to the top of the temple, so must our prayers rise to reach the Heaven and God. As the aroma of the incense perfumes the entire Cathedral, so must our actions and lives as Christians fill the society in which we live. Although tradition has it that the aroma of the incense also helped to mask the human scent of the hundreds of road-weary, unbathed pilgrims who were attending Mass...

After Mass, we made our way to the Crypt to see the final resting place of Saint James and his companions. We then wandered around the Cathedral. The high altar is Baroque (i.e.: read ULTIMATE Baroque!) and dazzles the viewer. The canopy is completely covered in gold leaf and appears to be supported on the shoulders of six large angels. There are three representations of St. James on the canopy: uppermost is Santiago Matamoros (*St. James The Moor-Slayer*) mounted on a white horse; in the center is Santiago Peregrino (*St. James the Pilgrim*); and finally, we have Santiago Apóstol (*St. James the Apostle*). In front of the high altar, on each side of the nave, are two large organs embellished with gold leaf and cherubs, whose horns project out over the parishioners. While not as ornate as the high altar, the 16 capillas (*chapels*) surrounding the high altar are excellent examples of Romanesque and Baroque design and are equally impressive.

We left the Cathedral and made our way to Capela das Animas, Chapel of the Souls. It was completed in 1784 and its construction was financed by the alms of the devotees of the souls in Purgatory. Flanking the altar are three-dimensional murals depicting Jesus' death and resurrection. Then, we visited the cathedral museum, where we learned about the origin of the Cathedral, studied her artworks and sculptures from as far back as the 13<sup>th</sup> century, gazed at the beautiful altar vessels from the Cathedral Treasury, and admired the collection of vestments and tapestries.

Needless to say, our Camino was an amazing experience! Better than we could have imagined. The people and scenery of Galicia are so inviting, and the cuisine is delicious. We loved taking the time to enjoy Galicia and to use the quiet moments along the way to reflect on our family, heritage, and blessings. Whatever reason you may have to walk the Camino, once you complete your journey, you will be filled with a sense of accomplishment and joy!



# All Things Christmas!

## 14 December 2022

We are delighted to be able to host our second Annual Christmas Carols and Tapas event at Hotel Salobreña Suites on Wednesday 14 December at 11am to 1pm.

Many of you may remember the fun we had last year!

Our very own ICS Ukulele Strumblies have been working hard on some great songs for us. Including many popular Christmas favourites. Your Chair/Presidente will be accompanying your blessed choral voices on the keyboard and of course song sheets will be available to keep you on track!

So that's the music sorted but you can't have a party without some nibbles! So we are calling upon your generosity one more time to come along with something too eat to share with your fellow members. Sweet or savoury is very welcomed and it would be even more special if it was a typical tasty seasonal treat from your home country! So music, food and of course we buy our drinks from the bar as usual. It would be great if you came along with a seasonal hat or accessories—

Santa Hat, Elf Ears, you know the sort of thing!

It will be a lovely heart warming end to our Autumn season for 2022.

It will be our last Wednesday meeting of 2022, We will then close for Winter Recess until our return for our Annual General Meeting on Wednesday 18 January at 11am. We will of course have our great trip to Granada to see Tchaikovsky's Nutcracker on 29 December as an extraordinary treat!



If you have anything that you would like to contribute towards for our next newsletter please do let us know. Photos, stories, articles are invited from our members.

Email to [icsalobrena2016@gmail.com](mailto:icsalobrena2016@gmail.com)



# Sights and Lights of Malaga

30 November 2022

There are still a couple of days left to grab a seat on one of our seasonal favourites... our trip to Malaga to enjoy the amazing Christmas lights! This year we are leaving an hour later than last year and staying an hour later to enjoy more of the lights on display!

## Itinerary

Departing Salobreña at 11:00am, with a pick up at Almuñecar en route and a comfortable coach journey to Malaga, parking near the Ayuntamiento and then enjoying all the seasonal sights and sounds of this cosmopolitan city until leaving for home at 8:00pm.

## Cost

**We are glad to maintain the cost at the same level as last year...Only 13€ per seat for ICS Members and just €5 more for non members – Book Now!**



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# Winter Lunch 2022!

7 December 2022

This year we will dining at Chiringuito Velabeach on the Paseo Marítimo Salobreña. This choice was made following the many suggestions made by members of the club.

Velabeach was the most popular choice! Arriving at 12:30pm with a glass of Cava or soft drink on arrival, we will take our seats for lunch at 1pm.



We are super excited that we have been able to book Granada's answer to Barry White and Frank Sinatra... the entertainer beyond compare...

## PACO CHICA

will be entertaining us, singing an eclectic mix of songs over the decades including genres such as swing and R'n B.

The cost of the lunch is €28.50 per person for ICS Members. Should you wish to bring a non ICS member as a guest, the cost will be €33.50.



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If you have anything that you would like to contribute towards for our next newsletter please do let us know. Photos, stories, articles are invited from our members.

Email to [icsalobrena2016@gmail.com](mailto:icsalobrena2016@gmail.com)





# Remaining Events Calendar

Wed	23/11/2022	Quiz	Giles
Wed	30/11/2022	<b>Trip - Malaga Lights</b>	TBA
Wed	07/12/2022	<b>Winter Lunch</b>	David/Yvonne
Wed	14/12/2022	Christmas Concert	Mark
Thu	29/12/2022	<b>Ballet - The Nutcracker, Granada</b>	Mark
<b>WINTER RECESS</b>			

## AGM 23

Our AGM is coming up on Wednesday 18 January 2023 at Hotel Salobreña Suites at 11am.

We will be reviewing 2022, our trips and activities as well as our financial position, membership and proposals for annual subscriptions in 2023. We will finalise the proposals for committee and touch on plans for the new year too.

Of course we want to hear from you too. We want to hear your thoughts about any of the above. You can attend in person or nominate someone to vote on your behalf using nomination by proxy voting form which will be circulated with full instructions.

The meeting will be streamed using Facebook Live and the video will also be posted to our ICS YouTube Channel and links on our webpage and Facebook page.

Last year we had members watching from as far afield as Australia!

At the end of the meeting we will email all our members with news of the subscription for 2023 and invite everyone to check their information we hold is correct and then renew their membership. The process will only take a few minutes as your email will have all of your personal data that we hold for you to check and confirm all is okay.

We recommend that members renew online using our secure online payments system which is convenient, quick and reliable. We know that you have more important and fun things to do when you are at our Wednesday weekly meeting than queue up to the desk to pay in cash. We can typically only receive 15 payments in two hours that way and membership renewals would take many weeks to complete at that rate!

# Membership News

Membership continues to be robust!

We have just over 200 members again and saw a flurry of membership activity thanks to our presence at the Romería in Salobreña in October and also thanks to article we are now sharing regularly across Social Media, Particularly Facebook pages for Costa Tropical, Velez De Benaudalla and Lecrin Valley.

The Seaside Gazette are also now being very proactive in encouraging us to post articles in the Clubs section of their magazine and we are seeing good results.

We are getting more interest in our trips and activities from non members which gives us some additional funds thanks to the non member premium charged, which in turn helps contribute funds for extras such as lived music for events, for example.

We will of course have a full membership report at the AGM in January.



## Mini Clubs Update...

On page two we mentioned some possible ideas for new mini clubs but it is good to see so many existing ones being supported. It is so rewarding to see so many of you getting involved and taking the opportunity to widen your circle of friends within the club.

Lesley's Art group continues to attract members not only to the group, but to the ICS too. A great success!

Mah Jong has been seeing 10 players every Monday recently, Petancas is undoubtedly our most popular activity with over thirty members regularly playing.

It is fair to say that Chess could do with a bit of a boost and Roland is still trying to get the prospective Bridge players on board as well so if you would like to be involved please do let us know.

# Puzzle Page Wordsearch

All things connected to ICS... How many can you find? Play online! [ICS Trips 2022 Word Search](https://thewordsearch.com/puzzle/3553440/)  
([thewordsearch.com](https://thewordsearch.com))

## ICS Trips 2022

C	O	E	R	I	M	V	E	R	D	I	E	A	L
B	E	N	A	L	M	A	D	E	N	A	R	L	I
F	T	S	O	F	E	L	U	E	M	E	P	O	W
I	E	A	O	I	A	R	O	N	A	N	S	R	O
N	L	L	Y	S	D	T	M	M	R	T	U	I	C
W	E	O	L	H	N	A	A	B	I	S	M	G	C
O	F	B	F	A	O	D	S	O	N	V	M	N	U
T	E	R	R	N	R	E	Q	T	A	R	E	E	B
D	R	E	E	D	O	S	U	A	N	O	R	U	A
L	I	N	T	C	A	R	E	P	O	A	U	F	N
O	C	A	T	H	M	A	R	B	E	L	L	A	A
H	O	U	U	I	E	A	S	E	T	E	N	I	L
U	T	N	B	P	U	R	M	H	O	T	E	L	R
N	E	E	C	S	A	R	L	U	N	C	H	D	R

NABUCCO  
VERDI  
SUMMER  
OLDTOWN  
SALOBRENA  
BUTTERFLY  
BENALMADENA  
LUNCH  
MARBELLA  
FISHANDCHIPS  
FUENGIROLA  
TELEFERICO  
OPERA  
SETENIL  
DUOMASQUE  
HOTEL  
MARINA  
RONDA

Play this puzzle online at : <https://thewordsearch.com/puzzle/3553440/>