



ChiFRA AGE CONCERN NEWSLETTER

October 2024

Welcome to ChiFRA's autumn newsletter. I hope you might find some items here that interest you as members. The group would welcome any feedback or suggestions regarding things people would like to see included in this newsletter that you can't pick up from the website or Facebook page. A quick reminder where to find us:

Website: <https://chifra-ageconcern.com/>

Facebook: <https://www.facebook.com/profile.php?id=100071300016978>

Telephone: 0034 634 31 52 89

Keith Adamson

EVERYTHING YOU WANT TO KNOW ABOUT THE HEALTH SERVICE (but didn't know who to ask)

ChiFRA is extremely fortunate to have a contact with one of the local Nurses who has offered to give us a Powerpoint Presentation about the Spanish Health Service, with questions and answers to follow.

This is likely to be vital information for those of us yet to deal with the Spanish Health Service, and will explain a lot to those who may already find it confusing or are possibly dissatisfied with their experiences. It goes without saying that knowledge of what to expect, and adequate preparation, could be vital to the outcome of any health issues.

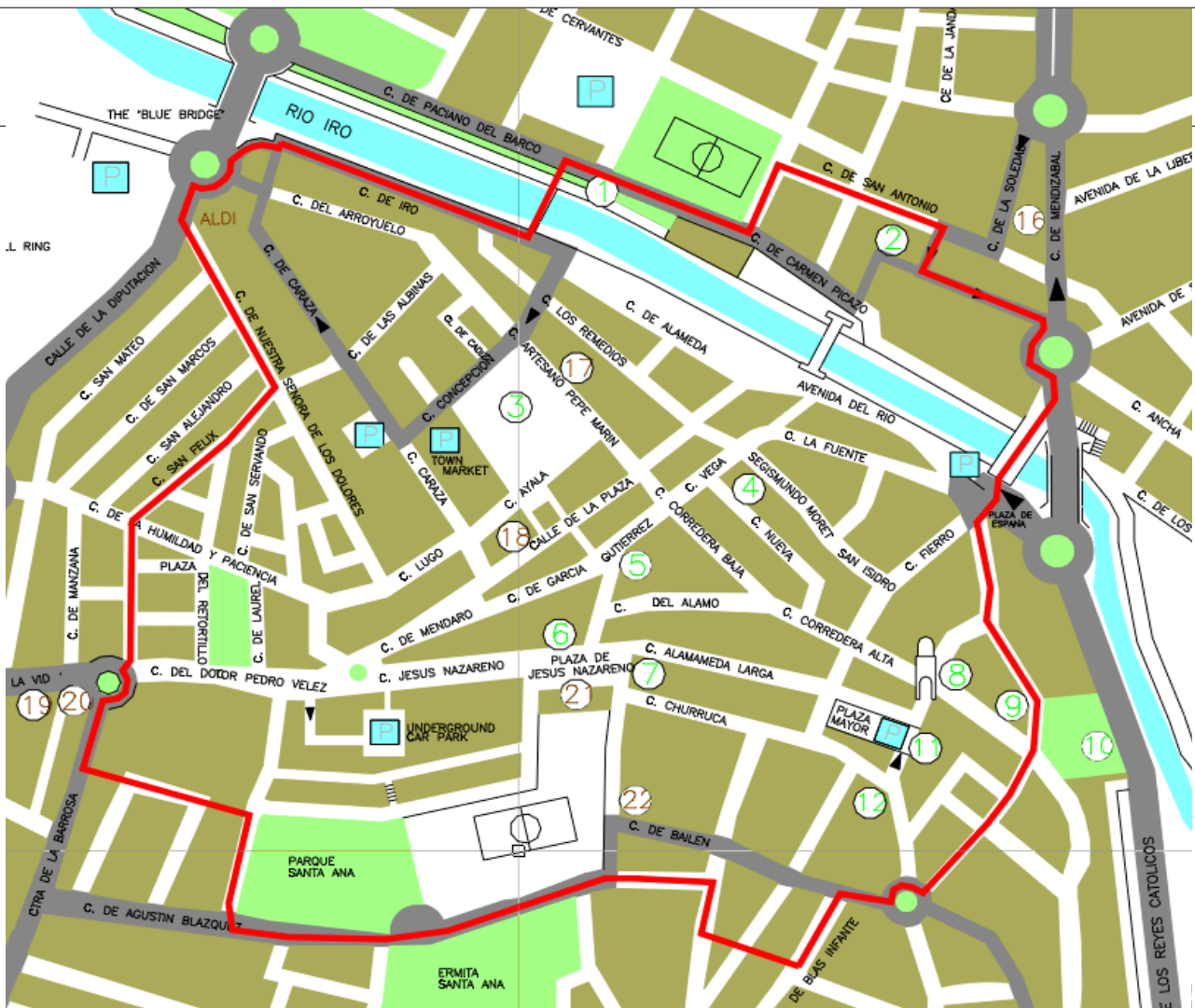
We had hoped that this might have taken place in September, but, due to unforeseeable circumstances, it had to be postponed. The response to our email sounding out interest among our members was very encouraging, and has enabled us to gauge the size of venue required. We're now hopeful that we can reschedule this invaluable event to take place before the end of the year and will circulate an email to members as soon as the date is known.

CHICLANA'S LOW EMISSIONS ZONE

(ZBE: Zona de Bajas Emisiones)

Those of us who stepped up to the plate around this time last year and obtained our windscreen stickers in due time for the ZBE which was scheduled to be introduced by December 2023 at the latest, will be gratified to learn that the new restrictions are now to come into force by the last quarter of this year, and all the details can be found here: <https://www.chiclanas.es/areas-municipales/seguridad-ciudadana-y-transporte/movilidad-traffic-y-transportes/zona-de-bajas-emisiones-en-chiclanas-de-la-frontera>.

In brief the zone is within the area outlined on the map, including its boundary, where cameras are being installed to check against infringements. If your private vehicle has been given a category ('B' upwards) then you will be permitted to enter this zone at any time, whereas if its level of emissions have precluded it from being categorized, you can enter only between 8.00 am and 3.00-pm. Of course the positive message is: "From here onward, better on foot." and the area is being promoted as a zone of wellbeing, with everyone benefitting from the improved air quality and reduced noise.



SEASONAL TIPS FOR GARDENERS

Well, autumn is here, the time when we spend time sitting outside over breakfast making garden plans for the next year, and reviewing the one that is passing. Which plants and trees have been a success, and which have failed to live up to their promise. Part of the problem is that the *viveros* are quite happy to sell plants that won't survive long term under these conditions, which is a bit of a drag.

Talking of conditions, while this summer hasn't been as hot as those preceding it, (according to the thermometers, anyway) the sunshine does seem to have done an inordinate amount of damage. The sharon fruit were burnt into inedibility, quite a few avocados are scorched (although that won't stop me eating them), and the mulberry tree which has produced less fruit with every year, finally got below the point where it was worth the water it needed. So the sharon trees and the mulberry have gone to the Great Compost Heap in the Sky, and their branches and trunks are fattening the woodpile.

On the subject of compost heaps, if you decide to have one, do remember that unless it is kept moist there will be no rot, and you have to wet it well all over or the dryer parts just won't rot. Ours is the lazy man's compost, we don't shred, (except for bamboo) and we just fill it up until it won't collapse any more, whereupon we start fill

ing the second bay, while the first is left to mature. It is amazing how many times you can build it up into a positive mountain, and that collapses, showing it is still hungry for more. Today I used the last bag of compost (we harvested 20 cubic metres two years ago) so we are back to buying potting compost again till the first bay is mature again.



One important autumn task is planting up the spring bulbs. There are precious few that can stand it here: I think, *Ornithogallum*, *Flor de Lazo*, *Scarborough Lily*, *Scilla Peruviana* and *Scilla Madeirensis*. I also have a bowl of bulbs that I found by the bins, almost dead with dehydration, potted them up and they are growing like a mad thing. God only knows what they are, I just hope they are something nice

Now, an important note. Beware of rot. The other year our bulbs were hit by a disgusting rot which turned half our bulbs to white snot, and why we didn't lose everything, I will never know. This is what we do to protect against it. Over summer they are stored in old jam jars with holes

punched in the lids, and a spoonful of sulphur based fertiliser/fungicide in with them. This year they are shooting earlier than ever, and first week in October I was hard at work potting them up. I use a mix of potting compost, sand and perlite, 2 compost, to 1 sand to 1 perlite, to make a really fast draining mix.

Next the old bowls are emptied and all the plants inspected. The big bulbs are planted together for a good display, and the small plants are planted out in separate bowls to grow on for the future. Now when you are doing this, it is essential to check the bulbs THOROUGHLY. Despite all my care, two bowls are showing signs not just of fungal attack (stunted roots, in some cases no roots at all), but also a pest problem. So far I simply can't work out exactly what this pest is, and all you can see is some white, powdery deposits between the leaves at the base. So, tonight they are getting a copper treatment against the rot, and then tomorrow I will be mixing up some systemic pesticide, and will be treating all the bulbs, being careful to ensure that plenty of it goes between the leaves. Then in two weeks I will be treating them again in case any eggs survive the first treatment and hatch.

I prefer bowls to pots, and when they are potted out, they all go on the front terrace where there will get light, but NO RAIN WHATSOEVER. I want to be in absolute control of their water levels. Then I water them in with a copper solution. They will now be left unwatered until the soil in

the bowls is absolutely bone dry. Then they will be watered as though water were liquid gold, ie sparingly, and left again. Bulbs are water stores, and it seems that they need to dry out a bit if they are to function properly.

Hope that helps.

Bil Wight



... AND FINALLY ...

Are you tired of getting unsolicited phonecalls from companies trying to sell you something? It's particularly irksome if you're not fluent in Spanish, so can't decipher what they're promoting. Although, of course, you can just ignore "unknown" numbers, you can't do this if you're awaiting a call from the hospital.

The answer may be to register on the "Robinson List". This is "an advertising exclusion service, created with the purpose that those who are registered in it do not receive any type of commercial communication without their consent." Here is the link to join:

<https://www.listarobinson.es/>

And, for more information:

<https://gesditel.es/english-post/robinson-list-spain/#:~:text=advantages%20and%20disadvantages-,Robinson%20List%20Spain%2C%20how%20to%20join,calls%20and%20SMS%20or%20similar.>