



Dear Members,



Spring brings change and spring is in the air! You have already received an email describing our two new activity groups, **MENU DEL DIA AND WINE TASTING** and invitations to participate. The first wine tasting event was a big success, 29 members attended. Thank you to Richard Nobbs for organizing! Look for an opportunity to join in more wine tasting events in the future 🍷



We have a new book exchange table planned for our March GPL . As you already know it's a Calcotada Luncheon which is great fun!

The idea for the book exchange is that those interested will each bring up to 3 books of any genre. Leave them on the Book Exchange table in the club restaurant for the interest of others. Once everyone has put their books on the table...you can see what interests you! Take up to 3 books home, return them next month or keep them! Bring 3 new books to the next GPL and so on!



The March GPL was great fun last year, everyone enjoyed downing the famous onions on the lawn; should be a good time again...AND ...The Pétanque group starts up again on Thursday, March 14th, organized by Guy Claude and the Menu del Dia group will lunch at Hotel Trias on the 13th. Email: eventsclub@gmail.com if you would like to attend.



We are holding our first ever St.Patrick's Day Celebration on Sunday, March 17th at the Golf Club. There will be a **PUTTING CONTEST** followed by a raffle, prizes and lunch. Wear something green and be prepared to have a good time! Anybody for some green beer? Hope to see you there!

KEEP READING! There is a wonderful article by Vicenç to enjoy about The Habanera and so much more.....Looking ahead to our April GPL.....**IT WILL BE ON WEDNESDAY APRIL 3rd** due to the Easter Monday Holiday!

-Linda

CLUB ACTIVITIES

March 4 - GPL - Calcotada Luncheon

March 7 & 21 Pitch'nputt

March 13 - Menu de Dia

March 14 & 28 -Pétanque

🍀 March 17 - St. Patrick's Day Celebration 🍀

March 20 - Cooking Group

March 25 - Book Group

April 3 - Wednesday, GPL

April 11 & 25 - Pétanque

April 16 - Culinary Adventures

April 18 - Pitch'nputt

April 23 - Ladies Luncheon

April 29 - Book Group



ON FEBRUARY 2nd, the Catalan government officially declared a drought emergency in the Ter-Llobregat system, the primary water source for six million residents across Catalonia affecting 202 municipalities, including Barcelona.

These restrictions were announced due to the unprecedented intensity of the drought because there has not been adequate rainfall in the past three years.

Water consumption is reduced to the daily maximum of 200 litres per person, a decrease of 10 litres from the previous limit.

Significant restrictions on agriculture include an 80% reduction in irrigation, along with a 50% cut in water use for livestock. Industrial and urban water consumption will also see a 25% reduction.

Recreational water activities will be banned, except under certain circumstances. The irrigation of public or private gardens will be permitted only with groundwater or recycled water to maintain the well-being of urban trees for pedestrian safety.

Public and private indoor pools, as well as year-round outdoor pools for sports clubs, may be partially refilled if water usage is offset by conservation efforts.

We're fast approaching that time of year when Girona-Costa Brava Airport emerges from hibernation and resumes its summer season operations. For the 2024 summer season, Irish low-cost airline Ryanair will increase the number of destinations to and from Girona.

In total, up to 33 routes will be available with the carrier when the summer campaign kicks off in late March of 2024. The company has added five new destinations.



Travellers will be able to fly directly from Girona to Paderborn in Germany, Zagreb in Croatia, Beni Mellal in Morocco, Maastricht in the Netherlands as well as Pardubice in the Czech Republic. Tui Airlines will connect Girona to Brussels.



Those pesky caterpillars are already here and marching through our gardens in Bel Lloch!

The pine processionary is considered to be the most important defoliating insect in pine forests. The larvae of the caterpillar flock during the winter to the pockets that hang from the trees; in February, it is not unusual to see the white nest at tops of the pine trees.

As temperatures rise, they descend from their nests typically between April and May, but due to the mild temperatures of recent winters they now start to descend in February.

You can already see long rows of them in your garden on their annual march looking for a place to bury themselves and begin their metamorphosis. The caterpillars are covered with stinging hairs that break off and float in the air, which can cause irritation to the ears, nose and throat in humans, as well as intense allergic reactions. But in dogs and cats it can be fatal if the airways become inflamed. So if your pet scratches his mouth and drools, go immediately to the nearest veterinarian.

The Generalitat tries to artificially control the populations of this species, from capturing the adult males to cutting down the pockets and burning them and/or spraying chemicals.

So... when taking a walk in the forest or in your garden, keep your eyes open 👁️👁️ 🐛

-Christine Denis



Epicurious
Corner
Christine
Denis

Espárragos trigueros

Do you know **wild asparagus**? This little green plant that grows alone in nature is actually a **superfood!**

We are very lucky since in Catalonia wild asparagus grows very well, as it does all around the Mediterranean.



When the wild asparagus season arrives from March to June, (spring season) these vegetables are widely consumed by the Spanish population and it is not surprising. In addition to its delicious flavor, green asparagus has many beneficial properties for our body.

On the one hand, they have a large amount of vitamins (A, C, E and K) and very few calories. They are low in salt and do not contain cholesterol or fats, and their diuretic properties contribute to the elimination of fluids.

By consuming wild asparagus we provide a large amount of potassium, folic acid and natural fiber to our body. At the same time, wild asparagus are one of the best natural antioxidants that exist, as they offer extra protection to our body against degenerative diseases.

Its large amount of folic acid also promotes the production of red blood cells and the creation of new cells.

So when wandering, keep your eyes wide open 👁️

Here are some ideas for cooking them :

- * *A la plancha* : simply grilled with a bit of olive oil, salt, pepper and garlic.
- * *Revuelto de espárragos* : in an omelette/ scrambled eggs.
- * *A la andaluza* : with eggs and bread.



- Christine Denis

WHAT'S ON

These are links to events nearby from exhibitions, concerts, leisure activities, etc. in English. Just click on the link, update to the current month. Easy!

Sant Feliu de Guíxols <https://visitguixols.com/en/events/calendar.html>
<https://visitguixols.com/en/events/calendar/article/34795-cod-stockfish-peixopalo-gastronomic-campaign.html> (Cod and Stockfish gastronomic campaign)

Santa Cristina <https://santacristina.cat/agenda/10147-activitats-del-mes.html>

Playa de Aro <https://www.platjadaro.com/things-to-do/anytime/all/everybody/>

Palamos <https://visitpalamos.cat/en/agenda/>

News links in English, a good way to stay informed:

<https://www.catalannews.com/>

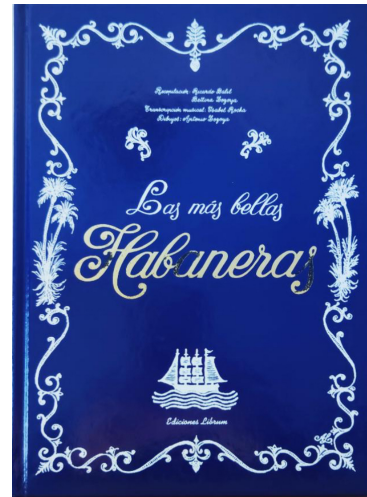
<https://www.euronews.com/tag/catalonia>

Email Hita Doumet with any questions about the links and events: hita.sfdg@gmail.com

THE HABANERA

A few years ago a good friend gave me an exceptional book titled "Las más bellas Habaneras", a compilation of various lyrics with their corresponding musical solfas. Now that my good friend is gone, I remember his lyrics, his music and the good times we lived, playing the guitar with good friends on the beaches along our coast. Those times are gone but the nostalgia of the Habanera remains.

The habanera, a warm and nostalgic song, was born in the great era of sailing, in an adventurous and long ago world. This romantic melody was always linked to themes, situations or environments of tropical languor, palm trees and conquistadors and love.

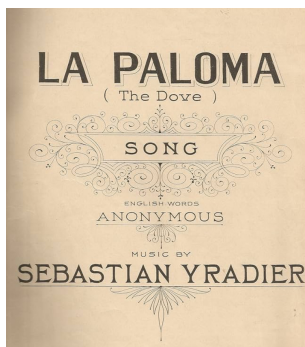


The musical roots of the habanera date back to the 16th century in a European dance rhythm born in England. This arrived in the Caribbean when privateers and pirates, at the service of the English crown, diminished Spanish power on the American continent. In 1762, the English took possession of Havana and after a few decades, in 1791, the French arrived and with them their servants, usually Africans. These Caribbean influences, of African origin, provided the "contradanza" with its slower rhythm and the Creoles gave it the definitive touch.

The origin of the habanera is still uncertain today. However, the majority of Havana scholars place its origin in Cuba, from whose capital it took its name. Historical references demonstrate the existence of habaneras since the early years of the 19th century. Sebastián Yradier, a Spanish composer who lived for a while in Cuba in the first half of the century, was inspired by the languid rhythm of the habanera to write an entire repertoire dedicated to this genre due to their popularity.

The famous, La Paloma and El areglito, used by Georges Bizet in the aria "L'amour est un oiseau rebelle", belonging to his opera, "Carmen", was composed in 1875.

"La Paloma", created by Yradier around 1860, is known throughout the world and sung by countless artists, laments:



"If a dove arrives at your window,
Treat her with the loving affection, that is me.
Tell her of your love, love of my life.
Adorn her with flowers, as I would.
Oh! you dear girl, oh, yes!
Oh! give me your love!
Oh! come with me, you dear girl,
to where I live."

The habanera is a subtle treasure, its slow rhythm of continuous swing, and its exotic lyrics full of charm, nostalgia and emotion seem to want to transport us to a distant journey towards a sea port, where the memory of loved ones, left on the other side of an immense ocean, are remembered and revived with the passion and sweetness of sailors in love.

The habanera was one of the ways to entertain and pass the long winter nights, in the taverns of small fishing villages with little outside communication, such as those on the Costa Brava. Later the habanera moved to the stage, reaching a level of popularity that has generated groups throughout the coast and even inland. The Habaneras de Port Bo song, in Calella de Palafrugell, has been celebrated on the first Saturday of the month of July, since 1966.

But the habaneras songs would not be the same if they were not accompanied with a good "Cremat", a drink with an exquisite taste that is the result of good and long preparation... But what is the secret to making a proper Cremat?

CREMAT

Ingredients (for two glasses per person, counting about 12)

- 1 liter of cane liquor
- 1 liter of golden or intense black rum
- 1 cinnamon stick
- 2 lemon peels
- 150/200 grams of sugar (approximately)
- 12 coffee beans
- 2 cups of coffee (optional)



Pour the cane liquor and rum into a deep clay pot, as well as the sugar, coffee beans, lemon peels and cinnamon. Light the contents and stir continuously until the mixture is reduced to approximately 2/3 parts (about 15 minutes of combustion, more or less). When you think it is ready, turn off, closing the pot or pour in the coffee.

It must be taken into account that because part of the alcohol has been burned, it results in an aromatic and sweet drink .

Vicenç Rosich - Quart, February 10, 2024

A few
February photos

Happy winners at the
February GPL



I think it's still
playable!

February Cultural
Excursión to the Barcelona
Maritime Museum

