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Journal
April 2020



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THE Journal

April 2020



Dear Readers,

First and foremost The Journal would like to wish you all well and hope that you are managing to stay safe in these worrying times.

The need for distraction and entertainment is at an all-time high so The Journal has increased our content to include a whole host of new and exciting articles. We hope this will help to pass the time in an imaginative and informative way. We are available online at the-journal.es

Thankfully we are living in an electronic age where we can all stay in touch with loved ones near and far.

All contributions are what make our community a great one so with time to sit back and reflect we can forge ideas to improve and move forward. As soon as lockdown is over we can all return to our daily lives whether it be working within the local community or as many do....serving our local community on a voluntary basis.

With those thoughts in mind I will leave you to read and enjoy.....

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Good Friday

Good Friday is a Christian religious holiday commemorating the crucifixion of Jesus Christ and his death at Calvary. The holiday is observed during Holy Week as part of the Paschal Triduum on the Friday preceding Easter Sunday, and may coincide with the Jewish observance of Passover. It is also known as Holy Friday, Great Friday, Black Friday, or Easter Friday, though the last term properly refers to the Friday in Easter week. Good Friday is a widely-instituted legal holiday in many national governments around the world, including in most Western countries (especially among Anglican and Catholic nations) as well as in 12 U.S. states. Some governments, such as Germany, have laws prohibiting certain acts, such



as dancing and horse racing, that are seen as profaning the solemn nature of the day. Unfortunately this year all Easter Processions have been cancelled,

but at 10pm residents of Cartagena will be on their balconies to pay homage to the procession.

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Easter

The week before Easter is called Holy Week, and it contains the days of the Easter Triduum, including Maundy Thursday, commemorating the Maundy and Last Supper, as well as Good Friday, commemorating the crucifixion and death of Jesus. In western Christianity,

Eastertide, the Easter Season, begins on Easter Sunday and lasts seven weeks, ending with the coming of the fiftieth day, Pentecost Sunday. In Orthodoxy, the season of Pascha begins on Pascha and ends with the coming of the fortieth day, the Feast of the Ascension. Easter and the holidays that are related to it are moveable feasts in that they do not fall on a fixed date in the Gregorian

or Julian calendars which follow only the cycle of the sun; rather, its date is determined on a luni-solar calendar similar to the Hebrew calendar. The First Council of Nicaea (325) established two rules, independence of the Jewish calendar and worldwide uniformity, which were the only rules for Easter explicitly laid down by the council. No details for the computation were specified; these were worked out in practice, a process that took centuries and generated a number of controversies. It has come to be the first Sunday after the full moon that occurs on or soonest after 21 March, but calculations vary in East and West. Easter is linked to the Jewish Passover by much of its symbolism, as well as by its position in the calendar. In many languages, the words for Easter and Passover are identical or very similar. Easter customs vary across the Christian world, and include sunrise services exclaiming the Paschal greeting, clipping the church, and decorating Easter eggs, a symbol of the empty tomb. The Easter lily, a symbol of the resurrection, traditionally decorates the chancel area of churches on this day and for the rest of Eastertide.

Additional customs that have become associated with Easter and observed by both Christians and some non-Christians include egg hunting, the Easter bunny and Easter parades. There are also various traditional Easter Foods that vary... Whats your favorite Easter food? Share with us your recipe and we will share with our listeners on Costa Calida Radio and on our social media!

If egg is broken by outside force life ends..... If egg is broken by inside force life begins....
Great things always begin from inside....
U have to choose and make whatever u want to... Either from outside or inside... 

— Sranvi 



Sector B Camposol

Following on from our article about the history of the oldest and most established sector of Camposol last month, we wish to continue our story, this time focusing on sector B. The demand for properties soon outstripped the supply, and by the year 2000, the developer, Grupo Masa had started releasing building plots across the other side of what is now the RM3 motorway and became known as sector B.

In the early days, it was possible to cross the road between sectors A and B as they were linked by a single-track road. Years later, as the traffic increased and became a little hazardous; an underpass was constructed linking the two areas together. The advent of the new motorway meant this underpass became redundant and a footbridge for pedestrians, and a road bridge over the motorway replaced it, which is how it is accessed today.

The “other side” of Camposol is very different, and is a great deal larger than sector A with regard to the number of properties and businesses that have since been constructed. Camposol is not described as a private urbanisation or a potential gated, private community, as it has some wonderful facilities such as a National petrol station (GALP) and a major supermarket chain, namely Consum, meaning it must be accessible to the general public.

The commercial centre on this side of the urbanisation has a multitude of businesses whose products and services have changed and matured over the years. The first business to be opened in this new commercial centre area was Camposol Computers who offered an invaluable service as back in the early part of the 2000`s, communications were extremely difficult. No one had land lines, mobile phone calls were expensive and our phones were not “smart”. It is all too easy these days to

take the luxury of free calls via internet for granted. There was no Face time or Whatsapp, and Skype and Just Voip were only available if you paid for it.

Camposol Computers (now Compusurf) offered phone booths and an internet café or none of us could have stayed connected with our friends and family in the U.K without considerable cost. Many of us can remember those times and for being eternally grateful that they existed. Other businesses closely followed them, snapping up the commercial units. Who remembers “El Tardio” and “Scoobies” which were the first bars to set up business there? There was also “The Shang Hai Wok Buffet” in the early days but that did not last too long!

20 years on, the commercial centre is a well-established area with a comprehensive array of businesses. If you are looking for where to eat and drink you need look no further. There are 3 Indian, 1 Chinese and 2 International restaurants in the main square, as well as an authentic Bulgarian. There is also an American Diner, and 3 different cafés, each offering a different hot and cold food and drinks, catering for just about everyone. If it is a takeaway you prefer, the majority offer a carry out service and there is a real “chippy” too.

The recently refurbished Alley Palais Entertainment Centre, now a very popular venue, also houses PJ`z who offer a wide range of pizza, fried chicken and kebabs.

Camposol also has its`own Chinese “todo” shop. This enormous store needs time to browse but has something for everyone.

Some of the other valuable business services in this location includes a National electrical retailer incorporating a kitchen showroom, a hair and beauty salon, a veterinary practice, an opticians, and a swimming pool construction company. There is also a British Supermarket where you can also find all your old

favourites. If it is home furnishings you are looking for then you can also find a good range of quality products at very reasonable prices in the adjacent unit.

When it comes to greeting cards and gifts there are also 2 retail outlets offering those, together with passport renewal and flight booking services. If you are still searching for that dream property or helping others to find theirs, there are plenty of estate agents and property rental companies to choose from too.

Still on sector B, but not in the commercial centre, Camposol has its` own very well-equipped gymnasium with a wide range of classes and activities for all levels. There is also the cultural centre open to all residents and groups and is widely used for local charity events such as The Forget Me Not Charity, who use it on Mondays to give carers some respite. There is also a monthly held jumble sale held there.

The MABS cancer charity also has a full-time respite centre found on the main carriageway offering a much needed and vital service to this community.

Beneath the main commercial centre, via a walkway, there are some other business services which include a post office, the popular bar “BlackBull”, and a charity shop, which raises funds for the local abandoned animals. There are still a few empty units here too, which are available for rental and conversion for new businesses.

Please remember that it is important that we all support our local businesses, and all the year round. The commercial units are expensive to rent, and we should all remember that if we do not support them, we could lose them. Most business owners live and work in the community and are only too happy to chat whilst serving you.



Camposol Character

Colin Aubrey Thackwell was born in Wimbledon, South London in AUGUST 1941.

Colin did not like school at all, and repeatedly played truant until he was caught out by faking sick notes from his mother. HE LEFT SCHOOL AT the age of 15 with no qualifications whatsoever. Colin tried a number of different jobs ranging from a grounds man on a golf course, to a long line of other jobs in the retail trade and the construction industry before really finding his true vocation.

Colin was really looking for a career and independence, and in 1961 he joined the Royal Signals in the army where he stayed for 22 years, finally leaving the services in 1983. Colin says that the army gave him a roof over his head, a solid career, and more importantly he made some very good, lifelong friends.

Colin started in the army as a "Private", working his way up to Staff Sergeant and was based in Catterick in North Yorkshire as well as spending some time in Sheffield. He was posted to a number of overseas destinations over the years including Cyprus, Germany, and Canada.

When Colin retired from the army, he fulfilled a number of roles over the next 13 years until he retired in 2001. He was in the civil service for 2 years, spent 5 years as a carpet fitter and finally ended his working life as a security officer in the bank of England print works.

It was during the first 2 years of his army service that he met his wife Bronwyn at a "TROOP" party and they have been together ever since. They are still happily married today and have 4 children; 3 SONS and one DAUGHTER, 6 GRANDCHILDREN & 3 GREAT GRANDCHILDREN. Colin and Bronwyn had hoped to retire to Cyprus. They had lived there during Colin's time in the army and loved it; however, at this time Cyprus was not in the EU so they thought it prudent to look elsewhere. It was pure chance that early in the year 2000 they visited an exhibition in a local hotel in London offering inspection trips to the Costa Calidá. One of these trips was an estate agent called "Grupo FIM", agents for Grupo Masa, the promoter of Camposol. Colin and Bronwyn loved the area and quickly settled on an off-plan purchase for a Fortuna style villa, on Camposol sector B which is where they still live today.

Colin and Bronwyn's villa were one of

the first to be completed on this sector of Camposol. There was no road, and no proper access to the property. Colin can clearly remember that he moved ABOUT 16 tons of earth just to be able to climb up to his front door, and was always looking for anyone building a pool to let him HAVE anything at all as "backfill"! Some people today are horrified by a few pot holes, if only you could see how it was all those years ago, you would have been amazed.

Colin and his wife are keen dog lovers and have taken a very active part in dog rescue and fostering over the years. Colin can remember in the very early days of what is now Noah's Arc, helping 2 ladies, Tracy and Barbara wherever he could. He was on the first committee for this charity that still exists today. After 14 months of this, Colin decided to leave Noah's Arc and help a man by the name of John Kemp with the puppies instead. Many of you will remember "John the Barber" where many of the puppies resided whilst waiting for homes. Colin would often take dogs and puppies into his own home too, when there was simply no one else to take them. The current number of dogs they have is down to 4, the lowest number in years!

When Colin reached his 70th birthday he decided to give up his voluntary work

for the animals and help raise funds for some of the other local charities for which he has raised several hundred Euros.

Who remembers PALS and the café fund? Some of these events include organisation of the first 2 MABS race for life based in Camposol, and cycling to raise money for FAST and Forget Me Not which are 2 very worthwhile charities based in Camposol.

Colin's most recent event was a mammoth 700 kilometre cycle ride to raise money for the "Campobus" project and just when you think this really must be it, he completed a 100 mile cycle ride in August 2019 to raise money for The British Heart Foundation, and FAST at the grand old age of 78! THAT BIRTHDAY WAS 2 DAYS BEFORE THE RIDE!

Colin had a spell of ill health but has recovered. He is also intending to continue to help in the community wherever he can. His future projects include helping "B Clean" the volunteer gardening group, keeping fit, and repairing bicycles. He is a true community player and is often found to be moving unwanted rubbish from our bin areas or liaising with Aqualia with regard to frequent water leaks on his sector. We do appreciate you Colin!





St George's Day

So here it is: another opportunity for red-blooded English people, and a handful of tabloids, to complain that St George's Day isn't a national holiday. That said, they might have a point, a mere 600+ years ago, it was a holiday on par with Christmas in the UK.

Known to have defeated a dragon which almost certainly didn't exist, St George was most famously killed for refusing to recant his Christian faith, effectively opening the door to sainthood. In England, the occasion is still quite the lacklustre affair indeed, St Patrick's Day probably gets more people in the pubs.

But for those looking to *really* celebrate St George, 23rd April, he isn't just the preserve of England; he's particularly popular in Portugal, Spain, Bulgaria and even Russia, for all manner of reasons and they all host events in his honour. In Georgia, the St George Cross features prominently in the country's flag though contrary to popular belief, the nation wasn't named after the man himself.

And in Spain... festival of Sant Jordi in Barcelona...

What is the festival of Sant Jordi and

when is it?

It is one of the most original celebrations in Catalonia.

It is a very popular festival that combines culture and romanticism, celebrating both World Book Day and Valentine's Day. On this day, it is custom for couples to exchange gifts: the men receive a book and the women receive a rose. However, this has developed over time, so both men and women can receive books and roses. Book and flower stalls are set up along the streets of Barcelona. The streets fill with people walking around stalls, looking for a gift for their beloved, and for their family and friends too. You will find the latest publications, see well-known artists signing copies of their books, and of course, smell the scent of the roses.

What is the origin of the festival?

This curious festival comes from a mixture of traditions from different periods. It coincides, on one hand, with the fact that Sant Jordi has been the patron saint of Catalonia since the 15th century and on the other hand, it comes from the famous legend of Saint George and the dragon (the knight defeats the dragon, who was terrorising the village and the princess, and after penetrating the

dragon with his sword, Saint George gave the princess one of the beautiful red roses that spilled out of the beast's body) and the old medieval tradition of visiting the Chapel of Sant Jordi in the Palacio de la Generalitat, where a rose fair or 'lovers fair' used to take place. This is why Sant Jordi is also the patron saint of lovers in Catalonia.



F.A.S.T. Camposol

IN A MEDICAL EMERGENCY CALL
112 THEN CALL FAST ON
968 970 626

Please be aware some of the facts will not be correct as FAST has had to shut down because of the virus. The phone line is still available 24/7 for emergencies but we cannot attend

IN A MEDICAL EMERGENCY CALL
112 THEN CALL FAST ON 968 970 626

If you have to call for an ambulance, call 112 and the operator will ask a series of questions so they can prioritise your call. You can ask for an operator to speak in your language if you do not speak Spanish. Then call FAST on 968 970 626.

If you are faced with a medical emergency would you know what to do? Just opening the airway by tilting the head back can allow someone to start breathing again.

Applying direct pressure to an open bleeding wound may stop serious blood loss.

Our aim is to give 24/7 cover to the people on Camposol and Saladillo, we can also give advice over the phone to people on Condado and the Country Club. We are always looking for new recruits to join our team of First Responders. The most common thing we do as responders is to bring comfort and reassurance to the casualty and their family. Don't be afraid to join because it is not all blood and misery. Come along to the Cultural Centre on a Tuesday morning for a chat.

When the FAST responders arrive, they will ask a series of questions, directed at the casualty or the partner. It may seem to delay treatment but it is important to know if the casualty is allergic to anything, what medication they are on, are they being treated for a medical condition. So please be patient when the responder is asking questions.

We have had calls recently to attend people who live on their own or are here for a short time on their own. If you are on your own it is a good idea to make sure your neighbours are aware of you. Maybe give a neighbour a spare key. If you are taken ill and taken to the hospital you will need money to get a taxi home unless a neighbour or friend can give you a lift. It is also important to carry your identification with you. You will need either your medical card, EHIC card or travel insurance.

If you are here on your own but have

family in another country, give them the FAST number. If your family cannot reach you and are worried about your condition they can call FAST to check on you.

Thank you to all those who have donated to FAST in the past and in the future! We can only provide the service as long as the funds keep coming in. The CRA (Camposol Residents Association) presented FAST with €250 at our training session. Thank you to Phil Gelling and his team for the donation.

Thanks must also go to, Caroline May for the generous donation from her performance at Mariano's on the 19th Feb. We all had a great night!

The FAST nurses collect on Monday morning on the duel carriageway approaching the B commercial centre.

The FAST Spring Fayre will be held on Friday 10th April at Alley Palais on sector B commercial centre Camposol. Come along and join the fun and support this life saving charity. New and established traders will have stalls.

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“If I cannot do great things, I can do SMALL things in a great way.”

MARTIN LUTHER KING JR.

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Peter Rabbit 2: The Runaway shortened as Peter Rabbit 2 in some territories is an upcoming 2020 American live action/computer animated comedy film directed by Will Gluck and written by Patrick Burleigh and Gluck. The film is a sequel to 2018's Peter Rabbit and is based on the stories of Peter Rabbit created by Beatrix Potter. The film stars the voice of James Corden as the title character, alongside Rose Byrne, Domhnall Gleeson, and David

Oyelowo in live action roles, and the voices of Elizabeth Debicki and Margot Robbie. Originally scheduled for April 2020, Peter Rabbit 2: The Runaway was delayed due to the 2019–20 coronavirus pandemic and is scheduled to be theatrically released in the United States on August 7, 2020, by Sony Pictures Releasing under its Columbia Pictures label. In PETER RABBIT™ 2: THE RUNAWAY, the lovable rogue is back.

Bea, Thomas, and the rabbits have created a makeshift family, but despite his best efforts, Peter can't seem to shake his mischievous reputation. Adventuring out of the garden, Peter finds himself in a world where his mischief is appreciated, but when his family risks everything to come looking for him, Peter must figure out what kind of bunny he wants to be.

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No Time To Die

No Time To Die, the 25th James Bond, which also sees the return of Daniel Craig to the franchise.

The film will premiere April 3rd, 2020, in the U.K.

With an original release date with British director Danny Boyle for November 2019, it was then slatted, as it was postponed after Boyle left. Replaced by Cary Joli Fukunaga and also Phobe Waller-Bridge brought in



to help with the script.

According to Reuters, No Time to Die will see Bond “enjoying a tranquil life in Jamaica after leaving active service before an old friend, Felix Leiter, from the CIA turns up asking for help.” Bond then embarks on a mission to rescue a kidnapped scientist while hunting down a “mysterious villain armed with dangerous new technology” — a typical Bond film then.

Ralph Fiennes, Naomie Harris and Ben Whishaw will all reprise their roles as M, Moneypenny and Q, respectively.



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International Childrens Book Day

Helping to bring their imagination to life, books inspire, educate and encourage children to exercise their mind.

International Children's Book Day 2020 is designed to do just that and

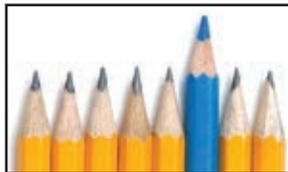
celebrate reading. Taking place on 2 April 2020, International Children's Book Day is this year sponsored by International Board on Books for Young People Latvia. The Board decides on a theme for the event in addition to an author from that country writing a personal message to the children of the world to inspire them to read.

A poster to help publicise the event is designed by an illustrator from the sponsorship country too. The slogan for this year's event is the small is big in a book, with the message to the children written by Inese Zandere. Inese is a Latvian poet and editor, in addition to an author and publisher of children's books.

Reading books can help a child to learn and develop, and this can be difficult in certain parts of the world due to deprivation. However, International Children's Book Day can help to provide resources for those children through various events in schools and communities that they may not have had access to otherwise.

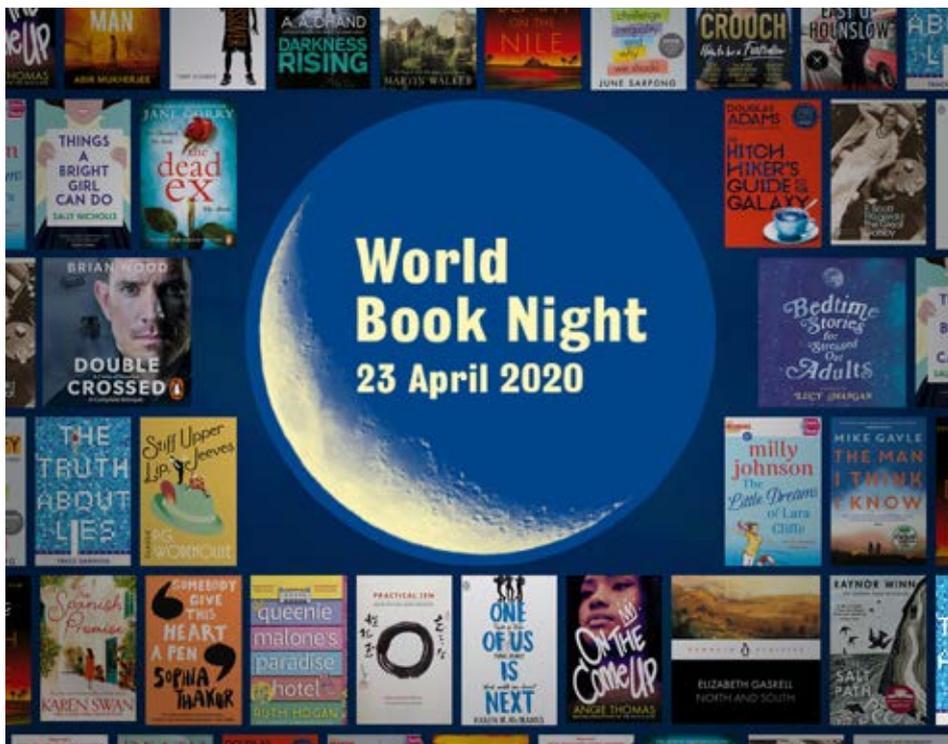
Not only does it encourage children to pick up a book and read, no matter what age they are, to celebrate International Children's Book Day, but it can help to influence their habits for the future.

Many local charities are always on the look out for books, so feel free to donate once you or a family member has finished with it, and pass it on for others to enjoy!



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World Book Night

If you've never found a book you've liked, there's a good chance that

you've not tried that many books and World Book Night is here to prove to both children and adults that there are plenty of opportunities to get lost

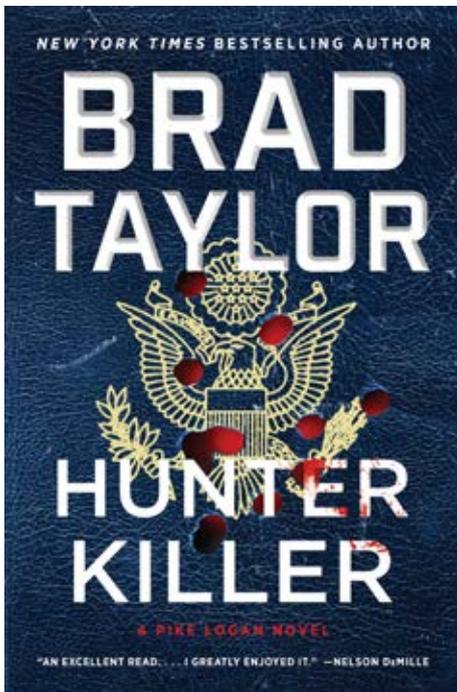
in a good book.

Every year, the occasion is coordinated by the Reading Agency, a national charity that aims to help people become confident and enthusiastic readers.

World Book Night celebrates both reading and books every year on April 23rd, when books are distributed throughout the UK to specifically, but not exclusively, reach those who don't often get the opportunity to read – hospitals, prisons, homeless shelters and care homes are a particular focus. Those who love a good book are asked to give out their own books to similarly affected people in their own communities.

For the past 6 years, World Book Night has also been celebrated in the USA as well as the UK and Ireland, with almost 50,000 people giving away a million books across the three different countries.

Lets do our bit here in Spain!



Hunter Killer

(Pike Logan #14)

by Brad Taylor

Pike Logan tracks highly-trained Russian assassins to Brazil in this blister-

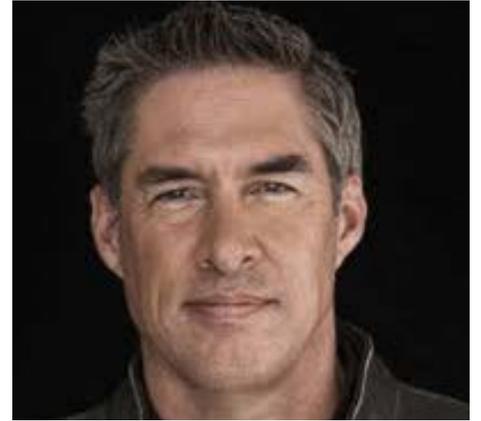
ing, action-packed thriller from New York Times bestselling author and former Special Forces Officer Brad Taylor.

Pike Logan and the Taskforce were once the apex predators, an unrivaled hunting machine that decimated those out to harm the United States, but they may have met their match. While Pike Logan and Jennifer Cahill prepare to join their team on a counter-terrorist mission in the triple frontier—the lawless tri-border region where Argentina, Brazil, and Paraguay meet—they are targeted in Charleston, South Carolina. A vicious explosion kills a friend, and the perpetrators have set it up to look like an accident. While the authorities believe this was not foul play, Pike knows the attack was meant for him.

When he loses contact with the team in South America, Pike is convinced he and the Taskforce are under assault. His men are the closest thing to family that Pike has, which means he will do anything, even ignore direct orders to stand down, to find them.

Pike and Jennifer head to Brazil to investigate their disappearance and run headlong into a crew of Russian assassins. Within days they are entangled in a byzantine scheme involving Brazilian politics and a cut-throat battle for control of offshore oil fields.

Forged in combat, the Russians are the equal of anything the Taskforce has encountered before, but they make a mistake in attacking Pike's team, because Pike has a couple of elite Israeli assassins of his own. And Pike will stop at nothing to protect his family.



Brad Taylor

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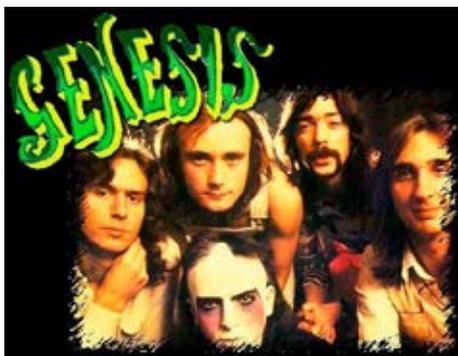


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PHIL COLLINS

Born Philip David Charles Collins on the 30th January 1951 in Chiswick, Middlesex to Greville and Winfred Collins, Phil Collins is a drummer, singer, actor and record producer, best known as a big part of the rock band Genesis. Alongside Peter Gabriel, Tony Banks, Mike Rutherford, Steve Hackett and other members, the band have had great success throughout the 70's, 80's, 90's and 2000's playing their own brand of rock.



Genesis released 15 studio albums, with Collins as a member of the band, as drummer, backing vocals and main vocals including: *Nursery Cryme* (1971), *Foxtrot* (1972) *Selling Music by the Pound* (1973), *The Land Lies Down on Broadway* (1974), *A Trick of the Tale* (1976), *Wind and Wuthering* (1976), *And Then There Were Three* (1978), *Duke* (1980), *ABACAB* (1981), *Genesis* (1983), *Invisible Touch* (1986) and *We Can't Dance*, (1991) then following on into his own successful solo career with albums ; *Face Value* (1981), *Hello I Must Be Going* (1982), *No Jacket Required* (1985) and *But*

Seriously...(1989), *Both Sides* (1993), *Dance into the Light* (1996), *Testify* (2002), *Going Back* (2010).

....But let's go back a little bit. Phil Collins started out in showbiz as an actor. Starting acting lessons aged 14 at the Barbara Speake stage school. His 1st major role was in 1964 starring on the west end as the Artful Dodger in *Oliver!*

Later, he appeared as an extra in the film: *A Hard Days Night* and other minor roles including as an extra in *Chitty Chitty Bang Bang* (his scene was cut before release). Collins soon gravitated towards music as a keen drummer and his first band role was with *Flaming Youth*. After releasing one Album *Ark2*, the band split and Collins began auditioning for other bands, eventually replying to an advert for a drummer with the band **Genesis**. The audition took place at the home of the parents of Peter Gabriel and he joined the group in August 1970. Genesis, were a great success and the first Genesis album released after Collins joined was *Nursery Cryme* in 1971.

In 1975 Phil was married to Canadian Andrea Bertorelli. Phil adopted Andrea's daughter Joely and the couple had a son Simon. The marriage would last just 5 years due to the pressures of writing, recording and touring.

In 1978 after extensive recording and touring with Genesis, the band had

a short hiatus, during which Collins went to Vancouver to be with his family and try and save his marriage, He ultimately failed in his reconciliation attempts and he returned to the UK where Rutherford and Banks were working on solo projects. Whilst waiting to record Genesis' next album, Collins wrote his first Solo Album, **Face Value**, which was released in 1981.

Citing his divorce in 1980 as the main inspiration behind the songs on the album, **Face Value** was an international success and was number one in 7 countries also selling 5 million copies in the USA. Collins was still touring and recording with Genesis and started doing some solo touring as well at this time. The Genesis album **ABACAB** was released in 1981.

Collins' second solo album, **Hello I Must Be Going** was released in 1982. This album was another commercial success, reaching number 2 in the UK album charts and number 8 in the U.S, selling 3 million copies. A solo tour followed to promote the album with great success in 1983.

1984 saw Collins get married again. This time to American Jill Tavelman, the couple had a daughter Lilly. The marriage was to last just 10 years, again under the strain of the constant writing, producing and touring.

1984 also saw Collins release the singles **Against All Odds** from the film of the same name, **Easy Lover** with Phil Bailey, (Earth Wind and Fire) and take part in the original **Live Aid** single in aid of the Ethiopia famine.

In 1985 came the release of Collins' best selling album **No Jacket Required** reaching number one in the UK and USA and earning 3 Grammy awards including Album of the Year. That year Collins took part in the **Live Aid** concerts famously appearing at both the Wembley stadium concert and the JFK stadium in Philadelphia on the same day!!!

Although his solo career had taken off in spectacular fashion, (some journalists saying he was bigger than Genesis), Collins refused to leave the band saying, "the next member to leave Genesis will finish it".

Collins' first film role came in 1988 when he appeared in **Buster**, a successful movie about the great train robbery also starring Julie Walters. As well as starring in the film, Collins contributed four songs to the film score.

In 1989, Collins released his fourth studio album, **But Seriously**. This album was another huge commercial success spending 15 weeks at number one in the UK and 3 weeks in the US, with singles from the album winning all sorts of awards worldwide.

In 1991 Collins re-united with Banks and Rutherford, to record the Genesis album **Invisible Touch**, reaching number one in the UK, number four in the US and selling 4 million copies.

In 1996 Collins finally left Genesis to concentrate on his solo career. After leaving Genesis, Collins formed **The Phil Collins Big Band**, touring summer jazz festivals playing jazz renditions of Genesis songs. Again the project was a success.

1999 saw Collins write, perform and produce the soundtrack for the Disney movie Tarzan and the lead song, **You'll Be In My Heart** spent 19 weeks as number 1 in the Billboard chart. He also won a Golden Globe award and an Academy award for best original song. Collins married his third wife in this year Orianne Cevey, A Swiss national who had worked as a translator for him and they had two sons Nicholas and Matthew. In the same year Collins was awarded a star on the **Hollywood Walk of Fame**.

In June 2002, he accepted an invitation to perform at Buckingham Palace, at the **Party at the Palace** event for the Queens Golden Jubilee.

A comeback Genesis tour with Collins, Banks and Rutherford happened in 2007 covering Europe and North America ...it was again a great success.

Inducted in the **Rock n Roll Hall of Fame** in 2010, Collins is still working hard. He toured as recently as 2017

on the **Not Dead Yet** Tour which, whilst initially planned as a short European tour, ended up as a world tour with venues selling out in seconds.

Throughout all this touring and recording with Genesis and as a solo artist, Collins wrote, produced, performed or collaborated with many artists including; Phil Bailey, Eric Clapton, Thin Lizzy, Robert Plant, John Martin, Adam Ant, Howard Jones, The Who, Tears for fears, Paul McCartney, Elton John, Mark Knopfler, Sting, Adele and many more.

Like all of the greats, the thing that stands out with Phil Collins is his hard work and dedication to music. His music has cost him marriages, relationships and to some extent his health but his music stands the test of time. Ladies and gentlemen I give you **Phil Collins**.

Damien Sugden



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Jazz Appreciation Month

Jazz Appreciation Month, (JAM) is a music festival held every April in recognition of the significant contribution that jazz music has made to society. The aim of this annual event

is to pay tribute to jazz for its historic and cultural significance by encouraging schools, governments and organizations to participate in various events such as free jazz concerts and educational programs.

JAM was first established in 2001

by John Edward Hasse, a curator at the Smithsonian National Museum of American History. It was initially funded by the Ella Fitzgerald Charitable Foundation, whose archives are currently housed at the Smithsonian. In 2012, Smithsonian Folkways Recordings group received permission from the estate of Louis Armstrong, (the well-known jazz trumpet player) to release his recordings on a new album titled Satchmo. The release was made at the National Press Club as part of the 2012 annual Jazz Appreciation Month events. Through jazz-focused events, JAM works to support today's jazz scene and encourage an appreciation of jazz music in people of all ages. Throughout the month of April, people will be encouraged to participate in jazz activities such as studying jazz music, attending jazz concerts, reading books, or just simply listening to good jazz music on the radio.

International Jazz Day

International Jazz Day is an International Day declared by the United Nations Educational, Scientific and Cultural Organisation in 2011, "to highlight jazz and its diplomatic role of uniting people in all corners of the globe." It is celebrated annually on **April 30**. The brainchild of jazz pianist and UNESCO Goodwill Ambassador Herbie Hancock, Jazz Day is chaired by Hancock along with the sitting UNESCO Director-General. The celebration is recognised on the calendars of both UNESCO and the United Nations.

The Thelonious Monk Institute of Jazz, an American NGO also chaired by Hancock, is the lead organizational partner for Jazz Day. The Institute coordinates activities in the UNESCO member states as well as the Global Host Celebration. Events in the Host City culminate in an All-Star Global Concert, which typically involves over two-dozen high-profile jazz musicians from around the world performing in or around an historical landmark.

We will bring the San Javier Jazz Festival information to you over the coming months

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When you are reading this we at AAR hope that the Corona Virus is well into the history books.

At the time of writing we are now two days into the country being in lock down, what a shock it's been! As many of you know we totally rely on the income from our shops to keep the charity afloat. So no money means we cannot pay our bills, yes we have lots of bills, each month! From vet fees, livery fees, food, shop rents, insurance, taxes, I could go on. Friday 13th was such a horrid day, when it was publicised that we may be locked down for two weeks we had to start sorting things out and quickly, straw, alfalfa, dry food and salvardo for the donkeys and rabbit food was also ordered. Then it

was off to the supermarket.

By now it was late afternoon, both Kevin and I had been working in the shops during the morning, so guess what, that's right very little was left on the shelves. A couple of bags of dog biscuits and a couple of cans of food.

No cleaning products at all. Luckily the donkey feed suppliers also carry a small amount of cleaning products, so we managed to buy from there.

Our biggest problem though is that with the shops closed we have no income. We spoke to one of our supporters who suggested that we appealed to our followers. This we have done and have raised the money needed. Please accept our heartfelt gratitude to everyone who has

donated, we simply would not have coped otherwise. Hopefully the lockdown will only last two weeks, fingers, toes, legs and arms all crossed at the moment.

On the animal front, some stupid person, can't really write what I'd like to write! decided that they would throw five little kittens over our wall !!! OMG, why the hell would anyone do that !! Sadly the dogs killed 2 but we managed to save 3, it really was very traumatic. They were taken to the vets and apart from a minor infection all are doing well..

A lovely lady from camposol offered to take all three kittens which was fantastic.

When allowed I will be on the carpark camposol B Sec every Monday 11.30/1.30 collecting your unwanted items. For larger items please contact me on 690 906 565. Until next month, please stay safe and take care, Andrea.

Every week Costa Calida Radio are running the Who Cares Campaign, get in touch and nominate someone who you feel is deserving a mention on air and a lovely bunch of flowers, supplied in conjunction with Arnaldos Florist in Mazarrón. Contact 634 13 67 43 via whatsapp and show that deserving person they are appreciated.



WHO CARES



What to do in the garden in April



April's a busy time in the garden, so make sure you dodge the sofa and get planting.

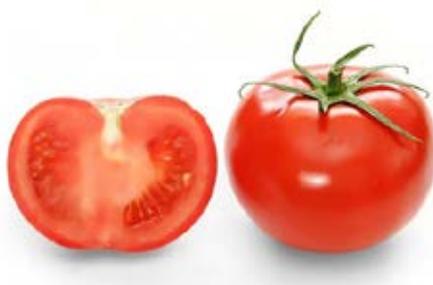
Plants and Flowers

- Lift, divide and plant herbaceous perennials now. To find out more about growing perennial plants.
- Plant summer-flowering bulbs now, such as Lilies, Gladiolus and Freesias.
- Tie in climbing and rambling roses to their supports. Laying the stems more horizontally encourages heavy flowering.
- Direct-sow hardy annual

seeds now in well-prepared soil for colourful summer flowers. Mark out areas for each type of flower with sand or twigs then sow your hardy annuals in rows within these areas. Thin out the seedlings as they grow to allow a final spacing of about 15-30cm depending on the plant's eventual size.

- Brighten up your patio with bedding plants used in hanging baskets, containers and flower pouches.
- Now is your last chance to order plug plants online for vibrant colour this summer.

Fruit and Veg



- Sprinkle a slow-release fertiliser around the base of your strawber-

ry plants, raspberry canes, fruit trees and fruit bushes, followed by a mulch of well-rotted manure or compost for bumper crops this year.

- Continue to plant out your chitted potatoes into potato grow bags or in the ground. Plant the tubers with the sprouts upright and at a depth of 10-15cm.
- Take the hassle out of sowing seeds and order our 'Sweet Aperitif' tomato plants for your summer salads this year!
- Now is also your last chance to order vegetable plants such as cucumbers, dwarf beans and courgettes.
- Tree, Shrubs and Grasses
- Now is the time to move evergreen shrubs and trees if desired, although make sure the soil isn't waterlogged or frozen. Try to take as much of the root ball as you can to help the plant establish quickly in its new home.
- Mulch around your trees, shrubs and perennials to help retain moisture in the soil during dry weather.

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Camposol 'C' Green Fingers Gardening and Social Group

During March, our volunteers have been planting, weeding, trimming palms, pruning and watering. The container plants and less drought resistant ones have had to be watered regularly and earlier than usual this year because of the mild weather. The



landscaping and planting has really improved all the verges and has been paid for with your

generous donations to our buckets, thank you! Although we are always appealing for volunteers to work with us on Wednesdays, the current situation with Coronavirus has unfortunately made us temporarily postpone our activities for the foreseeable future. We hope to be out and about again when the situation allows it. Another way to help us at the moment is by leaving any empty 8 litre water bottles with lids and handles at the rear of the Welcome Wall as you pass; we are in need of a few more as watering will continue by isolated volunteers.

Our Maintenance Team continued their regular programme during last month, but they, too, will cease activity for the time being. They have been weeding, sweeping and spraying the streets of 'C' North every week; the chemical we use is pet friendly so

no danger to animals and control the lush regrowth as Summer starts. If you own a home on our sector, please think about joining our scheme – it is only 15 Euros every quarter. We also welcome any unwanted plants or decorative pots (chipped or broken is fine) to decorate the landscaped areas. Every donation to our bucket or raffle, every ticket sold for our social events, every payment to the Maintenance Scheme, and every contribution made by local businesses; they all contribute towards a caring community. Also, as part of that community, we ask you to please be vigilant; if you see any suspicious activity please get in touch; there has recently been yet more damage by out of control vehicles - all information will be treated confidentially, thank you.

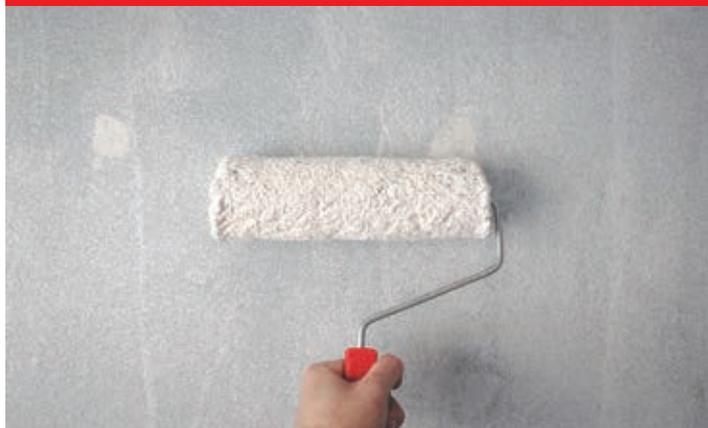
Please save the date for our AGM at the Golf Club on 20th May. Further information is available on our chalkboards and Facebook, from John, our Chairman, on 634 325 427 or visit our Facebook page: Green Fingers Camposol.

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International Mother Earth Day

International Mother Earth Day is celebrated on the 22nd April, to remind each of us that the Earth and its ecosystems provide us with life and sustenance. It also recognizes a collective responsibility, as called for in the 1992 Rio Declaration, to promote harmony with nature and the Earth to achieve a just

balance among the economic, social and environmental needs of present and future generations of humanity. International Mother Earth Day provides an opportunity to raise public awareness around the world to the challenges regarding the well-being of the planet and all the life it supports. Education is the foundation for progress. We need to build a global citizenry fluent in the concepts of climate change and aware of its unprecedented threat

to our planet. We need to empower everyone with the knowledge to inspire action in defense of environmental protection.

Environmental and climate literacy is the engine not only for creating green voters and advancing environmental and climate laws and policies but also for accelerating green technologies and jobs. We will be very soon organising a beach clean day, so keep listening to Costa Calida Radio for date and time.



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Cleaning Your Own Pool During Lockdown.....

Part 1 Skimming and Brushing

Make sure you have the right supplies. Before skimming and brushing your pool, take stock of your supplies. Make sure you have everything you need. Make sure you have a telescopic pole. You might want to wipe off the pole to make sure it's free of any debris that could potentially contaminate your pool. A leaf skimmer or skimmer net is an important pool cleaning tool. This is a small net that attaches to the telescopic pole. You use this net to remove leaves and other debris from the surface of your pool. As with any pool cleaning supplies, leaf skimmers should be cleaned out on occasion.

Make sure you have a pool brush. This is a device used to clean the sides, ladders, and steps of your pool. Brushes can get clogged with dust and debris, so make sure you rinse out your pool brush periodically to make sure it's clean. Skim the surface of your pool with a leaf skimmer. The first step to cleaning your pool is to skim its surface with the leaf skimmer. In fact, this should be done on a day-to-day basis to make sure the pool's surface is free of any contamination. This is a fairly easy part of pool maintenance. Attach the skimmer to the telescopic pole to start. Then, use the net to pull out debris. Things like leaves and other foliage frequently fall into outdoor pools. Simply use the net skimmer to remove any foreign bodies you see at the top of the pool's water.

Once you've cleared out any obvious debris, use a pool brush to clean the sides of the pool as well as any stairs or ladders. This should be done on a weekly basis. Simply attach the pool brush to the telescopic pole and run it over these areas, using some force to remove grime when necessary. Keep in mind areas with poor water circulation, such as stairs, may need more attention.

Part 2 Vacuuming

Select a pool vacuum. A pool vacuum is used to clean the floors of a swimming pool. There are different types of pool vacuums depending on your type of pool and personal needs. Automatic cleaners come in three types. Suction side cleaners are not recommended as they often accidentally suck up things like rocks, which can harm your pool's filtration system. Pressure side cleaners attach to the return jet of your pool filtration system and work by removing debris from filtered water and placing it in a removable bag. However, this requires you to do some filtering. The most efficient automatic cleaner is a robotic pool cleaner. These self-contained units drive around the bottom of your pool collecting debris. The only downside, however, is they tend to be costly. You can save money by using a manual pool vacuum. You can buy a manual pool vacuum online.

Set up the vacuum. Once you've selected the pool vacuum that best suits your needs, set the vacuum up for your pool. For a manual vacuum, there is usually a way to attach the vacuum's head to the telescopic pole. You will then slowly lower the vacuum head into the pool. You should then feed the hose into the pool. Make sure all air is removed from the hose before attaching it to the pump that comes with most manual vacuum cleaners. Attaching the pump to the hose before the air has been expelled can harm the pump.

Vacuum the pool as you would a carpet. Move the vacuum across the bottom of the pool, staying longer in areas that need or appear dirtier.

Vacuum at least once a week. A lot of debris and bacteria builds on the bottom of a pool. You should be sure to vacuum your pool at least once a week to keep it clean and safe for use.

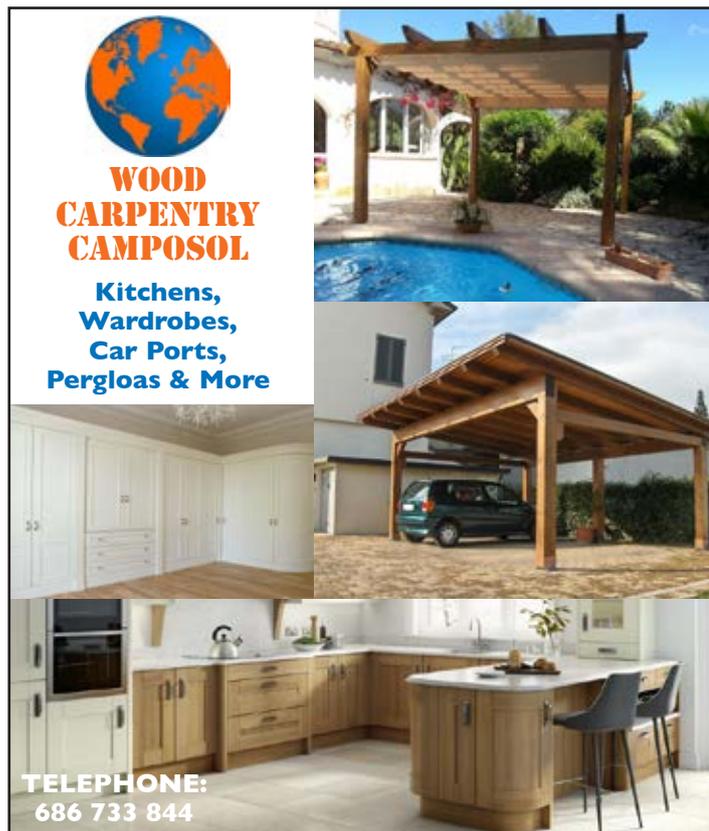
Part 3 Managing Chemicals

Test the water's pH levels. There are chemicals in pool water that help maintain a pool's cleanliness. Factors like weather and use can affect chemical levels. You should test the pH levels at least three times a week to make sure the pool is safe to use. You can buy a pH tester at a local supermarket. You should read reviews of different brands before making a purchasing decision to make sure you're buying a reliable brand. Once you've selected a tester, use this to check your pool's pH levels. The pH level of your pool should be between 7.2 and 7.8. Depending on how users chlorinate their pool, they may find that attempting to maintain a pool with a low pH will bring frequent acid additions. If you're frequently adding acid you may want to look into lowering your Total Alkalinity (TA) level. If it your pH is outside these ranges, use either pH reducer or pH increaser. Apply as needed to bring your pool to the proper pH range.

Check the pool filter. You should keep the area around your pool filter free of debris and grime. Check the pool filter for debris, grime, and other build up. If you notice anything clogging the filter, remove it.

Add sanitizing chlorine tablets. Sanitizing tablets are tablets you can purchase online or at many hardware stores. They dissolve slowly and release chlorine to kill any bacteria in your pool water. You should add tablets to your pool as instructed on the label. You should also add tablets to your skimmer, floater, or automatic feeder to make sure these utensils are also bacteria free.

Consider pool shock. Pool shock is a type of pool cleaner that targets bacteria released by things like hair, urine, and sweat.



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all columns and walls removed to extend the kitchen into the dining area with 4 seater breakfast bar designed from our Schuller handleless system to give a seamless streamline finish, in crystal grey and crystal white high gloss cabinets work surfaces produced from compac quartz ceniza, with Rubi red splashbacks to give the kitchen a warm feeling



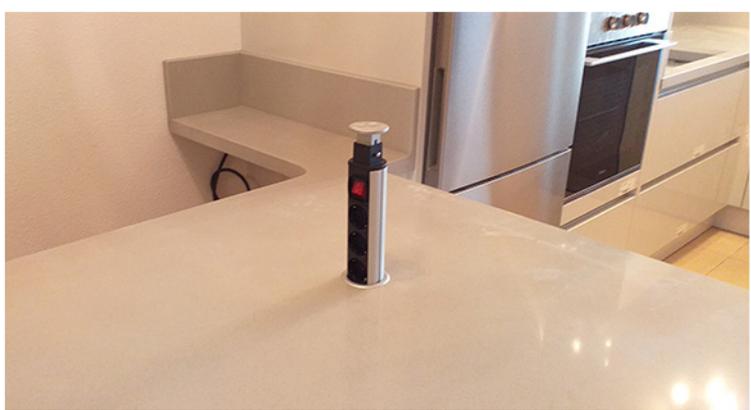
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OUR LIVES IN LOCKDOWN !

Hello Lockdowners

We are all in very difficult times just now and for the foreseeable future. Despite that, all of the professionals at the Camposol Business Centre want to assure you that if we cannot see you in person that we are still here to support you in any way we can.

We are still working every day but in different ways, with restrictions, ie behind closed doors, or doing what we can by working from home.

Anyone with any medical concerns about their health in any way, involving their general health, dental, physio or chiropractor needs, please contact the Health Clinic on 968 103 008. They are open Monday to Friday from 9am to 3pm . You will all know of the regular article in the Camposol District Journal.

I am currently in the UK but working from home. Please contact me regarding any concerns about your legal and financial matters whether they involve Spain or the UK. I can deal with quite a few things over the internet and by whatsapp or messenger. This includes certification of UK documentation and English Wills and English Lasting Powers of Attorney.

Regarding Spanish Wills, at the moment the restrictions do not enable attendance at the Notary. However, please let me have your instructions as I am in touch with the Notary who will notify me when these restrictions have been relaxed.

Its important that you do not feel isolated or that you do not let your legal or financial issues worry you unnecessarily.

Dont hesitate to email me at shirleyfisherlegalservices@gmail.com. or contact me by Whatsapp on my UK mobile number 00 44 79 2758 6989, or even send me a contact request on Messenger. My Spanish Mobile number is 0034 634 053 976 but possibly your phone provider may not connect with mine as I am in the UK. Alternatively if you leave your own contact details at Reception then I will contact you by email, Messenger or Whatsapp.

Angela Skinner of Tramway Financial Management is working from home and ready to answer any questions or queries you have regarding your investments whether from current clients or new enquiries.

Please contact Angela either via myself or directly by email at angela@tramwayfm.com or her mobile 0044 1789 490363.

Most of all, take care and keep safe distance.

Shirley Ann Fisher FCILEx, UK Lawyer & Commissioner for Oaths

Camposol Business Centre, Calle Madrid 19, Camposol Sector A, Mazarron, Murcia 30870, Spain. Email address shirleyfisherlegalservices@gmail.com



+ Camposol HEALTH CLINIC

PIT YOUR WITS

Q AND A ON THINGS YOU SHOULD KNOW

Are you sitting comfortably...Pen and paper to hand.....

Q1 Following your purchase of property in Spain when you signed your Escritura de Compraventa (Deed of Purchase) at the Notary – does it matter if.....

You have changed your name since then ie by marriage? Do you have to go back to the Notary to change your name in the deeds ?

A No, this is not necessary. You are still the same person. What will be necessary is that as and when you sell your property, that you produce your Marriage Certificate to the Notary to evidence your change of name.

If your Marriage Certificate was not issued in Spain, then it will be necessary for you to obtain an official copy of the document and have it apostilled by the country which issued the document and also have the document translated into Spanish so that it is legalised for use in Spain.

Q2 If you live in Spain, is it possible for you to acquire a new investment outside of Spain – for example could you create a Sterling investment in the UK or another country where UK law applies ?

A Yes that's not a problem. What is important is to be aware that you have to consider how this may affect your tax position in Spain ie if you are fiscal then the investment must be tax compliant with the Spanish system and you have to advise your tax adviser about it.

This area of financial advice is a speciality of Angela Skinner of Tramway Financial Management Limited, with whom I have collaborated for over 10 years.

If you are looking for advice in this area, don't hesitate to contact me in the first instance

Q3 Does the law in Spain permit you to drive an English plated car in Spain ?

A Yes – this is allowed under the law, ie if you are on holiday here, or living here, providing the UK tax and MOT is up to date and you have appropriate insurance and, of course, providing you have a current driving licence! Also, if you are in Spain for up to six months providing you have the above documents.

We have yet to be informed of any changes under Brexit!

Q4 If the Police stop you whilst driving, are they able to ask you to show your passport? If so, how are they authorised to do that? Why is it necessary ?

A Yes they can do that and they are authorised under the law, as Spain is a country with a national identity system so at any time whether you are in your car or not, anyone of any nationality can be asked to produce evidence of their identity.

Q5 So if a Spanish person was stopped, does that mean they have to produce their passport?

A No that's not necessary because they would show their identity card – a credit card sized document which they keep on their person at all times.

For enquiries regarding UK or Spanish legal and financial issues, please contact me to arrange an appointment. Shirley Ann Fisher FCILEx, UK Lawyer & Commissioner for Oaths, Tel. 634 053 976

**Email address
shirleyfisherlegalservices@gmail.com**

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Camposol, Mazarron
MURCIA 30875

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Tel: 968 103 008
FAX: 968 199 664

LIFESTYLE

Pastel Kitchen Trend

Pastel kitchens are in for spring 2020. This fresh trend will brighten up even the smallest kitchen space. Use pastel paints for accent walls behind sinks and base units or paint the front doors or base and wall units to add pastels to a white kitchen. If full colour is too much then you can find some great accessories to just add a pop of colour.



'Add a pop of colour'

We love these hairpin leg stools from imfry.co at £196 for a set of 2. Add these to your breakfast bar, plus they are stackable to save space in smaller kitchens. Keep pastel colours fresh with a white backdrop.

Wish list



1 – Hoxton pendant ceiling lamp in pink apricot housecosy.com £69. 2 – SMEG 50's style kettle in green £119 johnlewis.com 3- Farrow & Ball Teresa's Green paint 2.5L £47.95 farrow-ball.com 4- Retro Pastel Measuring cups – set of 4 £12.95 trouva.com

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COPING CALENDAR: KEEP C

30 actions to look after ourselves and each other as we

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy and boost your immune system

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice things that are beautiful in the world around you

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a way to do 15 minutes of physical activity

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for good in the news and not just stress

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“ Everything can change. It gives you the freedom to choose your own path, no matter what set of circumstances you’re in.”

ACTION FOR HAPPINESS



CALM. STAY WISE. BE KIND



Face this global crisis together. Please use & share 🙏

Hydrated,
eat healthy food
and rest your
immune system

5 Get active.
Even if you're
stuck indoors,
move & stretch

6 Contact a
neighbour or
friend and offer
to help them

7 Share what
you are feeling
and be willing to
ask for help

Take five
minutes that are
useful in the
moment around you

12 Immerse
yourself in a new
book, TV show
or podcast

13 Respond
positively to
everyone you
interact with

14 Play a game
that you enjoyed
when you were
younger

Make a fun
video or an extra
15 minutes of
activity

19 Do three
acts of kindness
to help others,
however small

20 Make time
for self-care. Do
something kind
for yourself

21 Send a
letter or message
to someone you
can't be with

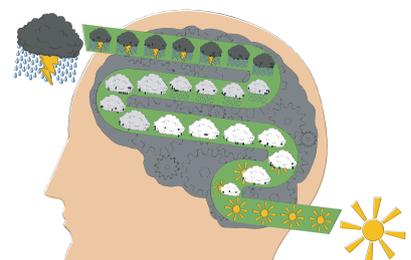
Practice
gratitude for the
strengths of
others
and praise their
strengths

26 Take a
small step
towards an
important goal

27 Thank three
people you're
grateful to and
tell them why

28 Make a
plan to meet up
with others again
later in the year

Nothing can be taken from us but one thing:
the power to choose our attitude in any given
circumstances” ~ Viktor Frankl



www.actionforhappiness.org

Guides, posters and more here: www.actionforhappiness.org/10-keys

Sudokus

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Answers to last months page 66

Medical Jokes

BAD EATING HABITS

A mother complained to her consultant about her daughter's strange eating habits.
 –“All day long she lies in bed and eats yeast and car wax.
 What will happen to her?”
 –“Eventually,” said the consultant, “she will rise and shine.”

COSMETIC SURGERY

A sign on a cosmetic surgery clinics says:
 “If life gives you lemons, a simple operation can give you melons.”

HEALTHY LIVING TIPS

Question: Does an apple a day keep the doctor away?
 Answer: Only if you aim it well enough.

WHAT A SPECTACLE

Q: Did you hear about the optometrist that fell into his lens grinding machine?
 A: He made a spectacle of himself

Patient: Doctor, I think I need glasses.
 Teller: You certainly do! This is a bank.

Doctor: Nurse, how is that little girl doing who swallowed ten quarters last night?
 Nurse: No change yet.

Patient: Doctor, I get heartburn every time I eat birthday cake.
 Doctor: Next time, take off the candles.



APRIL

WORD SEARCH

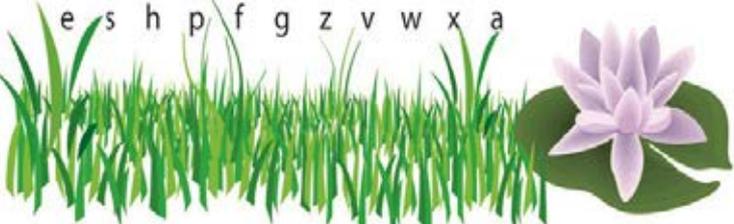


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k	a	a	i	o	l	a	v	t	h	s
u	m	e	o	h	o	f	d	u	o	e
f	b	z	i	i	u	f	h	l	i	m
a	n	c	k	j	a	o	i	i	i	y
h	d	b	n	g	r	d	o	p	u	i
a	e	e	e	l	b	i	i	o	j	v
m	a	g	f	o	o	l	u	d	p	a
e	a	s	t	e	r	v	i	k	e	x
p	s	a	l	m	e	o	i	o	u	a
b	v	t	o	u	u	n	c	t	o	t
c	u	n	d	e	r	g	r	a	d	s
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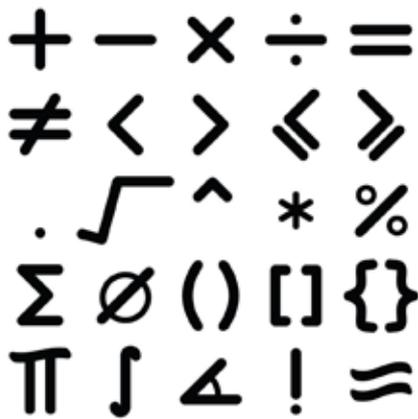


WORDS

- showers
- underground
- daffodil
- tulip
- bloom
- taurus
- diamond
- earth
- easter
- passover
- fool



Mathematics Awareness Month



April is Mathematics and Statistics Awareness Month. Since it began as

Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics and also increase the level of public understanding and appreciation for the wide range of applications for mathematics in fields as diverse as manufacturing, business and medicine.

In 1999 Mathematics Awareness Week became Mathematics Awareness Month and then in 2017 statistics were incorporated to make Mathematics and Statistics Awareness Month, the aim being to celebrate the diverse students and researchers in both fields and raise awareness of both areas of study and their relevance in modern life.

During the month of April, Colleges,

Universities, schools and any related interest groups or associations are encouraged to organise and host events. In the past, activities have included open days, lectures, interactive exhibits, quizzes and even math poetry readings.

If you would like to host an event but are unsure what to do, the Mathematics and Statistics Awareness Month website has a number of recommendations and resources at www.mathstat-month.org and for those wishing to get involved in Mathematics Awareness Week on social media, many resources, links and updates are shared under the hashtag **#MathStatMonth**

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Dog Barking Driving You Crazy?

BarxBuddy - This Simple Device Stops An Annoying Dog Barking in Seconds!

BarxBuddy is an innovative device that allows you to train your dog using high pitch frequencies. You know, the sounds our dogs can hear but humans can't. Like a pet whistle from back in the day, but more refined and useful.

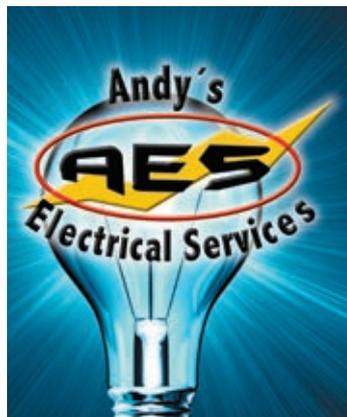
When your dog does something you don't like, you make sure he can see you and use BarxBuddy.

The behavior will stop immediately. BarxBuddy is totally non-violent, and not harmful at all to dogs. It just catches their attention, making them focus on the noise and allowing you to correct their behaviour. After you have stopped the unwanted behaviour, just turn off your BarxBuddy and give your dog positive reinforce-



ment, like a scratch or "good boy" or a treat.

It is an ideal gift for those who have pets.



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ThePhotoStick – How to Backup Your Photo With 1 Click!



If you store your photos and videos on your computer or 'the cloud' then you know the risks that come with it: Computer crashes, viruses, and power surges that could wipe out 1,000's of your digital memories in seconds.

The Photostick is a clever new device designed to protect your photos and video memories and be super easy to use. It is one of the most in-demand gadgets currently, and in 2019 selling over 1,000 units per day.

Using the Photosick is easy, just connect this small thumb-sized drive to your PC, press 'Go' and it will automatically sync your pictures and videos into the stick. It even finds and removes duplicates so you don't spend hours deleting them manually.

No technical knowledge or computer expertise is required and all your photos are stored safely offline where only you have access to them. The PhotoStick is perfect for anyone who wants to safeguard their digital memories and doesn't trust "the cloud".



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For Simon's Eyes Only: Simon Cowell's one-off classic Mini is designed to look like the iconic Lotus Esprit Turbo used by Roger Moore in the 1981 Bond film



Simon Cowell has taken delivery of the special classic-shape Mini Remastered. It was built by UK firm David Brown Automotive which specialises in these cars. Design has been modelled on the Lotus Esprit Turbo from For Your Eyes Only. Paint scheme and interior style has been copied - though there's no ski rack. The maker wouldn't disclose the vehicle price, likely to be between £90k-£100k.

Simon Cowell appears to have channeled his inner James Bond with his latest car.

His new motor is a classic-style Mini that's been built to replicate the Lotus Esprit Turbo driven by Sir Roger Moore in the 1981 007 film, *For Your Eyes Only*.

It's no standard Mini, either. Built by British firm David Brown Automotive, its remastered range of the iconic British car cost in the region of £100,000 a piece. The motor is a one-off built to the specification requested by the music mogul and TV

personality. And his commission seems to have been to create a dinky version of the Bond-film classic sports car. To replicate the look of the Lotus that appears in the movie, the Silverstone-based brand has painted the Mini in the same 'copper flow' and 'sahara gold' scheme, complete with a like-for-like livery of hand-painted stripes and 'turbo' emblems from the Esprit - despite the fact there's definitely no turbochargers under the bonnet on this car.

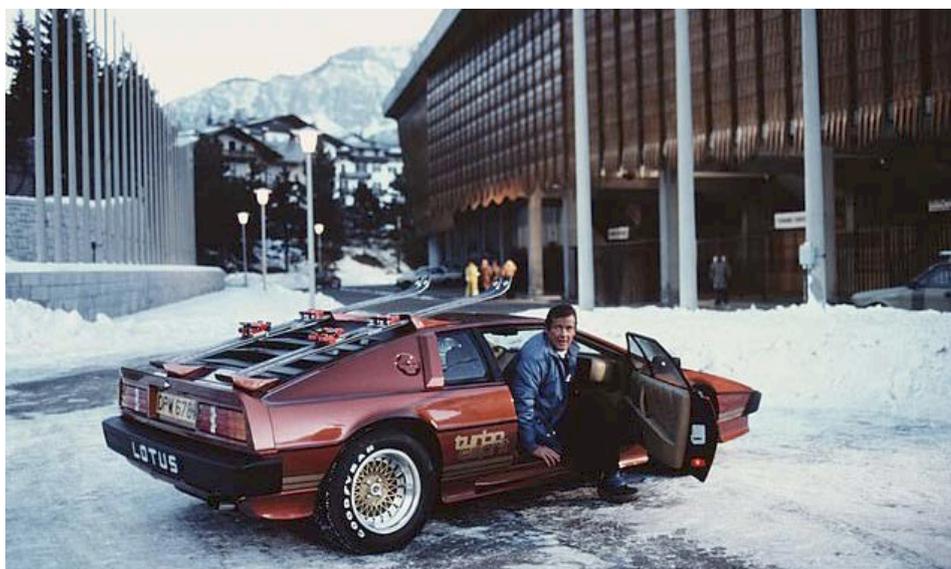
While it doesn't have the ski rack the film car is famed for, the bespoke

13-inch spoked alloys have been made especially to replicate the BBS wheels fitted to the Lotus. Cowell's new ride also gets a panoramic sunroof so he can keep his tan topped up.

Like the 'standard' David Brown Mini Monte Carlos costing £99,000, the roof and wheel arches are painted in contrasting black.

This one-of-a-kind car has also has a copycat interior, with the cabin featuring 'arctic white' leather upholstery like Moore's Lotus had.

It also gets a bounty of old-school



wood panelling, with the steering wheel to the dashboard finished in dark American walnut.

There are plenty of mod-cons you wouldn't usually see in this era of



Mini. Additions include special illuminated dials made by Smiths, a seven-inch touchscreen infotainment system and smartphone compatibility.

And there's also a six-speaker sound system, just in case Mr Cowell wants to listen to some X Factor hopefuls while he's on the move.

Under the bonnet is the same naturally aspirated A-Series engine from the original Mini, though upgraded to 1330cc by David Brown Automotive. Maximum power is 83bhp, with drive sent to the front wheels by route of a five-speed manual gearbox.

The car builder wouldn't reveal to This is Money the price of the commission, though other examples you can buy today cost from £75,000 for the entry-spec Mini Remastered.

However, this car is based on the £99,000 Monte Carlo special edition, and there is also a £108,000 stripped-out, two-seat, Oselli Edition.

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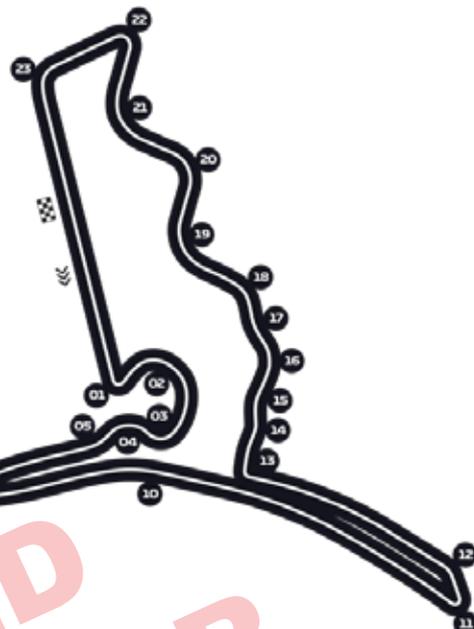
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Vinfast Vietnam Grand Prix 2020
Race 5th April, 09.10 – 11.00
Round 3

Hanoi Circuit

First Grand Prix 2020
Number of Laps 55
Circuit Length 5.607km
Race Distance 308.385 km
Lap Record null

When was the track built?

Work officially commenced on the permanent sections of the Hanoi Circuit on March 21, 2019 – although the track will be predominantly made up of public roads in the west of the city, close to the My Dinh National Stadium.

When was its first Grand Prix?

2020 will mark the inaugural Vietnam Grand Prix, the first time the country has hosted a Formula 1 race.

What's the circuit like?

The first track to be designed by Formula 1 itself, in association with Tilke – Hermann Tilke's company, who've given us the likes of the Circuit of The Americas and the Bahrain International Circuit – the Hanoi Circuit will be a 5.607km, 23-turn semi-permanent track, one that's been consciously designed to ape some of the best elements of iconic, existing F1 tracks. There's a bit of the Nurburgring Grand Prix circuit in Turns 1 and 2, a soupcon of Suzuka's Esses in Turns 16-19, while even Monaco has been a reference point, with Turns 12-15 evoking the run up the hill from Sainte Devote to Massenet. The track will also feature a 1.5-km straight, with speeds expected to reach 335km/h.

Why go?

Vietnam is a fascinating country, blending more traditional south-east Asian culture with the country's French colonial past. And while Vietnam is not alone on the F1 calendar in offering visitors the chance to tack on some beach holiday action, the country does boast some of the world's finest stretches of sand, which can be found less than three hours' drive from the Hanoi track – as can the iconic Ha Long Bay, a location used in films like Tomorrow Never Dies and Kong: Skull Island

Where is the best place to watch?

The tight left of Turn 1 into the long slingshot right-hander of Turn 2 is set to be an overtaking hotspot – so a seat in the Turn 2 grandstand should be just the ticket for an afternoon of watching the drivers ducking and diving around each other.



Chinese Grand Prix 2020
Race 19th April
Round 4

The 2020 Chinese Grand Prix, which had been scheduled for April 17-19, has been postponed as a result of the novel coronavirus outbreak.

The Chinese Grand Prix Promoter, Juss Sports Group, officially requested the postponement after ongoing discussions with the Federation of Automobile and Motorcycle Sports of People's Republic of China (CAMF) and Shanghai Administration of Sports. Amid continued health concerns and with the World Health Organisation declaring the coronavirus as a global health emergency, Formula 1, together with governing body the FIA, jointly decided to accept the postponement request in order to ensure the health and safety of the travelling staff, championship participants and fans.

Formula 1 and the FIA will continue to work closely with the teams, race promoter, CAMF and the local authorities to monitor the situation as it develops, with all parties studying the viability of potential alternative dates for the Grand Prix later in the year should the situation improve.

"The Chinese Grand Prix has always been a very important part of the F1 calendar and the fans are always incredible," Formula 1 said in a statement. "We all look forward to racing in China as soon as possible and wish everyone in the country the best during this difficult time."

THE RACES HAVE BEEN POSTPONED AND WE WILL LET YOU KNOW WHEN THEY ARE RESCHEDULED

LOS AMIGOS DE
MAZARRON FC LATEST
NEWS

were transferred temporarily to the Complejo Deportivo (Sports Complex) on the main road from Mazarron town to Puerto de Mazarron starting with the



Mazarron FC's form improved considerably from mid February to mid March and four successive victories put them back in touch with the play-off positions.

The state of the pitch at the Estadio Municipal had been so poor that the decision was taken to undertake necessary remedial work and home games

home game against CD Minera on 16th February.

After picking up only two points in three home games at the Estadio Municipal the temporary move paid immediate dividends with a 2-1 home victory over Minera with goals from Pablo Serrano and new signing Borja Mir. This was followed by a trip to CAP Ciudad

de Murcia, a team struggling near the bottom of the table. In the past Mazarron have struggled in such games but, although not at their best, a last minute header from Chiky Ardil secured the three points in another 2-1 victory.

Next up was a visit to the Complejo Deportivo from Cartagena FC UCAM and Mazarron's 100% record at their temporary home was confirmed with yet another 2-1 win. Dani Barellis and Borja Mir were the goalscorers in front of another large crowd. A fourth successive victory by the same 2-1 scoreline came with a visit to UD Los Garres in an extraordinary game.

There was a large following of Mazarron supporters at the game but Mazarron's hopes seemed to have been dashed when Angel Lopez was sent off after just 20 minutes. They went behind to a first half goal but Manager Juanjo made a number of tactical changes at half time and Mazarron fought back to win with a goal from Dani Morales and a penalty by leading scorer Dani Barellis, taking his total to eight goals in just nine starts. Mazarron had a player sent off in the final few minutes and finished the game with just nine men but it was a remarkable victory.

The strength of the playing squad was severely tested during this period with captain Adrian Campoy suffering a recurrence of the injury which had kept him out for most of the season and Pablo Serrano requiring an operation which means that he will probably miss the rest of the season. Injuries to Cayuela and Monas also caused them to miss games and the usual spate of suspensions further depleted resources, especially when Andreo received a four match ban after his sending off against CAP Ciudad de Murcia.

Mazarron's impressive run should have been followed by two successive home games against Lorca FC and Aguilas but these games were postponed due to the Coronavirus outbreak which saw all games being suspended for at least two weeks.

Mazarron's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. The ex-pat supporters Club, Los Amigos de Mazarron FC organise a supporters' coach to most away games and coach tickets can be booked at the weekly Los Amigos meetings. Coach prices are €10 for members with non-members paying €12.

For longer journeys a stop will sometimes be made en route for refresh-

ments. Full details of all games, dates and kick off times are advertised in the local media, on www.mazarronfc.es, on our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016, and will be shown on posters at various points throughout Camposol and Mazarron.

Forthcoming fixtures, subject to the resumption of football in Murcia, are:-

Sunday 5th April
Olimpico De Totana HOME

Sunday 12th April
UCAM Murcia "B" Away

Sunday 19th April
SFC MINERVA HOME

Sunday 26th April
CF Lorca Deportiva Away

Sunday 3rd May
MULENO CF HOME

There is also the possibility of midweek games to accommodate the postponed fixtures against Lorca FC and Aguilas.

Admission prices at home games is €8 with juveniles aged 14-17 charged €5

and juveniles under the age of 14 admitted free of charge.

The Quiz Night and Social Evening at the Diner Bar and Restaurant on Camposol B on 26th February was again very successful with members and friends enjoying an excellent meal before taking part in the Quiz.. Thanks to Sue and her staff at the Diner and to Carl for looking after us so well.

Because of the coronavirus outbreak the Los Amigos de Mazarron FC Gala Week events, the Race Night due to have taken place on Saturday 28th March, The Celebrity Golf Day on 30th March and the Gala Dinner on 31st March all had to be postponed. We are looking to re-arrange the events later in the year when, hopefully, the situation will have improved. Those who have purchased tickets for the Race Night and Gala Dinner should retain them for the time being and further information will be given shortly.

A Los Amigos trip to the Meson los Ortegós on 25th April is now almost fully booked. A coach is being provided so that members and friends can enjoy their afternoon meal and drinks without having to worry about driving.

A two night trip to Calpe is being planned for October from Monday 12th October to Wednesday 14th October. Bed and breakfast accommodation will be provided at the AR Roca & Esmeralda Spa Hotel with an excursion to Guadalest on the Tuesday and to the Chocolate Factory in Villajoyosa on the return journey on Wednesday. The cost of a twin room with balcony, terrace, private bathroom and free Wi-Fi is €125 per person which includes the coach and any excursions. Places are limited so if you would like to join us please email pamada.l130@yahoo.co.uk as soon as possible.

Los Amigos de Mazarron FC hold weekly meetings throughout the football and new members or guests are very welcome. Social meetings take place every Thursday at the Club House, Camposol Club de Golf at 4 pm. Business meetings are held on the last Thursday of each month when only members are allowed to attend. Membership is €20 with numerous discounts available on most social events and coach travel. Please email pamada.l130@yahoo.co.uk for a membership form.



The London Marathon

The London Marathon comes every single year and each time it sees dedicated people raising well earned money for charities across the nation. A whopping 40,000 people join in on this stamina

testing race annually and it's an event that interests a large portion of the country. This year the marathon will be on the **26th April**.

If you're thinking of applying for the marathon, it's probably best you try out for 2021. It takes a lot of endurance

and dedication and is not for the weak willed. The marathon isn't about finishing, it's about challenging yourself and committing to something huge. Some people race for themselves, you have the charity raisers and those people dressed as cartoon characters. Celebrities have also run the marathon. It is open to all.

The 'Track'

The marathon route is a famous one. It will take you through beautiful Greenwich, through the tower bridge and pass Big Ben. The racers finish in front of the stunning Buckingham Palace to the sound of cheering onlookers.

Origin

So why do people take a jog around London that early in the morning? It's all thanks to Chris Brasher an Olympian who competed in a marathon in New York and wanted London to experience the thrill. The London Marathon came into existence in 1981 and has been successful ever since.

If you would like to experience the thrill of the run, why not sign up for Race for Life, smaller scale but still a great cause

UNFORTUNATELY THE LONDON MARATHON THIS YEAR WAS POSTPONED DUE TO THE PANDEMIC. AS SOON AS WE KNOW NEW DATES FOR SPORTING EVENTS WE WILL REPORT

Translator & Interpreter



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FASHION

SPRING DRESSES

SPRING
HAS
SPRUNG



CALF –LENGTH DRESS BY H&M
LIGHT BEIGE/LEAF PRINT £17.99

Spring has sprung at last and flowers and trees are starting to blossom as the days get longer and the sky gets bluer. We have picked the best spring dresses to get you in the mood.



Silk shirt dress
Light beige/Pink patterned
£139.99 H & M



Green floral Charlotte dress
£89.00 neverfullydress ed.co.uk



Blossom skater dress £68 oasis-stores.com



Cotton blend coffee bean maxi dress £95 stories.com



Fanya Maxi dress £168 beachcafe.com

habits to track in your bullet journal

self-care

- reading
- relaxing
- bath
- go to bed on time
- no phone time
- manicure
- pedicure
- washed hair
- styled hair
- spent time outside
- skin care routine
- wake up on time
- listened to music
- no T.V. time

health

- workout
- veggie servings
- fruit servings
- water consumption
- period & ovulation
- medication
- no sugar
- no caffeine
- no smoking
- no alcohol
- floss

daily tasks

- ate breakfast
- ate lunch
- packed lunch for work
- cooked dinner
- tidied house
- pet care
- watered plants
- chores

financial

- budget
- savings
- no-spend days
- no-spend weeks
- things to uplevel
- paid bills

personal development

- meditation
- journaling
- affirmations
- gratitude journal
- learn something new
- reading
- relaxing
- written goals
- visualization
- complimented yourself
- listened to a podcast

relationships

- read to kids
- spend quality time with your partner
- date night
- random act of kindness
- smiled at strangers
- call a friend or family member
- compliment someone





ing the applicator brush. Just fill in where your roots are and you're good to go! (Color wow root powder £28.50 available online at space nk).

Homemade hair mask



To make your own hair mask just grab any hair conditioner you have in the house, organic egg yolk, honey and organic milk and mix all together and apply to your hair. Leave on for 20 minutes and then rinse off. This will create shine and is packed full of protein which is good for the hair.



For oily hair



If you suffer with oily hair you may notice that your hair gets greasy really fast. An obvious solution is to wash your hair daily but if you don't want to do this you could use a dry shampoo such as batiste to get a few more days out of your freshly washed hair.

Top tips to look after your hair during lockdown

For dry hair



If your hair is dry I'd recommend using an oil as a treatment. Argan oil is perfect to bring dry brittle hair back to life. It is rich, rich in vitamins, minerals and antioxidants and helps Moroccan oil hydrate and soften your hair while also increasing elasticity and restoring shine and health.

For hiding roots



Whilst we can't get to the hairdressers during this time, a good way to hide any overgrown roots would be to use a powder or a spray. Color wow have a range of different coloured powders to blend into your hair us-

**Your
Hairdresser
Needs You,
Support Your
Local
Hairdressers
After The
Lockdown**

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How to STOP all-day snacking during lockdown:

Nutritionists reveal how to put an end to fridge raiding - and say the key is tackling stress and boredom

- Families across the world are adapting to new routines during lockdown
- A healthy diet is difficult to maintain and many people are snacking more
- Nutritionists explain this is due to feeling bored, stressed and anxious
- Putting on weight is dangerous as obesity is a COVID-19 risk factor
- Experts have shared tips on how to get your eating under control in the

long term

As the nation adapts to life in coronavirus shutdown, people across the country are being forced to establish new daily routines.

Health and diet are proving particularly difficult to manage as our regular exercise regimes are disrupted and millions of us are working from home with constant access to our kitchens - and the treats within.

Thousands of workers have taken to social media to reveal they are snacking more than ever and 'grazing' through the day now that the structure of the work day has been thrown into disarray.

This could potentially lead to millions of people across the globe putting on weight, which is of particular concern in the current climate as obesity is recognised as a key risk factor for COVID-19. A rise in obesity also poses a long-term threat to the NHS and other health organizations

FEMAIL, two UK-based nutritionists explained this apparent need to constantly eat is triggered by feelings of boredom, panic and anxiety

brought on by fears surrounding the COVID-19 pandemic, and the government's life-changing measures to stop the spread.

Tamara Willner, a nutritionist with Second Nature, a food plan backed by the NHS, and Jenny Tschiesche, a nutritional expert known as The Lunchbox Doctor, shared their advice on recognising, tackling and managing your diet in the long-term.

WHY ARE WE SNACKING MORE?

Tamara explained: 'Between stress around uncertainty, working from home, and reduced social interaction, emotional eating might be particularly prevalent in the coming weeks.

'Emotional eating occurs when food is used to soothe or suppress negative emotions such as isolation, anger, boredom, or stress.

'Often comfort or emotional eating ignore feelings of physical hunger that come from an empty stomach. The most common foods craved are usually ultra-processed, such as



With the lockdown situation in full force our mystery diner has been sent back to their own kitchen. In lieu of being a bit to eat out this month they have decided to share a recipe of their own.

Ingredients

- 6 chicken thighs, skin-on
- 2 tbsp plain flour
- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 garlic cloves, finely sliced

- 400g paella rice
- 1 tsp sweet paprika
- 2 good pinches of saffron
- zest and juice 2 lemons
- 1½ l chicken stock
- 200g fresh or frozen peas and broad beans (weight after podding and skinning)
- ½ small bunch dill, chopped
- ½ small bunch mint, chopped
- ½ small bunch parsley, chopped

Method

1. Heat oven to 180C/160C fan/gas 4. Season the chicken thighs well and then dust all over with the flour. Heat 1 tbsp of the oil in a paella pan or large, deep frying pan. Fry the thighs until golden brown all over, then transfer to a shallow roasting tin and finish in the oven for 30-40 mins.

2. Add the remaining oil, onions and

garlic, and fry very gently until soft, about 10-15 mins. Stir in the rice, paprika, saffron and lemon zest, then add the stock and simmer, stirring occasionally, for about 20 mins on a medium heat until the rice is nearly cooked.

3. Add the peas, broad beans and juice of 1 lemon until the rice is just cooked through, along with the veg. Stir through the herbs and as much of the remaining lemon juice as it needs, along with some seasoning. Tuck the chicken thighs back in and cover for 5 mins to let everything settle before serving.



Russian Cotleta in Spanish Cartagena

Cartagena is an ancient seaport in the south of Spain, founded in 227 BC. For a long time, its fascinating architecture, cozy atmosphere, beaches and antique sights, were closed to the tourists as the town has served as a main military base in the Mediterranean Sea since the reign of Philip V of Spain (1700-1724).

Those who visited Cartagena 15 years ago say that the city was far from being tourist-friendly, with just a handful of restaurants, shabby promenades,

lack of tourist information points. On top of that were reserved locals who didn't speak English. However, in recent years, the situation has been changing: now local authorities broadly support the city's tourist sector through such initiatives as bus and boat tours.

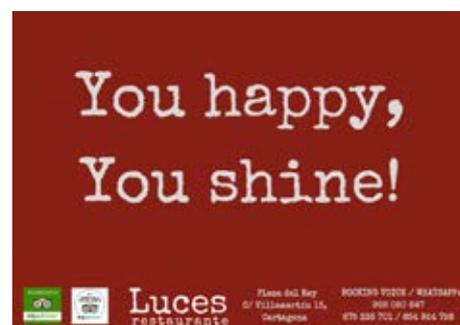
The population of the town has opened themselves up to the tourists as well: these days many people – especially among the younger generation – speak English as the knowledge of this language offers many opportunities. They have also grown an interest in foreign cuisines. Thus, Japanese, Indian and Italian restaurants are becoming as popular as local cuisine venues. It seems like we have opened Luces restaurant just in time. Our menu is also a melting pot of national cuisines: we have traditional Iberian ham, Uzbek salad, Italian grilled cheese. Our signature dish is the Russian cotleta – pork meatballs in creamy mushroom sauce garnished with buckwheat.

Pork with buckwheat is an exotic combination for Cartagena as it is very much different from rice, seafood

and vegetables which are familiar to the locals. Out of many recipes, we chose a home-made one, authored by Luces chef's mother, and it paid off.

We take pork, cut it into small cubes, mix it with finely chopped white onions and eggs. Add salt and pepper to taste. We form balls from this mixture, fry them on both sides in a hot pan for just 5 minutes, and then put them in to oven. Mashed potatoes, pasta, rice grilled vegetables – you can choose any garnish you want.

Luces restaurant is located at the square near the Arsenal. We're open for dinners from 20.00 every day except Sundays. If you plan your visit to Cartagena, book a table at Luces to enjoy the savours of various world's cuisines.



Sicy hot wings



Ingredients

- 12 jumbo chicken wings
- 280ml buttermilk

For the spice mix

- 75g cornflour
- 1 tbsp smoked paprika
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried sage
- 2 tsp chilli powder
- 2 tsp garlic powder
- 2 tsp onion salt
- ½ tsp ground white pepper

For the glaze

- 100g honey
- 1 tbsp soy sauce
- 3 tbsp ketchup
- 100ml sriracha
- blue cheese dip, to serve (optional), see goes well with

Method

1. Put the chicken wings, buttermilk and 1/2 tsp salt in a bowl and toss together to coat. Cover and leave in the fridge overnight.
2. Heat oven to 200C/180C fan/ gas 6. Put all the ingredients for the spice mix in another large mixing bowl with a pinch of salt and mix well. Remove the wings from the fridge and, one at a time, roll them in the spice mix. Once fully coated, tip onto a baking tray lined with baking parchment, and roast for 35 mins. Meanwhile, mix the ingredients for the glaze together.
3. Once the wings have browned, remove them from the oven and generously brush with the glaze. Reduce oven to 180C/160C fan/ gas 4, put the wings back in and cook for a further 15 mins or until the glaze has gone sticky and is starting to caramelise. Remove the wings from the oven and rest for a minute or so. Serve with a blue cheese dip, if you like.

Greek roast lamb



Ingredients

- 1 large leg of lamb, about 3kg/6lb 8oz
- 6 garlic cloves
- 1 bunch oregano
- zest and juice 1 lemon
- 6 tbsp olive oil
- 1½ kg new potatoes
- 400g can chopped tomato
- large handful pitted baby kalamata olives

Method

1. Heat oven to 240C/fan 220C/gas 9. Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes.
2. Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 mins, then reduce the temperature to 180C/fan 160C/gas 4. Roast for 1 hr 15 mins for medium-rare, adding another 15 mins if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm.
3. Place the roasting tin over a medium flame, add the canned tomatoes and olives to the pan juices, then simmer for a few mins. Serve the lamb with the potatoes and sauce and a simple salad.

Lemon meringue pie



Ingredients

- For the pastry
- 225g/8oz plain flour
- 175g/6oz butter
- 45g/1¾oz icing sugar
- 1 large free-range egg, beaten

For the lemon filling

- 6 lemons, zest and juice
- 65g/2¼oz cornflour
- 250g/9oz caster sugar
- 6 free-range egg yolks

For the meringue topping

- 4 free-range egg whites
- 225g/8oz caster sugar
- 2 tsp cornflour

Method

1. Pre-heat the oven to 180C/350F/Gas 4.
2. First make the pastry. Measure the flour and butter into a food processor and blend together until the mixture resembles fine breadcrumbs. Add the icing sugar, egg and one tablespoon of water and whizz again until combined to a ball.
3. Tip the pastry onto a work surface and roll out to a 3mm thickness. Use the rolling pin to lift the pastry up and transfer it to line a 23cm/9in loose-bottomed flan tin. Be careful not to stretch the pastry as you tuck it into the corners. Cover in cling film and place in the refrigerator to chill for 30 minutes.
4. Take the pastry-lined tin out of the fridge and trim the excess pastry. Press the top edge of the pastry so that it stands slightly higher than the top of the tin.
5. Line the pastry case with parchment and fill with baking beans. Bake for about 15 minutes then remove the beans and parchment and return to the oven for a further five minutes.
6. Remove from the oven and reduce the temperature to 170C/340F/Gas 3½.
7. For the filling, mix the lemon zest and juice with the cornflour and stir to form a smooth paste. Measure 450ml/16fl oz of water into a pan and bring to the boil. Add the lemon cornflour mixture to the hot water and stir over the heat until the mixture has thickened, then remove from the heat.
8. In a bowl mix together the sugar and egg yolks and carefully whisk into the lemon mixture in the pan. Stir over a medium heat until thickened. Set aside for a few minutes and then pour into the baked pastry case.
9. For the meringue, whisk the egg whites in a free-standing mixer until soft peaks form when the whisk is removed. Add the caster sugar a little at a time, still whisking until the meringue is stiff and glossy. Add the cornflour and whisk again.
10. Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
11. Bake in the oven for about 15 minutes until the filling is completely set and the meringue is lightly golden and crisp. Allow to cool completely before cutting or serve very slightly warm.



3 Ways To Open A Bottle Of Wine Without A Corkscrew

1 – USE A SCREW (THE LONGER THE BETTER), A SCREWDRIVER, AND A HAMMER

This is probably one of the safest methods on this list, but it does require some resilience and strength, as it can fatigue you easily. You simply take a screw, preferably a long one, and screw it into the cork with a screwdriver until there is about an inch or so of the screw left showing. Then you take the backside of the hammer, lock it under the screw and pull the cork out. You may also need a towel to wipe the sweat off your forehead once the mission is complete.

2 – PUSH THE CORK IN WITH THE HANDLE OF A WOODEN SPOON, OR ANY BLUNT OBJECT SIMILAR IN SIZE

This is also a pretty safe method to use in comparison to some of the others on this list, but it does have its downsides. To open the bottle, you simply take the handle of the wooden spoon, or something similar, and push the cork down into the bottle of wine. Unfortunately, it is almost impossible to remove the cork from the bottle once you push it in. Also, if the bottle of wine is old the cork may crumble and shed into the wine once pushed in. It certainly sucks when this happens, but if you are with friends and plan on drinking the whole bottle there is no need to worry. Just use a strainer and pour the bottle of wine through it into a decanter.

3 – PUMP IT OUT

This one is really simple. You take a bike pump that has a needle attached and plunge it through the cork, penetrating all the way through until the needle reaches the air between the cork and the wine. Then you pump air into the bottle. As you pump, the cork should slowly move out of the bottle from the air pressure.

Allergy Awareness Week

Week commencing 20th April is, Allergy Awareness Week and this year the focus is on allergic eczema! Eczema is a key symptom of allergy. Without effective treatment of eczema, the skin barrier can become broken, leaving us more at risk of allergic sensitisation!

Join the conversation on social media by using #ScratchingTheSurface



Wine

of the
Month

LUZON VERDE



TYPE
Young Organic Red.

GRAPE VARIETY
100% Monastrell grapes from Certified Organic Farming Vineyards.

CERTIFICATIONS
Consejo Agricultura Ecológica Región de Murcia
ES-ECO-024-MU Agricultura UE
N° Operador MU-0584/E

WINE MAKING
Harvested in their optimum ripeness, the grapes are transported and received at the winery taking into consideration the main purpose: The production of a high quality organic wine.

The winery facilities ensure harvest separation for Organic farming. Fermentation takes place over 6-8 days at a temperature not exceeding 24 °C. The wine macerates in contact with the skins for a period of 2-4 days.

TASTING NOTES
Intense cherry red color with purple background. On the nose, very intensive aromas of red ripe fruit and floral hints. Very fruity and fresh on the palate, smooth, glyceric and tasty. Sweet and mature tannins, balanced acidity and good persistence.

FOOD PAIRING
Salads, vegetable casseroles, pork, grilled chicken and beef. White and blue fish, rice dishes and pasta. Soft and semi matured cheeses.

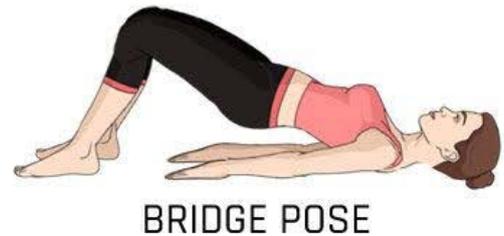
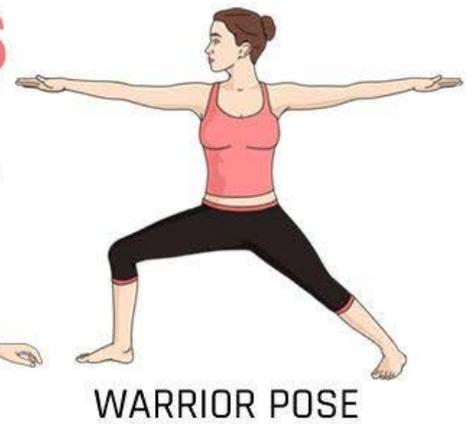
STORAGE AND CONSUMPTION
The recommended storage and consumption temperature of this wine is between 14 and 16 °C. It is important that the storage temperature is constant at around 17 °C, avoiding temperature fluctuations that adversely affect quality.

Alcohol: 14% vol.
750 ml. | Contains Sulphites



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YOGA POSES for DESK JOCKEYS



Bee Active

The Running Bee Foundation based

in Manchester England, promotes the benefits of an active lifestyle, champions health and wellbeing initiatives and aims to help reduce

childhood obesity.

This week, commencing 6th April is dedicated to bee-ing active, healthy and happy in your community. Join Mo the Bee in a week-long celebration of making positive changes to your life and your community and learn how to #BeeActiveBeeHealthy-BeeHappy.

Feel free to contact us with suggestions on what we can do as a community together, to help both our children and adults fight obesity.

We already have the Running Group based on Camposol every Saturday morning, which is organised by Colin Thackwell and Sara Leason. Going out in three separate groups, power walking, joggers and runners. First group is 9am, 2nd 9.15 and 3rd at 9.30. Feel free to make contact if you would like to participate.



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WELLNESS

How to Boost your immune system

Soup therapy – Soup is kind to the immune system because it's easier to digest than standard foods. Always good for boosting the immune system with goodness. Apparently bone broth soup can help reduce inflammation and heal the gut. This high protein soup is easy to make and can be frozen and re-heated when you need a delicious boost.



Cold showers – Yes it's now been scientifically proven that cold water can help boost the natural immune system. Try putting the shower to cold for 2 mins at the end of your shower time so give yourself a boost. If you haven't watched The Goop Lab Doc on Netflix yet then I can recommend the Cold Comfort episode with iceman 'Will Hof'! He's rocking cold therapy in a big way.



Wheatgrass – This stuff is amazing and comes in a powder so you can just mix a teaspoon into juice each day. Wheatgrass can not only help to eliminate toxins in the body but it can also boost your immune system and lower your blood pressure at the same time.



Sleep – It's an obvious one but we are always so busy we don't prioritize sleep as a necessary healing process that our body goes through every night. Just one night's bad sleep can drop your immune system down by 70%! So look after yourself by getting the extra hours in. Aim for 8 hours per night but have an afternoon nap to recharge the batteries.

This month We are boosting our immune systems, with the virus now taking hold all over Europe and the World we need to protect our selves as much as we can. If you feel unwell then self isolation is being recommended to try to stop the spread but fresh air is also advisable so keep up the running and walks in nature during this time. Get rest and extra hours sleep to fully boost the immune system and allow our bodies to do their thing and repair from the inside out.

Darwinian Gardeners

On March 7th a group of Darwinian Gardeners boarded a coach and went to visit the caves at Canelobre. We



arrived just before 12 o'clock and followed Melodia, our young guide into the caves.

The caves are magnificent. They consist of a giant 'gallery' where, during the civil war they built aeroplanes. Soft music played in the background, and the cave were beautifully highlighted with changing coloured lights.

There are many steps leading down to the floor of the caves, and we passed beautiful stalagmites after stalactites and one impressive column where they have grown together. Melodia explained that the caves were discovered by Moorish mining prospectors, and that they were formed about 150 million years ago.

Following our visit, we drove to Campello, where we enjoyed a lovely meal. After lunch we explored the archaeological site beside the marina.

Charles Darwin's Birthday Quiz

Six teams appeared for the Birthday Quiz at Avenida II on time. Paul read the questions with his Cloud 9 voice, so everyone on the paseo heard!!



After two hours and 8 sections of questions, the results were in. Darwin Dumies won with 43 points, Fearless Five scored 40, third were Mountain Men, followed by 4 Ever Young, The Ramblers and the wooden spoon (one box of chocolates) was won by AC DC. Food & Drink scored high.

The after lunch Darwin Quiz was won by The Ramblers. The thirty people who attended enjoyed the Quiz and the food and drink proved by Avenida II.

February's walk

Introductions were made by everyone as there were some new faces and we were all waiting for the man "who dresses as a woman" to catch us up. Two of the best intros were "being rescued from the Indian Himalaya after political uprising" and "jumping off a

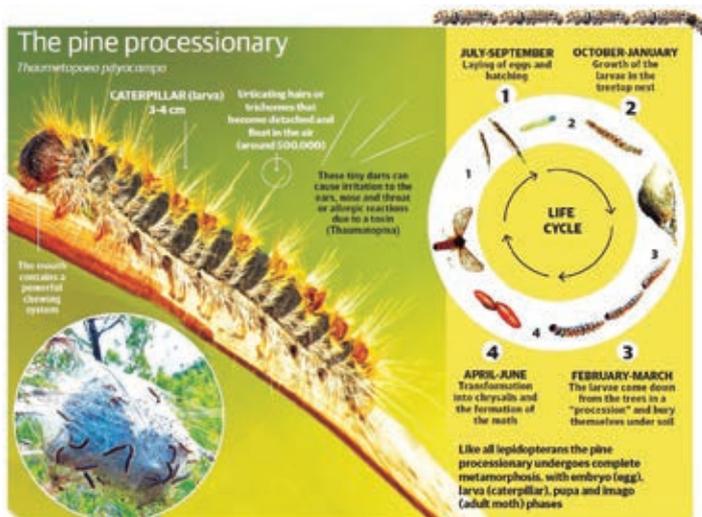
7,000ft mountain". Sixteen walkers & talkers seemed to enjoy the gradual climbs and great views but were happy to complete the 9 km and head to Jarro de Oro before another group of walkers from La Majada



took the best table. We had a good lunch with cheerful staff.

Join us for walks, discussion groups, gardening group, games evenings and lots of lunches, for information tel 669 338 885 or email humanistsofmurcia@gmail.com or website www.humanistsofmurcia.com

Weddings, funerals and naming ceremonies: for personalized ceremonies without religion, contact the celebrant tel 634 025 711



The processionary caterpillars are around at this time of year. Do not let your pets get close to them. If you get the hairs from the caterpillar on your skin, do not rub the area, use sellotape to remove the hairs causing the irritation.

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IBS Awareness Month

Do you have IBS?..... And What You Need To Know

Irritable Bowel Syndrome, (IBS) is a fairly common disease that strikes anywhere between 10 – 15% of the general population so there is no need to feel like you're suffering alone. The month of April is recognised as IBS awareness month which was declared by the IFFGD organisation and is listed on the United States National Health Observances calendar.

Information About IBS

IBS is a condition that effects the digestive system. The disease generally causes stomach cramps, bloating, diarrhoea and constipation and can be ongoing for weeks, months or longer at a time. The exact cause for this condition is unknown but research is ongoing.

Prevention

There are some dos and don'ts when it comes to IBS. A general guideline can be followed to ensure that symptoms are controlled.

DO

Make sure the majority of food eaten is homemade or fresh.
Keep a diary of everything you eat

in order to understand what triggers symptoms.

Take in probiotics to help with the overall health of your digestive system.

DON'T

Eat unhealthy processed foods.
Drink alcohol or carbonated drinks.
Eat too quickly or have too much delay between meals.

Conclusion

If you think you may have IBS don't be afraid to do your own research. There are healthy diet plans on the internet you can find as well as tips and techniques listed such as here on this article that should help prevent this dastardly condition.



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Samaritans

Steve, aged 58, has been a Samaritans volunteer for three years, following the death of his stepson who took his own life in 2010 aged 19, leaving the family in devastation.

“We didn’t see it coming and we were in complete shock. We had no indication anything was wrong at all. In 2010, we were left completely devastated and it was so far reaching, it’s not a feeling you can explain.”

Suicide is like a shockwave that spreads through the whole family.

“My relationship with his mum broke down for four or five years as a result, as we couldn’t cope with what had happened. We kept in touch because of the kids and managed to rebuild what we had and we’re really strong now.

“What we’ve been through is what led us both to become volunteers with Samaritans. We went to a suicide prevention conference together and found it really engaging. As soon as I got home,



Steve G

I emailed Samaritans. Within six weeks I was already part way through the training.

“That was three years ago and it’s the best thing I’ve ever done. You have a different level of empathy for people calling that have lost loved ones to suicide when you’ve experienced it yourself. It’s helped me become a really good listener, which is the most important thing.”

If you want to join the Samaritans or want to speak to us then ring Phone 900 525 100

Email pat@samaritansinspain.com

Or Send a Message to 634 325 906 to organise a WhatsApp call Martin

**Martin Bentley
Marketing
Samaritans in Spain
664 551 539**

Bowel Cancer Awareness Month

April’s Bowel Cancer Awareness Month is a fantastic annual event set aside to increase awareness of bowel cancer and raise funds towards treating this condition.

It is driven by various charitable organisations including the Beating Bowel Cancer and Bowel Cancer UK, who have merged with the main aim of ensuring that there would be no victim of Bowel Cancer by 2050.

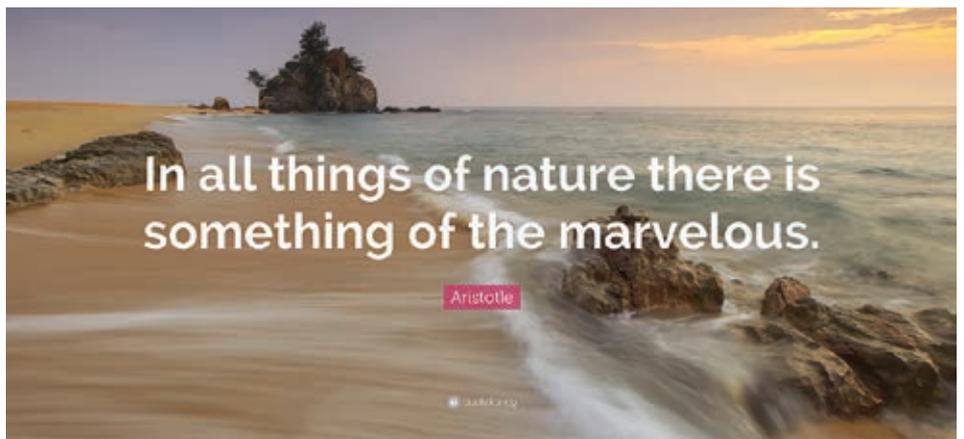
Just to mention, Bowel Cancer is the second biggest UK’s killer cancer. This shouldn’t be the case since it is treatable and curable, especially when diagnosed at an early stage. Early diagnosis for Bowel Cancer and any other type of cancer saves lives. This is the reason why April has been set aside to educate the public and raise awareness of Bowel Cancer symptoms. Some of the common symptoms of bowel cancer include:

Bleeding from the bottom and blood

in poo
Persistent and unexplained change in bowel habit
Sudden and unexplained weight loss
Being easily fatigued with no obvious reason or cause
Pain or a lump in the tummy
How to be involved;
You can get involved in this campaign through various ways. The first way is for you as an individual to learn about the symptoms of bowel cancer. This will be the starting point, from which

you can spread the word. If you have suffered from this condition before, you can also share your story to help encourage support those facing bowel cancers.

The other way is by making donations for research and lifesaving works aimed at stopping bowel cancer.



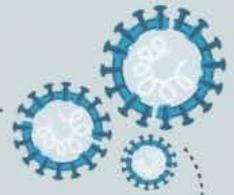
In all things of nature there is something of the marvelous.

Aristotle

ACUTE RESPIRATORY INFECTION BY NOVEL CORONAVIRUS (COVID-19)

What is novel coronavirus?

On January 7th., 2020, Chinese authorities identified the emergence of a new type of virus, named "novel coronavirus", 2019-nCov. Subsequently, the virus has been referred to as SARS-CoV-2, and the disease as COVID-19.



What are its symptoms?

Most common symptoms include **fever, dry cough and shortness of breath**. 80% of cases are mild. In more severe cases, the infection can cause pneumonia, intense breathing difficulty, renal failure and even death.

The more severe cases, generally affect older adults or people who already suffer from preexisting conditions such as heart or lung disease, and immuno-compromised populations.



Fever



Cough



Shortness of breath

How contagious is the infection?

According to the information we currently have, and taking into consideration the transmission mechanisms more common in coronavirus, transmission occurs via droplets when an infected person coughs or sneezes.

In order for the infection to occur, it would require direct contact of the respiratory droplets of an infected person with the mucous membranes of another person (nose, mouth, eyes).

Transmission through the air at distances over one or two meters (three to six and a half feet) seems unlikely.



What can I do to protect myself?

Take the corresponding personal protection measures against respiratory diseases, as you would normally do with the flu:



Frequent hand hygiene (thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water), **especially after direct contact with ill people or their environment**.



Avoid touching your eyes, nose and mouth, as the infection is spread by hands.



If you have any symptoms of respiratory illness, avoid close contact (keeping a safety distance of approximately one meter/three feet) **with other people**.



When coughing or sneezing, cover your mouth and nose with the inside of your elbow.



Use disposable tissues and throw them away immediately.

What actions are being carried out by the Spanish Ministry of Health and the Department of Health of the Region of Murcia?

There is a permanent evaluation of the situation's evolution and they are developing specific actions in relation to the coronavirus outbreak.

Daily updates on the outbreak situation have become available to the public and can be consulted at: www.msccbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/home.htm



You can also access this information scanning the following QR code:

INFORMATION AND EMERGENCY NUMBERS

☎ **900 12 12 12**

Toll-free number designated to tend to the citizens' requests and questions regarding the coronavirus, available from Monday through Friday, from 8 am to 8 pm.

☎ **112**

24-hour service. Use in case of emergency or suspected cases of coronavirus.





Clare Tam-Im Photography

How To Combat A Panic Mindset And Calm The Chaos In Your Mind

By Hayley Scott

I'm a huge believer in the idea that the stories we tell ourselves will shape our behaviour and mindset, regarding big things and little things, every single day.

These stories are usually about whether or not we think we're smart enough, capable enough, attractive enough, qualified enough etc. And sometimes these stories can translate to time.

Recently I've been telling myself the same story on a loop, and it's getting really boring! Throughout the day I tell myself how busy I am, frustrating myself with my perceived lack of time. Now, in my defence I'm not exactly rolling in free time. I have a family, businesses to run and multiple other projects on the go.

However, I'm also really happy, love my work and have lots to be grateful for. There's no crisis. Nothing is on fire. And all the kids are fed. So why the panic?

In a world that doesn't seem to stop and with no visible off switch, I think saying you're 'busy' has almost become a badge of honour in modern society. Because if you're busy then

things must be going well... But wearing that badge can more often than not lead to having what I call a panic mindset.

This is where you end up feeling stressed because you don't think there's enough time to fit everything in. It manifests itself in feelings of overwhelm and anxiety leaving you with the belief that everything is urgent.

All of this is not only horrible for your physical and mental health, but it's also wildly unproductive. So I've been revisiting a few tricks to calm the chaos in my busy mind.

Starting with to do lists. Writing a list of tasks is a great way to focus on the important things. But writing epic lists that you'll never get through will only induce stress when the finishing line is nowhere in sight. Instead I'm focusing on writing down the things that are actually important and breaking them down into manageable blocks of time.

Taking a breath. Believe me when I tell you that taking just a few minutes to breathe deeply can have an immediate impact on reducing stress. It's a technique I've been using for years and my go to quick fix if I can see someone else struggling. Just a few deep breaths in through the nose and then slowly exhaling through the

mouth will have the desired calming effect within minutes.

Taking some time out for yourself sounds obvious, but I'm guessing I'm not the only one guilty of putting that way down the list of priorities?!

Here's the truth though, if you have half an hour to scroll through Facebook then you have half an hour to take a relaxing bath. Or read. Or do some yoga. Literally anything that makes your heart sing and gives you a little space. We make time for the things that are important to us, so make self care a top priority. A little goes a long way and it's vital for your health, happiness and productivity. Reminding myself of these tips has encouraged me to change the narrative of my story. I'm learning to tell myself that I'm happy and productive, not busy! I'm breaking my, now not so daunting, to do list into smaller chunks and reminding myself that there is no crisis. This will be my new badge of honour.

Stress Awareness Month has been held every April, since 1992.

During this annual thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.





Earth Has Acquired a Brand New Moon That's About The Size of a Car

Earth might have a tiny new moon. On 19 February, astronomers at the Catalina Sky Survey in Arizona spotted a dim object moving quickly across the sky. Over the next few days, researchers at six more observatories around the world watched the object, designated 2020 CD3, and

calculated its orbit, confirming that it has been gravitationally bound to Earth for about three years. An announcement posted by the Minor Planet Center, which monitors small bodies in space, states that "no link to a known artificial object has been found", implying that it is most likely an asteroid caught by Earth's gravity as it passed by. This is just the second asteroid known to have been captured by our planet

as a mini-moon – the first, 2006 RH120, hung around between September 2006 and June 2007 before escaping. Our new moon is probably between 1.9 and 3.5 metres across, or roughly the size of a car, making it no match for Earth's primary moon. It circles our planet about once every 47 days on a wide, oval-shaped orbit that mostly swoops far outside the larger moon's path. The orbit isn't stable, so eventually 2020 CD3 will be flung away from Earth. "It is heading away from the Earth-moon system as we speak," says Grigori Fedorets at Queen's University Belfast in the UK, and it looks likely it will escape in April. However, there are several different simulations of its trajectory and they don't all agree – we will need more observations to accurately predict the fate of our mini-moon and even to confirm that it is definitely a temporary moon and not a piece of artificial space debris. "Our international team is continuously working to constrain a better solution," says Fedorets.

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International Dark Sky

Join the International Dark-Sky Association for seven days of celebration, learning, and action!
2020 International Dark Sky Week is Sunday, April 19 Sunday, April 26!

Created in 2003 by high-school student Jennifer Barlow, International Dark Sky Week has grown to become a worldwide event and a key component of Global Astronomy Month. Each year it is held in April around Astronomy Day. This year celebrations begin on Sunday, March 31, and run through Saturday, April 7. In explaining why she started the week, Barlow said, I want people to be able to see the wonder of the night sky without the effects of light pollution. The universe is our view into our past and our vision into the

future. I want to help preserve its wonder.

International Dark Sky Week draws attention to the problems associated with light pollution and promotes simple solutions available to mitigate it.

Light Pollution Matters

The nighttime environment is a crucial natural resource for all life on Earth, but the glow of uncontrolled outdoor lighting has hidden the stars, radically changing the nighttime environment.

Before the advent of electric light in the 20th century, our ancestors experienced a night sky brimming with stars that inspired science, religion, philosophy, art and literature including some of Shakespeare's most famous sonnets.

The common heritage of a natural night sky is rapidly becoming unknown to the newest generations. In fact, millions of children across the globe will never see the Milky Way from their own homes.

We are only just beginning to understand the negative repercussions of losing this natural resource. A growing body of research suggests that the loss of the natural nighttime environment is causing serious harm to human health and the environment. For nocturnal animals in particular, the introduction of artificial light at night could very well be the most devastating change humans have made to their environment. Light pollution also has deleterious effects on other organisms such as migrating birds, sea turtle hatchlings, and insects.

Humans are not immune to the negative effects of light in their nighttime spaces. Excessive exposure to artificial light at night, particularly blue light, has been linked to increased risks for obesity, depression, sleep disorders, diabetes and breast cancer.

Showing our support, all the members of Team Costa Calida Radio and The Journal, will be participating on Sunday 19th, by switching off all our lights for 5 minutes on Sunday 19th April at 9pm....join us!!



World Health Day

7th April is the chosen date that we see and should promote the World Health Day's message. It

is simple: giving people access to healthcare without the prospect of financial hardship. This is regardless of where they're from; they could be in Africa, Asia, South America or the United States.

What matters to the World Health Organisation (WHO), the group behind it, is that there's Health for All.

It has its reasons, too. The WHO asserts, following countless studies, that countries which invest in universal healthcare will make a sound investment in their human capital; indeed, access to a very bottom line of care and financial protection will not only truly improve someone's health and life expectancy, but also protects countries from epidemics, reduces poverty and the risk of hunger, creates jobs, drives economic growth and enhances gender equality.

That's quite the ideal to push towards, and a day that ought to be celebrated as much as any other on our calendar!



The PSYCHIC TAROT

This month we have selected a card from the John Holland Oracle Deck. It is a 65 beautifully illustrated deck of cards that creates a powerful bridge between your psychic abilities and the ancient knowledge and meanings of the tarot and will help you develop intuitive insights about all areas of your life, including love and relationships, business matters and even career changes.

I find this card deck fascinating and uplifting and it helps guide me, and it can help guide you whether you are a novice or are already in tune with your psychic abilities.

After a good shuffle of the deck, I spread the cards and allow my left hand to hover over and allow energy

to flow and guide me to the card I am attracted towards the most.

This time, on turning the card over, it revealed the Rejoice in Celebration card. It is a card we connect with Emotions.

A card connected to times of merriment, celebration, birth, success and victory is at hand. Your doing what you love most and pursuing your passion. When following your heart and zeal, there are no limits to what you can achieve. When energy of excitement and love is present, you can feel it moving through your body. Love always has a way of showing you that you are connected to something much bigger and larger than yourself.

The number 3 on the card symbolises unity and a time to rejoice in gratitude and sharing, whether its with family members, friends or even co-workers.

This is the moment of fruition for all of your dedicated work – so pat yourself on the back and party and dance in celebration of your accomplish-

ments.

Now, look at the card carefully, what else do you see, what sensations do you feel. Look at the colours, the shapes, the symbols, what do you take from this card.....



April 2020

Marion Parmenter 0034 617925467

This month I will say a little about Saturn, a slow moving planet known as "The Victorian Father" of the chart, as he brings us our toughest lessons. He is practical, organized, determined and strong but can be slow, negative, arrogant and a bully.

He rules Capricorn and Aquarius, where he is at the moment and although he is happy there, has a tendency to slow everything down and bring a seriousness to things as he is a large, weighty Earth planet.

He slowly moves through all twelve signs of the chart in approximately 29 years and six months. Meaning that at this point in your life, he returns to the same place in the chart as he was when you were born bringing about significant and life changing events. Therefore, the area of life that he will affect most will be determined by his position in the chart at the date, time and place of birth. His affects can be felt for a year either side of this age and although these events can be really tough, even fateful, if we drive on through we are strengthened by them as we experience a major "growing up"! Often there will be marriages, childbirth or situations when we take on responsibilities for others, moving house and getting loans/mortgages or entering into positions of responsibility, such as starting a new business ... or there will be loss of important people in our lives and destruction of all of the aforementioned.

There is no escape, as it is like a kind of fate put in place by the sub conscious to help us get what really matters to our progression in life.

It will come around for most of us again at 59 years of age and it is said that what we don't learn from the lesson the first time, it will just repeat.

So ... Now we see what April may bring ... taking into account the Virus.... so if I say travel maybe do it in a virtual way!

Aries ... You should find you have an increase in energy, vitality, self confidence and drive this month. You will also be able to "put yourself out there" with more forcefulness than usual and create a good impression. However, finding some "Me time" will be essential and taking care of personal matters will be important. If you don't do this and fulfill your own needs, you will suffer and be of no use to anyone. You will also be optimistic for bringing about good feelings of peace and harmony. You need to expand your mind and maybe taking a trip will help you do this. With group projects/decisions, although you won't be inclined to back down you will have foresight and a good understanding of the overall pattern and be able to reach common ground.

Taurus ... You need to get in touch with your deep feelings as without realising it, there may be drivers directing your life in ways that you are not aware of and they are counterproductive. This is a time to see that childhood patterns and behaviours no longer serve you, as you now have life experience and are better equipped to deal with emotions and stress' in a much better way. You may need some quiet time to reflect on the past year and see honestly how you have dealt with "your World". You need to accept without ego your failings and your success and those of others around you. If you acknowledge the failings they will have less effect on both you and those who are important. This should be time to communicate important points to others for yourself and on behalf of a group. If you have to deal with persons in authority, voice your views by all means, but take care with the manner in which you do this, as you may receive a hostile reception. Remember that the energy that you put out is what may come back to you.

Gemini ... Values and ideas of all friendships and groups you have links to will be under the spotlight this month. The role they play in your life will be important as will whether you meet each other's needs. Socializing and studying those you mix with will be interesting as it will show a reflection of yourself. It is time to stand up for who you are and what your views are, in order to find your place within the group and you need to do this without being domineering. It is time to recognize your hopes and wishes around what you want your life to be and you need to follow those ideals. You may well find that your goals and objectives coincide with those you associate with and rather than getting lost within, that you should find that your identity is affirmed. People you mix with from all areas could be easy, pleasant and beneficial to your overall development. Strive to be you and know who "Yourself" is!

Cancer ... Circumstances may be testing this month and make you question yourself and what you are doing. Watch out for others who you will get quite angry with, as they question you ... it is not through any malice but just that they

are working at cross purposes but it is not intentional. There will be a need to finish projects before moving into the next thing. You may be put in the limelight with something, but be aware that the responsibility that will come with the attention will weigh heavy. The flow of natural energy is with you now and as long as you know your own strengths and don't pretend you are something you're not, all should go well. Parents and your relationship with them may be very important at this time. Anything in the past done in a slipshod manner may come to the fore and need correcting but generally, this is a time to look towards the future.

Leo ... Time to broaden your horizons in every way, through study, travel and meeting those from totally different backgrounds, making even the most trivial encounter a learning experience. Courses, hobbies and intellectual pursuits are all well favoured this month.

You may also need to investigate a legal aspect in connection to your everyday activities or business at this time. You may find you are more receptive to spiritual, metaphysical or religious concerns as well. It is important to keep a sense of balance and be yourself without any interference from others. Take stock and evaluate recent achievements using this overview to firm up affairs, so that you will be prepared and be able to withstand any future wobbles. Any failures that need a "different tack", need just that ... so don't keep going over them just salvage what you can and move forward with a different approach.



Scorpio ... Efficiency and Effectiveness are your "Buzz words" for the month ... how to get work in all departments of your life done to the best of your ability and swiftly. You may need to set ego needs aside to work for others wishes, without attracting conflict and discomfort at this time. Even if you are your own boss you may find that you will be dictated to by others needs, such as clients and show you can live up to your own standards of self control. But self satisfaction will come from doing "the job" well. You will find that health and hygiene will be important this month, but take care not to become obsessed. Your energy should be good this month and it is important to examine what you need physically, mentally and emotionally and follow exercises which help with this by yourself and for yourself.



Sagittarius ... This should be a happy time for you as the energy is light and you may enjoy the company of your nearest and dearest as this partnership will be highlighted. Free and single! Look out for a connection made now, that could lead to love! If children are a part of your life, you may be examining the relationship you have with them and find yourself doing things together that you enjoy. If allowed to do what you want, when you want, you will also enjoy expressing/being yourself. However, don't get too caught up in the enjoyment and not examine yourself ... use this time to not only be yourself but also to know yourself. The only words of warning are that you don't come up against those in authority and get angered due to the restrictions put on you. Make sure the facts are true and if this does not "sit well" with you ... talk it out and channel the annoyance into work or a workout!



Capricorn ... Home is a good place for you this month and all connected to it, because you need a safe secure place from which to work. Meditation and time spent going within is also good so that anything that still affects you from your family history can be dealt with. Areas of the past that still create tensions for you now need to be exorcised and to do this it could be good to call in someone else such as a counsellor to help with personal growth and free yourself of these outworn patterns. There has either been a project/structure that you have been working on, or there is an element of your personality that is struggling to get out, but is being tested. Give yourself time and pretty soon ... all your success' and failures will out ... whatever happens growth is imminent.



Aquarius ... Your energy should be great and you can take the opportunity to assert yourself amongst others and create a good impression. This is a time when communication and interaction within your immediate surroundings is 'key', especially with the people you deal with on a day to day basis. Make sure that it is in balance with you, being the listener as well as the speaker. If there has been confusion about your views and how you feel about important issues, now is the time to make them clear. Make sure you realize how far you have come with goals you set yourself this year and the possible direction ahead. That way you won't be ignorant of the possible hiccups being brought to your attention by others, in the not too distant future. There is also an influence that will need you to focus on you and notice what you feel about yourself, restructuring parts of yourself if you feel the need to do so.



Pisces ... A time to reflect on your values, what you value and the relationship you have with those things. This is a good period to express yourself through personal possessions. Showing off something you have and wanting to share, like having a party to showcase your home or buying a nice car is a good thing, as long as you don't get carried away and your behaviour becomes obnoxious. Remember it's good to shine your own light, but don't obliterate or overshadow that of others. Later in the month you should be in a position to put all the pieces of your life's puzzle together, to get a glimpse of the bigger picture and be able to work carefully towards your ideals. You may find that you will gain great awareness/experience from those you come into contact with, who have authority and far from it being self serving, it will give you greater knowledge that you can use to help others.



Virgo ... Your feelings, emotions and general psychological health need your attention and you should find you have more time to do this now. It may seem like you are compelled to make changes in behaviour which in turn force life changes. This can be difficult to understand as they are driven by the psyche but if you make a concerted effort to get in touch with these inner needs, all will make sense and feel more comfortable later. Watch for someone who challenges your values, or affects you on a deep level, helping to bring about self inquiry and real change in your life. Joint finances or the finances of another will be highlighted this month. You may feel a bit weary of one to one battles ... just try to "give up the fight" and "go with the flow". Remember out of every pile of ashes something fresh grows!



Libra ... One to one connections will teach you a lot about yourself and the effects you have on others this month. Especially with your partner, in whatever relationship it is, it's a time to evaluate both their needs and yours ... make sure you both meet those needs. Work with someone rather than alone, or at least seek the opinion of someone, even if only in an advisory capacity is important now. Similarly, it is a good time to consult a specialist, be it lawyer, doctor, counsellor or even an astrologer/psychic for guidance. This may help you gain an independent perspective so that you can compare to your own ideas about the given situation. Even conflict will help you examine your own position and thus become more aware of yourself. Something you have been working towards may be coming to a climax ... if it fails ... remember all experiences in life are experiments, pick yourself up and on to the next one.

Activities

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7	8	5	2	3	9	1	4	6
3	9	6	1	4	8	2	7	5
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Mazarron 968 590 411
Pto Mazarron
968 595 342 / 968 154 202
Camposol 968 131 695 / 968 228 250

Camposol Medical Centre Online
Booking Link <https://sms.carm.es/cmap/iniciarReserva.do>

Metalwork

Eriks 636 050 008

Pharmacy

Camposol 868 102 623

Police

Mazarron 968 591 496
Pto de Mazarron 968418181

Pool Cleaning, Maintenance & Repair

Camposol Properties 646 476 911

Post Offices

Camposol 968 199 427
Mazarron 968 590 140
Pto Mazarron 968 594 860

Printing & Design

Insignia Graphics 618 615 903

Property Sales and Rental Agents

2let2buy2sell 968 979 876
Mercers 968 199 188
Blue Med 968 595 684

Red Cross

968 590 140

Samaritans

Spain 902883535
This is NOT a Premium Rate Number

Social Security

Totana 968 420 075 or 968 420 049
address Calle Canovos 3 Totana
30850 opening hours 09.00-14.00,
website www.seg-social.es you can
make an appointment on this site.

Spanish Interpreters & Courses

Debbie Translations 677 353 136

Town Hall

Mazarron 968 590 012

Utilities

Aqualia Emergency 902 136 013 or
902 236 023
Premium Rate or 985 794 121,
Madrid Alternative standard rate
number

Please also report on PYM Forum so
we can keep a record of all Camposol
water leaks etc

Aqualia Mazarron 968 592 266

IBERDROLA Pto De Mazarron 968
332 016

IBERDROLA – Special Number – di-
rect for English speaking. 900 322 044

Iberswitch 966 265 089

Water Purification Services

Waterfiltersspain 677 353 136

Sector A gardening Group is Chaired
by Brian Curran. ...briancurran39@
gmail.com. ..605065160 Contact the
Secretary for details of monthly meet-
ings on:joce@lospalacios-gardeners.
com
Friday morning bookstall outside the
post room on A.

Sector B & B-clean (their gardening
group) NB B sector community group
is newly formed.

Helen White 968 199 506 is the pro-
tem organisor.

Sector C Greenfingers gardening
group, Chairman, John Osborne-
Tel 634 325 427

email: johnos1943@gmail.com.
Camposol Community Group D Sec-
tor

The group meets monthly on the first
Monday at 4PM at The Clubhouse.

President - Ken De Angelo, Vice
President - Gordon Cockburn, Sec-
retary - Patrick Steer, Treasurer - Jo
Steer, Membership secretary - Carol
De Angelo, Social secretary - Laurie
Lewis.

A car with tow bar and trailer is now
available for sector D residents to take
garden waste to the Eco park, contact
Alan Muncaster 654 024 474

Age Concern no longer meet at The
Cultural Centre. We are now open
Monday to Friday 10am -1pm at our
drop in centre, Calle Valencia 12,
Camposol A.

Telephone 634344589.

Email:

ageconcerncostacalida@gmail.com

Camposolers The registered group
site for residents of Camposol, the
proprietor is Reg Rogers who can be
contacted by e-mailing
regrogers@hotmail.com. Apply to
Reg for membership. NB there is an
underline dash between reg and rog-
ers!!!!!!

MABS now have an office on the
main dual carriage way on Sector B.

LIONS Tel: 628001942

ANNOUNCEMENTS

Welcome book club every second and
fourth Tuesday in the underbuild at
the former medical centre on Sector
B.



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