

THE
Journal
April 2021



Read The Latest Edition Online on The-Journal.es



Get the right cover from the expats leading broker!

We can insure your car, motorbike, home, pet, holiday home, health, boat, business, travel, offer funeral plans... and more!

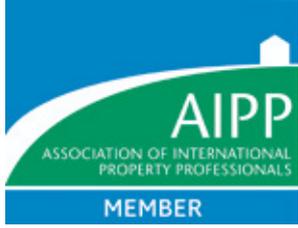
968 595 945 - 689 157 126

mazarron@ibexinsure.com

**Camposol Business Centre
Camposol Sector A, Calle Madrid 19
30875 Mazarrón**

www.ibexinsure.com/mazarron

Car • Home • Marine • Travel • Health • Funeral Plans
Pet • Holiday Apartment • Business • Community



Camposol property sales

we hold the key to your future

COME AND JOIN THE FASTEST GROWING
AGENT ON CAMPOSOL

We need
your
property



A Place in the Sun

Tel: +34 631 484 511
info@camposolpropertysales.com

Call in to our office on Camposol Sector B
www.camposolpropertysales.com

THE Journal

February 2021



Dear Readers,

Wishing you all a very Happy Easter. A time for pure chocolate indulgence. Not to mention a tasty Easter lunch. Some have lamb, some turkey and others salmon. I would love to know what you have for your traditional Easter lunch?



Last month we did an article on how Camposol has powered on through the past 12 months. The article was so popular we couldn't fit everything in so we have part two of the article this month. Thank you to all the organisations and business's who have contributed. If you are part of an organisation, charity or business please contact us to tell your story.

Social media is part and parcel of our lives and a fantastic tool to get information out to a large number of people quickly. With this in mind, The Journal are proud to launch our new look Facebook page.

Thank you for your comments and suggestions to expand our Vehicle section. We are pleased to add the MotoGP by popular demand.

The Journal is pleased to welcome Estate 5 to our property portal. If you would like to see a wide range of properties available in our area please go to the-journal.es/properties You can also sell your property privately through the portal by contacting us.

On that note, I will leave you to read and enjoy.....

CONTACT US:

GENERAL MANAGER
Cathy Smith
cathydistrictjournal@gmail.com
+34 681 090 799

DESIGN
Ben Van Nimmen, VNBenny
650 078 846
info@vnbenny.com

CONTACT DETAILS
www.the-journal.es
+34 968 103 008

SALES
info@the-journal.es

CONTRIBUTORS

Dawn Llewellyn-Price
Shirley Ann Fisher
The Camposol Farmacia
Jessica Prytherch
Corina Talbot
Marion Parmenter
Danielle Wrigley
Bob Shoesmith

TO ADVERTISE
CALL: +34 681 090 799

DISCLAIMER: Whilst every effort is made to ensure the accuracy of the contents of this publication, no responsibilities can be accepted for inaccuracies, however caused. The information carried in this magazine is for guidance only. You should never act or refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances. The opinions expressed are not necessarily the views of the publishers. The Journal does not accept liability for any goods & services featured.

MU 597-2020



Note to all advertisers, and contributors:

Any new adverts, changes to existing adverts or articles for inclusion in the following month's magazine should be with us by no later that the 14th of the current month.



If you would like to advertise in the exciting new Journal, please
CALL: +34 681 090 799

CONTENTS

Page 6 - 7 News

Page 8 - 17 Lifestyle

Page 18 - 19 Films

Page 20 - 21 Good Reads

Page 22 - 23 Music

Page 24 - 25 Charities

Page 26 - 29 Homes & Gardens

Page 30 - 31 Property, Financial & Legal

Page 34 - 35 What's On Guide Monthly Calendar

Page 36 -37 Take A Break

Page 38 - 39 Gadgets & Gizmos

Page 40 - 41 Motoring

Page 43 Sports & Local Societies

Page 44 - 45 Fashion

Page 46 - 47 Beauty

Page 50 - 51 Gastronomy

Page 52 - 60 Mind, Body & Spirit

Page 61 Horoscopes

Page 62 Useful Numbers

Page 63 Reference to our advertisers

Where to find us



Distribution Pick Up Points

La Azhoia

Restaurante Deskaro
Spar mini supermarket
Farmacia
Bodega

Isla Plana

Camping Los Madriles
Veterinary Clinic
Restaurante La Chara
Farmacia
Brico Pepelino
Panaderia Pepelino

Bolnuevo

Camping Bolnuevo
Farmacia
Spar mini supermarket

Just Joe's Salon

Cafe Colonia
Elliots Restaurant
Hotel Amapola
Hotel Playasol
Restaurante & Bar Oasis

Puerto de Mazarrón

Camping Los Delfines
Repsol gasolinera
Buena Vista

Farmacia El Alamillo
Sullys Sports Bar
Alamillo Restaurant
La Proa Restaurant
Con Cierta Sentido Restaurante
Bongos Restaurant
Golden Cafe
Viggos Restaurant
Mamma Mias Restaurant
Filbees Estate Agency
CJ's Bar
The Old Market Tavern
Tourist Office
The Food Co
Corral and Alcaraz Solicitors
The Tea Pot
La Colado
Best Wishes
Mailins Hair & Nails
The Cheesecake Emporium

Mazarrón

Decklids Mechanics
@Home Furniture Shop
DKV Clinic
Clinica Rover
Medical Centre
ITV Station

Camposol

Alens Supermarket

The Fuschia Beauty Clinic
Cat's Bar
Vista Bar
The Camposol Business Centre
Farmacia
Mercers
Alley Palais
Luz del sol
T J Electricals (Euronics)
The salon
Just Fabulous
Branded
The Blackbull
Best Wishes

Condado

Eden Hair & Beauty
Condado Property Management
Restaurante Sofias
Spar mini supermarket
The Condado Club

Hacienda del Alamo

D'Fusion



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 lunisolar 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



THE GOOD TIMES SOUND LIKE THIS



Costa Calida Radio
90.00 & 100.00 fm

Listen all day.....every day
On-line www.costacalidaradio.com

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



3 simple steps to a better bed

A mattress is the foundation of a good nights sleep.

A quality nights sleep can help you feel.....

Happier

Improve your appearance

Boost your heart health

Sharpen your memory

Maintain healthy weight

@Home

And it starts with owning a bed that is right for you.



Call: 0034 868 088 118 - email:sugdenjanice@yahoo.co.uk - www.homefurniturespain.com

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.

Why not visit Cartagena this year, and watch one or all of the Easter Processions.

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 celebra-

tions 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.

Camposol News.

We were delighted at the positive responses we received from last month's article on Camposol. We wanted to reach out to all the businesses, charities and volunteer groups to understand just how they have fared over the last year. It would appear that there are many that want to tell us more so we have decided to extend this into the April and May issues of The Journal. We have never had so many web hits or on-line readers before either. Our readership is growing and the number of subscribers who receive the electronic version of the magazine is now over 2,000 per month.

It is now over a year since that fateful day, Friday 13th March 2020, around 3 pm when news reached us that all the bars and restaurants on the coast had just been "shut down" by the local police and that Camposol was next! Within 24 hours there was not a retail outlet open other than those that offered "essential" goods or services such as supermarkets and food outlets. Mysteriously the Chinese Supermarket shop on Camposol had closed at least 24 hours beforehand, how did they know?

Once it became clear what "lockdown" actually meant, it was quite shocking. Camposol residents could no longer leave Camposol. There was a lot of very unnecessary panic buying, and there were soon empty shelves in the supermarkets and no toilet rolls to be found anywhere! For 12 long weeks this continued. The weather was dreadful too, so even those with outside space were stuck indoors, and it was not a very "nice time" for anyone, but for those trying to run a business, a charity or a volunteer group, wow! there were some real challenges. Fitness classes starting popping up on line everywhere and our wonderful local fitness instructors kept going and for no payment whatsoever!

One of the first things that became obvious was that rapid change was needed and it would not be right to forget just how some quickly "stepped up" to the challenges. Alens Supermarket on sector A was a prime example.

Alen and his father went out and sourced fresh fruit and vegetables within the space of a few hours, it was incredible. Quick Save on sector B also rapidly increased supply of all types of food and drink to try and bridge the gap. Where else would you get this type of personal service and so quickly?

Last month we reported on the C sector gardening Group "Greenfingers" and the sector A group "Los Palacios". This month we also have updated

reports on both B Clean, and D Com-



munity Group. All have faced challenges and overcome them, despite difficult and frustrating times. We have also now caught up with MABS and Friends of Mazarrón Animals (FMA) to see how they have coped over the last year.

MABS



As one of the oldest and established local charities we spoke to MABS to understand how the last year has affected them one year on. When the first lockdown came it was just 8 days after MABS had opened their new shop in Totana. Since then, they have only been able to open for 55 days due to lockdowns and borders restrictions. Needless to say, their income has been decimated!

All fundraising events had to be cancelled and despite having a "virtual" Race for Life in October there has been very little in the way of other income. Approximately 60% of their volunteers had to step down due to age, health conditions or shielding, despite this they continued to work as "near normal" as was possible whilst adhering to the safety restrictions.

On the advice of the medical professionals MABS also had to suspend their Home Care Support for several months but we are delighted to report that this has now been restored.

MABS patient numbers rocketed to 120 at the height of the pandemic and remain steady at 114 as people were scared about how their treatment would be affected during the lockdowns and restrictions. We are pleased to say that although there have inevitably been many changes to appointments and treatments schedules the Health system is continuing to handle cancer patients well.

During 2020 MABS assisted with: **1089 appointments, 1088 translations, 299 car trips to hospital appointments**

The respite home remained open and in the early days of the pandemic they had 8 patients in residence until in the autumn they were advised to take only the most critical patients. MABS are working more closely now than ever with the Health Authority to ensure their patients get the best help and support they can during these very difficult times.

Two days before the first lockdown MABS ordered a new wheelchair adapted vehicle that was more versatile and suited the needs of their patients better. It was very expensive and when they realised the pandemic was going to last for a long while they did try to cancel it but it was too late so they had no choice but purchase the vehicle, but it was another drain on their funds.

So MABS are just about managing financially but they cannot sustain this level of activity and cost indefinitely so they are very pleased that they have been able to reopen their shop in Totana. Please go to the shop and support this amazing charity. Any donation however small is always greatly appreciated.



Technology has always had an enormous role to play in the housing market but now it is more important than ever. We spoke to Mercers Estate Agents who told us the following. "Mercers have always used all the portals available and they have a very busy and interactive website. Over recent months however, social media is now one of their main targets.

The use of live videos on Facebook, Instagram, LinkedIn and Tik Tok is becoming both popular and successful. Mercers are truly taking advantage of 21st Century technology and it is paying dividends. Customers are both selecting, viewing and completing on properties, sometimes without actually coming to Spain. Only last month, Mercers made a live video which received over 11,000 hits. The property was sold within 4 days".

Mercers also has the added advantage of multi lingual staff as well as customers. They can cover Spanish, French, German, Dutch and Belgian.

Their client base backs this up and at the moment there is a particular increase in Belgian clients. Mercers were the first estate agents established in Camposol and have over 35 years' experience selling property in the region. See back page advert for more details.

The Tech Shop Camposol Sector A

We spoke to The Tech Shop up on the commercial centre on Camposol sector A who said the following: "We would like to thank our customers who have shown us immense compassion and understanding during these demanding times". Things have been tough for all businesses, including The Tech Shop, who told us they have made the following observations over the past 12 months.

Supply chains are really suffering with prices increasing in general as a result of the disruption. Smaller items such as phone cases have been more commonly effected, but parts also. Even the larger companies have not been immune with Apple in particular seeing a huge impact on their supply chain and the ability to manufacture devices.

The delivery drivers that The Tech Shop use are also feeling the pressure due to increased demand for home deliveries. The Tech Shop are very grateful though to have some amazing drivers who work with them to make sure their deliveries get to them. Over the years they have built good relationships with their suppliers, who are all based in Spain. Matthew and Farrah told us that "It has been wonderful to have conversations with people and find solutions to issues affecting us all. It feels like there is more personal interaction with suppliers, they often will call just to check if we are OK, and if we need anything and they let us know when supplies are in. Laughter and comfort come easily because they understand what it's been like."

The demand for home office equipment e.g., printers and laptops has caused an increase in prices and in some cases stock shortages. Ink has also seen some disruption due to raw material shortages and an increase in demand. Most manufacturers and suppliers had contingency stocks to avoid disruption as a general precaution, but with reserves depleting and the manufacturing and supply chains still recovering, The Tech Shop believe that we are only just seeing the effects of the global disruption to manufacturing and distribution for electrical items and expect it will take some time to return to normal levels.

In a pleasant and much needed boost to business, because of the supply issues effecting new devices, more people are looking into repair instead of replacement. The repair side of the business is very strong, and The Tech Shop are frequently operating at maximum capacity for repairs which is very positive. That doesn't mean people are not buying new though; the need to have online communication is mak-

ing many people make the move towards new phones and upgrade their technology. The Tech Shop have sold many people their first ever smart-phone or tablet, and have also seen a general move away from the reliance on laptops and moving to tablets instead. "It's made people re-evaluate what they want their technology to be capable of." Farrah explained. "Sometimes it means repairing or upgrading, others it means something new. It gives us immense pleasure helping someone take those first steps to be able to connect with their family and it has been a genuinely positive experience to be part of that."

To summarise, The Tech Shop are doing their best to continue to provide a comprehensive service. Prior to Covid they had just put in place supplier agreements to bring more stock to their shop to improve their sales side of the business. This is still planned for the future but it will not be implemented at this current time. The future is looking optimistic, just a little delayed!

Richard the Blind Man is definitely not a 'Jack of all trades', he's simply a master of one. Mending blinds is the only work he does. If you've seen his name elsewhere,

you're probably a member of his Facebook group, Mazarrón News and Views. He has been servicing and repairing persianas (Spanish window blinds) since 2007.

In the past year, Richard's focus has been on pandemic necessities: keeping customers safe from him, himself safe from his customers and reassuring his wife that he returns home safe and healthy !

He now works wearing coveralls, disposable gloves and a face mask. He doesn't enjoy dressing like this, but it helps keep him and his customers safe.

Richard tells us that, apart from emergency repairs, hardly anyone contacted him for work in the first months of lockdown. But, since last summer he has been busier than ever, often due to key holders contacting him

about problems in the properties they manage.

Finally, Richard asked us to thank all his customers for their continued trust and support during these difficult times. Richard, together with all of us at The Journal, hopes you all soon get your vaccinations and can get back to seeing the people and doing all the things we've been missing.

D Community & Gardening Group

The last year has been nothing if not "challenging" for D Community & Gardening Group, as it has indeed been for all volunteer groups and charities. One thing the group has noticed, however is that The Camposol Community really does "pull together" when needed and this last year has been no exception.

All fund-raising events have had to be cancelled so funds are low, and they hope to be able to recommence their activities later in the year. It is a great way to raise funds, and awareness of the group and the events are a great way to make new friends.

During a few weeks last year, the team did manage to tackle some of the pruning and weeding jobs that were outstanding. They also mended some damaged fencing and enjoyed being out in the sunshine whilst doing it. D group thanks their loyal volunteers for their continued support. Due to the restrictions their bucket collections had to stop, which was also the main source of fund raising, so it was a worry for the committee, as the group could not continue if funds got too low. An appeal was



raised for D residents to help with making donations via PayPal and thankfully a few did this, and it has helped boost the bank account. The bucket collections are now back up and running every Friday 9.30-12 at The Hut (next to Janes' Memorial Garden), please stop by and make a donation. Their collectors are fully aware of all the current regulations and they are being followed, so volunteers, as well as the general public are not put at risk.

In December 2020 D group Gardening team, planted lots of poinsettias, and put up the Christmas decora-

tions around the Hut and Jane's Memorial Gardens with some lovely sparkly lights, they did a great job and worked so hard, and they carefully placed Santa so residents could see him as they were leaving D sector. Photographs were on show on several Facebook sites and the positive response was great. everyone was saying how it made them smile and it felt good to see such a lovely display. Sadly, a week later, someone decided to demolish Santa and cause some damage. This was not a good day for residents of D. Once the word got out about this, the offers of financial help getting another Santa installed and correcting any damage was overwhelming, it was great to see that residents of Camposol were working together to get this sorted. One of our residents, Tracie Smith-Rowley came to the rescue and provided us with another Santa, in his outfit, and once again Santa was installed on the bench, looking grand, and he stayed there throughout the Christmas and New Year period.

As D group moves forward into 2021, it will be slow going for a while longer. The committee is working on keeping the group going, behind the scenes doing admin, they are sorting out the website, getting posters printed, and setting up a new Facebook page.

The D group always need more volun-



teers, if you can spare any time, they will be delighted to hear from you, please call 604 206 018 or email sec-tordphone@gmail.com.

Facebook page D Community FMA – Friends of Mazarrón Animals

There is no charitable organisation



anywhere that can say the last year has been easy, anything but, finally, FMA (Friends of Mazarrón animals) are seeing a light at the end of the tunnel; it may still be far away but it is

there, glimmering in the distance.

March saw the launch of their new initiative the 'Pop up Boutique' and it proved to be very popular and productive. Along with a 'Pop up Bookstore' they also raised much needed funds for the animals in their care. If you would like to have the Boutique visit you at your business or in the privacy of your own home then please contact them on the number listed below. At the time of writing this article they were due to have a resumption of their musical events; The Magic of the Musicals and the Jersey Boys should have gone ahead in March and we are sure there will be a glowing report in their next article. FMA also have a fabulous Tom Jones tribute act booked for April so please reserve your tickets for that as it's bound to be a sell-out.

All their other fund-raising measures, the 100 club, book shelves, and the online market, are all working really well and FMA would like to thank everyone for their continued support. As ever it's a very busy time for them in animal rescue. They continue to home cats and dogs both here and



abroad and their relationship with different animal organisations keeps growing. Their work with the "hunter community" is improving and more Galgos (Spanish Greyhounds) have been rescued. March also saw a number of other dogs in all shapes and sizes come under their wing. Some of these dogs though neglected are in reasonable condition while others come in, in a terrible state. One of these was Shiloh. FMA do not know exactly the suffering that she endured in her life but from her injuries and lack of care they do know that she has led an appalling life. Now safe, Shiloh is such a sweet girl and a true example of the forgiveness of dogs. So many of you have taken an interest in her and FMA are truly grateful for all your support and good wishes for her. Updates on Shiloh and all their animal rescues can be found on the fMA Facebook Page.

fma.murcia@gmail.com
+34 711032574

B Clean

"B Sector is the smallest of the Camposol four sectors but is probably the busiest as regards commerce and traffic, both foot and vehicular. Consequently, one of our local gardening groups, B Clean, has plenty to do as regards general maintenance of our green spaces and planning and undertaking new projects to improve our environment. Unfortunately, B Clean is hampered by a very limited income and even more limited availability of people willing to assist in the work needed just to maintain some sort of status quo.



Needless to say, both matters do hamper their efforts so the local effects of a global pandemic were not going to make the situation any better. For many weeks, the small work party (usually just 4 people!!), had been unable to operate outside but the plants, specifically the weeds, continued to grow unabated and the fly tippers and others who lack any respect for our locality still failed to dispose of their rubbish in a responsible manner by dumping waste around the sector. As they were unable to operate as a group, residents may have noticed individual efforts by members such as clearing rubbish around the bins and tidying up the green skips in the lower car park. It was, admittedly, a drop in the ocean so to speak but something is better than nothing in this difficult situation. At least now, the restrictions have been relaxed and they have been able to resume the trimming of the oleander hedges and planting



some new trees and yuccas around the car park. Not only had the work party members been unable to meet up but their committee members were also similarly restricted. As a registered charity with rules to follow and general day to day business to conduct they have had to liaise with each other and the internet has proved of great use in this respect. They could check documents and even view photographs of problem areas in the safety of their own homes thus minimising the spread of

this awful illness which has already affected our community. Hopefully, they will be able to meet up again soon.

One matter that needed a committee decision was the question of the palm trimming on B sector's public roads and roundabouts. To avoid the pos-



sibility of damage to the trees by cutting them during the warmer weather when the palm weevil is active, this work has to be done in the early part of the year when these horrible bugs are not active. Even if B Clean had greater numbers of volunteers, the work is really not suitable for non-professionals now that so many of the trees are very tall which means that specialist equipment is required. The council has carried out tree cutting on other sectors and they had really hoped that they would be next but this has not been the case. It is a little surprising as, to some extent, B sector is the gateway to much of Camposol with both roads leading to C and D sectors passing through it plus the presence of a large commercial area which attracts visitors from all sectors as well as beyond the urbanisation. This has meant that their funds have taken another major "hit" again with 1400 euros of donations/subscriptions being spent on contractors' charges to maintain the safety and tidy appearance of the public roads. The work always attracts plenty of compliments but, unfortunately, this still leaves a large hole in the B Clean funds.

The last 12 months have been difficult for everybody and they fully understand that some are suffering more than others but, they really need support if they are to keep B sector looking pleasant for residents and visitors. Support comes in two forms, the



obvious one being financial so they do encourage local residents to join B Clean so that their subscriptions (5 euros a month payable quarterly or annually) give a steady income topped up by bucket donations when

this is permitted. When the collectors cannot get out, any donations that people wish to make to help out will be much appreciated and all offers or questions relating to membership or donations should be addressed to their treasurer, Colin Barton. Colin also organises the work parties and would be very happy to hear from anybody who would like to put their names forward as volunteers. The current regular turn-out of just four people means that projects have to be prioritised and things they'd like to do to improve things have to go on an ever growing "wish list".

One of their members, Colin Thackwell, has decided to try to help out with fund raising over a period of 14 weeks by cycling the equivalent of some 80 marathons (each over 40kms) whilst staying in one place! He originally set his bike up outside The Consum Supermarket in early March but, later, had to temporarily "work from home" as a result of the heavy rain. B Clean are hoping that people will be feeling extra generous once he reappears in public complete with his donations bucket. It would be nice if Colin's efforts and dedication encouraged a few more residents to join up and assist the handful of volunteers who are currently doing the maintenance work.

The B Clean group know that things will get better and maintaining the community values and environment



must be part of the way forward. They would like to wish everybody a safe and healthy time as they move through 2021 and look forward to hearing from anybody who would like to assist them in our efforts. "

Facebook "B Clean" Community Gardening. bcleangardening@gmail.com

The Camposol Health Clinic

We spoke to The Camposol Health Clinic up on sector A which has remained open all through the lockdown attending to anyone; bridging the gap as far as possible with the closure of regional health centres as a result of covid 19.

During this period, they have been able to physically attend to all the people of Camposol and surrounding areas

as who need treatment. This included making prescriptions for those people who could not return to their home countries and who needed medicines to continue with their ailments. This included X-rays, ECGs, eco graphs,



cure treatments and injections. Some patients just needed to see a doctor to put their mind at rest.

The clinic has also provided a unique service which was to inform by telephone, the procedures to follow in case of infection by covid 19.

They organised an interview with Radio Costa Calida and their Dr. John Carlos, (the senior doctor), to fully explain the symptoms of Covid. He also advised on the best way to act when everything was confused and people were nervous as many were still ignorant of the new virus and its consequences.

It has been an extraordinary effort by everyone at the clinic to be the first line support when there was little knowledge of the virus and all other services were closed! The health clinic was very aware of the needs of their patients because there was currently no alternative health service. At the same time, their doctors and nurses who also work for The National Health System have made a super-human effort to be able to cover the large increase in required services.

The Camposol Health Clinic has had to adopt many sanitary measures that were within its reach to guarantee and adapt its facilities to comply with the anti-Covid measures. This was absolutely necessary to ensure the health of both clients and staff by implementing restrictions on the capacity of the number of patients in the clinic. To ensure the clinic could maintain social distance, hygiene and everchanging regulations the clinic have also installed new anti-Covid screens, and an ozone therapy system (similar to that used in hospital operating rooms).

To summarise it has been an immense human and economic effort over the past 12 months. A very worthwhile effort however, because in the end The Camposol Health Clinic can truly say that they have the satisfaction of having contributed to the well-being and health of the inhabitants of Camposol and surrounding areas in such difficult circumstances that are reflected around the world.

Interior Design Trends: The 12 biggest trends for 2021 revealed

1. Textured furniture



Textured furniture is the latest part of the ridged renaissance that surfaces have seen over the last few years. Glass panes have become fluted, tiles take a tactile twist and the smartest wallpaper ideas explore the three dimensional. Now it's the turn of furniture to get involved.

Cabinets, wardrobes, sideboards, drawers and desks are eschewing flat fronts, smooth doors and level panels in favour of something a little more decorative, as thin, slat-like grooves take over storage in every room of the house. You won't find a flat surface in sight as reeded detail, found on everything from walls to furniture, continues to bring tactility and texture to interiors. Trove – the first furniture collection from Studio Duggan – uses this surface detail across chic case goods in unexpected shades of green and yellow.

2. Decorative joinery



While custom-made storage has long been the go-to solution for dressing awkward spaces, designs are heading in a more ornate direction that proves shelving and wardrobes are the ultimate spaces in which to sprinkle some design flair.

A play on materials and texture is key; designer Matilda Goad is a fan of updating built-in wardrobes with cut-away cane panels while Suzy Hoodless favours lines resembling tongue and groove to bring surface detail to otherwise simple MDF doors.

3. Sage green kitchens

Sage green kitchens are fast becoming one of the biggest kitchen trends for 2021. Whether its paint, cabinetry or tiles, the hue is popping up everywhere – so look no further if you're on the hunt for modern kitchen inspiration. Instagram is awash with sage advice, including from cult designer Matilda Goad, who chose the green hue as the backdrop for her kitchen



cupboards.

4. Broken-plan living

Hayley Robson, co-founder of Day True says, 'The trend for open plan living continues, but



with more people using the space at the same time we will need to find other ways to 'screen' or 'divide' the various functions of an 'open plan' space, to allow for flexible use throughout the day.'

We've seen how bookcases can be used to cleverly zone a room, as well as curtains, while Crittall-style partitions and room dividers are more popular than ever. In September 2020, John Lewis reported a 65% increase in sales of the iconic String flexible shelving system and a 73% increase in small designer desks, as people seek to create flexible zoned home working areas.

5. Japandi



Japandi style blurs Japanese minimalism with pared back Scandi cool. The Japandi trend, adopted by design lovers for its minimalist and harmonious style, offers simplicity and function and a timeless design aesthetic. Searches for this look have sky-rocketed over the past months, and the style is still growing in popularity.

Alick Burnett, Business Development Manager at Blooming Artificial, says: "For 2021, we expect to continue seeing minimalist styles featuring neutral, earthy hues and lots of mood-boosting greenery."

6. Statement vases



There are vases that do an admirable job of holding flowers – which you probably have forgotten you even own. And then there are statement vases that have the power to transform an interior in an instant. It's the latter category that is set to bring much-needed joie de vivre to this year's decorating: big bold, oversized designs and unusual shapes are dominating the 2021 S/S collections.

7. Biophilic design



Biophilic design is the technical term for design and architecture that focuses on our innate human connection to nature and incorporates nature at its core (rather than as an after thought). In other words: it's all about bringing the outdoors in, and indoors out.

Biophilic design is gaining traction in the design world as more people are living in cities than ever before, and science has proven what country folk have known all along, that nature makes us feel good and benefits our health.

The pandemic has increased everyone's desire for outside space and the need for it to work beyond just the summer months. 'Outdoor space is now a key part of any home as we are spending more time outside in our gardens, patios or balconies, which need to perform for year-round use. These areas are extensions of our living space and can provide us with spaces to relax, along with the possibility to remain social. Soft seating, outdoor kitchens and heating solutions will ensure we can use outside space all year round in every season,' says Hayley Robson, co-founder, Day True.

Tapping into this, the resurgence in houseplants is also set to, ahem, grow, with online stores such as Patch, Leaf Envy and others sprouting up. Even John Lewis (not traditionally known for selling plants) reported a 419% increase in plants sales over the past year.

8. Green walls



Along with the upsurge in biophilic design, the colour green has also increased in popularity. Science can show that just looking at something green can decrease heart rate and alleviate stress. Charu Ghandi says, 'Green has been a noticeably prevalent colour in our recent work, with many suppliers using varying shades in their fabric ranges and indoor foliage and botanicals featuring in many of our briefs.'

Green promotes a sense of connection with nature, which many of us are missing at present, and so we think the popularity of the colour will continue into next year but will move away from forest greens to more muted, olive greens.'

9. Eco-friendly design

A push for more eco-friendly habits is changing how we live – from everyday choices to life's biggest milestones. There's a shift towards



more conscious consumption as people re-evaluate their impact. For many, that means using fewer products, and more sustainable ones at that, as well as keeping an eye on waste.

This includes low-waste living, reducing plastic in the home and buying second-hand pieces.

According to interior designer Harriet Anstruther, the next decade will see a big rise in people up-cycling, repairing and personalising their home accessories. This year there is a big focus on sustainability and reducing our waste, and this is one of the ways it will translate into the home.

“As a society and planet we need to do more of make do and mend,” says Harriet. She continued: “Upcycling has of course been going on forever, but perhaps more people will want to learn the skills required and workshops will become more of a desire in domestic projects.

Recently I put a sewing room into a house; the client stitches for pleasure, not as a trade, and stores beautifully folded towers of vintage fabrics & baskets of yarn on slatted shelves around the room.

Using your hands and making things allows us to get back to who we are. The haptics, the senses engage and together with a need for productivity, invite us to focus carefully on a single task thoroughly. The results, however small enliven, gratify. “This year reusing and up-cycling has been more on-trend than ever,” says Kelly Hoppen of Kelly Hoppen Interiors.

People expect businesses to do their part too.

In a Nielsen study, 81% of people strongly agreed that companies should help to improve the environment.

Alexandra Nord and Helen Westlake, Creative Directors of interior design and architecture studio Millier, comment ‘clients will specify a preference for low-energy, minimal waste materials - how far have items come from and how sustainable are they? These types of considerations are pushing us to seek out new and eco-friendly suppliers, such as Sirimiri a new luxury British linen brand made from beech tree pulp.’

‘With regards to architectural design, we continue to look at elements such as bathroom fittings that have undergone testing to demonstrate that they do not cause waste or undue consumption.

We always propose energy efficient household goods; dishwashers and washing machines, also electrical charging points for cars and expect this to become a key design consideration in 2021 alongside quality, aesthetics and cost.’

Day True co-founder Hayley Robson adds: ‘We’re seeing the trend for upcycling, reuse and hand crafted pieces develop. Much like fashion, we are conscious of our consumption; we will invest in craftsmanship, timeless and statement pieces - we’ll buy less stuff and make it last longer, with the clashing of styles resulting in a timeless aesthetic.’

10. Warm, earthy paint tones



The latest interiors trend is barely there, warm, earthy neutrals. For the past few years, grey has dominated the neutral interiors palette. But sandy shades are back, and proving to be anything but boring.

Now don’t get us wrong, we love grey, but we’ve found ourselves increasingly drawn towards the warmer, friendlier tones of oatmeal and stone-washed linen.

Think fleshy toned, earthy jute, canvas, wool, wood and hemp.

Hitting the nail on the head, the Dulux Colour of the Year was revealed as Brave Ground, a modern take on taupe.

Brave Ground harks back to the first mushroom shades made popular by Kelly Hoppen over 15 years ago, but this time, instead of being paired with neutrals, it’s being used to soften deeper colours like this midnight blue.

It is a very ‘liveable’ colour and, considering that we are all spending much more time indoors, is very fitting to the new ways we use our living spaces.

It allows you to build interest and focus with highlight pieces such as cushions, rugs and chairs in bolder colours which can be changed or rotated as required.

11. Natural materials



Natural materials are gaining momentum in the trend stakes.

Camilla Clarke and Ottalie Stride, Creative Directors at Albion Nord, comment, “We love to use natural materials such as timbers, wools, sisals and linens as they bring a sense of warmth and honesty to a scheme.

Natural materials also age beautifully as a response to the environment they are in.”

Charu Gandhi, Founder and Director of interior design studio Elicyon agrees: “The move away from silk and sheen-textured fabrics continues, and as a studio we are focusing heavily on using natural materials such as linen, wool, rattan and light blonde timbers.”

Rattan furniture has shot up in popularity over the past year, with online searches increasing a whopping 809% during lockdown.

This is likely a combination of people who are looking to enjoy their gardens during lockdown alongside those investing in the trend of rattan furniture indoors.

12. Textured walls



Textured walls were everywhere in 2020 – and it looks like it continues to be a big theme for 2021.

Some are even hanging rugs on their walls to give them texture and to make a room feel softer and cosier.

From 3D carved wood wallcoverings and 3D tiles to more subtle looks like the new textured wallcoverings from Phillip Jeffries, the latest wallpapers are giving walls seductive touch-me texture, or textured effects.

**JARDINERÍA
LA ALCAYNA**

GARDEN CENTRE
With over 20 years of experience

We sell plants for inside and outside
We sell decking, beams & timber for DIY
We sell and install sheds, pergolas, and porches
We sell artificial grass, & garden furniture
We sell ceramic pottery

**We can also undertake
construction, maintenance and garden pruning**

Competitive prices!

Autovia RM-3, salida 20 (Urb. Country Club)
30870-Mazarrón (Murcia)
calidagarden@gmail.com

Camposol HEALTH CLINIC



The Camposol Health Clinic is adhering to all legal requirements above and beyond to ensure patient's safety.

The clinic has installed Ozone machines which are generally used in operating theatres and throughout the building

2 Physiotherapists

Dr. Jose Andrés Sánchez

Dr. Juan Antonio Conesa



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

Dra. Diana Navas
General Surgeon

Dra. Gresl Almonte,
Aesthetics Doctor.

1 Psychologist
Dr. Fernando Lazaro

TO MEET
OUR
TEAM

camposolhealth.com/team



SCAN
THE
CODE

3 Nurses

Dra. María Sánchez
Chief Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion



4 General Practitioners
Dr. John Carlos Justin
GP and Medical Director of
the Clinic.

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

camposolhealth.com



C/Madrid,19. 30875 Camposol sector A (Murcia)
Tel: 968 103 008 - info@camposolhealth.com
Monday - Friday | 9:00am - 6:00 pm

Our address



THE Journal

Increase the visibility of your properties for sale by listing them on The Journal's property portal

Introducing an inexpensive way to advertise your properties online and boost sales for both; real estate companies and private owners. The prices of listing a property for sale for an estate agent are different from those of a private property owner.

Why advertise with us? At The Journal, we are continuously working behind the scenes to gather as much information as possible from all the surrounding towns and making it accessible on our website for anybody to read, we focus on upcoming events, activities, news, guides and much more to keep people interested and to become the talk of the town so your properties get maximum exposure!

For private owners, listing starts at only 70€ + IVA for the first 3 months, which includes us putting it on the website for you, after this you can renew monthly for only 15€ + IVA / month, and you can cancel at any time, no strings attached, nor any complicated contracts, just a simple agreement form needs to be signed, that's all!

You will have to write us a detailed description of the property and take staged well lit pictures of all rooms of the property, the outside, and if possible the surroundings too, all of these can be sent to us via email, given in person on a flash drive or using online services such as Dropbox or Drive. We will do the rest!

If you ever need to update your property information such as the price, change or add images, change with a better description, we only charge a small 10€ + IVA fee to do so.

We strongly advise you to get a keyholder in place if you are not living anywhere near the property so that if anybody wants to view the property, your keyholder can help out and show the property to anybody interested in seeing it.

Are you ready to take control of the sale of your property? Send us an email at portal@the-journal.es with a "YES" to get started.

For real estate companies, we offer several packages for different size companies, with the first package having a limit of 100 properties available to be uploaded month, we also offer higher packages of 200, 500 1000+, These are done by automatic XML feed with price upon request.

There are already reputable real estate companies advertising on our portal; Blue Med Invest, Camposol Property Sales, Mercers and Luz del Sol just to name a few. Will you be next?

The Journal is growing quickly and spends a big amount of it's profits back into advertising on Facebook, Google increasing visibility of the portal and your properties. If you are interested in getting aboard and want to start selling your properties quicker, we suggest you do this today as prices may change in the near future.

Note: If you want to stay up to date with new features or want to receive our monthly magazine directly in your inbox, simply visit www.the-journal.es and subscribe with your email at the bottom of the page

Advertise
your
business
in our
magazine
from as little
as
35€ pm

Scan code for full price list



List your
property
for sale or
for rent
on our
property
portal for
only
15€ pm

Scan code for full details



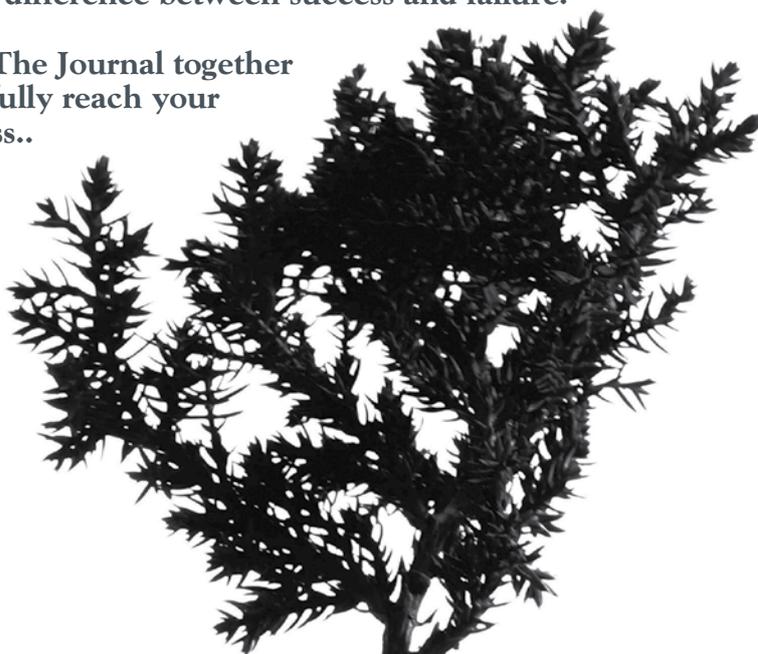
Every business owner has an idea.... a dream.... a vision....

How that is communicated can be the difference between success and failure.

Costa Calida International Radio and The Journal together are the media power house to successfully reach your target audience and grow your business..

For information on our tailored media packages please contact;

Cathy Smith
The Journal
0034 681 090 799



www.the-journal.es
www.costacalidaradio.com

FROM PRODUCER SAM RAIMI



BE CAREFUL WHO YOU PRAY TO

WRITTEN FOR THE SCREEN AND DIRECTED BY EVAN SPILIOTOPOULOS

The Unholy

The Unholy follows Alice, a young hearing-impaired girl who, after a supposed visitation from the Virgin Mary, is inexplicably able to hear, speak and heal the sick.

As word spreads and people from near and far flock to witness her miracles, a disgraced journalist (Jeffrey Dean Morgan) hoping to revive his career visits the small New England town to investigate. When terrifying events begin to happen all around, he starts to question if these phenomena are the works of the Virgin Mary or something much more sinister.

Release Date
March 31, 2020

Advertise your business in our magazine from as little as

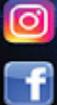
35€ pm

Scan code for full price list



Costa Calida Radio

90.00-100.00 FM



Bringing you your favourite music all day, every day

CANVAS PRINTING SHOP SIGNAGE
VEHICLE GRAPHICS
 BUSINESS CARDS INVITATIONS
PRINTING
 POLO SHIRT T/SHIRT
 POSTERS LABELS
 BANNERS HATS
FOR SALE BOARDS
 MUG & MOUSE MATS



INSIGNIA GRAPHICS
 OFFICE: 968 152 191
 MOBILE: 618 615 903
 info@igraphics.es

Over 40 years experience
 in the print industry
 Established in Murcia since 2004

WE URGENTLY REQUIRE PROPERTIES
 IN THE MAZARRÓN AREA



mercers

OUR PASSION IS PROPERTY
 The No.1 Agent on Camposol



Contact us:

www.spanishproperty.co.uk
 968 199 188 660 765 721
 Camposol Sector B Commercial 30875

"DAZZLING. PFEIFFER, GLORIOUSLY BACK, TOPS AN ACES CAST THAT IS SUBLIME IN EVERY WAY.

AN ABSURDIST COMEDY THAT IS SURREAL, DARK, WITTY, QUIRKY, HUMANE, AND ODDLY TOUCHING."

Peter Hammond, DEADLINE

"MICHELLE PFEIFFER DELIVERING A ROLE FOR WHICH SHE WILL BE REMEMBERED."

Peter Debruge, VARIETY

"MICHELLE PFEIFFER IS A NATIONAL TREASURE."

By Ben, THE BOTTOM GLOBE

"MY GOD, THAT MICHELLE PFEIFFER IS ELECTRIFYING, ISN'T SHE?"

Matt Dougherty, AWARDS DAILY

"PFEIFFER AND HEDGES SHINE TOGETHER.

WITH ELEGANCE, QUIRKINESS, AND SARDONIC HUMOR, THIS HAPPENS TO BE A BEAUTIFUL LOVE STORY BETWEEN MOTHER AND SON THAT FIND EACH OTHER AND NEVER LET GO."

Alessandra Rangel, IN SESSION FILM.COM



MICHELLE PFEIFFER LUCAS HEDGES

French Exit

SONY PICTURES CLASSICS A SONY PICTURES FILM...
MICHELLE PFEIFFER LUCAS HEDGES "FRENCH EXIT" WILHELM BRONKHORST ANDREW SCOTT...
 FOR MORE INFO VISIT US AT WWW.FRENCHEXITMOVIE.COM...
 RATED R FOR LANGUAGE, DRUG USE, AND SOME ALCOHOL...
 SONY PICTURES CLASSICS



French Exit

"My plan was to die before the money ran out," says 60-year-old penniless Manhattan socialite Frances Price (Michelle Pfeiffer), but things didn't go as planned. Her husband Franklin has been dead for 12 years and with his vast inheritance gone, she cashes in the last of her possessions and resolves to live out her twilight days anonymously in a borrowed apartment in Paris, accompanied by her directionless son Malcolm (Lucas Hedges) and a cat named Small Frank—who may or may not embody the spirit of Frances's dead husband.

Release Date
February 2021.



20 Year Anniversary 2001-2021

Major Construction

Swimming Pools

Bathrooms

Kitchens

Conservatory's

and much more...



Specialists in all types of building work
Quality work from the name you can trust



Mark: 659 159 948



Colin: 676 306 718




Architect Services Available



For more details visit our website:
www.cmconstructions.es



Window Blind Repairs by Richard the Blind Man

- If the pull cord on your blind is frayed or broken
- If your blind is sticking
- If your blind slats are damaged or broken



I will repair your Spanish window blinds (persianas) and give them a full service



611 25 08 19



rpd46@outlook.com

"This book will leave you smiling, swooning, and desperate to visit Paris!"

—KATHARINE MCGEE,

New York Times bestselling author of AMERICAN ROYALS

Kisses and Croissants



ANNE-SOPHIE
JOUHANNEAU

Kisses and Croissants By Anne-Sophie Jouhanneau

As sweet as a macaron from Laduree, with writing as crisp as a freshly baked baguette, this romantic novel set in Paris about an American ballerina and a charming French boy is parfait for fans of American Royals and Netflix's To All the Boys I've Loved Before.

Seventeen-year-old Mia, an American girl at an elite summer ballet program, has six weeks to achieve her dreams: to snag an audition with one of the world's best ballet companies. But there's more to Paris than ballet—especially when a charming French boy, Louis, wants to be her tour guide—and the pair discover the city has a few mysteries up its sleeve.

Release Date
6 April 2021.

List your property for sale or for rent on our property portal for only

15€ pm

Scan code for full details



Pools Camposol

MAKE YOUR HOME SPECIAL
WITH ONE OF OUR POOLS

5 DAYS START TO FINISH INCLUDING:
COPING, LIGHTS, STEPS,
WATER PUMP AND FILTER

ALL PLUMBING COMPLETE

Sizes:

4.5 x 2.5	7.5 x 3.5
5 x 3	8 x 4
6 x 3	9 x 4

Call us for a no obligation quote

686 733 844



CAMPOSOL
ALUMINIUM
Tel 686 733 844

EVERYTHING MADE
TO ORDER
ALL AREAS COVERED!
BEST PRICES!

Supply and Installation of Aluminium

GATES

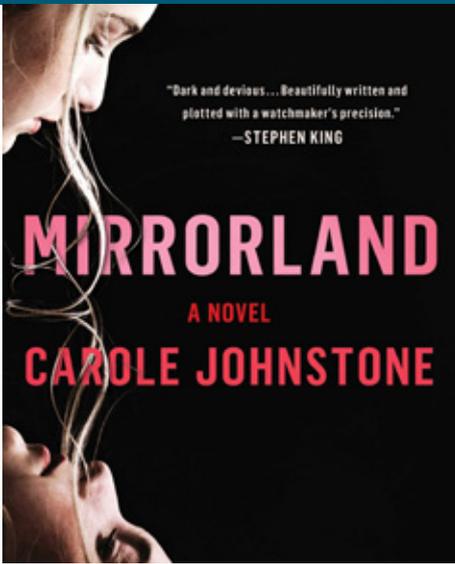


DOORS

WINDOWS
AND
MUCH
MORE



CALL US FOR A FREE NO OBLIGATION QUOTE 686 733 844



Mirrorland By Carole Johnstone

With the startling twists of *Gone Girl* and the haunting emotional power of *Room*, *Mirrorland* is a thrilling work of psychological suspense about twin sisters, the man they both love, and the dark childhood they can't leave behind. Cat lives in Los Angeles, far away from 36 Westeryk Road, the imposing gothic house in Edinburgh where she and her estranged twin sister, El, grew up. As girls, they invented *Mirrorland*, a dark, imaginary place under the pantry stairs full of pirates,

witches, and clowns. These days Cat rarely thinks about their childhood home, or the fact that El now lives there with her husband Ross.

Release Date

20 April 2021.

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 lookout 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!

For All Your TV Needs



rainbow

SATELLITES



(0034) 686 358 475

rainbowsats@gmail.com



www.rainbowsats.org

www.the-journal.es

PROMISES & LIES THE STORY OF UB40



How did this group of young friends from Birmingham transcend their working-class origins to become the world's most successful reggae band is not the stuff of fairytales. The group's led a charmed life in many respects, but it's been a long road since the days they'd meet up in the bars and clubs around Moseley, and some of them had to scrape by on less than £8 a week unemployment benefit.

By the summer of 1978, something did happen, and the nucleus of UB40 began rehearsing in a local basement. Robin's younger brother Ali, Earl Falconer, Brian Travers and James Brown all knew each other from Moseley School of Art, whilst Norman Hassan had been a friend of Ali's since school. Initially, they thought of themselves as a "jazz-dub-reggae" band, but by the time Robin was persuaded to join and they'd recruited Michael Virtue and Astro – who'd learnt his craft with Birmingham sound-system Duke Alloy – the group had already aligned themselves to left-wing political ideals and forged their own identity, separate from the many punk and Two



Tone outfits around at that time. The group named themselves after an unemployment benefit form. Their political convictions hadn't been gleaned secondhand either, but cemented in place whilst attending marches protesting against the National Front, or rallies organised by Rock Against Racism.

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.

Include here info on San Javier Jazz Festival.

Annie Lennox

urythmics were one of the most successful duos to emerge in the early '80s. Eurythmics continued to have hits until the end of the decade, making vocalist Annie Lennox a star in her own right, as well as establishing instrumentalist Dave Stewart as a successful producer and songwriter. Originally, the duo channelled the eerily detached sound of electronic synthesizer music into pop songs driven by robotic beats. By the mid-'80s, singles like "Sweet Dreams (Are Made of This)" and "Here Comes the



Rain Again" had made the group into international stars, and the group had begun to experiment with their sound, delving into soul and R&B. As the decade moved on they were having trouble getting into the Top 40 in America, although they stayed successful in the U.K. By the early '90s, Eurythmics had taken an extended break -- both Lennox and Stewart pursued solo careers -- but they reunited occasionally for recording or tours.

The origins of Eurythmics lay in the Tourists, a British post-punk band of the late '70s formed by Lennox and Stewart. The pair met in London while she was studying at the Royal Academy of Music. Stewart had recently broken up his folk-rock group Longdancer and was writing songs with guitarist Pete Coombes. Immediately after meeting, Stewart and Lennox became lovers and musical partners, forming a group called Catch with Coombes, which quickly evolved into the Tourists in 1979. Though the band was only together for two years, the Tourists released three albums -- The Tourists, Reality Effect, and Luminous Basement -- which all were moderate hits in England; two of their singles, "I Only Want to Be With You" and "So



Good to Be Back Home Again," became Top Ten hits.

During 1980, Lennox and Stewart's romantic relationship dissolved and, along with it, so did the Tourists. Though they were no longer lovers, Lennox and Stewart decided to continue performing together under

the name Eurythmics and went to Germany to record their debut album. Featuring support from various members of Can and Blondie drummer Clem Burke, among others, the duo's debut, *In the Garden*, was released in 1981 to positive reviews, but slow sales. Following the failure of *In the Garden*, Stewart set up a home studio and Eurythmics recorded a second album, *Sweet Dreams (Are Made of This)*, which was released in 1983.

"Love Is a Stranger" was the first British single from the album, and it became a minor hit in the autumn of 1982, a few months before the LP appeared. The title track was released as a single in the spring, and it raced to number two on the U.K. charts; shortly afterward, it climbed to number one on the American charts. "Sweet Dreams (Are Made of This)" was helped by its stylish, androgynous video, which received a lot of airplay from MTV, who had only recently become a major influence within the music industry. After "Sweet Dreams," Eurythmics re-released "Love Is a Stranger" and it reached the U.K. Top Ten (number 23 U.S.), beginning a string of hit singles that ran for a year. *Touch*, the duo's third album, was released toward the end of 1983 and continued their success throughout 1984, spawning the hits "Who's



That Girl?" (number three, U.K.; number 21, U.S.), "Right by Your Side" (number ten, U.K.; number 29, U.S.), and "Here Comes the Rain Again" (number eight, U.K.; number four U.S.). During the course of 1984, Annie Lennox's theatrical gender-bending was becoming increasingly notorious, which helped their record sales. At the end of the year, they released the soundtrack for the film adaptation of 1984, which received poor reviews and sales, despite the Top Ten U.K. placing of its single, "Sexcrime (Nineteen Eighty-Four)." Greatest Hits Eurythmics quietly went

on hiatus as of 1990, releasing *Greatest Hits* the following year. Lennox began a solo career in 1992, releasing *Diva*, an album that would eventually sell over two million copies. Stewart continued producing records and writing film soundtracks, as well as forming a band called *Spiritual Cowboys*. In 1995, he officially launched a solo career with the release of *Greetings from the Gutter*. Lennox and Stewart re-formed Eurythmics in 1999, releasing *Peace*, their first new studio album in a decade.

Cat's
bar

*"The Best Food, Drinks,
Entertainment and Sports"*

Tel: 634 329 645

Scan the code to reveal our take-away menu

Located on Camposol Sector A

www.the-journal.es

Homemade Cakes and Pastries
Bakes Fresh Daily

Fish & Chips - Every Wed & Fri
Fresh Beer Battered Cod, Chips and Peas - (12-7pm)
Small 6€, Large 7.50€

Full English Breakfast
2 of everything! - 4.50€

Sunday Lunches
Booking Advised - From 6.00€

*Full Menu With Sandwiches,
Snacks and Main Meals
Available at the Bar!*

WHATS ON AT CAT'S?

Thursday: FAT CLUB (11-12pm)
Thursday: Bernie's sing along (2-5pm)
Saturdays: All Sporting Events Shown
Wednesday: Fun quiz with Sean Bodie
7.30pm





FAST NEW MEDICAL EMERGENCY NUMBER IS 868 487 015

FOR MENTAL HEALTH ASSISTANCE 634 308 362

CALL FAST ON 868 487 015 FOR HELP AND INFORMATION, WE WILL BE ABLE TO GIVE VALUABLE ASSISTANCE AND INFORMATION OVER THE PHONE.



The mental health of society in general has and will be affected by the change in our lifestyles due to the restrictions in place due to the Covid-19 virus.

Due to the Covid-19 pandemic FAST are unable to attend patients who call us. Our phone system is available 24 hours a day 7 days a week to give advice, information, and support in a time of crisis. With the correct advice over the phone you could save a life.

FIRST AID.

To stop a bleed: apply direct pressure at the site of the wound with a clean cloth if possible.

If someone is not breathing but has a pulse: tilt the head back to open the airway, by opening the airway the patient may start breathing again.

If someone has a burn: irrigate the burn area for 20 minutes with cool water,

In any of the above occur, medical intervention will be required.

If you have to call for an ambulance, call 112 you can ask for an operator to speak in your language if you do not speak Spanish. The operator will ask a series of questions so they can prioritise your call. You can ask us to call for an ambulance for you if you are unable to do so

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

FAST is still looking at purchasing defibrillators for Camposol, these may save a life of someone suffering a heart problem. At this time the initial request to the council has come to a standstill due to issues including training, maintenance and ownership, which may not be in the interests of FAST or the community. Further negotiations will be pursued with the Mayor and the President of FAST Barry Hamilton on his return to Camposol.

The planned trip to Gibraltar has regrettably been cancelled due to the uncertainty of travel restrictions. Deposits are being returned. We will contact all the people who have paid their deposits.

The famous FAST nurses have been out collecting following all the Covid regulations.

We have had some people enquire about joining FAST. The people interested have been contacted, we can then meet up for a coffee so they can learn what they want to get out of joining, we can also let them know how FAST operates. No past experience is required as all training is provided in house. Giving something back to our community is a very rewarding feeling. If you are interested just email us at recruitment@fast2016.org

Without more responders the service we deliver will be greatly reduced.

STAY SAFE

IN A MEDICAL EMERGENCY CALL 112 FIRST THEN CALL FAST ON 868 487 015

IF YOU OR SOMEONE YOU KNOW NEEDS TO SPEAK TO A TRAINED MENTAL HEALTH FIRST AIDER THEN CALL 634 308 362
More information can be found on our web page; fast2016.org

YOU ARE NOT ALONE.



This has been quite a while coming and one we have saved long and hard for..... we have electricity at The Sanctuary!! We decided to go with solar power and what I know about it you could write on a postage stamp! It is a lot of money but so worth it and of course it is green energy and there will be no bills and another step nearer to opening The Sanctuary for visitors. So, keep on shining beautiful sun we need you . Believe me this is a momentous occasion when you have just been using a small generator to get by!



We have had a really busy month and just a quick update on a couple of cases from last month. Gypsy Boy who was taken to hospital was there a few days where he had no end of tests and they didn't really know what the problem was apart from his anaemia, he came home after a few days, is recovering well and being very cheeky too! Both the mothers and babies are doing well now though we had another scare with baby Endero who ended up back at hospital because of severe diarrhoea. He was kept there for 48 hours, put on a drip, and closely monitored. He improved fairly quickly, and we were pleased to have him back and much improved. It is such a shame his mother does not care about him she doesn't know what she is missing, good job we can give him lots of loving and cuddles. Thank you all so

much for your messages of encouragement and support, they really lift our spirits. Lucas our puppy with the mutilated tail arrived safely in England, he has certainly made himself at home with his new family and life is good for our boy.

to be forever vigilant. We also welcomed a new member to our happy family, Ana who we rescued from the parerra, though, this little lady is lucky enough to have a new home near Malaga and a friend is going with her too, Oreo who has been living with



Take That Tribute, Zambuca Restaurante: Apology: Unfortunately this event has now been cancelled. We had hoped to reschedule this but due to unforeseen circumstances this has not been possible. We will be planning future events when restrictions are lifted, both in Camposol and in Puerto de Mazarrón, so please watch this space.

New Year's Day Sponsored Swim: The total to date has now reached €3,353.72. A fantastic result taking into account the Corona Virus restrictions that were in place. Many thanks to all those who took part, even dressing up for the occasion, and to our many supporters who came along with their encouragement and their donations. Also grateful thanks to the Red Cross and the Guardia Civil for their attendance and continual support at our annual event.

Although all our normal monthly activities at our Drop in Centre have been put on hold we are still here for advice and information, shopping and medicine collection, so give us a call if you need help. All our phone lines as listed below will be manned as usual. If you would like an in-person chat with one of our team the Drop in Centre will be open on Tuesdays between 10am and 1pm by appointment only. Telephone 634 344 589 if you would like an appointment, and please remember masks are compulsory.

We need help in our office: Can you spare a couple of mornings a week on Mondays and Tuesdays to help us out with the office administration in our Drop in Centre? If you would like to volunteer for this and join our friendly team, please give Isabel Stewart a call on 634 344 589 or send an email to ageconcerncostacalida@gmail.com and we'll get back to you.

Age Concern Drop in Centre, Calle Valencia 12, Camposol A, Mazarrón
Enquiries - 634 344 589
Volunteer Coordinator - 634 312 516
Lifeline Puerto de Mazarron Area – 634 325 408
Equipment Loan - 634 306 927
(Lines Open 10am - 4pm Mon – Fri)



One of our pony's Flash had to have what we thought was a tooth out, but it transpires he had a huge stone that had grown in his salivary duct. It never amazes me what the vets can do on site and after an operation to remove it, all's well and the procedure didn't seem to bother him at all! Equine's hooves and teeth need to be checked on a regular basis as they can cause two of the most common ailments in equines, so we have

us for a while was the chosen one to be her companion. Happy days for them both we Will certainly miss Oreo.

YESSSSSSSS. we are back on Camposol and it has been amazing to meet up with many of our friends and supporters that we haven't seen for so long.

Let's hope that was the last lock down EVER and life can be resumed, albeit slowly. However, we are still desperate for volunteers in both of our shops. We only ask 4 hours per week and would love to be able to open again on Saturdays. No experience is necessary, and we are a friendly bunch, we would love to welcome you on board our team!

So, that's it for now, our regular drop off point in the car park on Camposol B has been resumed from 11.30-1.30pm on a Monday.

Alternatively, you can drop donations off at either of the shops in Roldan or Mazarron between the hours of 10.30-1.30pm.

The sun is shining, and we have electricity..... sorry just a tad excited still 🤩🤩🤩, the only way is UP!

Andrea x



ALL AREAS COVERED

Camposol Heating & Maintenance S.L



INSTALLATION & MAINTENANCE OF CENTRAL HEATING & AIR CONDITIONING



We are fully stocked with water heaters and air conditioning units

15 years trading

- General Plumbing
- Gas and Electric water heaters
- Leak source detection and repair
- Back up water tanks
- Seconday Electric Meters
- We deal with all insurance claims

Legally registered with Dirección General de Industria, Energía y Minas Región de Murcia

Find us on Facebook

Camposol Heating & Maintenance S.L - CHM

Visit our new website

LANDLINE 968 199 184 MOBILE 646 965 082
www.camposolheating.com Email: camposolheating@gmail.com



Install a modern gas water heater and save hundreds of euros per year on your electricity bill!

The cost of electricity here in Spain has been increasing at quite an alarming rate for several years now and is making all of us more aware of the appliances we use and how we utilise them.

Not only has the cost per kilowatt increased dramatically but the IVA has also risen from 16%, then 18% and now to 21% over the last 10 years making a significant difference to the total bill. The bills are also now issued on a monthly basis, rather than bi-monthly, as they were a few years ago and the reality of the true monthly cost can be a bit of an unwelcome surprise.

For those of us that are not able to enjoy the benefits of a full central heating and hot water system, one way of an instant saving could be by switching to a gas water heater instead of an electric one. Some villas were only released with a small 50 litre electric water heater, usually found in a corner cupboard in the kitchen. You will be lucky to get 2 showers out of it or one very shallow bath! Larger electric water heaters are available but cost even more to use, and even longer to heat up.

The cost of a full gas bottle is approximately €16.00 and should last an average household for around 6 weeks.



There is also the advantage of "unlimited and instantaneous" hot water as the hot water is not stored. The gas water heater will "kick in" when you open the hot tap. The days of pilot lights, are ancient history now. The units are sealed, and need an electrical socket to function which we provide too as part of the installation.

An average new installation of a modern gas water heater can be completed in less than half a day, and based on the cost saving on your current electric monthly bill, the "payback" on your investment can be as little as 6 months.

Camposol Heating and Maintenance S.L. have been installing these systems for over 16 years and are legally registered for gas installations with the Industry of Energy and Mining as is the law, here in Murcia.

For more information and an obligation free quotation please contact our office on 968 199 184
WhatsApp us on 646 965 082 Or email us on camposolheating@gmail.com.

GAS SAFETY CERTIFICATE ISSUED WITH EVERY INSTALLATION

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 strawberry 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.



Green Fingers Gardening Group



It's great to be back working this month! Our Volunteers have been planting, clearing and tidying borders,

weeding, trimming yuccas, pruning, collecting and siting garden furniture and watering. The landscaping and planting has really improved all the verges and has been paid for with your generous donations to our buckets, thank you!

Our Maintenance Team continued their regular programme this month: weeding, sweeping and spraying the streets of 'C' North each week in rotation. The chemical we use is pet friendly so no danger to animals and will control the lush regrowth as Summer starts. If you own a home on C Sector North, 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. This month a resident donated several beautiful statues, which our team sited in various areas so everyone would benefit. They have been drilled with rebar and concreted in, to deter the more light-fingered amongst us...If you see any suspicious activity please get in touch – all information will be treated confiden-

tially, thank you. Every donation to our bucket or raffle, every payment to the Maintenance Scheme and every contribution made by local businesses; they all add up to a caring community.

Further information is available on our chalkboards and Facebook, from John, our Chairman, on 634 325 427 or visit our Facebook pages: Green Fingers Camposol or Camposol C Sector Group.



Home insurance

Great cover for your home and contents from the expats leading broker!

10% extra contents cover in December

968 595 945



689 157 126

mazarron@ibexinsure.com

Camposol Business Centre, Camposol Sector A, Calle Madrid 19, 30875 Mazarrón

www.ibexinsure.com/mazarron

Los Palacios



It is nice to report that things are continuing to improve with restrictions being eased. This has resulted in more people being able to get out and about and meet up with friends.

At the time of writing we are now allowed to have 4 people at a table on outside terraces and restaurants and bars now able to open inside with 30% capacity and two people at a table.

I have also heard of some people on Camposol having received notification of their vaccine date. So things are certainly looking brighter.

Our library is now open from 10 am to 12.30 pm (which is back to its original times before lockdown).

During the lockdown we took the opportunity to give the library a "spring clean". All the books were taken out and tidied up and the shelves cleaned and sterilised. Extra shelving has now been put in the "female authors" hut which was a bit cramped and a new light fitted.

On the gardening front our regular band of volunteers have been out doing their usual maintenance, weeding, trimming the trees and pruning, cleaning the roads and destroying the processionary caterpillars.

Ken has planted a row of oleanders in the memorial park which will soon

grow to form a nice hedge.

I would also add that there are a group of like minded residents, who although are not actual members of our group do a marvelous job in maintaining the areas close to their homes, particularly on the upper end of Barcelona which is kept lovely.

Our group has provided financial assistance to several of these independent projects over the years when we have been able to as it all helps in keeping our area looking nice.

Our bucket collection is now back on track to regular Thursdays outside Tells from 10 am to 12 noon. We are also having an additional bucket collection outside the Farmacia on a Friday from 11 am to 12 noon in the hope of raising additional badly needed funds.

While our volunteers carry out the work for nothing we do need money to finance the purchase of equipment etc. and also the running of our vehicle which is necessary for clearing rubbish and garden waste. We are grateful for your contributions.

If you wish to contact us our email is lospalaciosgardening@icloud.com and we have a post box in the post room on A under number 915 Los Palacios Gardening Group.

We thank you all for your continued support.

List your property
for sale or
for rent
on our
property
portal for only
15€ pm

Scan code for full details



Powers in Spain and the UK

It's a fact that over time things change in our lives mentally as well as physically. Sometimes those changes are clear to see and sometimes they are not.....

It can be easy to carry on from day to day

without realising there is a loss of mental and/or physical capacity and which loss will prevent someone from managing their affairs whether they relate to Spain or the UK.

For matters involving the UK, it's good to plan in advance by drawing up a document called Lasting Power of Attorney wherein one or more persons are appointed to deal with the affairs of the Donor should they be unable to deal with their own day to day affairs.

capacity – it is termed preventative power as will take effect even if the Donor has lost mental capacity at a later stage.

It's also interesting to know that this form of Power is customary to be granted by anyone of any age, for those who are in business or not, as the case may be, so that in any circumstance that the Power is required to be used, there will be no difficulty with dealing with those affairs of the Donor.

This is a complex area and requires a good deal of consideration and involvement with professionals who are experienced in these areas. The proper planning and guidance on matters such as this avoids stress and anxiety which would be detrimental to your general health.

If you should need my advice regarding this or any other issue involving your legal and financial affairs, whether they involve the UK or Spain, don't hesitate to contact me.

If you should need my advice regarding this or any other issue involving your legal and financial affairs, whether they involve the UK or Spain, don't hesitate to contact me. In the first instance, please email shirleyfisherlegalservices@gmail.com.

My office address is Calle Madrid 19, Camposol Sector A, Tel. 968 103 008 Mobile No. is 634 053 976

Shirley Ann Fisher FCILEx. UK Lawyer & Commissioner for Oaths, Camposol Business Centre

Shirley Fisher

Legal & Financial Services

The ONLY qualified and experienced UK Lawyer in this area providing a comprehensive range of services covering English and Spanish matters including QROPS Pension transfers to unlock your UK private pension

For an initial discussion please telephone 634 053 976
or email: shirleyfisherlegalservices@gmail.com

Camposol Business Centre
Calle Madrid 19, Sector A
Camposol, Mazarrón
MURCIA 30875

FOR AN APPOINTMENT
Tel: 968 103 008
FAX: 968 199 664

This Power can relate to property and finances, as well as general health and welfare. It's all about the needs and wishes of the Donor and the all important requirement is that the Donor possesses mental capacity in order to be able to advise their wishes.

Once capacity has been lost, then a procedure called Deputyship is necessary which involves a report from a medical professional, this being a crucial ingredient of the process to enable the Office of the Public Guardian to grant the Order.

For affairs in Spain, the process is more complex and costly once Donor has lost capacity and will involve an application to the Court for Guardianship to be granted to another person to deal with the affairs of the person who has lost capacity.

It's interesting to know that a good deal of worry and expense can be avoided if the Donor signs Power before a Notary here in Spain whilst they have mental

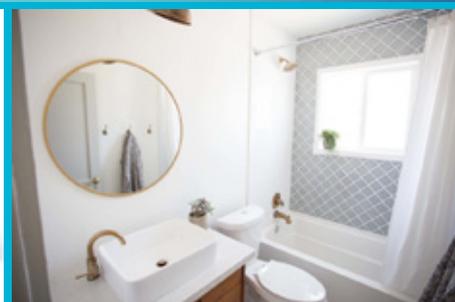


SUMINISTROS DE FONTANERIA JEFFERSON

T: 633 219 194
Avenida Constitucion, Mazarrón

Pool Maintenance and Cleaning Accessories ~ Plumbing Accessories

Bathroom Accessories ~ Boilers ~ Water Filtration Systems



C & G FABRICATIONS

ESTABLISHED 2004

Installing High Security UPVC Windows,
Doors & Conservatories Since 2004

WE ARE BACK OPEN
FOR BUSINESS
PLEASE NOTE, WE HAVE ALL
THE NECESSARY
PRECAUTIONS IN PLACE TO
COVER THE COVID 19
PROTOCOL.

TOP QUALITY UPVC WINDOWS, DOORS & COSERVATORIES

all built to british standards using quality european profiles

PANEL SOLID WHITE
from 735.00

PANEL SUNBURST
BROWN from 1105.00

SQUARE GREEN ZINC ART
ELEGANCE from 1205.00

PANEL 1 ARCH MURANO
from 1070.00



KENDAL SOLID
from 735.00

CHICHESTER AURIGIA
from 865.00

BEVERLY 1 MARBLE ARCH
from 810.00

YORK 1 GEORGIAN BAR
from 775.00



High security 7 point locking with
security hinges

High security reinforced panels
Fully reinforced so all locking points
fix into Steel

Internally beaded

70mm DECEUNINCK German pro-
file one of the worlds leading PVCU
systems

Decorative sight lines

Discreet neutral grey seal

Secure by design door locks
Tested in Spanish AENOR test
centres for all elements of Spanish
weather

Comprehensive guarantee against
discoloration, cracking and warping



VISIT OUR NEW WEBSITE FOR ALL INFORMATION

www.candgfabricationses.com



To obtain details of our current offers and to arrange your **FREE** estimate
and survey telephone



966 764 730 or 677 689 587



Email: enquiries@candgfabricationses.com

FULLY REGISTERED SPANISH COMPANY MANUFACTURING AND INSTALLING ON THE
COSTA BLANCA AND COSTA CALIDA
C.C Los Dolses 104 Urb. Villamartin



Find us on:
facebook®

ALL TRADE ENQUIRES WELCOME

ALICANTE * LA MARINA * LA MATA * TORREVIEJA * PILAR DE LA HORADA *
LOS ALCAZARES * CAMPOSOL * MAZARRON * SAN MIGUEL * CATRAL *
ALTEA * CALPE * PINOSO * HONDON VALLEYS * ALGORFA * ALMORADI *



Luz del Sol

LDS Resale Properties S.L.



**ONLY
2.5%
COMMISSION**

**DUE TO A HIGH LEVEL OF DEMAND, WE
ARE CONTINUOUSLY LOOKING FOR
PROPERTIES IN THE MURCIA REGION**

Come see us at the Commercial
Centre on Sector A, Camposol



luzdelsol.co.uk
sales@luzdelsol.net



+34 968 199 068
+34 671 948 475
+34 619 025 160



Having been here on Camposol for more than 20 years, we understand the difficulty and apprehension in buying a property in a foreign country and putting trust in people you have just met.

We pride ourselves in putting you at ease from the start and giving you help and guidance throughout the process. More importantly, we continue to do this after completion to make your life here in Spain that bit easier and more enjoyable.

For new clients that put their property on the market with us we are pleased to offer you a 10€ Reeves Butchers voucher, let us know you saw our ad in The Journal to collect yours.

- ✓ Help in opening a Spanish bank account
- ✓ Mortgages
- ✓ Accommodation
- ✓ Airport transfers
- ✓ Key-holding
- ✓ Multi lingual agents (Spanish, Dutch, French, English and German)
- ✓ Honest feedback on all viewings
- ✓ Global advertising (Rightmove, A place in the sun, Kyero, The Journal)
- ✓ Assistance in finding reputable tradesmen where required
- ✓ Free no obligation valuations



Ref 3090 194,995€



Ref 3074 115,000€



Ref 3061 284,995€



Ref 3056 54,995€



Ref 3038 176,000€



Ref 3085 57,900€

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
- Los Palacios Garden & Community Group Work Party 9 am to 11 am
- Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm
- Slimming Club, Cats Bar Camposol, 11am
- Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
- Los Palacios Garden & Community Group Work Party 9 am to 11 am
- Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm
- Slimming Club, Cats Bar Camposol, 11am
- Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
- Los Palacios Garden & Community Group Work Party 9 am to 11 am
- Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm
- Slimming Club, Cats Bar Camposol, 11am
- Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
- Los Palacios Garden & Community Group Work Party 9 am to 11 am
- Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm
- Slimming Club, Cats Bar Camposol, 11am
- Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
- Los Palacios Garden & Community Group Work Party 9 am to 11 am
- Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm
- Slimming Club, Cats Bar Camposol, 11am
- Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

MONDAY

TUESDAY

WEDNESDAY

Notes

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

- Puerto de Mazarron Market Day 9am - 6pm
- St Nicholas Ecumenicla Church Service, 10:30am - 5pm
- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
- San Jose El Saladillo - Catholic Mass in English, 4:30pm

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

- Puerto de Mazarron Market Day 9am - 6pm
- St Nicholas Ecumenicla Church Service, 10:30am - 5pm
- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
- San Jose El Saladillo - Catholic Mass in English, 4:30pm

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

- Puerto de Mazarron Market Day 9am - 6pm
- St Nicholas Ecumenicla Church Service, 10:30am - 5pm
- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
- San Jose El Saladillo - Catholic Mass in English, 4:30pm

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

- Puerto de Mazarron Market Day 9am - 6pm
- St Nicholas Ecumenicla Church Service, 10:30am - 5pm
- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
- San Jose El Saladillo - Catholic Mass in English, 4:30pm

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30



Reeves Butchers
Traditional Butchers since 2005

 **Reeves Butchers Spain**

 **711 003 354**

 **info@reevesbutchers.com**

Deliveries to Camposol and surrounding areas available on request



Condado Taxis
0034 622 714 979
Legal and registered

Please check with the venues or organisers in case there have been changes to the events.

For more information please check the websites of either The Journal or the Costa Calida Radio

THE **Journal**



Costa Calida Radio
90.00 & 100.00 fm

Jokes

What's the best way to make Easter easier? Put an "i" where the "t" is.

How does Easter end? With an "R"!

Where does Easter take place every year? Where eggs marks the spot!

How can you make Easter preparations go faster? Use the eggs-press lane!

What should you do to prepare for all the Easter treats? Eggs-ercise!

What kind of jewelry is the best Easter gift? A 14-carrot gold necklace.

What kind of bean can't grow in a garden? A jelly bean.

What happens if you get married on Easter? You live happily ever after.

What do you call a rabbit with fleas? Bugs Bunny.

What do you get when you pour hot water into a rabbit hole? Hot cross bunnies.

What did the Easter Bunny say to the carrot? Nice gnawing you.

What is Easter Bunny's favorite kind of music? Hip-hop!

What do you get if you give an Easter Bunny a pair of socks? A sock hop!

How does an Easter Bunny keep his fur looking so good? Hare spray.

What's the Easter Bunny's favorite restaurant? IHOP.

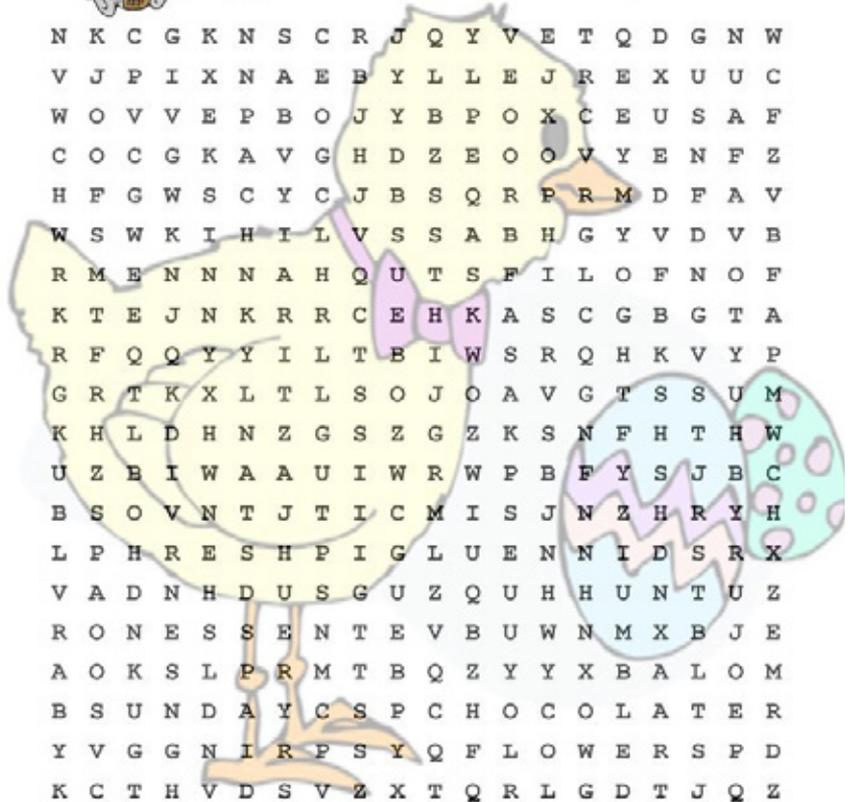
Why was the Easter Bunny so sad? He was having a bad hare day.

How does the Easter Bunny stay in shape? He eggs-ercises.



Name: _____

Easter Fun Word Search



BASKET

EGGS

BUNNY

SPRING

CHOCOLATE

GRASS

TULIPS

FLOWERS

CHICK

SUNDAY

DECORATE

JELLYBEAN

HUNT

CANDY

BONNET

THE
Journal

Advertise your business in our
magazine from as little as **35€ pm**

Scan code for full price list



CLÍNICA PODOLÓGICA

Natàlia García Acosta

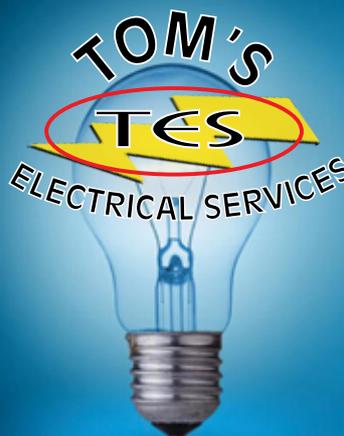
Podóloga - Nº Col.122

Telf: 968 103 008

Camposol Business Center

C/Madrid, s/n - 30879 MAZARRÓN

www.the-journal.es



ALL ELECTRICAL WORK
UNDERTAKEN

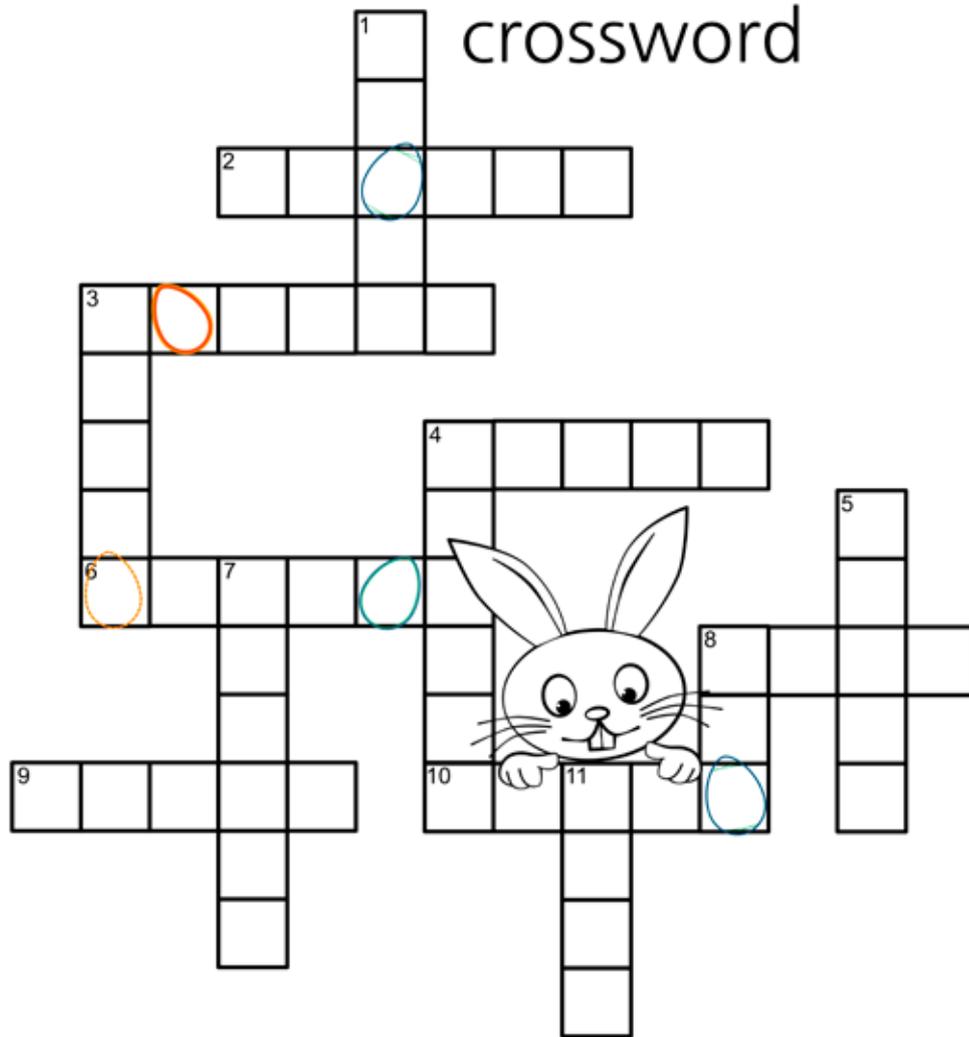
SURGE PROTECTION AND
CARD METERS FOR
RENTAL PROPERTIES

NO CALL OUT CHARGE ON
CAMPOSOL

FREE ADVICE AND
QUOTATIONS
LEGAL & REGISTERED

T: 666 133 674

EASTER



- Down**
1. Jesus has _____.
 3. They rolled away the _____.
 4. What a rabbit likes to eat
 5. A baby rabbit
 8. A Bunny may not walk but he can _____.
 7. The day of the week we celebrate Easter
 11. A baby sheep

- Across**
2. What you carry to gather eggs
 3. The season we celebrate Easter
 4. A newly hatched bird
 6. The day we celebrate the resurrection of Jesus
 8. An Easter Egg _____.
 9. A tasty treat you may find in Easter eggs
 10. A flower that grows from a bulb



English Speaking
Dentist

CAMPOSOL
DENTAL CLINIC



Free check ups

URB. CAMPOSOL-SECTOR A

968 103 008 / 685 098 667

www.the-journal.es

Advertise
your
business
in our
magazine
from as little
as

35€ pm

Scan code for full price list



Electric Potato Peeler Automatic Rotating Apple Peeler Potato Peeling Machine Automatic Fruits Vegetables Cutter Kitchen Peeling Tool

- Easy to Use: Humanized button design, just gently press, start peeling automatically. Movable fixed needle can adapt to different vegetable & fruit height. The Robotized arm



can adjust thickness and automatic balance in peeling process, keeps thickness uniformly. The bottom holder can fix vegetable & fruit in its rotation process. No need to hold the vegetable during peeling, safe to hands!

- High Effective Electric Peeler: Designed with high quality stainless steel blade, peels fruits and vegetables faster. A potato can be peeled within 10 seconds. It just pares the skin without wasting any of the nutritious part. Durable ABS plastic Non-slip base keep steady on the desk or other working place.
- Powered by Battery and Charger: The apple peeler can be not only powered by 4 AA batteries (not included) but also the 6V adapter charger (included).
- Extra Bonus: Coming with 3* Replaceable Blades + 1* Handy

Thumb Knife which is quick & easy to scoop out the potato eyes, all above tools are stored intensive-ly in underneath of the peeler.

- The Robotized arm adjusts to every thickness, shape and textures .Suitable cut 2cm --- 14cm diameter height 5cm --- 15cm in fruits and vegetables, and cut out the skin about 1 mm. Such as potatoes, sweet potatoes (need to clean), apples, pears (head and tail cut less than 2-3 cm), oranges, persimmon, mango, kiwi, cucumber, radish, and some other smooth leather hard



fruits and vegetables.

Bits and Pieces Laser Guided Fabric and Paper Scissors-Cuts Fast and Straight - Universal



Gadget Trimmer Gifts

- Do you hate that you can never cut a straight line with regular scissors? We have the answer!
- These unique, high-quality laser guided scissors give you an absolutely straight guide line to cut along.
- Two adjustment screws allow you to aim the laser light perfectly



where you want it.

- Great for sewing, craft projects and wrapping gifts.
- Requires 2 button cell batteries, included. For adult use only. Scissors measure 8-1/2" x 3".

Fingerprint Sensor Lock

This fingerprint lock makes it easy to secure your stuff at the gym, school, or any time you want to go key-free.

Biometric technology makes your fingerprint the key that opens the durable pick- and water-resistant lock.

Benjilock by Hampton can store up to 10 fingerprints, is USB rechargeable, and even has a set of keys for extra peace of mind.

SALUS
HEALTH INSURANCE



Experts in health insurance

Our agent in the area is **IBEX**

**More than
60 years of
experience**

**Multilingual
service
Foreigners
specialists**

**Rate
flexibility
With and
without
co-payments**

**Broad
coverage
Hire age up
to 75 years**

You can be treated at the **Camposol Health Clinic!**

Avenida de Maisonnave, nº 31 | Entreplanta, 03003, Alicante (España)
Tel: (+34) 965 12 61 35 | Fax: (+34) 965 12 61 36

www.salus-seguros.com

Audi Audi Sport Quattro S1 Sport Quattro S1



The Audi Quattro is a prominent figure in automotive history. First introduced in 1981, the Audi Quattro would revolutionize rally racing; and subsequently the trajectory of production car technology.

It was the first rally car to effectively and reliably use all-wheel drive and would go on to be a benchmark for future cars fitted with such a drivetrain. This inaugural generation of the Quattro is often referred to as 'Ur-Quattro'. The "Ur-" is a prefix derived from the German word for 'original', therefore denoting in its entirety, 'The Original Quattro'.

Eventually, it would be replaced with the Audi Sport Quattro in 1984, after shortcomings of the aforementioned car – such as its relatively large weight and dimensions – became too apparent. Taking advantage of the lenient homologation requirements of the time, Audi engineers went full tilt in creating a successor to the Quattro, doing so after producing the required 200 Sport Quattro cars.

An updated version of the Audi Sport Quattro – given the 'S1' moniker – was introduced at the end of 1984. To meet homologation requirements for the improvements, Audi first had to produce an additional 20 examples per Group B regulations. After this was completed, Audi debuted the Sport Quattro S1 at the 1000 Lakes Rally in August 1985.

The most notable changes could easily be spotted at a cursory glance, thanks to some very extroverted modifications which included huge overhangs and a massive rear wing.

The car also underwent some weight reduction by replacing a number of steel components with kevlar or alu-

minum, while some of the weight was redistributed towards the rear of the car by relocating the radiators, battery and other accessories. The car also featured a shorter wheelbase than the Quattro.



"The Audi Sport Quattro S1 also improved on the unique 2.1L in-line-5 power plant which now produced a factory-stated 470-horsepower. However, the true power input was believed to be in excess of 500-horsepower since the turbocharger was complemented with a recirculating air system which also reduced turbo lag.

The enhanced engine – in conjunction with the weight reduction and revised aerodynamics – propelled the car from 0-100 km/h in a staggering 3.1 seconds.

What supercars are doing today, the Sport Quattro S1 was doing in the mid-'80s. The speed, acceleration, and traction of the car would unsurprisingly, be its biggest claim to fame.

Defining The Way We Shift

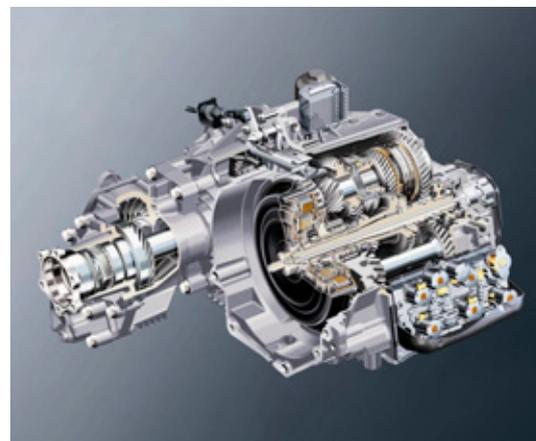
During some rally races, certain examples of the Audi Sport Quattro S1 were equipped with a then-experimental version of the dual-clutch automatic gearbox. Thus, the very first iteration of what is now commonly known as DSG (direct-shift gearbox) or PDK (Porsche doppelkupplung), can trace its beginnings to the Sport Quattro S1.

Essentially, the Sport Quattro S1 is the forebearer of dual-clutch transmissions.

In hindsight, it is incredible to fathom, that something that is thought by the mainstream to be an advanced and relatively 'new' technology, was already around in 1985 thanks to Audi's ambition to create the ultimate rally machine.

All-Star Ensemble

The new Audi Sport Quattro and all



its variants would be piloted by a world-class team of drivers which included Hannu Mikkola, Walter Röhrl, Michele Mouton, Bobby Unser, and Stig Blomqvist.

In terms of Group B Rally Racing, there were high expectations for this squad and the Sport Quattro to achieve results. After all, Blomqvist was the 1984 World Champion, having achieved this feat using the vastly inferior Quattro. Mikkola and Röhrl had also won races in the car, which allowed Audi to also secure the constructor's trophy.

The car would also partake in Pikes Peak International Hill Climb – amiably referred to as "Race to the Clouds" – with Mouton, Unser, and Röhrl featuring as drivers throughout a number of years in this daunting race event.

Instant Impact

The only downside to an otherwise commendable debut was that the Audi Sport Quattro S1 only managed its first appearance near the end of the season. By this time, the Peugeot 205 T16 had already won six out of the eight races for the year.

In its first race, the Sport Quattro S1 piloted by Blomqvist, scored a respectable second-place finish, behind the Peugeot. Röhrl would score the ultimate consolation goal by finishing in first place in the San Remo Rally. It during this race that the Sport Quattro S1 was able to put on full display, the levels of power and traction it would become best known for.

A Lasting Legacy

Shortly following the events at the Rallye de Portugal – where 3 spectators were killed, and 30 were injured during a racing incident – Audi announced that they would no longer be participating in rally racing.



Although Audi's Rally Program only spanned 5 years, its influence on motorsport and the greater automotive community are still apparent today. With four championship titles and the groundbreaking technologies it introduced, the Sport Quattro and its variants were an undisputed success.

The 1985 Audi Sport Quattro S1 is still the most powerful rally car ever built. The lessons learned from building and racing the car would later be effectively applied to Audi's participation in GT and Touring-car racing, with success to follow in Trans-Am, DTM and BTCC series.

The Sport Quattro S1 would also be triumphant in the Pikes Peak International Hill Climb. In 1985, Michele Mouton set a world record time, in the process of becoming the first female driver to achieve this feat at the event. Victories would be repeated by Walter Röhrl in 1987, again by Mouton in 1988, and then in 1989 by Bobby Unser.



2021 MotoGP™ CALENDAR

Qatar*		Losail International Circuit	28 MAR	Aragón		MotorLand Aragón	12 SEPT
Qatar*		Losail International Circuit	04 APR	San Marino e Della Riviera di Rimini		Misano World Circuit <small>INCLUDING MotoGP</small> Marco Simoncelli	19 SEPT
Portugal		Algarve International Circuit	18 APR	Japan		Twin Ring Motegi	03 OCT
Spain		Circuito de Jerez <small>INCLUDING MotoGP</small> Ángel Nieto	02 MAY	Thailand		Chang International Circuit	10 OCT
France		Le Mans <small>INCLUDING MotoGP</small>	16 MAY	Australia		Phillip Island	24 OCT
Italy		Autodromo del Mugello	30 MAY	Malaysia		Sepang International Circuit	31 OCT
Catalunya		Barcelona - Catalunya <small>INCLUDING MotoGP</small>	06 JUN	Comunitat Valenciana		Comunitat Valenciana Ricardo Tormo	14 NOV
Germany		Sachsenring	20 JUN	Postponed:			
Netherlands		TT Circuit Assen <small>INCLUDING MotoGP</small>	27 JUN	República Argentina		Termas de Río Hondo	
Finland**		KymiRing	11 JUL	Americas		Circuit of The Americas	
To be decided	?		TBD	Reserve Grand Prix Venues:			
Austria		Red Bull Ring - Spielberg <small>INCLUDING MotoGP</small>	15 AUG	Indonesia**		Mandalika International Street Circuit	
Great Britain		Silverstone Circuit	29 AUG	Russia		Igora Drive Circuit	

* Evening Race ** Subject to the Homologation



VNBenny
sales@vnbenny.com

vnbenny.com



START YOUR ONLINE BUSINESS NOW!



**CREATE YOUR ONLINE STORE WITH THE
MOST POWERFUL CMS ON THE MARKET!**



Dawn Llewellyn-Price

April fool!

Welcome to international humour month, for April is the time for fun and games, where it's traditional to play tricks on your fellow man. Pretending you've been skydiving when you've photoshopped your head on a picture from the parachute club brochure was a quite recent personal choice. Those exterior shots of small planes and runways, an interior bar dotted with skydiving memorabilia and a smiling selfie alongside from an earlier visit to a small private airport, led to an hour of endless fun on my laptop, cutting and pasting, while my feet never left the carpet.

'Oh, you're so brave!' came the social media responses.

'Oh, it was nothing, just a really early

start.' Because at midday, of course, it has to end. All jests are off and must be revealed.

Most of us recall at least some of the traditional nationwide April Fools played on an unsuspecting public. Who could ever forget BBC Panorama's spaghetti tree? Or Sir Patrick Moore's two planet alignment which would result in people feeling lighter at a specific time of day? Radio joined in with the infamous 'Tony Blair' phoning Nelson Mandela prank, only for 'Tony' to ask at the end what Nelson was doing for April Fool's day. The line went dead.

A Californian radio station once announced that the space shuttle had been diverted into a local airport. Over a thousand people added to mid-morning traffic trying to see it. Likewise in the Independent newspaper, London's circle line tube was being considered as a new Cern-type particle accelerator location. Having visited the real thing, I can say it probably would make a great alternative. The Welsh Royal Mint informed us we were getting the 'poo' emoji on fifty pence pieces commemorating Brexit, but it was The Irish Times who came up with the creepiest. Disney was buying the embalmed body of Lenin for it's Euro theme park. With strobe lighting effects.

Where did this tradition come from? Blame the French. They changed the

Julian calendar to the Gregorian calendar in 1582, changing New Year's Day from April 1st to January 1st. Of course, those still unaware continued as usual (no speedy social media in those days) these were laughed at by those in the know, who slapped paper fish on their backs (Poisson d'Avril) and played other tricks.

The English began pranking around 1700, and if you were successfully fooled, you were called a 'noodle' or 'noddy'.

The Scottish used it as a two-day celebration, where 'hunting the gowk' meant sending people on fools' errands.

'Find me a skirting board ladder, laddie!'

Probably the finest example of this day was set in the town of Gotham, Nottinghamshire, where the locals acted like complete lunatics in an attempt to thwart King John, who desired a piece of their land to build a hunting lodge, very unpopular with the locals. It worked.

'They're bonkers up there!'

But avoid playing tricks on Spanish friends. Their April Fool's equivalent isn't until December 28th.



Los Amigos De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

Mazarron FC's form improved greatly following the appointment of the new Manager Roberto Carlos or "Kenny" as he is known. After a 3-1 victory against Lorca in his first game in charge, Mazarron beat Muleno 2-0 away from home and Racing Murcia 1-0 at home.



The Muleno game was particularly impressive and, after a goalless first half, Chiky Ardil and Salva Ballesta found the net to seal the points. The Racing Murcia game saw the appearance of a former Real Madrid player in the Murcia team. Royster Drenthe, who had seventeen Under 21 and one full international cap with the Netherlands was in the starting line-up having scored twice in the two previous games.

He began his career with Feyenoord before moving to Real Madrid for a fee of 14 million euros in 2007. He was with Madrid for five years before he was loaned to Everton where he made 21 appearances scoring three times. He showed neat touches in the game before being substituted after an hour. Mazarron won 1-0 with, arguably, the goal of the season, a 25-yard free kick from Diego.

Mazarron moved up to fifth place in their group table after this win but dropped down one place after the first defeat under Kenny's management, 2-0 away to CD Minera. Mazarron played virtually all the second half of



this game with ten men after left back Edu was sent off for an off the ball incident when he hit an opposing player in the face and conceded a penalty.

Because of the coronavirus pandemic, the League this year is being played in a different format. The 22 teams have been divided into two groups of eleven playing each other at home and away. After the end of these 20 games for each team, the top six teams in each group will combine to play each other on a home and away basis to determine the promotion place(s), a total of 22 games for each team. The bottom five teams in each group will also combine to play each other home and away to determine the relegation places.

At the time of writing there are just two games to play in the first half of the season and, if Mazarron beat CAP Ciudad de Murcia in their next home game, they will secure at least sixth place and go into the top group for the second half of the season.

The home game against Racing Murcia saw the ban on spectators lifted and a limited number of spectators were allowed back in to watch the game with season ticket holders guaranteed priority and with strict safety protocols in place. This situation continues at present and supporters need to register at the entrance to the ground at least 30 minutes prior to kick off time and avoid crowding.

ID should be shown, passport or driving licence, and supporters must leave one seat free either side of them.

Remain seated at all times and refrain from using the toilet facilities unless absolutely necessary. Use the hand sanitisers provided and masks must be worn at all times.

Your temperature will be taken (maximum 37.5C).

No eating or drinking of any kind except for water and no smoking. Keep a safe distance of at least 1.5 metres at all times

With regard to away travel, allocation seats to visiting supporters is subject to ground conditions and reduced capacity. Anyone wishing to travel to away games should contact Barbara by email on pamada.1130@yahoo.co.uk on the Thursday before the away game. The names will be passed to the Mazarron FC President who will contact the President of the other club to see if he can organise the necessary tickets. This procedure should guarantee admission and save a wasted journey. Obviously, some grounds with very small capacities may not be able to accommodate visiting supporters but we will keep our members fully informed. If tickets are

available travel will be in private cars until coach travel becomes feasible.

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. Until the final positions in the initial group stages are determined, we are unable to list any forthcoming fixtures. Mazarron's final game in Group B is away to Huerca-Overa on 28th March so the second stage would commence the following weekend.

The Racing Murcia game also saw home games being played again at the Estadio Municipal after remedial works had been completed. Full details of all games, dates, venue and kick off times are advertised in the local media, on www.mazarronfc.com or our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016. Mazarron Hoy have kindly streamed most of the games so far this season live on their Facebook page at a cost of 2.99 euros to allow supporters to watch their favourite team in action. Los Amigos membership renewals



(usually 1st August) have been deferred until the end of March 2021. If anybody, who is not a current member, wishes to join before this date their membership will expire on 31st March 2022 which will now be the same for everybody. Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. A new date for the postponed AGM will be announced as soon as regulations allow.

Because of the current situation in both the UK and Spain, the Golf Day at Camposol Club de Golf and the Gala Dinner at the Hotel la Cumbre which were scheduled to be taking place on Monday 12th and Tuesday 13th April respectively have been postponed. It is hoped to re-arrange these events later in the year and tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund can do so when the current regulations allow by emailing salterkb@hotmail.com.



Wrap Skirts

“We’ve already seen a glimpse of wrap skirts in 2020, and I think they will make a big comeback with the updated hemline length.”



Beginningboutique.com €9.99



www.forever21.com €21.99



www.forever21.com €21.99



shopaa.com €165



www.etsy.com €77.13



forever21.com €9.99

6 Beauty Tips for Long Eyelashes

Not everyone is blessed with long, thick lashes, but that doesn't mean that you can't get them; no, we aren't talking about falsies. From clever mascara hacks and nourishing ingredients to simple makeup tricks, we have rounded 6 foolproof tips for getting perfect, feathery eyelashes that you have dreamt of all your life.

Use clear primer

To achieve extra-long lashes in a snap, swipe on a primer before you apply mascara.

Heat your eyelash curler

Before using your eyelash curler, heat it with the blowdryer. Getting it hot will make sure your curl lasts longer when you use your eyelash curler. It's like using a heat styling tool on your lashes.

Comb your lashes

You should comb out your lashes before and applying mascara to create a cleaner look and prevent clumping.

Baby powder trick

Dust baby powder over your lashes



before applying mascara. This will plump up your lashes. After you apply mascara, they'll appear thicker

Condition your lashes with castor oil

Castor oil has follicle-stimulating and nourishing properties that can help you enjoy lustrous and voluminous lashes. Use a clean brush or a cotton swab to apply castor oil on your lashes before going to bed.

You can also add a few drops of vitamin E oil or aloe vera gel to the castor oil before applying. Leave it on

overnight and rinse off with lukewarm water in the morning.

Use lemon peels for volume

Lemon peels can add volume to your eyelashes. Mix 1 tbsp of dried lemon peels and soak them in castor oil or olive oil for a couple of days.

Apply this mixture to your eyelashes and leave it on overnight. Rinse off in the morning. Vogue
With the turn of every season comes unexpected takes on traditional





Vogue

With the turn of every season comes unexpected takes on traditional beauty. Take, for instance, the pastel color palette, a long-preferred spectrum in spring, when light shades of purple, green, and blue begin to naturally shape the scene.

It's a backdrop best used to inspire, rather than mirror, proves cool girls such as Emily Ratajkowski, who recently intensified her rose-color eye-shadow, a look that radiated between full lash and bold brow, with a sheer blush lip and pinched pink cheeks.

For an even bolder take on a too-often cliché course, look to musician Ikeda Shamara, who swiped a slap-dash line of thick canary yellow



across her lids to electrifying effect. Makeup artist Teisha Williams put



texture first in a recent share that finds her lime-green, coffin-shaped nails taking cues from her wet nude lips and clear blue eyeshadow, the latter of which looked so sticky one might wonder if they could peel right off.

And leave it to Ruby Aldridge, in all her cute quirkiness, to offer up a dose of pigment via two orange Kool-Aid-color brows, an off-center look that appeared grounded in a makeup-free face and a no-apologies attitude.

Here, five makeup ideas to transform your look into something extra. After all, 'tis the season to start anew.

Advertise
your
business
in our
magazine
from as little
as

35€ pm

Scan code for full price list



List your
property
for sale or
for rent
on our
property
portal for
only

15€ pm

Scan code for full details



Curtain Call

has been trading in Murcia region since 2002. We specialise in 'made to measure' curtains, blinds and upholstery.

We believe that the only place to choose your new fabric is in the room in which the new soft furnishings will be. So we come to you with large sample ranges to choose from, measure up, and give you a fixed price for manufacture and fitting on the day.

Full length, wall-to-wall curtains accentuate the proportions of any room.

Curtain Call make their curtains to measure in their own workshop. Anything is possible!

Roman blinds are practical and complement any style of room.

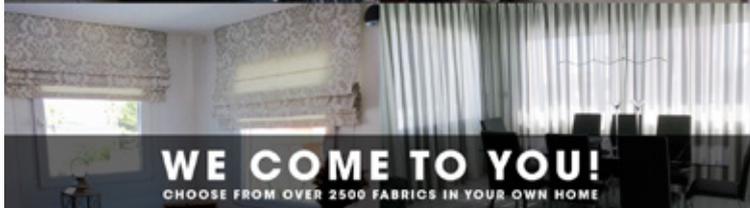
Day and Night blinds are not the cheapest option which we offer! However they are stunning and highly effective in controlling both light and heat.

In the last couple of years we have been using a Teflon coated 'soft feel' outdoor fabric which has outstanding fade resistant qualities.

'Curtain Call'

REALIABLE AND PROFESSIONAL SERVICE 2002

CURTAINS, BLINDS AND OUTDOOR UPHOLSTERY MADE TO MEASURE AND FITTED AT SENSIBLE PRICES



WE COME TO YOU!

CHOOSE FROM OVER 2500 FABRICS IN YOUR OWN HOME

WE ALSO OFFER :

- CURTAINS AND ROMAN BLINDS
- ROLLER, VERTICAL & VENETIAN BLINDS
- OUTDOOR CUSHIONS
- AWNINGS

FOR A COMPLETE BESPOKE SERVICE Call Saly or Peter on 616 240 171

Curtain call, spain

Website: curtain-call.es

E-mail: sally@curtain-call.es

Advertise your business in our magazine from as little as **35€ pm**

Scan code for full price list



My name is Ana Palomares and I am a Technical Architect and Interior Designer.

In 2013 I went to live in the United Kingdom in search of new opportunities and in order to develop my profession. After a lot of effort and hard work in 2015 I received my first job offer as a Technical Architect, for an architecture studio in England.

After several years practicing my profession in the UK I decided to return to Spain and start a new adventure: create my own studio.

My mission is to create current and comfortable space to enjoy and share good moments with family and friends. I work within the reach of all budgets.

I know that whether you want home improvements, remodelling of your business, or just a simple change of furniture, it can become a difficult issue when trying to decide on the design. I CAN HELP! I can offer design ideas and concepts and full project management.

Interior Design.

If you are looking to simply redecorate or give your home or business a general update. Also I can offer a total reform service too. These projects are for when your home or business needs a complete overhaul, this can include layout redesign, technical plans.

AD is a young Architecture and Interior Design studio based in Región de Murcia.

**INTERIOR DESIGN PROJECTS
ONLINE DECOR SERVICE
HOME STAGING**



Ana Palomares Studio
665 157 976

anapalomaresstudio@gmail.com
Alhama de Murcia



Reeves Butchers

Traditional Butchers since 2005

Purveyors of **Quality Meat**, Homemade Sausages, Burgers & Scotch Eggs. **Skilled Butchers** onsite to offer advice.

Spring has arrived

Please contact us for your BBQ packs



Our home made sausages come in a wide variety of flavours. **Please see our price list for details**



Reeves Butchers Spain



711 003 354

info@reevesbutchers.com

Deliveries to Camposol and surrounding areas available on request

For our Full Range please scan the QR code





Easter Glazed Ham

Ingredients:

- Large ham (about 10-12 pounds)
- 50g whole-grain mustard
- 50g dark brown sugar
- 240ml honey
- 100g unsalted butter

Directions:

1. Preheat oven to 180 degrees celcius
2. While oven is warming, trim ham of any excess fat. But, do not trim off all the fat. You will need to leave a small layer on the ham (about 1/4 inch).
3. Allow ham to rest at room temperature for half an hour.
4. Put the ham on a large baking pan cut side down (it will be much easier to clean up after the cooking is completed if you line the pan with foil).
5. First, cover the ham with parchment paper then cover it again with foil.
6. Place pan in oven and set timer for 45 minutes.
7. While the ham is cooking, in a small saucepan, add butter and allow to melt.
8. Once butter is melted, add honey, sugar, and mustard.

9. Allow all ingredients to fully melt and combine (stir mixture to ensure it does not clump or burn while over heat).

10. When all ingredients are fully combined and melted, remove from heat and allow to sit (the actual cooking process of the sauce should only take about three to five minutes).

11. When the timer goes off for the ham (45 minutes), carefully remove the ham from the oven and increase the temperature to 220 degrees.

12. While the oven is increasing in temperature, remove the foil and parchment paper and discard. Score the ham with a one-inch wide square or diamond pattern the depth of the fat (1/4 inch deep).

13. Once the ham is scored, use the sauce to generously coat the entire surface of the ham and return the uncovered ham to the oven for 15 minutes.

14. Repeat this process every 15 minutes until you have used all of the sauce (this should take about four to five cycles for an additional 60 minutes of cooking).

15. When the ham is fully cooked and the crust is golden brown, remove the ham from oven and allow to rest for 30 minutes before serving.

- 2 tablespoons olive oil
- 1/4 cup diced white onion
- 2 garlic cloves, finely chopped



- 8 ounces mushrooms, cleaned and sliced into thick pieces
- 2 teaspoons fresh lemon thyme, leaves chopped (you can also use regular thyme)
- 1 cup uncooked Arborio rice
- 1/2 cup dry white wine
- 2-1/2 cups vegetable stock
- 1 tablespoon butter
- 1/4 cup vegan Parmesan cheese
- 2 cups (packed) spinach leaves, washed and torn into pieces
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 cup chopped toasted walnuts

Method:

1. Add the olive oil to a large pan over medium-low heat. When hot,

Spinach and Mushroom Risotto with Toasted Walnuts

Ingredients:

add the onion and cook until it's translucent, about 4-6 minutes. Add the garlic and cook for a minute or so, taking care not to burn it.

2. Add the mushrooms and thyme to the pan, stir, and cook until the mushrooms soften.
3. Add the rice to the pan and mix it with the other ingredients to coat it. Cook it for about 2 minutes, stirring. You should hear the rice sizzle a bit.
4. Add the wine. Cook, stirring, until the liquid is absorbed.
5. Divide the vegetable broth in thirds. Add the first portion to the pan. Cook, stirring, until the liquid is absorbed. Do this two more times with the remaining broth. This should take 15-20 minutes. The rice should be soft at this point.
6. Just before the last batch of broth is completely absorbed, add the buttery spread and Parmesan-style cheese. Mix well.
7. Turn off the heat and add the spinach to the pan. Stir the spinach into the risotto. The heat will wilt the spinach.
8. Add the salt and pepper, and toss in the toasted walnuts. Mix well.
9. Serve hot.

Sea bass with roasted asparagus and lemon caper sauce

ingredients:

- 2 tbsp freshly squeezed lemon juice
- 2 tbsp minced red onion
- 1/2 tsp olive oil



- 1 tbsp capers, drained & chopped
- 1 tsp fresh chopped thyme leaves
- 1/2 tsp lemon zest
- 1 bunch fresh asparagus
- Sea Bass in Spanish lubina
- 1 bunch fresh asparagus
- Sea Bass in Spanish lubina

Method:

Preheat oven to 450. Cut 1/2" deep slits crosswise in top of fish (as if dividing into equal pieces). Set aside.

Whisk ingredients together first six ingredients and set aside.

Arrange asparagus in even layer on rimmed baking sheet. Drizzle with salt and pepper to taste.

Place fish on top of asparagus and sprinkle with additional salt & pepper. Roast until fish is just opaque in the center, 15 – 20 minutes.

Transfer asparagus and fish to serving platter and drizzle with sauce

A fresh and beautifully simple seasonal dish to try.

Strawberry Shortcake

ingredients:



Filling:

- 1/4 Cup sugar
- 1 1/2kg Strawberries
- 2 Cups cream
- 1 Tsp. vanilla extract

Shortcakes:

- 10 Tablespoons chilled unsalted butter, cut into small pieces plus more for pans
- 3 1/2 Cups plain flour
- 1/2 Cup granulated sugar
- 1 Tbsp. baking powder

- 1 Tsp. baking soda
- 1/4 Tsp. salt
- 1 3/4 Cups cream

Shortcakes:

1. PREHEAT oven to 375°F.
2. GREASE insides of 3 (8-inch) round cake pans with butter.
3. MIX flour, sugar, baking powder, baking soda, and salt in a food processor (or large bowl).
4. ADD butter and pulse (or cut in with a pastry blender) until mixture resembles coarse crumbs.
5. ADD heavy cream and pulse (or stir with a fork) just until moistened. Do not over mix.
6. TRANSFER dough to a lightly floured surface.
7. GATHER dough into a large ball and gently knead until smooth, about 5 turns.
8. DIVIDE dough into 3 equal pieces.
9. PRESS each piece of dough into a prepared cake pan. Spread dough to edges and make it as smooth as possible.
10. BAKE about 25 minutes or until golden.
11. COOL 5 minutes, then transfer to wire racks to cool completely.

Filling and Assembly:

1. BEAT heavy cream and vanilla extract with an electric mixer until soft peaks form.
2. ADD sugar while beating and continue to beat just until stiff peaks form.
3. PLACE one cake layer on a serving plate.
4. TOP evenly with about one third of strawberries.
5. SPREAD evenly with about one third of whipped cream.
6. PLACE second cake layer on top of whipped cream.
7. TOP evenly with another third of strawberries and another third of whipped cream.
8. PLACE final cake layer on top of whipped cream.
9. SPREAD remaining whipped cream, leaving a 1-inch border around edges.
10. TOP with remaining strawberries in a mound. Serve immediately.



Selecting Your Frequency & Keep Vibrating

Hello everyone,

Happy Easter to you all. This always seems like a time of year when we all feel the rustle of new beginnings coming and feel hopeful for the future.

I have had a lot of positive feedback from last month's article and I have been asked if I could explain a little more about our own vibration and what this means.

You know that feeling you get when you wake up, you see that the sun is shining and you feel that you have just got to get up and do something outside, that you know will make you feel uplifted and glowing from within. This is vibrating at a higher frequency and feeling at one with the Universe. Our Soul's purpose is to shine our own light with Love, on this physical journey of experience.

Our vibration or universal life energy is simply a way of describing our overall state of Wellbeing. As we have discussed before, we are energy, everything is energy. We all vibrate at different frequencies depending on how we feel.

We all have our own energy field around us, known as the Aura. The Aura has many layers to it that we can expand out or draw in. We sense, feel and hold information within it. You can feel the strength of it from a person or the lack of energy from it. People who are sensitive can pick up a lot of information from it for ourselves and from other people. Lots of things can affect how the Aura feels and those with knowledge, know how to care and tend it. It is a subject that I can dedicate another issue to. I will try to explain how negativity can affect your Aura.

There are two types of people, those who are full of light and the other type who are full of doom, the glass half empty and glass half full people. We all know someone, who no matter what is going on in their life, they are always happy and see the good

in every situation. They vibrate at a higher frequency. You just feel better by having contact with them. Then there is the person, who no matter what they have in life, it is never enough, they walk around with a rain cloud above their heads and bring an atmosphere of doom with them. They drain the life out of you, dump their stuff on you, then leave you with a feeling of gloom and leave a bit of their rain cloud behind. These people are vibrating at a lower frequency.

The second type are empowering their negative emotions, negative thoughts, lack of love in their lives and poor health. They may have experienced loss and trauma in their lives, that have left their souls feeling damaged and bruised and they cannot see a way out of this way of being. Wherever they go, they come with a low energy and a dull vibration.

So, let's tackle this. If you are one of these people and you will know, because others avoid you, walk across the street when they see you and avoid getting into conversations with you. Read, listen and take notice, because you can change the energy around you, that you feel and send out, that affects you and other people.

Abraham-Hicks: "As you think, you vibrate. As you vibrate, you attract"

Bring Love into your life. How do you do this you ask? Start by surrounding yourself with beauty, decorate your house in colours that you want, put up some pictures that bring back happy memories, be kind to others and yourself, dress in colourful clothes (each colour has its own effect and vibration), put effort into an activity that is new to you. Yes, I did mention the word 'effort'. Sometimes, you actually have to get up and do something to make change happen for yourself. Change the word can't to can! I know, that this is not easy and taking the first step can be daunting. However, there are people within our community who are willing to help you. There are all kinds of groups out there to join, who would welcome you and there are Healers too, of many different types, who will understand your pain and help you to move forward. Send your thoughts out to your loved ones in the spirit world and converse with them. Ask for their help and love, because they cannot just step in without your permission, as you have 'Free Will'. Know that they are always by your side and are looking after you. Love is the highest frequency that we can feel, the more we love, the more positive our lives will become.

Avoid depressing or violent news or programmes and stop feeling guilty. Guilt is the biggest emotion that stops you moving forward. Forgive yourself and forgive others for any wrongs that you feel that you have done or

have been done to you. What you put out into the world, the thoughts that you have, return to you. Manifest the change that you want around you. Allow yourself a couple of minutes a day to think of three things that you are grateful for and send out positive thoughts.

Why not get some crystals that you can have in your home or wear, that have wonderful earth energy, from our Mother Gaia, to help lift your mood. For example, use Rose Quartz for unconditional love and healing, try Tourmaline for protection from negative energy, Clear Quartz to amplify their energy. There are many more, if you are interested, there is a great book called the Crystal Bible that can help you choose what would be good for you, or you ask an experienced practitioner.

Albert Einstein: "Everything in life is vibration"

For those of you that are already working on being the best that you can be, you already know all of this. Surround yourself with like-minded people, who are vibrating like crashing symbols, lift the vibration of your Soul and your Aura.

By channelling your efforts into raising your energetic frequency, is one of the best gifts you can give to yourself and to the world. When you lift yourself up, you bring others with you. This is the only way you can contribute to raising the collective consciousness of the world and bring about healing to our Planet and to other Souls.

Just being out in mother nature gives you a real sense of calm and peace. Some of the best places to just 'be' are out in the countryside, walk amongst trees, take notice of the changing seasons, feel the warmth of the sun on your face or take a trip to the beach and walk along the water's edge, feeling the sand between your toes and letting the gentle ripples of the sea wash over your feet.

Suzy Kassem: "Control your vibrations to be the master of your own symphony"

Find what makes you happy and keep doing it.

Let your Light shine. Be the light in someone else's life and keep vibrating at the highest frequency that you can!

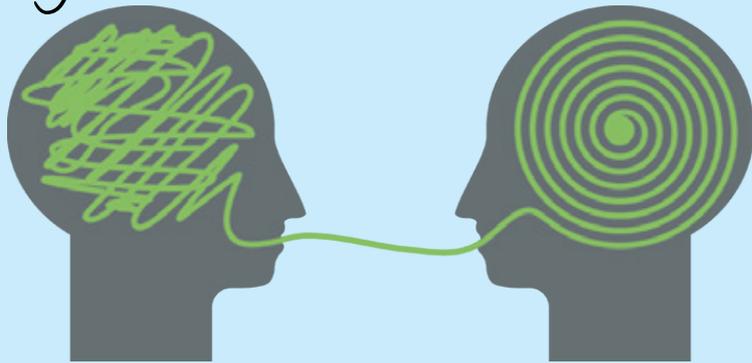
Namaste my friends,

Corina



Debbie Shaw

Translator & Interpreter
You deserve to understand



For assistance in all aspects of Spanish

**Call Debbie on
677 35 31 36**

debstranlation@hotmail.co.uk

* Residencia

* NIE

* Health system eligibility/registration

* Liaison with Police, Guardia
and Government offices

* Vehicle imports and exchanges

* Spanish Drivers Licenses

* Spanish Wills

* Notary appointments

* Non-residents Tax

* Annual medical scheme; Only 65€
(Camposol Medical Centre only – conditions apply)

* Alternatively one-off Medical
Centre appointments

* Bespoke Translation Services –
Tailored to your individual needs.

2 Wills for 225€ including all fees

**Debbie's Annual
Medical Centre Translation
Scheme / Service is now due**

**Only
65 €
per person
per year**

Membership services include

Camposol doctors clinic:

o Scheduling of ALL doctors appointments
thru Easter 2022.

o Representing your best interests with the
doctor without your presence (The NEW NORM):

- Telephone consultations with the
doctor & liaison services
- Prescription requests & renewal's
- Requesting blood tests

O Use of my phone number / contact details to pass
onto hospital for translation services to facilitate:

- Scheduling appointments from
the hospital
- Communication of essential medical
facts / information from the
hospital



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 biscuits, crisps, chocolate, and ice cream. These foods are scientifically engineered to quickly target the pleasure receptors in our brains. 'Most of us experience emotional eating at one time or another. However, when emotional eating happens frequently, and food becomes the primary coping mechanism for a stressful situation, it can affect our health and mental wellbeing. This emotional eating can be more likely when we're isolating ourselves.'

How snack foods are designed to be impossible to resist

Lockdown snacking likely involves treats like cake, biscuits, chocolate and crisps, rather than healthy options that we know are 'better' for us. And we can find 'space' to eat these, even when we are full. That is because our taste system can be tricked when salt, fat, and sugar are carefully combined in expertly measured amounts to be 'just right', according to a blog post by Second Nature.

At this point, we keep coming back for more because we keep experiencing pleasure, even when we should stop. Howard Moskowitz, an American market researcher known for creating addictive flavour combinations that fly off the shelves, coined this as the 'bliss point' - the exact measures of fat, sugar, and salt that make our taste buds tingle and override the brain's natural 'stop' signals.

This bliss point plays a significant role in why we crave certain addictive foods, such as ice cream and crisps. Even in the most strong-willed individuals, these cravings can seem impossible to resist. Jenny said: 'During this period when those with compromised immunity are completely housebound and those without are confined to one form of exercise a day many of us will experience cravings or pangs for food we do not need. 'For many, the hunger for food is actually a need to fill the boredom gap or a need for some form of distraction. Furthermore, a lack of daylight means in all likelihood a lack of vitamin D and that associated with stress at this time means we tend to want to eat sweet foods as a quick fix for low mood and low blood sugar.'

What can you do to snack less?

Tamara outlined a four-step plan that anyone can follow to put an end to their emotional eating during lockdown.

Know your trigger

Keeping a food diary of what we eat, how much we eat, and what we're feeling when we eat can help us identify what triggers comfort eating. For some people, it's boredom, whereas for others it's stress, anxiety, or sadness.

Find a new outlet for emotion

Once we know what triggers our emotional eating, we can find other simple activities at home to manage these without food.

The best tasks to do to take our mind off food are cognitively challenging ones. This means going for a walk, meditation, or taking a bath may not be effective ways to distract ourselves. However, something that engages your brain

can be a better distractor, such as sudoku puzzles, crosswords, brain training apps, chess or scrabble, calling a friend, playing a board game, listening to a podcast.

Be prepared

We can prepare for when we feel compelled to emotionally eat by noting down some 'if/then' scenarios. For example:

Three quick habits to help reduce snacking

Sana Khan, founder of Avicenna Wellbeing, offered more practical tips on keeping snacking to a minimum

Keep the snacks in the kitchen rather than on your desk

Only take out as much as you need. For example, if you are snacking on oat cakes, place a few on a plate, rather than taking the whole packet

Chew, chew, chew. Chewing improves digestion and increases satiety meaning you feel full and less likely to pick a snack. Adding a herbal tea to your snack times can also be useful to help limit the snacking

'If I'm bored and feel the urge to buy unhealthy snacks, then I will do a crossword puzzle for 10 minutes'

'If I feel lonely and start craving crisps or chocolate, then I will call my friend for a quick chat'

'If I feel anxious and overwhelmed, then I will pause and read my book for 10 minutes.'

We can also prepare our environment, by avoiding having large amounts of ultra-processed foods (e.g. crisps, biscuits, ice cream, chocolate) in the house.

Instead, buying healthier wholefoods to snack on will mean we're less likely to overeat and they'll keep us feeling more satisfied.

Take away the guilt

It's important that we don't harbour feelings of guilt when we do experience an episode of emotional eating. One way to do this is to avoid labelling foods as 'good', 'bad', 'treat' or 'syn'.

This can foster a negative relationship with food and create an ongoing cycle of comfort eating. Instead, we can class foods as foods that we enjoy every day and foods that we enjoy less often.

What you should be eating

Jenny said it is important to try and stick to regular meal times, and to eat dishes packed with healthy, fulfilling and nutritious ingredients.

She said: 'Try and focus meals on good quality proteins such as tinned fish, eggs (if you can find some), tofu, legumes and lots of vegetables either fresh or from frozen or tins if need be. These protein-based meals will keep you fuller for longer.'

'Furthermore, there are particular foods that can help boost the levels of the happy hormone serotonin, such as fish, nuts, dark green vegetables, seeds, oats, yogurt, eggs and poultry. Try and ensure you are eating these foods regularly too.'



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. IBS

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 affects 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 do's 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




For Information about local meetings of Alcoholics Anonymous and Al-Anon in the Mazarrón area,

Tel +34 646 290 420

aamazarron@gmail.com
Iglesia San Antonio de Padua
Calle Antonio Saura 198
Canada de Gallego

Please Contact Us Before Travelling To Any Meetings

article that should help prevent this dastardly condition.

#StartAConversation

Every April, the Parkinson's Founda-



tion engages the global Parkinson's community to support Parkinson's Awareness Month. When we raise awareness about Parkinson's and how the Foundation helps make lives better for people with PD, we can do more together to improve care and advance research toward a cure.

This year, the theme is Start a Conversation, a call to action that urges people to talk about Parkinson's with their loved ones, friends, neighbours, care team and community. The theme also reflects the speech bubble in the Foundation's signature P logo.

How You Can Get Involved!
Download easy-to-use tools from the 2018 Parkinson's Awareness Month Toolkit are available on line. The How to Start a Conversation guide will tell you everything you need to know about how to participate and use the tools provided.

Take the Pledge to Start a Conversation!

For Parkinson's Awareness Month, join us by taking the pledge to #StartAConversation about PD. It's easy!



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.

Join us on the 22nd April, at Beach Playa....at ??? and we will all do our little bit to help with a clean up.

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

THE
Journal

Advertise your business in our magazine from as little as **35€ pm**



FIVE
REAL ESTATE
5

5 GREAT REASONS
TO LIST YOUR
PROPERTY FOR SALE
WITH US TODAY

1. Full Real Estate Service
2. No Upfront Charges
3. No Commission
4. No Exclusivity
5. No Sale - No Fee - No Risk

For a free valuation call
(+34) 965 999 059



Our clients have saved
almost 2 million Euros
by selling with us.

OFFICES: Villamartin · Ciudad Quesada · Jávea · Camposol

✉ info@5real-estate.com 🌐 www.5real-estate.com

FOR ONLY 999€



“Karma!” By Hayley Scott

This can be a beautiful concept when approached with the right mindset. One that can often bring us comfort when we try to make good choices. I think it's fair to say that we're all fairly familiar with the theory of Karma, an ancient Hindu belief that has been widely adopted in the western world.

As a school of thought, it teaches us that what happens to a person in their life is a direct result of their actions. In other words, what goes around comes around!

Yes or even, let's be honest, a little satisfaction when we feel wronged.

But if we subscribe to this line of thought, how far should we take it?

In times of distress and anguish a very common human response is to wonder “Why me? What did I do?” As if somehow we are being punished. This can only lead to a wounded sense of self, a “woe is me” mindset if you like.

However, I would like to argue that beyond obvious cause and effect, there is a much bigger picture to consider. One that involves stepping outside of ourselves, practising acceptance and ultimately relinquishing and taking control in equal measures.

Confused?! Well here's the thing, in

reality, you can't control the actions of others.

You can't control an enormous array of circumstances that you're potentially met with on any given day. (Oh hello rain on your wedding day!) And you're not responsible for how other people treat you.

So to view other people's actions, or external circumstances, as some form of bad karma on your part would cause unnecessary and misplaced suffering.

By stepping outside of our own immediate thoughts and feelings, and by accepting that we are not responsible for everything, we are giving ourselves permission to not bear the burden of things beyond our control.

This act in itself is a form taking con-

trol, and is much kinder to the soul! Accepting this reality doesn't mean that it's time to throw our arms in the air and admit defeat.

There's also no need to hold onto frustration or anger. Because however hard it may feel at the time, you are 100% responsible for how you treat yourself and how you respond to any negative behaviour or situations you're faced with.

This is something that can often take a great deal of practice and is often easier said than done.

Trust me, I know! With multiple businesses, a wonderfully chaotic blended family of 5 and all the complications of modern life to boot, I have had to take many a deep breath and shift my focus from frustration or upset to one of acceptance and action. I'm not ashamed to say I'm still learning!

So the next time you're faced with behaviour or circumstances that are less than favourable, join me in taking a deep breath and accept that some things are beyond your control.

Instead of becoming angry or disheartened, ask yourself the following questions.... How do I want to respond to this? What can I do, now I have this new information? After all, you're not the victim of bad Karma, you're simply a human being navigating through the ever changing rhythms of life.

Hayley Scott Summers

Instagram: @hayleyscottsummers

Website: HayleyScottSummers.com



7 APRIL

WORLD HEALTH DAY



SustainableOscar

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!

List your property
for sale or
for rent
on our
property
portal for only

15€ pm

Scan code for full details





Samaritans in Spain

2021 has continued to surprise us with donations, the latest being a fantastic cash donation of €400 from the San Fulgencio Anglican Church. This was handed over by their representative, Jim Crossley, and gratefully received by our President, Lynda Brettle.



(Pic: Jim Crossley handing the donation to Lynda Brettle)

Saturday 27 February 2021 saw our Annual All volunteers Meeting. Due to Covid restrictions we were unable to host this in our normal manner by getting everyone together in Punta Prima so this year we hosted the meeting on Zoom. A good number of our volunteers joined us, and it was great to see some faces that we haven't been able to see for a while.

If you would like to donate to us, you can do so on PayPal – our PayPal account is paypal@samaritansinspain.com. If you are a business owner and would like to sponsor us in any way, then please contact us at pat@samaritansinspain.com.

Our listening and shop volunteers continue to work tirelessly over this very strange and trying period and many thanks go to them all for their dedication.

Our Listeners are available on our Freephone number 900 525 100 from 10am to 10pm, 7 days a week, 365 days a year, ALL calls are confidential IF you need to talk then please call us.

If you would like to volunteer to become either a Trustee, Listener, Fund Raiser or a Shop volunteer please visit our website, www.samaritansinspain.com, for further information.

HARDY & GRANDSONS

Local & International
Removals & Storage



Established 47 Years



Spain (0034) 696 180 634

UK (0044) 07557 505534

(0034) 602 582 752

Email: danny.hardy@mail.com

www.hardyremovals.com

THE Journal

Advertise your
business
in our magazine
from as little as

35€ pm

Scan code for full price list





Change · Purpose · Success · Life cycle · New direction Spread

The Wheel of Fortune says that, overall, everything seems to be changing.

In most cases, this means positive, necessary changes, but for some people the change itself is very difficult and can be almost traumatic.

It is a very spiritual and karmic time.

Change is part of the cyclical nature of life.

The Wheel of Fortune – tarot card meaning

This card reminds you that everything goes away. Whether it's good or bad times, everything will pass. If you suddenly feel that you are "sitting on top of the world", keep your per-

spective because everything else will change. Live now, count your blessings and just realize that much of life is out of your control, but even that's fine. Go with every change and think positively.

Love

It is possible that your relationship must be renegotiated or will probably no longer suit your needs. This does not mean that if you are in a stable relationship, it is doomed to fail, but that you will have to take action to make sure that it is meaningful to be in it. Talk about how you feel – it's your best hope.

If you are looking for a relationship, first formulate yourself very carefully who you are looking for, then just go out to the people and look for such a person among them, regardless of whether you do it yourself, or let friends introduce you to someone who suits the image created by you.

Finances

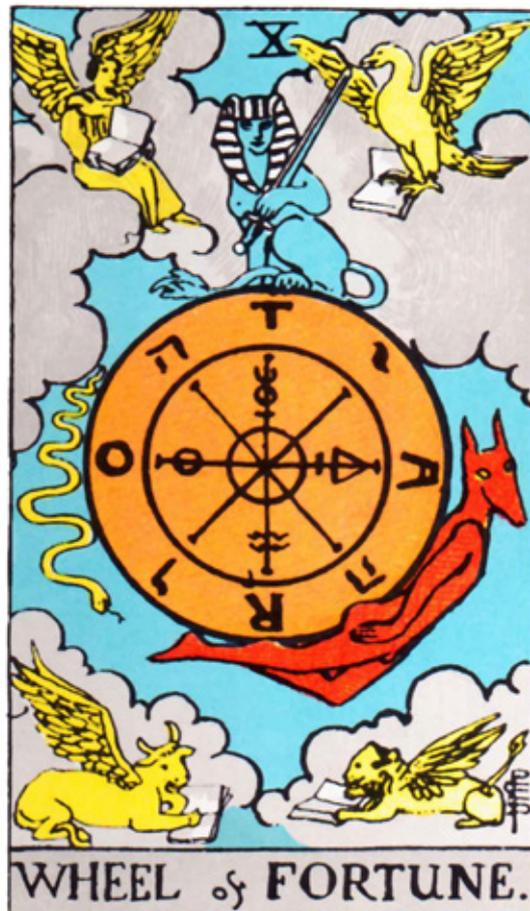
The Wheel of Fortune is generally a good omen for anyone who has been ill with financial problems for some time. It means that your situation may change for the better. However, if you have a long period of prosperity, consider the opposite option – that your income may fall somewhat. If this is

the case, make sure you are prepared for the proverbial black hour. In the long run, of course, everything will level out.

List your property for sale or for rent on our property portal for only

15€ pm

Scan code for full details





Aries

You will succeed in your objectives if you concentrate on them. Finances will be profitable with beneficial astral aspects. Marital life will be blissful and passionate. Family relationships will be pleasant. Career will be subject to a few hurdles. Health requires some caution.



Taurus

Marital life will improve during the second half of the month. Mars will boost your finances. Professionals will have a tough time. Family affairs will be highly volatile. Health prospects are fantastic. Travel activities will be propitious and will result in good benefits.



Gemini

Love life will be full of romance and sensuality during the first two weeks of the month with scope for pregnancy. Health conditions will see a few ups and downs. Family affairs do not present a rosy picture. Professionals can expect a wonderful future. Finances present dismal prospects.



Cancer

The month starts with a little confusion for Cancer individuals. Singles are looking for fun in love partnerships. Family affairs require tactful handling. Health prospects are wonderful. Profession life will be quite challenging. Finances will not present any problems.



Leo

The social circle will enlarge with the help of Mars. Expect good things to happen before the 20th of the month. Love will be very passionate. Singles can get partners through good communication skills. Family relationships and health will be fabulous. Career prospects will be exceptional.



Virgo

Virgo people should be prepared for significant changes in their lives. Marital love will become more romantic after the 21st. Health will be wonderful, while family relationships will be under the weather. Professionals can expect a lean period. Finances will not be great, while educational prospects are encouraging.



Sagittarius

Planetary configurations are very much propitious for almost all aspects of life. Sensuality prevails in married relationships. The family presents a pleasant scenario. The health situation will be excellent. Professionals will make good progress. Finances will create a few obstacles.



Capricorn

Planetary support is missing during the first three weeks of the month. Expect married life to be wonderful after the 20th. Health will be excellent, but family affairs will be problematic. Professional life will be volatile and finances are not encouraging. Travels will not be advantageous.



Aquarius

Till the 20th, married couples can expect passionate love. Singles can expect to form love relationships. The family atmosphere will be pleasant and children will do well in their activities. Professional people can expect good prospects. Health will not be up to the mark.



Libra

Libra people will have a rough ride this month. Love relationships will be volatile till the 20th. Single persons will use their charm to attract love mates. Health prospects are tentative. The family environment will be delightful. Professionals can expect promotions and monetary rewards.



Pisces

There will be both passion and romance in the life of married persons. Family affairs will be very much stressful. Health prospects are wonderful. Finances present a rosy picture. Career professionals should be ready for a tough time. Travel activities will yield good benefits.



Scorpio

Family affairs will be in focus and require tact and diplomacy. Marital life will be highly enjoyable. Health prospects are excellent. Planetary help is missing for career-oriented persons. The financial situation will be tenuous. Travel activities will result in good financial benefits.

Camposol Business Centre

Home of The Journal Magazine

681 090 799

Construction and Building Services

C & G Fabrications	966 764 730 677 689 587
C M Constructions	659 159 948 676 306 718
Cocielec Alcalá	603 304 121
Camposol Aluminium	686 733 844
German Küchen Studio	636 306 711

Dentists

Camposol Business Centre	968 103 008
--------------------------	-------------

Electricians

Tj electricals	868 181 121
TES: Tom's Electrical Services	666 133 674

Estate Agents

Camposol Property Sales	631 484 511
Luz del sol	968 199 068
Mercers	968 199 188

Food and Drink Suppliers

Reeves Butchers	711 003 354
-----------------	-------------

Garden Centres

Jardinería La Alcayna	ES 609 248 719 EN 680 374 230
-----------------------	----------------------------------

Graphic Design, Vehicle Graphics, Printing

VNBenny	650 078 846
Insignia Graphics	618 615 903

Health

Camposol Health Clinic	968 199 685
Clínica Podológica Natalia	968 103 008

Heating, & Air Conditioning

Camposol Heating & Maintenance (CHM)	968 199 184 646 965 082
Logs El Pareton	696 973 171

Insurance

Liberty Seguros Harriett Richardson	669 046 167 968 199 121
Salus Health Insurance	96512 61 35
Ibex Insurance	968 595 945 689 157 126

Miscellaneous Services

Spanish lessons Please text or WhatsApp only	685 22 33 22
Rose Parker Art Teacher	634 345 763

Restaurants, Bars and Cafés

Cat's Bar	634 329 645
Restaurante La Proa	968 153 138
La Charra	968 152 016
Zambuca	622 149 896

Security Services

Securitas Direct	699 212 513 659 386 847
------------------	----------------------------

Swimming Pool Construction & Services

David Pools	686 733 844
Pool Covers Spain	660 080 201

Television Services

Rainbow Satellites	686 358 475
--------------------	-------------

Translation and Fiscal Services

Costa Cálida Property Services	968 199 251
Debbie Shaw Translator & Interpreter	677 35 31 36
Shirley Fisher	968 103 008

Water Purification Services

ECO 250 Water Filtration	677 353 136
--------------------------	-------------

Window Blind Repairs

Richard the Blind Man	611 250 819
-----------------------	-------------

Emergency Numbers

Coast Guard - sea Rescue	900 202 202 968 529 594
Cartagena Port Control Room	968 325 801
Emergency Number*	112
FAST Camposol Only	968 970 626
Fire Mazarrón	968 590 200
Guardia Civil Mazarrón	968 590 005
Puerto De Mazarrón	968 594 103

*Call FAST after you have called 112 for an ambulance. FAST will get there within 7-8 Minutes

Hospitals

Santa Lucia Cartagena	968 128 600
Maria Roselle	968 325 000

Medical Clinics & medical centers

Medical Centre's Mazarrón	968 590 411
Medical center + Puerto De Mazarrón	968 595 342 968 154 202
Medical Center + Camposol	968 131 695 968 228 250
Pharmacy Camposol	868 102 623
The Camposol Health Clinic	968 103 008

ITV

Cartagena	968 528 319
Lorca	968 460 761

Police

Mazarrón	968 591 496
Puerto de Mazarrón	968 418 181

Post Office

Camposol	968 199 427
Mazarrón	968 590 140
Puerto De Mazarrón	968 594 860

Red Cross

Mazarrón	968 590 140
----------	-------------

Samaritans Spain

This is NOT a Premium Rate Number	902 883 535
-----------------------------------	-------------

Social Security

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

Hair, beauty and nail salon

The Salon	691 916 717
-----------	-------------

Town Hall

Mazarrón	968 590 012
----------	-------------

Utilities

Aqualia Emergency	902 136 013 902 236 023
Aqualia Premium rate	985 794 121
Aqualia Mazarrón	968 592 266
Iberdrola Puerto De Mazarrón	968 332 016
Iberdrola Special number English	900 322 044
Iberswitch	966 265 089

AGE T: 634 344 589
Concern
 COSTA CALIDA

Andrea's Animal Rescue
 & The Henrietta Foundation
Tel 690 906 565
 www.andreasanimalrescue.com
 Charity no. 9.980/1-

**RED DE CENTROS DE ATENCIÓN
 ESPECIALIZADA PARA
 MUJERES VÍCTIMAS
 DE LA VIOLENCIA DE GÉNERO**
CAVI T: 900 710 061

F.A.S.T
Camposol
 Non Emergency 634 309 899

FMA
 FRIENDS OF MAZARRÓN ANIMALS
 0034 626 960 354
 fma.murcia@gmail.com
 Friends of Mazarrón Animals

LIONS INTERNATIONAL
 T: 696 827 525

M A B S
 CANCER SUPPORT FUNDACIÓN
 Costa Blanca 634 311 690
 San Javier 693 275 779
 Mazarrón 620 422 410

Making Difference
 Making A Difference
 Contact Kevin Mobile
 00 34 603 389 006

Noah's A.R.C. Animal Rescue
 Helping the animals of Mazarrón for a better future for all
 Don't suffer in silence...
 Call 900 525 100 between 10am and 10pm to talk to a trained listener in total confidence.

COVID HELPLINE
900 121 212

Although we make every endeavour to keep all information current, we rely upon the organisations to keep us up to date with any changes.

Local Community Groups

We are constantly trying to keep up to date with all our community groups but we are also reliant on the information reaching us in time each month. If you would like to include more information on this page please email it to us at Camposolupdates@gmail.com by the 15th of each month. Space is limited so the earlier we receive it the more space we should be able to allocate.

Sector A gardening Group is Chaired by Elaine Wick and is formed by 2 groups. "The palm troopers" meet on Mondays between 8 am and 9.30 am. The "Ground Force workers" meet at 9am. For further info email lospalacios-gardening@icloud.com

Sector B Gardening Group is known as "B Clean" Volunteers are always made welcome, meeting up on Tuesday Mornings. Contact us via Facebook page "B Clean" Community Gardening or phone Colin Tel: 727 77 09 44 or

Jim Tel: 603 35 04 02
 Sector C Green Fingers gardening group, Chairman, John Osborne- Tel 634 325 427 email: johnos1943@gmail.com. Visit our Facebook page Green Fingers Camposol. We also have a website www.greenfingersgardenandsocialgroup.com

Camposol D Community and gardening group.
 President. Patricia Ridler
 Secretary. Derek Gormley
 Treasurer. Ann Gardner
 Social Secretary. Laurie

Lewis
 Membership Secretary. Lorraine Bramwell
 Telephone: 604 206 018
 Email: sectordphone@gmail.com
 Facebook: camposol D community Donations.

We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.30am and 12am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners. Paypal, enter sectordphone@gmail.com as the recipient. Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit. Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

Scan the code to see the schedules of the Lorca - Alhama - Totana - Pto. Mazarrón line and the Mazarrón line of Martínez buses or on the web

autocaresmartinez.portaldetotana.es/horario.asp



Scan the code to see the schedules of bus line 30 Cartagena - Mazarrón Alsa or on the website

www.cartagena.es/ALSA/linea30.asp



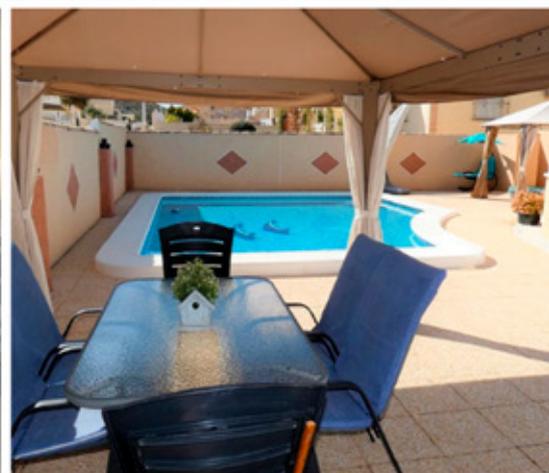
List your property for sale or for rent on our property portal for only **15€ pm**

Scan code for full details



MERCERS
REAL ESTATE
38 YEARS
EXPERIENCE

CAMPOSOL SECTOR D
REF:NED464i
PRICE €239,995



PROPERTY SUMMARY

STUNNING DETACHED VILLA. 3 BEDROOMS. 3 BATHROOMS (2 EN-SUITE). AIR CONDITIONING & CENTRAL HEATING. ROOFTOP SOLARIUM WITH GREAT VIEWS. OUTSIDE KITCHEN. PRIVATE SWIMMING POOL. CONSERVATORY. GARAGE & CAR PORT. CORNER PLOT.

WWW.SPANISHPROPERTY.CO.UK

Unit 43, Calle Jara Sector B
Commercial el Saladillo
Camposol 30875 Mazarron,
Murcia, Spain
+34 968 199 188
sales@spanishproperty.co.uk