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August 2020



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THE Journal

August 2020



Dear Readers,

It has been an eventful summer so far. As the pandemic evolves and changes how we live our daily lives. With a responsible approach we can enjoy the things which are ultimately most important to us. I would like to say a big thank you for such an overwhelming response to July's edition of The Journal. Your interaction is invaluable as I continue to develop and improve our community magazine.

There is a lady who has guessed where the cove on the front cover is. It is a beautiful cove just up from Los Puertos. Well done for knowing it as we have so many beautiful coves on our spectacular coastline to choose from. I hope the lady (who chooses to remain anonymous) enjoys the dinner for 2 prize. I would like to invite you all to tell me where this month's front cover is?

Are you all getting used to using QR codes? They are a new way of life now and so very helpful as they give so much more information.

We have some new features this month with a guide to buying property and now a mortgage calculator on the website. The-journal.es

We also have a fantastic new section "Just Ask" This will be a monthly feature inviting you to raise any issues you are facing with a fully qualified support team.

I will now leave you to read and enjoy.....



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CONTENTS

Page 6 - 7 News

Page 8 - 13 Lifestyle

Page 14 - 15 Films

Page 16 - 17 GoodReads

Page 18 - 19 Music

Page 20 - 21 Charities

Page 22 - 25 Homes & Gardens

Page 26 - 33 Property, Financial & Legal

Page 34 - 35 Whats On Guide Monthly Calendar

Page 36 -37 Take A Break

Page 38 - 39 Gadgets & Gizmos

Page 40 - 42 Motoring

Page 43 - 45 Sports & Local Societies

Page 46 - 47 Fashion

Page 48 - 49 Beauty

Page 50 - 53 Gastronomy

Page 54 - 64 Mind, Body & Spirit

Page 65 Horoscopes

Page 66 - 67 Useful Numbers Directory



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keep costs to a minimum and protecting you from unexpected high energy bills.

The System can be installed to monitor the whole house electricity supply or as in some properties just the air conditioning supply (as these can be one of the most expensive appliances to run, and tend to be the most misused).

Many smaller properties also use air conditioning as a major source of heating in the winter too. Also, just imagine the energy consumption of 6 people, in the winter, sharing a property. They will all have phones, laptop computers, iPad, hair dryers, heat brushes at least. We have had some reports of people purchasing cheap electric fan heaters and running them endlessly too and then dumping them so the property owner never even knew, until the electricity bill arrives.

Holiday & Short Term Rentals

Allowance System - Set your guests a reasonable allowance for the duration of their stay. Ideal for owners who do not want to be seen to charge guests for the electricity, but want to ensure they do not run up a high bill. The meter cards



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come in different denominations too, so perhaps €30.00 for the week would be reasonable. If they use it all, and have to contact their rental agent to explain why, they can purchase more cards from the property manager on a “pay as you go” basis. This does not usually happen twice, in this scenario and is usually quickly rectified.

Pre-payment rental contract option

Many of the property management and rental agencies now include in their rental contracts a fee for electricity of between €30.00 and €50.00 per week. Some contracts also state that the average amount per week is for example €30.00 which is included but any more is additional. Once the guests arrive, you simply load the credit onto the meter, show them how to keep an eye on it, and they can watch it slowly reduce. It is amazing to note just how “careful” they become with this system in place once it has been explained to them.

Air conditioning monitoring

Many property owners only want the air conditioning to be used with these meters, rather than the “whole house”

supply being monitored. This is a great deterrent to stop guests leaving doors and windows open, and units running for long periods. It is not unknown for visitors to open all the windows to air the property, then go out for the day leaving the air conditioning running at an impossibly low setting i.e. 16 degrees. Once the dreaded electricity bill arrives, it does often not cover the rental payment for the week. Please note that not all properties have their air conditioning running on a separate circuit so that would mean a more complex installation.

Long term rentals

In the same way that bottled gas, and red diesel oil here in Spain are effectively “pay as you go”, many people who are renting long term also dread the electricity bill, especially in the summer

months. These secondary meters can be used for that too. Install a meter, and just buy the cards as you need them and there will be no nasty surprises when the bill arrives.

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"I told him as an expert in the field I strongly recommend wearing it, but he just kept bringing up his 'rights'."

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Decorating tips for renters How to decorate a rented flat or house without risking the deposit

When you rent a property it can be difficult to put your stamp on it decoratively without risking your deposit. However, there are a raft of ways to bring character and style to a rental that are easy to undo when you leave.

Ask your landlord what you can and cannot do
All too often, we assume we won't be

allowed to paint, change curtains or put nails in walls - you should speak to the landlord first; 'check the terms of your lease first and don't just assume that you can't push things a bit. If you think you'll be there for a while and want to change something, put it to your landlord and make your case as to why something should change. It can add value to their property after all. They probably won't be willing to change the flooring or anything major like that, but if it is particularly bad, you can always offer to cover a third or half of the cost with them.'

Windows

When you rent a property, things like windows are often ignored as you decorate and they often come with rather lacklustre blinds and curtains. Check if you can take them down, if you need to store them or can just get rid of them and then look at really simple options. You want curtains to be quite simple if you're on a budget, it doesn't make sense to spend lots on this aspect in a rental scenario. Keep it really simple with lovely linens and cottons that hang beautifully.

Lighting

Just like windows, lighting is something we often assume we have no control over but light is often harsh and unsightly in a rental, especially if every room has a single pendant. Swapping out cumbersome

shades for pretty rattan ones you can find on Ebay is one way you can improve the situation, an option is low level lighting instead of the single central bulb. It's really important to add lamps and create a bit of a mood, uplighters to create washes of lights - they are an inexpensive way of lighting a feature, perhaps an artwork. You could be wanting to light where your plants are or increase the lighting in the room and make it more cosy and a nicer environment. There are ways to improve on lighting so do improve on it. In fact, lighting is the most important thing and always the best place to start.

Adding colour

A simple way to inject personality into a rental without risking your deposit is through colour. If you can't paint the walls, renters could paint or wallpaper big boards or canvases in colours you love and leave them propped up - like leaning art that can become a feature. It's a good solution for people who are really into colour or pattern and don't want a magnolia box. A popular renter on Instagram who keeps her followers updated on her decorating process has a different solution: 'As we can't paint the walls [in our flat] we've brought colour and pattern into the space with the furniture and decorative accessories. Cushions, throws and rugs are a great way to inject some colour if you're not sure where to start.

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Bolder items like a pink sofa can bring so much fun and character to a room.' In her rented flat, a framed lovely paper from Antoinette Poisson as a lovely way to bring pattern in affordably. Removeable wallpaper will change your life, and your bland walls. It can be a little expensive but it is well worth the investment. You don't have to worry about lasting damage that may prevent you from getting your deposit back, as its very easy to remove. Search shops like Etsy for some modern designs.

Fabrics

For lovers of fabric, a rented property can seem to offer little chance for displaying swathes of your beloved prints and patterns, especially if it comes furnished. However, there are many ways around this. A brilliant suggestion is investing in a room divider or screen; Screens can be really useful as you can have lots of fun with them and cover them in your own fabrics - a trifold is particularly good as you can use three different ones or wallpapers. Introducing lots of textured materials helps to make a space feel homely and loved and suggests upholstering a favourite chair in a fabric you love, as you'll have that forever. Renters can also cover canvases in favourite fabrics and hang these, if your landlord allows nails in the wall. Wall hangings are a great way to add character - buy a metre of fabric

and hang it! The simplest way however, is to invest in nice bedding, or a fabric-covered headboard. Don't forget about all your soft furnishings like cushions, rugs, and curtains. Even if your rental is fully finished, you can switch these homeware items up so that your home reflects your style.

Plants

Everyone agrees that plants are pretty much the brilliant number one way to add personality to a rental in an easy, affordable and approachable way. Never underestimate the power of a good houseplant. A bit of something green, be it a large ficus or potted fresh herbs in the kitchen in old flower pots. It's a sentiment echoed by many people, who use them to great effect in flats or houses. If you don't have a garden of your own, hang plants from the curtain pole to bring the outdoors in. Hanging them from the picture rail too is another great easy to remove option for a renter.

Art

For anyone with a landlord who will not accept nails in the walls, there are things you can do to be creative with displaying art. Propping pictures up rather than hanging them and displaying smaller frames or canvases on shelves and leaning bigger ones against walls. Easels can be a brilliant way to get around the issue, a

nifty trick for creating a gallery wall without nails. Living in a rented home doesn't mean it has to be boring. We aren't able to drill into the walls so it's the perfect solution as they're completely removable. Again, do check with your landlord first as some may be happy to let you put nails in the walls, so long as you remove them, polyfill the hole and paint it when you leave. Once you have your answer, set about getting your art up as, gallery walls are a great way to inject colour to your walls and display items that you love.

Flooring

To cover up an unsightly floor, layer rugs - maybe a more neutral natural fibre rug like a sisal is perfect underneath, layered with a smaller softer rug like a lovely vintage Berber on top. To achieve this look, you can use the Lohals rug from IKEA a lot, or visit more local to the area at **Branded** on Camposol. Another favourite is rush woven matting squares. For a long hall or entrance space, look towards vintage kilim runners, which can be found in many hardware stores local. Finally, pretty cotton rag rugs are a lovely way to add colour and texture to a more neutral bathroom.

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Into The Deep

I began diving in 1998 in Majorca then passed my PADI in Cyprus and moved to Spain 11 years later after transferring to British Sub Aqua Diving, it is something you get to love once you have built the confidence and buoyancy in the sea and find equalising the pressure in your ears more easy.

The sea and it's inhabitants can be beautiful, supportive, relaxing and the most wonderful experience, especially here in Murcia where it is warmer and kinder than my old haunts in the English channel which is often cold, heavy currents, tides, deep, dark, poor visibility and lots of heavy commercial shipping.

Nevertheless, at all times it must be treated with the utmost respect from those who enter it. Always using the basic rule of "Take only pictures, leave only bubbles."

As a diver you must always remain aware of many things such as depth, air usage, blood nitrogen levels, navigation skill & equipment to name but a few. Even the most experienced cannot afford to become complacent.

Underwater photography is very rewarding but given the above dangers, it requires continued awareness and discipline.

As I flip backwater into the cool water and descend down the line into the deep blue sea normally to around 18mtrs then maybe down to 32mtrs, the water becomes a filter to the light spectrum, firstly removing the colour red, at about 6mtrs, then orange then yellow, blue being the last to go which is why many pictures look blue or grey. To the divers eye, it often looks like a black and white movie.

To restore colour to film, this requires light so flash and strobes are essential to capture the true beauty of the underworld.

You will see from some of the photos variations in colour because of this and my capability to manage this! I often use macro (very close up) so the light from the strobe engulfs the subject for enhanced colour.

The most usual question I get asked is about sharks. Well I personally have never seen one around here and I have to say sharks get a bad reputation as provided you treat them with respect they tend to leave you alone. I have dived with grey reef, white tip and nurse shark with no problems. Trigger fish however can be most vicious but again few around here and not the aggressive ones.

My personal favourites are the Moray eels, who grow to around 2 mtrs long

and octopus. I have spent much time photographing them with no danger. The Morays have poor eyesight but excellent sense of smell through their nasal spiracles (wiggly tubes on the end of there noses) so although I do get fairly close I've never been attacked. Key rule, don't touch and never feed them) I've seen them fed in the Red Sea and it creates real some fun when divers involved realise the Moray doesn't recognise the difference between bait, fingers and arms.

The Octopus is a most intelligent creature with the chameleon ability to change its colour to match all that it passed over. On occasions I lie in the seabed and wiggle a finger close to their lair, very often a tentacle with gingerly pop out and touch my hand, then slowly it will wrap around my hand and start to tug me toward the hole or something come out for a play or give a sudden squirt of ink and disappear like a bullet.

The orange fish is an Apogon male and if you look carefully you can see he holds fertilised eggs in his mouth for the gestation period. I tend to use this fish as a quick reference of the current as the always tend to swim into the current.

The Blenny is without doubt my little favourite with its notable cheeky face. There are many variations in colour

and type but all Blenny are inquisitive, and so funny in their attitude.

Lay on a rock near one and they come to see what's going on. Popping up and down, back and forth as they build confidence that you are not hostile. Sometimes 2 or 3 will join in and if your attention strays away from one, he will give you a gentle nip to remind you that he wants to play.

Many times I have laughed so hard my mask fills with water and I have to clear it.

Oops, how long was that, a minute 5 minutes?

A quick check of the gauges and the wrist computer only 70bar of air left and it's time to navigate back to the bouy or anchor line. A safety stop at 6mtrs to allow the nitrogen in my blood to filter out through my lungs to prevent DCI (the bends) and then back to the boat for a swig of sweet wine from the goatskin bladder and maybe a chunk of Sandia Melon and off to the port when all are aboard.

See you again next time fishy friends!

Glen Ford



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Ways the Sun Affects Your Body: The Good & The Bad

The sun can sometimes get a bad rap for only having negative effects on our health when, in fact, it has several positive effects for our overall health. Like many other things, sunshine should be enjoyed in moderation to avoid painful sunburn, heat rash, wrinkles and skin cancer.

Positive Effects of the Sun

Enhances Your Mood

There are many benefits from sunlight, including that it is a free mood enhancer. Being in the sun can make people feel better and have more energy. Sunlight increases the levels of serotonin in the brain, which is associated with improved

mood. Not surprisingly, serotonin levels are highest in the summer.

Treats Seasonal Depression (commonly referred to as Seasonal Affective Disorder)

In certain people, the lack of sunlight in the winter seems to trigger depression. Symptoms include bad moods, difficulty making and keeping friends, overeating, tiredness and sleeping too much. Seasonal depression, formerly known as Seasonal Affective Disorder, is rare in the warmer months.

Relieves Stress

Everyone experiences stress for various factors, such as family, work and health issues. Stress can be relieved in a variety of ways, including exercise, having relaxing hobbies, walking the dog or by getting out in the fresh air for a little sun exposure.

Sunlight exposure impacts how much

melatonin your brain produces, which is what tells your brain when it is time to sleep. When it gets dark, you start producing melatonin so you are ready to sleep in about two hours. With more sunlight in the summer, you are likely to feel more awake. Modern technology has allowed us to change our light exposure artificially with lights, TV screens and computer screens (including tablets and cell phones). Consequently, the incidence of insomnia is much higher now than it was before these devices were invented.

Vitamin D

Vitamin D is a vitamin involved in maintaining healthy bone strength. One way you can get this sun vitamin is exposure to the ultraviolet light from the sun. However, you don't need much time in the sun to reap the benefits. Its recommended only 15 minutes of sun exposure to provide all the Vitamin D you need.

The Harmful Effects of the Sun

Sun Damage to the Eyes

Long-term, unprotected exposure to ultraviolet light from the sun can damage the retina. The retina is the back of the eye, where the rods and cones make visual images, which are then sent to the visual centers in the brain. Damage from exposure to sunlight can also cause the development of cloudy bumps along the edge of the cornea, which can then grow over the cornea and prevent clear vision. UV light is also a factor in the development of cataracts.

Heat Exhaustion

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According to the Centers for Disease Control and Prevention (CDC), heat exhaustion is the body's response to excessive loss of water and salt, usually through excessive sweating. People working in a hot environment are at risk of heat exhaustion.

Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output
- Heat Stroke

If heat exhaustion is left untreated, it can lead to heat stroke. Heat stroke is the most serious heat-related illness and can be life-threatening. According to the CDC, heat stroke causes the body's temperature to rise quickly and can reach up to 106 degree Fahrenheit within 10 to 15 minutes. Heat stroke requires immediate medical attention because if it is left untreated, it can cause death or permanent disability.

Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures

Sunburn

Sunburns widely recognized as one of the most common negative effects of

too much sun exposure. The maximum symptoms of sunburn do not usually appear until about four or five hours after the sun exposure occurs. Ultraviolet light is the cause of sunburn, which may come from the sun or tanning beds.

General symptoms of sunburn include:

- Redness
 - Pain/tenderness
 - Swelling
 - Blisters
 - Flu-like symptoms, such as nausea, fever, chills or headache
- If you notice a sunburn fever, it's times to seek attention from a medical professional. Besides a fever, severe burns also involve significant pain and extensive fluid-filled blisters.

Heat Rash

A heat rash is a skin rash that occurs when sweat ducts trap perspiration under the skin. Heat rash often takes place during hot, humid weather and, according to the CDC, often looks like red clusters of pimples or small blisters. Heat rash develops in skin folds, elbow creases, the groin or on the neck and upper chest.

Wrinkles/Aging

We associate wrinkles with aging, but sun exposure is a significant factor in their development and how early they appear. UV light damages collagen and elastic tissue in the skin, so it becomes fragile and does not spring back into shape, causing sagging. The only factor worse than UV light exposure for aging and wrinkling is cigarette smoking, which causes the skin to become yellowish and thick with deep wrinkles. Some people will also get white cysts and blackheads

on the cheekbones from sun exposure and smoking. UV light exposure also causes white and dark spots on the skin, as it damages the surface cells.

Why are Tanning Beds More Harmful Than the Sun?

A common misconception, promoted by the tanning bed industry, is that tanning beds are safer to use for tanning than direct sun exposure. Many teens will tan before parties or holidays to look good in their dress clothes, but they aren't doing themselves any favors. Tanning beds put out UVA light that is much more intense than what you receive outdoors because it does not work as efficiently as UVB light. UVA goes significantly deeper into the skin than UVB and not only causes skin cancer, but it causes more leathery, wrinkled skin.

Protection from the Sun

Much of the damage to our skin caused by sun exposure can be prevented. Sunscreen must be applied 20 minutes before going out in the sun and should be reapplied after two hours in the sun and after swimming or heavy sweating. You can also protect yourself with UV filtering sunglasses, long sleeves or a brimmed hat. If you are going to be outside for long periods, sit under a cover of a building, an umbrella or a tree that has dense shade underneath.

Talk to your primary care provider if you are concerned with any sun-damaged skin on your body.

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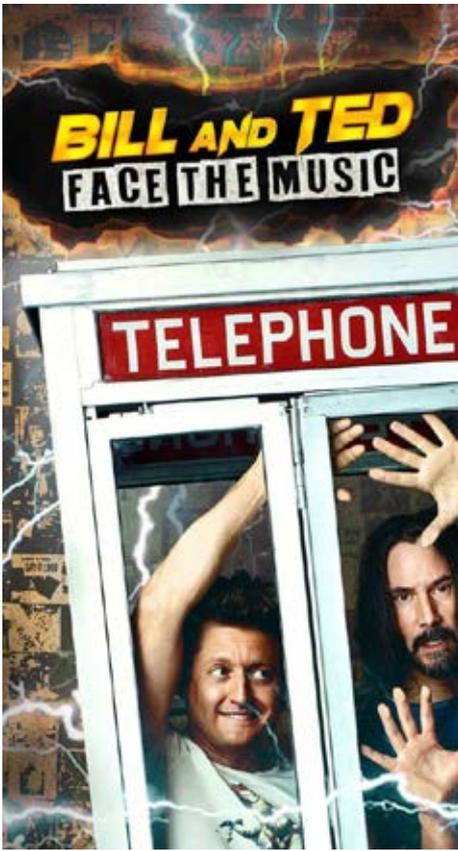
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Bill & Ted Face the Music

Bill and Ted Face The Music is an upcoming American science fiction comedy film directed by Dean Parisot and written by Chris Matheson and Ed Solomon.

It is the third installment in the Bill & Ted film series and a sequel to Bill & Ted's Bogus Journey (1991). Keanu Reeves and Alex Winter reprise their roles as the respective title characters, and William Sadler reprises his role as the Grim Reaper. While the script for this film had been laid out as early as 2010, there were difficulties finding a distributor to back production. By May 2018, a distribution deal had been secured and the film entered pre-production, with filming officially commencing on July 1, 2019.

The film is scheduled to be theatrically released in the United States on

August 28, 2020, by United Artists Releasing.

Now enduring the monotony of middle-aged life, William "Bill" S. Preston, Esq. and Ted "Theodore" Logan are warned by a visitor from the future of the need for them to create a song in 78 minutes that will save all life on Earth and the entire universe.

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Wonder Woman 1984

Wonder Woman 1984 (also marketed as WW84: Wonder Woman 1984) is an upcoming American superhero film based on the DC Comics character Wonder Woman.

It is the sequel to 2017's Wonder Woman and the ninth installment in the DC Extended Universe (DCEU). The film is directed by Patty Jenkins from a script she wrote with Geoff Johns and David Callahan, and a story by Johns and Jenkins. It stars Gal Gadot as Diana Prince / Won-

der Woman, alongside Chris Pine, Kristen Wiig, Pedro Pascal, Robin Wright, and Connie Nielsen in supporting roles. Set in 1984, during the Cold War, the film follows Diana as she faces off against Maxwell Lord and Cheetah while reuniting with her love interest Steve Trevor.

Discussion of a sequel began shortly after the release of the first film in June 2017, and the decision to proceed was confirmed the following month. Principal photography began on June 13, 2018 - with filming taking place at Warner Bros. Studios, Leavesden in England, as well as the

District of Columbia and Northern Virginia in the United States, London and Duxford in England, Tenerife and Fuerteventura in the Canary Islands, and Almería in Andalusia, Spain - and finished on December 22, 2018, after a six-month shoot. Additional filming took place in July 2019.

Wonder Woman 1984 is scheduled for release by Warner Bros. Pictures in the United States in RealD 3D, Dolby Cinema and IMAX 3 on October 2, 2020. It was originally announced for release on December 13, 2019, before being moved up to November 1, 2019, then it was delayed to June 5, 2020. On March 24, 2020, with theatres closed for an uncertain period of time due to the COVID-19 pandemic, the film was delayed to August 14, 2020, taking the release date of Malignant. It was then further delayed on June 12, 2020 to its current October release date.

Like its predecessor, Wonder Woman 1984 will not be shown in several Arab and Muslim nations due to Gadot's past as an Israeli soldier and the enforcement of the Arab League boycott of Israel.



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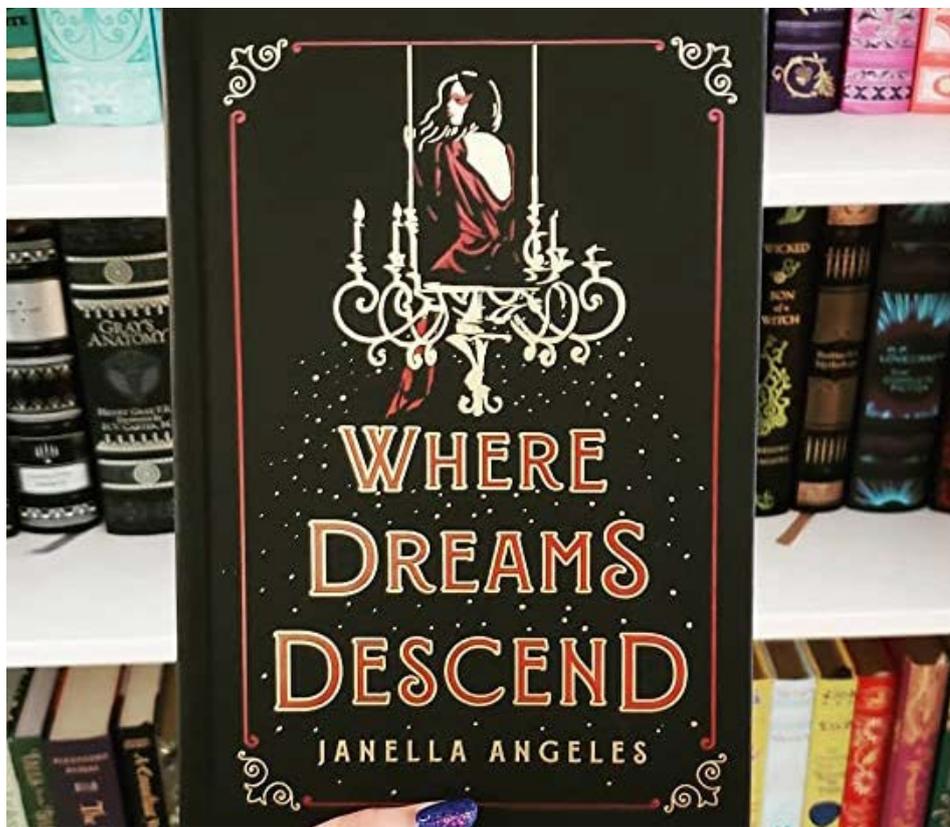
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Where Dreams Descend

by Janella Angeles

In a city covered in ice and ruin, a group of magicians face off in a daring game of magical feats to find the next

headliner of the Conquering Circus, only to find themselves under the threat of an unseen danger striking behind the scenes.

As each act becomes more and more risky and the number of missing magicians piles up, three are forced to reckon with their secrets before the darkness comes for them next.

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The Magician: Demarco, the brooding judge with a dark past he can no longer hide.

Where Dreams Descend is the startling and romantic first book in Janella Angeles' debut Kingdom of Cards fantasy duology where magic is both celebrated and feared, and no heart is left unscathed.

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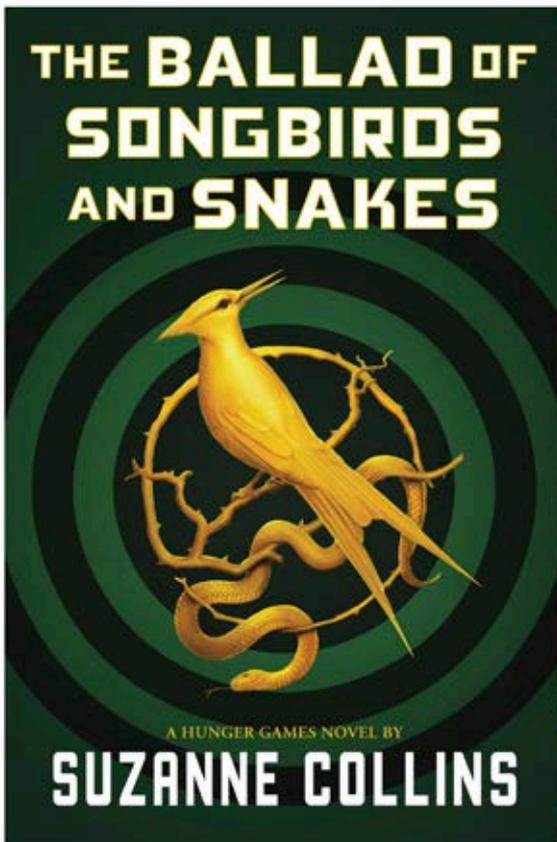
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ing for his one shot at glory as a mentor in the Games. The once-mighty house of Snow has fallen on hard times, its fate hanging on the slender chance that Coriolanus will be able to outcharm, outwit, and outmaneuver his fellow students to mentor the winning tribute.

The odds are against him. He's been given the humiliating assignment of mentoring the female tribute from District 12, the lowest of the low. Their fates are now completely intertwined - every choice Coriolanus makes could lead to favor or failure, triumph or ruin.

Inside the arena, it will be a fight to the death. Outside the arena, Coriolanus starts to feel for his doomed tribute . . . and must weigh his need to follow the rules against his desire to survive no matter what it takes.

The Ballad of Songbirds and Snakes

by Suzanne Collins

**Ambition will fuel him.
Competition will drive him.
But power has its price.**

It is the morning of the reaping that will kick off the tenth annual Hunger Games. In the Capitol, eighteen-year-old Coriolanus Snow is prepar-

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OZZIE OSBOURNE PART 1

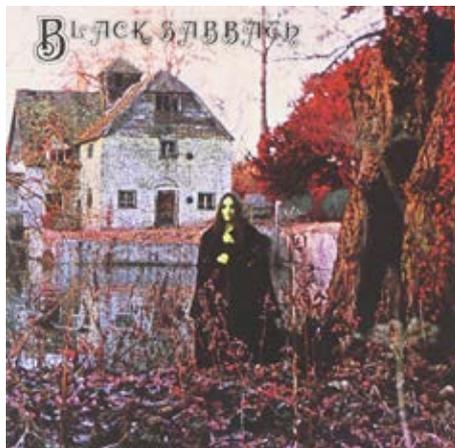
Ozzy Osbourne would need no introduction as a wild man and front man to the band Black Sabbath and through an extensive solo career. Song writer and front man extraordinary Osborne has managed to carve an internationally recognised music career and reach legendary status despite coming through a lot of adversity.

John Michael Osbourne was born in Aston in Birmingham to John (a tool maker) and Lillian (a factory worker) on 3rd December 1948, (shares the same birthday as my wife!). He grew up in Birmingham with his 5 siblings in Aston and was nicknamed Ozzy from primary school - whilst being involved in school musicals he was interested in music from an early age. He was 14 when he heard the Beatles single 'she loves you' and became a big fan. It was at this point that he knew that he was going to be a rock star.

Upon leaving school, Ozzie had several labouring jobs that he couldn't hold down and turned to burglary to gain money. This was a career he was clearly not cut out for and he spent six weeks in Winston green prison after not being able to pay a fine for burglary....A fine his father refused to pay on his behalf.

Ozzy joined and left a series of hard rock outfits before finding Earth, which later adopted the name of an old Boris Karloff movie, giving birth to the legendary Black Sabbath.

The band were signed to Warner Brothers Records and their first album **Black Sabbath** was released in 1970 and reached platinum sales in the USA. A series of hit albums followed



including; **Paranoid** (Gold in UK Platinum USA) **Masters of Reality** (Million sales in UK and USA) **Sabbath Bloody Sabbath** and **Technical Ecstasy** which did achieve gold sales in the US but received a lot of criticism from the critics and some saying that the band, were unravelling at an alarming rate. During these years the inimitable Oz also gained a wife **Thelma**, two children, a substance abuse problem and a very bad reputation. His hotel-trashing incidents became infamous and rumours of Satanism began to circulate. "The only black magic we ever got into was a box of chocolates," he insisted. But the media's appetite for "Ozzy's-a-looney" stories was insatiable and his angry outbursts including one in 1976 when he shot dead a coopful of chickens didn't help matters.

The following year his father died and Ozzy's enthusiasm for the band waned. His persistent absence from rehearsals eventually resulted in him being fired. Ozzy returned to Black Sabbath after 3 months and the band went to Toronto Canada to record the album Never Say die. According to the band, the recording was made difficult by the bands drug and alcohol abuse and it was difficult to get anything done. The album was eventually finished and a supporting tour was arranged with **Van Halen** supporting. On the tour the more youthful Van Halen stole the limelight with critics labelling Sabbaths performance as 'tired and uninspiring', while Van Halen earned rave reviews. On the tour, Ozzy played what was to be his last Sabbath gig in Albuquerque for a long time.

In 1979 Ozzie was fired by the other band members as tension flared in the studio. The official reason for

the sacking was "substance abuse". Osbourne maintains his drug use and alcohol consumption at that time was neither better nor worse than that of the other members. Ozzy disappeared into a deep depression and pattern of drug use, which eventually cost him his marriage.

On leaving the band Ozzy received around £96,000 for his share of the band and Ozzie went on a three month binge, «I'd got £96,000 for my share of the name, so I'd just locked myself away and spent three months doing coke and booze. My thinking was, 'This is my last party, because after this I'm going back to Birmingham and the dole'...The Ardens had other ideas though and under their management **Blizzard of Ozz** was formed. They were signed to **Jet Records** and the band consisted of **Lee Kerslake** (ex Uriah Heap) on drums, **Bob Daisy** (ex Rainbow) on Bass, **Don Airey** (ex Rainbow) on keyboards and **Randy Rhoades** (ex quiet riot) on lead guitar. Two hugely successful albums followed; The debut album **Blizzard** achieved multi-platinum sales without having a top 40 hit. The following album **Diary of a Madman** was just as successful achieving triple platinum sales in the USA, and the press' obsession with him became as strong as ever. Needless to say, his antics only served to feed their appetite. When a fan threw a bat at him during a stage performance and he famously bit its head off, it wasn't just animal rights activists that branded him as sick and sadistic. Insisting he'd thought it was a rubber toy, the singer underwent treatment for rabies.

Texas joined the ranks of Ozzy-haters in 1982 when he drunkenly relieved himself on part of the Alamo war memorial, earning himself a night in jail and a lifetime ban from the state. It is unlikely his subsequent reflections did much to assuage their anger: "I can honestly say all the bad things that ever happened to me were directly attributed to drugs and alcohol. I mean, I would never urinate at the Alamo at nine o'clock in the morning dressed in a woman's evening dress sober."

When he signed a new contract with CBS Records, his wife suggested he release two doves as a "peace offer-



The original line up from left to right: Osbourne, Butler, Iommi, Ward

ing” during a party thrown by his old label. He arrived rather intoxicated, however, and opted to bite the head of one of the birds instead. Another day, another media uproar, “Of all the things I have lost, I think I miss my mind the most,” he joked. Everything was going swimmingly as far as the music was concerned until tragedy struck...

In March 1982 the band were in Florida on a tour promoting *Diary of a Madman*, a light aircraft, carrying Randy Rhoades, Rachel Youngblood (the band's stylist) and pilot Andrew Aycock, was travelling in tandem with

the tour bus containing the rest of the band. During a moment of high jinks the wing of the plane clipped the tour bus and crashed, killing everyone on board the plane.

For Osbourne to witness the death of good friend and brilliant guitarist Rhoades as well as the other members of his entourage, a period of depression and the inevitable drug abuse followed.

The eighties still held some success with collaborations with **Was not Was**, **Jake E Lee** and **Zakk Wylde** recording albums such as **Bark at the Moon** and **The Ultimate Sin**.

Successful through the 1980s, Osbourne achieved commercial success into the 1990s, starting with 1991's **No More Tears**, featuring the single **Mama, I'm Coming Home**. The album enjoyed much radio and MTV exposure. It also initiated a practice of bringing in outside composers to help pen Osbourne's solo material instead of relying on his recording ensemble. The album was mixed by veteran rock pro-

ducer **Michael Wagener**. Osbourne was awarded a Grammy Award for the track **I Don't Want to Change the World** from *Live & Loud*, for Best Metal Performance of 1994. Wagener also mixed the live album *Live & Loud* released on 28 June 1993. Intended to be Osbourne's final album, it went platinum four times over, and ranked at number 10 on that year's Billboard Rock Charts. At this point Osbourne expressed his fatigue with touring, and proclaimed his retirement tour (which was to be short-lived). It was called **No More Tours**, a pun on No More Tears. Osbourne's entire CD catalogue was re-mastered and reissued in 1995.

Pick up next months copy of The Journal to continue reading on the madman Ozzy Osbourne!!



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FRIENDS OF MAZARRÓN ANIMALS

Now that we are out of lockdown FMA is slowly starting to introduce a few more ideas and events to their fund raising calendar.

To begin our return to 'the new norm', we held a very low key mini market to see how we could manage an event whilst keeping within all the current Covid 19 guidelines. It proved to be highly successful with a handful of our friends and supporters, (numbers within guidelines) joining us for a coffee and cake morning. Of course courtesy of our fabulous baker Nicky, there was a lot more than cake to choose from; we are so lucky to have her as part of our team. In addition to the delicious elevenses we had a few FMA stalls for people to peruse; clothes, books, plants and of course some doggy items. With the current ongoing situation we are not sure when the next 'full' market will be, so until then, we hope to continue with this mini version of our monthly event.

When you read this we will also have held our first musical event at the fabulous new Zambucca Beach, featuring renowned piano player, Bazz Norton. We'll let you know how it went next month but we know it's going to be fabulous. As of writing this article one of our dogs, Heidi, is still missing. Lost near the ITV station near Mazarrón town she has recently been spotted on Mazarrón Country Club. Our lovely friend and supporter Maria goes to the area daily to leave food and water, and we cannot be more grateful to her. Please keep looking out for Heidi and let us know as soon as possible of any sightings.

Pepe Little was a lot more fortunate. Having managed to escape from his foster home, how, we still don't know, he was only absent for a day or two. Martine, his previous fosterer, cut short her break in Mojacar and travelled to Mazarrón with Pepe's best friend Benji. Having seen, smelt or heard his chum,

Pepe suddenly appeared from the campo and eventually was reunited with everyone. You'll be pleased to know that he is none the worse for his adventure.

We are happy to say that as ever we have been busy with adoptions. As well as some in the local area, another seven of our dogs were homed in the UK and more Galgos were taken to Galgos de Almeria from where they will start their new lives.

However, there are still many dogs and cats looking for their forever home. Please look at our album to see who is available. You can find it on Facebook under Friends of Mazarrón Animals; please like our page and keep track of all our wonderful animals and future events. Some of our dogs have been waiting months for new homes; Lucille and Minnie Cooper to name just two. All these dogs and cats have their own stories so please contact us for more information if you are interested in any of our fabulous animals.

Any dog, cat, rabbit bird or hamster that comes under our wing are part of the FMA family and always will be. That is why we are always so pleased to receive photos and updates of all our animals that have found forever homes. We hope that you all enjoy seeing them again with their new families and lives. Please keep them coming.

We would as ever like to thank all our friends and volunteers for their continued support; without you we could not do what we do. Thank you from the FMA family.



CALL FAST ON 968 970 626 FOR INFORMATION ONLY AT THIS TIME.

Due to the Covid 19 pandemic FAST are unable to attend patients, we aim to have our phone system running 24 hours a day to be able to give information, advice and support in a time of crisis.

You can ask us to call for an ambulance for you if you are unable to do so.

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

If you are faced with a medical emergency would you know what to do? Just

opening the airway by tilting the head back can allow someone to start breathing again. Applying direct pressure to an open bleeding wound may stop serious blood loss.

Even though we are not responding in person at this time we are busy in the background, ensuring we have the correct PPE for when we do respond again. Our procurement officer has been spending vast sums of money to build up our stocks, at times this was difficult as there was a shortage of supplies. We are looking at the training needed for our responders as they have not been able to train for 5 months now. When the training is able to restart responders will need to be recertified. FAST has to pay the awarding body for each certificate issued.

So that FAST members were able to keep in touch with each other and share information, they were able to join in on ZOOM calls during the lockdown. In the early days of the lockdown FAST were asked to filter calls to 112 for the Mazarrón area, this was to ease the load on the emergency services. The committee also met on ZOOM on a regular basis.

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

Thank you to all those who have donated to FAST in the past and in the future! We were given a very nice donation of €100 by Chris Garraway who won a raffle with the Fiesta Group and decided to donate the winnings to FAST. The presentation took place outside Euronics on B commercial centre. We were also given another donation from the Club de Golf Camposol of €300. The presentation took place at the Club de Golf on 15th July by Betty and Lloyd Roberts. Accepting the cheque were Graham and Jenny Salt, Suzanne Reid and Phil Gelling.

We can only provide the service as long as the funds keep coming in. We hope to be able to return to responding as soon as it is safe.

After the presentation we hosted a coffee morning meeting as a result of our recruitment campaign. We are in need of people to train as responders. All training is free to the responders. The service that we provide is recognised by the British Consulate as a very important addition to the emergency services in Mazarrón.

The nurses are back! The FAST nurses collect on Monday morning on the duel

carriageway approaching the B commercial centre. Give them a wave and any spare cash you have.

WHAT HAVE YOU DONE TODAY TO MAKE YOU FEEL PROUD.



It is so good to be experiencing the 'new' normal and seeing things get back to a sort of how they were, I am happy to report that our shops are doing well considering!, and it is lovely to see a few of our customers who we have missed over the past few months. Thank you to everyone who has respected our rules and regulations which enabled us to open. We have a lot of making up to do after losing 3 months revenue from the shops, we are trying our best the signs are looking good and with your



continued support both in spending and donating the future looks bright for them both.

Let's talk about the SUN and HEAT ! It is important all animals have plenty of shade and water in the summer but with dogs they can very easily suffer from heatstroke. Dogs lose heat through panting and only sweat through their paws, so they always need access to water and shade and walking at the coolest time of the day. Test the pavement with your hand for a few seconds, if it is too hot for you then it certainly is for dogs to be out at this time. Dogs can actually get sunburnt so use a pet friendly sunscreen on the tips of their ears and noses with light and white coloured dogs particularly at risk. Sprinklers, paddling pools, damp towels for them to lie on and frozen toys are a great source of cooling for them too. Know the signs of heatstroke heavy panting, excessive drooling, lethargy, drowsiness, vomiting, and uncoordinated movements are all associated with heatstroke. It is very serious and needs immediate veterinary attention. It upsets me so much when I see dogs being walked at the height of the summer sun, so I ask you please to take onboard all the information about dogs and heat. **BE A RESPONSIBLE DOG OWNER .**

Two of our little dogs rescued are now have new homes, Leo and Pepe you were not with us long, but are both very lucky little to have found perfect families, Leo goes to Scotland and Pepe stays local in Mazarrón! .

We had a new donkey arrive with us

towards the end of June. He had a bit of a journey, from Almeria way. He is a friendly chap, though had a head collar on that was far too tight and had so many open wounds on his legs and chest which of course the flies love.

We have found a miracle cream!!!!!! **SUDACREM !** Yes I know ... its working wonders for the donkeys, healing the sores and keeping the flies away, little sods have been biting the donkeys around the legs and chest ! This causing a lot of pain and discomfort!, it's quite expensive here so please if anyone can purchase us some we would be very grateful .

Anyway, for this boy, his new life with AAR will always see him protected and taken care of. If you would like to donate to his care or even sponsor him then please get in touch with me. Donations can be made directly via PayPal to andreasanimalrescuemurica@hotmail.com

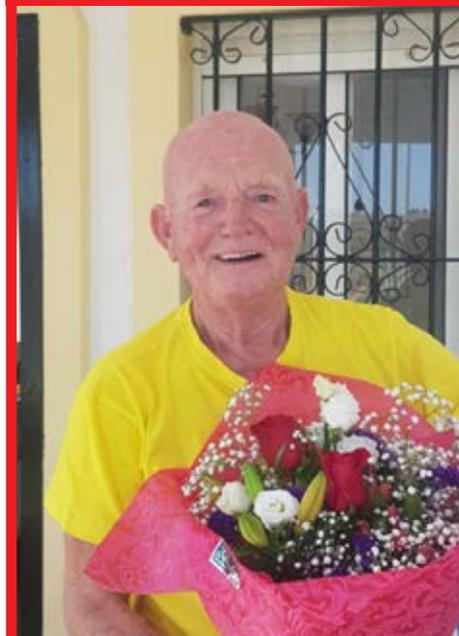
It is so good to back on Camposol on a regular basis which is my Monday slot 11.30-1.30pm to collect any unwanted items. The animals are very grateful for anything you may have that we can sell in our shops. I have missed some of my little chats, occasionally you may see Kevin there too, though we are easily identifiable by our white and yellow vans on Camposol B car park.

So, Mondays on Camposol are back as normal and I look forward to seeing you soon. If you wish donations can also be dropped off at the Mazarrón shop Mon-Fri 10.30-1.30pm or the Roldán shop Mon-Sat 11-2pm.

That is for now, Andrea x

Every week Costa Calida Radio are running the Who Cares Campaign, get in touch and nominate someone who you feel is deserving a mention on air and a lovely bunch of flowers, supplied in conjunction with Arnaldos Florist in Mazarrón.

Contact 634 13 67 43 via whatsapp and show that deserving person they are appreciated.



Jock Bonner, from Camposol Sector A was just one of the nominations for the Costa Calida Radio Who Cares Campaign. A number of his neighbors decided to call in and put Jocks name forward as they see him effortlessly, tidying and weeding various streets near his and their homes.

Great community spirit!
Thank You Jock!!



Camposol 'C' Green Fingers Gardening and Social Group

Holiday time is here again and, while the returning holiday-home owners may have noticed we're still playing 'catch-up' with the post lockdown weed problem, they remark that they've still noticed a huge difference since the last time they visited. Thanks to everyone for your donations and to those who give raffle prizes, unwanted plants and pots (plus cool drinks offered to our Maintenance Team workers - apologies if we wake anyone; the team begin sweeping, spraying and cleaning at 7am on Mondays during Summer because of the exhausting heat: it's impossible to clean streets silently! Even more so, when they're chipping away at large areas of caked-on mud still left on the roads after the lockdown storms.

This month our Wednesday Volunteers have been...surprise, surprise:

weeding and watering – this is a huge burden in the Summer months. If you have any spare time, please give the plants near your home a drink, every area is suffering in these high temperatures. They have also been planting donated trees & plants, trimming plus dead-heading established ones, overgrown areas have been cleared and the long grass has been strimmed. Special mention to new volunteer Sandra, who kindly renovated our Flower pot man and we welcome new volunteers; Judi & Den, John & Jan, Geoff and Alan to our group and would like to invite anyone else interested in volunteering with us to come down to the Welcome Wall on C at 9am on Wednesdays: a free breakfast is on offer!

May we politely request that dog owners pick up any mess their pets leave behind? It only takes a minute to put a bag in the bin and will keep the area smell, germ and poo-free, thanks.

Green Fingers will be holding our annual Street Party on C2 this year at the end of August, including entertainment - tickets only € per person and children under 12 free! We ask you to provide your own food and drink so we can all maintain any hygiene and social distancing regulations required. Further info on the date/location will be posted either on our chalkboards, Facebook groups; Green Fingers Camposol and Camposol C Sector Group or contact John, our Chairman on 634 325 427.



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What To Sow and Grow In August



Enjoy your garden this month while it's still looking its best and there are so many delicious fruit and vegetables ready to eat. But August is also the



time to start planning ahead if you want colourful autumn and winter blooms, or plenty of produce for your plate for the months ahead.

Here's what to plant in August, including things you can still sow from seed: Flowers to sow and grow

Sow overwintering violas now for springtime displays

- Winter-flowering pansies can be sown now for colour in the cooler months.
- Sow viola seeds to over-winter and provide fresh colour in the spring.
- Sow hardy annual seeds like poppies, Californian poppies, cornflowers, calendulas and larkspur now to provide earlier flowers next year.

Herbs & Vegetables To Sow And Grow

In the greenhouse / indoors

- Sow winter lettuce such as 'Arctic King' or 'Winter Gem' in modules to plant out later this month.
- Sow parsley, coriander and chervil in seed trays now for growing under glass throughout the winter.
- If you have a greenhouse you can still make sowings of dwarf beans such as 'Speedy' for an autumn crop.

Direct sow outdoors

- Winter-hardy spring onions such as 'White Lisbon' and 'Performer' should be direct sown now for crops next spring.
- Radishes are very quick to crop - continue to make more direct sowings this month for an autumn harvest. Alternatively try sowing winter radishes.
- Keep sowing salad leaves outdoors for a continuous harvest.
- Make final sowings of spring cabbages such as 'April' and 'Durham Early' into seedbeds now - they're a great crop to have next April when not much else is ready to eat!
- Swiss chard can be sown in drills now for autumn 'baby leaves' or to over-winter for a spring crop.
- Corn salad is a fully hardy crop which can be sown outdoors now for cropping throughout the autumn and winter.
- Now is an ideal time to direct sow pok choi as it's prone to bolting if grown before midsummer.
- There's still time to make direct sowings of fast-maturing carrots such as 'Adelaide'.
- Make a last sowing of endive outdoors for use as salad leaves.



- For something more unusual try growing kohlrabi in a well prepared bed - it will be ready in as little as 8 weeks after sowing.
- Make a final sowing of turnips in drills now.
- Direct sow spinach 'Perpetual' now for autumn and winter cropping.
- Sow raddichio outdoors for use as an autumn salad leaf. Plant outdoors
- Plant out summer/autumn cauliflowers early in the month for an autumn harvest.
- Finish planting out winter cabbages early in the month, allowing about 45cm between plants as they get quite big!
- Finish planting out kale for winter and spring cropping.

Fruit To Sow And Grow

Ensure you get a good first season crop by planting strawberries now

- Plant newly pot grown strawberry plants (or your own runners as soon as they have rooted) in an area where you haven't grown strawberries for three years or more to avoid disease. Planting now will allow them to establish well before winter. Keep one step ahead - what to order this month

Order calendula for a bright addition to your garden.

- Order calendula seeds to sow in pots in September.
- Buy in cornflowers, poached egg plant, and annual poppies to direct sow next month for early flowers next year.
- Order winter-hardy spring onions for crops next spring.



Drip Irrigation

You probably know this already, but it's pretty sunny here in Spain, particularly in Murcia. For gardeners on anything but the smallest scale, that's a problem.

The first part of making drip irrigation system is design. Plan a route for a 'main line': from the water tap and around the garden. This will be a semi-flexible black plastic pipe which 25mm (an inch) diameter. You can bury it under garden paths, but you'll want to run it on the surface near the plants themselves. The reason for running it on the surface is that you will be wanting to tap into it to add 'fingers' of smaller diameter, more flexible tube that takes water to individual plants or groups of plants. At each tree, or group of plants, you will attach a 'dripper' (dripper for trees and large shrubs, spray for herbs, etc)

Consideration needs to be taken if you are planning to feed the irrigation by gravity (from a water butt from your gutter downpipe or from a tank of irrigation water). Since your water is not coming directly from a drinking water quality tap, a filter is even more important than ever. You will need 'pressure compensating' emitters. These widgets give out the same amount of water, regardless of the pressure in the supply pipe. They are rated in terms of litres per hour (for example 4 l/h), usually embossed on the emitter itself. They aren't much more expensive than other emitters, so it's probably worth using them in all installations anyway.

Finally, you will need some kind of head on the water, the more the better, so if you can make sure that there is at least a metre, preferably a couple of metres of head between the bottom of your tank and the first emitter, the system should work well. You can achieve this by putting the tank up on concrete blocks.

Spanish Glossary

Irrigation – riego

Drip Irrigation - riego por goteo

Dripper / Emitter - goteo / emisor

Pressure Compensating – autocompensante

PE – politeleno

Tank – deposito

Tube – tubo/tubería

Hose – manguera

Filter - filtro

Elbow – codo

Tee – te

Coupler – manguito

Stop cock / gate valve – llave de paso

End stop – tapón

Big white cube thingys – cubo de mil litros de segunda mano (para hacer un

Materials

From the tap to get on to the tubing. Then it's a good idea to add a timer-valve. Next, you'll need a filter so your drippers don't clog up. Then you'll need the 25mm polyethylene (PE) pipe and at least one end-stop. You may also want some tees. You can buy the 25mm PE pipe by the metre. The same goes for the 12mm PE pipe you will need for the 'fingers'. You will need some inserts that let you plug the 12mm pipe in as a 'T' to the 25mm pipe. At the ends of the 12mm pipe, you will need end stops. You will need drippers / sprayers. If you are making a gravity-fed system you will need a water tank. We found that the white, metal-caged, thousand litre, metre-square plastic cubes (as seen all over the countryside!) that are second-hand containers from 'things like hydraulic oil are perfect. You should pay about €50 each, plus delivery charges

You will need some tools, a saw for cutting the tube, a pair of pliers for pushing the fittings into the tube, a pair of pipe grips for doing up the fittings on the thicker tube and, more specialised, hole punches for puncturing the tubes (different sizes depending on whether you are teeing off from the main line into the fingers or you are adding drippers to the finer tube itself).

You will need to get rid of the remaining gunk that was shipped in the container. Then a good dose of washing up liquid, some coarse gravel, a few buckets of water and a helping hand to

roll the cube around will clean out the insides. You will need to cover the cube up, not just because they are unsightly, but UV rays from the sun will destroy the plastic when the cube isn't completely full of liquid. Black plastic sheeting (to stop the UV) covered by hessian should do the job.

Connect the cube's tap to your irrigation pipe-work – for this you will need a special fitting that comes from a drinking water container – your ferreteria or almacén should know the problem well since the thread on the tap is 'weird' but it's a common problem. The special fitting usually needs some extra-thick PTFE tape or hessian and plumbers mait to stop it leaking..

Installation Tips

- Install the pipes and fittings when it's warm and sunny: The PE pipe is almost rigid when cold and very difficult to straighten out or to puncture for adding fittings.
- Pressure Reducer: If you are running your system from mains water (a garden tap), you may need to install a pressure reducer just after the filter.
- Flush your system: You don't want to have to re-install all those drippers if a handful of grit makes its way to the ends of the pipes. Lay out the pipes, make all the tees, install the filter but don't connect any drippers or install any end stops yet. Start the water supply to flush things through. Then install the emitters and end plugs (stop the water first!)
- If your system keeps blocking: If your drippers keep blocking, it's probably down to hard water. Farmers periodically flush their systems out with dilute hydrochloric or nitric acid. You can install a reverse osmosis water softener at/before the garden tap - expensive but effective.



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10 Best Indoor Plants and How to Care for Them

Growing tired of a lifeless interior? Or maybe your room's a blank canvas ready for its first dash of color. The best indoor plants can add just the right amount of intrigue - they're free-form and organic yet clean and sculptural; they delight with their unpredictability yet reassure with their steady presence. And their life span, thankfully, is much longer than that of cut flowers. But when considering plants in a room's design, there are a few things to take into account.

You have to think of the container it's going in like a piece of furniture, it should match the interior. As for the plant, you'll want to coordinate that as well. Below is a guide to some stellar finds and their respective requirements, but first, what if you choose to incorporate more than one plant into your design scheme? It is advisable to group plants the way they naturally grow. You don't want to put a fern next to a cactus. And what's more, plants that grow together will have similar needs, making it easier on the caretaker. As for how many to include, that all depends on how many you want to take care of. Finally, location should be dictated primarily by the plant's light requirements and then by the owner's taste. Try a plant here or there and see what looks good to you, and don't be afraid to move it around over time. For smaller indoor plants, you can use them as a table setting, then move them to a window sill later on.

Here, we've rounded up the very best indoor plants, complete with pro plant care tips.



1. Fiddle-Leaf Fig Tree (*Ficus Lyrata*)

This shrub boasts a long, elegant stem and branches with broad, leathery leaves. For placement, under a skylight or next to a window. In other words, it needs

as much sun as possible. Its suggested pruning the top branches when it grows above the window frame.

Fiddle-Leaf Fig Tree Care: Water once a week, or more if it's winter and the air in your home is dry.



2. Split-Leaf Philodendron (*Monstera Deliciosa*)
Favored by Henri Matisse, this plant

has a distinctive leaf that looks as though it's been gently cut into by a careful hand. You can cut off the top - as long as it has air roots attached - and replant it, meaning if you buy one of these, you could easily have more, if you'd like.
Split-Leaf Philodendron Care: Water once a week.



3. Meyer Lemon Tree (*Citrus X Meyer*)

This tree bears its namesake Meyer lemons, believed to be a hybrid of lemons and mandarin oranges with a subtler, sweeter flavor than lemons.

But these trees don't stop at fruits: When they bloom you have this beautiful fragrance of citrus flowers. Meyer lemon trees do well indoors as long as they have lots of sun.

Meyer Lemon Tree Care: Water weekly.



4. Kentia Palm (*Howea Forsteriana*)

The fronds of this plant spring to great heights from the soil, then lean forward, quietly shading the ground beneath. "It looks great in a big urn,"

says Schrader, noting that it should be given lots of space, as it can grow up to 10 feet with a broad reach.

Kentia Palm Care: Requires medium to bright light; water weekly.



5. Castiron Plant (*Aspidistra Elatior*)

This plant is mostly for foliage, meaning if you're looking to add a lush, dark green plant to your space, this one is for you. It does well in medium to low

light and is tolerant of neglect, so it's fine if you forget to water it once in a while.
Castiron Plant Care: Water once a week or every ten days.

6. Eucharist Lily (*Eucharis Amazonica*)



Another dark green plant, but this one features large, white flowers that bloom throughout winter and early spring. Even when it's not blooming, it's nice to look at. It thrives in

medium light; allow soil to dry between

watering.

Eucharist Lily Care: The leaves will wilt when it needs water, but once a week should suffice.



7. Snake Plant (*Sansevieria Trifasciata*)

I think they're having a resurgence, especially for contemporary interior. With sword-shaped leaves winding gently from the soil

like charmed snakes from a basket, this indoor house plant strikes a lovely balance between order and chaos.

Snake Plant Care: Place anywhere you'd like and let the soil dry completely between watering. Check the soil every week, but it's fine to skip a few.



8. African Spear Plant (*Sansevieria Cylindrica*)

Very architectural, very sculptural. Indeed, this plant's conical leaves

conjure images of spires, obelisks, and skyscrapers.

African Spear Plant Care: Place in any light you choose; water every few weeks.



9. Peruvian Apple Cactus (*Cereus Peruvianus*)

No matter what the weather looks like outside, a cactus will make you feel like you're in a desert oasis at home.

Not only is it easy to care for, but with its upright sculptural nature, this architectural oddity always makes a large statement. As the plant grows, it tends to shift toward the light. To balance it out, rotate the plant so it's tilting away from the sun and then it will tilt back.
Peruvian Apple Cactus Plant Care: Bright, indirect light is best, but the Peruvian apple cactus can also thrive in medium or full light. Water once a month.



10. Winterbourn (*Philodendron Xanadu*)

A smaller version of oversized tropical leaves - it will only grow to be about three to four feet - this textural plant is great for spaces

with less light, says De Give.

PLEASURES AND PERILS OF BUYING IN SPAIN

A dream for many ! If your thinking of buying a property in Spain then there is a raft of things to consider - its a learning curve to say the least! We all see the dream on "Life in the Sun" but there is reality to take into account.

Many buying in Spain will be new to the country and may not have carried out any homework to acquaint themselves with Spanish law and procedures and many buy without knowing "the full story".

After an experience of property ownership in the UK for example, it can really be a brainstorming experience.

For those who intend to buy with the support of a spanish mortgage, to be aware that the application for a Spanish mortgage is not quite as customer friendly as the UK process. Its true that Spanish mortgages are available to both non residents and residents of Spain and now at least the terms of the mortgage document are written in English - its still a minefield and we have to honestly ask how many of us read through and understand those terms before signing. Its good sense to acquaint yourself with the costs associated from the outset ie any

valuation fee, the application fee itself and, of course, the general terms of the mortgage ie the interest rate as well as the consequences in the event of missing a mortgage payment. Its a good idea to shop around to get a feel of whats out there before you take the step. A point to be aware of is that the price paid and stated in the deeds signed should not be less than the valuation given by the bank (and bearing reference to the catastral value). This is important to avoid the risk of the Hacienda claiming unpaid taxes as they could rightly say that the property was purchased for less than its true value. The worst case scenario of such a situation would mean requiring the payment of outstanding tax, interest and penalties and which sum would have to be obtained from your own resources.

What about the potential of buying that "bargain property" for cash - well the same applies in that the price paid should not be less than the catastral value of the property. Also a point to realise is that ALL the price paid must be stated in the deed (Escritura) - any competent professional would advise that no monies should exchange hands between the parties.

There is also the importance of being aware that your legal adviser will carry out certain enquiries and checks about the title to the property and its background of ownership - once the deed has been signed a buyer

inherits any liabilities from the seller - and its true sometimes that the seller may not be aware of the same. The above scenario can be said to have relevance also in the purchase of UK property and it is well known the consequences of "buying at an undervalue" and the potential adverse consequences thereof. However, buying in Spain is a different experience - its crucial for any buyer to arm themselves with independant and honest legal advice from the outset to appreciate each step before it is taken.

For this and other legal aspects ie Wills (Spanish and English) and inheritance advice and much more, if you have any queries please email me at shirleyfisherlegalservices@gmail.com or ring my mobile 0034 634 053 976 to arrange a consultation to start the ball rolling.

Shirley Ann Fisher FCILEx, UK Lawyer & Commissioner for Oaths, Camposol Business Centre, Calle Madrid 19, Sector A, Camposol, Mazarron, Murcia 30875, Spain

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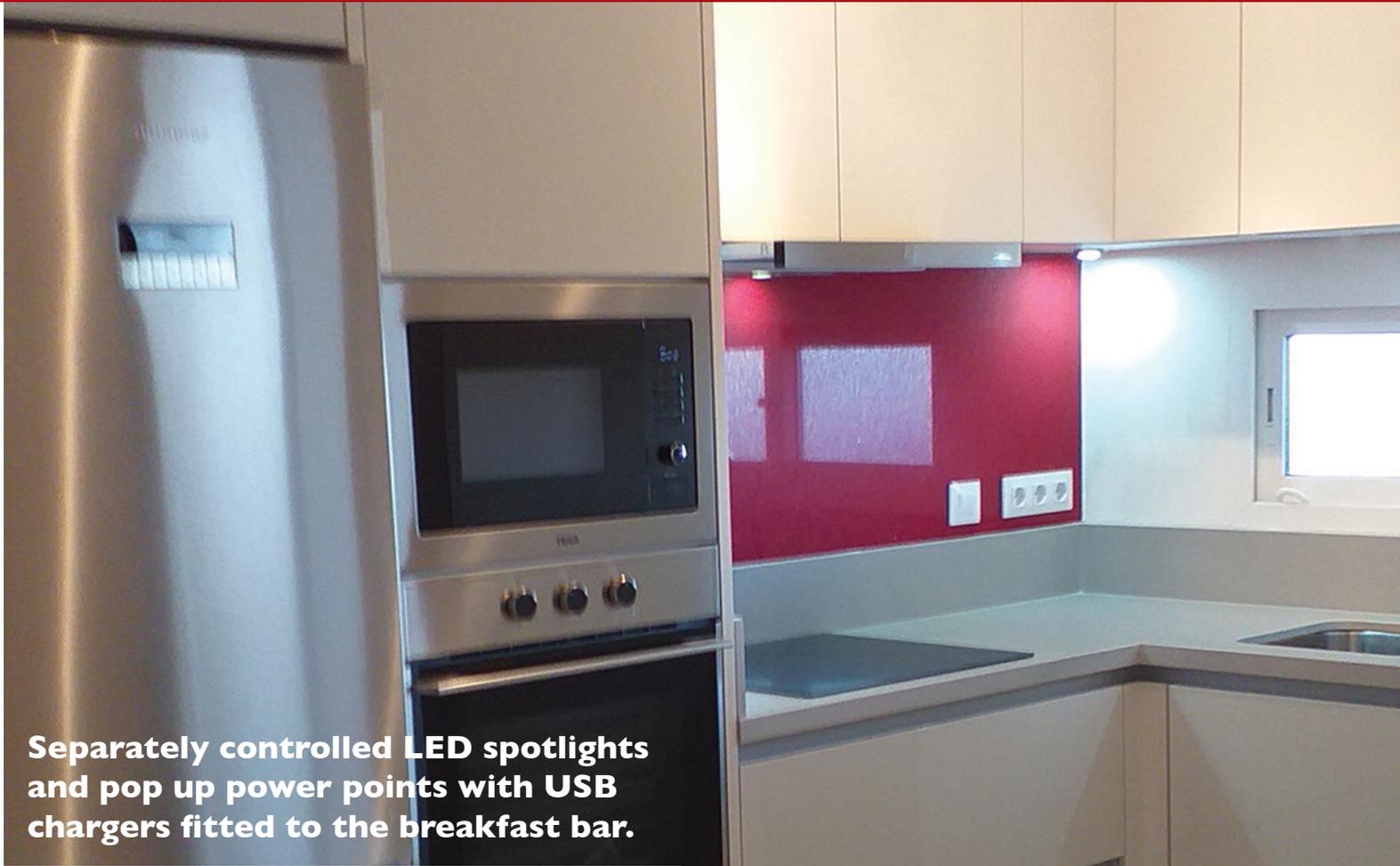
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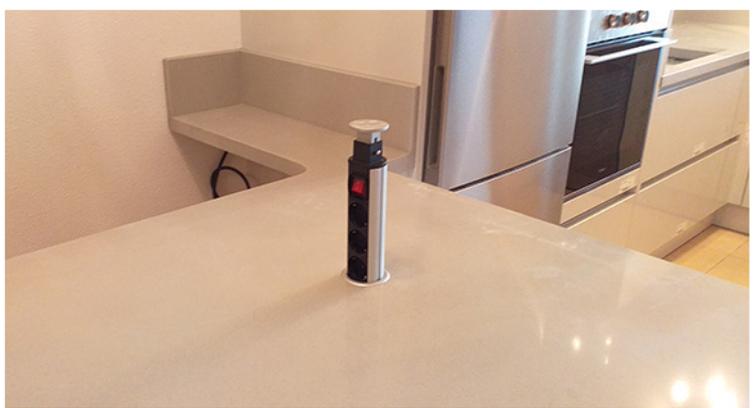
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4 of the Biggest Paint Trends for 2020

And Tips on How to Apply Them

Masters of colour, Dulux, have announced the finalists for their 2020 colour awards. Judged by an esteemed panel of design-industry professionals, they have dissected a selection of the best residential interior projects to identify some key paint colour trends. From verdant greens to deep plum and the perfect serene grey, these are the paint colours that you will be seeing in 2020 and beyond.

1. Verdant Greens



Pair verdant green with black, white and grey for fresh impact. Consider brass accents to add warmth. Play with varying tones of green for tonal harmony. Go wild and match your carpet to

your walls for an ultra cool mid century feel. Mix in other jewelled tones, black and then add some white to break it all up.

2. Nifty Shades Of Grey



Warm, clean and fresh – this palette will keep you feeling zen and provide the perfect background for bright artworks and furniture alike.



Adding texture to grey walls will create a serene effect, you can then add timber details for warmth and layer in rich colour and tactile finishes for ultimate comfort.

Soft greys work beautifully with dusty hues. Mix in some vibrantly coloured or metallic accessories for interest. Soft grey and white is a classic combination that never dates. Pair it with a stone of matching veins for a refined look.

3. Dark But Not Gloomy



Textured finishes in rich colours like



blue will create a visually tactile, suede-like effect perfect for intimate areas like the bedroom. Team greys with deep plums, black and blue to create a chic mood. It's a known fact that everything looks better in black and your interior is no exception. Black or very dark greys create an instant mood, and everything you place in front of it will sing.

4. A Place For Pastels



A touch of black will give weight to pastel blue and the addition of timber will keep it warm. Create some fun by painting your joinery in a beautiful shade of rose to liven up your kitchen. Give strength to pastel pink with the addition of a fiery orange-red.



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SATURDAY

SUNDAY

MONDAY

TUESDAY

Mazarron Market Day, 9am - 6pm
 Fuente Alamo Market Day, 9am - 6pm
 FMA Market Day, Isla Plana, 10am - 2pm
 Harlequin Rock Choir Rehearsals
 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 Ecumeniela 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

Blackbull Breakfasts 9am - 1pm All Week
 Mazarron Bay Bridge Club, Hotel Playa
 Grande, Pto de Mazarron, 9:30am
 Los Palacios Garden Group, 10am - 5pm
 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 D Clean, 8:30am - 5pm
 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

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FRIDAY

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 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 Galayos Restaurant Quiz Night 8.30p

Camposol D Clean, 9am
 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

Totana Market Day, 9am - 6pm
 Camposol C Gardening Group 9am
 Local Councillor Silvana
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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

Sudokus

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Answers to last months page 66

Car Jokes

An man buys a sports car and is really beginning to enjoy it when he sees flashing lights in the rear view mirror. He guns it and is rapidly up to 160mph when he realizes what he is doing. He slows down, then pulls over and soon the cop pulls up behind him.

The cop comes up to the window and asks, "What were you thinking, taking off like that?"

"Well," the man replies after thinking about it for a bit, "a few years ago a highway patrol officer ran off with my wife."

"What does that have to do with anything." "I thought you were bringing her back."

A policeman pulls over an old man in a pickup truck because the bed of his truck is full of ducks. The officer says, "Sir, it is unacceptable to have this flock of ducks downtown, take them to the Zoo this instant!"

The old man confirms that he will and drives off. The next day the officer sees the same man in the same truck still full of ducks. Only this time all the ducks are wearing sunglasses. The officer pulls him over again and yells, "I told you to take these ducks to the Zoo!"

The old man replies, "I did! But now the little buggers want to go to the beach!"

Summer Word Search

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



- AUGUST
- BARBECUE
- BEACH
- BUNNY
- FAMILY
- FLIP FLOPS
- FUN
- HOT
- ICE CREAM
- ICE POP
- JULY
- JUNE
- OCEAN
- PICNIC
- POOL
- RELAX
- SHORTS
- SPRINKLER
- SUMMER
- SUNGLASSES
- SUNSCREEN
- SUNSHINE
- SWIMSUIT
- VACATION



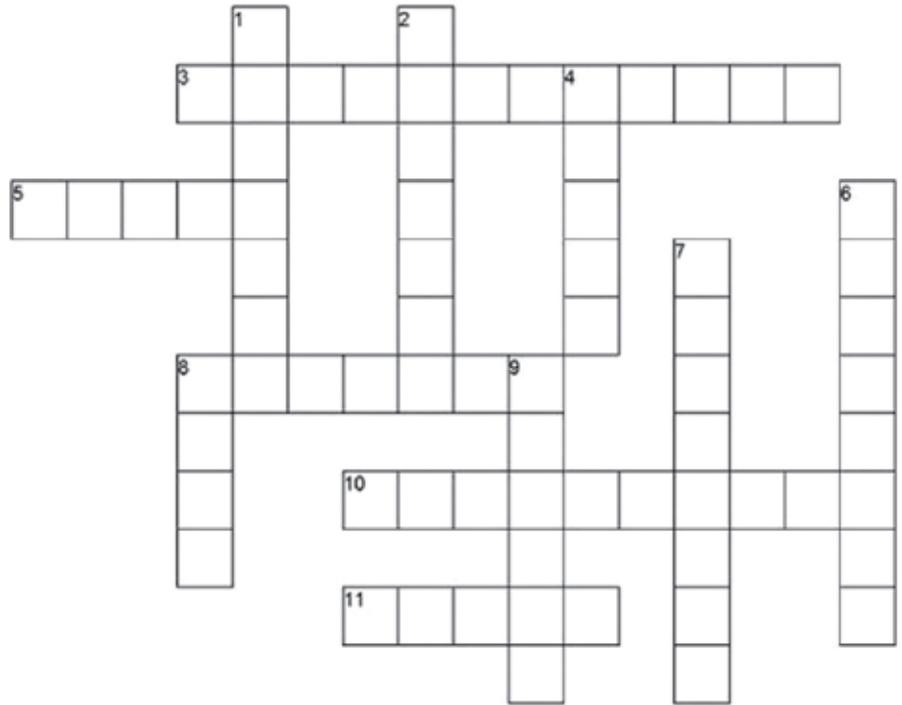
CROSSWORD PUZZLE

ACROSS

- 3 It is the third largest land mammal
- 5 They are known for their black and white stripes
- 8 Spotted lion
- 10 _____ has a body shape typical of bears with a black and white coat
- 11 Wool obtained from this animal is the most widely used animal fiber

DOWN

- 1 The tallest land - living animal
- 2 This animal's name means 'a tribe of hairy women'
- 4 This animal is the biggest of the four big cats in the genus Panthera
- 6 Tusks of this animal are made of ivory
- 7 National symbol of Australia
- 8 King of the jungle
- 9 Domesticated member of the horse family



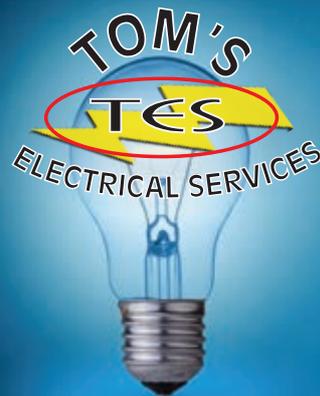
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And let us know of any other information or services you may require and we will do our best to help you!!!

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Telf 968199251 Fax 968199175



UV PEN TURNS LIQUID INTO SOLID PLASTIC!

Bondic - Fix just about anything in 4 seconds!

Problem: Let's face it, most glues and adhesives kind of suck... They're messy and they never seem to hold like they should.

What is Bondic?

If you have a fear of the dentist, you're far from alone because it's one of the most common fears among adults and children. You can thank the hard work of dentists for the creation of Bondic though. Designed and developed by a practicing dentist, it is a type of adhesive that is quite similar to the dental cement used in dental offices across the country. The adhesive comes in a small bottle and has a thin viscosity that makes it appear as a glue. Once you get into it and actually use the adhesive though, you'll find that it functions better than any other glue you used before.

Just as dental glue can keep the metal wires from braces attached to teeth and bones for years, so too can this adhesive when used with certain materials, including metal and wood. Once you create a bond and apply the adhesive, you'll use a UV light directed at the liquid. The UV light helps the adhesive dry quickly. You can then sand the surface to remove any extra. In our Bondic review, we'll show you how to use the adhesive and what you can use it on as well as the top reasons to buy a bottle and why you may want to choose a different product.

Pros

Forms a quick and durable bond

Dries clear

Works on many different materials
Requires little prep work

Takes just a few steps to use

Cons

May not work on all materials

Can form bonds that don't last as long as you need

What Can You Do with Bondic?

Have you ever tried to remove an old screw and found that you stripped it? With Bondic, you can apply a small amount of the adhesive and let it dry to fill in the area around that screw. Once it dries, you can remove the screw with ease. This adhesive is also suitable for repairing broken and damaged electronics and creating new threads. Some of the other uses for Bondic include:

Reducing the strain on an item
Replacing a damaged piece of plastic

Forming a connection between two materials or objects

Creating bonds in spaces/areas where you can't use traditional glue

Adding insulation to wires

Repairing minor leaks

One of the top ways to use Bondic is as a repair agent. Let's say that your child has a toy that he or she loves but broke. You can use a small dab of the adhesive and apply the UV light to repair that toy in just a few minutes. Not only does it work on metal and most types of plastic, but you can also use the adhesive on wood and electronics. It works on low-voltage wires and plumbing pipes too.

Who's This for?

How many times have you grabbed a bottle of glue from your workshop and found that it dried inside the bottle? Most of the glues and adhesives on the

market have a liquid consistency but will slowly dry when exposed to air. If you leave the cap even slightly loose, air can get inside and cause that glue to dry out. Bondic is one of the few adhesives available that will not dry out. No matter how long you keep it stored in your home or garage, it will retain its liquid consistency. This allows you to easily use the adhesive for any projects on your to-do list. Most Bondic reviews point out that it's a good tool for mechanics and craft enthusiasts to keep on hand. As it works on most plastic surfaces, the adhesive comes in handy when a mechanic needs to do a quick interior or exterior car repair. If you love doing craft projects at home, you might like how long this adhesive keeps and how well it works on your favorite materials. Anyone who wants an effective adhesive will benefit from this product. You can get a kit that comes with both the UV light source and an adhesive as well as a storage case.

How to Use Bondic

Sand: Before applying the adhesive, you should use sandpaper that you rub across the surface of each object/material. Once you finish sanding the surfaces, blow or wipe off any shavings. If you want to use Bondic to create a temporary bond, you can skip this step.

Apply the adhesive: This adhesive comes in a small bottle that lets you easily apply



the perfect amount of Bondic to your items. You'll want to use a small amount on the item and only in spots that the UV light can hit. If you need to glue two objects together, only apply the adhesive to one of those items.

Apply light: Holding the light in one hand, carefully aim the UV beam towards the adhesive you applied. The manufacturer recommends holding this position for a full four seconds. You may need to move the light around, especially if you applied a large amount of the adhesive.

Repeat: For a durable and more secure bond, you may want to repeat these steps. Using several thin layers of the adhesive is more effective than applying one thick layer. You should apply the adhesive and let it cure/dry in between each layer.

Revolutionary New Scale Lets You Look Inside Your Body

(It's Like A Free Physical Exam At Home!)



When it comes to your body, everyone thinks they know what's good for you. But the problem is... it's impossible to check for yourself! You see yourself getting fatter, skinnier, stronger, weaker... but you don't know what caused what. Even worse, you could APPEAR thinner... but underneath your skin, excessive deposits of internal fats are developing – which experts say can lead to insulin

resistance, type 2 diabetes or even heart disease! Until recently, the only way to TRULY monitor your physical health was to visit the doctor every other day... or shell out privately. And unless you're a professional athlete... that means you really had NO option to keep an eye on what's happening inside your body. You just had to trust you were doing the right thing. However, it's 2020... things have changed. Thanks to recent developments in consumer technology, it's now possible to "see inside your body" and track vital health signals yourself – in the comfort of your own home! It's all thanks to FitTrack – a revolution in home wellness technology (that also happens to look MUCH more stylish than your old bathroom scale).

What is FitTrack?

In short, FitTrack is the world's smartest scale. Simply step on it with your bare feet and it activates FitTrack's patented dual BIA technology, which monitors 17 key health insights – allowing you to measure, track, and trend your health data in real time. This includes your body fat percentage, muscle and bone mass, hydration levels and more – important information that can help you make smarter decisions about your health.

In other words, it's like taking a free physical exam – at home, whenever you want!

How do you use FitTrack?

Using FitTrack is incredibly simple:
1. Download the free FitTrack app.
2. Step on the scale with your bare feet. (This is how the dual BIA technology works – it reads the electrical signals that naturally occur in your body.)
3. Instantly view 17 different key health insights about your body – any time you want!
Despite its recent launch, more than 120,000 people are already using FitTrack on a regular basis!

FitTrack includes all sorts of fascinating – and highly useful – information. The most popular use for FitTrack is weight loss. In fact, FitTrack recently celebrated 120,000 active users around the world who have collectively lost 1 million pounds! The reason FitTrack works so well for weight loss is because the FitTrack app allows you to set goals – then it gives you direct feedback on the things you try. Imagine knowing right away whether or not your new fitness routine is working – or if your new diet is really cutting down fat like you hope.



Dawn Lewellyn-Price

Maybe as you read this, you could be sat somewhere near to me; on a socially distanced beach, the terrace of a restaurant, or passing me in the supermarket, because the very second Pedro Sanchez announced the opening of borders, Virgoman was instructed to jump on his laptop and hunt down a ferry. Dreams of open spaces, a terrace free of people and mess, and sunny skies outside the windows beckoned. No more nightmare mornings of waking up grumpy and fed-up, to the sounds of workmen outside the windows, and the gloom of blue polythene covered windows. A return to Spain.

Success came around 8 pm

'There's a crossing on the 15th of July!' 'BOOK IT!' Who cares if we have to quarantine for a month on arrival? At least we would have a garden, a terrace, and a pool to 'endure' it in. Now there's real hope of escape. A shaft of sunshine through the darkness of the bat cave. As I write, we're still on soggy Welsh soil, it's still raining, and we awoke to a swimming pool on our apartment balcony. The coverings put down by the workmen had collected inches of rain and even the cat refused to venture out for a breath of fresh air. British summer, 2020. Of course, there's still a chance our ferry could be cancelled, and already there are local lockdowns in Spain. With nine days to go, I'm racing around ticking off lists, rummaging through wardrobes, and prepping. Fingers crossed, of course. Welsh lockdown is emerging much slower than England's, despite being neighbours, but it hasn't been a complete washout. On the second day of a mini heat-wave, we headed onto the vast empty beach with a supermarket barbeque tray, some tasty meats, and spent a

few hours playing beach bums below the sand dunes. When the tide finally came in (we have the second largest tidal range in the world) Virgoman headed into the sea, for his first swim in the Welsh Waves since he was a kid. I would have gone in, honestly, but I was fully clothed. I'm looking forward with curiosity to the getaway trip and how it will be handled. Will there be fewer passengers, will the cafe be open, or restaurant service only? They will be feeding sea air through the ship, as opposed to standard air conditioning, but will that mean a sleepless night in a too warm cabin? Are hotels open along the route or are we destined to arrive at spectral midnight, rattling the gates and waking the neighbours with our clanking chains? Messi the moonlight-loving cat is growing excited. He's wondering why he's still on Welsh soil when, every summer of his nine years, he's been in Spain since late Spring. He is Spanish, after all, and longing for nights chasing geckoes and days sprawled on hot tiles behind the terrace plant pots. I'll happily join him. I may even chase a few geckoes. Hope to see you all soon.

Too steep or a steal? Last surviving rare Ford Sierra RS Cosworth from the '80s to go under the hammer for an estimated £60,000 this month

The example is just 1 of 10 Sierra RS Cosworths built in 1985 ahead of production

It is the only one to survive, with 7 of the others going on to become rally cars

It has an estimated auction value of £39,000 to £59,000, says The Market

That sounds like a lot, but these '80s era Fast Fords have been selling for record figures in excess of £100,000 in recent years



A lone surviving Ford Sierra RS Cosworth built as part of a pre-production run of cars in 1985 could sell for a whopping £60,000 as part of an online auction later this month.

The example is one of just 10 right-hand drive cars made ahead of the Fast Ford's official production cycle - seven of which became rally cars and the remaining three being used on the road, with

this being the only one recorded to still be in existence.

Having had its provenance confirmed by members of the original Ford Special Vehicle Engineering (SVE) team and finished in the very rare colourway of Moonstone Blue, it is estimated to become one of the priciest examples to ever sell.

Registration C357 HVW was one of the ten versions built as part of Ford's

'Four-P' Pre-Production Prove Out Programme in 1985 - a year ahead of the car being put into full assembly in Tickford. It has featured heavily in the media during its lifetime, having been Ford's official test cars loaned to members of the press and also appearing in the original 'Cars of the Future' TV advert.

As a genuine UK-registered, right hand drive, three-door example, and showing 68,000 miles, it will be offered for sale with an estimate of £39,000 to £59,000 via an online auction running between 23 and 30 July.

With most examples of the sought-after Fast Ford being finished in 'Essex' white, it offers a rare opportunity to own a collectible car that comes with added heritage.

'This car is a piece of Ford history! Not only is this one of the most desirable fast-Fords made but this is one of the very first examples ever built,' exclaimed Tristan Judge, director of online collectible car website, The Market.

'The auction will be a very special opportunity for enthusiasts and collectors looking for a genuine Sierra RS Cosworth, with a price tag which is within reach for serious buyers.' While £59,000 might seem steep for a 35-year old motor with almost 70,000 miles on the clock, values of the Fast Ford have gone through the roof in recent years.



This specific car has featured heavily in the media during its lifetime, having been Ford's official test cars loaned to members of the press and also appearing in the original 'Cars of the Future' TV advert

The more powerful and -therefore - collectible Sierra RS500 Cosworth - of which there were just 500, as the name implies - have in recent years sold for prices in excess of £100,000.

And a 1987 Sierra RS Cosworth that was part of the production run following 'C357 HVW' went under the hammer in May for £36,300 - despite having been left in storage for 22 years and falling into a sorry-looking state.

At the time when the Sierra RS Cosworth hit showrooms, it was the epitome of '80s boyhood dreams and posters of the three-door motor adorned the bedroom walls of young impressionable petrolheads.

Flared wheel arches, a vented bonnet and the unmistakable 'whale tail' rear wing had teenage boys drooling over the modified family car.

With a top speed of around 150mph and a 0-60mph time of 6.2 seconds, the RS Cosworth sports a turbocharged 204bhp engine mated to a rear wheel drive chassis.

Its performance is enhanced further by the body kit and spoiler engineered for aerodynamics and suspension based on

racing experience. Built approximately nine months before the official production run started, this car was first registered in the UK on 30th October 1985. Exported by its owner to New Zealand in 1994, it spent four years in storage while treated to an engine rebuild.

After changing hands two more times, the car's current owner, who purchased it in 2009, has spent tens-of-thousands of pounds and countless hours perfecting the car in a climate-controlled facility.

Careful to preserve its originality wherever possible by using original Ford parts, the car has received a new headlining, new foam in the front seats, replacement lights, mouldings, door and window seals, electrical sensors and hoses, suspension bushes, cambelt, fresh fluids and a new front splitter.

The original three-spoke steering wheel is present and correct, as is the Ford-branded radio/cassette player and separate audio control panel. The car even retains an original Ford dealer sticker in the rear window.

Repatriated in to the UK in 2016, today, at the age of 35 years, the car is presented in immaculate condition with tight and even shut lines and dent and

ripple-free panels.

The owner has even reunited the car with its original, historically important registration number. 'The current owner took an already very good car and made it perfect. Like so many of us, he once had a poster of a Sierra Cosworth on his bedroom wall. Now it's somebody else's turn to own it, and an opportunity like this one rarely comes along,' concludes Tristan.

Accompanying the car is its MOT certificate which was gained without a single advisory and expires in June 2021.

Also included in the sale is a selection of invoices and bills to confirm the work that has been carried out over the years, a very detailed summary of the car's life and owners, as well as the original owner's handbook and Ford Sierra RS Cosworth supplement.





Rolex Belgian Grand Prix 2020

Race 30th Au-
gust 2020, 15.10
– 17.10

Round 14

Spa-Francor-
champs Circuit

First Grand
Prix
1950

Number of
Laps
44

Circuit Length
7.004km

Race Distance
308.052 km

Lap Record
1:46.286Valtteri Bottas (2018)

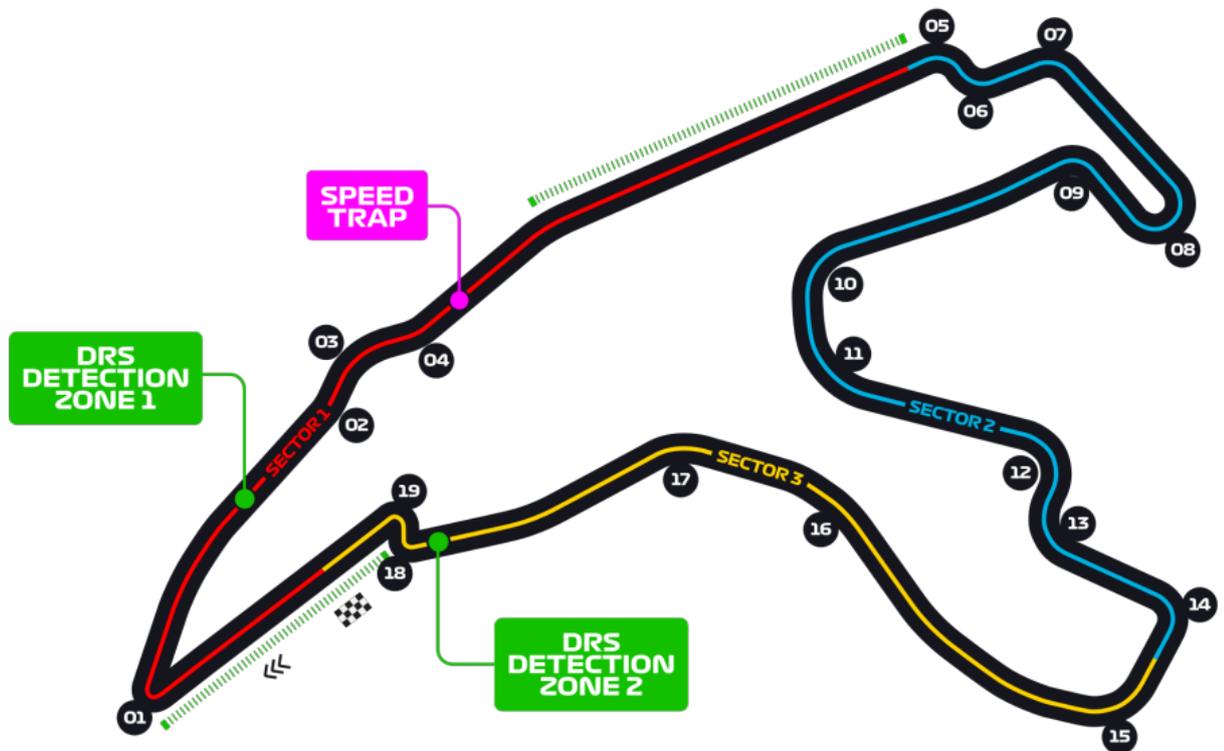
Spa-Francorchamps

When was the track built?

The original, triangle-shaped track was built in 1921, with designers Jules de Thier and Henri Langlois van Ophem using public roads between the towns of Francorchamps, Malmedy, and Stavelot to create an amazing 14.9km circuit taking in the forests and rolling hills of the beautiful Ardennes region. The track was redeveloped in 1979, and although the new circuit is only half the original's length, it's still the longest on the current calendar at 7.004km.

When was its first Grand Prix?

Having hosted a non-championship Grand Prix as long ago as 1924, Belgium's iconic circuit was one of just seven to be part of Formula 1's maiden championship in 1950. That race was won by the legendary Juan Manuel Fangio, who led home an Alfa Romeo one-two ahead of team mate Nino Farina.



What's the circuit like?

Spa is among Formula 1 drivers' most loved tracks, with its mix of long straights and challenging fast corners allowing them to push their cars to the edge of their capabilities – if it's dry, that is. The size of the track and the nature of Belgian weather means it can sometimes be raining on one part of the track and dry on another, meaning grip can vary from one corner to the next. Keep an eye on the thrilling Eau Rouge, arguably the most famous sequence of corners in the world, as the drivers flick left, right and then up the hill through Raidillon.

Why go?

What's not to love about one of Europe's classic tracks? Only the truly great drivers conquer Spa, with Ayrton Senna and Michael Schumacher among those to master this magical circuit. Add in the wonderful setting of the Ardennes forest and it's no surprise that it's a fan favourite, with a record 265,000 spectators turning out to watch the 2017 Spa show-down.

Where is the best place to watch?

The elevated grandstand located near Eau Rouge gives you the best view of the iconic corner, while also boasting panoramic views from La Source through to Raidillon. But if you fancy taking in some of the best trackside atmosphere, then the grandstand located on the Pouhon corner should be right up your street.

LOS AMIGOS DE MAZARRON FC AUGUST 2020

Due to printing deadline restrictions, at the time of writing we do not know the outcome of Mazarron's Tercera Division Play Off Semi Final against Lorca Deportiva. The game was played behind closed doors at the Pinatar Arena on Saturday 18th July with the final the following weekend against either Atletico Pulpileno or Mar Menor CF.

Although no spectators were allowed at the Pinatar Arena, Los Amigos de Mazarron FC made arrangements for the game to be screened live at Alley Palais at the Commercial Centre on Camposol B at the late kick off time of 9 pm. Mazarron FC played three friendly games in preparation for the semi-final with varying degrees of success. The first was against CD Algar which they lost 1-0 but a goal from Borja Mir gave them a win by the same score against Inter-



Friendly Match action v CD Algar

city Alicante. The final game was against superior opposition, CD Alcoyano, and Mazarron were beaten 4-1 with Dani Barellis scoring for Mazarron.

Lorca Deportiva finished at the top of the league but Mazarron could take comfort from the fact that they were one of the few teams to defeat Lorca earlier in the regular season winning 2-1 at home with goals from Musoni and Dani Morales. Whatever the outcome it has been a great season for Mazarron, only their second back in the Tercera Division, and the club has made further significant strides forward. Although Mazarron will be without the suspended Andreo, Nacho and Angel Lopez and the injured Adrian Campoy and Pablo Serrano there is still sufficient strength in depth in the squad to give a good account of themselves.

Mazarron's record when the playing season was curtailed early in March was P28 W16 D6 L6 F44 A32 Pts 54. Nacho topped the appearance charts, playing 23 games with one as substitute, closely followed by Josema with 23, Dani Morales with 22 plus 4 substitute, Alvaro Gonzales with 21 and Asensio with 20 plus 4 substitute. In total 30 different players appeared at one stage or another in Mazarron games.



Leading Scorer Dani Barellis

Goals were often hard to come by but Dani Barellis led the scoring charts with eight followed by Dani Morales with six. Asensio had five to his name and Musoni, who was only with the Club for a short spell had four. The other 15 goals were divided between eight players and own goals.

After much deliberation and taking into account the views of many member we have decided to cancel the annual Los Amigos de Mazarron FC Gala Dinner, which was postponed in March 2020 due to restrictions imposed because of the Covid-19 outbreak.

The Hotel La Cumbre have not been accepting bookings for such events until after Easter 2021. We did look at alternative venues but decided that there were a number of reasons why we should cancel these being:

1. People may still be reluctant to attend large gatherings especially those whereby social distancing may not be achievable.
2. The risk of another second wave of the virus.
3. The fact that lots of the attendees enjoy the whole day at the hotel, checking into the rooms, getting ready for the event and being able to go to bed when they are ready without having to worry about transport.
4. The alternative venues would have involved coach transport to and from Camposol with no hotel rooms available. We have therefore booked the Hotel la Cumbre for our Gala Dinner on Tuesday 13th April 2021. The Hotel has kindly agreed that rooms will be available at the same rate as they were this year, i.e. €40 for a double room without breakfast and €30 for a single room without breakfast. Ticket prices will be the same as were decided for this year being €50 (€45 for Los Amigos members). The Guest speakers have all agreed to return next year, these being, footballer

John Beresford, and comedian Lea Roberts along with Gary Marshall acting as Master of Ceremonies again, with music provided by Woody.

You now have two options

1. To leave the monies already paid to us for tickets and hotel rooms, thus reserving the same for next year's new date, please keep your tickets as they will be valid next year (Note all monies previously paid are in our bank).

2. If you want to request a refund please email pamada.1130@yahoo.co.uk, or salterkb@hotmail.com so that the necessary arrangements can be made.

We have also reluctantly decided to postpone the planned trip to Calpe on 12th-14th October. There has been some interest but, again and understandably, some people are still reluctant to travel outside their comfort zone. We had insufficient interest to make the trip viable but we are keen to re-introduce the outing in the Spring of 2021 and will announce details of this as soon as possible.

On a separate note the Executive Committee has discussed the membership



Guests at the 2019 Race Night

subscriptions for 2020/21. As we have not had any meetings or even football for a few months we have decided to delay the renewals (usually 1st August) to 1st January 2021. If anybody, who is not a current member, wishes to join before this date their membership will expire 31 Dec 2021 which will now be the same for everybody. Due to impact of Covid 19 we have also decided to postpone our AGM to a future date (to be decided).

However, we hope to organise a number of social events in September, October and November. One already arranged is a Race Night at Alley Palais, Camposol on Friday 23rd October. Doors open at 6.30 pm with the first race at 7 pm. Local entertainer Sharna Knight will be the MC for the evening and she will hopefully entertain us with her music at the conclusion of the racing. People who bought tickets for the postponed Race Night at the Golf Club on March 28th should retain these tickets as they will be valid for the new date. New tickets can be purchased for €8 for Los Amigos members and €10 for non members which includes supper. Please email pamada.1130@yahoo.co.uk.



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Our Drop in Centre will remain closed until September and all our normal monthly activities, Coffee Mornings, Afternoon Teas, Menús del Día, Chair Exercises, Table Top Sales etc, have been postponed for now. We hope we will resume in September.

New Year's Day Swim 2021 – we are still planning to hold our annual New Year's Day Swim on 1st January next year and sponsorship forms for this are available now. So please give us a call or send an email (address above) and we'll get them to you.

In the meantime enjoy the summer and, as always,

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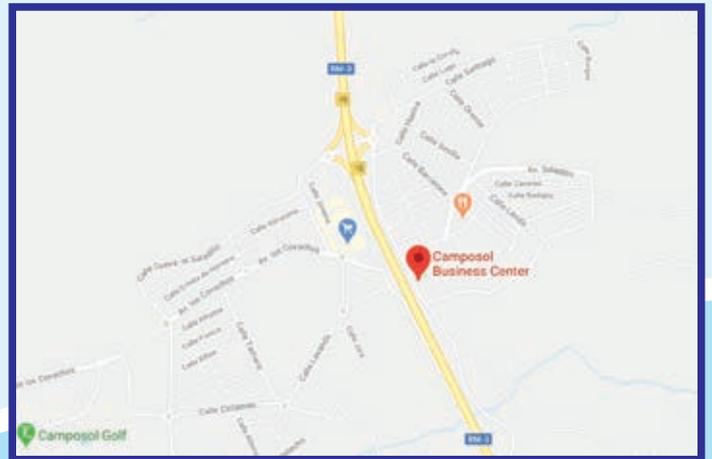
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The Business Centre is adhering to all legal requirements above and beyond to ensure clients safety.

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These will be located in the reception, podiatrist, dentists and the health clinic



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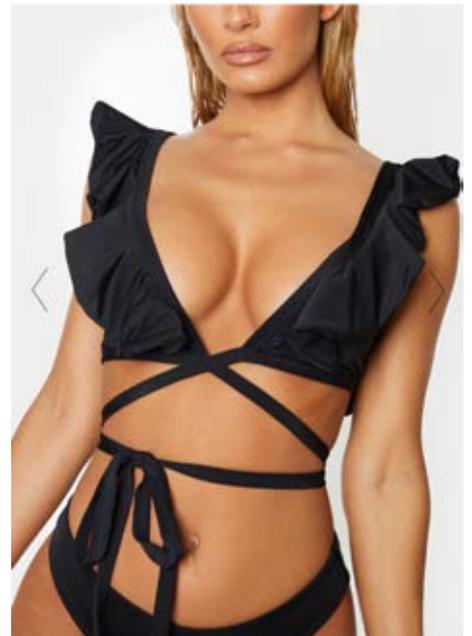


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Time to ruffle some feathers in the latest frill bikinis. With summer in full swing we are focusing on living in the moment and enjoying the little things that make us smile. Bikinis are defiantly on the smile list ! So treat yourself to a new one this crazy season with a twist. Our bikini wish list this month have frills galore and will add to that happy factor inside and out. Mix and match your favorite colors and prints to create your own unique look.



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10 Tricks To Make Your Hair Look Super Shiny and Healthy

Raise your hand if you want to know how to get shiny hair. Everyone? Yeah, we thought so.

Everyday exposure to pollution, hair styling products, and heat tools can decrease your hair's health, and therefore its shine. Our natural texture and color can have an effect on how shiny our locks can look, and for each hair type, there is a haircare and hairstyling product that can take your strands to the next megawatt level. So below is listed some tips on how to get the shiniest hair ever, both immediately and over time. Check out the tips for getting your glossiest hair ever.

1 Wash your hair the right way

The shampoo bottle may say, "lather, rinse, repeat," but that recipe is definitely not for everyone (or even most people). For the healthiest-looking locks, make sure to shampoo your hair twice (yes, you read that right). The first shampoo is for cleansing the scalp and hair of build-up, and the second works as more of a treatment. Additionally, when you're applying your shampoo and conditioner, you should give yourself a gentle massage. The movement helps stimulate blood flow to the scalp, which brings new blood cells to the area and helps rejuvenate the hair's roots. Additionally, it's important to be gentle since hair is at its most vulnerable when it's wet and its cuticles are open.

Also, if you've heard that giving your hair a final rinse with cold water will leave it extra-shiny, ignore that: Studies show that the cold-water-rinse theory is a tall tale, so save yourself from arctic temperatures and maintain warm-to-lukewarm water instead.

2 Look out for damaging ingredients

Your hair can easily get full of, well, crap, and that makes it look less shiny and way more dull. Between the products we apply (including dry shampoo), the oils we secrete, and the grime we pick up in our everyday lives, our hair could definitely use a little extra help in the cleansing department - but watch out. Sulfates can strip your hair of its natural oils, which then leaves it looking dull, especially if you have dyed or chemically treated hair. Its recommended staying away from clarifying shampoos since they strip hair of everything, both the bad and the good stuff. Instead, Diaz recommends using an apple cider vinegar rinse to help balance the scalp's natural pH level, causing hair to look shinier and healthier over time.

3 Skip shimmering sprays and opt for oils instead

While you might think that spritzing on a little shimmering spray is a quick way to gloss up



your locks, you could actually be doing more harm than good. Many hair sprays that promise to add a little sparkle to your mane include mica, a mineral that will indeed make you shimmer in the short-term, but can also rough up the hair shaft and work against your natural gleam over time. Instead, use products that contain ingredients like argan oil, which will make your hair look shiny and also improve its texture over time. Just be sure you start with a small amount—fine hair can quickly start to look oily if too much is applied.

4 Massage your scalp with vitamin E

Yes, we know that taking vitamins orally is good for our health, but applying them topically to our hair can also make it stronger and shinier over time. The next time you're at the grocery store, pick up a bottle of vitamin E capsules. At home, snip off the ends of about a dozen capsules, squeeze the oil into a bowl then give yourself pre-shampoo massage with the (admittedly sticky) substance. This vitamin nourishes and hydrates hair strands, and studies show that ingesting vitamin E can increase hair growth. Massaging your locks with the oil can make hair feel stronger, and look both shinier and healthier.



5 Use a boar brush

Boar bristle brushes seal the cuticle, enabling maximum shine by creating a completely two-dimensional surface for maximum light reflection. For best results, you'll need a 100% wild boar-

hair brush (sourced humanely, of course). These stiff, rough-feeling brushes will draw natural oils from your roots to the ends of your hair, promoting natural gloss and shine. Plus, they help to increase volume in fine hair—double score!

6 Eat some omega-3 fatty acids

Studies show that Omega-3 fatty acids (found in foods such as eggs, salmon, and chia seeds) make your hair shine like whoa.

7 Try a glossing hair treatment

In-shower glossing treatments work like hair masks - taking time to coat hair and make it shiny. Glosses seal the cuticle like a top coat, creating a high-shine finish with tonal value. Get a clear one that works on all hair colors, or choose one that will help boost your specific hair color and give it more life.

You could also try a salon glossing treatment if you're feeling extra fancy.



8 Use a leave-in conditioner

Your scalp's natural oils are what make hair naturally shiny, but if you have long and/

or curly hair, it may have a hard time working its way to your ends, which can leave your locks looking dry and broken. Brushing your hair with your boar hair brush can help bring the oils down your strands, but another alternative is to use a leave-in conditioner with hydrating properties. This will not only soften hair immediately, but it will help to nurture your strands and make them healthier over time.

And make sure that you're using an actual leave-in conditioner, not just leaving your shower conditioner in your hair instead. This is one of the main mistakes we see people make because shower conditioners may contain ingredients (like proteins) that aren't supposed to stay on the hair for excessive amounts of time. Leaving protein in your hair for too long, for example, can cause it to snap. Instead use a product that was formulated specifically for staying on hair for long periods of time.



9 Use a heat-protectant

If you constantly blow dry, flat iron, or curl your hair, it's a good idea to protect it. Temperatures on heat tools can go all the way up to 450 degrees Fahrenheit, which is really effing hot, and by applying a heat protectant, you're essentially creating a protective barrier between the heat and your hair. If you use a hot tool without a heat protectant, your hair can lose its color and vibrancy, and it can damage your strands to the point where they break off. All heat tools remove moisture from the hair and can burn its proteins, so you must protect it.

10 Get healthier hair while you sleep



Everything looks better after a good night's rest, including your hair! Coating it with a nourishing overnight mask (and then sleeping with a towel over your pillowcase!) can get your hair looking shiny and healthy in no time. Just wash it out in the morning with your favorite shampoo (sulfate-free, please) and skip the conditioner.

An extra tip is to use a silk pillowcase on the nights you're not using an overnight mask, as the friction on traditional pillowcases can break hair overtime.



Step 3 - Using Doll Beauty 'mudpie and mochachinos' eyeshadow pallet, take the shade 'mudpie' on an eyeshadow brush and place on the eyelid blending towards the socket. Then using NYX 'copper bronze' eye pencil, place this in the waterline and slightly run it along underneath the waterline. To finish off top with your favourite mascara.

Top tip - Avoid using black eyeshadow as it can appear too harsh on the eyes and make the eyes look smaller. Opt towards a brown or nude colour instead as this will make your eyes pop.

Step 4

To define your face, use the same bronzer as you did on the eyes and apply this lightly to your cheekbones, jaw and forehead. To add more colour to your cheeks use Jordana Ticia 'Hunny Pie' blusher and pop this onto the



Step 4

apples of your cheeks. After you've done this move onto the lips. Apply Mac 'Yash' lipstick and top it off with Doll Beauty 'Loaded' lipgloss.

After - (Optional) If you really want to complete the look and be that little bit extra, apply some false lashes! Use Doll Beauty 'Gilly' lashes as these aren't too big and frightening and really open up the eyes.



After

Top tip - When applying false lashes make sure you measure them against your eyes first. 9/10 you will have to cut the end of the false lash off so that it fits perfectly to your eye shape. Then apply some lash glue and wait 30 seconds to allow it to go tacky. Once the glue has gone tacky place the lash as near to your own lash line as possible. Manoeuvre the lash until it feels comfortable and looks right on your eye.



all over the face and blend down towards the neck using a foundation brush. To brighten under your eyes use YSL 'touché e clat' brightening concealer under the eyes and blend it in with your foundation.

Top tip - when applying concealer under the eyes avoid placing it too close to the eye as you won't have enough space to blend it in.

Step 2 - Using Benefit 'precisely' Brow pencil



Step 2

run this through your brows following your natural brow shape. After you've done this take a small blending brush and Mac 'Gimme Sun' bronzer and blend this through your eye socket using light circular motions with your brush.



Step 3



Before

Step 1 - Start by moisturising your face with Clinique 'Moisture Surge' moisturiser. This is the perfect moisturiser for sitting under your foundation as it's not too tacky. After you've done this apply Nars 'sheer glow' foundation



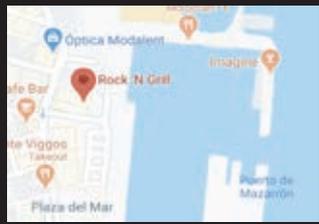
Step 1



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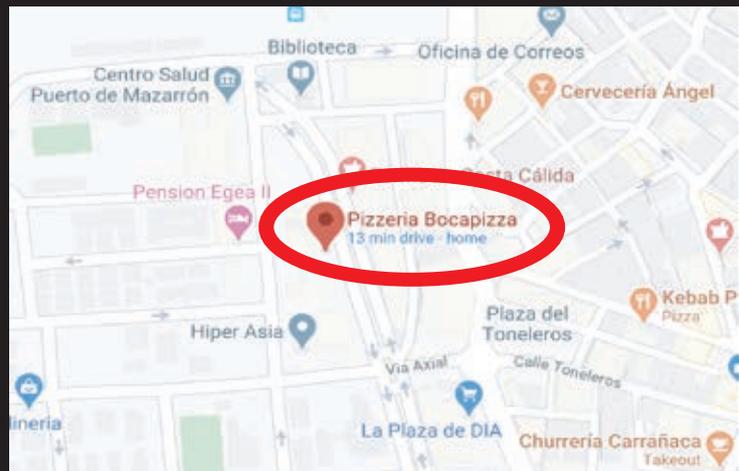


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Sweet Crepes / pancakes made on the premises in front of you to order with a choice of toppings from vanilla ice-cream and caramel sauce to chocolate syrup. Try the waffles and our kimmer Cafeteria crepes we also have American pancakes that you can accompany with chocolate, honey or maple syrup

A variety of teas and infusions to suite all tastes from Salzillo or a Marshmallow hot chocolate

Centre of town opposite the covered market. Ideal for a pre or post Sunday market coffee and cake.

Cool inside seating with open area with plenty of seating.

Coffee all style and flavours are offered and add a dash of something stronger – coffee liquor, Asiatico

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Café bar Kimmer

Café bar Kimmer is a popular spot for a coffee and cake, or tea and savoury, and so along with a friend we decided to try it out.

With easy parking outside, we found a spot and it was easy to get the pram



and access into the cafe. With lots of fresh rolls, bocadillos and sandwiches on display, and a selection of tostadas on offer, we were spoilt for choice. First... a fresh orange juice and coffee to get the brain working.

My friend started to crave a sugar fix, and opted for a tart – again being spoilt on pies, such as the popular apple pie, we could see on offer also carrot cake, strawberry cheesecake, chocolate tart and swiss rolls.

On the board, Sweet Crepes / pancakes made on the premises in front of you to order with a choice of toppings from vanilla ice-cream and caramel sauce to chocolate syrup. This I will be trying next time with my boys. Also noticed American pancakes and you can accompany

them with chocolate, honey or maple syrup!

A variety of teas and infusions to suite all tastes from Salzillo. Or for when it gets colder, marshmallows and hot chocolate.

It is eat in or take away and the setup is also ideal for a party celebration and its possible to pre order your choice of cakes and tartlets for that special occasion.

Located at the centre of town opposite the covered market. Ideal for a pre or post Sunday market coffee and cake. With cool inside seating with open area with plenty of seating, its a pleasant, relaxed and clean layout.

I did spot aswell that they cater for Gluten free and lactose free milk – good to know for the future if friends ask.

Will be going back for another visit!

Feta and Mint Watermelon Cups



Ingredients

for 20 servings

- 1/2 large seedless watermelon
- 1 1/2 cups cucumber(200 g), diced
- 1/2 cup feta cheese(55 g), crumbled
- 2 tablespoons fresh mint, chopped, plus more for garnish
- 2 teaspoons olive oil
- salt, to taste

Preparation

1. Cut the watermelon into 1 1/2-inch (4 cm) cubes, removing the rind.
2. Using a teaspoon measuring spoon or a melon baller, scoop out the center of each watermelon cube, only going about halfway through.
3. In a large bowl, combine the cucumber, feta, mint, olive oil, and salt.
4. Spoon the cucumber mixture into the watermelon cubes.
5. Garnish with more mint. Chill until serving.

Sweet and Sour Salmon



Ingredients

For the pan seared salmon you'll need:

- Skinless salmon fillets
- Vegetable oil
- Green onions or cilantro
- Sesame seeds
- Salt

And the homemade sweet and sour sauce ingredients you'll need are:

- Cornstarch
- Soy sauce
- Pineapple juice
- Honey
- Light brown sugar
- Rice vinegar
- Ketchup
- Red pepper flakes
- Garlic
- Fresh ginger

How to Make Sweet and Sour Sauce

- In a bowl, whisk together cornstarch and soy sauce (the cornstarch is what will thicken up the sauce).
- Mix in soy sauce, pineapple juice, honey and brown sugar.
- Also mix in rice vinegar, ketchup and red pepper flakes.
- Then heat a little oil in a skillet and lightly saute garlic and ginger.
- Pour in the sauce mixture and let it thicken up and know you've got an incredibly delicious homemade sweet and sour sauce.

Ultimate flourless chocolate Torte



Ingredients

- 9 ounces good-quality dark chocolate - 65% or higher, finely chopped
- 9 ounces unsalted butter - (Kenzie recommends European-style, such as Kerrygold) (18 tablespoons)
- 1 1/2 cups granulated sugar
- 7 large eggs - at room temperature
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract
- If you are feeling dangerous: a few table-spoons rum - bourbon, or whiskey (Kenzie puts in "a splash")
- Optional - for serving: powdered sugar, berries, and/or sweetened whipped cream

- Instructions
- Preheat the oven to 375 degrees F. Grease and line a 9-inch springform pan with parchment paper. Grease again.
 - Melt the chocolate and butter together in a double boiler or in a microwave-safe bowl, until the chocolate is almost completely melted. Remove from heat and stir until smooth and totally melted. Stir in the sugar, then let cool for a few minutes.
 - Add the eggs, one at a time, fully combining between each addition. After all the eggs are added, continue to stir until the batter becomes thick, glossy, and utterly gorgeous. Stir in the vanilla extract, almond extract, and any optional boozy addition you desire.
 - Pour the batter into the prepared pan. Bake 30-35 minutes, until the torte jiggles slightly in the middle but is not completely set. Begin checking at the 30-minute mark to ensure the torte does not overbake. Let cool in the pan for 10 minutes, then unmold. Dust with powdered sugar. Cut into wedges and serve alone or with whipped cream, berries, or anything else your heart desires.

Notes

- Make ahead: This recipe can be made in advance, cooled completely, and stored in the refrigerator, tightly wrapped, for up to 3 days. To store longer, let cool completely, press a sheet of plastic on top of the torte, and place in an airtight container. Freeze for up to 3 months. Let thaw overnight in the refrigerator. Dust with powdered sugar right before serving.
- This recipe is an adaptation of my friend Kenzie's Flourless Chocolate Torte. Her original recipe called for a slightly smaller cake in a regular 8-inch round pan that you bake, flip out upside down onto a plate, then turn back over to be right side up. I thought an easier way to achieve the same end would be to use a springform pan. Since springforms are usually sold in a 9-inch size, I scaled the recipe up a little to accommodate the larger pan size. A little extra chocolate torte is never a bad thing, right?

*Next month look out for
our vegetarian
recipes*





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Beverage of the Month



Classic Sangria

1 bottle dry red wine
1 tablespoon sugar
1/4 cup brandy
1/4 cup Triple sec or another orange liqueur
1/4 cup freshly squeezed orange juice
Sliced peaches, apples, oranges or berries, tossed with a squeeze of lemon juice
Sparkling water, if desired
Mix the wine, sugar, brandy, liqueur and orange juice in a large pitcher. Add fruit

and let sit in the fridge until needed. Add some sparkling water (if using) right before serving. A slotted spoon will help guests hold back the fruit while pouring their glasses, and spoon some on top if desired.

Pata Negra's Sangria

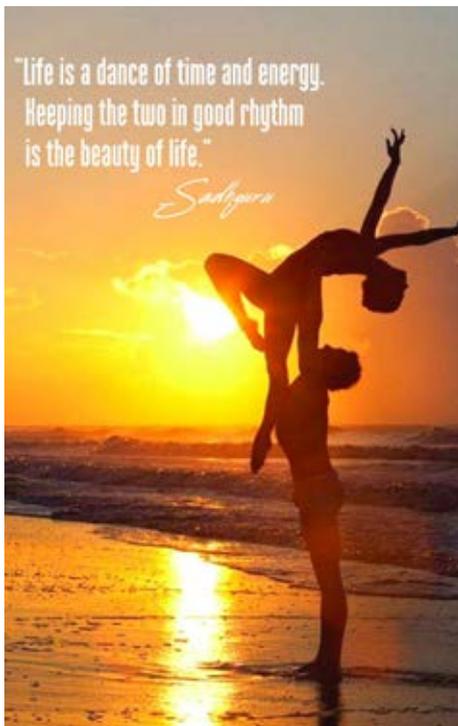
2 bottles dry Spanish red wine (they recommend garnacha)
1 bottle dry Spanish rosé (they recommend this to lighten the body of the sangria)
1 ounce orange liqueur (such as Triple Sec or Torres)
2 ounces brandy, preferably Spanish, such as Romate
1 tablespoon sugar, or more to taste
2 apples, cored and diced, for garnish (1 used one red and one green, for color)
2 oranges, cut into wedges, for garnish
12 ounces (1 can) orange soda (they recommend less sweet brands such as San Pellegrino aranciata)
In a large vessel, combine wines, liqueur, brandy and sugar. Mix fruit and set aside. Right before serving, pour in soda. Fill glasses with ice, and pour sangria over. Garnish with fruit.



The Beauty of Universal Energy For All Of Us.

Hello everyone, firstly I would like to humbly thank all of you that have telephoned me, messaged me or come to see me, to let me know how much you enjoy reading my Articles within the Mind, Body and Spirit Section of The Journal.

Living the Pathway of a 'Spiritual' nature is not an easy one! A wise Woman once told me that to embark on this way of life is very lonely and mostly walked alone. Many do not live the same way or have the same understanding, even when they tell you, they do. Does this sound familiar to you? It's not all about burning josh sticks and lighting candles. The Physical Life must be lived, concurrently with the Spiritual Aspect. It is not all Love and Light, Pink and Fluffy, all the time. There are mountains to climb, knowledge to gain (almost of a



PHD level), sacrifices and hard work. There are many challenges set before one, to learn from, experiences to overcome and understand. Learning to Love unconditionally and without judgement, certainly isn't for the 'faint hearted' and cannot be lived by lip service.

Learning to exist, flow and vibrate within the beautiful energy of the Universe, is like feeling yourself float away listening to the most exquisite music you have ever heard. Allowing yourself to 'blend' with all that is perfection.

However, the experiences and lessons of life can be extremely hard, upsetting and painful on all levels of one's psyche - physically and mentally. Most people will judge you and let you down. It is not surprising that we have illness, fatigue, hatred, greed, jealousy, etc., in our World. We get effected in many ways and some try to numb the pain with Alcohol, Drugs, Medication, Excessive Behaviour, etc. Others will try a Homeopathic path with Remedies, Yoga, Meditation, Healing, the list is endless. I suppose they all have their place in your own Soul's evolution.

Lightworkers will always talk about Love and the Power of it, sending it to people, situations and Loving yourself. This is where 'The Journey' begins. What is Love and Light, how do we send it, how to do we absorb it? This has nothing to do with Religion and does not exclude anyone, nor is it the work of the Devil. Love is Pure, Nurturing and Devine.

Picture the child who has fallen and runs to their Mother, who kisses and rubs the wound, making everything better, to live and play another day. Sharing Love is as simple as that. Picturing yourself, another person or situation and sending that same energy, is sending out the Love of Healing. Many have learnt how to do this unconditionally, some naturally, attending courses, becoming Practitioners of Healing, (I am a Reiki Master/Teacher, amongst many skills), which come in many forms. Energy Healing, Spiritual Healing, Reiki Healing, Shamanic Healing, Sound Healing, to name but a few. We can all send it on

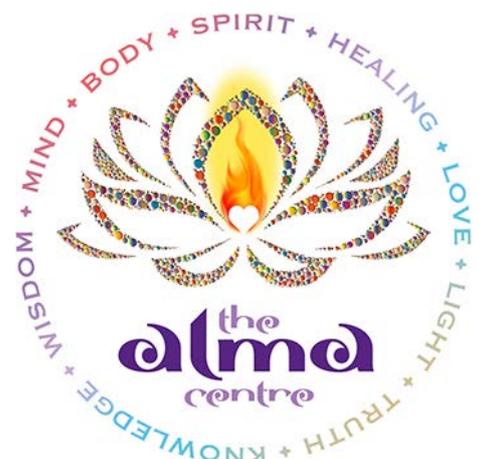
our own or collectively. It is as simple as a thought or thinking of someone. We strive to bring about a peaceful existence for all of us. Remember John Lennon and his song Imagine? I know you are singing the words in your mind now; can you imagine how life could be? Keep singing your own tune as loud as you can so everyone can hear it.

For those seeking and wanting to learn more, there are many within our Community who are already sharing their Knowledge and Love for all. Over the next months, I would like to introduce to you some of the wonderful friends that enrich my life and I am sure they can enrich yours too. You may not have known where to search to connect to Like Minded People, well hold my hand and I will introduce you. Not one size fits all, so we will journey through Healing, Writing, Art, Food (yes, food), Meditation Practitioners, etc., who will help you to 'open the windows of within your Soul'.

So, friends, let me introduce you to Anna-Marie Blyth, some of you will already know her. I have asked her to assist us with some of her easily reachable Networks, Meditations and Open Groups that she is involved with that you may find of interest.

**Namaste,
Corina Talbot**

(Namaste - The Divine in me respectfully recognises the Divine in you. Namaste invokes the feeling of Spiritual Oneness of heart and mind with the person one is greeting)



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I am pleased to be asked to introduce myself to you all. I am a Medium, Healer and Mentor to those seeking to discover more about a Spiritual Pathway.

I accepted an understanding late in my life, that was shown to me from a young age. Knowing that my 'imaginary shadowy friends'; that I feared during childhood, were Spirits attempting to communicate with me. These experiences were unassisted by adults, who tried to reassure me with words, denying their existence. They were no doubt frightened themselves, when this child talked of 'things' that they had no knowledge of and felt they were protecting me from what was seemingly illogical. For the last twenty years, those same 'Shadows' have brought me great comfort and guidance, which has led me on an exciting journey of discovery.

In my late thirties I became fascinated by anything of a Spiritual Nature. I relished the fact that the Centres I attended would welcome everyone, no matter who or what they were or why they had shown up. I listened intently to the topics of conversation and the messages that were given by Mediums. I'd often heard Mediums and Speakers refer to "Healing, Heal the Self, receive the Love, share your Light

and Wisdom", all phrases which went completely over my head! I had no idea of what they were speaking or how this could even be possible.

This was pre- Internet days, so it was not possible to simply 'Google' it!

Messages often came to me and gave me a sense of Positive Upliftment, during a tough time in my life.

I had no need of worry, when the time was right and the decision taken to follow the Spiritual Pathway presented itself, I was led and found myself in a Development Circle. I watched as people received and gave Healing. It was becoming clear that I had to participate, this is when I understood that my 'Soul Purpose' had begun. I would be guided on so many Topics, not least, the aspect of Healing and I would come to understand much more over the years.

In recent times, with the uncertainty of the world, it was brought to my attention that so many people on Earth were becoming incredibly fearful. Those with a similar curiosity were turning to the Spiritual side of life, to seeking out Mediums and Healers to learn more about this unique knowledge to guide them on their own Pathways. Many were starting to seek answers of their own and were often in the same naïve place, that I had been in all those years ago.

There has been a significant rise in the interest of all aspects of Mind, Body & Spirit Therapies and Products. With Spiritual Gatherings seeing an influx of people, wanting to know what is happening, not only to themselves, but to their Loved Ones and to our beautiful Planet.

As the unprecedented state of Lockdown took hold, many fears escalated and a way to alleviate these fears have become more important. Like so many other Lightworkers using the energies of Love and Light, I was led to offer guidance on Healing to those who sought out Words of Wisdom. The reason being that these are

the people who will use what they are learning now to help others in the future, in the same way I had been shown. I started with live Social Media Broadcasts, aimed at showing people how easy it is to sit quietly and listen, to go into a 'quiet space' to receive the Loving, Healing Energy.

Many who listened reported feeling the 'energy', even though we were all separated. I called the videos, "Join Together" with Anna-Marie. This was exactly what we were doing, joining together with 'like-minded' people across our world, to lift the energy and illuminate the darkness.

To be continued next month

If you are interested in listening to any of my Healing Videos, please go to my YouTube channel for Anna Marie Blyth, 'Awaken to Healing from The Inside Out.

I can also be found on: -

FACEBOOK
(Angelmedium Anna Marie Blyth)

FACEBOOK GROUPS (Sharing our Love, Light & Peace Vibrations) (Awaken to Sharing)

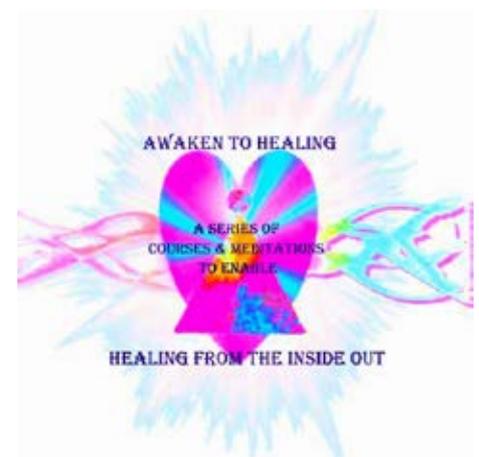
FACEBOOK PAGE (Contribute a Minute, Create a Miracle)

INSTAGRAM (Anna Marie Blyth)

angelmedium12@gmail.com

Anna-Marie

(2020)





18 Common Behaviors Of A True Empath

Being an empath can sometimes be frustrating as it relates to the feelings of other people on a deep level. Empaths are influential people who can bring about great good in the world if they work hard at it.

Many empaths are so sensitive that they indeed can feel the pain others around them are going through. They physically feel what another person is going through. Empaths usually deal with things like chronic fatigue because of that, as they get overwhelmed by the energy and emotions of other people. While empaths are a bit complicated and difficult to understand, once you get to know them everything becomes quite clear.

If you are an empath yourself, you'll probably recognize yourself in one or more of the following behaviors and characteristics:

1. You are extremely sensitive
You feel everything on a level deeper than most people do.
2. You refuse to be lied to
If someone lies to you, they are in deep trouble. You can sense when people are sketchy, and they won't stand a chance.
3. You are not judgemental
You will not cast judgment on others for anything they might do or have done. Granted if you see them doing wrong you will bring it to their attention, but you will not shame them.

4. You do not like harsh sounds
You tend to enjoy more soft and delicate things.

5. You hate narcissism
You will not deal with narcissism at all.

6. You are good at giving advice
You are an incredible problem solver, so your advice usually works out well.

7. You are easily distracted
You focus less and are interested in everything. You can be looking at two things at one time and still be amazed all the same. For example, looking at a flower bed, you will see all of them as beautiful instead of picking just one.

8. You love animals
You look after pets as if they were family.

9. You are often exhausted
You spend so much time absorbing from others that your own energy diminishes.

10. You are honest
You hate lying and being lied to as well.

11. You experience what others experience
You understand other people's pain when they are explaining it to you. It isn't a fake understanding but a truly deep, meaningful connection.

12. You are a wonderful listener
People can talk to you about anything, literally.

13. You cannot handle negative images
You often try to avoid seeing negative news and pictures, be it in the media or elsewhere. You are far too sensitive to see things like that with your own eyes. That being said if you have to look at it, you will.

14. You are not fond of crowded places
Even the most outgoing empaths are overwhelmed with emotions in a big crowd.

15. You are good at healing people
You are great at getting emotional turmoil over and done with.

16. You are sensitive to things such as medication
You try to avoid seeing and hearing about medication and doctors as much as possible.

17. You will always offer to help when you can
No matter what, if you can lend a helping hand you will, it doesn't matter when or who you are. You sometimes would even help out your own worst enemy.

18. You are selfless and inspirational
People are lucky to have you as a friend, as you're always there for them. You are strong and nurturing at the same time.

Just Ask!

Just Ask is our new section within the magazine in which you are free to ask questions for some help and guidance. Below is an introductory from Darcy Clarke, writer and contact for this page.

Darcy Clarke

I was born in the UK and attended comprehensive schools attaining the usual handful of 'O' levels by the age of 16. Considered the police force at this stage, but oddly ended up completing a course in computing. This led me down a 16 year career path in computer related work, latterly involving me running my own IT recruitment agency. Financially this was a very beneficial period, but something told me this was not my true calling.

In the early 1990's after some personal therapy, which long term became life changing, I started to study counselling. Immediately hooked, I progressed through the Certificate and Diploma courses, which included a placement at a GP surgery. I left recruitment and began working for a mental health project providing keyworker support to women who were survivors of childhood sexual abuse. This financed me whilst I also continued to provide voluntary counselling to build up my hours and experience. The work here was intense and developed my understanding of suicidal ideation, self-harm and mental health conditions.

I was then approached by the NHS I had previously worked for as a volunteer counsellor to set up and manage a counselling service for 14 GP surgeries in the locality. I recruited 8 counsellors and in addition to the management role I also provided counselling in one of the surgeries. Over the next 10

years I completed this role on a part time basis and also set up and ran a private therapy business with my partner. The counselling issues addressed covered work related stress, depression, anxiety, OCDs, relationship problems and all ranges of abuse including financial, physical, emotional and sexual. In this period I also formally supervised other therapists in their work.

The latter years of my working life in the UK were a combination of senior management roles in the NHS and finally a supported living company for individuals with learning difficulties, plus private counselling. Yes I worked long and hard, but there was always a long term goal and that was to retire early and live in Spain. I am now here in this spectacular country enjoying the people, sun and prices!

What I hadn't accounted for was the Covid-19 pandemic and all of the consequences and impact it would have on everyone around me, including me. It's been hard and for those of us who got through it we now need to find a way to move on with our lives knowing the virus is still around. Whatever issue this, or any other experience may have brought up for you, I am here to help.....just ask.

On a personal note I am a mother, partner, sister, step mum, friend and animal lover. I believe in all humans being equal and that everyone should have the same opportunities to live their lives to

the full. However, I am realistic enough to realise this isn't always possible when history and life events seem to conspire against us and we feel held back from living our true lives. I don't have all the answers, but I do believe every individual has their answers inside of them and I aim to tap into those resources and enable people to find their best way forward. So I hope my personal and professional experience will enable individuals to find their own path in life and be as true to themselves. So..... just ask.

justaskthejournal@gmail.com

"Just Ask" is completely confidential






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

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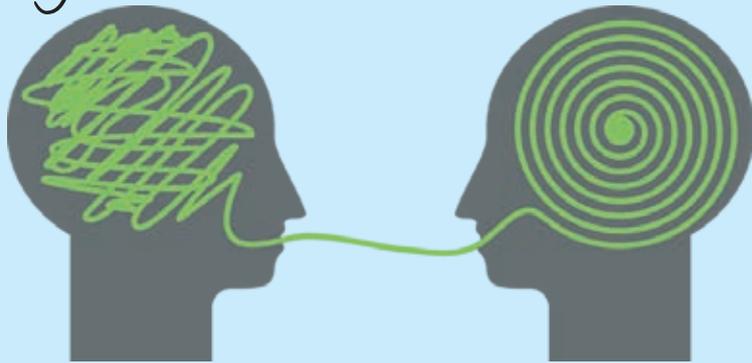
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3)



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It's Scientifically Proven That Flowers Make You Feel Better

Flower power is real, and right now, it's precisely what we need.

In 2005, Professor Jeannette Haviland-Jones sent out three different types of packages - a candle, a fruit basket, or a floral bouquet - to 147 different women. It was a thank you gift, she said, a ruse that seemed plausible enough. The recipients had all participated in one of her recent psychological studies. But they weren't actually gifts; they were variables. And the delivery men carrying them weren't couriers, they were observers, measuring each recipient's facial expressions. Afterwards, studying the results in her lab, Haviland-Jones discovered something that, she recalls, shocked her. Those who got the flowers unanimously exhibited a Duchenne smile- a genuine expression considered by psychologists to be 'the sole indicator of true enjoyment.' In fact, three days later, the flower group felt happier than their fruit-basket and candle brethren. 'When I saw that every person who got the flowers responded with the Duchenne smile, I thought, No, this doesn't happen,' Haviland-Jones

said. 'In the emotions lab, you never get a 100 percent response unless you're dropping a snake on people, which gives you a nice 100 percent fear response. But, happy? No.'

Empirically, Haviland-Jones proved what, anecdotally, many of us already knew: flowers have power.

Which is why, perhaps, during the COVID-19 pandemic, people are drawn to them more than ever.

Google searches for 'flower delivery' doubled from March 2019 to March 2020, and Pinterest found searches for 'flower boxes' were up 408 percent year over year. Flowers aren't essential, but they're emotional: as society capsizes around us, we search for even the smallest slivers of joys. Beautiful blooms- with their colour, smell, and symmetry - provide the brief solace we desperately seek.





Clare Tam-Im Photography

Nature

By Hayley Scott

I have always been lucky enough to live close to nature. Growing up on the South West coast of England, I spent my childhood exploring the Devonshire coastlines, collecting crabs in plastic buckets and fighting off seagulls in an attempt to not have my lunch stolen.

Now living in the Cambridgeshire countryside, I'm blessed to be surrounded by acres upon acres of nature trails, woodland walks and meadows.

Despite this, I often sigh dramatically and announce that I'm absolutely seasick! My innate yearning for the ocean leaves me feeling desperately homesick, especially when life gets stressful. There's something deeply therapeutic about the ocean and every time I return I feel myself becoming more centred. More focused. More "me". As if by magic, life's worries, woes and endless tasks simply fall away and I feel at peace again.

It might feel magical, but this sensation is far from unique to myself and actually there's plenty of science behind why it makes lots of us feel this way. Studies show that when we arrive at the beach, we're hit with a dose of serotonin, the happy and relaxed chemical. There's also an

abundance of research indicating that coastal walks improve your mood and reduce depression and anxiety by lowering cortisol levels, that pesky stress hormone. All in all, a pretty good combination for soothing the soul and giving us a lift.

So whilst that explains the waves of

calm that wash over me, I can't help but wonder if there's something else at play when it comes to the oceans ability to restore balance within me. Whether it's the vastness of the water, the endless horizon or the fresh sea air, I'm not quite sure.

But something else shifts, and I think it might just be perspective. After all, when we're living in our own bubble, within the 4 walls of home, it's easy to get caught up in our own lives. To feel the weight of our responsibilities and commitments. But when we step outside of this bubble and immerse ourselves in the wonder of nature, with all of its beauty and billions of years of history, we are reminded of just how small we really are in the universe.

Stepping outside gives us the power to press pause on modern life and take a moment to really appreciate the beauty of nature and of our own existence. It gives us the opportunity to break out of our bubble and find a little peace and perspective. Why not try it the next you find yourself feeling overwhelmed or a little lost? Take a stroll along the coast line or explore a local nature reserve. A little dose of nature could just be what you need to help restore some balance...



14 Profound Alice in Wonderland Quotes That Reveal Deep Life Truths

These Alice in Wonderland quotes are just what you need.

Lewis Carroll's masterpiece can help you through troubled times while giving you a sense of whimsical encouragement. Positive statements have the power to



The Mad Hatter

reach you when other things may not work.

To add a bit of magic to your life, these Alice in Wonderland quotes reach out and touch your innermost being. They will also reveal some deep truths about life and will give you great contemplation.

"I'm not strange, weird, off, nor crazy, my reality is just different than yours."

-The Cheshire Cat

It's much better to think of yourself as a unique individual than to feel bad about the odd things that you do. The Cheshire Cat taught us how to appreciate our differences with quotes from Alice in Wonderland.

"If you believe in me, I'll believe in you. Is that a bargain?"

-The Unicorn

It's the trust that we have in each other which can be simple. All it takes is humanity and mutual kindness in order to live in peace.

"I don't see how he can ever finish if he doesn't begin."

-Chapter 9, The Mock Turtles Story

This quote from Alice in Wonderland shows us the importance of motivation and strength. Basically, you cannot succeed without giving it a shot. This is an encouraging quote that reveals a sim-

ple but eye-opening truth.

"It's no use going back to yesterday because I was a different person then."

-Alice in Wonderland

This one is a testament to how we shouldn't live in the past. We really are different people from one day to the next. We should accept and enjoy this fact.

"I am under no obligation to make sense to you."

-Mad Hatter

Of all the Alice in Wonderland quotes, this one speaks to me the most. I have often wondered what people thought of me, and I worried about how to change. Then I realized that it wasn't my responsibility to be who they wanted. In fact, it doesn't matter if my personality makes any sense at all.

"Why sometimes I've believed as many as 6 impossible things before breakfast"

-The White Queen, Through the Looking-Glass

Maybe we do not all possess such great imaginations, but many of us do. Yes, it's it possible to wake up and fall into dreamland, thinking of the impossible for a while.

"I'm not crazy. My reality is much different than yours"

-Cheshire Cat



Alice

Don't you hate it when people call you crazy? I know I do. But remember this, you are just as normal as the one who calls you crazy. We all have our own ways of living and being happy.

"The best way to explain it is to do it"

-The Dodos

Yes! Instead of taking many words and repeating directions, just do what needs to be done. Actions are more powerful than words, after all.

"This was not an encouraging opening for a conversation. Alice replied, rather shyly, 'I-I hardly know, sir, just at present- at least I know who I was when I got up this morning, but I think I must have been changed several times since then. [...]"

How puzzling all these changes are! I'm never sure what I'm going to be, from one moment to the next."

-Alice

Changes come, and we just have to face that. Sometimes changes make no sense at all, but again, we have to accept that. Changes also make it hard for us to understand exactly who we are. I think we must hold on to at least one constant to appreciate these changes... then let all the others continually evolve us.

"Imagination is the only weapon in the war against reality"

-The Mad Hatter

Oh, how profound this quote from Alice in Wonderland seems to be. It's simple and yet, it says so much in how to deal with life and its problems. Reality is harsh, but imagination takes us away for a while. What a powerful weapon indeed.

"Forgetting pain is convenient. Remembering it, agonizing. But recovering the truth is worth the suffering."

-Cheshire Cat

Pain is a strange thing, an oddity. It makes us numb when we push it back, it tears us apart when we think about it, but when we tell the truth, it is worth every ounce of pain. Then we are released and unburdened.

"We're all mad here. I'm mad and you're mad"

-Cheshire Cat

It is true, there is a little bit of lunacy in all of us. I think we should embrace all our precious oddities and use them for good.

"Begin at the beginning, the King said, very gravely, and go on till you come to the end: then stop."

-The King

This simple statement from Alice in Wonderland tells us the obvious. The quote wants us to start now and when we can do no more, then we stop the pursuit... whatever that may be.

"Everything's got a moral if only you can find it."

-The Duchess

No matter how bad it seems, there's a moral to the story. There's a reason, a cause, and a great revelation. Just open your eyes and your mind to see it.

Alice in Wonderland: a unique inspiration

You may think that Alice in Wonderland is a strange little story, but if you look a bit closer, you will notice great wisdom. Magical creatures like the Cheshire Cat, the White Rabbit, the March Hare, and the Mad Hatter are just a few of the quirky but sage companions during Alice's adventure.

Top of Form

Bottom of Form



What Is Self Awareness? How To Develop Self Awareness

Have you ever wanted to become more aware of your thoughts and feelings? Maybe you would like to learn more about yourself and your behavior? When you become more self-aware, it can become a lot easier to work out why you react or behave the way that you do and what you can do to improve this.

Not everyone knows how to become self-aware or even what it entails, however, I am going to give you some ways that you can develop your self-awareness. Firstly, let's take a quick look at what being self-aware actually means.

What Is Self Awareness?

Self-awareness is where you can recognize your emotions and feelings as well as your abilities and preferences. You also have an understanding of how your thoughts impact your behavior and how your behavior impacts others.

In simple terms, you understand how your feelings can create certain behaviors which will then have an impact on those around you. When you can learn to recognize and become aware of what emotions and reactions you have, you can work on any that you think are negative and try to improve. Why Is Self Awareness Important?

As stated above, self-awareness allows you to recognize your own feelings and character. In this way, self-awareness is crucial for manifestation practices; it allows us to understand our actions and thoughts.

The Law Of Attraction itself is always reacting to our thoughts and vibrations. We should, in turn, also know why we react the way we do and why we think the way we do. Consequently, we can then start to control our feelings and tune into different and ideal vibrations. Only after understanding ourselves can we start to maximize our manifestation potential.

It is only when we are self-aware can we know how to improve ourselves. To understand even more why awareness is important, we have listed below the top benefits of self-awareness.

7 Benefits Of Self Awareness

1. Living as a self aware individual allows you to live in the present, knowing who you are and what you want.
2. You find it easier to let go of toxic people as you know what you deserve.
3. Aware people welcome mistakes as stepping stones to success. They are not deterred by failure as they know what they are capable of.

4. Gratitude goes hand-in-hand with awareness. You are grateful and thankful for who you are.
5. You understand your own boundaries and limitations. Therefore, you are comfortable saying no.
6. Self-awareness boosts your confidence.
7. Productivity is another benefit of self-awareness. Being able to control your emotions means you replace reactivity with proactivity.

How To Develop Self Awareness In 5 Steps

Now you know why self awareness is important, you may be wondering how to develop self awareness yourself.

Here are some great ways that you can start to develop your self-awareness.

1. Meditate

Meditation can really help you to focus on being more self-aware. When you meditate, you are in a calm and pleasant state of mind, where you can really focus on being present. This may be through your breathing or just by visualizing while you are meditating. Once you are starting your meditation session, you can start to practice becoming aware of any thoughts and feelings you have. You could also ask yourself questions during your meditation, or reflect on things you have done that have affected your feelings or behaviors.

Through meditating, you can develop a clearer understanding of yourself and your emotions, making it easier to develop your self-awareness.

2. Ask Yourself Questions

Asking yourself questions is a great way to develop a better understanding of yourself and your actions. When you ask yourself questions, you can start to look at the bigger picture, why you feel a certain way, or why you reacted to something the way you did etc.

Questions that you could ask are:

- Why do you avoid this certain thing?
- What are you trying to achieve?
- How are you feeling right now, and how is that affecting you?
- How do others perceive you and feel about your actions?

In doing this, you can start to find out things that perhaps you do not even think twice about in day to day life, and this can be a great way to start developing your self-awareness.

3. Keep A Log Or Journal

If you can keep a journal or log of some sort, this can really help you when trying to understand your attitudes and actions. There are many ways that you can keep a journal, but perhaps the easiest would be to write in each day your thoughts, feelings, and actions in a way that you can understand.

You can then look back at your journal on important dates, such as a new year or your birthday. You can reflect on what you have written and work on improving anything that needs to be changed.

This is a great way to develop your self-awareness as it is the easiest way to reflect on certain situations you may have forgotten otherwise.

4. Ask Your Friends And Family

When you can be open and honest with your friends and family, and they can do the same, you can really get some great advice and points from them that can help you to develop your self-awareness.

If you can ask your friends or family to honestly give you their critical and objective perspective on you and your feelings/behaviors, you can get a great insight from the people closest to you.

If you ask a question about how they perceive you, you may want to add that they can be as open and direct as they need to be and it won't upset you. You can then take in what they say to you and use it to improve and strengthen your self-awareness.

5. Live In The Moment And Analyze Your Emotions

When we learn how to live in the present moment, we also learn to stop worrying about the future or the past. You can be completely in the moment and focus on what is happening to you at present.

This can be great when trying to improve your self-awareness, as it is the one thing you can focus on, and not any other worries or thoughts that may be crossing your mind. When you are completely in the moment, you can focus on any emotions and feelings you are having at that time.

You can then live in the present moment and work on any negative feelings and emotions you have and become more aware of them as you are not thinking about anything else at that moment.

Self Awareness Quotes To Inspire You

"Self awareness is one of the rarest of human commodities. I don't mean self-consciousness where you're limiting and evaluating yourself. I mean being aware of your own patterns."

– Tony Robbins

"When I discover who I am, I'll be free."

– Ralph Ellison

"The greatest thing in the world is to know how to belong to oneself."

– Michel de Montaigne

"Strong people have a strong sense of self-worth and self-awareness; they don't need the approval of others."

– Roy T. Bennett

"It takes courage...to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives."

– Marianne Williamson

"Without self awareness we are as babies in the cradles."

– Virginia Woolf

"Self awareness is the ability to take an honest look at your life without any attachment to it being right or wrong, good or bad."

– Debbie Ford

"As my awareness increases, my control over my own being increases."

– William Schutz



The PSYCHIC TAROT

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

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

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

attracted towards the most.

This time, on turning the card over, it revealed the Awareness card. It is a card from the Major Arcana cards.

The number 1 Awareness card is one of the key reminders that you already possess all of the tools to guide and direct you in your life.

Whether it's wisdom, intuition, psychic skill, creativity, self-motivation, love, willpower, physical ability, or just pure courage, they are all part of you.

Once you learn to tap into and use them, you'll be amazed by the power and effect they can have. You have the ability to allow the universe to work in partnership with you. Together, you can manifest change, whatever the desire may be, and bring about a positive outcome.

This card represents your ability to create your own reality – to set ideas into motion and watch them grow. This card is often drawn when you are ready to switch direction, start a new project, or change careers. Now is the

time to use positive thoughts, visualizations, and affirmations as you veer away from negativity.

Knowledge is power and can lead to success. By having faith, keeping your willpower strong and directed, and by tapping into the tools that you possess – as well as calling on the magic from the universe – you can accomplish anything and everything you set out to do.



August 2020 by Marion Parmenter
+34617925467
Facebook page Whispers from Spirit

So now you should all be feeling that any struggles and/or breakdowns with any types of communication is flowing and has more clarity as Mercury is moving forward (from 12th July) and will have picked up speed.

I do want to say at this point ... I will not be supporting the idea that there is another sign ... A "Rubbish" idea, I am guessing put out as a bit of a joke ... NASA, as far as I am aware, don't even believe in Astrology.

So ... what else can I say about now ... Mars the planet that naturally signifies your energy/drive/power is now direct and going through his own sign of Aries which should bring out his positive qualities of action, force and enthusiasm. This may give the sense that your batteries have been charged up but ... use this energy wisely as he can get over energised and be overpowering or do too much so there will be the need to control these tendencies ... breathe, take stock and try to finish one thing before charging headlong into the next. He can also bring the feeling that you have itchy feet or bored ... but as I always say ... if this is you ... forewarned is forearmed so ... stay in control and try to have patience.

His effects will be felt for the next 6 months as he again will stay in Aries due to another period of retrogradation, not reaching the next sign and then turning backwards ... watch this space ... I will keep you posted.



Aries ... Happy days this month for you ... be yourself, express yourself, do what you want and set your own boundaries ... woe betide anyone who tries to stop you. Get out

and have fun as long as you fulfil your daily obligations. If you have children around, they will be especially important to you at this time and you can spend time with them to evaluate your relationship. However, don't get so caught up in the fun side of things that you don't stop now and then to examine yourself. It is one thing to be yourself, but it is also time to make sure you know yourself ... use this time to get to do both. Your energy levels should have been high of late and you come across to others as one who is full of vigour and can create a great impression so long as you don't become so caught up with yourself that you become insensitive to their needs.



Taurus ... You could have felt a little ignored of late and even a bit frustrated and self-defeatist which could cause irritability within you. If this is the case, try to avoid confrontation but instead deal with it by confronting yourself. It is a good time to work by yourself and maybe plan something that you can put into action in a couple of months when the time will be better. Otherwise working with charities, prisons or hospitals may serve you as well as staying at home with parents, family or where you have a solid base. Events from the past may revisit and be bothersome now so time alone in contemplation or meditation will be helpful. If these thoughts and memories still give you trouble this is a time to get a good counsellor to help with personal growth.



Gemini ... Casual relationships such as those with neighbours, colleagues and relatives who are so important in your life are under scrutiny by you this month. Over time we develop habits with how we communicate,

and it is important that it is clear right now. Make sure you are not doing all the outpouring ... you need balance in these encounters, so listening as well as speaking is important. You may feel restless now and you will need to get out and about as the tempo of life is speeding up. Short trips and new study subjects will be interesting for you and keep your mind occupied. If you are going on any trips, you will need to integrate them rather than taking them to "get away".



Cancer ... This is a good time to be looking at money and what are your values in life. You may have spent on

the house and want to show it off or have a party to share what you have with others ... That is fine, providing you don't over do it! Putting this happy, material vibe out there can create a liberating feeling that is great to share around and can have a contagious effect. You may have been feeling that you want to exert your own authority and if you have a project that is "your baby" now is a great time to push it to the fore as you could feel a strong need to achieve. People in high places could prove helpful to you providing you don't make them feel their position is threatened and that you are in any way in competition with them.



Leo ... This is the time to find clarity and what motivates you ... try to bring about some balance and "firm up" projects and/or activities you are already involved in. There is a great need for you to express yourself now and work mainly on your

own, focusing on your own interests. You will be standing in your own spotlight this month so just be aware that this could cause friction with your partner. Nothing too serious but because of what has been said you may not be that sensitive to the needs of others. You may also have felt the need for expansion in your beliefs and want to express your experience and view of the World to others. Remember though that your ideas are just that, ideas ... don't get confused and "become" those ideas. Even you will change in just a short time as



those ideas and beliefs.



Virgo ... Time to get in touch with that part of your mind deep within your subconscious ... look at your actions versus your conscious intentions and whether they are quite different causing you to send out mixed messages. Sometimes we have behaviours formed since childhood when the pressures on us were quite different. We need to realise that with the maturity and understanding we have gained with age these behaviours are now totally inappropriate. There is no cause for concern or self-deprecation but ... this is a great time to look at them and let them exist but note that they are no longer needed. Time too to look back over the year and accept all ... positive, negative and how you have been working with or against others in your life ready for your new Sun year starting towards the end of the month.



Libra ... There may be a bit of tension this month with one to one relationships as they may cause you some irritation and you could feel a little confrontational ... ask yourself what is it that these reactions are showing you about yourself as it may be a case of the other person mirroring something you are not happy with in you. Do not try to suppress these feelings as they will then do you more harm as they must come out in some way to gain release and relief. You may also be looking at the groups you belong to and asking yourself what part they play in your life and whether you meet each

other's needs. Working within groups or friends is good for you but you also will be examining where you fit within the group and establishing your role/position.



Scorpio ... There may be a situation where you will be challenged by another over what your aims and desires are this month. They may or may not be motivated by malice but ultimately you will be required to

prove yourself and what you are doing. This may or may not be intentional and you could become quite angry, but you will need to try to understand as their intentions are not that different to yours. It is a time when your standing in the World is important to you and you will want to put yourself out there. This could also be a month when your Mother is of prime importance to you.



Sagittarius ... This month you will be keen to broaden your horizons through travel, learning new and unfamiliar experiences or from meeting people from a completely different background to yours. It

is also a good time to take on new studies, hobbies or something that stretches you intellectually. You must satisfy the need to "break out of the norm" and unless for study it is not the time to stay indoors. Any connections to the law ... maybe investigating a point of law in connection to your everyday activity or business involvements are highlighted this month and should be beneficial. You may also be more receptive than normal to spiritual, metaphysical or religious interests now.



Capricorn ... For some time now you will have had a lot of powerful influences from the outer slower moving planets going through your Sun sign. They continue to operate until the end of the year and Pluto

especially will have caused enforced regeneration either to situations, people or events around you. Although it is generally affecting everyone, it will be felt more powerfully by you personally as it touches your natal Sun if you are born towards the last part of the sign. Focusing on this month your attention will be on your feelings, emotions and psychological health. You may feel compelled to act in an "out of character" manner which in turn can bring about enforced changes in your life and you will need to get in touch with these feelings to avoid problems. Always remember that anything that comes to an end will just make a clean sweep making way for the new!



Aquarius ... Now the spotlight is on your one to one relationships, be it friendships, business partners or life partners so that you can see how you "work" with each other ... It is not a time to go into things

alone. Even in conflict the relationship can help you learn a lot about yourself. It is also a great time to consult lawyers, doctors or any specialist who fulfils your requirements. If there are issues with family, neighbours or people you see on a day to day basis, now is a good time to sit and try to sort things out but ... Keep it calm and try to stick to the point and not get into pointless arguments. If you are not careful with your approach you may provoke others as they get the impression that you are attacking them. Remember ... "gently, gently catchy monkey". Use your intelligence wisely!



Pisces ... You may find this month to be a lot of hard work with little immediate gratification and you may also be working from someone else's orders or direction. Even if you are

your own boss, you may find that you are chasing your tail off to please awkward clients. It is a passing phase and even without someone shouting the orders ... you would then probably be chasing your own tail to fulfil your own exacting standards. Don't take any risks now ... just keep on keeping on avoiding conflict until this month is out when the energy will change. Look after your health and hygiene but again don't get caught up with it to the point of obsession.

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for an ambulance. FAST will get
there within 7-8 Minutes

Fire Mazarron 968 590 200

Guardia Civil Mazarron 968 590 005

Puerto De Mazarron 968 594 103

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Santa Lucia Cartagena 968128600

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Medical Centre's Mazarron
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Last months Sudokus solutions

1	4	3	8	7	6	5	9	2
2	8	5	4	1	9	3	7	6
9	6	7	2	3	5	4	1	8
6	2	4	1	8	3	7	5	9
7	1	8	5	9	2	6	3	4
3	5	9	6	4	7	8	2	1
8	7	6	9	5	1	2	4	3
4	3	1	7	2	8	9	6	5
5	9	2	3	6	4	1	8	7

2	7	8	4	6	1	3	9	5
6	1	5	2	3	9	4	7	8
9	4	3	5	7	8	1	2	6
5	8	9	1	4	6	7	3	2
7	6	2	9	8	3	5	4	1
4	3	1	7	2	5	6	8	9
3	9	4	6	5	2	8	1	7
8	2	6	3	1	7	9	5	4
1	5	7	8	9	4	2	6	3

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If you would like your
organisation or societies
news and information
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info@the-journal.es

Local Community Groups

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Andreas Animal Rescue 690 906 565

FAST Non Emergency 634 309 899

Lions 696 827 525

Mabs 639 665 370

Making a Difference 634 357 137

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 Martin Pointon 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 lospalaciosgardening@icloud.com

Sector B Gardening Group is known as "B Clean" Contact bcleangardening@gmail.com. We have no current phone number on file at this moment.



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: dsectorphone@gmail.com

Facebook: [camposol D community](https://www.facebook.com/camposolDcommunity)

Donations.

We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9 a.m and 11am 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 dsectorphone@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.

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