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August 2021



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THE Journal

August 2021



Dear Readers,

August is upon us with a vengeance. The heat is a mixture of both beautiful and exhausting to us all. With the ever-changing rules and conditions attached to the pandemic, we have all just worked our lives around it. Some things we can change and some we can't. What we can make a difference with is our environment.

August brings us Marine awareness month. Marine life and oceans are a huge and essential part of our lives.

If everyone does just a small bit, our environment and our own lives will be dramatically improved. Just take that second to think, go green, go paperless, recycle, one use plastic and many more environmental initiatives are available to help us help the world we live in and enjoy. The Journal is environmentally aware, with the type of paper and ink used as well as heavily encouraging the electronic subscription (rather than hard copies) so that you receive The Journal online, whether to help the environment or because you have a holiday home and would like to keep up to date with the area while you are not here. Subscribe on our website.

The-journal.es

It is also CBD awareness month, left handers day (caggy handed as they love to be referred to and more intelligent as they claim....claims my partner??!) and many more unmentioned. It gives us all a sense of perspective about the huge diversity that surrounds us.

On a different note, as the rules continue to change and freedom of movement achievable, we have an obligation to all not to become complacent in our lives in these difficult times.

Please also remember that we have live flight trackers on our website so you can stay up to date with visitors arriving and departing.

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



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CONTENTS

Page 6 - 7 News
Page 8 - 17 Lifestyle
Page 18 - 19 Films
Page 20 - 21 Good Reads
Page 22 - 23 Music
Page 24 - 25 Charities
Page 26 - 29 Homes & Gardens
Page 30 - 31 Property, Financial & Legal
Page 34 - 35 What's On Guide Monthly Calendar
Page 36 - 37 Take A Break



Page 38 - 39 Gadgets & Gizmos

Page 40 - 41 Motoring

Page 43 Sports & Local Societies

Page 44 - 45 Fashion

Page 46 - 47 Beauty

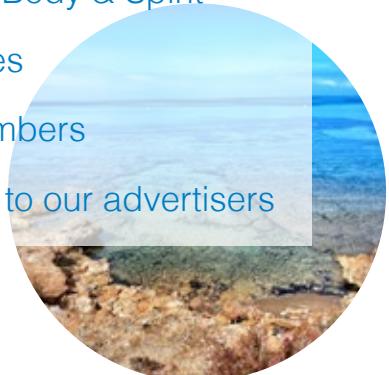
Page 50 - 51 Gastronomy

Page 52 - 60 Mind, Body & Spirit

Page 61 Horoscopes

Page 62 Useful Numbers

Page 63 Reference to our advertisers



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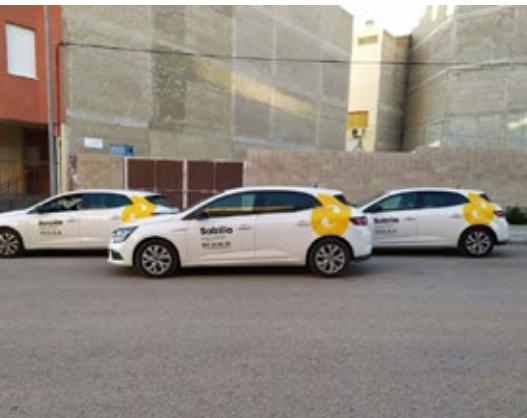


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ADG Managements Camposol

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There has never been a more appropriate time to review your security options. All over the world we hear more and more about this subject and Camposol is no exception. Since the inception of the urbanisation there have been various security companies that have been and gone, but now there is a real alternative!

Security is paramount; no matter where you live but urbanisations that have a high percentage of holiday homes and vacant properties need a solution that is just that little bit different!

This is the reason that ADG are bringing you private security services



with a nightly surveillance patrol, 365 days a year. The patrol consists of two qualified guards, who can act and detain until the authorities arrive. With regard to the issue of weapons, ADG Managements are just waiting for the Murcian government to approve this but in the interim period they can act on any problem and stop thieves.

ADG Managements employ trained

and qualified guards from the security company Salzillo. They are part of a nationwide team who currently offer security solutions to: hospitals, health centres with emergency services psychiatric and mental health centres, museums and art centres, music festivals, sports shows, jewelers and even The Marivent Palace in Almeria.

salzilloseguridad.com

The price is € 29.99 per month per home, no hidden extras that is the price.

When you consider that this is less than €1 per day, it is a small price to pay for peace of mind and equates to less than the price of a cup of coffee.

ADG have committed to starting on Camposol and will add to the team with more guards and cars as customer take up increases. For every 500 subscribers we get one more patrol.

The monthly fee of just €29.99 also includes translation services at their offices which are located within the business center on Camposol sector A, next to the pharmacy.

So, for customers subscribing to these services every call you have to make, any letter or phone call you need translated is included. Also included in the price ADG will go with the owner to do the denuncia.

ADG also offer the management of any service you need, be it a plumber, bricklayer, electrician, gardener and many more.

Unlawful occupancy, i.e., squatters can also be dealt with by the security team. Holiday homes will be required to specify a key holder but are also covered. ADG Managements will work closely with the Police in these matters.

ADG are fully aware of the history of security services on Camposol and are endeavouring to deal with a whole host of issues.

One of the biggest concerns is that one neighbour may pay for security whilst the rest sit back and think they are covered! ADG would like to clarify that the objective here is to have maximum coverage, as soon as possible for everyone.

The intention is to put one car per sector, which should help to eradicate the number of robberies, but for this ADG need the largest possible number of subscribers.

If we all pull together, we can end crime in Camposol!

ADG Managements not only offer professional armed security patrols and services but also combine all your current security options for you. for example, your current security alarm



company, insurance company and the Police. They will also supply a contract stipulating the service and cost including refund policy.

ADG Managements are waiting to answer any questions you may have so feel free to contact them or pop in to see Charlotte at their office. The office hours are Tuesdays, Wednesdays and Thursdays from 10 a.m. to 1 p.m.

The Business Centre C/Madrid, 19. 30875 Camposol (Murcia)

Your first point of contact is Charlotte who has lived locally for 15 years and brings with her a wealth of knowledge and understanding of your security needs. Charlotte is also fluent in Spanish and very approachable.

You can contact Charlotte on



(0034) 641 11 63 15



ADG Managements



ADG Managements

email: adgmanagements@gmail.com

Let's do this as a community. Joining the list is free, you will not start paying until the service begins! Stop by the office and let's see if we can make Camposol a safer place.

First 10 to sign up mentioning the journal will receive a 10% discount

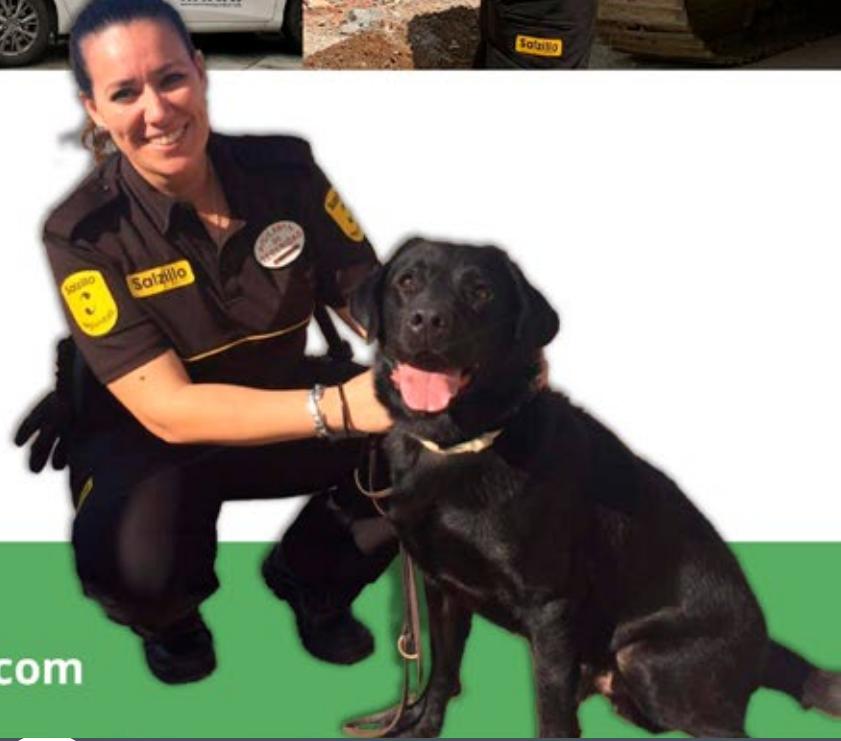
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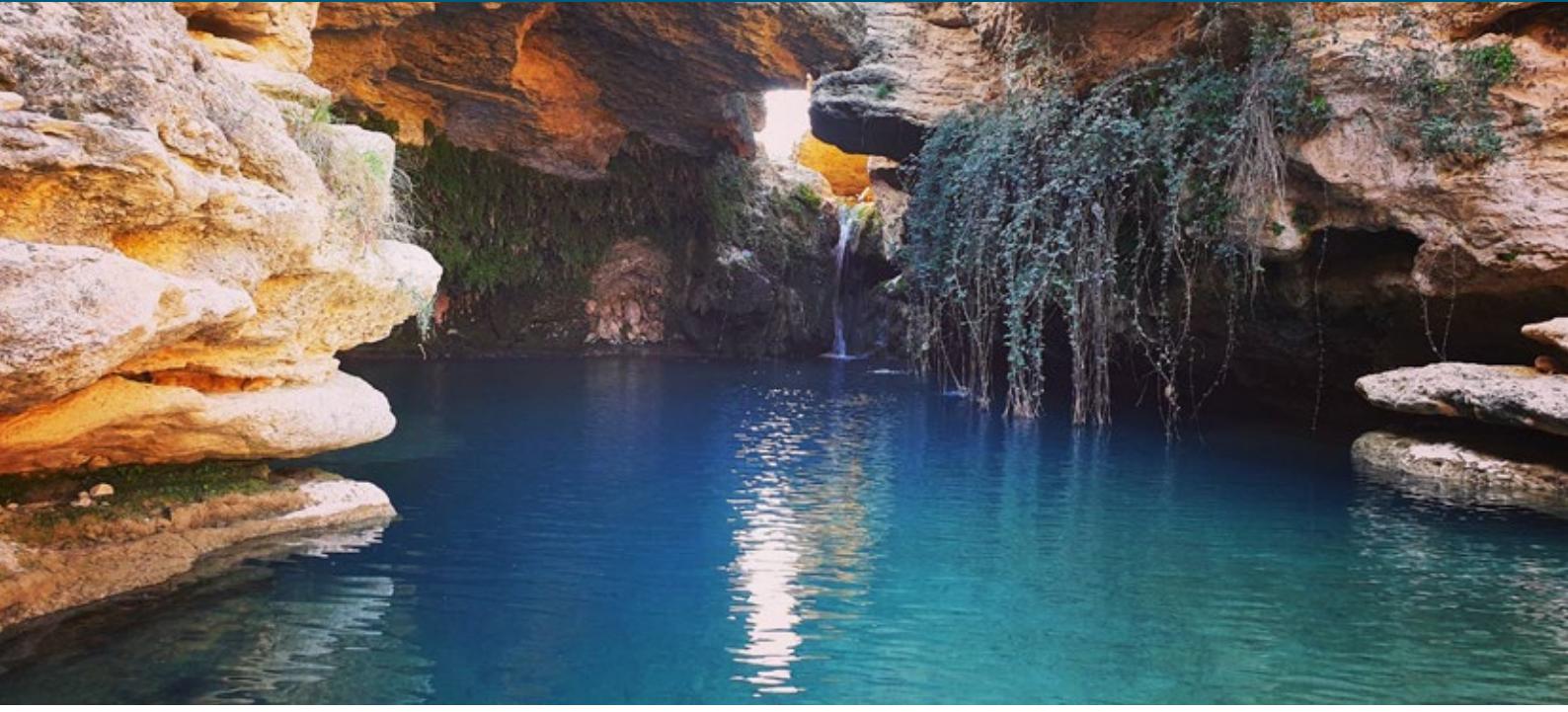
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HOME SECURITY 





El Salto del Usero, one of the most beautiful sights of Murcia

The Salto del Usero is considered one of the natural wonders of Murcia . A space that is visited by hundreds of people every year who seek to observe and feel the beauty of its waterfalls, a bath in the many natural pools, walk the wooden walkways that explore the environment or simply spend a special day in nature.

The Usero waterfalls are located in the municipality of Bullas (about 60 kilometers from the capital or 40 minutes by car), more specifically in the area of El Molinar, where the Mula river passes.

This natural space in the town of Bullas is located in the bed of the Mula River.

A place with several pools, waterfalls and waterfalls, wooden walkways

and trails enabled with railings to visit and enjoy this unique corner of the Murcian province.

June 29 and September 2. To limit the capacity due to the high influx of visitors in summer, access has been limited to 150 people a day,



This information about the Salto del Usero corresponds to the summer season, more specifically between

over three shifts (10-12: 30, 13-15: 30 and 16-18: 30).

To access at this time, it is mandatory to make a prior reservation. Out of season there is no problem to get to the pools freely.

Salto del Usero Reservations
You can only make one daily reservation per person and 24 hours in advance.

If you want more information about reservations to visit the Salto del Usero you can call 643392586 or send an email to reservassaltodeusero@bullas.es





Santuario Animalista Otteando el Horizonte.
(Otto Animal Sanctuary/OAS)
Find us on the back service road near Camposol sector A
Contacts Juan and Yolanda.
Telephone number/WhatsApp 653 958 705
Registered Charity Number G02839298
Facebook Page: Santuario Animalista Otteando el Horizonte
YouTube: Otteando el horizonte Santuario Animalista

Overview

Santuario Animalista Otteando El Horizonte. (Otto Animal Sanctuary) now (shortened to OAS) is a legally registered charity based near sector A of the urbanisation Camposol. We show compassion to all animals and our current residents include horses, donkeys, dogs, cats, pigs, chickens, rabbits and tortoises.

Fostering

We have a number of dogs needing foster homes as currently Juan and Yolanda have to take them all home at night with them! Clearly this situation needs to change and quickly. Please visit our Facebook page for updates on dogs looking for foster homes or keep an eye on our press releases for further updates.

Sponsorship

We are delighted to report that more sponsors have come forward since our last update. Pandora is a beautiful young filly, now being partially sponsored by Diane and Ian. Colt, our lovely Appaloosa horse is now being partially sponsored by Mandy. The reason we use the word "partial" sponsorship is that sponsors may pay €20 per month but the true cost to keep the animal is at least 10 times higher than that so we do have multiple sponsors for the larger animals. Sponsors get some priority when visiting the sanctuary so they get to spend quality time on a one-to-one basis with their chosen animal.



Our latest rescue, Meet Luna!

On July 6th, while most people were watching Spain at the European Championship, the OAS, Otto Animal Sanctuary rescued this puppy from a life sentence, having been tied to a tree. We (Juan and Yolanda) went directly from a fund-raising event for The Sanctuary after receiving the news as this poor dog was in real trouble and it was nearly midnight before we got home!

Found in a small hamlet near Mazarrón where we saw her tied a tree, totally without shade at certain times of the day. When the temperature soared to 45 degrees Celsius this poor creature was tied to a two-meter chain but her only source of water was 3 metres away so out of reach! To be able to see it but not reach it has to be one of the cruellest things we have ever encountered. We originally tried to reason with the owners, but their solution was to make a hole in the ground and the dog drank mud without shelter, without company, eating stale bread and left on the side of the road where she was in imminent danger of being hit by a car. We put water within her reach and quickly located the owners and they surrendered her immediately. This lovely girl who we have named "Luna" is approximately 8 months old and will soon be up for adoption. She is affectionate and playful and very active but she needs a bit of time to recover first.

Teaming

Make a difference: Register for teaming. Once registered join the group. Santuario Animalista Otteando El Horizonte. Become a valuable team member. Your monthly, 1€ donation collectively will help towards vet fees and everyday care.

Fund Raising

Our latest event was held at The Diner on sector B Camposol on 21st July and we raised €372.00 in the raffle and we took another €110.00 in donations. Thank you to everyone who supported us, and for the amazing generous raffle prizes given to us by our sponsors, friends and local businesses.

Volunteer Groups

We are continuing to receive offers of help at The Sanctuary but we could still use more please. There is a group of ladies who love horses who have now organised a rota system during the evenings. It is hard work but also good fun. 3 of the horses enjoyed a lovely shower one hot morning, and Peggy the Pig, had a wonderful mud bath! Please let us know if can spare a few hours per week to get involved, it is very rewarding.

Equipment

Please review our Facebook page where you will find a list of all the items we desperately need.

Veterinary Supplies

Please visit the vets on Camposol sector A where you will find a list of items we desperately need. There is a donation bin outside Luz Del Sol Estate agents where you can leave items such as flea and tick treatments or wormers.

Our first donation has been left for us. Thank you to the lady who left a bag of carrots in the bin and another donation of small change, it is greatly appreciated.

Food

If you are passing a shop called "Piensos Fuentes", in Mazarrón Town (next to Navarro Stationery) and would like to donate some food then please do so. They also have a list of items we need for horse feed, corn for the chickens and pig food.



Future Plans

We are keen to build our own brick-built kennels and cattery on the existing land at The Sanctuary but we have to wait to obtain licences for building so it is more likely to be an Autumn project.

Visitors

We welcome visitors but due to Covid restrictions it must currently be by appointment only. Please contact us on the number above. Visit-



ing the sanctuary in person is the best way to understand how we work. Weekend visits are encouraged and there is a very capable, bilingual young man "Tyler" who also has in depth knowledge of all the residents and can show you around. We look forward to seeing you! Dogs of all shapes sizes and personalities

cross our doorstep and our priority is to find them all loving and caring homes. Unfortunately some just seem to take longer than others. It is therefore of no surprise that the majority of dogs found in Spanish Perreras are large or have a PPP label, and we are often approached to help in their rehoming. For those unfamiliar with the term PPP it means perros potencialmente peligrosos, potentially dangerous dogs.



Friends of Mazarrón Animals
Private message our Facebook page at
Friends of Mazarrón Animals
+34 711032574 (WhatsApp or Message)



DOMY

Dog breeds that are considered to carry this label include the pit bull terrier, rottweiler, staffordshire bull terrier, American Staffordshire terrier, dого argentino, fila brasileiro, Tosa Inu, and Akita Inu. Owners of these dogs must follow certain rules and regulations in Spain but once put in place they are not too arduous or difficult to implement or follow.

However in spite of this we have great difficulty finding homes for these often wonderful and friendly dogs. One should never be put off because of paperwork from owning these lovely breeds especially if you have the correct knowl-



edge and experience. They will provide you with as much love and devotion as any other dog breed and as such are deserving of a loving family. In Spain the onus is put on the owner to prove that they have the capabilities to look after such dogs which can only be a positive thing. We would like to bring your attention to the following procedures which are necessary in order to own a PPP dog. Probably the most time consuming task is obtaining a licence which is mandatory. You should apply for your licence at your local town hall who will inform you of the appropriate department to approach. You will be checked to see if you have a criminal record and there will be a health check both mental and physical. They may also confirm if there have been any complaints made by neighbours against you. This process incurs a small cost but once gained the licence will last for five years and means you are qualified to own and walk a PPP dog. It is not a difficult task. Other requirements of owning one of these dogs are that they must be muzzled when you are out in a public place. You must also have your dog microchipped, insured, and its vaccinations must be up-to-date, something you would hope

all responsible dog owners would do anyway. The insurance is perhaps the easiest to acquire and comes in at around €30 a year. Remember that regulations can change depending on where you live in Spain and some dogs might be considered dangerous because of certain characteristics; it is always best to check. Most PPP dogs are loyal dogs, naturally protective and can fit in well with family life if well trained

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and kept occupied. They thrive in a home with someone who understands the specific breed and recognises the need for socialisation and consistent, reward-based training. If you feel you have these strengths and would like to offer a PPP dog a home then please contact the team at FMA.

Don't all dogs deserve a chance?

Private message our Facebook page at Friends of Mazarrón Animals

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THE Journal June 2021

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Bubble Chandeliers Are the Fun Modern Fixture Popping Up Everywhere

Mostly seen in luxury interior design projects, this light feature will be a fun elegant addition to any private or hospitality division. A top design trend adopted by world-renowned interior designers.

Modern design is typically associated with minimalistic interiors, but the style has its playful side, too. Case in point: the bubble chandeliers that are popping up in dining rooms and living areas everywhere. Although distinctly modern, these fixtures also feel quirky and whimsical, and they pair well with a variety of aesthetics.

Evocative of soapy bubble clusters, these chandeliers immediately draw attention above dining room tables, in the center of living rooms or over beds. Swinging from a single pendant chain or individual cords, the delicate glass globes represent a modern interpretation of the traditional crystal chandelier. Bubble light fixtures make excellent additions to contemporary-style rooms, but they also look stunning as an unexpectedly modern statement within other decorating styles.

Try mounting a bubble chandelier over a rustic farmhouse table for contrasting shapes and textures, or hang one in a formal living room filled with antique furniture and vintage art to beautifully juxtapose styles and eras.



Asymmetrical Bubble Light

Six glass bubbles in assorted sizes cluster around this pendant with gold accents. The easy-to-install fixture includes all the mounting hardware you'll need, along with a remote control that adjusts the brightness and temperature of the light. It measures about 18 inches wide and 27 inches



tall with a 79-inch adjustable cord. The bubble light is also available in a smaller size with four glass globes.

Modern Bubble Chandelier



With brushed brass accents that contrast black cording and milky white glass, this bubble chandelier makes a beautiful contemporary statement. Its eight orbs feature etched glass shades that create a soft, luminous glow.

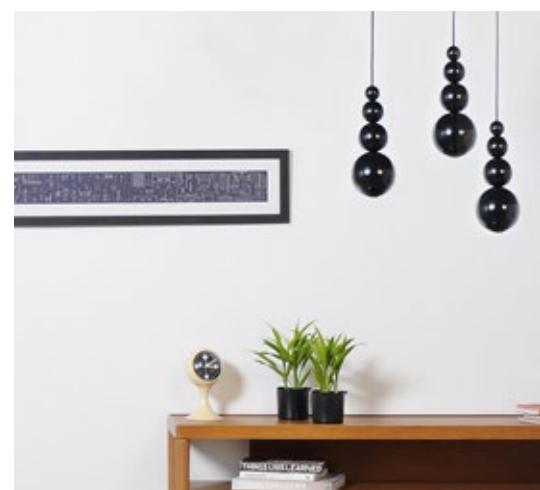
The fixture measures about 80 inches tall and 19 inches, and it's even safe to use in a bathroom.

Clear Glass Bubble Chandelier

This simplistic chandelier is comprised of handblown, clear-glass bubbles. Hanging from a silver-finished iron chain, the cluster of orbs features a variety of sizes for an organic look. It requires just one lightbulb, but the 20-inch-wide glass design helps reflect light around the room.



Mini Bubble Pendant



Try the bubble light trend on a smaller scale with this unique pendant.

The design features four metal spheres stacked on top of each other with an opening at the bottom for light.

The 12-inch long pendant comes in a variety of colors, including black, white, chrome, and copper, and works well for small spaces or can be grouped together for visual impact.

Minimalistic Bubble Light

Blending modern design with vintage style, this simple bubble fixture features unfinished brass hardware that contrasts with clear glass bubble shades.

The cluster of globes measures 13 by 11 inches, and it hangs 3 feet from the ceiling to the lowest point.

The handmade fixture comes with all mounting hardware and a ceiling plate attached, so it's ready to hang when it arrives.



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Vicente Munitiz



The Camposol Health Clinic would like to introduce Doctor Vicente Munitiz, M.D, PhD to the medical team as our new specialist in General and Digestive Surgery.

Camposol Health Clinic incorporates the following working areas in surgery:

- Esophageal and gastric surgery.
- Obesity surgery.
- Gallstones.
- Hernias.
- Proctology.
- Breast diseases.

Doctor Vicente Munitiz, Graduated at Murcia University 1993 specialising in General and Digestive Surgery, PhD in 1999 working for the National Health at "University Hospital Virgen de la Arrixaca" and professor at Murcia University.

Doctor Munitiz also collaborated in the USA within hospitals in both Los Angeles and Pittsburgh.

A member of 3 surgical societies: AEC (Spanish Surgical Association), ISDE (International Society for the Diseases of the Esophagus) and SSAT (Society for Surgery of the Alimentary Tract).

Reviewer of the journals "Cirugia Española" and "Diseases of the Esophagus". Also, a member as a clinical researcher in area 3 (Digestive Diseases) of the IMIB (Instituto Murciano de Investigacion Biosanitaria).

Secretary of the esophago-gastric diseases department from the AEC (Spanish Surgical Association) 2005-2018 and has more than 80 published papers in Medline (Pubmed.gov), 65 in international journals and 15 in Spanish journals. To make an appointment with Dr Vicente Munitiz, M.D, PhD, you only have to call Camposol Health Clinic 968 103 008, send us an email to info@camposolhealth.com or visit our website www.camposolhealth.com

Dra. Maria Eugenia Felices Quesada

Graduated in 2009 in Medicine at the University of Murcia finishing her specialty of Ophthalmology at the Complexo Universitario Hospitalario de Ourense in 2014.

In 2015 he completed the "University Master's Degree in Advanced Aesthetic Techniques and Laser" at the Cardenal Herrera University (CEU) in Valencia.

She has worked at the "Virgen de la Caridad Medical Center" in Cartagena, San Javier and San Pedro, and at the "South-east Eye Microsurgery Center", "Vista-Felices", in Torrevieja and Ciudad Quesada, as a specialist in Ophthalmology, oculoplastics and aesthetic medicine;



Specialized in aesthetic medicine and facial rejuvenation, it complements aesthetic treatments with surgical ones, combining blepharoplasties without surgery with CO2 and IPL laser with surgical upper and lower blepharoplasties, establishing personalized treatment plans with mesotherapy, peellings, fillers, botox and threads and cosmetics facial.

She has also edited two more books on ophthalmology and published more than fifty medical articles and attend numerous congresses and courses to improve aesthetic techniques and has organized courses and advised clinics for the implantation of aesthetic medicine in their facilities. She currently works as a specialist doctor in ophthalmology at the Virgen de la Arrixaca University Hospital, in Murcia, and now, at the Camposol Health Clinic in Mazarrón too.

Camposol Health Clinic, with the incorporation of Dra. Maria Eugenia to its team of Doctors, increases its in house services on a regular basis by offering aesthetic medicine and facial rejuvenation services, such as botox, Hyaluronic Acid, mesotherapy, CO2 laser, Collagen , PRP, Berrugas etc. The first consultation with Dr. Maria Eugenia is free and the patient will be able to obtain individualized advice.

To make an appointment with Dr. Maria Eugenia, you only have to call Camposol Health Clinic 968 103 008, send us an email to info@camposolhealth.com or visit our website www.camposolhealth.com

Dr. Francisco Pedreño Guerao.

Doctor in Medicine specialist in Plastic, Repair and Aesthetic Surgery.

Bachelor of Medicine and Surgery from the University of Murcia in 99 with Honors

Dr. Francisco J. Pedreño Guerao



Degree. Internal student of the Department of Morphological Sciences of the University of Murcia in the courses: 93/94 and 94/95. Internal student of the Department of Surgery, Pediatrics, Obstetrics and Gynecology in the 96/97 academic year. Scholarship for surgical practices of more than 140 hours in the Department of General Surgery of the Faculty of Medicine of the Federal University of Rio de Janeiro (Brazil), in the period from September 1 to 29, 1998. Training period as a Resident Internal Physician in the specialty of Plastic, Reconstructive and Aesthetic Surgery at the Reina Sofia Hospital in Córdoba.

Dr. Fernando Pedreño has also collaborated Orthognathic and facial trauma in the Maxillofacial Service of the Reina Sofia University Hospital Córdoba

- Unit for major burns of the University Hospital of Getafe Madrid
- Coupure Center for Plastic Surgery Ghent, Belgium

Medical Director of the Plastic and Aesthetic Surgery of Came Clinics with more than 20 years of experience in the surgical área Dr. Pedreño is a pioneer in minimally invasive breast surgery techniques such as reduction or breast increase, elevation and reconstruction after mastectomy or for traumatic congenital causes.

In body remodeling surgeries such as the extraction of extra fat to remodel the figure using high -definition liposuction techniques, or buttock increase with implants, calf or pectoral increase.

Congenital or acquired deformities of the nose or ears through rhinoplasty and otopasty respectively.

With regards to facial surgery, he uses the worldwide recognized Macs lift technique to minimize the risks and scars in facial lifting surgery, which can be performed in conjunction with other techniques such as blepharoplasty to eliminate bags and extra skin from eyelids, or facial lipofilling to fill with the patient's own fat those áreas of the face which lack volumen or very marked wrinkles.

To make an appointment with Dr. Francisco Pedreño Guerao, you only have to call Camposol Health Clinic 968 103 008, send us an email to info@camposolhealth.com or visit our website www.camposol-health.com

Camposol + HEALTH CLINIC

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

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

2 Physiotherapists

Dr. Jose Andrés Sánchez

Dr . Juan Antonio Conesa



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TEAM

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3 Nurses

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the Clinic.

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

camposolhealth.com



Our address

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



THE Journal

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

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

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

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

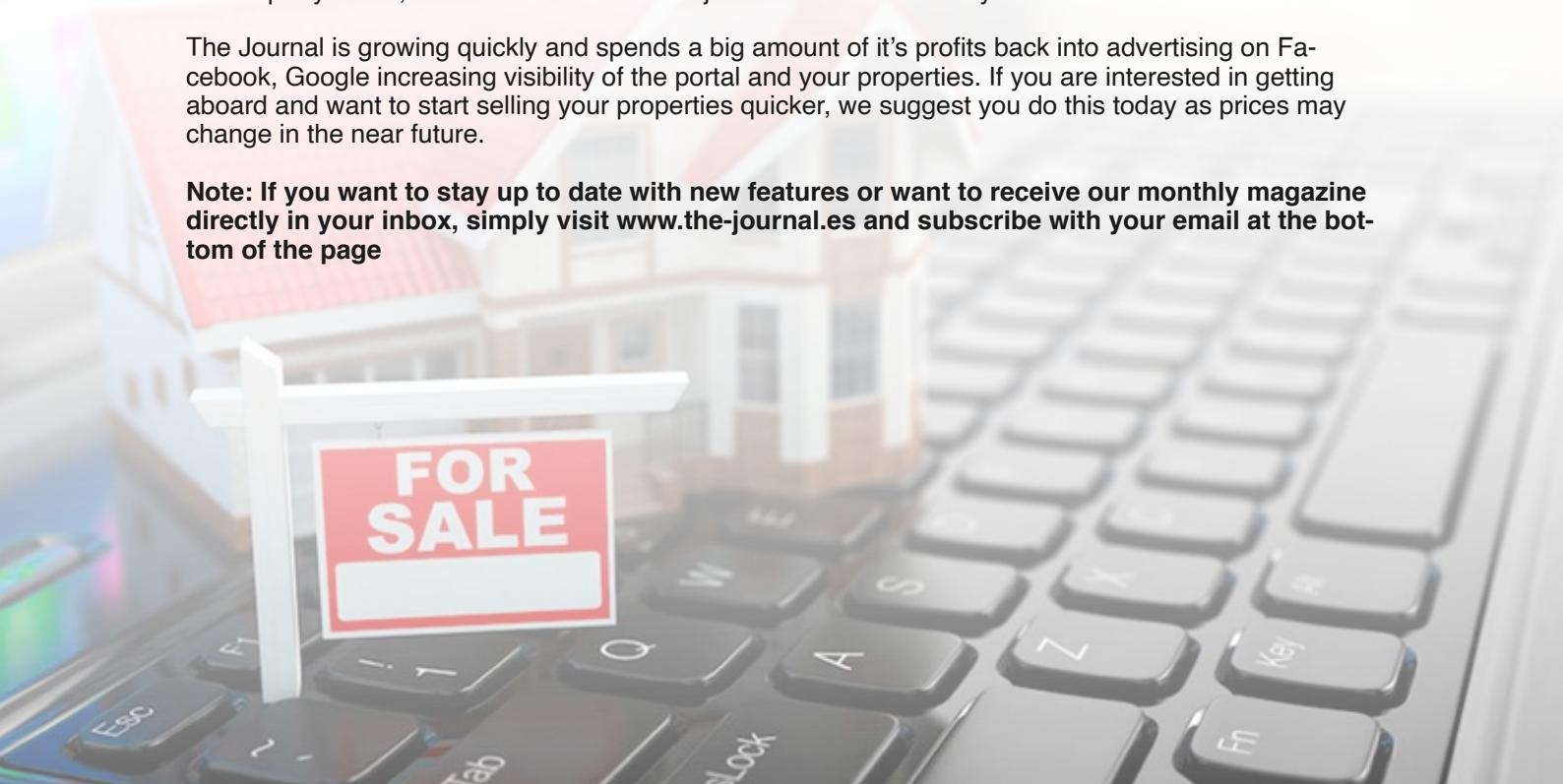
Are you ready to take control of the sale of your property? Send us an email at portal@the-journal.es with a "YES" to get started.

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

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



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<ul style="list-style-type: none">• 95mm x 50mm• Full colour• Free design	<ul style="list-style-type: none">• 95mm x 110mm• Full colour• Free design	<ul style="list-style-type: none">• 210mm x 148mm• Full colour• Free design	<ul style="list-style-type: none">• 210mm x 290mm• Full colour• Free design
Small portal	Medium portal	Big portal	Huge portal
€ 50 pm	€ 80 pm	€ 150 pm	€ 250 pm
<ul style="list-style-type: none">• Up to 100 properties• Kyero feed import• Ad in news section	<ul style="list-style-type: none">• Up to 200 properties• Kyero feed import• Ad in news section	<ul style="list-style-type: none">• Up to 500 properties• Kyero feed import• Ad in news section	<ul style="list-style-type: none">• Up to 1000 properties• Kyero feed import• Ad in news section
Small radio	Medium radio	Big radio	
€ 120 pm	€ 150 pm	€ 200 pm	
<ul style="list-style-type: none">• 2 mentions per day• Free ad creating• 30 Seconds per ad	<ul style="list-style-type: none">• 4 mentions per day• Free ad creating• 30 Seconds per ad	<ul style="list-style-type: none">• 6 mentions per day• Free ad creating• 30 Seconds per ad	

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Respect Movie

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, Respect is the remarkable true story of the music icon's journey to find her voice.

Release Date

Friday, August 13,
2021

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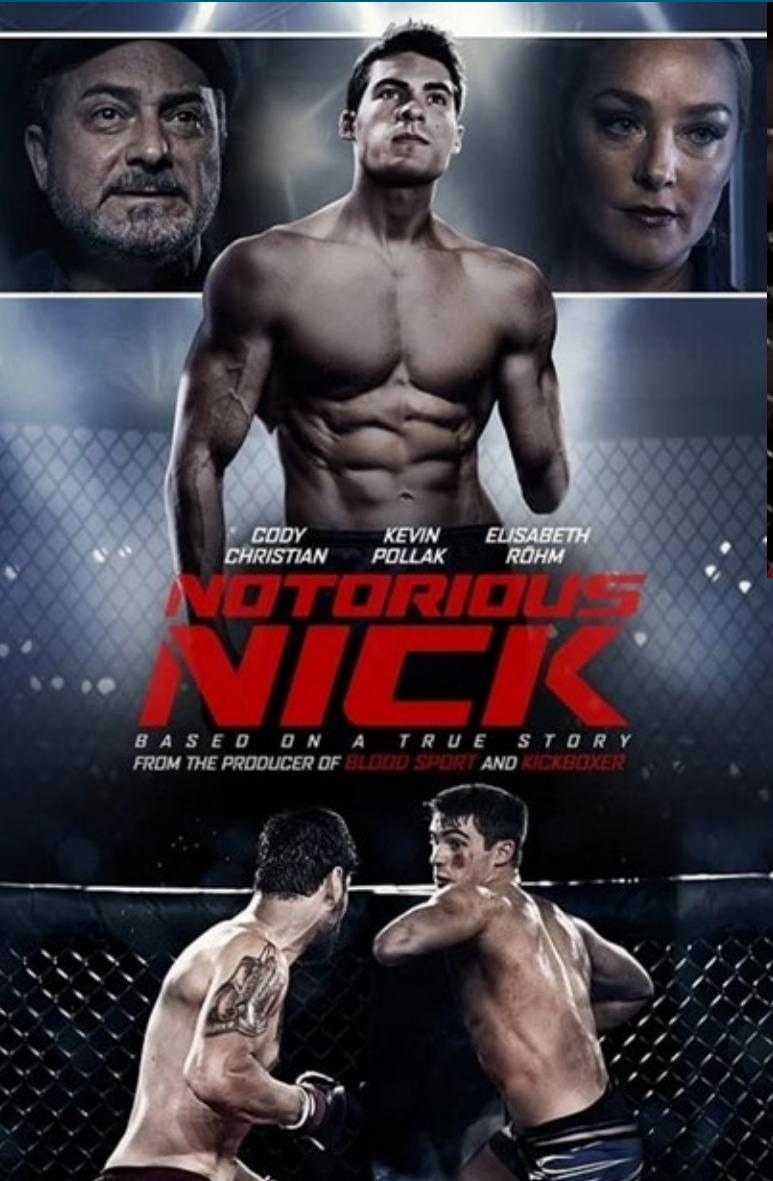
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Notorious Nick Movie

Even though he was born with a partial left arm, Nick Newell (Cody Christian) dreams of being a fighter. After wrestling in high school, Nick becomes a fierce competitor when his best friend, Abi, introduces him to mixed martial arts. Suddenly, a tragedy provides Nick with an unexpected opportunity, but to succeed he must commit to becoming the fighter he always hoped to be.

Release Date

Friday, August 6, 2021

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KERRY TAYLOR

EVERYBODY BREAKS

MILITE SERIES - BOOK ONE

Everybody Breaks

by Kerry Taylor

Emilia Gallo knows darkness. She has been abused and controlled by it for her entire life. Trapped in the clutches of an evil, criminal stepfather, with only her selfish, weak mother on her side she is alone and constantly afraid of what each new horror-filled day will bring. She has learnt from a young age to survive in this hellish existence, but when her stepfather lands the ultimate blow – selling her to the Albanian Mafia – she knows it's only a matter of time before her monsters truly win the battle she has spent her whole life fighting, and break her.

But an unexpected opportunity for escape gives Emilia the chance she needs to flee her fate and she grabs onto it with both hands. Armed with very little cash, few belongings and a letter that details a possible hope for her future, she ventures into a world she has been sheltered from and knows very little of. There she finds new friends, a job and a home she can feel safe in for the first time in her life, but what she really wants is family – someone to love her. When she tracks down Nico, the brother she never knew existed, she finds that family she had always longed for, and so much more. Lincoln, Parker and Jax – Nico's brothers and teammates – are instantly attracted to Emilia from the moment they meet her, and she falls for them too. They make her feel safe and whole in a way she has never known and can't explain. She wants them all – needs them – but these retired Navy SEALs are not men who share.

With her monsters close on her heels, a confusing attraction to three guys, and the trauma of her horror filled past making a normal life impossible, Emilia finds her new beginning isn't all she had hoped it would be. She thought she had left behind the danger and fear of her past, but as it stalks closer she realizes she can never escape it. Will she be strong enough to fight it with her new found family, and the men she is fast falling for, at her side?

Release Date
1 agosto 2021.

Pools Camposol

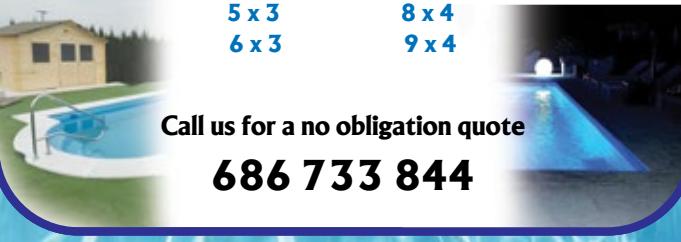
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the dead and the dark

courtney gould

Everyone in This Room Will Someday Be Dead Emily R. Austin

Courtney Gould's thrilling debut *The Dead and the Dark* is about the things that lurk in dark corners, the parts of you that can't remain hidden, and about finding home in places—and people—you didn't expect.

The Dark has been waiting for far too long, and it won't stay hidden any longer.

Something is wrong in Snakebite, Oregon. Teenagers are disappearing, some turning up dead, the weather isn't normal, and all fingers seem to point to TV's most popular ghost hunters who have just returned to town. Logan Ortiz-Woodley, daughter of TV's ParaSpectors, has never been to Snakebite before, but the moment she and her dads arrive, she starts to get the feeling that there's more secrets buried here than they originally let on.

Ashley Barton's boyfriend was the first teen to go missing, and she's felt his presence ever since. But now that the Ortiz-Woodleys are in town, his ghost is following her and the only person Ashley can trust is the mysterious Logan. When Ashley and Logan team up to figure out who—or what—is haunting Snakebite, their investigation reveals truths about the town, their families, and themselves that neither of them are ready for. As the danger intensifies, they realize that their growing feelings for each other could be a light in the darkness.

Release Date

9 Julio 2021.

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Beauty by Wendy, Lynsey and Fallon

Non Surgical Face Lift Bio Or RF 1 Hr 20€

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Eyelash Tint 7€

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Spray Tans 30 Mins 15€

Hopi Ear Candles 15€

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Eyelash Lift & Tint 30€

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Manicure Normal Polish 16€ Or

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Pedicure Normal Polish 18€ Or

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Toes Shellac/Gel Polish 27€

Offer No 2

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Shellac/Gel Polish 27€

Offer No 3

Eyelash, Brow Tint & Brow Shape 13€

Offer No 4

Pedicure Inc Polish & Manicure Inc Polish 30€

Offer No 5

Mini Pedi Inc Polish & Mini Mani Inc Polish 25€

Tel: 691 91 67 17 or 653 46 34 90



Maroon 5

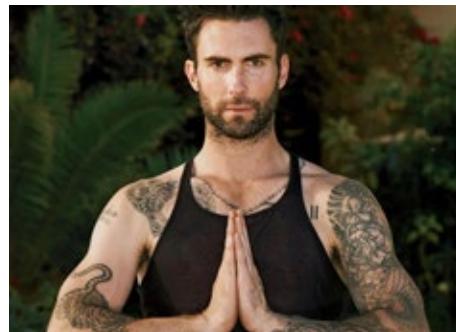
Maroon 5 is an American pop rock band from Los Angeles, California. It currently consists of lead vocalist Adam Levine, keyboardist and rhythm



guitarist Jesse Carmichael, lead guitarist James Valentine, drummer Matt Flynn, keyboardist PJ Morton and multi-instrumentalist Sam Farrar. The band has been together since 1994. After self-releasing their independent album *We Like Digging?*, the band signed to Reprise Records and released the album *The Fourth World* in 1997. After getting a tepid response they left music for a while to focus on college. The band's second album *It Won't Be Soon Before Long* was released in May 2007. It debuted at number one on the US Billboard 200 chart.

In an interview with Variety in November 2018, the front man of the band,

Adam Levine, when asked if the band is pop, rock or urban, said, "Something unique to this band is that we have always looked to hip-hop, R&B,



all rhythmic forms of music, from back when we were writing our first album to now. Rock music is nowhere, really. I don't know where it is. If it's around, no one's invited me to the party. All of the innovation and the incredible things happening in music are in hip-hop".

Maroon 5 on tour August 10 to August 18 2021 in the US

Since 2008, Maroon 5 has partnered with environmental non-profit



REVERB to green their tours and engage fans to take action for the environment.

One of their most famous songs at this date is *girl like you* because the video includes these stars:

Camila Cabello, Phoebe Robinson, Aly Raisman, Sarah Silverman, Gal Gadot, Lilly Singh, Amani al-Khatahtbeh, Trace Lysette, Tiffany Haddish, Angy Rivera, Franchesca Ramsey, Millie Bobby Brown, Ellen DeGeneres, Jennifer Lopez, Chloe Kim, Alex Morgan, Mary J. Blige, Beanie Feldstein, Jackie Fielder, Danica Patrick, Ilhan Omar, Elizabeth Banks, Ashley Graham and Rita Ora, with Levine's wife Behati Prinsloo and their daughter Dusty Rose.

Coldplay



Coldplay are a British rock band formed in London in 1996. Vocalist, rhythm guitarist and pianist Chris Martin, lead guitarist Jonny Buckland, bassist Guy Berryman, and drummer



Will Champion met at University College London and began playing music together from 1996, first calling themselves Pectoralz and then Starfish before finally changing their name to Coldplay. Their creative director and former manager Phil Harvey is consid-

ered the fifth member of the band. After changing their name to Coldplay, the band recorded and released two EPs, Safety in 1998 and The Blue Room in 1999, the latter was their first release under a major record label, Parlophone. Coldplay achieved worldwide fame with the release of the song "Yellow" in 2000, followed in the same year by their debut album Parachutes, which was nominated for the Mercury Prize. The band's second album, A Rush of Blood to the Head in 2002, was released to critical acclaim. Their next record, X&Y, was the best-selling album worldwide of 2005. While the Brian Eno-produced fourth



studio album, Viva la Vida or Death and All His Friends in 2008 it was the best-selling album of said year

and earned the band three Grammy Awards. In 2011, Coldplay released their fifth studio album, Mylo Xyloto, which topped the charts in over 34 countries and was the UK's best-selling rock album of 2011. The band have since released Ghost Stories in 2014, A Head Full of Dreams in 2015 and Everyday Life in 2019. They have sold more than 100 million albums worldwide, making them one of the world's best-selling music artists. They have won numerous awards

throughout their career, including nine Brit Awards, seven MTV Video Music Awards, eight MTV Europe Music Awards and seven Grammy Awards from 35 nominations.

Some of Coldplay's most famous songs are :

Something just like this, viva la vida, fix you and paradise.

THERE ARE NO TOUR DATES CURRENTLY SCHEDULED.



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IMPORTANT MESSAGE.

FAST needs more volunteers to enable us to provide the valuable life saving service. It has been more than 16 months since we were responding in person. As regulations ease we may be able to resume our valuable service by responding in person.

recruitment@fast2016.org

As we have been unable to train in the Cultural Centre since March 2020 all our responders need to be refreshed and recertified with the Murcian Health Authority. We need access to the Cultural Centre to carry out this essential training, again this will be a decision made by the local authorities.

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

IF YOU ARE FEELING LONELY, DOWN OR DEPRESSED AND NEED TO TALK TO A TRAINED LISTENER IN CONFIDENCE, YOU CAN CALL OUR HELP LINE ON 634 308 362. THIS SERVICE IS AVAILABLE TO ALL IN THE MURCIA REGION



FAST is still looking at purchasing defibrillators for Camposol, these may save a life of someone suffering a heart problem. At this time the initial request to the council has come to a standstill due to issues including training, maintenance and ownership, which may not be in the interests of FAST or the community. We have attempted to contact the Chief of emergency services in Mazarron, but he has not been available. We have now written to him and the local Mayor. Now the summer heat has arrived, remember to keep hydrated, drink plenty of water and avoid direct sunlight without sun protection. Wear a hat and avoid strenuous exercise during the hottest part of the day.

If you have to call for an ambulance, call 112 you can ask for an operator to speak in your language if you do not speak Spanish. The operator will ask a series of questions so they can prioritise your call. You can ask us to call for an ambulance for you if you are unable to do so. The FAST nurses are collecting every Monday give them a friendly wave. We appreciate

all donations no matter how small. Thanks to Alan's shop on A for helping change up our collection money. Thanks to the Camposol Golf Committee for their very generous donation. Our Authorised Trainers conducted a course on AED (Automatic Electronic Defibrillator) and CPR (Cardio Pulmonary Resuscitation) at the Camposol Golf Club for 8 of their employees, as the Golf Club has purchased a defibrillator for their use.

A Golf Club near San Javier have approached the Murcian Health Authority to ask where they can get an English speaking First Aid trainer for their Golf Club. The MHA (Murcian Health Authority) gave them the name Mr. Barry Hamilton, who is the President of FAST and Chief Trainer. A first aid course is being arranged for them. Each student has to be registered with the MHA.

After discussions between Mr Tony Dwyer FAST's procurement officer and MABS Bev Thompson, FAST members agreed to purchase some essential items for MABS Camposol. They have a funding problem due to their fund raising shops that have been closed during the pandemic. MABS are members of the Camposol charities round table group along with FAST, Age Concern, and Royal British Legion. We thank all those who donate to FAST, we are certain that the good people of Camposol trust us to spend their donated money wisely. It is with great sadness that we have to report the sad death of a former responder, Andy Burnett. Our thoughts are with Sharon and their family.

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

IF YOU OR SOMEONE YOU KNOW IS DEPRESSED, LONELY OR JUST NEEDS TO SHARE THEIR CONCERN THEY CAN CALL OUR HELP LINE ON 634 308 362

More information can be found on our web page; fast2016.org

**YOU ARE NOT ALONE.
ALL WE DO IS FOR ALL OF YOU.**



We are incredibly pleased to have back with us Mr Brioche who came to us about a month ago after his owner died. Unfortunately, his manners needed a little bit of attention and as he wasn't castrated this was possibly a reason why. People ask why do we castrate stallions? They are very strong, can be totally unpredictable and even dangerous. There is no reason-



ing with them, and we have had many a battle with a stallion! Bless him, the operation went well but afterwards he was in a lot of pain and needed meds to sort him out. Most donkeys breeze through their castrations but for some reason Mr. Brioche found it rather a big deal! His life is going to be quite different from now on as he will be part of a herd and having only ever lived with stallions. So now he is going to be mixing with some very pretty females so let's hope he integrates well and finds himself some special friends.

We had a fabulous evening at The Diner on Camposol who put on a quiz and raised much appreciated funds for us. It was a really good night out with a bar meal included and a table on the terrace, anyone passing would have thought we were on holiday! So, a massive thank you to Sue and her staff. We would also like to thank Just Joes Hair and Beauty-Salon in Bolnuevo and The Fushia Beauty Clinic on Camposol for their very generous donations to the raffle too.



So, the total number of donkeys and ponies has just risen to 87 as we helped two donkeys from a local newly formed animal charity Sensol , Moma and her boy came to us for that very special AAR care. Moma Nakita has laminitis in both of her feet and is in quite a lot of pain, but once the vet and farrier have been to see her hopefully, she should start to improve. Her boy who we have named 'Just Joe' looks to be ok though he will need castrating. Castrations, vets, and farriers cost us a lot of money and with 87 equines to look after, it is essential our sponsorship scheme succeeds. For a minimum of 10€ a month you can help keep your favorite donkey with 6 monthly updates and photos and knowing you are helping a great cause. Message me for further details.

Take a look at our Facebook page where you will find some of our 87 donkeys 'living the life' at our Sanctuary in la Paca near Lorca. Knowing the circumstances from where these donkeys have come from it makes me very proud to know they have such a beautiful home with an abundance of space to roam freely, good food , and anonymous amount of love . I can't wait for the day we can welcome you to visit.

We are the only legal donkey sanctuary in the whole of Murcia and with 87 donkeys to fund we cherish every donation that comes our way, including the items for our shops in both Mazarron and Roldan.

Every Monday there will be a representative from AAR (usually me!) in the car park

on the roundabout of Sector B where you can drop things off 11.30-1.30pm. We are very visible with the yellow panels on the side of our vans. Larger items can be collected by prior arrangement. Otherwise, items can be dropped off at either of our shops between the hours of 10.30-1.30pm.

That's it for this month, Andrea x
A massive thank you to everyone that has



donated furniture, clothes, bric-a-brac, clothes, books etc. All money raised is used to help those of any nationality locally diagnosed with cancer.

What we do

As a Cancer Support Fundación, MABS is available to anyone of any nationality who needs help as a result of:

- being diagnosed with cancer.
- affected by a spouse or partner having cancer.
- bereavement due to cancer.
- Needs respite from spouse or partner with cancer.

In June we assisted with:

- 137 Appointments
- 128 Translations
- 32 Drives to hospital
- 6 loans of equipment

And year to date to the end of June:

- 663 Appointments
- 618 Translations
- 190 Drives to hospital
- 42 loans of equipment

We are here to help and are only a phone call away.

All money raised helps us to provide:

- Drivers – to take patients to and from hospitals
- Translators to ensure the diagnosis is fully understood
- Home carers to provide additional care when needed
- Respite and Hospice care
- Medical equipment on loan to patients
- 1-2-1 counsellors



So what was new in June?
Quiz at Rendezvous

MABS®Mazarrón provide help and support to local people who have been diagnosed with cancer.	
This year we have assisted with;	
Appointments	663
Translations	618
Drives	190

May be an image of 2 people and people standingSince the quiz stated in June at Rendezvous on sector A the quiz and raffle have raised an impressive 586.20€. So a big thank you to all who made it possible and all those that bought raffle tickets. It is hugely appreciated and really makes a difference.

The Diner charity quiz

The Charity quiz at the Diner raised 350.30€ on June 16. Once again a massive thank you to all who bought tickets and to Sue and her team for all the sterling work.

Our Respite Home – Reserve water tank

Our respite home on Avenida Los Cavachos, Camposol sector B is dedicated to the first class provision of Respite Care and Hospice care. With 24 hour care being given to residents by 2 legally registered Care Agencies. In July a reserve water tank is being installed to ensure that there is no loss of water in the future due to frequent water leaks on Camposol and to ensure the comfort and safety of any residents.

Our shop in Totana

We rely on donations from you. Any clothes, bric-a-brac, furniture and larger items etc. donated by you are sold in our shop in Totana at Avenida Juan Carlos I. Take the first exit at the first roundabout coming into Totana from the RM3. We still urgently need furniture, clothes and bric-a-brac to sell to raise funds.

Can you spare a few hours a week?

Our volunteers work hard to meet the demands but we need more people to lighten the load, we are particularly short of patient drivers and fundraisers but if you can help in any capacity and have a few hours spare each week please get in touch at: mazvolunteers@mabscancerfoundation.com or call into our Respite House on Camposol sector B.

Help us to Help you

We have donation 'boxes' for clothes, bric a brac, books etc. in Alley Palais bar on Sector B, The Club House on Sector C and our Respite House.

Collections: For furniture and larger items our van runs Mondays, Wednesdays and Fridays for the collection of furniture etc.

If you can help

Phone 634 313 478 to arrange collection.

If you need help

Phone our Helpline 620 62 24 10

For more information

<http://www.mabscancerfoundation.com>

It has been a very busy few months for all that help with Age Concern, and we would like to thank everyone for their continued support and donations and we are very pleased and excited to announce our



move to new premises on Avenida Los Cavachos.2B, Sector C, Camposol. We will be having a grand opening day on the 6th September and all are welcome to come along and see our new Age Concern Social Centre House and enjoy the celebrations with us.

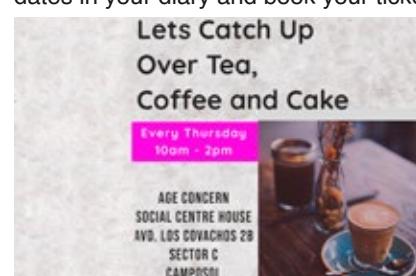
This new start will help us as an organisation offer more to the community. The



Social Centre House will be open Monday to Friday, 10am until 2pm. Each day offering various interests and activities, in which people can come together and share similar hobbies and interact with like



minded people for some fun and time well spent together. We have also been busy preparing various fund raising events for the months ahead, so please have a look at our facebook page Age Concern Costa Calida, give us a click and a like, stay updated with our regular posts and have a look at the various events and save the dates in your diary and book your tickets!



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y Minas
Región de Murcia



Camposol Heating &
Maintenance S.L - CHM



LANDLINE 968 199 184 MOBILE 646 965 082

www.camposolheating.com

Email: camposolheating@gmail.com

CHM has been trading here since early in 2005. Offering oil and gas central heating, hot and cold air conditioning and hot water systems accounts for a large proportion of our work. In the last 5 years, however we are getting more and more calls regarding major water leaks, and back up water deposit systems especially on sector B on Camposol. If you suffer from low water pressure or regularly endure no water at all, then why not consider an alternative? CHM fit, fully pumped, back up water deposit systems so you never need to be without water again. Water mains are also something we regularly have to repair as the infrastructure ages and pipes perish.

In line with new regulations and with regard to the environment we now only supply Baxi air conditioning which run on the new "eco-friendly", green, R32 refrigerant gas. We have used other manufacturers over the years but during the financial crisis some of the major ones withdrew their engineers from the Murcia region altogether. This meant that we were no longer willing to sell their units as in the event of a problem during the warranty period, it is the manufacturers that come to repair under the warranty agreement.

Baxi, however have remained in the area and their service is second to none. There is never an issue, they come when we ask, and they are a pleasure to work this as they are so professional.



The Baxi air conditioning units are quiet, much cheaper to run as well as friendly to the environment. CHM have sufficient stock to last us through August as sadly they always seem to run out of units during the hottest months. We offer a fixed price for an installation and our price includes everything including the dreaded IVA!

For more information on this and any questions relating to oil, gas, air conditioning, general plumbing please contact the office on 968 199 184, WhatsApp/mobile 646 965 082 or visit our website

camposolheating@gmail.com

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

GAS SAFETY CERTIFICATE ISSUED WITH EVERY INSTALLATION

What to Sow and Grow in August

Enjoy your garden this month while it's looking its best, there are so many delicious fruits and vegetables ripe and ready to eat. August is also the time to start planning ahead if you want colourful autumn and winter blooms, or plenty of produce for your dinner table over the colder months.

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



Sow overwintering violas now for printime displays

Flowers to sow and grow

Here are the flowers to sow and grow this August:

Winter-flowering pansies can be sown now for colour in the cooler months. Sow viola 'Pot Pourri Mixed' seeds to over-winter and provide fresh colour in the spring.

Sow hardy annual seeds like poppies, Californian poppies, corn-flower 'Dwarf Blue Midget', calendula and larkspur now to provide earlier



Give your winter cabbages plenty of room!

flowers next year.

Herbs & vegetables to sow and grow

Here's what to sow and grow in the vegetable garden this August:

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 sow 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.

Radish 'French Breakfast' are very quick to crop — continue to make more direct sowings this month for an autumn harvest. Alternatively try sowing winter radish 'Dragon' for a winter crop.

Keep sowing salad leaves 'Speedy Mix' 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 'Bright Lights' can be sown in drills now for autumn 'baby leaves' or to over-winter for a spring crop.

Lambs lettuce 'Favor' 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 pak choi 'Tricolour Mix' 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 'Mixed' outdoors for use as salad leaves.

For something more unusual try growing kohlrabi 'Kolibri' F1 Hybrid in a well prepared bed — it will be ready in as little as 8 weeks after sowing.

Make a final sowing of turnip 'Sweet-bell' F1 Hybrid in drills now.

Direct sow spinach 'Perpetual' now for autumn and winter cropping.

Sow radicchio 'Rossa di Treviso precoce' outdoors for use as an attractive autumn salad leaf.

Plant outdoors

Plant out summer/autumn cauliflower 'All The Year Round' early in the month for an autumn harvest.

Finish planting out winter cabbage 'Winter Jewel' early in the month, allowing about 45cm between plants as they get quite big!

Finish planting out kale plants for winter and spring cropping.

Fruit to sow and grow

Try growing these fruits this month:

Plant newly pot grown strawberry plants (or your own runners as soon as they have rooted) in an area where



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

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 officinalis 'Candyman Orange' seeds to sow in pots in September.

Buy in corn-flower 'Jubilee Gem', poached egg plant, and annual poppies to direct sow next month for early flowers next year. Order winter-hardy spring onion 'Performer' for crops next spring.



Camposol 'C' Green Fingers Gardening and Social Group



Holiday time is here again at last after so many months during Covid restrictions: the returning holiday-home owners remark that they've not visited for such a long period, that they've noticed a big difference since the last time they visited. All the plants and trees have grown a huge amount after the wet Spring followed by such warm weather! Thanks to everyone for your donations and to those who give 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! Four members of our Team also went across to B Sector to help their volunteers clear the central reservation on their part of the dual carriageway this month.

Our Wednesday Volunteers have been...surprise, surprise: weeding and watering! This is a huge burden in the Summer months so 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 and more overgrown areas have been cleared. There have been a couple of road accidents on our section of dual carriageway this month, resulting in a tree being transplanted and rubble cleared from the road. We welcomed new volunteer; John4, who kindly turned out despite being here on holiday, and returning volunteer, Andrew, 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 break-

fast 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.

Further info is posted either on our chalkboards, Facebook groups; Green Fingers Camposol and Camposol C Sector Group or contact John, our Chairman on 634 325 427.

Garden Boutique



Many of you will know Juani Hernandez, who started her horticultural career back in 2003, at The Garden centre Jardilar 2003, located in El Saladillo. She gained a wealth of experience there designing gardens, terraces and even swimming pools. She was also heavily involved in both gardening advice and garden maintenance, including some complex landscaping project. Juani continued with this profession until 2015, but was forced to take a break for a while as she was going through a difficult divorce.

For a little while Juani worked in other sectors including a perfume shop, but her greatest desire was to return to the gardening sector, which she has



a real passion for. Juani also loves to meet people from other nationalities. Her English is actually very good, but she will say otherwise! She is and has been a very good friend to many residents on Camposol and the surrounding area.

Like, so many people here, as a result of the pandemic, Juani found herself unemployed. After a very difficult year and some real "soul searching" she decided to start up another business, focusing on her passion, which is all things "horticultural". The Garden Boutique can be found on the main road between Mazarrón and The Puerto De Mazarrón, next to "Tanato-

rio Blaya".

The Garden Boutique sells a wide variety of plants, shrubs and trees but just about everything you would ever find in the largest of garden centres.



They also give advice, visiting their clients to provide cleaning, garden maintenance and garden design services. There are many keen gardeners here, but to "live the dream" here in Spain, where the climate, soil and general conditions are so different from the U.K. takes a bit of time to learn.

Juani and David are waiting for you at Garden Boutique, to assist wherever they can.

Please do pop in just to say "hello", they will be delighted to see you. There is also an extensive, well thought out range of wall art, clocks



and general art to discover.

Some of their wall art is also suitable for outdoors and is weather proof, you will not be disappointed.

We sell good quality firewood, which is a mixture of olive and other logs. Free delivery on orders of over 500kg.



Contact:

Juani 669 565 402

David 678 021 310

Email: Gardenboutique93@gmail.com

Los palacios



With the weather heating up in July, especially when it goes above 40 degrees !!! , it is quite tiring being outside working. But like the stalwart troupers they are, our volunteers are still going out every week working hard to keep our area neat and tidy. The “palm troopers” are out cutting back the overgrown trees, the ground workers are out mowing, watering, weeding, and Joan is doing a marvelous job pruning the roses (at 7.30 am) in the memorial garden, on a Monday and they are looking lovely. Alan continues to look after the post room (which he does over the weekends), and I am sure all of us on A appreciate his efforts. We will not be having any “blitz” clean ups during July and August but these will start again in September when the weather is cooler.

We are also planning some social events for later in the year and these will be posted as soon they are finalised.

The ground surrounding the new play area , has been cleared by the Council. We are told that the Mayor is planning an official opening



but we do not have a date for this as yet.

We are sad to say that Rob, who many of you know and have passed at the top of the stairs for many years on Market Day, has “hung up



his hat”. We are very grateful to Rob for all his hard work over the years. We will now be doing a bucket collection at some of the music events being held at Cats on a Thursday afternoon, and possibly a raffle once a month. We are grateful to all of you who contribute at these events which helps with our running costs.

We would inform you that our library will remain open through the summer months and is open from 10 am to 12.30. We have a large selection of books for you to choose from.

I have been asked to remind you that if you have any large items to be collected by the rubbish collectors could you leave these outside the bins the day before the collection dates which are the 1st and 16th of the month. This will avoid the streets looking untidy for weeks at a time.

Enjoy the summer and we thank you all for your continued support.

If you wish to contact us, our e mail is lospaliosgardening@icloud.com and we have a box in the Post Room on Camposol A under number 915 Los Palacios Gardening Group



At the time of writing, we have record temperatures and the regular Tuesday morning work party has now stood down for the Summer break. The previous months, following on from the restrictions, gave us good and bad experiences. The volunteers had been keen to get the weeding of Los Covachos completed before the break. This substantial task was completed, albeit with assistance from C's Greenfingers group. The roadside oleanders looked great despite the late pruning of the bushes caused by covid restrictions and lack of volunteers. We have received, due in no small part to the efforts of Colin Thackwell, sufficient donations to cover the hole in our finances arising from the

payment for the palm tree cutting on the the roadways. Most residents are aware that this is a situation in which individuals' donations are effectively funding work which is the responsibility of the council. We hope that this is the last time we have to pay out.

Earlier this year heavy rain had washed down soil and clay onto the gravel paths of the local petanca pitch. The retaining walls have been reinforced and topped off with new tiling. This was in addition to the usual work party schedule and with a donation of materials by members. Hopefully, other work will be carried out to try and stabilise the area to prevent more slippage.

Sadly, the group still faces the problem of limited support of their work by residents on the urbanisation. There are still just 4 people turning out each Tuesday morning to undertake the basic maintenance of the sector plus a few



members who perform other gardening and clearance work on a more ad hoc basis. It is uncomfortable to admit that one of the regular attendees to the work party doesn't even live on B but elsewhere on the urbanisation. The lack of support was highlighted when members of C sector's Greenfingers gardening group felt the need to volunteer their services to assist with the weeding of Los Covachos so that it could be completed before the Summer break. We were, of course, hugely grateful for their aid but doesn't anybody else feel embarrassed that this ever had to happen? Less than 1% of the population of B Sector actually helps look after their locality. The day to day maintenance of the public areas is a substantial task and when you add problems caused by anti-social behaviour like fly-tipping and wanton damage to trees and plants, it really is too much for so few people.



Hopefully, after Summer and work resumes, more volunteers will take up the challenge and help keep their area looking as good as possible. Not too much to ask, surely???

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



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



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Ref 3019

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Ref 3110

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Ref 3099

64,995€



Ref 3093

259,950€

MONDAY

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

30

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2

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9

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16

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- 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

23

TUESDAY

- 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

31

- 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

3

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

10

- 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

17

- 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

24

WEDNESDAY



Condado Taxis
0034 622 714 979

Legal and registered

- Camposol D Gardening Team on holiday for July & August
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

4

- Camposol D Gardening Team on holiday for July & August
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
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11

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18

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- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm

25

THURSDAY



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

5

- 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
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- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

26

FRIDAY

SATURDAY

SUNDAY

Notes

- Camposol D Bucket Collection 9.00-11 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

- Camposol D Bucket Collection 9.00-11 @ The Hut
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- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

27

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

7

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

14

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- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
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- Blackbull Steak Night 7pm

21

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- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

28

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

1

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

8

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

15

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- 9am - 6pm
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- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
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22

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- 9am - 6pm
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- 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

29

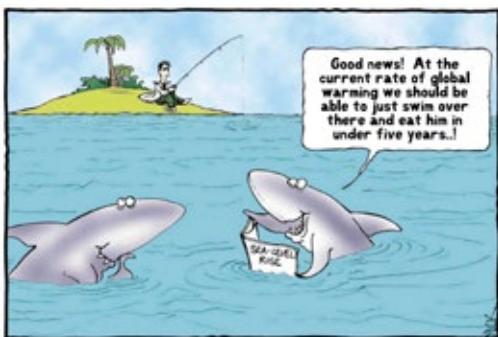
Please check with the venues or organisers in case there have been changes to the events.

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

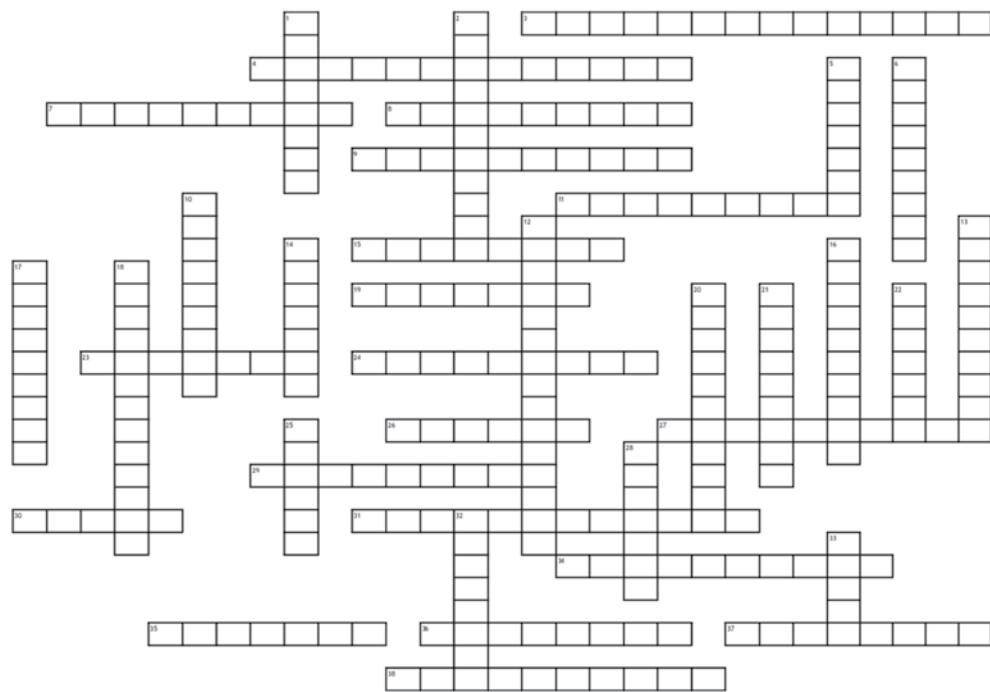
THE
Journal



Costa Calida Radio
90.00 & 100.00 fm

JOKES

1. Why don't clams give to charity?
Because they're shellfish!
2. Why are there fish at the bottom of the sea?
Because they dropped out of school.
3. Why did the fisherman suddenly redirect his boat?
Just for the halibut.
4. What does a fish say when he makes a mistake?
It was just a fluke!
5. How did the shark plead in the murder case?
Not gill-ty.
6. What did the carp say to his crush?
Don't play koi with me!
7. What does a dolphin say when he's confused?
Can you please be more Pacific?
8. What did the lobsterman say when his crate turned up empty?
It a-piers we have a problem.
9. What did the tuna say to her over-zealous partner?
I think we need to scale things back here.
10. What does the fish say when she disagrees with her husband?
I don't quite sea it that way.

Sea Animals**Across**

3. a fish with seaweed-like appendages for camouflage
4. a spiny tropical marine fish that can inflate itself
7. also known as a hippo tang, is characterized by its contrasting black and almost neon blue colors
8. a large, migratory fish with a sword-like snout
9. one of the largest living animals, up to 43 feet long, found in the world's deep oceans
11. an extinct giant shark, one of the largest predators ever, up to 65 feet long
15. a small, upright-swimming fish (it really is a fish) with a horse-like head
19. an Arctic whale whose males have a long tusk
23. a large edible sea snail of coastal waters
24. the world's largest marine animal
26. a two-shelled mollusk; most attach themselves to shoreline rocks with tough threads
27. a colorful marine slug
29. has contrasting orange, white, and black colors
30. tiny shrimp-like crustaceans, very numerous in all oceans, important food for other creatures
31. is a favorite among aquarium hobbyists. This shark gets its name from its leopard-like spots
34. It is the largest fish in the world
35. a large crustacean with a muscular tail and two large claws
36. predatory star-shaped echinoderms that crawl on tiny tube feet
37. a venomous fish with red and white stripes and spiny dorsal fins
38. a small, earless seal native to the Arctic, that makes breathing holes in sea ice

Down

1. a flatfish, camouflaged to match the ocean bottom, with both its eyes located on one side
2. an Indo-Pacific fish with a horn-like protrusion on its forehead
5. an intelligent, vocal, social sea mammal
6. an aggressive shark that can thrive in both saltwater and fresh water
10. seven species of turtles that have flippers for limbs; they may live for hundreds of years
12. a large, aggressive shark with a white belly and gray back
13. a slender-bodied, long-jawed fish of shallow water
14. a jawless fish with an eel-like body, many are bloodsuckers
16. a large shark (up to 16 feet) of tropical and subtropical oceans, with dark stripes
17. a bright-colored fish of coral reefs
18. a majestic-looking black-and-white whale with long, wide pectoral fins
20. a soft, sausage-shaped echinoderm with leathery skin and a tentacled mouth
21. is without a doubt one of the ugliest fish in the sea, stone-like appearance
22. a large, eared seal with long limbs acting as flippers
25. a large Arctic marine mammal with long tusks and whiskers
28. Latin for "swordfish," the genus name for the swordfish group
32. play a major role in the world's food chains and chemical cycles
33. a name for the larger kinds of shrimp

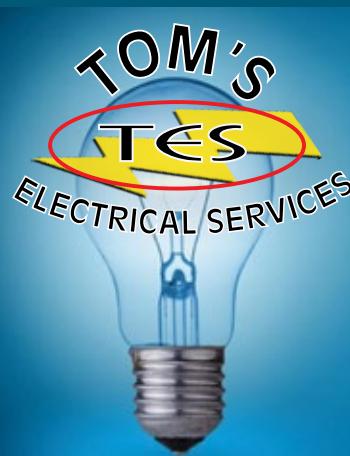
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DID YOU KNOW?

There are two types of whale: toothed and baleen. Whales with teeth eat fish, squid, and other ocean life. Baleen whales eat mouthfuls of tiny foods like krill and plankton.

WHALE WORD SEARCH

Can you find all of these whale-related words in the puzzle below? Look up, down, forward, backward, and diagonally!

baleen
beluga
blowhole
blubber
blue
bowhead
dolphin
endangered
fin
flipper
gray

humpback
killer
krill
mammal
marine
minke
narwhal
orca
pilot
plankton
porpoise

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

How many krill can you count on this page?



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- (High-tech Cleaning Material) The auto cleaning gel is made of high-tech cleaning gel material with lavender fragrance, not sticky to hands, friendly to skin and can be used with confidence. (Please keep it away from children, it is not edible.)
- (Reusable cleaning gel) This keyboard cleaner could be used for several times till the color turns to dark, then you have to replace it with a new one. When cleaning finished, put the gel back in box and keep in cool place. (Please keep it away from water.)
- (Universal use) The cleaning gel for car is also used in some places such as home and office. This universal dust cleaner cleans your car, computer, electronics, furniture and much more. The suitable surface must be free of water, or the dust

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Golf GTI

The Volkswagen Golf GTI MK1 the first hot hatchback to prove that the formula for a front-engined, family-sized, small performance car worked



By the the '80s, Volkswagen had dominated the small performance car market. Why fix something that isn't broken?

The formula served as the perfect base for Generation X drivers looking to stand out.

The Golf GTI was a left-field option because it did not initially have the reputation of other cars designed for a younger audience. However, there is an understanding in the car community that the Golf GTI is "the best" in its field. This was solidified with the MKII. The new model was bigger, faster, and as a result more desirable than the MKI. It produced 139 BHP in its most standard GTI form. The more powerful twin-cam 16-valve, the all-wheel-drive Rallye G60 with a 160 BHP supercharged engine, the limited-to-70, 210 BHP Golf Limited, are just a few that are now incredibly sought-after.

The MKII was one of the definitive cars of the 1980s. From the late '80s and into the mid-'90s, the U.K. car scene was dominated by hot



hatchbacks because the boy racing scene was thriving. Like its predecessor, the MKII was a great platform for many looking to experiment with their new purchase.

By 1992, Volkswagen had moved onto the lack-luster MKIII Golf. This model could not hold the flame to the MKII, and subsequently, it never became something special.

Volkswagen had lost its way with the Golf GTI when it introduced the MKIV in 1997. The GTI spec was an optional extra rather than a standalone car, which was a huge knock to the GTI purists and a disservice to the car's legacy. The model never got the power it desperately needed. The only saving grace for the MKIV was the R32 — a VR6-powered, 237 BHP model that was often a poster child for hot hatchery served in "Deep Blue Pearl," gracing the walls of puissant millennials and their TV screen as they played Gran Turismo 4.

The Turning Point

In 2004, the sound of a turbocharged engine was music to enthusiasts' ears. The classic had returned with full force, equipped with a turbo for the first time in its history.

The Volkswagen Golf GTI MKV was an homage to what the MKI brought — affordability, power, practicality and reliability. The MKV also made an impact in the car scene. "The VW Golf and GTI have always made a statement. It says, 'I'm small, but I'm sophisticated.'

Inside the MKV, you'd find tartan cloth seats and a golf ball gear knob, just like the original. On the outside, VW added a red trim around the grille and gave the body a subtle, yet brutish design that channeled the energy of the MKI. It felt like the VW Golf GTI that had been missing for so long.

The MKV also came in a dizzying amount of versions. Like its predecessor, it also came as an R32, making near-as-makes-no-difference 250 BHP. With its four-wheel-drive system and a tech-heavy DSG gearbox, the model could do 0-62 MPH in just 6.2 seconds. Big figures for a small yet mighty car.

Then there was the GTI Edition 30, which was a homologation model marking the GTI's 30th anniversary. Volkswagen also produced the GTI Speed Edition, which took colors from Lamborghini's swatch card and added it to the MKV, as the Volkswagen Group owns Lamborghini, along with Audi, Bentley, Bugatti and Porsche.

It featured the six-liter W12 bi-turbo engine from the Bentley Continental GT delivering 650 HP, the front brakes from the Audi RS4, the rear brakes and an axle from a Lamborghini Gallardo.

2008 saw the release of the MKVI. The MKVI Golf R was the replacement for the previous R32. It packed a 270 HP four-cylinder engine, all-wheel-drive, and could hit 62 MPH in 5.5 seconds. For reference, a 2009 Ford Mustang GT hit the same speed in 5.3 seconds.

The Golf R (MKVI, MKVII and MKVII.5) have become a tuner's paradise. VW itself has even teased the potential 400-plus BHP Golf R Plus, knowing full-well it'd sell in a climate of rivals filled with Mercedes-Benz AMG A45s and Audi RS3s pumping out 415 BHP and 400 BHP respectively.

The 2000s was a turning point for Volkswagen. VW had found the GTI's legacy and pedigree again. By the time the almighty Golf R arrived, VW had regained its crown as the definitive hot hatch manufacturer — although other cars are quicker (an Audi RS3, perhaps), and some are even cheaper (Ford Focus RS, Renault Megane R.S.), nothing could evoke the nostalgia or the energy of Golf GTI.

No matter what specification your Golf is, it's owning a piece of history that counts.

F1 unveils full-scale 2022 car for biggest ever rules overhaul

The world championship's biggest ever rules overhaul was meant to come into effect for this



season but the teams agreed to postpone the introduction of the new regulations until 2022 in response to the coronavirus pandemic.

On Thursday ahead of this weekend's British Grand Prix at Silverstone, F1 showcased a life-sized version of what it has described as being "the most futuristic racing car of all time" for the first time during an event dubbed 'F1 One Begins'.

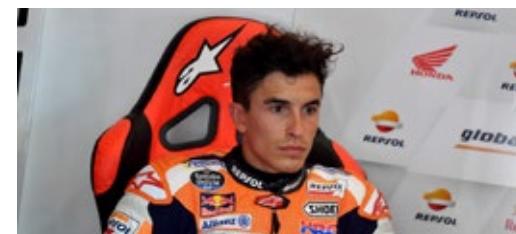
The all-new 2022 car will see F1 return to using ground-effect technology, with the concept specifically aimed at producing better racing and enabling chasing cars to follow more closely.

F1 hopes to achieve this by simplifying aerodynamic components including the front wing and endplate, as well as the introduction of a prescriptively shaped rear wing.

"It feels like a very long time ago the FIA officially unveiled the regulations for the future of the sport, but after the one-year delay due to the pandemic it's only 170 days to go until the start of 2022 when we will see the next generation of Formula 1 cars take to the track," said F1 chief Ross Brawn.

Only Marquez can ride 'with an arm and a half' - Puig

Since making his MotoGP return at Portimao (round three) after nine months away, Marc Marquez has steadily improved as the rounds went on, with victory in Germany proving to be the highlight.



But overall, it's been a pretty impressive comeback considering the Spaniard is still not 100% fit, which could potentially change once the summer break ends.

Former Grand Prix rider and current Repsol Honda Team Manager, Alberto Puig, believes Marquez is the only rider that can achieve the level of performance he has since returning from injury, while describing it as riding 'with an arm and a half'.

"It's been a more difficult comeback than expected, and what he's doing in his condition is fantastic. I'm not saying he's riding with an arm and a half. Clearly he's not at his best, and only one rider can do what he's doing, and that's him."

F1 Points Tables		
Position	Entrant	Points
1	Red Bull Racing	252
2	Mercedes-AMG Petronas Formula One Team	212
3	McLaren F1 Team	120
4	Scuderia Ferrari Mission Winnow	108
5	Scuderia AlphaTauri	46
6	Aston Martin Cognizant Formula One Team	44
7	Alpine F1 Team	31
8	Alfa Romeo Racing Orlen	2
9	Uralalki Haas F1 Team	0
10	Williams Racing	0

2021 F1 World Championship Constructors' Standings

Position	Entrant	Points
1	Max VerstappenRed Bull	156
2	Lewis HamiltonMercedes	138
3	Sergio PerezRed Bull	96
4	Lando NorrisMcLaren	86
5	Valtteri BottasMercedes	74
6	Charles LeclercFerrari	58
7	Carlos SainzFerrari	50
8	Pierre GaslyAlphaTauri	37
9	Daniel RicciardoMcLaren	34
10	Sebastian VettelAston Martin	30
11	Fernando AlonsoAlpine	19
12	Lance StrollAston Martin	14
13	Esteban OconAlpine	12
14	Yuki TsunodaAlphaTauri	9
15	Kimi RaikkonenAlfa Romeo	1
16	Antonio GiovinazziAlfa Romeo	1
17	Nicholas LatifiWilliams	0
18	Mick SchumacherHaas	0
19	Nikita MazepinHaas	0
20	George RussellWilliams	0

2021 F1 World Championship Drivers' Standings

**MOTOGP 2021 WORLD CHAMPIONSHIP
(AFTER ROUND 9, ASSEN)**

Position	Entrant	Points
1	Fabio QuartararoMonster Yamaha	156
2	Johann ZarcoPromoc Ducati	122
3	Francesco BagnaiaDucati Team	109
4	Joan MirSuzuki Ecstar	101
5	Jack MillerDucati Team	100
6	Maverick VinalesMonster Yamaha	95
7	Miguel OliveiraRed Bull KTM	85
8	Aleix EspargaroAprilia Gresini	61
9	Brad BinderRed Bull KTM	60
10	Marc MarquezRepsol Honda	50
11	Pedro EspargaroRepsol Honda	41
12	Takaaki NakagamiLCR Honda Idemitsu	41
13	Franco MorbidelliPetronas Yamaha	40
14	Alex RinsSuzuki Ecstar	33
15	Enea BastianiniAvintia Ducati	27
16	Alex MarquezLCR Honda Castrol	27
17	Daniil PetrucciKTM Tech 3	26
18	Jorge MartinPromoc Ducati	23
19	Valentino RossiPetronas Yamaha	17
20	Luca MariniSky VR46 Avintia Ducati	14

motorsport.com

2021

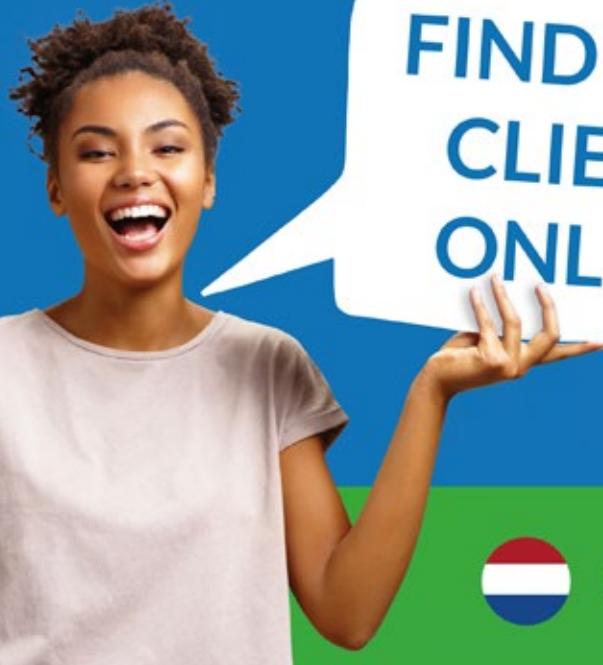
1	BAHRAIN 28 marzo	GP DE BAHREIN	13	05 sep.	GP DE HOLANDA
2	IMOLA 18 abril	GP EMILIA ROMAGNA	14	12 sep.	GP DE ITALIA
3	PORTIMAO 02 mayo	GP DE PORTUGAL	15	26 sep.	GP DE RUSIA
4	BARCELONA 09 mayo	GP DE ESPAÑA	16	03 oct.	GP DE SINGAPUR
5	MONTECARLO 23 mayo	GP DE MÓNACO	17	10 oct.	GP DE JAPÓN
6	BAKU 06 junio	GP DE AZERBAYÁN	18	24 oct.	GP DE EE.UU.
7	GILLES VILLENEUVE 13 junio	GP DE CANADÁ	19	31 oct.	GP DE MÉXICO
8	PAUL RICARD 27 junio	GP DE FRANCIA	20	14 nov.	GP DE BRASIL
9	RED BULL RING 04 julio	GP DE AUSTRIA	21	21 nov.	GP DE AUSTRALIA
10	SILVERSTONE 18 julio	GP DE GRAN BRETAÑA	22	28 nov.	GP DE ARABIA SAUDÍ
11	HUNGARORING 01 agosto	GP DE HUNGRÍA	23	12 dic.	GP DE ABU DHABI
12	SPA-FRANCORCHAMPS 29 agosto	GP DE BÉLGICA	NOTA: Sujeto a cambios debido a la evolución de la pandemia del Covid-19		

2021 MotoGP™ CALENDAR

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

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Dawn Llewellyn-Price

Well, we made it onto Spanish Soil in time for San Juan, which was promptly cancelled the day after we reached our villa. Naturally, we were faced with a jungle that took a couple of weeks to clear and refilled the dead geranium pots with a garden centre shopping spree, indulged in paella, prawns and pulpo and finished off the Martin Miller arctic watered gin, in a toast to Wally the Walrus who decided he didn't want a second meeting in Santander after all and headed off to the Isles of Scilly leaving us decidedly miffed at the dockside.

The ferry was busy but not to full capacity, as a chat with the captain revealed. Luckily our cat has a Spanish passport so everything was simple, but tales of tears and being turned away revealed themselves as the new animal health certificate (just the eleven pages long) was found in some cases, not correctly filled in by UK vets. I know many are now considering getting Spanish pet passports on arrival. A much easier option for those here at the same time annually. Arriving in Spain, things have obviously changed, with a long wait to reach passport control, then on to the pet checking area. We'd decided



to spend the night in Santander, where our cat was fussed over by the manager and we explored the nearby city centre for an evening of Cantabrian hospitality including Lebanese creamy croquettes after the power had been knocked

off in our room by the kettle blowing up. Not the best start to a journey, a lack of tea. For the first time in ten years, 'Messi' had remained in the car for the crossing, as our original ferry had been cancelled, with visits when allowed. I think he was happier there than in the pet cabin, and I know we were, as we actually slept the night without 2 a.m. ball games and other



nocturnal demands ahead of a ten-hour journey. We're now watching the news with rapt attention for an announcement of the removal of quarantine for double-jabbers. Hopefully, it will be gone by the time we return at the end of this month. Of course, this will mean the lifting of the barriers for Brits in Spain desperately wanting to return 'home' to visit family and friends they've missed so desperately too. Passports must be gleefully being rubbed like the genie of the lamp, in homes around the Spanish regions. Spain's lifting of outdoor mask-wearing shortly after arrival was a relief. We suffered it last summer but have never had this restriction in the UK, therefore not used to going for walks wearing them. So what's next for us all? We're hoping to catch Bonnie Tyler in concert later this month, and we managed an evening with a Police tribute band singing the Covid Song; 'Don't stand so close to me.' Hopefully, we won't end up like the first pandemic, with the Roman Empire Antonine Plague, which lasted fifteen years...





Los Amigos De Mazarrón F.C.

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC



The big news from Mazarrón FC after the finish of the 2020/21 season was that the Board of Directors had resigned and that new investors were taking over the club. No details of the new Board are to hand at the time of going to press and it is unclear as to who, if any, of the previous Directors will remain. It is appropriate to thank our outgoing President Ruben Martinez Collado for the tremendous work he has put in over the past few years.

Ruben has overseen the rise of the Club back to the Tercera Division and so close to gaining promotion to the Segunda Division via the play-offs. He has been a great friend to Los Amigos de Mazarrón and was always grateful for the support we gave to the Club both on the field and financially. Together with Vice President, Blas, Secretary Miguel Angel Coy, Treasurer Gerard Mulligan, Sporting Director Fernando del Alamo and Technical Secretary, the long serving Juan Andreo, they have transformed the fortunes of the club.

I am sure they have found that, to take the Club to the next stage of its development, new investment is needed and we hope to hear news from the new regime shortly.



Some of the Mazarrón Base junior teams were still playing in July, catching up on the delayed start to the season because of the coronavirus pandemic

The Mazarrón youth team, playing in the senior league, the Segunda Autonómica, finished a very creditable fifth in their league

Of the other two juvenile teams, the "A" team are in the Primera Juvenil league and finished ninth and the "B" team finished in sixth position in their league, Group 2 of the Segunda Juvenil. In addition to these older junior teams there are a further eight Mazarrón Base teams and they enjoyed varying degrees of success.

The Cadetes "A" team were promoted to the top division the Liga Autonómica Cadete after finishing fourth. The Cadetes "B" team finished sixth out of nine teams in their league. The Infantis had a poor season, finishing twelfth out of fourteen teams and the Alevins fared even worse finishing bottom of their league and failing to gain a single point during the season.

The Benjamins "A" finished their season in a creditable third position but the Benjamins "B" finished bottom of their league after failing to take any points from the twelve games played. The youngest of our teams the Pre-Benjamins "A" finished their season fifth out of seven teams while the "B" team were fifth out of eight teams.

The Mazarrón Feminas ladies' team which had already been guaranteed promotion clinched the championship in their final home game of the season with a 6-1 win over CD Zeneta. It was a remarkable achievement in their first year of existence and they finished three points clear of second placed SMX Athletic Club de Murcia with a record of P22 W18 D1 L3 F95 A25 Pts53. Leading goalscorers were Cindy with 24 goals with Miriam with 22.

Los Amigos membership renewals have been deferred since the start of the coronavirus crisis, but renewals will now be accepted from the 1st August coming. Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner including coach travel to away games. Please email stevebarrow01@gmail.com for a membership form.

Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but it is hoped that they will be resumed on Thursday 5th August. However, at the time of going to press, the covid situation seems to be worsening again so we will have to await further news about whether the meetings will be able to resume on that date. If there is any change to this, members will be notified by group email and on our Facebook page fb.me/mazarron2016.

Following the Annual General Meeting in June, the new Executive Committee is

looking at ways to encourage more support for Mazarrón FC at both home and away games. Nothing has yet been decided but among ideas are the possibility of a free coach to the first

home game of the season with a meal at La Sienna Bar and Restaurant opposite the ground at a cost of 10 euros. A similar event with a themed day could be held at the end of the season.

Other ideas include overnight trips to La Liga grounds in our area with match tickets for those who wish to go to a game and day trips in the Murcia region.

Congratulations to Mazarrón's player Chiky Ardil who was voted Player of the Tournament at the recent World Cup Qualifying event in Navarra Portugal. Chiky scored twice, the second goal seven



seconds before the end of extra time, to help Spain to a 5-4 victory over the last World Cup runners up Italy and take Spain through to the World Cup Finals in Moscow from 19th-21st August.

As mentioned previously, the twice postponed Golf Day and 11th Gala Dinner has been arranged for March next year.

The Celebrity Golf Competition will be on Monday 28th March 2022 at the Camposol Club de Golf. The Gala Dinner, once again sponsored by the Mazarrón Entertainments Group, will be held the following night, Tuesday 29th March at the Hotel la Cumbre, Puerto de Mazarrón.

Master of Ceremonies Gary Marshall, comedian Lea Roberts and ex-footballer John Beresford have all confirmed that they will be available again.

Musical entertainment will again be provided by the fabulous Woody. Tickets will be re-issued to those who have already purchased them.

Anyone wishing to have a refund should email salterkb@hotmail.com. The Hotel has recently been taken over and a meeting is scheduled with the new owners in early August to confirm prices etc as it is over two years since our last agreement. An announcement of when the new tickets are available for sale will be made as soon as possible and on our Facebook page.

OPEN BACKS

One of the sexiest trends of this summer, bare backs are the perfect way to show a little (or a lot of) skin for those who tend to prefer keeping their legs/décolletage/waist under wraps. Opt for a subtle, billowing fabric for a more tentative take, or go full-throttle via strapped, form-fitting pieces. Here are just some examples of what is available.







Back to Liquid Lip Shades-

Liquid lipsticks are back in trend with the coming of 2021. This crucial time had made us realize to stick on to non-transferable makeup products. We all want makeup products that are transfer-proof which does not stick to the masks. Everyone wants neat and smudge-free makeup, especially for the lips. Liquid lipsticks, which are non-transferable, are back to rely on in 2021.

How to Fix Dried Out Liquid Lipstick

Imagine reaching for your all-time favorite liquid lipstick only to open it and find a dry, chunky, mess inside the tube. We have some tips on how you can fix dried out liquid lipstick and bring it back to life.

Fix Dried Out Liquid Lipstick

Applying a super dry liquid lipstick is not a good look and it feels so uncomfortable. We love liquid lipsticks because they provide a smooth AF application, crisp and clean lines, and they don't dry out your lips BUT when

your lipstick starts drying out, these are nearly impossible! Avoid throwing away your lippie by trying these quick fixes.

Warm Water

The first hack for dried up liquid lipstick is to place your liquid lipstick tube in hot water for about 10-15 minutes. Don't submerge the cap to avoid getting any water inside the tube that can potentially ruin your liquid lipstick! Placing it in hot water will help warm

up the product and loosen it up a little and help it go on as smooth as butter.

Inglot Duraline

Inglot's Duraline will be your BFF for rehydrating your dried out liquid lipsticks. This product is a transparent liquid that will prolong a makeup product's durability without ruining the formula like typical fixes will (alcohol, aloe vera gel, vaseline, etc).





Prevent Your Liquid Lipstick from Drying Out

Nobody wants their liquid lipstick to dry out, so here's how to prevent it! The best way to keep your liquid lipstick from drying out and getting lumpy is to make sure you're closing them all the way after you use them. Make sure you buy quality liquid lipsticks that have a better shelf life.



Keep Liquid Lipstick From Drying Out Your Lips

After you've revived your liquid lipstick, it's time to prep those lips



to keep liquid lipstick from drying out your lips! Grab your lip scrub and get to buffing that dead skin off.

Follow up with your favorite lip balm, and then once that's absorbed into your lips you can start applying your liquid lipstick!

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Doner kebab

Ingredients

- 500g lamb mince
- 1 small onion, coarsely grated
- 4 garlic cloves, minced or finely grated
- 100g fresh breadcrumbs
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp dried oregano
- ¼ tsp smoked paprika
- sunflower oil for oiling

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.

STEP 2

Oil a large sheet of foil, tip the meat mix in the middle and mould to a very thick sausage, roughly the shape of an aubergine. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.

STEP 3

Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil. Place back on the tray and brown

under the grill or with a blowtorch.

STEP 4

Place on a board and carve into thin slices. For full doner mode, you can hold the kebab up with a roasting fork or metal skewer and carve. Serve with warm pitta bread and any of the other accompaniments, including our chilli sauce and garlic yogurt sauce.

To serve

Pitta breads, shredded red or white cabbage, sliced onion, chopped tomatoes, pickled chillies, chilli sauce (see recipe below), garlic sauce (see recipe below), tahini.

Prawn cocktail and salmon parcels



Ingredients

- 200g smoked salmon slices
- 150g cooked tiger prawns
- 1 avocado, peeled and cut into cubes
- For The Marie Rose Sauce:

- 5 heaped tbsp mayonnaise
- 3tbsp tomato ketchup or chutney
- 2tsp Worcestershire sauce
- splash of Tabasco sauce juice of 1 lemon
- salad leaves, to serve
- You Will Need:
- 4 ramekins, lightly oiled and lined with cling film

Method

- Line the prepared ramekins with the smoked salmon, allowing an overhang, as you'll need to fold this over the bases once filled.
- For the Marie Rose sauce, mix together the mayonnaise, ketchup, Worcestershire sauce and Tabasco.
- Season to taste with lemon juice and salt and pepper. Reserve 4 tiger prawns for decorating the tops. Mix the remaining prawns, along with the avocado, into the sauce and use to fill each of the lined ramekins. Fold the overhang of smoked salmon over the top and place in the fridge until ready to serve.
- To serve, turn out the prawn cocktail parcels carefully onto serving plates and garnish with the salad leaves. Place a whole tiger prawn on top and finish with a sprinkling of paprika.

Cauliflower steaks with roasted red pepper & olive salsa



Ingredients

- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil

- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

STEP 1

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. Also beautiful on the BBQ.

STEP 2

Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

- 250g self-raising flour
- 75g natural yogurt
- 2 large limes, juice only
- 75ml gin
- 150ml tonic water
- 1 tsp juniper berries, lightly crushed

For the icing

- 200g softened butter
- 400g icing sugar
- 2 tbsp milk
- zest of 3 limes (using up those you've juiced, above)

To decorate

- 2 limes, zested then 1 cut into thin wedges to decorate
- 1 tbsp granulated sugar
- lemon sherbets
- ¼ cucumber, peeled into ribbons
- party straws

Method

tablespoon of your flour, then fold in the rest of the flour. Mix the natural yogurt with the juice of one of the limes and 50ml of the gin, then add this to the cake mixture to make a thick and silky mixture. Split the mixture between the cake tins and bake for 35 mins until a skewer comes out clean.

STEP 2

Meanwhile, make the syrup. Put the remaining sugar, tonic water, juniper berries and juice of one lime into a saucepan over medium heat. Once the sugar has dissolved, bring to the boil and cook for 5-7 mins, until it's a thick syrup. Cool for 5 mins, strain then pour in the remaining gin and set aside.

STEP 3

Once the cake is out of the oven, allow to cool for 5 mins, then prick all over with a skewer, then liberally spoon the syrup mix over both of the cakes. Allow to cool completely in the tin.

STEP 4

To make the buttercream, beat the butter until soft, then add the icing sugar, a little at a time to avoid a sugar cloud! Once fully incorporated, add the milk and the zest of the limes.

STEP 5

To assemble, place one of the cake layers on a cake board, cover with 1/3 of the buttercream then sit the second cake layer on top. Cover this, too, in just a thin coat of icing then put the cake in the fridge for 30 mins to firm up – this will make it easier to get the rest of the icing on smoothly. Use the remaining buttercream to cover the top and sides of the cake.

STEP 6

To decorate, mix the lime zest with the sugar. Sprinkle this over the cake and finish with lemon sherbets, lime slices, cucumber ribbons, party straws and any other gin & tonic paraphernalia you fancy.





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 joss 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. Picture 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.

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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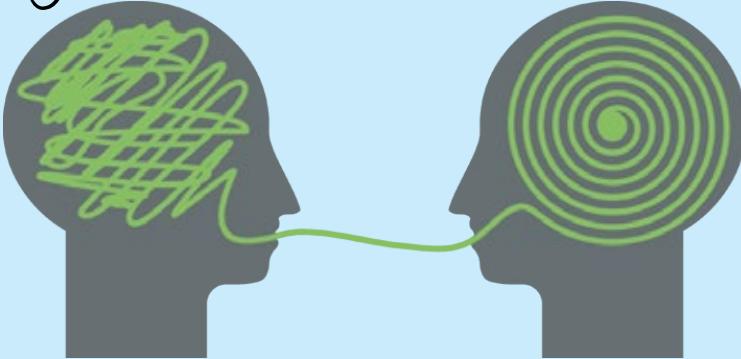
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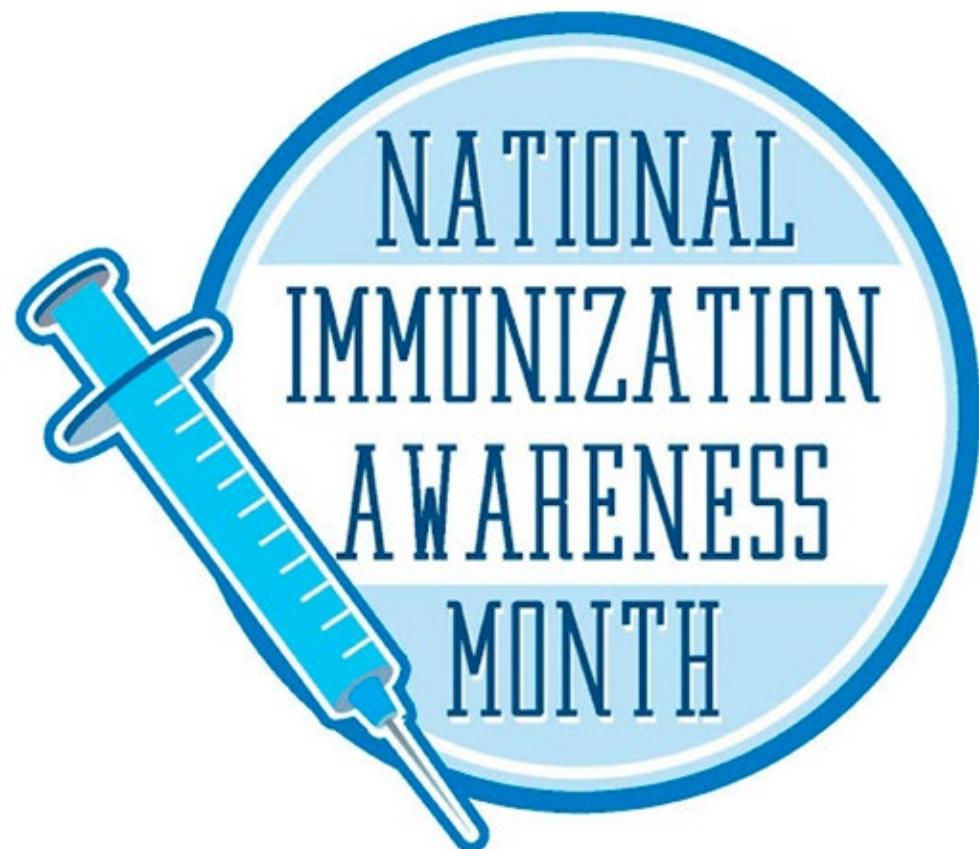
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National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.



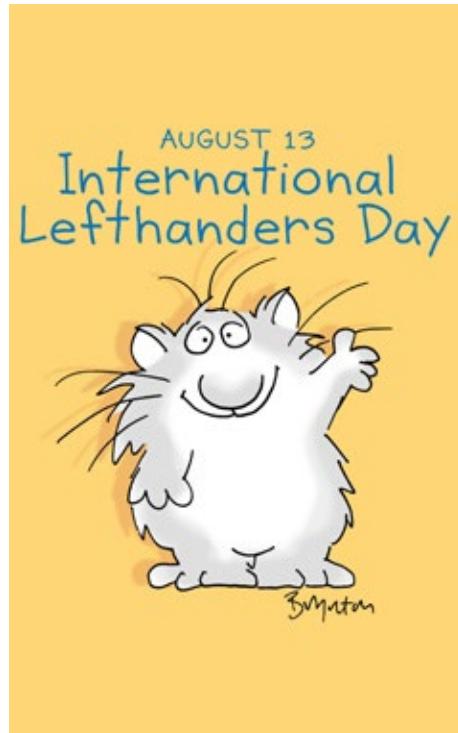
August 8 is National CBD Day

August 8 is National CBD Day. This is a special day to recognise and celebrate the many benefits of CBD – the natural hemp product everyone's talking about!



International Left-handers Day

Left handed information and left handed products - raising awareness of the needs of lefthanders worldwide on International Left-Handers Day



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13 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.

Improves Sleep

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

According to the Centers for Disease Control and Prevention (CDC), heat exhaustion is the body's response to excessive loss of water and salt, usu-

ally 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. If you notice heat stroke, call 911 immediately.

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 time 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.

Heat rash can be treated by staying in a cool environment to prevent sweating and by keeping the affected area of skin dry. To help relieve the symptoms of heat rash, the CDC suggests using powder to increase comfort. However, it is not advised to use ointment or creams.

Skin Cancer

The worst consequence of long-term exposure to the sun is the development of skin cancer. Because the sun damage to the skin develops over years, the older you are, the greater the risk of developing skin cancer. After years of exposure to the sunlight, providers look for three common types of skin cancer (in order of how often they occur): basal cell carcinoma, squamous cell carcinoma and malignant melanoma.

Basal Cell Carcinoma (BCC)

This type of skin cancer almost always occurs on sun-damaged skin and is usually pink, shiny and raised. Because the skin becomes very soft, it may be easily injured and so may appear as a scab that keeps returning in the same spot. Basal cell carcinoma is especially common in the beard area of men where they use a razor and take the top off the cancer. Although BCC doesn't generally spread, it does get bigger and deeper over time and can become a problem if ignored.

Squamous Cell Carcinoma (SCC)

This skin cancer is also caused by exposure to the sun, but can also oc-

cur in burn scars (from either heat or radiation treatment) or from chronic ulcers of the skin. In a small number of cases, SCC can spread to the lymph nodes and (rarely) to other organs. These can vary in severity and may require special surgical treatments, such as Mohs Surgery, for removal, if they are large or in difficult-to-treat areas.

Malignant Melanoma

Melanoma is the least common of these skin cancers, but it is increasing every year, especially in young women between the ages of 18 and 29 because of the high rate of tanning bed use in this population. Melanoma is very dangerous and can occur any place where there are pigment-producing cells, include the entire skin (it does not have to be in direct sun-exposed areas, but sun exposure increases the risk), moles, birthmarks and the eye. It can spread to lymph nodes and beyond to other organs, including the brain, lungs and liver. Melanoma is much more common in families with a history of abnormal moles or malignant melanoma. Those who have had melanoma have a significant risk of developing other melanomas, so its recommended regular skin checks.

It is very important that malignant melanoma be diagnosed early, as the thinner the tumor is, the less likely it is to spread. Although there is a lot of research into treatment of melanoma, the best treatment is surgical removal of the tumor and any involved lymph nodes before it has spread.

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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around 25 acts in total and the event continued into the early hours.

The money was raised, a truly staggering €3308.43, was via a very successful raffle, the selling of cakes and a number of collections that went round throughout the day and evening to which people gave very generously. The Brew Rock is located opposite a beautiful beach in Albir.

The photo shows the money being handed over by Jane Martin, Lisa Griffin and Mario MOta-Reed to the Samaritans President, Donna Williams and VP, Les Holloway. Thank you to Charlie Brown and all at Brew Rock in Albir.



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



19 Jun @ The Friendly Bar in Orihuela Costa. This event featured our tombola & name the teddy and raised a magnificent €421. Our volunteers Les and Denny did a wonderful job on the day, thank you.



19 Jun @ Brew Rock in Albir. The event was the brainchild of Charlie Brown who was keen to raise awareness of mental health in Spain as well as raise money for an organisation that is trying to help people cope with their struggles - Samaritans in Spain. He approached Lisa Griffin who is the owner of the Brew Rock who was only too happy to host it. Mario is an entertainer and is very well known for his Boy George tribute act. It was Mario that asked the various artists if they would be willing to give up their time and perform at the event. There were

28 Jun @ The Emerald Isle in Orihuela Costa. An event hosted by our Patron, Stevie Spit BEM. It featured our tombola, name the teddy and a new game with the treasure map. A great afternoon, thank you to all at The Emerald Isle and our volunteers, Donna and Les, who helped out in raising a wonderful €418.



samaritansinspain.com, for further information.

Our Listeners remain available on our Freephone number 900 525 100 from 10am to 10pm, 7 days a week, 365 days a year, ALL calls are confidential IF you need to talk then please call us. If you would like to donate to us, you can do so on PayPal – our PayPal account is paypal@samaritansinspain.com. If you are a business owner and would like to sponsor us in any way, then please contact us at

pat@samaritansinspain.com.

A tarot card spread is a method by which a tarot card reader physically lays out or places the cards on the table and then interprets the card meanings. There are many different types of tarot card decks available, there are also many different spreads used by card readers. For example, the very popular Celtic Cross spread does not follow one standardized card layout. The basic cross and column diagram is the same, but the order in which the cards are spread in the cross varies greatly. Listed below are some tarot card spreads using the popular Rider-Waite tarot deck.

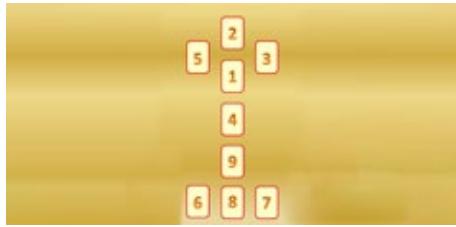
Tetrakts



The Tetrakts spread is based upon Platonic thought and Pythagorean mathematics. The 10-card spread gives a snapshot of your overall state and explores everything from the most basic physical elements to the spiritual self. The various cards in this spread represent the following about you:

1. Fire (creative force, will and ambition)
2. Air (current strategies and thoughts concerning goals)
3. Water (explores emotional self)
4. Earth (coping every day life)
5. Creator (explores what drives you in new directions)
6. Sustainer (what helps you to maintain a balanced and healthy life)
7. Destroyer (what needs to be jettisoned in order to move forward)
8. Light (cosmic forces guiding you toward fulfillment)
9. Dark (cosmos reaction to your state of being)
10. Premise (foundation for the entire spread)

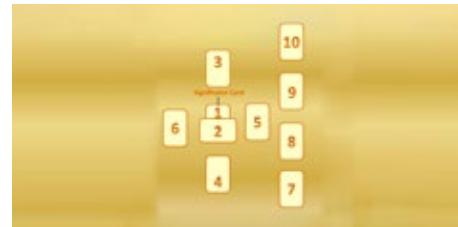
Cross and Triangle Spread



This is a query spread used to explore questions concerning the overall direction of your life. The various cards in this spread represent the following about you:

1. Life Force
2. Thoughts
3. Emotions
4. Spirit
5. Physical Self
6. Opposing Forces
7. Other Opposing Forces
8. Necessary energies to call upon
9. Question outcome

Celtic Cross Spread



The Celtic Cross spread is probably the most popular spread in use today. It is intended to shed light on many aspects of your life. Due to its popularity over the years, there have been many variations to the layout of the cards in this spread. However, whichever one is used, you just really need to concentrate on the question you put to the cards. The various cards in this spread represent the following about you:

1. The Significator represents you (the querent) and your current state of being.
2. The Crossing denotes that which opposes or influences you.
3. The Foundation addresses the origin of your question.
4. ?The Recent Past represents past events and concerns.
5. The Crown addresses issues that are significant in the present or may come to pass in the future. This card foretells future events which you may or may not occur, depending upon how you respond to the present situation.
6. The Future depicts that which lies ahead.
7. Emotions signifies the current state of your emotional self.
8. External Forces represents the influence of others in your life as well as trends in your relationships with others.
9. Hopes and Desires stands for the hopes and desires you have for the outcome of your question.
10. The Outcome is the ultimate outcome your question. Remember, the future is not predetermined. Interpret this card in the context of the entire reading and as an indicator of the path you are currently on, but not bound to the reading.

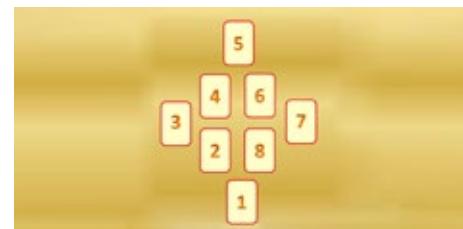
Astrological Spread



In this spread, each card is read as its own entity. Individual cards represent each astrological house and should be interpreted with the strengths and weaknesses of the corresponding house in mind. You need not ask a question before using this spread. The various cards in this spread represent the following about you:

1. Self
2. Aries (current mood)
3. Taurus (finances)
4. Gemini (travel and communication)
5. Cancer (home, parents, children and extended family)
6. Leo (pleasure)
7. Virgo (health)
8. Libra (partnerships and marriage)
9. Scorpio (death and inheritance)
10. Sagittarius (spirituality, education and dreams)
11. Capricorn (career)
12. Aquarius (friendship)
13. Pisces (burden, opposition and fears)

Planetary Spread



This is a query spread that may yield insight into a number of different aspects of your life's current state. Concentrate on your specific question. The various cards in this spread represent the following about you:

1. Self
2. Moon (home)
3. Mercury (business, skills and integrity)
4. Venus (love)
5. Mars (hostility, opposition and aggression)
6. Jupiter (finance, acquisition and wealth)
7. Saturn (intellect)
8. Question outcome

Mandala Spread



This spread is used to explore your spiritual side. You may pose a question to the cards using this spread, or may explore your overall spiritual self without making a specific inquiry. The various cards in this spread represent the following about you:

1. Self
2. Ambitions, desires and primal urges
3. Ideals, goals and path to spiritual contentment
4. Real accomplishments and life path
5. Dependencies, addictions and erroneous values
6. Strengths and positive personality traits
7. Faults and weaknesses
8. Self-awareness and self-image
9. Desires and higher purpose

Horoscopes

Horoscopes July 2021



Aries

Aries people are seeking bliss and enjoyment in their marital life. Singles will attract love by their charisma. Family environment will be harmonious. Health prospects are excellent. Professional people and businessmen will face tough situations. Students will fare well in their academic careers.



Leo

Marital bliss can be accomplished through compromises. Singles will get love alliances by curbing their ego. Children will be negatively influenced by family discords. Career will provide opportunities for advancement. Finances of businessmen will face bleak prospects.



Sagittarius

Married persons should be ready to face turbulence in their love relationships. Singles will get love partners during leisure trips. Health will face a few hurdles. Family relationships will be rocky. Professionals will have a delightful time. Finances will not be easy for business persons.



Taurus

Love life of married persons can be made delightful with a few compromises. Family relationships are cordial. Health will not face any problems. Career prospects are encouraging for advancement. Businessmen will have to sweat it out. Travel activities are gainful.



Virgo

Married couples will have a pleasant time together. Singles are looking for fun in relationships. Family environment will be highly volatile. Health prospects are not encouraging. Chances for career growth will be a little tough. Businessmen will fail to make good profits.



Capricorn

Good communication between couples will help marital harmony. Modesty will bring love partners for singles. Children will excel in their studies. Health will not face any hazards. Professional life will not be enjoyable. Businessmen fail to prosper. Travel engagements are not profitable.



Gemini

Married life can be made more enjoyable by socializing. Singles have very good chances of getting love mates. Business people will have a profitable month. Professionals fail to make progress in their careers. Health prospects are bleak. Family relationships will face problems.



Libra

Married couples are looking for a change of environment. Single persons fail to get love partners due to their suspicious behavior. The family environment will be pleasant. Health will not create any problems. Businessmen will prosper and career prospects are good for growth.



Aquarius

Married life will become stronger after few initial hiccups. Singles should be ready to face break-ups in love affairs. The family atmosphere will be extremely cordial. Health prospects are wonderful. Career growth is assured for professional people. Businessmen will have a problem in making good profits.

Cancer



Married life will be delightful with imaginative ideas. Singles will be able to get love partners by their charm. Health will be wonderful without any serious illnesses. Family environment will be cheerful. Business people will thrive, while professionals face tough situations.



Scorpio

Married couples will have a very good understanding with scope for pregnancy. Single persons will attract love by their magnetic personality. Health prospects are exceptional. The family atmosphere will be delightful. Business people will make very good profits. Professionals will shine in their careers.



Pisces

Marital life can be made enjoyable by listening to your spouse. Singles will have no problem getting into love partnerships. The family environment will be full of conflicts. Health prospects are fabulous. Professional advancement will face obstacles. Businessmen fail to make reasonable profits.

Useful Numbers

Camposol Business Centre

Home of The Journal Magazine

681 090 799

Construction and Building Services

C & G Fabrications	966 764 730 677 689 587
Camposol Aluminium	686 733 844

Dentists

Camposol Business Centre	968 103 008
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Electricians

TES: Tom's Electrical Services	666 133 674
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Estate Agents

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

Food and Drink Suppliers

Reeves Butchers	711 003 354
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Garden Centres

Jardinería La Alcayna	ES 609 248 719 EN 680 374 230
Garden Boutique	Juaní 669 565 402 David 678 021 310

Graphic Design, Vehicle Graphics, Printing

VNBenny	650 078 846
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Health

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

Heating, & Air Conditioning

Camposol Heating & Maintenance (CHM)	968 199 184 646 965 082
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Insurance

Salus Health Insurance	96512 61 35
Ibex Insurance	968 595 945 689 157 126

Swimming Pool

Construction & Services

David Pools	686 733 844
Pool Covers Spain	660 080 201
Magarsa	602 103 980

Television Services

Translation and Fiscal Services

Debbie Shaw Translator & Interpreter	677 35 31 36
Shirley Fisher	968 103 008

Window Blind Repairs

Richard the Blind Man	611 250 819
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Emergency Numbers

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

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

Medical Clinics & medical centers

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

ITV

Cartagena	968 528 319
Lorca	968 460 761

Police

Mazarrón	968 591 496
Puerto de Mazarrón	968 418 181

Post Office

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

Red Cross

Mazarrón	968 590 140
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Hospitals

Santa Lucia Cartagena	968 128 600
Maria Roselle	968 325 000

Samaritans Spain

This is NOT a Premium Rate Number

902 883 535

Social Security

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

968 420 075
968 420 049

Social Security

ADG Security	(0034) 641 11 63 15
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Hair, beauty and nail salon

The Salon	691 916 717
Kelly CBD	34609801594

Town Hall

Mazarrón	968 590 012
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Utilities

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



T: 634 344 589

Andrea's Animal Rescue
& The Henrietta Foundation
Tel 690 906 565
www.andreasanimalrescue.com

Charity no. 9980/1+

CAVI T: 900 710 061

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

FMA 0034 626 960 354
fma.murcia@gmail.com
Friends of Mazarrón Animals

LIONS INTERNATIONAL T: 696 827 525

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

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

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

COVID HELPLINE
900 121 212

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

Local Community Groups

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

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

Sector B Gardening Group is known as "B Clean" Volunteers are always made welcome, meeting up on Tuesday Mornings. Contact us via Facebook page "B Clean" Community Gardening

Bienvenido 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

Campsol D Community and gardening group.
President. Patricia Ridler
Secretary. Ann Gardner
Treasurer. Margaret Hair
Social Secretary. Laurie Lewis
Telephone: 604 206 018
Email: sectordphone@gmail.com
Facebook: camposol D community Donations.

We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.00am 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 sectordphone@gmail.com as the recipient.

Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.
Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

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

autocaresmartinez.portaldetotana.es/horario.asp



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

www.cartagena.es/ALSA/linea30.asp



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

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