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THE Journal

December 2020



Dear Readers,

Well here we are at "That wonderful time of the year". I would like to say thank you to all our contributors, advertisers and most of all to you, our readers for all your support and encouragement throughout the year.

We have an amazing community with a number of local businesses as well as volunteer organisations who work tirelessly throughout the year. I am sure you will all join me in thanking them for making our community a fabulous one to be a part of.

Hopefully you will find a few quiet moments away from the upcoming Christmas madness to read this issue of The Journal with a nice cup of tea or even better, mulled wine. December is set to be one of the busiest months of the year and whether you want to dive into the seasonal silliness headlong or give it a wide berth with some festive free fun, we've got inspiration that will serve you well for the weeks ahead.

We have developed throughout the year to introduce and improve our sections and the service we offer to you. The website has grown to include live flight trackers, mortgage calculator, property portal, weather as well as the full magazine on line. Please let me know what you would like to see for the upcoming year.

If you are unable to be here to pick up your copy, please subscribe on the website to receive your copy of The Journal online every month. The-journal.es

All at the Journal would like to wish you all a very Merry Christmas.

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

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D'Fusion



Corona nomads

Britain is becoming a nation of “corona nomads” as people flee to sunnier climes to escape the brutal lockdown measures in the UK. Research shows there has been a huge increase in the number of UK residents browsing homes overseas during lockdown. Overseas property portal Kyero has reported a 30% rise in UK visitors to its site between April and June 2020 compared to the same period in 2019. Analysts say the latest corona vi-

rus restrictions have caused people fantasising about moving abroad to make their dreams a reality. Loise Dell founder of Kyero.com said the lockdown and wide spread remote working over recent months has had a significant impact on the types of people looking to buy property in Europe. Greater numbers of younger people and those now working remotely full time “corona nomads” are considering a move abroad as we all become less tied to the office and are able to live, work and play where we really want to. In the 3 months after the start of lockdown 1 in the UK Kyero saw a 19% increase in interest in overseas property by those aged 25-34 compared to the same period last year April to June. Louise added it seems that a global pandemic has made many people realise that time is precious and rather than putting dreams off until tomorrow they are seizing the day and making it happen. With the new second round of lockdown restrictions coming into force we only expect this trend to continue.

Travel may still be unpredictable but far from curbing ambitions of moving abroad it appears that the challenges of this year have prompted people to plan their escape perhaps partly because now it really doesn't make much difference whether people are joining an online meeting in Croydon or Costa Del Sol. Interest in overseas property continue to be high among Brits over the summer despite ongoing uncertainty on travel with Kyero. co seeing an 18% increase in Brits viewing Spanish properties between July and September this year compared to the same time in 2019.

Corona fiestas



The Spanish government has proposed limiting family and other social get-togethers

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over the Christmas season to six people, as well as the implementation of a 1am nighttime curfew on Christmas Eve and New Year's Eve.

The proposals are contained in a draft document titled "Proposals for Covid-19 public health measures for the celebration of Christmas fiestas." The text recommends limiting social gatherings to members of the same household, and in the case of others joining the celebrations, the total number of people should be limited to six.

The document also recommends that the so-called "6M" prevention measures be observed: the use of masks, regular handwashing, social distancing, maximizing the ventilation of indoor spaces and staying outside if possible, minimizing contacts and staying at home in case of symptoms, diagnosis or contact with a coronavirus case. The text also recommends that citizens avoid or limit social gatherings, adding that if they take place, they should preferably be held outside.

Following criticism from some regional leaders for "leaking" information about the plan to the media, the government on Tuesday afternoon said that "nothing has been decided or is definitive yet" and that it hopes to reach "joint recommendations" with regional governments on steps to take to ensure a safe holiday season.

The Andalusian health chief, Jesús Aguirre, on Tuesday said it was "disloyal" for the government to leak the draft plan with proposals for the Christmas season ahead of a meeting of central and regional authorities due to be held on Wednesday.

"Each region has its own proposals for Christmas, and they were going to be presented tomorrow at the meeting," he said.

Although the document does not mention whether movement between regions will be restricted, it proposes the use of measures that have been shown to be effective at containing contagions, such as "limiting travel."

In other words, the proposal is limited to recommending that citizens avoid all "non-essential travel." This means that traveling to a different city or region will depend on the rules that have been introduced by the respective regional government.

"The current rules that apply in the destination territory must be consulted beforehand," the text reads. "In the exceptional case that a trip is going to be made in national territory, both within and between the regions, it must be done safely: following the recommendations indicated in each means of transportation, using a face mask, frequently washing hands and maintaining a physical distance."

The document recommends that university students set to return home for the Christmas period limit social gatherings before their departure and follow all preventive measures. "Once at home, they must try to limit contact, socialize outside instead of indoors and use face masks," the draft states.



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No matter how the year has shaped up for you, there's only one way to end it: on a hell of a high. And when it comes to swish, swanky and smart, Zambuca Restaurant in Puerto de Mazarrón has to be the first choice to bring in the New Year. As we take our usual proceedings and add a big dose of glitter to them. Go all out and spoil yourself this New Year's Eve.

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DIY Foraged Holiday Wreath

If you haven't made your own wreath before, this project is a must-try DIY this year. We used clippings from our garden and our

neighbour's (thanks neighbour!) to make this beautiful and simple holiday wreath. Don't have greenery in your own garden? Visit the campo or visit the local florist, they have terrific picks, offering a wide selection of beautiful branches. You can go for a rustic vibe, a modern and sleek look, or more traditional. Add velvet ribbon, berries, or bells for a lovely holiday display.

THINGS YOU'LL NEED



Foraged greenery, such as pine, eucalyptus, olive, juniper, cedar and boxwood.
Wreath form

Floral wire
Wire cutters

Step 1



Using wire cutters, cut the floral wire into several 7-inch pieces.

Step 2



Pull off smaller stems of evergreen

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and other greenery.

Step 3



Using floral wire piece, gather three different types of greenery and create small bundles, bunching together at the stems. Wrap the stems with floral wire, leaving the ends of wire long so you can attach to the wreath form.



Add each bundle to the wreath form by wrapping the wire around the circle. Place each new bundle slightly on top of the previously placed bundle. Continue until you have covered the entire wreath.



Foraged wreaths do best outside, but they work indoors as well. You just might need to mist more with water.

Step 4



How to Keep Foraged Wreaths Looking Green and Healthy

After cutting foraged greenery (or store bought stems), soak the stems in cold water for one full day. This gives them as much hydration as possible. Once the wreath is hung, mist or spray with water every few days.

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The Camposol Health Clinic Further Expands Its' Services

Since printing our first article on The Camposol Health Clinic, yet more services have been added with more to follow in 2021. To explain a little about health care options here in Spain please see below our explanation of services available to all which covers those who are already in receipt of a state pension, those who are working legally and paying into the system, and those that need private health cover.

The Camposol Centro Salud

This is the equivalent to our own National Health Service and is available to anyone that qualifies as a pensioner from the U.K, or for Members of the European Union. For British Pensioners, you can join via a form known as the "SI". Anyone working here legally, and paying into the National Social Security System, can also use this State System. There is also a system known as "Convenio Especial", where under certain conditions, historically, it has been possible to join the State system by paying into it with a monthly fee. At the time of going to print, our understanding is that anyone currently on this scheme can probably continue, but it was for EU members only, so is not likely to continue after 31.12.2020. We will continue to monitor this service and keep you updated.

Private Health Insurance

Anyone, wishing to come and live in the region, that does not qualify for the above, will need to have a private health insurance policy in place, so they can legally become full time Residents. Organisations such as Ibex and Salus, (see their advert on page 59 or Ibex Insurance on page 2) can offer these policies. Just call them to make an appointment, or attend the Camposol Health Clinic for advice.

The Camposol Health Clinic

Situated next to the chemist, on Calle Madrid, on sector A, you will find The Camposol Health Clinic. This service offers everything that a private hospital can offer, as they are in full collaboration with one of the top private hospitals in Murcia; the hospital "La Vega". Within the building in Camposol, however, "in house", there are 4 general practitioner doctors, 3 nurses, 1 surgeon, 2 physiotherapists, a cosmetic surgeon and a traumatologist. The team are trying to keep up with the increasing demand, and is expanding on an almost weekly basis. We will keep you updated with all new developments and additional services each month in The Journal local community magazine and on Costa Calida International Radio.

All the appointments can be handled locally, and in your language, currently English, French or Spanish. For many of us, that usually only make use of the "State system", there are times when it simply makes sense to "pay as you go" for small procedures.

For example, a blood test, or an ear wax removal treatment. Small surgical procedures can also be done locally in the clinic. A good example of this was a man who had a bad cactus wound. He was perfectly entitled to use the State system,

however, was referred to the Santa Lucia Hospital for local surgery (68.1km) each way from Camposol and in addition, he would have to pay for a translator. He simply decided to pay and get it resolved locally. He had to have dressings changed 3 times in a week, so he not only saved time, he saved quite a significant amount of money in diesel and vehicle wear and tear, along with translation fees.

The clinic is adding more and more services on an almost weekly basis. Starting this month, they will be joined by Doctor Pdga. Beatriz Soler Ruiz who brings her expertise to the existing area of aesthetics. In addition to the services, such as Botox, facial fillers, hyaluronic acid and aesthetic surgery already provided by the clinic Doctor Beatriz will additional treatments such as laser depilation (permanent, painless hair removal) which is suitable for all skin and hair types and includes the underarm, leg, chin, neck and jaw line areas.

Using the latest technology, she can address spider vein removal, skin blemishes, acne and "skin spots". Other more complex surgical procedures such as the removal or varicose veins or a full facelift can also be offered in conjunction with her clinics in Murcia and Cartagena.

The Camposol Health Clinic has a surprising range of 'top of the range technological equipment' which include X-Ray machines and eco scanners. This means that simple scans for things such as hernia detection or

the size of a prostate gland, can be handled locally with no need for a hospital visit. If a blood test is needed, a PSA check can also be done, all within the clinic.

. In addition to the services, such as Botox, facial fillers, hyaluronic acid and aesthetic surgery already provided by the clinic Doctor Beatriz will additional treatments such as

Future plans will also include an MRI scanner and a facility to have a mammogram within the clinic itself. Long term, they will be able to offer the equivalent of full "Well Woman" and "Well Man Clinic" facilities, so watch this space for further updates. Ozone machines have been recently added too, in response to the recent Covid 19 problems.

The collaboration between The Camposol Health Clinic and The La Vega Hospital in Murcia is unique. It means that any health issue, can be dealt with which could include life threatening conditions such as cancer and any needed chemotherapy and radiotherapy treatment and very, very quickly.

All you need to do is visit a doctor at the clinic and they will organise the rest for you. A recent example of this was a lady who had a serious condition and had a hospital appointment within 48 hours. Some of the staff at La Vega are also all English speaking and very, very professional. For example, an MRI scan can be arranged within 48 hours. You are greeted professionally upon arrival, the appointment time given is accurate. Once the

scan is completed, the results are immediate, as they politely ask you to go for a coffee for an hour or so and then return to collect them. Patients will leave with a CD or report, ready to show your doctor. A follow up appointment to review the results can be almost immediate, or can already have been arranged prior to the scan.

The Camposol Health Clinic is not a private health insurance scheme, but a "pay as you go scheme", with a membership option. This is open to everyone and there are attractive benefits to being a member, when it comes to membership for both priority appointments and discounts on treatments. We have seen a significant increase in membership uptake since lockdown, and it is still continuing to rise.

Those paying the monthly fee, have unlimited free doctor, nurse or physiotherapist consultations. The treatments are also heavily discounted if you are a member. An example of this could be that you can see the nurse free of charge and only pay €10.00, for example, for an injection or vaccination. The fees have remained the same for the past 3 years and there will be a slight increase in the membership costs due to constant improvements being made by the clinic and the need to provide even more services to our customers.

The Fees Are As Follows;

Individual membership €19 per month

Family membership (married or a couple) €32.00 per month

Child under 12 membership €6 per month

The forms are all available from the reception area in the clinic, and are available electronically to send on-line from The Journal website. the-journal.es For more information call 968 103 008, email us on info@camposolhealth.com or visit the centre at 19 Calle Madrid on sector A Camposol.

NOTICE

Camposol Health Clinic strives to bring the best General Medical Service to our Members and to our Community.

We have increased the numbers of Doctors to four, three Nurses and two Physiotherapists.

We can now offer a wider range of Services within the Health Clinic too.

From the beginning of January 2021, there will be an increase to the Fee for Membership.

Individual Membership	19€ per month
Couples Membership	32€ per month
Child Membership (under 12 years old)	6€ per month

We wish to continue to provide an excellent Medical Service to all our current Members and to those of the future.

Navy Kitchen Ideas

To Add An Element of Rich Colour and Sophistication

Give new meaning to the term feeling blue by decorating with the colour of the moment.

Thinking about going for a navy colour palette in your kitchen?

A navy kitchen might not be your first thought when deciding on a new colour scheme for the heart of your home. Don't write it off though, as this classic and smart shade of blue can create a crisp and sophisticated look. What's more, it works with any style of cabinetry or property. If you are seriously addicted to pale neutrals, heavy blue is the perfect foil to perk them up as they make a soothing and stylish base for this dramatic look. Choose just one shade of blue and one or two neutrals such as soft taupe or linen. The simplicity of this combo is its strength and it will lose impact if too many shades or accent colours come into play. If you must add an accent, keep it tonal with stainless-steel appliances. Take a look at our pick of the best navy kitchen ideas for more inspiration.



1. Keep The Navy Cabinets Low Level

If you're looking to use a dominant navy blue on the cabinets but fear it proving too overpowering, we suggest opting for the colour on the low level cabinetry. The wall-mounted cabinets work perfectly well in a complimentary soft grey, as we demonstrate above with new Classic Shaker kitchen. Choosing two different colours allows you to be bold with an element of your colour choice, without feeling out of your comfort zone.



2. Take It To The Next Level

Here navy blue cabinetry gives this Shaker-style, open-plan kitchen a super stylish and refined look. Natural finishes such as parquet flooring and smooth wooden stools lend a warm lived-in feel while a crisp white backdrop keeps the room light, fresh and airy. Mimic the blue them into the next room with accessories and soft furnishings.



3. Incorporate Colour At The Windows

Flood the kitchen with a hint of blue by framing the windows in the same rich navy tones. If you're lucky enough to have traditional wooden shutters even better, match the shade to completely blanket the windows in navy blue. If not you can simply paint the wooden surrounds and finish with a matching navy blue blind.



4. Stick To Feature Walls

why not try dipping your toe in with a navy painted feature wall. You get to embrace the look without having to jump in wholeheartedly by painting units. Navy blue walls pair beautifully with all the tones most favoured in the kitchen – warm woods, sophisticated greys and crisp white.



5. Add Decorative Navy Blue Touches

Who says your kitchen has to embrace coloured cabinets to qualify as a navy blue kitchen. Painting the walls and choosing complimentary blue tiles can help to get a stylish navy blue scheme, without the expense of new cabinets or the effort of painting the old ones.

The tiles don't have to match, blending different tonal blues welcomes a depth to the over scheme. It stops the surfaces looking too matchy-matchy.

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* Servicios combinados.

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BOLNUEVO	PTO MAZARRON	MAZARRON	CAMPOSOL	PUERTO MAZARRON	TOTANA	ALHAMA	LA TORRE DE MUGUJANDE	ALHAMA	LORCA	ALHAMA	LORCA	ALHAMA	
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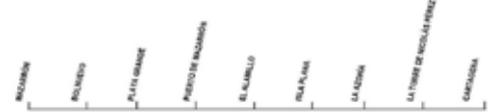
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SALIDAS												LLEGADAS	
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Holiday Scents

Warm, Comforting Holidays Scents to Add to Your Home, Naturally
One of my favorite compliments during the holiday season is someone walking into my house and saying, "It smells so good in here!". The warm, comforting scents we associate with autumn and winter bring an extra bit of good cheer. Try these seasonal blends and see how easy it is to make your home smell good, naturally.

Citrus Clove Pot Simmer

A pot simmer is one of the quickest and easiest ways to fill your house with a super-comforting aroma. Plus, it adds much needed moisture to dry winter air by acting as a natural humidifier.

You can experiment with adding different herbs, spices, fruit peels, essential oils, or coffee to a large saucepan of water. Let it simmer on a low temperature and add more water and re-

fresh the scent materials as the water evaporates.



Christmas Tree Room Spray

Who doesn't love the scent of fresh greenery during the holidays? You

can bring the outdoors in with this room spray that mimics the scent of a Christmas tree.

Add two ounces of vodka to 4-ounce spray bottle. Add the essential oils:
15 drops [Frankincense](#)
30 drops [Douglas Fir](#)
15 drops [Juniper](#)

Shake well and add two ounces of water. Shake again and spray around the entryway before guests arrive or give your Christmas tree a spritz to add more natural scent.

Merry & Bright All Purpose Cleaning Spray

There's no escaping the extra cleaning that comes with holiday entertaining. Mix up a mild cleaner that works in kitchens, bathrooms, and bedrooms. The antibacterial, antiviral, and antifungal essential oils help disinfect and add a fresh holiday scent after the vinegar scent dissipates.

Combine 1/2 cup distilled white vinegar with one cup of water in a 12



ounce spray bottle. Add the following essential oils:

20 drops Grapefruit
10 drops Peppermint
Replace the cap and shake to combine. Spray on light switches, door

knobs, and counters and let air dry.



Mulling Spice Salt Candle Diffuser

No time for candle-making? No worries. Nestle an unscented candle or tea light into scented salt and skip the mess of melting wax.

Place 1/2 to 1 cup of Himalayan or sea salt into a small bowl. Add 15 drops of essential oil and stir to combine.

Mulling Spice Blend

2 drops Cinnamon Bark
2 drops Clove
3 drops Anise
4 drops Nutmeg
4 drops Sweet Orange
Put the salt in a small dish and put the unscented candle in the center. Light and enjoy. Add more essential oils as needed.

If you don't have a candle, you can easily just use the salt. Fill an orange rind with scented salt for an instant holiday mood lifter!

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This delightful coastal walk goes from the southern end of Águilas to Cuatro Calas.

Park at the very end of the Águilas Prom by Paradise beach bar located on Playa de la Canada del Negro.

Then follow the coastal path across the beach walking away from Águilas.

You will pass numerous beaches and walk along some until you reach Cuatro Calas and the final beach of Playa de Los Cocedores where you will find numerous sand caves.

After exploring these - walk up the cliff at the southern side of the bay for quiet stunning views before returning the same way you came , return journey is approx 2.15hrs, the walk can easily be extended by an hour if you start the walk in Águilas and walk the Prom.



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Coming 2 America

Coming 2 America is an upcoming 2020 American comedy film directed by Craig Brewer, from a screenplay by David Sheffield, Barry W. Blaustein and Kenya Baris, based on characters created by Eddie Murphy.

It is the second installment in the Coming to America film series,

and serves as a sequel to the original film. The film stars Murphy, Arsenio Hall, Jermaine Fowler, Leslie Jones, Shari Headley, John Amos, Tracy Morgan, Wesley Snipes and James Earl Jones. Originally to be theatrically released by Paramount Pictures, the film's distribution rights were sold to Amazon Studios due to the ongoing COVID-19 pandemic, which will release it digitally on Prime Video on December 18, 2020.

Set after the events of the first film, former Prince Akeem Joffer (Eddie Murphy) is set to become King of Zamunda when he discovers he has a son he never knew about in America – a street savvy Queens native named Lavelle (Jermaine Fowler). Honoring his royal father's (James Earl Jones) dying wish to groom this son as the

crown prince, Akeem and Semmi (Arsenio Hall) set off to America once again.



Arsenio Hall & Eddie Murphy

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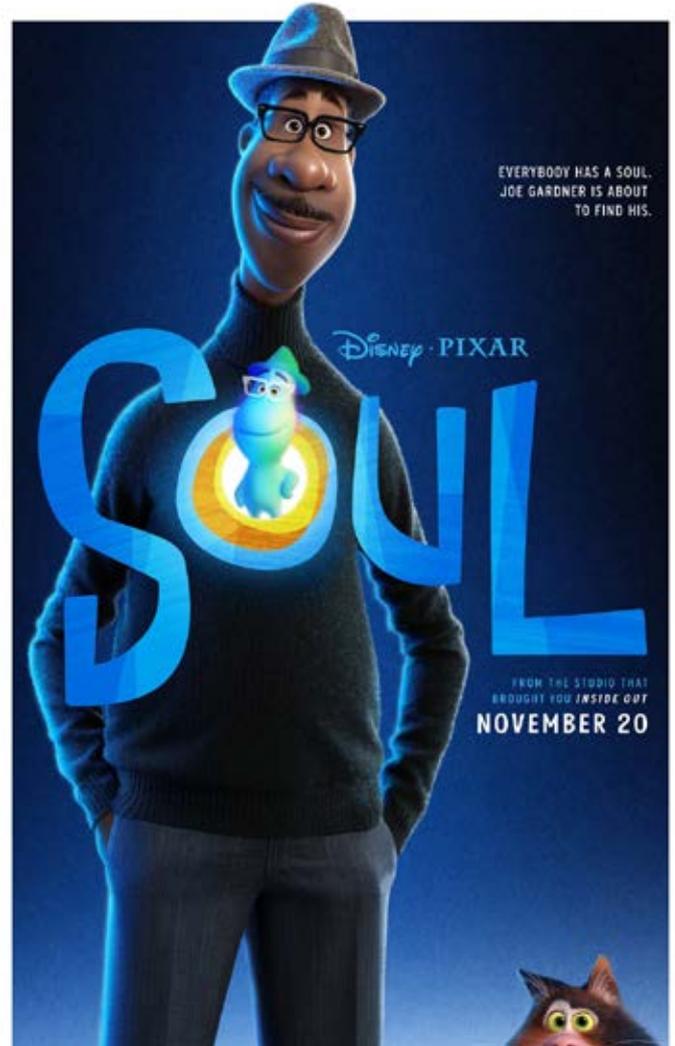
Soul

Soul is a 2020 American computer-animated comedy film produced by Walt Disney Pictures and Pixar Animation Studios to be distributed by Walt Disney Studios Motion Pictures. It is directed by Pete Docter and co-directed by Kemp Powers, from a screenplay and story by Docter, Powers, and Mike Jones. The film stars the voices of Jamie Foxx, Tina Fey, Questlove, Phylicia Rashad, Daveed Diggs, and Angela Bassett.

Soul premiered at the BFI London Film Festival on October 11, 2020. Originally intended to be a theatrical release, it will be digitally released on Disney+ on December 25, 2020.

Joe Gardner, a middle school music teacher, has long dreamed of performing jazz music onstage, and finally gets a chance after impressing other jazz musicians during an opening act at the Half Note Club. However, an untimely accident causes Gardner's soul to be separated from his body and begin to proceed to The Great Beyond, and Gardner escapes to The Great Before, a world where souls develop personalities, quirks, and traits

before being sent off to Earth. There, Gardner must work with souls in training at The Great Before, such as 22, a soul with a dim view on the concept of life, in order to return to Earth before his body dies and also to get to his act before his enemy Paul attempts to steal Joe's dream. [



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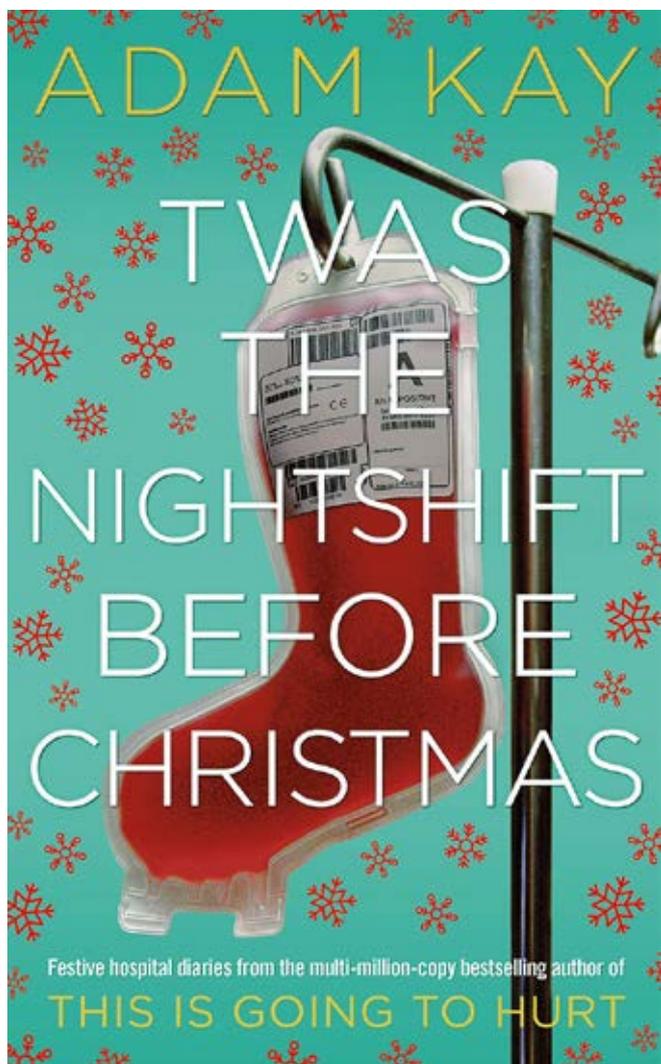
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Twas the Nightshift before Christmas

by Adam Kay

Christmas is coming, the goose is getting fat... but 1.4 million NHS staff are heading off to work. In this perfect present for anyone who has ever set foot in a hospital, Adam Kay delves back into his diaries for a hilarious and sometimes heartbreaking peek behind the blue curtain at Christmas-time.

Twas the Nightshift Before Christmas is a love letter to all those who spend their festive season on the front line, removing babies and baubles from the various places they get stuck, at the most wonderful time of the year.

Adam Richard Kay born 12 June 1980 is a British comedy writer, author, comedian and former doctor. His television writing credits include *Crim*s, *Mrs. Brown's Boys* and *Mitchell and Webb*. He is best known as author of the number-one bestselling book *This Is Going to Hurt*.



Adam Kay



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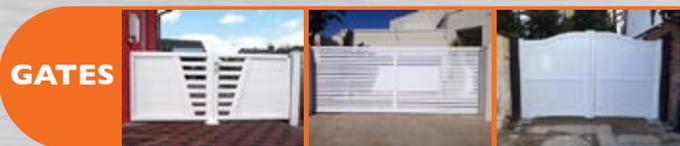
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NEW YORK TIMES BESTSELLER

LET IT SNOW

JOHN GREEN

MAUREEN JOHNSON

LAUREN MYRACLE

THREE HOLIDAY ROMANCES

Let It Snow:

Three Holiday Romances

by

John Green, Maureen Johnson, Lauren Myracle

Sparkling white snowdrifts, beautiful presents wrapped in ribbons, and multicolored lights glittering in the night through the falling snow. A Christmas Eve snowstorm transforms one small town into a romantic haven, the kind you see only in movies. Well, kinda. After all, a cold and wet hike from a stranded train through the middle of nowhere would not normally end with a delicious kiss from a charming stranger. And no one would think that a trip to the Waffle House through four feet of snow would lead to love with an old friend. Or that the way back to true love begins with a painfully early morning shift at Starbucks.

Thanks to three of today's best-selling teen authors - John Green, Maureen Johnson, and Lauren Myracle - the magic of the holidays shines on these hilarious and charming interconnected tales of love, romance, and breathtaking kisses.



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BRUCE SPRINGSTEEN

Following on from last months issue detailing the life of Bruce.....

Born in the U.S.A. became his most commercially successful album and one of the highest-selling records ever, having sold 30 million copies by 2012. It has also been cited by critics as one of the greatest albums of all time. The album received a nomination for Album of the Year at the 1985 Grammy Awards.

It was around this time that Springsteen met singer-songwriter and guitarist Patti Scialfa and she joined the E Street Band. They were close and almost got together but Springsteen was introduced to actress Julie Ann Phillips. They began dating and were married in May 1985. The marriage lasted until 1988 with Springsteen's intense workload being one of the reasons and it was no surprise when they divorced.

Scialfa was asked to re-join the band and they inevitably fell in love and began living together soon after the divorce. The couple married in 1991 in a private ceremony. They went on to have three children; Evan, Jessica and Samuel.

Deeply affected by his conflicted love life and failed marriage, Springsteen wrote and released *Tunnel of Love* in 1987. The album examined themes of love, loss, confusion and heartbreak, tracing the extreme highs and lows of relationships.

The album was again critically acclaimed reaching top 10 in many album charts over the world reaching multiple platinum sales and reaching the Rolling Stone magazine top 500 albums of all time.

Springsteen was always an activist and used his fame and power to get involved in many causes. On July 19, 1988, Springsteen held a concert in East Germany that attracted 300,000 spectators. Journalist **Erik Kirschbaum** has called the concert "the most important rock concert ever, anywhere", in his 2013 book **Rocking the Wall. Bruce Springsteen: The Berlin Concert That Changed the World**. It had been conceived by the Socialist Unity Party's youth wing in an attempt to placate the youth of East Germany, who were hungry for more freedom and the popular music of the West. However, it is Kirschbaum's opinion that the success of the concert catalyzed opposition to the re-

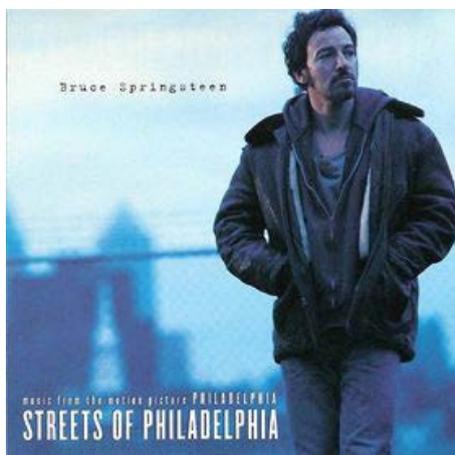
game in the DDR, and helped contribute to the fall of the Berlin Wall the following year.

Later in 1988, Springsteen headlined the worldwide Human Rights Now! Tour for Amnesty International. In late 1989, he dissolved the E Street Band.

In 1992 Springsteen was accused of selling out after moving to Los Angeles and working with session musicians. He was criticized by his fans for "going all Hollywood" and no longer recording with the E Street Band. As happy as he may have been in his personal life, the early 1990s were not Springsteen's glory days as an artist.

The albums he produced during this period — **Human Touch** and **Lucky Town**, released on the same day in 1992 — came from a happier place; ironically as his personal life improved, his songs seemed to lack the emotional intensity that had made him so famous in earlier years.

Springsteen won an Academy Award in 1994 for his song **Streets of Philadelphia**, which appeared on the soundtrack to the



film **Philadelphia**.

1995 saw Springsteen re-forming the E Street Band temporarily to record a few songs on his first **Greatest Hits** album and this was followed up with a folk album **The Ghost of Old Tom Joad**. The album was criticized for being too political whilst many praised it for giving immigrants a voice they would not have had. The album debuted at number 11 on the US Billboard 200 chart, with 107,000 copies sold in its first week and won the 1997 Grammy Award for Best Contemporary Folk Album. A tour of smaller venues followed, with more intimate, acoustic versions of previous songs.

After the tour Springsteen moved back to New Jersey with his family.

Towards the end of the 90's Springsteen said that "the 1990s were a "lost period" for him: "I didn't do a lot of work. Some people would say I didn't do my best work."

Springsteen was inducted into the Rock and Roll Hall of Fame in 1999. Also in 1999, Springsteen and the E Street Band reunited and began their extensive Reunion Tour, which lasted over a year with sold out venues throughout. A new song, **American Skin (41 Shots)**, about the police shooting of **Amadou Diallo**, which was played at these shows proved controversial.

In 2002, Springsteen released his first studio effort with the full band in 18 years, **The**

Rising, the album, mostly a reflection on the September 11 attacks, was a critical and popular success. The **Rising** became Springsteen's best-selling album of new material in 15 years. On the back of the album, The **Rising** Tour commenced; the band blasted through a series of single-night arena stands in the U.S. and Europe. Springsteen played an unprecedented 10 sold out nights in **Giants Stadium** in New Jersey. The **Rising** won the Grammy for Best Rock Album and was nominated for the Grammy for Album of the Year. In addition, the album won the Grammy for Best Rock Song and for Best Male Rock Vocal Performance. It was also nominated for the Grammy Award for Song of the Year. **Rolling Stone Magazine** later named it the 35th best song of the decade.

At the Grammy Awards of 2003, Springsteen performed **The Clash's London Calling** along with **Elvis Costello**, **Dave Grohl**, and E Street Band member **Steven Van Zandt** and **No Doubt's** bassist, **Tony Kanal**, in tribute to **Joe Strummer**. In 2004, Springsteen and the E Street Band participated in the Vote for Change tour, along with **John Mellencamp**, **John Fogerty**, the **Dixie Chicks**, **Pearl Jam**, **R.E.M.**, **Bright Eyes**, the **Dave Matthews Band**, **Jackson Browne**, and other musicians.

Another acoustic folk album followed with the E Street Band, **Devils and Dust** was released in 1985. With the title track telling the story of a soldier's feelings in the Iraq war, The album was another political project. It entered the charts at number one in 10 countries, reaching gold sales in many countries. A tour came on the back of the album but playing both small and large venues. Attendance was disappointing in a few regions, and everywhere (other than in Europe) tickets were easier to get than in the past.

A new project with **Pete Seeger** followed in April 2006. **We Shall Overcome: The Seeger Sessions**, was an album of activist folk songs from the great Pete Seeger. The tour followed with an 18 strong ensemble of musicians. Whilst venues sold out mainly in Europe, it was reported that many venues had sparse attendance in the U.S.

Springsteen's next album, entitled **Magic**, was released in October 2007. Recorded with the E Street Band, it had 10 new Springsteen songs plus **Long Walk Home**, performed once with the Sessions band, and a hidden track (the first included on a Springsteen studio release), **Terry's Song**, a tribute to his long-time assistant **Terry Magovern**, who died in July 2007. The album debuted at No. 1 in the UK.

It was announced in November 2007, that Springsteen's long time friend and founding E Street Band member **Danny Federici**, would be taking a leave of absence from the **Magic Tour** to pursue treatment for melanoma. **Charles Giordano** filled in as Federici's replacement.

Federici returned to the stage on March 20, 2008, for a Springsteen and E Street Band performance in Indianapolis. On April 17, 2008, Federici died of cancer.

Springsteen supported **Barack Obama's** 2008 presidential campaign. He gave solo acoustic performances in support of Obama's campaign throughout 2008, culminating with a November 2 rally at which he debuted the song **Working on a Dream** in a duet with wife Patti Scialfa. Following Obama's electoral victory on November 4, Springsteen's song **The Rising** was the first song played over the loudspeakers after Obama's victory speech in Chicago's Grant Park. Springsteen was the musical opener for the **Obama Inaugural Celebration** on January 18, 2009, which was attended by over 400,000 people. He performed **The Rising** with an all-female choir. Later he performed **Woody Guthrie's This Land Is Your Land** with Pete Seeger.

Springsteen won a **Golden Globe** award in January 2009 for the song **The Wrestler** from the film of the same name and supplied the song for free after a begging letter from **Mickey Rourke**.

A month later, Springsteen provided the half-time entertainment for the **Super Bowl** of that year after turning it down multiple times in the past and even gave a press conference to promote the short show – his first press conference in over 25 years!!!

In April 2009, another album was released; **Working on a Dream** was dedicated to the memory of Danny Federici. An eight month long tour followed the album release, end-

ing in a five night run in the **Giants stadium**.

In December of that year, Springsteen was on honoured at the Kennedy Centre Honours with **Barrack Obama** leading the speeches and musical tributes from many artists such as **Sting, Jennifer Nettles** and **John Cougar Melloncamp**.

Springsteen ended the decade being named as one of the eight artists of the decade by **Rolling Stone Magazine**.

The 17th studio album **Wrecking Ball** was released in March 2012 the album became Springsteens 10th album to reach number 1 in th US. The obligatory world tour followed and was of course a great success, winning multiple awards.

Springsteen campaigned for the re-election of Barack Obama by speaking and singing at rallies.

In January 2014 another album was re-released (springsteens 18th) and became his 11th album to reach number 1 in the US album chart and his 10th in The UK.

Springsteen made his acting debut in an episode of **Lily hammer** (a Steve Van Zandt production).

2016 saw the River Tour begin which was intended as a three month Us tour but ended up being a 7 month tour taking in Europe too. The tour sold 1.1 million tickets!!!

In 2016 Springsteen supported Hillary Clinton's presidential campaign and was also awarded Presidential Medal of Freedom award by Barack Obama and performed a special concert in the White House for the Obamas just before the president gave his farewell address to the nation.

Bruce performed on a long run on **Broadway** both singing and reading recitals from his autobiography **Born to Run**. The show was so popular, it was extended 3 times. The live Album Springsteen on Broadway was released and went to number 10 in 10 countries.

Plans were afoot for a new tour with the E Street Band but Covid 19 happened.....But Bruce being Bruce, he undertook a stadium gig with the **Drop Kick Murphy's** where the audience paid to watch the stream and proceeds went to three different charities; Over 9 million watched the event.

Still hard at work providing superb music (a new album with the E street band **Letter to you** has been released this year) and helping out as much as he can with numerous campaigns....Ladies and gentlemen I give to you the absolute legend that is **Bruce Springsteen**.

Damien Sugden



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If you are feeling depressed and alone, and you would like to talk with a responder trained in Mental Health First Aid you can call us on 634 308 362.

If you are feeling the pressure of the restrictions on your way of life why not talk to a friend about how you are feeling. You are not alone; *the mental health of society in general has been affected by the change in our lifestyles due to the Covid-19 virus.*

Twelve of our responders completed a course in **Mental Health First Aid**; this is a valuable service that we are now offering to people on Camposol and the Mazarron area. If you know someone who may benefit from this service they can call us on **634 308 362**. All calls are treated in complete confidentiality. Talking to someone who will not judge you may help you on the road to feeling that you are not alone; there are a lot of people feeling the mental pressure due to the virus. Talking to someone will help. We have contact numbers of councillors who can help.

Due to the Covid-19 pandemic **FAST** are unable to attend patients, our phone system is available 24 hours a day to be able to give advice, information, and support in a time of crisis. With the correct advice over the phone you could save a life.

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

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

The service that we provide is recognised by the British Consulate as a valuable addition to the emergency services in Mazarron.

We had a sponsored Golf Day on the 21st November at the Camposol Club de Golf. More information and photos next month.

We are always looking for people to train as first responders; no past experience is required as all training is provided in house. Even with the restrictions in place we are planning the training programmes for when we can resume. We have resumed training in small groups adhering to social distancing and local restrictions. Giving something back to our community is a very rewarding feeling. If you are interested just email us at recruitment@fast2016.org

Sue Pipe regularly organises quiz Day and Nights at the Diner on B sector, in aid of local charities, she presented



FAST with €336.50 after a quiz at the restaurant. Thank you Sue from all who **FAST** help.

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YOU ARE NOT ALONE.



It's December. That time of year that is so special and magical. We normally have our annual meet the donkey's morning on or about the 17th But we will have to cancel this year due to this flipping COVID pandemic, Unless the restrictions are lifted beforehand. We will update Facebook nearer the date.

So what have we been doing this past month? Luckily our shops have been able to remain open, phew!!!! so we are still selling and accepting donations. Lock down or no lock down our work contin-



ues, the last month saw three ponies from the perrera in Murcia and a female donkey from Lorca, all needing a safe place of course they came to AAR, Isabel the donkey, her case was quite complicated and we've waited around 1 month for her finally, we got the all clear to collect her so thank you to all concerned in her case. All are now settling in well. We will update on our face book page info about the ponies and Isabel.

We are moving very slowly with the sanctuary, unfortunately time and money is the key. We need more lol.

The donkeys have settled in well, so calm, they haven't told me they don't like it anyway!! , it really is the most beautiful place and so quite and peaceful, we certainly found a little gem when we stumbled across it. We are still waiting for the permissions to be granted for the construction of the stables, quite a few things have had to be changed!! It's a learning curve I can tell you that but we won't give up! Red tape uffffff there must be miles of it round our applications.

I would like to say a huge thank you to all of you who support AAR throughout the year, with nearly 90 donkeys, we appreciate it so so much, and so do the donkeys. Also massive thanks go to our wonderful volunteers, you ladies are the best and keep the wheels of AAR turning. Much love to you all.

Lastly a massive thank you to Cathy and all at the journal for their continued support with the publications of these articles, it helps us so much to reach people.

So here's hoping to a different 2021! A COVID-19 free one maybe! We can hope. Please please stay safe guys, follow the

rules whatever they are, (yes I'm as confused as you are). And have a wonderful Christmas and Happy New Year love from all the animals and humans here at AAR.

Love to you all
Andrea



FMA
FRIENDS OF MAZARRÓN ANIMALS

Just as I am writing this article, restaurants and bars have been asked to close for two weeks at least, thus cancelling a lot of our fund raising events. This obviously affects our ability to finance rescues but unfortunately the number of abandoned animals does not cease and as people face economic pressures this has a knock on effect on some and their ability to care for their animals.

Most people will sensibly look for help while a few will choose the other route, abandonment. In our article this month we would like to focus on those abandoned dogs that are leish positive and why they should be given the chance of a loving home too.



Leishmaniasis is a tropical disease found across Europe. It is transmitted to dogs by an infected sandfly. Although Leishmaniasis cannot be cured, it can be managed with cheap medication and most dogs will live a full and happy life with Leish. The disease often goes into remission when a



dog is placed in a stable home environment and, with reduced stress and good nutrition, many rescued dogs will be asymptomatic for the rest of their lives. Leishmaniasis cannot be transferred from one dog to another or to humans.

These dogs have the right to a loving permanent home like any other dog. I myself adopted a leish positive dog and after a year on very cheap tablets she has now tested negative and is expected to live a

full and normal life. I have never regretted this decision, and monitoring her condition has proved to be very easy with a regular blood test. Spread the word and let's educate people about leishmania so everyone is happy and confident to give a chance to a leish positive dog.

As usual we would like to thank all our friends and volunteers who continue to support us through these difficult times. Please like our Facebook page; by doing this you can keep up to date on our FMA family and keep track of any future events.

WHAT IS HUMANISM?

The word Humanism was not used until the 1800s. Today, a Humanist is a person who believes that humanity has no need of religion. Humanists may have different views on many subjects and may have widely different backgrounds. They see no convincing reasons for belief in God who created the Universe, who controls lives and who answers prayers.

They think that moral ideas arose in the course of evolution rather than being of divine origin. Humanists are concerned with improving the happiness and welfare of humanity and think that improvement can come about by human effort alone. They do not take their ideas about the origin and nature of the universe from sacred literature written many centuries ago. They take their views from science.

They see no convincing evidence for the existence of a life after death. They examine knowledge and opinions to consider ways of improving the world's environment and the living conditions of humans and animals.

While there is no Humanist Creed, Humanist Organisations do draw up statements outlining their aims and attitudes to problems. These are not fixed and may change in the light of new knowledge and Humanists are prepared to admit that they may be wrong!

They do not deny the value of religion as a source of comfort, as they too derive comfort from their views to work out their destiny without calling on divine help. The Humanist movement makes no attempt to convert religious people to Humanism. It merely sets out another path to those who have no religious beliefs.

As Humanists don't believe in survival after death, it follows that they do not believe that prayers and conventional funeral services are needed but the role of ceremony is still important.

Throughout history, in countries all over the world, ceremonies have been used to mark events such as funerals and weddings. For couples who want to make a commitment that involves love and respect, Humanist marriages are possible and are becoming very popular, as naming ceremonies instead of christenings. Humanists rely on celebrants who are trained to conduct these ceremonies and who are supported by the Humanist groups such as the British Humanist Society and in Murcia, the Humanists of Murcia.

The Humanists of Murcia was formed in 2011. It celebrates Summer & Winter Solstices, Spring & Autumn Equinoxes, Remembrance Days. It organises walks, lunches, holds discussions group meetings.



Dinosaur footprint walk

For more information about Humanism in Murcia, go to www.humanistsofmurcia.com or email humanistsofmurcia@gmail.com.

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

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





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Are you hoping to come out to Spain before Christmas?

One of the services that we offer (especially those with holiday homes who are not here all year round) is a call out service to review your heating and hot water systems prior to your next visit. This year has been exceptional with many home owners not being able to make it back for months on end. Boilers, air conditioning units and water heaters do not like being left untouched for long periods of time, a bit like a car, you need to run them regularly to ensure the best performance.

All too often, we get frantic calls from people arriving to spend a few precious days at their villa only to find no hot water, no heating or worse!

We try and accommodate everyone, but we have a large customer base and we do get busy and cannot always drop everything to come to the rescue. Visitors also can arrive at the weekend which may result in having to wait until Monday to get an engineer to call. Not a great start to your well earned break! Just as we were getting ready for Christmas break on 22nd December last year, we started receiving call after call from owners who had just arrived for Christmas. As you are booking either a flight, a road trip or a ferry to get here, why not give us a call when your dates are confirmed or get your property management company to arrange it for you?

You can pre book an engineer at any time to call a week or so before your next visit. For the cost of a call out of

just €0.00, we will come and check your heating, hot water, flush the toilets etc to ensure you can enjoy your stay without loss of any vital services or the prospect of having to wait in for someone to call.

If you have a property management company looking after everything we can liaise with them or if not, we just need a friendly neighbour to let us in. This is also becoming increasingly important as we have had some really alarming calls since lockdown from people with serious water leaks that had gone undetected. Flooded underbuilds, mould and not to mention extortionate water bills are becoming more and more common.

You can arrange this service by calling us on our office number 968 199 184, our mobile number/ WhatsApp 646 965 082 or by emailing us on camposolheating@gmail.com.

What To Sow And Grow In December



Add scented interest to your garden with Christmas box shrubs

There's plenty to keep you busy in the garden in December. Make the most of any crisp dry days to nip outside and get a head start on the new year. Here are our top picks of seasonal flowers, plants, fruit and veg to sow and grow in the garden this month:

Plants And Flowers To Sow And



Grow

Sow Snapdragons now for early summer blooms

In The Greenhouse/Indoors

- Sow antirrhinums (Snapdragons) and laurentia in a cool greenhouse now for early flowering in the summer.
- Sow begonia and geranium seeds for a head start to the season.
- Cyclamen prefer cooler temperatures so sow them anytime between now and March for optimum growth.

Plants Outdoors

- Plant up winter containers with hardy cyclamen, ivy, skimmia and evergreen grasses such as carex to add colour to your garden. Position them beside entrances and well used paths for a cheerful winter display.
- Plant bulbs in large pots of compost ready to fill any gaps in spring borders.
- Plant some shrubs for winter interest. *Sarcococca confusa* adds colour and fragrance to your garden at this time of year.
- If you still haven't planted your tulip bulbs there is still time.
- Plant bare-root native hedges to encourage wildlife and create attractive boundaries around your garden.

Herbs And Vegetables To Sow And Grow In The Greenhouse/Indoors



- Herbs such as basil, dill, chives and parsley can be sown indoors on your windowsill for winter use.
 - Sow winter hardy salad leaves under cover, such as lettuce 'Winter Gem' and 'Arctic King'.
 - Sow exhibition onion seeds now to give the bulbs time to grow as big as possible.
- Direct Sow Outdoors



- Sow hardy broad bean 'Aquadulce Claudia' outdoors.
- Plant Outdoors
- Plant Rhubarb crowns now in well prepared soil. Add plenty of organic matter - they're hungry feeders!

Fruit To Sow And Grow

Try starting to grow these fruits this month:

- If you'd like to grow your own delicious raspberries next year, plant raspberry canes now while they're dormant.
- Plant blackberries any time between now and the spring.
- Strawberry plants can be planted now for a crop of sweet berries in the summer.
- Plant blueberries this winter for an attractive addition to the fruit garden. With pretty white flowers, delicious berries and fiery autumn foliage, these acid loving plants provide constant interest.
- Plant gooseberries and currants now.



Camposol 'C' Green Fingers Gardening and Social Group

The Maintenance Team have been weeding, clearing and spraying the streets of 'C' North during mild but misty mornings this month. The Scheme has been in place a few years now and new owners may not realise what our sector would look like without it. Huge weeds on the roadsides, deep pot holes, no landscaped areas and rubbish blowing everywhere. A forgotten and abandoned area. Nobody wants to live or spend holidays in a place like that so if you don't already belong to our scheme please think about joining? We are totally dependent on your help. A small donation of 5 euros per house each month means the whole of 'C' Sector North is swept, cleaned and sprayed. One day, Green Finger's Maintenance Scheme will no longer be needed as the Ayuntamiento will take over street cleaning but until then we ask you to consider joining us, even if your house is only used as a holiday home – unfortunately the weeds don't have holidays and your street still needs

clearing all year round! We'd like to welcome new volunteer Rob to our Wednesday volunteers, who have been weeding, trimming scrub and trees, planting of new plants, including an Iris bed, dead-heading and clear-



ing the dual carriageway of palm seeds. The raised bed by the Mercer's sign was again transformed for Remembrance

Day, with silhouettes and beautiful crafted poppies as our memorial to The Fallen. We are always looking for new volunteers. If you'd like to join us for a couple of hours come along to the Welcome Wall at 9am on a Wednesday. Breakfast butties and drinks are free - don't worry if you can't do heavy work, there are always lighter tasks available and you'll be improving your community!

Now a polite request concerning the green waste skips – Please could we appeal to everyone not to leave their green waste in plastic bags. Empty them out and take the bags home. Thank you.

We'd finally like to take this opportunity to wish everyone a Merry Christmas and say a huge thank you to those who take time to care for any plants near their homes, to those who have offered us refreshments and those who contribute to our Fund Raising Buckets. Further information is available from our Chairman, John on 634 325 427 or check our chalkboards and Facebook groups.



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Los Palacios

Sadly we were unable to hold the annual Remembrance Service this year but in anticipation of people still wanting to attend individually at the Memorial Garden to remember loved ones lost and pay respects to the fallen who gave their lives



for our freedom. Our volunteers were out in force to assist Bob Stocks in giving the Memorial Garden a spruce up on the Monday, which was appreciated by those who called at the Memorial Garden on the 11th. Bob and Dave Wylde maintain the garden all year round and do a wonderful job.

Other members of our group have also been busy; Debby Stratton hand knitted 100 poppies



for the poppy appeal. Ken Nuttall repaired the Well at the entrance to the Memorial Garden. And congratulations to Jack Bonner who won the "Who Cares Campaign" Neighbour of the Week run by Costa Calida Radio. Jack was nominated by his neighbours in recognition of all his hard work in sweeping the roads and keeping his area tidy. Luckily for us we were able to hold a Fundraiser before the bars closed. This was held at The Diner and we would like to say a very big thank you to Sue Pipe for organising this and to her staff for looking

after us. It was a very enjoyable evening and raised a total of 406.20 euros.

As our name says we are a Community Group and as well as maintaining the parks and garden areas, our volunteers are also involved in other things which contribute to the safety and wellbeing of our community. At least 10 of our members also belong to the Security Group. This group is made up of volunteers both men and women who live on Sector A. They give up their evenings to patrol the streets every night to keep a lookout and keep an eye on empty properties. It enables anyone to contact a member if they see anything suspicious or, especially for those living alone, a means of obtaining help if needed. There have been many occasions when concerns have been reported and the "group chat" phone network has spread the word and the response has been immediate.

We have now suspended our bucket collections while the bars are closed but our library is still open every Friday between 10 am to 12.30.

THOUGHTS FOR CHRISTMAS

Yes - its that time of year again ! – present hunting and buying, what shall we have for Xmas dinner or who is going to whose house - no arguments please!

This Christmas will be different to those in PRE COVID 19 times that's for sure! Remember when we lived in the UK and all the stress which we put ourselves through each year, in order to co-ordinate everything along

with our usual work responsibilities and household routines?!

This time of the year is always an opportunity for reflection about a lot of things and we know that now there are a lot of families either here or in the UK who are in great difficulties caused either directly or indirectly by Covid 19. More than ever before, it can be a time of mixed feelings and a time of great loneliness for some people without family or friends. So its an opportunity for others to impart goodwill and think of others less fortunate than ourselves.

It can be a good opportunity to think about your legal and financial affairs and how to put them in order or at least to make a list address-

ing your concerns. These issues could involve anything at all ie property, Wills (Spanish or UK) tax or pension issues. I would urge you, for example, to look at your existing Wills and to ask whether they reflect your current wishes and circumstances and if a new Will is necessary. Maybe you want advice regarding a UK property or legal issue. Alternatively, maybe you want advice on your tax responsibilities as a property owner here in Spain; or need advice regarding your rights to monies in a private pension plan held in the UK.

Maybe you need advice on investments, to be sure your money is doing the best for you – its important that your choice in this regard is one which is also tax efficient! Tax INEFFICIENT investments benefit only 1 person – the Taxman!

Whatever the issue, dont hesitate to contact me so that an appointment can be arranged to discuss your concerns.

Shirley Ann Fisher FILEx. UK Lawyer & Commissioner for Oaths, Please email me at shirleyfisherlegalservice@gmail.com or ring my mobile 634053976

Camposol Business Centre, Calle Madrid, Sector A (next to Mariano's Restaurant) . Tel. 968 103 008 – leave a message with Corina and I will get back to you as soon as I can.

I would like to extend to all my clients past and future good health for the Christmas Season and the New Year – Feliz Navidad!

Shirley Fisher

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Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am

Los Palacios Garden Group, 10am - 5pm

Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm

Slimming Club, Cats Bar Camposol, 11am

Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

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Camposol B Clean Working Party 8:30am - 5pm

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

FAST Volunteers Wanted Social Centre, Camposol, 10am

Friends and Buddies Meeting Social Centre, Camposol, 7.30pm

Blackbull Fish and Chips 5pm - 9pm

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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

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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

Camposol Market Day, 9am - 6pm

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FRIDAY

SATURDAY

SUNDAY

Notes

Camposol D Bucket Collection 9.30-12 @ The Hut

Camposol B Clean Working Party, 9am

Perrera Dog Walking, 9am – 11am

Mazarron Bahia Lions

Table top sale, Camposol B., 10am - 6pm

Blackbull, Music with DJ Sean Bodie 6pm til late

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals Social Centre, Camposol, 1.15pm

San Jose El Saladillo Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm

Puerto de Mazarron Market Day 9am - 6pm

St Nicholas 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

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Blackbull, Music with DJ Sean Bodie 6pm til late

17th October Zambuca Restaurant FMA Music Event with Barrington

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals Social Centre, Camposol, 1.15pm

San Jose El Saladillo Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm

Puerto de Mazarron Market Day 9am - 6pm

St Nicholas Ecumenicla Church Service, 10:30am - 5pm

Wellspring Victory Church Service Puerto de Mazarron, 11am - 5pm

Blackbull Sunday Lunch Book A Table San Jose El Saladillo

Catholic Mass in English, 4:30pm

Camposol D Bucket Collection 9.30-12 @ The Hut

23rd October Zambuca Restaurant, Music Event with Shirley Bassey Tribute

Camposol B Clean Working Party, 9am

Perrera Dog Walking, 9am – 11am

Mazarron Bahia Lions

Table top sale, Camposol B., 10am - 6pm

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Blackbull Sunday Lunch Book A Table San Jose El Saladillo

Catholic Mass in English, 4:30pm

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

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THE **Journal**



Costa Calida Radio
90.00 & 100.00 fm

Christmas Jokes

- Q:** What kind of Christmas music do elves like?
A: "Wrap" music
- Q:** What do you call a snowman with a six pack?
A: An abdominal snowman
- Q:** How does a snowman get to work?
A: By icicle
- Q:** What do snowmen call their offspring?
A: Chill-dren
- Q:** What's St. Nicholas's favorite measurement in the metric system?
A: The Santameter!
- Q:** Where do Christmas plants go when they want to become movie stars?
A: Holly-wood!
- Q:** How do Christmas angels greet each other?
A: "Halo!"
- Q:** Which of Santa's reindeer has the worst manners?
A: RUDE-olph, of course!
- Q:** What's a sheep's favorite Christmas song?
A: "Fleece Navidad"!
- Q:** Who is a Christmas tree's favorite singer?
A: Spruce Springsteen
- Q:** What Do You Sing At An Elf's Birthday Party?
A: Freeze A Jolly Good Fellow!



CHRISTMAS WORD SEARCH

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

BELLS	RUDOLPH	ELVES	JOY
CANDLES	SANTA	FROSTY	MERRY
CANDY CANE	SEASON	GIFT	MISTLETOE
CARDS	SLEIGH	GIVING	NOEL
CELEBRATE	STOCKING	GREETINGS	NORTH POLE
CHIMNEY	TREE	HOLIDAY	REINDEER
CHRISTMAS	WREATH	JOLLY	



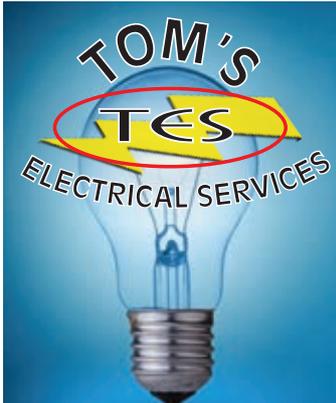

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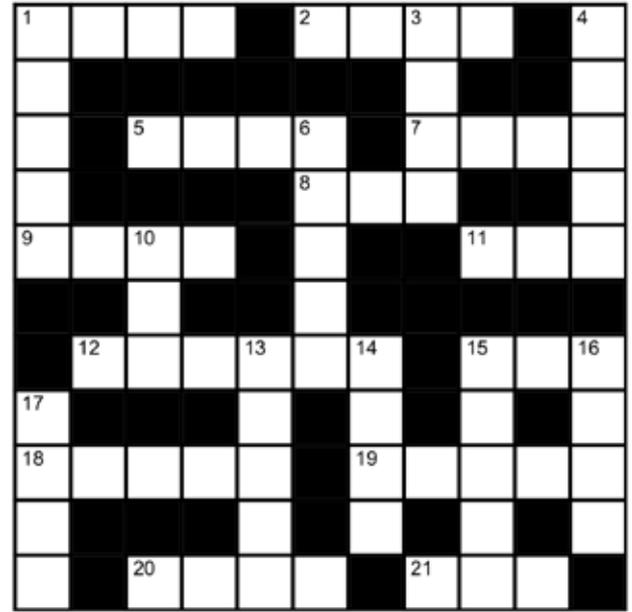
ACTION WORDS CROSSWORD PUZZLE ?

ACROSS

- 1 To ___ the dishes (4)
- 2 To ___ a football (4)
- 5 To ___ a book (4)
- 7 To ___ an omelette (4)
- 8 To ___ a bank (3)
- 9 To ___ a car (4)
- 11 To ___ a prize (3)
- 12 To ___ the phone (6)
- 15 To ___ the bed (3)
- 18 To ___ a cigarette (5)
- 19 To ___ a pint of beer (5)
- 20 To ___ a living (4)
- 21 To ___ the table (3)

DOWN

- 1 To ___ TV (5)
- 3 To ___ your hair (4)
- 4 To ___ your teeth (5)
- 6 To ___ a lorry (5)
- 10 To ___ a marathon (3)
- 13 To ___ the garden (5)
- 14 To ___ a bicycle (4)
- 15 To ___ a letter (5)
- 16 To ___ a shower (4)
- 17 To ___ the piano (4)



Sudokus

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

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

Answers to last months page 62

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THE BEST SMART LIGHT SWITCH, SO YOU'LL NEVER HAVE TO GET OUT OF BED TO TURN THE LIGHTS OFF AGAIN

A smart light switch lets you control your lights anytime and anywhere.

If you're still flipping a switch to turn your lights on and off, you're a bit behind the times. As the rest of your home gets smarter, why shouldn't your lights?

Enter the smart light switch, which lets you turn your lights on and off from almost anywhere using your smartphone. If you're the type who lives on a strict schedule, you can also use an app to program when the lights in your home will power on and off automatically. You can even have your lights switch off the second you walk out your front door.

Top picks work with Alexa and Google Assistant, making turning the bedroom lights off from a comfy bed as easy as saying "Alexa, turn off bedroom lights." Some of these smart switches require a separate hub or bridge to function, and if you aren't comfortable doing minor electrical wiring, consider hiring a professional or opting for smart light bulbs instead. But if you have tall ceilings or can't afford to purchase multiple smart bulbs, a smart light switch is

definitely the way to go.

BEST OVERALL

Lutron Caséta Wireless Smart Lighting Dimmer Switch

The Lutron Caséta comes with a convenient remote control, is easy to install, and integrates with most major smart home services.

Although it requires a bridge (one is included in this bundle), we think it's still the best smart light switch money can buy. It's a versatile option that'll work with any setup - whether you use Apple HomeKit, an Amazon Echo, Google Home, Nest, or IFTTT. We use ours with an Echo speaker to easily turn off or dim our non-smart lights with our voice.

This option, which is available in single-pole or three-way setups, offers geofencing capabilities, meaning your lights can automatically turn on when you arrive, and then off when you leave your home. It can be controlled with your voice using your smart speaker, your smartphone, or its included remote.

Also, its app has "scenes," which program the lights for specific scenarios. For instance, there's a vacation scene that'll turn the lights off and on at specific times to give the appearance that you're home. Features like these make it stand out from its competitors, and make it a worthy addition in your smart home.

THE BEST WIRELESS SOUNDBARS FOR TURNING YOUR TV INTO AN EPIC SOUND SYSTEM

Because quality sound is crucial to a good viewing experience.



Soundbars have become a must-have companion for just about every new TV out there. Our wireless picks will not only play nicely with your brand-new TV, but also connect and stream sound from your smartphone, tablet, or laptop. Some of the finest offerings are also compatible with Amazon Alexa and Google Assistant voice commands.

THE BEST WIRELESS SOUNDBARS

Top Pick: Polk Audio Signa S3

Best Budget: TCL Alto 7+

Most Elegant: Bose Soundbar 700

Best for Small Spaces: Sonos Beam

Most Immersive: Samsung HW-Q70T

The Audiophile's Pick: Klipsch The Fives Speakers

Best Without a Sub: Sondcore Infini Pro

It's worth noting that even though these picks are wireless, many of these soundbars require users to connect them to their TV with an HDMI or an optical cable. The term "wireless" usually means that they have Bluetooth and/or Wi-Fi connectivity, which allows them to pair with de-

vices other than your TV. Learn more about our top picks now to discover the best wireless soundbar for your home.

TOP PICK

Polk Audio Signa S3 Wireless Soundbar



Why is the Polk Audio Signa S3 the best wireless soundbar for most buyers? It has an elegant design with a cool fabric finish, a bundled wireless subwoofer, effortless setup, and impressive audio performance, as well as support for Google Chromecast wire-

less playback and Google Assistant voice commands, all at an incredible price point.

The 2.1-channel soundbar supports Dolby Digital 5.1 decoding for a cinematic audio experience. In addition to Wi-Fi connectivity, the Signa S3 soundbar has Bluetooth as well. You conveniently adjust sound to your liking via a minimalist remote control.

BEST BUDGET

TCL Alto 7+ Wireless Soundbar



Priced competitively, the TCL Alto 7+ soundbar is our favourite pick for

frugal shoppers. The 2.1-channel offering has easy setup, excellent sound quality for its price point, as well as a wireless sub for enhanced bass. A PCMag review editor praised the product for delivering “bass depth and crisp treble edge we usually don’t expect for such a budget-friendly price.” The soundbar has Bluetooth connectivity, so you can connect your mobile devices and stream audio content. If you are shopping for a new soundbar on an even tighter budget, you can order the Alto 7 without a wireless subwoofer.

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Dawn Llewellyn-Price

‘Have yourself a merry little Christmas....’ Maybe we should insert covid before Christmas, but that would be the height of bad taste. Yes, it’s likely to be different to those ghosts of Christmas Past, and it may be a lonelier festive season for some. With closures and curfews both in Spain and the UK, that mix of popping home to be with family, or family coming to enjoy Christmas in the sun, are unlikely in this pandemic year. We’ll have to make do and mend methinks. Be a bit more Scrooge.

Luckily for most of us with technology, we can share a festive menu via the online app offerings, and share

our sparsely laid tables for two, with laptops propped betwixt the sprouts and the gravy boat.

For as long as I can remember, people have moaned that Christmas has become too commercial, too many presents, too much ‘stuff’. Well, ho ho ho, now’s our chance to cut back, chill out, and remove the stress of gift hunting and send them all money instead. Or forego the gift giving for a year?

We can still festoon our living spaces with trees and tinsel and the comfort of twinkly fairy lights, and lounge about in fluffy nightwear on sofas, watching festive films and eating goodies till our teeth hurt. We may not be able to go out for those annual parties and lunches that are the precursor of that coming down the chimney moment, but just for one year, and the safety of all concerned, having a 1950’s style Christmas may just be the making of us all.

We tried a sample in recent years and decided not to give gifts as we were headed off on a cruise and the packing alone was bad enough, never mind buy, wrap and deliver presents. So no adult gifts, and the youth of the

family had money to spend on their desires, which let’s face it, most of us wouldn’t really have a clue about. Spain offers a wealth of possibly untasted Christmas offerings so far removed from mince pies and puddings, so why not create a few menus of your own with the Spanish versions? We’ve always done a Christmas Eve feast based on the Spanish seafood tradition at home here in Wales, usually cold, to ensure we’re fed when returning from the annual Christmas Eve afternoon booze-up. We roll in (totter in my case, as the heels come out) dressed to the nines, and hit the fridge around 8pm. The table is already laid in spectacular fashion that morning, with tableware reserved for this time of year, and outcome the smoked salmon blinis and other creative offerings usually via Marks and Spencer’s chillers, and anything festive we managed not to eat from Mercadona’s Navidad aisles, before we left for the ferry in autumn.

I sincerely hope you manage the best Christmas possible, even if you have to drag out that hoary old chestnut: ‘It’s only one day!’

Feliz Navidad a todos.



Is it really Cos-worth so much? Rare 33-year-old Ford Sierra RS500 claimed to be the 'best one left' is estimated to sell for close to £100k
 A 1987 Ford Sierra RS500 Cosworth - one of 500 made - is being sold at auction
 It has a higher estimate of £85,000 - which rises to £100k including buyer fees
 The car has over 70,000 miles on the clock but has been in an exhibit for 5 years
 There are questions over the predicted fee, with some saying if it's over valued

Fast Fords have become big business in the classic car market, and this 33-year-old example could be sold for a whopping amount of money when it goes under the hammer later this year.

Values of the Sierra RS500 Cosworth have sky rocketed in recent years, with adoring - and ageing - boy racers looking to get their hands on the extremely limited edition cars, of which just 500 (as the name suggests) were produced in 1987 by Aston Martin Tickford.

One of these motors is being offered to the highest bidder in a UK classic car sale in November. Described as the 'best one left', it is estimated to sell for £85,000 - a price that will rise to almost £100,000 when you include the 12.5 per cent buyer' auction fees. But there are question marks about the valuation of the '80s icon...The vehicle is part of Hampson Auctions' next classic car sale. It is one of just 56 road versions of the RS500 Cosworth finished in the Fast Ford fanatics' favourite colour of 'Essex'

white (52 were Moonstone Blue and the rest black). When new, the car would have cost £19,950.

More than three decades later, and with 70,359 miles on the clock, it is set to be sold for five times as much, with the estimate set at £80,000 to £85,000. However, there is some debate about how realistic that figure is.

One petrolhead commented on an Instagram post about the car, saying: 'Not worth that much with 70k on the clock!'

Describing the soon-to-be-sold Cossie as 'the best one left', Hampson Auctions responded: 'Happy to accommodate a bid in for what you think it's worth we have had fair amount of interest already at the estimate.'

Bidding for the car is due to start at £65,000, which does seem steep in comparison to other Sierra Cosworth RS500s sold in recent years with fewer miles on the clock or more unique appeal.

The record fee paid for one of these limited-edition 1980s Fords is £114,750 (excluding auction fees) in July 2017. That car had a paltry 10,733 miles on the clock.

Another example - chassis 451 with just





12,000 miles on the clock - came within a whisker of that at a Silverstone Auctions sale the following May.

Arguably the most desirable of all, chassis number 1, was also offered to the highest bidder in 2018, but failed to meet the reserve. Had it sold, it was tipped to achieve £120,000 - a new record high.

Chassis number 418 sold most recently, with Silverstone Auctions closing bidding for the car with a fully verifiable 69,000 miles on the clock at £78,750. Very few Cosworth RS500s remain on the road today, with plenty destroyed being raced on tracks, crashed by enthusiastic drivers in the late '80s and early 1990s or stolen by thieves and meeting a grizzly end.

Hampson Auction's description states

that the current vendor has 'known the car personally for over twenty years and this is seriously a most special motor car'.

It will be offered with the original bill of sale and a full history file, along with every MOT certificate since 1987.

'These show that the car was a stationary exhibit in a private collection for five or so years and was only moved for servicing and MOT requirements,' the listing states.

It adds: 'The car has been with the vendor for four years and he has decided it is time to part with it only because he feels it deserves to be seen by a wider, appreciative audience and his work and personal circumstances do not allow for him to devote the time needed for that - he genuinely believes this car is

BETTER than when it was supplied, such has been the loving care and attention lavished upon it and that it is, clearly a passion that has been shared by its very few owners.'

Ford Sierra Cosworth RS500: A brief history

The Ford Sierra Cosworth RS500 uses a specially-built 2.0-litre turbocharged Cosworth engine producing 224bhp - which could be upped to 400bhp when modified for competition.

The car maker needed to produce at least 500 examples for road and race use in order to qualify to run in Touring Car series' and other championships that used road-going models.

These cars featured numerous aerodynamic enhancements that have since become a thing of legend among collectors.

That includes the 30mm lip spoiler applied to the tailgate to increase downforce, sweeping front splitter, and larger cooling ducts for both the brakes and the engine intercooler.

The cars were exclusively available through 90 nominated RS specialist dealers and went on sale in Britain on August 1st, 1987 at a price of £19,950.



Sakhir

We've had the Bahrain GP - now it's time to get up to speed with everything you need to know about the 2020 Sakhir Grand Prix, which takes place over 87 laps of the Bahrain International Circuit's 3.543-kilometre Outer Track layout, on

Sunday, December 6th

When was the track built?

Ground was broken for the Bahrain International Circuit in December 2002. Like the Yas Marina Circuit in Abu Dhabi, the developers had a blank, sandy canvas to work with, and with that fashioned the technical, 5.4km track designed by Hermann Tilke.

When was its first Grand Prix?

It was 2004 when the drivers first lined up under an unusually cloudy sky for the inaugural Bahrain Grand Prix. The race was dominated (like many in 2004) by the two Ferraris, with Michael Schumacher winning out from Rubens Barrichello, while the crowds were also treated to a fantastic dog-fight between the Jaguar of Mark Webber and the Renault of Fernando Alonso.

What's the circuit like?

Which one - we'll be using two in 2020. The first, for the Bahrain Grand Prix,

is the standard GP circuit that's been used in every year bar 2010 (when F1 briefly switched to the 6.3km Endurance circuit), a track that usually provides great racing and overtaking, and which is crowned by the tight, downhill, off-camber left at Turn 10 and the fast run through Turn 12. However, excitingly for the 2020 Sakhir GP, drivers will race under the floodlights on the more open Outer circuit, a 3.5km (that's just 0.2km longer than Monaco, the shortest track on the calendar) blast around the perimeter of the track, the cars arcing left instead of right at the exit of Turn 4 and then negotiating a fast right-handed swoop and a chicane, before re-joining the old track for a flat-out run down to the final corner.

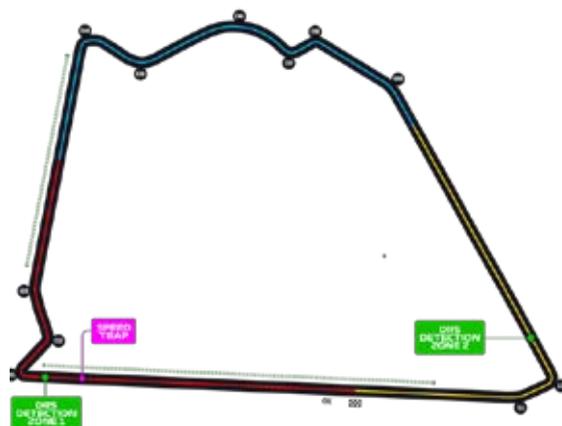
Why go?

Given the nature of the track, race-goers in Bahrain have always got a decent chance of being treated to a 'duel in the desert' or three. Away from the race track, Bahrain, as you might expect, is a great place to catch some rays, with the 33-island archipelago kingdom featuring some jaw-dropping resorts. And if you want to do some racing yourself, the Bahrain International Karting

Circuit, located right next to the track, is one of the world's top karting facilities.

Where is the best place to watch?

Your options are slightly limited in Bahrain, given that the organisers understandably don't want loads of fans having to traipse out into the middle of a hot desert to watch the action! We reckon your best bet is to get a place in the Batelco grandstand, giving you a great view of cars charging into Turn 8, hammering through 9 and 10 and then passing you on the run down to the short-apex Turn 11. Otherwise, the grandstand on the outside of Turns 1 and 2 will allow you to watch overtaking aplenty on either track layout.



Yas Island

Sun, Dec 13

When was the track built?

In 2006, plans were announced to develop Yas Island, located just to the east of Abu Dhabi, into a new tourist destination, with a major part of the plans centering around a 5.5km race track. The diggers rolled into what would become the Yas Marina Circuit in May 2007, with the project completed by October 2009.

When was its first Grand Prix?

In 2009. The track debuted as that year's Formula 1 season finale, with Red Bull's Sebastian Vettel winning from team mate Mark Webber and the already-crowned 2009 champion Jenson Button. Vettel would go on to secure his first title in Abu Dhabi a year later, amid much crying.

What's the circuit like?

The Hermann Tilke-designed track is dominated by its 1.2km straight between Turns 7 and 8 - which, with slow-speed corners marking its beginning and end, makes it a honeypot for overtaking moves. Other highlights include the tricky run through Turns 15 and 16 into 17, which forces the drivers to brake hard with bags of lateral load still on the car.

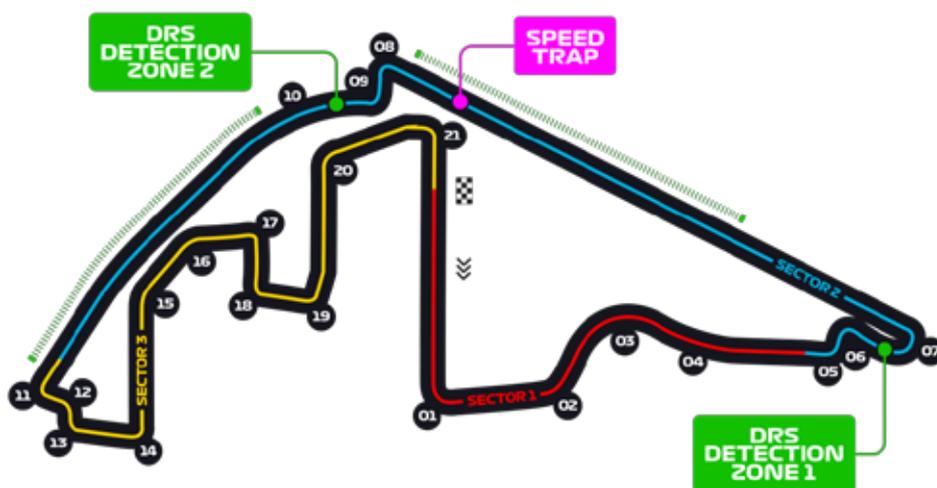
Why go?

Yas Island was a blank canvas for developers to turn into a tourist attraction, and 11 years and \$40 billion later, they've nearly finished doing just that. Seven hotels, Ferrari's indoor theme park, a mall, a water park, a golf course, a beach, a concert arena and a nightclub, all framed by perfect Emirati weather. What more could you want?

Where is the best place to watch?

Assuming you can't get a room with a trackside view in the spectacular whale-shaped Yas Hotel - or a berth in a boat's cabin in the marina - opt for a spot in

the West Grandstand, a great place to watch all the overtaking action into Turn 8. Or if you're more there for the atmos, stick yourself in the Main Grandstand overlooking the start-finish straight and enjoy Abu Dhabi's famed pyrotechnics. It might be worth trying to get a seat high up in whatever grandstand you choose, though, if you're looking to keep out of the sun.





**Los Amigos
De Mazarrón F.C**

LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC

Mazarron FC's start to the 2020/21 season was delayed for two weeks after one of their players tested positive for Covid-19 and the opening games away to Cartagena FC UCAM and at home to FC Cartagena had to be postponed.

The season eventually began on 1st November with an away trip to newly promoted FC La Union Atletico and the game ended in a 0-0 draw. The first home game against last year's third placed team Mar Menor CF also ended goalless. This meant that Mazarron's run of "clean sheets" was stretched to six games including the four pre-season friendlies.

New signings Simpara and Juande were particularly impressive in central defence with veteran goalkeeper Emilio also providing excellent cover but the problem, as had been evidenced in pre-season, was the lack of goals scored. As men-



Team v Mar Menor

tioned last month experienced striker Jose David Sanchez finally signed from Aguilas and made his debut in the game against Mar Menor.

The draw against Mar Menor was achieved despite the fact that Mazarron finished the game with only nine men



Jose David Sanchez

after striker Fede was sent off after 30 minutes after receiving a second yellow card. Orturno then joined him for an early bath after 84 minutes after being

handed his second yellow card by the same referee who sent off two Mazarron players in the final game of last year's regular season.

The resurgence of Covid-19 and the subsequent re-imposition of restrictions in Murcia meant that the games were played behind closed doors. Just before the scheduled first game of the season it had been announced that a limited number of spectators would be allowed at games but this plan was postponed the day before the season was due to begin.

It is hoped that when the situation has sufficiently improved the plan to allow a limited number of spectators will be re-introduced. This will mean that those supporters who took advantage of the offer to buy season tickets would be given entrance priority.

Mazarron's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. Forthcoming fixtures are:-

29th November
Racing Murcia Away

6th December No Game

13th December
CD MINERA HOME

20th December
CAP Ciudad de Murcia Away

10th January
HUERCAL-OVERA CF HOME

If and when the situation changes and spectators are allowed back into games, full details of all games, dates and kick off times will be advertised in the local media, on www.mazarronfc.com or our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016. Mazarron Hoy kindly streamed the first few games live on their Facebook page so that Mazarron supporters were not deprived of the opportunity to see their regular "football fix".

If you wish to support the Football Club in these difficult times, you can still purchase a season ticket. With no revenue coming through the turnstiles the club is dependent on income from its sponsors to keep afloat and buying a season ticket will be a massive support.

Although the early games at least will be played behind closed doors, the season tickets will be valid for 19 games so, if it is not possible to use some or all of the tickets, the remaining tickets will be valid for the 2021/22 season. When fans are allowed to enter with limited capacity, preference will be given

to season ticket holders. The cards will all be numbered consecutively so, if for example capacity is limited to 300, subscribers 1-300 will be allowed entry. If you wish to support the Football Club at this difficult time you can do so through Loa Amigos by emailing loaamigos@yahoo.co.uk to book a season ticket. Obviously the sooner you do so the better chance you will have of being among the first subscribers. You can also book your season ticket online via the Club's website www.mazarronfc.com. Tickets can be collected from Los Amigos or from the Estadio Municipal when they are ready and subscribers will be notified as soon as the collection date is available.

Prices are €50 except for ladies and younger people aged 16 to 23 who will pay €35. Season Ticket holders for the 2019/20 season can request a 10% discount on presentation of their 2019/20 ticket.

Los Amigos membership renewals (usually 1st August) have been deferred to 1st January 2021. If anybody, who is not a current member, wishes to join before this date their membership will expire 31 December 2021 which will now be the same for everybody. Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. We have also had to postpone our AGM to a future date which will hopefully be early in the New Year.

The Race Night at Alley Palais at the end of October was a huge success and raised 1300 euros. Local singer Sharna Knight acted as comper for the racing



Race night

and entertained us with her music at the conclusion of the racing. There were eight races including two auction races which proved extremely popular and good fun! In between we were treated to a most enjoyable supper provided by Pj's. Thanks to Alix and all her staff at Alley Palais for looking after us so well.

Christmas Jumper Day officially falls on 14 December





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Scalp Massage, Does It Cause Hair Growth, Other Benefits & How To Do It

Simple pleasures are often pleasurable because they benefit us in some way. An afternoon walk in the sunshine gives us vitamin D, some needed movement, and a break from our workdays. A facial rolling routine gives us a moment of pause at the end of the day - as well as improves overall skin appearance. A filling, fulfilling snack nourishes us and keeps us satiated and energized till our next meal. And now I'm going to make the argument that scalp massages should now be added to your list of your favourite simple pleasures. Now, before you stop me with, but

aren't scalp massages a bit more indulgent than simple? Well, perhaps you're equating scalp massages solely with something you get in the salon - or at the end of a full-body version. When, in fact, you can actually very easily give yourself one right at home in under a few minutes with nothing but your fingers and a dab of oil that you have on hand. And, well, if you're serious about your scalp health, it turns out you really should. Allow us.

What Is A Scalp Massage?

They are simply massages that are localized and focused on your scalp area - pretty simple, no? And like any localized massage, it comes with unique techniques and practices specific to the needs of the area. For example, while your back muscles tend to need heavier prodding and handiwork, a scalp massage really only involves your fingers and (maybe) a pass of your palm.

The reason for scalp massages boils down to the same reasons we get massages elsewhere: We hold tension in our bodies. We tend to hold a lot of tension across our hairline, behind our ears, and in the neck. This is mostly due to stress and partly to posture. We accumulate quite a lot of tension in these areas and often disregard them.

We hold tension there because, well, we have muscles there. The largest is the temporalis muscle, which runs from behind your ear, around your head, and to the back. This muscle can become strained in the same way your shoulder or jaw muscles can become so: By holding them tightly during times of stress.

Can It Really Help Hair Growth?

Hair growth is the biggest benefit associated with scalp massage - but when you tell nonbelievers, this may solicit a raised brow or eye roll. (To which we say: Fair, without the full explanation

of why, it does seem like a stretch to make the connection.) But according to research and hair care experts, the claims check out.

Beautiful, strong hair depends on good blood circulation, proper nutrition, and a healthy and supple scalp. See, what's theoretically happening with regular scalp massages, is that the extra attention is helping encourage blood flow to the area, bringing with it oxygen and hair-healthy nutrients. This is especially helpful for those who do have a tense scalp, as muscle tension can often inhibit proper blood flow to the area.

In fact, in a 2016 study, a small number of men received a daily four-minute scalp massage. At the conclusion of the study, the investigators found an increase in hair thickness. A more recent 2019 study found that of the 300 or so participants who followed a specific massage regimen, nearly 70% reported improved hair thickness at the end.

What are the other benefits?

So while the hair growth benefit comes from improved circulation, the other benefits come from the act of massaging itself. Here are a few that she says you may experience with your newfound massage practice:

- Reduces stress hormones: Massages can reduce stress and boost mood. In fact, a study of female office workers found that twice-weekly scalp massage had effects on stress hormones, blood pressure, and heart rate. Stress also, ahem, is a main contributor to hair loss.
- Boosts immune function: Plenty of research connects immune function with massage therapy (although not specifically tested on the scalp). The most famous system study of this phenomenon showed that regular massage therapy measurable changes in their body's immune and endocrine response.
- Improves natural healing ability: This again goes back to blood circulation. Your wound healing response is tied to the blood cells and nutrients that make it to the area. It's why if your circulation is slower in a body part, it may take longer to heal.
- Reduces pain and discomfort: If your scalp tension comes with pain (like headaches) in the area, regular massages may help minimize this feeling.

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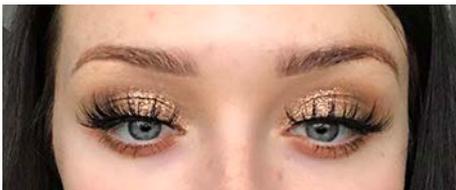
With
Danielle Wrigley

1 - Prep The Skin



I've prepped my skin by applying a small amount of Clinique moisture surge all over my face. I've then applied Benefit Professional primer around my nose and T zone to minimise the appearance of any open pores.

2 - Eye Application



For the eyes I have applied a concealer all over my eye base so that the eyeshadows have something to stick to. I have used warm and neutral colours from the Doll Beauty Mudpie and Mochachinos pallet. I've blended these through my crease and the outer corner of my eyes. I have then applied a Doll beauty pigment in shade BonBon to add some glitz to the look.

Top Tip - To make any loose pigment or glitter stick, apply Doll Beauty Pigment Popper underneath the pigment.

After this I've popped on some Maybelline False Lash mascara and some Doll Beauty mink lashes in style Anastasia for some extra drama. I then went over my eyebrows with brown eyeshadow to add some definition.



I then wiped away any drop down of eye-shadow and glitter away from my face.

3 - Perfect The Base

After my eyes are complete, I then move



onto my face. I've applied Nars Natural Radiant foundation in shade 'Vienna' all over my face with a foundation brush. This foundation gives medium - full coverage. After I've blended the foundation in on my face and neck, I then applied contour and highlight to define certain areas of my face. I've highlighted under my eyes and down the middle of my nose and forehead to brighten up that area. I have contoured my cheek bones, jaw line, sides of my nose and forehead to give the illusion of a more defined slimmer face. I did this using Mac studio fix soft matte foundation stick in shade NW10 (highlight) and NC50 (contour). After I've applied this I use a face brush to blend everything together.

4 - Add Some Colour

To add some colour to my face, I've applied the New Doll Beauty blusher in shade Pretty Fly to the apples of my



cheek. To give my cheeks a golden glow I then applied Doll Beauty highlighter in shade Supernova.



5 - Finishing Touches

To complete my look I've applied Nars radiant lipstick in shade Bad Temptation. The perfect Christmas colour!

Brushes Used - Doll Beauty Synthetic Brush Set.



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New Plumbing Shop in Mazarrón

The relatively new Jefferson Plumbing shop located on the main road in Mazarrón town, is a cave of wonder for the plumbing enthusiast.

However, that's not all it has to offer!

Aside from providing all types of plumbing accessories for trade, some of the shop's additional lines of service include, water filter systems, boiler installation and also both solar panel installation and also oil radiator heating.

Solar panel installation has been on the increase for the last number of years, providing home owners a generous monthly saving on bills. The panels are compact and surprisingly do not take up too much exterior space.

Whilst the oil radiator systems have been a growing demand in this area for some time. As much as we en-

joy the summer months, and even our winters are mild, we all know and understand the houses here are built to stay cool, so we feel the nip first thing in the morning and later of an evening. So the radiators are a great alternative for those that do not wish to install a log or pellet burner.

If you would like to receive a free visit to discuss the installation of either solar panels or the radiators, then drop Jefferson a message via facebook or call into their shop in Mazarrón.

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Venetian-style scallops



Ingredients

- 12 large fresh scallops, separated from their shells (ask your fishmonger to do this for you)
- 4 concave scallops shells, as serving dishes
- 3 slices day-old white bread
- 6 tbsp extra-virgin olive oil
- large handful fresh finely chopped flatleaf parsley
- 1 garlic clove, finely chopped
- juice of a lemon, plus wedges to serve

Method

STEP 1

Rinse the scallops in cold water then pat dry with kitchen paper. With scissors, snip off the corals (the orange part) as closely as you can to the plump white scallop, and reserve. Scrub the scallop shells thoroughly and dry them.

STEP 2

Remove the crusts from the bread and discard. Break the bread into smallish pieces, then pulse in the food processor to make into fine breadcrumbs. Tip into a large non-stick frying pan and toast the breadcrumbs over a moderate heat, stirring every now and then. When they are evenly browned, set aside.

STEP 3

Brush any crumbs from the pan with kitchen paper then add the olive oil. When hot, add the scallops but not the corals. Fry over a moderate heat for 3 minutes on each side, then add the corals, chopped parsley and garlic and fry a further minute. If you have shelled your own scallops and saved some of their sweet juice, strain it through muslin to remove any sand then add it to the pan now and let it bubble over a high heat. Season to taste with salt and pepper, add the lemon juice and mix well.

STEP 4

Spoon three scallops and their corals with some of the pan juices onto each of the cleaned shells, then scatter with the dry toasted breadcrumbs. Serve with the lemon wedges.

The Perfect Christmas Turkey



Ingredients

- 20ml/¾fl oz rapeseed oil · 1 x 5kg/11lb good-quality free-range turkey, wishbone removed (ask your butcher to remove the wings and neck and chop them into 2.5cm/1in pieces to use in the dish) · 40g/1½oz unsalted butter, softened to room temperature · 2 pinches sea salt flakes · 2 pinches freshly ground white pepper

- 200ml/7fl oz water · salt and freshly ground black pepper · 1-2 tsp ground corn flour dissolved in 1 tbsp cold water · roast potatoes and steamed seasonal vegetables

Method

1. Bring the Turkey to room temperature - this will take at least an hour.
2. Preheat the oven to 230C/220C Fan/Gas 8.
3. Heat the rapeseed oil in a large roasting tray on the stove. Add the chopped turkey wings and neck and fry for 8-10 minutes, turning the pieces until browned all over.
4. Soften the butter with the back of a dessert spoon, season with salt and freshly ground white pepper. Smear the seasoned butter all over the turkey.
5. Place the turkey on top of the wing and neck pieces, then roast in the oven for 30 minutes.
6. Remove the turkey from the oven and baste with the cooking juices.
7. Reduce the oven temperature to 160C/150C Fan/Gas 3.
8. Pour the water into the roasting tray, then return the turkey to the oven and continue to cook for 1 hour, basting with the cooking juices every 20 minutes.
9. Check the turkey is cooked by inserting a skewer into the thickest part of its thigh; if the juices run clear, the meat is cooked. Alternatively, use a meat thermometer; if cooked, the temperature should be 65C for 10 minutes, or up to 74C for 2 minutes.
10. Remove the turkey from the oven and transfer the bird to a large, deep-sided tray, reserving the roasting tray the turkey was cooked in along with the cooking juices. Set the turkey aside to rest for a minimum of 30 minutes and up to 1½ hours.
11. While the turkey is resting, cook your roast potatoes and vegetable dishes.
12. When you're almost ready to serve, return the roasting tray used to cook the turkey to the stove top. Bring the cooking juices to the boil over a medium heat.
13. Collect the juices released by the turkey as it was resting and add them to the gravy. Season, to taste.
14. Reduce the heat until the gravy is simmering, then stir in the dissolved corn flour and cook until the gravy has thickened.
15. Strain the gravy through a fine sieve into a warmed jug.

Rocky road cheesecake pudding

An alternative for traditional Christmas pudding-



Ingredients

- 2 x 200g ready-made chocolate loaf or marble loaf cakes · 225ml double cream · 150g dark chocolate, finely chopped · 2 tbsp golden syrup · 50g white chocolate
- edible glitter, chocolate truffles, sprinkles and sparkles, to decorate (optional)

For the cheesecake filling

- 2 x 280g tubs full-fat cream cheese · 200ml double cream · 75g icing sugar · 2 tsp vanilla bean paste or extract · ½ orange, zested
- For the rocky road · 150g dark chocolate · 75g butter · 1 tbsp golden syrup
- 75g digestive biscuits
- 25g pretzel pieces
- 50g mini marshmallows

Method

STEP 1

Line a 2 litre pudding bowl with cling film, leaving some overhanging to cover the top later. Thinly slice the cakes lengthways (8-9 slices per cake) and line the base and sides of the bowl.

STEP 2

Mix the ingredients for the filling until thick and smooth. Fill the lined bowl with it, leaving some space for the rocky road to go on. Set aside.

STEP 3

Break the chocolate for the rocky road into pieces in a heatproof bowl. Add the butter and golden syrup. Set over a pan of simmering water and leave for a few mins until melted. Stir until smooth and glossy.

STEP 4

Crush the biscuits into a rubble creating some fine crumbs and some bigger pieces. Tip into the chocolate mix with the pretzel pieces and marshmallows. Mix until coated in chocolate. Spoon it all over the cheesecake. Wrap the bowl in cling film and place a plate on top with a can to weigh it down. Chill for at least 24 hrs,

STEP 5

Decorate the cheesecake on the day. Heat the cream, chocolate and golden syrup in a pan over a low heat until the chocolate has melted. Unwrap the cheesecake and turn onto a wire rack with a tray underneath. Pour over the chocolate glaze to cover the entire cake. Chill until the glaze has set (about 10 mins).

STEP 6

Melt the white chocolate. Drizzle it over the top of the cake. Decorate as you wish.



CAULIFLOWER AND PORCINI MUSHROOM WELLINGTON

Ingredients

- 1 large cauliflower
- 2 tbsp extra virgin olive oil divided use
- 8 g dried porcini mushrooms
- 1/2 large onion finely chopped
- 1 garlic clove finely minced/grated
- 250 g chestnut/cremini mushrooms finely chopped
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh rosemary leaves finely chopped
- 30 ml dry sherry optional
- 50 ml porcini water from soaking the mushrooms
- 100 g cream cheese dairy or vegan
- 1 tsp vegetable bouillon powder optional
- 1 tbsp miso paste
- 1/2 tsp black pepper freshly ground
- 400 g puff pastry uncooked; chilled
- 1 small egg lightly beaten

Instructions

1. Preheat oven to 180C fan/200C/400F.
2. Remove leaves from the cauliflower and trim the end to sit flat. Rub some of the oil on your hands and rub your hands over the cauliflower. Place in the preheated oven and roast for 30 minutes. remove from the oven and let cool. Keep the oven on.
3. Soak the porcini mushrooms in 70ml or so of just-boiled water for 10 minutes. Drain and press out the liquid;

chop finely. You will be using about 50ml of the soaking water in the recipe so don't throw it out. Lots of flavour in it.

4. Heat the remaining olive oil in a large saute pan over a low-medium heat. Add the chopped onions and saute until soft. Add the garlic, chestnut mushrooms, porcini mushrooms, thyme and rosemary. Cook until the mushrooms lose their moisture and the pan gets almost dry. Now add the sherry (if using) and the saved porcini water, as well as the vegetable bouillon powder. Cook until the liquid absorbs. Take off the heat to cool to room temperature.

5. Mix the cream cheese/soft cheese and the miso into the mushroom mixture. If you haven't used sherry you might want to add one teaspoon of lemon juice. In any case, taste the mixture and adjust to your liking. If you haven't used vegetable powder you may wish to add salt.

6. Take the puff pastry and roll it out to not more than 1/4 inch thick. You should have more pastry than you need. You can use the extra for making pastry cut out decorations. Place the cooled, cooked cauliflower in the centre and draw up the edges and pinch lightly to see that it will fully cover the cauliflower. If not, roll a bit more. Now let the pastry lay flat and cut a circle to fully accommodate the cauliflower. I also made four evenly-spaced v-notches, which helped to minimise pastry overlap when wrapping it up.

7. Place the cauliflower onto a plate or tray. Cover it with the mushroom mixture, squishing it between the florets, too. Drape the pastry over the cauliflower and draw the edges together, keeping one hand on it. If there is extra, trim this away with a sharp knife or scissors. Gently turn over the cauliflower (some mushrooms may fall off; just put them back on) and take care to seal the pastry around the cauliflower. Smooth the joins with damp fingers. You want to not have thicker bits of pastry as these will not

cook well. Use some of the extra pastry to make shapes like stars, if you wish.

8. Brush the pastry with the beaten egg and return to the refrigerator for half an hour to cool again.

9. Bake in the oven for 50 minutes to one hour. You may want to cover loosely with foil after 40 minutes to slow the browning of the pastry.

10. Remove the cauliflower from the oven to cool on the tray for 15 minutes. Transfer with a wide spatula, or cake lifter, to a plate and serve with a variety of vegetables and a jug of rich gravy.

Easy Mulled Wine



Ingredients

- 1 large orange
- 3 lemons
- 12 cloves
- 2 satsumas or clementines
- 2 x 750ml bottles red wine
- 2 cinnamon sticks
- 150g/5 1/2oz caster sugar (optional)
- brandy, to taste (optional)

Method

1. Carefully peel the zest very thinly from the orange and lemons using a vegetable peeler. Squeeze out the juice and reserve.
2. Stick the cloves into the satsumas.
3. Pour the wine, 1.2 litres/2 pints of cold water, and the citrus peel and juices into a large, heavy-based saucepan. Add the clove-studded satsumas and cinnamon sticks. Bring the mixture just to the boil, then reduce the heat until the mixture is simmering, cover the pan with the lid, and continue to simmer for about 1 hour. Stir in the sugar gradually during cooking, until the mulled wine is sweetened to your liking (you may not need all of the sugar).
4. Strain the mulled wine and serve hot in cups.



Hello everyone,

Tis the Season to feel jolly fa la la la la, la la la laaaaa!

The Christmas Season is a time of year that most people look forward to. A time to give and receive, to share time and love with family and friends. For some, it is a dreadful time, that they can't wait to pass.

One thing is for sure, this year has been different to any other that we have lived through. It has taught us all so much, not only about ourselves, but about our friends, our neighbours and the community that we live in. We have learnt who and what is important to us and what we really need to have in our lives to be happy and healthy.

Although many of us will not be able to be with those we wish to spend time with this season, as long as we have Love, what more do we need?

Here is a story that I wrote for the child within us or for the children in our lives.

THE GIFT

It was a cold, dark night, Rosemary, the rabbit sat in her burrow, her home, watching her children – Sage, a strong, courageous young buck, Heather, a real beauty with long dark lashes and sparkling eyes and Little Fig, with his cotton puff tail, full of fun and laughter, he loved to play pranks. As she looked at her children, her mind wondered, she thought – I love you sooo much, what sort of world will you grow up in? What type of bunnies will you grow up to be? Kind, caring, sharing or selfish, lazy and bad tempered? Outside, the World, she thought, was not a nice place.

Christmas was coming, a time of sharing, fun and laughter, but Rosemary was worried. She thought back to when she was Sage, Heather and Figs age. She reminisced about growing up, seeing the seasons change, the cold winter, when food was scarce and water frozen, hard times. Enjoying the spring, with the expectation of summer, abundance, juicy fruits, lush grass, full bellies and contentment. Memories of her own family gatherings. Grandma, Grandpa, Mum and Dad, Aunties and Uncles, cousins a plenty and neighbours, all living side by side and looking out for each other.

And now? Now on Bunny Hill, her own family all gone. Some went after ripening to a good old age, some bunnies got ill and some just never came home.

She worried and worried, 'outside' was scary. The other day she was out collecting food, when suddenly, a big black dog appeared. In the distance she saw IT. IT saw her and started to run and run, faster and faster in her direction. The dog flew like the wind behind her, snapping at her heels. She just made it back to Bunny Hill and inside her safe burrow, her home.

Outside, she could hear the dog, sniffing through its big nostrils, digging at her door. The dog was barking and yelping, 'I want to get you, I want to get you'. A human shouting at the dog, sounding angry and panicked. Rosemary thought, 'I don't like the outside world, always something to be scared of, the noisy machines, the aggressive humans', sometimes she heard the humans gossiping and talking badly about each other, when out on their walks with 'those dogs'. How will Sage, Heather and Little Fig cope?

With Christmas coming, her fear grew. How would she lay her table, when there was so much to stop her going outside? So much to be scared of? How could she gather seeds, berries and goodies to feast on!?

Harry, the Cat, was on the prowl in his neighbourhood, where the humans lived. It wasn't so bad, his mummy was great, she really loved him. He had his own bed by the fire, lots of food, especially tuna, oh he loved tuna. Late at night he would go out when all were asleep. He was lythe, he would jump walls, climb up trees and sneak into people's houses. He would just take what he wanted, food, socks, toys, 'haa haa haa haa' he laughed, 'the kids won't miss 'em'. He would say to himself, smugly.

He sang 'Spidercat, Spidercat, where you're not looking, that's where I'm at', as he crept through open windows and looked around for what he wanted to take, no thank you, no gracias. Humans would shout at him, 'Ruddy cat', shaking their fists, as they shooed him out into the darkness.

One night, on his prowl, he was in a nearby garden, by a pond, watching the Golden Fish swim around. One rose from the water, 'don't be scared' it said, 'I have a gift'. Harry got excited, 'oh yes, oh yes' he said, punching the air. The golden fish said, 'this Gift is not for you, but for another'. Harry was not impressed. 'Well, what's in it for me then' he said, 'I want a gift too'. The golden fish said 'your Gift is to come, but first you must take this Gift and go to Bunny Hill and seek out Rosemary and give this Gift to her. A small bag was placed in his paws and suddenly all the golden fish were gone out of sight.

'Typical', Harry thought, 'I always have to take and steal the things I want'. Anyway, he did as he was told and he ran and skipped to Bunny Hill with the bag, the cord around his neck, so he would not drop it.

When he got to Bunny Hill, he saw lots of entrances to burrows, 'great', he said to himself, 'which one, which one?'. Then, he saw a little entrance, barely visible, twigs, dried grass and berries for the door. Inside Rosemary looked around her, her home was clean and sparse. She looked at

Sage, Heather and Little Fig, she wrinkled her nose, 'this is going to be a good Christmas', she thought to herself, 'hardly any food in the store, so few twigs for the fire and no presents'.

Then, she heard, 'psst, psst', from outside, her heart skipped a beat. Although she was scared, she went to the entrance and saw a ginger tom cat.

'Oh, don't be scared', he said 'I'm not going to eat you, I've got tuna at home, I've got something for you'. He told her about the Golden fish and the message. Rosemary thanked Harry and gently took the bag from around his neck and took it inside.

Sage, Heather and Little Fig looked at her with wide open eyes. Rosemary looked inside the bag, she saw a note with some instructions, 'place your paws inside and give each child a Gift'. She did as she was instructed, Sage, Heather and Little Fig held out their paws. Each child was given a ball of bright, shinning Love and Light, it glowed and glowed, the Love and the Light filled the burrow, their home. They started to smile, then to giggle, they all looked at each other and they couldn't stop laughing, little Fig fell backwards, the Love was so strong and he was only little, this made all the others laugh really, really hard and they all fell over in a heap! Rosemary followed the instructions again and placed the Love and Light in the hearth. At first it twinkled, then it glowed and the more they all looked in to it, it grew and roared bright.

The feeling of warmth and love was amazing. Rosemary looked around her, saw the smiling faces of her children and heard their laughter. She thought, 'well, we don't have much, but with this Love and Light to guide us, we have all that we need'.

Harry lay at the entrance to the burrow, their home, listening to the bunnies. He felt like a Lion, protecting his pride. He looked up and saw a magnificent diamond white Unicorn looking down on the scene. Its superb mane flowing, swishing down to the ground, sparkling in the moon light. The Unicorn said, 'We have given the Gift of Love and Light, this is everything you need in life, this Gift is for everyone Harry, including you'.

Harry looked up at the Unicorn and thought, 'What a wonderful Gift' and said humbly, 'THANK YOU'.

Namaste my friends,

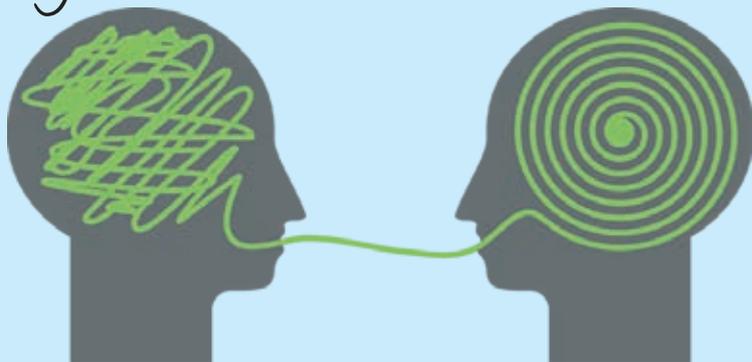
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3 Tips To Find Opportunities In Any Crisis You Come Across

It's safe to say 2020 has left many feeling fearful, burnt out, and anxious. And when a crisis comes along - be it financial hardship or health decline, - it can be difficult to take a moment to sort through your mental tool kit. Oftentimes, with chaos comes a paralyzing notion of what do I do now? To help you navigate those scary thoughts, here are best tips to deal with crises you come across no matter how large and looming they may seem in the moment:

1. Recognize Where You Have A Choice

In every moment, era, or crisis, we have a choice. No matter how bad it is, how transformative this experience is, how shocking it is, we have a choice in how we navigate this. What is this choice, you ask? Well, you have the choice to walk down a path of lack, scarcity, pessimism, and dishevelment or the path of abundance, transformation, resilience, grit, and courage. It sounds like a no-brainer, but you actually make this choice every single day, whether you know it or not. However, pre-crisis, when life was perhaps easygoing, you were under the impression that you didn't have to make this choice.

We go through our routines, and our organizations and things fall into place. As a result, you may forget that you actually make this choice every single day, until a crisis practically smacks you in the face with it. So any crisis - a divorce, job loss, financial dishevelment, health - wakes us up to this choice. The question becomes: Which path are you going to take?

2. Remember, Discomfort Often Leads To Resilience

Now, it may sound a bit doom-and-gloom, but that discomfort is actually essential for making that first choice we mentioned above. I know that if there's enough pain, we will reach for the light. Meaning, humans typically reach for resilience when they're hurting - albeit subconsciously. It's a bit brutal, but that's the momentum that we need. And I believe if we're blessed enough to feel pain, we are resilient enough to make a change. The ticket? Think of discomfort as an opportunity to find new, creative ways to cope with those negative emotions. To evade those feelings, you may surprise yourself with your grit.

3. Lean Into Interconnectivity And Humility

When we are reminded of how impermanent we are, immediately we become humble and realize that we

need each other.

There are a couple of ways to remind yourself of impermanence. First up: meditation. Meditation is to understand that life is only lived in the present moment. And when we embrace that, we embrace both impermanence and interconnectivity at the same time

Second, connecting with nature - like, really connecting with the world around you and understanding that we, as human beings, are of the environment. We've gotten so far from understanding our intrinsic nature, we are no more, and no less, than the bacteria, the virus, the fungi, the deer, and the worm.

When you pare back your understanding to this basic level, you can become attuned to the present moment and recognize that humans - just like every other animal on this Earth - are resilient enough to withstand whatever's thrown their way.

The Takeaway

Dealing with crises can be scary, no doubt. But dialing your emotions down to the basics can help you see beyond the crisis you're dealing with. Of course, that's not to say you'll feel immediately carefree once you take these three steps - but if those anxious feelings start to bubble up and you don't know where to turn, try zooming out with these tips.

Just Ask!

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

Hi,

It is a difficult time of year for me as I lost my partner 2 years ago at Christmas time. How can I get through this?

I would normally go out for Christmas as I now live on my own and my family are in the UK. I am not sure what to do this year due to the covid situation.

I am sure there are many others in a similar dilemma as me but I am dreading the festive season.

I hope you can help.

It is understandable to feel this way but try to remember that there are many others in similar situations. Try not to focus on Christmas as a one-day event and think of it as lots of opportunities to meet

with friends throughout the festive period. There are many local organisations who would love to hear from you. This can help you to meet more people as well as get more involved with the local community. You are needed and appreciated right here.

I know this sounds terrible, but every Christmas I always feel this mad panic of making sure I get gifts for everyone, but this year with the pandemic, I simply cannot afford to do it and I feel so guilty that I cannot spend as much money on the grandchildren as I would normally.

My daughter says she understands but I just feel so bad about it. And also now we are not spending the day together - I just feel so down. I normally do the dinner for them all - and I just feel helpless, not providing gifts and now not being able to

make the dinner - I just wish Christmas was not happening, my grandchildren are 4 and 6 so they are all excited, but I cannot lift this overwhelming feeling and I hate it

The pressure of Christmas is immense as we all understand. There is no substitute for being with your family but with the current situation we have all found other ways of staying close to our loved ones. Your grandchildren will be excited and that is absolutely the way it should be. Children are also very adaptable and usually technically much more adept than adults and can help you with this. You can shop online and share their excitement through a screen call. The one thing this pandemic has brought to us all is the appreciation of the simpler things in life. We all love to receive presents but our priorities have changed and we are all in a less affluent position.

I think that most of us are going to take the opportunity to have a second Christmas with our loved ones as travel allows. Why have one Christmas when you can have two?




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Snooze More, Stress Less: New Study Links Negative Thoughts To Sleep Habits

As anyone who's ever been sleep deprived will tell you, sleepless nights can lead to rough mornings (and afternoons, and evenings).

And according to a new study from the University of York and the University of Cambridge in England, there's a strong connection between a lack of sleep and unwanted thoughts. Here's what the researchers found and why it's significant.

Looking At The Connection Between Sleep And Unwanted Thoughts

For the study, researchers set out to test how well participants could manage intrusive, negative thoughts after being sleep deprived. For most people, thought intrusions pass quickly, but for those suffering with psychiatric conditions such as post-traumatic stress disorder, they can be repetitive, uncontrollable, and

distressing.

The 60 people participating were shown pictures of negative versus neutral scenes and asked to associate certain faces with each scene. That night, half the participants slept normally while the other half were deprived of sleep. They were then shown the same faces the next day and asked to suppress thoughts about the scene each one was associated with.

What They Found

There was a very strong connection between sleep deprivation and an increase in unwanted thoughts. The sleep-deprived participants had nearly 50% more unwanted thoughts than the control group.

The control group, on the other hand, got better at managing the unwanted thoughts with practice, and they also showed a lower stress response during the study. The same was not true for those who were sleep deprived. The study suggests sleep loss has a considerable impact on our ability to keep unwanted thoughts out of our minds.

The Takeaway

Not only does this research highlight the importance of getting quality sleep on a consistent basis, but it also suggests poor sleep and intrusive thoughts can become cyclical.

The onset of intrusive thoughts and emotional disturbances following bouts of poor sleep could create a vicious cycle, whereby upsetting intrusions and emotional distress exacerbate sleep problems, inhibiting the sleep needed to support recovery.

All the more reason to focus on sleep hygiene, get to bed early, or take a sleep-promoting supplement - particularly if you suffer from unwanted thoughts or have a psychiatric condition like PTSD or depression.

At the end of the day, there isn't one of us out there who can go without sleep and feel our best. And if you're experiencing negative or unwanted thoughts, catching up on your zzz's might be just what you're missing.



Clare Tam-Im Photography

Ignoring The Red Flags

By Hayley Scott

5 Signs That You Are In A “Gaslighting” Relationship

“Gaslighting” is the manipulation of someone, by psychological means, into questioning their own sanity. The term, “Gaslighting” is taken from a 1938 play that later became a movie in 1944.

In the story, a husband tries to convince his wife and their acquaintances that she is insane by making very small, subtle changes to their environment.

When the wife would point out the changes, the husband convinced her that she was wrong about the changes

and that she was crazy.

Slowly but surely, the wife starts to give in to the self-doubt created by those subtle changes.

Below are some signs that you may be in a Gaslighting relationship.

1. You Are Constantly Apologizing

A victim of gaslighting will constantly be apologizing for doing things wrong, even if they have done nothing wrong.

Feeling sorry for everything means that the accountability and responsibility for all perceived wrong-doings has been claimed by one person - the victim.

This ensures the perpetrator remains innocent and the victim is continuously guilty.

2. You Are Not Able To Make Deci-

sions

The victim will find decision making increasingly difficult, as they will feel that whatever they choose will be the wrong choice.

Everything they do or say is wrong, so they feel that they are no longer capable of making decisions about anything.

This results in the abuser making all of the decisions, thereby giving the abuser even more power and control.

3. You Always Feel Confused

Victims of gaslighting will often be in a constant state of confusion. They find it very difficult to trust their own mind, and constantly doubt their thought process.

Their instinct fails to kick in because whenever it does, it is very quickly told that it is wrong.

The victim will know that there is something seriously wrong, but they will find it extremely difficult to work out what.

4. You Begin To Change

Change is not always easy to notice, since most change happens bit by bit, so the process can feel very natural in some ways.

However, if the victim thinks back to who they were before the relationship and who they are now, they will probably see significant differences.

5. You Are Becoming Withdrawn

The victim of gaslighting will become withdrawn and often reclusive as they feel so low and beaten down that they have little confidence to socialise with anyone.

The victim will feel safer spending time alone than with other people, as when those around them question what is wrong or what is happening within their relationship, the victim just will not have the answers to justify what is going on.

Unfortunately, there is a good chance that we have all been gaslighted by someone at some point in our lives, even if it was just on a small scale by someone we barely know.

Gaslighting is one of the most extreme, dangerous and effective forms of emotional and psychological abuse and is mostly carried out intentionally.

Gaslighting is often used by narcissists and sociopaths as a way of controlling, confusing and debilitating someone. Please seek help if you or anyone you love is being gaslighted.

Gaslighting

“Gaslighting is the systematic attempt by one person to erode another person’s reality, by telling them that what they are experiencing isn’t so – and, the gradual giving up on the part of the other person.” as defined by Dr. Robin Stern, author of *The Gaslight Effect*.



How To Tap Into Your “Inner Elder” For Guidance & Why It’s So Healing

Nature, in her unfailing exquisiteness, shows us the power of maturity. She has grown through so much to be able to bear her fruits and share the gifts of her completion with the world. Courage is to follow nature’s example, despite the fact that to grow older in our society too often means to be disregarded and unseen.

Taking A More Spiritual Approach To Aging

Studies show that we are living longer and longer. If this is true, then what can we do now in our younger years to live a long life free of regret?

There is something deep inside of us, our own hidden understanding, that drives us to the realization that we gain so much through maturation; the feeling of fulfillment, the power of forgiveness, the medicine of generosity, and wisdom.

Through embracing the fact that even in this very moment, we are one day closer to old age, one minute closer to death, one breath closer to a wrinkle,

we learn to appreciate what we have while we have it. We learn to love our bodies rather than judge them and connect with our community and families while we still can. We remember always: This, too, shall pass. Is it possible that a lot of the suffering we see could stem from massive immaturity? If this is the case, then maybe if we embrace our ever-aging selves, we will radiate the energy of confidence and become a part of valuing wisdom in our society.

Having a mature presence means breaking the bonds of reactivity and stepping into the grace of receptivity.

The Value Of The Inner Elder

In the age of information overwhelm, let’s call upon our inner elder. The parts of us that have learned how to take things slowly. Who knows learning, like healing, takes time. Who is patient with the understanding that what we once perceived as fact can eventually be disproved. Who has the courage to ask: why all this focus on intellect and shunning of intuition? Why are we trained to trust only the facts we are told? Why don’t we ask more questions?

The Ancient One within pauses to digest and discern before coming to conclusions or making decisions and moves through life with a trust

in inner knowing. They have been through so much yet choose to remain open.

Practices To Connect To The Wisdom Of The Elder

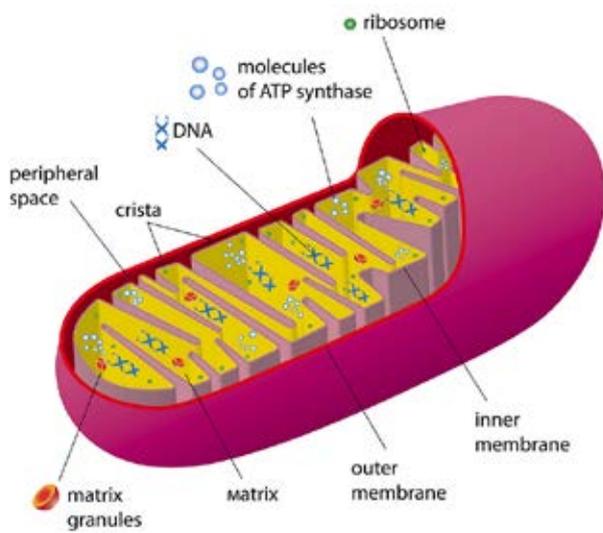
I believe that we all have this wisdom within us - we just need to practice connecting with it. These two routines can help you do so, starting today:

1. This week, do one kind thing for an elder.

Even if it’s a simple hello as you pass them on the street. Acknowledge them; make them feel seen.

2. Journal on the following prompt: Regardless of the age of our physical bodies, how can we apply maturity to how we think and move in the world? Give yourself five to 10 minutes to free-write on this question.

When you are finished writing, take some time to slow down. Go for a walk or lie on the floor with your legs up the wall and simply reflect on what has come through for you. By taking our time with the revelations we have we are able to truly assimilate and integrate our ideas into who we are.



Mitochondrion

How Mitochondrial Health May Contribute To Feeling Tired & A Supplement To Help

For the perennially exhausted, searching for answers to “Why am I so worn out?” practically becomes a full-time job. The issue is that there is a laundry list of reasons you may feel tired, and many of them may be occurring simultaneously.

There are more obvious lifestyle causes like not regularly getting enough rest, skipping workouts, and an unbalanced diet. There are also mental health triggers like chronic stress and work burnout. There are underlying health concerns and various vitamin and mineral deficiencies (this is why you should also visit a doctor if you find that your fatigue becomes an issue).

Then, there are less obvious answers - like your mitochondrial health.

How Your Mitochondria May Be The Cause Of Your Depleted Energy Levels

Mitochondria are the powerhouse of

your cells, taking fuel and turning it into energy: See, your mitochondria produce adenosine triphosphate (ATP). ATP is the main energy currency that keeps your body functioning. And when your mitochondria crash, so does your ATP production. It turns out that several things can affect our mitochondrial health: most notably, age.

See, when we age, our bodies produce less of a coenzyme called nicotinamide adenine dinucleotide (NAD+). NAD+ is a coenzyme naturally occurring in the body that plays a vital role in energy metabolism and maintaining proper cell functioning. Why? NAD+ supports your cells' mitochondria so they can function optimally and are better able to produce ATP. As we've noted, levels of NAD+ also happen to decline significantly as we get older, and these declining levels apparently drive the aging process, as well as depleting energy levels as you age, which makes sense when you consider that underperforming or damaged mitochondria are thought to contribute to a number of age-related health conditions.

What To Do About Mitochondrial Health Nicotinamide riboside (NR) is a form of vitamin B3 that is converted to NAD+ when consumed. In fact, two recent human trials on NR-containing

supplements found that they both effectively enhanced levels of NAD+ in the body. And this has a host of healthy benefits, one being enhanced energy levels beginning in the cell. This can be seen in everything from enhanced cognitive function to muscle health.

If you raise NAD+, you promote a vital, healthy aging process. Nicotinamide riboside is an incredibly promising compound. In fact, studies have shown that NR is clinically proven to increase levels of NAD+ and therefore naturally rejuvenates these cells. And while taking a daily supplement, like mindbodygreen's nr+, is certainly an easy and effective way to do this, you can also further optimize your mitochondria function with the right habits, like exercising, and through your diet.

The Takeaway

There are a lot of reasons you may feel exhausted - some more obvious, others overlooked. If you are feeling more worn out, especially as you age, you may consider a supplement to help support your mitochondrial health.

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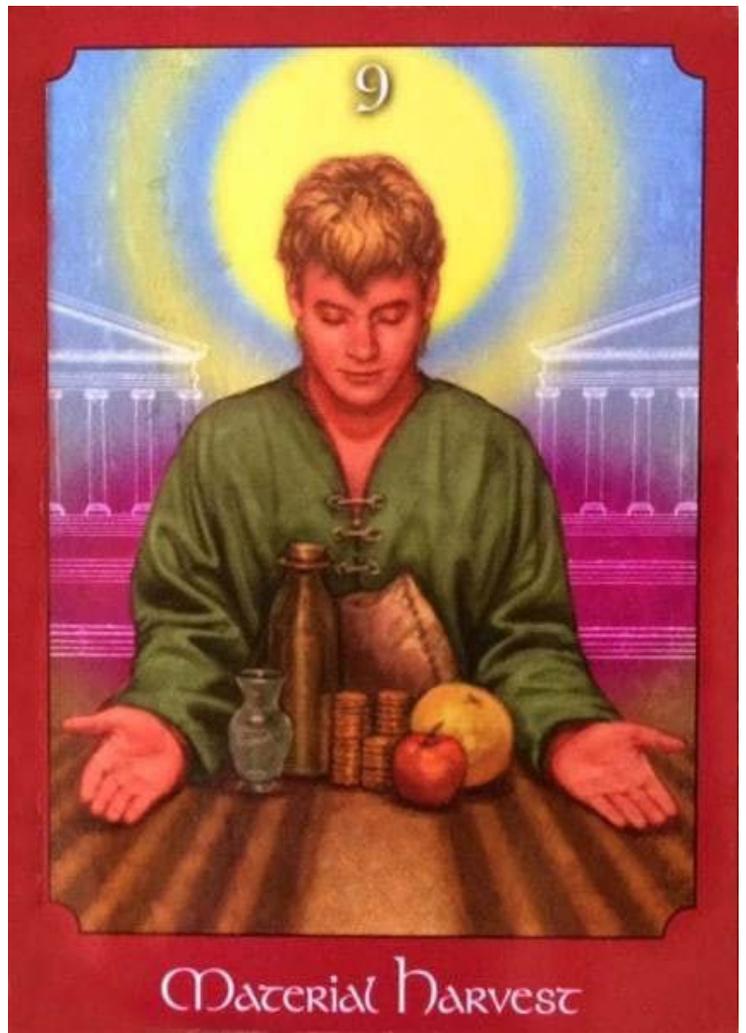
One of the laws of the Universe is, what you sow you reap. This card states that this is your time to reap the harvest you have worked for and so rightly deserve.

This last Physical Card denotes self mastery, self sufficiency, independence, security and the art of enjoying what you have strived for. You have done the hard work, learned the lessons along the way, and used them to prosper in all areas of your life.

The number 9 also means endings - not that good fortune necessarily stops, but do honor yourself as

you finish up or celebrate the completion of projects. This would be the perfect time to look ahead and use the wisdom you have gained to think about what else you want to achieve. Consider smart investments, and ponder ideas that show profitable potential.

Congratulations on your success - you have earned it!



Horoscope for December 2020

by Marion Parmenter ... any questions or to request a natal chart email ... mp.whispersfromspirit@outlook.com or go to Facebook page Whispers from Spirit where you will also find my Spirit inspired prose and words of wisdom and upliftment from myself and others.

This will be my last month of putting out the monthly horoscopes ... I can't believe I have done them for the year ... the time has flown!

I have enjoyed the challenge of doing them and hope that many of you have enjoyed the read. Thank you for you, the readers, for your interest and to Cathy for giving me the opportunity to put just one aspect of my work out there.

I wish her well with the coming editions in 2021 and everyone a Healthy, Happy and positive Christmas and New Year.

So ... this month we have a pleasant relationship between the Sun and Mars both in fire signs, which shows that it is a good time to put energy into long term goals.

As mentioned last month, it should show that generally people just get on with the job at hand and that animosity starts to settle ... I hope so, don't you?!

Also, the Sun and Mercury are travelling together in Sagittarius indicating a desire for action and improvement of goals and aims for our future ... A coming together to talk about joint interests and a new understanding enabling those in the seats of power to work together.

Apart from that folks ... no outstanding changes ... so ...



Sagittarius ... It is all systems go for you this month and life should be fun, fun, fun all the way from 10th. especially. This will also be when you find that getting your point across and speaking out will run smooth and be positive for you. You will also have the energy and drive to do this and get going on any goals you set for yourself so as they say ... "Go Girl/Boy" the time is now.



Capricorn ... Maybe recently you have been talking about your hopes and wishes with friends. Now is the time to be at home in your safe space/solitude to either think things through quietly/secretly to yourself or if you like to meditate listen to music or do whatever helps you to focus on your innermost thoughts/feelings/secrets. Maybe it is as simple as plans for the home but ... whatever it is ... do it alone.



Aquarius ... Mixing with like-minded friends about your hopes and wishes is key this month for you. Communication is key for you anyway as an air sign, but it is really where all your energy will flow now. You will have a real need to mix with those friends, neighbours, and siblings whose company you enjoy. Whether it is chatting over a coffee, having a catchup over the phone or on the net ... get involved as it will "light your fire" and give you a lift at this time.



Pisces ... Talk and ideas to do with your position at work and/or your status in general will be at the forefront of your mind this month. You will not be shy and will quite happily be out in the public arena communicating your ideas and feeling more comfortable doing this than you usually are. Money may be flowing in or out and should not pose any problems as this is where your energy and attention will also be.



Aries ... There is no stopping you this month as your ruler Mars is positive and strong so you will feel physically able to tackle whatever comes your way. You will want to just get on with everything and should work efficiently and quickly if you can get control and focus your energy. You may well be looking into study or investigating into how you could get the chance to follow a long-held goal or dream. On the other hand, it may be difficult to stay focused on one thing at a time and indeed remain in one place long enough. It is all good though as you will just ... run with it!



Taurus ... There may be frustrations held deep inside you this month as there appears to be a lot of energy that is not being expressed. This will be either anger, restrictions, or confinement. It may involve the finances of someone significant in your life or some money that is tied up in business, an insurance or inheritance. However, if you just find an outlet for those pent-up feelings and remember that communication is all important now all should get sorted without too much trauma.



Gemini ... Your mind has literally been working overtime over the last few weeks and it has literally felt like really hard work. Now it is time to get those ideas that you have been sitting with, out there. Not in the public domain but to the significant other whether s/he is business or personal partner, now is the perfect time to communicate your thoughts with them. You may also be busy with friends investing a lot of your energy in them, but it is all good.



Cancer ... This month you will come out of your shell and won't mind putting your energy "out there", using it to improve your

position/standing in life and taking a chance to let people know who you are. It will feel like hard work trying to express

your ideas/goals and wishes but keep your head held high and soldier on to get your point across as it will be worth it in the long run and all that energy you put in ... will pay off.



Leo ... You will have been going over some studies or looking into different unfamiliar areas over some time now and it is set to continue but in a much more energised and positive way.

Now, is a time to take that chance as you will attract a younger audience who may be ready to listen and invest in a project that you have wanted to push forward with. If this isn't you, it will be a time for enjoying fun and games with children and letting your inner child go crazy doing what you would call the "silly stuff".



Virgo ... There will be lots of communicating at home within or about your circle of family. This could be about money to do with siblings or inheritance etc. There could also be some secrets that pop out of the closet ... not necessarily bad but maybe general gossip within family. You may expend a lot of energy, concerning yourself with issues over money. Not your money but that to do with your partner, either business or significant other or to do with an insurance/windfall situation.



Libra ... You will concentrate your energy around you significant other or business partner this month and may even feel the need to treat them or pay for something, giving them support financially. There will also be lots of communication with those around you be they neighbours or siblings. Be aware that there may be things that you know but need to bite your tongue about and not get too involved in the gossip ... even though it may seem like innocent gossip ... remember "loose lips sink ships"!



Scorpio ... Improving your standing financially comes into the spotlight this month and you will be working hard to keep finances in order. This could be difficult as you could get carried away with the energy you feel to acquire things now so ... try to control those wild horses! You will be determined to get those things that you have wanted/wished for and will go to great lengths to explain your vision or goal ... That's ok everything is possible if you just stay in control.

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Mazarrón 968 590 012

Utilities

Aqualia Emergency
902 136 013/902 236 023

Premium rate 985 794 121

Aqualia Mazarrón 968 592 266

Iberdrola Puerto De Mazarrón
968 332 016

Iberdrola Special number English
speaking 900 322 044

Iberswitch 966 265 089

AGE T: 634 344 589
Concern
COSTA CALIDA

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

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

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

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
Rescuing 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**

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 Martin Pointon and is formed by 2 groups. "The palm troopers" meet on Mondays between 8 am and 9.30 am. The "Ground Force workers" meet at 9am. For further info email lospalaciosgardening@icloud.com

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

BIENVENIDO
CAMPOSOL D
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

WELCOME BIENVENIDO TO CAMPOSOL D
THE COMMUNITY DETERMINED TO MAKE A DIFFERENCE
Camposol D Community and gardening group.
President. Patricia Ridler
Secretary. Derek Gormley
Treasurer. Ann Gardner
Social Secretary. Laurie Lewis
Membership Secretary. Lorraine Bramwell

Telephone: 604 206 018
Email: sectordphone@gmail.com
Facebook: camposol D community

Donations.

We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.30am and 12am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.

Paypal, enter sectordphone@gmail.com as the recipient.

Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.

Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

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



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