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December 2021



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THE Journal

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Dear Readers,

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.....

MU 597-2020



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

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

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Megarsa Swimming Pool Specialists

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Please visit their Facebook page to see just how stunning some of their projects really are or pop in to discuss

in person.

Pedro 🇪🇸🇬🇧 602 103 980
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When is Christmas Day?

On this day, over two billion people (over a third of the world's population) will celebrate the birth of Christ.

Whilst the holiday has a strong grounding in the story of the birth of Jesus, many of the traditions we associate with Christmas have evolved from pre-Christian beliefs and certainly, the traditions have evolved beyond purely a Christian holiday to have a wider significance.

The celebration of Christmas in late December is certainly as a result of pre-existing celebrations happening at that time, marking the Winter Solstice.

Most notable of these is Yule (meaning 'Feast'), a winter pagan festival that was originally celebrated by Germanic people. The exact date of Yule depends on the lunar cycle but it falls from late December to early January.



Several Yule traditions are familiar to the modern celebration of Christmas, such as Yule Log, the custom of burning a large wooden log on the fire at Christmas; or indeed carol singing, which is surprisingly a very ancient tradition.

Christmas Traditions

Mistletoe

Kissing someone who happens to be stood under a sprig of mistletoe

is seen as a tradition popularised in Victorian England. However even this relatively modern tradition has much more ancient echoes in that Mistletoe bears its fruit around the time of the Winter Solstice, and it's supposed mythical ability to heal and increase fertility.

In Norse mythology, an arrow made from mistletoe killed Balder, who was a brother of Thor. Frigga, Balder's mother brought him back to life shedding tears that changed the red berries on mistletoe to white. Frigga then blessed the mistletoe and promised a kiss to anyone who passed beneath it.

A hint of Mistletoe's integration from pagan ceremonies into Christmas tradition is said that the mistletoe plant used to be a tree, and its wood was used to make the cross on which Jesus was crucified. After the Crucifixion, the plant shrivelled to become the parasitic vine we know today.

Carol Singing

The tradition of singing of songs can be traced back to the pagan festivals before the advent of Christmas. Indeed, the word carol is derived from the Greek word "choraulein", which meant "an ancient circle dance performed to flute music."

As carols were already an established custom, early Christians made the shrewd decision to integrate Christian songs into the tradition rather than ban the singing.

Carols received an injection of popularity when St. Francis of Assisi started his Nativity Plays in Italy in 1223, which included songs written in the local people's language.

The tradition of 'Modern' Carol singing flourished in England. Known as Wassailing, it was a chance for peasants to get some much-needed charity from their feudal lords. This singing for money developed in a custom involving travelling musicians who would visit wealthy homes, singing in the hope of receiving money food or gifts in return.

There was a short interruption in 1647 when the Puritans come to power after the English Civil War. The Puritans, under the leadership of Oliver Cromwell, disapproved of the celebration of Christmas. There was even a fine of up to five shillings for anyone caught singing Christmas carols. When King Charles II came back to the throne in 1660, the public singing of Christmas carols was permitted

again.

Christmas Customs in Spain



24th December marks the beginning of Pascuas de Navidad in Spain. It is a period of celebration that continues until 6th January.

However, for many, the Christmas holidays begin on 22nd December the Loteria de Navidad takes place. Known as El Gordo ('the fat one'), it's the biggest lottery in the world, with 98% of the population participating. It has a total payout of nearly \$3 billion, with a 1 in 6.5 chance of winning a prize, which range from 20 euros to 400,000 euros.

A traditional feature of the televised Christmas draw is the participation of students from Madrid's San Ildefonso school. Every time a numbered ball is drawn, two uniformed schoolchildren sing the ball's number and the corresponding prize amount.

Did you know?

Three facts about Christmas Day

Good King Wenceslas was not a king - he was a Duke.

Tiny Tim in Dickens A Christmas Carol was originally called Little Fred.

The song, "Silent Night" has been translated to more languages than any other holiday tune.





OTTEANDO EL HORIZONTE
SANTUARIO ANIMALISTA

OAS- Santuario Animalista Otteando el Horizonte. (Otto Animal Sanctuary).

Find us on the back service road near Camposol sector A

Contacts Juan and Yolanda.

Telephone number/WhatsApp 653 958

705 (please bear with us the phone is misbehaving!)

Registered Charity Number G02839298

Facebook Page: Santuario Animalista Otteando el Horizonte

YouTube: Otteando el horizonte Santuario Animalista

The Sanctuary

We are a local, legal animal charity based near sector A on Camposol. We have horses, donkeys, dogs, cats, rabbits, tortoises and pigs with more and more animals arriving all the time. Our mission is to never turn away an animal in need if we are contacted.



Latest News

We finally have a storage shed! A lovely lady by the name of Sandra Swarbrick on Mazarrón Country Club has very kindly donated a large shed which is now in situ. This will mean that our precious tools, most of which have been donated, can now be protected by the elements and is welcome news indeed. We still want further storage facilities but it is wonderful start.

Next Fund-Raising Event

Our next raffle will be at Cat's where we will again be in attendance, on 2nd December and the act will be "Marsi, I love the 80's". Starting with Bernie Mac at 2pm and the live music at 3.00pm, it should be a great event. You can reserve a seat for just €2.00.

Sponsor an animal at Christmas

One of the best ways to help the animals and to get to know them is by sponsorship. We already have a number of people who sponsor their favourite animal by paying a monthly fee directly into our bank. Not only are they kept updated on their progress but they can enjoy special "visiting rights" and may include grooming etc. Would you consider sponsoring one of our lovely animals? Would you like to buy a sponsorship



as a Christmas present for a relative? Please contact Yolanda for more information.

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End of year summary

Sometimes it is good to look back and reflect on successes, failures and achievements as we come to end of the year. We think we have made some real progress in the last 6 months. We have a regular working party of between 7 and 14 dedicated and reliable helpers now who all pitch in with cleaning, grooming and feeding. The animals are all looking happy and healthy. Our fund raisers have raised close to €2,000 now now by running a few events locally but we need far more financial help as our expenses are enormous, in excess of €5,000 per month. We do not have a charity shop, and most of the running costs are still being met by Juan and Yolanda personally from their own private salaries. This cannot continue in the long term so we need much more regular income. Please consider teaming or sponsorship, it makes a huge difference. Currently, our teaming and sponsors bring in around €254.00 per month. It is a good start but that is all that we currently have.

Our Christmas lottery is nearly upon us, so please consider buying a ticket. Available from The Sanctuary during the weekend sessions. If you are interested in helping us raise some funds next year, then please do contact us, we would be very grateful. All that remains is that all the residents at OAS, wish you all a Merry Christmas and A Happy and Healthy New Year.

FMA

We would like to wish all of our friends and supporters a very merry Xmas and happy new year.

However while we are enjoying the festive season the abandonment of animals and the calls for help in rehoming already adopted animals continues at a pace. The economic crisis caused by the Pandemic has forced people to find new solutions for their animal's whilst others have more spurious reasons; we have experienced most of them! At this time of year, we would do well to remember that famous phrase 'A dog is for life not just for Christmas.' Or when you have a baby, move house etc. It never

ceases to amaze us how little thought goes into acquiring an animal and then how little thought goes into giving them up. We would love to see our 'workload' decrease in 2022 but we know realistically this will probably not happen. Our wish for next year is that all our neglected and abandoned animals find the loving homes they so deserve, and we will continually strive to do this.

How can you help us achieve this aim? Volunteer, drive, foster and support our events. We have three fund raisers this month. On December 4th we have the FMA Xmas party at El Hotel Restaurante Costa in Mazarrón town. The cost includes a three-course meal and live music from Jimmy McMail featuring his tribute to the fabulous Rat Pack. More information can be found on the accompanying poster. Later in the month on Thursday December 16th is the FMA fun Christmas Quiz. Taking place at the Club Playa Grande, teams of maximum 8 people need to be booked in advance. Again, more information can be found on the accompanying poster.

Our final fund raiser will be the draw for the Radley bag and purses taking place live on December 17th. For 5 euros you have the chance of winning this treasured British brand worth over 200 euros. Information on how to purchase tickets can be found alongside this article.

Finally I would like to finish with a Christmas wish from Scamp the dog to whom I have to credit this poem. Whilst the huge majority of us treat our animals like family and spoil them rotten, we must always remember the ones that aren't so lucky. Please substitute dogs for cats and any other animal that is neglected and uncared for. A Christmas Eve prayer for all the unloved Dogs in the World

On this night of all nights please can you remember
The Dogs who never have the love, that I do in December.

On this night of all nights keep all dogs nice and warm
But please most importantly, keep them safe from harm

On this night of all nights, let them find some meat
For they are cold and starving as they lie upon the street

On this night of all nights, a gift they do not need
Could they just have a family, to love and give them feed

On this night of all nights, as they sit there cold and wet
Just tell them it is possible, this is as bad as life will get

On this night of all nights, I'm as lucky as can be. I only wish those other Dogs, could spend this night with me.
With best wishes for the Festive season from everyone at FMA.
Please contact the team at FMA for more information.
Private message our Facebook page at Friends of Mazarrón Animals
+34 711032574 (WhatsApp or Message) Span-

ish and English

<https://www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/>

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2021 POPPY APPEAL LAUNCH AND REMEMBRANCE DAY MURCIA BRANCH ROYAL BRITISH LEGION

What an amazing few weeks for the Murcia Branch of the Royal British Legion Spain.

After an unfortunate start to the poppy tide this year we picked up and carried on. We were granted 1 day this year to collect in Consum on B sector of Camposol urbanization this year due to a change in district manager and this we held on the 29th October 2021 we would like to acknowledge and thank Consum staff and manager for all the help they provide us. We were then granted permission to collect on the Commercial Centre of B sector Camposol by the Business Association and we were allowed several dates there which were all attended very well.

We must also mention with thanks to the very kind people that donated cups of hot drinks to our volunteer collectors as it was pretty darn chilly on a couple of the days, but

our collectors are very passionate about what we do, and we know just how much your generous donation helps people in our region.

On the 10th November we had 2 stalls collecting, the first one was with the Poppy Appeal Coordinator Lesley Anderson and Branch Community Support representative and Welfare Caseworker Billie Graham-Thomas collecting on Camposol B Sector outside Costa Cafe with kind permission of the owner Nick Martin-Chapman.

The second stall was manned by our Chairperson Carl Thomas and our Social Secretary Mr David Haynes who were collecting at the Club de Golf on Camposol C during their Poppy Appeal Tournament.

An amazing turn out of people for the Remembrance Day service arranged by Los Palacios Gardening and Community Group with a lastminute change of Padres from Duncan and Pat Tart to Arthur Laws (A Veteran) of The Olive Branch Church.

The Murcia Branch Standard Bearer Mr Terry Murphy (A Veteran), Poppy Appeal Coordinator Lesley Anderson manned the Poppy table, David Haynes (A Veteran) our Social Secretary was in attendance and Carl Thomas (A Veteran) our Chairperson took the Two Minute silence but who then went the immediate aid of a member of the public who was having a medical issue during the 2 minutes silence.

I, Billie Graham-Thomas (A Veteran), was asked to read the Soldier's Poem and the Remembrance Exhortation.

The Wreaths were laid on behalf of the Murcia Branch Royal British Legion by Billie Graham-Thomas and Carl Thomas who also

took the Salute, and Wreaths were laid by Mike Cater (A Veteran) President of the Ex-Servicemen's Association Mazarron District, Patricia Maltby on behalf the Merchant Navy. Also in Attendance were the Mayor of Mazarron Gaspar Miras, the First Lieutenant Major Ginas Campillo, the Councillor of International Relations and Camposol Silvana Elisabetta Buxton, the Councillor of Environment Placidea Gomez and the Councillor of Tourism Raquel Raja. Later on that day our Chairperson Carl Thomas accepted a donation from Greenfingers Gardening Group, raised by their memorial garden display, of 300 euros. We must thank the kind volunteers of the Ex-Servicemen's Association of Mazarron District and for the volunteer collectors on Condado de Alhama for their valiant efforts collecting for the Royal British Legion Poppy Appeal 2021. Finally, Tony Pompey Day and his wife Lynn Day raised 360 euros with an event held at their villa in aid of the Royal British Legion Murcia Branch.

Once the Poppy boxes have been collected and the final figure acknowledged we will announce how much this year's Collection raised.

Before that we would like to acknowledge and thank every single person who put a donation into the tins, held functions and golf tournaments in the aid of the Royal British Legion Murcia Branch this will mean so much to our serving members, our Veterans and their families.

THANK YOU SO VERY MUCH.

Billie Graham-Thomas

Branch Community Support Representative
Murcia Branch Royal British Legion Spain District North



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Christmas Trends 2021 – Christmas Colors and Decor Trends

Christmas traditions of home decor seem unshakable and unchanged – but only to those who do not want to look wider. In fact, designers offer new options for arranging homes for Christmas every year. If you want to welcome the holiday in some special and stylish way, we will be happy to tell you about the Christmas décor trends for 2021. Read and be inspired.

What Are the Christmas Colors For 2021?

We got used to thinking of classic Christmas as of a holiday of red, green, and gold that are slightly powdered with bright white snow. This combination of colors certainly creates a magical atmosphere. However, maybe you want a kind of trendy Christmas magic? We give you the most gorgeous Christmas color trends of 2021.

Turquoise

This exquisite greenish-blue shade looks very elegant, fresh, and space-expanding. The room that is decorated with turquoise ornaments looks incredibly light, airy, and very luxurious at the same time.

Pink



Some people think this shade is too romantic and cloying for Christmas. However, it perfectly embodies the up-to-date chic and glamour in a delicate, tender, and the most perfect way. Dress up the room in pink tones combined with silver, white, or gold and admire at the refined atmosphere.

Blue or Navy Blue



This may sound surprising, but it is the deep blue tones that have become the undisputed favorite of the Christmas season 2018/2019. Designers recommend to combine blue, purple, and gray shades, and assure that it will create the impression of a frozen tropical ocean. Would you like to have a try?

Luxury Metal



According to the Christmas design trends of 2018 spectacular and mysterious play of bronze, copper, and platinum has eclipsed shining and straightforward silver and gold. Using these hints is quite enough to make your décor really trendy.

In the Realm of Concrete and Gold



When choosing glittering Christmas decorations, do not forget about the stylish background. This year, a gray stone surface, shading the game of gold, silver and snow-white shades becomes the most preferable designing option. If you find urban chic very tempting then elegant figurines, vases, and metal candle holders are waiting for you! By the way, accessories made of concrete are incredibly good in combination with fresh fir branches.

Should we abandon the red color completely in 2021? Of course not, otherwise Santa may leave you without a gift! Small red bows on a Christmas wreath, red candles, or napkins become small but bright and cozy hints of your devotion to those eternal traditions.

What Are the Christmas Décor trends for 2021?

Mistletoe, poinsettias, candles, and garlands invariably create a true Christmas atmosphere. However, if this decor scenario is repeated from year to year, you are probably ready to

try something refreshing. Well, it's time to learn more about the latest Christmas trends of 2021!

Asymmetrical Wreaths



If your wreath is traditionally symmetrical this Christmas, you take a risk of being branded an out-of-fashion person. Do not think that such wreaths will seem clumsy as the asymmetry looks very stylish and trendy. If you prefer to make a wreath yourself, you'll have to work half as hard.

Christmas Cards Display



A stylish mix of modern, hand-made, and vintage Christmas cards will be the best way to decorate one of your walls. Why waste time on trifles though? Ornate two or three walls in the house the same way if you like.

Unusual Christmas Tree Skirts



The bottom of your Christmas tree must be decorated without any excuses this year. It can be a skirt made of corrugated paper, a knitted blanket, and even an inverted iron basin colored with glittering paint. This decor creates

a spectacular balance, and a delightful game of textures will add a little more style to your Christmas.

Large Christmas Ornaments

As-large-as-possible balls and garlands have become another hit of Christmas decorations 2021. It looks really gorgeous, and if the space in the room allows you to use oversized ornaments, go ahead!

Rustic Accents



The best way to provide some rustic notes in your Christmas décor is to use some plaid fabric. If a plaid tablecloth seems too straightforward to you just use that kind of ribbons in garlands and wreaths instead.

Nothing But Balls



Another manifestation of a trendy minimalist approach to decoration is the monopolistic use of Christmas balls – monochrome will be the best option. Their color is up to you but if you follow the trend, give preference to gold, silver, bronze, white, and bottle green.

Stylish Log Holders

It is not acceptable to hide wood for the fireplace this season. And why do that if you can create a fashionable accent? Place them to the original log holder and enjoy farmhouse notes in your Christmas decor.

As you see, the Christmas trends of 2021 are very easy to follow. Just stick to the brevity but do not forget about the glitter, gold and silver shades, and wooden accents. However, you can interpret trends to your liking and create not only up-to-date but also exclusive look of your house.

What is the best way to decorate a Christmas

tree?

So, we have already highlighted the Christmas trends forecast for 2021. And now it's high time to talk about the most important attribute of the holiday – the Christmas tree that remains in the center of attention in spite of any whims of designers. How to decorate it this year? We present you some fashionable and breathtaking options.

Pastel Colors

Soft muted tones of these pastel Christmas ornaments look very tender and elegant. Add gold balls or stars for a glamorous accent.

Flower Ornaments

Decorating the Christmas tree with flowers is one of the most extravagant, but bright trends of the season. Imagine yourself in the center of a festive fairy tale.

Something Fancy

Bright colors and fabulous toys on the background of white fir branches will delight children. It looks really funny and fantastic!

Light & Neutral Color Scheme

White, gray, and beige tones in another trendy variant of Christmas tree decoration in 2021. They create the very exquisite feeling of minimalist chic. Some silver accents for a light glitter will be ok.

Neon Tree



Trees of bright colors look great and break any stereotypes. What do you say to this luxurious example of turquoise hue?

Wood and Clay

Decorating the Christmas tree with beads and figurines made of natural materials you will create a surprisingly warm and soothing atmosphere. Just two elements will help your Christmas become special.

When should we put the Christmas tree up?

If you are sure that everyone may choose the time to put up the Christmas tree and decorate the house on his own, you can skip this passage. However, it can be interesting for those who find all these traditions really charming.

Today we can observe the earlier installation of festive pines and fir trees. Some decades ago they used to be put up in the first weekend of December. However, the ornated trees in the last days of November gradually become more and more frequent.

Historians claim that Christmas Eve and the last days before it is the best time to put the tree up.

However, if the pre-holiday fuss makes you fix this issue earlier, still try to do everything as near to Christmas as you can.

Several centuries ago, it was believed that the premature appearance of a Christmas tree in the house brings bad luck.

If you are more of a practitioner than a romantic, focus on the kind of Christmas tree you are going to bring up.

Experts of the British Christmas Tree Growers Association recommend to delay the purchase of the cut tree at least till December 1 – the later you will bring it to the house, the better it will look by the holiday. Living potted trees can be bought later, but the week before Christmas seems the most appropriate time.

The time when you decide to part with this festive symbol is of no less importance. According to the sign, you should remove the tree not later than the 12th day after Christmas, or January 5th.

Although in most families it is often put away immediately after or before the New Year. And, as the experience of ancestors shows, that's quite right!

Christmas is considered to be one of the most beautiful and stunning holidays of the year. Decorating your home in accordance with the current trends and adding something original from yourself, you will create a unique festive atmosphere that will be imprinted not only in photos but also in the hearts of your loved ones.

We hope that our outline of Christmas design trends 2021 proved to be useful for you. Merry Christmas!

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Vicente Munitiz



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

Camposol Health Clinic incorporates the following working areas in surgery:

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

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

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

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

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

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

Dra. Maria Eugenia Felices Quesada

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

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

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



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

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

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

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

Dr. Francisco Pedreño Guerao.

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

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



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

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

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

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

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

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

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

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

Camposol HEALTH CLINIC



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

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

2 Physiotherapists

Dr. Jose Andrés Sánchez

Dr. Juan Antonio Conesa



**TO MEET
OUR
TEAM**

camposolhealth.com/team



**SCAN
THE
CODE**

3 Nurses

Dra. María Sánchez

Chief Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

Dra. Maria Eugenia Felices
specialized in aesthetic
medicine and facial
rejuvenation

Dr. Carlos Munitiz
General Surgeon

1 Psychologist
Dr. Fernando Lazaro

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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

camposolhealth.com



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Release Date

Wednesday, December 22

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The Matrix Resurrections Movie

The long-awaited fourth film in the groundbreaking franchise that redefined a genre. The new film reunites original stars Keanu Reeves and Carrie-Anne Moss in the iconic roles they made famous, Neo and Trinity.

The synopsis indicates the world is still divided into two realities and Neo aka Thomas Anderson is back (for a seventh time?) to fight a new and improved Matrix. What this means exactly, we'll have to wait and see.

Release Date

Wednesday, December 22

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Call of the Penguins

by Hazel Prior

Meet the heroine everyone's talking about . . .

Fiercely resilient and impeccably dressed, Veronica McCreedy has lived an incredible 87 years. Most of them alone, in her huge house by the sea.

But Veronica has recently discovered a late-life love for family and friendship, adventure and wildlife.

More specifically, a love for penguins!

And so when she's invited to co-present a wildlife documentary, far away in the southern hemisphere, she jumps at the chance.

Even though it will put her in the spotlight, just when she thought she would soon fade into the wings.

Perhaps it's never too late to shine?

Release Date

11 November 2021.

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A.G. RIDDLE

THE EXTINCTION TRIALS

The Extinction Trials

By A.G. Riddle

The end... is only the beginning. After a mysterious global event known only as 'The Change', six strangers wake up in an underground research facility where they learn that they're part of the Extinction Trials - a scientific experiment to restart the human race.

But the Extinction Trials harbours a very big secret.

And so does the world outside.

From A.G. Riddle, the Amazon and Wall Street Journal bestselling author with nearly five million copies sold worldwide in twenty languages, comes an epic standalone adventure with a surprise ending unlike anything you've ever read before.

Release Date

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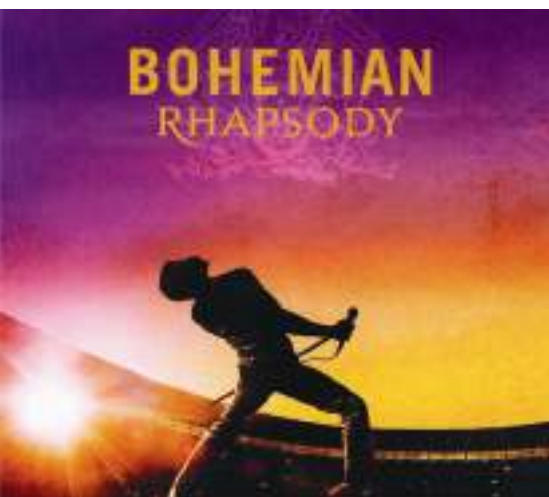
The Official Christmas Number 1s

All Number 1s are special, but the festive chart-topper is the ultimate prize. Let's look back at every Official Christmas Number 1 single in the UK.

There's not many chart records the Beatles haven't broken and, yes, they have the most Christmas Number 1s of everyone – four in total.

The first three, I Want To Hold Your Hand, I Feel Fine and Day Tripper/We Can Work It Out topped the Official Singles Chart consecutively from 1963–1965. Hello, Goodbye was the fourth in 1967.

Spice Girls also notched up three consecutive Christmas Number 1s: 2 Become 1, Too Much and Goodbye all reigned the festive rundown from 1996–1998.



Seven Christmas Number 1s feature the word 'Christmas' in the title, if you include Slade's Merry Xmas Everybody from 1973. And as Christmas is the season of goodwill, why not, eh? In 66 years of Christmas chart-toppers, 12 are genuine Christmas songs, eight are by TV talent show winners, three are by choirs and three are novelty singles.

YEAR	TITLE	ARTIST
1952	HERE IN MY HEART	AL MARTINO
1953	ANSWER ME	FRANKIE LAINE
1954	LET'S HAVE ANOTHER PARTY	WINIFRED ATWELL
1955	CHRISTMAS ALPHABET	DICKIE VALENTINE
1956	JUST WALKIN' IN THE RAIN	JOHNNIE RAY
1957	MARY'S BOY CHILD	HARRY BELAFONTE
1958	IT'S ONLY MAKE BELIEVE	CONWAY TWITTY
1959	WHAT DO YOU WANT TO MAKE THOSE EYES AT ME FOR?	EMILE FORD & THE CHECKMATES
1960	I LOVE YOU	CLIFF RICHARD & THE SHADOWS
1961	MOON RIVER	DANNY WILLIAMS
1962	RETURN TO SENDER	ELVIS PRESLEY
1963	I WANT TO HOLD YOUR HAND	THE BEATLES
1964	I FEEL FINE	THE BEATLES
1965	DAY TRIPPER/WE CAN WORK IT OUT	THE BEATLES
1966	GREEN, GREEN GRASS OF HOME	TOM JONES
1967	HELLO, GOODBYE	THE BEATLES
1968	LILY THE PINK	THE SCAFFOLD
1969	TWO LITTLE BOYS	ROLF HARRIS
1970	I HEAR YOU KNOCKING	DAVE EDMUNDS
1971	ERNIE (THE FASTEST MILKMAN IN THE WEST)	BENNY HILL
1972	LONG HAIRE D LOVER FROM LIVERPOOL	JIMMY OSMOND
1977	MULL OF KINTYRE/GIRLS' SCHOOL	WINGS
1978	MARY'S BOY CHILD – OH MY LORD	BONEY M
1979	ANOTHER BRICK IN THE WALL (PART 2)	PINK FLOYD
1980	THERE'S NO ONE QUITE LIKE GRANDMA	ST WINIFRED'S SCHOOL CHOIR
1981	DON'T YOU WANT ME	THE HUMAN LEAGUE
1982	SAVE YOUR LOVE	RENÉE AND RENATO
1983	ONLY YOU	THE FLYING PICKETS
1984	DO THEY KNOW IT'S CHRISTMAS?	BAND AID
1985	MERRY CHRISTMAS EVERYONE	SHAKIN' STEVENS
1986	REET PETITE	JACKIE WILSON
1987	ALWAYS ON MY MIND	PET SHOP BOYS
1988	MISTLETOE AND WINE	CLIFF RICHARD
1989	DO THEY KNOW IT'S CHRISTMAS?	BAND AID II
1990	SAVIOUR'S DAY	CLIFF RICHARD
1991	BOHEMIAN RHAPSODY/THESE ARE THE DAYS OF OUR LIVES	QUEEN
1992	I WILL ALWAYS LOVE YOU	WHITNEY HOUSTON
1993	MR BLOBBY	MR BLOBBY
1994	STAY ANOTHER DAY	EAST 17
1995	EARTH SONG	MICHAEL JACKSON
1996	2 BECOME 1	SPICE GIRLS
1997	TOO MUCH	SPICE GIRLS
1998	GOODBYE	SPICE GIRLS
1999	I HAVE A DREAM/SEASONS IN THE SUN	WESTLIFE
2000	CAN WE FIX IT?	BOB THE BUILDER
2001	SOMETHIN' STUPID	ROBBIE WILLIAMS & NICOLE KIDMAN
2002	SOUND OF THE UNDERGROUND	GIRLS ALOUD
2003	MAD WORLD	MICHAEL ANDREWS & GARY JULES
2004	DO THEY KNOW IT'S CHRISTMAS?	BAND AID 20
2005	THAT'S MY GOAL	SHAYNE WARD
2006	A MOMENT LIKE THIS	LEONA LEWIS
2007	WHEN YOU BELIEVE	LEON JACKSON
2008	HALLELUJAH	ALEXANDRA BURKE
2009	KILLING IN THE NAME	RAGE AGAINST THE MACHINE
2010	WHEN WE COLLIDE	MATT CARDLE
2011	WHEREVER YOU ARE	MILITARY WIVES WITH GARETH MALONE
2012	HE AIN'T HEAVY, HE'S MY BROTHER	THE JUSTICE COLLECTIVE
2016	ROCKABYE	CLEAN BANDIT
2017	PERFECT	ED SHEERAN
2018	WE BUILT THIS CITY	LADBABY
2019	I LOVE SAUSAGE ROLLS	LADBABY
2020	DON'T STOP ME EATIN'	LADBABY



Versions of charity smash Do They Know It's Christmas? have topped the charts on 25 December three times: for Band Aid in 1984, Band Aid II in 1989, and finally for Band Aid 20 in 2004.

The first version of Do They Know It's Christmas? is the biggest selling Christmas Number 1 of all time, with over 3.8 million copies sold.

Mary's Boy Child has been a Christmas Number 1 twice for totally different artists.

Harry Belafonte topped the charts with it in 1957 and Boney M took a one-horse open sleigh all the way to Number 1 with it (mashed up with Oh my Lord) in 1978.



The only song to get the Christmas Number 1 twice by the same artist is Bohemian Rhapsody by Queen.

It first topped the Christmas charts in 1975 and pulled it off again 16 years later, following the death of Queen frontman Freddie Mercury.

As a result, it is one of the longest-reigning Number 1 hits of all-time.

Last, but by no means least, are the novelty singles. 2019 and 2018 both saw YouTuber LadBaby claim the Christmas top spot with sausage roll-themed singles, both in aid of food band charity The Trussell Trust.



Going back, Bob The Builder claimed a Christmas Number 1 in 2000 with Can We Fix It?, as did Mr Blobby with his self-titled debut single in 1993.





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

recruitment@fast2016.org



FAST have been back on active responding since the end of October. Our primary concern is for our Responders who may attend people's homes. We are all instructed by our accredited trainers that we first look for danger. One new form of danger for us now is the Covid 19 virus. When a call is made to FAST one of the questions you will be asked is "have you been vaccinated against the Corona virus"? Depending on the answer our response may be modified to not only protect the responders but the wider public. We will be available to give advice if the caller has any symptoms of the virus. On days when we cannot respond in person we are able to give advice over the phone.

We have 5 new recruits. Covid restrictions and protocols were observed and adhered to during their training. The new recruits all passed their examinations, theory and practical. They will be accompanied for a while by an experienced responder. We are planning another new recruits course for December, so if you would like to be a responder please come along on a Tuesday morning to the Cultural Centre and see what we do. You will be made most welcome. Training is free to the responder, the Murcian Health Authority recognise the standard of training.

If you have a medical emergency first call 112. Ask for an operator to speak in your language if you do not speak Spanish. They will ask a series of questions in order to prioritise the call. Then call FAST on 868 487 015. The FAST responders will also ask some questions and attend your location as quickly as possible. If the call is at night, we ask the caller to put outside lights on to assist us finding the address. This will also help the Emergency services to find the location.

When FAST responders attend an emergency we can stop catastrophic bleeding, ensure the casualty has an open airway and if required give lifesaving CPR. Both the FAST vehicles are fully equipped with Defibrillators, blood clotting type bandages and all the other kit required of a first responder. We also comfort the other members of the household; give advice on what

the medics will want to see when they arrive. Also if the patient has to stay in hospital we have a list of things they may need for a hospital stay.

If you are feeling depressed or just need to speak to a trained responder regarding your state of mind then call the Mental Health Line on 634 308 362. Our trained Mental Health responders are available 24 hours a day to support the people of Camposol and Saladillo.

FAST would like to thank Betty and Lloyd Roberts for organising the quiz at the Golf club on the 4th November in aid of 3 charities on Camposol, FAST, MABS and Age Concern. Over €900 was raised on the night.

Members of the FAST supporter team organised a trip to Gibraltar in late October. It was a great few days enjoyed by all. Special thanks to Jenny Clive and Annie Hamilton. We have also had personal donations from Bernie Mac and Julia. We would also like to thank Debbie Shaw for always supporting FAST.

A special mention for Sue Pipe at the Diner for the fantastic charity work she carried out. Sue has helped to raise over €22,000 for charities on Camposol.

If you would like to join this enthusiastic group of volunteers and give something back to your community then you can call FAST on 634 338 110 or call into the Cultural Centre on a Tuesday morning or email us on recruitment@fast2016.org



It's been another busy few weeks here at AAR on the lead up to Christmas. Our gorgeous boy Santana who was abandoned in Cartagena is starting to blossom, he is now well fed, clean, happy and most importantly loved. He has started to put on weight and has even formed a close bond with a lovely lady at the stables called Chloe who he just seemed to click with and trust, which is wonderful to see.



The three donkeys and horse that we rescued recently from Cartagena, are all doing well. Pancho is recovering after his hernia operation and castration with thanks to Monolos amazing surgical team at St Vincent Hospital in Alicante and The Donkey Sanctuary for covering the costs.

We also are excited to announce we will be soon welcoming 3 gorgeous girls who we originally rescued from a farmer, but due to some personal circumstances their present owners can no longer keep them, so they will soon be back at AAR. They have had a lovely few years with their current owners and were very much loved and cared for. We are always here for our

donkeys if things don't work out and they need us again one day, so welcome back Blossom, Megan and Harry (yes definitely all girls)

We recently launched our buy a bale for Christmas to raise some much needed funds for our ever growing food bill at the sanctuary which I have to say has been a great success. We would like to say a big Thank-you to everybody



that kindly donated from all of us at AAR and especially from all the donkeys and horses.

We wish you all a very happy Christmas and a healthy New year and thank-you all for your continued support.

I would also just like to say that I'm sorry if a small paragraph that I had written in last month's article offended anybody, it really wasn't my intention.

From all at AAR xx

If you would like to donate, here are our details
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As usual every Monday there will be someone (usually me!) in the car park on the roundabout of Sector B on Camposol where you can drop donations off from 11.30-1.30pm. We are very visible with yellow panels on the side of our vans. Larger items can be collected by prior arrangement. Otherwise, items can be dropped off at either of our shops in Roldan or Mazarron between the hours of 10.30-1.30pm.



As always, a huge thank you!

Without your help we couldn't continue to help those that need us most. So to all who have donated clothes, furniture, bric-a-brac, books etc. and to all the volunteers – workers in the shop, van, patient drivers, fund raisers, manning the helplines and manning reception at the Respite Home, we can't thank you enough.

This year we have assisted with;	
Appointments	1124
Translations	1037
Drives	335

So, with your help

In October we assisted with:

- 109 Appointments
- 109 Translations
- 21 Drives to hospital
- 7 loans of equipment

And year to date to the end of September:

- 1124 Appointments
- 1037 Translations
- 335 Drives to hospital
- 64 loans of equipment

Race For Life

Race for Life on 31st October saw over 70 runners and walkers take part. Ranging in age from 5 to 82! Plus a 12 week old baby carried round by Mum and was a complimentary medal. A massive thanks to IBEX Insurance who have sponsored us for the last five years and to Mercer's for providing 'back office' and printing services. Plus Mazarrón Ayuntamiento, Cruz Rojo, Policia Local and FAST for their support.

Carl Thomas and TOTAL Star Radio for providing live coverage and Bartollo from Citroën for music around the course. And congratulations to Zoe Louise Kingdon for coming first of the ladies and second overall!

The event has pledges of just under 7,000€, which is amazing.

December

The MABS bakers have been busy baking their fabulous CHRISTMAS CAKES so call into the MABS Respite Home get your order in now to avoid disappointment.



Cake sizes and prices	
10cm	5.00
12cm	6.00
14cm	7.00
16cm	8.00
18cm	9.00



Something a little different to start the Festive season.....

The Bistro Bulgaria will be hosting an evening of excellent food and fine entertainment on 1st December from 7pm to raise funds for MABS Mazarrón so come along and get Christmas off the a fabulous start!

MABS bakers

Orders are being taken for Christmas cakes in MABS Respite Home reception.

Mon – Fri 10.00 – 14.00

Volunteers needed

If you can spare any time per week or month and would like to help please phone 634 362 954, email mazvolunteers@mabscancerfoundation.com or call into our Respite Home on Avenida de Los Covachos 278 on Camposol B4.

Van Workers

We are currently looking for more volunteers to help out on our van collecting and delivering furniture, clothes, bric-a-brac etc. Our van runs Mondays, Wednesdays, Thursdays and Fridays, so if you're reasonably fit (or want to get fit – I always said it saved on gym fees!) and want to join one of our crews, please get in touch. They're a good bunch of guys and the work that they do is vital to raising much needed funds.

Sponsored Bike Ride Madrid to Mazarrón in aid of MABS Cancer Support

Don't forget the sponsored bike ride from Madrid to Mazarrón in January over five days

The charity ride is supported by local businesses - Luz del Sol, Ibex Insurance, Tel's bar, Top to Toe Hair Salon, Compusurf, CM Constructions with a support vehicle provided by Citroen Mazarrón.

Football cards available at Tel's Bar. 1.50€ a square, 36€ prize. All to raise money for fuel for the support car and MABS.

Donations can be made to PAYPAL donate@mabscancersupport.org or directly into La Caixa ES79 2100 6032 8702 0016 8624 using the concept BIKE RIDE.

Collections: Furniture and larger items? Our van runs Mondays, Wednesdays, Thursdays and Fridays. Message MABS Charity Shop Totana or Phone 634 313 478 to arrange collection.

Smaller items

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

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For more information
<http://www.mabscancerfoundation.com>
DENIM AND DIAMONDS BONFIRE PARTY NIGHT

The weather was kind to us and we had a fantastic turnout to celebrate Bonfire Night. With the cosy fire, blankets and hot dogs, jackets and homemade sweet treats, a great night was had by all. We even had a singalong!

To top it off we raised over €200



CHRISTMAS FAYRE AT MARIANO'S

Our annual event was very successful with 20 of our local crafty creators in attendance.

We raised over a staggering €1500 and have received great feedback from all those involved. Thanks as always go to our brilliant volunteers and to every one of our vendors and attendees.

TABLE TOP SALE

This month's Table Top sale at our Social Centre raised a fantastic €155. Thanks to everyone involved and look out for our Black Friday and January Sales.

QUIZ NIGHT AT THE BLACKBULL

What a night, we had over 10 teams, a delicious meal and dessert and raised €244 in the process! A huge thank you to Aaron and the team at the Blackbull for looking after us so well and to everyone that came along to support.

Due to our packed December schedule our next quiz will be on 25th January 2022 at 6 p.m.

FUTURE EVENTS WE NEED YOU!!

We are nothing without our team of Volunteers and due to a rise in clients we need your help! Can you spare a few hours a week to take our clients to medical appointments, go shopping or just get them out for a coffee as well as

befriending at their home. Volunteering is so worthwhile and makes such a difference to someone in need so if you can help us please email ageconcerncostacalida@gmail.com

for further information and an application form and look out for our upcoming

Recruitment Fairs on A & B Sectors and in Puerto Del Mazarrón.

BLACK FRIDAY SALE

26th November 2021 10 a.m. - 1 p.m. at our Social Centre on C

Come along and grab a pre-Christmas bargain from our Vintage Store.

We have had loads of donations recently so have a massive selection of pre-loved clothing and bric-a-brac just €1 per item and there's even a free tea or coffee for every one attending.

Age Concern Social Centre, Avenida de los Covachos, 2B Camposol Sector C, Mazarrón

Enquiries – 634 312 516
Lifeline Puerto de Mazarrón Area – 634 325 408

Equipment Loan – 634 306 927 (Lines Open from 10 a.m. – 4 p.m. Monday – Friday)

Email: ageconcerncostacalida@gmail.com
Facebook: Age Concern Costa Calida



Central Heating in The Costa Cálida

Many people are under the misconception that Spain is hot and sunny all year round which is simply not true. Temperatures can range from plus 40 degrees in the height of the summer, but can drop below zero in the winter months. Clearly this varies from region to region but the winter nights can be very cold, especially from November until Easter with wind chill factors bringing icy winds from the mountains.

In most rural areas it is unlikely that you will find access to mains gas, however some urbanisations do offer a piped gas system which performs in the same way, except the supply comes from a bulk storage gas tank. For those of us that do not have this option, the most common solution is oil fired central heating.

Following a very unpleasant, cold and damp Christmas visit in a rented villa on sector A in 2001, we decided immediately that we would install central heating in our own villa especially as the plan was to come and live and work in Camposol.

Kevin Hicks is a qualified heating engineer from the U.K. and already had his own business installing and maintaining oil, and gas heating systems in domestic, commercial and the industrial sectors.

Once our own installation was completed and proven, all the neighbours who had come to be resident, immediately requested the same, so we decided to invest in setting up the business.

Camposol Heating & Maintenance S.L was born in 2004, and is dedicated to supplying central heating and air conditioning to our clients. We have always offered a range of plumbing services too, including leak detection and repair, as well as back up water deposit systems for those with an unreliable water supply.

There are times when we will install smaller, LPG heating systems, especially in apartments, or small properties with no space for an oil tank, but for now, oil is still the preferred solution. We only work with major suppliers and have long

standing relationships with Baxi Roca, Junkers, as well as many local parts suppliers. We can also offer hot and cold air conditioning which is also an option for heating but it does not help with a hot water supply.

When selecting your supplier for your installation, please consider the following as it is a major investment and not to be taken lightly.

- Is this company legal and registered? (Paying social security to the tax office, is not the same thing as being registered with the appropriate authority.)
- Do they have proper public liability insurance?
- Will my installation be covered by a proper manufacturer's warranty and be commissioned by them as part of the purchase?
- Will all my heating pipework be in copper as it must be, not in cheaper, plastic alternatives?
- Do they come back to service my system after they have sold it to me?
- Do we have the choice of towel rails or radiators in the bathrooms?
- Can we turn off individual radiators in certain rooms when not being used?
- Can we have UK Style convection radiators as they are the most efficient and have the highest output?
- Will the project plan be agreed in advance with the customer?
- Do we get to choose where our radiators will go and where our oil tank and boiler will be placed?
- Can I control the room temperatures from inside the property?
- Can I pay for the whole system once completed, and not pay anything in advance?

Some of these questions may appear a little surprising but we have 16 years of experience installing these systems here in Spain, and we have come across "other systems" that simply do not offer what we do so please make sure any quotes you obtain are "like for like".

For more information, or to book your obligation free quotation, please contact us on 968 199 184, WhatsApp 646 965 082, or email us at camposolheating@gmail.com

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

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Camposol Heating & Maintenance S.L - C.M.

What to do sow and grow in December



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



Here are the plants and flowers to sow and grow this December:

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.
- Hyacinth prefer cooler temperatures so sow them anytime between now and February for optimum growth.

Plants outdoors



- Plant up winter containers with fritillaria, 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, provided the ground isn't frozen.
- Plant bare-root native hedges to encourage wildlife and create attractive boundaries around your garden.
- Plant bare-root colourful hedging to add a splash of colour to your boundaries.
- Plant bare-root fast growing hedging, for natural, private boundaries around your garden that establish in virtually no time at all. Or for slower, more manageable hedging that doesn't require much pruning, try out our range of slow growing hedging.
- Take stock of any winter-flowering annuals in your garden, and make note which ones were successes for growing next year.

Herbs and vegetables to sow and grow

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

In the greenhouse/indoors

- Herbs such as basil, dill, chives and mint 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



Our Maintenance Team have begun trimming the palms along the dual carriageway and weeding, clearing and sweeping the streets of 'C' North in much cooler mornings this month. The Scheme has been in place for several years now, but new owners may not realise what our sector would look like without it: Overgrown roadsides have gone (look at the roads near the Golf Club to see what would happen if this work was not done), no landscaped areas and rubbish blowing everywhere; a forgotten and abandoned area. Nobody wants to live or spend holidays anywhere like that so if you don't already belong to our scheme please think about joining – We're totally dependent upon 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 and maintenance, 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!

Our Wednesday volunteers have been watering, weeding, trimming palms, sweeping away their seeds and clearing scrub. The raised bed near 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!

We'd finally like to take this opportunity to wish everyone a Merry Christmas! A huge thank you to those who take time to care for any plants near their homes, those who have offered us refreshments and those who contribute to our buckets!

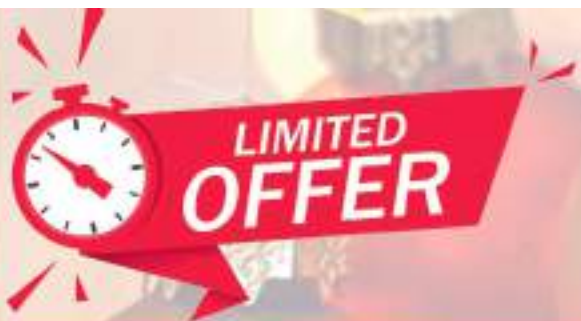
Further information is available from our Chairman, John on 634 325 427 or check our chalkboards and Facebook groups.

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Los Palacios



Another month on with the situation continuing to improve generally. Our volunteers are out every week, cutting the trees back; weeding, clearing the roads and generally maintaining the area. We would also like to thank Mark from C & M Construction for repairing, free of charge, the pavement on the corner opposite the Vista Bar. The paving slabs had lifted badly by tree roots and had become very dangerous.

We would like to thank Debbie and Sara of Cats Bar for holding a fundraiser for us on the 21st October. This raised a total of 372.10 euros. Thanks to Mia, Pat and Laura for doing the raffle.

We had a "Blitz" clean up on Sunday 7th November in preparation for the Remembrance Service on the 11th November. We are very grateful to Sector D Gardening Group who



came to assist us. A large group of their volunteers came to lend a hand and together we covered a lot of ground and greatly improved the appearance of both the park and memorial garden.

With no restriction on numbers this year there was a very good turnout for the Remembrance Service which took place on the 11th November. Our volunteers were on hand with sanitizers and distributed the Order of Service which had kindly been prepared and donated by The English Funeral Director Tony & Michelle Smith. As well as local residents from all areas the event was attended by the local Mayor of Mazarron Gaspar Miras together with other officials from the Council including our local representative Silvana Elisabetta Buxton. The Council donated some plants.

After the service the Mayor together with the other officials from the Council and our President, Elaine Wick, attended the official opening of the children's play area situated opposite the Medical Centre.



We are planning to have our "Santa's Grotto" this year. This proved very successful when we held it last. We were unable to do it last year due to Covid restrictions but if the situation doesn't change, we should be allowed to hold it and it is planned for the 4th December. We will be posting this event together with times nearer the day.

We would like to thank everyone for their continued support. If you would like to join our group, please contact us by email on lospalaciosgardening@icloud.com.

We also have a mailbox in the Post Room on Camposol A under number 915.



In early November B Clean was able to hold a proper AGM after the lockdown restrictions. Members were updated on various matters and details recorded in the official minutes.

Currently, the shortage of volunteers to undertake basic maintenance and commence new projects means that the latter has to wait. Fortunately, there may be an answer. The meeting heard that our finances were in a very healthy



state even though the volunteer situation hadn't really changed. Donations have risen significantly helped by the extra money from Colin Thackwell's fund raising on his static bike. He covered the equivalent of one marathon for each of his 80 years and, single-handedly, raised 1660 euros. We sincerely hope that the council doesn't see Colin's hard work and dedication as an excuse for getting out of their responsibility of trimming the palm trees. B Clean's funds have been drained annually for too long so we trust that the council will get on and do the work thus leaving donors' funding to



be used for B Clean's projects.

It was suggested that the healthy funding situation be used to ease the lack of people turning out as volunteer workers.

This proposal was readily supported so, at the time of writing, our Treasurer and work party organiser, Colin Barton, is seeking to make arrangements to employ professional gardeners to support the small group of regular volunteers.

The cost will come from our reserves and the addition of professional skill, equipment and expertise should be a great help to the group.

For the time being, most of the work being carried out can be described as basic maintenance and, hopefully, residents and our visitors to B sector will have noticed the improved state of the Eastern end of Los Covachos between the bank and petrol station just off of the commercial centre roundabout.



When these articles are written, it has to be remembered that they will not be published for a few weeks. For example, this one came into being just before the mid November deadline but will be in print in December.

Consequently, although Christmas is still some way off (regardless of what the TV ads tell us), now is the time for B Clean to wish all residents and visitors to our urbanisation a very Merry Christmas and a Happy and Healthy New Year.



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Aguirre Páez

Corral Associates is an independent law firm founded in 2001 by the current director Celso Rodríguez-Corral, with many years working on a Public Organisation and in quality Law Firms in Madrid and Murcia.

The aim and the spirit of the law firm is to offer our clients the best quality advice on legal and tax issues helping individuals and companies to achieve their objectives. For this reason, the Corral Associates "family" has always been formed with high-quality professionals, with extensive experience.

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success with Spanish clients to foreign clients, mainly from the UK.

Lawyers, Barristers, Accountants, Economists and Auditors work side by side in two offices in Murcia city and Puerto de Mazarrón, to attend all the needs of our clients.

Don't hesitate to contact us for any enquiry at info@corralassociates.com (Denise Birch) or calling +34 968 07 87 54. Feel free to visit us at our office in Murcia 30.001, Calle González Adalid nº9 3ºF, or in Puerto de Mazarrón 30.860, Avenida Doctor Meca nº34.

Why hire us?

For us the clients are the most important, not a number or a file, but part of our family and our team will do everything to make them comfortable and safe.

Our specialized team offer a complete service in several areas of the legal and tax sector.

With Corral Associates the client feels they are protected and that they are being cared for by a great team of professionals.

Our Team:

Our team is formed of highly experienced professionals. Lawyers, Barristers, Accountants, Economists and Auditors who work side by side in our two-offices.

Celso Rodríguez-Corral (Director and Barrister) studied in the Law University of Santiago de Compostela University and María Cristina Royal University of Madrid, obtaining his Law Degree in The Complutense University of Madrid. Studied a Master Degree in Law and Information Technologies in the Complutense University of Madrid and in the School Law Practice of the University of Murcia. He has extensive experience acquired working in a public organisation and reputable law firms in Madrid and Murcia.

Juan Francisco Orenes Hernández (Economist and Auditor. Manager of the Tax & Accounting department) obtained his Degree in Business Administration in the University of Murcia and also his Masters Degree in Auditing and Forensic Accounting. **Juan Francisco has over 25 years given a high-quality advice to individuals and companies.**

Denise Birch (Client Liaison and Branch Manager in Puerto de Mazarrón)

Denise studied in the UK and has been living in Spain for over 20 years, acquiring her extensive experience in conveyancing, tax issues and other legal and tax areas, working in another law firm for more than 14 years.

She offers the clients of Corral Associates the most professional and friendly service.

Pilar Rubio Martínez (Manager of the Conveyancing-sale and purchase- and Wills & Inheritance Department) obtained her Law Degree in The Complutense University of Madrid, and studied the Master degree in Access to the Legal Profession on the Rey Juan Carlos University of Madrid. She has an extensive experience working in law firms for more than 7 years.

Julia Nieto Olivo (Manager of the General Law Department) studied in the UNED University in Cartagena and in the María Cristina Royal University of Madrid, obtaining her Law Degree in The Complutense University of Madrid. Studied a Master Degree in Law and Information Technologies in the Complutense University of Madrid.

Julia is member of Corral Associates since the foundation on 2001, contributing to the development of the company since the beginning with

her extensive experience.

Francisco Aguirre Páez (Accountancy Department) studied Degree in Business Administration in the University of Murcia and has been working for law firms in the accountancy areas for many years, acquiring extensive experience. He assists Juan Francisco in the managing of the Tax & Accountancy Department.

Our Services

We can attend all the needs of our clients in the legal and tax areas. There are no issues we cannot manage.

The main services that our clients ask us frequently.

PROPERTY LAW

Legal Research-Property Legalisation-Conveyancing (Purchase or Sale)-Urbanistic Law- Home or Holiday Rentals



This area involves all legal and tax aspects regarding properties which meets the needs of purchasers and property owners who want to sell the property or simply want to be sure that the property is legalised Spain.

Legal Research

Sometimes the owner simply wants to know the legal situation of a property, not only if to be sold, but also if the owner wants to develop the property and needs for example, to know the urbanistic situation.

Through this service we conduct a thorough investigation and verify the legal and financial state of the property. We write a report in clear terms for the client, explaining the current situation of the property and if necessary, include recommendations or solutions to comply with Spanish Law.

Not all professionals are able to conduct a

complete research of the property as we can, because we are lawyers and experts in property law.

Conveyancing (Sale/Purchase)

We manage completely the property transactions for our clients, doing all works required and obtaining the necessary documentation, drafting the private contracts, checking the deeds, obtaining the NIE, Public Authorizations, Property Certificates, Tax Certificates etc, to ensure the success of the conveyancing (Purchase or Sale).

This service also includes the legal research service and the tax service, necessary for the transaction.

With Corral Associates, the client only needs to find a purchaser if they are owners, or to find the property of their dreams if they are thinking of purchase.

Rentals and Holiday Rentals

If you are thinking to let or rent a house to live in, or you want to let or rent your house only for holidays, we assist you to comply with all legal and tax requirements. A good let or rental contract can avoid troubles and Court Process, saving money and time.

The holiday rentals in Spain need to be registered in the Murcia Region Registry and also need to comply with the regulation which is different for each region in Spain. It is important to comply to avoid fines or to lose the license.

ACCOUNTING AND TAX ADVICE

This is a complete service for individuals and companies.

Lawyers specializing in tax law know how to optimize your tax calculations through a fiscal strategy, or simply applying their extensive knowledge on tax rules. If any problem arises

with the tax office, our lawyers have the experience in managing this, even with Tax Court Actions with a high success percentage.

Our accountant department, managed by an economist and auditor will guarantee you that you are complying with the accountancy rules in Spain.

Our clients usually ask us for:

- "Autonomos" and Companies Accountancy.
- Income Tax Return (ITR)
- NRT (Non-Resident Tax)
- Corporate Tax
- Fiscal Strategy
- Donation
- Inheritance Tax
- Capital Gain Tax

FISCAL REPRESENTATION

This service usually is involved in our tax and accountancy service.

It is usual that clients only know they have a problem with the tax office when an embargo (charge) on their bank account occurs. This usually happens because the client hasn't received the first notification from the tax office because they were abroad or because the address which the tax office has is not current. Most tax issues can be resolved quickly and successfully but it is necessary to take actions within strict time frames, if not, even if the tax decision is not fair, there is nothing you can do after the dead line.

For this reason, our law firm offers our clients this service which means that we receive your notifications and manage it in time informing you previously of any action our law firm takes. We receive your notifications electronically. For this you only need to sign to us a tax representation at the notary close to our office in Puerto de Mazarrón or Murcia City.

NIE/CIF

If you are thinking about doing any transaction, or set up a business in Spain, you will need an identification number (NIE) similar to your ID card but necessary for the Spanish tax office control. For companies this number is named CIF.

This document is obtained in the foreign office (only for individuals) and needs to be registered in the tax office. We manage this in your name to obtain it quickly.

WILL & INHERITANCE

According to the Spanish Law, it is possible to grant a will in Spain according to the Inheritance Spanish Law or according to the Law of the original country of the clients. We advise you to make a state plan according to your circumstances and wishes. We also draft your will and assist you at the notary.

We can also manage the inheritance process and taxes applicable to avoid stress during sad times.

GENERAL LEGAL ADVICE & LITIGATION

Our Law Firm, in addition to the property law and tax law services, offers for 20 years a portfolio of legal services in several areas. General Civil Law, Family Law, Contract Law, Corporate Law, Labour Law, Criminal Law, Public Law... etc, to give our clients the best advice in all their concerns.

We will advise you on your legal situation and your possibilities and try to solve your problems by a negotiation or mediation way. However if court action is necessary or you are involved in a Court Process we will defend your rights with our specialized Barristers.

We can attend all your needs, please do not hesitate to contact us. We are sure we can help you.

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MONDAY



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

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TUESDAY



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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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WEDNESDAY

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

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- Camposol D Gardening Team on holiday for July & August
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
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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
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

22

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

29

THURSDAY

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

2

- Camposol Market Day, 9am - 6pm
- Los Amigos de Mazarron FC Meeting - Camposol C, 4pm - 6pm
- Mazarron AA Group - Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm
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9

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

16

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

23

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

30

SUNDAY

- Puerto de Mazarron Market Day
- 9am - 6pm
- St Nicholas Ecumenical 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

5

- Puerto de Mazarron Market Day
- 9am - 6pm
- St Nicholas Ecumenical 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

12

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

19

- Puerto de Mazarron Market Day
- 9am - 6pm
- St Nicholas Ecumenical 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

26

31

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

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

THE
Journal



Costa Calida Radio
90.00 & 100.00 fm

JOKES

Why did the Christmas tree go to the dentist? It needed a root canal!

What did Luke Skywalker say after he planted a Christmas tree farm? May the forest be with you!

How did the two rival Christmas trees get along? They signed a peace tree-ty!

How do Christmas trees get ready for a night out? They spruce up!

What was the Christmas tree's favorite shape? A treeangle!

What is a Christmas tree's favorite candy? Orna-mints!

Why are Christmas trees so fond of the past? Because the present's beneath them.

What do you call cutting down a Christmas tree? Christmas chopping!

Why are Christmas trees so bad at knitting? They have too many needles.

CHRISTMAS WORD SEARCH

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



BELLS	ELVES	MISTLETOE	SCROOGE
CANDY	GINGERBREAD	NORTH	SEASON
CANE	GREETINGS	POLE	SLED
CHIMNEY	HOLIDAY	PRESENTS	SNOW
CHRISTMAS	JOLLY	REINDEER	SNOWMAN
DECEMBER	MERRY	SANTA	WREATH

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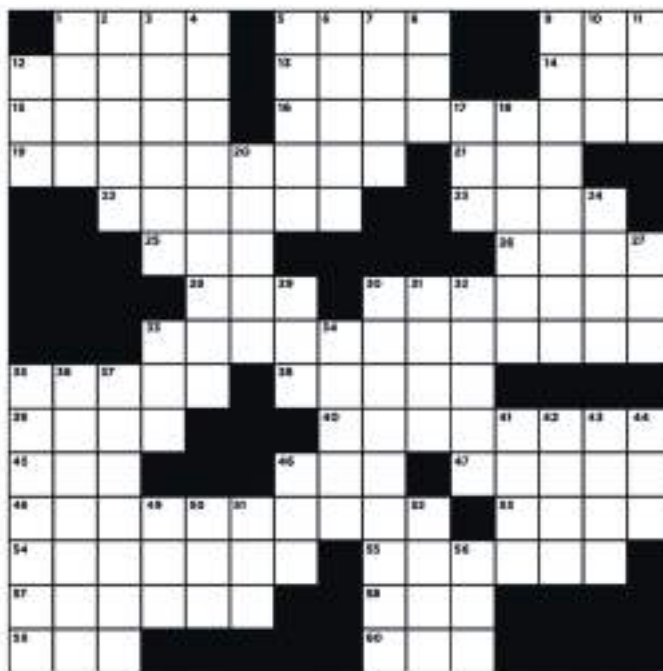
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CHRISTMAS JOKES



MY JEANS KEEP
TELLING ME NO MORE
CHRISTMAS COOKIES
WHILE MY LEGGINGS
ARE LIKE
WE GOT YOU BOO

Christmas Crossword Puzzle 2019



DOWN

- 1 The smallest amount
- 2 Trains
- 3 Shares an address?
- 4 Built for comfort
- 5 "What an ____" - Hermione Granger
- 6 ____ Sivan, *Blue Neighbourhood* singer
- 7 Plants a crop
- 8 Org. for analysts
- 9 Denver is a mile above it
- 10 Vanna's TV host
- 11 14-across, in the past
- 12 ____-mo (camera setting)
- 17 Spray-can sound
- 18 Food wrapped in a husk
- 20 Large claw
- 24 Word after "Gone" or before "Interrupted"
- 27 Bldgs. and aves.
- 29 Club owner's club, for short
- 30 GPS devices, when you make a wrong turn, perhaps
- 31 General ____ chicken
- 32 Sleep issue
- 33 It's up when found out
- 34 Luau location, perhaps
- 35 One-named pop star
- 36 Disneyland location
- 37 Type of sponge often seen on *The Great British Baking Show*
- 41 Guip
- 42 Where the Nobel Peace Prize is given
- 43 Animal that sounds dull
- 44 Harriet, for one
- 46 Samantha Bee's channel
- 49 Grp. with missionaries
- 50 She, in Portuguese
- 51 Cash in Kyoto
- 52 Red-wax-coated snack for 48-across
- 56 Uses Gchat

ACROSS

- 1 What you dip to check the temperature
- 5 "____ girl!"
- 9 Place for a mud bath
- 12 Martin ____, of *Freaks and Geeks* and *Silicon Valley*
- 13 Word before "the ball" or "out"
- 14 Dig in
- 15 Celeb. gossip publication, perhaps
- 16 Ames college
- 19 What a spoiled child is singing on Christmas?
- 21 "My gal" in a movie musical
- 22 House counterpart
- 23 Stylish appliance company
- 25 What's between Fa and La
- 26 Enterprise competitor
- 28 Big head of hair
- 30 What you might get if you turn Twitter notifs. on
- 33 What a witch is singing on Christmas?
- 35 What a witch performs
- 38 ____ Carter, early 2000s singer
- 39 Rare blood type, in short
- 40 Profile changes?
- 45 Brown or Rather
- 46 19th letter of the Greek alphabet
- 47 Fabled fable writer
- 48 What a person craving cheese is singing on Christmas?
- 53 Drag queen buzzword
- 54 Tree droppings
- 55 They're used to cutting remarks
- 57 Japanese auto maker
- 58 Computer necessity
- 59 Soul en français
- 60 Texting format, briefly



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And the best part of all? AirPump Power is compact, portable, and fits inside your backpack or under a car seat. Campers, cyclists, or anyone who drives will appreciate having AirPump Power on their next trip.

Automatic Electric Wine Bottle Corkscrew Opener with Foil Cutter.

About this item

- The power supply is provided by 4 AA batteries (not including AA batteries) to avoid the attenuation of the built-in battery and shorten the life of the product
- Fast opening in 6s, supports all cork bottles with a diameter less than or equal to 35mm, we can not only open wine corks
- The operation is simple, the bottle

can be opened easily by pressing the "Lower" button, and the cork can be easily removed by pressing the "UPPER" button

- Alloy drill, more rugged and difficult to break, support at least 5000 times (data provided by GUSHU LTD laboratory)
- Makes an Amazing Present to friends or family who like red wine, or use it at home, when catering, at banquets, in restaurants or behind the bar

Aluminum alloy body and Led light makes the product more luxurious



Under Kitchen Cabinet Counter Top Lid Remover Bottle Jar Can Opener.

About this item

- Easy to use, to install and to operate.
- Help to remove any twist-top lid from jars, cans, and bottles with ease.
- This ingenious kitchen gadget makes a great living aid for seniors, arthritis sufferers or anyone with low strength
- Slips neatly in the cutlery drawer when not in use. This jar opener will not take up too much space.
- Due to the different monitor and light effect, the actual color of the item might be slightly different from the color showed on the pictures.



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Mazda MX-5



In February 1989 at the Chicago Auto Show, Mazda pulled the wraps off a lightweight, affordable sports car that would go on to be the biggest-selling two-seater convertible in history.

Powered by a 1.6-litre inline four cylinder engine putting out 114bhp at 6500rpm, enabling a 0-60mph dash in 9.1sec and topping out at 114mph, the MX-5 was never about searing pace.

A two-seat roadster that car enthusiasts have been screaming for since the demise of the old Lotus Elan. It also has the two ingredients essential in any sports car powerplant: instant throttle response and an invigorating exhaust note." The real ace up the MX-5's sleeve proved to be its five-speed manual gearbox. Rising no more than a couple of inches from the transmission tunnel, the well-weighted gear lever snaps through its tiny throws with millimetric precision. Allied to pin-sharp handling and spectacular balance to flaunt its 950kg kerb weight, it allowed the driver plenty of mid-corner adjustability.

In 1997, the second-generation MX-5 arrived, sans pop-up headlights of the original – due to safety regulations – and with an extra 115kg of mass due to its sleeker look. The 1.6-litre unit was joined by a new 140bhp 1.8-litre motor to counteract the extra bulk, enabling 0-62mph in 7.8sec and a top speed of 130mph.



That model was a sales smash. Throughout its life, the second-generation received a facelift and more kit. The output of both the 1.6- and the 1.8-litre engines were boosted and buyers could enjoy a six-speed manual gearbox.

Seven years later, the third-generation Mazda MX-5 was unleashed at the 2005 Geneva motor show, having undergone a complete overhaul. Penned by Yasushi Nakamuta and overseen by Moray Callum (yes, Ian's brother), it boasted a more aggressive look with flared wheel arches while still harking back to the original design. Suspension changed from a four-wheel double wishbone setup to a front wishbone/rear multilink setup. The 1.6-litre lump was dropped in

favour of an entry-level 1.8-litre motor, while the flagship 2.0-litre engine developed 158bhp and was now available with a six-speed manual gearbox. The MX-5 would receive an all-new fourth-generation version in 2014, with Mazda's KODO design language influencing its look and shape. It arrived with a choice of 1.5 or 2.0-litre engines that both used Mazda's Skyactiv fuel-saving technology, and weighed around 100kg less than the car it replaced. A lower centre of gravity helped it recapture some of the dynamic flair many thought was missing from the third-generation car.

Throughout its life the Mazda MX-5 has built itself a huge fan base, thanks to its ease of use, affordability and low running costs. It's proven popular in many forms of motorsport, and even been subject to a host of aftermarket conversions - including V8 engine swaps and forced induction systems. The latest MX-5 remains a true testament to the original, combining jaw-dropping looks with a low kerb weight and nimble driving style. As for the future? Mazda is reportedly considering its options, with a hybrid or even fully electric powertrain for its fifth generation.

Alonso delighted to end F1 podium drought after "waiting so long"



Fernando Alonso has described his return to the Formula 1 podium for the first time in over seven years as "unbelievable". Alonso finished on the podium for the first time since the 2014 Hungarian Grand Prix after he beat Red Bull's Sergio Perez to finish third in Qatar. Alpine's one-stop strategy worked beautifully as Perez ran out of laps to catch and overtake the Spaniard. "Yeah, unbelievable," he said. "Seven years and finally we got it. We were close a couple of races but not enough. Sochi was the last possibility and yeah today [we did it]." The two-time F1 champion started the race from third, moving up two spots on the grid due to grid penalties for Max Verstappen and Valtteri Bottas.

F1 Qatar GP: Lewis Hamilton dominates to close on F1 title rival Max Verstappen

Lewis Hamilton claimed victory at the inaugural Qatar Grand Prix to close in on Formula 1 title rival Max Verstappen in the championship, as the Red Bull driver recovered to second. Hamilton led from start to finish with a commanding drive to convert pole position into his seventh victory of the season to further cut Verstap-



pen's championship advantage with his second consecutive win. A superb start helped Verstappen overcome a five-place grid penalty for failing to respect double waved yellow flags in qualifying as the Dutchman charged from seventh to second in just five laps. While Verstappen was never really in contention to challenge Hamilton, he importantly took the fastest lap bonus point to hold an eight-point championship lead heading into the final two rounds.

PEDRO ACOSTA THE MAZARRÓN SHARK

In Puerto de Mazarrón there is a fisherman who goes out every night to fish the Mediterranean



in Murcian waters. Meanwhile, his son has left the world speechless being Moto3 world champion. There's no one like him. He is the first to get on the podium in his first four world races. The first in all of MotoGP history. Nobody, not Rossi, not Márquez, not Hailwood, not Agostini, not Angel Nieto, had done it before.

In Portimao, during the Algarve GP, Acosta achieved his sixth victory and became Moto3 world champion. It is easy to imagine a bright future for "the Mazarrón shark", but the road was much darker. Acosta's dream is that of a whole humble family that has fought for the young pilot to get to where he is. Pedro Acosta was born on May 25, 2004, and in 2013 he is already winning Mini Speed races. During the following season, at the age of 10, he became the RAV 140cc Spanish champion, and in 2015 he won the Cuna de Campeones, the Spanish Cup, the Murcian Championship and the Levante Cup.

A year later he was proclaimed runner-up in the Spanish GP 220 4t XL Mini Speed Cup and achieved the same result in the same category of the Cuna de Campeones. During that season, he also completed a comeback that years later we would see him repeat.

Acosta's progression was stratospheric and that led him to make his FIM CEV Repsol debut with the Swiss Innovative Investors team in 2018, when he was just 13 years old. Despite



the efforts of the team, whose structure reached the world championship with Iker Lecuona, the financial problems that had plagued Acosta since its inception reappeared. He was left without equipment and without options. But he never stopped training. In 2019, everything changed. From having nothing, to winning three races, making five podiums, and being runner-up without having participated in the first two rounds of the Red Bull Rookies Cup. Those numbers helped him to return to the FIM CEV Repsol, where he participated in the last five races with the Andreas Pérez 77 Foundation team. After a year where motorcycling gave him back what it took from him in 2018, the 2020 season was the confirmation of what was to come. The Murcian won the first six races of the Rookies Cup, stood on the podium in three more appointments, and was proclaimed champion with 64 points ahead of David Muñoz. That same year he also took third place in the FIM CEV.

The "Mazarrón shark", a nickname coined by Jordi Alberola. Thinking about winning from the pitlane, overtaking drivers two by two, starting a championship by sweeping or adapting to difficulties is in his DNA.

Acosta's style is born very close to his home, in the KSB Sport driving center in Cartagena. There, without driving on large circuits, moving in a few square meters and with a handful of cones.

The young man from Murcia does not hesitate to go when he has the opportunity, to help and support his mentor. Thus, he collaborates with the person to whom, he says, he owes everything.

And it is that Acosta does not forget those who have pushed him when not everything was so beautiful. For this reason, every weekend, the Murcian visits his mechanics in the Red Bull Rookies Cup, in another show of gratitude.

Perhaps thanks to those demanding training sessions, Acosta manages to save falls that seem safe, as he did in the last lap of Portugal or two laps from the end in the Spanish Grand Prix, in Jerez. On both occasions he was close to falling, but the handling he shows on the bike helped him to lift it and stay on it, something that he also trains.

As he adds successes, the media, networks and people talk more and more about him. The young pilot admits that he prefers "not to read anything." At the beginning of the 2021 course, the opinions that were expressed about him began to take a toll on his psychological stability, so he decided to move away from social networks and the media. Like the most classic motorcycling, in its renewed version: think about

riding, riding and riding. Nothing more

Now he is surprising locals and strangers in the Moto3 World Championship. In his genes are the work, dedication and patience that make a good fisherman. But at their destination there are no ships, no fish, no ports; there are motorcycles, circuits and a very promising future.

Valentino Rossi named MotoGP™ Legend



The nine-time World Champion goes from legend to Legend with one final surprise in Valencia

Already a legend, Valentino Rossi (Petronas Yamaha SRT) has been inducted into the MotoGP™ Hall of Fame and is now an official MotoGP™ Legend! The nine-time World Champion was surprised with the honour at the FIM MotoGP™ Awards Ceremony, adding to a roll call of celebrations throughout the day as he hangs up his racing leathers.



The emotional lap of honour after the race and hero's welcome were only the start on Sunday, and those came after a weekend already painted yellow in the number 46's honour. Dorna CEO Carmelo Ezpeleta presented Rossi with the MotoGP™ Legend award on the stage, celebrating 26 seasons of history made and hearts captured around the world.

Nine World Championships, 115 wins and 235 podiums across all classes are incredible numbers, but the legend is even more than those.

The Italian joins a long list of greats that have been made MotoGP™ Legends that includes Giacomo Agostini, Mick Doohan, Geoff Duke, Wayne Gardner, Mike Hailwood, Daijiro Kato, Eddie Lawson, Anton Mang, Angel Nieto, Wayne Rainey, Phil Read, Jim Redman, Kenny Roberts, Jarno Saarinen, Kevin Schwantz, Barry Sheene, Marco Simoncelli, Freddie Spencer, Casey Stoner, John Surtees, Carlo Ubbiali, Alex Crivillé, Franco Uncini, Marco Lucchinelli, Randy Mamola, Kork Ballington, Dani Pedrosa,



Stefan Dörflinger, Jorge 'Aspar' Martinez and the late, great Nicky Hayden.

Valentino Rossi, MotoGP™ Legend: "I always think of this day like a nightmare, because it's the end of a long career and I thought it would be in Valencia but in the end I enjoyed it a lot so I have to thank everyone, everyone who has worked with me, the whole paddock, the other riders... it was an unforgettable day and I enjoyed it. It was a long career, and always a pleasure."



Valentino Rossi born 16 February 1979 is an Italian former professional motorcycle road racer. Nicknamed The Doctor, he has won premier class World Championships with both Yamaha and Honda.

He is widely considered to be one of the greatest motorcycle racers of all time, with nine Grand Prix World Championships to his name – seven of which are in the premier class. He is also the only road racer to have competed in 400 or more Grands Prix.

He has ridden with number 46 his entire career. He also owns the Sky Racing Team VR46, which currently participates in the Moto2 class and historically in the Moto3 class. He became a MotoGP Legend after his retirement in 2021.



We all look forward to what he does next....

F1 Points Tables

2021 F1 World Championship Constructors' Standings

Position	Entrant	Points
1	Max Verstappen <i>Red Bull</i>	332.50
2	Lewis Hamilton <i>Mercedes</i>	318.50
3	Valtteri Bottas <i>Mercedes</i>	203.00
4	Sergio Perez <i>Red Bull</i>	178.00
5	Lando Norris <i>McLaren</i>	151.00
6	Charles Leclerc <i>Ferrari</i>	148.00
7	Carlos Sainz <i>Ferrari</i>	139.50
8	Daniel Ricciardo <i>McLaren</i>	105.00
9	Pierre Gasly <i>AlphaTauri</i>	92.00
10	Fernando Alonso <i>Alpine</i>	62.00
11	Esterun Ocon <i>Alpine</i>	50.00
12	Sebastian Vettel <i>Aston Martin</i>	42.00
13	Lance Stroll <i>Aston Martin</i>	26.00
14	Yuki Tsunoda <i>AlphaTauri</i>	20.00
15	George Russell <i>Williams</i>	16.00
16	Kimi Raikkonen <i>Alfa Romeo</i>	10.00
17	Nicholas Latifi <i>Williams</i>	7.00
18	Antonio Giovinazzi <i>Alfa Romeo</i>	1.00
19	Robert Kubica <i>Alfa Romeo</i>	0.00
20	Mick Schumacher <i>Hwa</i>	0.00
21	Nikita Mazepin <i>Hwa</i>	0.00

2021 F1 World Championship Drivers' Standings

MotoGP Points Tables

Position	Entrant	Points
1	Fabio Quartararo <i>Ducati Yamaha</i>	278.00
2	Francesco Bagnaia <i>Ducati Team</i>	252.00
3	Juan Mir <i>Suzuki Ecstar</i>	208.00
4	Jack Miller <i>Ducati Team</i>	181.00
5	Johann Zarco <i>Pramac Ducati</i>	173.00
6	Brad Binder <i>Red Bull KTM</i>	151.00
7	Marc Marquez <i>Repsol Honda</i>	142.00
8	Aleix Espargaro <i>Aprilia Gresini</i>	120.00
9	Jorge Martin <i>Pramac Ducati</i>	111.00
10	Maverick Vinales <i>Ducati Yamaha Aprilia Gresini</i>	106.00
11	Enea Bastianini <i>Evita Ducati</i>	102.00
12	Poli Espargaro <i>Repsol Honda</i>	100.00
13	Alex Rins <i>Suzuki Ecstar</i>	99.00
14	Miguel Oliveira <i>Red Bull KTM</i>	94.00
15	Takaaki Nakagami <i>LCR Honda Idemitsu</i>	76.00
16	Alex Marquez <i>LCR Honda Castrol</i>	70.00

2021

1	28 marzo	GP DE BAHREIN	13	05 sep.	GP DE HOLANDA
2	18 abril	GP EMILIA ROMAGNA	14	12 sep.	GP DE ITALIA
3	02 mayo	GP DE PORTUGAL	15	26 sep.	GP DE RUSIA
4	09 mayo	GP DE ESPAÑA	16	03 oct.	GP DE SINGAPUR
5	23 mayo	GP DE MONACO	17	10 oct.	GP DE JAPÓN
6	06 junio	GP DE AZERBAIYÁN	18	24 oct.	GP DE EE.UU.
7	13 junio	GP DE CANADÁ	19	31 oct.	GP DE MÉXICO
8	27 junio	GP DE FRANCIA	20	14 nov.	GP DE BRASIL
9	04 julio	GP DE AUSTRIA	21	21 nov.	GP DE AUSTRALIA
10	18 julio	GP DE GRAN BRETAÑA	22	28 nov.	GP DE ARABIA SAUDÍ
11	01 agosto	GP DE HUNGRÍA	23	12 dic.	GP DE ABU DHABI
12	29 agosto	GP DE BÉLGICA			

NOTA: Suplen o cancelan de acordo coa evolución da pandemia do COVID-19.

2021 MotoGP™ CALENDAR

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

* Evening Race

** Subject to the Homologation



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December! Yet again we're in the depths of winter, and Christmas is almost upon us.

Logs are doubtless burning in fireplaces and the daily ash cleaning is in full swing.

Feet are scrunching on cold tiles, hopping rug to rug in the search for slippers and socks. Electric blankets are ticking away through the night. Many will be wondering why they ever came to Spain in the first place, believing it to be bikini weather twelve months of the year, as they donated their winter clothing to charity shops back 'home' in the run-up to leaving permanently.

I recall the first time we arrived in December in the year we took possession, and everywhere was freezing. Ice had formed on the street in the rivulets of someone's car-washing endeavor-

ors and we had no water, power, or phone. The pool installers, in their wisdom, had disconnected the water supply believing we wouldn't be returning for months and Iberdrola had decided to simply disconnect us. Why wouldn't they?



A certain 'middleman business' had provided them with the wrong account details and our bill hadn't been paid. We slept in our clothes and coats that night two decades ago, following an evening at a nearby restaurant huddled around their log fire until closing time. Racing out first



thing, with only a bottle of water to rinse our chattering teeth, we headed down to the Port to lift the veil on events.

The Spanish woman who had made the error offered only a careless shrug. Luckily the bank was adjacent to the office and our power was restored by 3 pm, with a hefty reconnection charge. In between, we were racing around



the couple of people we actually knew, in our tiny hire car buying a portable gas heater and torch, and hunting down the Repsol offices to buy a bottle of gas to use it. The device needed inspection before issuing a contract, so another trip back and forth, fitting in closing times along the way while trying to get the water back on. It was complete hell. I cried and swore I'd never visit Spain again in the winter. The villa offered the charm of a mausoleum. Luckily, we were only there a week, endlessly mopping condensation-dribbled windows and shivering like Santa in a snowstorm. The Ghost of Winter Past.

Three Kings beckons in the New Year and we will hopefully be sat in front of our own roaring log fire, fitted the following summer, skipping rug to rug clad in thick-soled boots and thermals, extending Christmas like a true Spaniard, with hot chocolate and Carlos the Third brandy for breakfast.

Until then, a cracking and spitting Youtube fireplace will take its place on the television. Works a treat. Naturally, with a Roscon de Reyes cake. I bid you Season's Greetings with the poet Longfellow...

'I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, goodwill to men!'



LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC



Mazarron FC's fortunes did not improve in the period from mid-October to mid-November and, after 12 games, the team was still to register a first victory. The saga of the five South American players who had not been registered with the Murcia Football Federation was never resolved and other players had to be signed to make up the numbers.

In truth, the team are not as bad as the results would have you believe and some of the football played is good to watch. However, goalscoring continues to be a problem with Nono the leading scorer having just three goals to his name. The frequent absences of last season's leading goalscorer, Chiky Ardil, on international duty with the Spain Beach Soccer team has not helped and, at the time of going to press, he has yet to register his first goal this season.

Chiky did, however, have the honour of receiving an award for the highest scorer in the Intercontinental Beach Soccer tournament in Dubai in November and was also one of the nominees for the World Beach Soccer Player of the Year Award.

The coach Jonathan Di Giosia was the first casualty of the season when he left the club in early November and was replaced by David Bascunana, an experienced coach who has been in charge at SFC Minerva and FC Cartagena "B" among others. His first game in charge was at the away game against league leaders Yeclano Deportivo on 7th November.

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

Forthcoming fixtures are:-

November 28th UD LOS GARRES HOME

December 5th UD CARAVACA HOME

December 12th UCAM Murcia "B" way

December 19th HUERCAL-OVERA CF HOME

Los Amigos has now re-introduced the provision of a supporters coach away games subject to demand. Coach prices are €10 for Los Amigos members and €12 for non-members and we ask everyone to email janperks1@gmail.com to indicate that they wish to travel on the coach well in advance of each away game. Payment can be made at our Thursday meetings. For the away game at Yeclano on 7th November, the longest journey of the season, members enjoyed an excellent day out, stopping at the Restaurante Media Luna on the road from Jumilla to Yecla for a Menu del Dia meal washed down with plenty of wine and beer!! Although the game resulted in a 2-0 win for Yeclano there was a good atmosphere at the game and we were well received by the home supporters.

Los Amigos de Mazarron FC has donated footballs, bibs and other equipment to get the Camposol Walking Football Group off the ground. The first games took place on 1st November at the new all-weather pitch on D7. You can find all the information about the group and book a playing slot on their Facebook page www.facebook.com/groups/832520177538688.

A Quiz Night was held at the Black Bull, Camposol B on Tuesday 23rd November. Teams of six enjoyed a meal before the quiz with a choice of Cod Goujons and chips, Chilli Nachos, Lasagna or Cajun Chicken and chips, all served with salad.

Los Amigos are treating the home game against UD Caravaca on Sunday 5th December as our Christmas fixture and all supporters are asked to wear appropriate dress for the day to make it a very special occasion. Christmas hats, scarves, shirts, anything to brighten up the day. We also plan to have a meal at the Bar Sienna opposite the football ground either before or after the game depending on the kick-off time.

A trip to the Golf Delux complex at Los Alcazares is to be arranged in the New Year. It is billed as the largest artificial grass miniature golf complex in Europe and is great fun for everyone. The cost is €16 which includes 18 holes of mini-golf and lunch. Full details will be available shortly. Arrangements have now been finalised for the 11th Los Amigos de Mazarron FC Gala

Evening and Dinner which will be held at the Hotel la Cumbre, Puerto de Mazarron on Tuesday 29th March 2022. The event is sponsored by the Mazarron Entertainment Group (Camposol Club de Golf, the Club House Camposol, Alley Palais, and La Nueva Taberna MCC). The speakers are former Newcastle United, Southampton, Portsmouth and Barnsley defender John Beresford MBE and award-winning comedian Lea Roberts. Gary Marshall will once again be acting as our Master of Ceremonies for the evening and musical entertainment will be provided by Woody.

Tickets are priced at €50 (€45 for Los Amigos members) and there are a limited number of VIP tickets available at a cost of €60 which includes a pre-dinner drinks reception and photo opportunity with the celebrities. For those wishing to stay overnight the cost for a room is €50 for a double room without breakfast (€25 pp) or €40 for a single room without breakfast. Please email salterkb@hotmail.com if you



wish to order tickets or call at the weekly Los Amigos meetings. The annual Celebrity Golf Tournament will take place the day before the Gala Dinner at the Camposol Club de Golf on Monday 28th March. The tournament this year is kindly sponsored by Camposol Property Sales and will again take the form of a Texas Scramble. Green fees are €45 which includes a two-course lunch and photo opportunities with the celebrities on the day. If you would like to take part, please email dtbusinesssolutions@hotmail.com as soon as possible as places are limited.



The Los Amigos weekly meetings are currently held at Mariano's Bar & Restaurant (Camposol A) each Thursday at 4 pm. All are welcome to attend except for the Business Meeting which is held on the last Thursday of each month and open to members only. Los Amigos membership costs €20 per year and entitles the member and a partner to discount on coach travel to away games and on all social activities. Please email stevebarrow01@gmail.com for a membership form or just call at one of our meetings.

The Jumper Dress

The versatile jumper dress can be found in all shapes and colours both in the shops and online. Here are a few examples of what is available at the moment.





KNIT PICKING



What you should know about eyelid lifting or using lid-up strips

If your eyelids are droopy or saggy, then this may give you a tired or aged look. However, there are ways to enhance droopy eyelids and make them look more lifted and firmer which widens your eyes and makes them more open.

When was the last time you examined your eye lids? The eyes are an important facial feature and enhancing them enhances the beauty of your entire face not to mention makes you look more youthful. Eyelids are a big part of determining how your eyes look.

You can lift your eyebrows through plastic surgery

.....but maybe you want to avoid such an intervention and the associated risk, especially since you never

know if the result is what you want it to be.

Besides, if you are flinching right now just at the sound of plastic surgery in connection to your eyes, then you probably are not a very good candidate for the procedure! I mean, I twitch at the sight of an insect flying yards away so I also don't quite cherish the idea of plastic surgery to correct my droopy creepy eyelids either.

Fortunately, there is some good news. You do not have to go through the invasive procedure of plastic surgery and instead, you can use eyelid tape. Yes you had that right. Eyelid tape, stickers, strips or adhesives are used as a non-invasive alternative to plastic surgery.

They are a great beauty hack to give your eyelid the instant facelift that will take years off your face and in particular the eye area. They make your eyes look open and radiant and are hence the best way to give yourself eyelids.

How Eyelid Lifting Strips Work

The strips that are responsible for giving you an instant eyelid lift work in an amazingly effective manner. At <https://www.wonderstripes.de/pages/anwendung> you can see how the strips are applied: You stick them on the eyelids to lift them and voila! No more hooded or sagging eyelids!

To make matters even better, these strips such as XXL Lashes Lid-Up Strips, Magicstripes or Wonderstripes are transparent and cannot be seen.



They are also easy to use, and very comfortable to have. XXL Lashes Lid-Up Strips in particular are made from very fine perforated silicon material that is breathable which is great on the sensitive skin area around the eye area.



Also, they are quite economical because when you buy one of pack, you are guaranteed 120 strips that will last you at least 4 months.

When you put these curved strips on your eyelid, then they hoist the extra skin and make the eyelid look firmer and more lifted for a brighter look.

They also make eye makeup look better and last longer, something that droopy hooded eyelids do not, because they make the space that you can do smooth techniques with your eye makeup becomes less and less as time goes by.

Lid up Strips Application Tips



- Put on the strips using either your fingers or tweezers for a nice finish depending on what you prefer. Since, like I said, I flinch at the sight of anything close to my eye, I am more comfortable with using my fingers.

- When looking for the perfect spot to place your strip, you need not do a trial and error unless you are willing to. Close the eyelid over the eye and pinch the top and bottom together lightly to identify the crease. This is an especially great technique if your eyelid is lined and you are unsure which crease line is the actual eyelid crease. Once you have identified the crease, place the strip above it allowing the curve of the eye socket to guide your application.

- Depending on the extent of the hood or sag of your eyelid, you can choose to get the small, medium or large strips. The larger the strip, the more difference it makes once you have stuck it on your eyelid.

Finally, once you apply the strip, another prudent thing you can do is apply some light or heavy makeup to make the bigger eyelid area that the strip offers, pop.

Besides, eye makeup will make it easier for you to hide the eyelid lifting strip and therefore make the overall look even more seamless and smooth.

Benefits of Using Eyelid Lifting Strips

- When you use the eyelid lifting strips, you get a more defined crease that completely eliminate the hooded eye look.

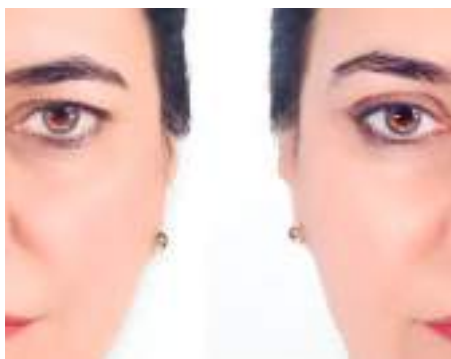
- Lifting your eyelid gives your eyes a popping, brighter and more defined wide-awake look that makes you look younger and more energetic.

- XXL Lashes Lid-Up strips are not very noticeable and once you apply some light eye makeup, you would have to point them out to someone for them to notice that you have the strips on.

- The strips also make more of the space your eyelids occupy available for better eye makeup application. Say goodbye to sad eye makeup that limits your range of amazing experimenting with liner and eye shadow among other types of eye makeup.

- Finally, the strips help you achieve the effects of blepharoplasty (cosmetic eyelid surgery) without needing to go under the knife. For Koreans and people born with a mono lid they are a great way to create a temporary crease. For people with droopy or hooded eyelids, the strips are also an excellent method of lifting the eyelids and making them seem firmer which improves the overall look of the eyes for all of these groups. They making you feel more confident in the way that your eyes look and how they transform your entire face.

Where can you buy Lid-up Strips?



Lid up Strips can easily be ordered online for example here:

- Magicstripes at Douglas, 64 pcs at 21,74 EUR:
- Wonderstripes, 84 pcs at 21,90 EUR:
- XXL Lashes Lid-up Strips, 120 pcs at 18,44:

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The Perfect Christmas Turkey



Ingredients

- 20ml/¾fl oz rapeseed oil
- 1 x 5kg/11lb good-quality 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.

Mushroom, chestnut & cranberry tart



Ingredients

- 230 g plain flour
- 60 g margarine
- 60 g vegetable shortening

FILLING:

- 1 large onion
- 2 cloves of garlic
- 5-6 carrots , (450g)
- 250 g chestnut mushrooms
- 360 g peeled chestnuts
- olive oil
- 1 teaspoon dried thyme
- 225 g cream cheese
- 250 g wild mushrooms
- fresh flat-leaf parsley , (15g)
- 2 tablespoons garlic oil
- 2 tablespoons dried cranberries

REDCURRANT GRAVY:

- 1 tablespoon walnut oil , or garlic oil
- 1 tablespoon redcurrant jelly

- 300 ml hot vegetable stock
- 1 heaped tablespoon cornflour , mixed with 2 tbsp water

Method

Preheat the oven and a large baking tray to 180°C/350°F/gas 4.

Start by making the pastry. Sift the flour and into a food processor, add the margarine, vegetable shortening and a pinch of sea salt, and pulse until the mixture resembles breadcrumbs. If you don't have a food processor, place the ingredients in a large mixing bowl and cut together with the flat of a knife.

Add 2 tablespoons of cold water, pulsing as you go until the mixture begins to pull together to form a dough.

Tip the pastry into a large bowl and, using your fingertips, pull together into a ball. Knead lightly for about 2 minutes or until smooth and elastic.

Shape the pastry into a ball and place between 2 large sheets of clingfilm, then roll it out into a circle slightly larger than the tart tin and no thinner than 3mm. Peel off the uppermost sheet of clingfilm and carefully flip the pastry into a deep 23cm tart tin. Peel away the remaining clingfilm and gently press the pastry into the sides of the tin. Trim the edges and set aside.

Finely chop the onion, crush the garlic, then finely grate the carrots. Trim the stalks from the chestnut mushrooms and slice into rounds. Halve 240g of the chestnuts (the rest will be used for the topping).

Heat 2 tablespoons of olive oil in a heavy-based frying pan until hot, add the onions and cook gently over a low heat until softened. Add the carrots, garlic, thyme and mushrooms, and fry gently until softened and all of the liquid from the mushrooms has been absorbed – around 10 minutes.

Stir in the cream cheese and halved chestnuts and mix together gently until the cheese has softened and formed a creamy mixture. Season to taste, spoon the filling into the pastry case then level the top.

Place the tart on the baking tray on the top shelf of the oven and the potatoes on the bottom shelf. Bake for 35 to 40 minutes or until the pastry is crisp.

Remove the tart from the oven, cover loosely in foil to retain its heat and set aside.

For the gravy, heat the walnut oil and redcurrant jelly in a small saucepan, stirring until melted and smooth. Add the hot stock, bring to a simmer and stir in the cornflour. Simmer gently and stir continuously until you have the desired consistency. Set aside.

Finally, tear the wild mushrooms into pieces, roughly chop the remaining chestnuts and finely chop the parsley. Heat the garlic oil in a heavy-based frying pan until hot, add the mushrooms and fry gently until softened. Stir in the chestnuts, cranberries and parsley, and spoon over the tart to form a decorative layer. Reheat the gravy and serve with the tart.



Chocolate, marmalade and ginger steamed pudding

INGREDIENTS

- 175g unsalted butter, softened, plus extra to grease
- 1/2 cup (170g) marmalade
- 50g crystallised ginger, plus 2tbs ginger syrup
- 1 1/4 cup (175g) plain flour
- 45g cocoa powder
- 2 tsp baking powder
- 175g caster sugar
- 3 large eggs, lightly beaten
- 1/3 cup (80ml) milk
- Custard or ice cream, to serve

METHOD

1. Generously grease a 1.2L pudding basin with butter and line the base with a circle of baking paper. Butter a large square of foil.
2. Spoon the marmalade into the base of the pudding basin and set aside.
3. Using a fork or balloon whisk, whisk the flour, cocoa, baking powder and a pinch of salt together in a bowl.
4. In a mixing bowl or the bowl of a stand mixer with the paddle attachment, beat the butter and sugar together until pale and fluffy. Gradually beat in the eggs, adding a little of the flour mixture if it starts to curdle. Stir in the flour mixture and enough of the milk to form a soft dropping consistency. Fold in the chopped ginger.
5. Spoon mixture into the basin and smooth the top. Make 2 pleats in the centre of prepared foil, place buttered- side down and secure with string around the rim. Place an up-turned saucer in a large pan and place basin on top. Pour in enough boiling water to come one- quarter way up the side of the basin. Cover with a lid and simmer for 1 hour 45 minutes, topping up with more boiling water if needed.
6. Carefully remove the basin from the pan, run a knife around the sides to loosen and invert onto a plate. Serve with custard or ice cream.

Prawn Cocktail trio



- Chilli Prawn Cocktail
- 75ml tomato ketchup
- 60ml chilli sauce
- 1 heaped tbsp prepared horseradish
- Good squeeze of lemon juice
- 1/2 tsp Worcestershire sauce
- 1/4 tsp Tabasco
- 35-40 peeled, cooked & de-veined prawns
- Fresh parsley to serve (optional)
- 10 Appetizer style spoons (Chinese soup spoons)

Mix the sauce ingredients together in a small bowl and taste to check it is to your liking. Adjust as necessary then set aside.

Reserve 10 prawns then cut the remaining ones prawns into 2 or 3 pieces (optional – see above) and put in a bowl.

Spoon over enough of the sauce to coat the prawns without being too much! Keep any left over sauce in the fridge.

When ready to serve simply put some of the prawns onto each spoon then top with 1 of the reserved whole prawns.

Prawn Cocktail

- 8 tbsp good mayonnaise
- 3 tbsp tomato ketchup
- Splash of brandy
- 1/2 lemon
- pinch of cayenne pepper
- Salt & Pepper
- 25-30 peeled, cooked and de-veined prawns (roughly 2-3 per person)

Lettuce leaves to serve – endive works well but you can use anything you like

Mix all of the sauce ingredients together in a small bowl. Taste to check the seasoning and whether it needs any extra lemon and adjust as needed.

Cut the prawns into 2 or 3 pieces and put in a bowl. Spoon over enough of the sauce to thickly coat the prawns without being too much!

When ready to serve put an individual lettuce leaf on each plate then top with a good spoonful of the prawn mixture. Finish with a light sprinkling of extra cayenne pepper and if you like a wedge of lemon.

Mexican Prawn Cocktail

- 125ml tomato juice
- 1 tbsp ketchup
- juice of 1/2 orange, freshly squeezed
- juice of 1 lime
- 2 tsp grenadine
- 2 tsp Worcestershire sauce
- 1 tsp Tabasco
- salt and pepper
- 1 tbsp Tequila
- 1 avocado
- 1/4 English cucumber
- 2 spring onions, finely chopped
- 4 cherry tomatoes, quartered
- 1/2 jalapeno chilli, finely chopped (or if you like it hot use 1/2 habanero or Scotch Bonnet)
- 2 tbsp coriander, finely chopped, plus extra leaves for garnish
- 30 peeled, cooked and de-veined prawns

Start by making the sauce by combining everything together in a jug. Taste to check the balance of flavours and adjust if necessary to suit your tastes. Keep in the fridge until needed.

Cut the avocado in half and remove the stone, then finely chop the avocado flesh and pop into a bowl. Cut the piece of cucumber in half lengthwise and using a teaspoon remove the seeds and discard.

Cut each piece of cucumber into 4 pieces lengthwise then finely chop. Add to the bowl with the avocado then add the finely chopped spring onions, tomatoes, chilli and coriander.

Give everything a mix then cut the prawns into 2 or 3 pieces and add to the avocado and cucumber mix. Pour over enough sauce then spoon the mixture into 10 shot glasses. If needed top up with a little extra of the sauce. Serve garnished with an extra coriander leaf and if you like a wedge of lime. Delicious!

Poinsettia Cocktail



- Ingredients
- 25ml triple sec
- 50ml cranberry juice
- 75ml champagne or prosecco
- 1 fresh bay leaf or sprig of rosemary, to garnish

METHOD

STEP 1

Chill the triple sec, cranberry juice, champagne and a martini glass in the fridge until cold.

STEP 2

Pour the triple sec and cranberry juice into the chilled glass, then slowly top up with the champagne and garnish with the bay leaf.

Vegan Gingerbread Christmas Trifle



Ingredients

(Servings: 15)

For the cake:

- 350 g plain (all-purpose) flour
- 300 g brown or coconut sugar
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp nutmeg
- 360 ml plant-based milk
- 180 ml sunflower oil
- 1.50 Tbsp apple cider vinegar

For the gingerbread men cookies:

- 250 g plain (all-purpose) flour, plus more for dusting
- 60 g vegan butter
- 100 g brown or coconut sugar
- 60 ml maple syrup
- 3 Tbsp water
- 1 Tbsp ground chia or flax seeds
- 2 tsp cinnamon, to taste
- 2 tsp ginger, to taste
- 1 tsp nutmeg
- 0.50 tsp bicarbonate of (baking) soda

For the frosting:

- 60 g icing sugar
- 1 Tbsp plant-based milk
- For the custard:
- 1 litre soy milk
- 50 g coconut sugar

- 80 g cornflour (cornstarch)
- For the cream:
- 3 x 400g tins of coconut cream, re-ferigerated overnight
- 2 tsp vanilla extract

To decorate:

- 2 punnets of strawberries or raspberries, blueberries or seasonal fruit, chopped

Method

1. For the cake, make it 1-2 days before serving: preheat the oven to 160°C/Gas Mark 3. Line a 20cm (8in) cake tin.
2. Mix the dry ingredients in a large bowl until there are no lumps. Add the wet ingredients and mix until combined. Pour into the tin and bake for 40-50 minutes or until an inserted skewer comes out clean. Cool in the tin for 20 minutes, then remove and cool on a wire rack.
3. For the cookies (also make in advance): add the ingredients to a large mixing bowl or food processor. Mix until a smooth dough forms. Add a little water if it's too dry. Chill in the fridge for 30 minutes.
4. When ready to roll out, preheat the oven to 180°C/Gas Mark 4. On a lightly floured surface, roll out the dough to about 8mm thick. Use cookie cutters to cut out shapes. Place the cookies on a lined baking tray with a little space between each. Repeat until you have no more dough. Bake for 10-12 minutes. The edges of the cookies should be slightly golden brown. Let the cookies cool completely.
5. For the frosting, mix the icing sugar and milk in a bowl. Add more sugar or milk to get the consistency needed. Use a fine-tip piping bag to decorate some of the cookies as desired. Let the icing set and set aside.
6. For the custard (make in advance): add the ingredients to a heavy-based saucepan. Bring to a boil for 10 minutes, then reduce to a simmer while constantly stirring. Simmer until it thickens to a pourable consistency (it thickens when it cools). If there are lumps, blend using a stand or handheld blender. Set aside in the fridge.
7. For the coconut cream (on the day of assembly): remove the tins from the fridge and scoop out the thick part at the top. You need about 800ml thick coconut cream. Put the cream in a large bowl or stand mixer. Add the vanilla, then use the mixer's balloon attachment or electric beaters to whip the cream until soft peaks form. Set aside in the fridge.
8. To assemble the trifle: use a serrated knife to slice the cake in half. If the dish is smaller or larger than the cake, break up the cake into chunks. Set aside.
9. If the custard has solidified, use a blender on it until it is soft again.
10. Scatter half the cake in the bottom of the trifle dish and press down to form an even layer. Arrange the cookies in the dish to lean on the glass sides. Layer the trifle with half the custard, half the whipped cream and half the fruit. Repeat layering. Top with the decorated cookies. Serve immediately.

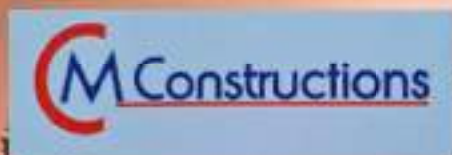




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Tree Dressing Day 2021

December 1 - December 1

Tree dressing, in the first week of December, is based on many old customs from all over the world and at different times of the year. Tree Dressing Day falls on the first weekend of December. It was initiated by Common Ground in 1990 and has grown to become much more than an expression of a love for trees. It is a chance for the whole community to gather and celebrate the leafy friends we all have in common. It's also a chance for communities to reflect on the social and cultural history of their local area, and the role trees have played in shaping this story.

Trees have long been celebrated for their spiritual significance. The simplicity of tying strips of cloth or yarn to a tree is universal and timeless. The old Celtic custom of tying cloth dipped in water from a holy well to a clootie tree, echoes the practice in Japan of decorating trees with strips of white paper, or tanzaku, bearing wishes and poems. The twenty-first century trend of yarn bombing, in Europe and North America transforms the local landscape with bright fabrics and yarns, like the Buddhist tradition of tying ribbons around the trunk of the Bodhi tree in homage to Buddha, or the annual Hindu festival of Raksha Bandhan when coloured strings are tied onto trees and plants to call upon the power of nature to protect loved ones.

These deep and diverse cultural associations provide a rich basis for tree festivities across the world. The act of dressing a tree binds us to it and celebrates the unique role that trees have in our local neighbourhoods. Tree dressing is a powerful way of expressing our relationship with trees. Organising a Tree Dressing Day in your community is a wonderful way of saying thank you 'to the trees where you live. It is also the ideal moment to share tree stories with friends, neighbours and colleagues.

This year and every year join the many thousands of people across the UK who celebrate Tree Dressing Day and make sure your community's voice is heard by saying thank you to the trees in your neighbourhood.



National Grief Awareness Week 2021

December 2, 2021-December 7, 2021

A National Grief Awareness Week to raise awareness of all aspects of grief and loss on a national scale. To offer access to a choice of tailored bereavement support to all those grieving in the UK and to those working with the bereaved.

To ensure immediate access to support for all types of bereavement in local communities across the country. To raise awareness of smaller front-line organisations in the UK, and to give them a national platform to reach those in need in their local area. To help the public to better understand how to support those grieving the loss of someone they love. To open conversations and normalise grief.



International Volunteers Day 2021

December 5

International Volunteer Day (IVD) on 5 December was designated by the United Nations in 1985 as an international observance day to celebrate the power and potential of volunteerism.

It is an opportunity for volunteers, and volunteer organisations, to raise awareness of, and gain understanding for, the contribution they make to their communities. It is also viewed as a unique chance for volunteers and organisations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organisations (NGO's), United Nations agencies, government authorities and the private sector.

The act of volunteering is found in all cultures, languages, and religions. Each year, hundreds of millions of people volunteer their time and skills to help make the world a better place. When they volunteer, they help to improve the lives of others. And when they volunteer, they also gain a greater sense of belonging to their communities.

On 5 December, people around the world will celebrate IVD with rallies, parades, volunteer fairs, group clean ups, blood donations, conferences, exhibitions, fundraising, workshops and volunteer recognition events.

International Animal Rights Day 2021

December 10

The annual International Animal Rights Day (IARD), held each year on the 10th December – aims to remember the animal victims of human tyranny and call for the recognition of our Universal Declaration of Animal Rights (UDAR).

The goal of this historic campaign is to build on the recognition of human rights, and persuade humanity that kindness and respect is due to all sentient creatures. Thousands of animal rights supporters across the world hold candlelit vigils and other inspiring events to mark the annual IARD.

Ethical pioneers unite to remember the billions of animals subjected to deliberate cruelty and killing across the world every year. This coordinated Global Day of Action has intensified calls for the recognition of the rights of all sentient beings to life, liberty and natural enjoyment.

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Christmas Jumper Day

December 10 2021

Christmas Jumper Day, which has raised more than £25m since its launch in 2012, gives you a chance to dig out your festive jumpers, come together as a community and raise funds to help children and families in UK and around the world.

On this day every year, the charity asks that you find your most outlandish festive jumper for one day, and donate £2 -or £1 for children taking part in school-to their cause.

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10 Ways to Power Your Positive Energy Over the Holidays

Fill The Season With Joy Instead Of Stress With These Simple Techniques.

The holidays are a wonderful time to pull together your past, present and future into a powerful ball of positive energy that will fuel you all the way into the new year ahead.

Your daily physical and mental patterns determine the quality of your

experiences. For example, do you multitask or calmly do one project at a time? Do you take a moment to wake up each morning peacefully? Winter holidays are a perfect time to try out new techniques to regulate these patterns and bring more pleasure into your life.

Quality experiences

Good energy facilitates quality experiences. When your energy is too low, it is hard to absorb the full vibrancy of the moment. You simply cannot pay adequate attention to the details that will ignite you. Knowing a little about how your physical and mental energy

join forces to create experiences can go a long way toward making life even happier.

When you are happy you naturally gravitate toward more positive patterns in your thoughts, memories and feelings.”

When your brain is overloaded with negative or stressful energy, it is difficult to experience life’s joys. For example, say you have family and friends coming over for a holiday party and you discover you forgot a few food items you need. Next thing you know the stress is rising and your sense of organization is diving. To compensate, your brain responds with an electrochemical cocktail that reduces your stress but can sap your energy. Your memories, thoughts and



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emotions switch on and off daily, also affecting your energy.

Christmas presents

When you are happy you naturally gravitate toward more positive patterns in your thoughts, memories and feelings, each one kicking in to spin more joy. When you are angry or disappointed, your mind starts uploading your top five or six annoyances. So if you're feeling down, you want to flip the positivity switch as soon as possible to avoid winding up in a negative spiral.

Becoming more aware of these pivotal mood-changing moments can work magic. Here are a few holiday do's and don'ts that will show you how to recognize them and help you move your best energy forward into the new year.

Don't

- Multitask. It lowers your energy, increases stress and decreases your ability to focus on the energetically rewarding details, so it lessens your daily pleasures as well.
- Let unwanted memories distract from your joy. Try this: Whenever you feel an uninvited nerve-wracking memory coming on, play a favorite funny holiday song, like Elmo & Patsy's recording of "Grandma Got Run Over by a Reindeer," Lou Monte's "Dominick the Donkey" or Adam Sandler's "The Chanukah Song." Every time you do this short-circuiting exercise, you weaken the negative memory trigger, until it eventually goes away.
- Use aggressive language. It can increase your anxiety and stress, as well as decrease organization and lower your overall energy. It will also extend its influence to others

and into daily activities. Try to keep up a manic pace. In winter, nature's energy cycle is waning. Slow down, get creative instead.

Do

- Gently transition to a new day each morning. As you wake up, your body and mind are affected by changes in hormonal and neural activity. You can help this transition by taking a slow, deep breath and emptying your mind. Make this a pattern. Send your memory as far back as you can to a warm and cozy holiday scene from your youth. Consider something you can do during your day that includes one of the details from your memory.
- Create a holiday playlist or set your radio to your favorite holiday music. Tunes that spark positive emotional memories from your past work best. Enjoy the uplifting and peaceful vibes. For an added lift,

sing or dance along. Take a silly selfie—the sillier the better! Use it year-round whenever you need a mood shift.

- Make new memories on a holiday sightseeing trip with a friend, partner or family member. Take pictures so you can revisit this positive energy throughout the year.
- Create a new tradition such as donating to or volunteering at a food pantry, or learn how other cultures celebrate the holidays. Take an evening or late-night walk with loved ones.
- Incorporate soothing holiday fragrances into your festivities, such as scented candles, fresh plants or the scent of cookies baking.
- Place the energy of calmness between all your actions. How you enter and leave each daily experience is as important to creating joy as the experience itself.



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As we say goodbye to the summer months, we wish to say a heartfelt thank you to all of our wonderful shop volunteers who toil away tirelessly, especially in the heat of the summer. Our charity shop continues to remain busy and whilst our call volume has reduced slightly it remains above pre pandemic levels, with September being the quietest month for over a year. We also wish to say a thank you to all of our amazing listeners for their sterling efforts throughout the last 18 months, it has been hard work but we have got through it together, thank you all. Without you we would not be able to provide this much needed service.

The 10th October was World Mental Health Day. We had several events going on in the Valencia region however if you were around The Food Co in Mazarron on Saturday 9th and Sunday 10th you would have seen our Treasurer and his wife, Ade & Jo Webster, who are local to the area, raising awareness in the Murcia region. A huge thank you to The Food Co for allowing us to be there, to their staff for looking after us (especially to Tina who made Ade a much-needed coffee on Sunday!) and a huge thank you to everyone who stopped to talk to us and of course to those that donated too.

A picture containing text, person, person

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(Jo & Ade Webster)
Sunday 10th October also saw us holding an

awareness and fundraising event at La Nueva Taberna at the Mazarron Country Club, kindly organised by Michelle Miles, the first event in their newly refurbished function room. The 60's Themed night was headlined by The Starbeats, a brilliant Beatles tribute band, and supported by the lovely solo artist Melissa Jade. Our host for the evening was our very own Stevie Spit BEM, our wonderful Patron. The evening featured a small auction, where Stevie was in his element, that alone raised €281 and the total raised from the event was an amazing £1184.76. everyone was so generous we cannot thank you enough. Whilst the purpose was to raise awareness, without funds we cannot provide our service, and any help we get, however small may just save a life. A huge thank you to everybody involved in donating their time to make this such a fabulous evening. Special thanks of course go to Michelle & Derek Miles, the management and staff at La Nueva Taberna, all the superb acts, our volunteers, and Stevie our Patron. A hugely successful event and hopefully the first of many.

A group of people sitting in a room

Description automatically generated with low confidence A person singing on a stage

Description automatically generated with medium confidence A group of people sitting in a room with a person on a stage


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Melissa Jade Stevie Spit BEM conducting the auction

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High Priestess

The High Priestess sits in front of a thin veil decorated with pomegranates. The veil represents the separate conscious and subconscious realms, the seen and the unseen, and serves to keep casual onlookers out. Only the initiated may enter. The pomegranates on the veil are a symbol of abundance, fertility and the divine feminine, and are sacred to Persephone who ate a pomegranate seed in the underworld and was forced to return every year.

On either side of the High Priestess stand two pillars, marking the entrance to this sacred, mystical temple. One pillar is black with the letter B (Boaz, meaning 'in his strength') and the other is white with the letter J (Jachin, meaning 'he will establish'). The black and white colours of the pillars symbolise duality – masculine and feminine, darkness and light – stating that knowledge and acceptance of duality are required to enter this sacred space.

The High Priestess wears a blue robe with a cross on her chest and a horned diadem (or crown), both a symbol of her divine knowledge and her status as a divine ruler. In her lap, she holds a scroll with the letter TORA, signifying the Greater Law. It is partly covered, signifying that this sacred knowledge is both explicit and implicit, it will only be revealed when the student is ready to look beyond the material realm. The crescent moon at her feet symbolises her connection with the divine feminine, her intuition and subconscious mind, and the natural cycles of the moon.

High Priestess Upright

While the Magician is the guardian of the conscious mind and the tangible world, the High Priestess is the guardian of the subconscious mind and the teacher of sacred knowledge and hidden mysteries. Sitting at the threshold of the conscious and subconscious mind, the High Priestess has an innate ability to travel between these realms effortlessly. She teaches you that the world is not always as it seems and more

profound influences are often at play. She ushers you through the thin veil of awareness, offering you a deep, intuitive understanding of the Universe and a heightened awareness of secret or hidden information.

The High Priestess signifies spiritual enlightenment, inner illumination, divine knowledge and wisdom. She shows up in your Tarot readings when the veil between you and the underworld is thin, and you have the opportunity to access the knowledge deep within your soul. Now is the time to be still so you can tune in to your intuition. The answers you are seeking will come from within, from your deepest truth and 'knowing'. Allow the High Priestess to become your guide as you venture deep into your subconscious mind and access this inner wisdom. Connect with your intuition and your Higher Self through meditation, visualisation, shamanic journeying, and being part of spiritual communities.

Your intuitive sense right now is providing you with useful information and is assisting you to become more in touch with your subconscious mind. Knowledge of how to fix these issues will not come through thinking and rationalising, but by tapping into and trusting your intuition, so allow yourself the time and space to meditate and attend to your inner voice. Look for areas in your life that may be out of balance or lacking 'flow' and ease.

Now is also a time of heightened intuitive ability and psychic insight. If you are developing these skills, the High Priestess offers you further encouragement to continue your journey and trust that you are on the right path. The more you listen to your intuition, the more it will flow. Finally, the High Priestess is a signal that you are being called to embrace the Divine Feminine – your connection to your intuition, compassion, empathy, and inner wisdom. Regardless of your gender, it is vital for you to balance and integrate your masculine and feminine energies, and the presence of the High Priestess signals that your sacred feminine needs your attention right now. Feel, rather than think. Collaborate, rather than compete. Create, rather than destroy. Trust your Divine Feminine en-

ergy, even if the masculine energy around you may appear to be stronger. Be proud of your ability to nurture, trust, sense, and empathise instead of hiding it away.

High Priestess Reversed

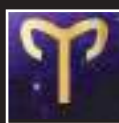
The reversed High Priestess calls on you to be still and direct your attention inward to listen to your voice and wisdom. You may be swayed by other people's opinions or swept up in their drama when what you really need to do is focus on what is right for you. It is time to get quiet and withdraw yourself from the external world to observe what your inner guidance is sharing with you now.

Ask yourself: Do I struggle to trust my intuition fully? Perhaps you doubt yourself or feel silly or guilty for listening to your intuition, and as a result, you deny your ability to tune in and receive this potent information. You may also keep your intuitive capabilities hidden from others, fearful of their judgements or opinions. If this resonates, know that your intuition is your superpower, here to guide you and help you. Have faith in the Universe and allow yourself to be in flow with its energies. Surrender and let go.

Think of the High Priestess as the calm centre inside of you that is untouched by your external world and trust that she is always there when you need her. Whenever you worry that things are just getting too crazy, find a quiet space and meditate so you can hear her voice. If you stop thinking or fretting about your issue and instead clear the way for your intuition to speak to you, the answer will follow.

Finally, the secretive nature of the High Priestess may suggest gossip and hidden agendas. Others may be keeping information from you or talking about you behind your back and sharing mistruths. Rather than making assumptions or diving into the depths of paranoia, have an open and honest conversation to surface and address these secrets.





Aries

Life with your spouse will be harmonious. Singles will attract love by their charm till the last week. Health will be excellent without any chronic ailments. Family relationships are very much cordial. Businessmen can start new projects. Career does not promise any benefits for professionals.



Leo

Married life will become harmonious after the second week. Singles can get love partners by curbing aggression. Health does not pose any hazards. The family atmosphere will be congenial. Career advancement will be wonderful. Business people may face hardships in their activities.



Sagittarius

Married life will be harmonious with good understanding. Singles will get love partners by being confident. Family atmosphere can be a little disturbing. Chronic ailments will disturb your well-being. Travel engagements will expand business prospects. The career may face a few obstacles.

Taurus



Married life will undergo major transformations with the birth of a child. Singles will succeed in getting into happy relationships. Health prospects are exceptional. Children will shine in their activities. Professional growth will be fabulous. Business people will have to wait for better days.



Virgo

Married life will be very much blissful. Singles should be careful in getting into love relationships. Health will be excellent. Family affairs are highly volatile. Educational activities will yield good results. Travels will give very good profits. Career growth will be hindered.



Capricorn

Marital happiness can be achieved by more companionship. Singles will enter into life-changing love unions. Health will not create any problems. Family affairs will be at crossroads. Businessmen will have monetary support for new projects. Professionals fail to make career progress.



Gemini

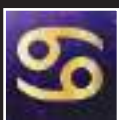
Marital strife can be resolved by going on a pleasure trip. Singles can find love mates

by instinct. Health prospects are bleak. Family environment will be very much depressing. Professional growth will be very much encouraging. Businessmen will find the going tough.



Aquarius

Diplomacy will improve marital happiness. Singles will form love alliances after the 15th. The family environment will be peaceful. Health condition will be splendid. Finances will be exceptional for business people. Professionals will make great strides in their careers. Travels are not gainful.



Cancer

Marital bond will become stronger. Singles will have short flings. The month is auspicious for activities of children. Excellent health will make disposition optimistic. Children will excel in their academic activities. Career people will have good opportunities for development.

Libra



Married life will be harmonious by taking your spouse into confidence. Opportunities for finding love are good for singles. Family affairs are beneficial for activities of children. Health will not pose any hazards. Businessmen will suffer losses. Professionals fail to make progress.



Pisces

Planetary aspects are propitious for marital bliss. Singles will find love at first sight in social functions. Children will fail to make progress in their activities. Career will fail to bring monetary benefits. Health will be fabulous. Business growth will be highly profitable.



Scorpio

Married life will be highly sensual. Single persons can get partners for love by being expressive. Problems are expected on the health front. Family affairs may be problematic. Travel activities will rake in good profits. Career growth is not forthcoming for professionals.

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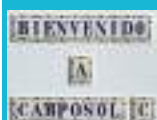
Although we make every endeavour to keep all information current, we rely upon the organisations to keep us up to date with any changes.

Local Community Groups

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

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

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



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



Camposol D Community and gardening group.

President. Patricia Ridler
Secretary. Ann Gardner
Treasurer. Margaret Hair
Social Secretary. Laurie

Lewis

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

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

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